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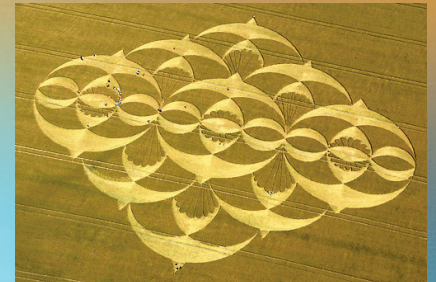


Benjamin Creme is an author, artist and chief editor of *Share International* magazine. Copies of Mr. Creme's new book, *The Gathering of the Forces of Light: UFOs and their Spiritual Mission*, will be available at the lecture.

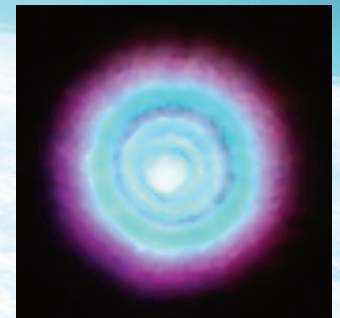
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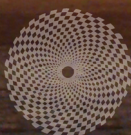
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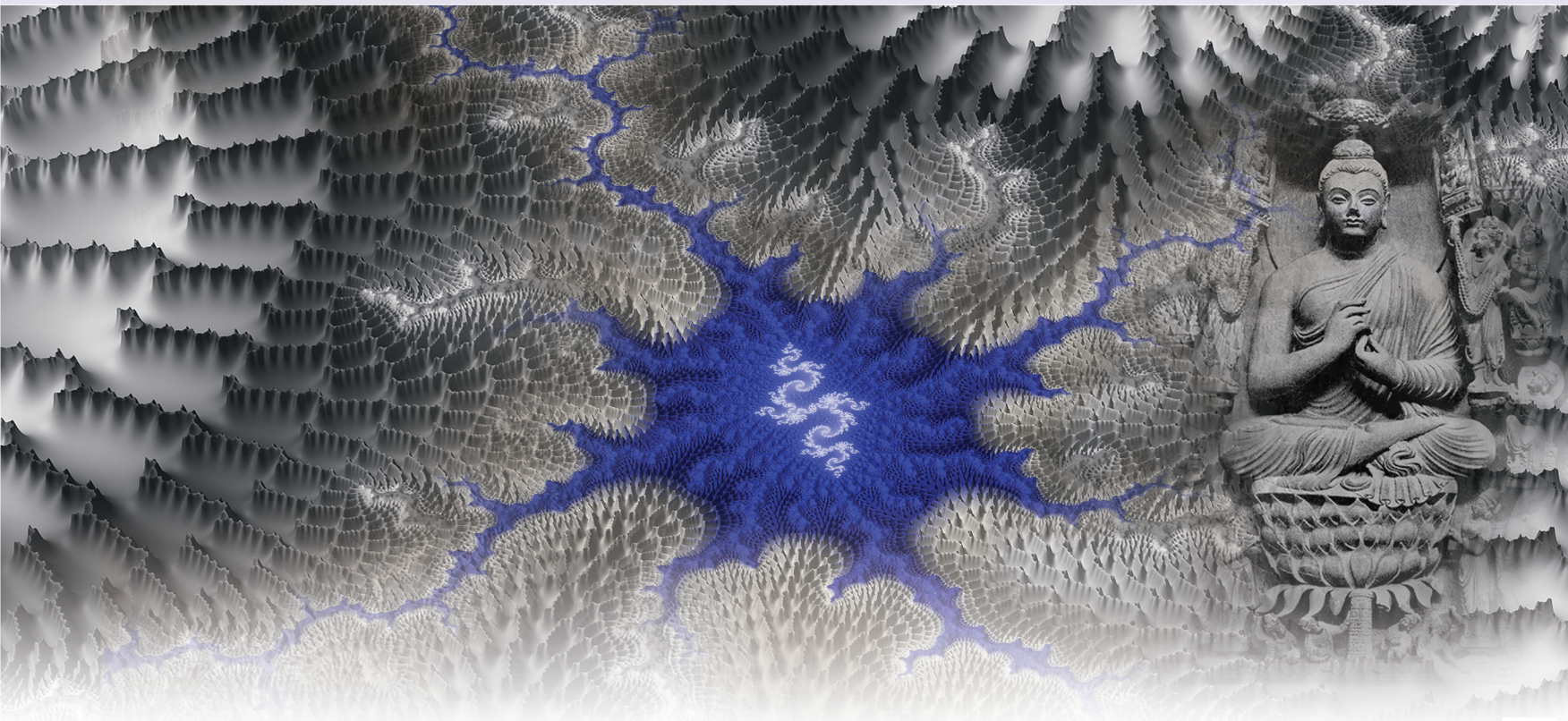
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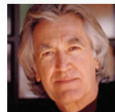
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contents

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ON THE COVER

Photo: Scott London
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IN EVERY ISSUE

From the Publisher	16
Green Scene	28
Gay Pride: 40 and Fabulous	
People in Your Neighborhood	32
Burning Man's First Couple: Meet Crimson Rose and Will Roger	
by Rob Sidon	
Happenings	58
Professional Services Directory	66
Last Words	82

special section

Common Ground's First Burning Man Survival Gift Guide	46
--	----

FEATURES

52	2010 Burning Man Preview Larry Harvey's "Metropolis" by Rob Sidon
56	Burning Man 2009, Evolution of a Ritual A Photo Safari From Dust to Ashes by Ales Prikryl
62	Toltec Wisdom and the Fifth Agreement An Interview With don Miguel Ruiz by Elizabeth Daniels

DEPARTMENTS

on our radar

18	Secret Summer Surf Spot Where Seals are King and our Lips are Sealed by Steve Heilig
20	Bhakti Fest in Joshua Tree A Celebration of the Divine by Cosibella Cristenas
22	Earthdance Festival in Laytonville Evolution of a Legacy by Xochi Raye
24	True Relaxation Untying the Knots That Bind by Carrie Grossman

healthy living

36	Who is First, the Kids or the Marriage? by Charlie and Linda Bloom
38	Tastebuds: Long Meadow Ranch & Farmstead Sustainable Napa: Bringing us Back to the Land by Lesley Lammers
40	Yogapedia Yoga From Conception Through the Childbearing Year by Marisa Toriggino
42	Safe Summer Sunscreens Shedding Light on UVA, UVB, Nanoparticles, and More by Dr. Carolyn Chang
48	tune in Summer Love Fling or Foundation? by Rachel Kaplan
50	art & soul Books & Music Reviews

ERRATA The photo credit of Silvia Nakkach in our June issue was omitted. The photographer is Robert Jaffe (rob@robjaffe.com).



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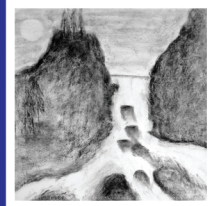


We like to think of *Common Ground* as a Bay Area beacon of positivity, and this since 1974. As of the May 2009 issue, the publication is under independent ownership, reflecting an increased focus on local trends in green living, social change, health and wellness, spirituality, and personal growth. It is our ongoing intent to make a lasting, substantive, positive change — around the block and around the world. The distribution of our magazine is Free and supported solely by our dear advertisers. We thank them for making this possible, though the publication assumes no liability for improper or negligent business practices by advertisers. Please notify us in the event you have a compliment, complaint, or comment. Advertisers of products and services are fully and solely responsible for providing same as advertised. All contents © Common Ground Publishing Inc.

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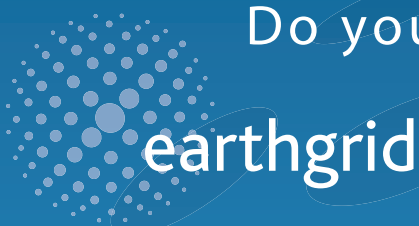
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The Summer Issue



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It's that time again, when the summer heat has children rushing through the garden sprinklers to keep cool. That is, unless the kids in question live in San Francisco, where the summer microclimate reverses everything. SF is so contrarian, including its weather. Gotta love it.

Whether you find yourself shivering in SF or sweltering to the north, east, or south, we hope you'll agree that this issue of *Common Ground* is straight-up hot. We enjoyed putting together this edition, with its Burning Man preview. The radical self-expression and creativity that oozes out of that event is a tonic.

Can you believe that there are creative geniuses who launch spaceships out there on the desert? And the good news: One of them, the "Raygun Gothic Rocketship" that premiered at Black Rock City last summer, is soon expected to touch down at Pier 14 at the Embarcadero in San Francisco. You'll be able to see it for free. Learn more about this on our Happenings page.

As part of a newfound tradition, we'll likely be previewing Burning Man every year at this time. One of the privileges of this task is meeting up with event founder Larry Harvey at his apartment to discuss the upcoming theme and other stuff. This week, he had just returned from Washington, D.C., after meetings with the federal Bureau of Land Management. A five-year permit was secured, so that's good news.

I enjoy speaking with Larry — he's an articulate visionary.

Reflecting on the prospects of a Burning Man legacy, I predicted aloud that posthumous biographies would be written about Larry. He shrugged, uncomfortable at the notion of being objectified in such a way, tugged on his cigarette, and replied, "Being a stone atheist, there'd be nothing to appreciate. Nothing." It was classic.

Despite our metaphysical differences of opinion (I am not an atheist), my appreciation overflows for what Larry initiated with Burning Man. If you missed last year's overview of the event, see it at commongroundmag.com.

The theme for this year is "metropolis" and has everything to do with our lives in community, in municipality — very intriguing. This year's event will attract many urban-studies scholars, who will observe Black Rock City as a unique model of city life. As a green publication, we're impressed that 50,000 people can build a city out of nowhere and then disappear, leaving no trace.

Apparently, the Burning Man organization is actively seeking new office space in Downtown SF near Market and Sixth streets. Ultimately, Larry envisions opening large galleries and creating a social hub. It's obvious that urban planning is one of Larry's closely felt passions, which is clearly reflected in his enthusiasm about this year's theme.

Hats off to all the brilliant photographers who bring their keen skills to the desert each year to capture the majesty of this ephemeral gathering. *Common Ground* and its readers benefit so much from your keen eyes. Special thanks to Scott London for providing our cover photograph, and to Ales Prikryl, who compiled a stunning pictorial from last year's gathering.

We hope you enjoy this issue. Besides Burning Man previews, it's loaded with great material ranging from an interview with don Miguel Ruiz, to an essay on relaxation, to tips on gauging whether your summer fling has more-lasting possibilities. We give you a heads up about some excellent events coming up in September: Bhakti Fest in Joshua Tree and Earthdance in Laytonville.

In September we will return to our theme of commemorating National Yoga Month. It promises to be a very strong issue.

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Secret Surf

Where Seals are King and our Lips are Sealed

BY STEVE HEILIG

It might be the best wave on the Northern California coast, at least when the conditions are right. But it's also probably the most remote surf break between, say, Big Sur and the fabled "Lost Coast" of Humboldt County. Of course, that's a big part of the allure. You'll never have to fight a crowd for a good ride there.

There are no signs to follow and an hour of walking from road's end to get to the cliff, where you can peer down, often through fog, at the little cove. The seals are king here, as there is so rarely anyone to bother them on the shore. Dozens of them are often lazing on the small beach.

The trail is beautiful, and Dave and I were enjoying it on a midsummer's day of playing hooky. We had no real idea if the surf was going to be worth it, although the lines of waves visible out toward the horizon looked at least promising. Our packs held our wetsuits, and we had to keep shifting our boards back and forth from one arm to another. I was pretty certain we'd get skunked and just walk all the way back, wet only from sweat. But we strode on, emerging at the ever-crumbling cliff top, and looked down.

We both stared as a perfect glassy peak hit the reef and peeled off on both sides. We looked at one another, burst out laughing, and started down the cliff, sliding much of the way, guarding our boards, scraping hands on rock and gravel. The seals at the bottom looked at us without much interest as we suited up, paddled out, and waited for the next set of waves. I entertained just one moment of spookiness—any kind of shark bite way out here would likely make this a final surf session, but the waves came very soon, and Dave took off first. Looking back from further out, I watched his head skimming along above the lip of the wave and then dropping down as he sunk into a turn. I heard him yell with happiness as he sunk from sight.



Turning back seaward I was confronted with the next wave, at least as big and beautiful as the last. I turned toward shore and caught the surge of water as the wave started to break. It shot me down the face fast, and at the bottom I turned and flew straight across the steeper section, sensing the top of the wave folding over above as I rode as fast as possible to stay ahead of the roar of water hitting water right behind me. Just when it seemed it might swallow and dump me hard on the rocky bottom, the wave spit one last surge of foam and slacked off, gently pushing me out onto the shoulder, unscathed and elated.

We stayed out there for hours, and the day was like a warm bubble of tropical surf heaven. As exhaustion set in and the wind picked up, we each took one last ride in, staying with the wave all the way in to shore. Looking up at the steep cliff, arms rubbery from paddling, I had a little epiphany of sorts. I just was too tired to contemplate the one-armed climb back up, dragging my suddenly heavy board.

"Dave, I'm leaving my board here."

"Say what?"

"I'm gonna bury it in the sand and rocks under that little tree. Then, next time I can just stroll out and use it."

"That's just nuts," said Dave, and then he laughed. "Good idea. I'll do it too."

So we did. We had more boards at home anyway.

The walk back was a bit slower, but still nice. We stopped in town to get some hot chai, but I had to get over the hill to a charity dinner, and we parted with wordless smiles. I drove the hour on the winding road, parked, and changed into a \$1000 suit I'd pulled out of the free box years before. My hair was still damp, and looking in the rear-view mirror to comb it with my fingers, I saw that my face was very sun- and wind-burned.

I walked in to where hundreds of dressed-up people were gathered, got my nametag, and headed to the bar for a glass of something cold. Within ten minutes, at least three people I knew had stopped me and said things like, "Wow, you look like you've been on a good, long vacation. Hawaii? Mexico?"

"You got it," I replied. "Got some good waves there too. So good I left my board so I can return for more."

If you happen to find the spot, please leave the boards there. We'll be back. 🐾

Steve Heilig is an epidemiologist, editor, ethicist, environmentalist, ethnomusicologist, and erratic eccentric based in San Francisco and Marin counties.

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Bhakti Fest

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"The power of chanting the sacred name is to awaken the individual's recognition of his or her eternal relationship with the Supreme being, and that will make us humble.... It creates a greater devotional blaze."

—Shyamdas

In the starkly beautiful Californian desert two hours east of Los Angeles, where the bizarre Joshua trees grow, an event is held that draws people from all over the world. An event that has the makings of a defining moment in the evolution of human consciousness. Spirituality meets Woodstock. Inspired 20 years ago by a dream to bring together the most heart-opening *kirtan* singers, spiritual teachers, and yoga teachers, Sridhar Silberfein (a director of the Center for Spiritual Studies) is dedicated to creating a festival that provides attendees opportunities to deepen and strengthen their connection to the Divine, and to share and express that love through song and movement. CSS produces Bhakti Fest, an annual festival that celebrates *kirtan* (chanting), yoga, and the evolution of consciousness.

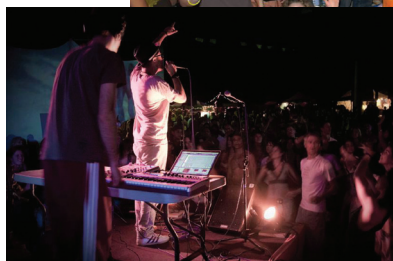
"It is really immersing oneself into the beauty of the Divine — returning to the innocence, the love, and the compassion that we all long for. It is all about getting back to the *bhakti* — the devotion and the love — and diving into that space," Silberfein explains. "I have had this vision since Woodstock to bring together all the families of spirituality in one venue to explore raising the consciousness and moving more fully into the *sadhana* [spiritual practices]."

Now in its second year, Bhakti Fest includes the longest continuous *kirtan* in the country. For four days, the most popular *kirtan* singers, such as Krishna Das, Deva Premal and Miten, Jai Uttal, Dave Stringer, Shyamdas, Bhagavan Das, Jaya Lakshmi, and Donna De Lory will chant for more than 85 continuous hours. The addition of a second stage and a fourth day has created space for many new and sublime *kirtan* wallahs (chanters) to be introduced this year. This festival unleashes the power of thousands of people coming together to chant sacred mantras, singing with a unified and passionate intent to be, express, and share love, peace, and joy.

It is an event not to be missed, as the devotional fire will be intense, with the presence of the most inspiring yoga teachers in the country including Shiva Rea, Mark Whitwell, Saul David Raye, Seane Corn, Duncan Wong, and more than 20 others. Many different styles of yoga classes will be taught in two very large yoga halls.

The festival will be further enlivened by a diverse lineup of speakers on aspects of spirituality, health and wellness, and the environment. Presentations and workshops will be given by Ram Dass (by video), Radhanath Swami, Paul Stamets, Shyamdas, David Crow, Adam Gainsburg, Shiva Rea, "Herbal Ed" Smith, Lorin Roche, Prem Prayojan, and Howard Wills, among others. Health practitioners, performers, and over 130 green vendors are all devoted to creating an inspirational, transformational, and joyful experience. An eco-friendly village, a children's pavilion, an oracle row, a wellness sanctuary, fire ceremonies (*pujas*), Hanuman Chalisas, and meditations will enrich the program.

There will be delicious vegetarian food; various accommodation options such as camping, cottages, and cabins; and nearby mineral springs to enjoy. For those who have a desire to be part of an evolutionary spiritual event, to express devotion through song and movement, to begin or deepen their yoga practice, to delve into spiritual and environmental issues, or to simply luxuriate in the atmosphere of devotion and joy, experience Bhakti Fest, September 9–12 at Joshua Tree Retreat Center in Joshua Tree, California. **BhaktiFest.com** or 866-992-4258



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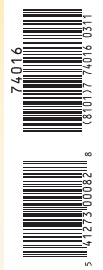
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Earthdance

Evolution of a Legacy

BY XOCHI RAYE

Every September for the past eight years, the Earthdance Global Festival for Peace in Laytonville has drawn folks by the thousands to the legendary Black Oak Ranch for a weekend of celebration, music, dance, art, and participation in an international prayer for peace and healing. Earthdance Laytonville is the hub event of the global Earthdance festival, which unites locations around the world. Often described as a festival that combines the artistic liberation of Burning Man with the socially responsible conscience of the Oregon Country Fair, the festival has gained international recognition as one of the best “boutique” festivals on the West Coast, with sell-out shows each year. The festival has now outgrown Black Oak Ranch and will be moving to a new location for 2012. “To me it feels like a really positive change,” comments Earthdance founder Chris Deckker. “If we can embrace change and transition, there is a lot of room for powerful growth.”

Earthdance began as a one-day international event in 1997, using the universal languages of music and dance to unite people across the



Michael Franti and bassist Carl Young from Spearhead

world in support of global peace and sustainability. The climax of the global event is a synchronized prayer for peace that is played at every location at the same time. The event has grown from 18 locations in 1997 to over 350 locations in 65 countries today.

The first California Earthdance Festival took place in 2001 on the Yakeama Native American Reservation near Santa Rosa. In 2003, Earthdance found its home at the Black Oak Ranch, and at the same time, Deckker partnered with Bob Barsotti, one of Bill Graham’s production managers, who was pivotal in producing the Grateful Dead touring phenomenon. The ranch is also home to the legendary “Hog Farm” community, which began its legacy in the ‘60s, founded by Wavy Gravy, the infamous clown activist. The Hog Farm is considered one of America’s longest-running counterculture communities and is best known for its involvement with the Woodstock Music Festival. Earthdance Laytonville became a wonderful merging of ‘60s counterculture energy with the evolving technology generation.

So it was inevitable that this land, coupled

with the intentional container that Earthdance creates, would foster a certain magic of its own. From devotional Sufis chanting in the middle of the night to internationally renowned DJs and major headline acts, Earthdance Laytonville offers something for all. Past highlights include 2004’s “Drums for Peace.” That year Earthdance broke the Guinness World Record for the largest

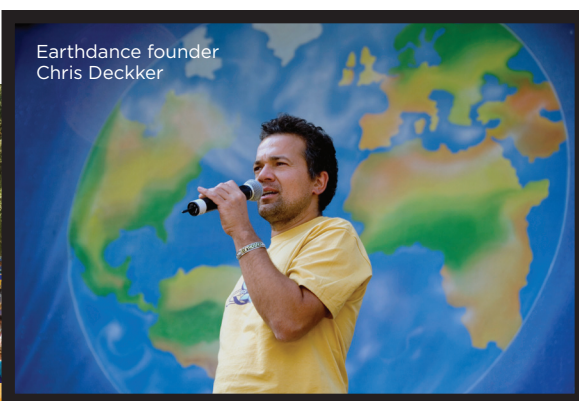
drum circle, giving away thousands of drums to those who registered for the event. Mickey Hart and some of the world’s best percussionists facilitated a prayer that literally shook the wings of an airplane overhead. The pilot was filming the drum circle and commented that with every beat he could feel his plane’s wings vibrate. The only other time that a pilot has recorded wings shaking was when bombs were being dropped.

The largest ever Celtic spiral dance was led in 2006 by Suzanne Sterling of Reclaiming, a Pagan Roots organization out of San Francisco, and in 2007 the international prayer included a global Om Circle with the intention of healing our planetary waters. Earthdance was also the first West Coast festival to present an “elders wisdom council” featuring First Nation and counterculture elders from across the world. This year the international prayer will be facilitated by Grandmother Agnes Baker Pilgrim of the International Council of Thirteen Indigenous Grandmothers, and by Chief Oren Lyons of the Onondaga Nation, the theme being “Honoring our Traditions.”

Workshops offered throughout the weekend include yoga, permaculture, ancient forms of dance and healing, and “Earthskills” workshops, where teaching of traditional indigenous skills such as cord weaving, hide tanning, and natural fire-making will be shared.

To make this a “grand farewell” year to remember, the festival will present an amazing lineup of artists, featuring Michael Franti and Spearhead, Matisyahu, Zap Mama, Ivan Neville’s Dumstaphunk, The Yard Dogs Road Show, Kinky, and many others. The festival will feature five stages of entertainment representing all music genres, including a dedicated electronica stage and all-night devotional music.

“It will be bittersweet to say goodbye to the Black Oak Ranch,” reflects Deckker. “It has been wonderful to have such a stunning and vibrant place as a home for the past eight years. So much magic happened there! This is truly the end of a legacy, but I am really excited for these changes and to see what the next chapter for Earthdance will bring.”



Earthdance founder Chris Deckker



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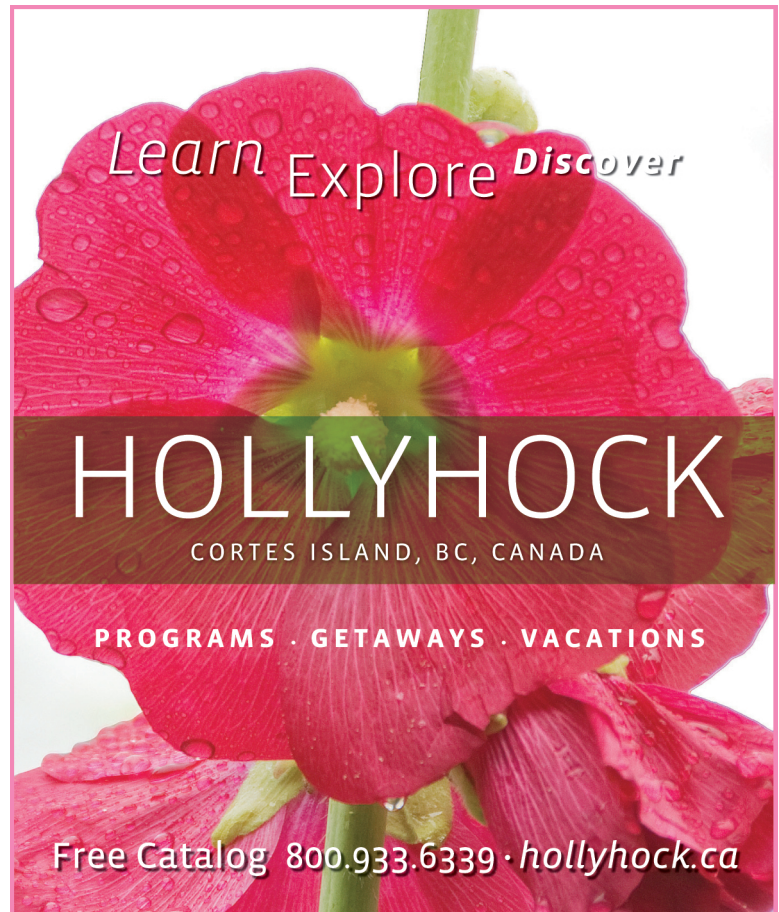
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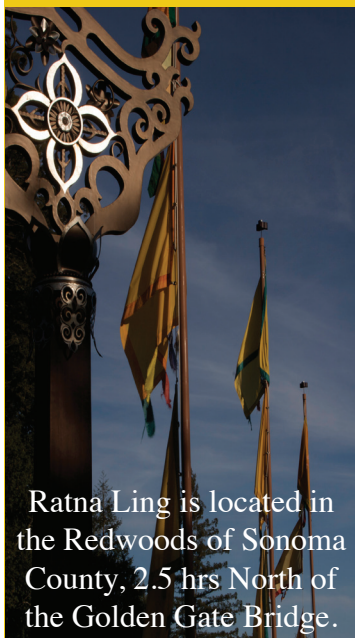
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True Relaxation

Untying the Knots That Bind

BY CARRIE GROSSMAN

Exhale. It's summer and everything is in full bloom: The earth is rich with color, the garden abundant, the days long and light. Finally, we can break out that stack of books, fire up the grill, and enjoy a delightful dip in the ocean. Finally we can slo-o-ow down and relax.

Oh, if it were only so easy.

As much as we all want to unwind, most of us don't always know how—or if we do, we rarely take the time. Spinning in a cyclone of busyness, even relaxing can seem like another item on our lengthy to-do list. In order to take in a bit of peace and quiet, we have to rip ourselves away from the iPads, iPods, and iProblems that rule our perpetually plugged-in existence.

The word "relax" is so overused that it's hard to know exactly what it means. Etymologically, the term comes from the Latin *relaxare*, often translated as "loosen" or "open." Of course, we want to curl up on the couch and take a hiatus from the hamster wheel of life, but is that it? Perhaps more than anything, we want to untie the knots of closure that keep us tense and shut down.

In this world of duality, to speak about relaxation is to speak about tension. After all, without closure we would not know openness, and vice versa. Tension has many causes—namely

stress, a word that is closely related to the Old French *estrece*, meaning "narrowness" or "oppression." How appropriate, since when we feel stressed our bodies constrict, our breath shallows, our muscles tighten, and we feel overwhelmed by life.

According to the American Institute of Stress, 75–90 percent of all doctor visits are stress related. But stress itself is tricky to define because how we perceive and respond to stressors is very subjective. As the Greek philosopher Epictetus said, "It's not what happens to you, but how you react to it that matters." While one person may respond peacefully to a traffic jam, another may burst into a blasphemous rage.

Stress activates the fight-or-flight response, the body's mechanism for dealing with perceived threats. If we are in the jungle, and a furry, fanged creature wants us for dinner, it is the fight-or-flight response that helps us brawl or bolt. Though today most of us don't live in the bush, carnivorous thoughts follow us around and threaten our energy. Resentments, worries, and negative self-talk create a constant backdrop of tension, keeping us in a heightened state of alarm. As our bodies try to adapt, we habitually—and quite skillfully—build armor to protect ourselves. While such self-protection definitely serves a purpose, it can also keep us from experiencing the full depth and beauty of our humanity. When we're tense, we're more apt to act without awareness. We're also more likely to bark at our coworkers and offer rude salutations to innocent telemarketers.

True relaxation brings a quality of softness. Such softness is often frowned upon in our culture, and many of us are taught that we need to be rigid and defended to get ahead in life. But if we look deeply, we may discover that softness is what we truly want. How many personal ads say: "Seeking lover who is closed, resistant, shut down, tense, and disconnected?" That's not exactly appealing. While such



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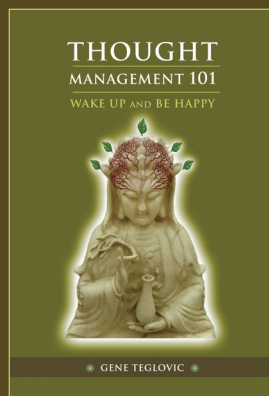
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states are natural and necessary, don't we long to connect with someone who is vulnerable, open, and authentic? That idea is attractive, albeit terrifying. And that is what makes our intimate relationships so unique: In them, we drop at least a little bit of our armor and meet our partner—or parent, pet, child, spiritual teacher—in a space of increased openness, shadow and all.

How then can we experience true relaxation? To begin, we can create space in our day to simply be. Often as soon as we have time to “be” we feel the need to “do.” All of the “shoulds” come rushing in, and the more we *try* to relax, the more stressed-out we feel! What we need is an attitude of non-doing—also known as *wu wei* in the Taoist tradition. Wu wei is about letting things arise spontaneously, without force. After all, flowers bloom and nails grow whether we “do” anything or not—so why not be at ease and trust the power that knows the way?

If that doesn't work, we can breathe—mindfully and deeply. As we expand our belly, we stimulate the vagus nerve, which activates the parasympathetic nervous system, helping the body to relax. We can also listen to soothing music in *sav-ahh-sana*, ask a friend to dig his elbow into our back (preferably when he's in a good mood), or do nice things for others. Positive thinking helps too—who knows, December 21, 2012, may prove to be the best day ever.

Spending time in nature works wonders as well. Instead of being so uptight and thus ungrounded, we can let the natural world lure us back into our body. When we feel the sand between our toes, smell the salty air, listen to the rain, or kiss a flower, we rediscover our place in the web of life. For a few moments we may even forget about the clenched fist of our egoistic existence and remember our interconnection with the vast and radiant cosmos.

Ultimately, we must gather our scattered mind and untie the tight knot of self. What is this “knot of self”? It is the notion that we are separate and isolated individuals, distinct from the rest of creation. The more we hold fast to this view, the more we push life away and exhaust ourselves in the process. When we relax both body and mind, we also relax this sense of separation and reclaim the totality of our being. How does this happen? By letting go—letting go of harsh striving and instead surrendering to each new moment. As we let go of tension, we release our rigid thoughts and yield to reality. We accept life just as it is and rest in the soft, shining, unbound openness that we are. 🌿

Carrie Grossman is assistant editor of Common Ground. info@thelightinside.org

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green scene

Dweezil Zappa plays
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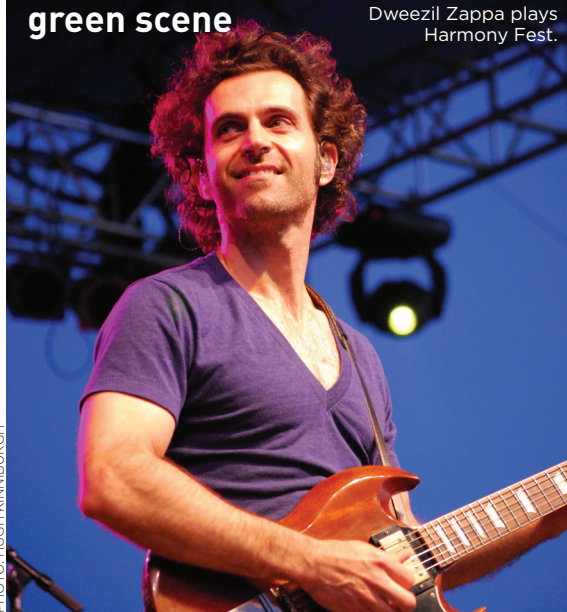
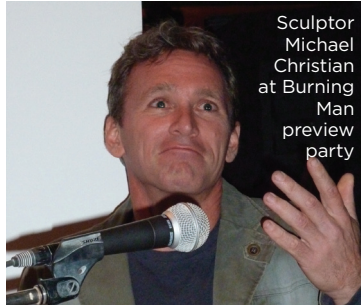


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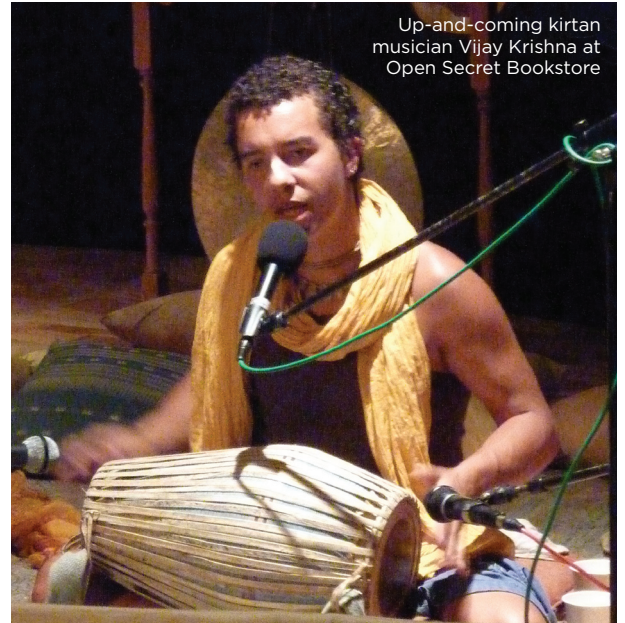
Sculptor
Michael
Christian
at Burning
Man
preview
party



Biz Batterton
(Kinetic Cab)
at Burning
Man preview



Up-and-coming kirtan
musician Vijay Krishna at
Open Secret Bookstore



Lauryn Hill at
Harmony Fest



PHOTO: SEAN A'HEARN

Rob Sidon (right) with Anon Salon's Mark
Petrakis and friend at Harmony Fest



Katie Raycroft
of Yoga Tree

Jessica Hobbs,
Peter Kimelman,
Rebecca Anders
(Temple2010.
org) in SF



Angelo Moore
Fishbone

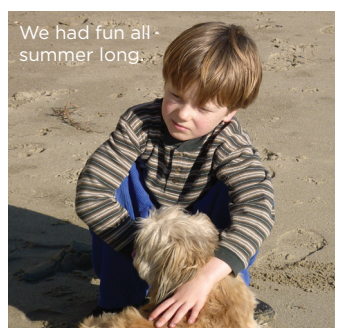


PHOTO: HUGH KINNIBURGH

Yoga Tree Massage
Train in Glen Ellen



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summer long.



David Hinds of
Steel Pulse at
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green scene



40th Anniversary of Gay Pride Parade in SF

Kicked off by a video address from U.S. Senator Dianne Feinstein (former mayor of SF), the Castro celebration dubbed “Forty and FABULOUS” was just that! Gay pride is bay pride is human pride.

Addison Arlow, a recent Stanford University graduate and amateur photographer, caught some of the city's exuberance over the hot summer weekend.

All photos by Addison Arlow (twoleftsides.com), except bottom left, by student Amy White.

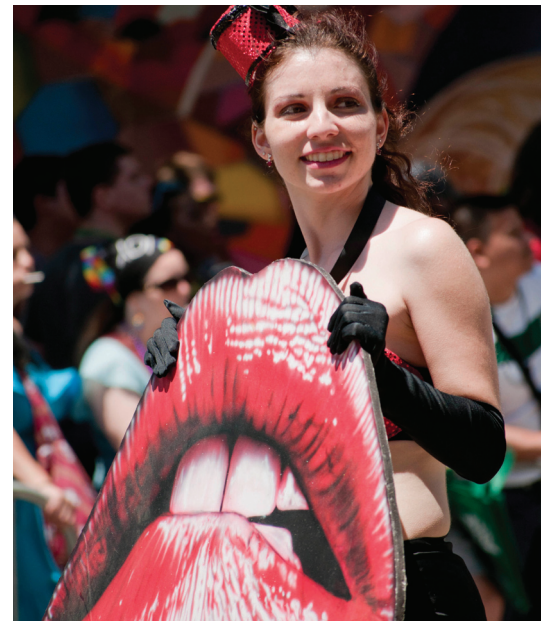


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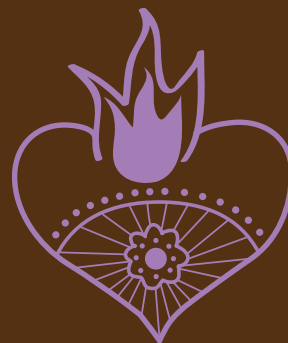


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Crimson Rose and Will Roger

INTERVIEW BY ROB SIDON

As a couple, Crimson Rose and Will Roger constitute one-third of the ownership of Black Rock City LLC, the organization responsible for creating the annual Burning Man Festival and all the ancillary events. Will is Director of Nevada Relations and Special Projects. Crimson is the art director. He builds; she decorates. Happy to be celebrating 17 years together, Will and Crimson live in Oakland with their cats, Franky and Jeffy. When *Common Ground* caught up with the couple, Will had just suffered a motorcycle accident resulting in seven broken ribs, a fractured clavicle, and a collapsed lung.

CG: I too had a motorsports accident resulting in many broken ribs, a fractured clavicle, and a collapsed lung. I imagine your pain is identical.

WR: I was not traveling fast, but the kids on mopeds shot out of a driveway directly in front of me; I over-swerved, lost traction, and slammed the bike (and myself) down pretty hard. I missed the kids by inches. If I had hit the two kids, things would have been much worse. I remember the kids' parents running out, helping me up, and thanking me for not hitting their kids. She was calling 9-1-1 when I said I was alright, that I maybe hurt my ribs. I asked them to pick up the bike, which they did. The next thing I remember I'm standing in the kitchen telling Crimson that I "did something wrong." Blessings to Crimson for taking me to the hospital and essentially spending the next week there with me. She is a very capable nurse.

Do you ship off to the desert as a couple?

CR: Because of Will's involvement with the Resource Advisory Committee and Friends of Black Rock, he spends most of his time in the desert area. Will leads a camp for the Perseids meteor shower in early August, and I join him at that time.

Where your responsibilities include ...

CR: Everything that relates to art, especially anything that is set on fire, pressurized gases, and pyrotechnics.

How is building Black Rock City likely to vary this year in light of the Metropolis theme?

WR: The city design committee, led by Rod Gar-

rett, has been basically the same since 1998. Each year we make small modifications to improve the city infrastructure for the citizens. We also refine the process of setup and cleanup. The Metropolis theme affects the artwork, theme camps, and art cars more than the city layout design.

Crimson, your role as curator keeps expanding.

CR: With Black Rock Arts Foundation (BRAf), the nonprofit arm, we look to curate art outside of the festival. Will and I are board members of BRAf and co-chairs of the Civic Arts Committee, which is responsible for placing art in public places. Artworks placed outside of Black Rock City build on the value and lessons learned from the Burning Man community, encouraging artistic expression outside its traditional habitat. What is started on the playa can and does find a home of its own.

Does your world intersect much with the classic world of museums and contemporary art dealers, etc.?

CR: The closest we have come is with the Nevada Museum of Art, which purchased a work by Kate Raudenbush, *Guardian of Eden*, which stands in front of the museum. Because of the work with

BRAf there is more coordination with city officials, municipalities, airports, and government agencies.

Burning Man art is fundamentally interactive.

CR: Interactivity with people and the environment. Interactive work convenes society around itself. It generates roles, provokes action, and directs attention to the surrounding world. It transforms participants into active contributors to their creative process. It transcends the static conception of an art object that is contemplated by a detached audience. Interactivity may be achieved in a variety of ways. Sometimes, the mere act of encounter is sufficient, as in the case of work spread out within a field of space that participants explore. Artwork may impart a gift or token. Works may be designed to receive something from people, or they may be activated by participants or by forces of nature, or they may function as social environments. Interactive artworks may also be made mobile, bringing an experience to passersby.

Will, what's it like arm wrestling with state and federal officials over permits, etc.?

WR: Our relationships with the Bureau of Land Management and Pershing County are good. There are always points to negotiate every year.

Does the tone of negotiations vary depending on who sits in the White House?

WR: No, the tone does not change. We don't generally deal directly with elected officials.

What do you say to readers who may be skittish about Burning Man?

WR: There is nothing to be skittish about Burn-



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ing Man; there is something for everyone. The creative energy in Black Rock City needs to experienced firsthand.

Does Larry Harvey ever consult with you about the theme, or is that his private undertaking?

WR: Creating the theme is something that Larry loves, and we respect his creativity.

The Burning Man team is super cohesive ... what's the secret?

WR: We work together as a family on something that we love.

What do you love most about your job?

CR: Creating a city in the middle of nowhere and knowing that every participant will carry a little bit of Black Rock City home with themselves.

WR: We have a chance to change the world through changing people's lives.

Will, what's your most bizarre playa story?

WR: Eating wild jackrabbit with Larry Harvey in 1996, when he asked me to take over Nevada operations. He said, "This is good. Is it chicken?"

Crimson, you once told me a story about how you met your son, for the first time ever, at Black Rock City.

CR: I gave up a son for adoption when I was 16. Many years later, without knowing it, we both connected to the same company that brings mothers and their adopted children together. And in 1998 we met in Black Rock City for the first time.

You're actively involved in your Oakland community ...

CR: Will and I purchased a home together here because of the community, and over the years we have seen more artists and businesses move into the area. Oakland really is thriving. Through BRAF we have made a proposal to develop a downtown property into an art park for the community.

Favorite East Bay hangouts?

CR: Z Café, Awaken Café.

WR: Jack London Square, Middle Harbor Park.

Burning Man is fundamentally a Bay Area phenomenon, do you agree? I asked Larry this last year, and I'm curious what you think. Could you see this coming together in any other part of the world?

WR: If you are speaking about the ethos of Burning Man as well as the 10 principals, then it is more than the Bay Area. The same energy, creativity is happening everywhere.

You work so hard so that others may have a great time; do you enjoy your own party?

WR: Yes indeed. 🌵

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Who is First, the Kids or the Marriage?

BY CHARLIE AND LINDA BLOOM

Making your kids the centerpiece of your life may seem like a good idea, but generally it's not. Besides the more obvious risks and dangers such as overprotection, indulgence, and other practices that can lead to a sense of entitlement and prolonged dependency, making your children's happiness your highest priority can result in an unanticipated and undesired consequence: the promotion of the idea on their part that marriage requires the sacrifice of one's personal needs and desires in order to fulfill the higher moral imperative of responsible child rearing. There's no question that some degree of sacrifice is required in order for any relationship worth its salt to be successful, but the real question for parents is always "Where is the line between my responsibility to my children, my responsibility to my spouse, and my responsibility to myself?"

When one or both partners make their children's happiness a higher priority than the health of their marriage, they run the risk of neglecting the needs of the marriage, and in doing so, fostering feelings of resentment, neglect, resignation, and alienation. Even if the consequences aren't overtly harmful, they can erode the quality of the couple's connection and give children the message that marriage isn't a particularly fun place to be much of the time. As most parents know, children sense much more of their parent's moods, feelings, and attitudes than are outwardly expressed. Unhappy or unfulfilled parents can lead their kids to conclude that marriage makes people unhappy, or if the focus of their discord centers on child-rearing differences, that they are the source of their parents' unhappiness.

It's natural and beneficial for parents to make their kids' well-being a high priority. Better to err by caring too much than not enough. Still, making the needs of the marriage subordinate to the needs of the children can, as many have

discovered the hard way, lead to unexpected consequences.

For Betty, the children always came first. She claimed that because her husband Stefan was an adult, he could take care of himself and shouldn't need much attention. Even as her children grew into adolescence and young adulthood, she never modified her position. She justified her stance and frequently told Stefan, "You're not giving enough to them, so I have to." "I'm not focusing on them," Stefan would respond, "because they need to stand on their own two feet. When are you going to let them grow up?"

"You just don't care about your own children," Betty would blurt through her tears, and the cycle would continue. They had this conversation hundreds of times over the course of their marriage. Sadly, both were unable to see that the casualties of the impasse were the children, as well as their marriage. For years, their relationship had been starving as a result of a deficit of attention. With both children now grown to adulthood, their marriage had devolved into cold, resentful stagnation.

Betty's relentless attention to her children was a way of avoiding the real problems in the marriage, which had to do with a lack of intimacy and a loss of trust. Stefan's unwillingness to nurture the marriage by acknowledging his own loneliness and sadness served to perpetuate the pattern. Ironically but predictably, the

children for whom Betty sacrificed her marriage were also losers in this game. Not only did they lose out on the kind of support they needed to become more independent and responsible people, they missed the opportunity to grow up under the guidance and example of a loving partnership. Betty and Stefan managed to stay together even after their kids moved away from home, but their marriage remained unsatisfying because they never faced their real issues. They stayed together because they were fearful of being alone and opted for the familiarity of the old pattern.

More than anything else we can do for our children, the example of a happy marriage supports and encourages the possibility of creating such a relationship in their own lives. The time to experience the true blessings of a marriage is not after the kids have left home. It's never too early or too late to put your marriage first! 🍀

Based on the book Secrets of Great Marriages. Copyright © 2010 by Charlie and Linda Bloom. Published by New World Library.

Linda Bloom, L.C.S.W., and Charlie Bloom, M.S.W., are psychotherapists and marriage counselors who teach communication seminars and relationship workshops throughout the world. They are co-authors of the widely acclaimed book 101 Things I Wish I Knew When I Got Married. bloomwork.com





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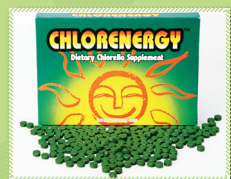
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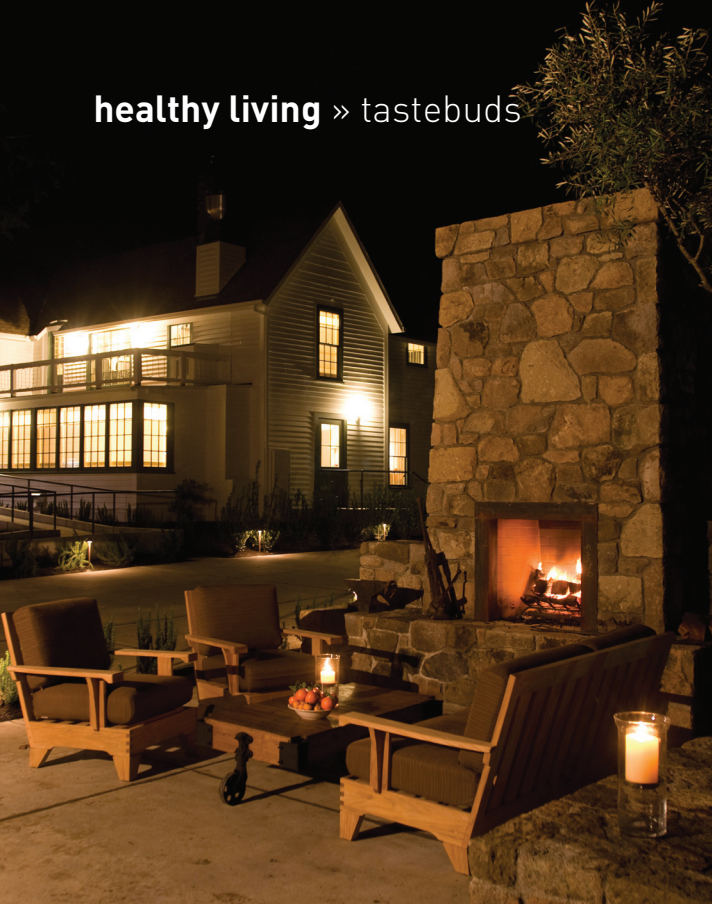
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BY LESLEY LAMMERS

Walking into Farmstead restaurant gives one the strange but comforting feeling of the old and new: think modern farm-to-table fine dining meets turn-of-the-century barn tavern. Inside, salvaged hay hooks, tractor combs, and poultry feeders hang from high ceilings interspersed with low lighting, while outside lies a fireplace made of repurposed foundation stones from the late 1800s Gothic Revival farmhouse-turned-wine-tasting-room. Booth seats lined in Long Meadow Ranch-raised cattle hide and a reclaimed redwood bar front are juxtaposed with contemporary vegetable-laden artwork and black-toque-wearing chefs resolute behind the open-air kitchen.

They are equally meticulous about where the food comes from as they are about the décor, with over 50 percent of the produce being sourced from their own 5.8-acre LMR Ruthertford Gardens and 650-acre Long Meadow

Ranch in the Mayacamas Mountains — whether it's honey from their beehives, beef from grass-fed Highland cattle raised themselves and slaughtered by a family-owned and -operated slaughterhouse, olive oil harvested from their orchards, wine from their biodynamic and organically farmed vineyards, or fresh garden herbs and heirloom veggies. “The great part about having the garden onsite is that customers can literally see the food they are eating growing right outside,” says Chris Hall, whose family started the Long Meadow Ranch Winery and Farmstead after generations of growing food organically before “organic” ever came into the American lexicon.

From the garden, Chris took my guest and me to the adjacent tasting room, where we tried their charming boutique wines and olive oils. Their flagship olive oil made from ancient trees, the Prato Lungo, has a buttery texture and light viscosity, whereas the younger Napa Valley Select blend packs a bitter, piquant punch and emulates what Chris describes as a “green, just-mowed-the-lawn” quality.

The wines were balanced and unpretentious, which comes as no surprise considering Ted Hall made them in his garage for 17 years. Ultimately, we resolved to treat ourselves to a bottle of the 2004 Cabernet Sauvignon with dinner. This elegant red containing 3 percent

Cabernet Franc is food friendly and not overly extracted, with hints of black cherries and rich earthiness. Had we brought our own bottle, we would have paid the \$2 “Corkage for Community” fee, all proceeds of which are donated to a different local charity each month.

At our friendly server's suggestion, we began the meal with meatballs in a caramelized mirepoix topped with a tomato marmalade that cinched the deal with its savory-sweet complexity. Moving on to indulge in the night's special, creamy celery soup drizzled with a cayenne pepper olive oil, we found it a perfect match for dipping the melt-in-your-mouth cheddar biscuits and pretzel-like homemade potato rolls. Next, a simple salad of arugula, shaved mushrooms, and Carmody cheese. I'm usually intimidated by a salad whose sole green is arugula, but this had just the right sum of pepperiness and was well complimented by a light dressing of Meyer lemon juice and Prato Lungo olive oil.

The “brick cooked” chicken with Rancho Gordo heirloom lima beans, green garlic, bloomsdale spinach, and salsa verde, made European style with parsley, oregano, and celery leaves, was my guest's wise entrée of choice. The chicken, first brined and then cooked over live oak in their “plancha” cast iron grill, made the skin crisp and the meat exquisitely moist

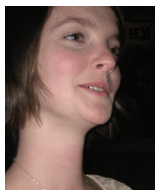
and tender. I couldn't resist ordering the grass-fed beef cut of the day — a Marin Sun Farm sirloin enveloped in a dill butter sauce (about which I kept repeating, "Oh. My. God.") paired with chilled asparagus blanched to that almost-impossible-to-achieve al dente crunchiness. Capping off the meal with a heavy cherry crumble dessert made from local Brooks cherries, brown sugar, and crushed almonds crowned with a dollop of velvety vanilla bean ice cream, I was nostalgically transported back to my Midwestern grandmother's kitchen. Executive Chef Sheamus Feely's gift for American farmhouse cuisine left us with that rare sleepy, contented fullness and a clear conscience.

A Taste for Sustainability

LMR uses what's called "full circle farming," where each aspect of the farm plays a crucial role in making it thrive by optimizing resources. As one of the first wineries in the U.S. to implement solar power, they now produce enough energy to power their operations. Chris says going solar was a business as well as an environmental decision. "It didn't happen overnight, but after eight to ten years the system paid for itself." They have no need to purchase external fertilizers because they make their own compost for the gardens from cattle manure as well as wine and olive oil production waste. And you won't find any gas-powered farm vehicles around because Farmstead's cooking oil waste allows them to produce the majority of their own biofuel.

Farmstead was a logical next step for the Hall family and a clear continuation of their overall green ethos of doing business. "We serve the highest quality ingredients, and the food doesn't have any pretense. My dad doesn't sit in an office all day in a suit and tie doing this as philanthropy for foodies. He is up at the crack of dawn to get the farm workers up and still drives the tractor at harvest."

Hit up the Friday St. Helena Farmers Market, stop by the LMR farmstand, take a guided tour of the properties, or attend a Saturday lecture to learn more about their farming practices and experience the sustainable bounty for yourself. 🍃



Lesley Lammers is a freelance food and environmental writer who has written for The New York Times and regularly contributes to Triple Pundit, The Good Life Report, and the Green Chamber of Commerce.

Most likely, you will find her growing veggies in her garden, experimenting in the kitchen, or happily putting pen to paper about sustainable food issues.

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Yoga From Conception Through the Childbearing Year

BY MARISA TORIGGINO

The imperative for higher consciousness can be no greater than when we bring another human being into the world and begin the process of raising our children. By teaching yoga to mothers, children, and families, we extended the benefits of yoga to pregnancy, childbirth, parenting, and family relationships. A regular yoga practice teaches future mothers and new parents how to be healthier, more conscious individuals. Furthermore, a yoga practice extends that awareness to their family relationships and the choices that they make about childbirth, health care, education, social responsibilities, and other crucial dimensions of parenting.

Ideally, yoga serves individuals throughout all of their life processes, and family-oriented programs exist on a lifecycle continuum that begins and ends with a personal practice. Yoga classes that provide a unique opportunity to bring consciousness to the family process include conscious conception, prenatal yoga for women from conception to birth, prenatal partner yoga for expectant mothers and their partners, and postnatal yoga for women and their babies. Beyond these classes, other programs can exist to support parents to return to or maintain their personal practice.

Prenatal Yoga

Prenatal yoga is a safe and comprehensive form of exercise and mindfulness that a woman can

begin when she becomes pregnant. Specific yoga poses build strength, create space in the torso, and teach relaxation. They support the development of the fetus and the health of the mother's digestive, respiratory, nervous, and endocrine systems. In addition to providing health benefits, yoga can connect a woman's inner strength to her self-confidence during labor and birth. The emotional, physical, and mental experiences of a yoga practice become a tool of self-observation and understanding of one's possible responses to labor. Awareness of the physical and mental dimensions of a woman's practice enables her to see herself and her relationship to her life and body.

An important element of prenatal yoga can be a women's circle at the beginning of each class. This helps to build community among the women and serves as an opportunity for birth education. Students may report to the group the progress of their pregnancy and share related discussion. Topics typically include physical discomforts, problems with health care providers, decisions about birth options, and housing, transportation, and work difficulties. This discussion then potentially shapes that class and gives students the opportunity to tap into each other and their community for resources and support.

Prenatal Partner Yoga

This class is taught primarily for the health benefit of the mother and prenatal infant and to share the yoga practice with her partner. Often, this is the first time that the couple has related to themselves as parents and now as a family of three (or more!). The yoga postures are intended to help the mother during her pregnancy and to assist during labor. Couples are taught how these poses can be used during labor to assist with complications and to ease pain and shorten labor. The unborn children are included in the class, making mothers and partners even

more aware of their current role as parents.

Postnatal Yoga

Postnatal yoga is typically offered from four weeks after a vaginal birth or six weeks after a Caesarian birth. These classes focus on common postpartum discomforts and help strengthen the entire body with a specific focus on relaxing the neck and shoulders, building abdominal strength, toning the pelvic floor, and calming the nervous system. Some believe that a postpartum yoga practice can improve lactation. The babies come to class, mothers nurse as needed, crying babies are soothed, diapers are changed. Sharing the postpartum recovery with yoga classmates reinforces the strong community bonds and alleviates the isolation, overwhelm, and exhaustion that is pervasive during the first months after giving birth. The relationships that began during the prenatal class continue to grow during this postpartum time, allowing the benefits of yoga to truly move off the mat into the everyday busy lives of mothers. At the end of this childbearing year a successful family yoga program leads participants back to a personal yoga practice.

A family yoga program stems from the community and consciousness awakened during pregnancy. Through this physical practice we can improve the health of pregnant mothers and expand their awareness of new family relationships, community support, and parental responsibilities. The physical practice of the mother is the doorway into the physical, intellectual, and spiritual family into which her child is born. 🐾



Marisa Toriggino, E-RYT, has studied and taught yoga since 1987. With her husband, David Nelson, they co-own Yoga Garden SF and enjoy family life with their two young children.

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THE FLIGHT OF THE SWAN 2010 US TOUR

Shedding Safe Light on Sunscreen

Blocking toxic chemicals and nanoparticles, as well as UVA and UVB

BY CAROLYN CHANG, M.D., F.A.C.S.

When I was growing up, my summer days were spent at the pool “working on my tan.” Slathering up with oil and frying in the sun was my daily routine. The darker my skin became, the better, and my best tans often came from the worst burns. That was then. Now, as a plastic surgeon, my summer days are spent evaluating the unfortunate aftermath of excessive sun exposure and advising patients on the best preventative skin protection.

Of course, some exposure to the sun is beneficial, as it is an important source of vitamin D, which is essential for calcium absorption

and strong, healthy bones. A little sun exposure daily can provide most people with adequate amounts of vitamin D. But too much unprotected exposure to harmful UVA and UVB ultraviolet rays can cause deadly skin cancers or at the very least, premature skin aging and loss of elasticity.

Most experts agree that aside from living in a cave, the best sun protection includes a combination of protective clothing and frequent use of sunscreens. The ideal sunscreen blocks both the UVB rays that cause sunburns and skin cancers, and the equally harmful UVA rays that cause damage deeper in the skin where most skin cancers occur. Unfortunately, though, there are some misconceptions surrounding the proper selection of a sunscreen and in what constitutes adequate protection. And more alarmingly, some recent research is claiming that a large number of the very sunscreens that we use to protect ourselves are actually putting us in danger.

SPF — Not the Only Consideration

SPF, or sun protection factor, is the most common way that a sunscreen's efficacy is measured. The number indicates how long it would take for skin to redden compared to unprotected skin. Thus, a sunscreen with an SPF of 30 means that it would take a person 30 times longer to burn than if the sunscreen were not applied. Unfortunately, SPF indicates a product's effectiveness against only UVB rays. There is currently no FDA-approved rating system for UVA protection, although the organization is working toward a standardization scale. Furthermore, SPF indicates efficacy only if the product is used correctly.

The American Academy of Dermatology recommends use of a broad-spectrum, water-

Resources

The American Academy of Dermatology
aad.org/media/background/factsheets/fact_sunscreens.htm

The Skin Cancer Foundation
skincancer.org/Sunscreens/

The Environmental Working Group Sunscreen Guide
ewg.org/2010sunscreens/

Our Favorites

All-Purpose Mineral Sunscreen

Perfect for every day, my pick is **Obagi Nu-Derm Physical UV Block, SPF 32**. It combines a moisturizer with zinc oxide.



All-Purpose Non-Mineral Sunscreen

Dr. Vic Narurkar, chairman of the department of dermatology, California Pacific Medical Center, likes **La Roche-Posay Anthelios 40 cream**, containing Mexoryl.

All-Natural Sunscreen

Among the top sunscreen solutions that the Environmental Working Group recommends is **Badger, SPF 30**. It's organic and great for kids too.



resistant sunscreen with an SPF of at least 30 that provides protection against both UVB and UVA rays. A generous amount (at least one ounce for an adult) should be applied to all exposed skin 15 to 30 minutes before sun exposure, and it should be reapplied every two hours, more often after swimming or excessive sweating.

Recently, the FDA has drafted regulations prohibiting the labeling of sunscreens as having SPF's greater than 50. The organization is concerned that these high SPF's are misleading to consumers and may actually contribute to increased noncompliance by luring them into a false sense of security. The bottom line is that no sunscreen is effective, no matter how high the SPF, if it is not used properly and if it does not adequately protect against both UVA and UVB rays.

Is Your Sunscreen Safe? The Problem With Nanoparticles and Chemical Offenders

Sunscreens are composed of two main categories of ingredients — those that work by blocking or reflecting UV rays, and those that work by absorbing the rays before they can cause any damage. There are currently 17 active ingredients approved by the FDA for use



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in sunscreens. They are composed of either minerals or chemicals. In combination, these substances can provide excellent broad-spectrum UVA and UVB protection. Unfortunately, it is some of these very ingredients that have recently come under fire by several environmental advocacy organizations, such as the Environmental Working Group and Friends of the Earth.

These groups report that some sunscreen ingredients can cause detrimental health effects, such as hormonal disruptions, allergic reactions, cell damage, and cancer formation. The problems can occur when the minerals or the chemicals used in sunscreens are absorbed into the skin and break down, sometimes generating free radicals that damage cells. The most common minerals used in sunscreens include zinc oxide and titanium dioxide. Problems can occur when these substances are formulated as tiny nanoparticles to allow for a more cosmetically elegant, "invisible" sunscreen. The result is that the minerals are more easily absorbed into the skin, potentially contributing to increased health concerns. Choosing a mineral-based sunscreen that minimizes the use of micronized nanoparticles may provide a greater degree of safety. Likewise, some of the chemicals used in sunscreens may be objectionable for similar reasons. One of the most maligned ingredients is oxybenzone, a common ingredient found in approximately 60 percent of available sunscreens. On the flip side, the recently FDA-approved ingredient ecamsule (Mexoryl), in combination with avobenzone and octocrylene, has been shown to provide unparalleled broad-spectrum, stable, and presumably safer protection.

The Real Truth

The claims of various health hazards from sunscreen ingredients are as yet not recognized by the FDA or even by many dermatologists. But the consensus among all is that there is no perfect sunscreen, only those that may be better than others, and the benefits of a well-chosen sunscreen, when used as recommended, far outweigh the negatives. 🐾



Dr. Carolyn Chang is a Stanford-educated plastic surgeon who specializes in cosmetic and plastic surgery for women. She serves as vice chairman of the department of plastic surgery at California Pacific Medical

Center and is one of San Francisco's leading plastic surgeons. She is a perfectionist whose natural approach reflects her commitment to overall health and wellness. drCarolynChang.com



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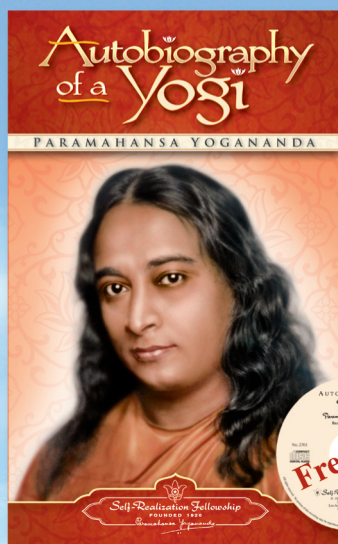
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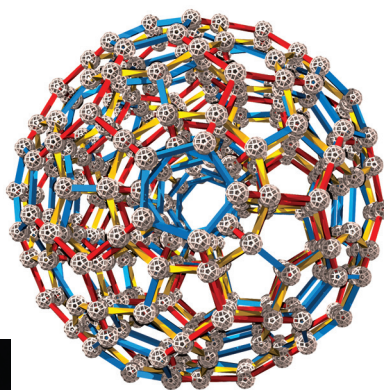
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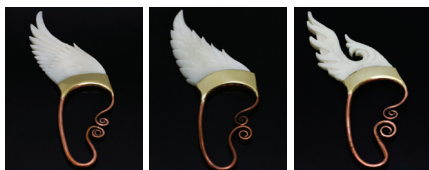
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Summer Love

Fling or Foundation?

BY RACHEL KAPLAN

“Summer lovin’ had me a blast / Summer lovin’ happened so fast.” You know the song and perhaps the experience. It’s summertime — everyone’s wearing less clothing (except maybe in San Francisco’s foggy microclimates) and having fun at festivals and other outside adventures when — bam! — you meet special someone. There’s a connection, one thing leads to another, the already minimal clothing likely comes off, and before long, you are both drunk off what feels like a steady I.V. drip of hormonal-ecstasy cocktail.

Starry eyed and woozy with visions of love, and having found the perfect mate, you may or may not be sober enough to ask yourself the following question: Is this a short-term, hot and steamy summer fling in which you will dwell in blissful but short-lived fantasies, or did you find someone who evokes a passion that could be the foundation of a relationship able to endure the changes of many seasons, both literally and metaphorically? This question has everything to do with intention and the honeymoon phase. Regarding intention, if you want a short, hot, summery tryst with someone, then enjoy the freedom in impermanence and unattached affection. If you are intending a long-term relationship, your delusions and hormonal high can be explained by the honeymoon phase.

The honeymoon phase is the first stage of relationships, though not all would attest to having it. It’s the part of a relationship in which two people know few facts, habits, and aspects of each other, and what they do know is supplemented by fantasies and projections that make each seem like the perfect fit for the person-shaped void in the other’s heart. This stage is typically the height of romance, excitement, and passion, and it is sustained hormonally through our bodies’ connection elixir.

Certainly every relationship is different, and honeymoon phases run a wide continuum from just plain delusional to sweetly romanticized. Our capacity to allow this phase of falling in love (note the “falling” part) is affected by our past heartaches and failed honeymoon phases. We become skeptical or “more practical” by not even looking for this high. Think of the last time your friend was gaga for someone they just met. How many times did you think to yourself, “Just wait and see” or “Yeah, I remember that feeling a decade before the daily grind and the diapers.”


Because the honeymoon stage, as experienced by most, seems inherently delusional, many wonder whether it’s healthy or worthwhile if what follows can feel like a series of disappointments. Here’s the thing: This phase is crucial in later phases of a relationship when the age-old truth that “relationships take work” presents itself. If there is no sweet memory of bliss attained through togetherness, merging, or union (not to be confused with a lost sense of self), then what will draw partners back together once the inevitable pushing of each other’s buttons arises in the dance of closeness and separateness?

Therefore, work your honeymoon phase! Enjoy it. Delight in it. And if you would like your hot summer fling to be the foundation for the rest of the year and perhaps your life, endure the dissolution of the honeymoon phase. As real issues emerge, can you trust and continually ground in who your partner reveals himself or herself to actually be? Make sure you still feel compatible with the real person versus the movie you projected on them. But assuming that the fantasy

doesn’t crash into a non-workable connection, you simply need to buckle up during the sometimes-bumpy descent back to reality, and hopefully, if you are looking for longevity, you have found someone who, once the going gets a bit tougher, still reminds you of a feel-good cocktail.

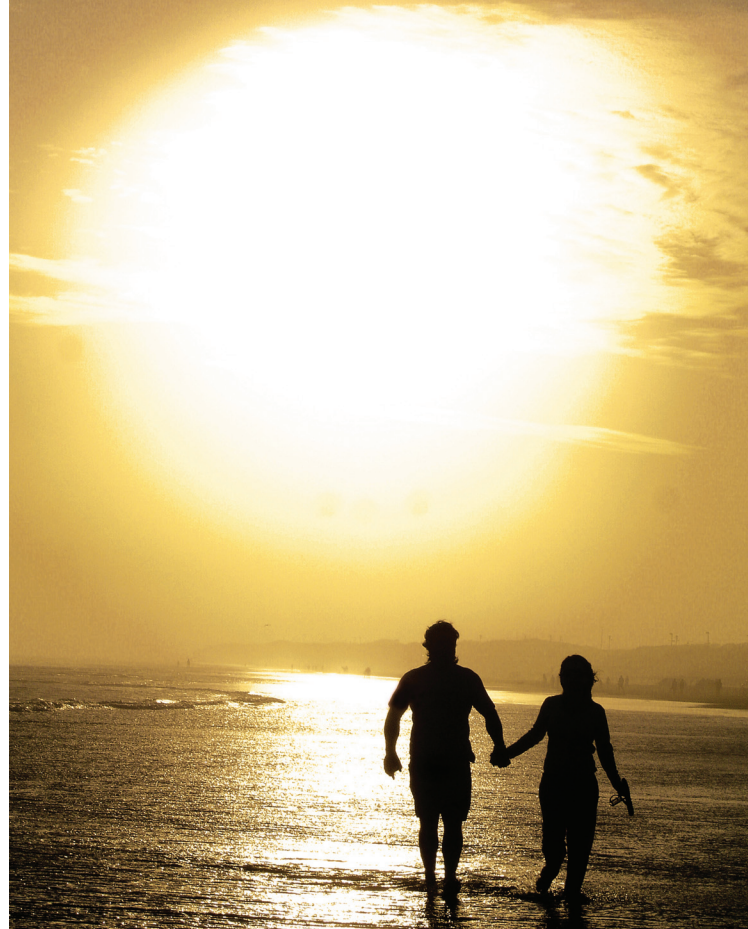
How do you endure the dissolution of the honeymoon phase for what comes next, you may ask? Here are a few tips:

- » Get curious about who this person is, reveling in their idiosyncrasies of humanness, rather than their initial superhero resemblance.
- » Acknowledge that deep relationships trigger, but also heal, old wounds from our real first loves — our primary caregivers. Own what is yours and be willing to let a new story or pattern of loving emerge.
- » Explore how deeper connection that includes healthy conflict and occasional disappointments is more secure than an illusory whim of romance and lust.

» Create time for romance and lust! 

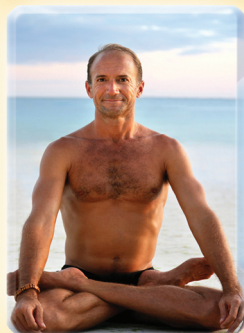


Rachel Kaplan, M.A., M.F.T.I., is a holistic psychotherapist specializing in couples counseling seeing clients in San Francisco and Berkeley. RachelKaplanTherapy.com



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found the perfect blend of musical styles, pure inspiration, tender ballads, and that awesome combining of chant form and English lyrics a la Donna DeLory & others. In fact, Donna's *Sanctuary* was probably my favorite CD last year, and *Diamonds in the Sun* plays beautifully next to her collection of exquisite songs. Donna lends her vocal magic to many tracks on *Diamonds in the Sun*, as does C. C. White and other fine singers. Each song is a complete and full offering, with occasional horn sections, r'n'b arrangements, soulful rhythms, and prayerful choruses that build to convergent conclusions that satisfy, track after track. All in all, Girish shared, "It's been a two- to three-year journey, from basic thumbnail sketches, as foundation, to laying down the original tracks with a solid live rhythm section on hand. The rest was drawn from Pakistan to Portland, via Skype, and other forms of audio technology." During this time, Girish upgraded his home studio in quantum leaps toward getting vocals down perfectly. You can hear for yourself, as the energy is brought forth, reflecting his own personal evolution as producer and musician. Guest artists include Greg Ellis, Quinn, Benjy Wertheimer, James Harrah, Ian Walker, Georges Lamman, Greg Leisz, and many others.



The title track is self-explanatory, and was written on his recent third trip to India, expressing the understanding that not far below the surface of who we think we are, we all are *Diamonds in The Sun*. There are honestly too many standout tracks to highlight, although *Lakshmi* and *Saraswati* are so very flowing, and *Om Namah Shivayah* lends itself to new meaning within the setting that develops. The closing track, *Long Time Sun* also soars with a pure and heavenly design. If you don't find yourself singing, swaying, moving and grooving with these tracks, I'll be surprised. This is infectious, encompassing music to lift your spirits and soothe your soul. Girish will be performing at the Pacific Cultural Center in Santa Cruz on July 10.

—LLOYD BARDE

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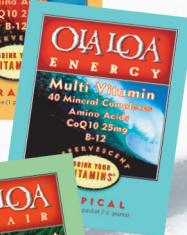
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Burning Man 2010: Metropolis

Our Cities, Ourselves

BY ROB SIDON



In 2009, *Common Ground's* Burning Man preview stirred great interest in the event, thus triggering the prospect of an annual publishing tradition. We've included an adjacent pictorial spread showcasing some of the majesty of last year's gathering, which had evolution as its motif. And now we explore the prospects of the "metropolis" theme.

Last summer, when Larry Harvey, the visionary founder of Burning Man, confided in advance that "metropolis" was the upcoming theme, our snap judgment was that it seemed a tad mundane. But that's the last time we'll second-guess Larry, for it is clear now that we underestimated the scope. Upon reflection, the theme offers a treasure trove of challenging questions — an enthralling appeal to philosophers and artists to weigh in on our collective situation.

That's our opinion, but apparently, we're not alone, as thinkers and tinkerers far and wide have heeded Larry's muse. First indications are that the art at Burning Man this year will be breathtaking, raising the already dizzyingly high bar for radical self-expression. Besides just the art, the theme of this year's event invites us, as global citizens, to examine and reflect on the nuts and bolts of our municipalities. Whether we realize it or not, on a daily basis, we are each participating in a living, breathing, interactive work of art — our cities.

This is particularly apparent at Black Rock City, the makeshift town of 50,000 temporary residents that springs to life from a prehistoric-lakebed-turned-desert known as the *playa*. While the art cars and the sculptures and the pyrotechnics will be downright eye-popping, the metropolis theme ought to draw our attention to the operating underpinnings of the city itself. The success of the Burning Man experiment over the years is providing a unique case study of what many consider "a perfect model of a city." In fact, we've learned that many urban-studies scholars will be visiting Black Rock City over Labor Day week.

From our point of view, we think they'll be favorably impressed by an enlightened citizenry that self-governs on the principle of "leave no trace." Is it utopian? Of course not. How can you create a perfect society without perfect human beings? Nevertheless, we encourage you to check it out. Observe and participate in how a bohemian "scene" is successfully transformed into a citadel. This has never been done before on such scale, with civil intention and all-inclusiveness, with minimal governance. That's our ideal of functional, sustainable idealism.

Warning: It's known to be a challenge to re-



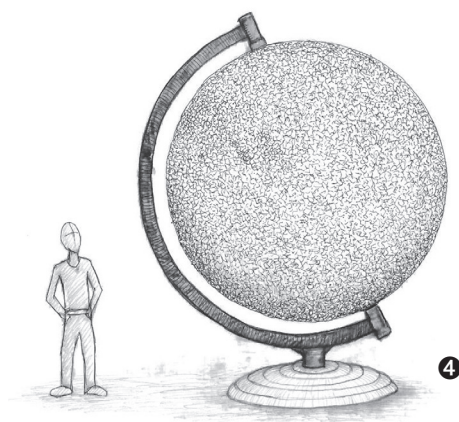
Megatropolis

by "Kiwi" Chris Hawken, New Zealand
MegatropolisProject.com

Megatropolis will recreate six buildings in a loose interpretation of an interactive city block covering 5,000 square feet, within a Satellite City that covers 15,000 square feet. Specific structures of historic and touristic note to include SF's own Transamerica building. The combined height of the structures will be 225 feet. Of course, these too shall burn!

vert to the "default world" but hopefully, you'll bring a bit of the inspiration gleaned on the playa back to your daily reality. And thus make a positive contribution to your own inner and outer metropolis.

For an expanded essay on the Burning Man experiment, visit commongroundmag.com/archives to locate the 2009 summer issue.



Each year Burning Man allocates a percentage of its revenue from ticket sales to help fund select art projects that are collaborative, community-oriented, and interactive. The vast majority of art installations are volunteer based — the fruit of an overwhelming creative spirit that yearns to share for art's sake. Hats off to these intrepid creators who weather untold obstacles to make their offerings.

Thanks in part to the efforts of the Black Rock Arts Foundation, an increasing number of art pieces are finding homes outside the playa, inside of cities around the world. However, the majority of these sumptuous works are short-lived, akin to the *kilhor*, or Tibetan sand mandalas.

In the Tibetan tradition, an aspirant will go to great lengths to mindfully make an intricate and elaborate art offering in the form of colored sand, each grain meticulously placed. Yet in keeping with a spiritual view that the nature of material life is transitory, the mandalas are ritualistically destroyed once completed.

The following is a narrow selection of upcoming art, both funded and unfunded, reflecting the "metropolis" theme.

❶ Future's Past

by Kate Raudenbush, New York
KateRaudenbush.com

Crossing through the cacophony of progress in our shining desert metropolis, we waver and stop to witness a modern utopic vision surrender to a dystopic fate. A monument to man's technological advancement has been mysteriously abandoned to time and left to seed. In its place, a monument to nature grows out of its fertile ground. The angular black steel roots of modern computer circuitry in the shape of a stepped pyramid give way to the ancient roots of a sacred Bodhi tree.

❷ Mant Farm

by the Sober Free Society, Seattle
Mantfarm.com

An homage to Earth's first metropolis, the Mant Farm provides the playa with a dramatic, immersive, interactive vertical maze where one can explore the concepts of maturation, citizenship, nostalgia, scale, and systems of communities — in a working ant farm built to human scale.

❸ Doctor Megavolt

by Doctor Megavolt, Santa Barbara
DrMegavolt.com

An electrifying performance piece where a man in a metal suit interacts with 15-foot-long bolts of artificial lightning. Back by popular demand for his seventh Burning Man appearance, Megavolt is legendary on the playa for adding lots of negative ions to the atmosphere, like being near a lightning storm.

④ Home

by Michael Christian, Berkeley
MichaelChristian.com

Maps being the universal medium for communication, legendary Burning Man sculptor Michael Christian will create dense and complex textured surfaces that incorporate city maps from around the world. These will come together in heavily structured grids and weave into one another to create a dense, compacted moment.

⑤ Minaret

by Bryan Tedrick, Glen Ellen, CA

Minaret is a 50-foot tower that can be scaled externally to the midpoint, then entered into and climbed to the top. A latticed, stainless-steel dome on top allows people to see out without danger of falling. The tower is in six sections. The bottom three are based on the vertebrae of a lion.

⑥ Kinetic Cab Company

by Kinectic Artists Kollektive, Kill Devil Hills, NC
Kineticcabco.org

Expect a new sense of freedom and whimsy as cab fare is collected in human power. During daylight hours, rides will be offered around the Black Rock metropolis.

⑦ Subway

by Matt Ganucheau, Brooklyn

Within chaotic urban environments, we seek mental isolation as a coping mechanism. Through isolation we escape the tension of surroundings to an internalized space of freedom. Subway is an interactive audio installation that examines this isolation, juxtaposing the dynamic sounds of a New York subway station with the vast, unconstrained desert.

⑧ Syzygyrd

by Interpretive Arson, False Profit Labs, and GAFFTA, Oakland
Syzygyrd.com

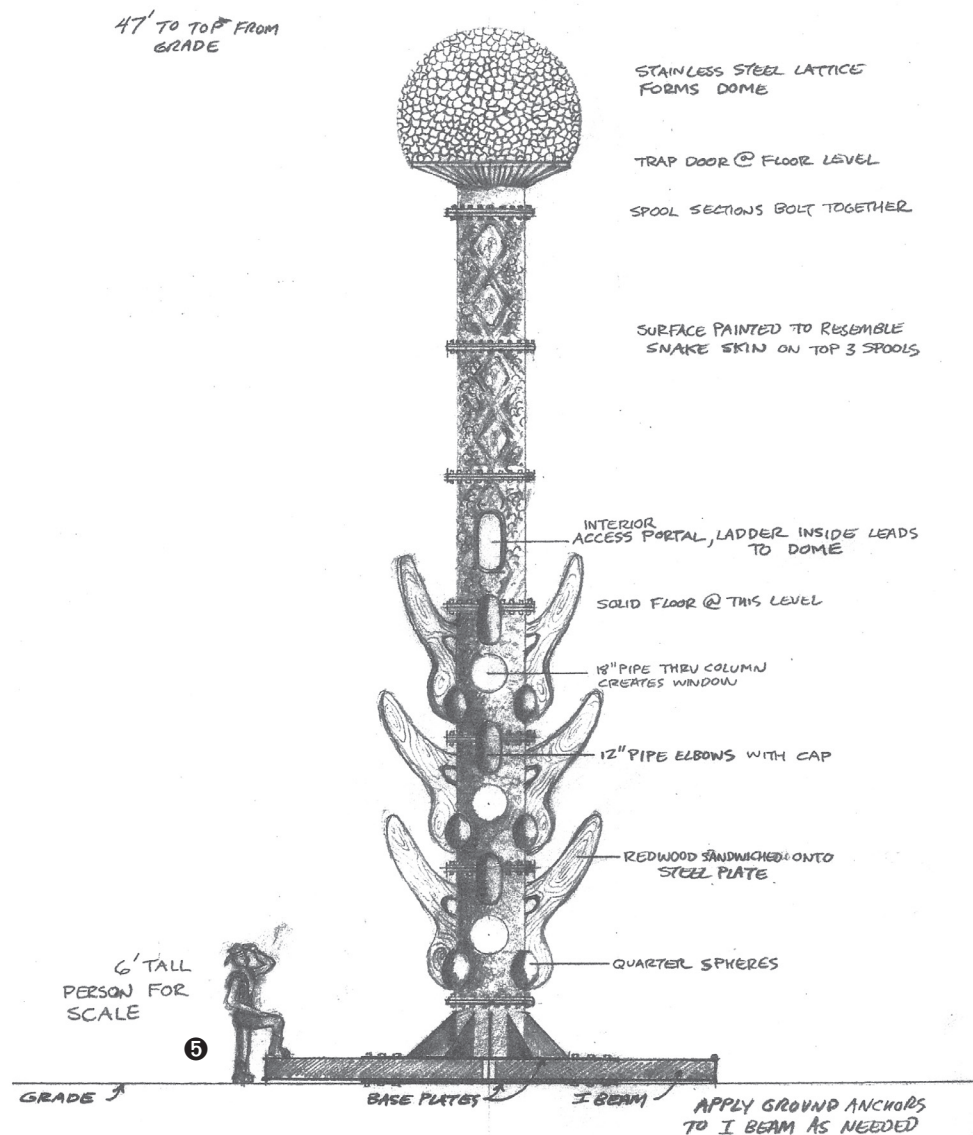
Syzygyrd is a town square for the collaborative creation of music. It's a public space, it's a sculpture, and it's a musical instrument. It's the most beautiful expression we can imagine of the joy we take in community, music, technology, fire, sculpture, and architecture. Dancing together is good stuff, but the creators at Syzygyrd are less keen on the concept of an audience, preferring instead to create an interactive concert hall.

⑨ Infinitarium

by Big Art, Oakland
theBigArtExperience.com

Infinitarium is an organic environment that is highly interactive, as it engages people on many levels. The scale of this playful garden is exaggerated, making visitors feel part of the landscape, yet humbled by nature as it looms large above them. It is a destination for people to interact with each other and the art, and contemplate the role reversal of nature being larger than humankind. The installation is made of salvage and scrap materials, keeping its environmental footprint to a minimum.

MINARET - Bryan Tedrick 2010



The Mayor of Municipality

BY LARRY HARVEY

Every year a dense metropolis arises in the Black Rock Desert; every year it disappears without a trace. Tumult and change, churning cycles of invention and destruction — these forces generate the pulse of urban life. Great cities are organic, spontaneous, heterogeneous, and untidy. They are, like Burning Man, magnetic hubs of social interaction. This year's theme will function as a macro- and a microscope, an instrument through which we will inspect the daily course of city life and the future prospect of civilization.

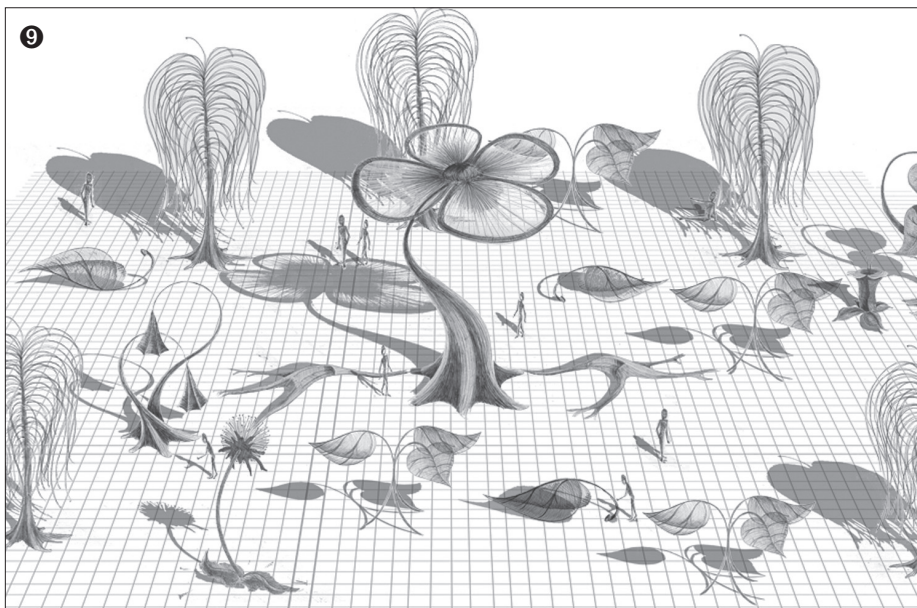
Lagos, Mumbai, and Shenzhen — these places now are nearly household words. Throughout the developing world, a second Industrial Revolution is occurring. Rural hinterlands are emptying as millions stream toward smog-enshrouded urban centers. In America, an exodus from central cities has begun to slacken and reverse. A world composed of six-lane highways, big-box stores, and vast, unpeopled parking lots no longer feels sustainable. Rising gas prices, submerging home loans, and three-hour commutes have caused many to wonder: How can we make our cities livable?

Black Rock City's grid, with its plazas, promenades, and public monuments, was once described by the *London Observer* as a "beautifully zoned tentopolis designed with a precision of which the Renaissance city-state idealists or Haussmann would approve." Furthermore, over a span of 20 years, we have innovated cultural solutions for specific urban problems. Cars are not allowed to dominate our city's thoroughfares, and citizens are held responsible for managing their share of the consumption stream — they leave no trace.

Yet this is only half the story. If central planning furnishes a general social context, participants supply the substance and the soul of our community. Hundreds of theme camps and interactive artworks are contributed to Burning Man each year. These diverse, unpredictable, and uniquely personal creations are gifts available to every citizen of Black Rock City. They generate belonging on a civic scale. This is the ecumenical achievement of all great cities: They transcend the narrow bounds of tribe and caste, allowing us to glimpse the deep humanity in others. 🌱



PHOTO: ALES PRIKRYL





Burning Man 2009 Retrospective

Evolution of a Ritual: A Photo Safari by Ales Prikryl

➤ Last year's Burning Man theme, "Evolution," inspired in part by the genius of Charles Darwin, prompted three related questions: What are we as human beings, where have we come from, and how may we adapt to an ever-changing world?

Citizens of Black Rock City heeded the call and proceeded to help answer these fundamental questions ... by converting acres of dusty expanse into what photographer Ales Prikryl describes as the "largest open photo studio in the world."

We are grateful to all the skilled photographers who, like Ales, have dedicated their talents to capturing the ephemeral essence of Black Rock City during its wondrous trajectory from dust to ashes.

For more of Ales' breathtaking photos, visit dusttoashes.net.



The Raygun Gothic Rocket
by Sean Orlando,
Nathaniel Taylor,
David Shulman,
John Manyjohns



Soma by Flaming
Lotus Girls



Key Note by
Michael Christian



Woman of Fire
with Crimson Rose

Dances in the Wind
by Department of
Tethered Aviation



Portal of Evolution
by Bryan Tedrick



Groovik's Cube by
Barry Brummitt



Sun in the Dust



Neverwas Haul by
Shannon O'Hare



Soltar by
Pavel Trnka



Sunset Yoga

Key Note by
Michael Christian



The Heron Project
by Christina
Sporrong



Glottus by
Sandy McBride



Obscure by
Liv Orletdie



Fire Conclave
performance
before burn



Evolution Reaching for Balance
by Daniel James Lynch



Love



Saturday
Night Burn





don Miguel Ruiz, right, with
his son don Jose Ruiz



Toltec Wisdom

Interview with don Miguel Ruiz and
his son don Jose Ruiz, authors
of *The Fifth Agreement*

BY ELIZABETH DANIELS

don Miguel Ruiz is the internationally best-selling author of *The Four Agreements* (a *New York Times* best-seller for over seven years), *The Mastery of Love*, and *The Voice of Knowledge*. His books have sold over seven million copies in the U.S. and have been translated into dozens of languages. For nearly three decades, don Miguel has shared his unique blend of ancient wisdom and modern-day awareness through lectures, workshops, and journeys to sacred sites around the world.

His son don Jose Ruiz grew up in a world where anything was possible. From the moment he could speak, he became an apprentice of his *nagual* (shaman) father and his *curandera* (healer) grandmother. As a teenager, he traveled to India to study with friends of his father, and at 23, he became the successor to the family lineage. In the tradition of his ancestors, don Jose has dedicated his life to sharing the teachings of the ancient Toltec. For the past seven years, he has been lecturing and leading classes across the U.S. and at sacred sites around the world.



CG: What are the four agreements?

DMR: The first agreement is be impeccable with your word. This is extremely important because the word is what we use to communicate, to share what we feel we are. You use words to create the story of your own life. The story of everything we perceive and believe.

By being impeccable with the word, we create a wonderful life. If we are not, we create all sorts of dramas based on those beliefs that are not truth. From that perspective, this is the most important of the agreements because we are artists using the word for our creation.

The second agreement is don't take anything personally. When we understand that the way we use the word to create our own reality is not based on what is real, since everybody is creating a reality that is true for them but not for anybody else, we don't take anything personally. How somebody else sees their own world really has nothing to do with us. Not taking anything personally gives us immunity in the interactions we have with everybody around us.

The third agreement is don't make assumptions. This is because after each interaction we have with ourselves, after we create all the knowledge and the language that we speak, knowledge starts talking in our mind, but we are the only one listening. The biggest assumption we make is that everyone believes what we believe and that everybody is the way we are. All that knowledge in our head gets us thinking. We have no control over it; it is like a huge marketplace with thousands of people talking at the same time and nobody is listening. We call this a big *mitote* (uproar). If we don't make assumptions, we get immunity in the interactions that we have with ourselves and with others.

The fourth agreement is always do your best. This is where we take action, because by doing our best we change what exists within our mind into something that is real. If you want to create a bridge, first you create a plan and then build the bridge so that it exists.

It is sometimes difficult to be impeccable with the word, and it is difficult not to take anything personally or not to make assumptions, but we can all do our best.

What is the fifth agreement, and why wasn't it included in the first book?

DMR: When I wrote *The Four Agreements* I really did not believe anybody was ready for the fifth agreement. You know, the four agreements are nothing but common sense and introduce the kind of life I discuss in *The Fifth Agreement*. With the four agreements, we challenge everything that we believe, everything we learn in our domestication. With the fifth agreement we end the conflict that exists in our mind.

We believe that there is a conflict in our mind and that the conflict is between good and evil. But good and evil are results of the real conflict, which is between the truth and lies. The belief is that if we believe in the lies we become evil in varying degrees, and that when we believe truth, the result is goodness.

The fifth agreement is to be skeptical but learn to listen. This means don't believe me, don't believe yourself, don't believe anybody else, because we create our own reality, and what is true for one person is not necessarily true for anybody else. By not believing others we are not taking the position that we are smarter than others. It's just that people's accumulated knowledge is based on their opinions. The second part is extremely important too—"learn to listen" so we can understand where others are coming from.

Also, don't believe yourself because you know that the majority of the agreements you've made in your life, and the knowledge that you accumulated, is nothing but lies. These lies limit your expression in life because you believe you are not good enough, strong enough, intelligent enough, or perfect enough, so you reject yourself before anybody else rejects you.

When you don't believe your own lies, but you listen to yourself, you finally respect your own dream, your own world. Then you really love yourself and you discover you are the love of your life because nothing is outside of you. You understand that outside of yourself people will come and go, including your parents, your beloved, your children, your brothers, your sisters, and your friends.

»





For more information about events, workshops, and books, visit miguelruiz.com.

There must be something universal in truth because you describe the truth as silent and not coming from words—a state of inner knowing. How does one achieve this state?

DMR: The four agreements come from this place that you describe; they come from what I call the human integrity. When we were born we didn't speak any language, but just by crying, by being ourselves, by our presence we made everything happen. Our parents took care of us, they fed us, and as soon as we cried, they did whatever was in their power to please us without our words. We all have that presence.

The truth existed long before the creation of humanity and will exist long after the extinction of humanity. The truth doesn't need us to believe in it. On the other hand, lies need us to believe in them for them to survive. When we no longer believe in lies, those lies just disappear.

The truth seems to be a double-edged sword. It's really easy to hear when it's flattering to you, but sometimes it's unflattering. So how do we know the difference between the voice inside our head and lies, when it challenges our need to feel good?

DMR: True knowledge is just a copy of the real truth. Knowledge becomes the last obstacle to reach the real truth. Before we reach the truth we create a whole story about ourselves. So our own truth is not really the truth, but we believe what knowledge says is the truth. When the real truth appears all of the lies dissipate. We believe that the truth hurts, so we don't want to hear it. We prefer to lie to ourselves rather than to know the truth, to face the truth.

My biggest hero, who was born 2,000 years ago, said, "And you will know the truth, and the truth will set you free." You will know the truth without knowledge. The truth is something that we experience, but we need to take the knowledge away in order to become the truth. Then you are inspired to know everything without knowledge, and at the same time you don't understand a thing—you become the truth. For thousands of years humans tried to stop knowledge, tried to stop the voice

inside their head. That is why we invented meditation, mantras, chanting, dancing, music, and everything to try to stop that inner dialog.

In *The Four Agreements* you talk about attention and how somebody might try to hook our attention. Please explain.

DMR: The four agreements get you to what you are without your even knowing what you are because everybody is completely different. It is guiding you to yourself. And at the same time there are millions of events that are happening around you and your life; some touch your attention and others don't. The attention is that power of the mind that focuses on what we want to perceive and discriminates that from everything we don't want to perceive. It is through that attention that we create our whole reality. Through attention we learn and we teach. When we want to teach somebody, we hook their attention and download our knowledge. Attention is a bridge that goes from one mind to another to share data.

You and your family are part of the Toltec lineage. Can you tell us about this?

DJR: The word "Toltec" means artist, and this lineage exists in Mexico, but the word "artist" is a part of all languages and means the same thing. So we are all artists and we are all Toltec. This lineage is not important because my lineage is to be a human, so it doesn't matter where I was born. I will always be a human because that is my nature.

If I use knowledge to describe both of you, I could say you are spiritual teachers and men of love. As such, what would you like your students to know?

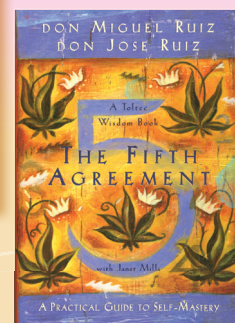
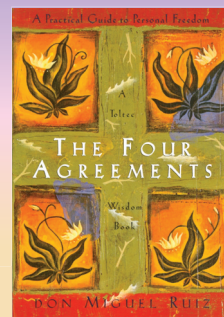
DJR: That you all come to this Earth with one mission, which is the same for everybody, and that mission is just to be happy, to enjoy life. What you do will be different for each person. Your language, birthplace, and philosophy are unimportant, but it is important that you respect yourself and everybody and everything around you. Respect is what will bring peace to this beautiful planet.

When we ask everybody to help us change the earth, we are not talking about the planet; we are talking about the world that you create in your own mind because you are the only one who can change it. And the way to change it is not by changing the secondary characters; it is by changing the main character, which means what you believe you are. You must find yourself and recognize yourself as the love of your life. This is the best legacy that you can leave to your children, the people you say that you love.

We are all messengers. The question is, what kind of messenger are you? 🐘

Elizabeth Daniels is associate editor at Common Ground, a teacher, a Waldorf parent, and founder of Elephant's Garden, a preschool program in Sonoma. elephantsgarden.com

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Allan Hardman is the author of *The Everything Toltec Wisdom Book* and an inspiring speaker and relationship counselor. Allan served a 10 year apprenticeship with don Miguel Ruiz. He lives in Santa Rosa, CA and teaches locally and internationally.



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— Don Miguel Ruiz, Author of *The Four Agreements*™

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— K.T., California

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Raygun Gothic Rocketship Landing at Pier 14 in SF

First launched from a secret location in the Nevada desert flats last summer, the infamous Raygun Gothic Rocketship courses homebound from a top-secret intergalactic mission. Touchdown at Pier 14 on the Embarcadero is estimated between August 5 and 10, the precise time being uncertain due to unusually high asteroid activity in neighboring galaxies. Due to a faulty plasma drive, Central Space Control has alerted the Port Authority of San Francisco that Raygun will be grounded at Pier 14 for a full year. Bay Area residents, and other earthlings, will have the opportunity to get a rare glimpse of the vessel — but only from the exterior. The chief scientists and test pilots responsible for creating Raygun Gothic Rocketship have joined forces with the Black Rock Arts Foundation and the City of San Francisco to form an agreement: Rocket-viewing privileges will be free of charge to all. For up-to-the-minute developments regarding new stellar transportation networks, impending meteorite activity, launch and landing schedules, and good old-fashioned party advisories, keep your browsers glued to **RaygunGothicRocketship.com** or **BlackRockArts.org**.

07.10 An Evening With Paul McCartney at ATT Park in SF

Don't miss Beatle Paul, who has not performed in SF since 1966. Tell your grandchildren you saw one of the greatest songwriters of all times.

AnotherPlanetEntertainment.com

07.11–14 Neil Young at the Fox Theatre in Oakland

Hey hey, my my, this legendary Rock and Roll Hall of Famer comes to us via Buffalo Springfield, CSNY, a brilliant solo career, and a near brush with death. A social activist who successfully uses his music to pass along poignant messages. **AnotherPlanetEntertainment.com**

07.15–21 Vox Mundi Music Retreat With Silvia Nakkach

Join Silvia and music-healers from India, Brazil, Tibet, Peru, Trinidad, Africa, Japan, Argentina, the U.S., and beyond on a life-changing retreat for your musical heart. Includes all forms of improvisation, *kirtan*, raga singing, and more. In the Santa Cruz mountains, where sound-healing sacred chant meets sacred nature.

VoxMundiProject.com

07.17 & 24 Himalayan Kriya Master Yogiraj SatGurunath in Berkeley & SF

All are invited to *satsang* as Yogiraj discusses the path of enlightenment while sharing his mission of earth peace through self peace. On July 17 at International House on the UC Berkeley Campus, 2299 Piedmont Avenue at Bancroft Way. On July 24 at St. Gregory of Nyssa Episcopal at 500 De Haro at Mariposa in SF. Both programs from 7 p.m. to 11 p.m. **Hamsa-Yoga.org**

07.21–25 The Three Transformations of Enlightenment Workshop in Sausalito

Dr. Marc Gafni, Mariana Caplan, and friends help respond to the call for radical transformation based around perennial questions that need to be answered again and again: Who am I? Who are we? Why am I here? What should I do? The work, based on integral practice, is designed to engage people cognitively, interpersonally, physically, emotionally, and spiritually. For more info, **SpiritsNextMove.com**, nfegley@gmail.com, or 415-320-5966.

07.29–08.01 Wanderlust at Squaw Valley Resort, Lake Tahoe

For those who missed the inaugural iteration of Wanderlust last summer, be sure to catch year two of yoga and music at 8,000 feet. Shiva Rea, Baron Baptiste, Seane Corne, Doug Swenson, Duncan Wong, Ashley Turner, Rusty Wells, Janet Stone, Les Leventhal, Annie Carpenter, and at least 20 more will guide the aligned pose. At night the poses go a-swirl with the beats of mega-DJs Moby, Bassnectar, and Pretty Lights. Many live performances on two stages from the likes of Hamsa Lila, Rupa and the April Fishes, Orgone, Beats Antique, and many more. A wide variation of passes available for all budgets. **wanderlustfestival.com**

► 08.05–07 Phish at Greek Theatre in Berkeley

Bona fide Phish heads have had their tickets in hand for months, so a seat at the Greek may be challenging to come by, but worth it to see Trey, Mike, John, and Page.

AnotherPlanetEntertainment.com

08.07 & 08 Quantum Mind Power With Dr. Pillai and Stacey Lawson

Use your mind to create miracles in an intensive meditation workshop revealing techniques for accessing infinite creative power and abundance. For information on how to join Dr. Pillai (international spiritual teacher and creator of MindScience) and Stacey Lawson (co-founder, Center for Entrepreneurship & Technology at UC Berkeley and creator of StaceyTV), visit **PillaiCenter.com/events/calendar**.

08.08 British Author Benjamin Creme on Role of UFOs, Palace of Fine Arts in SF

Benjamin Creme, who has lectured internationally for over 30 years and has written 15 books on the emergence of Maitreya, the World Teacher, is extending a free program about his latest book, *The Gathering of the Forces of Light: UFOs and Their Spiritual Mission*. Creme says that the world's future depends on a choice between two options: to create justice by sharing the world's resources equitably or to stay on our current destructive path and perish. If as global citizens we are willing to change, a

future of "unimaginable beauty and achievement" is at hand. Bay and Lyon Streets in SF. **SharingForPeace.org** or 510-841-3738

08.13–15 2nd Annual Sausalito Film Festival at Cavallo Point

A uniquely Northern California cinematic experience featuring powerful, rebellious films that express passion for cultural understanding and stir the creative soul. In a town founded on contradictions, characters, and innovators, this year's festival promises award-winning and thought-provoking exclusive film showings from around the globe. Screenings are coupled with conversations and post-film presentations all set in the picturesque Cavallo Point Lodge at the Golden Gate Bridge. **SausalitoFilmFestival.com**



08.14–15 Outside Lands at Golden Gate Park

Grateful Dead veterans Bob Weir and Phil Lesh's new band, Furthur, promises to be a popular headliner at the third version of Outside Lands, along with The Strokes, Levon Helm, My Morning Jacket, Gogol Bordello, Cat Power, Wolfmother, and at least 15 other bands — and that's just the first day. On Sunday, headliners include the famous Kings of Leon, Phoenix, Al Green, Social Distortion, Slightly Stoopid, Nas and Damian "Jr. Gong" Marley, Empire of the Sun, and 15 or more other acts. Lots of green, collaborative fun, including Crowd Fire. **SFOutsideLands.com**

08.29–09.06 Burning Man Festival, Black Rock City, NV

See pages 52–61 and **BurningMan.com**.

professional services directory

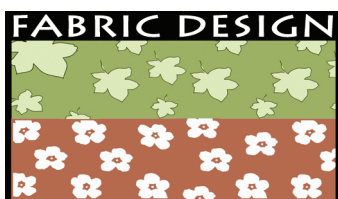
Arts & Entertainment	68	Massage & Bodywork	76
Business & Professional Services	68	Movement & Fitness	77
Certification & Degrees	69	Psychology, Counseling & Therapy	77
Conferences, Workshops & Classes	71	Spas, Retreats & Travel	79
Healing & Wellness	72	Special Products	79
Intuitive Arts	75	Spiritual Practices	80
Life Strategy & Coaching	76		

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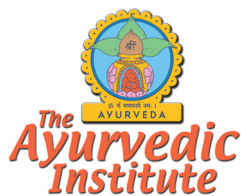
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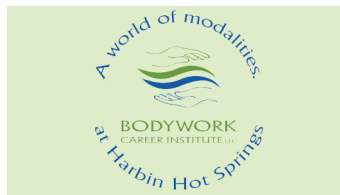
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THE HUTCHINS SCHOOL OF LIBERAL STUDIES offers two alternative degree programs for the working adult in partnership with the School of Extended Education. Classes meet several Saturdays per semester on campus, and between meetings students participate in weekly online discussions as

course is a self-designed *Senior Project*. An advisor works individually with students on remaining requirements.

The **MA Action for a Viable Future** is designed to move students from the theoretical study of contemporary problems to implementation of a plan for action as they explore the interaction among the program themes: social justice, ecology, and personal and political dynamics of change. The student cohort takes eight units per semester for four semesters and develop an individual study plan to place their interests in a wider academic and practical context. Students become familiar with current practices, and learn to apply theory to the real world. Throughout the process, there is an emphasis on forming a vibrant learning community; the final project may be undertaken individually, or in teams or small groups.

Application deadlines BA: Applications are still being accepted for Fall 2010; the deadline for Spring 2011 is October 15th. MA: Application filing period closed.

Information meetings will be held on the Sonoma State campus in Rachel Carson Hall Room 69 on August 14th for the BA. Visit our website at **www.sonoma.edu/exed** under "Degree Programs" or contact Beth Warner at 707/664-3977, e-mail **warnere@sonoma.edu** to join our mailing list.

Conferences, Workshops & Classes

Conferences, Workshops & Classes



BREEMA

Breema – The Art of Being Present THE BREEMA CENTER The Breema Principle for July is "Single Moment/Single Activity."

When you are present, there is a single moment. Your receptivity to the moment becomes single activity. In the absence of thought and feelings, you enter into the present, and there is one moment and one activity.

Special Topic Workshops

"Single Moment, Single Activity" Tuesday July 13, 7-9pm
"Breema, Energy, and Health" Sunday July 18, 9am – noon.

Ongoing classes at the Breema Center

Monday morning Self-Breema, 8-8:45am (July 5, 12, 19, 26)

Saturday Breema Classes, 9-10:30am (July 24, 31)

Breema Annex events at no charge (6015 College Ave, Oakland)

Thursday Lunchtime Breema 12:30 – 1:30 pm (July 1, 8, 22, 29)

Breema Summer Intensive, July 10-18, 2010

Beginning Weekend, July 10-11

Special offer for first time participants: \$130

Beginning 3-Day Course, July 10-12

First time participants \$185

Breema Weekend at Esalen Institute, CA

With Jon Schreiber, August 6-8, 2010

(510)428-0937
email: center@breema.com, website: www.breema.com
The Breema Center, 6076 Claremont Avenue, Oakland, CA 94618

Conferences, Workshops & Classes



dinner, or educational event. **Join us** at one of our many Transformative Learning

Noetic Science

HOST A RETREAT OR ATTEND A RETREAT at the **EarthRise Retreat Center at the Institute of Noetic Sciences (IONS)**, Located on 200 acres of serene rolling hills just 25 miles north of the Golden Gate Bridge, we offer meeting facilities, cuisine, walking trails, and accommodations for 5-120.

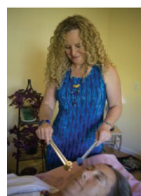
Experience it for yourself by attending a book reading, art opening, Friendly Favor

Workshops including:

- ION's own **Worldview Literacy Program: Training the Trainer**, with **Marilyn Schlitz, PhD.** and Liz Miller, Jul 30-Aug 1.
- **Connecting With Roots-Unfolding the Tree of Our Life** with **Ralph Metzner, PhD.** Nov. 5-7,
- **Getting the Love You Want: A Spiritual Path for Couples**, with **Harville Hendrix**, Dec. 10-12.

Institute for Noetic Sciences (IONS), 101 San Antonio Rd, Petaluma CA.
Visit noetic.org or call 707.775.3500 for upcoming schedule.

Conferences, Workshops & Classes



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ACUTONICS... RETURNING ART & SPIRIT TO MEDICINE

The Acutonics® Healing System provides a comprehensive methodology rooted in Oriental Medicine, music theory and metaphysics. Using precision-calibrated tuning forks, practitioners learn to apply specific frequencies and musical intervals tuned to the orbital properties of the Earth, Moon, Sun and

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Curiosity, a sense of adventure and a deep desire to reclaim the art and spiritual aspects of medicine are what draw students to Acutonics.

This system and these tools will help you grow as a clinician, regardless of your modality.

Next Level I Training is JULY 16, 17, 18 in BERKELEY

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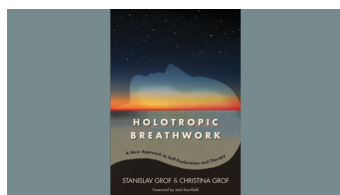
Katie Mink, L. Ac. and Laurie Herron

(925) 849 - 6006

www.westcoastacutonics.com, www.acutonics.com

westcoastacutonics@sbcglobal.net

Conferences, Workshops & Classes



Breathwork

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"Stanislav Grof is one of the most important pioneers in the scientific understanding of consciousness. He and his wife, Christina have contributed both to its intellectual and experiential understanding through their work with Holotropic Breathwork. Their book on this new approach to self-exploration and therapy is a must read." —**Deepak Chopra**

Join Stanislov Grof, M.D., for the experiential weekend workshop, The Adventure of Self-Discovery, or his Friday evening lecture, The Healing Potential of

Non-Ordinary States of Consciousness. Stan Grof is the originator of Holotropic Breathwork and one of the founders of transpersonal psychology.

Through effective breathing, powerful music and a safe and honoring space, Holotropic Breathwork allows you access to your own inner healing wisdom. Each individual goes on a personal inner journey that can include aspects of your personal biography, psychological death/rebirth, and all types of transpersonal states and experiences.

There will be time for questions and discussion with Stan Grof. Emphasis is placed on integration of the breathwork experience in a supportive environment.

January 14 (evening) through 16 (12:30pm), San Francisco (near airport), CA
Or join one of our 6-day retreats in Taos, NM, Phoenicia, NY & Joshua Tree, CA
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Healing & Wellness

Healing & Wellness



Allergies

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Noninvasive • Painless • Drug-Free • No Needles • No Rotation Diet

Common allergies that can be cleared:

Hayfever • Grass • Dust • Animals • Chemicals • Food • Bees • Other allergic reactions

Allergies often stem from old feelings of

fear, confusion, loneliness or sadness. These emotions, held in acupuncture meridians, unconsciously exert their influence over our current thoughts and body functions. Our work together accesses these emotions and memories — releasing them,

allowing the body to return to health. People who have been plagued all their lives with allergies experience great relief, sometimes after just one session. The allergies do not return.

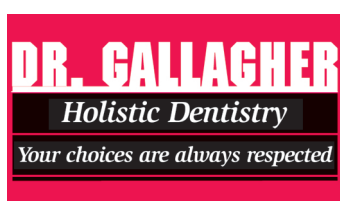
I have a Master's Degree in Social Work and have been trained by the originators of Option Therapy and Bio-Energy Balancing. I developed this effective and versatile method using a synthesis of my education and clinical experiences. I have over 20 years' experience working with adults, children and animals.

For the past eighteen years, I have been working with the connection between body and mind with exciting results. I am committed to creating a safe place where issues can be worked through with respect and gentleness.

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Lynn Corwin
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Healing & Wellness



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• IAOMT Protocol (*Mercury Removal*) • New adhesion dentistry (*leaves more of healthy tooth intact!*) • New drill-less technology (*leaves more of healthy tooth intact!*) • Bio-compatible metalless tooth-colored fillings, crowns and bridges • Non-surgical gum treatments • Bicalix 6.9 canal treatment/Laser heal-sterilize • Digital x-rays (90% less radiation) (*state-of-the-art dental breakthrough*) • State-of-the-art pain control • Bio-compatibility testing of dental materials • Nutritional counseling • Dental homeopathy — sanum remedies • Detoxification assistance

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Healing & Wellness



Female Hormone Expert

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Do you ever experience any of these health concerns:

• Trouble sleeping • Feel like crying for no apparent reason • Get too angry with loved ones • Headaches • Belly fat that you can't get rid of • Allergies • Need medication or hormone replacement therapy

If you said "yes" to any of the above symptoms then you are likely to be suffering from hormonal imbalances for which there is a fast and permanent solution. We can eliminate the above health concerns in just 4 to 5 visits or your money back.

Scientifically proven health results are achieved not by changing symptoms, but by addressing the root causes of your hormonal imbalance.

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TriadOfHealth.net, 415.459.4313 Office

Healing & Wellness



Acupuncture,
Herbal Medicine &
Permanent
Allergy Relief

Judy Daya Alpine M.S., L.A.C.

Acupuncture & Herbal Medicine ACUPUNCTURE, HERBAL MEDICINE AND PERMANENT ALLERGY RELIEF

Let me help you cultivate a body that is healthy, free of pain and full of vibrant energy! I use acupuncture, herbal medicine, nutritional therapy and energetic modalities to help prevent disease as well as to treat poor health, injury or pain. Chinese medicine works on a deep level to balance the body's

energies and bring them back to harmony. Your body can then maintain its own good health.

I have successfully treated chronic health problems, including **Lymes disease, Chronic Fatigue Syndrome, allergies and chemical sensitivities** using natural herbal and Nutritional protocols.

Permanent allergy elimination

You can eliminate your allergies permanently. Look forward to the change of seasons with anticipation and not dread. Enjoy your pets. Breathe easier year-round. Increase your energy. Get rid of digestive problems. I use a non-invasive technique called NAET

to provide lasting relief from allergies and chemical sensitivities. I can usually bring significant relief in a few sessions.

This system utilizes **Kinesiology** (muscle testing) and a sample of the allergen for diagnosis and treatment. The treatment is simple, non-invasive and painless. I continue to have great success with many patients who have tried many other allergy treatments without relief.

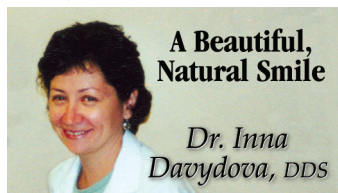
Left untreated, allergies can stress and wear down the body's immune system. Often I find that there is a direct relationship between allergies and such conditions as **asthma, endocrine imbalances, intestinal parasites and Candida, "leaky gut", eczema, acne, sinusitis, low energy, arthritis, recurring migraines, anxiety and depression.**

Working on both the cause and the effect at the same time ensures the greatest possibility for success. Cleansing and detoxification programs will help when parasites or intestinal problems are involved.

I also use a technique called **Neuro Emotional Technique (NET)** to help access and release old emotional programs and pictures that can be stored in the acupuncture meridians. These experiences can affect our physical health.

Judy Daya Alpine M.S., L.A.C. Licensed Acupuncturist and Herbalist.
415-453-3446 in Marin

Healing & Wellness



A Beautiful,
Natural Smile

Dr. Inna
Davydova, DDS

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Are you looking for most effective, painless service in:

- Cosmetic dentistry? • Teeth whitening? • Non-surgical gum treatment? • Restoration of crowns, bridges and dentures? • Or other dental needs?

At our office, we bring you **the latest technology**, combined with **gentle, natural**

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- Digital X-rays = 90% less radiation • Only biocompatible materials and holistic

methods • Friendly and professional staff • Mercury-free materials • Revolutionary whitening technology using the new Rembrandt Smile plasma arc light — more conservative than traditional methods • Metal-free crowns • Non-surgical gum treatments using BioLaser technology • Innovative use of porcelain veneers — "instant orthodontics"

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Healing & Wellness



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Healing & Wellness



Integrative Osteopathy DR. JACQUELINE CHAN, INTEGRATIVE OSTEOPATH

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According to Dr. Jacqueline Chan "health means more than the absence from disease.

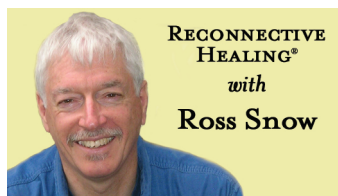
Optimal health includes operating out of the highest expression of one's soul

purpose." Dr. Chan supports the body's biochemical processes and identifies other issues such as toxin build-up in the body, stress, limiting emotional belief systems and hormonal imbalances. She creates an **integrative protocol to correct impediments and optimize the body with orthomolecular nutrients, amino acids, bio-identical hormones, herbs, nutritional guidance, IV therapies, neuro-integration and osteopathic and cranio-sacral adjustments.**

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Healing & Wellness



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Reconnective Healing® CONNECT FOR OPTIMUM HEALTH

This powerful healing frequency, first introduced by Dr. Eric Pearl in 1993, has grown to have over 65,000 practitioners worldwide. Its presence has demonstrated itself clearly in practice and in science laboratories.

Reconnective Healing® can be a life-changing experience. Its spectrum comprises a continuum of energy, light and informa-

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but includes healing for the evolution of our being.

The Reconnection® activates 'new' axiational lines connecting us to the universal network of energy, light and information that reconnects DNA strands and reintegrates 'strings' to renew the human body and to standardize unique vibratory levels of healing.

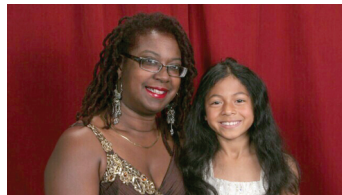
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NIA HEALING CENTER

Run by Dr. Samsarah Morgan, Nia Healing Center is a **unique holistic arts practice** dedicated to health and abundance for individuals, couples, and families.

Services we offer include: • Counseling. • Hypnotherapy • Individual & Family Life Coaching • Referrals to Midwifery Care • Newborn Care • Childbirth & Breastfeeding Edu-

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Professional Certification Programs: Doula training and certification, as well as Childbirth and Lactation Educator Certification. **For those who want to explore an exciting and rewarding career offering compassionate service.**

Samsarah has dedicated her life to serving families. She has seen that with SUPPORT families can reach **high goals of communication and caring**. Providing this support is her gift to the world.

Visit our website: niahealingcenter.org or call Dr.L. Samsarah Morgan, DD, Cht. LC. 510-496-3491 or 510-827-9160, email: niahealingcenter@aol.org. We look forward to serving you! Sliding scales available.

Healing & Wellness



Soul Healing

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Soul Healing focuses on the soul — your soul, the soul of your organs, your house, your relationships, your business, your finances, etc.

Soul Healing brings divine love and light to transform the energy and spiritual blockages that are often the root cause of challeng-

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Experience the power of soul healing:

- Soul Healings sessions • Karma Cleansing for specific conditions
- Soul Readings • Soul Wisdom classes

Peggy Werner is a Worldwide Representative of Master Sha and an advanced Soul Healer. She's a Certified Soul Communicator with the authority to read the past, present and future Akashic records and to clear karma associated with a condition.

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Healing & Wellness



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Dimensional Integration is sound healing combined with facilitated energy work that gently unveils limiting core beliefs and heals old inner wounds, creating space for deep healing and lasting transformation.

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Valerie Carpenter
Certified Sound Healer & Acutonics® Practitioner
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Healing & Wellness



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Holistic Food Coaching

HOLISTIC FOOD COACHING

Holistic Food Coaching, a San Francisco based holistic nutrition consulting and coaching practice, helps people support their natural healing through nutrition and lifestyle choices. **Lauren's philosophy is based in the understanding that a nutrient dense diet of whole foods is the foundation for health and healing and is at the**

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lifestyle skills supportive of health such as shopping for seasonal produce, cooking techniques and meal planning. Lauren's unique practice strives to support the development of your intuitive abilities, which will ultimately empower you to know what is best for your body.

Lauren is a Board Certified nutrition consultant and is a member of the **National Association of Nutrition Professionals.**

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fully, and with greater insight.

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Healing & Wellness



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Our services require no prescribed medications, herbal remedies, supplements or creams. There is no acupuncture or elimination diets. We treat all ages, including infants.

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Intuitive Arts



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intuitive training

Psychic Institute

AESCLEPION PSYCHIC INSTITUTE

As you read this ...

recognize that the space around you isn't empty. Take part of your attention from this page and place it on the space around your body. Now continue to read as you "watch your space." Just like riding a bike you'll be clumsy at first, but with repetition your certainty will grow. This is the first step in tuning

into your clairvoyance: *you deciding* where to place your attention.

Psychic awareness with emphasis on your clairvoyant and spiritual healing abilities begins with small first steps. At the **Aesclepiion Psychic Institute** you find a staff (with over 100 years of combined experience) who not only teach but continue to work as

clairvoyant readers and spiritual healers.

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Intuitive Arts



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San Francisco 94110

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email: psychic@psychichorizons.com

Intuitive Arts



Vedic Astrology

VEDIC ASTROLOGY

Vedic Astrology (Jyotisha) was developed by the illumined seers of ancient India to help individuals attain the fourfold goals of human existence: *Dharma* (Life Purpose), *Artha* (Prosperity), *Kama* (Pleasure), and *Moksha* (Spiritual Liberation). It is renowned for its spiritual depth, predictive accuracy, and practical applications.

Since 1972, **Stephen Quong (Umananda)** has travelled extensively throughout India, Nepal, and Sri Lanka, meeting and studying with many of the greatest masters of Vedic Astrology and Palmistry. In addition, he has been closely associated with Shree Anandamayi Ma and other highly respected spiritual teachers, whose guidance, blessings and personal example have been a major influence in his life and work.

Stephen is one of a very few Americans honored by the Indian Council on Astrological Sciences with the titles of **Jyotisha Kovida**, **Jyotisha Vachaspati**, and **Life Fellow**, and is respected by astrologers and clients around the world for his expertise in Vedic

Astrology. Upon meeting him in 1993, K.N. Rao, then director of the largest astrology school in India, told a client, *"Go see Stephen Quong. He is the best Vedic Astrologer in America."*

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E-mail: quong@jyotisha.com

Website: www.jyotisha.com

Life Strategy & Coaching

Life Strategy & Coaching



Life Coach & EFT

MAYA DIAMOND, MA

Are you struggling to stay organized in the chaos of modern life?

Are you having a hard time prioritizing your needs and desires?

Do you feel burnt out and have lost passion in your current career, relationships, or life?

Are you confused about which step to take next?

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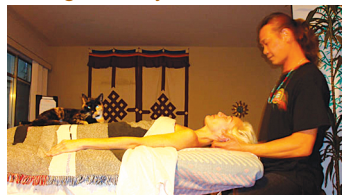
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Massage & Bodywork



Body Optimization

MASSAGE THERAPY AND PHYSICAL THERAPY

Graduated (1998) with a Master's in Physical Therapy. 2003 recognized as a low back & hip specialist by the AMA. 2009: hired as an instructor at Alive & Well, institute for conscious bodywork. Teaches Workshops for other healers and offers free class to the community on self-care.

Now in his 11th year of practice Alco has developed a style he calls **BODY OPTIMIZATION**. It's an eclectic combination of eastern and western principles of healing. It is designed to meet the needs of each individual client. **BODY OPTIMIZATION** is a "true" integration of several healing principles that include postural analysis, deep tissue massage, Thai massage, structural integration, muscle energy techniques and more. Most importantly, whether your aches and pains are chronic or acute, **BODY OPTIMIZATION** works. The results of Alco's work have benefited thousands, from professional athletes to the IT computer person.

**More info about Alco Chan, PT on www.alcochanshealinghands.com.
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Bowen Technique

BOWEN TECHNIQUE

Are you in pain or injured?

Do you want to be pain free?

Do you want a fast recovery using a painless therapy?

Bowen affects the body structurally and energetically by using a series of virtually painless muscle, tendon and connective tissue "moves" located over reflex and acupuncture points which **quickly and effectively releases stress, muscle spasms and pain while correcting joint mobility.**

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Clients rapidly experience a sense of well-being, clarity and relief from a wide range

of acute or chronic conditions such as: **back and neck pain, T.M.J., headaches, frozen shoulders, sports injuries, digestive and respiratory conditions, stress and muscle tension...**

This technique will benefit anyone from the newborn to the elderly, the physically challenged to the competitive athlete and is recommended during pregnancy.

• **Prevention Magazine** in Oct.99 recommended the Bowen Technique as a **tried and true pain relief remedy for fibromyalgia.**

• **Advance** a publication for Physical Therapists in Oct. 2001 featured it as a **component to traditional therapy for accelerating healing.**

Appointments are available in:

-**The East Bay: Susan Brennan DC** (510) 482-8748 www.susanbrennan.com; **Patrik Rousselot PT** (510) 526-8467, www.bowentherapytechnique.com; **Angi Spector CMT**, toll free (877) 793-6196 www.mindbodyconnection.net.

-**Alameda & San Francisco: Kevin Minney CMT BTAA** instructor **appointments or training information** (510) 333-4324, www.kevinminney.com

Massage & Bodywork



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TISSUE HELLERWORK™

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movement. Hellerwork™ can also be experienced in non-series tune-up sessions.

—**Relaxing deep-tissue massage, based upon Hellerwork principles, is also available at a reduced rate.**

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Roy Strassman, M.S. has been practicing Hellerwork™ for 28 years and is one of founder Joseph Heller's original students. He currently practices in the Bay Area (including at *Absolute Chiropractic* in Alamo) and Sacramento.

Roy works with his hands, but feels with his heart. When he works on you he weaves decades of experience, a lifetime on the spiritual path, and years of direct study with his teacher into a tapestry of healing that has to be experienced to be believed. Just give him one chance and you'll see what I mean. -Stanley Young, Climate Change Communications Professional

Learn more and have a PAYMENT OPTIONAL SESSION by contacting Roy at (510) 232-5700 or roystrassman@aol.com

Massage & Bodywork



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My touch and strokes are designed to soothe your superficial muscles down to

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My training extends from studying with Chester Mainard at The Body Electric School to The Esalen Institute in Big Sur.

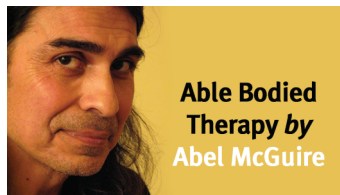
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fellmassage.com, San Francisco**

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Abel started his massage apprenticeship in 1983 and then trained at Esalen Institute where he was inspired when reading about a

deeply felt intuitive touch-response that helped balance and release clients' stagnant energy. Abel's primary goal is to promote physical, emotional and mental health by enlivening the body's natural rhythms and innate sense of peak performance.

"An intuitive body worker with a unique, healing touch." "Abel's strong hands make this massage a total fit" "Excellent massage! I feel I am being taken on a deeply relaxed journey." "My neck and shoulders haven't felt this good in years!" See website for further UC Berkeley references.

Office in Berkeley Acupuncture Project at M.L.K. on University, across from Trader Joe's.

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Mention ad for \$20 off 90 minute massage.**

Massage & Bodywork



Zoe Zuniga, CMT
*Eloquent
Movement*

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AND HOT STONE THERAPY**

Zoe Zuniga, CMT has been a sports massage therapist since 1998. She has gained extensive intuitive knowledge of the body and functional anatomy over her 20 years as a fitness, dance and Pilates trainer.

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Liping Julia Zhu L.A.C., dipl. OM., MSTCM, CMT is a certified Qigong / Tai Chi instructor from China and a disciple of Taoist Master Yu Anren. She was a gold medalist in the 1996 International Martial Arts Tournament. She is the Qigong instructor at the American College of Traditional Chinese Medicine, and a long time Zen practitioner trained at the SF Zen Center.

**Email: liping@qidragon.com
Ph: 415 828 2699, www.qidragon.com**

Psychology, Counseling & Therapy

Psychology, Counseling & Therapy



**REICHIAN
THERAPY**
**MICHELE T.
NEWMARK,
M.S., D.D.**

sation and energy flow will soften. Eventually, the rage we hold in our muscles will surface, giving way to more feelings of pleasure, freeing blocked energy and sexual dysfunction.

Breathwork

REICHIAN THERAPY

Come alive to your sexuality and joy of life ...

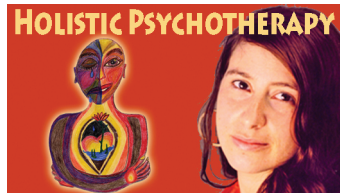
Reichian Therapy is a non-verbal "breathing" therapy. Whereas "talk" is a great way to avoid what you're feeling, there is *no way* to avoid your feelings while lying there breathing in a Reichian session. Over time, chronically stiff and hard muscles blocking sen-

We spend an enormous part of our energy holding back basic needs and feelings which we've learned were not OK. An effective way to free these blocked energies, release anger and reawaken to your natural vitality and pleasure is through the breathing, movement and sounds of Reichian sessions.

Michele T. Newmark, M.S., D.D., has been involved in the study of human sexuality for over 30 years. The basis for her work is grounded in Reichian Therapy. Michele has an ongoing private practice in **Santa Rosa** and in **San Francisco** at the Center for Healing and Expression. She also holds classes on "Tantra, Yoga and Breath, an Exploration of Sexual Energy" and "The Tantric Art of Self-Pleasuring" for women.

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Santa Rosa: 707.538.3778
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Rachel Kaplan MA, Marriage & Family Therapist Intern #54339 Supervised by Julie A. Albert, MFT MFC #28884

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**Seeing clients in San Francisco and Berkeley Offices
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MA, PhD, Board Certified
(415) 453 6218

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- Why it's not personal (really)
- Commitment phobic (it's not just the guys)

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- Why he doesn't read your mind
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Soonja Kim, LCSW (License #: 10157)

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www.motheringundermotheredwomen.com

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Psychology, Counseling & Therapy



Stuart Sovatsky Ph.D.
Counseling Services

Counseling

STUART SOVATSKY

Marriage/Relationship Saver: Over the past 28 years, I have helped hundreds of couples on the verge of breakup or divorce become the creative and loving partners they always wanted to be, and be with. I have been successful with serious issues including chronic infidelity, lying and dishonesty, abusiveness, stagnation and drifting apart,

sexual issues, spiritual and cultural differences, parenting problems, substance abuse, and communication/intimacy problems of all sorts. Don't file for divorce — there is a better way. Please, think about this.

How am I so successful? I don't just passively "follow your process" or just give you explanations for your "patterns" and call that therapy. I build from strengths, revive hopefulness, and deepen powers to apologize and forgive. I help you solve real problems — with money, affairs, trust, values, differences of all sorts — in mutually beneficial ways that last. I help you become true partners in future problem-solving so that your issues get resolved creatively and respectfully. The goals of love, forgiveness, renewed commitment, pride and inspiration happen in each session, over and over again and again. From the very first session.

Individuals, Children, Families: I also help divorced couples with children become mutually cooperative coparents. And I have helped hundreds of single people prepare themselves for successful, loving relationships and creative living. Children and whole families are also most welcome.

Enneagram Counseling: As one of Helen Palmer's original "Teacher of Teachers" of the enneagram with some 25 years' experience, I am considered by many to be an expert. My publication on "The Living Enneagram" highlights the *fluidity* among the types and holds the greatest promise for personal and spiritual growth.

Spiritual Emergence Counseling: Since 1983, I have directed the first-ever spiritual emergence service, founded by Lee Sannella, M.D., in 1976. I am Co-President of the Association of Transpersonal Psychology, and am considered a world authority on tantra yoga. My three books — *Eros, Consciousness and Kundalini* (Inner Traditions, U.S.; Motilal Banarsidas, India) *Your Perfect Lips, A Spiritual-Erotic Memoir* and *Words from the Soul: Time, East/West Spirituality and Psychotherapeutic Narrative* (State University of NY) have met critical acclaim in numerous professional journals, where I have published on Buddhist, Yogic and Judeo-Christian psychologies.

Trainer: I have trained hundreds of clinicians and divorce lawyers.

See home.jps.net/~stuartcs

New Intern: Andrew Groeschel (MFTI #61533, M.A., CIIS) has trained with me for over a year. I am confident in his ability to work with young couples seeking to enrich their relationships, singles longing to find their unique calling in life, and families with adolescents. He offers a lower fee sliding scale in San Francisco and can be reached at 415.820.3995.

I am degreed in Religion from Princeton University and Psychology from CIIS where I am on faculty and a trustee. **San Francisco and East Bay locations. Sliding scale;**

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consulting experience to inform therapy as clients address: stress, promotions, layoffs.

My approach is to help clients better understand their feelings by identifying personal beliefs about self and others. I help clients to recognize thought patterns and internal dialogue and question or affirm assumptions about these processes.

I hold an MA in Applied Psychology from Golden Gate University and have completed a two-year advanced clinical training program at Community Institute for Psychotherapy in Marin County. I am supervised by Amelia Pryor, Ph.D., MFT #34681

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• **Santa Cruz, October 1, 2010**

• **Boulder, CO, November 13, 2010**

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Spiritual Practices



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“Summer afternoon – summer afternoon;
to me those have always been the two
most beautiful words in the English
language.”

– *Henry James, 19th-century novelist*

“And in the end it’s not the years in your
life that count. It’s the life in your years.”

– *Abraham Lincoln*



SAN FRANCISCO'S PREMIER YOGA STUDIOS



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Events



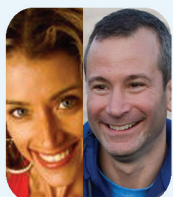
A LIFE WORTH
BREATHING &
YOGA AS AN ACT
OF REMEMBRANCE
with Max Strom

July 17



COUPLES LOVE RITUAL
with Joy Nordenstrom

August 14



HOOPASANA

with Pete Guinasso and
Christabel Zamor

August 21



WEEKEND WITH SAUL
with Saul David Raye
and Friends

August 27 - 29

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1234 Valencia @ 23rd
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Intensives & Trainings



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Yin Yoga & Awakening the Body-Mind

With Dina Amsterdam

August 13 - August 29



YOGA TREE 200hr TEACHER TRAINING

**With Darren Main, Dina Amsterdam,
Les Leventhal, Chrisandra Fox & more.**

Starts September 10th. Early bird deadline for
this program is July 30th, 2010.



PRANAYAMA INTENSIVE

With Darren Main

September 20 - 24



YOGA TREE 500hr ADVANCED TRAINING

Module 1: 50 hours with Jason Crandell

Prerequisite: completion of a 200hr TT. Do not need to be
enrolled in 500 hr program to take this training.

October 8 - 14

4TH ANNUAL
MYSTIC GARDEN PARTY
 July 21st-26th
 Northern California
 5 Day Gathering of the Tribes!
 Music • Visionary Arts • Theme Camps • Workshops • Yoga

6 Stages



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 & Spearhead



Steve Kimock
 & Friends



Random Rab



LYNX & Janover



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 Nathan Moore • Shakti Bliss
 Chlorophil • Scott Huckabay
 Fantuzzi • Dusty Rhodes & The River Band
 Jah Levi • MaMuse • Gladkill • Alice DiMicele
 Youssoupha Sidibe & the Mystic Rhythms
 Freedom Tribe (w/ Sasha Rose & Al Torre)
 Diane Patterson • Stephen Roush Band
 VIRTUAL BOY • Osiris • Lotus Drops
 Radio Devi • Everyone Orchestra
 Larisa Stow & Shakti Tribe
 DJ Samadhi Senseblender
 Soul Union • MyriadOne
 David Kai • Cornflower
 The Human Revolution
 Travis Levity • DJ Story
 Mystic Love Grooves
 Singing Bear • Dusu
 Cosmic Ticks
 Sasha Rose
 SaraTone

Visuals by VIDEOLICIOUS



Brett Dennen



The Mutaytor



Dave Stringer



Jill Sobule



Cheb i Sabbah



CB-3

Symbiosis Festival (art Installations!)

Drum Temple • Eco Village • Kids Village • Yoga Camp

Entheogenic Forums • Ecstatic Dance Camp • Sound Healing Dome

Sound Healing Dome • Raw Food Camp • Devotional Dome • Visionary Arts Village

dozens of workshops on the website featuring:



Robert Venosa
 visionary artist



Dr. Masaru Emoto
 live via webcast



Martina Hoffmann
 visionary artist

Located on 100 acres at an organic olive farm in Corning, CA
 3 Day Camping Passes \$135 until July 20th or while supplies last.
 Our site is 3 hrs from the Bay Area w/ lots of Shade Trees! MysticGardenParty.com

Black Rock City, Burning Man

Mystic Garden Bhakti Stage @ Sacred Spaces Village

Like last year, probably right on the Elplanadel!
 All week stage with MGP bookings mostly
 Fri-Sun nights: Sept 3-5

Confirmed artists:
 Cheb i Sabbah, Sasha Rose, Wisdom

www.MysticGardenParty.com/blackrock

4th annual Maui Mystic Garden Party!

Jan 26-31, right on the beach
 on dry side by Lahaina!

Confirmed artists: Gaudi

Limited to 350 passes:

Only \$175 for 1st hundred passes!

www.MysticGardenParty.com/mauihawaii

Mystic Garden Tour

2010 - 2012

— Confirmed Events / Dates. —

July 21-26 Coming, CA

Mystic Garden Bhakti Stage @
 Black Rock City, Burning Man, Sept 2-6
 4th Annual Maui Mystic Garden Party, Jan 26-31

— Semi-Confirmed Dates —

New York Mystic Garden Party, Oct 15-17
 Byron Bay Australia: Feb 24-27 or Mar 3-6, 2011
 Mexico Mystic Garden Party, April 22-24

— Unconfirmed In 2011 or 2012. —

Japan Mystic Garden Party, April 1-3
 European Mystic Garden Tour: May 6-22, 2011