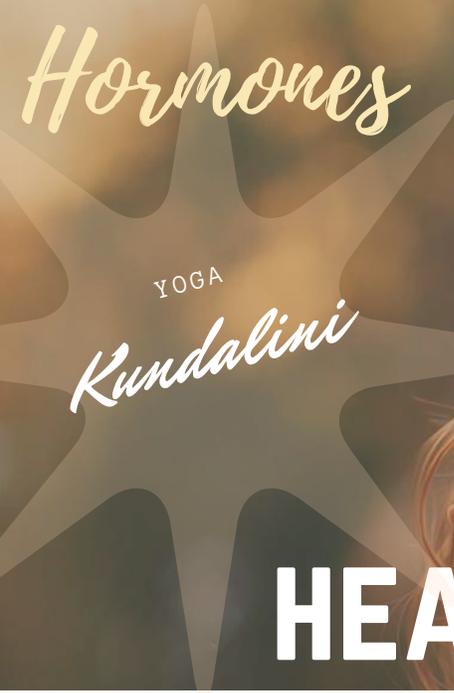


WINTER 2020 - 2021

ISSUE 3 | VOLUME 2

V'WELL

a zone of peace for your soul



Hormones

YOGA

Kundalini



Karma & Dharma

*Healthy
Recipes*

HEALTH & WELLNESS

Mental Health ~ Fitness ~ Yoga ~ Meditation ~ Ayurveda

WINTER 2020-21/ Take action ♥



Be Well! ♥

INSIDE DELOK



MISSION

PURPOSES AND PHILOSOPHIES

V'Well is a didactic source for self-awareness and self-realization that encourages learning, positive practices, and precise reactions through physical, mental, and emotional balance.

VISION

THE PATHWAY

Functional and Integrative platform for Health and Wellness from modern and alternative methods and techniques based on history, science, philosophy, and metaphysics, that motivates our readers and users to pursue a healthy and natural lifestyle.

OBJECTIVES

SMALL STEPS

PROMOTE EMPATHY:

Leading healthy interactions towards oneself, community and nature.

BALANCE:

Aligning physical, mental and emotional individual states.

FAVOR CHAIN:

Building an advocated and sustainable unconditional love network of volunteers.

INDIVIDUAL LEARNING:

Motivating methods and techniques to improve your health and wellness.

WINTER

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EDITOR'S NOTE

Welcome to these lovely pages of V'Well created with the purest intention of sharing light with our readers.

V'Well is bringing this Edition fulfilled with the richest health and wellness information focused on synergy, balance, empathy, collaboration, compassion, and intuitive sensibility. For every person living their individual process of learning finding sources and platforms of valuable contents is transcendental.

Take a break in your daily routine, remember the final purpose of being alive, and take some minutes to meditate on V'Well contents. Every step is an important movement for your spiritual growth and personal development. Be constant on your purpose even if you decide to change the road.

We hope you find through this Edition an important message or knowledge that aids you to find your destination bringing joy, happiness and so much love to your spiritual path.

VAL



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GLOSSY

Highlights in your mind

1

BHAGAVAD GITA: sacred Hindu book composed of 701 verses. This holy scripture describes a dialogue between Pandava and Krishna.



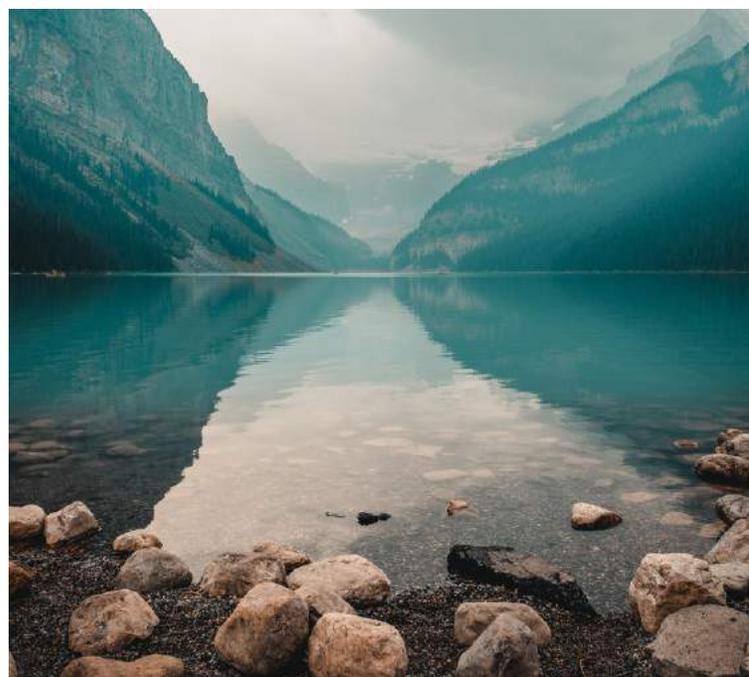
2

KRIYAS: refers a set of exercises that includes breathing techniques and sound mantras to balance the chakras.



3

CIRCADIAN: are behavioral rhythms that follow a 24h cycle. In biology, all organisms naturally respond by time intervals.



4

SHISHIR: is one of the Indian seasons and corresponds to the last months of the winter season. In Hinduism Hemant and Shishir Ritu conform Winter.

5

TAOIST: ancient philosophical tradition of Chinese origin that instruct disciplines for achieving perfection getting align with the rhythm of the Universe.

6

TAOLU: is a martial art practice of repetitive patterns. The movements are the basic forms of the traditional Chinese style.

7

SHAOLIN: is the Buddhist Monastery or Temple located in Henan province, China. Conserve the sacred connection with Zen practices and martial art.



Winter Vibes

**BE YOUR OWN EXPRESSION
OF PERFECTION**



Aura

BY VALERIA

What is in your mind influences your life. The Bioenergetic Field also known as "Aura" is constantly attracting to your life the same frequency and vibration on the future results or effects. This explains the basic principles for the popular Law of Attraction.

Feelings, emotions, intuition, and intention are Energy sources. They will only vary within the love and fear spectrum. Thoughts and feelings compose your Energy Vibration and Frequency through your Aura. Love has a high and fast frequency and vibration, including happiness, empathy, joy, pleasure, etc. & Fears works slow and short through anger, sadness, hate, anxiety, etc. Your positive (or negative) feelings are creating your bioenergetic field under the same harmony.

Energy is associated with a Feminine and Masculine concept in which Feminine refers to Feelings from the heart (electromagnetic) and Masculine, Thoughts from the mind (Electric). Spiritual schools and metaphysics explain the optimal results through pursuing order and balance. Cymatic defines the flow and harmony in the frequency and vibration that create patterns in nature. The Aura will be represented as a fractal structure in constant movement and transition.

As we become more conscious, the more we improve discernment and reasoning to make decisions in life. As human beings, "intellect" is a privilege of our species but the intention shared in each decision, word, act, or thought will conclude the final effect in our Aura structure aligning the future effect.

CHAKRAS

The complexity of the human mind design and behaviors is still not possible to accurately be described. However, learning about the Chakras will help students to land in simple and practical steps on how to start balancing your own energy through a self-study and self-discovery path. To learn more about Chakras please check our previous edition Autumn 2019-2020.



Karma & Dharma

Karma is a term in Buddhism and Hinduism that refers to a cycle of Cause and Effect without any positive or negative judgment. The result is determined by the Energy that drives the action. Every second Karma is being created by each of us but depends on the Intention of our deeds, words, or thoughts to generate a positive or negative consequence. According to this practice, Karma is accumulative throughout lives and that would explain the different people's experiences in life.

Every life is picked by the soul in order to work, heal and release blockages. Family, relationships, bodies, personality, it is unique for each soul evolution to reach higher consciousness and spiritual level. Every life experience refers to a lesson to learn. Throughout attention, awareness is reflected.

The intention will determine the Karma. The cause will trigger an effect that can be positive or negative. Love and Fear are the two opposites in the spectrum of feelings. 95% of the Unconscious mind will finally mand the intention. The Conscious 5% plays a channeler role influencing the decisions.

Dharma refers to the synchronicity and harmony of your Energy. This Energy irradiates your Aura. For this Spiritual school, a perfect balance in life will activate the Dharmachakra and will turn perfect manifestation and abundance. A good Karma or Dharma will be also accumulated in the soul existence. Exist different types of concepts for Karma based on the individual experience:

- **Vikarma: is all about your low Instincts, bad habits, the work we know is not good for us, but anyway we do it.**
- **Akarma: is the work we do without a negative reaction, is the way we heal our negative Karma.**
- **Sanchita: is the total of our Karma accumulated, including good and bad deeds.**
- **Prarabdha: is our present Karma, all that we can not change because is our reality in the present. Like our Body, Nationality, Family, Illnesses, etc.**
- **Kriya: Is the Effect not manifest yet. Is related to our Free Will, and the capability we have to take decisions in Life. Is the open option in this moment to decide to create a Positive or Negative Reaction, by our Actions.**
- **Agama: Is the liberty of the Free Will thought, as the first stage to manifestation, our Mind Control will start the cycle of our Karma.**

The Book Bhagavad-gita in the 14 Chapter explains about 3 Modalities in Nature driven by Emotions. Goodness, Passion, and Ignorance. Goodness is associated with yellow, sweet flavor, and is motivated by acceptance. Passion is red, spicy flavor, challenging motivation. And Ignorance, Ego or Fears, will be associated with the blue color, bitter flavor and scare motivation. These also called flavors, will drive the intention. Intentions may merge the flavors.



YOGA KUNDALINI Un-coiling Kundalini Yoga

by BellaBianca

Kundalini yoga practice is more active than the majority of western yoga classes. It emphasizes mantras, breathwork, and the spine. Its primary focus is to awaken, un-coil, and ascend the energy from the base of the coccyx, or tailbone. As with any yoga, it aims to heighten our consciousness and shifts our reactive mind into a neutral mind. In Kundalini, this shift happens when we move through ourselves: through our vibrations, health, thoughts, and emotions.

Vibrations

Kundalini founder, Yogi Bhanan says that “we call this life a vibration” so it’s no mystery as to why mantras are an integral part of Kundalini yoga. Vibrating vocals reminds us that we’re made of moving cells within multiple systems. Even in meditation, we are not static.

When chanting, we control our mind through the sound and as we listen, we heighten our awareness of it; we simultaneously create and witness the waves in our body. As adults learning to hear frequencies and *become* that witness, we can learn from infants: the sound heard in children under two years old is

“Anahat.” This sound is lost by the age of three, yet it is heard during the most effective meditation when mind, body, and spirit come together.

Sounds of Health

Because we outgrow the “Anahat” sound due to societal pressure, the most effective meditation is not instantly created. We can explore other techniques that do bring us closer toward an altered state of consciousness—toward a better health. These Kundalini techniques are known as kriyas. Physical and mental happenings are initiated that affect the body, mind, and spirit. One example is Sat Kriya that pumps the naval and strengthens the heart. The connected chant is “Sat Nam” meaning “truth is my essence.”

To un-coil means that there is also an emphasis on spinal health. In the beginning of practice, a cushion lifts the tailbone above knees to ensure that back muscles are not holding up the sitting pose. This also opens the thoracic area, avoiding constricted breathwork. From sitting, the body inhales the spine upward in a convex manner and exhales it down in a concave manner.

Following this is a series of spinal twists, extensions, and contractions. These movements keep spinal fluid moving and ring out toxins. The convex and concave

movements are reinforced in sun salutations through backbends and forward folds. Our ability to transition through poses is like a barometer: when stressed or sick, we lose mobility because of tight fascia, weakened immunity, or precise water amount in our tissues.

Sensing Numbered Emotions

When our spine functions in a healthy way and we are physically open, we’ll open parts of ourselves along the endocrine system with which we are subconsciously struggling. For instance, Sat Kriya brings conscious awareness from buried emotions forth: childhood, infertility, self-esteem, and love. We may respond with tears because we’re massaging the organs that house these themes.

In Kundalini, we move up through energy points, chakras, that hold our stories. Awareness changes our stories and thoughts as we experience what Bhanan describes as ‘limitless’ rising. We un-coil weaknesses, doubts, fears, and shadow selves in order to find the higher, present self.

Ashtanga: Yama

By Sarina

To review since the last issue, Ashtanga developed thousands of years ago in India as a system of purifying the human to expose the sovereign soul. This Sanskrit word translates to "eight limbs," defining eight aspects of self we can focus on, and individually evolve to elevate our human experience.

Yama is the first limb of Ashtanga, and can be understood as moral. Moral is how one behaves in the world and to others, and controls the primitive urges. It is broken down into five bullet points that are vital to embodying Ashtanga in its totality:

1. **Ahimsa**: non-violence; This is the foundation of Yama. No violence in thought, in words, in intentions, in actions, towards anyone or anything. To observe the thoughts in full awareness is to decrease hatred, jealousy and low-vibrational projection. Be of dignity, and stay conscious of the ego.

2. **Satya**: truthfulness; Demand integrity from self. Choose real over nice, growth over belonging, and self-expression over self-indulgence. Choose not to act out of compulsion, fear, or the sake of showing off. Feel into transparency and act in this vibration, and conflicts will disappear.

3. **Asteya**: non-stealing; To respect the right of property of others, and remove the thought of having something that does not belong to oneself. This applies to not only physical material, but desires for people as well. This puts into practice self-value, looking inward rather than outward for satisfaction, and halts self-sabotage, judgement and criticism.

4. **Brahmacharya**: conservation of energy; To master one's own senses. Being in the now in the deepest sense results in the wonder of every moment and every action's sacredness, rather than the misery of excess. The highest form of this practice is celibacy, or the conservation of sexual energy, also interpreted as source energy. This is life in its purest essence. Related is epistemology, or how we come to know things, a literal translation being the path of prana (life energy.)`

5. **Aparigraha**: non-attachment; Do not keep what you do not need. Do not accumulate, or deprive someone of having something just because one craves possession. Material things can vanish at any time, so to have full intimacy with the moment, we must learn to let go and form a true appreciation for life. This is simple living.

To conclude, the yamas invite us to be present in our behavior, while allowing ourselves to act as positive extensions into the world. Next season we will engage with the second and following limb of Ashtanga: niyama!

#Empathy

THE SCIENCE OF
LOVE





NATURAL ANTIOXIDANTS

BY DEEPTI

Antioxidant Vitamins

The antioxidant vitamins include Vitamin A, Vitamin C and Vitamin E. Good sources of Vitamin A include sweet potato, carrots and egg yolk. Good sources of Vitamin C include lemons, oranges, kiwifruit, mangoes, broccoli and spinach. Good sources of Vitamin E include sunflower seeds and wheatgerm oil. These antioxidant vitamins are significantly potent in delaying the aging process and maintain favorable physiological conditions of the skin.

Carotenoids

The carotenoids category of antioxidants include pumpkins, mangoes, apricots, and carrots that contain beta-carotene. Other carotenoids include lycopene found in tomatoes and lutein found in kale. This category of antioxidants improve eye health, lower inflammation, avoid formation of plaques in arteries, build a strong immune system, support mental health and contribute to one's longevity.

Phenolic Compounds

Also known as polyphenols, foods with phenolic compounds offer best protection against oxidative reactions acting like scavengers against free radicals. Examples include Flavonoids found as flavanols in cocoa, anthocyanins in eggplant, grapes, blueberries, quercetin in apples and onions, and catechins in green tea. Besides antioxidant effects, phenolic compounds have antiviral, anticancer, and anti-inflammatory properties.

PROTECTION FROM DAILY CELLULAR DETORIORATION

Human body is subject to deterioration every single second due to anti-forces of oxidation working within us to create 'free radicals' that damage the core foundation of our existence: the cells. Thus, adopting the acts of protecting body against free radicals ensures our cellular structure to receive the least amount of damage. This damage shows up as accelerated aging and a variety of diseases from heart disease to cancers. The biggest protection against free radicals are antioxidants, some of which are produced internally by our body, and most of them must be consumed through an antioxidant rich diet.

Natural Antioxidants

The term 'Antioxidant' collectively refers to a group of compounds that possess the power to counteract free radicals and neutralize them. Natural foods like fruits, vegetables, herbs and spices are a great source of natural antioxidants, and can be broadly categorized as 'Vitamins', 'Carotenoids' & 'Phenolic compounds'.

Physical Health Benefits of Antioxidants

The powerful impact of antioxidants can protect us from a number of health disorders including vision loss, joint inflammation, protection against nerve cell damage, aging process, cellular deterioration and even spread of cancer.

Unexplained skin rash, or a state of constant fatigue? Allergies, or a never-ending headache? Or worse, a feeling of constant unease, bloating and distress in the body? It is more than just a physical symptom. There is something constantly irritating the system creating a nasty immune response that may make one feel sick in routine life regularly. Gluten and caesin seem to be coming up as distinguished culprits entering our body through different common foods that we consume on a regular basis.

GLUTEN :

Gluten is a protein found in commonly used grain and grain products like wheat, barley, rye, processed oats, bakery items, cakes, cookies, breads and pasta to name a few. A gluten reaction may show up as sensitivity, allergy, skin rash, abdominal pain, bloating, cramps, unexplained weight gain or an anxiety or depression episode.

CASEIN :

Casein is a protein found in dairy and dairy products including milk, yogurt, butter, ice cream, cheese or even milk powder. A casein reaction may show up similar symptoms like gluten response including gastrointestinal reactions, inflammation and heightened immune response.

What to Eat?

A gluten and casein free diet includes cutting down of refined and starchy carbohydrates, gluten-containing grains and their by-products including barley, rye, wheat, breads and casein from dairy and its by-products. Foods to include are seasonal fruits and vegetables, gluten free grains including millets, quinoa & amaranth, nuts, seeds, eggs, unprocessed animal food, legumes, oils, herbs and spices.

What to Expect?

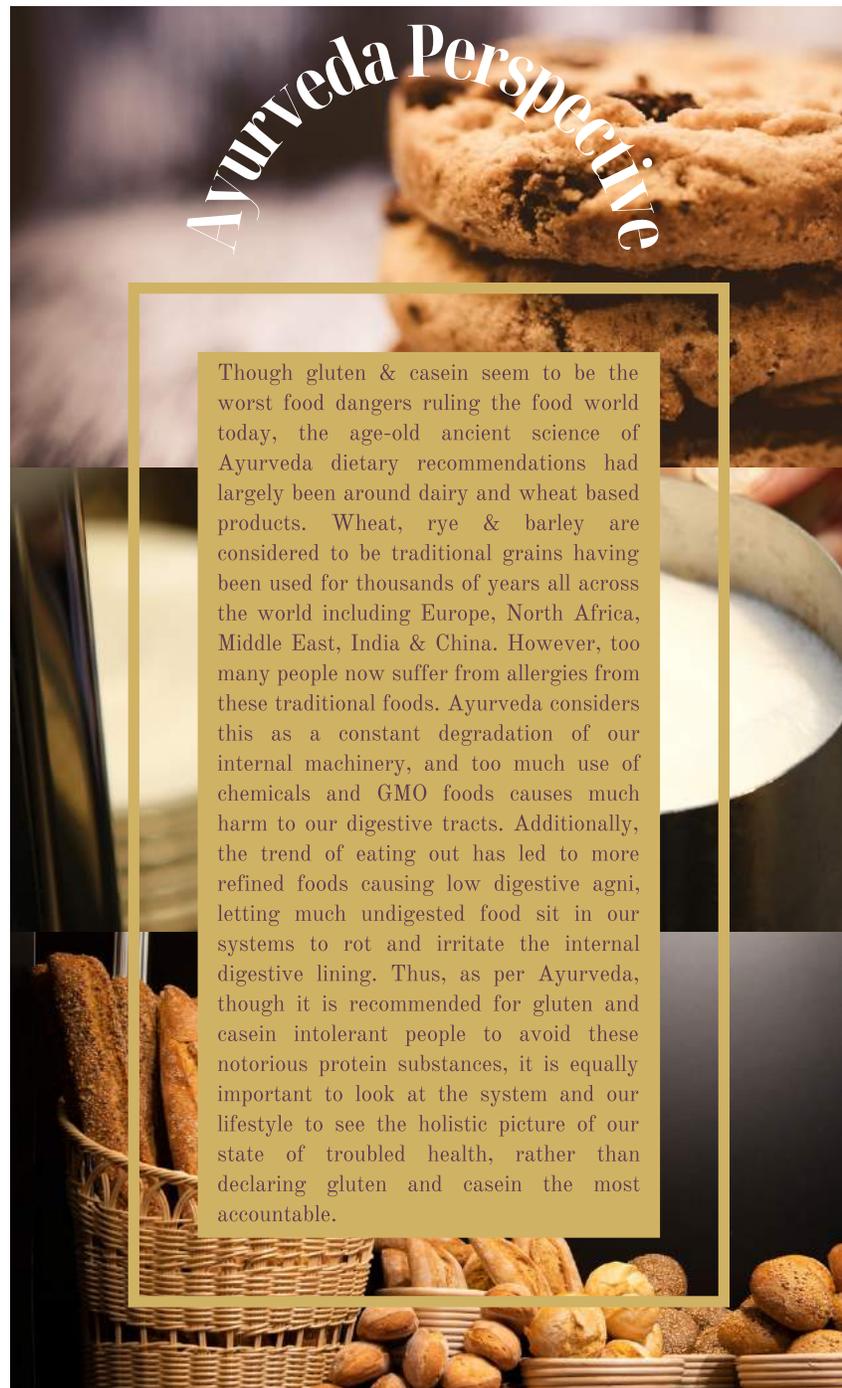
Research has shown drastic improvements happening at physical and emotional level when on a gluten-free and casein free diet. Some of the improved symptoms include better bowel health, improved constipation, reduced incidences of sickness and infections, skin health getting better, improved moods, controlled headaches, lesser fatigue and better ability to focus.

GLUTEN & CASEIN

BY DEEPTI

Ayurveda Perspective

Though gluten & casein seem to be the worst food dangers ruling the food world today, the age-old ancient science of Ayurveda dietary recommendations had largely been around dairy and wheat based products. Wheat, rye & barley are considered to be traditional grains having been used for thousands of years all across the world including Europe, North Africa, Middle East, India & China. However, too many people now suffer from allergies from these traditional foods. Ayurveda considers this as a constant degradation of our internal machinery, and too much use of chemicals and GMO foods causes much harm to our digestive tracts. Additionally, the trend of eating out has led to more refined foods causing low digestive agni, letting much undigested food sit in our systems to rot and irritate the internal digestive lining. Thus, as per Ayurveda, though it is recommended for gluten and casein intolerant people to avoid these notorious protein substances, it is equally important to look at the system and our lifestyle to see the holistic picture of our state of troubled health, rather than declaring gluten and casein the most accountable.



GHRELIN & LEPTIN

BY DEEPTI

Ghrelin & Leptin The Hunger Hormones

That lifetime of a see-saw rise and fall kind of a feeling between hunger and satiety is much controlled by hunger hormones Ghrelin & Leptin! These two hunger hormones work in tandem to guide your brain to let you know when to eat, and when to stop. Ghrelin increases appetite, while leptin decreases it. A balance of these two hunger hormones is the key to maintaining smooth functioning of metabolic processes and ideal body weight. Let's look into these hormones in detail:

Ghrelin

When your body signals hunger, remember Ghrelin! Ghrelin is released in the stomach and travels all the way through the bloodstream to signal the brain of the body's need to eat. As you begin to get full when you eat, ghrelin drops down and leptin comes to play letting your brain know it is time to stop, stomach is full. Ideally, as per research, once you are full, the ghrelin levels drop for the next 3-4 hours till the time body is digesting, assimilating and absorbing nutrients from the previous meal. Probably, that's the reason, we are often advised to have 3 meals a day at a gap of 3-4 hours each.

Ghrelin is considered to play a big role to in weight maintenance. As the ghrelin levels increase during a diet program and hunger intensifies, it becomes all the more difficult to maintain weight when you constantly keep getting hunger signals. The main task of this hormone is to increase the appetite to motivate more food (and calorie) consumption, and store the fat thereafter.

Controlling Ghrelin

Ghrelin can be seen as body's intelligence beyond human control. However, controlling ghrelin is a matter of working on one's lifestyle and habits to get this intelligent hormone under control.

Helpful Pointers:

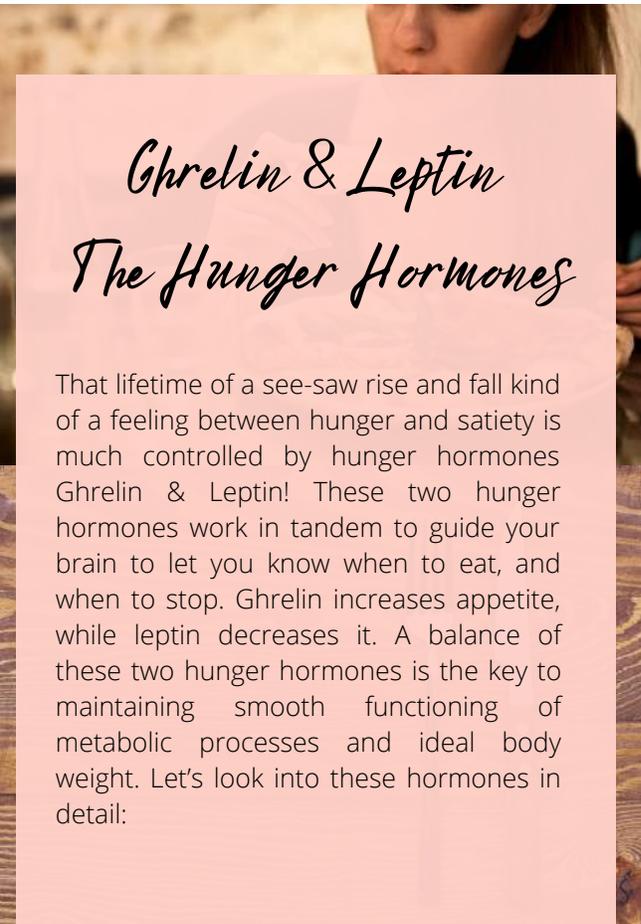
- Maintain optimal weight; Any extreme weight change may alter ghrelin levels in blood.
- Ever notice how sleep deprivation leads to emotional binging? Research suggests poor sleep leads to increased hunger and weight gain.
- Exercise to increase muscle mass which ensures fat levels dropping and contributing towards decreasing hunger signals.
- Consume good quality protein to induce feelings of fullness and reduce hunger, which is backed by decreased ghrelin levels.

Leptin:

When your body signals satiety, remember Leptin! Leptin is the appetite suppressing hormone. Unlike ghrelin that is produced in the stomach, leptin is produced in the fat cells (adipose tissue) and sends the signals of satiety to the brain to reduce appetite and makes you feel full. The leptin signals coming from fat cells communicate to the brain of enough fat stored preventing overeating. For this reason, leptin is also known as 'fat controller'. However, leptin does not work on meal to meal basis, rather, it performs the higher task of altering food intake based on overall energy expenditure in the long run. With weight dropping down, leptin levels fall too, and this may induce increased need for food.

Regulating Leptin

- Consume enough fibre from whole grains and legumes. The feeling of fullness produced with such foods sends signals to the brain to produce more leptin.
- Limit consumption of processed foods. The more you eat processed foods, the more you need them restricting the role of leptin in creating feelings of satiety.
- Consume ample protein and omega-3 essential fatty acids and avoid calorie restriction.





BY MAIREAD

Ayurveda Yoga

The science of Yoga and Ayurveda bears its roots from ancient times, lands from long ago, where mystics were renowned and sought out for their wisdom. Ayurveda has been revered as the 'Medicine of the Gods'.

More relevant today than ever, society is chasing the next panacea for physical and emotional health, Ayurveda teaches us that balance is our natural state and when we align with nature through circadian medicine we allow the body to access its innate intelligence to heal, evolve and transform.

Ayurveda Yoga is the deep dive into the two sister sciences that when practiced together give the deep purification of all four bodies; the physical body that makes up the cells, tissues and organs, the pranic or emotional body, the mental body that is made up of the mind and thoughts and the psychic body, the heart and seat of consciousness.

The three doshas or forces arise in different proportions unique to each individual and form the human being- the microcosm of the universe. Air and Space combine to form Vata, Water and Fire produce Pitta and Water and Earth combine to form Kapha. Balancing the doshas results in harmony with nature thereby increasing the support of nature, bliss and one's ability the evolution of individual consciousness.

The doshic constitution of an individual is the genetic blueprint that gives us information to support our unique physiology to maintain health and wellness. Dosha means 'fault' in Sanskrit, and the beauty of knowing your doshic constitution means that you are able to cater your diet and lifestyle that truly supports your physiology, mind and emotions.

We are all so unique, different likes, aversions, different crutches we lean into when we are stressed or imbalanced and Ayurveda gives us the wisdom to bring the body-mind back into balance and to maintain this harmony to ensure optimal health. Ayurveda is primarily a preventative medicine and promotes the specific dinacharya, or daily routine, that supports your unique constitution, diet and lifestyle practices to maintain balance and harmony

Vata balancing sequence:

Vata requires regularity, grounding and nourishment. For Vata pacifying yoga, heart opening, floor sequences are required. A focus should be placed on strengthening the vata physiology, mind and emotions. Yoga Nidra and relaxation is essential for the Vata individual and for balancing vata.

Applying apana vayu balancing breathing exercises are important to encourage the downward flow of energy. As Vata is the only mobile dosha it can initiate the movement of the other doshas creating imbalance.

Vayu is responsible for 75% of all initial cause of disease-the only mobile dosha that motivates and moves the other two doshas. If you take care of vata- you will take care of all the doshas. The five subdoshas of Vayu are- Prana, Vyana, Samana, Apana and Udana.

Pitta balancing sequence:

Yoga for Pitta balancing should be focused on cooling, acceptance and fun. Pitta dosha is notorious for being critical and competitive. A strong focus should be placed on having fun during the practice.

Practice to 75% effort, let go of perfection, competition and judgement, practice hatha yoga with a focus on breathing and stillness.

Pitta is responsible for the transformations within the body-mind. The pitta balancing sequence should focus on Samana Vayu, Agni- twists and holding postures in plank and chair pose.

Kapha balancing sequence:

The kapha balancing sequence should incorporate a stimulating, energising yoga sequence; sun salutations are one of the best as they energize and revitalize the body mind. Incorporate kapalabhati breath into the sun salutations. It should be practiced fast paced encouraging a sweat and increased heart rate.

The focus of the kapha sequence is on creating warmth and space. Breath of joy is a great warm up for Kapha balancing, and maintaining breath work throughout the sequence is important to allow the flow.

Winter 2020 - 2021



Calm

IT'S A SUPERPOWER



THE SCIENCE OF LOVE

Cingulate Gyrus

This important portion of the limbic system of the brain is responsible for the regulation of behaviors through the perception and expression of emotions. It is associated with Empathy as a sense of self-reflex and perceptibility of external events.

The cingulate gyrus connects both hemispheres of the brain. The dendritic communication in between enhances with the presence of estrogen. This explains women's ability for higher sensibility.

"The Science of Love" - Empathy

The perception through the senses is scientifically associated with the secretion of certain hormones. The neural hormone vasopressin is a strong modulator in vertebrate behaviors. Its role acts over the circadian rhythm, social recognition, and affiliation. Neuroscience discovered cells in the olfactory area that perceive and translate the ability to recognize vasopressin by smell.

The activation of chemical components during the emanation of feelings and emotions includes also oxytocin, serotonin, dopamine, endorphins, and enkephalins. The regulation of internal chemistry and metabolism will influence the overall organism balance health.

BY ALINA

HEALTHY GUT



The Happy Gut Diet Ultimate Shopping List:

1. Healthy fats
2. Nuts and seeds
3. High-fiber, low glycemic carbs
4. Non-starchy vegetables
5. Hypoallergenic proteins (pea, rice, hemp, flax, chia)
6. Clean and lean proteins: hormone-free grass-fed beef, lamb, free-range poultry, wild-caught, cold water fish (not farmed), wild game (boar, bison, pheasant, elk, venison)
7. Probiotics: Cultured foods, such as yogurt and kefir, fermented foods such as fermented vegetables, kimchi, sauerkraut, and cultured beverages, such as kombucha or coconut water kefir
8. Prebiotics: Raw chicory root, Raw Jerusalem artichoke, Raw dandelion greens (or tea), Chickpeas, Raw garlic, onions, and scallions, Inulin powder
9. Soluble fiber foods: Green apples, blueberries, oranges, strawberries, beans, lentils, carrots, celery, cucumbers, whole grain oats, ground flax seeds, and uts
10. Insoluble fiber foods: Brown rice, broccoli, carrots, celery, cucumbers, dark leafy greens, fruits, green beans, nuts, seeds, whole grains (ex: quinoa, buckwheat, barley, millet, oat bran, pumpernickel, etc.)
11. Lots of water!

Healing Your “Second Brain”

Your gut is the key factor contributing to your overall health. Your gut not only impacts how your physical body feels, but it can also affect your mental health. This is due to the Brain-Gut connection we humans have. This connection is further explained below:

- 95% of the “feel-good” neurotransmitter serotonin is produced in your gut, NOT your brain!
- Our brain talks to the gut through the vagus nerve (involved in digestion, absorption, and metabolism of nutrients, as well as gut permeability)
- There is such a thing as a “Nervous” gut which is characterized by:
 - Food sensitivities
 - Overactive gut-associated immune system
 - Dysbiosis (i.e. “bad” gut bacteria have taken over; opposite of symbiosis)
 - Leaky gut syndrome
 - Small intestine bacterial overgrowth
 - Low stomach acid
 - Yeast overgrowth
 - Gut inflammation

Happy Gut Diet

BY ALINA

blue ginger smoothie

Ingredients (serves 1-2):

- 1 cup frozen blueberries
- ¼ cup white Brazil nuts
- 1 ½ cups filtered water
- 2 tsps chlorella (available in powder form at health-food stores)
- 1 large handful of spinach
- One 2-inch piece ginger, peeled and finely grated (about 1 tbsp)
- 1 tbsp coconut oil
- 1-2 scoops protein powder (no sugar added)
- ¼ cup almond milk (optional)



Directions:

1. Add the ingredients to a high-speed blender in the order listed
2. Blend until smooth
3. Serve chilled and enjoy!



Health Benefits

- High in selenium
- Good source of Medium chain triglycerides (MCTs)
- High in antioxidants & minerals

DIGESTION & ENERGY

BY DEEPTI

Macrobiotics is a dietary & lifestyle philosophy based on cosmic principles of expansion and contraction of nature's energies. These energies are referred to as yin & yang in Traditional Chinese Medicine, and it is believed that everything in the universe vibrates somewhere between yin and yang energies at various frequencies. This includes cosmic vibrations, human vibrations and plant-kingdom vibrations. Macrobiotics is an intuitive approach to balancing these vibrations in the human body by using foods and nature's energy as a tool and guiding force.

The Basis of Yin Yang

Principle of Macrobiotic Diet

George Ohsawa's 'Order of Universe' is the ideology stating the universal cosmic principles governing the cosmos and each life form on planet Earth. The yin yang philosophy thus echoes the universal principle that everything in the universe has an opposing, polar yet inseparable aspect associated with it. The ideology aligns with the thought that humans are spiritual beings and the path of spirituality passes along through the body/physical medium. Thus, a diet rooted in the idea of creating balance in the body then paves the path for achieving higher goal of aligning the mind for spiritual pursuits. And that's the goal of Macrobiotic diet-to bring balance in yin and yang that equally exists within human body too.

The Yin Yang of Macrobiotic Diet

Macrobiotic way of diet is strongly rooted in living according to the natural order of the universe. It strongly resonates with how nature's energies change indicating the need for change in human activities too. For example, the Sun represents yang and Moon represents yin, similarly the phases of activity in human life resonate with energy, heat, activity that represents Sun energy and phases of rest, stillness and darkness that represents the Moon energy. Similarly, human body is a part of macrocosm and thus includes these universal cycle of the endless harmonious dynamic motion of change between yin and yang energies. For example, inhalation represents yin energy while exhalation represents yang energy. Imbalance in inhalation and exhalation creates deep-rooted internal mind-body imbalances. Thus high activity time for humans is daytime and high-rest activity is nighttime. When we go against this law of nature, we create an imbalance. Fast-forwarding the ideology to modern science, it is well proven in researches that the daytime and nighttime hormones are set to create an environment of activity or rest in human body respectively and when we go against this order of universe, we create hormonal imbalances which are root causes of many modern day health concerns.

Thus, as per Macrobiotic philosophy, aligning ourselves to the order of the universe is the route to everlasting health, happiness and vitality.

From the foods perspective, this balance is attained by learning how to live simply while preparing foods that are in coordination with the ever-changing forces of nature to dynamically support our physical, mental and spiritual wellbeing. A Macrobiotic dietary approach tries to achieve a balance by restricting any extreme foods and dietary habits. To do so, the Macrobiotic diet recommends consuming whole and natural foods while also aligning self with nature. The diet is primarily based on:

- Whole grains 40-50%
- Vegetables in season about 25%
- Legumes about 10%
- Nuts & seeds
- Soups in small quantity
- Fermented foods & sea vegetables in small quantity

For deep internal healing, what to eliminate from consumption is as equally important in a Macrobiotic diet. Processed foods, refined grains and sugars are important to surrender, and appropriate cooking styles should be adopted to successfully implement a Macrobiotic approach.



BY MONIKA

mono~diet

From an Ayurvedic Perspective

Dieting, losing weight and staying fit has always been a trend. As humans, we all want to look and feel better. When we talk about losing weight and following a diet plan, fasting or reducing the meal portions often comes into play. As a general rule in Ayurveda, fasting can even be termed as reducing portions or sticking to eating the same food for all the meals, even a liquid diet.

It is all adopted as a preparatory technique for Panchakarma- Detoxification. Ayurveda doesn't aim at just reducing body weight or maintaining a BMI, but looks at a deeper level of attaining a balance of Physical, Psychological and Spiritual well-being. Ayurveda doesn't typically exercise skipping meals or fasting, unless as a treatment for few diseases. It emphasizes eating less or a mono-diet plan. The main aim is to kindle or re-nurture the digestive fire. If you dump too much fuel on the fire all at once, you will simply put out the fire.

Fasting is a powerful approach to ignite the digestive fire which leads to burning away all accumulated toxins which are saturated in the body and mind. It likewise wipes out gas with enhancing mental clarity of fasting individuals which lead to better health. The best time to fast is the Spring season (Shishira Rutu), when the Sun is gaining its power, the same way the internal Sun or the digestive fire can be kindled.

Now let's see how we can achieve this. Decide on a week where you have less work or less stress, maybe give yourself a treat by taking a vacation where you are not travelling out, but assume you are travelling inwards. Minimize your outward errands; You can plan for 3-5 days. Keep all the groceries and other items stored up. The whole idea is eating light, eliminating stimulants and fast foods, and giving as much rest to the Body and Mind as you can. You can even go off Wi-Fi and snooze the social media. You can get up as your body wants to, but not too late.

Start your day with Yoga or a breathing exercise or simple stretches or even a small walk. Drink herbal teas or warm water throughout the day, breakfast can be oatmeal or stewed apples or pears, or you can skip breakfast with intention to fuel the fire. Your Lunch and Dinner is the same or repetitive. It can be either be soupy Kitchari, vegetable soup, sauteed or roasted veggies with some rice or quinoa. We need to avoid all heavy Ama-producing foods such as raw salads, meat, tofu and breads. For snacks, you can pick a fruit. If you only look inward, you are not tiring your body by providing different foods, so the amount of energy towards digesting the food is reduced. Your Body and Mind goes into a state of Lightness and Calmness. This can be done once or twice a month. You can also plan to pamper yourself with Oil massages. Overall everything is towards achieving a Healthy Being.

THE ANATOMY OF A NUTRITION LABEL

by Alina

1. **Serving Size:** This is where you find how much of everything is in one serving of the product, as well as where it lists how many total servings there are. This is important to know as the numbers indicated are based on one serving of the product. So, in the example of a label for cookies, if you eat 8 pieces, then you have to multiply everything on this label by 2 as one serving is 4 cookies. So, that is 560 calories, 40 grams of total fat, 360mg of sodium, 48g of carbohydrates, 4g of protein, and 28g of sugar. If you eat the whole container, you would have to multiply everything by 9 (there are 9 servings in total).

2. **Six Label Categories:** As much as we hear about it, counting calories is not all there is to consuming foods. In fact, it's not always suggested as part of a healthy lifestyle. These 6 label categories are most important to focus on:

- **Ingredients:** located just under the Nutrition Facts label. Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight and those in the largest amounts are first. (ex: in the example, partially hydrogenated vegetable shortening makes up a majority of the food, followed by sugar – a red flag!) The fewer and simpler the ingredient list, the better. Look for names of whole, recognizable foods. Stay away from unknown, hard-to-read names, and especially be on the lookout for terms like high-fructose corn syrup, sugar, high oleic, artificial sweeteners, hydrogenated, soybean/canola/corn/palm/sunflower oils.

*NOTE: Words like reduced iron, thiamin, riboflavin, folic acid, niacin are all GOOD as they are all B vitamins that are essential for our cognitive, muscular, and neural health.

| Nutrition Facts | Amount Per Serving | | %Daily Value* | | Amount Per Serving | | %Daily Value* | |
|--------------------------------|-------------------------|--------------|-------------------------------|-----------|--------------------|--|---------------|--|
| | | | | | | | | |
| Serving Size 4 pieces (54g) | Total Fat 20g | 31% | Total Carbohydrate 24g | 8% | | | | |
| Servings Per Container about 9 | Saturated Fat 5g | 25% | Dietary Fiber 1g | 4% | | | | |
| Calories 280 | Cholesterol 10mg | 3% | Sugars 14g | | | | | |
| Calories from Fat 180 | Sodium 180mg | 8% | Protein 2g | | | | | |
| | Vitamin A 0% | Vitamin C 0% | Calcium 0% | Iron 6% | | | | |

PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN, COTTONSEED), SUGAR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, NONFAT MILK, NATURAL & ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, SALT, CORN SYRUP SOLIDS, WHEAT STARCH, SOY LECITHIN, SORBITAN MONOSTEARATE, GUAR GUM, POTASSIUM SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, KARAYA GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 60, CARAMEL COLOR. **RBS2050 RICH FROSTED POPEMS 809**

- **Total Fat Breakdown:**
 - o Saturated fats: use sparingly. (These are not the cause of increased heart disease risk.)
 - o Trans Fat: avoid when possible (ex: vegetable shortening, fried foods, margarine, processed snack foods)
 - o Monounsaturated: Look for more of this. "Healthy fat" found in nuts, avocados, olive/avocado/coconut/walnut oils
 - o Polyunsaturated fat (Omega-3 and Omega 6 fatty acids): Essential for health (a.k.a. essential fats.) Examples include: salmon, herring, sardines, trout, walnuts, flaxseed, chia seeds.
 - Sodium: aim for choosing and eating foods with 150mg or less per serving. The recommended daily limit for an average adult is 2,300mg (equal to 1 teaspoon of salt!)
- **Added sugar:** The less, or none, the better. Sugar should be from natural, whole ingredients.
 - **Dietary fiber:** More is better; Look for at least 2-3 grams per serving. Fiber helps you to stay full longer, helps avoid insulin spikes, and is great for our gut microbiome ("healthy gut").
 - **Protein:** More is better.
- 3. **%Daily Value (DV):** Based on the Daily Value Recommendations for 2,000 and 2,500 calorie diet for an average person's daily functioning requirement. This does not take gender, activity level, or metabolism into consideration, so it could be helpful to calculate this based on your personal information to have an idea.
 - DV % does not add up to 100% - each nutrient is based on 100% of the daily requirements for that nutrient.
 - 5% DV or less is considered low (aim for this on foods you want to limit like saturated fat, cholesterol, sodium). In the example food label, if you eat 8 cookies, that means you consume 16% of your recommended daily value of sodium, and have 84% left to consume (as part of a healthy diet) the rest of the day.
 - 20% DV or more is considered high (aim for this for nutrients you want to consume in greater amounts, like fiber, healthy fats, protein, calcium, etc.).

INGREDIENTS:

- 3 small bananas, mashed
- 1/3 cup (80g) rolled oats, blended
- 1/3 cup or 6 tbsp (80g) tahini
- 6 1/2 tbsp (100g) unsweetened apple sauce
- 2 tsp baking powder (aluminum free)
- Cinnamon
- Salt
- 1/4 cup (40g) ground flax seed with 1/4 cup and 1 tbsp water
- Handful of golden raisins (no sugar added)



Banana, Tahini & Apple Spice Loaf

BY ALINA

It's the perfect crisp, chilly weather to cuddle up and enjoy this Winter favorite with 7 simple, all natural ingredients...



PREPARATION

- 1) Pre heat oven to 180 degrees Celsius/350 degrees Fahrenheit and line a baking loaf tin.
- 2) Mix everything together. Fold in the raisins last.
*optional: top with fresh banana slices or some walnuts

- 3) Bake for 30-35 mins. Allow to cool for an hour first before placing in the fridge. Slice when the loaf has cooled completely.
- 4) Enjoy as is or drizzle some tahini paste on top if you want or enjoy with plain greek yogurt, nut butter, light sour cream, a bit of melted butter, mashed berries, etc.

A man with a black backpack and light-colored shorts is leaning over the side of a white sailboat. He is looking out at the ocean under a blue sky with light clouds. In the distance, another sailboat is visible on the water, and a coastline with mountains is on the horizon. The boat's deck and rigging are visible in the foreground.

cest la vie

A BEAUTIFUL LIFE

WINTER 2020 - 2021



SYNERGISTIC MUSCLES

BY LOU

Like any beautifully engineered machine, the human body relies on synergy for efficient movement and optimal function. In simple terms, synergy is the idea that the whole being is more than the sum of its individual parts, as is reflected in the body's natural tendency toward balance and harmony. A well-designed exercise routine is rooted in an understanding of the cooperative action of each component of the musculoskeletal system.

We tend to focus on the actions of individual muscles, but in reality, muscles rarely work alone and are nearly always assisted by other muscles. Throughout the day, we move our body in creative ways. While the action of the prime mover, or agonist, is fairly apparent, the human body is equipped with a support system for each action in the form of synergistic muscles, which stabilize a joint around which movement is occurring. This helps the prime mover to effectively perform its duties.

Synergist muscles also help to create the movement. When lifting a cup, for example, the brachioradialis and brachialis muscles are the synergists, helping the biceps to create the movement, while stabilizing the elbow joint. During a properly performed push-up, the exerciser is relying on three synergist muscles: the clavicular head of the pectoralis major (chest), the anterior deltoid (shoulders) and the triceps brachii (upper arms). Other examples include the trapezius and deltoid muscles during a lateral arm raise; the gluteus maximus and hamstrings when running; and the biceps and rear deltoids while performing a row.

Harmony among a muscle agonist, its synergists, and its antagonist is vital to healthy movement, free of pain and injury. This relationship creates better results by improving stability and force output during activity. Coaches and trainers can use this knowledge to assist clients in preventing strength, postural, and energy imbalances and the faulty compensation patterns that can occur as a result. Because they work together, less work is required of each individual muscle, thereby helping with endurance as well.

So what does all of this mean for the average exerciser? Well, we are only as strong as our support muscles allow us to be and while most would benefit from exercise that prioritizes compound movements, there are several situations in which it makes sense to work a synergistic muscle in isolation. These assistance muscles are often the limiting factor preventing us from progressing in the compounds. For example, an underdeveloped bicep - a synergist - won't be able to properly assist the latissimus dorsi - the agonist - when performing a pullup. In this scenario, it would be sensible to spend some time isolating the biceps with curls.

Similarly, lagging hamstrings (a synergist) may lead to a "sticking point" preventing the glutes (an agonist) from helping us achieve proper depth in a squat. In this case, leg curls could provide a fix. Isolating synergistic muscles can also allow clients a way to "work around" injuries and they can add variety to one's training routine. Further, since compound lifts create considerable systemic fatigue, incorporating isolation exercises can prevent overtraining and a corresponding adrenal "burnout."

TESTOS TERONE



BODY REGULATOR

The secretion of hormones is the response to internal and external stimuli. Testosterone is a hormone that influences certain physical and behavioral reactions.

Testosterone is associated to increase tissue. It helps with the growth and the synthesis of proteins while interacting with the nuclear receptors in DNA. As the body ages, muscle strength and physical performance decrease as do the levels of testosterone.

Testosterone has a direct impact on blood pressure in response to stressor factors. It will increase facing a somatic stressor (symptoms of physical disorder); but it will decrease blood pressure in response to a social stressor (external stimuli and environmental situations). Testosterone allows having better stress tolerance and management.

Studies concluded the connection between motivation and testosterone. Social interactions and eye-contact are the initial signs of autism, which is also associated with lower levels of testosterone. A lack of testosterone will result in a loss of confidence, attention, and motivation which is important in the process of learning.

A Quick History

- Historically, Kung Fu has been associated with fighting, war, and self-defense. However, the healing aspect of this martial art can be understood through the philosophy of the Three Treasures – Heaven, Earth, and Humans – which is found in ancient Taoist texts like The Yellow Emperor’s Classic of Medicine. Kung Fu practitioners harness The Three Treasures by embodying the various animals found in nature.
- The Yellow Emperor’s Classic of Medicine was crucial to the development of Traditional Chinese Medicine (TCM). The ancient text focuses on mental, physical, and spiritual health, the etiology of diseases, and holistic treatment. The diagnosis was based on the unbalancing of forces within the body and environment, with special attention given to the relationship between Heaven, Earth, and Humans. Treatment of ailments often included exercise routines. Kung Fu practice was influenced by Taoist philosophy because of its focus on physical, mental, and spiritual cultivation.

The First Treasure: Heaven

The heavens are a symbolic treasure for just about every culture on the planet. The concept is archetypal. Kung Fu’s exercise routines, or taolu, utilize the movements of celestial animals such as cranes, eagles, and mythical dragons. Practitioners move like the animals through mimicry and embodiment. When a practitioner moves like a bird, they attempt to embody the essence of the animal to reap as many mental and physical benefits from the experience. Balance, patience, and inner strength are key characteristics for understanding these animals.

The Second Treasure: Earth

Earth animals include leopards, tigers, and snakes. These animals hunt, protect their young, defend territory, and harmonize with their environment. There is balance between these animals’ behaviors and the cycles of nature. Practitioners who move like these animals attempt to cultivate the physical strength, mental agility, fast reflexes, and attuned instincts that are inherent in their behavior. A Kung Fu practitioner who adeptly embodies an animal is mesmerizing. There were performance troupes years ago, such as Shaolin Wheel of Life, that demonstrated this ability all over the world. The videos can still be viewed online.

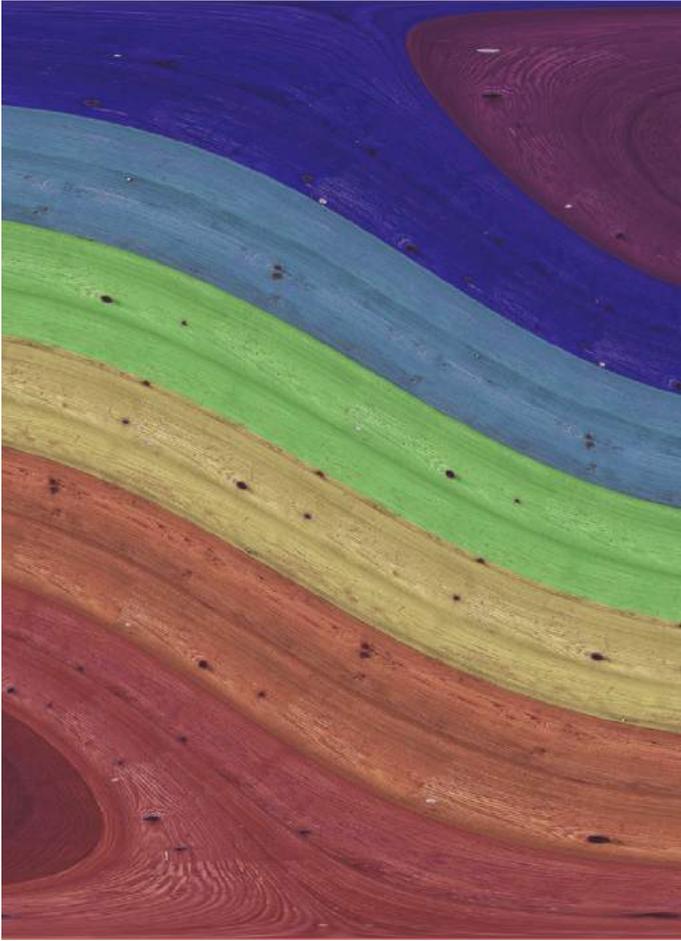
The Third Treasure: Humans

Humans are considered a treasure because they are the most adaptable animal on the planet. They can be like the other animals, but they also hold ultimate powers of destruction as well as creation. Humans can establish equilibrium with nature or disrupt it. For Kung Fu practitioners, synchronizing with the first two treasures, Heaven and Earth, translates into the harmonization of human spirit with the impetus and spirit of nature. Here, it is the creative and preserving spirit that reigns, not the destructive or violent one that has been associated with the popular conception of martial arts.

THREE TREASURES OF KUNG FU

BY R.F. GONZALEZ

Kung Fu’s foundations are not merely about fighting and self-defense. By understanding the relationship between the martial arts practitioner, The Three Treasures, and the associated animals, a profound philosophical depth can be added to routine practice. Philosophical enrichment is important for understanding why Kung Fu artists practice taolu, and why they are known for their equanimity, physical strength, synchrony with nature, and spiritual centeredness. Merging the Heaven and Earth treasures through embodied performance (the Human body) is a spiritual experience for practitioners.



ANIMAL FLOW

PART TWO By Richard

Animal Flow (AF) conceptualists view the physical animal as a model of tensegrity¹, shaped by combinations of bones and the tension created between them by the tissues connecting these solid masses. This gives way to a more dynamic model and begins to address mobility and function. The overall shape can be intently contorted but returns to its original form because of the relative tensions between its solids.

An AF workout relies on combinations of the “Six Components”². An understanding of each of these will help in designing an AF routine.

The first component, Wrist Mobilizations, is described with emphasis and importance. It is, in this editor’s opinion, the one potential health risk of an AF workout, especially over time. The AF’s emphasis on bilateral wrist mobilization and strengthening goes far beyond that seen in typical workouts. The reason for this (and my concern) is that both arms become weight bearing limbs by definition in AF. However, that activity (time, repetition, and force) can be very detrimental to wrists structurally, as they have not evolved for high impact or weight bearing activities. Just ask any gymnast! The benefit of using the arms in bodyweight activities, however, can be illustrated by comparing the muscular bulk of the human arm and leg. The size (and strength) of a leg is obviously far greater than that of the arm. Weight bearing through the arms will develop strength and bulk. Emphasizing good wrist strength and health is vital for the AF exerciser. I recommend the use of parallettes, one in each hand, to minimize damaging forces on the wrists.

The second component, Activations, involves facilitating communication throughout the human animal. All movements arise from two basic postures: Beast and Crab. It’s easy to imagine what these postures look like, as they’re exactly what first comes to mind. In this phase, postures are deformed to facilitate cross-body control while maintaining the weight bearing status of the posture.

The next component is Form Specific Stretches. These movements arise from the Beast and Crab postures and involve controlled, variable-speed movement of a single limb such that one area of the body is being stretched while other areas, still anchored to the ground, function as stabilized bases from which the calculated and varying speed motions are performed.

Next is Travelling Form’s, which are the movements that mimic a particular AF animal’s locomotion. These are performed in postures: Ape, Beast, Crab, and their variations.

Switches and Transitions comprise the “flow” in an exercise routine. Categories of switches and transitions include: Underswitch, Side Kickthrough, Scorpion, and Front Kickthrough. These limb movements are performed in animal postures demanding precision control of the limb movement, while maintaining or transitioning between AF posture(s).

Lastly, there are Flows, which refer to how the complete exercise is performed. The three main forms are: Choreographed, Call-out (as seen in AF classes), and Free-Flow.

An AF workout is customizable and includes combinations of at least two of the Six Components.



YOU ARE THE BEST GIFT



FREE WILL

The future is not stable and that is why Cause & Effect exists. Decisions come from the interconnection of the mind's thoughts and the heart's feelings. Both of them resonating with a specific vibration and frequency shaping the energetic field.

Every moment discovering the present it is reflecting the effect for the future. Free will is the capacity of every individual to identify and apply intellect for proper decisions making in the now. Predictions and psychics readings are an interpretation of the Cause (now) to know the Effect (future). During the variations of the present, the future is constantly regenerating and that is why some famous predictions as Nostradamus and The Fatima Prophecies are consistent in the message but varied in the result.

As the mind works as a channeler, all the intentions, intuitions, feelings, and emotions move in the spectrum between love and fear. Fear is also known as "Ego" and reflects rejection against the Universe's harmony.

Ego refers to a poor understanding of nature. For those trying to learn and understand life, besides the Conscious mind, try to interpret the Unconscious portion of the brain since is the one leading 95% of every moment decisions. Most of the reason for behaviors of the existence works under automatic pilot driven by the unconscious mind and the physical structure of the brain within lizard, limbic, and neocortex.



Your will in the present time is shaping your future. Find order and balance, be at peace with your past under a strong sense of love. Mental health tends to distort the presence of time towards the past of the future. If you heal negative feelings you will make room for positiveness. The perfect life is in your hands and is absolutely your Free Will to make it happen.



EARTH CHAKRAS

All the existence including the Earth is under a constant evolution process. This transition of levels happens also on the electromagnetic field. For living beings is known as Aura, as we explained prior in the page nro. 9. But for the Earth is denominated Geomagnetic field.

For the yogic philosophy the Geomagnetic field is also shaped by 7 Chakras, 4 elementary vortices and 13 terrestrial portals. The intention of this energetic sources is to maintain the health of the planet, by receiving and spreading energy.

Flora, fauna, ocean, rivers, and the complete biosphere is allowing the environmental conditions for our existence. The Earth transport minerals to sustain the food chain balance in life and recover the proper order.



Animals are naturally aligned with the Geomagnetic field and they intuitively read the Earth stage transitions. For the healthy maintenance of the Earth the planet's history includes global magnetic reversals, where north and south magnetic poles swap places. This rotational axis is a principle in Nature that helps to continue with the balance in the magnetic field and the order in all living existence.



Reiki & Prayer

by machi

What to pack on your Reiki prayer journey? Bring along your belief in the invisible, the impossible, the outrageous, the subtle and the sublime, the sweet and the gentle.

When you Reiki pray, as soon as you settle and feel safe, you need only say yes. Reiki prayer is your key to self-healing, to grounding, to expanding, to surrendering, to knowing, to touching love.

You and I are gathered here together today to pray. To invite in the Universe and God and Love. To initiate Reiki energy. To hold a sacred space, to set your intention and then open the doors and let it all in. Reiki is first known as a Japanese spiritual healing practice. One that calls in Universal Life force energy to restore balance and lift us onto the self-healing path. We are here to self-heal.

Reiki is love. Reiki is prayer. So, let's begin our practice of Reiki and summon in the love and begin to pray.

Find yourself a comfortable, safe spot, in the midst of wherever you are. Close your eyes or keep them open. Settle in and let your breath help your shoulders drop, your neck relaxes, and your whole-body sinks into comfort.

If you would like, you can place your palms on your lower abdomen, so you can feel your breath. Center yourself and sink into the rhythm of your inhales and exhales.

I will draw an imaginary circle around us. This circle will become the base of the sacred space that will be held during this practice. Our space can remain a simple two-dimensional ring around us, or we can turn it into a three-dimensional dome, whose ceiling kisses the stars. Our sacred space can become a sphere and spreads out into a forest or splurge out onto Antarctica. No matter how wide our sphere becomes it always feels safe and perfect. I will keep watch very gently over our space so that its beauty, holiness, and sacredness hold steadfastly at the outer edge of our vision.

Now we set out to find our intention. May Reiki energy reach the place of highest good. May we both be enveloped in high vibration energy that is restorative and healing. May we connect with all-consciousness and extend our selves out beyond the visible world.

May we acknowledge that we are divine and whole and ready. Now, we let it flow. Reiki prayer surrounds us and fills our space. We relax into it and know rebalancing has begun.

We have connected to Source and God.

Once here, we do not have to project our yearnings out too far. We are enveloped by God and surrounded by Love. God is Love. This is no distance or distinction between us. We are one. This is Reiki prayer. Universal life force energy is God energy. Within which we float, around and through and under and over. No requests or demands necessary. To be here is the gift.

THE FIVE HINDRANCES

BY SAM

In the Buddhist tradition, there are obstacles that hinder our progress in mental development. Everyone can have them in different degrees. The hindrances are rooted in the unwholesome qualities of the mind (greed, hatred, and delusion).

The Five Hindrances are:

- 1. Craving for sensual desire** – this hindrance manifests in many forms. However, by knowing the fundamentals you will easily identify them. Craving for sensual desire is an endless need to please the senses. We see it when looking for comfortability and we never get it. When we are 'meditating' and someone talks and we get angry. But, if we hear the birds singing or any other 'pleasant' sound, there is no disturbance to our mind. Another manifestation of craving for pleasant desires is when we get to a serene state during meditation, and we feel good, but aren't productive, as no insight is gained. Even we gain tranquility during high levels of meditation, the calm state can become addictive, and we could find ourselves attached to it. This is why the masters do not recommend sitting for more than an hour during any meditation session, as tranquility is a benefit of mental development, but not the purpose.
- 2. Ill-will** – anger comes from within and never is caused by others. To take ownership of our actions and begin to eliminate anger we need to be aware of it. From an innocent flick on the lights, you could see a manifestation of ill-will. Another example of this hindrance is that even we know meditation is good for us, some people can't still commit to a regular practice.
- 3. Sloth & torpor** – the mind loves to be entertained, constantly engaged in planning, remembering, fantasizing. The most important ingredients to fruitful meditation practice are boundless effort and energy. Without them, we would never find our way to meditation. And once there, we would just sit: planning, remembering, daydreaming. It takes physical effort to sustain one's practice and mental energy to develop one's mind. You can identify this obstacle when having time for everything but meditation and/or mental awareness.
- 4. Restlessness & worry** – can be of the body and/or mind. One may have trouble sitting still for an extended period, or difficulty stilling the mind. There are different methods of meditation, such as walking, which aid in overcoming the restlessness of body and mind. This hindrance manifests as 'monkey mind', as the mind is jumping from thought to thought. When the mind is restless, it is an excellent opportunity to gain insight into what types of thoughts are arising (greed, hatred, and/or delusion) and disturbing the mind. Every effort made worths, and all one's energy expounded, to concentrate the mind.
- 5. Skeptical doubt** – for example, the doubts about the efficacy of meditation; doubts about the teacher and the teachings, etc. These and all skepticism can only be overcome by more practice. As we start to see the benefits, our confidence in meditation will begin to grow. As the mind is developed, the hindrances become more easily identifiable. At this point, we can use the hindrances themselves as subjects of contemplation, gaining insight about what can disturb the mind. Flow with your thoughts, don't analyze them, just watch and enjoy the sitting.



kabbalah

BY VALERIA

Kabbalah is a mystical variation in Judaism that teaches a discipline to ease terms associated with the complex language of metaphysics.

To distinguish the difference, the physical world is composed of five senses perceptions like words, names, languages, etc. the metaphysical world refers to understanding, principles, behaviors, perceptions intentions, intuitions.

Kabbalah explains in simple words how to implement and practice techniques to manifest in life. Teaches the basis for spiritual transformation and growing.

The initiation book of Kabbalah called *The Power of Kabbalah* could be the most popular spiritual reading in the current times that talks about the real majority of the 99% of the complete existence as reality, disconnecting the previous beliefs in which we used to understand that the physical world was only perceived by the five known senses.

Like many other spiritual schools, Kabbalah also reinforces the senses in life in pursuing love, joy, happiness, and peace. When applying these tools, Kabbalah will help you to recover balance, remove chaos, struggles, and find order for your daily lifestyle. Exist Centers of Kabbalah in most of the countries offering free classes, books, and more activities that may help you to start your spiritual self-discovery journey.



Nostradamus was one of the most accurate prophets in history recognized worldwide. Some of the events he predicted include the French Revolution, Adolf Hitler's acts, Louis Pasteur discoveries, the Hiroshima and Nagasaki atomic bombs, and the attack of September 9/11 in New York, etc.

In his last book were found some excentric figures as the ones show above and have been interpreted in many different ways, but none of them can be concluded as precise yet. One certain fact about the drawings is that most or all of them include a wheel. The wheel in many traditional spiritual schools represents a symbol of balance. The sacred teachings in Buddhism for example include the denomination of Dharmachakra. Dharma is the path of soul enlightenment throughout its existence and Chakra means "Wheel". The wheel represents the balance of the states by principles or law.

The prophecies of Nostradamus were associated with the shift on Earth. Likewise, the Mayans, the Virgin of Fatima, Saint Germain, and other predictions also mentioned a time of spiritual transition and consciousness in Humanity.

The "New Age" is a new philosophy oriented to a higher level of reality and its dimensions that link technology and spirituality.

Before the universal conflagration, the world will be deluged by many floods to such heights that there will remain scarcely any land not covered by water, and this will last for so long that everything will perish except the earth itself. Furthermore, before and after these floods, many nations shall see no rains and there will fall from the sky such a great amount of fire and meteors that nothing will remain unconsumed. All this will happen a short time before the final conflagration.

Nostradamus

BY VALERIA

SACRAL MUDRA

BY REEVE

Mudra in Sanskrit means “gesture,” and using mudras in addition to yoga or meditation helps to connect the physical body with the spiritual. In the Fall 2020 Issue, we discussed the Root Chakra and its Mudra, which is the groundwork for all mudras, so if this is new to you, be sure to start there.

The sacral chakra, also called the second chakra, is located about three fingers below your belly button and is connected to the color orange. The sacral chakra governs your emotions, creativity, imagination, emotional well-being, and sexuality. Symbolized by a flower and crescent moon, this chakra has a feminine energy and is associated with water. The mantra for the sacral chakra is, “I feel.”

This Mudra is particularly helpful for those who struggle with letting go. Tension and emotions are often held in the pelvic (sacral) region, creating tightness and stress. If the sacral chakra is blocked or out of alignment, you may experience issues with the reproductive system including menstrual cramps, UTI’s, a lack of sexual drive, and even lower back pain.

Emotionally, you might feel shut down, irritated, uncomfortable in your own body, or ashamed about sexual feelings. You might also struggle to pursue creative activities, including an inability to feel confident in your own abilities of creating. Low self-confidence and low self-image are both associated with a blocked sacral chakra, as the pelvis represents areas of vulnerability and intimacy. To truly offer ourselves to someone else with emotional or physical intimacy, we must be confident of who we are and believe in our own abilities.

Practicing the sacral mudra will help you to feel calm and grounded, aiding you in processing your emotions, rather than pushing them aside. While practicing this mudra, focus on one of the affirmations below:

I am thankful to be me

I feel my body as it is

I accept and celebrate my body

I honor my natural sexuality

I am open to the flow of creativity inside me

I am grateful for the body that I have

Practicing Maha Sacral Mudra:

Place your hands in prayer position in front of your chest. Creating space between your hands, connect the tips of your pinkies together in a horizontal line. Rest the pads of the ring fingers together. Separate your middle and pointer finger into “peace fingers.” Gently bring your thumbs to the undersides of your pinkies and hold for ten breaths, then bend your ring fingers and touch your thumbs to their tips, holding for ten breaths.

RUNES & VAGUS NERVE

by *Bellabianca*

Affirmations Before Runes

The holistic messages from runes can be consulted on an as-needed basis or as a ritual (see “Autumn 2020” edition). Regardless of scheduled time, a prerequisite should be created for runes by vocalizing affirmations in several ways. This helps us build faith in ourselves before looking toward the universe for answers. By speaking an affirmation out loud, softer, in a whisper, mentally, and feeling, our focus and energy absorb the words more deeply until they reach the superconscious, a world beyond material and ego. Not only does this strengthen our presence with runes, but also strengthens our vagus nerve.

The Vagus Nerve

The longest nerve in the body, the vagus nerve, begins in the brain stem and travels toward our naval. En-route it influences our facial muscles, voice box, thorax, heart, lungs and gut. There are three levels associated with it: the highest level moves our eyes, ears, facial muscles and voice; the second level taps into our fight-or-flight reactions including a fast heart rate and heavy breathing; the third level is the lowest by the diaphragm, where we shut down our systems.

At the top, we know how to be socially engaged. If we can't come to a resolution in that part while communicating, we move downward into fight-or-flight. Finally, if our body gives up hope while in fight-or-flight, we've reached a collapsed state, sometimes psychologically known as helplessness.

Healing through Vocals

By choosing to vocalize affirmations and messages such as “Harvest” or “Flow” from runes, this shows the vagus nerve that we won't let ourselves remain in fight-or-flight or learned helplessness. We give ourselves permission to meditatively move forward; we stand with open shoulders and an open heart full of confidence while reciting our affirmation; we lower that open heart when sitting and responding to runes with facial expressions. Though lowered, we still bring energy and heart. Responding with energy to writings instead of reacting with chaos is key. We don't need to be victimized in a situation. Being clear and present with messages and reflecting on an appropriate action reinforces this.

Heal Ourselves, Heal Outward

The ritual of reading affirmations and runes out loud is a way of strengthening the highest part of the vagus nerve, or the ventral vagal complex. We communicate with ourselves, assuring our mind, body, and heart that we are in a safe space. We're practicing nonviolence and tapping into our parasympathetic nervous system, the opposite of fight-or-flight. Eventually this practice will pour outward in other relationships. The need to physically or mentally flee or shut down can be lessened.

Behind the scenes, vocalizing takes care of us in a much stronger way than just preparing what we're going to say or how we're going to perform. The phrase “use your words” saves so much distress on the person the words are aimed for, as well as the person who is using the words. Being able to vocalize and stay in the parasympathetic state when in conflict takes care of us more than we know.

”

***ALL THE
MAGIC IS
INSIDE
YOU***

“

MOTIVATIONAL TIPS

01 PERSEVERANCE

You are the only creator of your future. Believe in the intention of every advisor around you, but listen to your own intuition.

02 MOTIVATION

Now is the perfect moment to pursue your dreams. The only limit is the one developed in our minds.

03 ALTRUISM

Procure the well-being of everyone around you, and you will enjoy being well.

04 RESILIENCE

No pain no gain. Always something to learn in every life experience. Be forever grateful.

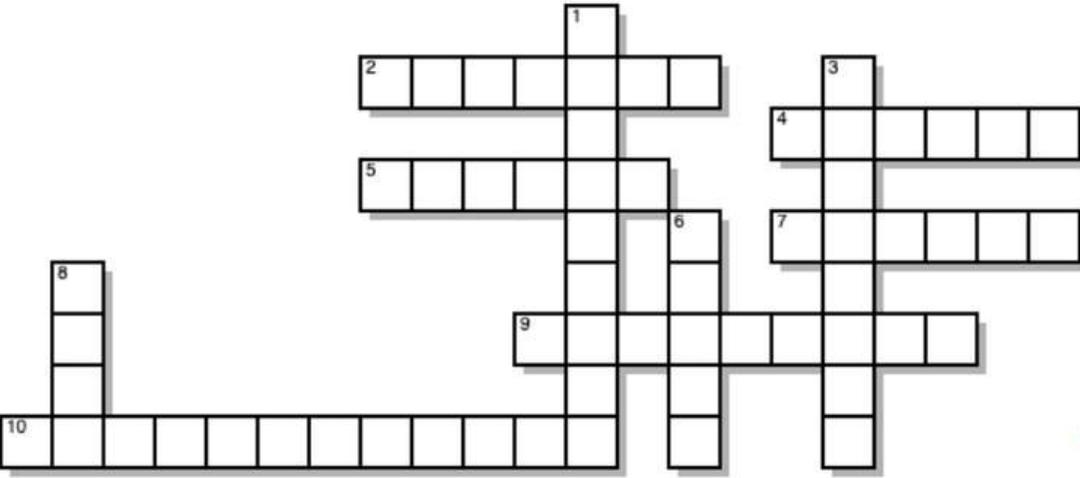
05 EMPATHY

Love only grows by sharing. No matter the situation you are living, live it through love.



Entertainment

By: Allie Jacobson

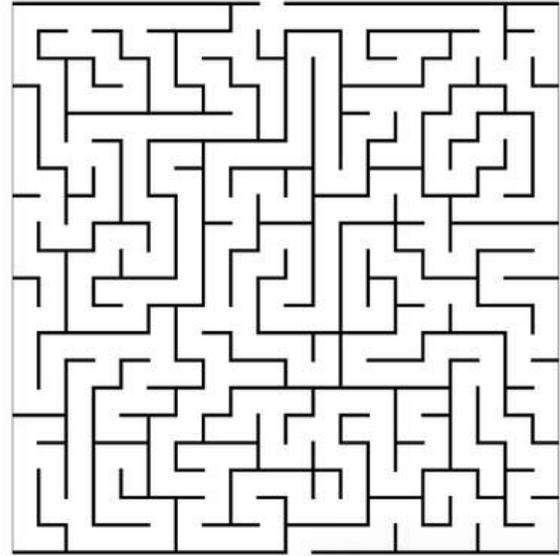


ACROSS

- 2 Various focal points used in meditation
- 4 Being free from illness
- 5 A solemn request of help or expression of thanks
- 7 This season's issue
- 9 How your body turns food into nutrients
- 10 Based on abstract reasoning

DOWN

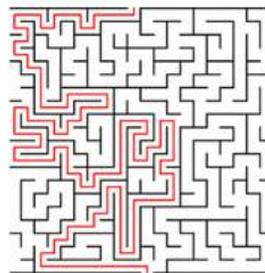
- 1 The power of acting without constraint
- 3 A conclusion or resolution reached after consideration
- 6 A volunteer-run publication of physics & metaphysics
- 8 An intense feeling of deep affection



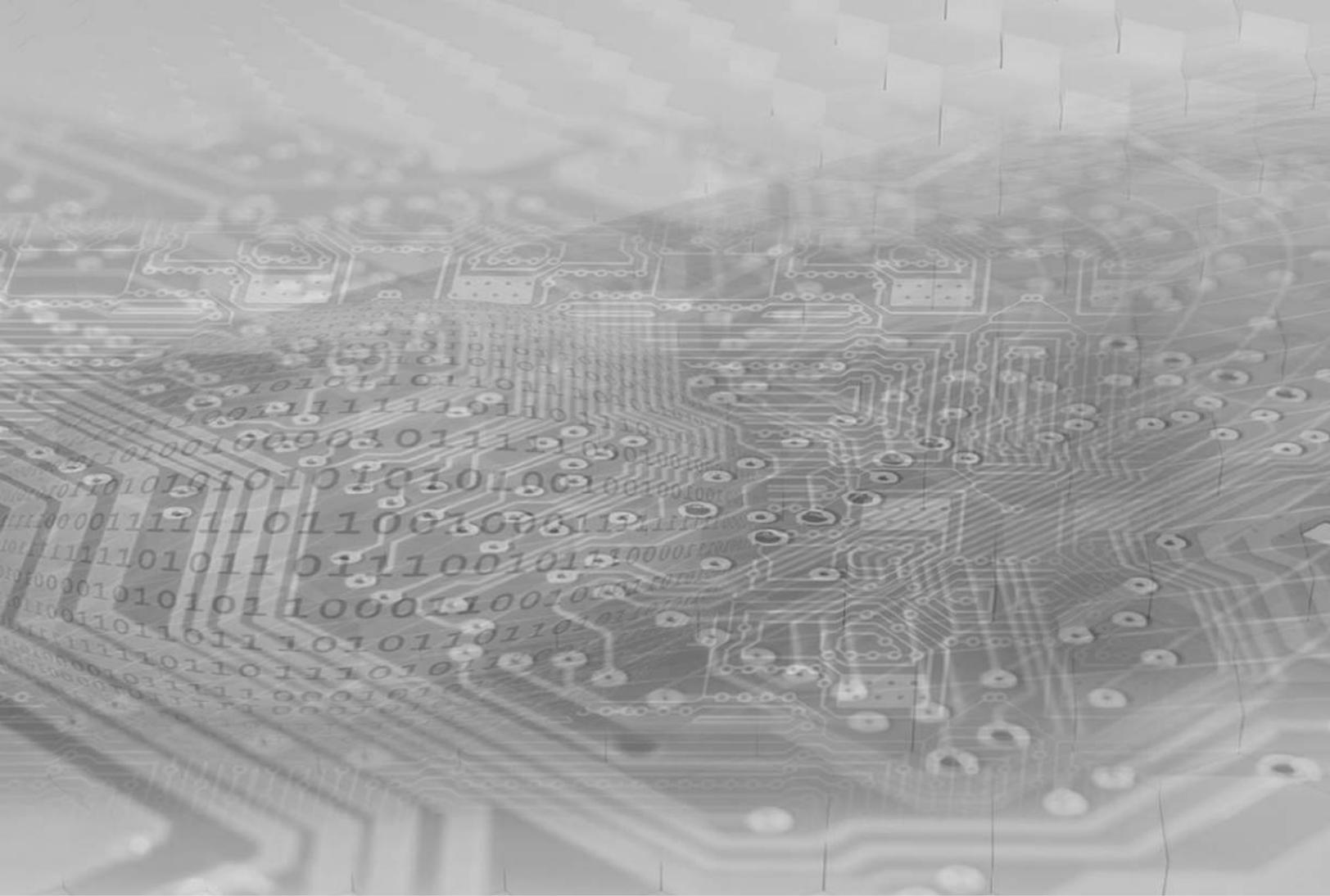
$$\begin{aligned}
 \text{circle} + \text{circle} + \text{circle} &= 36 \\
 \text{circle} + \text{star} + \text{star} &= 28
 \end{aligned}$$



circle=12 Green=8



Answers: 1.free-will 2.chakras 3.decision 4.health 5.prayer 6.WELL 7.winter 8.love 9.digestion 10.metaphysical



Nano: Technology of Mind Over Matter

KABBALIST RAV BERG

This book focuses on explaining the principles behind the invisible world of energy behaviors. Kabbalah is made to reveal in easy terms metaphysical encrypted truth about life, existence, and the Universe.

The consciousness in humanity is constantly growing and evolving towards a high spiritual level, *Nano: Technology of Mind over Matter* will offer a generous amount of information to challenge the current concepts we understand about the "real world" which is nothing close to the physical world perceived by the five senses.

Kabbalah embraces Science and directs its pages into a dual understanding derived from the Zohar formulae to enhance physical, mental, and emotional health and wellness.

SYNERGISTIC MUSCLES

Kung Fu & Animal Flow
Reiki & Prayer

HEALTH & WELLNESS

V'Well

NATURAL ANTIOXIDANTS

Ayurveda Yoga
Healthy Gut

KARMA & DHARMA

Yoga Kundalini
Ashtanga: Yamas

