



mindfulmag

mind • body • wellness

SEPTEMBER/OCTOBER 2012

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Simon is a teacher, author, and counselor. He lives in Albuquerque, NM, where he teaches Sanskrit, and Jyotish (Ayurvedic astrology), at the prestigious Ayurvedic Institute of Dr. Vasant Lad. From an early age, he has been interested in foreign languages, and traveled and studied widely. His new book, ***The Dharma Types: Secret of the Five Ancient Castes That Will Transform Your Life*** is a result of his search for dharma, the purpose of life, and the answer to the question we all ask, "why am I here?" Simon currently counsels clients on finding their dharma, and teaches his popular ***Decoding Your Life Map With Vedic Astrology*** seminar.

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Stress Management Tips

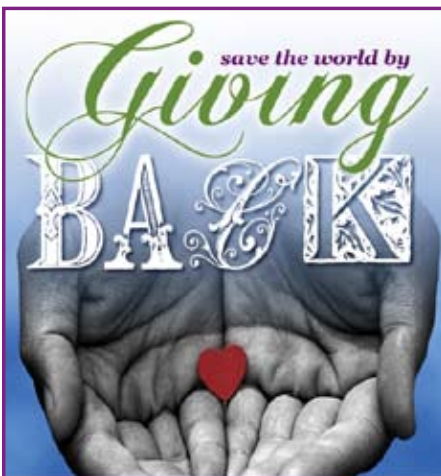
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Experts and Guests

Please welcome the following to this month's issue.



Dan Bolton

M.A., LMHC

Expert, Dan Bolton is a psychotherapist in private practice with a focus on self-esteem, self-actualization, and healthy relationships. Dan's blogs about men's relational health, the importance of fatherhood, self-development, as well as the pitfalls of parenting and dating.

www.danbolton.com

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Dawna Patten

LMP & Reflexologist II

Guest, Dawna Patten resides in Battle Ground, WA. A LMP & Reflexologist II, other modalities she performs include Raindrop Technique & AromaShapes. With a passion for health & wellness, she incorporates Young Living Products into work and personal life.

www.dawnapatten.com

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Clifton Barnes

Guest Writer

Guest, Clifton Barnes resides in Vancouver, WA. Through personal experience of self care and searching wellness to help with allergies, emotional care, and, physical pain Clifton has found breathing techniques to be incredibly helpful.

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Letter from the Mindful Team



Letter from the Mindful Team

Hello all, and thank you for being apart of Mindful's vision of health and wellness.

Our hope is that **Mindful Magazine** will inspire positive changes in your life and all those around us. Chief Editor, Wiesje Brion states *"As I write the themes for the magazine, I try to focus on topics that are commonly brought up in the public and yet rarely explained."* We want to share with our readers the what, why, when and how of holistic well-being. We all know it's what is best for us but do we know why it is better for us and what exactly is **"better"**.

There is so much information out there and who has time to research it all? Well, this is where **Mindful Magazine** comes in. In each issue we have new wellness contributors, and we do our very best to find you preventive care information

so that you can read it all in one place – **Mindful Magazine**. We urge you to continue a lifestyle of holistic wellness, for yourself and for your loved ones. As an example of wellness you will not only improve yourself but you also inspire and enliven those around you to live a healthful life.

We are pleased to announce that we have a new expert, Dan Bolton, M.A., LMHC, an expert in psychotherapy with a focus on healthy relationships with your loved ones as well as with yourself. Continue to view his article on [page 16](#).

Our theme for this issue is on Stress Relief. In this day and age stress is almost inevitable. We hope that this issue can give you some more tools to help you with managing stress. This issue is filled with stress relief resources for the body, mind, and in turn for the soul as a whole. Here's to making life all worth while and making the best of it all!

*Please feel free to [email us](#),
we happily encourage your letters.*

Wiesje Brion
Founder & Chief Editor

Shiela Strubel
Founder & Creative Director



mindful

mind · body · wellness

September/October 2012

Editorial

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We'd love to hear from you

Share your interests. Let us know how we're doing. In all your correspondence, please mention your name, address, email and phone number. Articles/letters may be edited for clarity and space.

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Stress Management Tips

Some experts say that stress can be beneficial for you, but too much stress can actually cause cortisone levels to increase and cause other more serious health risks. To reduce tension in your life caused by everyday stresses try these easy relaxation techniques.

Meditation

“Any repetitive action can be a source of meditation....any activity that helps keep your attention calmly in the present moment.” says Herbert Benson, MD, author of ***The Relaxation Response***. When your thoughts wander in, bring your focus back to your repetitive activity, and your mind will find its balance.

Visualize

Visualization, or “dream-scape”, can be like day dreaming. It is an easy way to calm your mind, just visualize anything that calms you; a place or item. This exercise will redirect your focus from stress to relaxation.

Deep Breathing

Try ten deep, relaxing belly breaths to create a calm disposition. Shallow breathing starves the cells of oxygen and leads stress to set into the body.

Be Mindful

“Mindfulness is the here-and-now approach to living that makes daily life richer and more meaningful,” says Claire Michaels Wheeler, MD, PhD, author of ***10 Simple Solutions to Stress***. Focusing on one activity at a time, that’s right, no multi-tasking. Staying in the present moment promotes relaxation.

Drink Herbal Tea

Go green! Green tea has benefits for health and beauty, says Nicholas Perricone, MD, author of ***7 Secrets to Beauty, Health, and Longevity***. Chamomile tea is also known for calming the mind and reducing stress, and black tea reduces cortisol while coffee raises cortisol levels.



Love

Acts of affection reducing stress levels instantly. The brain feeds on social interaction, improves thinking, and encourages you to see new solutions. Interaction may also help lower blood pressure as well.

Self-Massage

Simple self-massage helps to reduce stress in the body and mind.

Take a Time-Out

When your temper heats up find a quiet place to sit or lie down, take a deep breath and relax. Jeff Brantley, MD, author of *Five Good Minutes In the Evening*, encourages releasing tension to calm your heartbeat.

Music

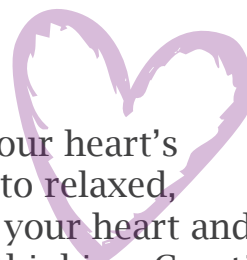
Music can calm the heartbeat and soothe the soul, experts say. Try aligning your heartbeat with a slow tempo of relaxing music. Research shows that listening to 30 minutes of classical music may produce calming effects equivalent to taking 10 mg of Valium!

Affirmation

30 seconds can shift your heart's rhythm from stressed to relaxed, experts say to engage your heart and your mind in positive thinking. Creating positive thoughts will help to slow your breathing, relax tense muscles and even put a smile on your face. Some experts say that creating a positive emotional attitude can also calm and steady your heart rhythm, creating feelings of relaxation and peace.

— WIESJE BRION

Resource: www.webmd.com



Quality Family Time

Add quality family time into your busy schedule ...

Finding time to spend with family is a challenge and making it “*quality time*” can seem almost impossible. What is quality time? Each family has their own definition of “*quality time*”, but the general idea is to spend genuine attention to each other without distractions. So whether it is playing a board game or making dinner together the goal is to NOT allow any distractions to take the time away from what you are doing with your family. Being in the moment with the people you are with – creates “*quality time*”.

Each week it is important to have a day that everyone looks forward to spending “*quality time*” together, and getting your family involved in deciding what to do will encourage everyone’s interest. It can be a challenge to make this happen with everyone’s busy schedules, but it is important to just stop for a moment and make it a priority. Making this time to connect should not become a burden because then no one wants to be apart of it.

Being in the moment with the people you are with – creates “quality time”.

What inspires me the most about spending time with my child is that I am his mother, his nurturer, teacher, guide, and life coach. If I don’t do my job as a parent who will? I think about who my child will become and how I can guide him to his best person.

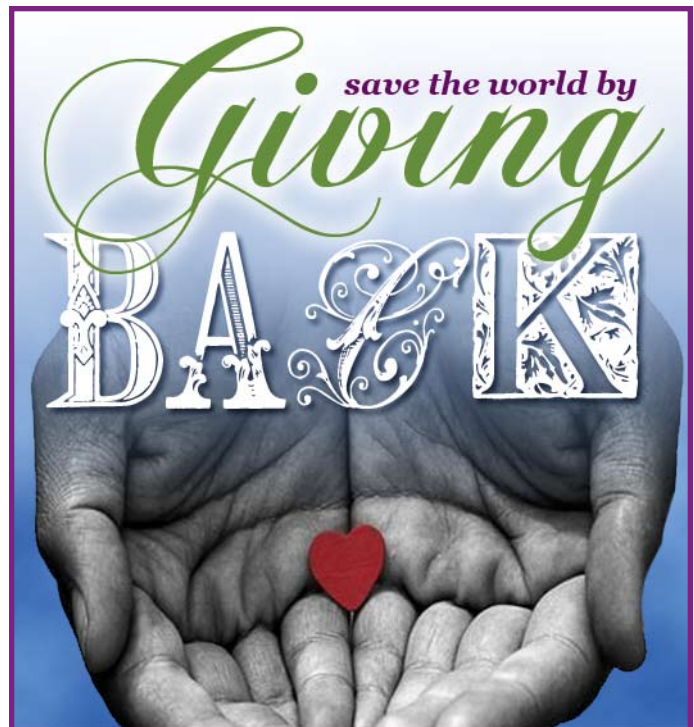


Mindful Living

Families who create family time and abide by the planned schedule become a close knit family; creating an environment of trust, dependability, and encouragement. This develops children in ways school can not. If we are available for our family, trust is built and the bond of family grows closer. I challenge you to practice for at least 30 minutes a day:

- Turn your phone off
- Put work aside
- Don't bring up anything negative
- Show kindness and be positive

— WIESJE BRION



Mindful Magazine is giving back. We want to encourage you to give back as well. There are several ways to give back to your community:

- Donating \$\$\$ to a Cause
- Helping a neighbor
- Volunteering

At this time **Mindful Magazine** has chosen three non-profit organizations to give to. This project is a work in progress; the list will grow as we develop relationships with more organizations. For each ad space purchased a percentage will go to the non-profit of the advertiser's choice from the list we provide. We encourage you to be an example of mindfulness and pay it forward in some way, any way! Suggestions? Please comment on our [Giving Back blog post](#).

Self-Actualization



The concept of Self-Actualization was developed by psychologists as the final level of psychological development that can be achieved when all other physiological, psychological, and emotional needs are fulfilled. This level of need pertains to a person's highest potential and realizing that potential. It is not viewed as a choice, but an innate human drive to become one's best self inherent in all of us. The question is why are more people not on this path of Self-Actualization?

Dan Bolton

There are a multitude of reasons people get stuck at different levels of **Maslow's hierarchy of needs**. Let's assume, for argument's sake, that most of us have our more basic physiological needs satisfied and are safe and secure. I would say that the majority of people get stuck in a quest for love, belonging, and deficiencies in self-esteem. But why might this be?

Social conditioning leads us to believe that our lives are supposed to be lived a certain way. If our life is not living up to that image we can get caught in the web of our traumas and dramas. Social conditioning can take the form of parental messages, messages we receive through marketing that skews our view of "normal", social pressures from those caught up in marketed norms, as well as conditioned patterns of fear and behavior we have become unconscious of.

The first step in breaking free from social conditioning narratives and the fear that comes along with living your life a different way than you've been taught is "*the right way*" is acceptance. Self-acceptance means dropping group think and thinking critically about what you feel is right for your personal journey. Without having at least some semblance of self-acceptance first, your pursuit of self-actualization may be for social validation or ego gratification and could take you further off your path. Break through the layers of ego and the social conditioning stories that have shaped how you view yourself and your path to discover and live your most authentic self.

One's full potential can be realized only in the present moment. Being 'in the moment' eliminates fear; you forget about what

happened in the past, don't hold onto old comforts, and don't worry about what might happen because you have **NO WAY OF KNOWING THE OUTCOME.**

.....
Expert, Dan Bolton is a psychotherapist in private practice with a focus on self-esteem, self-actualization, and healthy relationships. Dan's blogs about men's relational health, the importance of fatherhood, self-development, as well as the pitfalls of parenting and dating.

www.danbolton.com

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Self actualization is not a one-stop destination. It is a journey. "The achievement of one goal should be the starting point of another." ~ Alexander Graham Bell

Bhajan, Y. (2008). Man to Man: A journal for the discovery for the conscious man. New Mexico: Kundalini Research Institute.

Maslow, A. (1962). Toward a psychology of being. NY: Van Nostrand, 1962. Second Ed. NY: Van Nostrand, 1968. Contents. Third Ed. NY: Wiley, 1998.

Tolle, Eckhart (2005). A new earth: awakening to your life's purpose. New York: Penguin Group.

Karen Asbury *on CranioSacral Therapy*



Karen Asbury

is a massage therapist residing in Vancouver, Washington who incorporates Reiki, massage, and CranioSacral Therapy.

Interview by Wiesje Brion

Wiesje: What is CranioSacral Therapy?

Karen: *CranioSacral is working with the cerebrospinal fluid (CSF) rhythm in the body. It has a unique flow, in that it goes up to the brain and down the spinal cord, and the dura mater surrounds that system. When I am working with the rhythm, I am actually affecting balance in the dura mater and releasing restriction in that deep layer of connective tissue in the body.*

Wiesje: How did you discover CranioSacral?

Karen: *I received a cranioSacral treatment in 1992. In some form, cranial work has been around since the 1800's but cranioSacral work as practiced today, was developed in the 1980's by Dr. John Upledger. I learned from Carol Gray in Portland, Oregon who was a teacher for Upledger.*

Wiesje: Who can benefit from this treatment?

Karen: *Just about everybody can benefit in some way, but those who may benefit the most are people who are: very stressed, suffer from migraines, experience TMJ dysfunction, in addition*



to people who have had head injuries, from recent impact or even since birth. I have also had good success with children who are hyperactive. In fact, it is therapeutic for anyone who may need help in slowing down and being present in his or her body.

Karen clarifies the benefits include sleeping better. Some clients experience a more relaxed and rejuvenated state and tend to have greater mental clarity, while some experience a form of enlightenment or a trance-inducing state similar to meditation. It may increase the accessibility of an individual's wisdom and self-knowing on a spiritual level.

Wiesje: What are the contradictions?

Karen: *Almost none. It is safe for the elderly who sometimes cannot receive circulatory massage, and clients can keep their clothes on, so it also takes out the insecurity some have about massage. The only health condition in which I would not want to do CranioSacral work, is for someone who has had a stroke, although they could certainly receive Reiki.*



I am impressed by how safe and beneficial it is for just about anyone. I truly enjoy this treatment and I encourage others to partake in this wonderful experience of CranioSacral Therapy. How can you go wrong with such a relaxing treatment?

— **WIESJE BRION**

If you live in the Portland, Oregon metro area, you can find Karen Asbury, LMT LMP at www.karenasbury.com or email her karen.asbury@gmail.com

For a trained CranioSacral Therapist in your area find listings under:
www.upledger.com, www.milneinstitute.com,
www.michaelsheateaching.com, or
www.carolgray.com.

Perk Up with Peppermint

Stress is in all of our lives to one degree or another. The question is how are we going to recognize and deal with it before it becomes an issue.

Ever had one of those days when the stress and strain of life has taken its toll and you have one of those tension headaches that just won't go away? Or, you are so stressed your stomach is all tied up in knots? Or, you have just spent all day hunched over a computer trying to meet a deadline and your neck and shoulders are begging for a massage?

It is key to your health that you take time to nurture yourself. One simple way to do that is to have a bottle of therapeutic grade peppermint essential oil on hand. A good oil makes all the difference.

- 1** Rub a drop onto your temples and behind your ears (being careful not to get it into your eyes) to relieve that tension headache.
- 2** Put a drop or two onto your palm and rub your tummy clockwise, or put a drop into a cup of hot water for a soothing tea to settle an upset stomach.
- 3** Massage a couple of drops onto your neck and shoulders to reduce the pain of sore aching muscles.

— DAWNA PATTEN
www.dawnapatten.com





What's in toothpaste?

Some of the most common ingredients in toothpaste are cleaning your teeth at the risk of your health.

Most store bought toothpaste have chemicals that have been cautioned because of high doses found in cancer patients. About 50% of toothpaste is an abrasive or a combination of such. The other portions consist of fragrances, surfactants, preservatives and minerals. Toothpaste is not meant to be swallowed although it is almost impossible not to swallow residual toothpaste film, not to mention what is put in the mouth will absorb through the blood stream anyway! So it begs to question, What is in your toothpaste? Please grab your toothpaste and check the ingredient list right now!

Here are some common ingredients in toothpaste.

→ **Fluoride** in small amounts have been encouraged, but in high concentrations can be toxic. Allergic symptoms consist of skin irritation and can lead to toxicity.

→ **Triclosan** is the white substance commonly found in soaps and yes, tooth paste. The purpose and use of triclosan is it's anti-fungal and antibacterial properties for preventing gingivitis. The United States Environmental Protection Agency (EPA) has registered it as a pesticide. It has also been questioned as a possible carcinogen because of its level of toxicity to the environment and human health, in fact it is suspected of causing cancer in humans and has been known to kill animals. Triclosan is still under review by the FDA although still in use.

→ **Sodium lauryl sulfate**, and other forms of SLS have been known to be harmful; causing skin conditions and other symptoms of health and environmental issues and many believe it leads to cancer. The International Program on Chemical Safety says that "sodium lauryl sulfate acts as a skin and eye irritant that may impact short and long-term health." Not to mention what damage is caused when it is washed into our water supply.

Learn more about these ingredients: [Fluoride](#), [Triclosan](#) and [more](#), and [Sodium Lauryl Sulfate](#)

Many of the ingredients in toothpaste can easily be replaced with beneficial substances without harmful affects to your body or the environment. There are safe brands of toothpaste available, just be aware of the ingredients. If there is an ingredient that you are unsure of, do a search on the web. There is so much information available to us if we just look for it.

Flossing Benefits

Flossing should not be a luxury for a beautiful smile but a necessary prevention of cavities and gingivitis. What if I told you that flossing your teeth offers even more whole body benefits such as a healthy heart. Yes I did say healthy heart. After all, our mouth is the beginning of the digestive tract which leads to the blood stream, but did you know that there just may be a connection from the mouth to the heart; and poor hygiene may possibly be a reflection of heart disease or visa versa.

According to the **American Academy of Periodontology**, people with periodontal disease are almost twice as likely to have coronary artery disease also known as heart disease. Studies have shown a common link to bacteria in the mouth that travels to the blood stream straight to the heart causing heart concerns. Another study showed people with other mouth issues such as gum disease or gingivitis, cavities, and missing teeth, were proved to lead to heart disease. Bacteria tends to travel and many times gets stuck in the arteries creating a narrow passage

for blood flow, and if blood flow is completely cut of it can lead to a stroke. Traveling bacteria can also cause infection leading to the inflammatory response. If blood cells swell within the body it creates difficulty for the cells to travel. Gordon Douglass, DDS says *"If you keep your mouth clean, it's very hard for the bacteria that cause periodontal disease to get started."* He says *"You'll also reap other benefits — fewer fillings, healthier gums, and a brighter smile."*

"There's no question that there appears to be a connection," says Gordon Douglass, DDS, past president of the American Academy of Periodontology. *"But the exact relationship between cardiovascular disease and periodontal disease isn't clear."* So, is a dirty mouth causing heart disease? It seems there needs to be more study on the matter to be scientifically sure. Even if gum disease is not the culprit, there is too much evidence to say that

there is no connection what so ever. For all we know periodontal disease just may be the early sign of cardiovascular issues. Which may end up being a good thing, as heart disease can be a little tricky to detect until it is too late. You notice bleeding or painful gums before you ever notice symptoms of heart disease.

"I think the evidence indicates that you should clear up any periodontal disease," Douglass tells WebMD. "It's fairly easy to do, and why not get rid of a potential risk factor for heart disease?"

It's common knowledge that flossing your teeth prevents cavities. If it prevents other mouth disease issues and even heart disease plus possibly more, isn't it worth it to spend a few more minutes on your mouth each day? Prevent oral health problems and stay heart healthy by flossing daily.

— WIESJE BRION

Resource:
www.webmd.com

Make your own toothpaste or tooth powder

Here you will find a fun and easy ways to clean your teeth with just a few ingredients.

Homemade Toothpaste

1oz green clay
4 tsp fine sea salt
3 tsp plant glycerin
10 drops peppermint oil

Optional replacement for peppermint: 5 drops myrrh oil (gum healer) or 5 drops tea tree oil (sensitive teeth, receding gums) or 8 drops neem oil

**Keep your
teeth healthy
with these
recipes!**



Homemade Tooth Powder

2 Tbls baking soda
½ tsp fine sea salt
¼ tsp powdered ginger or powdered sage
3 drops peppermint oil

Optional replacement for peppermint: 3 drops myrrh oil (gum healer) or 3 drops tea tree oil (sensitive teeth, receding gums) or 4 drops neem oil

**Test 1 drop essential oil with a cotton swab on your wrist for sensitivity. Refrain from use if irritation occurs with-in 24 hours. Use good quality essential oils. Ask an aromatherapist in your area if you have questions.*

BREATHING

Meditation, Weight-Loss & Pain Relief

Breathing mindfully can be the most important thing you can do all day. The way you breath effects your body chemistry as much as the food you eat or the water you drink.

There are two main styles of breathing; thoracic breathing (chest breathing) and diaphragmatic breathing (belly breathing).

Chest breathing fills the upper lobes of the lungs — in short, this can lead to a build up of carbon dioxide in the body. As it does not properly nourish the body, chest breathing may lead to hyper-ventilation, panic attacks, and general anxiety. In the long term, chest breathing can lead to much more serious disease.

Belly breathing fills the lungs, and expands and contracts the diaphragm. This stimulates the Vagus nerve. This nerve runs from the brain the stomach. Stimulating this nerve has shown to increase relaxation by slowing the heart rate and lowering blood pressure.

The simplest way to begin breathing mindfully, is with a 1:2 ratio of inhale to exhale. Inhale into the belly for four counts, out for 8. On the exhale, make sure you suck in the stomach to force the air out for your lungs. It is important to start slow, a couple of minutes every day to reprogram you system. Soon you will be belly breathing with out realizing it. This breathing exercise should be done through the nose.

YOU have complete control over your breath, take it.

— CLIFTON BARNES



BELLY
BREATHING IS
EXCELLENT FOR
PAIN RELIEF.

KAPALABHATI *to aid in weight loss*

Stand or sit erect. All inhales and exhales are taken through the nose. Use short sudden exhales centered on the area of the navel, followed by passive inhales. Inhaling is automatic, it happens because of the forcefulness of the exhale. Start with 20 breaths per day for the first week, then each successive week add 10 breaths until you reach 100.

BREATHING *for meditation*

Many breathing techniques for meditation exist. The mentioned 1:2 ratio belly breathing technique is widely used. You may also use the following “complete breath”.

Stand or sit erect. Inhale through the nostrils, fill the lower abdomen pushing the belly out with air — fill the middle part of the lungs, letting the ribs gently expand. Pause for a few seconds holding the breath in. Exhale completely through the nostrils and the repeat.

As with the other techniques; start with a small number of repetitions, over time increase the number. With practice these seemingly separate movements flow together naturally.

***No technique is right
for everyone, you must
find what works best
for YOU.***



Insanely HEALTHY AND CONVENIENT Nutrition

If you haven't heard about it, now is the time to perk up - listen and experience it. Great health is a choice, thanks to Vemma! I'm excited to introduce the Vemma line of insanely healthy and convenient nutrition.

Vemma stands for Vitamins, Essential Minerals, Mangosteen & Aloe. Vemma is crazy delicious, wild crafted organic, tropical flavor liquid nutrition that anyone from kids to our elders can drink and enjoy every day!

VEMMA OFFERS ...

Complete full-spectrum multivitamins, vital major, trace and ultra-trace plant-sourced minerals, it's packed with powerful antioxidants from the nutrient dense fruit, mangosteen and aloe phytonutrients. Vemma is a physician-formulated and clinically studied product that is preservative and gluten-free. If

you are looking for nutrition that you can feel, get your hands on this 85% bioavailable product and stop the pill fatigue from caplets that your body may be challenged to process.

Kids thrive when given the proper nutrients. Our NEXT Generation kids formula, created by Vemma and Dr. Oz offers a healthy balance of DHA — an all-natural, vegetarian source of omega-3 fatty acid known for brain and eye support, Choline for brain development, Quercetin — a group of flavonoids that have a high antioxidant capacity for growing bodies and most importantly, phytonutrient extracts of 14 organic fruits and veggies for children who don't get what their bodies need through foods.



In summary here is what you would have to consume in 1 day to get the nutrition in 2-ounces of Vemma:



- 2 oranges to equal the amount of Vitamin C
- 9 avocados to equal the amount of Vitamin E
- 3 stalks of broccoli to equal the amount of Iron
- 55 eggs to equal the amount of Vitamin D
- 1 cup of spinach to equal the amount of Vitamin A
- 3 cups of peas to equal the amount of Thiamin
- 19 medium bananas to equal the amount of Riboflavin
- 62 oz of cheddar cheese to equal the amount of Vitamin B-12
- 5 large potatoes to equal the amount of Niacin
- 61 cups of tomatoes to equal the amount of Folate
- 2 large watermelons to equal the amount of Vitamin B-6
- 17 oz of cherries to equal the ORAC Value
- 37 medium mushrooms to equal the amount of Pantothenic Acid

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Kitchen

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Vegetarian

Lasagna



INGREDIENTS:

Noodles (whole wheat, brown rice, or quinoa)
Ricotta cheese
Vegetables (spinach, brussel sprouts, yellow and green zucchini, mushroom)
Spaghetti sauce
Mozzarella cheese

DIRECTIONS: Preheat oven to 425 °. Boil water to cook your noodle of choice (whole wheat, brown rice, or quinoa). While noodles are cooking, cut up your vegetables of choice.

Have the kids choose some of the vegetables. Suggestions ... spinach, brussel sprouts, yellow and green zucchini, mushroom. Remind them of all the yummy cheese that will be in the dish.

When noodles are done cooking and water is strained, layer bottom of a casserole dish with a single layer of noodles, ricotta cheese, vegetables, spaghetti sauce, mozzarella cheese, and continue three levels or until baking pan is full.

Bake in oven at 425 ° for about 25 minutes, or until vegetables are soft. Each oven may vary.

— WIESJE BRION

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TOVOLO Green Bug Pop Mold

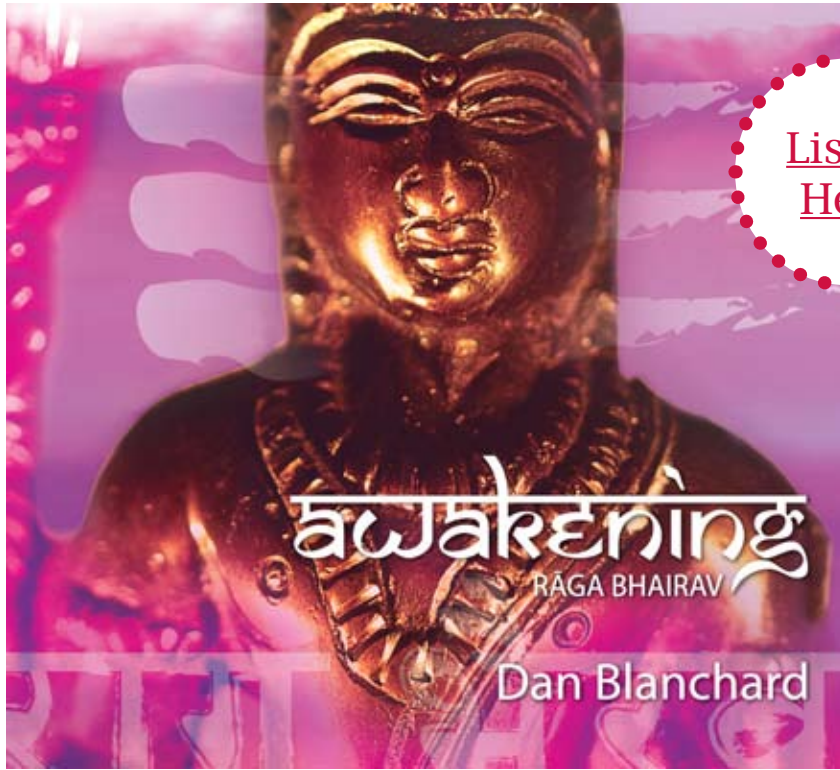
Your children will love these fun bug pop molds from Tovolo. Fabricated from green BPA-free plastic, they are child safe. These molds come in a set of six, featuring two ladybugs, two caterpillars, and two beetles. The handles are drip guarded to eliminate messes, and the three included trays are shaped like leaves. They are dishwasher safe for easy cleanup.

TOVOLO GREEN BUG POP MOLD, SET OF 6
BIG Kitchen | www.bigkitchen.com | \$12.99





Spotlight: Love It!



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awakening

Raga Bhairav is an early morning raga that is ideal for meditation, contemplation, and introspection. The optimal time is pre-dawn, dawn, and the first few hours after dawn. Bhairav is a wrathful aspect of Lord Shiva and symbolizes the power and determination to break through thoughts and habit patterns to reach a state of peace and tranquility.

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Rosemary Mint Shea Butter Soap

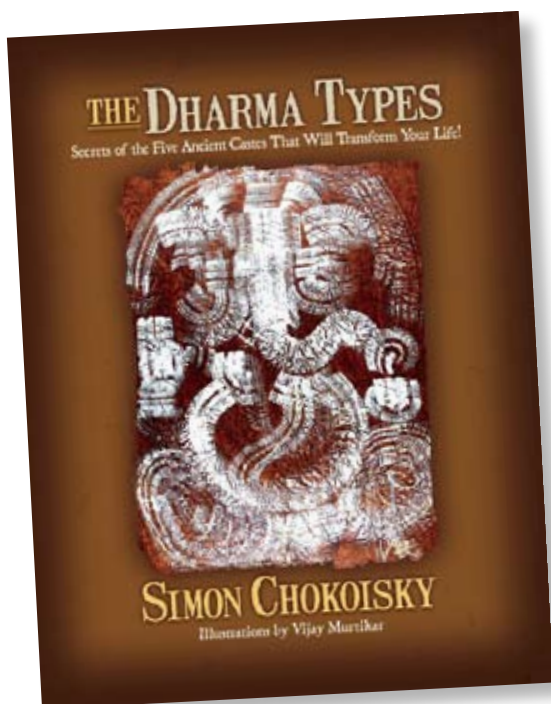
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Rosemary Mint Shea Butter Soap
[Naiad Soap Arts](#) | \$5.07

The Dharma Types by **SIMON CHOKOISKY**

Interview by Wiesje Brion

Wiesje: Simon, tell us about your book *The Dharma Types: Secrets of the Five Ancient Castes that will Transform Your Life*. What is *Dharma*?



Simon: “*Dharma* is the natural law of your being, by following which you

obtain optimal fulfillment. There is something that *you* do better than anyone else, find that and everything follows from there.”

“Everything in nature has a purpose, a Dharma. Flowers cannot choose to bloom, or the sun to shine, but we as humans can choose to follow or abandon our purpose, with positive or negative results accordingly. There is nothing better than walking your path and being the person you were born to be.”

... How do you become the person you're born to be?

Well ... read the book! Actually, this is sacred knowledge that used to be passed down by the elders in society. Our elders are gone; we don't have this so we need something to connect us back to our purpose. This book aims to do that.

Wiesje: So you have explained what *Dharma* is, can you explain what *Dharma* type is?

Simon: So the *Dharma* type is an archetype. *Arche* means *ancient*, *primordial*. The word *type* in Greek means *model*. So these are the primordial models or molds into which creation fashioned mankind. They are like the operating system in your computer — it doesn't matter what your computer looks like from the outside it is the operating system inside that makes it what it is. The modern term is personality type.

Spotlight: Guest Interview

These are personality types but they are much more; they are *spirit types*. They go deeper than personality.

Wiesje: Where did you discover the Dharma/Archetypes?

Simon: These archetypes exist everywhere; they don't belong to any one geographical location any more than the earth's atmosphere belongs to one country, but some places have nurtured them better than others. These come from the Vedic culture of ancient India.

Wiesje: What is your goal in writing this book?

Simon: My goal in writing this book was to share information that's been lost and as I discuss in the book ...

... there are health implications — this can help to make you healthier. There are political implications, from the organization of government to organizing society.

Even if you're an employer hiring someone and you need them to be a trouble shooter ... choose the Outsider type; Outsiders are outside the box, they'll find answers to problems that are creative and unique. If you want someone who is going to be a hard worker and do their job, pick a Labor type. If you want a management or executive person get a Warrior. ***"Knowing their Dharma Type will help people find work that's in line with who they are."***

Wiesje: Does every person have all types?

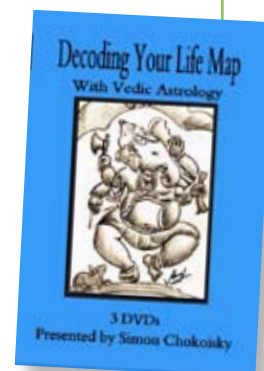
Simon: Exactly but there is one type that predominates, and that is your type for life. Everyone also has unique Life Cycles, which means that while you are always the type you are, how it expresses will be influenced by your Life Cycle. To find your Life Cycles and Dharma Type, it's best to consult with a specialist.

I had such a wonderful time interviewing Simon. There is so much more to this book, too much to share all in one interview so you will just have read the book for yourself. Simon is incredibly knowledgeable about ancient teachings and being a teacher himself, he has a way of making this amazing resource of information comprehensible. Oh, and I can't wait for his next book to come out.

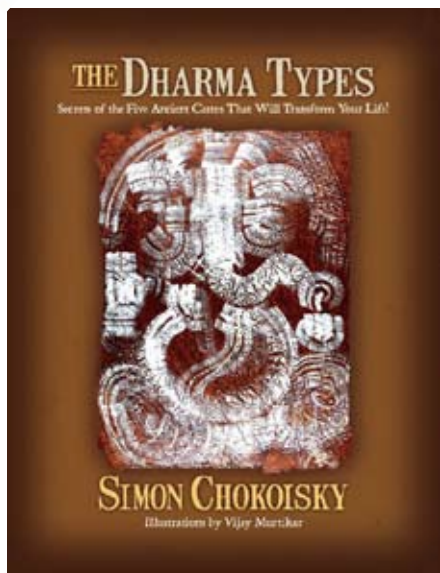
— WIESJE BRION

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Jyotisha & Sanskrit

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602.574.0428

Who INSPIRES You?

We know who inspires us. In the Great Northwest there is a small business community growing. Vancouver, Washington is a small town just across the Columbia River from Portland, Oregon. There is a modest local business called **PerkSavvy** that has taken on the incredible responsibility of encouraging local consumers to find what they are looking for right in their own hometown.

"The goal is to keep the money of our local consumers in their own county, thereby giving back to the community."

Wow, **PerkSavvy** is so Mindful! Moreover, they are right, keeping your community prosperous by spending in your local area does promote the wealth of the community. I love to see people with mindful ideas, which create an amazing business to encourage other small businesses.

So we got to thinking, mindfulness in business is found everywhere we look! What is next? If Vancouver, Washington can have their very own local deal program that inspires small local businesses to flourish, could we all be heading in our own direction of mindfulness. We see so much tragedy in the news; **Mindful Magazine** wants to focus our attention on the good in the world. Does your hometown have someone that inspires others in the community? Share your story with us!



You
INSPIRE!

Just a little secret, **PerkSavvy may be looking into expanding. If you think your community has the market to expand and share local businesses, and would love **PerkSavvy** to build your local market, you may want to connect with Christine Ortiz, (360) 713-7800.*

www.perksavvy.com

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