

THE RELIGIOUS WAR AGAINST GAYS



LEGISLATURE LIKES 19th CENTURY RULES

AZ won't change old sex laws

They may be archaic and are not enforced, but lawmakers have refused to repeal 87-year-old Arizona laws regulating sexual behavior.

Senate Bill 1471 would have overturned the longtime ban on sodomy, as well as cohabitation and adultery.

Sodomy is a multi-faceted word that is used to describe homosexual acts, oral sex and anal sex.

Most people are not aware that it is against the law for two people of opposite sexes to live together without benefit of marriage.

The legislation passed the Senate Judiciary Committee February 7 but was killed later that day by another committee chairman scheduled to consider the bill.

Sen. David Petersen, Republican from Mesa, said he would not hear the bill.

The proposal passed the Judiciary Committee after spirited testimony from supporters who said it would help seniors who are living together and gays, who are often targets of discrimination. Seniors often live together instead of getting married to avoid losing social security benefits and higher taxes.

"These laws are unenforceable absent a government camera in every bedroom," said Amy Todd, a member of the Arizona Human Rights Fund. "They are antiquated and inappropriate."

But Senator Tom Smith, Republican from east Phoenix, argues that the laws help set standards that society should live by. He refused to make a customary motion as vice chairman to ask for a vote on the proposal, then voted no when the question was called.

"I think there are a lot of laws that we have that identify conduct people are expected to maintain," Sen. Smith said. "I would hate to see this bill pass because I think it's breaking down the fabric of society."

Sen. Ed Cirillo, the sponsor of the bill, said it was time to repeal the laws, which were passed in 1913-14. Arizona is one of four states that ban same-sex intercourse, and one of 16 states with other sodomy laws on the books.

"I'm not sure we should try to legislate morality," said Cirillo, R-Sun City West. "We have the churches which do a fine job of that."

Judge seeking more data in UFO case

A judge said he needs more data before ruling whether a Scottsdale lawyer's lawsuit against the federal government seeking information on a mysterious triangular-shaped aerial craft should be dismissed.

U.S. District Court Chief Judge Stephen McNamee on February 16 ordered the Defense Department (DOD) to produce additional documents by March 17, providing specifics on how e-mail and a computerized index search were used to locate information.

In 1998 thousands of Arizonans saw a strange, triangular space-craft slowly cross the state. DOD claims no knowledge of the event.

January 1999, Peter Gersten, executive director of Citizens Against UFO Secrecy filed suit under the Freedom of Information Act. DOD wants the case dismissed after two of its agencies conducted what they claim was a "reasonable" search

and could not find any information.

"I don't remember the last time when a judge in a FOIA case required further affidavits," an elated Gersten said.

HILLARY CLINTON VOODOO DOLL

A New York artist has created a Hillary Rodham Clinton voodoo doll, complete with a starter set of five pins. The first lady doll is the work of David Freeman of Manhattan. It matches his Rudy voodoo doll, which is named for Mayor Rudolph Giuliani, who is expected to face off against Clinton in the New York Senate race. The purpose of the nine-inch-tall cloth dolls is to help voters work "voodoo" against the candidate they oppose. The dolls come with instructions: "Stick it to him" and "Stick it to her." Freeman said the Hillary doll has a "beautiful smile." The Rudy doll, he added, features "a little scowl" and the mayor's trademark comb over.

St. John's wort, a popular herbal remedy used to treat mild depression, can interfere with drugs used to treat HIV-infected people and heart-transplant pa-

The Ten Commandments "contain the essential principles of moral law"¹ There is no way that any reasonable person could construe a prohibition against homosexuality from any of these ten rules. Yet, to hear many of the followers of Jesus carry on, one might conclude that God's prime concern was what we humans do with our genitals. There are dozens, perhaps hundreds, of "Christian" groups organized to deal with the "problem of homosexuality."

Why do the followers of Jesus have such a problem with homosexuality? The Old Testament treats homosexual acts in the same chapter as it forbids being naked in the presence of a close relative or looking at a naked woman during her period. It's strange how you don't hear the Jesus preachers talking about those "sins". You don't hear the followers of Jesus saying, "You saw a woman and her daughter naked together. You are an abomination unto God. You are going to

(continued on page 2)

Omega

news, insights and straight talk for the coming New Age

Bishop Tutu searching for new god

Former Anglican Church Archbishop of South Africa Desmond Tutu joined several prominent theologians February 12 to urge religious leaders to work together to find a new image for God for the 21st century.

"No religion can claim to have the whole truth about the mystery" of faith, Bishop Tutu said. "The logic of faith will get through to even the dumbest of us."

Bishop Tutu, a Nobel Peace Prize winner, spoke at a news conference before he addressed the God at 2000 conference at Oregon State University.

He ended the two-day conference with an address that followed traditional

Christian teachings, talking about a masculine, judgmental God more interested in individual sinners than the universe.

Bishop Tutu credited prayer with helping resolve apartheid in South Africa and called on people to pray for resolution of conflicts in places such as Northern Ireland and Kosovo.

Bishop Tutu also urged Christians to embrace other faiths.

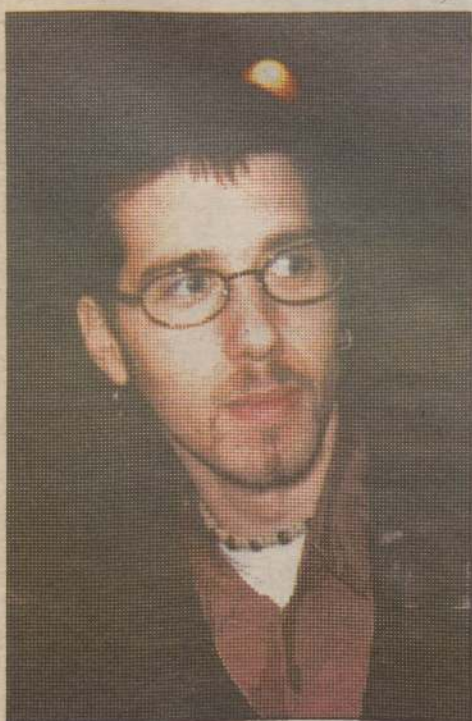
"Gandhi was not a Christian, but if you say Gandhi was not a good man, you are not speaking my language," Bishop Tutu said.

Author and theologian Marcus Borg, who teaches at Oregon State, invited Bishop Tutu and some of the world's most influential religious scholars to talk about how the image of God has changed.

Borg opened the conference February 11 by saying that his view of God changed dramatically from the stern lawgiver he learned about as a boy to a God that is beyond the understanding of any religion and "dwelling within each of us."

He challenged Christians to open themselves to other religions that see God as the entire universe, and to reject "supernatural theism," or reducing God to human dimensions as an individual personality.

Omega Directory readers will recall last month's centerfold article which dealt with the image of God as it changed through the ages. (February 2000)



A NEW AGE MISSIONARY

REV. JOSHUA NORMANDIN is the Valley's own New Age ambassador on the streets. Read the story in the centerfold.



WILLOW, a Wiccan high-priestess, will teach a series of classes on magick and Wicca this month at Abracadabra, 4613 E. Thomas in Phoenix. See story on page 7.

tients, new research shows.

Scientists said the findings add to growing concerns that the herb may interact dangerously with certain drugs used in treating transplant and HIV patients.

Two studies published early in February in the *Lancet* medical journal found that St. John's wort nulls the effectiveness of both the HIV medicine indinavir and the transplant drug cyclosporin, used to suppress transplant patients' immune systems so their bodies don't reject the new organs.

Although both studies involved few participants, independent experts say the way they were conducted and the strength of the results render the findings significant.

In one study, the level of medicine in the bloodstream when St. John's wort was taken dropped dramatically enough for patients to begin to reject their transplanted hearts.

The other showed that St. John's wort depressed the effectiveness of a drug used to treat HIV patients.

St. John's wort has been widely used in Germany as a treatment for depression and anxiety. Some U.S. physicians have started recommending it to patients and report that the herb has shown effectiveness in stemming depression.

Not that which goeth into the mouth defileth a man, but that which cometh out of the mouth. this defileth a man.

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PAGAN-ORIENTED CHURCH STILL HERE?

Yes, the West Valley New Age Community Church will hold services this month.
 Rev. Dr. John Rodgers will conduct a very special Pagan ritual.
 Rev. Gary Pace may yet take the pulpit this Spring.
 Stay tuned for the exciting developments.

West Valley New Age Community Church
 in the main chapel at 1777 W. Camelback in Phoenix (602)237-3213
 Services will be held Sunday March 12 at 7:30 pm

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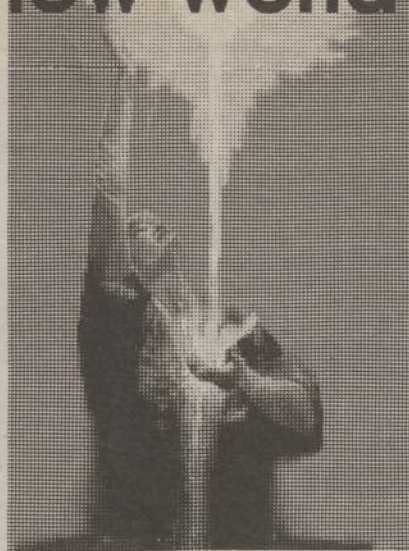
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March 5 - What's wrong with this world?

March 12 - What can I do to make a better world?

March 19 - Teaching others and changing the world
 Rev. Joshua Normandin

March 26 - Using our wealth to make a better world?

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• WAR AGAINST GAYS (continued from page one)

go to hell!!!!" Or telling some doctor, "You saw a woman naked during her period. You are the most evil person on the plane-land will roast in hell!!!!"

Of course you don't. The followers of Jesus are obsessed with homosexuality - male homosexuality. Other than one controversial reference in Romans, the Bible gives not a word to female homosexuality - just the males. And the Jesus cultists do much the same. Their focus is on male homosexuals.

Why?

It is not because of what the Bible says. At best that is merely an excuse. Besides, the Bible says very little against homosexuality, other than the passage in Leviticus 18:22, there is nothing in the Bible against homosexuality.

The passages in the Bible that appear to condemn sodomy are actually referring to individuals, male or female, who were dedicated to a foreign god, much as nuns and priests today. The story in Genesis of God destroying the city of Sodom is full of myth and legend. It cannot be used to condemn homosexuality.

God did condemn homosexuality in Leviticus, but he also condemned eating pork, walking more than a mile on the sabbath and mixing cotton and wool. In other words, homosexuality appears to be no greater sin than eating a little bacon. Why then do the followers of Jesus make such a big deal out of it?

Many men are homophobes because they are insecure about their own sexual orientation. The presence of homosexuals merely reminds them of their own fears. These fears are projected and the homosexual becomes a threat to him.

Just because someone worships Jesus is no reason he can't be prey to these same fears. The difference between a follower of Jesus and a normal human is that the cultist is more likely to use the

Prostitutes resist AIDS - Why?

One of the mysteries of the acquired immune deficiency syndrome (AIDS) epidemic is that a small number of female prostitutes in Africa seem resistant to the virus that causes the disease, even though they often have sex with infected men.

Despite an intensive search for an immunologic explanation, none has been found.

Now an even more baffling finding has turned up in a study of 1900 prostitutes in Nairobi, Kenya. Four of them became infected with HIV, the virus that causes AIDS, but only after they stopped working as prostitutes or took breaks of two months or more, leaders of the study reported early in February at the Seventh Conference on Retroviruses and Opportunistic Infections.

Scientists cannot explain the phenomena but say the answer could affect development of a vaccine against AIDS.

Scientists have been stymied in identifying what immunological factor correlates with protection against the human immunodeficiency virus (HIV). Findings from the Nairobi study may provide another way of seeking the factors linked to immunity, researchers say.

Bible, and religion in general, as a tool to rationalize his fears and hatred.

There are preachers, publications and websites that literally drip hatred toward gays, condoning violence and murder - usually using "God's will" as justification for his otherwise unjustifiable words and deeds.

Whatever excuses they may give, those church-merchants who peddle hatred toward gays are simply insecure in their own sexuality. They think they are not "real" men, and want to punish the gays because of it.

When they act that way, it is clear that they are not "real" men operating in accordance with God's will, but rather are weak-minded tools of evil incarnate. They are the very thing they accuse gays of being.

Canada proposes rules for gay relationships

Gay and lesbian couples will get the same rights and responsibilities as common-law couples under Canadian legislation introduced February 11 that advocacy groups are calling historic.

Justice Minister Anne McLellan tabled omnibus legislation in the Commons that sweeps through some 68 federal statutes - everything from the Pension Act to the Income Tax Act - and makes the necessary changes.

The long-awaited bill gives same-sex couples more obligations than benefits. It also does not alter the definition of "marriage" or "spouse."

Once the law is passed, gay couples will be able to do many things they couldn't before. Among them:

- Claim each other or their children as dependents on their income tax.
- Collect survivor benefits under the Canada Pension Plan should one of them die.

Liberals vs. religious right over anti-gay marriage law

Mainline Protestant leaders in Southern California have called for the defeat of Proposition 22, a statewide "Limits on Marriage" ballot initiative that they said amounts to anti-gay legislation.

In a six-paragraph statement, local leaders of the Episcopal Church, the United Methodist Church, the Evangelical Lutheran Church in America, the Presbyterian Church (USA) and the United Church of Christ faiths voiced their opposition to the proposal, which would define marriage as only that joining a man and a woman.

The fiercely debated ballot initiative has been backed by Roman Catholics, Southern Baptists, the Church of Jesus Christ of Latter Day Saints (Mormons) and some Muslim officials in California.

Set for a March 7 vote, Proposition 22 - also called the "Knight Initiative," after its author, state Republican Senator Pete Knight - is just 14 words long: "Only marriage between a man and a woman is valid or recognized in California."

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Annual UFO conference set in Laughlin

The Ninth Annual International UFO Congress Convention will be held March 5 - 11 at the River Palms Resort, 2700 S. Casino Drive in Laughlin, Nevada.

This event is known as the best ongoing UFO event in the world. Some reasons for this prominence are a full seven days and nights of activities featuring 29 speakers, the UFO Film Festival, and social events.

This convention is the most affordable in the world. The average delegate attends for seven days and nights, yet may spend no more than most people spend at a little weekend event.

The lecture hall holds nearly a thousand people. A 15-foot projection screen is used for all speakers' presentation materials - video, slides or overheads. And the sound is first rate, too.

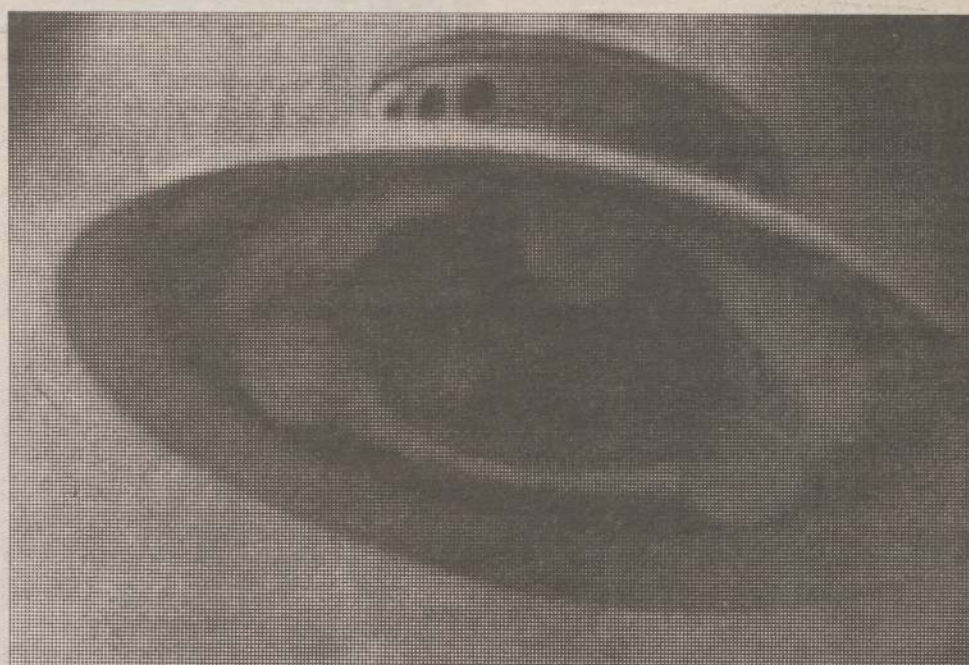
The organizers of this event strive to schedule the best and most-wanted speakers. The convention is known for the release of more new, first-time cases, photos, and videos than anywhere else.

At this convention there will be fresh photos from South America, new revelations from another of the original cadre of government remote viewers, new revelations about weapons and thought-control technology, new videos from the MIR space station and Russian military files, new insights into Col. Phil Corso, new evidence - dating into the 1940s - of saucers of human origin, the newest reports of US sighting activity, the newly discovered NASA videos, the new Scotland videos, and the New Mexico videos.

There will also be a review of new scientific evidence and chance to meet the man behind what is perhaps the most controversial UFO contact ever reported - Dr. Jonathan Reed.

Admission is \$40 - \$65 per day, \$265 for the entire seven days and nights, and \$480 with lodging.

For a free, eight-page convention brochure, call 303-543-9443. or check out www.ufocongress.com.



Birth defect linked to vegetarian mothers

Women who follow a vegetarian diet during their pregnancy are five times more likely to deliver a baby boy with a birth defect.

According to a new study, researchers at the University of Bristol, England, found a link between a vegetarian diet and boys born with a condition called hypospadias, in which the penis opening is found on the underside instead of head of the penis. Researchers speculate phytoestrogens may be responsible. Phytoestrogens are abundantly found in soy products, a staple in vegetarian diets, and can mimic the female hormone estrogen.

Research also found that mothers who took iron supplements during pregnancy doubled the risk of delivering a boy with this birth defect. And women who had the flu during the first trimester also showed a risk three times greater for giving birth to a boy with hypospadias.

These findings are based on the study of 7928 boys. There were 51 cases of hypospadias. Researchers found no evidence to suggest alcohol consumption or smoking affected the risk of hypospadias. The study is published in the January issue of *BJU International*, a journal of the British Association of Urological Surgeons.

Lee Hwa-shin said she couldn't be happier about her wedding even though she and her groom were married without ever having met.

Ms. Hwa-shin was among 10,000 couples who were married February 13 in a mass wedding organized by the Unification Church of Rev. Sun Myung Moon. The vast majority of the newlyweds were complete strangers matched by church officials.

"I am very happy although my husband is not here," said Lee, a young South Korean design student, at Seoul's Olympic Stadium.

She held a framed picture of her new husband, Tokumasa Yamashita, in a black suit. She said Yamashita, a young Japanese man studying computer engineering in the U.S., couldn't get a visa in time to attend. At the end of the ceremony, the bride took out a golden ring and slipped it on herself.

"I have no regrets, because I know I am doing the right thing," she said, in her white wedding gown.

Church officials said Rev. Moon and some elder church officials appointed by him paired the couples by examining their photographs.

"We want to allow God to choose (the spouses)," church spokesman Robin Marsh said. "In our wedding we build, we develop our love for each other."

About 40,000 married church members also attended the ceremony to renew their vows. Church officials said "hundreds of thousands" of others renewed their vows while watching the ceremony through the Internet and satellite broadcast.

Similar ID card programs are used in Mendocino County and Arcata, where the chief of police personally issues photo ID cards to registered medical marijuana patients.

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Company will prepare your pet for cloning

A new Internet company has launched the first pet cloning company.

Genetic Savings & Clone turned on its Web site - www.savingsandclone.com - February 16. At this site customers can make an appointment to sample their pets' DNA for potential cloning. The cost of this service is \$1000 to \$3000 to freeze the gene, plus \$100 a year in storage fees.

If and when dog or cat cloning is achieved, customers would initially pay the company \$200,000 to replicate their pets. But the price tag should drop to \$20,000 in three years, company spokesman Lou Hawthorne said.

"Our goal is to have it in the price range of a car," the San Francisco entrepreneur said.

This is not some crazy Web money-

scheme. The animal cloning company is backed by respectable entities. Hawthorne and his partners at Texas A&M University are coordinating the world's only dog-cloning project, dubbed Missyplicity.

That's funded by an anonymous billionaire who gave the scientists \$2.3 million in 1998 to clone his collie, Missy.

They have not yet succeeded in duplicating the pet, but say they're getting close.

Meanwhile, hopeful pet owners can go to savingsandclone.com to open an account to bank their pets' genes.

Their veterinarians then visit the site to schedule surgery - which costs extra - and order a kit, complete with instructions and vials.

After scraping DNA from the beloved pet's mouth or stomach, the vet ships it to the company, which freezes it until cloning is available.

FCC backs down on religious programming

Caving in to pressure by religious broadcasters and conservative lawmakers, the Federal Communications Commission (FCC) January 29 reversed a recent ruling that would have meant religious programming could no longer qualify as educational.

The original guidelines issued in December would have directly affected only about 20 religious programmers. Such licenses require devoting at least half of programming hours to "educational, instructional, or cultural needs of the community."

But the 2000 or so religious radio and TV stations across the country vehemently protested the decision, arguing that the ruling's implications would ripple beyond those few stations and "severely stifle religious expression."

By so specifically defining the term "educational," Rev. Jerry Falwell and others argued, the FCC was setting a dangerous precedent of aggressively regulating content and thus could shut down certain stations on political whim.

"It has opened a Pandora's box of problems," Commissioner Michael K. Powell said. "In today's decision we put the lid back on the box."

The guidelines stemmed from a Pittsburgh case where a PBS station wanted to swap one of its non-commercial stations with a religious broadcaster. In reviewing what is usually a routine station swap, the FCC issued a general guideline that programs "primarily devoted to religious exhortation, proselytizing, or statements of personally held religious views and beliefs" did not count as educational.

New Age church slate

Each Sunday morning in March at 10:30 am, Rev. Dr. John Rodgers will discuss the following topics at the New Age Community Church, 6418 S. 39th Avenue in Phoenix,

March 5 - What's wrong with this world?

March 12 - What can I do to make a better world?

March 19 - Teaching others and changing the world, with Rev. Joshua Normandin. This topic will also be repeated in the evening service at 7:15 pm.

March 26 - Using our wealth to make a better world.

For information call (602)237-3213.



Medical marijuana ID ready in California

The San Francisco Board of Supervisors put its stamp of approval February 1 on a plan to issue identification cards to medical marijuana users.

The city ordinance is designed to allow qualified cardholders to obtain high-grade marijuana from several dispensaries without fear of being arrested. It was approved 10-1, but still must be considered by Mayor Willie Brown.

"For people who are suffering, this is a giant step because here's a medicine that I think really, really works. Reefer madness is dead," said Gary Farnsworth, a director at the San Francisco Patients Resource Center. His center is one of several medical marijuana dispensaries in San Francisco.

"What the card does is to certify that the holder fits the requirements of the California medical marijuana statute," Deputy City Attorney Marc Slavin said.

He said the card will not contain a name or photo for confidentiality purposes but will display a serial number. No fees for the cards have been determined.

"This is an ordinance that is simply designed to give effect to the statewide proposition," Slavin said.

If approved by the mayor, it would be the third such program in the state. All are byproducts of a proposition approved by voters in 1996 that allows for possession, cultivation and use of marijuana for medicinal purposes.

Similar ID card programs are used in Mendocino County and Arcata, where the chief of police personally issues photo ID cards to registered medical marijuana patients.

County gem group sets fair

Maricopa Lapidary Society will hold its 51st annual Phoenix Gem & Mineral Show the weekend of March 3-5 beginning at 10 am on Friday at Wild Horse Domes Event Center, I-10 Freeway and Maricopa Rd(Exit 162A).

There will be 20,000 square feet of display of jewelry, gems, minerals and lapidary art. With demonstrations in jewelry-making. Gems, jewelry and tools will be available for purchase.

Admission is \$4.



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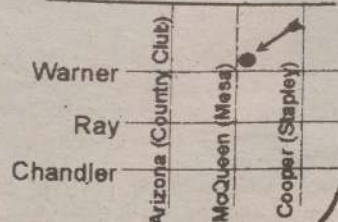
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Prayer can improve your health

Sick patients fare better when people pray for them, even when they're unaware that they're the subject of prayers, and even when they don't know the people doing the praying.

These are the results of a study conducted by researchers, at Kansas City's Mid-America Heart Institute at Saint Luke's Hospital and published recently in the *Archives of Internal Medicine*. The study, one of the largest of its kind, offers the most compelling evidence yet linking improved health to what is known as off-site or "remote intercessory prayer."

"This is very significant," said Dr. Haroki Koenig, an associate professor of psychiatry and medicine at Duke University School of Medicine who has conducted numerous studies on the effect of spirituality on health. "But I think it is going to be highly, highly controversial. I'm not sure how any doctors are going to embrace this."

The research, conducted approximately over a year ago and led by heart disease researcher William Harris, involved 990 heart patients admitted to the St. Luke's Hospital coronary care unit. All the patients in the study suffered a range of "serious life-threatening cardiac conditions" from heart attacks to severe coronary heart disease to congestive heart failure.

From the sample of more than 990 patients, 524 were randomly assigned to a control group. Each patient in the remaining group of 466 was prayed for daily by five individuals. The five prayer group members were among 75 in the Kansas City area who volunteered to help out in the study.

Neither the patients nor their physicians were aware of the study or that any patients were being prayed for. The prayers were conducted away from the hospital. Members of the prayer groups were told nothing about the individuals for whom they prayed other than their first names and that they were ill. Each patient was made the subject of prayer for 28 days, starting one day after their admission to the coronary care unit.

The conclusion: "The patients who were prayed for," Harris said, "just did better." By better, he said, "I mean everything that word means."

Harris - whose research team included other physicians, a psychologist, statistician, St. Luke's chaplain and cardiologist James O'Keefe - determined how well the patients fared by looking at 35 medical measurements.

The measurements included every



thing from the numbers and types of medications patients needed, whether they remained on respirators or needed pacemakers, how long they stayed in the hospital, how fast they recovered or, in some cases, died.

Overall, patients who were prayed for did eleven percent better than did the patients in the control group. This result is considered statistically significant. Statistical models estimate that the odds that such an effect could occur by chance are about one in 27.

"I'll admit," Dr. O'Keefe said, "being a scientist, I was very skeptical. There is no scientific mechanism to explain it."

"But from my perspective, I can tell you the message of this study is simple, clear and harmless. If you or a loved one are in trouble, medically ill, sick, and you feel so inclined, go ahead and pray. Pray for yourself and your loved ones. This study suggests it might help."

It is not the first study to make this conclusion. In the late 1980s, Randolph Byrd, then a cardiologist at San Francisco General Hospital, conducted what is considered to be the first serious research into the medical effects of intercessory prayer in a study of 393 heart patients. That study, too, showed a positive difference between patients who received intercessory prayer compared to controls. Some estimated the difference at ten percent.

One reason the Harris study is considered significant is that it is the first since the Byrd study to try to duplicate the results.

Is life a basic element of matter?

Research in the depths of the sea has now produced a bizarre surprise that has touched off hot international debate.

Discovered are tiny, mysterious, apparently living creatures far smaller than any known bacterium so small as to strain the limits on what is needed for independent life.

While their finders hail these oddities as a strange new form of microbe teeming with tendrils, their colonies seeming to grow wild, skeptics see them as probably the newest delusion in a global hunt for the smallest living things.

Their discoverers call them nanobes (pronounced NAN-obes), 'because their size is in the realm of nanometers (or billionths of a meter). At 20 to 150 nanometers in length, they are smaller than cells, smaller than fungi, smaller than the smallest known bacterium and roughly the same size as viruses, which are considered non-living parasites because they need hosts to reproduce. If alive, the discovery brings into question the pervasiveness of terrestrial life, new forms or which are being discovered so deep and in such abundance that some scientists suspect the planet has a hidden biosphere of microbes extending down miles whose total mass may exceed that of all surface life. The discovery might also influence hunts for microscopic aliens perhaps hidden in the solar system's deep netherworlds, the discovery of which would prove that life in the universe is not unique to Earth but an inherent property of matter.

Scientists in Australia at the University of Queensland discovered the tiny oddities four years ago in ancient sandstones retrieved from about three miles below the western Australian seabed. Described publicly for the first time in 1998, the fuzzy tangles of filaments resembled

fungi and appeared to reproduce quickly, forming dense colonies of tendrils. Laboratory analyses repeatedly found signs of DNA, or deoxyribonucleic acid, the master molecule of heredity and life.

In a bid for skeptical rigor, Philippa J.R. Uwinsa scientist at the University of Queensland's center for Microscopy and Microanalysis, has sought non-biological explanations but has concluded that none can account for the observations. Its future research goals include quantifying the growth rate of the colonies and sequencing their DNA, which could help connect them to the known tree of terrestrial life.

The topic exploded in debate four years ago when scientists reported finding tiny fossil microbes in a 4.5-billion-year-old, potato-size Martian meteorite that crashed to Earth in Antarctica long ago. At 20 to 200 nanometers, the putative Martian fossils were smaller than any known terrestrial life, and that discrepancy quickly sowed doubts about the veracity of the alien-life discovery.

Since then, many papers have tried to prove the existence of tiny terrestrial analogs and, by extension, the plausibility of the Martian fossils.

Experts have said that known terrestrial bacteria in the range of 200 nanometers probably marked the lower size limit for current life, but held out the possibility that primitive unknown microbes might have been as small as 50 nanometers, about the size of the Australian nanobes.

"But there's no way a free-living cell is going to be less than 100 nanometers," said Dr. John A. Baross, a biologist at the University of Washington, in Seattle.

The researchers say they are increasingly confident that their investigations are going to bolster the Martian meteorite find.



DOROTHY OJA

Astrologer to speak on compatibility

March 17 and 18 the Arizona Society of Astrologers, 7375 East 2nd Street in Scottsdale, will host a weekend lecture and workshop with Dorothy Oja.

Ms. Oja has been a full-time career astrologer since 1981. She has authored many articles and columns published in international magazines and journals, as well as online. She teaches regularly and most recently for the Online College of Astrology. Her specialties include: future timing -- scheduling surgery, wedding, and business dates, and relationship analysis including composite/Davison charts. She publishes a weekly (email) and monthly version of her NL, Planet Weather, offers private tutoring and composes BirthVerse (tm), the poetry in your chart.

Friday March 17 at 7:30 pm Ms. Oja will present a 70 minute lecture, *Patterns of Compatibility & Conflict*.

Relationships hold the mystery of why and with whom we get involved. Dorothy will present the first of three sets of synastry aspects between individuals in relationship. In this set, she will discuss 12 of the most repeated aspects found between charts of people in significant relationships.

These aspects indicate passion or competition, affection or irritation and express endurance or insurmountable conflict. Most couples in strong relationship have at least four or five out of the 12 bonding indicators. These are certainly not all of the aspects possible between people but they are a series of consistent ones and are based on years of working with and researching couples in relationship. Cost is \$10.

Saturday March 18 at 12:30 pm Ms Oja will present a four-hour workshop, *The Solar Return, Your Yearly Mission*. Each year on your birthday you are given fresh and often challenging instructions for the following year. Delineating solar returns can be frustrating since they can be somewhat inscrutable. There are specific procedures in analyzing solar returns and in uncovering the special cosmic message or mission meant for you. With practice, the individual can uncover the themes for the coming year and then collaborate with the message to make the most of the new Solar Year. Notable natal charts will be used and those attending should bring their own for reference and study. Admission is \$15.

Yoruba full moon celebration is scheduled

The Yoruba Cultural Center will conduct a spiritual cleansing ceremony under the full moon Sunday March 19 at 7 pm at Papago Park, Ramada 16, in Phoenix. This Full Moon contains the energy of the Orisa Obatala, the spiritual energy of purity, peace and happiness.

Chief Adetunti Olokodana will conduct the ceremony on behalf of the Yoruba Cultural Center.

Those attending should bring a beach chair, blanket, or pillow to more comfortably interact with Mother Earth during the ceremony.

A \$12 donation is asked. For more information see: www.aznewage.com/santeria.htm

A friend may be revealed in times of trouble, a hero in battle, an honest man in a loan, and a love when riches are spent

- Hindu proverb

7th Annual Health Expo slated for Phoenix

Change in health consciousness levels is observable everywhere. The Seventh Annual Health Expo will be held the weekend of Mar 24-26, beginning at 4 pm on Friday, at the Phoenix Civic Plaza Convention Center, 225 E. Adams, Hall D.

The Expo promotes health awareness and community involvement by presenting natural, New Age choices for health, fitness and environment. The Expo features more than 80 lectures on health topics, free medical screenings, cooking and food preparation demonstrations, music, art, jewelry, natural clothing, and free drawings.

There will be over 200 exhibits which allow the public to have questions answered one-on-one. Lecturers are available in booths. Last year's attendance was around 8000.

The Expo emphasis is on integrative healing; there is a time and place for both allopathic (conventional medicine) and for alternatives (holistic health care). Their mission is to present healthy choices to the public, develop markets in integrative medicine and natural health and awaken social responsibility to build community involvement in these areas.

This Expo may present all types of integrative practices, i.e. allopathy (MD), chiropractic (DC), dentistry (DDS), homeopathy (MD(H)), naturopathy (ND), exer-

Aspirin good for heart as expensive drugs

Once again, researchers find that aspirin is as effective in protecting the heart as is a more expensive prescription medication.

Aspirin's cardio-protective benefit is believed due as much to its anti-inflammatory effects as its anti-platelet or blood-thinning effects.

For several years now, physicians have been recommending that patients at risk for a second heart attack take a low dose (75 to 325 milligrams) of aspirin on a daily basis.

For people who've had a heart attack or have unstable angina, symptoms of which include regular chest pains, a new report says that aspirin works as well as a new drug called sibrifiban, a platelet inhibitor, in preventing future heart attacks or clogged coronary arteries.

In the study, published in January's issue of the *Lancet*, researchers observed the effects of these two medications in 9233 heart patients from 33 countries.

The treatment period lasted 90 days and began within seven days of the heart attack or chest pains.

The researchers concluded that aspirin and the drug were equally effective in preventing heart attacks. The drug had more dangerous side-effects, however.

Aspirin, which is a synthetic copy of the natural herb, white willow bark, has been used effectively to treat headaches, body pain, and fevers for 100 years.

Some people experience minor stomach bleeding from aspirin, but this can be dealt with by using buffered aspirin.

Buddha's 1st sermon discussed

Thursday March 2 at 7 pm at the Foothills Branch Library in Glendale, Gomchen Karma Dorje will deliver a lecture on the Deerpark Sutra, Buddha's first sermon delivered in Benares, India, about 500 BC.

The Deerpark sermon by Buddha and the Jesus' Sermon on the Mount are the two most important sermons ever delivered. In his sermon, Buddha revealed the truths revealed to him under the Bodhi Tree - the essence of the Buddhist path.

This should prove to be a valuable event for those interested in basic information on Buddhism and those looking to explore the world of meditation.

The lecture will be given by Karma Dorje, expert yogi and ordained priest in the Tibetan Mahayana tradition.

Dorothy S. Braatlien of Phoenix, a long-time subscriber to the *Omega Directory*, died January 26. She was born in Durant, Oklahoma in 1913. Survivors include her daughter, Maxine Moffett, six grandchildren, 13 great-grandchildren and eight great-great-grandchildren.

cise, herbology, essential oils (aromatherapy), nutrition, polarity balancing, ozone, yoga, vibrational medicine, magnetics, acupuncture, midwifery, hypnotherapy, physical therapy, natural skin care, color, sound, art, massage, iridology, macrobiotics, counseling, etc. Prominent local and national practitioners will demonstrate and lecture on their particular modality of natural health care for the public's education in making informed decisions.

General admission \$6, Senior \$4, under 12 free (includes all lectures). \$1 Discount Coupons are available in many health food and bookstores in the Phoenix area. Sponsors include: mylifechoices.com, KFYI Radio, Arizona Networking News, Arbonne International, SportsNuts.Com, Southwest Institute of Healing Arts and Desert Institute of Homeopathy.

For more information about exhibit space & speaking schedule call 877/376-2847 or see the website: mylifechoices.com.

West Valley NACC alive another month

March 12 at 7:30 pm West Valley New Age Community Church will meet at least one more time in the main chapel at 1777 W. Camelback in Phoenix.

Rev. Dr. John Rodgers, pastor of the the main church, will be working with other Valley Pagans to present a special ritual service, *The Coming Forth of Consciousness*.

Rev. Gary Pace, pastor of the West Valley Church, said last month that he planned to leave the Valley, but now says he may be available to lead the church for the rest of the summer. After which time the church will relocate back to the West Valley.

Rev. Dr. John Rodgers, Director of all the New Age Community Churches, says, "We are looking for a New Age minister who would like to pastor this branch of the church."

"We need a minister to take over whenever Rev. Pace does leave. Unless the church can find a suitable minister in time, the church will cease to operate sometime this year."

In September 1998, Rev. Pace obtained the charter for the church, the Pagan branch of New Age Community Church. Initially, services were held in a large hall at Alpha Far West bookstore in Avondale.

When the store closed, services were held in the homes of church members until March 1999, when they began to hold monthly meetings at 1777 W. Camelback. For further information call (602)237-3213.

Psychic demonstration slated at Rama Temple

An evening of psychic revelations is scheduled Friday March 17 at 7 pm at the Golden Temple of the Archangel Rama, 2323 N. 29th Place in Phoenix.

Rev. Sean Michael Shields will lead the gathering in a meditation to raise psychic energy and increase the potential towards divine contact. Then he will discuss spiritual healing and the mission of angels on earth. Everyone present will receive a free clairvoyant reading.

Rev. Shields was a student of renowned psychic Dr. Richard Ireland. After training with Dr. Ireland for eight years, Rev. Shields began doing psychic demonstrations in 1991. He has promoted spirit

Rev. McCall sets "Heroic Adventure" workshop

Rev. Kathy McCall, minister of Sacred Journeys, an alternative Unity ministry, will present a workshop *Claiming Your Life Story* Saturday, March 18 from 9:30 am to 4:30 pm at the Fiesta Inn on the corner of Broadway and Priest in Tempe.

Rev. McCall has formed Sacred Journeys to move beyond the usual church structure into a broader arena. She teaches using the "mythic journey model" unique to her ministry.

The all day heroic journey workshop will focus upon discovering the core beliefs and mythic themes that run our lives, accessing our life purpose, identifying blocks and barriers which sabotage us, and healing our life story for personal transformation.

Cost is \$85, or \$140 for couples. Lunch may be included. Registration is required.



DR. MARTIN FINKELSTEIN

Dr. Marty ends monthly health column in Omega

Dr. Martin Finkelstein will publish his last column in the *Omega Directory* next month. He is experiencing extreme fatigue as a result of a fire at his home.

Dr. Finkelstein, is an ordained minister and graduate of New Age Seminary Program. He has published his column monthly in *Omega* since August 1991. He focused on physical, emotional and mental health.

Early in the morning of January 22 a fire erupted in the bathroom of the Finkelstein home. Dr. Finkelstein discovered the fire in time to put out.

The damage was limited to the bathroom (which was destroyed along with everything in it). Dr. Finkelstein was not burned in the fire, but he did inhale a lot of very toxic smoke in the process. As a result, he found himself unable to function at full capacity, either mentally or physically.

After a month he had still not fully recovered. His wife, Laura, suggested that he began deleting obligations and responsibilities from his schedule to compensate.

"It was already getting tougher and tougher to squeeze writing on a deadline into my limited threshold of time/mental energy," explains Dr. Finkelstein.

"I have enjoyed writing this column so much, but now, with the after-effects of the fire (and a host of other factors, of course), I must streamline my life even more. And so, sadly, I must let go of my column."

Dr. Finkelstein that, after his "goodbye and summary of everything," column, he hopes to submit an article from time to time whenever he can.

contact and psychic development on both TV and radio.

Shields is also a Reiki healer, and healing workshops are held weekly at the Temple.

Admission is \$10.00. Food and drink will be provided afterward, where everyone is invited to socialize.

Geomancy dowsers' topic

Doug Swensen will be the speaker at the March meeting of the Phoenix Life Force Chapter of Dowsers Sunday, March 12 at 2 pm at the Cooperative Extension Office, 4341 E. Broadway in Phoenix. A mini dowsing school will be held from 1 pm to 2 pm.

Swensen is a professional geomancer/dowser and serves as the chapter's vice-president. He has over 20 years experience working with various energetic healing modalities. His favorite for the past eight years has been geomancy which uses the art and skill of dowsing.

A geomancer works with earth energies created by ley lines, fault lines, underground water, grid lines, etc. All of these can emit radiation harmful to humans and other life forms. Extended exposure to this noxious energy can create problems with the health and well being.

His presentation will deal with the methods of detecting these energies and rendering them harmless on land, in homes and businesses. He will give demonstrations on how to use the pendulum, and L-rods to clear these energies and much more.

Admission is \$5.

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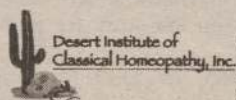
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US nun moves closer to sainthood

Pope John Paul II cleared the last hurdle January 27 for making Katharine Drexel, a Philadelphia heiress turned Catholic nun, only the second native-born American in the Catholic Church's history to be named a saint.

In his brief decree, the pope confirmed that a second healing attributed to the late Mother Drexel's spiritual intervention was indeed miraculous, the most difficult obstacle on the road to sainthood. Both healings involved Philadelphia children cured of deafness after their families prayed to Mother Drexel.

Mother Drexel's life went from riches to rags, as she gave up a privileged turn-of-the-century life for a vow of poverty. Born into Philadelphia high society, she spent her adult life traveling to Indian reservations and Black neighborhoods, building schools and missions. By the time she died in 1955, she'd given most of her considerable trust fund away. She was credited with the miraculous cures after her death, one involving a boy in 1988, and other a girl eight years later.

The pope's announcement officially completes the investigation by medical and theological experts into Mother Drexel's qualifications for sainthood.

In October, a medical board sent from the Vatican found no natural or scientific explanation of why a seven-year-old Pennsylvania girl once afflicted with nerve deafness regained her hearing.

A theological board then confirmed in January that the girl's family prayed exclusively to Mother Drexel. With those conditions satisfied, the pope declared the healing a miracle, in effect offering divine confirmation that the candidate for sainthood is a servant of God.

In Philadelphia that same day, the little girl who is no longer deaf revealed



MOTHER KATHERINE DREXEL

her identity for the first time at a press conference.

When asked by a reporter why she was chosen for such a blessing, Amanda Wall said, "Because God loves me, and I love God."

Mother Drexel is not yet officially a saint, but the next steps are automatic. Now that he has confirmed the second miracle, the pope will convene a board to confirm sainthood, and announce the date of canonization, expected sometime in the next few months.

New Age seminary begins 22nd season

This month the New Age Community Church Seminary Program will begin its 22nd season.

"Spirituality, ideally, is codified in religion. And you need valid information to make choices in the spiritual supermarket that is the New Age," says Rev. Dr. John Rodgers.

"A medical doctor or a lawyer can do a poor job or misinform you, unless you have some knowledge of the subject yourself. This is true in the world of metaphysics, too."

Rev. Dr. Rodgers is referring to the fact that there is much misinformation and fraud around, even in spiritual teachings.

"Just because someone says something is true, this does not make it a fact," he notes.

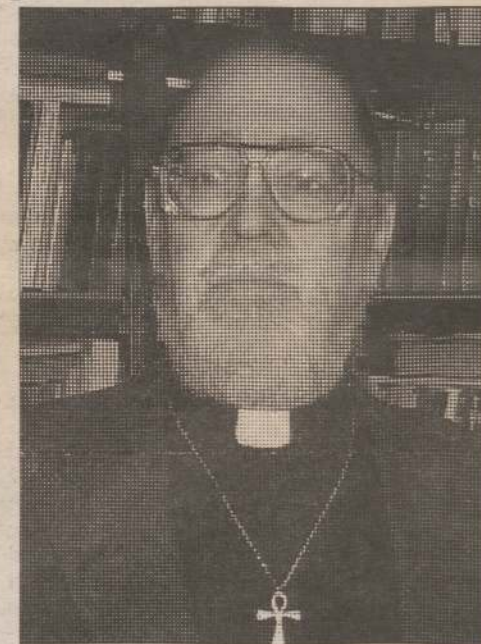
"Nowadays, with so much confusing spiritual data coming at us from all directions - much of it half-truths at best - it is hard to know what to believe, or why. Learn the principles that govern things both spiritual and mundane, important things to anyone trying to understand metaphysics, to anyone seeking the spiritual path, and to anyone trying to make sense out of life."

Sunday April 2 at 4 pm at the New Age Community Church, 6418 S. 39th Avenue in Phoenix, the New Age Seminary Program will begin its first semester, *The Story of Religion*, taught by Rev. Dr. Rodgers, director of the program. Those who attend the seminary will be taught the history of spiritual organizations - the different types that exist and how they come into being. The information in this program has been acquired through nearly 50 years of research.

Because it is New Age, the program is open to students of any faith, although New Agers, traditional Christians, Mormons and Pagans have the most to gain from the course. Those who attend the seminary are given an understanding and tolerance for all religions.

The purpose of the program, which is held for two hours each Sunday afternoon, is to give individuals a solid foundation in fact, a knowledge of the science of spirituality, and the basic preparation necessary to become New Age ministers.

Dr. Rodgers is the foremost New Age theologian in Arizona. Thrice ordained, he has been a recognized leader in the Valley for over a quarter of a century. He has given countless public lectures, spoken to university groups and made radio and TV presentations. He is also the author of scores of articles dealing with New Age issues and ideas. His first book, *The New Age Bible*, is distributed around the world. His second book, *A New Heavens and A New Earth*, is being prepared for publication.



REV. DR. JOHN RODGERS

Some of the subjects to be covered in depth during this first semester are: the New Age, the story and purpose of religion, the origin and meaning of various spiritual practices, and the why and how of the various religions. This semester will reveal the true origins of Christianity and who Jesus really was.

This seminary program is the only one of a few like it in the Western U.S.

"As we enter the New Age of Aquarius, many people feel the need to serve humanity, to accomplish something of lasting value with their lives, but there seems to be no basic training available for such a ministry. There are many 'metaphysical' ordinations to be had, some can even be obtained by mailing in \$10 or \$20. But there is no other program that gives its students hard data to work with, that explains how everything works together and that gives practical information that can be used in everyday life."

"This seminary, program has substance and is primarily concerned that you learn and get prepared for the ministry."

In the past decades, students throughout Arizona and the West have completed the program and have been ordained. Others have audited the course merely to gain a solid background upon which to base their spiritual quest.

Anyone taking the course can repeat it as many times as they like at no additional cost.

Cost of the first semester is \$95, which includes textbooks & materials. Cost of the entire 32-week program is approximately \$400. A payment plan is available. For further information call (602)237-3213.



GYANESHWARI DEVI

Hindu teacher remains in Valley this month

Sunday March 5 and 12 at 7:30 pm, Gyaneshwari Devi, will discuss *Devotional Secrets of the Gita* at the International Divine Love Center, 315 E. Eugie Avenue in Phoenix.

Gyaneshwari Devi is an exponent of Hindu philosophy and shares her extensive knowledge of the Vedic scriptures of India in lectures and meditation workshops throughout the U.S. and Canada.

She will teach the path of *divine-love-consciousness (raganuga bhakti)* as taught by the great rasik saints, hear Sanskrit verses quoted from the ancient scriptures of India, and join in devotional chanting meditation designed to enliven the whole being with the bliss of divine love.

She will also present the following:

Divine Love Meditation Workshop, Saturday March 4 at 1 pm at At One Yoga, 3153 E. Lincoln Drive in Phoenix. \$25.

Developing a Personal Relationship with God, Tuesday March 7 at 7:30 pm at Unity of the Southwest 536 E. Fillmore in Tempe. By donation.

Soul, Reincarnation and Destiny, Thursday March 9 at 7 pm at Borders, 1361 S. Alma School Rd. in Mesa.

Divine Answers to the Mysteries of Life, Saturday March 11 at 7:15 pm at Changing Hands, 6428 S. McClintock Drive in Tempe. By donation.

Book group reads witchcraft

In an attempt to prevent reading books from becoming a lost art, Shannon from Moon & Stars Unlimited, has organized a book group which meets each Thursday at 7:30 pm at Illusions, 1777 W. Camelback #B100, in Phoenix.

The group is finishing up *Magical Rites from the Crystal Well* by Ed Fitch.

Beginning March 23, the group will meet and discuss the book *The Complete Book of Witchcraft* by Raymond Buckland.

It is not necessary to purchase the book before this meeting, but if you already have a copy, bring it with you.

Everyone should plan on attending each weekly meeting so that it can be completed on time.

For those individuals who are not into reading, Shannon offers a bi-weekly tape share class Friday at 2 pm at Illusions.

In this class everyone sits and listens to a self-development tape and then they discuss it.

March 11 the tape will be *One Day My Soul Opened Up* by Iyana Vanzant.

March 25 the tape will be *How to Get What You Really, Really, Really, Really Want* by Wayne Dwyer and Deepak Chopra.

All these classes are free. For information call (602)265-2935.

Release is topic at illusions

Sunday March 19 at 7 pm at Illusions, 1777 W. Camelback #B100 in Phoenix, Shannon will conduct a class and ritual, *Release*.

In his class Shannon will be dealing with getting past the things that block us emotionally and spiritually. She will cover ways to get validation so that you can let go.

The ritual will be a physical manifestation of release. Those planning on attending should call to get details on what they should bring with them.

Admission is free, but donations are accepted. Call 602-265-2935 for info.

Premier Tucson Wicca course at 8th season

Witchcraft is believed by many to be the oldest religion on Earth. Despite misconceptions, Wicca is a joyous, life-loving Nature religion, honoring the Deity within, encouraging personal growth and living in harmony with the Earth.

Tuesday April 4 at 7:30 pm at Tucson Open University, 2030 E. Broadway #112 in Tucson, Rick Johnson will begin the eighth season of *Wicca: An Introduction*. The eight-week course has been held yearly since 1982, this is easily Southern Arizona's (and possibly America's) oldest continuously run public class on the Wiccan religion.

Emphasis is on traditional beliefs and practice- the history, mythology, magick and Rituals of Wicca.

This class will use slides, music, handouts, displays, lectures, demonstrations and discussions to cover the subject.

Johnson emphasizes that his class "is NOT a 'How to be a Witch' class." Instead the emphasis is on what it means to be a Witch with an exploration of Wiccan theology and worldview.

Topics will include: What Witchcraft is and is not, History of the Craft, Ethics and Morals, Reincarnation, Rituals and Sabbats, Wheel of the year, Magick and Divination, Festivals, Feminism, Music and chants, Civil rights and Bigotry against Witches, Traditions of Wicca, How one becomes a Witch, Advancement, Degrees and Clergy of Wicca, The Coven Witch vs the Solitary Witch. Traditional vs

Eclectic vs Dianic Wicca, spiritual growth, the Law, sex, ghosts, auras, meditation, nudity, the black mass (why it doesn't exist in Wicca), and many other topics.

Johnson has been involved in Wicca since 1971, and was High Priest of Desert Henge Coven from 1982 to 1998. He is a Third Degree Gardnerian Witch and has written and lectured extensively on the subject.

There is no charge for the course. For further information call (520) 622-0170

7 classes slated for pendulum dowsing

Alex Pierson will hold a four-hour class in advanced dowsing Sunday March 26 at 1 pm at Alpha Book Center, 1928 E. McDowell in Phoenix.

Included free with the class is the dowsing book, *A Letter to Robin*. Attendance is limited to six people who have already taken one of Pierson's dowsing classes. Cost is \$20. Pre-registration is required. Call (602)253-1223.

Pierson will also conduct six free introductory pendulum dowsing classes during March.

Saturday March 11 and 25 at 2 pm, he will teach *Learn How to Dows* at Illusions, 1777 W. Camelback, #B100.

Thursday March 16 and Sunday March 19 at 3 pm this class will be repeated at Alpha Book Center. And again Saturday March 18 at 2 pm at Beyond Pretty Rocks, 302 E. Flower in Phoenix.

Pierson will teach *Some of the Infinite Ways to Use Dowsing*, Wednesday March 15 at 7 pm at Alpha Book Center.

Pierson has been a dowsing for over 20 years. He is a member of the American Society of Dowers, and has completed all the courses the Society offers.

These classes will discuss the various dowsing instruments, how to ask questions of the pendulum and how to program it and increase its accuracy.

Students are asked to bring pen and paper to all classes. Pendulums will be provided or they can be purchased for as little as \$2.

For further information call (602)253-1223, 840-2041, 265-2935 or 241-1302.

Willow to teach Wicca & magick at Abracadabra

Willow, a spiritual advisor and a practicing Wiccan high priestess will teach three classes at Abracadabra Bookstore, 4613 E. Thomas in Phoenix.

Practical Magick starts Tuesday, March 7 and will run for six consecutive Tuesdays from 7pm to 9pm. The class will cover the basics of divination and spell casting as well as the uses of candles, herbs and oils in magick.

The student will be taught how to control the energies in his or her life.

The cost of this class is \$30 which covers the cost of materials.

Familiars and Mythical Creatures is a "fun" class in the use and companionship of familiars. Familiars don't have to be the infamous black cat or wart-covered toad. You can draw assorted creatures to you and use them to guide you in the astral world.

The class starts Sunday, March 12 and will run five consecutive Sundays from 1 pm to 3 pm. Cost is \$30.

Wicca 101 starts again Wednesday, March 8 and will run for six weeks from 7 pm to 9 pm. *Advanced Wicca* classes begin Monday, March 6 from 7pm to 9pm and goes for five weeks. The cost is \$25 for each of these courses.

For more information call Abracadabra at (602)840-2041.

Candle-making class set

Thursday March 16 at 7 pm, a class, *Candle Making and Candle History*, will be taught by Shannon of Moon & Stars Unlimited at Illusions, 1777 W. Camelback B100 in Phoenix.

The class will cover how to make candles and their magickal uses, along with their history.

Cost is \$15 per person. For details call 602-265-2935.

Actions have their reward.
And our deeds have their result.
- Buddhist teaching

Unwed couples increasing

The number of couples who live together out of wedlock, often with children, is increasing rapidly, a new study reports.

The study, by a sociologist at the Institute for Social Research at the University of Michigan, reports that about two in five children will spend at least some time living with their mother and her unmarried partner. Less often, children will live with their father and his partner.

"I think that the public will be surprised that almost half of all children will be likely to experience this type of household," said Pamela J. Smock, the sociologist who prepared the study.

The report also suggested that the number of children believed to be living in single-parent homes may be significantly exaggerated. About 40% of children born outside of marriage are actually living in homes with two adults, the report said.

Singh to teach kundalini

Rave Singh master teacher of Kundalini yoga will present a four-hour workshop, *The Diamond Body*, Saturday March 4 at noon at 7centers School of Yoga Arts, 1225 Highway 89A in Sedona.

Singh will take his class through special kundalini yoga exercises and meditations for strength, flexibility, vibrant health, abundance and the experience of Spirit. Kundalini yoga blends breathing, movement, stretching and meditation.

Singh has taught in New York, Los Angeles and worldwide for 25 years and been featured in *The New York Times*, *Vogue*, and *Harper's Bazaar*. His latest book is *Seven Days! Seven Rays - A Week of Kundalini Yoga*.

Cost is \$40.

Reiki attunement scheduled

Wednesday March 8 at 7:30 pm at the Golden Temple of the Archangel Rama, 2323 N. 29th Place in Phoenix, a one hour workshop will be open to any student seeking a Reiki I or II Attunement. The foundation philosophy of the Dakini Reiki School is to offer healing energy to all beings in order to create as many healers as possible to send energy to those in need.

Class fees are \$50 per attunement. Certificates are available upon request. A healing energy share will be held immediately after the attunements.

Tarot reading class slated

Sunday March 26 at 3 pm a tarot reading class will be held at Illusions, 1777 W. Camelback in Phoenix. Six students will be taught to read tarot intuitively. During the class they will also get a free reading.

Cost of the class is \$10 and pre-registration is required. For information or registration call (602)203-0110.



BARBARA MARCINIAK

Pleiadians to speak at Sedona seminar

Barbara Marciniak and her Pleiadians will conduct an all-new weekend workshop: *Spiritual Intelligence for the 21st Century*, beginning Saturday March 11 at 9:30 am at the 7 Centers School of Yoga, 1225 W. Highway 89A in Sedona.

This two-day event will feature the Pleiadians' latest news and spiritual guidance, information to help prepare us for the physical, political, economic and energy changes coming between 2000 and 2012.

This is Ms Marciniak's third annual Sedona workshop and will also feature astrological forecasts, group breathing and toning exercises, and conspiracy theories.

Ms. Marciniak rarely gives two-day workshops and this will be her only Arizona Barbara rarely gives two-day workshops and this will be her only Arizona weekend appearance this year.

She is the author of several books, including *Bringers of the Dawn*. She recently published a new book, *Family of Light: Pleiadian Tales and Lessons in Living*.

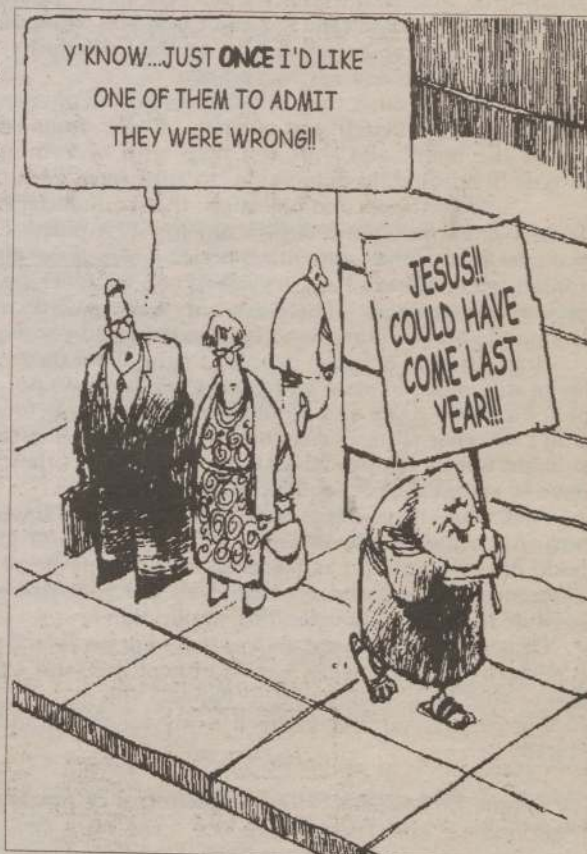
Admission is \$80 for one day, either Saturday or Sunday, or \$150 for both days. For further information, see the web site: <http://people.delphi.com/sedonaconf> or call (520) 204-1962.

Psychic development course set

A six-week course, *Psychic Development - Level I*, will be held beginning Thursday March 16 at 6:30 pm at Illusions, 1777 W. Camelback, B100, in Phoenix.

This course is only for those truly serious in gaining control over their abilities and helping them to grow. Students must be willing to do homework consistently and must have stable friends/family to help them through the initial eye opening experiences. They must attend all classes. Comfortable clothing needed for classroom exercises.

Fee \$5.00 per class. Pre-registration is required in order to have adequate classroom materials. For registration or additional information call (602) 662-1896 or e-mail: dgkirnschner@worldnet.att.



Information for a Change!

by Dr. Martin Finkelstein

This article is part two about "senior citizen rejuvenation." Due to space I cannot recap the last article. For detail, see last month's article...

What's the alternative? First, buy organic fruits and vegetables, free-range and hormone/anti-biotic free eggs, chicken, turkey, and meat. Use organically grown grains, eat mostly sprouted grains, and keep the starches down as per the "Zone" diet made popular by Barry Sears, Ph.D. And drink plenty of WATER between meals.

Then, take the time to make the time to prepare the food correctly, so that most of the food you eat is fresh. If it is cooked food, make sure it is neither under cooked nor over cooked. And stick to the Zone! Balancing your blood sugar is vital, vital, vital!!! (I also recommend taking one day of the week off the Zone.)

Exercise? There are three components of exercise: strength, flexibility, and endurance. Some people say a little walking qualifies, others insist on a more rigorous program. In my mind there are two levels of "exercise," and I believe much misunderstanding comes from a blurring of these levels. Level one is the minimum necessary to get some of the benefits of exercise. Here is where the "walking a mile a day" crowd comes in. Level two is where you get the deeper, more profound and more noticeable benefits of exercise. So, what's the truth?

Here are the facts. Yes, walking a mile or two a day beats the shit out of sitting on your ass all day long. Walking will "move the blood around," mildly exercise the legs, increase respiration and oxygen transport, etc. On the other hand, walking does nothing for flexibility, does not significantly elevate aerobic capacity, and does not do much for improving general muscle tone and strength.

To receive the deeper benefits of exercise, you must do certain things. For optimum cardiovascular health and endurance, you must elevate your heart rate to a 60 - 80% of its maximum safe rate, for a period of 20 minutes (which does not include warm-up and cool-down). Moreover, you must do this at least three times per week. And cross-training is advised to avoid overly repetitive movements, which can wear on joints and connective tissue. So you might walk or run one day, ride a bike another, and swim on yet another.



By choosing cardiovascular exercises carefully, a great deal of muscle toning can also be accomplished. For greater improvement in muscle tone and strength, and to receive numerous benefits which most people and doctors do not even know about, some form of resistance training is necessary (see "The Nautilus Book," by Ellington Darden, Ph.D.). You ladies might also be interested to know that **resistance training increases bone density far more than calcium supplementation!**

As to flexibility, between proper exercise choices, good exercise form, a little stretching routine included in your cool-down — plus the

midday and nighttime stretching I mentioned last article, your flexibility will be greatly enhanced.

Even if you figure on an hour four times a week, that's nothing considering the return! **Consider the alternative carefully: if you do not make time for exercise and fitness, you'd better set aside plenty of time for illness, fatigue and injury.** And if you think exercise is "inconvenient," compare that to the inconvenience of lying in an ICU unit, or spending your later years all but incapacitated with pain and/or degenerative disease.

Proper rest, proper nutrition, and proper exercise. These form the bedrock of health. And yet, there is more...

Using special amino acids, neuro-hormones, hormonal precursors, nutraceuticals, herbs, enzymes, and drugs, virtually every function of every system in the body, can be improved! Let me give you two examples, one for the "gung-ho enthusiast," and one for the not-so-ambitious individual:

For you go-getters, imagine you would like better memory, improved endurance, and a more upbeat mood. You might find a careful combination of DMAE (a nutrient available at most health food stores), Piracetam (a safe and non-toxic "smart drug" legally available from Europe), L-carnitine (an amino acid, available at most health food stores), and pregnenolone (a completely non-toxic adrenal hormone supplement available over the counter), will do the trick extremely well. As a bonus, the health of your body will improve, and all these have shown promise in both life-extension and in preventing age-related mental and physical decline.

(Note: This is **ONLY** one example of hundreds of possibilities! Off the top of my head I could name over one hundred smart drugs and nutrients, and nearly a thousand useful combinations!)

Now, what about those of you who are only willing to do some of these things, but are unwilling to go "all out?" Perhaps you are willing to improve your diet a bit, take some supplements, and start walking daily. Hey, good start, and good for you!

Now, you'd also like to have more energy, a more even and brighter mood, deal with stress better, and get rid of nagging bouts of anxiety. But you don't want to take all that "smart-drug and health stuff," and you aren't willing to do any psychological change work. In such a case (and if I can't talk you into going about things Wholistically) you might find what you want in one of the prescription anti-depressants. Ok, ok, before you go off, let me address two points:

1. Just because they are called "anti-depressants" doesn't mean you have to be depressed to get benefit out of them. These drugs enhance the levels of neurotransmitters in the brain, and thus can help with everything from panic disorder, to Chronic Fatigue Syndrome, to depression, to anhedonia (lack of joy in life).

2. As to the second objection, that I am declaring a blasphemy by even suggesting using a prescription anti-depressant for such purposes, I have only this to say: Unless you can offer to me something better under these circumstances, and do it in a totally nonjudgmental way, I say to you "Fuck off!" There is no ultimate "judge-arbiter" in life outside yourself. There are only actions and consequences. If someone examines an option and is willing to accept the risks and consequences, that's all that matters.

Now, then. For some people, a drug like Effexor, Wellbutrin, or Prozac, can make a major difference in state and energy levels. I do not feel I need to repeat the fact that I prefer another route and would save these things for a last resort. And yet, if someone won't do what is necessary for results in the Wholistic mode, I see no reason why they shouldn't be as happy, vibrant, and energetic as they can be. They, and they alone, will have to accept the consequences of their actions.

And while these drugs *may* be toxic and *may* have side effects (though often they do not), for some people the increase in energy and good feelings may be a worthwhile trade off. I would go as far as to say that, if one of these anti-depressants made a big difference in mood and activity level, the very changes in neurological functioning and lifestyle may have life-extending implications.

Of course, with all the above, there are no "black and white," and no definitive lines. It is like a menu. You can have a little of this, and a little of that, until you get what you want. And best of all, you can change. You may start doing just a little, and as you start feeling better, you find yourself ready for more, and you thus wind up on the success spiral!

Dr. Martin Finkelstein, PHD, is the director of Success Technologies in Phoenix, a Peak Performance and Therapy practice. His work includes Neuro-Linguistic Programming, counseling, biochemical management, bodywork and breathwork. You can E-mail him at: dr-marty@primenet.com Dr. Finkelstein will be changing his e-mail address. E-mail him right now to receive his new e-mail address.

The symbols present at the time of the Pisces New Moon on March 5 and the Pisces/Virgo Full Moon on March 19 tell an interesting story to the people that pay attention to planetary cycles. As always, I do my best to tune into the vibrations to bring a message that my readers will be able to use as guidance for navigating through their lives. As I see it, the objective is to attune ourselves with the higher forces in order to come into alignment with the cosmic scheme of things for personal growth and for the highest good of all concerned. The symbolic language of Astrology helps us to make the correlation and to find meaning within the events and experiences that occur in daily living. Of course, the meaning each of us discovers will be shaped by the nature of one's identity or individuality.

This is actually an appropriate topic as it relates to the function and purpose of the sign Pisces, which will be dominant for the first three weeks of March. Pisces is the last sign of the zodiac; the one the precedes and prepares us to be reborn through the influences of Aries; the first sign of the zodiac.

Individual ambitions are great when they are aligned with one's true calling and connected with a higher purpose. Without this inner awareness we often waste energy chasing the fantasy or building a false reality. Wisdom is born through experience and by the knowledge we acquire through serious study, so embrace your experiences and keep an open mind, in search for truth and understanding.

Pisces represents the process of returning to a consciousness of unity through any path dedicated to self-transcendence. The duality within Pisces, represented by the two fish, swimming in opposite directions, is between the temporal world and the eternal worlds, or between individual and collective consciousness. Pisces, a water sign, can access the unconscious and be empowered through the use of creative imagination. Pisces connects easily to the dream world and drifting in the waters of intuitive perception, universal compassion and empathy. This water sign is like a cosmic womb that supports and prepares for life to be born again as we move toward the fire of Aries.

Pisces reflects and surrenders to the inner worlds and to gain the wisdom available through selflessness. The ending sign of the zodiac prepares us for a new beginning, promoted by the impulse for self-discovery that gives birth to the development of individuality, symbolized by the archetype of Aries. The Spring Equinox on March 20 anchors the influence of Aries and begins a new yearly cycle of evolution.

The transit of Pluto and Mercury play into this Pisces lunation cycle in a dramatic manner, as witnessed by the state of consciousness many people will be in from late February to March 1-6 and March 13-16. Pluto forms challenging aspects to the Sun, Mercury and the Moon from February 28 through March 6. The Pisces New Moon occurs on March 5, but the energy for new beginnings will kick in on March 7-8 when the Moon enters Aries joining Mars. These challenging aspects occur in mutable signs, relating to transitions and anything dealing with the end of cycles. Adaptability is the primary virtue of the mutable signs. If you are in a transition, there still may be too much confusion and uncertainty to plunge into things. Again, I remind you: **Take plenty of time for reflection, contemplation, meditation and develop clear positive affirmations.** Get a better handle on what is fantasy and what is reality, as well, what is destructive as compared to constructive.

With Pluto's aspects, untruths are exposed. Anxiety may be present when confronted with making decisions, especially while Mercury is retrograde in Pisces until March 14. Even after Mercury turns direct, it will still be transiting Pisces, reforming difficult aspects to Pluto until March 30. Pluto also turns retrograde on March 15, increasing the pull between the light and dark forces. Be extra careful about saying too much. Respect confidentiality and keep your nose in your own business to prevent damaging relationships. Messes already created can be sorted out and brought into a more positive place during mid-March.

The way we each perceive what is taking place on a psychological level and within our relationships can be challenged by "the trickster". Distractions can come in the form of other people's drama. Many people will be going through internal shifts and changes dictated through personal choices that bring in more alignment. In this case, reorientation is a positive and purposeful process. For other people, their own feelings of inadequacy or lack of worth, or absence of purpose can lead to the feeling of being a lost soul. In this case, there is no other choice than to find the way to re-establish a spiritual connection.

When the world gets too unkind, the desire to escape is heightened because Pisces dissolves dividing lines. With no limits, no boundaries and no separation from outside forces the motivation for escape increases. How can you protect yourself and how can you stay grounded and live purposefully? There must be positive forms of escape available to soothe you. Use the energy present at the Virgo Full Moon on March 18-19 to gain discernment about the changes and realignments you have made. Clarifying your targets and evaluating your progression can get you off to a good start.

The Spring Equinox begins with a bang on March 20. After so much preparation and realignment each individual can be ready to do a quantum leap. I can't even begin to imagine how our lives will shift and what we will experience over the next few months. The primary indication is that we will seek stability in the physical world, a new foundation, something to build upon. We will want something real rather than false, something potentially long-lasting rather than another effort made followed by another experience of a Humpty Dumpty episode.

Manifesting our dreams by taking action in a productive manner and by being conscious of progress will be the theme for each of us from March through June. March will provide the impetus to get free from the past and to give birth to new states of consciousness through releasing old habit patterns and by aligning with one's spiritual path. While you are entering into the process of coming into alignment seize the moments of gratitude, faith, inspiration and joy. Ask for all the help you can get through the power of prayer and through positive thoughts and assist your loved ones to do the same. Hold the prayer that includes peace and love for the planet at large.

Barbara Shere is a nationally-known astrologer with a practice in Houston, Texas, - formerly of Scottsdale. She has her own magazine, *Times to Come*, and web-sit, astro-talk.com. She can be reached at bshere1234@aol.com, or 1877-451-3339 or 1-281-493-0922.e

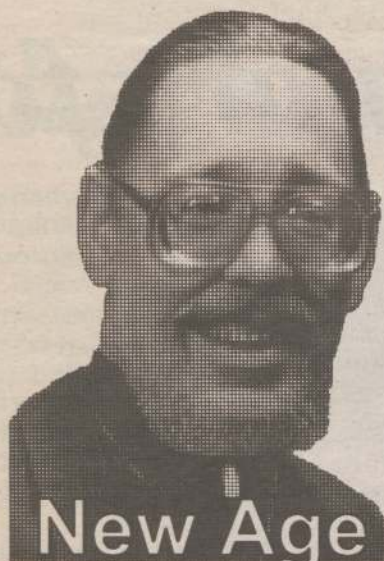


For more information here are some excellent books to check out:

Life Extension, by Durk Pearson and Sandy Shaw. Though this book is twenty years old, it was twenty five years ahead of its time! You can often pick up a used copy for a few bucks at a used bookstore. This book focuses on the use of nutrients and drugs to improve health, mental and physical performance, and life-extension.

Mind Food and Smart Pills, by Ross Pelton, Ph.D., R.Ph. This is another excellent book which focuses on diet, nutritionals, and drugs for improving the functioning of the human body.

Using Your Brain for a Change, by Richard Bandler. This is an excellent primer on the use of Neuro-Linguistic Programming (NLP) for improving state and behavior. Using NLP, real, measurable changes in neurochemicals can be made, which are as powerful as any drug!



New Age Notes

by Rev. Dr. John Rodgers

We don't know who we are! If we really knew who we really are, all sorrow and difficulty would vanish from the world. God sends prophets to us to tell us but, unfortunately, just telling us doesn't seem to do the trick. The messengers from God have to mess with our lives to get us to wake up and realize the truth. And in this society, messing with someone's life is illegal.

My favorite prophets - my idols, if you will - are Jesus, Buddha and Joseph Smith.

Jesus, because of his actions, his saying and his parables. (Yes, I realize Jesus didn't really do and say most of the things attributed to him. If I were to meet the real Jesus I would no doubt be severely disappointed.) Perhaps I should say I love the Jesus of myth. He was non-violent, loving and non-judgmental. The sayings attributed to him are the greatest.

Buddha, because he sought and found the cause of all sorrow. He gave his life away to teach the world the truth that he discovered.

Joseph Smith, partly because I was raised believing he was a true prophet of God, and partly because he lived in our time and in our country. It makes it easier for me to relate to him. He was both a spiritual and a political leader. Did you know that he was the mayor of the largest city in Illinois? That he ran for U.S. president?

All three of these men went against the popular view of their times.

Jesus was the leader of an anti-Roman political group and interpreted the Jewish scriptures in a manner contrary to the popular view.

Buddha rejected wealth and power and left the lap of luxury to find and teach the truth to others. He ran afoul of the powerful Brahmins by teaching against the caste system and teaching that there was no priestly power.

Joseph Smith because he used logic and reason in the face of popular opinion. Like Martin Luther King, he was arrested for his beliefs.

It seems to be easy to believe in prophets in some other time or place, but most people who say they believe in the Bible or the Bhagavad Gita, have difficulty in accepting the fact that there can be prophets in our own day and locale - not psychics, prophets. A prophet is more than a psychic (though he is that, too), he moves

the people to action, to change.

Martin Luther King was a prophet. He had a vision and changed the nation as a result of that vision.

Like Martin Luther King, I, too, dream of a time when all men and women can live together in peace, when we all have an equal opportunity to fulfill our own dreams. Others have tried to bring about this dream and they have failed. They have failed because they did not understand there must be spiritual principles behind physical reality.

American became a great nation because Americans shared a single religion - Protestantism. (Yes, I know there were Catholics and Jews, but they were a small minority at the time.)

For America to become a great nation again, it must again have a single religion. Not Protestantism this time, because that religion has lost its power, its dynamism. This time it will have to be the New Age movement. I prophesy that, if American is to regain its one-time glory, it will not be until the New Age movement is a dominant factor in our society.

Let's all, first learn the New Age teachings, and then, second, pass them on to others. The teachings of the New Age are the dynamic teachings for the new millennium. Yes, you are a New Ager, but can you really define what you believe? You might try my seminar class. Just a suggestions.

If you were surprised to see me at Alpha Book Center, last month it was because Joy, who manages the store spent a week at the giant crystal show in Tucson and I had to take over the store while she was gone. She bought thousands of dollars in crystals and other stuff. Come on by and take a look at these goodies.

There is a language superior to all other languages. That's the language of God. But the longer we are on earth the less of it we remember because we have not the chance to use it or no one with whom we can exchange its knowledge. That's the reason why we forget our origin, because we forget to communicate with God in the Godly language. Suppose we have a lover who is separated from us for a long time, and we have not been in contact with him. After some time love will be only a faint memory and we will have little to do with each other. Then we both will be like strangers to each other. Many love affairs do not last because the partners are both too busy, or just one of them is too busy. When we are busy we forget everything, including the love relationship. Or maybe we do not completely forget, but the longing is not as intense. The memory of love is not as sharp even though there is still something that we feel missing in our life. But because we busy ourselves in work, there is not much time to nourish the love that we so cherish.

The longing for our true home, the Kingdom of God, is always haunting us. Because we are too busy with the world outside in our struggle for survival, we have forgotten to communicate with God in the language of our origin. If we are in the company of our countryman, we will remember, and with a little practice, we will again speak the inner language fluently. Otherwise, just like the language of the world, the less we practice, the less of it we can remember. And we stumble out a few sentences here and there, but it is not very useful. It sometimes even does harm because the broken words do not make sense, or are not spoken in a proper manner and circumstance. This could create more misunderstanding and trouble.

That's how we encounter obstacles in this world, whenever we'd like to express our inner beauty, truth and virtue. Despite our best intentions, we often find ourselves unable to accomplish all the assignments in this world with perfection, because the treasure of wisdom inside is not in our full possession. We have it, but we



Spiritual Practice

by Suma Ching Hai

forget where it is and how to use it. Sometimes, accidentally, we may be able to tap into the source of the Supreme power, but often times we fail. Thus all the beauty, truth and virtue within us lay unused.

We are the master of our house which is the Universe. So we are not the helpless and unholy persons

that we think we are or find ourselves to be. Truly we are the supreme power of the whole universe. We are here to bless the world, but we have forgotten the tools, therefore, we carry out our task poorly. We are the kings, but live our life as beggars compared to the greatness that we possess. There is a better way to reach this supreme power; the way that we should, in all right, bless this earthly planet, the way of the Master, because we are the master of our house, which is the universe.

And the world here is just one of the rooms in which we stay, to decorate and beautify it with truth and virtue from the wisdom sublime, within us - the Kingdom of God within. Once we are again in touch with this inner supreme power, all beauty, truth and virtue reveal themselves to us. Then we will not even have to try to reach these super qualities; they will find their way to us. Because in fact they are already there existing within ourselves.

We are not only an ordinary human being, we are also super beings, and we can only discover this through silent knowledge, while still carrying on with the outer activities. We will dive deep into the ocean of wisdom and love from which all beauty, truth and virtue emerge and the waves of material life on the surface, will no longer disturb our being.

We will be protected by our own power throughout this adventure and our journey in this material region, as well as during our homeward march. And the world here will once again be beautiful and virtuous, because we will see the world with a different eye, the wisdom eye, which will reveal to us the hidden beauty of Nature, the law of love and mercy. We will clearly see the brilliant light of heaven, that all suffering, falsehood and unvirtuous sides of this life are just illusions, that these things never existed in the first place. The Kingdom of Heaven is truly here and now was always in eternity.

Just in time for Halloween, a 1999 *Newsweek* article dished up treats and tricks of the guru trade, from Chopra and Redfield to Williamson and Bradshaw. Gurus are on parade. But what of genuine spirituality? Can we locate it in these media personalities? Indeed, can we locate it in our own neighborhood churches? Did God die in the sixties? Or is He/She/It alive today?

Newsweek said Deepak Chopra has sold over ten million books. That's a lot of interest in spirituality. And what of angels? For the past three years, the only prerequisite to getting a book published was the word "angel" in the title. Meanwhile, "Chicken Soup" continues to be ladled out by the tureen.

So God, in the mass-appeal variety packaged as "spirituality," seems to be alive and well. Of course, the best way to experience Him/Her/It, is by dying and then coming back to life (as per Dannion Brinkley and other best-selling authors who seem, like cats, to have at least nine). Near-death is the most popular form of spirituality. That's because it's easy to give people permission to see God after they have died. After all, most of us believe we will not meet God until we are dead, if at all.

But those who see God when they are alive, we dismiss as lunatics. They are carted off in straight jackets, never to re-appear. Unless their name happens to be Deepak Chopra et al. Who is this Chopra, anyway? He is a product of Maharishi Mahesh Yogi, the guru of the Beatles.

Maharishi was my guru. I lived in his ashrams (learning institutions) for 21 years. On his personal staff I resided in secluded areas of the Himalayas and Alps for seven years. I was pre-Chopra. In fact, I was pre-Beatles on the Maharishi scene.

When I lived in Maharishi's ashram, I often went into my room and didn't surface for eight weeks at a time. The food was brought to my door. I sometimes went into

silence and never spoke to anyone for four months. I thought TM was the only path to enlightenment and Maharishi was the only guru. I knew it all. No one could tell me a thing.

When I was in meditation, life was bliss. In fact, I was addicted to bliss. After spending 20 years with my eyes closed, I woke up one day and noticed that outside of meditation, life wasn't bliss. I was disappointed in my spiritual progress. I was not displaying what I would call "spiritual qualities" of compassion, unconditional love, patience, generosity, kindness, or gentleness. In fact, I was a "b" with an "itch." That's when I began to discover how to be "spiritually street-smart."

Right now it's very popular in the metaphysical circles to open up to spirituality, to meditation, and to intuition. Many people are listening to angels, contacting spirit guides, developing psychic and intuitive abilities, and practicing various forms of meditation. Many follow gurus and spiritual leaders.

The only problem is that opening up indiscriminately to these inner and outer voices is as dangerous as inviting a stranger who is knocking on your door to come in and take over your home. It's time to learn how to distinguish between the true message of Spirit (God's voice) and other voices.

Just like practicing safe sex, the techniques I have covered in the two previous columns will help you practice safe spirituality.

Previously I outlined nine tests to prevent psychic deception, eleven safeguards to keep you on track, seven basic methods of spiritual healing, and other tips and techniques to attain true spiritual discernment. My book *Divine Revelation* provides a complete road map to your inner life so you don't get lost in the maze of psychic delusion and become a New Age casualty, along with Marshall Applewhite and his Heaven's Gate cult.

Guest Editorial

by Dr. Susan G. Shumsky

Ms. Shumsky, founder of Divine Revelations, travels extensively, presenting lectures and seminars nationwide. She can be contacted at Divine Revelation, One NY. Plaza, New York, NY, 10004 or (212)946-5132

There are a lot of dangers resident in the occult playground. In my opinion, some paranormal offerings need warning labels, just like cigarette packs do.

It's high time for gullible spiritual seekers to wake up to the dangers involved in psychic phenomena and to learn how to attain genuine spiritual experiences and become self-sufficient in using their own internal reference point. Remember, you are your own best guru. Trust yourself.

Be sure that your inner messenger passes all nine tests. One test is not enough. All nine must be there for you to be sure you are in contact with a divine voice and not one of those "other voices."

If you are a psychic, a counselor, or a hands-on healer, you should be feeling more energized as your day unfolds. You should never feel drained. If you feel drained, it is a sure sign that you are using your ego energy instead of God's energy to heal others. Be sure to check the nine tests.

It is best to use these nine tests in conjunction with the seven basic methods of spiritual healing, eleven safeguards, and meditation technique which I have described in *Divine Revelation*.

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A missionary for the New Age

If you happen to be on Mill Avenue in Tempe some Saturday night you may see Arizona's own New Age Missionary.

Rev. Joshua Normandin feels that part of his calling as a New Age minister is to "spread the gospel." By this he means, teaching people that New Agers do not sacrifice babies or worship the devil. That New Agers are spiritual people who want better lives for themselves and for others.

While he does not force his beliefs on others, Rev. Normandin does not hesitate to defend the New Age against assaults by the religious right.

A young man in his early 20's, Rev. Normandin is a graduate of the New Age Community Church Seminary Program. He was ordained last year and since then has been actively working to promote a better understanding of the New Age movement in the Valley.

Sundays, the young minister officiates at the New Age Community Church, 6418 S. 39th Avenue in Phoenix. But Saturdays finds him on Mill Avenue in Tempe.

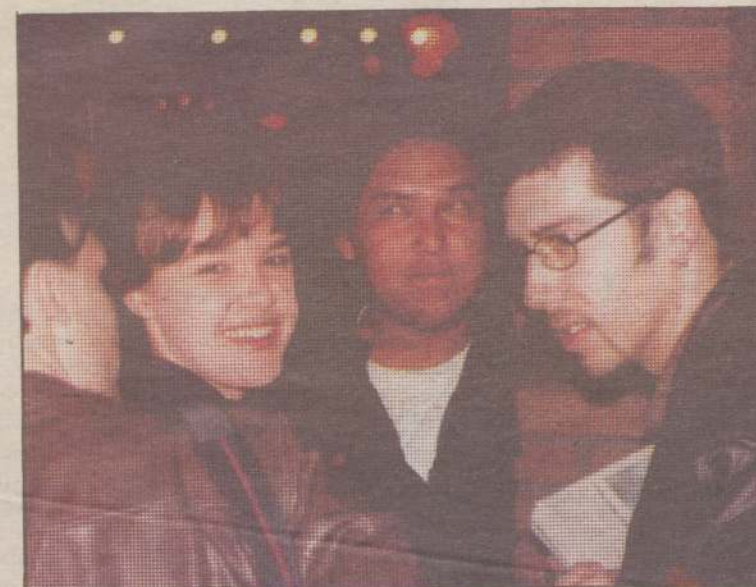
He centers his activities around the drumming circle that takes place there every Saturday evening, but can often be found blocks away from that action.

As an excuse to meet people and talk with him, he carries a bundle of newspapers, the Omega Directory. These he hands out to passers-by.

Those Omegas he doesn't hand out he places in strategic locations for others to pick up.

In the many months that Rev. Normandin has been working Mill Avenue, he has had interesting and exciting experiences with preachers from the Jesus cult, the homeless and others.

Sunday March 19, at 10:30 am, Rev. Joshua Normandin will be speaking at the New Age Community Church, 6418 S. 39th Avenue in Phoenix. For further information call (602)237-3213.



REV. NORMANDIN (right) talks with a group of young people on Mill Avenue. The topic of his discussions ranges from the Bible, to Jesus, to drugs, to sex, to the latest topics of interest to young people.



ARMED WITH A BIBLE and some Omega Directory's, Rev. Normandin starts his evening rounds of the Mill Avenue downtown district of Tempe.



A PASSER-BY takes a look at Omega Directories set there.



REV. NORMANDIN appears to be seeking the help of spirit as he travels along Mill Avenue in his weekly tour of duty.

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SPACE EXPLORATION FRIGHTENS RELIGIOUS RIGHT

You won't hear them admit it in public, but the our national program of space exploration frightens many leaders of the Jesus cult and the religious right. They are intelligent enough to know there is too much inertia behind the many NASA projects to call a halt to our investigation of other planets. But it is obvious that they are doing what they can to keep NASA operating on a shoestring, striving to delay as long as possible any new discoveries about life on other planets.

Why would a minister care whether or not life was discovered on some planet in outer space?

The answer to this question lies in the very nature of the theology of the Jesus cult.

The followers of Jesus teach that the world was perfect, without sin, until the "fall" of Adam. They teach that Adam and Eve chose to disobey God and as a result "sin" came upon the world, bringing death, disease and suffering upon the planet.

The problem that will arise, if we find life on other planets or if some extra-terrestrial civilization should contact us, is that we will find that these alien beings are also subject to death, disease and suffering (and may well have been for tens of thousands of years).

The question then follows, How can these alien



ASTEROID EROS - OUR MOST RECENT TARGET

people be subject to death, etc. without the "sin" of Adam?

If every being in the universe is subject to death, etc. then it is not caused by the sin of Adam but is the natural state of life.

If Adam's "sin" did not cause death, etc. to come upon all life, then Jesus' death served no purpose. Jesus' crucifixion could not overcome death because death has a physical cause, not a spiritual one.

This, then, means that the basic theology upon which all the followers of Jesus base their faith and religion has no foundation in fact.

Thus you can see why the religious leaders are concerned about the discovery of life on other planets.

The Bible says that Eve is the "mother of all life". But if life is discovered on other planets what are the theologians of the Jesus cult going to say? That earth-bound Eve is also the mother of life on all the other planets?

You see the difficulty the ministers are going to have.

The Bible further says that God is "no respecter of persons", that he treats all races the same (with the exception of the Jews who are his "chosen" people). If we should discover a civilization on some other planet, a civilization that might be tens of thousands of years old, how will the theologians explain why God sent his prophets to this planet, why he sent his Bible to this planet, why he sent Jesus to this planet, and not to all the others?

There are numbers of other problems that the discovery of life on other planets will bring to the followers of Jesus.

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The tyranny of romance and monogamy

... I have thought that all the stuff other people have offered about the pitfalls of marriage, how confining and unfulfilling marriages can be, well I've thought that was all just them making an excuse for being single. In fact, more often I thought it was just them making an excuse for being in an unhappy marriage, or, if they were divorced, for failing at marriage.

But noting the energy, that is, the manner that a person lays out their dissatisfaction with marriage and the lure of supposed marital bliss, well the way they say it is pretty convincing. What about me?

I'm not naming names of this or that partner in the same breath I claim marriage sucks. Indeed I don't claim that marriage sucks. I don't know for sure about any particular marriage as well as the partners would, but here's the angle I do know well....

Our culture (meaning you and I) seems to place a tremendous value on getting (and staying) married. That is, if you're not married and producing babies or at least searching for the perfect marriage, you are considered sick.

Please understand I don't believe that- I'm just paraphrasing what seems a common belief. I'm not saying there isn't inherent value in a stable love life, or that people should be lonely, or that people should try to have sex as frequently as possible with as many partners as possible. But I do think that last belief of pro-promiscuity (more common among males perhaps) does seem an extreme reaction to an extreme thought pattern: "there can be only one."

In fact, I'm not saying I'm lonely. What I'm saying is that by setting up incredible standards of "I'm looking for the perfect lifelong match," well, we've opened ourselves up to some serious self-deception.

People may enter into unpromising relationships for the same reason. People may stay in destructive relationships out of attachment to the idea that being in any relationship is better than being in none. Finally, relationships that could be at least friendly can get destructively destroyed by the ideal of endless romance. Am I making this up?

Now I don't know if you're already ready to dismiss all this and call me a heretic for questioning that what every soap opera character desperately wants is worth all the drama. However, desperately wanting something is a sign in itself.

I'm not talking about passionate expression. I'm concerned that the warm fuzzy haze of love is not just the magic of two people sharing themselves fully, but two people feeling like they've suddenly fulfilled their social duty: to be in a couple. Perhaps some of that romantic high is not about the interaction between the lovers, but also a sense of final success, achievement of the highest goal: eternal love.

Now, think about this for a moment. Is eternal love something that is a product of years of effort, does it manifest after a long time of waiting and planning or whatever? If it is eternal, aren't we getting ripped off all that time we're looking for romantic love instead of loving the life we have? And we're the ones ripping ourselves off!

So, what do we do about all this? I have no idea.

I have no advice and no warnings. I'm not interested in any of that. I just want to find out for myself if I am less miserable when I question the cultural ideals of romance.

I am not going to explore how we set oppressive ideals on relationships all day. I'm just going to relate to people as I see fit, not according to whether or not they fit my ideal partner, and not according to whether or not they support my ideal of the perfect partner or relationship or love life.

What does this imply? Here's the zinger, and I just now thought of this! (I love it when I stumble on to something brilliant like I'm about to share with you now.)

I am not going to judge myself for being single. I am not going to judge myself for not fitting someone's ideal of the perfect partner. And, I am not going to judge myself a success when others seem interested in me romantically.

That last one is rather complicated, but here's the situation. Say someone seems to really like you, but then you start to notice that they like themselves better around you, their "interest"- like they depend on you for happiness and that ultragiddy vitality. Is it that they like you, or they like the idea of holding a certain pattern of interaction with you?

Stagnation is what I'm talking about here, and I am not lonely, but I have been keeping my life a bit stagnant. I know the more I say "I am not lonely," the more it may sound like a lie, but trust me on this one, this is a fascinating and encouraging composition to write. I have no sense of missing something or someone as I write this.

Are you missing someone? If so, it is only you that you can miss - while you're busy focusing so hard on some ideal.

I know I said I don't have any warnings. That's not a warning. That's just a question for you to ask yourself (as I ask myself). Are you focusing more on an ideal than relating directly with people? Are you focusing on an ideal at all, or only on the relating?

There may be other questions. I don't have any answers, but I do have a sense of lightness - like a weight has been not lifted but dropped. I am more relaxed, not so uptight and tense about what I do not have in my life that people might think I should have (and I'm not angry people may think that, only a bit sad).

I know some folks may be pretty scared that a society full of available (unmarried) people would break up their marriage. Some stable marriage they have, huh?

Well, to all of you insecure folks, I am truly sorry if you are scared that your lover would be jealous if you were "unfaithful," but being faithful for the sake of appearances is just plain dishonest. Pretentious and paralyzed are other words that come to mind.

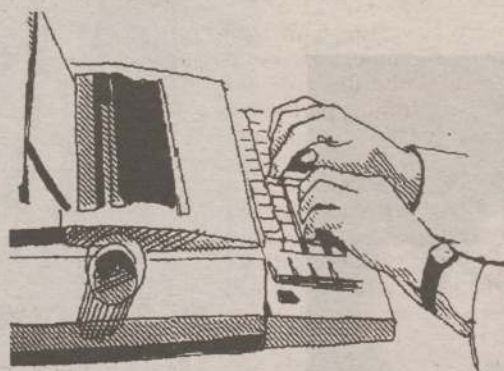
If those words fit your life, that is very sad. But I do have good news.

Disillusionment once again has its advantages over living in illusion. You probably want to know what advantages exactly I'm referring to, right?

Well, let me just say that I'm eager exploring the offerings at the buffet, so you'll just have to forgive me for not typing out a detailed menu (and *chew* talking with my mouth full). But the fact is, I really couldn't do justice because I've never tried today's special: you!

Anyway, I'm not all that interested in how bad previous helpings turned out to be. They may have tasted okay at the time, but I am interested in something both more nutritious and

Letters to the Editor



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easier to digest (scrumptious wouldn't be too bad either).

I didn't even know we had other restaurants here in Pleasantville, but maybe I could just start my own. Care to join me?

JeffHunn
Pleasantville

Are Pagans willing to reach out?

I was just turned on to your newspaper and simply love it. I've been looking for a local newspaper on paganism.

As a prisoner, and a Celtic Wiccan follower, opportunity for Wiccan worship services are next to nothing, actually not held, for there are no volunteers to hold service. I practice alone and have little or no contact or communication with fellow Pagans. I am quite new to Paganism (about a year).

Though I do have a sponsor/religious leader who helped me get the prison to recognize my religion, I still do not get to go to my service/group worship. All the other religions do because they have available people of their faith to come to the prison and hold a service.

I have very little ritual material. What I do have I made myself, but I'm not asking for material, because material can only be bought through the prison, which ain't much anyways. That is something I have to take up with the courts.

What I'm getting at here is if you or anyone you might know might be willing to, at minimum, talk to me about finding volunteers who could hold services for Pagan inmates.

I know most people would rather turn a cheek when it comes to prisoners, and being among inmates I can relate. But there are a few of us who are not bad seeds. We are people who have found the Lord and the Lady and would like a chance to be better people.

Myself as a person of change I must at least try to find someone and ask everyone I can to try to get Pagan services started and maintained for Pagan prisoners.

My religious teacher is Abbess Jacque Omi Zaleski, at Wind Tree Ranch in Douglas AZ.

Jacque is an official volunteer for the Dept. of Corrections. She goes down to the Douglas facility to hold service for like 50 inmates. But she cannot get to every prison throughout the state, and is looking for volunteers.

If you need further information or are interested you can contact her or me.

Any help information or guidance would be appreciated in this matter. I know there has got to be more people willing to help out a person trying to help themselves and follows a Pagan lifestyle.

Michael Ivie
Winslow

Angels in the Quran

Thank you for publishing the "newsaccount" regarding the archaeological site "threatened" downtown called New Phoenix (AKA "La villa").

I am also happy that you are the first to publish it as an exclusive. Something for which I may now refer unto others, as part of "published research. Being also the important last (communication) step in the discovery or exploration of anything scientific in nature., to communicate convey and/or inspire others into such researches....

The Quran contains a wealth of relevant information about angel beings in specific... the first and foremost is the angel "Gabriel". who revealed the Quran to Muhammad in the cave of Hira approximately 1400 years ago. Gabriel is subsequently referred to in the Quran as "the Holy Spirit" and "the Honest Spirit" (2:87) and as "God's Messenger Spirit" (2:97). And it was according to the Quran the angel "Gabriel" (The Holy Spirit) that appeared before the virgin Mary, as a perfect human being to announce the birth of the Prophet Jesus (Isa) On the "night of Power" during Ramadan, (when every Muslim around the world fasts) the angels and the Spirit (Gabriel) descend upon people with permission from God to carry out every command... etc (97:4 The Quran also mentions very specific individual angelic beings - for example, "Michael" (2:98) the Supporter of God, and the two angels "Haroot and Maroot" who revealed "Sorcery and Magic" to the world during Solomon's reign as king over the Israel of God (EST 978 BC). And "Malak" (43:77) and the (19) angel "Guardians of Hell" (74:31). And die most infamous "Satan" the fallen angel who rebelled against God in Heaven, by refusing to "Bow Down" before Adam the first man (or "Khalifa" representative trustee). And as a direct result was expelled forever from Heaven... Sometime later, Satan tempted Adam (and Eve) to sin by partaking of the fruit of the only tree that God had specifically forbidden resulting in the expulsion and banishment of Adam (Eve) and Satan to Earth as mortal enemies one to another (82:10-12).

"He sends down the angels carrying the Spirit (Revelation) of His Commands. They descend upon His servants whom He chooses that you shall preach that there is no god but Me (ALLAH) you shall observe Me."

Quran The Bee (Al-Nahl) 16:2

In the Quran there are also a multiple series of "unnamed" angels introduced by their respective functions. For example(s), the "Dispatched Angel Successions" who stir up violent winds and deliver messages (Quran Sara 77). Additionally there are the two angels (the recording angels) to the right and left of every human being on Earth, diligently recording every action each individual person does throughout their respective lifetimes. And the "successions of angels" who guard every human being in strict accordance with the determinate will of God. Then there are those "angels appointed at Death" who snatch the souls of the Guilty and gently seize the souls of the Righteous, upon their physical death. And those angels which "Float downward" and those angels eager to carry out the commands of God (82:10-11). Angels also plead to God and Pray for the Forgiveness of all peoples on Earth, including "unbelievers" (42:5). And on the inevitable Day of Judgment angels will arrange the souls of people in columns and array themselves in rows by rank. Then at God's command "the angel guardians of Hell" will drive forth the condemned into Hell. And the "Guardian Angels of Heaven", who address the peoples that enter Paradise with this statement: Peace be upon you, in Arabic.~ "Asa lamu lakum ". In addition to all that has been stated "angels hold special and unique powers such as the ability to appear and disappear in (male) human form, traverse interdimensional "Space Time" (from Heaven to Earth and back again) and effect objects in the 3rd dimensional Physical realm of our existence. And angels are described as "non-material" entities through whom the will of God is executed in areas that cannot stand the physical presence of God, such as "outer-space" and the Planet Earth. And angels are above all "Individuals" according to the Quran, so far as they are replete with personalities. And are capable of forming relationships to believers (and unbelievers) as they consistently pray to God out of reverence to Him alone (13 13)

Bro. Robert Tilford
Al-Islam Foundation
Phoenix

Gay discrimination at McDonalds

Letters and faxes have been sent to you about discrimination and other negative conditions at your Prescott Valley, Arizona, location. Although your staff have NEVER replied to them, one improvement has been made. The chairs are no longer on top of the tables at opening time. The service counter continues to be covered with cartons that provided an excuse for IGNORING me until seven minutes after 6 A.M. S_____ did unlock the door to let me in at 6:03. There were two male employees outside cleaning up empty cartons. Why are they not used to clear the service counter and put the coffee pots near the front door. At 6:07 S_____ got a man from the rear to fill my order for a cup of coffee. While she put on the drive-thru headset.

Two weeks ago S_____ told me her husband has spots on his lung. I gave her some printed information. Explaining how President Kennedy's personal physician developed an inexpensive genuine cure for cancer and other diseases. At the Charles A. Brush Medical Center in Cambridge, Mass. McDonald's, Joan Krock, is known for her work at reducing the suffering of cancer patients. The information I gave to S_____ could be of great benefit to McDonald's employees.

Since I became a regular customer of the Prescott Valley McDonald's in March of 1997 I have never seen a Mexican or African-American working there, only whites. Local people of color must drive 4 miles to Wendy's for work. A Wendy's employee told me they also have a gay man working there. People of color live in, and adjacent to, Prescott Valley. Why doesn't our McDonald's hire them? Is it because of an unwritten agreement with local extremist religious leaders? Prescott Valley and Dewey are known for their hate speaking preachers.

People of color know that being IGNORED is a form of discrimination. Too many of your employees are obviously practicing discrimination. Because your managers are IGNORING their discriminating actions.

At 8:30 P.M. I returned to McDonald's for a chicken sandwich. The order taker was still there at his register mopping the floor. A woman told him I was there. He said, "I know" and continued using the mop. He then walked away with the mop. Turned his head toward me saying, "I will be right back." He used the mop as an excuse to IGNORE me. The manager filled a drink cup, walked right past me, said nothing, went outside for a break. I said to the bleached blond man with headset on, "Is there someone who can take my order?" He did. The mop man returned with his cap and jacket ON to go home. Saying to the blond man, "Oh, you are taking care of him, good." The blond man made my sandwich and served it. The night manager assisted in the discrimination by IGNORING it. One of the day managers, Terry, would never have allowed it to start. He is an excellent manager example.

The Prescott Valley Burger King, Taco Bell, Arby's, and Denny's also have the same hiring policy as McDonald's. By mutual agreement ??

Yours truly,
David Dodge,
Prescott Valley.

HOROSCOPES by Nancy Shilling

Read your Sun, Ascending, and Moon sign. An astrologer can help you find all of the planet's places on the day that you were born.

PISCES - February 20 - March 20

Physical energy and vitality are yours now. You could be thinking about the past. You have many friends. A gift is given to you. Take time to relax and listen to music.

ARIES - March 21 - April 19

You and an old friend will connect soon. Relationships are changing because you are changing. Positive happenings bring good fortune for your future in career.

TAURUS - April 20 - May 20

Focus on making your dreams come true. Believe that it can be done. You can have it all! Watch for opportunity that will make things easier for you. Lesson learned attracts benefits.

GEMINI - May 22 - June 21

Career related change will benefit you in the long run. New ideas come easily now. A female friend will prove to be helpful to you. She may show the way by example.

CANCER - June 22 - July 23

This month you are lucky and gain money or reward. Loved one communicates verbally, or sends message. Your creative thinking is recognized and rewarded. Take care of you.

LEO - July 24 - August 23

A loved one gives you a gift. Creativity is all or nothing now. Trust your intuition and reward comes to you. Expect surprises and excitement in the area of love and romance.

Rev. Nancy Shilling is a counselor and astrologer with a practice here in the Valley. She can be reached at The Way to the Light Within, (602)279-2941.

Zombie powder is latest drug threat

There is a new explanation for the captive's strange behavior during many reported alien abductions. It's burundanga.

A tasteless and odorless powder, burundanga sends those who consume it into a voodoo-like trance. Dozens of times each week, somewhere in Colombia, a criminal sprinkles the soluble powder into the food or drink of a victim, then waits for the person to turn into a disoriented zombie - awake and talkative but powerless to resist orders.

Criminals then tell their victims to make bank withdrawals, hand over their car keys and clothing, perhaps deliver narcotics, or even help empty their own apartments of furniture.

What's more, under the effects of burundanga, victims suffer temporary amnesia. The hard drive in their brain goes blank until the drug wears off.

"A lot of times, the victims can't even remember what the criminal looks like. So it's very difficult to arrest anyone," said Dr. Camilo Uribe, a toxicologist and Colombia's premier expert on the substance.

In the 1960s, when crooks began using burundanga, they picked out victims in bus terminals or seedy bars. Nowadays, no one is safe from the drug. Among victims in the past year are a state governor, prominent lawyers, entire families doped by their maids, and thousands of others.

Burundanga is so common that a State Department travel advisory warns of it, "The drug is administered in drinks in bars, through cigarettes and gum in taxis, and in powder form. ... The drug renders the person disoriented and can cause prolonged unconsciousness and serious medical problems."

Colombia seems to be alone with this problem. Burundanga has been reported in Ecuador and Venezuela, but criminals there seem to fear the substance. If mishandled, it muddies up the crook instead of the victim.

Burundanga has been around since before the discovery of the New World. Its active ingredient, scopolamine, is found in a plant from the nightshade family known as borrachera (drunken bing), which grows in the high Andes.

"Here in Bogota, you can find it in the parks," Uribe said, adding that most criminals now use laboratory-produced scopolamine from the black market.

Scopolamine can make users extremely aggressive, so criminals in the 1980s began mixing it with other drugs, like tranquilizers. Colombians know the

VIRGO - August 24 - September 23

People notice you. Have fun with this! This is your chance to shine. Lucky in love is the way to describe this time for you. You learn much from a partner or close friend.

LIBRA - September 24 - October 23

Be good to yourself. Give yourself kind words and encouragement. Something happy happens at home! Your creativity is high now. Plans for a future event will prove successful.

SCORPIO - October 24 - November 22

Doubts about money can be resolved or overcome now. Think positive and see how those thoughts create your reality. What you focus on expands. Do something creative or new.

SAGITTARIUS - November 23 - December 22

This can be a rewarding time for you. Hard work done in past pays off now. Something that you have always wanted comes to you. Chance for change around the home.

CAPRICORN - December 23 - January 20

Your intuition is strong now. Trust your knowingness. Handle your taxes or finances now. You are in charge. Possible communication from someone you have not heard from lately.

AQUARIUS - January 21 - February 19

You are seen by others as practical yet unusual. Focus on how valuable you are to yourself and others. You get a chance to make a change that will prosper you in

chemical cocktail as burundanga - pronounced boo-roon-DAHNG-gah - and inventive criminals offer it orally, mixed with gaseous substances or even apparently as a powder in cigarettes.

Taxi drivers say victims sometimes flag them down in a trance.

"We call them 'the disoriented ones,'" said Omar Echavarria, a taxi driver in Medellin, Colombia's third-largest city. "They get in the taxi, and you ask them where they are going. They say they don't know. They don't even know who they are. They get in a taxi out of instinct."

When doped-up passengers arrive at hospital emergency rooms for treatment, doctors normally give them diuretics to flush out their kidneys. Those who received small doses of the drug usually recover within a half-day.

What happened to Brick Schaffer is a common story. Schaffer, a Nicaraguan, walked into a discotheque along a well-traveled avenue several months ago. After that his memory is blank.

"The next day, I came to," Schaffer says. A doorman who was trying to open the garage door of an apartment building, and it woke me. I was sitting down on the sidewalk in a daze. He took me to my apartment."

Schaffer said the criminals spent about \$1000 on one of his credit cards.

Now, he tells visitors, "Don't go to the bathroom and leave your beer or they may toss in the drug.... Don't accept soft drinks or buy cigarettes on the street. Or candy. Or anything else."

The use of burundanga is so common - and Colombia so ridden by violence - that such robberies almost never make the newspapers.

An exception occurred when Juan Carlos Vives, governor of Magdalena, one of Colombia's 33 states, was slipped burundanga at Bogota's fanciest mall, the Centro Andino, in April, 1999.

"Two men came up to me and asked for the time. I don't remember their faces or anything after that," Vives says. He led the men to his apartment. "I don't remember it, but the doormen say that I entered the apartment with them."

He said he regained consciousness the next day to discover that the men had stolen about \$7000, all his credit cards, some jewelry, a guitar "and even my reading glasses."

How to you imagine the CIA or secret government agencies might make use of burundanga or similar drugs? Could this explain abduction reports?

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phone (602)237-3213

Rev. Dr. John Rodgers

Adam, Eve, and the Serpent

by Elaine Pagels 194 pages \$12.95

In 1945, two years before the discovery of the Dead Sea Scrolls, a library of manuscripts were found at Nag Hammadi, in Upper Egypt. This discovery was kept hush-hush for over three decades. The documents proved to be the oldest Christian writings known to man. These writings were buried in the first and second centuries and lay untouched until they were uncovered 1800 years later. Unlike the New Testament, they have not been censored or edited. They reveal what the earliest Christians, the Gnostics, actually believed. Ms. Pagels was one of the scholars who translated the Nag Hammadi Library.

In this book she discusses the Gnostic view of Creation and the Fall. She reveals how they refrained from sex except to develop spiritually. They saw sex as a means of attaining a higher state of consciousness.

Later, the Christians renounced this doctrine and said that sex was basically sinful and should only be used for procreation.

This book gives many insights into the texts to be found in *The Nag Hammadi Library*.

RANDOM HOUSE

Massage for Common Ailments

by Sara Thomas 96 pages \$12.95

There are a lot of illustrated manuals on massage, sensual and otherwise, but this is the first I have run across that deals with healing. This is not acupuncture or shiatsu. This is massage.

The author prefers to use natural oil in her massage, describing its aromatherapeutic effects. She explains how and when to do all the basic strokes. She also believes that good, general body massage is healing in of itself.

She takes you down the body, showing you which strokes to use for the various afflictions that part of the body may experience - headaches, sinus and colds in the head - congestion, coughs, asthma in the chest, etc.

The book is well illustrated with color photos and drawings.

FIRESIDE

Express Yourself

by Joy Lynn Freeman 220 pages \$12.95

The ancient philosophers said, "Know thyself," and this is important. But what good is it to know yourself, if you never express it.

This book shows you how to discover yourself, and how to develop the courage to express it.

If your life is passionless, humdrum, or uninspired, it is because your true self is all bottled up and is not expressing what you truly are. One aspect of this comes out in feelings of self-doubt or fear that keeps you from

pursuing your dreams.

After discovering the means to make her own life more satisfying, the author did research and study to come up with the formula that this book puts forth.

She will show you how to stop saying "Yes" when you mean "No", how to make changes at your place of work, how to feel passion in your life and say goodbye to that wrong person you find yourself locked in a relationship with.

Do you want to be free, do you want to overcome your inhibitions? This is the book for you.

SOUNDSTAR PRODUCTIONS

The Initiation of the World

256 pages

The Fifth Dimension

222 pages

by Vera Stanley Alder \$14.95

Ms. Alder was a successful portrait painter until her life was transformed, during WWII, by a series of experiences with her spirit guide, Raphael. After that she devoted her life to teaching what she had learned during these journeys.

For over 25 years I have recommended these books to individuals seeking an outline of metaphysical teachings. Her first book, *Finding of the Third Eye*, which has been continuously in print, gives an introduction to basic metaphysical philosophy.

The Initiation of the World covers the path of initiation, the psychic centers, Shamballah, reincarnation and the Wesak Festival.

The Fifth Dimension introduces the reader to the many concepts of meditation, and takes us on a step-by-step journey through the process, from learning concentration to creative meditation.

I am so happy that these books have been reprinted after ten years or so without them. Other titles that the publisher indicates will be forthcoming are: *Wisdom in Practice*, *The Secret of the Atomic Age*, and *When Humanity Comes of Age*. Recommended reading.

SAMUEL WEISER

Twelve Powers in You

by David Williamson, Gay Lynn Williamson, Robert H. Knapp. 344 pages \$11.95

The 12 powers are faith, love, strength, wisdom, power(speech), imagination, understanding, will, order, enthusiasm, release and life(reproduction).

In order to fulfill the nature of your spirit, soul and body, you must develop these 12 powers and use them as tools of transformation to bring you to levels of vitality, peace, prosperity and happiness.

The authors teach that the 12 powers are not separate from the body but are expressed in the various parts of the body. Many eastern religions, like Hinduism



and Buddhism, believe in similar principles, but refer to these body parts as "energy centers".

These teachings are based upon an idea put forth by Unity Church founder Charles Fillmore. Building on his framework the authors take a comprehensive and unusual look at the Bible. Each center has a chapter of its own, complete with visualizations, affirmations, exercises and case studies, then takes an in-depth look how that particular power relates to the spirit, soul and physical body.

HEALTH COMMUNICATIONS

Opening to Love 365 Days a Year

by Judith Sherven & James Snehowski 416 pages \$12.95

Here is a book about love, primarily romance and intimacy, so I guess that makes this a "chick" book.

What we have here are 365 affirmations or little bits of wisdom, one for each day of the year. If you are seeking more love in your life, give this book a try. Reading that day's words each night or each morning will do much to improve your viewpoint. And it is our own personal viewpoint that determines what happens to us in life.

HEALTH COMMUNICATIONS

Letter to Earth

by Elia Wise 278 pages \$24

The subtitle *Who We Are Becoming . . . What We Need to Know*, is very intriguing. It suggests that there is a lot more we need to know about life and ourselves.

The book deals with the "awakening" that is taking place around the world. People are beginning to ask themselves, "What does it all mean?"

The author, who has been "soul conscious" since she was a child and who was mentored by a spiritual teacher, uses this book to present her understanding of who we are and how life works.

HARMONY BOOKS



by Rev. Robert Walmsley

Musical SoundScapes

Ancient Journeys

by CUSCO

Perhaps no other group can take the listener into the soundscapes of distant lands or periods of time as masterfully as CUSCO does and their latest offering, *Ancient Journeys*, is a highly polished example of this ability. In this powerful release, CUSCO musically recreates the most famous journeys of the Spanish Conquistadors, Marco Polo, Kublai Khan and The Crusades, treating the listener to soundscapes that inspire visions of Spanish galleons on the seas, the bizarre lands and cultures encountered by Orient-bound caravans and other wonders that Earth's most famous ancient travelers experienced as they left their familiar haunts to follow *A Vision of the New World* (the subtitle of this release). Easily this remarkable addition to CUSCO's exceptional discography receives my highest recommendation to all.

HIGHER OCTAVE MUSIC

Highlands

by Darby DeVon

Soaring vocals, Celtic rhythms, both contemporary and traditional instrumentation; all blend together to create a magical Celtic release that explores the mythical and modern elements of life on the Highlands in this wonderful release by Darby DeVon. Assisted by Mariam and a host of other world class musicians, Darby creates soundscapes that captivate and transport the listener with a fresh, uplifting energy that takes Celtic music to a new level of expression, one that will delight lovers of both traditional and modern styles. Delicious from start to finish, *Highlands* is a musical feast that receives my highest recommendation to all.

Etherean Music

Peacemaker's Journey

by Joanne Shenandoah

Voted "Best Female Artist" in 1998 and 1999 at the Native American Music Awards, Joanne Shenandoah shows the world "why" in her most hauntingly beautiful release to date. Based on an ancient Iroquois legend,

Peacemaker's Journey tells, in sweetly sung Native tongue, the tale of Skennenrahowi and how he brought peace to the Native Americans of New York state. With beauty and love, Joanne gracefully weaves this tale into a musical prayer that gives new life and greater power to Skennenrahowi's Spirit, so that all mankind may now accept the awareness of the Peacemaker's gift. Blending modern instrumentation with Native Vocals, this is very highly recommended to all lovers of New Age, Native American and meditative World Chant music.

SILVER WAVE RECORDS

Ancient City

piano Collection by various artists

Soothing and dreamy, *Ancient City* offers eleven contemporary piano compositions (by five artists) that are sure to relax the listener after a busy day. Featuring the work of Naoyuki Onda, Masaji Watanabe, Rikiya Yamashita, Haruki Mino and Mitsuko, this release is the perfect choice for massage, relaxation or just for sharing an intimate moment with your beloved. Highly recommended to lovers of contemporary solo piano music.

PACIFIC MOON

Scotland the Brave

by various artists

Featuring some of the freshest and most innovative artists composing Celtic music today, this astounding release presents a musical portrait of the mystery and majesty that has conquered kings and captured hearts for hundreds of years: *Scotland the Brave*. Including the exceptional talents of Steve McDonald, Hollie Smith, Matt Ender, Darby DeVon and a host of world-class supporting musicians, this release is arguably the greatest Celtic collection ever assembled and easily receives my highest recommendation to all.

Etherean Music

Graceful Passages

by Gary Malkin & M. Stillwater

Powerful, profound and reassuring, this recording offers words and music that will help the listener to navigate the dark and troubling waters that surround one's passage into the hereafter. The words will comfort those of any faith or belief while the music provides a soothing background upon which acceptance and trust can be anchored as one and all: the transition from this life to what lies beyond it. Healing and supportive, this is a sensitive and priceless gift for anyone facing a terminal illness and/or their loved ones. Highly recommended to all (sooner or later...).

COMPANION ARTS

Dancing with the Muse

by Chris Spheris

Blending Spanish Flamenco, Greek, Middle East-

ern and Latin rhythms with keyboards and diverse instrumentation, Chris Spheris has created a world music expression that crosses many borders simultaneously while remaining immediately accessible to a wide range of listeners. The expertise Chris displays in this cross-cultural musical exploration is nothing less than genius as he mesmerizes the listener with soundscapes that dance lightly from one area of the globe to another without missing a beat. Fascinating from beginning to end, *Dancing with the Muse* could easily be considered the most outstanding work in Chris' illustrious musical career and one that also receives my highest recommendation to all.

HIGHER OCTAVE MUSIC

Unbearable Love

by Walela

Blending Pop, Gospel, Blues and Native American melodies with soaring vocal harmonies, *Unbearable Love* takes over where Walela's self-titled debut release left off. Featuring Grammy Award winner Rita Coolidge, her sister Priscilla Coolidge and niece Laura Satterfield, this release offers emotion-charged lyrics and mellifluous melodies to create a deeply moving sonic experience unlike any other.

TRILOKA RECORDS

East Wind

by Uttara-Kuru

Drifting, shifting celestial keyboards, interspersed with ethnic Oriental flutes and chant amid diverse percussive effects are offered in this enchanting release by Uttara-Kuru. Beginning with a spacious and airy sound, the energy slowly builds until it reaches near-hurricane force as it creates a powerful sound portrait of the *East Wind*. Then a brief meditation in the swirling stillness of the eye until Oriental chants, stringed instruments and uplifting rhythms carry the listener beyond the Earth plane and into the ethereal qualities and forces behind this powerful and mysterious element. Blending the finest elements of new age and Oriental music, this is "East-meets-West" at its best and is highly recommended to all.

PACIFIC MOON

Flight

by Steve La Cerra

Powerful keyboard melodies and strong rhythms reminiscent of David Arkenstone are offered in this excellent new age instrumental release from Steve La Cerra. The rhythms are infectious and captivating as they draw the listener into pulsing soundscapes that move over land and sea and into the furthest reaches of the cosmos, to dance in the solar winds outside the touch of time. Influences of Shadowfax and Tangerine Dream also come to mind as this *Flight* continues its course straight into the heart. Highly recommended to all.

NORTH AMERICAN MUSIC

COMMUNITY CALENDAR FOR MARCH 2000

March 2000 15

These calendar listings are published free of charge. If your organization or church is going to hold a special event, let us know by the 15th of the previous month. If no address is given for an event in this calendar, you will find the address in the Directory listing of groups and

THURSDAY MARCH 2

7 pm - The Deepark Sutra with Gomchen Karm Dorje, Foothills Branch Glendale Public Library, Glendale, free

FRIDAY MARCH 3

10 am - 51st Annual Phoenix Gem & Mineral Show, Wild Horse Dome, I-10 & Maricopa Rd, Awatuki, \$4

SATURDAY MARCH 4

10 am - What A Course in Miracles Says about Separation, SW Miracles Center, Phoenix

11:30 am - Introduction to Solar Energy with Lane Garrett, Gentle Strength University, Tempe, \$47

Noon - Introduction to Homeopathy, 5501 N. 19th Ave, #425, Phoenix, free

Noon - The Diamond Body with Rave Singh, 1225 W. Hwy 89A, Seonda, \$40

Noon - Self-Hypnosis with Raj Srivastava, 2060 N. Painted Hills, Tucson, \$25

1 pm - Divine Love Meditation Workshop with Gyaneshwari Devi, 3153 E. Lincoln Drive, Phoenix, \$25

2 pm - Hand-on Healing with Phyllis Winslow, Gentle Strength University, Tempe, \$43

SUNDAY MARCH 5

8:30 am - Sonoran Desert Herb Walk with Peter Bigfoot, Lost Dutchman State Park, \$60

10:30 am - What's Wrong with this World?, New Age Community Church, Phoenix

7:30 pm - Devotional Secrets of the Gita #1 with Gyaneshwari Devi, International Society of Divine Love, Phoenix, \$5

MONDAY MARCH 6

7 pm - What A Course in Miracles Says, SW Miracles Center, Phoenix

7 pm - Introduction to Shamanism with Shelly Gillum, 2850 E. Grant Rd., Tucson, \$30

TUESDAY MARCH 7

7 pm - Developing a Personal Relationship with God with Gyaneshwari Devi, Unity of the Southwest, Tempe, donation

THURSDAY MARCH 9

7 pm - Soul, Reincarnation and Destiny with Gyaneshwari Devi, 1361 S. Alma School, Mesa

7:15 pm - Basic Assertiveness with Stuart Thomas, Tucson Open University, Tucson, \$20

FRIDAY MARCH 10

8 am - Yoga Vision 2000 Intensive, ASU Tempe Conference Facility, Tempe, \$129

5 pm - 3-Day Yoga Vision 2000, ASU Tempe Conference Facility, Tempe, \$249

7 pm - Meant to Be: The Miracle of Relationships with Barry & Joyce Vissell, Bodyworks, Tempe, \$55

SATURDAY MARCH 11

9:30 am - Spiritual Intelligence in the 21st Century with Barbara Marciniak, 1225 W. Hwy 89A, Sedona, \$150

10 am - Eckankar: The Religion of Light and Sound of God, Picnic and Lecture, Papago Park, Ramada 14, Phoenix

10 am - What A Course in Miracles Says about Forgiveness, SW Miracles Center, Phoenix

11:30 am - Ancient Ways of Healing with Zelima Xochiquetzal, 1040 E. Water St, Tucson, \$25

Noon - Group Rebirthing with Nancy Shilling, Way to the Light Within, Phoenix, \$30

12:30 pm - Solar Energy 101 with Lane Garrett, Gentle Strength University, Tempe, \$47

1 pm - Iridology with Eldon Beardon, Gentle Strength University, Tempe, \$43

2 pm - "One Day My Soul Just Opened Up, Tape Share, Illusions, Phoenix, free

2 pm - Introduction to Dowsing with Alex Pierson, Illusions, Phoenix, free

7:15 pm - Divine Answers to the Mysteries of Life with Gyaneshwari Devi, 6428 S. McClintock Drive, Tempe, donation

SUNDAY MARCH 12

9:30 am - The Isaiah Effect: Decoding Lost Science of Prayer & Prophecy with Gregg Braden, 7171 N. Scottsdale, Scotts, \$89

10:30 am - What Can I Do to Make a Better World? New Age Community Church, Phoenix

10:30 am - Introduction to Chironic Healing with Sandy Rogers, Gentle Strength University, Tempe, \$58

Noon - Instant Meditation with Nancy Shilling, Alpha Book Center, Phoenix, free

1 pm - Mini Dowsing School, American Society of Dowsers, Phoenix

2 pm - Geomancy with Doug Swenson, American Society of Dowsers, Phoenix, \$5

7:30 pm - Ritual with Willow & Rev. Dr. John Rodgers, West Valley New Age Community Church, Phoenix

7:30 pm - Devotional Secrets of the Gita #2 with Gyaneshwari Devi, International Society of Divine Love, Phoenix, \$5

MONDAY MARCH 13

7 pm - A Course in Miracles with Tara Singh, video, SW Miracles Center, Phoenix

7 pm - Worship Each Other, Illusions, Phoenix, free

7 pm - Acupressure Massage with Dr. Carlos Santo, Gentle Strength University, Tempe \$25

TUESDAY MARCH 15

7 pm - Face Reading with Barbi Davis, 10235N. Metro Parkway E. Phoenix, free

7 pm - An Introduction to Dowsing with Alex Pierson, Alpha Book Center, Phoenix, free

WEDNESDAY MARCH 15

7 pm - Introduction to Aura-Soma, A Peace of the Universe, Scottsdale, \$15

THURSDAY MARCH 16

6:30 pm - Learn How to Dowse with Alex Pierson, Alpha Book Center, Phoenix, free

7 pm - Candle Making & Candle History with Shannon, Illusions, Phoenix, \$15

7 pm - Instant Meditation with Nancy Shilling, Abracadabra, Phoenix, free

FRIDAY MARCH 17

7 pm - Psychic Revelations with Rev. Sean Michael Shields, Golden Tempe of Rama, Phoenix, \$10

7:30 pm - Introduction to Babaji's Kriya Yoga with M. Govindan, 6990 E. Shea #215, Scottsdale

7:30 pm - Compatibility and Conflict with Dorothy Oja, Arizona Society of Astrologers, Scottsdale, \$10

SATURDAY MARCH 18

9 am - Claiming Your Life Story with Rev. Kathy McCall, Fleeta Inn, 2100 S. Priest Drive, Tempe, \$85

9 am - 2-Day Initiation into Kundalini Yoga & Pranayam Breathing with M. Govindan, 6990 E. Shea #215, Scotts, \$250

10 am - What A Course in Miracles Says about Relationship, SW Miracles Center, Phoenix

11 am - All Day Health Fair and Open House, Forest House Yoga, Phoenix

11 am - Fruit: The Ultimate Diet with Rijeane Durette, Gentle Strength University, Tempe, \$18

12:30 pm - The Solar Return: Your Yearly Mission with Dorothy Oja, Arizona Society of Astrologers, Scottsdale, \$15

2 pm - Introduction to Dowsing with Alex Pierson, Beyond Pretty Rocks, Phoenix, free

5 pm - Introduction to Ayurveda with Chandreeka aniar, Gentle Strength University, Tempe, \$21

7 pm - Organize Your Time Management, Illusions, Phoenix, \$5

7 pm - The Inner Wisdom of Tao Te Ching with Ruey Chen, Gentle Strength University, Tempe, \$38

SUNDAY MARCH 19

10:30 am - Teaching Others and Changing the World with Rev. Joshua Normandin, New Age Community Church, Phoenix

1 pm - Finding the Goddess through Color and Dance with Ambujan, Gentle Strength University, Tempe, \$33

3 pm - Introduction to Dowsing with Alex Pierson, Alpha Book Center, Phoenix, free

7 pm - Release Ritual & Class, Illusions, Phoenix, donation

7 pm - Spiritual Full Moon Ceremony with Chief Olokodana, Papago Park Ramada #16, Phoenix, \$15

7 pm - Prosperity & Full Moon Gong Meditation with Sat Jiwan Singh, 609 N. Scottsdale Red, Scottsdale, donation

7:30 pm - Teaching Others and Changing the World, New Age Community Church, Phoenix

MONDAY MARCH 20 FIRST DAY OF SPRING & FULL MOON

7 pm - Psychics in Everyone of Us with Delfina Rose, 10235 N. Metro Parkway E. Phoenix, free

7 pm - Acupressure Massage with Dr. Carlos Santo, Gentle Strength University, Tempe, \$25

7 pm - A Course in Miracles with Judith Skutch, video, SW Miracles Center, Phoenix

WEDNESDAY MARCH 22

7 pm - Couples Massage Workshop with Marc Haberman, 3150 E. Presideo, Tucson, \$35

THURSDAY MARCH 23

7:15 pm - Instant Meditation with Nancy Shilling, A Peace of the Universe, Scottsdale, free

FRIDAY MARCH 24

4 pm - 3-Day 7th Annual Health Expo, Phoenix Civic Plaza, Phoenix, \$6

6 pm - Biological Holistic Denistry Panel, Grand Ballroom, Phoenix Civic Plaza, Phoenix, \$6

SATURDAY MARCH 25

10 am - What to do with the Teachers Manual of A Course in Miracles, SW Miracles Center, Phoenix

11:30 am - Ancient Ways of Healing with Zelima Xochiquetzal, 1040 E. Water St. Tucson, \$25

1 pm - The Art of Healing with Mark Earlix, Grand Ballroom, Phoenix Civic Plaza, Phoenix, \$6

2 pm - How to Get What You Really Want, Tape Share, Illusions, Phoenix, free

2 pm - Introduction to Dowsing with Alex Pierson, Illusions, Phoenix, free

2 pm - Growing Your Own Medicinal Herbs with Beverly, Gentle Strength University, Tempe, \$33

4 pm - Tai Chi & Qi Gong Workshop with Master Kweon, Grand Ballroom, Phoenix Civic Plaza, Phoenix, \$6

SUNDAY MARCH 26

10:30 am - Using Your Wealth to Change the World, New Age Community Church, Phoenix

1 pm - Advanced Dowsing Class with Alex Pierson, Alpha Book Center, Phoenix, \$20

1 pm - The Art of Healing with Mark Earlix, Grand Ballroom, Phoenix Civic Plaza, Phoenix, \$6

3pm - How to Read the Tarot Intuitively, Illusions, Phoenix, \$10

4 pm - Solar Solutions Workshop with Lawrence Kennedy and Sandra Stizman, Grand Ballroom, Phoenix Civic Plaza, Phoenix, \$6

7 pm - 3-Day Ascension Science & Planetary Divine Administration Seminar with Gabriel of Sedona, Aquarian Concepts, Sedona, \$500

MONDAY MARCH 27

7 pm - A Course in Miracles with Marianne Williamson, video, SW Miracles Center, Phoenix

7 pm - Acupressure Massage for Women's Health with Dr. Carlos Santos, Gentle Strength University, Tempe, \$25

7 pm - Healing with Sephen Lewis, 7601 E. Indian Bend, Scottsdale, free

WEDNESDAY MARCH 29

7:30 pm - Mutual UFO Network monthly meeting, 5636 E. McDowell, Phoenix, \$2

7:30 pm - Using Intuition for Healing with Caroline Sutherland, 7375 E. 2nd St, Scottsdale, \$5

SATURDAY APRIL 1

10 am - Humanity's Biggest Secret Revealed with David Icke, Super Vu Theater, Sedona, \$115

Spring Forth!!

ARIZONA DIRECTORY OF ORGANIZATIONS

NOTICE

All organizations listed in this directory may not necessarily be New Age. This is the most complete and up-to-date listing of active organizations of interest to New Agers. This directory lists only the meeting locations, not the mailing address. Please let us know of any errors or changes. We depend on you to keep us up to date.

BENSON (520)

WORLD UNIVERSITY 586-2985

CASA GRANDE (520)

ST. MICHAEL & ALL ANGELS 836-8544
1232 Avenida FenaSILVA MIND METHOD 836-1029
1901 E. Trekaile Rd. #A

CAVE CREEK (480)

HEART AWAKENING PROJECT 488-1731
6006 E. Surrey DriveFREE SPIRIT 488-9799
6061 E. Cave Creek Rd. #4

CHANDLER (480)

ALL FAITHS NEW THOUGHT CHURCH 895-5835
25237 Sun Lakes BlvdBHAKTIVEDANTA CULTURAL CENTER 705-4900
100 S. WeberCHAPEL OF LIGHT 963-3301
1728 N. Alma School RdCOVEN OF THE SACRED CIRCLE 917-1895
PHOENIX BUDDHIST ASSOCIATION 821-2601
821-5939VALLEY UNITARIAN/UNIVERSALIST CHURCH 899-4249
1700 W. Warner Rd

CORNVILLE (520)

BLUE ROSE MINISTRY 634-6269

DOUGLAS (520)

URANTIA OF SOUTHEASTERN ARIZONA 364-8182
2739 9th St.WINDTREE EARTH SPIRITUALITY 364-4611
9802 N. Castledome Rd

FLAGSTAFF (520)

A COURSE IN MIRACLES 779-2203
2708 N. 4th St. #A5LHUNDRUB LING 774-6896
MEETING PLACE 774-4458
Hidden Hollow Rd

SATHYA SAI BABA CENTER 527-3883

UNITARIAN/UNIVERSALIST FELLOWSHIP 779-4492
510 N. LeRoux StUNITY CHURCH 526-8893
2708 N. 4th St.

GILBERT (480)

JODO SHU DHARMA CENTER 545-7684
229 E. Palo Verde StOMEGA SCHOOL 857-0371
18208 S. 154th Street

GLENDALE (623)

HORIZON UNITY CHURCH 937-7227
8561 N. 61st AveWEST VALLEY UNITARIAN/UNIVERSALIST 846-6004
14403 N. 75th Ave

HOLBROOK (520)

EPI CENTER 524-7717
615 W. Florida St

KINGMAN (520)

LEAPING LIZARD BOOKS 692-5327
1570 Northern

LITCHFIELD PARK (623)

WAT PROMKUNARAM BUDDHIST TEMPLE 935-2276
17212 W. Maryland 907-0673

MESA (480)

A COURSE IN MIRACLES 491-8827
2256 W. Lindner #16CENTER FOR METAPHYSICAL STUDIES 491-3692
1837 W. Guadalupe, #105

BAHA'I FAITH 838-7379

CANYON STATE NATURISTS (ULC) 986-3726

CHAPEL OF LIGHT 491-3962
1837 W. Guadalupe #105CHURCH OF SCIENTOLOGY 833-0610
2111W. University DriveCOMMUNITY CHURCH of NEW THOUGHT 830-1074
5013 E. Broadway Rd

FOUR DIRECTIONS (ULC) 962-6353

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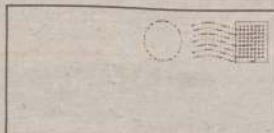
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