

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

# NEWLIFE

NEW YORK'S GUIDE TO ENLIGHTENMENT

OCTOBER-DECEMBER 2019

Ascension  
and You

All You Need  
Is Love

By Judy Satori

Cold Water  
For Health

By Dr. Jane Goldberg

The  
Akashic  
Records

The Library  
of All That Is

By Maureen St. Germain

INCLUDING  
NEWLIFE  
EXPO  
PROGRAM

# HealthyLine INTRODUCES

## THE WORLD'S FIRST

# CHAKRA RAINBOW MAT!

Achieve higher levels of enlightenment and spiritual awakening with advanced chakra balancing and cleansing



The Rainbow Mat is crafted to stimulate spiritual growth through the combination of 10+ lb. of 7 different healing crystals, deep penetrating heat therapy, and pulsed electromagnetic field

therapy. These natural elements maximize relaxation, fortify mental wellbeing, and boost energy to assist in personal shifts towards self-realization.



CHAKRA  
ENHANCEMENT



F.I.R.



REIKI



HOT STONE  
THERAPY



P.E.M.F.



NEGATIVE ION

To order, visit us at [www.healthyline.com](http://www.healthyline.com)  
or call 1.888.774.4422

Over **100** natural healing devices to choose from

Visit our showroom at 41 West 36th Street, New York, NY 10018

\*Complementary treatment and 20% off in store only. Offer good 10/18/19 - 11/3/19.

**FREE**  
TREATMENT  
& 20% OFF\*

Lecture Friday 6:30pm Kips Bay rm (3rd Fl)  
Lecture Saturday 11:30am Brooklyn rm (Basement)  
Lecture Sunday 11:30am Skytop Lounge (39th Fl)

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT  
**NEWLIFE**  
 NEW YORK'S GUIDE TO ENLIGHTENMENT

www.newlifemag.com www.newlifeexpo.com

OCTOBER-DECEMBER 2019



DR. JANE GOLDBERG



MAUREEN ST. GERMAIN



JUDY SATORI

COLUMNS

**Book Reviews** ..... 6  
 Boost Your Natural Energy:  
 40 Simple Exercise and Recipes for Everyday  
 BY SANDY TAIKYU KUHN SHIMU  
 The Yoni Egg:  
 Reveal and Release the Sacred Feminine Within  
 BY LILOU MACE

**Music Reviews** ..... 8  
 Miten – Devotee  
 Steven Halpern – Echoes of a Dream

FEATURES

**Cold Water for Health** ..... 11  
 BY DR. JANE GOLDBERG

**Ascension and You**  
**All You Need is Love** ..... 15  
 BY JUDY SATORI

**The Akashic Records**  
**The Library of All That Is** ..... 18  
 BY MAUREEN ST. GERMAIN

ISSUE No. 174 • OCTOBER-DECEMBER 2019

PUBLISHER & EDITOR : Mark Becker

**NEWLIFE MAGAZINE & EXPO**

PO Box 120, Long Beach, NY 11561

PHONE: 516-897-0900 EMAIL: mark@newlifemag.com

**www.newlifemag.com www.newlifeexpo.com**

NEWLIFE Magazine™ is published quarterly All rights reserved.

Reproduction without permission is strictly prohibited Subscriptions are \$60 per year.

For subscription and advertising information, call 516-897-0900.

The opinions and suggestions of the authors contained herein, are for educational use only.

Always consult a trained Health Professional on serious matters.

## Letter from the Publisher



Hello NEWLIFERS,  
Welcome to our Fall issue of  
NEWLIFE Magazine. Three of  
NEWLIFE EXPO's keynote  
speakers have blessed us with

exquisite articles to tickle your mind and help raise your consciousness. Dr. Jane Goldberg introduces us to Cold Water Therapy, something athletes have been doing for years to reduce inflammation and increase circulation. Judy Satori's article on Ascension is a subject I have been talking about for years. We all have to ascend as individuals and as a society-read this article and feel yourself rising. And Maureen St Germain teaches us about the Akashic Records something that only the shamans and mystics knew about. I am happy to share with you music reviews of two of my dear friends-Steven Halpern and Miten. You must share their music with others. Well I hope that I see you at the next NEWLIFE Expo on Oct 18-20 and again in May. Check out our website at [www.newlifeexpo.com](http://www.newlifeexpo.com). Not only will you find info about the expo, you will also find amazing cutting edge articles and our NEWLIFE STORE

where you can find some of the most incredible, unusual merchandise I have found for healing and which I offer to you at a discount. Check NEWLIFE out on facebook, twitter and instagram. Please tell your friends. Thank you all for your support.

And Remember.....

It's A NEWLIFE !!!

Om Sholom,

Mark Becker



Sorry we can't be there this year.  
Please enjoy **30% off**  
with coupon code **NEWLIFE**  
at **InnerTraditions.com**.  
We hope to see you next year!



INNER TRADITIONS  
BEAR & COMPANY

— Available Wherever Books Are Sold —

Visit [InnerTraditions.com](http://InnerTraditions.com) • 800-246-8648

Text **ITBCO** to **33233** to Receive Special Offers & Discounts

## Dead Doctors Don't Lie

Live chronologically to 120 while being biologically 50 years of age! Learn the common and secrets of the the top 20 longevity cultures on earth. Learn how to employ high ORAC values, calorie restricted diets the "mighty 90" supplement program and the avoidance of "bad" health practices to add 25-50 healthful years to your life! These cultures have one hundred year old per 250 of their population. Americans have one hundred year old per 10,000 of our population.

**Dr. Joel Wallach**



615-389-7733

Youngevity : [Brandyhbrogdon@aol.com](mailto:Brandyhbrogdon@aol.com)

Lecture Saturday 2:30pm Brooklyn rm (Basement)  
Lecture Sunday 3:30pm Sutton Place rm (3rd Fl)

# MY 12th AND LAST CANCER

## Part Two:

### “Wild Bill” Ellis’ Incredible Story

*This is the continuation of an abbreviated account of Bill Ellis’ epic journey through 12 cancers, and to freedom from a ravaged body, to his new life. Edited by... NewLife. Learn what the possibility of Bill’s head-to-toe metamorphosis means for all people with award-winning author, Kat James’ at NewLife Expo. For Part One, see page 12 of the NewLife Expo Program.*

#### **A Litany of Miracle Endings to Shooting Pain, Restless Sleep, Reflux, Bone Spurs, Apnea**

After not being able to sleep for more than 20 minutes at a time, even with sleep and pain meds, since breaking his neck again(!) in 2006, due to pain, Bill was soon sleeping for hours at a time, even without Lyrica. His wife, Pat, noticed that he was no longer “gasping and gurgling” during his sleep, which once caused her to call an ambulance. His acid reflux—which he’d had for decades—was gone. His sleep apnea doctors who monitor the number of times his breathing stops, remotely, wondered what was going on when he went from hundreds of stops to a nightly average of .05 (basically none). He even woke up once with Pat’s, head on his shoulder, without pain, which was unheard of. His hands no longer “looked like claws” in the morning, as his arthritis subsided, as did the shooting pain in his knees when climbing stairs. He was soon back to gripping bunches of mail with one hand, running, using a jackhammer, splitting wood... His brother commented that he was no longer “hunched over, like dad.”

#### **Conquering Candida: Beyond Bad Breath and Hampered Hearing**

Bill’s bad breath had bothered Pat for all of their 40 years together. But soon she noticed it was gone. In fact, his swollen salivary glands, which were “the size of small grapes” had shrunk to normal. His tongue was no longer coated. His eustachian tube leading from the sinuses to ears, which had required weekly manipulation by his chiropractor for the ten years, became unclogged, as did Bill’s sinuses. “I don’t cough up phlegm or have food allergies anymore,” he said. Leptin, James noted, changes gut bacteria composition. Sugar was no longer feeding Bill’s Candida yeast. And they utilized the newly-recognized post-biotic concept (not just pre- and pro-biotics) to help with Bill’s gut overhaul, using a fermented food extract called Dr. Ohhira’s probiotic.

#### **The Leptin Brain Re-Boot and Vision Restoration**

Bill’s co-workers noticed bill was getting sharper, remembering numbers of houses and reading without stretching his arms out. His chiropractor said he looked as if he had a facelift. His daughter’s friend, at a funeral, said “Isn’t your dad supposed to be getting older? He looks like he’s getting younger!” Bill gradually saw the half-moons disappear from his fingernails and some skin tags disappear from “embarrassing places.” Of course, his once-protruding belly was almost gone, without trying.

But all of this was not without hiccups along the way. Bill occasionally forgot important guidelines and James’ continued helping him remove barriers to his progress—such as too much protein (or not enough fat), or too many cooked vegetables—even certain supplements, and an odd toothpaste—that were throwing him off. Otherwise, Bill had zero cravings and no longer even missed his old vice, ginger chocolate. Though he learned many options to replace that while in Chattanooga, he no longer had a sweet tooth. The truth was, even something as simple as his grass-fed steak salad (with his careful fat and protein ratios) “tasted like cake now” to him. Bill’s slip-ups affected his prostate immediately. “I can’t get over how little tweaks in food choices can instantly stop or bring back normal urination. The bathroom visits go back to seconds rather than twenty minutes,” he said.

#### **Honing... and the Home Stretch to Freedom**

Along with the appetite, energy, brain, digestion, inflammatory, autoimmune, and other improvements Bill’s X-rays showed his kidney stones were shrinking. Bill had begun to master the symptom self-monitoring aspect of James’ protocol. He found, for example, that his hand fell asleep and his urination, sleep, and digestion changed when he spiked his blood sugar. They calibrated his fat ratios (determined by heredity and other factors), meal intervals, customized his allotments of what James calls “borderline foods,” based on her observations of nearly 100 on-site and 40 online groups.

On February 18th Bill’s tumor was found to be 90% reduced (again, no claims are made as to any connection with James’ regimen). He texted the news to James and added: “ Oh, and I had my physical for my CDL (commercial driver’s license) today. Best one ever, eyesight 20/20 again (was 20/40). blood pressure 107/70 (was 150/125). Weight: 198. Now if I could just run an 8.9 sec 100 yards dash again like I’d be perfect LOL.” By March 4th his PSA was down to 13. At his next cancer checkup, Bill’s tumor was deemed “insignificant.” It has been checked monthly since for six months. They said the tiny residual might just be scar tissue. At this writing, Bill stated: “I haven’t been cancer-free for this long since 2007. The difference this time is the rest of me is healthy for the first time. I think I just had my last cancer. My fear is gone.”



### Boost Your Natural Energy 40 Simple Exercise and Recipes for Everyday

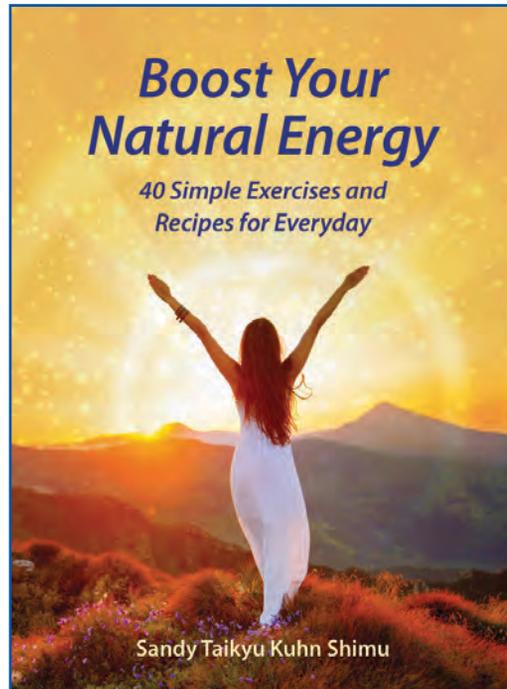
Sandy Taikyu Kuhn Shimu

EARTHDANCER BOOKS

Do you feel drained sometimes? Do you wish you had more energy at work, for your daily chores, and for spending time with your loved ones? Do you lack concentration and find yourself distracted, even during family time? Thankfully help is easier and quicker than you think.

In this handy pocket guide, Sandy Taikyu Kuhn Shimu has collected 40 of the most effective yet simple mental and physical exercises as well as a few recipes based on her many years of experience as a Kung Fu, Qi Gong, and Yoga teacher. These techniques don't require hours of studying, difficult to find ingredients, or expensive equipment. Humming like a bumble bee, walking backwards, screaming out loud, body tapping, and many other surprisingly easy but powerful methods are detailed, step by step, including basic background information and benefits, illustrated with inspiring full-color photographs. The author also provides an index of the exercises sorted by desired effect, such as quick energy boost, deep and restorative sleep, a happy mind, detoxification, regeneration, stronger concentration, letting go, and starting your day with energy.

With this pocket reference guide, you now have, at your fingertips, 40 easy, quick ways to refuel your system, rebuild your focus, enhance performance, restore your natural energy flow, and bring your life back into balance.



### The Yoni Egg Reveal and Release the Sacred Feminine Within

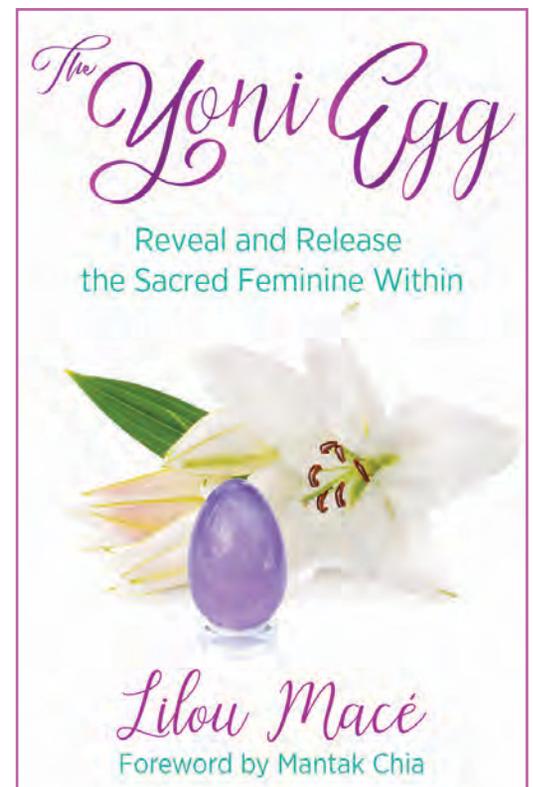
Lilou Macé

DESTINY BOOKS

In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge—your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for

yni egg exercises, including how to use a yoni egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom.

The author explores the properties and healing benefits of 12 different gemstone eggs along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.



# ENTRAIN YOUR BRAIN, TUNE YOUR BIO-FIELD, SOOTHE YOUR SOUL with #1 Best-Selling Sound Healer STEVEN HALPERN

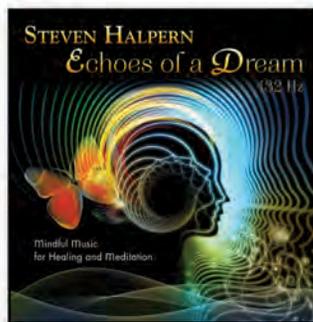


Sound Healer, Founding Father  
of New Age music  
(see review, this issue)

*"Steven Halpern's music has uplifted a generation of seekers. He has created a soundtrack for our evolutionary journey."*

— Marianne Williamson, "A Return to Love"

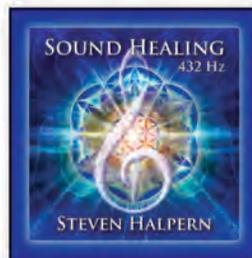
- Access *alpha* and *theta* brain states for enhanced healing and meditation
- Promotes mindful awareness...  
*just by listening*
- Relax and fall asleep...  
at the *speed of sound*
- Breakthrough support for ADHD\*



0-9379181112-2

## ECHOES OF A DREAM NEW!

- Features Kristin Hoffmann (goddess vocals) and David Darling, cello
  - Sure to delight long time and new Halpern fans
  - Tuned to 432 Hz for optimal healing
- "Breathtaking sound quality, sensual and evocative melodies. This is Halpern at his artistic peak!"**  
— *NewLife* magazine

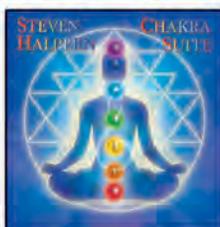


0-9379184322-2

## SOUND HEALING 432 Hz

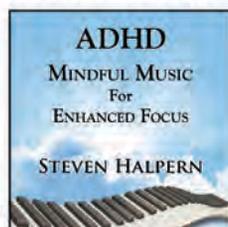
- 40 Year Anniversary Edition
- The essential anthology celebrating Halpern's pioneering career (1975- 2019)
- "Every track radiates healing energy"  
— *NewLife* magazine
- Tuned to 432 Hz for optimal healing resonance

**CHAKRA SUITE**  
#1 Bestselling  
Chakra Healing album



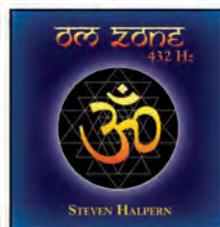
0-9379180002-7

**\*ADHD Mindful Music**  
for Enhanced Focus



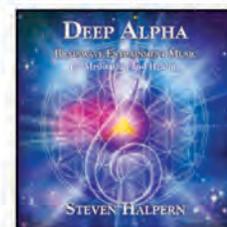
0-9379181062-0

**OM ZONE 432 Hz**  
Feat. Silvia Nakkach



0-9379180422-3

**DEEP ALPHA**  
Billboard charting,  
2012 Grammy® nominee



0-9379180482-7

Available from Amazon, iTunes and StevenHalpernMusic.com



Enjoy concerts, exclusive videos: [YouTube.com/StevenHalpernMusic](https://www.youtube.com/StevenHalpernMusic)

## Miten Devotee

devapremalmiten.com

Mystic, storyteller, teacher, world traveller and sage, Miten has dedicated his life to the pursuit of meaning and truth through the medium of his beautiful, evocative music. Now in his 70's, he brings the wisdom of a lifetime to bear on DEVOTEE, a collection of songs that that roll, meander, roar and swirl gently into the mystic.

Miten's musical palette ranges from the gospel-styled *Into Your Hands* to the soulful *Silent Space with You*. The bluesy, downright Tantric embrace of *Bring me Your Love* and the meditative *Eyes/Ocean* (originally recorded by the great Sheila Chandra) are built on sensual, expansive grooves that invite the listener to slow down, smell the roses and embrace the quiet peace that lies beneath the surface of modern life.

Also featured is fellow mantra star and wife, Deva Premal (vocals) and long-time collaborator, Nepalese maestro Manose (bansuri/vocals) together with road-warriors Joby Baker

(production/bass), Spencer Cozens (piano) and Rishi (drums), who make up Miten and Deva's Temple Band.

This is an album of luminous artistry and profound spiritual depth. *Devotee* is an album for the age. It soothes and refreshes the troubled heart and brings light to our darker moments.

## Steven Halpern Echoes of a Dream

stevshalpernmusic.com

Many of us have been listening and elevating to Steven Halpern's healing music for decades. All the more reason to check out his breathtaking new release, *Echoes Of A Dream*.

You'll hear all the things you love about his signature sound...the luminous tones of his iconic white Fender Rhodes electric piano, mindful audio ambience, and an almost 3-D soundfield that seems to float from your speakers or headphones like incense.

You'll be surprised and delighted, however, with his collaboration featuring international rising star Kristin Hoffmann (of *Bella Gaia* fame) on the title track. Kristin's wordless vocals soar over Halpern's lush

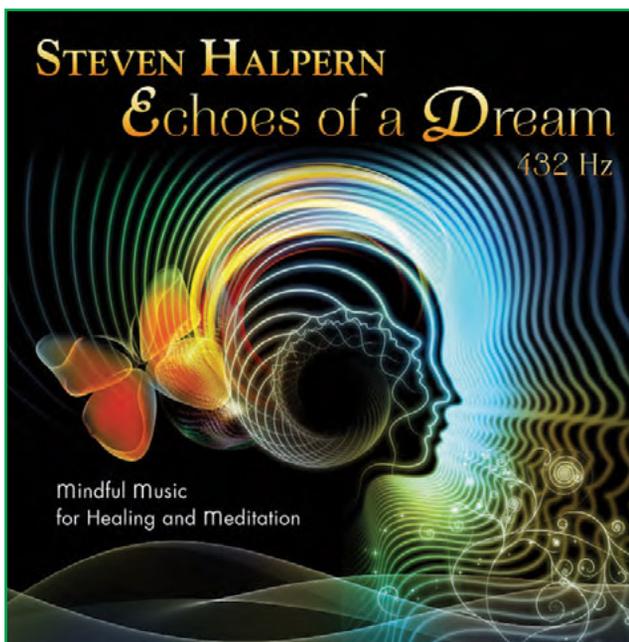
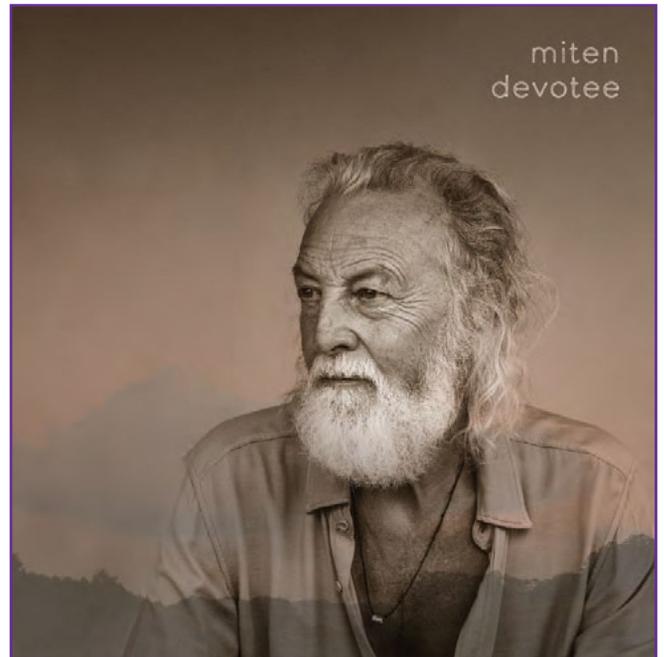
arrangement of an expanded blues-based chord progression. It's simultaneously one of the most sensual and heart-opening songs he's ever recorded. (Listen with your lover or with headphones to feel the full vibrational resonance.)

*Echoes* also features evocative collaborations with Grammy winner David Darling on cello, and Argentinian sound healer Jorge Alfano on bansuri (bamboo flute) and duduk (ancient double-reed instrument). Other psycho-active tracks include "Cannabis Dreams", "Holy Land Dreams" and "Sonic Levitation".

All in all, *Echoes Of A Dream* is Halpern at this artistic peak!

Marianne Williamson, bestselling author of *A Return To Love* and *A Politics Of Love*, said "Steven Halpern's music has uplifted a generation of seekers. He has created a soundtrack for our evolutionary journey."

*Keyboard* magazine honored Steven Halpern as "One of the 12 most influential keyboard artists of the past 20 years" in a 1995 profile that also included Herbie Hancock and Eno.



# NOTHING EXISTS OUT THERE...

by Envita Rose & Drew Grossmann

**... there is an endless source of love and energy, since the beginning of time and it exists within you.**

Embark with us on a journey that will reconnect you to the truth of who you are. Learn how to cultivate equanimity through each threshold - thoughts, words, and actions.

**We will show you effective techniques that allow you to break through the 3 main thresholds so that you may be aligned with your true nature and purpose.**

We are closed energy sources designed to transfer energy efficiently throughout our body, activating our inner tools and empowering us in the healing evolutions of the body, mind, emotions and spirit. We are all part of the whole and by incorporating all aspects of the physical, mental, emotional and spiritual, our souls are able to fully enter into our hearts.

As such, our clients have found the less resistance that exists within their energy fields, the more easily their energy can be carried.

**Join us to learn these proven techniques, which you may apply to yourself and be able to incorporate in your practice for a more harmonious energy flow.**

**Lecture**      Awakening Spirit

Lecture Saturday 12:30pm Herald Square rm (3rd Fl)

**Workshops**      Meet Your Cosmic Parents (2hrs)

*Harmony for the Soul*

Free Workshop Sunday 10:30am Gramercy Park rm (3rd Fl)

Where It All Began (3hrs)

*Words of Light*

Special Event Monday 6:30pm RIPLEY-GRIER STUDIOS

**Products**

Healing Ritual Lunar Baths,  
Sacred Message Cards  
Books, Healing Angel Orbs

**Services**

Onsite Energetic Healing  
Sessions



# Susan Miller - The Year Ahead 2020



Special Event Sunday 1:30pm Gramercy Park rm (3rd Fl)  
Sunday, October 20 – NEWLIFE EXPO

## *A Year that Resets and Reboots!*

The Rare Grand Conjunction of Jupiter, Pluto and Saturn And How Eclipses in Capricorn, Cancer, Gemini, Sagittarius Will Affect You.

2020 promises to be a big year, unlike any you've experienced in recent memory. A bevy of migrating planets will form a rare crown of stars in Capricorn at the end of December 2019 through early January 2020 and their presence will have far-reaching effects on every sign, and on society, too, now and for years to come. These planets will bring reason for hope and optimism to every sign.

Learn about the coming eclipses in Cancer and Capricorn, and new ones due in a new family of signs, Gemini and Sagittarius. Eclipses are the most dramatic tool the universe uses to bring on new conditions, and no matter what your sign happens to be, you will feel their influences in January, June, July, November and December 2020. This is a year you can prosper and enjoy, provided you plan your most important actions to correspond with the year's best dates and to avoid the coming retrogrades of Mercury, Mars and Venus.

At year's end, December 2020, both Saturn and Jupiter will sail into Aquarius, putting that sign, and the area of your chart ruled by Aquarius in the spotlight. It is due to be a big year—get ready!

All astrology signs will be addressed in a lively Q&A. Susan's talks are always exciting!

**Susan Miller is an internationally known astrologer and the founder of Astrology Zone® [www.astrologyzone.com](http://www.astrologyzone.com) which is downloaded free by 11 million unique readers yearly and considered the most accurate of any astrological forecasts.**

## SATURDAY, OCTOBER 26 • SPECIAL EVENT

7-10pm at THE OPEN CENTER, 22 East 30th Street



### **KIMBERLY MEREDITH**

#### *All You Need Is Love*

A tribute to The Beatles' music and "All You Need is Love" — because Love is a very important part of healing. This special event includes live musical performances celebrating the music of The Beatles! Kimberly welcomes you to experience and participate in this truly miraculous, highly charged, life-changing interactive Healing Event. Kimberly Meredith is a Medical Intuitive, Trance Channeler, Psychic Surgeon, and Spiritual Teacher. Blessed with a unique array of extraordinary healing and psychic abilities, Kimberly is quickly gaining recognition as one of the world's most gifted Medical Mediumship Healers and foremost Spiritual Speakers. We all know someone whose life has been affected by cancer, such as breast cancer or one of the many other kinds of cancer. These are the women, men, and children we love. These are our grandparents, mothers and fathers, daughters and sons, wives and husbands, sisters and brothers, our neighbors and friends. Think about the many people in your life who matter to you, whom you would want to protect from cancer. Come join The Healing Trilogy in New York for hope in the face of cancer. Be part of a movement to help cancer survivors live longer, healthier lives.

We are celebrating Cancer Awareness on the Summer Solstice with a tribute to The Beatles' music and "All You Need is Love". As part of this special New York City event, Kimberly will be selecting members of the attending audience for pre-screening of all kinds of cancer, especially breast cancer. Kimberly will be giving vital information about cancer, health awareness, and boosting the immune system. This is vital for pre-screening. Kimberly is extremely excited to be in New York City to help as many people as possible, and to give as much information to those in need as she can. This is an empowering time in history. Together we can heal and witness these Miracles. Topics will include: How to heal yourself. Self-protection tools, Organic holistic living and Nutrition, Boosting your immune system, Avoiding toxic exposure to mercury and plastics, Exclusive information about water, Getting active and exercising, Eating healthy, Mental health, including getting enough sleep and managing stress, Avoiding unhealthy behaviors such as smoking, texting while driving, and not wearing a seat belt or bicycle helmet. Additionally, Kimberly will be giving teachings on God Consciousness. This is a truly miraculous healing event where everyone can be healed in the 5th Dimension. Many individuals who are in need of physical or emotional help are encouraged to attend. We are non-denominational. Many chants and prayers are encouraged around the room as this encourages the power of the divine healing of the 12th dimension. Through her healing mediumship and blinking eyes, Kimberly is directed by God to perform laying-on of hands or psychic surgery. She can scan or see into the body faster and more accurately than the fastest MRI and thermography machines. Kimberly has healed and helped many thousands of people, removing tumors, restoring hearing, curing cancer, correcting immobility, and completely healing people of many types of physical and emotional disease through the Holy Spirit. Kimberly leads miraculous worldwide healing events during which many are healed. MEDIUMSHIP HEALINGS: Through her mediumship healing abilities, Kimberly receives coded messages through her blinking eyes as she signs and speaks in etheric Angelic Language. Kimberly receives and reveals special Messages from God, Mother Mary, Ascended Masters, Angels, and Advanced Civilizations. Kimberly will be Divinely Guided by the Holy Spirit into the audience to select several individuals for medical intuitive scans, revealing many diseases, emotional traumas, unusual conditions past and present, followed by laying-on of hands and/or psychic surgery. The Holy Spirit will select individuals to join Kimberly on stage to assist her in the laying-on of hands. Kimberly applies Holy Water and anointing oil, then performs laying on of hands and/or psychic surgery. By the Power of the Holy Spirit, the recipient will be healed. To help magnify the Healing Power in the room, Kimberly invites everyone to pray their own prayers and/or chant Om. By praying for others, and witnessing the healings of others, you yourself can be healed. By praying for others, and witnessing their healings, you too can be healed. Through her extraordinary X-Ray vision, Kimberly will scan the entire room and select members of the audience to come up on stage to receive medical mediumship scans & healings while sitting or standing. Many people will have a chance to come up on the stage to participate and assist Kimberly.

# COLD WATER FOR HEALTH

By Dr. Jane Goldberg

**A**ncient yogis understood how to use cold water therapy to achieve absolutely precise effects in the body. Cold water therapy was also practiced in the 1800's at the Kneipp Sanitarium in Germany. Over 4000 patients a week were treated using cold water therapy. Dr. Kneipp understood that if you have good circulation all the way down to the legs, it gives you good circulation all the way up to the head.

Today, we understand that cold water helps to oxidize the cells of tissues, increasing the absorption of oxygen and aiding in the elimination of carbonic acid. In making parts of the body cold, you are actually asking your own circulation system to warm you from the inside. This exercising of the circulatory system builds up a resistance in the body to take care of ordinary situations—drafts, cold weather, and exposure to pathogens—all of which might cause illnesses if you're in a weakened state.

What's remarkable about cold water therapy is that after the first shock of the cold, you actually will feel warm, not cold. Your blood rushes out to meet the challenge of the cold and begins to generate its own heat. This is better than a sauna or a steam bath, where your body is passively heated; here it is an active process, activating your entire circulatory system and changing your entire bloodstream. Cold water therapy totally rebuilds your body and you will feel simultaneously invigorated and calm.

The following are yogic uses of cold water using your shower:

**For a clear mind:** Let cold water fall just below your lower lip for 15 minutes.

**For energy:** Let cold water fall between your eyebrows and upper lip for 15 minutes.

**To induce sleepiness:** Let the water fall on your forehead for 15 minutes.

**Cold water for colds:** Take a cold sponge bath. The bathroom needs to be warm; then sponge your whole body with cold water. Wrap up quickly in a sheet or big towel, without drying yourself. Hurry to bed and lie there covered as warmly as possible for an hour. Do this every hour four times. Then get up and dress warmly.

You'll notice that each sponging gets you to feel warmer. By the third sponge, you should actually begin to sweat when you are in bed. Congestion in your nose will clear up; in fact your nose may begin to run profusely for a while. And your head will feel lighter. It's a guaranteed one day cure for a chest or head cold. The next day you'll feel 100% better.

**Cold water for infections and inflammations:** Good for local infections and inflammations. Use a cold water spray on the affected area; then cover yourself without drying and relax. Repeat this several times.

**Cold water for overweight:** Keeps the glands in good working order. There is almost always some kind of



glandular disturbance in an overweight condition. Also, cold water improves bowel and kidney functioning by discarding toxins which often settle in as extra weight. Do a hip

spray in the morning: aim the shower spray directly at your hip. Do this several times, then wrap up and jump into bed for a half hour. Remove the wrapping and stay in bed for another half hour. Do a back spray in the evening: you need someone to aim the water at your back. Go up and down the back several times, wrap and go to bed.

**For a complete body rejuvenation:** This is the most powerful yogic water application. Yogis believe that daily performance of this cold water shower will insure health and long life. First, coat your skin with oil. As you stand under the cold shower, massage each part of your body. The oil will help to keep the heat sealed in.

Repeat the cold dousing and self-massage several times until you've been in the shower for 15 minutes. By the time you get out, you should feel toasty warm or even hot. Then towel dry yourself; put on warm clothes and wrap yourself in a blanket.

You can also create the same effect as the Kneipp water walk.

**Kneipp water walk:** Fill the tub with water just a few inches as cold as you can tolerate, and walk back and forth. It may be painful at first, particularly if your circulation is poor. But you will feel your feet begin to get a little numb, and then warm. This is the time to step out. Build up tolerance for being able to walk for five minutes. If you're really adventure-some, you can try the same thing outside in new, clean snow. In both circumstances, warm your feet by continuing to walk for a while with shoes and socks.

*Dr. Jane Goldberg will be speaking at the NewLife Expo in New York City, October 18-20.*

# TRANSFORMING YOUR LIFE INSIDE AND OUT

**N**utriMost is an amazing, revolutionary, and customized Wellness and Weight-Loss Program. We focus on every factor that affects weight gain including metabolism, fat burning, fat storage, appetite, detoxification and hormone regulation. All these factors are carefully tested and controlled for your success.

With NutriMost, you'll transform your body, inside and out. As you watch the pounds and fat melt away, you'll also be restoring balance to your body, naturally. Following your program for weight loss and fat loss, we will reset your weight set point, so you can keep the weight off for good!

NutriMost is a professionally supervised all-natural program with No drugs, shots, hunger, cravings or package foods. Best of all No exercise required!

Other weight loss programs mistakenly focus almost entirely on the diet. We focus on the NutriMost personalized food plan enables us to Turn OFF fat storage and Turn ON fat burning. Utilizing this Specific plan, we have the tools to assess nearly every factor of fat burning, fat storage and fat metabolism. By following this program, we expect to not only bring the body into the optimum fat burning zone but also balance and correct both the organ and hormonal stressors, allowing us to go beyond just weight loss to help you actively create a lifetime of health.

What sets us apart from the rest is that we are hands on with personalized daily communications between coaches and client. We offer our clients non-stop support during and even after the program. We see our clients weekly to track their progress with their Body Composition Analysis. What could be more motivating than seeing your results on the scale at home, in the morning, and during our weekly meetings?

NutriMost uses real food, no prepackaged food. You will be eating whole foods and cooking it yourself. We offer great recipes to use during the program to learn how to simplify cooking and enjoy your meals. We keep a close eye on your food combinations so we can learn what works and what doesn't work for your body.

We believe that the NutriMost Program not only offers you a healthy weight loss but also a healthy new way to look at your relationship with food. When you know better, you do better. You will gain control because you WILL know better so you will do better and that is for a lifetime.

To find out more about NutriMost you can go to our website at [www.ultimatefatlossli.com](http://www.ultimatefatlossli.com) and register for a consultation. Please call us at 516-425-0113 at one of our offices in either Bellmore (2439 Grand Avenue) or Long Beach (100 West Park Avenue). During your initial consultation our coaches will explain the program in detail and see what program is best suited for your needs.

Please follow us on our Facebook page: [www.facebook.com/nutrimostli/](http://www.facebook.com/nutrimostli/) or Twitter page: [www.twitter.com/NutriMostLI](http://www.twitter.com/NutriMostLI).



Before

After

**LOSE 20-40  
POUNDS.  
20 POUNDS  
GUARANTEED.**

- 100% Organic
- NO Prepackaged Food
- NO Shots
- NO Drugs
- NO Surgery
- NO Shakes
- NO Counting Points



Before

After

**Proven Results\* with  
Customized Plan 24-hour Guidance**

The first 25 people to schedule an appointment will receive a complimentary Consultation and Body Composition Analysis. Special offers for all new and existing Clients.

**2439 Grand Ave, Bellmore, NY 11710**

**100 W. Park Ave, Suite 207, Long Beach, NY 11561**

**516-425-0113**

**[howtoloseweightny.com](http://howtoloseweightny.com)**

**Reconnect, Recharge, Restore...  
YOUR VITAL LIFE!!**

Weight loss among participants on the RevitaLife Powered by NutriMost program varies. Federal agencies suggest most people who participate in any weight loss program will lose an average of 1-2 pounds per week. RevitaLife Powered by NutriMost involves reduced calories and other dietary restrictions. Results may vary depending on the program chosen. RevitaLife powered by NutriMost guarantees 20 pounds of weight loss by the end of the 70 days for clients participating in the 40-Day RevitaLife Powered by NutriMost Program.

1185924F

Lecture Friday 7:30pm Kips Bay rm (3rd Fl)

ADVERTORIAL

# MICROBIOLOGICAL DENTISTRY



## Non-Surgical Preventive and Cure

Here you'll experience dentistry at its finest. Dentistry practiced with the most advanced techniques. As you know, the first signs of poor health are evident in the mouth. Whether it's caused by stress, nutritional deficiency, Candida or allergies.

Here you'll learn the facts. The facts about how we detect the first signs of this deterioration and how to stop it. About the cause and effect of bad breath. About the serious link between gum disease, heart attacks, stroke and bronchitis. About the risk of mercury fillings.

Good dentistry is a combination of technical expertise and artistry with a gentle hand. This is evident in all the procedures performed.

- Digital ultra low radiation x-rays
- Metal-free non-toxic fillings
- Microscopic, Bacterial, Toxicity protein testing
- Non-toxic root canals
- General family dentistry
- Cosmetic Dentistry
- Metal-free 'invisible' braces
- Hi-tech computer imaging

And equally important, we provide you with special instruments and solutions so that you may continue our professional procedures at home. This is your introduction to the finest in dentistry.

Dr. Efron attended Tufts University School of Dentistry School of Dental Medicine and has been practicing Holistic Dentistry for 10 years. Patients will be able to ask the right questions and get the answers they need when it comes to planning their treatment. Topics that will be covered include – when it is time for a filling what is the best treatment? Gum disease diagnosis/prevention. Non surgical gum treatment, filling materials, root canals.

**DR. HAROLD EFRON, D.M.D.**  
261 Fifth Avenue  
Suite 1401  
New York, NY 10016  
(212) 475-7912

[www.drefron.com](http://www.drefron.com)



**IN ORDER TO SAVE YOUR HEALTH, YOU MUST SAVE YOUR TEETH**

**At last! Real reversal of eye & vision problems with nutrition & integrative therapy.**

**Dr. Benjamin Clarence Lane**  
Nutritional Optometrist  
Fellow, American College of Nutrition



With 6 degrees from major universities, including 3 from Princeton and Columbia, Dr. Lane, offers 31 years clinical and research experience in nutritional optometry. He is the widely reported researcher-author-nutritional optometrist who discovered the importance of the trace-mineral chromium, the chromium-to-vanadium ratio, and the B-complex vitamin "folate" in the prevention and reversal of nearsightedness, the regulation of pressure inside the eye, the energy equations of eye focusing, and the enzymes that prevent and reverse floaters.

**Dr. Lane** and his supportive staff will help you to SEE to your maximum potential and will help you stay focused for life.

**Call now to arrange a consultation or to schedule an appointment for your first preventive nutritional optometry exam!**

MEDICARE & MANY INSURANCE PLANS ACCEPTED

**NUTRITIONAL OPTOMETRY ASSOCIATES**

Call (212) 759-5270 or (973) 335-0111

Offices in Manhattan & New Jersey  
NY OFFICE: 425 Madison Ave., 8th floor (corner of 49th St.)

EMAIL: [Dr.Lane@NutriOptom.com](mailto:Dr.Lane@NutriOptom.com)

WEBSITE: [www.NutriOptom.com](http://www.NutriOptom.com)

Lecture Saturday 5:30 pm Sutton Place rm (3rd Fl)

*Hair Cutters  
Of Paris*  
UNISEX HAIR SALON

**Stop Poisoning Your Hair with Toxic Chemicals**  
**Theresa's Shop is All Natural Green Shop in NYC**  
**Doing the Best Work in Manhattan for Over 25 Years**  
**Creative Haircuts to Fit Your Face**



**Organic Hair Color • Highlights**  
**Vegan Keratin Treatment**  
**Hair Relaxer • Dreadlocks**  
**Hair Extensions that**  
**Promote Healthy Hair Growth**

**THERESA'S ORGANIC SHOP**  
**CAN DEFINITELY GROW YOUR HAIR!**  
Full Line of Sulfate Free Shampoo  
Herbs & Vitamins to Grow Your Hair  
If You Love Your Hair Please Call Us!

**917-664-7111 212-759-8160**

**320 East 49th St. (BETWEEN 1ST & 2ND AVES.), New York, NY 10017**

**[www.haircuttersofparis.net](http://www.haircuttersofparis.net)**

# ASCENSION AND YOU

By Judy Satori

**W**E OFTEN HEAR THE word Ascension bandied around, but what does this really mean, and more importantly, what does it mean for us...now...and in the years ahead?

Ascension could be defined as the divinely designed expansion into more of the true authenticity and light of the soul, while becoming “remade anew” as a physical human being.

It is not about going up, or going anywhere. It is the energy activation of more of our true human potential as a

species. Ascension is the eternal, soul-self energy part of us, merging with our physical human personality self. The outcome is that our authentic soul light will then shine forth, through the physical body and through how we think and act in the world.

We are human God-Creators moving to the next level of our ability to CREATE.

You could say that the process of Ascension began around 700 years ago at the beginning of the Renaissance, when creativity began to blos-

## ALL YOU NEED IS LOVE

som and bloom through so many talented people. This is not to say that such a creative ground-swell did not exist in previous cycles on Earth. It certainly did, in many cultures and in many time periods. Life always goes in cycles. But the Renaissance was different. It was an explosion of art, science and wisdom. Since then we have seen incredible and unprecedented change in every facet of life on our planet.

There is a reason and a season for everything that happens in our world, and as we reach the end of the second decade of the 21st century, big changes lie ahead. A new spring time, a new season of advancement is on the horizon. Sadly, it does not seem this way right now. But, if we do not behave like an ostrich and bury our head in the sand, we can feel all around us the harbingers of much needed change.

In our modern era, the big picture process of the Ascension plan, a spiritually motivated and divinely designed plan to upgrade life on Earth and throughout the galaxy, began to roll out in the '60's.

## ASCENSION AND LOVE

Remember John Lennon's inspiring song "Imagine"? His words were both portent and prediction. And this is where the Ascension plan is taking us, if human beings can learn to live through the heart, to open into feelings of love and peace and to co-create, to overcome the raft of challenges we currently face. Thankfully we're not alone on this planet. Many beings of

love and light from multi-dimensional worlds are here walking beside us, to support and guide and take us through this time of transformation.

Full disclosure is just around the corner. Benign extraterrestrial races, actually those races that contributed an aspect of their own DNA to the creation of the human, are with us. Sure, there are those who do not want the divine plan of Ascension to proceed. Many of those who wish to suppress the plan are in human form, with their human motivated domination and greed agendas. However, divine creation energies...God energy... from this galaxy and beyond are in control of the



Ascension plan and its roll out and all that is required is a critical mass of humanity to wake up and unite in bonds of love, peace and positivity. I am probably preaching to the con-

verted as I write these words, but the message of Ascension can quite simply be conveyed in a smile, a simple supportive action for another individual and by taking action, regaining sovereignty of self and taking our "ostrich" heads out of the sand. We just need to truly feel and believe that positive and unprecedented change and support has finally arrived.

Now, 50 years after "Imagine", a new and exciting part of the plan is about to begin. From 2020 until 2033, energy streaming to Earth from a more expanded God-Creation matrix is set to unlock and activate previously untapped potential within our human DNA code.

This divinely orchestrated activation process will assist us as individuals to step into our innate soul power and knowing and activate a new renaissance; to help rebuild our world and support people, initiate creative ideas and support advancements in technology and in every branch of science.

And... like John Lennon once said, "All you need is LOVE".

Explore the Ascension at the Ascension and You panel, Saturday, October 19, 12:30pm, at the *NewLife Expo* in New York City, with Judy and others and how it will affect You, both now and in the years ahead.

Judy Satori works internationally as an author, Ascension activator, spiritual teacher and way-shower. Her role is to transmit energy words of new creation, capable of creating rapid alchemical change to both body and mind, working

at the level of the DNA and cellular template.

*Judy will be speaking at the NewLife Expo in New York City, October 18-20.*

# MONDAY, OCTOBER 21 • SPECIAL EVENTS

6:30-9:30pm at RIPLEY-GRIER STUDIOS, 520 8th Avenue, 16th floor (between 36th & 37th Streets)



**ENVITA HASLER & DREW GROSSMAN**

*Where It All Began: Words Of Light*

Our soul spark comes from an endless, boundless and distance place. When we incarnate, our soul does not entirely descend, and part of it remains in the spiritual planes. There are also other parts of the soul, which become split through Significant Emotional Experiences (SEE), which we face in our human existence. This causing us to feel disconnected, lost and unsettled in our mind and body at times. Join us for special 3hour Workshop designed especially for the NewLife Expo, where Envita Rose will share a Sacred Message taking you back to where it all began, to unify and harmonize all the aspects of your soul. She will show you, how you are able to collect all of the split entities of your soul from the SEE, allowing them to integrate within your mental body- where your free will is, within your emotional body- where your feelings are, within your physical body- where your true qualities are and within your spiritual body- where the true connection to the Spirit/Cosmos/Source is. Also releasing all of the aspects that no longer serve you or your greater good. As a result of this, your soul will be in perfect union with your mind, body and spirit. Connecting to the channel of light and thus opening a passage to the source energy allowing the various aspects to flow into your world.



**KIMBERLY MEREDITH**  
*Healing In The God Dimension*

Kimberly Meredith channels spiritual teaching on surviving in a 3-Dimensional World while building an intimate relationship with the joyous 12 Dimensional Frequency of God Consciousness. Our Universe has many Dimensions. When we are stable, we avoid bouncing down into lower Dimensions for extended periods of time. Our Consciousness determines what Dimension we are in at any given time. Through the power of your own Consciousness, you can access Higher Dimensions. Topics will include: How to heal yourself, Self-protection tools, Organic holistic living and Nutrition, Boosting your immune system, Avoiding toxic exposure to mercury and plastics. Exclusive information about water, Extraterrestrials, Indigos & Starseeds. Through her mediumship healing abilities, Kimberly receives and reveals special Messages from God, Mother Mary, Ascended Masters, Angels, and Advanced Civilizations. Kimberly will be Divinely Guided by the Holy Spirit into the audience to select several individuals for medical intuitive scans, revealing many diseases, emotional traumas, unusual conditions past and present, followed by laying-on of hands and/or psychic surgery. Through her extraordinary X-Ray vision, Kimberly will scan the room and select members of the audience to receive medical mediumship scans & healings.



**GAIL THACKRAY**  
*Developing Intuition - For Success In Your Business & Your Life*

Wouldn't it be great if you had a crystal ball that could tell you all the right business moves to make? How much more successful would you be today if you had known the future? What if you could read people and know if they are genuine and going to be good for you, your business and even your love life? Well you do have a crystal ball: it is your own inner vision! It's just that most of us don't realize it's there, or if we do, we don't know when to believe it anyway. Learn how to tune into your subconscious and know what your inner self is trying to tell you. Open up your third eye and start following your gut feelings. Learn how to read people's energy and know if they are going to be helpful or a challenge. Get practical tips on how to check your feelings and be confident in your intuition. Life runs so much more smoothly when you are following your guidance. Using these techniques can change your life forever.

Discover Ancient Truths that will Transform Your Life Today

**Waking Up in 5D**  
A Practical Guide to Multidimensional Transformation  
Maureen J. St. Germain

**Opening the Akashic Records**  
Meet Your Record Keepers and Discover Your Soul's Purpose  
MAUREEN J. ST. GERMAIN  
Author of Waking Up in 5D

**Waking Up in 5D**  
Award Winner in Personal Growth and Self-help.  
Voted best-selling book in America by independent retailers.

**Akashic Records**  
Anyone can open the Akashic Records.  
*Why Not You?*

Maureen J. St. Germain

Published by Inner Traditions / Bear & Company  
AVAILABLE ON AMAZON  
[www.maureenstgermain.com](http://www.maureenstgermain.com)

Lecture Saturday 1:30pm Gramercy Park rm (3rd Fl)  
Special Event Saturday 2:30pm Kips Bay rm (3rd Fl)

Rental Studios Available

**WORKSHOPS • CLASSES • MEETINGS**

92 ROOMS / 4 LOCATIONS IN NYC  
[www.RipleyGrier.com](http://www.RipleyGrier.com) • (212) 799-5433

MENTION NEW LIFE FOR 10% OFF

# *The Akashic*

By Maureen St. Germain

**A**s a teacher of the Akashic Records, I teach people how to access the Akashic Records. The Akashic Records are a field of energy that contains all the records of everything. Like a library that is not static, it is a living field that reflects the energies of the past, present and possible futures. Edgar Cayce, one of America's greatest documented psychics, was asked in trance about The Book of Life. The answer that came through was, "The record that the individual entity itself writes upon the skein of time and space, through patience--and is opened when self has attuned to the infinite, and may be read by those attuning to that consciousness..."

The Akashic Records are a vast domain of energetic imprints much like a movie library. In order to pull data from this place, a person works with "reference librarians," who are entering the energetic field. The reference librarians embody this information and then travel to the edge of the energetic field known as the Akashic Records to communicate with whoever communicates with them.

In an earlier era only shamans and mystics accessed the Akashic Records. They "traveled through the dimensions to get to 11th dimension" and then developed their own pathways to access this most sacred information. Since 1978, humanity has been provided with a major dispensation to connect with this energetic field. The reason Akashic Records have been made available for anyone to "access?" It has to do with the end of an age, or end of an era.

When you learn to open your own Akashic records, the record keepers can help you solve any

problem that you encounter. It will boost your energy and give you loving advice about any situation. The energy emerging from the Akashic Records gives you an incredible boost. In fact, opening your own Akashic Records will help you solve any problem by giving you insight that allows you to understand your situation from a different vantage point, thus creating a tool to help you see what's really going on and then how to solve anything.

My teaching protocol invites you to initially consult your own guidance first, and then open up the Akashic Records and ask the identical question, and then compare the results and the differences. This is one way that a person learns to differentiate between their own wisdom channel and the wisdom from the record keepers.

Take for instance the woman who wanted her adult daughter to move out of the family home. Her younger siblings had all moved out and the mom, a widow wanted her privacy. She asked the question, "I would like to know what I need to know about my daughter that would be useful or helpful." Their relationship has been troublesome. This daughter was old enough to be out on her own, had a trust fund, and was highly critical of her mother. Although she loved her daughter very much, she wanted her to spread her wings.

Her Higher Self gave her the answer, "be patient and loving." In the Akashic Records she was able to tap into the situation and was able to feel how afraid her daughter was. And then the record Keepers surprised her with this added insight, "She

# *The*

# Records

will always be there for you." That had never occurred to her!

"When I checked with my Akashic Records guides, I actually started crying, "Give her space, to believe in her light, only expect the best from her, to love her unconditionally and know that she is always there for you, and put yourself in her position and to let her grow on her own terms." I couldn't believe it Maureen, the words just were flowing out of me, I started crying it was so incredible. I'm so happy I took this class! Maureen, I love you. – Louise

I am forever enchanted by the idea that you can get an expanded answer for any question you might pose! The answer often is far beyond where you might look or what you might look for. I am continually amazed how our knowledge, compassion and happiness can expand and increase by accessing the Akashic Records!

What makes a possible future? Anytime you think of something, considering what you will do next, weighing pros and cons, you are "funding" the reality. Your decision to buy this car or a different car are going to show up in the Akashic Records until you decide which one you will choose.

How can the Akashic Records help you?

Whether you have a reading, or learn to open the Akashic Records for yourself, accessing the Akashic Records is a resource that allows you to know the most evolved way to handle any relationship or circumstance, thus allowing individuals to have greater clarity about their choices and opportunities.

*Maureen St. Germain will be speaking at the NewLife Expo in New York City, October 18-20.*



## Library of All That Is