

Our Quality of Life is About the Connections We Make

# The Life Connection

June 2017

*Kimberly  
Meredith*

**MEDICAL  
INTUITIVE**

**James Van Praagh**  
INTERVIEW


**Beatriz at Dinner with Salma Hayek and  
John Lithgow**

**Investigations & Giving Him a Chance**


**The Pope and the President Meet**







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june 2017 vol 33 issue 6

TLC is distributed at the beginning of each month. We provide a guide to San Diego County's resources for improving your health, the environment, relationships & expanding human potential.

**COMMUNITY | HEALTH | ENVIRONMENT | NUTRITION | CONSCIOUSNESS**



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# Greetings from the publisher

## Investigations, Changes & Some 'Good'

According to Ben Franklin the only certainties in life were death and taxes, but times they are a changing. What's certain now, for most of us, is death, taxes and The Wall. In contemporary times we've added, the "how am I doing now?" question, aka The President's 100 Day Review.

These topics may be a lot to resolve in one column, but hey, why not? No restrictions here.

Truthfully, making sense of "leaders"—as most politicians like to think of themselves—is tougher than making sense of governments. Governments are at least based on constitutions, or some set of agreements and expectations.

With leaders you can never be too sure what direction they'll go no matter what oath they took. So how can we expect things to evolve?

Since whether or not we have The Wall here is very important to this area's international economy, let's first look at my confusions and conclusions on that. I could struggle with that since the president has said it's a priority for this area and I thought we already had a wall, but I'll just assume we need a new one. That or more traffic.

Most people know that crossing the border legally can be very difficult and time consuming with delays costing an enormous amount of money. A 2013 article in *Bloomberg News* estimated delays at the US-Mexico border crossings in 2011 cost \$7.8 billion. That was the cost to the U.S. economy. They estimated that to rise to \$14.7 billion in 2020—plus I hear a new wall might cost money too.

But how can you put a price on eliminating fear? Especially those of frightened voters? If the idea of The Wall, however, is to keep illegal im-

migrants from entering the US, don't we want to wait until the flow is going more North than South? Why not wait until more people are coming North?

The direction of the flow depends on economic conditions so it's working for border protectionists already. The Mexican economy has grown about twice the pace of the US since the end of 2009, according to *Bloomberg*.

Doesn't that mean we need more traffic managers than border guards? You know, educators rather than guards, pointing the way south toward jobs. Keep Mexico strong, right?

While this can be confusing enough, the game just got more complicated. Trump Tweet News recently reported we really need the wall to keep out the illegal drugs that have overnight (during the election campaign?) created our current dystopia.

I'm fairly sure that no one expects that 100% of the illegal drugs that Americans want will be prevented from entering the U.S. Just as you can never keep all immigrants Americans want to hire out. No system is full-proof. The expectation, I think, is that they do their best. So what does that look like?

I took a quick look at the map the other day and discovered that even doing a good job will be harder than what we've heard. I found 35 roads that cross the border without any border crossing check point. There is a lake to patrol, and several parks, including the Medicine Bow National Park and the Ute Mountain Reservation with very rough terrain and then there is the Rocky Mountains—and this was just the drugs from Colorado inside Colorado and away from contaminating surrounding areas.

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**THE LIFE CONNECTION**  
june 2017 | vol 33 issue 6

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**AD TIMELINES**  
**for July**  
**CALENDAR, CLASSIFIED &**  
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# News & Events

It gets worse!

Most of us know that the Canadian and US border is much longer than the Mexican border. What happens when marijuana is legalized in Canada? Obviously we'll need another wall. Will Mexico pay for that too?

There are other elephants in the room everyone is ignoring that will have to be addressed. We'll need a wall that goes along the western borders of Idaho, Utah and Arizona to keep the West Coasters and Nevadans in the west away from the rest of US.

It might be easier just to switch Utah and Colorado. I just mean moving the populations of course. That may sound crazy, but may involve moving fewer people than the Trump government talks about deporting. There's only 8.5 million people in those two States.

Since no one is talking about walling off West Virginia to stop the flow of opiates, I think we have to assume this is about marijuana or alcohol.

Okay, it's marijuana. According to the National Institute of Drug Abuse (NIDA) less than 10% of the US population uses illicit drugs. For NIDA illicit still includes marijuana.

Cocaine use has been going down for years. Crack is steady. Heroin use has gone up 145% since 2007, but accounts for only .01% of the population. Marijuana use is going up, but all these drugs together amount to less than 10%. In comparison, the NIH says that 70% of drinking age Americans have had a drink in the last year.

Even without building new walls the money we lose waiting at the border makes border crossing expensive enough to consider alternatives.

Saving that money could easily pay for a health-care system that takes care of the very small percentage of people (not including marijuana users) with drug problems while reducing police costs. If not maybe it would be cheaper to counsel those who fear being attacked by drug addicts instead.

## The promise of technology.

Unfortunately, I've heard rumors that scientists are very close to revealing a whole genre of machines that will be capable of jumping or flying over walls. Imagine. A new FUPS? Flying Unidentified Parcel Service. After self-driving cars the plan is for self-driving cars that fly!

Could it be worse?

We could put America first and move toward creating peace at the same time. We could remove all our missiles from other countries, let them solve their own problems and put them on The Wall. If this is about protecting America, do it. Shoot down whatever flies over the border.

Ultimately it may be that we have to create a dead zone

—continued on page 18

## Research at Psy-Tek Subtle Energy Laboratory

I am fascinated by the quantum physics of consciousness. I learned about the placebo effect, and became very curious about the ability of our mind to help heal the physical body.

What is this universal field of healing that every one of us can tap into? Epigenetics is making a huge impact in the medical community and teaching us that we have the ability to turn on/off the expression of our genes.

My passion was ignited by researching this seemingly invisible realm of existence. I have been working with Psy-Tek Subtle Energy Research Labs since moving back to California, and I am thrilled to start energy research with James Van Praagh and Kimberly Meredith (both featured in this issue). My goal is to prove that our thoughts are things,

and that healers are able to channel energy from a very powerful quantumly entangled dimension. Psy-Tek is a state-of-the-art facility that offers medical thermal imaging, electro-photonic visualisation, and qEEG brain mapping.



Written by Amelia Leigh- [amelia.psytek@gmail.com](mailto:amelia.psytek@gmail.com). For more information about Psy-Tek visit: [www.psy-tek.com](http://www.psy-tek.com) or call (760) 733-6000 741 Garden View Ct. #206 Encinitas, CA 92024

## Coming Next Month . . .

### THC and CBD—The Truth About Hemp for Your Health

Find out about cannabinoids and THC. What are the benefits and where are they found? Discover the common foods that contain CBD. How much do you need? What are the legal issues and choosing a CBD source. What other factors are there to consider? Written by TLC contributor Chiwah Slater, read it in our July 2017 issue next month.

### Take-aways from the Best Answer for Cancer Conf.

The recent two-day event was attended by Ronit Gabay representing The Life Connection. Are there ways to make sure you are cancer free? Read what she learned about being cancer free and a cancer “thrivor.” Available in our July issue.





# Interview with James Van Praagh

By: Amelia Leigh

James Van Praagh is a # 1 New York Times bestselling author and a pioneer in the field of mediumship. He is one of the most celebrated and respected spiritual teachers working today. He has brought a mind-full awareness to the subject of “communication with the dead” into the public psyche for the past thirty years. Mr. Van Praagh is known as a “survival evidence medium,” meaning that he provides evidential proof of life after death via detailed messages from the spiritual realms. He will be the Seaside Center for Spiritual Living on June 30th with Lynn Probert.

**It is great to connect with you again. I look forward to working with you on energy research. We are going to prove that thoughts create your reality.**

If people just understood the concept that thoughts are things. That alone will change the world; even if you cannot see energy. Imagine all possibilities just knowing that thoughts are real and affect people.

**We are here to help people think in a new way. I know you were once a skeptic. How did you awaken to this ability of connecting with Spirit?**

As a young boy, I used to see colors around people and know things were going to happen. I was very intuitive. Most children are very psychic. They just came from the other side and their mindset is of that dimension. Around the age of 7-8, children become closed off again and must be reprogrammed.

In grade school I could see Spirits. My mother was very Irish Catholic, and I was raised in that doctrine. I remember

going into this Chapel on Easter weekend, and I heard a voice say, “You won’t find God here. You must find God outside of these four walls.” It was very clear. I never was a true Catholic, per se. I have always loved the ceremonies and ritual. I think from many lives, we were spiritual.

My friends dragged me to see a medium. I was a cynical New Yorker, and did not believe it. Yet, I was open. Then the medium began giving me messages that were very accurate. That clinched it for me. I thought there might be something to this.

I was working at Paramount Studios and had a vision of a grandmother behind a coworker in my cubicle. I gave her a message and the information made sense. So, I totally freaked out and ran out of the studios. I did not know how to live my life normally anymore. I could not relate to people, because I was afraid to see dead people.

There are a lot of skeptics out there that say horrible things. It taught me to have thick skin. Everyone is different, and people have different belief systems. I realized it is a paradigm, and we all have something we believe. What I realized was that I wanted to change their consciousness about life after death. That there is no death, and we live on. My plan is to help shift the awareness. There is more than what we see.

**The shift is happening. It is great to see people waking up. As you know, everything is connected.**

I think we are all shifting, and I do not think it is individual. Everyone is helping to move it along. Given the political arena we are in, we all need to wake up. That is probably why it is in place, because people need to wake up and be responsible. I think there is always Divine timing and Divine design. That is part of our reason as souls to be on Earth— to remember



that we are part of that incredible Divine design, and not get so caught up in the human part of us. We must connect to the soul part of us.

### **We know the brain dies at death, but do you feel the mind is part of the soul?**

Yes. I believe the brain is a function of the physical. As you know, we are more than just this body. The mind is part of the soul. Not all of the soul, but a major part of it. Every experience that we have at a physical level creates an imprint, or memory, on the mind. I think that when you pass over, your mind and soul becomes aware of all those memories you had while on the physical plane. From my understanding, you have a life review. Some people think there is a God that says you go here, or you go there. I think you evaluate your progress and see the tests that your soul passed or did not pass. During the review, not only do you see the experience and memories, but you also relive them. Because you are outside of time, and not limited by linear time, you get to experience it from the other person's point of view. You become all that energy, and realize that you are responsible for that action or thought. It is a wake-up-call. If we could realize that now in the physical world, as humans, we will meet up with all this later on. The people we have wronged in our lifetime will greet us when we pass over. I believe this would make people act more responsibly. It is really powerful to open up that awareness.

The mediumship for me is a way to get people to open up their mind. It is about integrating the spiritual teaching, the awareness, and the mindfulness. The phenomenon is the last part of it. I tell people that we are going to have a change in perspective. Be open minded to changing the way you are looking at things.

### **It is all about perspective. Has finding out that you have this gift changed the way you live your life?**

I see it as my soul characteristics. Our souls have spent eons of lifetimes perfecting that interest. All souls come back with different attributes. Over the years, we all change. I learn every day I do this work and never take it for granted. People who say they know it all, don't. The more you know, the more you realize what you do not know.

Every day in our life we meet people (including strangers) that are either your student or your teacher. I am much more responsible for my thoughts and actions knowing that they will affect somebody. It is about bringing mindfulness into my work. I have to walk my talk. If I don't, what good am I?

I teach people that everything is energy. If you are with someone and they are in a bad mood, I look to change or shift the energy to love. Show interest and recognize each other. That can make people so happy. Then they can affect others in a good way. There is the rippling effect. Life is too short. If we have love all around us, then why not use it? I do the best I can.

### **When Spirit comes to you, what do you see, hear, or feel (via clairvoyance, clairsentience, clairsentience)?**

It really depends upon on how the Spirit wants to communicate. In the Earth realm, individuals are very different. Some are more visual, some are auditory. It is the same in the Spirit world. Some are more emotional, so they project more clairsentience, or emotion to me. Every single person is clairsentient. It first comes as a feeling. Sometimes there is a blend. With clairsentience, I tell them to speak to me in my thoughts. Tell me their name, death condition or age they crossed over, or some specific information. I open up to what Spirit wants to communicate. They will use a blend of those three forms.

One spirit may come through to open up a space for another Spirit to speak. A grandmother might come in to open that space with love, but the father comes through to his daughter needing to speak forgiveness. Then, you might have the grandmother and the father both project one thought into my mind, called melding.

### **What is the difference between being psychic and a medium?**

Everyone is psychic and intuitive. Psychic means intuition, and intuition means into the soul. Every single person is born with that sense of knowingness. Some people have it stronger than others, although it can be developed in everyone.

Every medium is psychic; not every psychic is a medium. Mediums are also open to raising their energy to a certain level of awareness. They are able to raise their level of vibration, and spirit people are able to lower their vibration. Say they are on a higher level, or a mental dimension, trying to bring themselves down closer to the physical level. They have

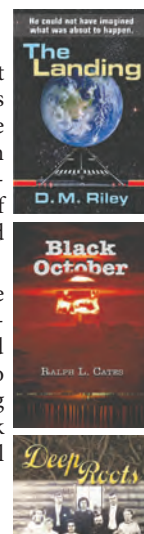
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A graphic designer for nearly 30 years, my clients include the San Diego Natural History Museum, Western Field Ornithologists, Caroline Sutherland, *The Life Connection* and many others. I specialize in getting authors' books onto Amazon/CreateSpace, Kindle, Nook, and other publishing platforms. I design the covers, interior, and can do all the work of getting your precious publication out to the world. Full design and editing services are available for all your needs.

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## BEATRIZ AT DINNER

Beatriz is invited, but not welcome. Coming from a connected but different world, Beatriz (Salma Hayek), a reiki healer and holistic body worker, becomes the last-minute dinner guest of one of her clients after her car breaks down.



The movie takes place in an elegant hill-

top home in Newport Beach where she meets Doug Strutt (John Lithgow) a ruthless, self-centered billionaire real estate developer, who seems vaguely familiar to Beatriz.

Forced from her home in Mexico as a child, Beatriz discovers ways as the movie unfolds that they are connected and the many ways they are not. The evening does not go as smoothly as planned by well-meaning host, Kathy (Connie Britton). The actors are all superb and convincing in their roles, as they bring out various perspectives and views on the world. Their conversations are humorous and serious, often confronting and very often surprising,

Directed by Miguel Areta (*The Good Girl*) and written by Mike White (*The Good Girl*, “Enlightened”) this is not one of those movies with a predictable ending, or an easily explainable ending. Better to see it and decide for yourself.

Rather than provide answers or solutions that give the viewer conclusions or lead them in a certain direction, it takes you in a couple of possible directions, leaving you to think, what just happened?

At first the last part of the movie was unsettling. I wanted it all wrapped neatly. Settled. It wasn’t. It was like life. I wondered about the choices Beatriz made and thought about them. More than about different people interacting at a dinner party, it was about her life and the adjustments she had to make.

It left me thinking of the different ways and reasons people have for leaving their homes and country—and how the way we—as a country and individually—play a part in that. My perspective has shifted some. In that sense alone I think the movie was a success. It was ex-

pansive. It left me with more perspectives of how inter-related we are and viewing the consequences of some of our actions differently.

—Steve Hays

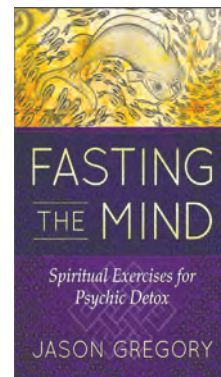


## Fasting the Mind Spiritual Exercises for Psychic Detox

Paperback 160 pages, Inner Traditions, June 13, 2017

Author- Jason Gregory

Stop planning, stop comparing, stop competing, stop thinking, and just breathe deeply for a minute. Our undivided attention is something we are rarely able to give for reasons ranging from digital overload to the cultural conditioning of equating busyness with purpose. Just as you might choose a fast from eating to detoxify the body, the best way to overcome this modern mental overload is to periodically fast the mind.



By fasting the mind we strip away the distractions and stresses of modern life and return to our original nature as it exists deep within. We become more consciously awake in every moment, allowing us to feel the real beauty of the world and, in turn, to live life more fully, authentically, and peacefully.

Combines cognitive psychology with Zen, Taoist, and Vedic practices to empty the mind

- Explains how eliminating external stimulation can alleviate stress and anxiety for a calmer state of mind
- Details meditation practices, such as open-awareness meditation, contemplation of Zen koans, and Vipassana meditation, and explores methods of digital detox
- Draws on classical yoga, Hinduism, Buddhism, and Taoism as well as cognitive science to explain how and why to fast the mind



# CONTACT IN THE DESERT

## Contact in the Desert Follow-Up



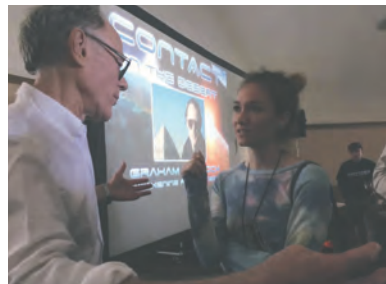
With Joshua trees as the backdrop and the Milky Way visible at night, Contact in the Desert is spectacular. CITD is a conference on all things mysterious nestled just outside Joshua Tree National Park at the JT Retreat Center, (formerly

known as the Institute for Mental Physics). The conference is set up to make you wonder, dig a little deeper and question things that don't make sense to you; and it does not disappoint.

CITD boasts varying degrees of pioneers and professionals in their field; from ancient civilizations to ufologists, contact to disclosure; there is something for everyone. You don't have to believe in aliens (although 'extraterrestrials' is what I'm told they preferred to be called) to attend, all you have to come with is an open mind and a lot of water.

Scientists, researchers, conspiracy theorists, believers, and critical thinkers all attend and gather together to soak in the information from the presentations. Many speakers have risked, and sometimes lost, their reputations standing up for what they believe in. They come armed with years of research from behind a desk and out in the field - made manifest into irrefutable evidence that makes us search the cobwebbed corners of our mind for the questions we used to ask in school before getting our curiosity 'learned' out of us.

CITD was its most highly attended in its five year history proving that people are riddled with questions and thirsty for answers. We are not satisfied with the lies on TV and the glazing over of life's incredible mysteries. All we really know is that there's a lot that we don't know. Where is the birthplace of humanity? (It's not what you think!) How old are homosapiens? (A San Diego discovery last month made national news ) Who was the first tribe to settle in Central America? North



America? Are there civilizations lying at the ocean floor waiting to be discovered? (The ocean is really big after all, and haven't we explored more outer space than the ocean floor?) Why do the various pyramids all over the world all match? (When they allegedly have no similar ancestors or way of communication?) If you think your schooling has taught you the 'answer' to these questions, you are surely mistaken. If CITD doesn't change your mind it will surely open it.

We - TLC Creative Director, Amelia Hall and I - were able to connect with (and hug!) Graham Hancock.<sup>3</sup> He is (my hero) and what I consider (and most probably agree) the modern day Indiana Jones. He has uncovered so much



If Hancock's name sounds familiar, it is - you may have heard of him as a few years ago the infamous Ted censored his talk - alongside famous Cambridge trained biologist and bestselling author Rupert Sheldrake.<sup>4</sup> The

realization that Ted censors talks became an uproar on the internet and around the world - they both blew up in popularity and became household names. If you haven't seen Hancock<sup>5</sup> or Sheldrake's<sup>6</sup> banned talks, I suggest you watch them. They propose life altering, paradigm shifting theories (which, of course, is why they were banned).

Questions that they propose threaten the status quo. The questions I listed above threatens the status quo. CITD threatens the status quo. If you've ever looked at life and thought 'there must be more to this' then you are a future attendee of CITD.

We can't wait to see you next year!

By Jessica Luibrand. Reach out with questions or comments to [jess@psy-tek.com](mailto:jess@psy-tek.com). Contact in the Desert was at the Joshua Tree Park

# Calendar

## June

### 9 | Friday — Full Moon

### 17 | Saturday

#### FREE PRANIC HEALING CLINIC - ENCINITAS

Pranic Healing of San Diego offers two community free clinics each month. These pranic healing clinics are acts of loving service to the community at large. They provide an opportunity for those who are in need to have free access to pranic healing services, and for those who want more information to directly experience the powerful effects of pranic healing. From 1-3pm at 741 Garden View Court, Ste. #204, Encinitas, CA 92024 Contact: [maryl@pranichealingsd.com](mailto:maryl@pranichealingsd.com) for more information.

### 18 | Sunday



#### Richard Rogers' Enlightened Relationships

Rev. Richard Rogers will present this workshop from 1:00-3:00PM at Unity San Diego, 3770 Altadena Ave., San Diego. Relationships have changed significantly in the last 50-60 years. As we grow and evolve spiritually our relationship must grow and evolve as well. Rev. Rogers will explore enlightened relationships. How are they different? What are the key ingredients for spiritually evolving couples? Understanding the terrain makes the journey easier. Rev. Rogers will speak at the 9:00am and 11:00am services on "Awaken Masculine". Pre-register by calling 619-280-2501 or [meredith@unitysandiego.org](mailto:meredith@unitysandiego.org).

### 18 | Sunday — Father's Day

### 21 | Wednesday — Summer Solstice



### 23 | Friday — New Moon



#### Write in the Divine Author State

The Tom Bird Method: Write in the Divine Author State Tom Bird will return for a Friday workshop from 6 to 8:30pm at Unity San Diego, 3770 Altadena Ave. San Diego. Many are drawn to the art form of writing to allow healing, transformation and the release of their divine potential. In this workshop, you write with Tom using his most successful technique, the innate and natural Divine Author Within space. Cost is a suggested offering of \$25. Pre-registration by June 18. Sign up in advance at 619-280-2501 or email at [meredith@unitysandiego.org](mailto:meredith@unitysandiego.org).

### 30 | Friday



#### James Van Praagh & Lynn Probert

Join internationally renowned mediums James Van Praagh and Lynn Probert for an unforgettable evening of insights and inspiration—straight from the Spirit realm. Your feelings about life and death will be forever changed as Lynn and James deliver messages of love, comfort, forgiveness, and joy to members of the audience from loved ones on the other side. 7-10pm at Seaside Center for Spiritual Living 1613 Lake Drive Encinitas, Ca 92024 [www.seasidecenter.org](http://www.seasidecenter.org)

### Mondays

#### INT'L COL OF HOLISTIC STUDIES OPEN HOUSE

Miraculous Monday happens once a month, on the first Monday of every month. We have an open house followed by a guest speaker, then at the end we offer a FREE chair massages to our guests. On the first Monday of every month (unless it falls on a holiday). International College of Holistic Studies, 1500 State St., SD 92101. [www.ITCOHS.com](http://www.ITCOHS.com) 858-581-9460

### Tuesdays

#### INNER TEMPLE AT EVE ENCINITAS

Weekly Community Gathering Space! You can come throughout the day to enjoy Yoga, Creative Writing/ART classes, Meditation, Artisan Market. Local conscious artisans and practitioners, potential collaborators, unity, brother/sisterhood, health, and all the wonderful things you love about living in San Diego County! Contact Jacquelyne Price at [jacquelyne@jacquelyneprice.com](mailto:jacquelyne@jacquelyneprice.com) or [www.innertempletuesdays.com](http://www.innertempletuesdays.com)

### Wednesdays

#### DEEP SOUND MEDITATION AT CIHS

Every Wednesday from 6:30pm at California Institute for Human Science, 701 Garden View Court Encinitas, CA 92024 - \$10 For info email: [deepdeoja@gmail.com](mailto:deepdeoja@gmail.com)

### Thursdays

#### TWIN HEARTS MEDITATION

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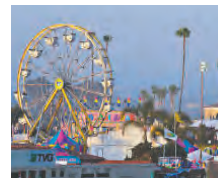
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San Diego's annual county fair is the largest fair in California (and America), offering a variety of food, entertainment, exhibits, rides & games throughout the beautiful and historical Del Mar Fairgrounds in the oceanfront village of Del Mar. 2260 Jimmy Durante Blvd Del Mar, CA 92014 For more info contact: 858-755-1161 or email: [hello@sdfair.com](mailto:hello@sdfair.com)



### 4 | Sunday — Independence Day



### 15 | Friday

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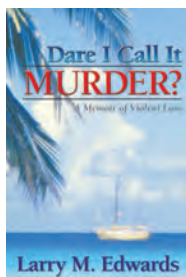
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Kimberly is a Medical Intuitive, Trance Channeler, and Surgical Hands on Healer. With a growing worldwide reputation, Kimberly is a vessel for the healing energy of God. Through surgical hands-on healing and laying of hands, Kimberly has helped thousands of people during her events and private sessions.

### **Can you tell me about your near death experience and how it has changed your life?**

I actually died and came back, it happened at the beginning of 2013. The near death experience (NDE) drastically changed my life: I do not walk or talk the same. To explain it in short, I was in a car accident and during the NDE I went through a tunnel and remember seeing a beautiful white light and soft clouds. I heard a voice saying “you are safe”. I was in a hospital and when going into the white light, I was seeing my blood pressure dropping and hearing other sounds like nurses inserting I.V.’s into my arms, running around, etc. I wasn’t really afraid during this time. I was actually in a place of peace. It was quite beautiful. When I came to, I felt an amazing amount of chills through my legs, I was quite sick. My neck would not move. I spent months in the hospital, and after I was in a wheel chair for several months. I felt a complete transformation from the life I had before. I had many questions at the time, such as “would I walk again?” I truly believe the chills going through my legs for days on end was the Holy Spirit and I had been saved. I know that my NDE was destined to happen and I am truly grateful.

My life has totally changed. My every breath is moved by God, and I am now on a mission. Yet, the world is challenged by such a dark energy; now and always has been. I could see this energy before the NDE, but more so after. I can see the worst in people and the brightest, however it is clear and more apparent now. Souls that come back from the other side are clearly here to help us.

I’m being used like a telephone pole from the spirit world. I’m here to witness this, as we all are, in this time and dimension if we chose. You see, God’s plan is bigger than yours or mine. This Energy of love is bigger than and stronger than any dark energy. Whether we chose this or not, we can heal, live in love, and witness this now. I do have the Divine blessings and we can have peace

### **How does the Holy Spirit (Divine Energy) channel through you?**

I want to clarify that I am not a religious holy roller. I believe the Holy Spirit is one with God. This Oneness is pure Divine Energy. An omnipotent Energy that I believe can create all, heal all, be all, and is our entire universe.

The Divine Spirit is received through my body, and I feel it lovingly. Hot and chill flashes, an enormous amount of powerful strength, like you could lift a car! You feel carried and lifted by the Divine.

### **Do you receive messages from higher sources such as angels or spirits?**

Yes. They give me codes through blinking. I channel many energy forms who want us to move humanity forward and help our world, for peace and salvation, here. They’re speaking to us from the other side, and now is the time to end the greed and the corruption.

### **What is the code in your eye-blinking pattern?**

The left eye means things are completely good and healthy. The right eye blinks when things are not good. Both eyes blink together when there is a God significant occurrence, like an accident, surgery, or NDE, where the Divine Energy has come in to save you. Some people I will ask, “Have you had an accident or had a NDE also?” It usually takes them a minute or two, but it clicks, and they remember. So at that point they know that they were, and are, saved by the Spirit.

I am a hands on healer. I lay hands when God gives permission through blinking in codes in combination with the consent of the client. The whole healing is guided by my eyes blinking



while my hands are scanning and numb. The right eye starts blinking to perform the surgery and to pinpoint the issue. The left eye begins processing the Spirit into the body, meaning you are accepting the healing. Both eyes start blinking to say Spirit has healed your body. At that point you will feel healed and the body is healed. This has been performed on people and animals.



Kimberly Meredith

when you can naturally open up the third eye and crown chakra, open up to the divine energy of god and surrendering to the higher dimensions and knowing that we can be safe in that energy, and stay in that energy. All is possible to manifest in this state. We can all be peacemakers in this world.

We don't have to wait. The other side wants us

### Why do you think you were given this gift?

They are bowing me forward, which is saying they did choose me. I have always felt compelled to serve. Since I was very little, as old as four months, my eyes were blinking. I have always Loved God.

### Do you feel anyone can tap into the higher state of consciousness healing?

Yes! That's the whole purpose of this happening. They want this from the other side. I do feel we all can tap into the higher state of consciousness. The higher thoughts and consciousness, they are God- The good loving thoughts. It's

to understand the energy is within all of us. We don't have to be at the whim of anyone else. We can take responsibility to call in this higher consciousness.

### For someone going through a spiritual awakening process what advice would you give them?

Everybody has a different spiritual awakening process. Some people it happens very fast, some it takes a lifetime to reach awakening. I have seen some people who have been to tons of classes, and others that have never been to a class and have their awakening. Each person will have his or her

— continued on Page 16



### \\ Transformational Talk ///

## Do you have a real relationship with your father?

BY PENELOPE YOUNG ANDRADE, LCSW



**D**o you have a real relationship with your father? Historically, fathers have been distant, idealized, uninvolved in children's lives. Fathers offered financial support, set standards but were not available for 'heart to heart' relationships. While that model is changing in modern times, vestiges still interfere with true relatedness. If you want closeness gather your courage. You'll need it to topple the stony statues culture has carved.

Here's the tip: See if you're prepared to know father as a real person...and whether he's even available for intimacy. (Even if father is gone, everything suggested here can be done imaginally.) If yes, plan for father/son/daughter time...one on one. Before you actually meet, though, look inside to manage any discomfort. Grief, anger, fear may arise as you face old longings and loss. Get support from family, friends, counselors as you al-

low feelings to flow and open your heart. It may be harder to find and feel anger to father as the less familiar parent. You've likely been hurt by this arrangement more than you know, so take it slow. Repeat as necessary.

When ready, start communication in comfort zones... ask about father's career wins and challenges...move gently toward childhood dreams – fulfilled and unrequited. Be vulnerable...offer your own real self. Ask father what he enjoyed about being your father. Return the tribute and share what you've appreciated about him. Expect awkward silences. Wait and breathe. Be tender as you traverse such unfamiliar territory. Take refuge in knowing that deep down in your hearts of hearts, you are each yearning to be seen, known and loved.

Penelope Young Andrade, LCSW EmotionalMedicineRx.com, penelopecyandrade@gmail.com, Twitter @EmotionalRx, 858-481-5752

# EarthTalk® from E—The Environmental Magazine

*Dear EarthTalk:*

*I heard that the Pope urged President Trump to keep the U.S. in the Paris climate accord. Since when has the Catholic church been involved in environmental politics?*

— Janine Morse, Rome, NY

While a handful of Hollywood A-listers—Robert Redford, Meryl Streep and Ed Begley Jr., to name a few—have been actively campaigning for the environment for decades, a new wave of green celebrities is using star power to help convince millions of fans around the world to live greener lifestyles and speak up for environmental protections and climate mitigation.

Concern for the health and well-being of the planet has always been part of the biblical tradition. “Sacred Scripture calls believers to care for God’s creation and all of God’s children,” reports the U.S. Conference of Catholic Bishops (USCCB), an assembly of church leaders from across the country. “God calls us as His stewards to care for the garden He created.”

Examples abound through the centuries of influential Catholics taking conservation seriously, from St. Francis’ 1225 canticle dedicated to praising the Lord through stewardship of “Sister Mother Earth / who sustains and governs us” to Pope Paul VI’s 1971 call for Catholics to take up the mantle of environmental protection as a key social imperative to the U.S. Conference of Catholic Bishops 2001 “pastoral statement.” That implored Catholics around the world to do their part in reining in greenhouse gas emissions for “the future of God’s creation and the one human family.”

More recently, Pope Francis has prioritized climate as a key social concern of the Catholic church. His 2015 “encyclical”—an important papal letter that gets distributed to Catholic congregations around the world—called for urgent, drastic fossil fuel emissions cuts to stave off climate change.

“As a chemist by background and with a team of scientists and an observatory at the Vatican, the Pope is clear that climate change is the greatest threat to life our Earth has ever seen—and that it is caused by humans,” reports Earth Ministry, a non-profit dedicated to engaging the faith community in environmental stewardship and advocacy. “And as a priest, he



His Holiness Pope Francis visited the U.S. Capitol on September 24, 2015, and became the first Pope to address a joint meeting of United States Congress.

stands in protection and care for his flock, 1.2 billion Catholics world-wide, and for all God’s children, especially the poorest.”

An important part of the battle against global warming for Francis is the relationship between global poverty and environmental destruction: When people don’t have the resources to sustain themselves they are far less likely to be good stewards of the planet, and in turn may suffer the most from a quickly warming climate.

Unlike some of his predecessors, Pope Francis isn’t afraid to mix it up with politicians. He bestowed a copy of the 2015 encyclical upon a visiting President Trump earlier this month—just before Trump’s self-imposed deadline to decide whether or not to keep the United States in the Paris climate accord.

Catholicism is hardly the only major religion concerned about climate change. After all, global warming is non-denominational, affecting people all over the world regardless of their religious beliefs. Whether or not a given religion’s national or global leadership is pushing for carbon mitigation, individual congregations can do their part based on the priorities of their memberships. One easy way to get your church, synagogue, mosque or other religious institution on the right track is by signing on with the Interfaith Power & Light (IPL) movement that works with congregations to fight global warming through the promotion of energy conservation, energy efficiency and renewable energy. IPL also helps lobby policymakers to advance clean energy initiatives at local, state and national levels.

**CONTACTS:** U.S. Conference of Catholic Bishops, [www.usccb.org](http://www.usccb.org); 2015 Papal Encyclical “Laudato Si,” [www.laudatosi.com](http://www.laudatosi.com); Earth Ministry, [www.earthministry.org](http://www.earthministry.org); Interfaith Power & Light, [www.interfaithpowerandlight.org](http://www.interfaithpowerandlight.org).

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## James Van Praagh

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to slow themselves down and come to the three-dimensional world. A thought, a feeling, a memory (just like mind-to-mind communication through telepathy) is placed into the mind of the medium. There are individuals who are more open to receiving at a higher level of awareness. They are able to bring through messages from higher levels of Spirit.

**I know you will be bringing medium, Lynn Probert, to the event with you. How did you two meet?**

She is fabulous. It is our third year in a row at Seaside. We met through Tony Stockwold, a very well-established medium in the UK. She has been demonstrating for a long time, and is one of the best mediums I have ever met. She is a great evidential medium and teacher.

**What is one piece of advice from the other side you would share with our readers?**

Live in the present moment; not in the past – it has already happened. The future is yet to be. Make the most of the present moment, because that is all we have. The Spirit people come back saying “Live this moment the best you can.” Be responsible for yourself.

Read the full interview online at [www.lifeconnectionmagazine.com](http://www.lifeconnectionmagazine.com)

James Van Praagh and Lynn Probert will be at Seaside Center for Spiritual Living June 30th, 2017 from 7-10pm. Visit [www.seasidecenter.org](http://www.seasidecenter.org) to purchase tickets. Go to [www.jvpschoolofmysticalarts.com](http://www.jvpschoolofmysticalarts.com) and [www.lynnprobert.co.uk](http://www.lynnprobert.co.uk) for more information on the speakers.

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## Kimberly Meredith

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own epiphany to move into higher consciousness. Some people will ask, "Should I use this drink? Should I eat this herb?" The best thing to do is be yourself. Be silent, open, and listen. Open to the unexpected. The Miracle.

**Do you believe in the afterlife? What do you feel happens to our soul when the body dies?**

Yes, there is an afterlife. I believe that is why in this life we have to take responsibility for our consciousness and work on respect for ourselves and others; raising our consciousness, raising the love in our bodies, and being there for people. How we raise our consciousness is through serving and loving. By loving we can change our world. Yes, there is an afterlife, but what I get from the afterlife and living in the present moment now, the importance of being here now we respect each other and raise our consciousness. So when we do pass over, and transcend, you don't get stuck in this lower dimension.

**What is the next step in your journey?**

The next step in my journey, is to teach a Science and God Consciousness Televisionshow, on a major network; to teach our youth that anything is possible, the healing power of the Holy Spirit and how we live in a multi-dimensional world. And how the show will help drive humanity forward. The show is for the people to witness the Miracles.

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—Joyce Johnson, Ph.D., Nutritionist, Author, Talk Show Host

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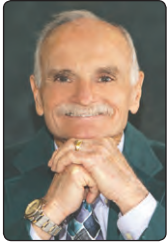
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## Spiritual Centers

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*Transforming Lives, Empowering Dreams*



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760-431-8530

**Sunday Celebration Service @ 10:00AM**  
**Children's Church and Nursery @ 10:00AM**

Accredited SOM Classes • Weddings • Workshops  
Spiritual Counseling • Memorial Services  
Ministry of Prayer • Bookstore

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Carlsbad 92011 (Near Airport)**



Rev. Sheila Anderson  
beachcitiescsl.org

Are you seeking a connection to something bigger than yourself?

### Seaside Center for Spiritual Living



**Weekly Sunday Services**  
**9 and 11am**

**Youth Program at both services**

**Wednesday Night Service 7pm**

Connect with us:



Rev. Christian Sorensen, D.D.

**1613 Lake Drive, Encinitas, CA 92024 - (760) 753-5786 - [www.seasidecenter.org](http://www.seasidecenter.org)**



*Celebrating Life  
with Open Minds  
& Loving Hearts*

**Sundays at 10AM**  
**Peace Meditation at 9:30AM**

**Spiritual Living Circles**  
1st & 3rd Wednesdays  
at 6:30 pm



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**(619) 475-1012 • [www.bonita.csl.org](http://www.bonita.csl.org)**



### First Spiritualist Church

*Where Angels Come and So Can You!*

**Pastor:** Rev. Lorina Pyle

**Healing Service, 10AM • Lecture, 11AM**

3777 42nd St., San Diego, CA 92105  
619-284-4646 • [1st-spiritualistchurch.org](http://1st-spiritualistchurch.org)

*See us on Meetup and Facebook*

#### Healings

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Psychic Fairs

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Healing Methods,  
Psychic Development,  
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MCKS

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Pranic Healer & Instructor  
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**in Encinitas next to**  
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*Pranic Healing Sessions by Appointment*

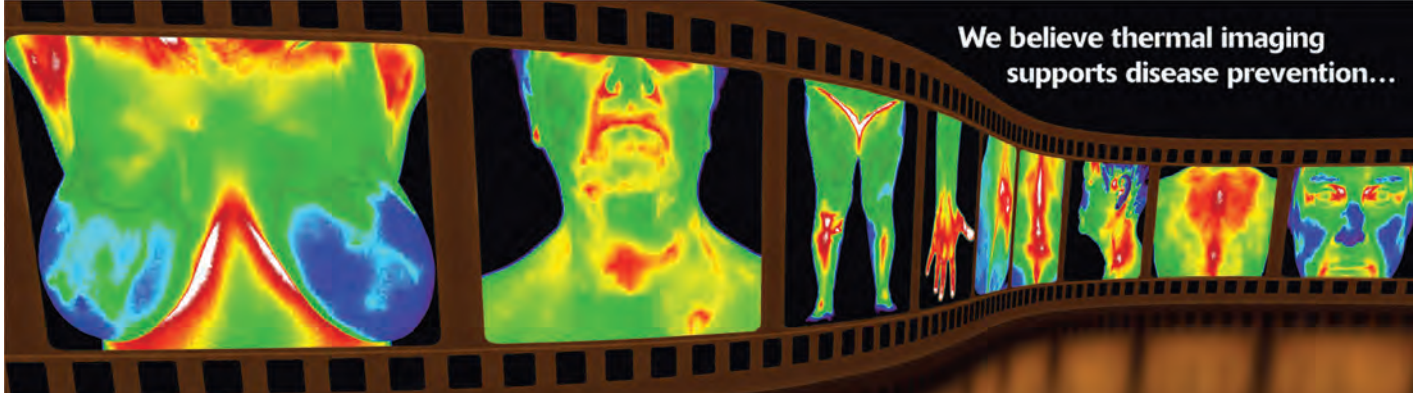
**Twin Hearts Meditation**

every 1st & 3rd Thur. 7:00 – 8:30 pm  
 Myo-Sei Center 888-226-4325  
 741 Garden View Ct. Ste. 204; Encinitas, CA

**Free Healing Clinics!**

**Questhaven Retreat** 760-744-1500  
 1st Sunday @ month 12:30 – 2:30 p.m.  
**Myo-Sei Center** 888-226-4325  
 3rd Saturday @ month 1:00 – 3:00 p.m.  
 741 Garden View Ct., Ste. 204; Encinitas, CA

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We believe thermal imaging supports disease prevention...

## Could These Images Help Extend Your Life?

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*Psy-Tek is located on the campus of California Institute For Human Science Graduate School and Research Center*  
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- Cardiovascular Scans
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- Vascular Patterns
- ...and more!



# An Evening of Spirit

*With James Van Praagh and Lynn Probert*



Seaside Center for Spiritual Living in Encinitas, CA  
Friday, June 30th @ 7pm-10pm

Join internationally renowned mediums James Van Praagh and Lynn Probert for an unforgettable evening of insights and inspiration – straight from the Spirit realm!

Your feelings about life and death will be forever changed  
as Lynn and James deliver detailed  
messages of love, comfort, forgiveness, and joy to members  
of the audience from loved ones on the other side.

Tickets are available for presale for this event  
which is expected to sell out well in advance.  
\$50 presale/\$60 at the door if available

A limited number of VIP tickets are available for \$100.  
VIP tickets are available for a limited time only.  
with James Van Praagh and Lynn Probert  
beginning at \$50. Tickets are also available as  
**VIP TICKETS SOLD OUT**  
reserved parking and preferred seating at the event.

To purchase tickets, visit [www.SeasideCenter.org](http://www.SeasideCenter.org).  
For details about the event, go to [www.VanPraagh.com/events](http://www.VanPraagh.com/events).

