Tears to Triumph:
The Spiritual Journey from Suffering to Enlightenment
by Marianne Williamson

Qigong Taoist Secrets to Internal Strength, Peace and Happiness

Releasing Triggers for Better Health and Abundance

How the Gift of Nutrition Transforms Behavior, Relationships and Family Legacies

The Road to Health is Paved with Good Intestines

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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 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/ or Twitter page: www.twitter.com/NutriMostLI.

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Letter from the Publisher

Hello NEWLIFERS,

This issue is our premiere issue of the year, adorned by articles by NEWLIFE's top speakers-
Marianne Williamson, Sean Morton, Gail Thackray,
Kat James And Dr. Jane Goldberg.

Marianne had four books on the New York Times
bestseller list. Her article “Tears of Triumph, The
Spiritual Journey from Suffering to Enlightenment” is
excerpted from her latest book of the same title. It's
very apropos to what is happening on our adventurous journey this year.

Don’t miss her special event at the expo on Sunday March 19.

Sean David Morton's article, “The Great Divide” explains how the
astrological signs that our planet is going through explains why there is such a
division in our country and the world today and predicts what is in store for us.
Sean will be leading the Strange Universe Panels as well as giving events all
weekend and a mind-blowing Special event on Monday evening, March 20.

Health-wise, Kat James's article describes what food to put into our
body and Dr. Jane Goldberg explains how to utilize the food properly and
eliminate it sufficiently. Kat will be lecturing on Saturday March 18 and
Jane will be at the expo all weekend.

And our NEWLIFE Goddess, Gail Thackray, explains in her article how we
can use our spiritual energy for healing and abundance. This is a valuable
secret for all of us to learn. Gail will be at the expo all weekend and be giving
her event on Sunday and a very special one on Monday evening, March 20.

A newcomer to NEWLIFE, Brendan Thorson demonstrates how we can
use Qigong Taoist Secrets for Internal Strength, Peace and Happiness in our
lives. Some people equate Qigong to the Chinese style of yoga. I predict that
Qigong will start becoming as popular as yoga in five years. So be ahead of
the curve and learn it now. Brendan will be available all weekend at the
expo and will be giving talks and demos on Friday & Saturday, March 19-20.

Check out this issue’s book reviews. Three of the books are written by
authors who will also be at the expo: Thomas John on Sunday and Leah
Guy and Antoine Chevalier who will be at the expo all weekend.

So-enjoy this issue and come to the expo at the Hotel New Yorker and
watch these extraordinary authors come alive.

And Remember.....
It’s a NEWLIFE !!!!

Om Sholom,

MARK BECKER

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are for educational use only.
Always consult a trained Health Professional on serious matters.
If You Eat Seafood You Are Eating Thousands of Pieces of Plastic

Seafood fans are ingesting up to 11,000 tiny pieces of plastic a year with unknown health effects, a new study reveals.

Ocean pollution is getting ingested by marine life in the form of tiny, toxic microplastics, according to researchers at the University of Ghent in Belgium. And if you eat a lot of seafood, these microplastics will eventually end up in your stomach.

Scientists currently have no clue what type of implications this will have on a person’s health or for future generations.

“Now we’ve established that they do enter our body and can stay there for quite a while, we do need to know the fate of the plastics,” Dr. Colin Janssen, who led the study, told Sky News.

The study showed that humans do pass 99 percent of these microplastics but the remainder gets soaked up by tissues.

“Are chemicals leaching out of these plastics and then causing toxicity?” Janssen said. “We don’t know and actually we do need to know.”

The study’s authors say this will only get worse as ocean pollution increases. “One of the most troubling environmental trends, as I see it at least, is the progressive build-up of plastic waste in the oceans,” Britain’s Prince Charles told Sky News.

He added that it was “sobering” to think that all the plastic ever produced is still on the planet. The world’s oceans are polluted with more than five trillion pieces of plastics, and one garbage truck worth of plastic is getting dumped into the ocean every minute. Assuming this trend continues, four trucks worth will be dumped a minute by 2050, with seafood lovers ingesting up to 780,000 pieces of plastic a year by the end of the century.

Scientists Say Radio Signals From Deep Space Could Be Aliens

The world’s largest fully steerable radio telescope at the National Radio Astronomy Observatory in Green Bank, West Virginia

Scientists may have found proof that E.T. really is phoning home — in the form of powerful radio signals, which have been detected repeatedly in the same exact location in space.

Astronomy experts with the Green Bank Telescope in West Virginia and the Arecibo Observatory in Puerto Rico have discovered six new Fast Radio Bursts (FRBs) emitting from a region far beyond our Milky Way galaxy, according to a recent report in the Astrophysical Journal.

The discovery — made in the direction of the Auriga constellation — is significant considering the fact that at least 17 FRBs have now been detected in this area. It is also the only known instance in which these signals have been found twice in the same location in space.

The region where the signals are coming from, dubbed FRB 121102 by scientists, is located about 3 billion light years away from earth.

Five of the recently found FRBs were detected with the Green Bank Telescope, while the other was recorded by the Arecibo Observatory, “for a total of 17 bursts from this source,” the report says.

The signals were also found earlier this year and in 2012. According to experts, the FRBs could be the result of two things: solar flares from a neutron star or extra-terrestrials. But it’s still too early to tell.

“We have repeated FRB 121102 is a unique object in the currently known sample of FRBs, or all FRBs are capable of repeating, its characterization is extremely important to understanding fast extragalactic radio transients,” the scientists write in their report.

Scientists say weird signals from space are ‘probably’ aliens

In 2015, physicist John Learned — with the University of Hawaii at Manoa — and Michael Hippke, with the Institute for Data Analysis, published a research paper arguing that repeating FRB waves had a 1 in 2,000 chance of being coincidental.

They claimed the radio bursts either came from a man-made spy satellite or a super-dense star, which would regularly emit bursts of radio waves.

Earlier this year, a team of astronomers from Laval University in Quebec published a report saying they had detected strange signals in a small cluster of stars.

Using data from the Sloan Digital Sky Survey, the pair analyzed the spectra of 2.5 million different stars and discovered at least 234 that were producing the signals.

“We find that the detected signals have exactly the shape of an ETI (extraterrestrial intelligence) signal,” wrote Borra and Trottier. “Although unlikely...there is also a possibility that the signals are due to highly peculiar chemical compositions in a small fraction of galactic halo stars.”
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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.

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FEBRUARY-APRIL 2017 NEWLIFE
BOOK REVIEWS

Never Argue with a Dead Person
By Thomas John
www.mediumthomas.com

Manhattan medium Thomas John has been hailed as ‘the Hollywood psychic with the highest batting average’ by The Hollywood Reporter, and as a psychic medium with ‘an impressive connection that impresses even the most skeptical minds’ by The Examiner.com. Now he shares what he’s seen and heard on the Other Side.

In this book, John shares with us fifteen fascinating stories of what happens when clients ask him to contact their dead friends and relatives. Included here are the story of a 30-something New Yorker who was unable to stop fantasizing about suicide until he conveys healing words from her dead fiancé; an account of an encounter with a grieving young woman in a drugstore—and the message he conveys from her dead six-year-old son; and a disturbing story of an unsolved murder case solved by information he received from the other side.

Above all, this is a book filled with comfort, love, forgiveness, and hope. For Thomas John, death is not the end, it is just the beginning. Our friends and relatives are still with us. They care for us. They watch over us. And, in times of particular need, they offer us their help.

Thomas John will be appearing at the NEWLIFE EXPO in New York City, March 17-19.

The Fearless Path
By Leah Guy
www.modernsage.com

Author Leah Guy believes that disconnection is the root of all fear, and the attempt at letting go causes more problems than it solves. Debunking the myth of detachment and other ideologies, she emphasizes that there’s no escapism in science is yet to account for many of the things weighing of the evidence. He acknowledges that in uncertainty and his investigative approach seems, affect the physical universe around us.

In The Fearless Path, you will learn how to cope and heal from Post Traumatic Emotional Disorder, or PTED, as caused by life sufferings such as death, break-up, shame, abuse or addictions. Why “letting go” is the worst advice for healing, and how to really move on. How to understand the stories your energy system tells about your mind, body, and spirit; and how to rewrite the script and how to transform fear and anxiety into love and inner peace. Learn why the law of attraction isn’t something New Yorker who was unable to stop fantasizing about suicide until he conveys healing words from her dead fiancé; an account of an encounter with a grieving young woman in a drugstore—and the message he conveys from her dead six-year-old son; and a disturbing story of an unsolved murder case solved by information he received from the other side.

Above all, this is a book filled with comfort, love, forgiveness, and hope. For Thomas John, death is not the end, it is just the beginning. Our friends and relatives are still with us. They care for us. They watch over us. And, in times of particular need, they offer us their help.

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Hidden Powers of Creation
How Your Thoughts Shape Your Reality
By Antoine Chevalier
www.holographicmedium.com

The term “New Age,” which was always a slippery, hard-to-define notion, has fallen out of favor in the for lack of a better phrase) spiritual community. And if such a phrase is indeed lacking, it’s because the new generation of authors, therapists, thinkers, and laypeople are still in the process of coming up with a framework to replace—or at least refine “New Age.” Therapist, educator, and author Antoine Chevalier is charting new terrain in the spiritual realm by boldly searching for solid ground on which matters of the mind and hard science can coexist peacefully, even symbiotically.

Hidden Powers of Creation: How Your Thoughts Shape Your Reality makes an important contribution to the field by applying a scientific lens to a candid and sometimes personal discussion of consciousness and the mind, Eastern spiritual practices, and the kind of fascinating, inexplicable phenomena lumped into the general category of “parapsychology.” The premise of the book is that we fail to utilize the full range of our mental abilities — that certain aspects or functions of the mind can be harnessed to improve our well-being and even, miraculously, affect the physical universe around us.

Chevalier is refreshingly honest about his own uncertainty and his investigative approach consists of a careful, measured, scholarly weighing of the evidence. He acknowledges that science is yet to account for many of the things he practices and witnesses, but posits that in time, as research in quantum mechanics and human consciousness advances, the evidence will emerge. Indeed, there is a strong if not conclusive body of evidence already growing. The book’s scientific survey is just that—a survey—and could benefit from greater depth and breadth, but it’s a solid introduction befitting the work’s compact size.

But Hidden Powers of Creation is not merely an academic tome. Chevalier imbues it with personal accounts of his difficult childhood in France and his early forays into spirituality, such as meditation and fasting, which he credits for empowering him to overcome early hardship. Some of Hidden Powers’ most eloquent passages appear when Chevalier recounts these moments of darkness that pushed him toward the light and to finally mature into unity consciousness within. Certain questions are left unanswered, which is sometimes frustrating, but that ambiguity doesn’t undermine the biographical narrative or the author’s candor.

It’s a challenge to try to bridge two camps (the scientifically minded and the spiritually minded) and unify multiple genres within one title, but Chevalier’s effort is a commendable one that hopefully encourages others to blaze the same trail.

Antoine Chevalier will be appearing at the NEWLIFE EXPO in New York City, March 17-19.

The Secret Life of Lady Liberty
Goddess in the New World
By Bob Hieronimus & Laura Cortner
www.secretlifeofladyliberty.com

The entertaining and elucidating new book The Secret Life of Lady Liberty by Bob Hieronimus and Laura Cortner offers surprising deeper meanings behind the symbolism of the Statue of Liberty.

Interesting revelations include that Lady Liberty was initially based on female symbols representing America on the earliest maps of the continent, which were then in the form of a Native American “Queen.” This same image provided a symbol of independence to early revolutionaries to help them rouse the colonists against crown, fulfilling the role as “Founding Mother.”

Drawing on painstaking research and their own deep knowledge of esoteric history, the authors also explain the more obscure meanings •
behind the symbol. Various traditions have influenced her symbolism, from the Neolithic Earth Mother, to Mary Magdalene, Columbia, and Joan of Arc, among others. Perhaps most interesting, Hieronimous and Cortner reveal the sharp contrast between depicting “liberty” as a female and the reality of women and other suppressed classes throughout history. The idea that statue of Liberty provides “Liberty Enlightening the World” leads the authors to the ground breaking but logical conclusion that the empowerment of contemporary women is essential for achieving sustainable liberty. The book serves as a clarion call from this “Goddess of the New World” to inspire us all toward peacekeeping, nurturing, compassion, and environmental stewardship. The Secret Life of Lady Liberty is moving, inspiring and a most interesting read. Anyone with an interest in feminism or American history will find something to learn is this well researched and well written book. The conclusions drawn by the authors make this a truly ground breaking read.

— RICHARD HAMILTON

Freedom from Constipation
Natural Remedies for Digestive Health
By Christopher Vasey, N.D.
www.innertraditions.com
In this easy to follow step-by-step guide, Swiss born naturopath Christopher Vasey explains how healthy intestines work and the different forms that constipation can take. He details the 8 main causes of constipation: lack of roughage, lack of water, liver dysfunction, constipating foods or medications, weak muscles, imbalances in intestinal flora, stress and anxiety, and nutritional deficiencies. He helps you discover which of the 8 causes underlies your unique case and offers practical advice on how to correct it with natural and non-aggressive methods, such as dietary changes, herbs, and relaxation techniques. For situations when fast relief is necessary, he provides gentle ways to empty the bowels, including natural laxatives and enemas, explaining which to choose for each type of constipation, but also stressing that these are only temporary solutions. Explaining how constipation can be a symptom of a deeper imbalance, Dr. Vasey explores how treating it properly can restore full function not only to the digestive system but to the liver and kidneys as well. In this very useful and practical guide, you will learn how to support the work of your intestines, allowing your body to gradually resume its natural working rhythm. This is one of the best books I have come across for constipation relief.

— S ARAH CIRILLO

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Personality Makeovers
How the Gift of Nutrition Transforms Behaviors, Relationships, and Family Legacies

By Kat James

We’ve all heard “you are what you eat.” But if emerging research is any indication, it might even be more accurate to say who we are is what we eat. It turns out, what we take in—whether food, liquid, pill, or even microbes—is a deciding factor in both our moment-to-moment moods and even our long-term self-perceptions and relationships with others. It can orchestrate (or prevent) the playing-out of inherited predispositions to everything from motivation and outgoingness, to over-sensitivity, compulsiveness, schizophrenia and more.

Neurochemicals and Personality: The Pleasure Principle

Every mood—even if it’s in response to a real situation—is moderated by major neurotransmitters including monoamine oxidase (MOA), epinephrine, norepinephrine, serotonin, and dopamine. All are profoundly influenced by nutrition. In the 1980s, neuroscientist Kenneth Blum’s research team described human pleasure mechanisms which motivate survival behaviors like eating and sex, and how nutrient depletions along with genetic influences could cause “reward deficiency syndrome” (short-circuits in pleasure response) that are seen in depression, anxiety, sleeplessness, antisocial, addictive, and even criminal behaviors. These neurotransmitter dysfunctions can influence food, drink, and other choices. Blum identified amino acids, B vitamins, and other nutrients that help restore these functions, often normalizing mood and cognitive issues, and relieving the drive to use sugar, caffeine, alcohol, psyche drugs, painkillers, or other band-aid “fixes.” Patients on similar regimens today often report feeling like “a different person” within days, or even hours of taking free form amino acids intravenously, which can get neurotransmitters firing again quickly.

High-doses of B3 (niacin) therapy showed significant results with schizophrenia.

It was a stroke of luck twenty-five years ago when I picked up the amino acid L-tyrosine to help my thyroid (who knew it could also help heal my own reward deficiency syndrome!), some probiotics and fish oil for migraines (who knew they could also help transform my moods?) and began a last-ditch, rebellious dietary experiment (more on that in a moment). Together these components eventually brought me a peace and comfort in my own skin that I’d never had, even as a child.

The “Gateway Drug” to Unhappiness and Worse

The most prevalent legal drug that can create monsters and life-long addicts out of healthy children and cause virtually all behavioral issues in all ages (not to mention equally distressing health decline is sugar. Reactive hypoglycemia refers to the classic, temporary “sugar crash” caused by the blood sugar-lowering action of insulin not too long after a high-carb or sugary meal is consumed. Alcohol, or even caffeine can cause the same subsequent outcome which has been correlated with low serotonin (a key well-being neurotransmitter) and shown to bring on symptoms ranging from depression, anxiety, irritability, and confusion, to exhaustion and weepiness, to phobias, self-isolation, suicidal leanings, and even rage. Blood sugar drops (hypoglycemic episodes) following alcohol consumption are strongly correlated with violent crimes. An infamously brutal tribe in Peru was found to have extremely high rates of hypoglycemia. Virtually all addicts, including 97% of alcoholics, are hypoglycemic. One study found 74% of schizophrenics had both hypoglycemia and anxiety. When hypoglycemia was treated nutritionally in one study, 71% of alcoholics become sober. Even grains, starchy vegetables, and sweet fruits can cause reactive hypoglycemia episodes in metabolically-challenged people who now make up nearly half of the U.S. population.

Leptin: A Newly-Discovered Power Player in Microbe and Mood Balance

If you really want to take both your inner ecology and your mood chemistry to even higher levels, consider optimizing function of your mood and microbe-influencing master hormone, leptin, through a very low carb, high-fat diet.

Let’s look at other ways that leptin affects personality. As silver bullet-ish as this may sound, leptin has been shown to: 1) restore our satiety signal (stops food “craziness” cold), 2) heal dopamine pathways (often resolving addiction and restoring motivation), 3) balance the sympathetic and parasympathetic nervous systems (restoring calmness, clear thinking, deep sleep, digestion), 4) restore thyroid, adrenal, and sex hormone function (reviving energy, libido and countless other happiness-boosters), 5) reduce body-wide inflammation (reducing a known contributor to depression as well as all kinds of pain)... Ah, and I almost forgot... 6) proper leptin function also grows the cerebral cortex (our self-control center). Any one of those capabilities is a personality game-changer on its own.

Harnessing leptin’s power unwittingly, back in 1990, was my greatest key to long-term emotional and physical freedom. It’s impossible to describe the sudden, deep peace that came when I’d finally reduced enough carbs and added enough fat after eighteen months of unguided experimentation to sustain that initially-fleeting feeling of freedom from my mood and food prisons. My own personality today is completely different than that of the deeply troubled, over-sensitive, ashamed, self-isolating and addicted woman I was. Helping others navigate this miraculous transition (everyone’s biochemical thresholds are different) has been my focus for nearly two decades.

Cathy’s “before” kind of reminded me of my “before” thirty years ago (see below, then and now). Kat James is an award-winning author, transformational nutrition and beauty pioneer, and nationally-syndicated radio host. She will be appearing at the NEWLIFE EXPO in New York City, March 17-19.
The Road to Health is Paved with Good Intestines

By Jane G. Goldberg, PhD

By the time you’re middle-aged, you’ve taken upwards of 15,000 showers and brushed your teeth about 30,000 times. Have you ever thought about the fact that we go to such great efforts, on a daily basis, to keep our skin and teeth clean, and yet we don’t make the same effort to clean the inside of our bodies. Yet, the colon, which functions as the “sewer system” of our body, requires regular cleaning as much as our skin and teeth.

*QUESTION:* Do YOU Need Internal Cleansing?

*ANSWER:* Yes.

(How Can We Know That?)

*Because We All Need Internal Cleansing.*

Over a long period of time fecal matter, mucus, toxins and parasites form a wall of impacted debris in the colon that can cause a build-up of toxicity. Prolonged accumulation of waste matter can also cause lethargy in the muscles of the colon, causing a sluggish bowel that cannot make complete bowel movements (constipation). A malfunctioning colon will affect not only the digestive system, but every cell and organ in the body, as well.

Foods that remain insufficiently digested putrefy and create an overly acidic condition. Friendly intestinal flora that are normal in a healthy colon begin to die off, creating an anaerobic (oxygen-deficient) environment for disease-producing bacteria, viruses, fungi, mold, parasites, and yeast. When the toxins accumulate in the nervous system, we feel irritable and depressed. We feel weak if they back up into the heart, bloated if they reach the stomach, and our breath is foul if they reach the lungs. If the poisons try to escape through our skin, rashes and blotches develop, or we look pale and our skin appears wrinkly. If the toxins make it to the glands, we feel fatigued, lethargic; our sex drive may cease and we appear to look much older than our actual age. Intestinal toxemia may further result in conditions such as headaches, allergies, malnutrition as well as an overall lowering of the immunological defense mechanism.

Colon hydrotherapy is an effective, painless and safe procedure that effectively removes stagnant fecal material from colon walls, preventing the build up of these bacterial toxins in the portal vein (going from the colon to the liver) as well as the lymphatic system. In addition, the treatment removes mucous, gas, parasites, and cellular debris, facilitating peristaltic action and better absorption of nutrients.

Colon cleansing therapy also increases the water level and diuretic action. The water from the hydrotherapy is absorbed; thus increasing the volume of the blood. Circulation is thereby increased, resulting in greater bathing of the individual cells; this dilutes toxins and flushed them out, relieves uremia and toxemia, increases the elimination of both kidneys as well as having a cleansing effect on the skin and the bowels. The process of colon cleansing assists the cardiovascular and circulatory systems to be more efficient.

*Look At Your Stool*

Healthy stool is long, round, and smooth with texture similar to creamy peanut butter and golden brown in color. It should be slightly acidic so it floats on the surface of water, breaking up soon afterwards. The colon pH itself should be slightly alkaline, thus promoting the growth of friendly bacteria.

*Dr. Goldberg will be appearing at the NEWLIFE EXPO in New York City. March 17-19.*
Tears to

Triumph
The Spiritual Journey from

Suffering to Enlightenment

By Marianne Williamson

At times the light derives from realizations that we come to while we are in the darkness. Periods of suffering are not always detours on the journey to enlightenment but can serve as significant stops along the way. Personal demons that emerge from the dark cave of deep sadness cannot just be “treated”; they must be dissolved through the light of self-awareness. Everything that needs to be looked at must be looked at; everything that needs to be understood must be understood; and every prayer that needs to be prayed must be prayed.

And this can take time. A period of emotional suffering is often not simply a symptom of our depression as much as a necessary factor in healing it. It can be what we need to move through, and best not avoid, in journeying to the place where we suffer no more.

Sometimes, therefore, we have to make room for our emotional pain. Months of grief might be at times what we need to go through, processing the mysteries of love and loss in order to finally see that in spirit there is no loss and that in God there is always hope. Such mourning is a sacred journey, and it cannot and should not be rushed. If we have forty-five tears to cry, then crying seventeen is not enough. Deep sorrow is a fever of the soul, and within the psyche as within the body, the fever breaks when the fever breaks. The tendency to repair—an inborn immune system always moving in the direction of healing—exists in the mind as well as in the body. We simply need to give it time.

The potential for heartbreak always exists; it is part of the human experience. Where there is love, there is happiness. But where the bonds of love are broken, there is pain. Given the fact that the world is so dominated by fear, and so resistant in many ways to love, how could our hearts not be torn at times by the pain of simply living here?

And once you’ve lived enough, you know this. You come to live with it, and to live with it gracefully. You learn to take the hits, and to know that they’re simply part of living. “Hello darkness, my old friend; I’ve come to talk with you again” is more than a song lyric by Simon and Garfunkel; it describes an attitude of acceptance that this week, or this month, or even this year might be hard—but you know you will live through it. And in some ways, who we become because we lived through it is someone more alive—perhaps even more beautiful—than who we were before. In the words of Elisabeth Kübler-Ross, “Should you shield the canyons from the windstorms you would never see the true beauty of their carvings.”

Depression is an emotional fall, sometimes into a very deep, dark valley. That is true. Yet a life of spiritual triumph is not one in which we never fall into that valley; it is one in which, if and when we do fall, we’ve learned how to get ourselves out of it. We need emotional muscles in order to rise up emotionally, just as we need physical muscles in order to rise up physically. And developing those muscles is the work of the soul. It is the search for God and the finding of our true selves.

God is not outside us but within—the Love that is the essence of who we truly are. We live within God and God lives within us. The pain of the world is the unbearable suffering of living outside the circle of our relationship to God, for outside that relationship we are separate from ourselves. What could be more depressing than to live in separation from who we are? And what could be more natural than the fact that we seek wholeness in places where our hearts have been torn? Falling to our knees in pain has been, for many of us, how we first fell to our knees in prayer. At moments when the pain is simply too much to take, the body itself is wired for humility before God.

No matter what problem has entered our lives, no matter what pain has seared our hearts, the one fundamental answer is the attainment of the peace of God. A Course in Miracles teaches that we think we have many different problems, but we only really have one: our separation from God. This book is about the alleviation of our suffering: sometimes through prayer, sometimes through forgiveness, and always through the surrender and release of all our thoughts that are not of God.

Therein lies inner peace.

Marianne will be appearing at the NEWLIFE EXPO in New York City on Sunday, March 19 at 2pm. You will not want to miss this awesome inspiring lecture by this Dynamic Soul.

Reprinted from Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment, by Marianne Williamson with permission from the publisher, HarperOne, an imprint of HarperCollins Publishers., Copyright ©2016. From Chapter 1: Surrendering Our Sorrow.
Are you seeking a higher level of health, peace and joy? I spent considerable time and energy exploring and studying yoga, meditation, acupuncture, Ayurveda medicine, different diets, Tai chi, Rolfing, personal growth seminars and self-healing books. I learned and benefitted from every healer, book and healing practice. But nothing was recharging my drained body, releasing my fears and anxieties or giving me profound wisdom. Then, like the saying, “when the student is ready the teacher will appear.”

In the Summer of 1999, I began my Qigong training. Studying with Dr. Guan-Cheng Sun, the originator of Yi Ren Qigong. The class was life changing. During my first class, I learned and experienced many things, including very clear and strong energy sensations, a recharging of my kidneys increasing my internal-confidence, energy, willpower, hormones and a clear sense I would gain great wisdom from the practice. I knew without a doubt I wanted to learn and teach Qigong. I was overjoyed with excitement for my life’s future and what was possible for my health and spiritual practice! Over the following months and years of training I have been able to upgrade my vitality and connect to my bodies internal wisdom to reprogram years of negative thinking and unpleasant emotions to achieve considerable peace, happiness, and confidence.

What Is Qigong and How It Works

Qigong comes from the wisdom and teaching of the Ancient Taoist Masters. It follows a systematic process and order to activate key points and sacred gates necessary for boosting vitality, and connecting to our bodies internal guidance for reconstructing life, boosting and balancing the bodies entire Energy Systems- like the immune, circulatory, respiratory, nervous, and endocrine systems, chakras, acupuncture pathways, brain, muscles, tendons and bones.

How does qigong work? First, you need to understand authentic Qigong is an energy science which many people can’t see the energy or feel how it works. However, once a qigong student has accumulated a certain level of internal energy, (like going from a drop of water in a glass to a glass that is _ full) the energy is no longer subtle and they can begin to feel internally how qigong works, and at times they might feel their body is like a live acupuncture doll--bringing one deep levels of knowledge and understanding of Traditional Chinese Medicine and their bodies truth.

Now Qigong Increases One’s Energy

We begin by sparking, and coupling our Yin (-) charged energy with our Yang (+) charged energy, to give birth to the creation of new vital
energy; to increase Qi, nourish the body and increase awareness. This new energy is palpable, informative, creates a detectible energy field around the body heightening one’s awareness. It becomes the key source for increasing awareness levels. Initially this energy is in the field and surface of the body, but with continued training it sinks layer by layer into the body to increase internal vitality, unveil and amplify our subconscious, unconscious and bodies wisdom. In this qigong practice, the “Qi” feelings become very clear/tangible, not theoretical, and awakens an Internal-Energy-Feedback-System to connect one to their personal truth/guidance system. This leads one to deep levels of self-realization, self-refinement and self-mastery to obtain true internal freedom, peace and happiness and live by one’s true authentic nature.

Then, we create an energy matrix to activate and recharge our Internal Power Station/ (Kidney Center). The Internal Power Station is the power source for the bodies internal electrical energy to support the body for its work. In addition, the kidney center vitality is directly related to Adrenal Gland health, stress capacity, healthy blood, strong body and bones, internal confidence and strength, or feeling excess fears. Next, we use the Ancient Taoist Masters secret finger positions and hand mudra knowledge to isolate, activate and cultivate any specific area of the body to complete the entire energy system development.

By now, hopefully you have sensed that Qigong is a unique training that could possibly assist you with your life and health. If you are interested in enhancing your mental, emotional, physical or spiritual health then my Yi Ren Qigong might be a great fit for you. The following is a list of some things the training can help people with: Enhance sleep, balancing energies and hormones, including adrenal glands, thyroid and reproductive system (like PMS, pre & post menopausal & fertility) internal peace & happiness, creativity, overcome emotional imbalances like excess fears, anxiety, depression, low self-esteem & confidence, ADD & ADHD. Increase willpower, self-awareness & consciousness, slowing down an overactive mind, self-Love & Respect, increase energy levels, & much more. Age range: teenagers through seniors. Simple & physically gentle standing & sitting qigong (Energy) exercises.

Brendan Thorson LMT. Owner and operator of the Noble School of Qigong in New York, NY. Began practicing qigong and Tai chi in 1994 and Yi Ren Qigong in 1999 and teaching Yi Ren Qigong in 2001. Teaches private classes, weekend workshops and healing sessions. Brendan’s website is www.Qigongedu.com. Brendan Thorson will be appearing at the NEWLIFE EXPO in New York City, March 17-19. You can reach him at qigongedu@gmail.com or (206) 354-8216.
What is spiritual healing? – There’s a whole invisible world around us that we can tap into, but most of us are just not aware of how to do this. When we do connect, we can hear and sense guides and spirits. We can also channel healing energy to others and ourselves, receive guidance and manifest things, including money.

**HOW CAN WE USE SPIRITUAL ENERGY FOR HEALING AND EVEN ATTRACT MONEY?**

Around our body we have an energy aura, which is where we store our thoughts, experiences, and karma. We have seven main chakras in our body as well as many smaller ones. Each chakra is an energy center and is associated with different emotions, physical organs, and spiritual relevancies.

We often attract negative energy into our aura, which can slow down or block our chakras. When our chakras are working efficiently they are bright, beautiful lights, rotating in the proper speed and direction for us. A medical intuitive is able to tune in and sense a person’s energy. I can often “feel” if their chakras are shut down. Actually, spirit shows me by using my body as a gauge and allowing me to sense their issues. These may be physical or emotional, even financial. Every time we experience something negative, if we don’t fully release it, we will hold a part of it in our energy field.

Start thinking about things that happened in your past that still prompt an emotional reaction in you. Think about what hurtful things people have said to you over the years, which still bother you. When you start looking over your life and thinking about when you felt wronged or when something “bad” happened to you, how do you feel about it now?

When you think about a former romantic partner and that unforgivable thing they did, do you look back with love and light and forgiveness? If you do, you’re an angel! Most of us are still irked when we think about that jerk and what they did. But this person is long gone and the only one who is still bothered is us. When you feel strong negative emotions about things from years ago, these are your “triggers.” It’s like a small part of their energy was left embedded in you – yuck!

If a trigger is associated with a romance, it is going to be in your abdominal area (e.g., stomach, ovaries, intestines). If it is caused by something your mom or dad said to you that hurt, it is going to build up in your hips and thighs. That’s why you can’t lose that last bit of weight from your thigh! Money and financial stress is often going to show up in your lower back.

The good news is that even though we have accumulated this energy, we can just as easily dissolve it. A spiritual healer can often help you to shift your energy, but the real healer is you. You are the one who need to be open to this energy shift. Start thinking today about the triggers you are holding on to. Ask spirit to help you release these negative feelings. As you release old thoughts, you may notice that your health improves. This is because it is all interrelated. Our thoughts create our physical existence. As you release negative feelings, you may even notice an improvement in finances.

Gail Thackray medical intuitive/medium. She will be speaking and doing demonstration readings/healings at the NEWLIFE EXPO in New York City, March 17-19. Many report spontaneous healings and a powerful connection just from attending Gail’s events. Visit www.GailThackray.com for information.
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Those of you that listen to my hugely popular #1 rated show, Strange Universe Radio, on www.FreedomSlips.com Monday through Friday from 6pm to 8pm EST, or have seen me speak live and in person at the NEWLIFE EXPO over the years, have heard me predict that Hilary Rodham Clinton would “never, ever, never, never, EVER be president of the United States”. That Donald Trump would win the election though he was down by as much as 10 points in the “Fake” media polls. Also that we would see the stock market hit 20,000, which it did earlier today as I write (January 25, 2017). We are now looking at a vast fresh and clean political landscape that for the first time in nearly 40 years does NOT have a BUSH or a CLINTON in it.

But as far back as 1994 when I predicted the attacks on Washington DC and New York City in 2001, then later in 1998 predicting the media would blame Osama Bin Laden for the Military/Industrial Complex 9-11 inside job, and that George W. Bush would be SELECTED President, I said there would be another great Civil War in this country, and it looks like we are on the verge of it now.

Are we more divided as a nation than we have ever been since just before the Southern War for Independence, inaccurately called “The Civil War”? Or are we not as divided as the Mass Media wants you to think? Remember that even the most absurd and ridiculous concerns of the so-called “Left” are enormously amplified by their complete and total control
of the Establishment Media, run by only six men manipulating the 25,000 forms of communication that propagandize every thing you see, hear and read everyday. The Internet and the Alternative Media, with radio shows like mine, are all that save you from their total domination of information with the truth.

The yearning for freedom, independence, and the release from the tyrannical totalitarian control of The New World Order is a siren call being heard around the world. With the British BREXIT VOTE, the ascendance of Trump, and coming rule of Marine Le Pen and her National Front in France are all after effects of the great 2012 Galactic alignment. For the first time in 26,000 years, a thick dark veil of unconsciousness has been lifted off the right side of our glorious brains, releasing our intuition, our oneness with the Universal Mind and our access to QUANTUM TIME, with all of time and space, all there, all at once, buried in our noggins.

However, even the heavens are showing grand conflict and division, as the astrology for America in the next few months truly dividing the United States in half. Tem Tarritar of The MOUNTAIN ASROLOGER magazine did charts for the next two coming historic solar eclipses coming on February 26th and August 21st of 2017.

Solar eclipses [New Moon] correlate with major endings and new beginnings, usually related to the meaning of the [natal] astrological house in which they fall.

The February 26 solar eclipse at 8° Pisces cast for San Francisco (all charts use the moment of eclipse maximum) features a dramatic and volatile Mars – Uranus – Eris – conjunction at 22° Aries all opposing Jupiter at 22° Libra. At this time we are looking at a huge fight over not only ONE, but also possibly TWO Supreme Court nominations, as I see what looks like a death or resignation of another justice around this time. You will also see riots across the nation, and terrorism and an explosive event as the opposition has a 45°/135° relationship with the eclipse point of Pluto in Capricorn and Vesta in Cancer that complete a cardinal Grand Cross bringing sudden changes, chaotic actions and death events Jupiterian people like judges and politicians, business executives or institutions.

The eclipse itself is conjunct oceanic Neptune so whatever the “Sea Change” is it will involve massive flooding and pollution. We must use this crisis to propel our spiritual/artistic growth forward to make the best of it.

Powerful new technologies are about to be advanced as Trump orders DARPA to open its files and release incredible energy tech, including power cells that run on silver and hydrogen that will tap into DARK MATTER!

The monumental August 21, 2017 total solar eclipse in the Royal sign of Leo cast for Washington DC, crosses the entire width of the US. Widespread changes in leadership are indicative including monarchs, (Death of the Queen of England. Charles being passed over for William) partly due to the close time from the eclipse point at 28° Leo to Uranus and Aries. One can easily imagine Trump’s short honeymoon being over and the country emboldened in political battles if not riots across the nation, but surely impeachment hearings can’t start this soon – can they?

More climate extremes affecting agriculture, food supplies or other basic human needs. The Eclipse path itself travels through mostly “RED STATES” but symbolically may be pointing to an increasing polarization of the US population.

The last time we saw a “mother” eclipse like August 21st occurred on January 4, 1630, 910 days before the first colonial Constitution in Hartford, Connecticut. So Aug. 21st will be some kind of “NEW BEGINNING” for all of North America.

August 21st will directly affect Silicon Valley, the Oakland East Bay and Sacramento in California with what could be shattering earthquakes within 60 days.

It will also bring POSITIVE CHANGE for Syria, as Jupiter brings improvement to that horrific situation and an end to that bloody CIVIL WAR.

Changes are coming, and please remember that the only real truth and change is within our own hearts.

Sean David Morton will be appearing at the NEWLIFE EXPO in New York City, March 17-20.

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