

# The Essence

*Your Guide to Enriching Mind, Body, & Soul*

Published monthly by East County Holistic Options (ECHO)

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## Article I Title

*By or subtitle*

People curious about yoga often ask me, "What is yoga exactly?" That's a very hard question to answer quickly! Yoga is a holistic system that is intended to purify the mind, body and spirit. The most popular form of yoga in

**"The yogi makes his life simple and trains his mind to not feel loss. He believes that everything will come to him at the proper time".**

the west is called hatha yoga, which is primarily a practice of yoga postures, breathing techniques and meditation. While this is yoga, and it's very beneficial for us, it's just a small part of the practice. The fact is that yoga goes much further than that.

Yoga is one of the six orthodox systems of Indian philosophy. It has been around for nearly 6000 years. It was collated, co-

ordinated and systematized by the great Sage, Pantanjali, in his classical work known as the Yoga Sutras. The system is called yoga (which means to yoke, or join together) because it teaches the means by which the individual spirit (jivatma) can be united to, or be in communion with, the Supreme Universal Spirit (Paramatma) and, thus, secure liberation (moksa). Pantanjali enumerates the means to this union as the eight limbs of Yoga, which is a system for the quest of the soul.

The eight limbs are: Yama (universal/moral laws), Ni-yama (self purification/discipline), Asana (physical



postures), Pranayama (rhythmic breath control), Pratahara (withdrawal of the mind/domination of the senses), Dhara (concentration), Dyana (meditation), and Samadhi (a state of oneness with the Supreme Universal Spirit).

### *In this Issue...*

- What is Yoga?
- Your One and Only New Year's Resolution
- Cleansing Our Bodies
- Resitance is Futile
- Aromatherapy: Fact or Myth?

In this article I'd like to elaborate on the five principals of the first limb of yoga known as the "Yamas." There are five principals of Yama. Essentially, these are ethical disciplines. It is believed that if these are not practiced, chaos, violence, untruth, stealing, dissipation, and covetousness will be experienced. It is also believed that the roots of all evils are the emotions of greed, desire, and attachment which bring pain and ignorance.

The five principals of Yama are:

Ahimsa--Non-violence

Satya--Truth

Asteya--Non-stealing

Brahmacharya--Continenace

Aparigraha--Non-coveting

Ahimsa means "not killing" or non-violence. The true meaning is much wider than this--it means to love and embrace all creation. Yogis believe it is an insult to the Creator to destroy any being. Violence arises from fear, weakness, ignorance, and restlessness. Ahimsa brings freedom from fear. Mahatma Ghandi spent his entire life demonstrating and devoting himself to Ahimsa.

*Continued on page 6*

# Your One and Only New Year's Resolution!

By Dani Burling and Chris Krohn  
of *The Emerging Soul*

If you are like most people you make well-intended New Year's Resolutions each December, only to falter and abandon them by the end of January. Exercise, eating healthier, getting more organized, spending more time with your kids, increasing income, finally getting to those projects that you have been putting off, on and on. Your resolutions hold such importance in your heart and in your life, have you ever wondered why they are so difficult to keep?

Maybe you have tried to reinforce them with affirmations, you know those happy little sayings that you repeat over and over, "I am fit, trim, and healthy" or "I have all the abundance of love and money that I want". Still, by February you are down in the doldrums, having "failed" once again. Fear not, the solution is at hand!

When we make resolutions or affirmations, we are stating what we want from our *conscious* mind. And this is a good thing, except that our conscious mind controls only 15% of what we actually *do*. The subconscious mind controls the other 85%, and it is here that our deep feelings



of unworthiness live. When you were a child, were you ever criticized and told you were not good enough – not smart or good-looking or athletic? Were your parents, or others you looked up to, emotionally distant or harsh?

These early life experiences form our subconscious map of who we *truly think* we are. So if you were overweight as a child, and were ridiculed for this, you will believe that your body is unattractive, and your choices will reinforce this despite what you consciously want. If you felt emotionally abandoned as a child, you will feel that love and intimacy are always out of reach. If you felt your parents did not really listen to you and validate your feelings, you will feel that others in your life now do not really hear or care about you. If you grew up thinking that only dishonest people were rich, your true heart will not allow financial abundance to flow into you. So resolutions and affirmations are powerless over the subconscious mind where these more powerful beliefs live and control your actions, thereby controlling your reality.

Now the good news. With commitment on your part these subconscious beliefs can be identified and rewritten. No, this is not psychotherapy or hypnotherapy. It is called Thetaheal-

ing™, a branch of energy medicine, and one or two sessions can clear all the old beliefs that are holding you back. You can choose a new set of subconscious beliefs, ones that reflect your true essence as a person worthy of health, love, and all forms of abundance. Once your subconscious beliefs are in line with your conscious intentions, there are no limitations on what you can create!

So make this Your One and Only New Year's Resolution – call us to set up an appointment to begin clearing all those old beliefs that do not serve you and make 2008 the year you create all that you have always dreamed of.

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

*Dani Burling is a mother and grandmother who chose her path through a desire to help her mother heal from cancer. She is a graduate of The Four Winds Society, is certified in Thetahealing™, is a Master Reiki practitioner, Herbalist, Registered Nutritionist, Iridologist and practicing Inca Shaman.*



[dani@theemergingsoul.com](mailto:dani@theemergingsoul.com)

(925) 354-3496



*An intuitive healer by birth, Chris Krohn had a 16-year career leading manufacturing organizations before answering her call to serve others through energy medicine. She is a mother, a graduate of the*

*Four Winds Healing the Light Body School, Reiki Master, Thetahealing™ Practitioner, Holistic Life and Business Coach, and a Certified Holistic Massage Therapist.*

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*Wow! What more can I say... Steve, Brentwood Business Owner*

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## Cleansing Our Bodies!

*(and not just by bath or shower)*

*By Katie Hernandez,  
C.N.C., C.B.S. of Health Quest*

What's it all about? Why do we need to cleanse our bodies? How does it work? Where do I start? All good questions.

*Let's start with what cleansing is.* It is the elimination of unnecessary, unwanted and potentially harmful

substances from our body. This allows our organs of elimination and the digestive system to function more effectively, leading to a better chance for optimal health.

*Why do we need to cleanse?* In our world today, we are exposed to more pollutants than any other time in history – these pollutants come in

the form of refined foods, sugar, alcohols, drugs, tobacco, caffeine, stress, air pollution, etc. To top all this off, other contributors to the toxic load our bodies deal with include lack of sleep, exercise and fresh air.

As a result our bodies have to work harder to eliminate these substances, which can lead to toxic build up. These toxins are often stored in fatty tissues throughout our body. This can then interfere with the vital functioning of the cell. After time, this build up can lead to fatigue, aches and pains, aging far too quickly and eventually to chronic disease.

Many of the benefits you'll notice after cleansing may include: improved appearance, sleeping better, feeling healthier, increased energy, improved mood along with better mental clarity, a better sense of well-being and weight loss.

*How it works.* The human body has a natural detoxification mechanism to neutralize, transform and eliminate toxins.

- Your liver transforms harmful substances into harmless ones that can be easily excreted from the body.
- Your kidneys expel these substances from blood into the urine.

*Continued on page 5*

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Katie Hernandez, C.N.C., C.B.S.

# Resistance is Futile

By Steve O'Sullivan

Of The Chi of Love Meditation

Do you ever wonder why the things that happen to you that you don't like can bother you so much? Why you can't let go of these experiences? Why, when you get mad at something or someone, does your energy get clogged and depleted? **It's Resistance.**

When you resist what is, you are focusing your attention on something you don't like or don't want. And where attention goes, energy flows. So the more you focus on what you don't

want, the more energy it gets from you and the more it persists. You seem to attract more of that bad feeling or experience into your life. And it is painful.

*"The more you want to feel better, the more resistance you add to it and the worse you feel. It's a terrible negative cycle."*

Your personal Chi (energy) [pronounced Chee] is just like electricity in that way. Your **resistance** to something causes a blockage in your energy flow, just a like an electrical resistor cuts down on the amount of current that can pass through a circuit. And, oh by the way, YOU are an electrical circuit too. Starting to get clear?

So as you experience anger or sadness or any other negative emotion and you want that feeling to go away, you are just adding resistance to it. The more you **want** to feel better, the more resistance you add to it and the **worse** you feel. It's a terrible negative cycle.

So, let me tell you a story about a



situation I had the other day. I was in the grocery store and I was ready to check out. I came up to the check out stands and chose a line

that seemed short. As I waited, I noticed the line next to me moving faster and so I quickly switched to that line. Immediately I knew I had made a mistake as I saw the checker on the phone trying to resolve a problem, **and** my old line started moving really fast.

Before I could switch back two other people got in **my** line and it was too late. I was **PISSED!** I stood there, angry and impatient as the checker

seemed to ignore the backup, and the resolution to the problem was not coming fast enough. Argggggg!

Then it dawned on me. **Resistance!** I wasn't really angry at 'them', I was angry at myself. I made a bad decision and now it was going to cost me. "Boy, am I stupid!", I thought. More resistance. I was absolutely focused on 'what is', and I didn't like it. The more I thought about it more I didn't like it. As I longingly watched the other line move swiftly and the person in the spot I had been in leaving the store, I really got it. I was resisting the resistance. Making it worse.

At that moment I decided to let it go. I did. I couldn't do anything about it anyway, and really I only 'lost' about 2 minutes. Then everything

*Continued in page 7*



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Continued from page 3

- Your intestines facilitate passage of the solid wastes out of the body.
- Your lungs help to expel toxins in gaseous form.
- Your skin is where toxins come out through sweat and sebaceous glands.
- Your lymphatic system removes wastes too big for the bloodstream.

So now you know why you need to cleanse! How do you start a cleanse?

I have been studying nutrition of almost 20 years and have learned so much over the years. All the different diet plans, this theory or that theory. I've learned about so many different kinds of supplements but I must say, when all is said and done, it all boils down to one thing I call "The Basics" - **OUR BODIES NEED WHOLE, NATURAL, ORGANIC PLANT FOODS!** That is: *Fruits, Vegetable, Nuts, Seeds, Grains and Legumes.*

You need whole fruits and vegetables - these provide the body with lots of vitamins and minerals that are essential



to assist the liver with its detoxification phases. Whole foods also include plenty of fiber to help eliminate through the intestines. Plenty of water helps to eliminate via the kidneys. The body needs 6-8 8oz glasses of water daily. Exercise helps with moving the lymphatic fluids, expelling toxins out through the lungs and also through the skin by sweating. You should exercise at least 15 to 30 minutes a day minimum. This can be as simple as walking briskly (if outside, you will also get good fresh air) or whatever will make

you move. Turn on your favorite music and dance.

Also, get plenty of good quality sleep. The ideal would be 8 hours a night or more. Physical healing, repairing, and regeneration; as well as mental performance, learning and memory functions occur mostly during sleep. Research shows better performance from 10 hours per night compared to 8 hours.

Make sure you are eating about 5 servings of fruit a day. A serving size is about the size of a medium apple or 1 cup of a whole fruit. Also eat a least 5 servings of vegetables and greens daily. That is about ½ cup of steamed veggies or 1 cup raw. Most salads are about 2 cups of raw greens and veggies. Don't go heavy on the dressing and use only a vinaigrette dressing. Consume approximately 2-3 servings of grains a day. A serving size is ½ cup of rice, whole grain cereal or quinoa, 1 slice of whole wheat bread and can also be a small potato. Use salsa on that potato instead of butter and sour cream if it's a baked one. Include beans/legumes daily for 2-3 servings. One-third cup is considered a serving. Have 2-3 Tbsp. of nuts or seeds daily. You can snack on these or put them in salads or grain dishes. Eliminate all meat and dairy during this time. This is a cleansing diet and can be used for 30 days as such or you can use it for a lifetime. Research shows that a plant based diet leads to lower cholesterol, lower risk of heart disease, diabetes, and obesity.

I hope this information has helped you to understand the importance of cleansing our internal body for optimal health benefits. If you would like to have a private consultation with Katie please call her for an appointment at (925) 240-7070.

*Katie Hernandez is a Certified Nutrition Consultant, Certified Biofeedback Specialist, Certified Nutrition Educator, and Certified Diet Coun-*

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*selor. She owns Health Quest in Brentwood, northern California and also works in the Health Quest office in Loomis, CA. Katie's mission is to help transform her clients lives by empowering them with tools that will help to create and maintain optimal health and well-being. For additional information visit her website at: [www.awakening2health.com](http://www.awakening2health.com).*

Continued from page 1

Satya means truth. Truth is the highest conduct of morality. Just as fire burns impurities, the fire of truth cleanses the yogi. If the mind thinks the truth, if the tongue speaks the truth, if the whole life is based upon truth, then one becomes fit for the union with the infinite. Consider the four sins of speech: abuse and obscenity, dealing with falsehoods, calumny (telling tales), and ridiculing what others hold sacred.

Asteya means "not stealing." The desire to possess what another has drives a person to evil deeds. Craving muddles the stream of tranquility. Freedom from craving allows one to ward off great temptations.

Bramachararya means continence. This is considered the battery that sparks the torch of wisdom. The dictionary defines continence as a life of celibacy. In Indian belief it also means monogamy. The ancient texts actually recommend marriage to householders, stating, "Without experiencing human love and happiness how can one possibly know divine love?"

Aparigraha means non-hoarding. The yogi believes that hoarding implies a lack of faith in the Divine Spirit to provide for the future. The yogi makes his life simple and trains his mind to not feel loss. He believes that everything will come to him at the proper time. It is also believed that one should not take things without work-



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ing for it—as this creates poverty in the spirit.

I hope you enjoyed reading this first introduction to yoga. Stay tuned and next month I'll introduce the second branch of yoga: The Niyamas.

**Sandy Morrow-Carmellini** has been teaching yoga since 1998. She has a Level 3 YogaFit teacher certification. Classes are taught primarily in the Iyengar tradition, however

*Sandy's dance background adds a unique blend of movement and breath while focusing on detail. Her classes are fun and accepting, can be a bit challenging, always educational! She has held many yoga retreats over the past years in California, Hawaii, Sedona, Mexico and Italy. For more information, visit her website [www.yogasandy.com](http://www.yogasandy.com).*



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# Aromatherapy: Fact or Hype

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being. Essential oils which are the pure "essence" of a plant, have been found to provide both psychological and physical benefits when used correctly and safely.

Are all the claims and is all the hype about holistic aromatherapy true?

This is a question I have received many times, however the answer does depend on the claims that you have personally heard.

The practice of aromatherapy is the use of volatile plant oils, including essential oils, for psychological and physical well-being. Holistic aromatherapy does not include the use of fragrance oils or unnatural products. Unfortunately, many sellers of so-called aromatherapy products just use the term aromatherapy to sell their pleasant-smelling product and sometimes even go so far as to "hype" unfounded claims. Below are a few common questions and answers that will help clarify what aromatherapy can and can't do.

Can aromatherapy cure my major illness or psychological problem?

If you expect or hope that aromatherapy will in itself cure a major illness or actually cure "stress," you will probably be in for a disappointment. But if you expect that aromatherapy can help with a physical condition, can help with symptoms, can effect your mood, or help alleviate or temporarily eliminate stress or other psychological factors, you may be delighted with the results that you experience.

For example, aromatherapy will not cure serious illness such as cancer or AIDS. Aromatherapy, however, can help enhance a cancer patient's quality of life by enhancing the patient's mood, calming fear and can help ease nausea during chemotherapy treatments. For AIDS patients, aromatherapy can also help enhance the patient's quality of life psychologically and essential oils can help improve one's immune system and thus potentially assist an AIDS patient that way.

Aromatherapy is a complementary alternative health modality. Its current use is not intended to replace standard medical care, but is meant to complement it. Aromatherapy can offer an alternative choice to taking prescription or over-the-counter chemical drugs. Aromatherapy can offer practical benefit for a variety of common ailments or symptoms such as assisting with cuts, wounds, bruises,

inflammation, indigestion, acne, skincare, haircare, hygiene, PMS, menstruation, and for providing mental and emotional assistance with such issues as stress, fatigue, anxiety, fear, and the list goes on and on!

Why is aromatherapy gaining so much press and exposure now if it's been in practice for thousands of years?

Aspects of aromatherapy have indeed been in existence for thousands of years. The term aromatherapy, however, was only introduced earlier in the 20th century. I believe the surge in awareness of aromatherapy is threefold:

*Continued on Page 8*

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*Continued from page 4*

was fine. My line started moving. I put a smile on my face and the checker was really nice to me. I packed my groceries and headed home. **Resistance is Futile!**

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*Author, speaker, and teacher Steve O'Sullivan has been studying and practicing meditation for over ten years and is the creator of*

[The Chi of Love Meditation CD](http://www.TheChiofLoveCD.com)  
[www.TheChiofLoveCD.com](http://www.TheChiofLoveCD.com).

While you're there, Check out [The Abundance Break](#).

Continued from page 7

(1) Society today is more health conscious and is now more receptive to natural alternative health modalities including aromatherapy

(2) The Internet has made it easier for individuals to access and share aromatherapy information. This ability to network has had a positive effect on the growth of aromatherapy and aromatherapy businesses.

(3) Lifestyles of today are now more hectic and stressful. Since aromatherapy can assist in reducing the symptoms of stress and help one energize or relax, society is taking notice. If you

go to many stores that sell any kind of candles, bath or beauty products, you'll most likely see products labeled with the word "aromatherapy." In my personal experience, most times I see the word "aromatherapy" on products not sold by reputable aromatherapy retailers, the word is used incorrectly. So, the surge in awareness of aromatherapy is both positive and negative. Unfortunately, there is a lot of misinformation about aromatherapy and mislabeled products around.

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