How to Deal with Holiday Overeating

Brainwave Entrainment Music

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Ascension Ball 2012
The Conclave

On December 21st, 2012, the Mayan calendar comes to an end. Starr Fuentes has created The Conclave as a place for you to be during this sacred time.

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- Attunements
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"I have come that ye might have life more abundantly" John 10:10
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Hello NEWLIFERS,

Thank you all for your prayers in helping to keep my home safe in Long Beach. Maybe now, after thirty years, the politicians and the unconscious Americans who felt that there is no such thing as global warming will believe that the weather is being affected by us and by HARP. What costs more? Developing clean energy and automobiles or cleaning up after hurricanes, nor’easters and earthquakes?

My prayers go out to all of those who have lost their homes. It happened to me six years ago by fire and I am so happy that I still have karma points and I was saved from Sandy. All I can say is that life does and will get better. You are a divine being experiencing a human experience.

Come join Jody Serota and myself to our Ascension Ball as we celebrate the end of the Mayan calendar and the beginning of a NEWLIFE of consciousness. Come switch the channel of life as we celebrate, party, dance, lecture, eat and have fun. Call 516-897-0900 for info or like our NEWLIFE Facebook page.

Wow, our first NEWLIFE EXPO cruise last month was so incredible that I can’t wait for the next one. Sean David Morton, Dannion Brinkley, and ten other masters rocked; The shaman fire ceremonies in Cozumel and Belize were exquisite. Teaching yoga at sunrise on the top deck was surreal. Watching aliens at night with night goggles was out of this world; And swimming with the dolphins and stingrays in the Grand Caymans was an experience I will never forget. Go to our NEWLIFE EXPO Facebook page and press LIKE and you will see photos and learn about the next cruise, which you definitely will not want to miss.

We have to be thankful for our health this Thanksgiving. And both Steve Meyerowitz’s and Lissa DeAngelis’ articles will show you how to enjoy your Thanksgiving meal consciously. Your senses will be heightened as you read Steven Halpern’s article explaining how sound affects our health and consciousness and Julienne Bien’s article shows how the effects light does the same. As usual Dr. Sorge gives us an enlightening observation of the medical establishment.

I want to thank Eric Hope for his design of our cover as well as our new expo ad. And I want to thank you for supporting our advertisers and for making October's NEWLIFE EXPO the best expo ever. Join us at our next expo in New York City on March 22-24 and if you are going to enjoy the sunshine join us in Fort Lauderdale on March 9-10.

And Remember……It’s a NEWLIFE !!!

Om Sholom

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Floating in Cranberries

• Cranberry Applesauce
• Cranberry Pecan Bread

This super fruit has a high nutrient content and antioxidant qualities. Cranberries have become a major commercial crop being processed into juice, sauce, jam, dried, and sold fresh.

Fresh cranberries can be tossed as is into the freezer for future use. They can be used directly without thawing in recipes.

Raw cranberries contain fiber, vitamin C, and manganese.

Cranberry Applesauce

Harvest some of the fall’s best and enjoy this dish for breakfast, desert or as an accompaniment to a savory dinner. Using juice will bring up the sweetness.

5 Jonagold, Rome or other favorite apples
1 cup fresh or frozen cranberries
1 cup apple juice or water
1 cinnamon stick or
1 teaspoon cinnamon powder
Pinch sea salt
Honey, stevia or coconut sugar, to taste

1. Core and chop apples into small pieces.
2. Combine apples, cranberries, juice, cinnamon, and salt in a crock pot or heavy bottomed pot.
3. In the crock pot: cook 4 to 5 hours until fruit is soft. In the pot: Bring to a boil and turn to low for 45 minutes to 1 hour, stirring occasionally.
4. Remove the cinnamon stick and discard.
5. Place in the blender or food processor, pulsing slowly until smooth.
6. Add preferred sweetener and eat, hot, warm, room temperature or cold.

Cranberry Pecan Bread

Gluten-free and made from buckwheat and quinoa flours, this delicious bread can be made using Pamela’s pancake mix to speed up the making and get on to the eating!! (see Note.) Remember to make this same recipe into delightful muffins too!

1 cup cranberries
1/2 cup agave syrup
1 tablespoon orange zest
1 teaspoon pure vanilla extract
1 squeeze vanilla stevia liquid
1/2 cup quinoa flour
1/2 cup buckwheat flour
1/2 cup arrowroot flour
2 teaspoons aluminum-free baking powder
1 teaspoon cinnamon
1/4 teaspoon sea salt
1/8 teaspoon each ginger and clove powders
1 organic egg
1/4 cup yogurt or sour cream
1/4 cup organic butter or coconut oil, melted
1 cup chopped pecans

1. Preheat the oven to 350 degrees. Prepare an 8x4 loaf pan with parchment paper or coconut oil.
2. In a medium saucepan, place half the cranberries with agave, zest, vanilla, and stevia. Bring to a boil, reduce heat and simmer for 5 minutes.
3. Put remaining cranberries into a heat-proof mixing bowl. Pour the contents of the saucepan over and set aside.
4. In another bowl combine the 3 flours (or pancake mix) with baking powder, cinnamon, salt, ginger and clove powders. In a third bowl combine egg, yogurt, and melted butter. Pour the egg mixture into the dry and mix just until moistened. Do not over mix. Fold the cranberries and pecans into batter and immediately pour into the prepared loaf pan.
5. Bake 25 to 30 minutes or until a toothpick pulls out clean. Let the loaf cool in the pan on a wire rack for 10 minutes.
6. Remove bread from pan and allow to cool completely before slicing.

Note: Substitute the 3 flours for an equal amount of Pamela’s minus the baking powder.

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Lissa De Angelis, MS, CCP is co-author of Recipes for Changes: Gourmet Wholefood Cooking for Health and Vitality at Menopause.
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Staying at Sat Nam Yoga Spa is not just serious work but also a lot of fun. They have nice hiking trails, bikes and pool. In the evening they gather around the fire and talk or drum, connect and share stories.

The Gift of Wellness Event on Sunday, December 2. All day event with many guest speakers educating us about different Wellness Modalities and teach us about thoughtful, healthy Wellness Gift Giving for the Holidays.

10-Day Silent Wellness Yoga Retreat to usher in the New Aquarian Age we all have been waiting for. Starting December 12-21 at Sat Nam Yoga. All Levels. Minimum days 5 or longer. Call for more detail information.

More events and workshops are being scheduled and posted on their event page every week. Please go to their website and click on ‘events’ (www.satnamyogaspa.com/events.html). For more information, call 845-866-3063.
The Size of My Life
www.sizeofmylife.com

Are you tired of being at war with your body? Do you want to finally make peace with food, your body size, your true physical hungers and your emotional hungers. Then go on a journey with Karen Cigna, as she shares her recovery from hating her body and from defining the size of her life by the size of her body. Today, she finally knows that “The size of my life is not defined by the size of my body. The key to the size of my life is knowing and expressing my own feelings and heart.”

In writing this book, she decided to make her life an open book in order to share her experience in searching for the perfect size body (What is that anyway?) during the first 29 years of her life. This search led her through what she likes to refer to as the ABC’s of an Eating Disorder. They include: anorexic behaviors, bulimia, binge eating, chronic dieting, compulsive overeating and compulsive exercising.

She decided it was time to understand her own feelings and find her voice to express them instead of “starving” or “stuffing” them away. She says, “Through self acceptance and no longer defining the size of my life by the size of my body, I was able to treat myself with a level of self-love, gentleness and kindness, in a way I had never been able to do past at size “2”.

She celebrated 17 years of recovery from bulimia in May 2011 and has been losing weight and is now a size “13/14”, but more importantly she lost self-hate and self-loathing.

If you choose not to buy or read the book, she wants you to know “You are lovable, unique, and beautiful, whatever the size of your body, bank account, job status, home, car, or any other external values, you may be judging the size of yourself and the size of your life by”. You can have a large sized life.

The Size of My Life is available on amazon.com ebook $1. For more information, visit www.sizeofmylife.com
Awaken Tomorrow

By Julianne Bien

As Earth spins on its axis, it revolves around the Sun as it springs into summer, falls into autumn and then our tiny planet bows away. It’s time to honor winter. As the chilly season approaches every cell in our body rotates in the darkness, earlier every night in the northern hemisphere. Our internal “lighting system” that regulates our bodily functions can get depleted without enough sunlight; which can lead to a malady of emotional and physical upsets. As January approaches, we are on reserve as we have been spending most of our days inside, out of the cold, bombarded with make-shift lighting; hence we may become depressed, withdrawn, or more susceptible to a cold or flu. Our skin is at the front line, our protective shield against darkness. We ration our “stored light photons” for its energy and bodily functions during low light level seasons.

Skin is like an antenna that absorbs, processes and distributes the information carried in light for our existence. We are discovering more and more evidence of a fundamental law that the interaction of matter in the universe “even at the subatomic level” is associated with or accomplished through the transmission of this elusive concept of “energy.” But the grass is not always greener on the other side. Actually the grass is definitely not green in any part of the world. A delectable sweet orange is not orange in color, and yes, believe it or not the sky is really not blue, whether there is a cloud cast overhead or not. It is the impact of light on natural things that illuminates our world around us, creating the perception of color in our lives. Color is a second sensation, as it stimulates our senses and the coloration of our world. Color is energy and carried in sunlight, and is basic to all life. It has a purpose on earth, not only to bring life the environment around us, but also our inner world of thought, action and inspiration. The impact of color has an effect on our psychological mood as well as our physical state of being, which is why you may consider experiencing color light sessions in your local wellness and spa facility, or even in the privacy of your home.

Color Light Therapy: History

Color light therapy has been with us forever. It’s a fact that light is the essence of who we are. In North America, people are only now becoming aware that positive results can be achieved with color light applications for more than just Seasonal Affective Disorder (S.A.D.). But all along, the scientific community has been studying the nature of light and has proven that light is an essential ingredient of the metabolic processes in all living creatures on earth.

At the opposite end of the health-consciousness spectrum is insufficient exposure to sunlight. Lack of vitamin D, produced only in the skin exposed to sunlight, can lead to anemia, kidney or liver problems and depletion of body’s reserves of calcium, as it is vitamin D that regulates its production in our bodies, and most importantly light fires up cellular communication.

Natural sunlight can be separated into beams of color for its rejuvenating and therapeutic affects. This is the basis of a whole new approach to wellness, anti-aging and spiritual growth. Within a living organism, information is communicated through color-coded broadcasts of faint light energy, emitted by cells. This system of internal light signals, generated within the DNA of each cell, is called biocommunication. Our bodies require external, color light energy for this internal chit-chat, as it is this stream that manages the maintenance, self-regeneration and reproduction of matter within us. Simply put, without light there would be no human, animal, plant or mineral life on Earth.

With the introduction of an overhead color system or a handheld illuminator, such as the Lumalight, the gentle emission of colored beams are introduced into the energy field (aura) through acupuncture points and reflex zones around the body, and can replenish the body’s natural energy system by replacing scrambled information; energetic disharmonies below the surface of the skin, with new information, to release tension, anxiety, imbalances and so on.

The visible colors of the spectrum include: red, orange, yellow, green, blue and violet. Even pink, magenta and turquoise have been known to enhance face and body regimes. Color is a perception of “Energy Resonance in Action.” Colors can cheer and depress, stimulate and tranquilize, provoke and antagonize and beautify and rejuvenate; Each color has its own treasure chest of psychological and therapeutic affects and can address many physical and emotional “inharmonious” energies. Color is our perception of life around us, that we live, breath, consume, energy that is carried in light.

Energy-based modalities such as color light therapy also described as chromatherapy and color harmonics, are becoming recognized worldwide for its proactive influence such as preventive measures to build your immunity with a healthy lifestyle that includes light therapies. Its applications can also support non medical conditions, such as pain relief, the common cold or flu symptoms, sluggish circulation, headaches, jet lag, stomach or emotional upsets, etc. Sessions designed to counter effects of stress in men are becoming increasingly popular, even your furry and feathered friends with love to bathe in beams of color, anywhere.

People today believe they should enjoy a long, active life and not quite look or feel their chronological age. There is no end of conflicting advice on maintaining wellness and a healthy appearance. Skin, our outermost defense against the elements and our outermost statement of health and vitality, is a perfect example. Insufficient sunlight can create a deficiency in our cells with adverse consequences for our physical and emotional well-being and appearance. Clearly, it’s all about achieving balance. It’s okay to take your sunglasses off on a bright wintry day this season.

Color Harmonics is a four-season approach to wellness, beauty and graceful aging during all stages of life. People are more aware of energy-based modalities and its widespread benefits to achieve happiness. We truly have an eternal relationship with living colors in every breath we take.

COME CELEBRATE with NEWLIFE Magazine & Expo’s Mark Becker and the META Center’s Jodi Serota as we ascend into a more loving consciousness and rejoice, party, dance, listen to lectures and feast on organic nutritious delights.

This auspicious time on the planet, the end of the Mayan calendar, has been prophesied as an historic time of immeasurable shifts in consciousness.

The predicted date of Friday December 21st, 2012 has long been considered by indigenous peoples from all over the globe to be A New Era of Consciousness manifesting within us all and on the Earth.

A particular astrological alignment will take place on this same night of The Winter Solstice, where the Earth and the Heavens will be in a very new and particular synchronicity culminating after 26,000 years of time, and will initiate major changes in our consciousness of huge proportion.

In the “spirit of the holidays” we are creating a large, sacred event that will be broadcasted worldwide (by The Shift Network), to gather and celebrate with our NY and Global Community on this mysterious, mystical day. This day is considered to be a grand turning point in consciousness for everyone. This time period portends a greater opportunity for anchoring more of our fuller embodiment of the “Divine” to feel a greater sense of truth, our innate gifts and higher enlightenment. As we gather together with open hearts in unified collaboration we can make a difference that serves all of humanity.

This evening event will include Powerful Speakers, Guided Meditations, Prayers for Humanity, Invocations of World Peace, Channeled Messages, World Music, Drumming, Dancing, Art, Sound Activations and Healing, Astrology Predictions, Heart Opening Activations and more!

Join with us on this exciting occasion occurring only once in our lifetimes, every 26,000 years and come participate, receive and make the necessary changes for heightened awareness, inner and outer peace and to feel and be pure love.

End suffering, co-create with ease and peace and finally enjoy Heaven on Earth!

Please come and bring all your families, friends and loved ones to enjoy an evening dedicated to unity consciousness, collaboration and moving forward together in “One Heart”!

If you’d like more information, the location for this special event and registration information, please visit www.metacenterny.com or www.newlifemag.com and add your email to our list so we can send you more details, email info@metacenterny.com or mark@newlifemag.com, or call the META Center New York at 212-736-0999 ext.1 or NEWLIFE Magazine & Expo at 516-897-0900.

Jodi Serota is a life-changing metaphysical educator, channel, vibrational healer and professional artist and creator of META Center New York. Mark Becker is the founder of NEWLIFE Magazine & Expo. Yoga & Raw Food Expo, NEWLIFE Magazine and Serenity Yoga.
In the 1940's I suffered from intractable fevers. My parents took me the usual medical route, one specialist after another. I got sicker and sicker. The more doctors I saw, the sicker I got. They finally left me for dead without even a definitive diagnosis. Their final words were: "we've done everything medical science could do." In desperation, my parents took me to Bernard McFadden, a doctor of naturopathic medicine. The first naturopathic principle that Dr. McFadden practiced was a proper evaluation. Hippocrates, the Father of Medicine, taught in all his medical schools in the Greek Empire, that "A proper diagnosis represents half the cure." That was 2,500 years ago. Today's doctors reach for the prescription pad first, often before seeking the cause, violating the basic principles of sound medicine. Who were the quacks, Hippocrates, McFadden or today's orthodox drug doctors?

After his diagnosis what did Dr. McFadden do? He didn't look to suppress the symptoms by drugging. He immediately addressed the cause which was toxicity. Who was the quack, Dr. McFadden who prescribed detoxification, a natural process of purifying and cleansing the blood, liver, colon, brain, organs and cells of the body or the druggers who only exacerbated and added to the toxicity? After the druggers completed their treatments and I got sicker and sicker, what did they do? They gave me more drugs to treat the so-called side effects of the drugs (poisons). What did they eventually do? They left me for dead. They indeed did everything medical science could do!

What did McFadden do after the detoxification phase of my treatment program? He then put me on super foods, power drinks, blood building broths and over 300 natural food supplements a day. He then put me on a strength training and fitness program. What was the result? Ten years, almost to the day, after the drug doctors said they did everything medical science could do for me, I won 1st place in the Mr. North America Bodybuilding contest. I stood on the victory platform with some of the strongest athletes in the world. Let's be fair in our evaluation. Who were the quacks?

Has so-called medical science itself become quackery?

How about cholesterol drugs? Are you aware that it has never been scientifically demonstrated that these drugs have ever added a single day to a person's life? They are not only useless but harmful. In fact, our true scientists tell us there is no relationship...
between high cholesterol and heart disease. Can you grasp what I am saying? This may be one of the biggest rip-off’s in medical history. Millions of people, spending hundreds of billions of dollars, on a deleterious drug. Are you aware of the fact that more people drop dead from heart attacks with normal cholesterol than those with high cholesterol? Are you aware that the real danger is low HDL cholesterol?

How many brain washed, drug doctors have written prescriptions for this drug that causes memory loss, muscle loss, loss of libido and premature aging, in the name of medicine? Who are the quacks? Are they the ones recommending detoxification, nutritional soundness and fitness that do no harm or the drugsters that wipe you out? Who are the quacks?

So-called immunization is one of the biggest myths ever perpetrated on our fellow man. Immunizations have never immunized anyone. Their history has been a disastrous failure. Can immunizations cause harm? I sat in a room a few years ago, with 900 parents of autistic children. The moderator of the meeting asked the parents to stand if they were convinced that the shots given to their children were the cause of their child’s autism. Almost every parent stood up. If immunizations were truly safe and efficacious, wouldn’t you think the doctors that administer them and the drug moguls that manufacture them, would be willing to stand behind them?

Are you aware that the doctors and manufacturers of these vaccines are exempt from all harm? You can’t even sue them in a court of law, even if they maim, disable, compromise, turn you or your child into a vegetable or even kill your child on the spot. Who are the quacks? The people promoting true immunization and immune enhancements through proper nutritional evaluation, detoxification, raw juicing, naturopathic food medicine, herbs, vitamin saturation therapy, ozone hyperbaric oxygen and other natural therapies that cause no harm or the drugsters who harm, maim, destroy, incapacitate and even kill?

The solution is to get back to the principles of sound medicine found in the Father of Medicine, Hippocrates, who is credited for separating medicine from sorcery and magic, 2,500 years ago in ancient Greece and the Livitical priesthood, 1,000 years prior. The sound principles, if practiced, would again separate magic and its accompanying quackery with the practice of true body, mind, spirit medicine.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. He can be contacted at 732-775-7575, by email at abundalife@abundalife.com or visit www.abundalife.com.

**Father Hippocrates Principles Included**

1. Do the patient no harm, founded on the Law of the Prophets.
2. Proper evaluation representing half the cure. From our prospective, this must include nutritional testing.
3. Detoxification of every system of the body.
4. Nutritional saturation therapy based on individual bio-chemistry.
5. A life philosophy that encompasses mental, emotional and spiritual development.
HOW TO DEAL WITH HOLIDAY OVERTEATING

By Steve Meyerowitz, Sproutman®

For most of us, the holidays are a great time; a break from the routine. You know the drill—going back home, long trips by airplanes or cars. It’s a good time for many, but also a stressful time for some. Whether you are a child visiting a parent, vice-versa, or some other combination, you are about to commence a dietary adventure requiring dozens of mini-decisions. Even the best of us will likely get a few wrong.

If you follow a special diet, you will need to carefully navigate through what is often a bounty of food but perhaps little that suits your diet. What’s more, your personal challenges will likely not go unnoticed. Questions will be raised and with it worries or at least discussion, wanted or not, about your diet. For some, this is a dreaded moment. For others, this is a teaching moment. If you’re on a strict diet, you may find little to eat, but for many, the opposite is the problem. The food choices and temptations are overwhelming and the result is overeating.

Well, we all have different digestive capacity and some of us can manage overeating better than others. You’ve heard about people with stomach’s of steel? Sure. And some folks can sleep on a bed of nails. But for most of us if we overeat, we end up just feeling tired, bloated, or guilty— not necessarily in that order! If that’s where you’re headed, you’ve got three choices: A) A train wreck B) Damage control and repair, or C) Prevention.

PRE-FIESTA STRATEGY

This is the best prevention and a sure way to avoid a train wreck. As I said before, no matter what your diet is, you’re going to be making dozens of food choices. You know what you can eat and what you can’t. What you will and what you won’t. But the decisions that affect us all are those of quantity and variety.

“How much” is the big one. Go into your meal with a strategy. Maybe something like: No matter what temptations are before me, I will only eat soup and salad, or I will only take one portion of everything, or I’m skipping dessert. Above all, you must protect your plate from involuntary servings. You serve yourself. Only you know how much you can tolerate before you max out your capacity. Here is your mantra: Small portions. It will save you!

Variety is the other challenge. Holiday dinners have too many different foods. There is the clash of different types of proteins from nuts and seeds to beans and cheeses and meats, etcetera, etcetera. All this weighs heavily on your system. The digestive track accomplishes amazing things, but it is not a cement mixer. You will recover. The bloat will eventually subside. But the byproducts of incomplete digestion linger on to impact your immunity and long term health.

Now you’ve got your goals. Follow the “rules of prevention” and stick to them no matter how many roadblocks, detours, bells and whistles, flashing lights, gawks and protestations, guilt-laden wisecracks, and to-die-for desserts are thrown in your path.

THE RULES OF PREVENTION

Having a good time does not require pigging out. Food is only part of the holiday. Spend more time interacting with the people or the environment or in discussion of the many topics of the day. Revamping the U.S. healthcare system, for example, would be a good one!

HOW TO FEEL GREAT AFTER THE BIG FEAST

DRINK BEFORE. SIP DURING. Water is a great cleanser. Drink plenty before the eating begins. That empties your stomach and prepares it to receive the approaching bounty. Lots of liquids during the meal dilute the enzymes in your stomach. During eating sip enough to keep dry foods wet and flowing, but don’t wash down your food. Food needs to spend time in your stomach in contact with concentrated (undiluted) digestive enzymes.

SMALL MOUTHFULS, SMALL PORTIONS. Discipline starts before food enters your mouth. After those taste bud receptors start firing-up, it is really hard to slow them down. You must make a conscious decision to reduce before the fork touches the lips. Consider choosing a small plate. Or just small portions and chew slowly and thoroughly.

TALK OR CHEW, NOT BOTH. Didn’t your mother tell you this? Either you’re going to do a good job of talking or a good job of chewing, but probably not both. Chew every forkful until it is virtually digested in your mouth, then swallow. Is that 30 crunches? Fifty? Whatever it takes. We’re supposed to enjoy the food anyway, right? Take your time.

GO LIGHT ON THE CARBS. Breads, crackers, cakes, potatoes, chips, desserts…these foods fill us up with very little redeeming nutritional value. Eschewing these foods, leaves more room for the good stuff. Besides, these are the foods that promote early onset diabetes for folks in theirforties and older.

CHOOSE. YOU CAN’T EAT EVERYTHING. Small mouthfuls dilute the enzymes in your stomach. Small portions. The temptation is absolutely magnetic. The only hope you have for survival is the discipline you decided in your pre-fiesta strategy. You can’t eat everything. Make an executive decision and choose what you’re going to eat and what you’re going to avoid before you get sucked in and it’s too late.

BREAK THE OVERTEATING CYCLE. If you find yourself overwhelmed, here’s the rescue remedy. Pull back. Step away from the table. Go to the bathroom. Rinse out your mouth. Bring a small bottle of mouthwash with you and cleanse your taste buds. That breaks the chain of the enzymatic engine. It’s the antitode. Or perhaps you prefer to to just brush your teeth. Either way works. Once the smoke is cleared and you’ve regained control of your stomach, return to the scene of the crime. Once there, use your mouth to chat, not chew.

BUT WHAT IF YOU FAIL?

The rules above are intended to prevent a gastronomical catastrophe. But what if despite your heroic efforts, the triple-decker chocolate brownie gets you in the end? The cure for such excess is “cleaning.” When you have a blow-out party in your house, it takes some time to clean up, right? Well, it’s the same thing with your “inner house.” Strategies for cleansing is a whole other topic. If you can’t wait, check out my book: Juice Fasting & Detoxification at www.Sproutman.com/Books
Brainwave Entrainment Music

By Steven Halpern

In addition to the growing popularity of the yoga/chant/world music genre, another genre has been attracting a large and growing audience at the other end of the musical spectrum from the more energetic and dance-oriented albums often reviewed in these pages. Generically described as brainwave ‘synchronization’ or brainwave ‘entrainment’, these soundscapes are typically intended for a less overtly physical body response, focusing more on the subleties that are related to specific frequencies of brainwave activity.

This is a subject rarely addressed in classical, pop or new age contexts, but it offers an intriguing insight into the broader potentials of the healing powers of music.

WHY TUNE YOUR BRAIN?

What might be the benefits of using this leading edge sound healing technology? And is it really a new discovery? And which corporations and organizations might already be using this information?

Your brain is being entrained all the time, whether you've been aware of it or not. Every time you tap your toes to the beat of the music, you're being entrained. Every time you enjoyed the flickering flame or fireplace, you're being entrained. The former affects your entire body, the latter affects your brainwaves.

So the question really is, do you want to become more aware of what's up in your world, and make more conscious choices that support your physical, emotional and spiritual health? Given a choice, would you choose pain, stress or pleasure?

I believe that tuning into the world of brainwave entrainment music can make a positive addition to your life. I predicted this during my on-camera interview about healing music with CBS-TV's "48 Hours" back in 1991. That statement may have been ahead of its time then, but I think it's an idea whose time has come.

RHYTHM ENTRAINMENT VS BRAINWAVE ENTRAINMENT

Entrainment refers to the physical phenomenon in which a stronger rhythmic stimulus (or oscillating, pulsing system) causes a weaker system to synchronize to its rhythm. It's not a matter of choice; it’s an automatic response, not subject to conscious control.

Don't believe me? Try telling your heartbeat not to speed up when you listen to up-tempo music.

You can't. The external rhythm overrides your internal rhythm. This can be a good thing, if you did the beat.

But if you don't, it can really create stress and put you on edge.

Here's your one-minute introduction to audio brainwave entrainment protocol. A tone of a particular frequency is recorded on one side of a stereo recording, for instance, of 100 cycles per second. If a frequency of 112 is recorded on the other channel, the mathematical difference between the two frequencies would entrain the listener's brain to 12 cps, in the alpha range. You would simply vary the difference between the tones depending on the desired outcome.

However, it's not quite that simple. And that is why there is such a wide range of options in the field. Some programs may work for you, and some may not. Your mission, if you so choose, is to find which is which.

That's how it always was with me when I visited a certain music professor who had large grandfather clock in living room.

It was like a war was going on in my chest. My heart wanted to beat at its natural, relaxed rate, but the ticking clock was forcing it to beat faster. I could literally feel the tension in my chest muscles. I was becoming a ticking time bomb.

Luckily, just before I exploded, the professor got up to get something in his library. I got up and put my hands on the swinging pendulum and made it stop.

Instantly, I could feel a wave of relaxation sweep over me. Ah, blissful silence! Whether we are aware of it or not, we are being entrained (italics) by our sound environment all the time.

That being the case, wouldn't you prefer to being pleasurably entrained rather than annoyingly entrained? We don't always have a choice, but when you do, why not choose pleasure rather than pain?

I've been highly attuned to the effects of entrainment in everyday life ever since. It's helped me balance a number of stresses in my environment, help me keep my sanity on many occasions, and kept at least 15 pounds off my waistline.

As a listener or a musician, yogi or meditator, individually or in any combination, quieting the chatter in your mind is a good thing. "Getting into the flow" is one expression used to describe the feeling. The ancient tribal and shamanic use of drumming is the most well-known demonstration of the use of music to get all hearts beating in unison.

In all these aspects, music can really assist you. Again, the key is to find out what works best for you. When you start really paying attention, I bet you'll be amazed at your range of sensitivity.

The scope of this overview focuses on one of the positive virtues. Many ancient and modern spiritual traditions tell us that the key to spiritual growth and well-being is to "be still...and know!".

Being still involves quieting the mind and slowing down the heartbeat. It's easy to find music with a slow beat, or no beat at all, as in some of the atmospheric, ambient compositions.

THE EMERGING FIELD OF BRAINWAVE ENTRAINMENT MUSIC

There is, however, a relatively new genre of music that does come with at least some degree of designated brainwave frequencies. The phenomenon of entrainment of the brain's electrical activity is analogous to the physical entrainment.

Instead of beats per minute, we deal with beats per second.

For over a century, scientists have measured the electrical activity of the brain, organized into four main frequency ranges. Delta 1-3 cycles per second (cps) also called Hertz (Hz) named after the 19th century scientist; theta 4-7 Hz, alpha 8-12 Hz, and beta 13-39 Hz. Recent research suggests that from 33-39 or higher) should be designated as gamma, but there isn't a great deal of consensus on that yet.

What's important for you to know is that when you're dealing with everyday life, talking, thinking, etc, you're typically in beta. Shifting gears into alpha brings you into levels of relaxation and wellbeing. Slowing down into the theta range is correlated with deeper meditation, healing and heightened creativity. Delta is generally related to sleep states, but again, there's not as much research or consensus.

That's the overview. Within each range, however, there are significant variations. What is the difference, I wondered, between having my brain tuned to 12 Hz or 8 Hz in deep alpha? Or between high theta (7 Hz) and deep theta (4 Hz)?

As I've continued to research these questions, I've made some interesting discoveries, and that's why I'm excited to share some of them with you.

STRESS RELIEF AT THE SPEED OF SOUND

As a card-carrying Type-A ex-New Yorker, I was told many years ago by my holistic MD that I needed to reduce my stress level or I wouldn't make it into retirement age.

My high-stress level was beginning to cause a number of health and financial problems that started me on my quest for natural, 'green', drug-free and enjoyable solutions.

In addition to exploring many of the options offered by alternative medicine, I wondered why the most ancient of the healing arts, music, was not included.

Starting in 1970, I began devoting my life's work to re-introducing the concept of 'sound medicine' and sound healing.

Sound healing is now a large and rapidly growing segment of both the New Age soundscapes as well as complementing many other mind-body approaches to health and well-being.

Steven Halpern is an internationally-renowned composer/keyboards/producer/researcher who is recognized as the founding father of modern sound healing. His latest releases are Deep Alpha and Deep Theta.

NEWLIFE 19

P M S, irregular menstruation—

Allergy, asthma, fatigue, fibromyalgia; disposable access-

911 list

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