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HOLISTIC

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your guide to wellness

**Twenty Year's of
Appreciation**

**We've Come
a Long Way**

**Interview:
Mark Nepo**

**Book Review:
Cloudman**

**Book Review:
Simple Sales
Solutions**

**Merrily Smith
Earns Her
Wings
1930-2012**

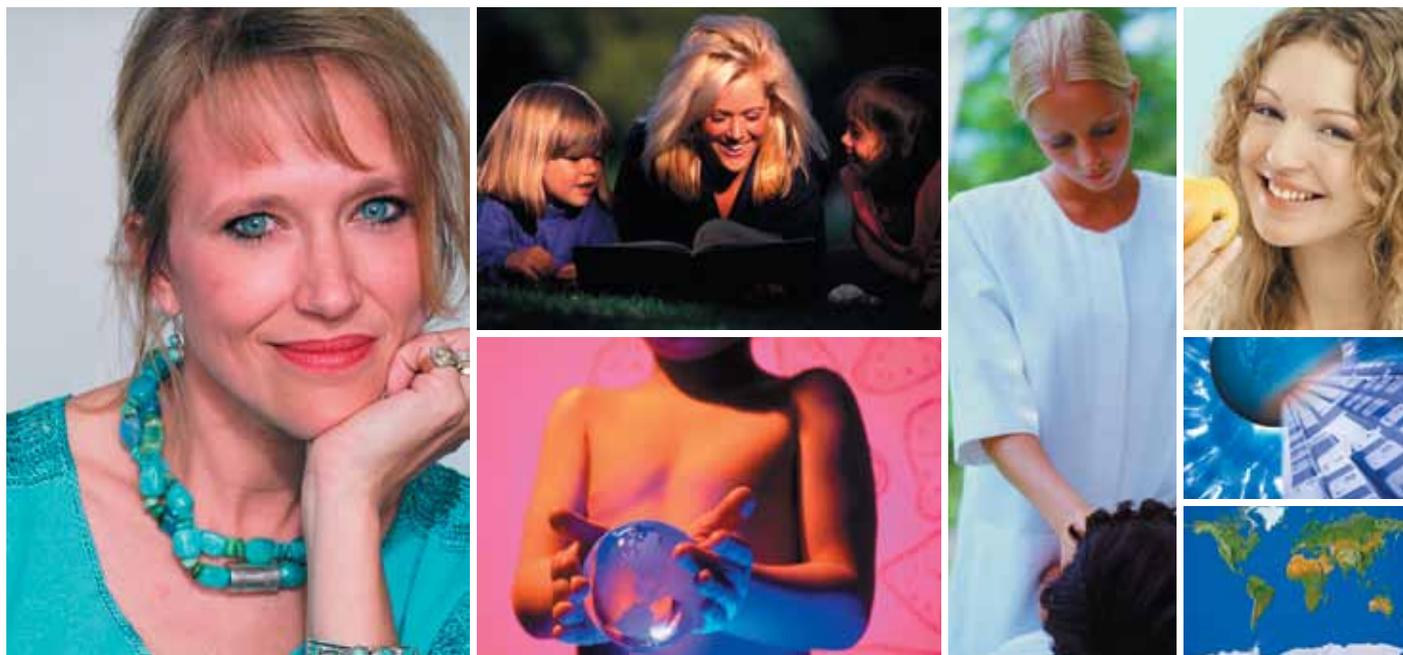
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HOLISTIC NETWORKER

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Holistic Networker® is DFW's guide for holistic health and personal growth. Find us online at HolisticNetworker.com

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I'm dictating this essay on my phone while lying in bed. 20 years ago this sort of thing was science fiction.

While the practice of putting ink onto sheets of paper

has worked for thousands of years, now we have a better technology called the Internet, and so today you are holding the last print edition of the Holistic Networker magazine.

I certainly have mixed emotions. I'm grateful to have been a publisher of a successful print magazine for the last 20 years — I deeply enjoy serving the wellness and metaphysical community. I have always enjoyed driving around the metroplex delivering bundles of this magazine to my dear holistic practitioner friends. Yet, it's with great excitement that I look forward to publishing new information and bringing the latest news via the Internet at HolisticNetworker.com

Publishing on the web is a wonderful experience for me. As a Gemini, I love communication technologies and I especially love the immediate, electric power of the Internet.

I'm no stranger to online publishing; I've been doing it for 15 years and many of you already enjoy reading the posts online and getting the newsletter updates. I look forward to seeing your comments on our blog and getting to know you more directly on Twitter, Facebook and other social media platforms yet to be invented.

I want to thank some of the wonderful people who helped to make this print publication a successful and joyful venture for the past two decades.

Foremost, I thank Merrily Smith, who had helped us distribute this magazine for many years. Merrily passed away on Thanksgiving day—the community will miss her dearly. Thanks also to Phil Walthal who led the Tarrant County distribution. Thanks to Nicole Mizoguchi whose artwork graced these pages for many years. And I'd like to thank the hundreds of advertisers who trusted us with their message in print.

Finally, thank you, dear reader. Without you, this magazine had no meaning. Thank you for your support all these years and I look forward to connecting with you online.

Best wishes,

Tony
Tony Cecala



For the past 20 years, Tony and I have been publishing the Holistic Networker. It has been quite a journey. When we began, most people did not even know what the word "holistic"

meant. Nor did they know about energy and sound healing, craniosacral, lymphatic drainage, tai chi, homeopathy, reflexology and so many other forms of alternative and complementary treatments.

We have come a long way since then. Today many people embrace these valuable offerings and have incorporated them into their health regime. In addition, a great deal of research has been conducted on acupuncture and its health benefits are now widely known. Other forms of complementary medicine have been extensively studied as well and the benefits of employing these treatments abound.

In addition, much has changed over the past 20 years in terms of technology. We now have the internet, which has allowed people to communicate all over the world in seconds. Ebooks are now quite popular and more and more people have made the shift from print books to this format. It seems that many people either have a web site or realize they need one as people are embracing this way of communicating.

We launched our HolisticNetworker.com website in 1997 and it now includes an extensive practitioner directory, many articles, book reviews, Cynthia Novak's daily astrological message, events and so much more. We have watched many print publications shift exclusively to the web in recent years and we feel it is now time for us to join them.

We will continue to serve our community and maintain our goal to help create an enlightened planetary civilization. We hope you will join us online as we continue to bring you the latest in holistic products and services.

We also look forward to seeing you at the Wellness Expo!

Love & Light,
Felicia
Felicia Weiss

Holistic Forum



What are the benefits of Acupuncture?

Acupuncture is used to balance your body's energy and remove any blockages that are causing illness. It also helps to stabilize your immune system and restore your body's self-healing abilities. It can be used to treat a variety of health problems including pain, hormone imbalances, chronic digestive disorders, and much more.

Dr. Dashima Dovchin, DOM, LAc, PhD, holds an MD degree from Mongolia. She is also a Doctor of Oriental Medicine and a licensed acupuncturist. She focuses on integrating Western and Oriental Medicine based on the functional connection of the body. She uses pulse diagnosis, which is the basic diagnostic tool of acupuncture and oriental medicine to determine your body's condition. She may be reached at: 972-404-4442.



What is Fascial Integrative Therapy?

This therapy recognizes the importance of the integration of the fascial and CranioSacral systems and works to gently release restrictions that may be causing pain, or problems in the immune, nervous, digestive, endocrine or other body systems. Using a very light touch the

therapist works to correct the origin of the pain. It has been used to successfully correct infertility, scoliosis, plantar fasciitis, ADD/ADHD, carpal tunnel, fibromyalgia, sports injuries, arthritis, and pain in any area of the body, including migraines.

Frankie Burget is a licensed Occupational Therapist and Fellow with the American College of Wellness who has practiced in the DFW area for over 20 years. She has extensive training including Barnes Myofascial Release Centers and Upledger Institute. You may view her curriculum vitae on the About Us page of her website, www.windsongtherapy.com. Please contact her at 817-571-8135 or frankie@windsongtherapy.com. Please see bodywork section for more information.



What is Iridology and how can it help me?

It has been said that the eye is the mirror of the soul, and that it discloses the different mental and physical conditions of the body; we generally speak of the 'vivid clear eye' of the well person, of the 'anguishing, glaring eye' of the consumptive; of the 'broken eye' of the dead-sick. Various

nervous diseases are disclosed by the decreased mobility of the pupil; frequent disturbances of the sight point to diseases of the kidneys (diabetes), as does also the falling out of the eye-lashes. By analyzing the iris of the eye, it is possible to determine the condition of your body by reflex markings found in the corresponding fibers of the iris. Iridology analyzes the iris of the eye to determine the cause of your ill health, in what state it is in, how it arrived there, how to free your body of it, and most of all, when you have freed it.

Dr. Edna Craven, DC, CTN, BCI, director of The People's Chiropractic Clinic has over 30 years experience as a Nutritional Consultant and as an Iridologist. She has been instrumental in helping many regain higher levels of health. She can be reached at 972/256-0004; dreecraven@att.net.



What is a naturopathic doctor?

Doctors of naturopathic medicine (NMDs) are trained as primary care physicians and have attended a four-year naturopathic medical school. Their training is based on the same basic science and clinical biomedical instruction as allopathic medicine (MD);

however, natural medicines are emphasized. This rigorous medical training differentiates NMDs from other self-taught alternative practitioners. Naturopathic doctors assist patients by using integrative and holistic modalities such as nutrition, herbal medicine, homeopathy, and counseling. This approach has proven successful in helping both chronic and acute conditions. To determine if a doctor is trained as an NMD, verify that they have an active medical license and have graduated from an accredited AANMC medical school (www.aanmc.org).

Dr. Kimberly Wilson, NMD, Innovations Wellness Center, 6545 Preston Road, Suite 200, Plano, TX, www.InnovationsWellness.com (972) 608-0100



Ascension as a Healing Process

When faced with devastating challenges, it is tempting to melt into a puddle of despair & to hold onto your pain. The Process of Ascension is a spiritual leap in consciousness to higher vibration. It's about shifting your attention from the past into the present. Letting go of the mental and emotional weight

you carry (like a bag full of bricks). What are those bricks? They are the judgments, limiting beliefs and suppressed emotions you carry around everyday. You can take gentle, corrective action to rid yourself of these bricks. You can start implementing your own Ascension Healing Process by letting go and allowing these beliefs, allowing them to melt away. Everyone and everything Ascends when the energy vibration reaches a specific frequency of Light.

I can help you in Healing, and assist you in beginning your Ascension process.

JoAnne C. Helmer – Teacher, Healer – Known for her advanced skills in energy healing and psychic readings. Ph-214.477.7292 - Email: ahealeroflight@gmail.com



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Sandy Hanne, R.M.T, has helped thousands of clients change their lives using CranioSacral Therapy. An advanced practitioner, she has studied extensively with Dr. John Upledger, founder of the technique. 469-438-8634.



Why is it important to receive Thai Massage from a certified master level practitioner?

Finding a practitioner who has studied extensively the art of Thai Massage assures that you will receive the most optimum experience during a session. As a master level practitioner with over 8 years experience, I have chosen to specialize in Thai

Massage. Each session is unique and matched with how your body is doing/feeling/being that day. I have trained in the US, Thailand, and England where I learned techniques being created worldwide and utilized by master level Thai Massage therapists.

I would be honored to share with you my joy and passion for this amazing bodywork.

Suzanne Miller is a LMT and Kripalu Yoga Teacher. She can be reached at 972-768-2210.



What is HCG and how is it the key to weight loss?

HCG stands for Human Chorionic Gonadotrophin and is a glycoprotein hormone. The late Dr. A.T.W. Simeons discovered that HCG allows almost unlimited hypothalamic banking capacity so that fat deposits are not formed. By taking HCG and restricting oneself to a very

low calorie diet, a person is able to access their fat stores and experience rapid weight loss of about 1/2 to 1 pound/day. The HCG dramatically reduces a person's feelings of hunger, making it easier to feel comfortable with this reduced caloric intake. Today the HCG is available in sublingual drops, making it an easy, effective, and inexpensive approach to weight management.

Felicia Weiss, Ph.D. is co-owner of Shifting Frequencies, which carries the HCG drops. For more information or to order the HCG drops, visit: www.ShiftingFrequencies.com or call: 972-378-1211.



How can the Language of Light be of benefit to me?

The Language of Light is a vibrational healing technique. During her expression of the Language of Light, Nancy is able to "catch" the sound current to "tune into" the frequency of your soul like a radio. This provides a sound-carrier wave for your

intention to manifest. After experiencing the Language of Light, many report feeling more empowered, having a sense of remembering the essence of who they really are, and experiencing a sense of physical well-being. In addition, some clients have reported a lessening of their depression, an easing of back pain, a decrease in neuropathy pain (for about 3 weeks following one session), and a release of physical & emotional trauma.

Over the last 20 years Nancy has developed an ability to express this language. Come experience Nancy's "Healing with Sound" at the Wellness Expo. Nancy can be reached at: 972-424-1217. To hear a sample go to: www.sound-SOULutions.com

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Introducing Mark Nepo's New Book

Interview by Leslie Green



photo by Brian Bankston

The New York Times #1 bestselling author of *The Book of Awakening*, Mark Nepo, has written another phenomenal book! His new book is called *Seven Thousand Ways to Listen: Staying Close to What is Sacred*, and we are so excited that the Holistic Networker had the good fortune to score an interview!

Mark Nepo is a poet, philosopher, and author, having published thirteen books. After *The Book of Awakening* landed on Oprah's list of "Ultimate Favorite Things 2010," Nepo was officially on the map and in the living rooms of people all around the world. (I keep my copy beside my favorite reading chair.) It only takes a few pages before he's in your heart. That's the type of writer Mark Nepo is.

What to Expect

If you're familiar with *The Book of Awakening*, you know its format: 365 essays, one for each day of the year, coupled with meditations and reflections to go along with each essay. In case you are wondering if his new book follows the same format, I'll share with you upfront, NO, *Seven Thousand Ways to Listen*, does not offer 7,000 different ways to listen. In fact, it's written as a chapter book, on the premise that there are 7,000 living languages, therefore there must be at least an equal number of ways to listen.

Similar to *The Book of Awakening*, Nepo offers unique and thoughtful meditations throughout *Seven Thousand Ways to Listen*, while also including

journal questions and what he calls 'Table Questions' — intriguing questions to be discussed over dinner or coffee with loved ones.

In preparation to interview Mr. Nepo, I was eager to get my hands on the book. Talented as he is, my first thought was, how does one write an entire book, a 258 page book, on listening? It wasn't until I dove in that I began to see themes emerging. Peppered throughout the book are the themes of Oneness, peace, being open to life, seeing What Is, wakefulness, celebrating our similarities, and focusing on what matters. And as each of these topics would surface, he shared how listening relates.

Seven Thousand Ways to Listen is divided into three sections, or three friendships, that serve as a framework for the journey of this book.

The Three Friendships

Nepo describes the friendships in the following way:

The Work of Being - our friendship with everything larger than us, which opens us to the wisdom of Source

The Work of Being Human - our friendship with experience, which opens us to the wisdom of life on Earth

The Work of Love - our friendship with each other, which opens us to the wisdom of care

Within each of the friendships, or sections, he seamlessly ties in listening. When I asked him to tell me more about listening and how it relates to the friendships that outline the book, he had this to say:

"Listening is the first step toward friendship and I believe, the first step toward peace. Because by listening, we start to discover where we're connected even though we think we're strangers."

He continued, "As Longfellow said, 'If I truly listened to my enemy's suffering, we would no longer be enemies.'"

Nepo's Flavor on Listening

Other beautiful quotes that will give you a very nice flavor of *Seven Thousand Ways to Listen* are these:

"When we listen with our mind, we understand more of life. When we listen with our heart, we feel more of life. When we listen with our entire being and spirit, we are transformed and joined with life itself."

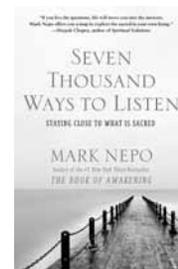
"Time has made me accept that I can't possibly know or absorb the Oneness of things all by myself. In this way, listening becomes a partnership by which we listen and converse with everything."

"I find that deep listening is such a relaxation by which I enter silence until what I hear enters me."

What Nepo Wants For You

When asked what his desire for his readers is while reading *Seven Thousand Ways to Listen*, Nepo says, "...to move closer to their life, and to life itself."

I feel I have done this through the reading of this beautiful piece of art. During this holiday season, treat yourself, treat someone you love, share the gift that opens the door to moving closer to life itself.



Seven Thousand Ways to Listen: Staying Close to What is Sacred is now available at retail bookstores all across America.



Visit Leslie Green's blog at TrustLifeToday.com



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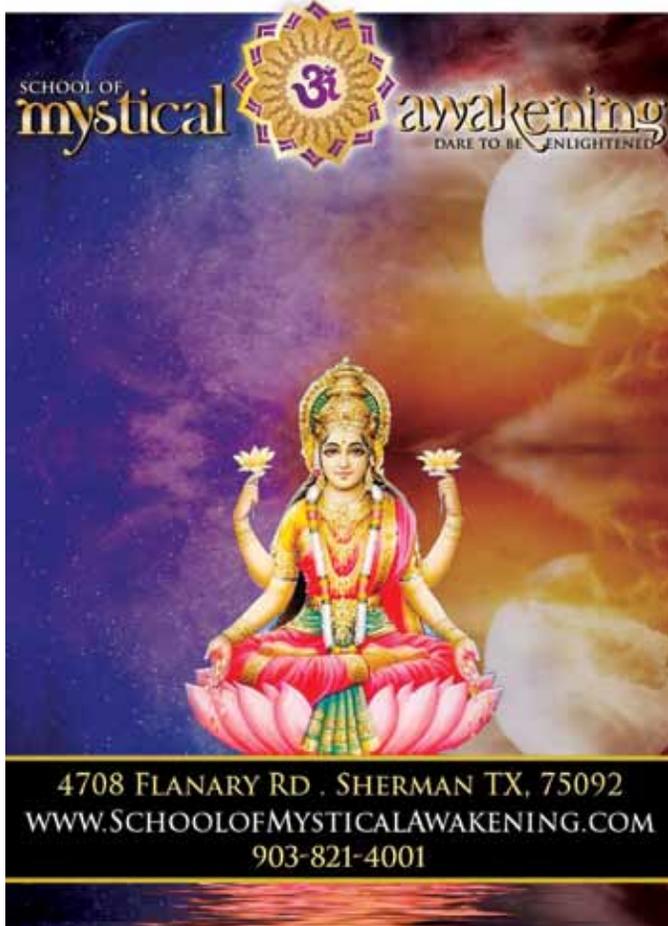
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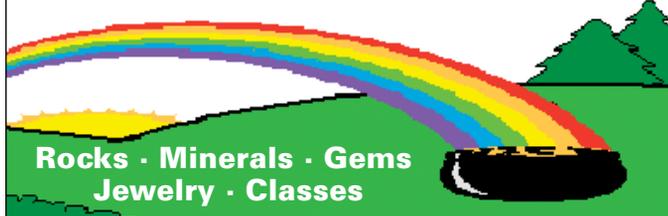


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Merrily Smith Earns Her Wings



Artwork: Arthur Douet

On Thanksgiving Day one of our dearest earthbound angels was called home. I knew Merrily for over 20 years. She worked tirelessly to make the world a better place.

Merrily had a blind spot for the word, “impossible”—it simply was not in her vocabulary. Marvelous, fabulous, and miraculous, of course, were at the tip of her tongue. Merrily could tell you about the amazing things that talented and clever practitioners and inventors were doing to make the world a better place.

She was so full of positivity that there simply was no time for anything negative. Merrily was,

of course, a renegade. She didn’t expect her government to make the world a better place. She made it her responsibility to be sure that anything positive was getting promoted. Her holistic newsletter and online radio show radiated the positivity that you saw in her eyes and convinced you in short order that not only was the world a great place today, by golly, it was going to be an even better one tomorrow.

The last few years were tough on Merrily’s Body, but not her Mind or her Spirit. She rallied through several afflictions and pushed her way forward with her irrepressible zest for life. When you saw Merrily headed your way, you just knew that she was going to tell you a

wonderful story about someone “marvelous”.

Ask Merrily how she was doing and she would tell you that she was “rolling along”. She embodied a zest for life that was almost exclusively focused on helping others to achieve their goals. Her Holistic Helper business was a ray of sunshine for holistic practitioners who needed to promote their business.

How best can we remember Merrily? If every day you wake up and say, “today I will make this world just a little better,” then you will be carrying on her mission.

—Tony Cecala

Merrily Smith, aka "The Holistic Helper", passed at the age of 82 on November 22, 2012. Somehow it seems fitting to me that she would depart on Thanksgiving Day as she was one of the most grateful and giving people I have ever known. No matter what was going on in her life, she always radiated cheerfulness and was excited to tell you about an author, who had written a great new book she was helping to promote, or some other person, who had made an amazing discovery.

Merrily worked tirelessly assisting others and although her health declined these past few years, she never complained or felt sorry for herself. In fact, when I saw her in September at her 82nd birthday party, she gave me a surprisingly strong hug and whispered in my ear, "It is all in divine order". This was in spite of the fact that she was extremely thin, her health was clearly failing, she didn't appear to be able to get out of bed, and she



slept through a good part of her party.

I recently attended the Memorial Service at the Center for Spiritual Living to celebrate Merrily's amazing life. Although Tony and I have known Merrily for about 20 years, I was struck by just how much I did not know about her. At the event a video was played that her friend and business partner, Colin Ryans had created for her 80th birthday. It showed pictures of Merrily as a young child, a teenager, a young adult and through her 79th year. As we viewed these images, Colin narrated many stories of the events that occurred at different times in her life.

I was struck by how young and beautiful Merrily had been. I had no idea that she had had such a difficult childhood, with an abusive father, who attempted to kill her three times before she was 5-years-old. This was not the kind of thing that Merrily dwelled on nor did it define her in any way. I also discovered that she had been a stewardess on North American Airlines and that she had started the first spiritual travel agency, where she took groups of people on many special journeys.

I knew she had been married to a man named Floyd, who was also a Unity Minister, and that he had passed away many years ago at a fairly young age. I thought he had had children from a previous marriage, but had no idea that



he had had 8 children and that Merrily had helped to raise them (especially his four youngest sons).

Up until the end Merrily retained her cognitive faculties and while her body declined physically, she held on to her positive attitude. Her spiritual being kept on shining and she continued to be an example of a person of great faith and trust. She truly walked her talk and I am honored to have known her. Although I will miss Merrily's physical presence in our community, I know her spirit will always be a part of us and that she will be cheering us on as we continue on our journey.

—*Felicia Weiss*

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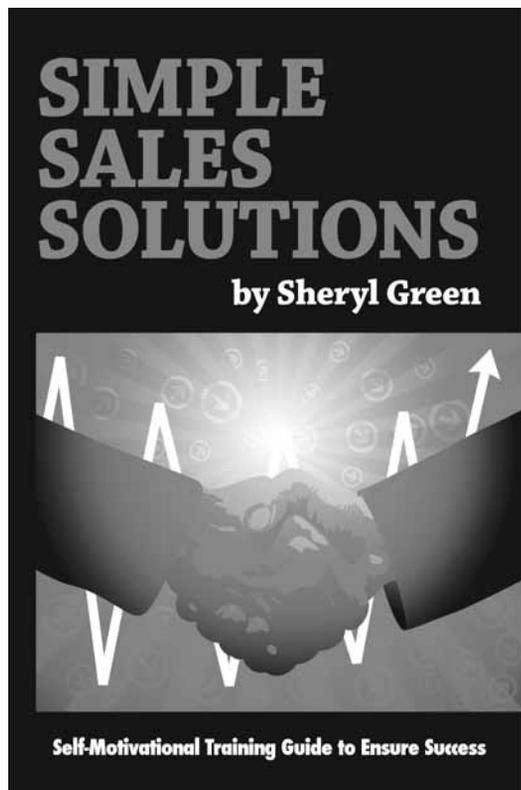
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Simple Sales Solutions

by Sheryl Green

reviewed by Felicia Weiss, Ph.D.

This excellent book was written by Sheryl Green, who is an award-winning sales professional, with over 30 years experience. She has been involved in many aspects of sales including advertising, wholesale, retail and real estate. Her success in these areas has been a result of applying all of the principles she presents in her book. Her goal in writing, *Simple Sales Solutions* has been to provide people with the knowledge and inspiration not only to succeed, but to exceed the highest aspirations they have for themselves.

I found Sheryl's writing style to be easy to understand and her concepts were elegant in

their simplicity. She presents her material in a way that makes the reader feel that they, too, can become a great salesperson. She makes it clear that these skills can be learned and can not only be applied to a sales career, but to one's personal relationships as well. She gives tips on how to make a great first impression because, as she points out, we only get one chance to make a stellar first impression. She also focuses on how to leave a customer after the sale as she notes that we make many last impressions and, of course,

we wish to make each one to the best of our abilities.

Many of Sheryl's concepts are not addressed in school, such as how to dress to be a success. She also offers exercises on how to improve your telephone skills, as this medium offers different challenges than meeting with a customer in person. She provides her 7 building blocks to the professional sale, which are extremely helpful and make a lot of sense. I also enjoyed her inspiring quotes and the way that she helps motivate the reader to make positive changes in his or her own life. I found her approach to also be very spiritual and I appreciated how she incorporated this aspect into her work. The importance of setting goals, having positive intentions and believing that one can be

successful are necessary ingredients in whatever endeavor one chooses.

Sheryl helps to make conscious all aspects of our behavior and she offers the winning solution to being the best you can be in all areas of your life. I highly recommend "Simple Sales Solutions". The tools provided are invaluable and can be utilized by anyone, regardless of whether or not they are involved directly in sales. I feel Sheryl's book will help a person to be all that they are capable of being. It can be read over and over again and can serve as a helpful and inspiring motivational guide.

Simple Sales Solutions will be available on Amazon.com in January, 2013 as both an ebook and a paperback. It is a great way to start off the new year!



Come hear Sheryl's talk on, "Ensuring Your Success" at the Wellness Expo in Addison on Sunday, April 21, at 12:00pm. Sheryl may be contacted at: SherylGreenSells@gmail.com

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June 22	DFWWP:Connect	Improving Enterprises
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October 26	DFWWP:Connect	Improving Enterprises
November 17	TBA	Richardson CC



What people are saying about the WordPress Meetup

Excellent meeting. It doesn't matter how advanced you are, you'll always learn something at these meetings.
—John Peterson

Great presentation, thanks Tony. I learned a lot and also met a lot of good people.
—Shane Walker

Great information for anyone running a WordPress blog. Lots of great resources on Tony's blog.
—Mitch

Very good - enjoyed the training and networking
—Al Martine

Great meetup as usual. If you need help with WP this is the place to be. Thanks Tony.
—Nixon

So informative as usual. I always learn so much!
—Kathy Libey

Very helpful information. meeting was well-organized and information was great.
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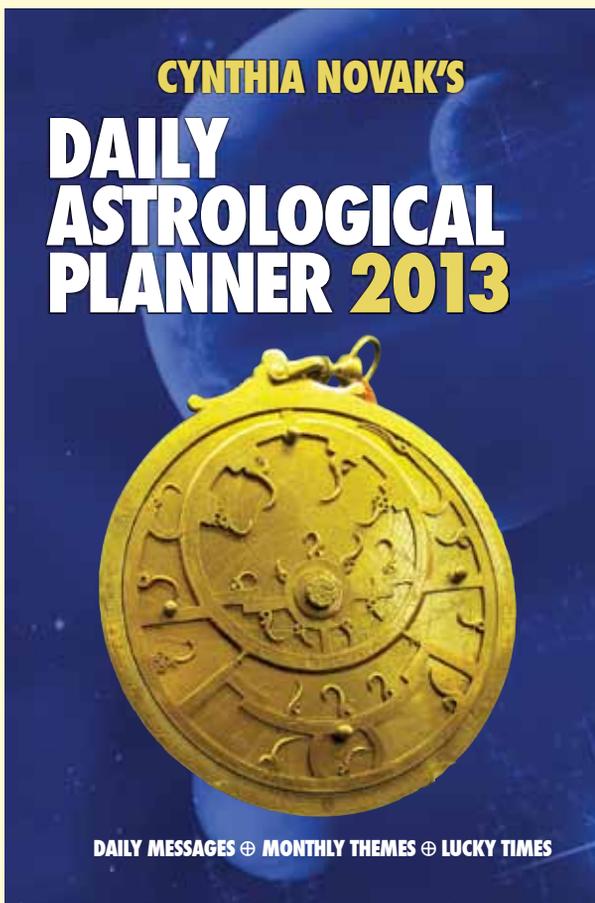
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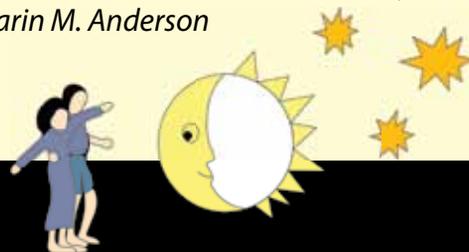
I have known and been a client of Cynthia's since 1998. She has been life changing and affirming for me in so many ways! The information she shares in her monthly planner can be insightful and illuminating to habits that you can improve, and trends and patterns in your life that have become no longer useful to your potential. I recommend her to all my friends and acquaintances or anyone reading this who is looking for psychological, philosophical or spiritual growth.
—Nancy

“Fascinating tool”

I have known Cynthia for over 15 years. She sews together how our world is connected through Astrology along with common sense and ways to explore your life. She is deeply connected to her work and shares it lovingly for those who are open to utilizing traditional and non traditional tools to figure out how to handle the ups and downs of life.
—AGL

“Through the Looking Glass...”

Cynthia has been my astrologer for nearly 20 years and has been invaluable in consulting on the timing of moves, mates and trips. She has been very accurate for me and inspirational. When a difficult aspect has me in its clutches, it is reassuring to know when it will release. Now she has a book out and I am excited to read it on my Kindle.
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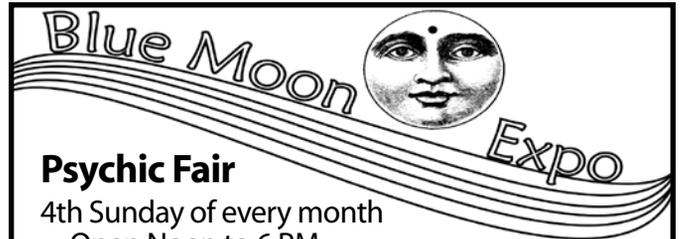
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Your Winter Stars

by Cynthia Novak

Welcome 2013! The winter months are cold, dark and deep. Even in Texas January is the coldest month of the year. There is no better time for a planetary push. It's a great time to turn inward. We can clear out old thoughts as we cleanse the body, mind and spirit. Now, let's travel through the planetary gatherings of winter. The three big outer planets are off to one side of the eclipse path. Jupiter and Saturn are like anchors; Jupiter holds our optimism and Saturn is pragmatism. However, the faster moving planets, along with the Sun and Moon, will begin this season gathered around Pluto in January, Neptune in February and Uranus in March: Rebirth, reconnect release. Push through fear, take some time to find your faith, then break free from old chains and beliefs that held you. This is a process and we can do it together. The end of the world did not arrive, but a rebirth is here for all who want to participate.

January is full of Pluto energy. Intense emotion pushes us out of where we've been. It doesn't need to be a big event, but the push is there. It's time to change; the gestation period is almost over and something new is coming. Perhaps it is discomfort: Fear that if you don't reach for change, then you'll die where you are. Perhaps there is some area of your life where you feel stuck or restricted. Listen for the little voice that says: "Try this!... look there!"

Jupiter is literally standing still in January. Jupiter expands whatever he touches, however, he can be too much of a good thing...grins. Here are key words for each of the planets. There is more detail in Appendix B in my *Daily Astrological Planner 2013*, however, this will get you started. If he sits on one of your planets, then you will likely experience Jupiter's luck, over confidence, over indulgence

and the reality awakening that follows. Jupiter is a very social planet. Folks with big Jupiter transits are attracted to others, but here is a key of how you might experience Jupiter on one of your planets: Sun, ego; Moon, perceptions and emotions; Mercury, mental and hands; Venus, love/beauty and money; Mars desire and daring; Jupiter, indulgence and optimism; Saturn, practical and paternal; Uranus, freedom; Neptune, faith; Pluto, power; Rahu, don't lose your head! And Ketu, the karmic price when you do lose your head.

In February the planets embrace Neptune, the spiritual planet. Meditation and prayer: Mantras etc. all are strong calls to connection and inner peace. Take a long walk, listen to soulful music and slip out of the yoke of perfection and move into faith. Yes, even if you are the only one who can carry the load and even if you feel you are alone, you need to trust in something greater than your shoulders. We step out of the Pluto story into peace.

In March, Uranus is the part of us that breaks free. It's easy to fear Uranus. He is the unknown: The accident, layoff or health crises. However, Uranus ultimately helps us see where our thoughts are tangled and anxious. What sort of anxiety? The notion that the

future is woven with fear and luck...and the belief that we can make a mistake that will be perilous. That can happen at times, and it is wise to be alert, but it is essential to quiet the mind so you can hear the call to action when it comes. In March we notice where awareness turns into wariness and find our way to freedom. Fortunately, we have the Neptune practice in February to help turn this March into a month of mental liberation. We really can work with our thoughts and come out on the other side and feel free. We really can face what life has to offer and not buckle under it. Anxiety is not a useful tool: It is a rather toxic habit. Come with me this season as we ride the planetary transpersonal planets and move into freedom.

Throughout the winter, Saturn, the planet of wisdom, is quite happy in the heavens. He's like an anchor. He helps us use the Jupiter transits wisely and hopefully invest the luck. We begin January with Saturn at 15 degrees Libra in Vedic. He'll move forward to 17 and then he'll appear to stop and turn retrograde on February 18th and end March at 16 Libra [that's 9 – 11 Scorpio in Western astrology.] Here is how I like to think of the two systems. Western astrology is a fabulous personality model. Saturn in Scorpio can be a little testy: "I want my world to run according to my rules!" "You aren't doing it right!" As an influence, it can be a bit controlling. However, the essence of the planet in

continued on next page >



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< *continued from previous page*

Vedic astrology is in Libra, which is more cooperative. Simply put, we want what we want, and when we don't get it, as is usually the case, we go deep and flow with the process to greater peace and mutual success. I like to think of this as the Western placement is our emotional or psychological response and the Vedic placement is the potential to really work through the emotion and build a strong foundation.

If Saturn is sitting on a personal planet in your chart, then you likely feel the weight of frustration. It is a humbling time. You try to push something forward and find resistance. When we are young, we experience it as our parents. As adults, it is often work or the consequences of past decisions. Still, it feels like resistance. What can you do? Put one foot in front of the other and inch forward. Even when it doesn't seem like you are getting anywhere. Acknowledge that you are vulnerable and literally do your best. Be as willing and cooperative as you can possibly be. Trust me on this: Saturn likes to feel productive. His meditation comes often as tangible projects. Saturn reminds us that we are growing older and it is time to make changes. The building blocks of the body are our cells. This is a great time for all of us to reinforce them. If Saturn is sitting right on planets in your chart, then you are ready to rebuild.

Saturn in Libra wants to cooperate. I know, politics don't look cooperative, but this is a great time to see the surface of emotions, call them discord, and watch the combination of need bring out the cooperative nature of Saturn.

Jupiter is virtually standing still in January. He is in a place in the heavens that is, well, indulgent: The classic big spender. What is interesting is this is the placement of President Obama's moon. It is also fascinating that he lives on his Moon line in Washington DC. However, he is a Saturn person, too. Practical

spending is important to him. I know it doesn't always look that way, however, he brings in both the Saturn and Jupiter energies. I am optimistic that he will help bring the sides together, although I'm not sure how. I do know that he is the President and he is where he is supposed to be. How can I be so certain? This is right where he is. That certainty is the wisdom of Saturn. His detractors will offer fear.

President Obama has a joyful and potentially foolish transit of Jupiter sitting on his Moon and a frustrating transit of Saturn stressing his Moon, his perceptions, aka sense of obligation and it stresses his Mercury, his planet of communication and business. I do not believe that he is reckless and I do believe that he feels the weight of responsibility on his shoulders. However, I would be foolish if I didn't mention here that Jupiter transits can bring out the reckless gambler in even practical folks. The question is not about him, but about our legislature and how can "We the People" pay Jupiter's generosity and still pay down the national debt. I believe that they will raise the debt ceiling again. [It may have happened by the time you read this.] I expect a plan to create more jobs. We all know that the North East is ready for a rebirth after Sandy's destruction. He has the support of the electorate, the responsibility of the world and the freedom of a Lame Duck term. Hmmm, what will he do? It would not surprise me if he and his former opponent Romney had more work to do together.

How the Money Flows: January is an emotional month and the market tends to move on emotion. It is very volatile near Inauguration Day, which begins on the 20th, a Sunday, and continues through the 21st, a Monday. Plutocrats are people of power and wealth. They are doing well in January and no matter who won and lost... they are gaining. February is not much better. The Neptune theme is

illusion. It is very difficult to predict where the money will grow. March is also unpredictable. Uranus is great for technology and new inventions, but it is also strong for unexpected events. I am not an investment advisor. I look at the emotions of the planets and while I do not see a market crash, these are very erratic waters, which require a wise and skilled captain to navigate them. Many folks are literally sitting on cash...and hoping they won't have to retire soon.

Where the Love Grows: It grows in the most surprising places. We do our work and the inner voice quiets down. We hear the voice that says "let it go!" "That's not worth fighting over: It is none of your business!" There are the same old stories and the same old stuff. You'll often hear me say "All God's children got 'stuff!'"

Regarding Love and Money: It looks like luck and may come with a test. Jupiter brings abundance and Saturn tests our resolve and practical use of it. This isn't just our legislature, it is us. How will you invest your luck? Will you spend it today or pay down your debt? Will you follow your desires in love and romance or will you choose a partner you can live and grow wiser with? Grins. Funny thing, this winter we are woefully aware of their stuff and the futility of demanding change. And we also have the blissful joy when we notice that it doesn't really bother us. That's the gift and why many folks will either stay or go, but do it from love. Does it sound too good to be true? You are right on time for Winter 2013. Hey, we're still here, let's make the most of it. That is a symbol for us, too. Can we bring our big ideas into practical action? There is no better time to begin a meditation, prayer and exercise practice. Find a time to put them in where you will enjoy them. Let's get creative.



Cynthia is the author of the *Daily Astrological Planner 2013*, which is available as an ebook and in paperback on Amazon. The book

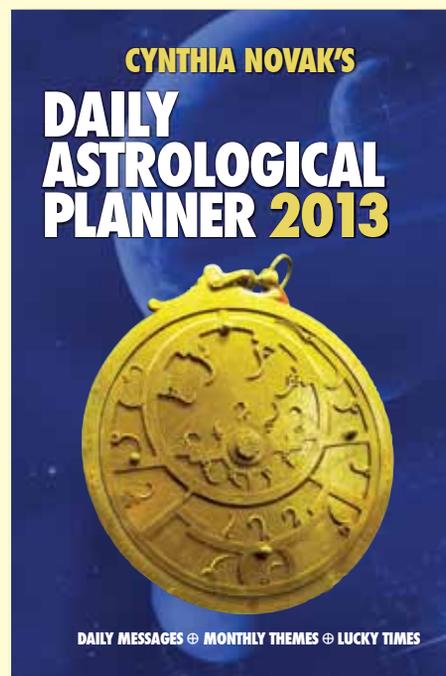
contains an entire year of monthly central themes and daily messages. It has been published as a Daily Planner. Find out what Cynthia forecasts for 2013 in this amazing book.

Cynthia Novak is a professional astrologer. She can be contacted at metro 817-261-2984. Read Cynthia's daily astrological message and future seasonal astrological forecasts at HolisticNetworker.com or CynthiaNovak.com Hear Cynthia's talk entitled "Astrology & You" at 11:30am on Sunday, April 21 at the Wellness Expo in Addison.

Cynthia's Daily Planner

I've been reading Cynthia's daily planner and Seasonal Stars reports on her web site for many years. Now, for the first time, it is possible to truly plan weeks ahead. This book is not only a delight to read but one you will return to on a regular basis as you learn what a valuable tool it can be for planning your year.

—James D. Sheetz



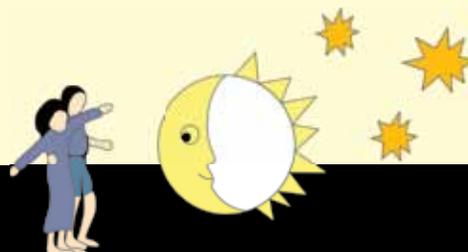
So Excited to Have This Book

Having had Cynthia as my personal astrologer for many years, I am so excited to have this book.

What a treat to be able to read ahead. Cynthia is what I call a "spiritual intuitive" and has been extremely helpful during some of life's challenges. This little book is written in the same professional manner that is present in her sessions and I'm sure is appreciated by all her clients. Thanks, Cynthia, great job on this book - and, so appreciated.

—Donna L.

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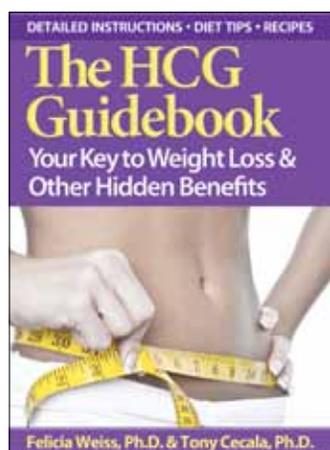
The product is truly amazing! I am following it to the "T" and have lost 21 pounds in 22 days. A lot of what I'm losing is the pregnancy baby fat I had a hard time losing and gave up trying to lose. I gained over 60 lbs during my pregnancy; ate healthy, no candy, soda nor any cravings. Doctor said my body was like a weightlifter on steroids and hoarding things. He even took me off milk products. So I greatly appreciate your site.

—K.C.

I love the HCG and have lost 38 pounds. I have my husband on it and he has lost 20 pounds. People I work with see how much I have lost and they are getting on it, too. I can get into clothes that I had 20 years ago. I have also gotten compliments on how good I look and have given your web site out to several people all over.

—R.M.

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Experience Your Life Review Now by Writing Letters to Your Loved Ones

By Karen Noe

How many times have you said to yourself, “If I only knew what he/she was thinking?” Don’t worry, you will find out. When your body passes into the spiritual realm, you will essentially press the replay button on the story of your life. You will travel back in time and see everyone you have encountered in your lifetime. The unique and amazing part of this experience is that, unlike watching a replay on your television where you simply see characters re-enact situations, you will actually be there in that moment, experiencing everyone’s emotions as if they were your own.

As a psychic medium, I often receive messages from those who have died who are now able to see this “bigger picture” of how they had affected everyone in their lives. They often say that they wish they had done things differently while they were still here in their physical bodies and are sorry they never told their loved ones how much they loved them. I often hear the same regrets from their living loved ones who also feel it is too late to make things right.

After hearing this time and time again, I realized I needed to spread the important message that we don’t have to wait until we die to see the bigger picture of how we are affecting those in our life. We have a chance right now to release any guilt or

resentment we may have in our hearts. We have an opportunity to leave this life with no regrets.

But how can we do that? Well, like many instances in our lives, the answer is very simple – with a letter. We can write our loved ones a positive letter, telling them how much they mean to us. While this may not be the easiest thing to do, it will “eternally” be worth it.

Writing a letter works because we will be taking the time to say exactly what we have always needed to say. We could write everything we would want our loved ones to know, as if we were looking back at our lives with them. The letter should be a very positive one, and we would need to include anything in the letter that we would regret not saying after we left this world.

A letter writing exercise is also a great way to help us heal unresolved issues with our loved ones. We wouldn’t have any regrets after this life, because we’d be able to say and do everything that was needed now.

The different types of letters can include:

- **The Gratitude letter** - a letter with words of love and encouragement to significant people in our lives

- **The Forgiveness letter** - a letter when attempting to forgive someone else or if you are the one who needs to be forgiven.

- **A Letter to yourself** - a loving letter of appreciation to yourself

- **A Letter to deceased loved ones** - a letter of either appreciation, forgiveness, or just to maintain your connection to those who have died.

I wrote these types of letters to those in my life, and the results were better than I could ever have anticipated. While these letters were not always easy to write, they have made all the difference, not only in our communication with each other, but in the peace that now exists between all of us.

One of the greatest benefits I received was from a letter I wrote to my mother. The day before she passed away last year, she was unaware of what was going on around her. As she lay in bed, I was so happy to see the letter I had written to her a year before lying on her desk. It had everything I needed to say, so I pulled up a chair and softly read those words to her. Although she had not responded earlier to anything, as I was reading my letter of love to her, the expression on her face completely changed, and she raised her hands to her mouth. She had heard me!

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What a blessing it was that I had already written these perfect words and was able to read them to her during her final days. Everything I needed to say was said, and I had no regrets.

You, too, will be able to experience tremendous blessings in your life by taking the time to write these types of letters to your loved ones. Tell them everything you need to tell them now. Write down your words of love and forgiveness (whether you want them to forgive you or you want to forgive them). Try to see through their eyes how you are affecting them, and let them know you will take whatever steps that are necessary to heal your relationships with them.

If you take advantage of this fulfilling and life changing exercise while you're here on earth, your whole life will take on another direction. You won't have to wait until you die to see the bigger picture of how you are affecting those around you. You will be able to do it now, and create peace in your life and in the lives around you, before it is too late.

Many blessings to you!

Karen Noe is a spiritual teacher, healer and renowned psychic medium with a two-year waiting list. She is also the author of the new Hay House book, Through the Eyes of Another: A Medium's Guide to Creating Heaven on Earth By Encountering Your Life Review Now. www.karennoe.com

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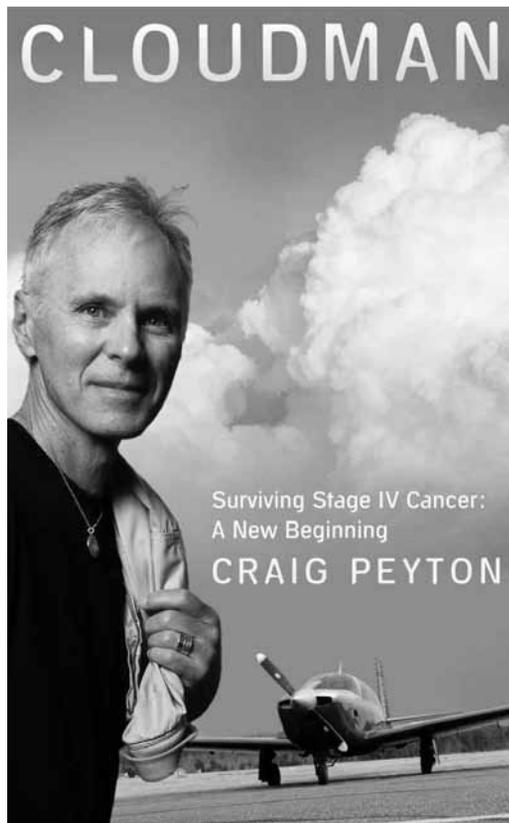
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Cloudman

Surviving Stage IV Cancer: A New Beginning



I was first introduced to Craig Peyton about 9 years ago when he called me on the telephone. He explained that he was an award-winning musician, a pilot and an aerial photographer, who was inspired by Dr. Masaru Emoto's, "Messages from Water" books. He also happened to mention that he was a survivor of Stage IV cancer. He said that he wanted to make a DVD with his music and aerial photography showing water in all its forms, as clouds, ice, snow, waterfalls, waves, etc. I thought his project sounded fascinating and I agreed that we would be interested in such a DVD.

It was an absolute joy working with Craig and watching as the "Spirit of Water" DVD was created. I marveled at Craig's breathtaking video and brilliant music. I found Craig to be a true professional and I was often impressed with his skill and dedication. It truly was a privilege and a pleasure to be involved with him on such a magnificent project. When we brought Dr. Emoto to Dallas in 2004, we were able to show part of this amazing DVD to our audience and we happily sold it to our customers as well.

Craig and I had lost touch these past 5 or 6 years, when once again he called me on the telephone. He told me about his new book, "Cloudman: Surviving Stage IV Cancer: A New Beginning" and I was excited to read it and to view his photos. In his book Craig reviews his fascinating life, while telling a story of "shock, denial, survival and hope", punctuated with his brilliant photography. I found Craig's story, much of which I did not know, to be very inspiring. Craig is a talented man, with many gifts. In "Cloudman" he shares his story with honesty and integrity and a true desire to aid others on their journey. His photos are breathtaking and surreal. They inspire the imagination and add a unique dimension to his book. His history in the music industry and as a pilot and aerial photographer were fascinating as well.

Sometimes life takes us in directions we would never knowingly choose to go, yet we still get to choose how we respond. Out of these situations we can find courage, strength and the will to live. We can give up and sink into despair, or we can become a person of depth and clarity as Craig chose to do. Always the choice is ours. I hope you will choose to overcome your obstacles and that you will find Craig's book to be a helpful tool on your journey.

Review by Felicia Weiss, Ph.D.

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20-21 WELLNESS EXPO® in Addison produced by the Holistic Networker®. This two-day, indoor/outdoor event will be held on Saturday & Sunday, 11am-6pm, Addison Conference Centre, 15650 Addison Rd, three blocks north of Beltline, two blocks west of the Tollway. Call 972-378-3770 or email: expo@HolisticNetworker.com for information about exhibiting or attending. SEE AD ON BACK COVER or see our web page at: www.WellnessExpo.net

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Second Fridays Satori Metaphysical/Spiritual Meeting at 7:30pm at the Richland Hills Community Center, 3204 Diana Drive, Richland Hills, TX 76118. For more information contact Phil at 817-222-1871.

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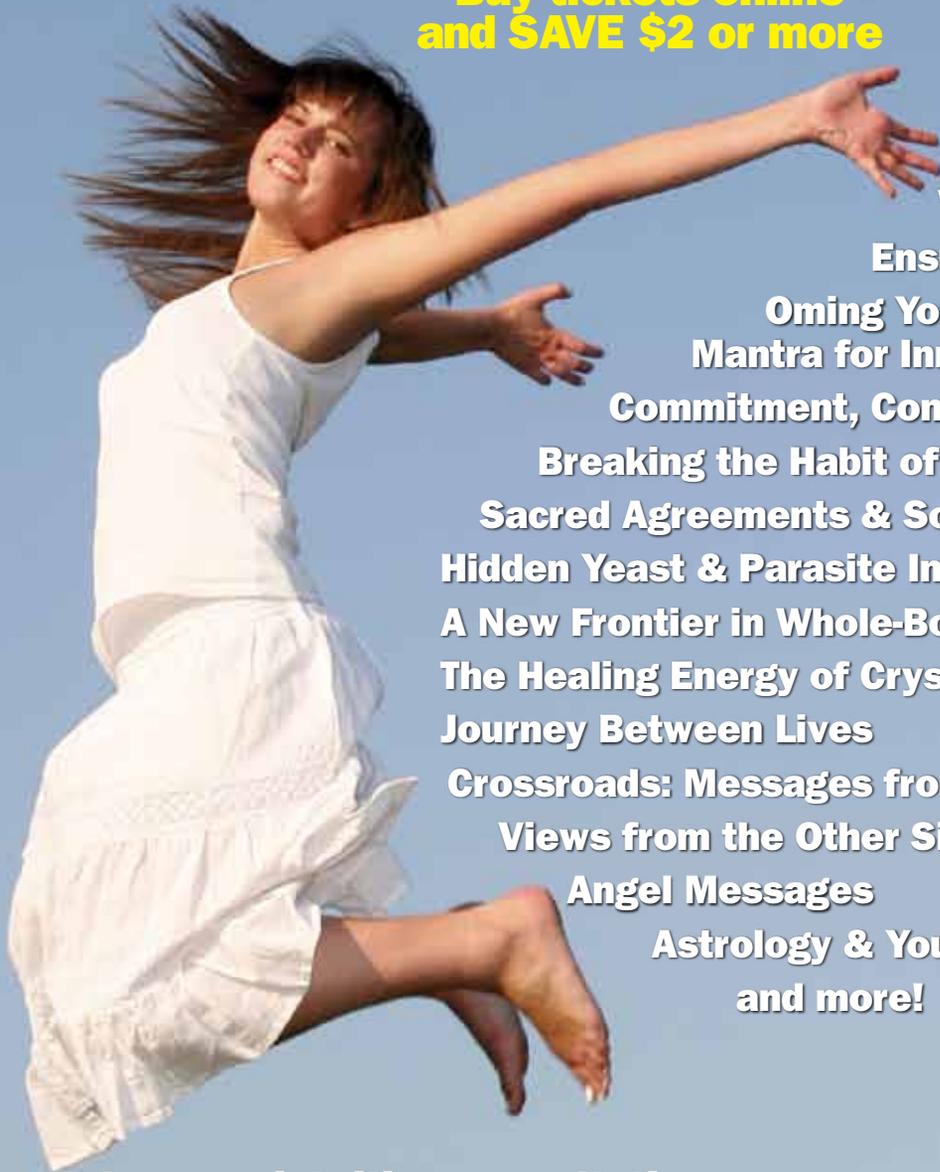
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