

2. Re-mineralization: The Autism Research Institute's findings further conclude, "Autistic children usually have numerous mineral deficiencies. Most children with autism have a need for increased amounts of vitamins, minerals, and some amino acids." The facts are that all human beings living on Planet Earth with its deteriorating, mineral-deficient soil require greater mineral nutrition. Consider doing a Hair Analysis to determine which minerals are low and which toxins are high. The great renowned scientist and two-time Nobel Prize Winner Dr. Linus Pauling once stated to the 74th Congress of the United States that "every sickness and disease could be traced back to an organic mineral deficiency."

3. Avoiding Known Toxins: Especially for kids, many studies suggest avoiding mercury dental amalgams, excess fish and shellfish, and any mercury-based vaccine due to the connection to Autism and neurological diseases. A mercury-based ingredient called "Thimerosal" can be found in some over-the-counter drugs, tetanus shots, and flu shots, so be wary of these mercury threats and investigate products before you take them. If you've grown up using typical chemical detergents and still believe that it's perfectly normal, now is the time to re-educate yourself. The need for a massive change-over to safer, gentler products is essential to rid your body of excess toxins, so go ahead, jump on the "natural" bandwagon.

4. Implementing Air/Water Purification: Tap water has been scientifically shown to have dozens of potentially harmful chemicals, requiring purification. Air purification companies and other independent studies have shown the deplorable air quality in our homes due to constantly sealed windows and the A/C running around the clock. A bit of internet research can easily locate a cutting-edge, cost-effective air purifying solution for your home. If you are an indoor smoker or live in an industrial area, this step is a must for your family.

5. Protective Measures Against Radiation: Einstein proved that everything in the universe is made of energy. On Earth, we have life-affirming energy found in pristine natural places but also numerous sources of man-made toxic energies. How many hours in a day do you sit in front of a computer or television? How many hours do you hold your cell phone up to your ear? Do you think about the effect that's having on your sensitive energetic system? Consider a protective device for your body and/or home to counteract the harmful radiation and EMF's (electro-magnetic frequencies). Conduct an internet search for "EMF protection."

6. Increased Physical Activity: The above-mentioned 2003 Geneva World Report also stated, "Lack of physical activity is already a global health hazard... In order to achieve the best results in preventing chronic diseases, the strategies and policies that are applied must fully recognize the essential role of diet, nutrition and physical activity." Be grateful for the wonderful body you have – take any opportunity to change ingrained lifestyle habits which have encouraged sluggishness.

Tremendous research efforts have turned up nutrients and organic substances which nourish, re-mineralize, and detoxify. These missing links in the Standard American Diet, according to scientists like Dr. Pauling, are likely the culprits of our rapidly deteriorating national health. Pollution exists but declining health trends do not have to continue. Opportunities exist to educate yourself, reclaim your family's health, and eliminate the root causes of potentially-preventable diseases caused by pollution, and the increased chemical-load in our food and water.

Miguel Montoya has been actively researching health and nutrition for more than ten years. As a Well-Being Coach he offers meditation, fitness, tai chi, and life skills. www.SedonaWellBeingCoach.com

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whole logos, the whole being, of who we are.

"When you go into St. Michael's Tor, stuff will come up. It's a known place for stirring up repressed feelings. It's very important that we're going as a group with myself and my partner, Dr. Donald Backstrom, who has a masters in clinical psychology and is a holistic physician. When we take a group, we envision ourselves as an all-encompassing care team. When people's emotions are stirred up, there are professionals on-hand to help them deal with that."

Ronna and Donald find that once people deal with and integrate these emotions, there is a real core of joy beneath. We're repressing so much and putting so much energy into just maintaining our schedules, that the core of joy really gets shoved underneath all that.

"We've done enough of these journeys to know it's a process that happens over the course of the 9 day tour. The first 3 or 4 days bring about some really intense inner exploration and then the last half of the journey is about integrating those places we've now liberated, so we can come out more whole and integrated and complete than we started."

Ronna and Donald have created the Whole Logos System™ to help people work through their emotions. The Whole Logos System is about connecting to all parts of ourselves. Its focus is to unlearn unconscious behaviors and repattern conscious thoughts and emotions to bring healing. It's very important to acknowledge and accept the thoughts and feelings; to be responsible for shifting them. Ronna and Donald have many tools they'll teach people.

"It may be as simple as tapping on some of the energy meridians. We've found tapping on the high heart alters the meridian system that anchored this pattern in. It brings the pattern into consciousness and allows the limbic system to start releasing some of these patterns. The Whole Logos System goes through a number of techniques that people can use in the moment wherever they are. Illuminating these places of darkness allows us to become free to express all of who we are; to reconnect with that place of joy we've suppressed."

This pilgrimage is called *Sacred Journey of the Heart: A Transformational Journey to the Lodestar of your Soul*. The name comes from a series of discourses Ronna channeled from an inner teacher who talks about the concept of liberation and finding our way home. The Lodestar is what sailors of old used to guide them home. To find the lodestar; you must first locate the lodestone. The lodestone is the heaviness within ourselves that brings us to our unhealed experiences and unhealed emotions, whether from this life or past lives. These experiences are the very transformational material we use to go into the darkness and get a different perspective of it. When we acknowledge and accept those places of darkness within us, we can use them to reformat and integrate into ourselves for healing.

Ronna and Donald believe we must embrace these places with gratitude because they are the very fundamental substance that allows us to transmute and heal through consciousness, through love and acceptance into the lodestar that then leads us home. "It is an integration of all we are. The darkness, the lessons are the very gold of alchemy. We have to be willing to embrace those and fully align with the power of the lessons. It's unconditional love and forgiveness that lead us home."

This trip is an opportunity for people to connect into their feeling heart center. The connection you'll feel to these sacred lands of ancient wisdom will bring you into your heart, which will expose the lodestone – transforming and converting that heaviness into the lightness of the lodestar that brings you home to the freedom of expressing all that you truly are.

For more information on Sacred Journey to Heart, visit Stellar Productions your contact for Transformational Events, Conferences & Spiritual Journeys, at www.stellarproductionslive.com, or call 866.304.8700 or 928.282.2450. For more information about Ronna Prince, visit her web sites at: www.azlivinglight.com • www.consciouslightchannel.com

*Corinne L. Casazza is a freelance writer and author based in Sedona, AZ. Her first novel, *Divided We Fall* is available locally and online. You can reach Corinne at ccaz67@yahoo.com*

Divine Mother

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kept me from believing in myself as a writer for a long time. At some point, I wanted to disprove it, and I did.

Not being able to make it on my own is also a lie. That one's been rolling around in there for at least a couple of decades. I've been out here in the desert for nearly four years now, and I'm still standing. Still writing, still making it on my own – sans the big corporate job and salary I had when I landed here in Sedona. This belief gave me the courage and independence to strike out on my own. I left the comfort and safety of my family on the east coast to venture west to become more of my authentic self – okay, I didn't know that at the time; I only knew I loved the red rocks, but after being here this long, it's pretty apparent.

Embracing these emotions and beliefs and having gratitude and acceptance for them allows them to dissolve. To shift like the soft desert sand under my bare feet. Now I write down all the gifts that came from these beliefs – the courage, independence, writing skills and motivation to live my authentic life. I go into meditation and thank my guides and Divine Mother for these lessons. Changing these beliefs on the internal makes them change in the external.

The next day I got a call from a friend. She said, "I had to call you to get an expert opinion. As a published author, can you tell me..."

I just laughed. Okay, Spirit, I got it. My guides used the very words in my unconscious belief to mirror back to me the fact that I'd gotten past it – others see me as an expert.

It takes the qualities of Divine Mother to transform our fears. Self-love is needed to shine light at the shadow side of ourselves. We need nurturing to keep doing this work knowing that it's for our highest good. Compassion allows us to accept and release these emotions and beliefs so we can express more of our true selves.

To me, this is what my dream was about – the Naked Truth – freedom and the freedom of expression. For who is Divine Mother if not the Truth in all of us?

*Corinne L. Casazza is a freelance writer and author based in Sedona, AZ. Her first novel, *Divided We Fall* is available locally and online. You can reach Corinne at ccaz67@yahoo.com*

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