

The Ultimate Lesson of Love Is To Transcend Duality

By Liz Ganz

If I've learned anything as a teacher/healer, it's that we all need love. Love means so many things, and there's at least one definition for every person who has ever lived. One truth few deny is that love is a force that brings things together, sets them into motion, and forges meaning and purpose from that which is otherwise random and chaotic.

We tend to think of love as something that occurs between two or more entities, something that's given or received, felt or longed for. Sadly, what many of us miss is the internal love that connects us to creation. Even the concept of self-love cannot escape the paradigm of duality – "I love 'myself.'" Why?



Duality is a universal force. Space cannot exist as a singularity. Existence requires a space to exist in, light and dark, here and there. Stars wouldn't produce light and heat without the dance of resistance between gravity and matter, and from this fusion, the very elements of life – carbon, oxygen, etc. – manifest.

This dance continues with earth and sun. The sun's life-giving heat and light would be deadly if not for the cool, moist cradle

of the earth, and it's only in this perfect balance that the "love" of conscious creation is possible.

This same perfect balance of yin and yang within the individual is necessary to unleash the infinite creative and healing power of true self-love.

We're at the crossroads of evolution as a sentient species in the universe. We can skillfully continue to function at odds with ourselves in a world where we're ultimately separate from all other forms of life, or resonate into our birth rite as inheritors of a blossoming, conscious universe. By transcending duality, we choose to open ourselves to the miracle of life as a union of self-loving. The joy, gratitude, and ability to heal, are all ours for the taking. Namaste.

To find out more about Liz Ganz, visit globalsoulnow.com.

Book Review: Endless Energy

By Eric T. Richter

From the moment I picked up the book *Endless Energy: The Essential Guide to Energy Health* by Debra Greene, Ph.D., I wished I had written it myself. It contained so many parallels to my personal intuitions that I immediately resonated with the material.

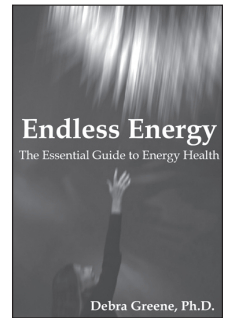
For me, the most striking revelation came right at the beginning. We all assume that we can get plenty of energy to sustain our active lifestyles through diet, exercise and getting proper sleep. But scientists, Dr. Greene points out, discovered that only 60 percent of the energy necessary for the body to function could be accounted for by biochemical interactions. They wondered where the *unaccounted* energy came from.



Enter the burgeoning field of Energy Medicine to provide some answers. Dr. Greene postulates a multi-dimensional model for our constitution that contains four bodies: the Vital/Physical, Emotional Body, Mental Body and Universal Body. These bodies provide the invisible energy sources that can propel us forward in our lives in healthy balanced ways, or slow us down if they are depleted.

Step-by-step, in simple terms, she explains what hinders each body, and exercises and practices that nurture. For example, to help your Vital Body she offers hints like drinking good water, limiting cell phone use, exposing yourself to natural light and eating vitalized foods.

Why did she write *Endless Energy*? She responds, "In trying to talk to people about my work I discovered that the whole question of human energy is really confusing... We know a lot about our physical health and also pay attention to emotional and mental health. But no one was talking about energy health when, in fact, energy is primary. Everything is energy. Focusing on energy allows us to see the whole picture, how our system interacts as a whole, not separated parts. To make any lasting change you must deal with the whole system."

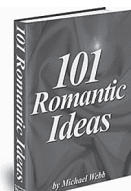

Need more energy? Let this self-help book be your prescription! For more information, visit amazon.com, or debragreene.com.



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LEAKS = WATER & YOUR DOLLARS TRICKLING AWAY



Read your water meter before and after a 2 hour period when no water is being used. If the meter doesn't read exactly the same, there is a leak.

For information on saving water, contact the County of Maui Department of Water Supply
244-8550
www.mauewater.org

