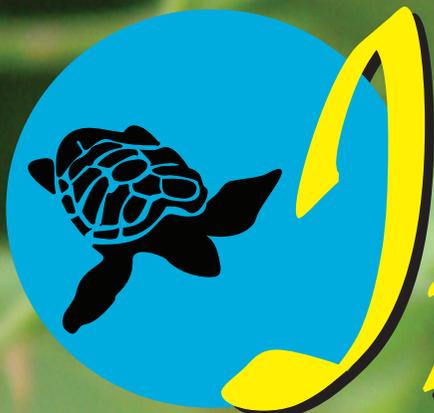


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Summer Events

Family Fun

**Simple Joys
of Summer**

**Gallbladder Syndrome
Avoid Surgery**

**A Health & Wellness Publication
Southwest Ohio's Leading Health Magazine**

**June / July 2013
Vol. 50**

LETTER FROM THE EDITOR

Dear Readers,

Nature feeds the soul as the season of Summer captures a picturesque landscape underneath a blanket of blue sky. Gazing upon hundreds of wild violets in the meadow, the trees will guide you to the lush green forest floor inviting you to journey along the path of self discovery.

Every bird, cricket and frog joyfully play to the tune of Summer's melody. Sunny days ahead help guide us to new adventures and explorations of Life that can define us as we boldly move forward anticipating our next step.

The fresh scent of flowers linger in the soft warm breeze as the butterfly gracefully glides through the air. Each creature is specifically designed in nature to remind us to honor and respect the evolvement of Life on earth.

Let us be enlightened by the nurturing and transformation of every living thing. Summer's hue of colors create patterns like cotton candy clouds against the bright blue sky. The field of sunflowers with their heads held high are cheerfully beaming from the magnificent drops of golden sun.

Develop a pattern that will enrich your life, acknowledge the gifts within yourself and others. As the morning dew settles, begin each day anew with a freshness in thought and a willingness to accept what you cannot change.

As night falls, know that a determination within your spirit will continue to guide and lead you to accomplish anything that you hold so dear to your heart. Anything is possible with even the smallest seed of faith.

Let the magic and wonderment of the splendid days of Summer completely transform and awaken your spirit to a new reality of unconditional Love, peace and tranquility.

Yours in health,

Jane Phillips

Editor in Chief
Publisher



On the cover: Summer's Delicate Beauty!

The red rose has been regarded for centuries as the flower that symbolizes love and passion. The delicate beauty of the rose makes it a perfect choice to honor the season of summer. With each celebration, and throughout each day, may we speak the language of Universal Love much like the enduring rose.

WELCOME TO *Infinity*

Welcome readers to Infinity magazine's June/July issue! This issue is packed full of innovative ways to improve one's quality of life. Read valuable information and proven methods that will enrich, enhance and create a healthy lifestyle. Be inspired, with each article, let Infinity magazine guide you every step of the way to improve your well being, physically, emotionally and spiritually.

We are committed to bring to you the latest in health and wellness technology, and we will continue to keep you updated on exciting events throughout the year.

Check out our newest features, "The Children of the World" and "S.O.S.!" Remember Dad on Father's Day, Sunday, June 16th and have a safe and fun 4th of July!

MISSION STATEMENT

Infinity Magazine is dedicated to those individuals who are searching for a healthier, alternative way to enrich their lives while embracing the sacred healing heart within.

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Signature Profile

Kids Outdoor Adventure Expo



Welcome to the 8th annual Paddlefest Kid's Outdoor Adventure Expo at Coney Island! Presented by The Green Umbrella, Hamilton County Park District, Ohio Department of Natural Resources, The Carol Ann & Ralph V. Haile Jr. Foundation and General Electric. This event brings together area organizations for the largest outdoor youth environmental education program in the region. The Kids Outdoor Adventure Expo is FREE and open to the general public and organized groups, summer camps, schools etc.

With over 5,000 children expected to participate this year, the Kids Expo has become the largest outdoor water safety and environmental education program for children in the Midwest. In 2011, the Kids Outdoor Adventure Expo received the first place OPRA Award of Excellence for Environmental Programs from the Ohio Parks and Recreation Association. The Expo is a unique opportunity to enhance the interest of children in the outdoor world while promoting their academic achievement in science, technology, math and engineering. With interactive stations and hands-on activities, the event is designed to engage, educate and entertain while helping children learn what they can do to protect and enjoy the environment.

The Kid's Outdoor Adventure Expo is Thursday, June 20, 2013 at Coney Island, with two sessions: (Morning Session) 9:30 am to 12:30 pm and (Afternoon Session) 1:30 pm to 4:30 pm. Each session features dozens of hands-on activities, exhibits and presentations to engage children's interest in the natural world around them. This year, Kid's Expo will be organized into four separate villages. These Villages will each have their own unique outdoor adventure inspired theme, and are appropriately named "Let's Move!", "Let's Explore!", "Let's Splash!" and "Let's Be Green!". Groups will be assigned to visit a particular village every 45 minutes. Then, groups will be scheduled to visit 3 presenters during their allotted time within each village.

For more information, please contact Ali, Kids Expo Coordinator at 513-304-3004.

FREEDOM THROUGH CONSCIOUS THOUGHT

BECOME THE MASTER OF YOUR MIND

by William Molitor, BCH, C1

For over a decade I have been studying the remarkable power of the human mind and teaching people how to harness that power. As a Board Certified Hypnotist I know the most important tool for helping people to achieve their goals is education. When I see a client, my first priority is ensuring that they understand what hypnosis is and how it can greatly improve their ability to make the changes in their life that they have come to me for. These articles are part of my goal to educate and empower you, as well as help to clear misinformation that surrounds the use of hypnosis.

Large numbers of people are beginning to discover the enormous benefits that hypnosis can provide. The hundreds of new clients that I see each year are all evidence of this. People are also finding that these benefits go far beyond the stereotypical beliefs that hypnosis is limited to weight loss and smoking cessation. Many individuals just like you have experienced the benefits of learning how to tap into that unlimited part of your mind. Your subconscious mind has superior intelligence, creativity and holds all the keys to unlocking your potential for success.

Though the time tested use of “direct suggestion” hypnosis has had incredible results helping people to make important changes in their lives it is now known to be just the tip of the iceberg. Discoveries that have shown that non-genetic factors such as an emotional state can cause human genes to behave (“or express themselves”) differently. A leading pioneer in this research, Dr. Bruce Lipton, a cell biologist, has stated when you change your behavior you are also re-programming your genetics.

Understanding the power of the subconscious mind and its affects at the cellular level has opened up new ways for people like you to achieve vibrant and healthy lives. If there were a warning label put on the use of hypnosis it would likely read “Long periods of happiness, joy, and peaceful physical and emotional

states have been reported by many who have experienced professional hypnosis. If you experience any of these symptoms let your Doctor know how good you feel”.

Discovering the ability for you to control how you live your life is priceless. Having emotional control is one of the most rewarding experiences that you may ever have. This control is not demanding or commanding. The control I speak of comes from understanding that your emotions are a perfect guidance system. When you discover how to engage your highly intelligent guidance system known as emotions you can achieve things in your life that today may seem impossible to you.

If you are like most people you divide your emotions into two categories “good feelings”, which can include happiness, hope, love, confidence and passion, or “bad feelings”, which may include anger, frustration, guilt, sorrow and anxiety. It is this division that can drastically limit your ability to create changes in your life. All of your emotions motivate you. You are motivated to do the things that create the “good feelings” and you are motivated to avoid doing the things that create the “bad feelings”. Without the understanding of how your subconscious mind and your emotions are connected your life can feel like a never ending rollercoaster ride.

If you were to use a habit such as smoking as an example you would find that when someone started smoking their subconscious mind was recording the actions associated with smoking as “good”. Everyone started smoking, in their mind, for a good reason even if that reason was just to spite their parents. Through repetition this message was reinforced over and over until it became an automatic behavior known as a habit. This habit then becomes associated to everything that you did while you were smoking such as driving a car, hanging out with friends or just taking a break. The thought that smoking is a “good feeling” action will then become a subconscious belief.

Most of the information available today through exhaustive psychological studies shows that you use your conscious mind only 5 to 10% of the time. That means that 90 to 95% of your life you are running programs that drive your actions from your subconscious mind. When you attempt to change your programs without changing the emotional component

you find that you are met with some strong resistance mostly in the form of negative feelings. This creates the motivation in you to not make the change that you consciously desired.

Advanced hypnotherapy techniques such as the “Halls of Thought” developed and used at the Tri-State Hypnosis Center, have been created to establish a self empowering means in which you can become aware of subconscious thoughts and emotions that motivate the unwanted behaviors. Freedom from any habit begins with your ability to understand the relationship between the thoughts and emotions that drive your habits. It is this understanding achieved through hypnotic techniques that allows you to rewrite subconscious programs. The new programs can then create changes in your life that are meaningful and rewarding to you personally.

The choices are clear, you can continue to live your life in the shadows of your subconscious mind or you can enjoy the freedom of choosing the thoughts that best promote the life that you wish to live.

About the author: William L Molitor BCH, CI, is a Board Certified Hypnotist, Hypnosis Instructor, Hypnotherapist, and the Director of the Tri-State Hypnosis Center an Ohio State Registered School for Hypnosis and Advanced Hypnotherapy Training located in Cincinnati Ohio. He is certified by and is a member of the National Guild of Hypnotists (NGH). For information or to contact William Molitor call (513) 943-1444 or email william@tri-statehypnosis.com



Celebrate with us! We are proud to be publishing our 50th issue!

With sincere thanks and appreciation we wish to honor all our supporters; our dedicated readers, advertisers, volunteers and writers that have made Infinity magazine a huge success!

We will continue to build and deepen our connection to the community and provide a publication that will inspire, inform and educate all who are seeking to find a better way to live a more fulfilling and healthier lifestyle.

A special thanks to everyone who has made this publication possible throughout the years, we look forward to continue serving the people of our communities and beyond.



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SIMPLE JOYS OF SUMMER

by Asha Mahambrey

It seems that the summer is just around the corner, and all the children are bursting with unbridled energy that spurts growth of body, mind and spirit!

Throughout the year, they apply themselves to learning academic studies, and then some other skills and hobbies. And now, they have this glorious season of sunshine-filled days!

When our school parents are wondering how to enrich their child's summer time, I suggest, along with all the usual summer activities, two simple yet significant possibilities – being with friends, and being nature.

Being with friends...

We spend a considerable amount of time with young children at Effica, and it often dawns on us that we are among the finest and purest human beings. They are innocent and genuine. As this stage of life passes,

a worldliness will begin to seep in which we call “growing up.”

Away from their parents and under the safe-haven roof of our school, they begin to develop independently. And even before the cognitive learning takes place in their minds, something sweeter happens in their hearts...

They form friendships.

Human beings do not choose many of the relationships they cherish in their lifetime: parents, siblings, children, coworkers, etc. But there are two relationships we are honored to choose – a friend and a life partner.

At school, children take the first of these two significant steps: they choose friends. When these friendships happen, it is for simple reasons. The

CHILDREN OF THE WORLD

factors that affect an adult's friendships - age, gender, nationality, appearance, social status, talent, hobbies, etc. - do not yet matter for these children. They choose a friend... just because.

We teachers have the privilege of witnessing this joy, experienced so purely only during these young years.

Please ask your children who their close friends are from school and make every possible effort to provide opportunities for them to spend time playing together in the summer months. These simple yet profound experiences will shape their social and emotional growth, and build the foundation for meaningful relationships throughout the rest of their lives.

Being in nature...

There is a sweet solace and comfort that we experience when we are in the natural environment. And young children, who are so attuned to the wonders of nature, benefit immensely from playing and being in it.

Whether the backyards or parks in the neighborhood; campsites or vacations; let the children experience the elements of the nature in true sense. Sunshine and clouds, grass and trees, rain and storms, wind and water, bugs and animals... the list is long.

Let us encourage our children each day, to put aside the world within the walls, and the world of technology, to explore the joys of the wild and mysterious world of nature.

The rewards of these experiences are soul satisfying.

About the Author:

Asha S. Mahambrey, MEd, is the Director/Teacher at Effica School of Montessori in Centerville, OH. She opened the school in 1988, and for past twenty-four years, has provided a Pre-Primary Education Program (preschool and Kindergarten) for children ages 3-6years. Her daughter, Meghna S. Mahambrey, who was three years old when the school opened, now works as the Administrator/Teacher with her for past five years.

Welcome to our new feature, "Children of the World"! In each issue Infinity magazine will feature children of all ages spanning the globe, letting their voice be heard on various topics throughout the year.



This issue, we asked young students of the Effica School of Montessori what they were looking forward to this summer season.

"Swimming in the pool!" squealed Larah, Katya, Niki, Sasha, Tre, Dwayne, Sanya, and Jaden!

"Run and dance in the sprinkler," was Navya, Hayden, Joud, and Nithya's delight!

Santiago wished to "ride a horse with mommy and daddy," Julia wished for "a picnic," Wael wanted "to eat popsicles," Anna wanted "to play with her new dog," Obee wanted "to ride his new bike," Nan wanted "to build sand castles at beach," and Marielle wished "to play with mom, dad and sister!" Such fun!!!



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CREATING COMMUNITY AND SUPPORT

by Cindy Huff & Terri Noftsgen

What does creating community and support have to do with animals and animal communication you may ask? Be patient, the two are very much related and we'll explain why through an example. The premise we will ask you to consider for this discussion is this: creating and participating in a supportive group of people who are all focused on the same goals and ideas at the same time creates an environment of love and communication.

The example we are going to share with you is our experience with a 5 day workshop with my horse Cheyenne. For those of you that are not into horses, this same experience could be created with a dog, cat, bird etc focus, so please go ahead and translate in your head to that if it helps.

Terri and I took ourselves and our horse Cheyenne down to Shelbyville, TN in early May to participate in a 5 day workshop. This workshop was focused on the Parelli way of creating partnership and learning between people and their horses. Everyone there has been working within that system of training, which emphasizes development of relationship/partnership through "love, language, and leadership". The first ingredient was there for everyone – students and instructors alike – we all had common goals and beliefs around working with horses. We were all there to improve our relationship and partnership with them. The other goal was to stretch and expand ourselves as people – emotionally, intellectually, and (for me at least) spiritually. With the exception of my two friends who went down with their horses, Terri, our local instructor, and some others I had met before, for the most part I did not know very many of the people or the horses. This group had never been together before.

What the instructors and their support partners did was create an environment in which there was structure, specific rules we all followed, and boundaries. They also created an environment that was flexible, and full of humor and laughter. We did simulations together without the horses to build our skills and also to build connection with each other. One of the rules was

that we were to keep our horses and their barn area (stall and aisle in front) clean and neat at all times. This was a challenge with 30 people, their horses, and all their stuff. We got it done – every day – out of respect for each other and our instructors. That in itself was amazing.

As the week progressed, an amazing thing happened. After the first day, a sense of mutual support and sharing started to creep into our training sessions. People began to smile at each other, express encouragement, and share ideas. The horses also started to relax, and the deepening of relationship between person and horse accelerated as well. My personal experience with Cheyenne was astounding. When I finally started to calm down and THINK, she calmed down and started to think too. For the first time, I took the halter and lead rope off (in an arena with 29 other horses and people doing the same thing), and with one short exception, she stayed with me.... Think about that, about relationship and communication. It was her choice to stay with me, and that was transformational for us in our relationship. I realized the value of trust between us, and how little at times I did trust her to be with me. We are working on that.

All week I had been struggling with riding, and stayed off to myself a bit away from the group activities. As Cheyenne and I deepened our relationship in other areas, and as I got some wonderful help and support from the instructors, we worked out our head butting around guiding with the reins. On the final day of class, Cheyenne and I trotted a weave pattern around the other 29 horses and riders with no reins and just a carrot stick to guide her. I received so much verbal support from the instructors and from quite a few of the riders I passed as we did this exercise twice. It brought tears to my eyes. This was community, this was family, and this was support and love and caring.

The point is this: without the creation of this temporary community or family group, coming together for 5 days in a distant place, I would not have experienced the personal transformation I underwent that has changed my life. I would not have experienced the

deep and profound communication with my horse that I experienced that week and continue to experience. We both would not have grown, individually and together.

We can create this sense of community or family around any common goal or idea. When we include animals in the mix, the loving environment we create allows a deepened communication and a fuller relationship with each other. It is like turbocharged animal communication. We can even create these same phenomena in our homes, in our barns, by focusing on love, and by being open to each other – human and animal – as who we are, with a goal of learning to understand and communicate with each other more fully and mutually.

We challenge you to try it --- you will be amazed at the results!

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THE GALLBLADDER SYNDROME

by Paul F. Fulk, D.C., F.A.S.A.

It seems as though this condition is on the rise. But I understand that it is just after Easter and many have had their share of chocolate. Then comes the strawberry festival and many will have eaten their share of strawberries. There is a certain group of people that come from Troy, Ohio after the "Strawberry Festival," that have chronic back pain, shoulder pain, stomach ache, headache and some other pains they have but, did they have prior to the festival. But you are saying there is nothing wrong with strawberries. You are right, but they contain a lot of oxalic acid which does not agree with gall bladders and spleens. The spleen, which sits over to your left side, and is at fault. The reflex pain that comes from the spleen will make the upper back displace and become painful.

I have to relate a story that happened to me many years ago. As you know the cantaloupes that come from Indiana are large, juicy and delicious. I had acquired one of these items. I ate one-half of a very big one and put the other half in the refrigerator. I proceeded to go to bed thinking that the one-half I put in the refrigerator was so ripe that if I did not get up and eat the other half. I would have to throw it away because it was too ripe. So I got out of bed and proceeded to eat the other half. I then went back to bed. About 4:00 AM, I was awakened by unusual pain under my right shoulder blade, thinking that someone had crawled under my bed and poked a pole up through my mattress and into my back. The pain was unbelievable! I could not get dressed fast enough. I went to the office where I had a cold helium laser that I used to stop the pain. I learned that cantaloupes have oxalic acid in them as well. So be careful to not eat too much cantaloupe. You may experience what I did.

There are several foods that contain oxalic acid that can irritate the spleen and gall bladder. For example. Asparagus, Broccoli, Spinach, Cabbage, Green Peppers, Strawberries, Raspberries, Black Berries and all the Berry Family. You can eat them for three days, but you must eat other things like green beans and or peas, for a couple of days, then you can repeat what you have been doing.

Not just oxalic acid, but some other products will also irritate the spleen and gall bladder. Pork products are favorites for irritating the spleen and gall bladder complex. Nitrates and nitrites that are a part of the pork meat will

cause many irritations of the spleen and gall bladder. I know this is not popular to say since we have many pig raisers in our area. Pork fat and meats will form gall stones without much difficulty.

Regardless, there are other products that will create gall stones. One major gall stone former is peanut oil and peanuts and or potato chips cooked in peanut oil. Peanut oil and hydrochloric acid, which you have in your stomach, will harden and form gall stones very fast. You can laminate a table top with peanut oil and hydrochloric acid. I have done such a thing. Think about bologna, ham, hot dogs, sausage and bacon. All these products are from the pork source. In addition to these products are milk, includes chocolate and dairy products. A lesser irritant to the gall bladder, but in any case they are an irritation to the spleen and gall bladder. Having a lapse of time does not help with these products.

There are a number of other causes for the gall bladder to be swollen such as the sentinel gland near the neck of the gall bladder which becomes enlarged in gall bladder disease. Acute inflammation of the gall bladder may have a sudden, spectacular onset, in the form of colic, or it may begin gradually. Some patients, particularly in the older age group, experience little if any pain at first. At some time after the onset, the pain settles in the right upper quadrant and becomes persistent and severe. The pain can also be felt in the right lower rib cage, right shoulder and under the right shoulder blade in the back. This is known as cholecystitis and can become chronic and very painful. There are ways of cleaning the gallbladder via a gall bladder cleanse if you do not already have gall stone formation. Trying to cleanse the gall bladder when there are stones present, can be very dangerous. At this point you need a health care professional or medical supervision. Surgery should be your last resort. It is a false impression that you can eat any thing after the surgery. You have to take bile salts for the rest of your life before each meal. This is a replacement of the gall bladder you just lost. If not, you will more likely gain 40-50 pounds of weight. This is the national average.

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Paul F. Fulk, D.C., F.A.S.A.

S.O.S.!

SPIRITUALLY ORIENTED SOLUTIONS HEALING HEARTS, CONNECTING LIVES

with Pastor Wayne Holmes

Welcome to our newest feature! S.O.S.!

Infinity Magazine has designed this feature for our readers who may be facing a situation, or dilemma in their lives and are seeking Spiritually Oriented Solutions. It may involve a job or relationship, just simply state your question briefly, send to Wayne@sednamarketing.net. Pastor Wayne is eager to assist and will help you find a solution to your question.

Infinity will print Pastor Wayne's answers in upcoming issues. You may remain anonymous or you may use initials if you wish.

Not all advice is applicable to all situations, Infinity magazine has the right to refuse any information that would not be in accordance to our Mission Statement and standards of our publication.

Our next issue is the August/September issue, the deadline to participate and ask your question is July 10th.

Dear Wayne,

I have a friend who has religious beliefs that are far different from mine. Although we are close, there's a large part of us that we don't feel comfortable discussing. How do we get past the "elephant" in the room? —M.C.

Dear M.C.,

Religious beliefs can, at times, create tension in a relationship.

You might broach the subject by explaining your concerns and letting your friend know you'd like to explore the topic as long as you can establish some ground rules. First, no one tries to "convert" the other to their way of thinking. Second, the conversation is personal and not to be repeated. You don't want a knock on your door from someone who wants to convert you to your friend's viewpoint, and vice versa. Third, if the conversation feels uncomfortable to either party, it is agreed that you will take a break. Fourth, look for common beliefs: love, forgiveness, and respect for all of God's creations. Focus and build upon those qualities.



Caring, and vulnerability are keys to growth. Always keep in mind you might be wrong. And, your friend might be wrong.

Remember the newspaper article when eight-year-old Virginia asked if there was a Santa Claus? The editor responded by saying there really was a Santa Claus. Perhaps not a real physical man, but that the spirit of Santa Claus was alive and would never die.

In the situation with your friend, let go of right and wrong. Go beyond language and try to find the universal love that connects us all. I've found that to be the case with religion, too.

Until next time,

Wayne



About the Author: Pastor Wayne Holmes is an ordained minister with Divinity Spiritual Church and Revelation Spiritual Church. He is the Editor/Contributor of "IStillDo.info" — a site dedicated to helping you create happily-ever-after. Pastor Wayne officiates weddings and has been

involved with marriage and pre-marital counseling. He is the author of six books; his latest book is, "Every Path Leads Home: A Guide for Religious Recovery." Wayne is married and has four children.

For more info visit www.WayneHolmes.com.



CORE STRENGTHENING

with Lisa Gerard

What is Core Strengthening Exercise?

Core Strengthening Exercise is using non-weight to light weight bearing exercises that are specifically designed to target the trunk and pelvis areas. Strengthening muscles from the inside out helps stabilize the body, which also leads to better balance. Even in daily activities individuals can exercise key muscles to support vital organs. Pelvic exercises for instance help keep the bladder from “falling,” hence the saying “my bladder fell.” No matter what physical limitations one may have, core strengthening is for everyone.

Exercising is not just for the body. Brain wellness is equally as important as physical wellness. Generating energy for your body empowers your mind and spirit. Exercises lead to life improvement by connecting all parts of the body to be in tune with each other.

You will learn fun and easy exercises that pertain

specifically to your daily routine so that you can continue exercising with a minimal amount of motivation. Performing everyday routines such as: walking, sitting, standing, reaching, lifting, laying down, getting up and breathing.

Who is Lisa Gerard?

Lisa Gerard is a personal trainer for core strengthening and conditioning exercises of all ages. A martial artist (second degree black belt) experienced in instructing self defense (blind/visually impaired) and tournament competitions, Gymnastics instructor 18 months to adult, LIIFT practitioner, a former business owner of an interior design company commercial/residential for over twenty years.

In addition to being an artist, baker, and writer she is also a Mother to three teenage children and a wife of twenty plus years.

SMALL EVENTS – YOU WIN!

by Kathy Vaske

Looking for things to do this summer with the entire family but short on cash? Start looking around town for the smaller events in your area or ones with in a short drive of where you live. These events are usually put on by the merchants themselves and meant to try to draw new customers in. Many times on the day of the small events there are no entry fees or cost for games and lots to do and prizes to win. The merchants often times will even have entertainment that is being featured during the event.

Almost always there are lots of items on sale and the food from the grill is at a special low price. Many of the smaller events around town will even hold a silent auction on event day. Some of the small events have rides and games for the children. I have even seen some of them have a radio remote broadcasting on site and giving out prizes from the radio station. The small businesses do hope many new people will become familiar with their store because of the event.

Whenever you see these smaller events, it is not uncommon for many of the businesses in those areas to donate some really nice larger items to the silent auction and prizes for the games through out the day. Remember that at such comparatively small events, the chance of you or someone that comes with you winning something really nice that day is pretty good. The entertainment is usually better than average as well.

Start taking a look now and see what is coming up over the summer months ahead, and take advantage of all that the local small businesses has to offer. It's a great way to get the family out of the house to spend some time together and help the small family owned businesses in your local community out or help donate to a good charity organization.

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A QUICKER WAY TO HEAL EMOTIONAL DAMAGE

by Brian Eastman

When a child, my father was beaten by his mother. She beat him often, and in public, “to set a good example of what other mothers should do.”

Our mother knew of this abuse because he had told her in letters written while they courted. We kids learned of his abuse only after mother died, when we found his letters.

The effects of his abuse were written into our lives. He drank. He exploded. Fortunately for us, his rages took the form of destroying furniture, rather than hitting us. We kids were mostly scared of him. He never hugged us.

Our childhood experience with rages and uncertainty clouded our growing-up times. It clouded our futures. I focused on defending against whoever next might next suddenly rage at me. I lived afraid of my future, always awaiting the next - inevitable - bad event.

My sisters and I lived our early adult lives in damaged relationships, damaged careers, damaged selves. We each worked for years to heal, so we could fit better inside our own skins and get along better in life and love.

Back then, you went to a shrink and talked. Ultimately talk therapy ceased to be effective for me. I found two helpful alternative therapies: Gestalt, and Structural Integration. The radical form of Transactional Analysis (often called TA) exemplified by the Cathexis Institute helped the most. Each of these healing processes took lots of time. But they healed me more quickly and completely than time spent on the psychiatrist’s couch.

Fortunately for those in emotional pain today, newer alternative healing processes offer even quicker mending of emotional damage: Neuro-Emotional Anti-Sabotage Technique (NEAT), Emotional Freedom Technique (EFT), Neuro-Linguistic Programming (NLP), Psych-K, and Reference Point Therapy (RPT) are examples.

One healing process, however, seems to combine the best of all these healing techniques: Life Improving Internal Focus Technique, commonly called LIIFT.

Our own subconscious knows the best path for us to quickly heal. LIIFT taps into that information to determine what part of one’s damage is best healed right

now. A trauma or major stress can heal in only minutes. A core internal belief changes from anti-happiness to pro-happiness about as fast. A family dysfunction which has passed down through several generations takes a bit longer.

LIIFT can even give nurturing-appropriate messages for each developmental stage. Clients who never got those messages when they were young often experience huge shifts in happiness. It’s like rebuilding a person’s life foundation by replacing rotten stone with solid, so the rest of life can become happy and stable.

Since I teach others how to heal with LIIFT, I sometimes find myself becoming a practice client for my students. Even after my many years of multi-therapy healing, we still discover little un-healed issues needing fixed. So my student practitioner gets to guide me to my own further healing. What a great set-up: My student becomes a more effective healer; I change my life for the better!

If you are curious about LIIFT, I invite you to come observe a Tuesday Night LIIFT training class in Cincinnati. Or make an appointment for a no-fee introductory session with a practitioner near you. Contact Lisa.G@LIIFT.info to make arrangements.

About the Author: Brian Eastman has served as Healer for over 25 years. He is also working to develop interconnected communities of healers in Ohio, Indiana and Kentucky. He welcomes clients seeking emotional healing. He trains healers weekly in Cincinnati. He also offers intensive training seminars in cities throughout North America.

He pastors Revelation Spiritual Church, a trans-denominational church where people of many beliefs share and explore their spiritual walks together on Sunday nights. The church helps people move through their lives more happily with its projects MarriageChaplain.com (helping couples marry), OurChaplain.com (celebrating all of life’s special moments), IstillDo.info (blog with ideas to help couples build a great marriage), and ReligiousRecovery.org (for those who have been hurt, disappointed, or abused by religion or the religious).

For additional information on training contact Lisa.G@LIIFT.info or phone 513 708 0563. For information on healing sessions with any of 9 local LIIFT practitioners contact Pastor Eastman direct: brian.eastman@liift.info or 513 541 1257.

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Two Year Old Isabella is Asthma-Free!



Isabella, Dr. Paul Baker and Isabella's Dad

My daughter's name is Isabella Sanchez. She was born in August 2011. When she was three months old she became very sick with asthma. We were in the ER constantly because she couldn't breathe. The Doctors put her on steroids and inhalers and antibiotics. She was constantly sick.

After 6 months of what seemed like a hopeless and exhausting situation- my friend Angela told me that I should take her to Dr. Paul Baker, with Baker Chiropractic. When she was first examined by Dr. Paul, he told me that he has never seen a baby with so many subluxations (Subluxations are the misalignment of the spine). He told me that these subluxations were the cause of her asthma and other problems.

After a few adjustments, I could tell the difference rather quickly. She wasn't as sick and in need of as much oxygen at night. After 3 months of adjustments, she was a different girl. She was asthma free and walking. She wasn't anywhere close to walking when we started with Dr. Paul. We continue to bring her in for her weekly adjustments. We are grateful to Dr. Paul Baker for helping our little girl. She is now a happy little 18 month old toddler. We owe that to Dr. Paul!

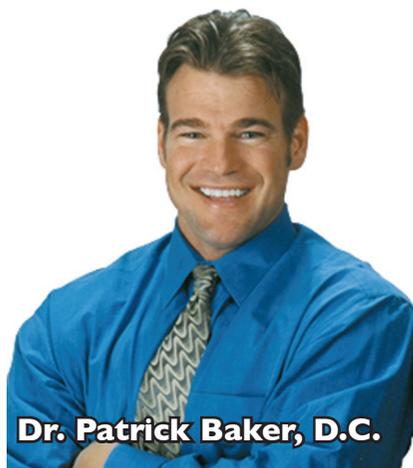
If you or someone you know is battling Asthma, please contact us by calling (513) 561-2273 or schedule an appointment on-line by visiting our website at www.bakerchiropractic.org.

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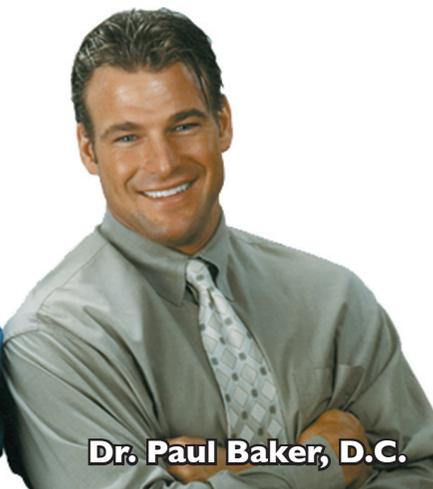


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THE HEALTH BENEFITS OF ALKALINE, IONIZED, ANTIOXIDANT, MICRO- CLUSTERED, POWERFUL LIVING WATER

by Clemente Ullmer

Alkaline, Ionized, Antioxidant, Micro-clustered water has been used in Japan for over 40 years. Research has shown it to provide some incredible health benefits. Medical grade water ionizers are not only found in Japanese hospitals and clinics, but also in many residential homes. Currently, Japan is ranked #1 in the world for life expectancy in comparison to the United States at #38 (United Nations Worldwide Life Expectancy Top 40).

Although, water ionizers have been used in Japan for many years, we are just starting to hear about this technology in the United States. Many publications (Alkalize or Die, The pH Miracle, The Enzyme Factor) have been written about the importance of alkaline ionized water. Well known medical professionals such as, Dr. Hiromi Shinya (Gastroenterologist, Colonoscopic Polypectomy Pioneer, Beth Israel Medical Center) and Dr. Horst S. Filtzer (General & Vascular Surgeon, Western Arizona Regional Medical Center) recommend alkaline ionized water to their patients.

A few reasons to consider drinking Alkaline, Ionized, Antioxidant, Micro-clustered, Powerful Living Water:

Balance pH

When we are born, our bodies are alkaline by design. However, when we age, we become more acidic. Our body's pH level should be slightly alkaline for optimal health, but almost all the water we have to choose from is very acidic including sports drinks. Alkalinization helps fight our body's overabundance of acidic waste and flush them out of our systems, thus leading to a healthy immune system whereby keeping us healthy and hydrated. A strict alkaline diet would require a person to give up coffee, tea, sodas, sugar, dairy, meat, alcohol, and more, which most people are not willing to do. One

may decrease the risk of many degenerative diseases by becoming less acidic.

Neutralize Free-Radicals

The most important advantage of alkaline ionized antioxidant water is its ability to neutralize free radicals. The health benefits of antioxidants, such as green tea, are due to the ability to neutralize free radicals, but alkaline ionized water can be anywhere from 2 to 8 times more powerful than green tea. The presence of a large amount of antioxidants in the alkaline ionized water can actually help our bodies heal themselves.

Increase Hydration

Another property of alkaline ionized water is the ability to better hydrate us and flush out toxins. The process of ionization reduces the size of the water molecule cluster by two-thirds, making it more able to penetrate the cellular membranes of the body. According to Dr. Batmanghelidj (Author of *Your Body's Many Cries for Water*), better hydration can improve many chronic conditions such as back pain, arthritis, asthma, kidney stones, obesity, migraines, and many others. To stay hydrated, it is recommended that we try to drink anywhere between ½ to our full body weight of good water in ounces per day.

Increase Blood Oxygenation

The more acidic we become, the harder it is for oxygen to be present. Without adequate oxygenation, unfriendly bacteria, viruses, molds, and fungi can live and prosper. Our cells cannot carry on their life giving functions in a very efficient manner because our biological chemical reactions need oxygen. The OH⁻ rich alkaline water makes more oxygen readily available to enrich the blood. Increased oxygenation can speed healing and raise one's energy level.

If you would like more information about the health benefits of Alkaline, Ionized, Antioxidant, Micro-clustered water, please call me at 937-206-6679.

Wishing you Health and Happiness,

Clemente Ullmer

JAMES TWYMAN - THE INTERNATIONAL PEACE TROUBADOUR, COMING TO DAYTON

James F. Twyman is the New York Times bestselling author of 15 books, including "Emissary of Light," "The Moses Code," and "The Barn Dance." In 1994 he put the peace prayers from the 12 major religions to music and began traveling the world as "The Peace Troubadour," often being invited by world leaders and peace organizations to perform the concert in countries at war. He has performed in Bosnia, Iraq, Serbia, South Africa, Israel, Northern Ireland and many other places. James has produced seven music CD's and is the producer/director of five films, including the award winning "Indigo" and "The Camino of Saint Francis." He is also the founder of The Beloved Community, a network of spiritual peace ministers around the world, as well as the Seminary of Spiritual Peacemaking which has graduated and ordained over 500 ministers.

In his book, "The Moses Code," he showed how the name of God: "I Am That, I Am," can be used to manifest everything you desire. Since the publication of the book, James and Wayne Dyer have released a meditation CD based on this work called "I Am Wishes Fulfilled."

At present James lives in a cabin near Ashland, Oregon where he leads an eremitic lifestyle. Mark your calendar and get ready for one of the most "enlightening" experiences you can imagine when Spirits of Light Holistic Expo presents: An Intensive Workshop with James Twyman! The Power of "I Am" "The Moses Code" Friday, October 25 at Wyndham Garden, 31 Prestige Plaza Drive, Miamisburg, Ohio. For information visit www.spiritsoflight.com.

Spirits of Light Holistic Expo

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James Twyman
Peace Troubadour

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Friday, October 25th, 9am-5pm

Saturday, October 26th, 9am-11am

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ZUCCHINI A SUMMER DELIGHT!

Zucchini is a small summer squash botanically considered a fruit but is known as a common veggie for the season of summer. This amazing squash is full of nutrients and is rich in dietary fiber which can help maintain low blood sugar and curbs overeating.

Folate, Copper, Vitamins C and A are found in zucchini acting as powerful antioxidants that fight oxidative stress, which may prevent many types of cancer.

Along with the copper, the vitamins found in zucchini deter the development of inflammatory diseases including asthma, osteoarthritis and rheumatoid arthritis.

Zucchini contains magnesium and potassium as well, which can lower blood pressure and has

been proven to reduce the risk of heart attack and stroke.

Manganese is also found in zucchini, it is essential for the production of proline, an amino acid that allows collagen to form which can result in beautiful skin.

There are so many culinary dishes that can be created with zucchini, the possibilities are endless. A very versatile garden delight, one of the most popular among the baked goods is zucchini bread.

Zucchini is delicious added to a variety of mixed vegetables sautéed or roasted. It can be added to soups, stews, pastas, and many favorite egg dishes.

Zucchini is so full of nutrients, celebrate summer with one of the healthiest foods on the planet and reap the benefits!

BAKED ZUCCHINI

INGREDIENTS:

- 6 Tablespoons butter
- 3 large onions, sliced thin
- 4 small zucchini, sliced
- 2 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. nutmeg
- 2 Tablespoons organic flour
- 1 cup of hot rice or almond milk, unsweetened
- 3/4 cup of bread crumbs
- 3/4 grated Gruyere cheese or other favorite

DIRECTIONS:

Preheat oven to 400%. Melt butter in large saute pan and cook the onions over low heat for 20 mins., until tender but not browned. Add zucchini and cook, covered for 10 mins. or until tender. Add salt, pepper, nutmeg and cook uncovered for 5 mins. more. Stir in flour, add hot milk and cook over low heat for a few mins. until it makes a sauce. Pour mixture into a 8 X 10 baking dish. Combine bread crumbs and gruyere, sprinkle on top of the zucchini mixture. Dot with 1 Tablespoon of butter, cut into small bits and bake for 20 mins. or until bubbly and browned.

ZUCCHINI BREAD

INGREDIENTS:

- 3 eggs beaten
- 1 cup oil
- 2 cups Sucanat sugar (or less to taste)
- 2 tsp. Vanilla
- 2 cups shredded zucchini
- 1 - 8 oz. can of crushed pineapple, drained
- 1 cup chopped nuts
- 3 cups Spelt flour
- 2 tsp. baking soda
- 1 tsp. salt
- 1/4 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 3/4 tsp. nutmeg

DIRECTIONS:

Beat eggs, add oil, sugar, Vanilla. Beat until thick. Stir in pineapple, and zucchini. Add flour, and other dry ingredients.

Add nuts, stir well. Pour into 2 oiled, floured loaf pans. Bake at 350° for 1 hour or until toothpick comes out clean.

Could also be converted into muffins, which can be easily frozen if there are any leftovers. Don't forget to adjust cooking time accordingly.

Recipe submitted by: Valley Chiropractic
7865 Paragon Rd. Centerville, Oh. 45449

For more info. Call 937-434-8066

GREEN JUICE

Submitted by Nancy Caldwell

Why "green?" The unique combination of chlorophyll and protein derived from the greens in this drink is the quickest way for the body to absorb these vital nutrients. This vegetable juice is also low in sugar and high in electrolytes, aiding the muscles and joints in recovery.

INGREDIENTS:

- 1/2 cup zucchini
- 4 leaves kale
- 3 stalks celery
- 1/2 hot house cucumber
- 2 cups spinach
- 1 apple

DIRECTIONS:

Chop everything, and puree together. Best served chilled.

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EMERGING WISDOM DIVINE GUIDANCE

by Michael McAdams

We awaken in this existence with opportunities and pathways of learning and discovery set before us. Having been born to a set of parents and a station in life that grants us the greatest opportunity to achieve and overcome that which this lifetime presents we step forth upon our journey with faith and confidence that the spirit teachers/angels that accompany us upon our journey as well as our Heavenly Father are by our side leading us and helping us in the many choices and decisions that we make throughout our sojourn upon this planet. Many believe we have lived before and that this particular lifetime is but a continuation and an extension of our journey of discovery and learning brought about by either unfinished business or lessons that have gone unlearned. Others believe this is a one time shot and as a result of our intentions and actions in this lifetime we set before us a path of eternal existence in either heaven or hell. Even though I have a religious background having been brought up in the Pentecostal church I tend to believe that this lifetime is but a continuation and an extension of our journey but that the future of our existence is determined by our ability to allow the blending of our spirit with the spirit of God in ever ascending waves of spiritual enlightenment and truth.

We have been given and set before us opportunities for learning and achievement limited only by our own choices, decisions, and desires. It is said that we obtain knowledge, gain experience, and combine these to create wisdom. Time becomes a factor here as a measure of time and events must take place for the knowledge we have gathered and the experience we have gained begin to emerge as wisdom. All sincere seekers of truth feel a hunger and thirst for knowledge and are driven and directed to ever higher avenues of learning and discovery fully confident they are being led and protected by divine guidance which bathes us always in the light and presence of the Holy Spirit. When the student is ready a teacher will appear.

We should be conscious of our thoughts and intentions as we go about our daily lives and remember always that situations, circumstances, and events are drawn to us based upon the intentions of our heart and the desire of our inner beings. Just as loving parents do not grant to their children requests and petitions made that are not in keeping with the best interests of the immature child so too does our Heavenly Father not grant to His children those requests and petitions deemed unworthy or detrimental to our advancement as those immature requests are not in keeping with the highest goals, potential achievements, and acquired wisdom that gains for us a perspective of enlightenment and truth upon this journey that we call life.

From the collection of messages and teachings received directly from spirit teachers/angels that compose Wilma Jean Jones' upcoming book "An Angel Told Me So" comes this discourse on knowledge and divine guidance. This excerpt is from a message received by Wilma on October 21, 1997.

"Once anticipated and received, one does not wish to or let go of knowledge received but presses forward in an effort to appease the hungry heart and the depraved soul. Man in all his goodness is only supplied this energy by the force of God's loving nature to see him excel. When combined and desired and entreated with God's Spirit, man can sail high above all that tries to defer and interfere with his purpose sustained and given preferential devoted care by those assigned and designated to oversee and direct all intentions compelling him onward with the courage to forge ahead in perilous times and treacherous episodes that will be denied their prey. God sends forth enlightenment in order to gather together those predisposed to follow after His precepts and counteracts the wiles that beset them. Loyalty to His cause and His design bring about rewards of fruitfulness and exclaim His Glory. We are to listen to His voice that speaks at unexpected times and resonates within the soul that is open to His calling. SECURE YOURSELF therefore by this means. Although hindrances have denied

that which would have vaulted you high above all expectations, His voice continues to summon your soul forward and brings into reality those things set before you to complete and in answering His call God restores the leading of His Spirit ever ready to bestow His blessing and guidance along a path that must be endured as a part of this process that sees far in advance of calculated time the impartation of all that has been presented, and in the aftermath redeems that portion dedicated to His being and in like manner of His Glorious Resurrection transforms and brings into His presence those who have borne witness of His forbearing nature and reconstructs that place promised where all that is sanctified will be held in Highest esteem, for although fraught with many obstacles and difficulties, by measure of commitment and dedication to His will for their lives, have gained a coveted place secured by His Holy regard for all who will patiently portray that which He endorsed and sent forth and returned."

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About the author: Michael offers a set of his own writings called Spiritual Parchment Prints as a fundraising item for youth groups for churches and to the public. Michael has signed a contract to publish Wilma Jean Jones book "An Angel Told Me So" with Balboa Press, a division

of Hay House. Wilma and Michael worked closely together as she received these dictated messages and teachings from spirit teachers over this twenty two year period. Wilma is Michael's mother. Michael owns Starpath Satellite, sells satellite systems, and owns Aqua "Doc" Spa and Pools. Michael can be reached via his web site spiritspeaks.com

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ALLERGIES! IMMUNE OR NOT

by Christina Weisenberger, RPh

As a child, I used to be able to romp in the poison ivy with not even a care. “That’s ok,” I’d boast to my little friends, “I don’t get it.” A mysterious rash my thirteenth summer has taught me much respect for the little plant because, wow! I sure get it now! What happened?

According to the American Academy of Asthma Allergy and Immunology, about 50 million people in the United States suffer from some type of allergic disease. Allergies can affect the body in different areas, but the bottom line is red, inflamed and itchy, whether it affects the nose, the eyes, or the skin. The immune system is a wonderful and complex system designed to keep us healthy and safe. On the other hand, it can also make us miserable.

When the body recognizes something inside it or on it as foreign, it creates antibodies. In the case of bacteria and viruses these antibodies protect us against infections. In the case of allergens, such as mold and pollens, it produces a specific type of antibody called immunoglobulin E or IgE. These IgE antibodies then cause a complex chemical chain of events to destroy the invader and unfortunately make the site red, inflamed and itchy. My initial exposures to poison ivy did not cause my body to produce IgE. It was only after multiple exposures that the oil from the poison ivy plant on my skin was recognized as an allergen.

Antibodies trigger many other chemicals to be released. IgE triggers Histamine to be released from special cells called mast cells. Mast cells are highly concentrated in areas of the body which are exposed to the environment, such as the skin and mucous membranes. Histamine then causes more blood to flow to carry cells and chemicals to the affected area to attack the invader. This is what causes all of the symptoms. So now how do we stop these symptoms?

Allergy sufferers have many options available over the counter to treat allergies. Antihistamine drugs block the inflammatory actions of histamine. The

first generations of antihistamines are short acting and have strong sedative properties which can be a problem. Newer antihistamines don’t have this problem and also have more convenient once a day dosing. Cromolyn sodium is available in a nasal spray without a prescription. It prevents the mast cells from releasing the histamine in the first place. Quercetin is a naturally occurring flavonoid found in fruits and vegetables that also has this action. It is available as a dietary supplement. Stinging Nettles is an herbal remedy for allergic rhinitis. It has been shown to prevent histamine release and block histamine action and block other inflammatory chemicals as well. It does not have the drowsiness side effect of some antihistamines. Eye allergies can also be treated with antihistamines available over the counter in eye drops. Caution when choosing eye drops for eye allergies. Make sure you get an antihistamine containing eye drop. In the case of allergic rhinitis, a non-drug treatment that can be used is a neti pot. It is used to rinse the nasal passages and sinuses with saline water thereby rinsing out pollens and other allergens. Individuals with indoor allergies to things like dust mites and dust can also use environmental controls such as dust mite proof pillow and mattress cover. Allergic dermatitis cause miserable rashes. Some relief can be had with non-prescription steroid hydrocortisone cream. Aloe Vera gel and colloidal oatmeal can also be applied topically to soothe allergic rashes.

Allergies can pose a challenge to quality of life. Allergic reactions to allergens can become quite severe and actually life threatening. Allergies not responding to over the counter treatments, or individuals with other chronic conditions such as asthma or other respiratory condition should consult their physician.

Christina Weisenberger RPh
Holistic Pharmacist
Mills Pharmacy
Fairfield, OH
513-868-6397

CREATING SACRED SPACE

by *Olivia Pierce*

ALLOW ME TO INTRODUCE.....

Many of you are capable of what I AM doing/being; growing, loving and growing more and loving more. There came a moment when the choice was so simple, yet I did not move forward. I had remember, at last, All there is, is the now and beginning again each day from the high heart center.

The journey is not so unique at this time in earth history. Remembrance of illusions begins again the seeking of truth. With each leap and each stumble comes new growth, patience, gratitude, peace, deepened love of self. The love of self, or lack thereof, reflects upon life, within/without.

After much time and space on this planet, Mother Earth, one of three (3) books, or more, has been written by spirit friends and myself. It is a small book of selected life experiences; leading to my future. The title is Begin Again a Memoir. An inspirational point of view as life's experiences are thrown at you, drawn to you, and embraced by you; they really are all the same! The private and public arenas of my life are blending in a healthy manner sometimes softly, sometimes awkwardly. I truly would have it no other way.

"Energy practitioner" is what comes forth when the thoughts are present to give a name to what has been given to me. The gifts can only be gifts when accepted, respected and used for the service of ALL. Genuine service compliments both the giver and receiver. Compliments here means (re)cycle of healing/loving high energy that is sent freely. Many do this consciously and unconsciously. Whether consciously or unconsciously Love is All there is!

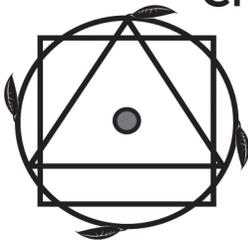
"Creating Sacred Space," private and public, reflects the services of both within and without. The creation has had much diversity, yet the growth and love has quantum results. So many have come before and so many more will come after because we are connected One and All.

With Light,
Olivia Pierce

Olivia Pierce can be reach at (513) 709-7879, sunhawk@fuse.net, www.creatingsacredspace.vpweb.com

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GLOBAL WATER DANCES – CINCINNATI A SUMMER ARTS SPECTACULAR *by Bev Dunn*

The concept of a movement choir, using community dance and movement to celebrate the sacred and create social cohesion, has been around for years but is practiced very little in our culture, especially outdoors. Inspired by this medium, an international group of environmentally conscious students of non-verbal communication conceived the concept of Global Water Dances in 2008. The first performances were in 2011. In this visionary global initiative, artists and environmental groups across the world unite to raise awareness of water purity and availability. On a single day, a series of dances centered on water issues are performed beginning in the Western Pacific Rim, then encircling the globe. Performances are held every two years.

On June 22nd, Cincinnati will be a Global Water Dances host site for the first time. Area residents and visitors have the opportunity to experience the power of participatory community art making while connecting to the global community (over 60 sites in over 25 countries as of the writing of this article was written). The performance will take place at the Serpentine Wall open air amphitheater on the banks of the Ohio River. Over 100 dancers, musicians and a community choir will kick off the Paddlefest/ Pedalfest Finish Line Festival against a backdrop of thousands of kayakers. Performers will invite audience members to join in at the closing of the performance. A city-wide, all-volunteer cast has been enthusiastically rehearsing for several

months. At a recent rehearsal a participant was heard to say “Thank you for the opportunity to be a part of this amazing experience to connect to others and love the earth.”

The production is under the artistic leadership of the legendary Fanchon Shur, who was inducted into the Ohio Women’s Hall of Fame in 1990. Fanchon is renowned for the spiritual and community engagement of her large-scale choreographic productions. Music is under the direction of local composer Shari Lauter, who has composed original world music especially for the event. During the opening ceremony, water from the Ohio River will be blessed and poured into bowls for gourd water drums, so the river itself will contribute to the music.

Water is a common denominator across all of humanity and all religions. Creation myths and holy books speak to the role and sacredness of water – whether we rose up out of it or were created from it. Water gods are a part of the mythology of many cultures and numerous sacred rivers and springs exist throughout the world. We are all in tune with the earth through our common relation to water – our bodies are 70% water and about 70% of the earth’s surface is covered by water, with more being polluted each day. Only 2.5% of the earth’s water is fresh and much is inaccessible. Almost one billion people, roughly one person out of every 8, do not have access to clean water. United Nation’s figures show that unsafe water kills more people every year than all forms of violence, including war. Global Water Dances unites communities across the world in raising awareness of these and local water issues. Join the dance!

Saturday, June 22nd, at 10 a.m. at the Serpentine Wall (at Yeatman’s Cove between the Purple People Bridge and Taylor-Southgate Bridge, at the foot of Broadway on Pete Rose Way).

Admission is free.

www.facebook.com/
GlobalWaterDancesCincinnati
Photo: Fanchon Shur (credit K. Marcum)

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**Message and Healing Service, 2nd Wednesday
every month from 6:30pm til 8:00pm**

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**“Infinity Health
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ON ANGELS' WINGS

INSPIRING STORIES OF DIVINE INTERVENTION

Back by popular demand! This feature has inspired many, and we ask you to send us a short story about something that happened in your life that inspired you. A situation in your life that changed you and that you believe happened with divine intervention. An angelic experience or simply a profound feeling you had that changed your path of direction.

We will publish articles, as we receive them. Please type or print. You do not need to put your whole name and please give a phone number in case we need to reach you if we have a question. The phone number will not be published. Email to jphil@sednamarketing.net or mail to: Infinity magazine, 1710 Maplewood Dr. Lebanon, Ohio 45036

The next issue is August/September; Infinity must receive your story by July 10th.

IT'S AN OMEN

My Dad had been very sick and we knew he would not live much longer. I was visiting him in the hospital and he was weak and could not talk much. Just to make conversation I told him I saw a blue bird in our backyard. My Dad loved bluebirds. He mustered enough strength to say It's an omen.

I was really shocked to hear my Dad say something like that because he was not a superstitious man. I did not know if he was going to tell me it was an omen that he was going to get better or that he knew he was dying. I could not believe he was going to get better and I certainly did not want him to tell me that he knew he was dying so I did not ask what he meant by that. I wondered if I was going to regret not asking what he meant by saying It's an omen.

My youngest son who is in the Air Force was able to come home and visit my Dad before his deployment to Diego Garcia. My son was deployed December 8th and Dad died December 11th. It was very hard for my son to be so far away and not be here for his Grandpa's funeral. My son returned from his deployment and we (my husband, older son, younger son, my Mom, my sister, her husband, and niece and nephew) were all together for a July 4th

celebration. This was the first time we were all together since my Dad's funeral. We were sitting outside in a gazebo in the middle of the afternoon. Two of the most beautiful male bluebirds came and sat in a tree closest to the gazebo. Nobody said anything. We just stared at the bluebirds. I did not tell anyone about my conversation with Dad and him saying that the bluebird was an omen. My Mom said, "Look how long they are sitting there." They stayed for a long time and I felt peace knowing that my Dad was there with us for our July 4th celebration. I think the reason that there were two bluebirds is that my Uncle on my Dad's side died December 18th one week after my Dad passed.

SUMMERTIME: FIRE PHASE OF THE 5 ELEMENTS

*by Tommy R. Thompson, DC,
NMD, LAc*

The Fire Element is about to happen, though the spring has been cool this doesn't mean that the coming of the fire phase changes. The fire element takes place in early summer and involves the Heart, Pericardium, Small Intestine and Tri-Heater.

The heart is the fire aspect of the Asian Philosophy, where the kidney is the water element. When imbalanced, depression and anxiety can be prominent. The heart, believe it or not is one of the easier organs to treat, it is a muscle, but can get diseased easily. In America most of disease is because of excess. Too much abundance, too little discipline is the American way.

Heart disease is so common these days, whereas, at the turn of the last century it was a rarity. Why? Saturated fats could be the issue. Butter and coconut oil was blamed for causing clogged arteries and then enviable heart attacks, if this is true, why hasn't heart disease decreased? Especially with the advent of pharmaceutical miracles, why wouldn't we see less of this disease? Instead we see a huge epidemic of chronic diseases.

We have been sold a bad bill of goods, like most concepts, by greedy people and industries. Statin drugs, fat disruptor, the concept that reducing cholesterol has been mistakenly understood as the answer. These drugs have been known to deplete coQ10, increase inflammation, and block the uptake of fat soluble vitamins, and the cause of liver diseases. Why wouldn't you look at the vegetable oil industry that has been

pushing the use of “olio” since the 60’s? It was suppose to make us less vulnerable to the ravages of saturated fats, heart disease and stroke.

By the way they have demonized some of the best super foods out there, butter and eggs! Yet, not a word about high fructose corn syrup and the XXXL generation. We see young children huffing and puffing to get around with obesity rising to epic levels. With rotting pancreases that need a shot of insulin for the next bowl of sugar they are about to consume. People mean well, but fall into thinking that some brands of GMO cereal is heart smart and is good for you.

So what would be the answer for your heart health? I guess it depends on how ravaged your heart is, valve failure, or an enlarged heart from high blood pressure, that’s leading to heart failure, or your heart arteries clogged up from artery wall inflammation.

The small intestine is in the fire element, most people don’t realize that out small intestine produces the majority of neurotransmitters (chemicals between nerve junctions) therefore it is my concerns about the ability of the small intestine to work correctly; also the gut is the center for immune function.

The truth of GMO’s (genetically modified organisms) foods, the corn, soy, wheat and many of the vegetable oils are modified. The companies force gene sequences into the genes of these crops to increase productivity or use it to continue the use of their chemicals and eventually patent all crop seed. They inject into the genes, sequences of corn-based insecticides. When insects eat the modified plants it kills them by destroying their gut. The BT gene strain they use causes the insect’s gut to explode. Eventually the natural gut flora in you, can and will incorporate these genes, so they will then start producing the BT chemical in your gut. The question begs: Does this mean that little by little gut linings become permeable in humans? Yet the agencies swear it won’t hurt animals or humans. I have seen more and more leaky gut syndrome and bowel disorders and a ramping up of all diseases from Autism to cancer. I see many skin disorders that just don’t get better. This is some scary stuff going on, once we start tampering with the natural order of things. No, we can’t do a better job than God.

On June 25th at the 8050 CMC bldg West Chester 6:00 pm, Dr. Thompson will lecture on Heart health and how GMO’s affect your health. To save a seat call 513-874-1222

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Astrology by Mary

♊ Gemini May 20 – June 21

You are all over the place, Gemini, as there are several planets expanding all your activities almost to the point of overload. There appear to be numerous trips or outings, and then there is another period, especially in July where major monies will be spent on account of home and family. Also in this period some fortunate ones will benefit from good news in the employment and career area. This could be the last hurrah as Jupiter moves out of Gemini into Cancer. Your ruling planet, Mercury, will be retrograde during this time frame, again highlighting monies spent on home, family, children, etc. Keep an eye on parents.

♋ Cancer June 22-July 22

This period begins with some concerns about family and relatives, but as July comes in your luck changes, and Jupiter, the planet of good fortune, will be smiling on you. There will likely be some babies coming to the scene, and for some of you a wonderful new romance in the offing. The new moon early July will add to the feeling of positive news, and will act as a mile marker for the fact that Jupiter is now your new best friend! For some, especially early Cancers, there appears to be sudden change coming in career area, but you are equipped to roll with the punches.

♌ Leo July 22 – August 22

You start this period with lots of social activity with friends and acquaintances, and this is lively, to say the least. Then as July comes in the scene shifts, and you are taking care of parents and/or family to a major extent. For the employed ones, (almost all of you), there will be a push-pull between requirements on the job, and other necessities when it comes to those near and dear. A sense of increased obligation on the home scene is showing up, either in financial arrangements, or obligations to the family. For a few of you, some increased income is showing up, and you know how to share the wealth so that everyone wins!

♍ Virgo August 22 – September 22

Virgo, this period starts with an exceptional amount of activity in the career area, including opportunities to expand, as in working with larger groups of people. Your ruling planet, Mercury is retrograde for much of July, and is a good time to review plans. You seem to be embracing more of a concerned approach towards others with more emotional empathy than you traditionally generate. For early Virgos, go slowly about new significant others. You are switching psychological gears, and your new talents will be paying off. Look for opportunities career wise!

♎ Libra September 22 – October 23

The first half of this period is especially happy and gregarious, as the planets and a new moon support you in travel and extra events. Then as July comes in, the game switches to taking your role as head of the family very seriously with lots of demands made on your time. Some of you are aware of your duties as Mom or towards Mom. Significant others may be on a merry-go-round of activity, and just perhaps you are wearing yourself out trying to keep up. Take some time to rest, as you do better when you are rested and not pushed.

♏ Scorpio October 23 – November 21

Well Scorpio, you are feeling very responsible these days, possibly for your own health, but also quite likely for family members, children especially. Many of you are delighted about the new responsibilities, but this also includes a re-defining of family obligations. For a few early Scorpios there could be sudden news about a parent, or possibly about living quarters. You are doing a lot of “tap-dancing” with the income-outgo lessons of life, but for you it is an everyday matter of figuring out what works and where. Jupiter is smiling on conditions relating to home, and/or schooling.

♐ Sagittarius November 22–December 21

For much of this period you are truly enjoying your time with partners, working or otherwise. It will be excessive in June, and then as July comes in, the scene shifts to concentration about family matters and expenses relating to home. It seems as though it is time to “pay the piper” as they say. For some, there is still a sense of concern about the health of a parent, or it may show up as having to leave home and find new quarters. In your house of employment the recent eclipse in Taurus suggests a major shift at work in the coming year. So much of your wheel right now indicates you are adjusting to the needs and wishes of others, and you can do it graciously, with a large heart.

♑ Capricorn December 21 – January 19

A lot of Capricorns are re-examining themselves, in terms of their health and wellbeing, as well as pondering future goals. It is an excellent time to do so, as the long range goals will be beneficial. Significant others will be expecting more time and attention right now, and part of all this “planning” could mean that living quarters or roles in parenting are undergoing transition. Yes, there is a lot on the plate right now, and lots of figuring to do, as well as running around, but you do it so well and you will find that there are long term benefits if you just keep going.

♒ Aquarius January 19 – February 18

Live it up, Aquarius, in the month of June, as you have barrels of fun and excitement, at least for a few weeks. Then comes some more serious demands, either in the case of employment, and/or health issues. Career matters and financial affairs could be looking as though there could be promise here, but in some regards, your free wheeling attitude wants to overlook some of the requirements especially with personnel at work. You are having all kinds of new ideas and interests, but these must be tempered because of the demands being made upon you, especially by women! There will be adjustments that must be made, but you are all the better for it.

♓ Pisces February 18 – March 20

Neptune, your planetary ruler, is slowly beginning to impact you with its mystical gifts, and you know that with solid attention toward analyzing your future goals, and willingness to uncover some hidden talents, you are remolding yourself and your future. June finds you very busy at home, either doing some planning, or going in

and out quite a bit. July is your month, to just say “yes” to the universe, even if you don’t know what you are saying “yes” to. And it is alright! You are now on the track of re-defining your own sense of self-worth, and that is a good thing. July finds you extra busy. Perhaps you will gather the little ones and head for the seashore. Let the ocean sing love songs to you.

♈ Aries March 20 – April 19

You may be extra concerned right now because of parents and family matters. A nagging concern hangs around about health of loved ones, or are you just feeling a bit unsure about the changes you are about to make. The urge to do some “exploring” is certainly strong and will support any effort to learn something new. However, family or career demands still are interfering with the desire to explore. You could spend some time reviewing the financial picture (possibly boring), but it must be done before you will hear the starting gun go off. As this period moves along, matters at home will extract their “dues”, so do it with a willing heart and soon the tension will lift.

♉ Taurus April 19 – May 20

You start this period with Mercury going retrograde in your house of relatives. Looks like a lot of coming and going, and also some major out-go of monies, hopefully for fun and travel. If you have been “doing Taurus”, i.e. (reluctant to change), then this period is definitely asking you to go ahead and take some risks, and you may have friends as well as significant others who are holding your hand as you take a hesitant step forward. The solar eclipse in May in your sign says that there will be a whole new you very likely in the year to come. Many of you will find out that “change is good” so welcome your new image.

☆ *Astrology by Mary* ☆

Providing Personal Natal Chart Interpretation, and several other Astrological Charts.

Mary R. Bauer, Mountaintop Center,
6967 Salem Pike, Clayton, OH 45315

(937) 837-6807

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ETERNAL KNOWLEDGE: CLASSES & EVENTS

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Speakers Line-Up

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- Jun 09 Rev. Gary Hayden
Love: Let Them Walk!
- Jun 16 Rev. Byron Gaskin
Right Alignment of Our Faculties
- Jun 23 Nancy Caldwell, Spiritual Practitioner
The Secrets of Life
- Jun 30 Terrance Bullock, Spiritual Practitioner
Sacred Unfoldment
- Jul 07 Ron Espisito- Channeler & Energy Healer
The Holy Plan and Holy Freedom
- Jul 14 Nancy Caldwell, Spiritual Practitioner
A Freedom the Soul Craves
- Jul 21 Terrance Bullock, Spiritual Practitioner
Living From the Awareness That Freedom Is Our Souls
Birthright!
- Jul 28 Asha Mahambrey, Spiritual Teacher
The Divine Plan

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Byers Road, Miamisburg OH 45342 For more info. contact Nancy Caldwell, Agape Journey 937-397-2668

Agape Journey of Awakening Presents Ron Esposito, M.A.;
Enneagram Teacher, Trainer and Life Coach. Facilitated by “Holy
Plan and Holy Freedom” Sunday, July 7th – 11:00 am to 12:00 pm
Cost: Free - Love offerings are welcome Light Lunch - Provided
from 12:00 noon to 12:30 pm

Singing Bowls Sound Meditation Sunday, July 7th – 12:30 pm to
1:30 pm Cost: Free - Love offerings are welcome

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• Animal Communication

Level 1 Animal Communication Class
Saturday August 3rd and Sunday August 4th
Indianapolis, Indiana Humane Association Wellness Center
Cost: \$275 Contact Cindy at 513-310-3997 or email cindy@acwservices.net for more information!

• Creating Sacred Space

*Mother Earth, 5158 Pleasant Ave., (near Nilles Rd.)
Fairfield, OH 45014, 513.894.1131
Tuesday, June 11, 1-4:00pm, SACRED SPACE WITHIN,
\$35 suggested donation. Call for details.
Tuesday, June 18, 1-4:00pm, LISTEN TO YOUR BODY
FOR IMPROVED HEALTH, \$35 suggested donation. Call
for details.
Tuesday, June 22, 1-3:00pm, THE SPIRIT OF WATER, \$25
suggested donation. Call for details.
Tuesday, June 25, 1-4:00pm, WHAT ARE CHAKRAS?
HOW DO THEY WORK? \$35 suggested donation. Call for
details.

Thursday, July 11, 1-4:00pm, THE BEAUTY OF COLOR
IN SPIRITUAL GROWTH, \$35 suggested donation. Call
for details.

Saturday, July 13, 1-3:00pm, CALLING ALL DREAMERS,
\$25 suggested donation. Call for details.

Thursday July 18, 1-4:00pm, LET ME BE YOUR GUIDE
INTO THE REALM OF CRYSTALS & GEMSTONES
\$35 suggested donation. Call for details.

Thursday, July 25, 1-4:00pm, FENG SHUI PRINCIPLES
FOR PERSONAL INSIGHTS, \$35 suggested donation.
Call for details.

Wednesdays, June 5, 12, 19, 26 and July 3, 10, 17, 24
MEDITATION, 10-11:30am, experience various forms of
meditation, \$5 per person per class

Classes with Olivia Pierce, owner of Creating Sacred Space.
Please preregister! Questions and detail 513.709.7879.
sunhawk@fuse.net, for description of classes visit www.
creatingsacredspace.vpweb.com Flyers @ Mother Earth.

•Divinity Spiritual

Each and every Sunday at 11:30 AM Divinity Spiritual Church Service, 4800 Holiday Dr. Fairfield, OH 45014 Call 513.892.0623 for details.

Every Second Wednesday of the Month Healing and Message Service Divinity Spiritual Church, 4800 Holiday Dr. Fairfield, OH 4514 6:30 PM - 8:00 PM.

Saturday, June 15 Prosperity Manifested Intensive Fundraiser \$35 Suggested Donation Divinity Spiritual Church, 4800 Holiday Dr. Fairfield, Oh Call 513.892.0623 for details.

Summer Solstice Friday, June 21, 2013 7:00 PM Divinity Spiritual Church, 4800 Holiday Dr. Fairfield, OH 45-14 Call Rev. Mary Margaret for details at (513.892.0623).

Saturday June 22 Divinity Spiritual Healing Level, Divinity Spiritual Church, 4800 Holiday Dr., Fairfield, OH 45-14 Fundraiser \$355 suggested donation Call Rev. Mary Margaret for details,

•Dr. Jim's Center for Advanced Medicine

Shots for Health - B-12 Shots given by Dr. Jim Smith at Health Foods Unlimited Dayton, Oh. every Monday Evening 6:30 to 7:30 p.m. and Susan's Natural World every Saturday, 10:30-11:30am. Walk-ins welcome For more info, call 513-942-3226 visit our website, www.drjimsmith.com

•Enchanted Moments

Enchanted Moments Gift Shop & Metaphysical Center 127 Main Street Milford, OH 45150 Call 513-831-5508 for more information on any of our class offerings Shop on-line and get "real time" class up-dates at www.EnchantedMomentsShop.com

•LIIFT

Every Tuesday, 7P-9P - Class - Learn to Heal with LIIFT. Students become Certified LIIFT Practitioners, able to help folks heal their emotions and their lives. Northside area of Cincinnati. Soon in Dayton too. For information or to enroll: Lisa.g@LIIFT.info. Or 513 708 0563.

•Religious Recovery

Religious Recovery: Healing for those Hurt, Disappointed, or Abused by Religion. Religious Recovery is a free mutual-support, nonprofessional 13-step program loosely based on the concept of traditional 12-step meetings. The meeting is open to all religions but is not affiliated with any church or religious organization. Atheists and agnostics are also welcome. We meet

on Tuesday evenings from 7-8 PM. The location is 4800 Holiday Drive in Fairfield, Ohio. For information contact Wayne: wwriter@fuse.net or (513) 858-6609.

•Spirits of Light Holistic Centre

James Twyman, Internationally known Peace Troubadour, author, musician and film maker is Coming to Dayton Friday, October 25th to present an intensive workshop, "The Moses Code" The Power of I Am." The workshop is at Wyndham Garden, 31 Prestige Plaza Drive, Miamisburg, Ohio. James will be presenting on the 25th from 9 am to 5 pm and on Saturday morning from 9 to 11 am. Spirits of Light Holistic Expo and Psychic Fair will open to the public following his talk on Saturday morning at 11 am. For more information visit www.spiritsoflight.com or call Marcia at 765-914-6741.

•Thompson Chiropractic and Acupuncture Clinic

513-874-1222

On June 25th at the 8050 CMC bldg West Chester 6:00 pm, Dr. Thompson will lecture on Heart health and how GMO's affect your health. To save a seat call 513-874-1222

•Tri-State Hypnosis Center

(513) 943-1444

Hypnosis Certification Class- September 7th 2013

Experience Hypnosis Seminar- August 31st 2013

Advanced Hypnosis Inductions- May 11th 2013

Past Life Seminar- June 1st 2013

All Classes and Seminars are held at the Tri-State Hypnosis Center.

•Whatever Works

Whatever Works Center and Gift shop 7433 Montgomery Rd. Cincin. Oh. 45236 Ph. #(513)791-9428

Mondays Weekly - Beginning Art and Painting class. 6:30 pm - 8:00 pm. Already in progress. Each class complete within itself. Get creative and have fun and relax. This class starts you where ever you are in your ability level. Taught by our own local artist and Tai Chi instructor. Mike \$15.00 per class. Please pre register. Pay at the door.

Thursdays weekly - 6:30 - 7:00 Beginners 7:00 - 8:00 pm

Advanced student's class. Beginners welcome to stay & join in.

Spirit Communication class \$10.00 per person per class With Kathy Vaske psychic medium CHt. Delve into spirit art - tarot reading - medium ship - past lives - absentee healing and more. Call before you come, to be sure class is being held. Must have 6 students or more to hold.

Tuesdays and Thursdays weekly - 3:00 - 6:00 pm with Kathy Vaske Drop in - 1st come 1st served. As available.

For Center's future events, check out www.whitewillowtaichi.com or www.accessingangels.com

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“Hypnosis may cause change. Long periods of happiness, joy, and peaceful physical and emotional states have been reported by many who have experienced professional hypnosis. If you experience any of these symptoms let your Doctor know how good you feel.”

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1. Abandonment	26. Frustration	51. Mistrust	76. Self-Forgiveness
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4. Aggression	29. Grief	54. Nail Biting	79. Self-Realization
5. Agoraphobia	30. Guilt	55. Negotiating Power	80. Sexual Abuse
6. Anger	31. Hair Pulling	56. Obsessive-Compulsive	81. Sexual Dysfunction's
7. Anxiety	32. Healthy	57. Overeating	82. Shame
8. Assertiveness	33. Helplessness Hope	58. PMS	83. Skin Problems
9. Bed Wetting	34. Higher-Self	59. Pain Management	84. Sleep Disorders
10. Change Habits	35. Hyperactivity	60. Panic Attacks	85. Smoking Cessation
11. Cheek Biting	36. Hypochondria	61. Passive-Aggressive	86. Social Skills
12. Childbirth & Pregnancy	37. Improve Sales	62. Past Life Regression	87. Sports Enhancement
13. Chronic Pain	38. Indecision	63. Perfectionism	88. Stage Fright
14. Communication Skills	39. Inferiority	64. Procrastination	89. Stress
15. Competition	40. Inner Child	65. Public Speaking	90. Study Habits
16. Concentration	41. Insecurity	66. Rejection	91. Stuttering
17. Criticism	42. Insomnia	67. Resistance to Change	92. Substance Abuse
18. Energy Improvement	43. Integrity	68. Restlessness	93. Surgery Pre/post
19. Exercise	44. Intimacy	61. Passive-Aggressive	94. Surgery Recovery
20. Fear of Dentist	45. Irrational Thoughts	70. Self-Blame	95. Tardiness
21. Fear of Flying	46. Irritability	71. Self-Confidence	96. Test Anxiety
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24. Find Life Purpose	49. Memory	74. Self-Esteem	99. Weight Management
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