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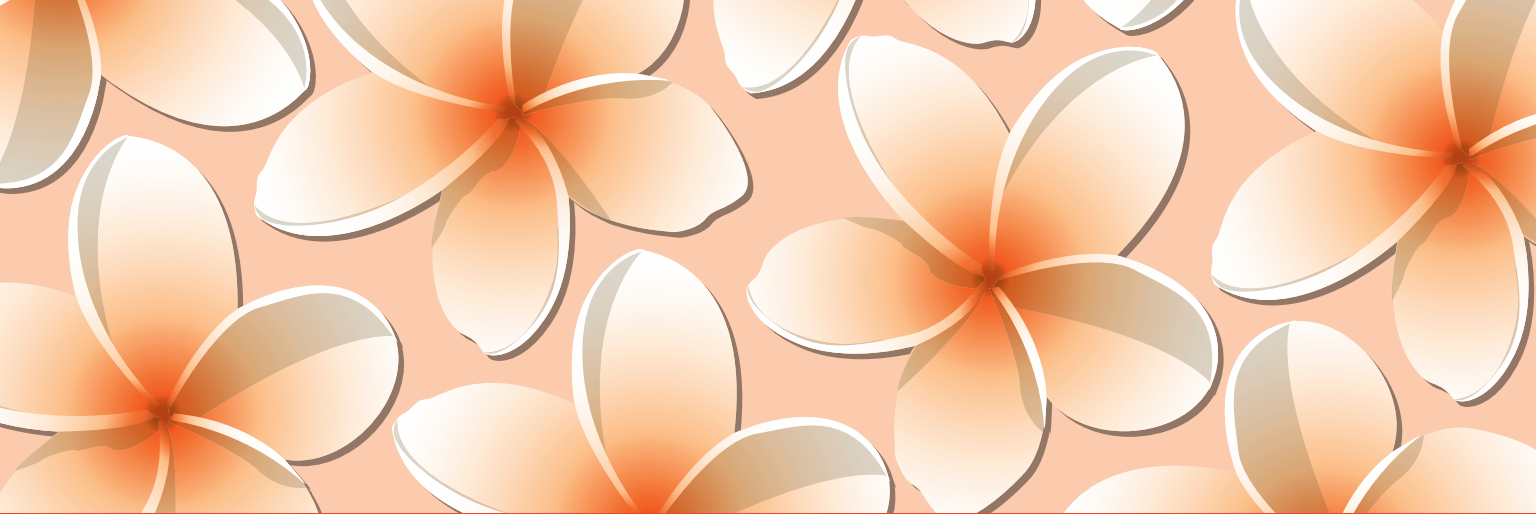
Tahitian Monoi and
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timetospa

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Dear timetospa readers,

I am so excited about this issue of **timetospa**, not only because Elemis has launched some new skin and body care, including an uber-rich version of the Pro-Collagen Marine Cream (see the next page for the new Pro-Collagen Marine Cream Ultra-Rich), but also because we have some uber-rich articles for your reading pleasure.

Our award-winning **timetospa** writer Nikki Moustaki looked at a phenomenon that is somewhat uncharted: getting older. It is true that humans have been living much longer than our paleolithic and even medieval ancestors for over a century now, but in the grand scheme of human existence, a century is much more like second than a whopping one hundred years. However, what is very new today, is that many older men and women (50+ years) are having vibrant, new “second” lives, hopefully instead of a crisis. That is, they begin a new career and have a second half of life that may be even more engaging and more liberating than the first half. This is a phenomenon that is brand new and it is reflected in many of the films that look at older people with interest and perhaps with the question, “Why do we take it for granted that older people don’t have personal dreams? And what if they did? What if they do?” No longer is it a given that the children leave home and the empty nesters tend to the garden, play with grand children and have no new meaningful desires of their own. Recent films such as *The Best Exotic Marigold Hotel*, *Parental Guidance*, *Le Weekend* and most recently, *And So It Goes* starring Michael Douglass and Diane Keaton, create a new paradigm for the twilight years that is fun, riveting and boundary breaking. In other words, getting older is changing, and for the better.

Enjoy your summer. Enjoy reading this. And wherever you are on the Richter scale of life, make it matter.

Sarah Jacob

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ELEMIS

By Nikki Moustaki

UNCHARTERED

Planning for Life's Second Stage

Paleolithic men and ladies 30,000 years ago could expect to live to the wise old age of thirty—life was hard in the days of hunting woolly mammoths, pervasive rabies, and killer volcanoes. The sophisticated ancient Greeks and Romans could look forward to a thirty-fifth birthday, if they were lucky, and the folks of Medieval times could joust and swordfight until they dropped at an average age of thirty-eight. The Victorians of the 1900s might see forty, if all those pesky pre-penicillin diseases like typhus and tuberculosis didn't send them prematurely to their heavenly reward.

Just a hundred years later, in the 1950s, life expectancy jumped to over seventy (the widespread use of penicillin during World War 2 helped), and today, most people can anticipate blowing out eighty-five candles on a birthday cake.

So, if the Victorians, who were a prosperous and moralistic Western culture similar to our

own (except for child labor, lack of women's rights, and Jack the Ripper; Starbucks, bikinis, and Beyonce), lived only to around fortyish a hundred years ago, and we're living to around eightyish, then how do we use those extra years when many of Western society's values haven't changed? People are still expected to study for a specific career, marry, have children, and then retire to the golf course or knitting circle when their temples go gray.

Hitting those milestones used to be socially mandatory by a certain age, but now, with the luxury of more anticipated years, people are massaging those mileposts, or, more deliberately, pushing them forward, or sometimes off the map entirely. These "second stages" of life can be as wild as a life-changing adventure, or as close to home as starting a blog—either way, those "extra years" can be some of the best in your life.

Loreen Niewenhuis, author and adventurer from Battle Creek, MI, decided to walk a thousand miles to use up some of her extra years

after her two sons had gone to college. The former cancer researcher wanted to push herself at the age of forty-five by walking entirely around the coastline of Lake Michigan, beginning and ending in Chicago.

"I felt something goading me to take on something bigger than myself," says Niewenhuis. "I wanted to take on something that would shove me out of my comfort zone, so I planned a challenge that scared me. I wanted something on a scale where it was a possibility that I might even fail to complete it."

But Niewenhuis didn't fail. In fact, not only did she walk the circumference of Lake Michigan, she wrote a book about it, *A 1,000-Mile Walk on the Beach*.

"I think people should remain open to the possibilities in their future," says Niewenhuis. "We tend to narrow our outlook later in life. Many people just settle and get comfortable. Being open helped me to consider my 'second stage' and then plan for it."



ED TERRITORY



Sometimes a “second stage” chooses you. Lee Gale Grue, an actress, speaker, and blogger from Los Angeles, CA, author of *Adventures with Dad: A Father and Daughter’s Journey Through a Senior Acting Class*, expected her life to be surrounded by a white picket fence. Divorce threw a wrench in those plans, and when the mother of two grown kids retired from her job as a probation officer, she had no idea what to do next.

“It was very stressful, because being a probation officer was my identity,” says Grue. It would have been much easier for me if I had created a game plan.”

Grue took an acting class and discovered that she had stage fright, but one day, engrossed in a character she was playing, she forgot that people were watching her—and when she was done with the scene, they applauded. She was hooked.

“From there, it took on a life of its own until I became a professional actress and then wrote

a memoir about it,” says Grue. “My first big life plans were fulfilling, but not as joyful as my ‘second stage.’ I loved my job as a probation officer, but I worked hard and had a lot of pressure on the job. I loved my children, but being a mother was also stressful. As a comparison, my ‘second stage’ has been an incredible and amazing growth experience. My self-confidence has blossomed. I’ve gotten in touch with a creative side of myself that I never knew existed.”

When Dan Fendel, founder and CEO of Float Plan One from Los Angeles, CA, retired at age sixty-one, the former technical coordinator on hit television shows such as “Seinfeld,” “Everybody Loves Raymond,” and “Friends” decided to do some long-range cruising on a private pleasure boat with his wife. After taking a boating safety class and learning how to develop a “float plan,” a data sheet describing the boat, people on board, timing of the voyage and the ship’s destinations, his wife asked, “Isn’t there an app for that?” There wasn’t.

Fendel decided to develop “Float Plan One: The App That Can Save Your Life,” becoming the owner of a cyber start-up in a field he knew nothing about.

“It might be a small tribute to my curiosity, but in reality this is a result of being in America, where an idea, followed-through on and created in a way that everybody wins, has the freedom to flourish,” says Fendel. “Be willing to try things and don’t feel guilty if you quit them if they aren’t your cup of tea. We are all capable of amazing accomplishments—don’t miss out on your opportunity just because you didn’t want to spend the little bit of time and effort to create a plan.”

Tiffany Mason, a professional life and relationship coach from Columbia, SC, and the author of *The Power of Adversity- A Guide To Finding Your Greatest Gift In Life*, says that, though you can’t predict the future, you can do a decent job planning for it if you plant the right seeds.



"I'm a firm believer that in order for you to experience the life that you want, you must design it the way you want," said Mason. "Too many of us go with the flow. The problem with this is that when the unexpected happens, it's much more difficult to bounce back."

Bouncing back is another way that some people enter their "second stage." Haralee Weintraub, CEO of 'Haralee.com Sleepwear' from Portland OR, and the Founder of 'Cool Garments for Hot Women,' was climbing the corporate ladder, accepting awards and responsibility and raises, figuring she'd stay on that path until she retired. Then, at age forty-eight, her doctor called with the results of her

routine mammogram. She had cancer. The cancer treatments threw Weintraub into menopause, complete with drenching night sweats. She looked everywhere for clothing that would help her sleep more comfortably, and found nothing. At the age of fifty-two, she decided to create her own clothing company for menopausal women. It never occurred to her that she was too old to start a new career.

"Becoming an entrepreneur was not something I had planned, and neither was having cancer," said Weintraub. "I have always been open to ideas, and my business fit into a niche of trying a new idea, of helping other women, of talking about breast cancer and menopause and of striving to be a business success. I

don't know what the next ten years will bring, but I know I'm living my life fully."

"Second stages" can also grow organically. Judith Erwin of Jacksonville, FL, an attorney and the author of a the novel, *Shadow of Silence*, and teacher of memoir and personal history writing at the University of North Florida, married at the age of twenty, believing that her role in life had just begun. After two children, her fairy tale imploded when her husband left. She was forty-three, had a high school diploma, and no job skills.

She enrolled in community college and received her bachelor's degree in communications at age fifty. At the age of fifty-two, she was accepted into the University of Florida, College of Law, the oldest member of her class. She graduated and began practicing law, and at the age of seventy-two decided to become a novelist, launching her book on her seventy-fifth birthday.

"I never anticipated that I would have any career other than wife, mom, grandmother, and civic volunteer," says Erwin. "I thought my husband and I were like bread and butter. As a divorcee, I had to find who I would be in the 'second stage.' I had to find the courage to take risks, to go against the tide, to ignore the admonitions that I was 'too old.'"

Christine Hassler, MA, life coach, speaker, and the author of *Expectation Hangover*, says that it's difficult to plan a 'second stage' because it's often the result of what she calls the "expectation hangover," when life doesn't go according to plan.

"Often our 'first stage' of life is constructed based on expectations from our parents, peers, society, and ourselves rather than our deepest values and passion," says Hassler. "I encourage people to invest in personal growth and discovery before planning a 'second stage.' Do some internal investigation to clear out limiting beliefs, old wounds, and expectations before attempting to make something external happen. The more a person grows internally, the clearer the path to the 'second stage' becomes, and choices are easier to make."

Ruth Nemzoff, Resident Scholar at Brandeis Women's Studies Research Center in Brookline, MA, author of *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Your Adult Children* and *Don't Roll Your Eyes: Making In-Laws Into Family*, started her "first stage" as a wife and teacher. The latter plan was foiled by the laws of the day, which prevented her from landing a job because she became pregnant. She applied for a doctoral program at Harvard University and was accepted, and then ran for state legislature—and won.



“I’m not looking for perfection, just a chance to use my skills, to learn, and to help others.”



“...the ‘expectation hangover,’
when life doesn’t go according to plan.”

For her fiftieth birthday, she gave herself a class at the Radcliffe Institute and realized that she had an unfulfilled dream of being a professor. She became an adjunct associate professor at Bentley University until 2008, when the economy tanked.

Never one to be daunted, Nemzoff then decided to become an author, and published her first book at the age of sixty-six; the second book was published when she was seventy. Today, she is a sought-after public speaker.

“What makes this stage more fulfilling is that I now know I have a wonderful life,” says Nemzoff. “I’m not looking for perfection, just a chance to use my skills, to learn, and to help others. On a personal level, I get great joy from my children and grandchildren. I’m lucky that my husband and I have successfully slogged through the difficulties of childrearing and earning a living and incorporating the changes that



the women’s movement brought to our lives. We have come to a point in our lives where we can enjoy each other and our accomplishments together.”

Whether you plan for your second stage, it sneaks up on you, or you ease into it, unlike our caveman brethren, you will at least have the potential for a long and fruitful concluding installment. But planning does seem to be key, according to the experts. Avi Mizrahi, founder and Chief Lifestyle Facilitator for ‘My Best Chapter,’ a retirement lifestyle planning business in Toronto, Canada, says that a goal without a plan is just a dream, and a plan without action is just a shame.

“Creating a lifestyle plan for your next chapter is a great way to develop a personalized transition plan and to get things rolling early,” says Mizrahi. “Knowing what lies ahead and taking steps to make it a reality can be a source of joy.”

Avi Mizrahi, founder and Chief Lifestyle Facilitator for My Best Chapter, a retirement lifestyle planning business in Toronto, Canada, gives this advice for planning a productive “second stage.”

Identify your strengths and personal needs.

Understand what energizes you, how you like to learn, and what your interests are.

Understand what you want your impact to be.

Highlight what you want your second stage to mean to you. What will you be most proud of achieving in ten years time?

Create goals.

Brainstorm ways that you can leverage your strengths in order to accomplish what you want to achieve.

Start developing a plan.

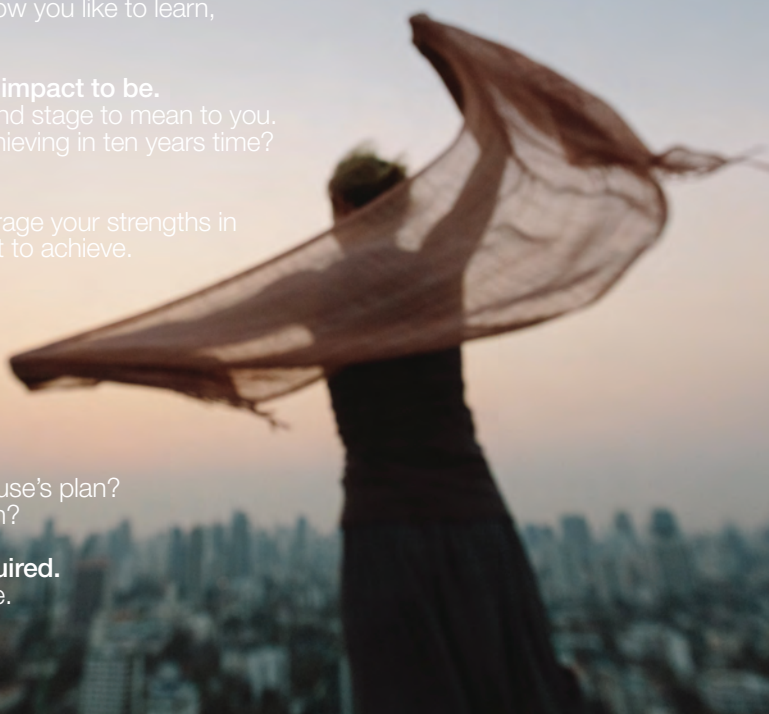
Outline your short and long term goals to help you achieve your vision for your next life chapter.

Ensure alignment to what matters most to you.

Does your plan align with your spouse’s plan?
Does it align with your financial plan?

Live and adjust your plan as required.

Your lifestyle plan is not set in stone.



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ELEMIS



By Sarah Jacob

AN INTED

When Coprah Coconut Oil and Tiare blossoms (Tahitian Gardenia) are combined and left to macerate in darkness for 15 days, a thick, waxy, aromatic emollient is created known as Monoi. It's like liquid heaven.





“The spa industry has kept ancient traditions alive within the modern techno-scientific world that has (until recently) very much disregarded ancient folkloric wisdom.”

Ancient peoples had a beautifully poetic perspective of the universe. Theirs was a world full of wonder and intrigue. Besides the most rudimentary scientific knowledge gained through their participation and observation of natural cycles, their perspective and knowledge was filtered by a lens of mystery that emphasized the 'unknown' as opposed to the known. Today when a scientist sees a flower, she may break it down to its chemical composition, its features and requirements for healthy growth as well as its origins, but the scientist doesn't often see the mysterious nature of flower, which was something that our ancestors saw as primary. The scientist sees through a lens that emphasizes the known and the tangible and pushes away the unknown and the intangible. Perhaps neither ancient nor modern lens can give us a true grasp on reality and instead we ought to cultivate a bi-focal perspective that allows us to embrace the factual without undermining the imaginary; the visible as well as the invisible. It is ironic that ancient and modern cultures see the same world and yet their worlds are vastly different. But what is more fascinating is that these two worlds do actually meet and often arrive at similar conclusions. As an example, in recent years, western scientists and the medical industry have

found that folkloric healing wisdom is not to be written off as primitive and superstitious but instead investigated. Often scientific testing validates the efficacy of ancient herbal remedies and when this happens, a synthetic version of any healing plant extract can be created which is then used in a concentrated form in modern medicine.

Contrary to conventional medicine, the spa industry has always revered indigenous knowledge of plants and herbs and this is where folkloric wisdom of the yesteryears is passed on in ancient style from generation to generation, albeit in fancier packaging. In a very real sense, the spa industry has kept ancient traditions alive within the modern techno-scientific world that has until recently very much disregarded ancient folkloric wisdom. As an example, Frangipani, an integral ingredient in Elemis' Exotics range is known by the Polynesian people as the Flower of the Gods undoubtedly because of its beautiful aroma and its healing properties. When combined with Coprah Coconut Oil and Tiare blossoms (Tahitian Gardenia), it creates a thick wax called Monoi, that has been revered as a sacred ointment by the Polynesians for centuries. Traditionally, Monoi was used by priests in all

sorts of holy rituals. Newborns were anointed with the highly perfumed oil to protect them, and religious objects were purified with it. The entire body of children and adults alike was covered in Monoi to protect it from harsh weather and divers would also smother themselves in the thick oil to act as a layer against the cold seawater. Without question, Monoi was used as if a precious, yet abundant gift from the gods and for 2000 or so years has remained as important in the daily lives of the Polynesian people as coffee is to the average American. Similarly, the Tiare Flower, the national flower of Tahiti and an essential Monoi ingredient was historically not only used to sweetly perfume oils and creams but also to help cure ear aches, skin disorders such as eczema and ward away insects.

HARVESTING THE SACRED OIL

The harvesting of this waxy oil takes time and even with modern technology, batches of wax take approximately 15 days to macerate. The process is as simple as it always has been. Coconuts are halved and left in the sun to dry, then pressed for the oil. This oil is known as Coprah.

The Tiare flowers are harvested by hand at the first light of dawn, while the flowers are still closed. Within 24 hours, ten Tiare flowers per liter of Coprah Oil, Frangipani and other natural fragrant ingredients, are immersed in the oil and left to macerate in darkness for 15 days. After this time, the petals and leaves have properly melted into the oil which is gently filtered and then bottled. Monoi is waxy until heated, after which time it turns into a warm oil and can be used all over the body, on the nails and also the hair. Warming the oil is achieved by simply placing the bottle in hot water for a few minutes. Noella Gabriel, one of the original minds behind Elemis formulations chose Monoi as the foundation for the Sp@Home Exotics range not only because of its efficacy, but also, "I travelled the world and absolutely fell in love with this ingredient when I discovered it. It's been used for centuries in Tahiti, and for Polynesians, Monoi is part of their lives from when they are babies and cares for their bodies as well as their minds reinforcing health and wellbeing. At the time of launching the first product in the frangipani range, *Frangipani Monoi Body Oil*, no one else was using this beautifully aromatic ingredient in their products..." she explains. However, Frangipani is not all brawn, "We have tested the Frangipani Monoi Range for its efficacy and in relation to the new body cream, it has been tested in independent user trials in order for us to be able to make the claims we do, for example, it nourishes, protects and hydrates for beautiful soft skin." Gabriel continues.

Elemis started its journey nearly 25 years ago with a reverence for holistic skincare and many ingredients are sourced from ancient cultures. Monoi is one of those ancient formulas that has been passed on from generation to generation and so it carries with it the history of the Polynesian people. The stories of these ingredients are almost as powerful as the ingredients themselves.

FRANGIPANI AND LOVE

The sweet aroma of Frangipani is thought to attract love. According to the Monoi Institute, Cunningham's Encyclopedia of Magical Herbs, the Frangipani is associated with the feminine, it is ruled by Venus, the goddess of love and it can be used to cast a spell on your love interest. This use in attracting love crosses cultural boundaries, as the flower is also used in Feng Shui, the Chinese Art of Placement, to attract love. While we cannot guarantee that love will follow after an application or two of Frangipani infused products, all warming oils, such as Jasmine, Lotus Flower, Ylang Ylang and Sandalwood are said to incite love, partly because they are so sweet and arouse the senses.



THE ELEMIS EXOTICS RANGE

is infused with Frangipani and Tahitian Monoi. Treat yourself with these ancient formulas and participate in a ritual that began with the Maori tribe over 2000 years ago.

Elemis is celebrating 10 years of bringing Monoi to its customers. Celebrate with us and when you apply these tantalizingly exotic oils, creams, body washes and scrubs remember you are participating in a tradition that is over 2000 years old.

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A luxurious salt scrub that melts on contact with the skin to leave it beautifully soft and nourished. Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoi oil and frangipani flowers seal in moisture leaving skin delicately fragranced. Key Ingredients: Salt, Coconut Oil, Frangipani and Tiare flowers. 16oz / \$58

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Elemis Frangipani Monoi Body Oil

This traditional Polynesian formula provides superior moisturization for dry, parched skin. Coconut Coprah Oil, Tiare flowers and the revered flowers of the gods from the Frangipani tree are macerated in darkness for 15 days, gently filtered and bottled. The Monoi turns to wax when in cool temperatures. To use simply place bottle in a bowl of hot water for 5 minute, then drizzle the oil on your body, scalp and/or hair. Simply delightful aroma and ritual. 100ml / \$53

Elemis sp@home Frangipani Monoi Body Cream

This latest edition to the exotics range pays homage to the beautiful Frangipani flower with artist's impressions printed on limited edition packaging. This scented exotic body cream melts into the skin to leave it silky smooth and deeply moisturized with time honored plant extracts. Key ingredients: macadamia oil, sesame oil, Tahitian monoi oil and frangipani flowers. 200ml / \$43

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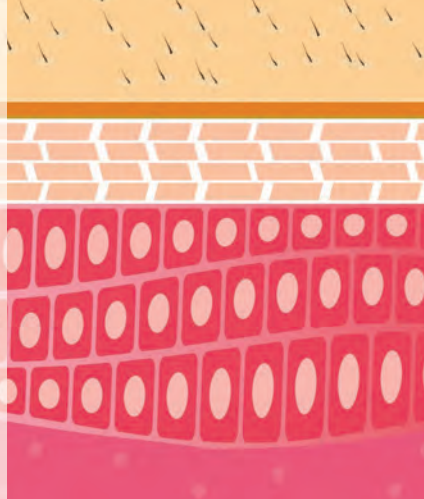


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ANXIETY

ON THE WAY TO FULFILLING ANY OF YOUR HEART'S DESIRES YOU MUST FIRST PAY HOMMAGE TO ANXIETY.

Everyone experiences mild levels of anxiety. Like red wine, in limited doses it is thought to be good for a well balanced life. It is thanks to anxiety that you will do whatever you can to avoid catastrophe, or work through the night to accomplish a task that is important to you. It is also because of anxiety that you occasionally dream of a solution to a problem that has been on your mind. Anxiety is entwined with longevity, desire and personal fulfillment. The flipside of this unexpected trinity is that, also like red wine, if you experience excessive anxiety in your life, your confidence, self-esteem and quality of life will undoubtedly be diminished. Those of us on anxiety over-dose could find that it begins to rule our lives, and instead of meeting challenges with a healthy bring-it-on attitude, we will do everything to avoid possible failure or discomfort. The only problem with this strategy is that avoiding life's challenges is to avoid life itself, but this too can cause anxiety. The only thing we can do is move through it. When you reach the other side there could be a little euphoria waiting for you.


What is anxiety?

Anxiety is a primordial reaction that is part of the human condition. Therefore to think you can erase it from your life is to misinterpret its relevance and necessity. Anxiety allows us to react immediately and impulsively without deliberating, analyzing or thinking about the course of action. Undoubtedly in dangerous situations (i.e. when you are being chased by a Baboon) this is a good thing. One way of describing anxiety is as an internal alarm bell that goes off when there is perceived danger. Whether we heed the inner bell that tolls or not will largely shape our lives and determine the risks we take (or don't take). Dr. Judith Bachay, Licensed Psychotherapist in Aventura, FL and Director of Graduate Counseling Studies, St. Thomas University, Miami, FL explains the essential role anxiety played in the life of pre-historic humankind, "Anxiety is a very practical fight/flight response. If we were Neanderthals, anxiety would save our lives. Let's face it, if you are being chased by the Saber Tooth Tiger, a little anxiety is a good thing." According to Bachay, the fight or flight impulse helped the pre-historic human in two ways: "Anxiety triggers the epinephrine secretion of cortisol. If in danger, early human would experience a huge surge of nervous energy to either fight or run for her life. What is relevant for us to understand is that after the threat, the cortisol was used up

through the physical activity of running or fighting, and so the negative consequences of cortisol did not linger in the body," Bachay notes. Today, anxiety is triggered by excessive traffic, the fear of missing a dead line, being late for work or delivering a presentation. We rarely worry about lions and tigers and bears, oh my. The problem with this is that all that cortisol and adrenaline lingers in the body. And that's not all. Bachay continues, "Our response to delivering a speech is largely the same response that our Neanderthal ancestors had while running from a man-eating woolly mammoth and other such mega-fauna." In other words, with all the intellectual and scientific advances we have achieved in the past 12,000 years beginning with the agricultural revolution and evolving (so far) to nano-technology (which is unfathomable for most of us), the human body is still primitive. It has not adapted to fast food and fast cars. It faces a confrontation with the ATT customer service manager for excessive phone charges as if she was a death threat. Bachay concludes, "If the stress response is not accompanied by attention to stress management and reduction, the accompanying stress hormones can have long term deleterious effects on the human body. Even cognitive schema can create anxiety that perpetuates both a physiological and psychological response to stress. Changing thinking that promotes health and self care often resolves anxiety." Therefore, without relaxation techniques integrated into our lives, we will burn out like a candle in the wind. The modern world is far too advanced for our pre-historic bodies. Uggga Uggga.



YOU SHOULD BE



Anxiety, can cause a multitude of physiological symptoms including sweaty palms, increased heart rate, discomfort in the stomach, insomnia, tightness in the chest, shortness of breath, trembling, stuttering, tightness in the throat and even sickness and even diarrhea – not exactly the recipe of success if you are a performer or motivational speaker. So should we avoid these situations that scare us? It depends. According to Dr. Jen Nardozi, Licensed Clinical Psychologist and Co-Founder of The Be Program (www.thebeprogram.com), anxiety and how we experience it as individuals is a combination of environmental factors/circumstances, genetics and internal dialogue. “I always ask my patients, what is the anxiety telling you?” says Nardozi who primarily treats women with eating disorders from her practice in Coral Gables, Florida, “Circumstances such as war can be incredibly stressful and some young military men return to their homes suffering with post traumatic stress disorder. This is a deep anxiety issue, triggered by circumstance, but perpetuated by internal dialogue,” she continues. In other words, we all make meaning out of the circumstances that we find ourselves in and this can have a positive or negative effect on our lives. The simple fact is that someone struggling with post traumatic stress disorder (PTSD) can’t avoid anxiety. It is triggered by every day circumstances, so we can’t simply say that if something causes too much anxiety, don’t do it. Bachay agrees: “PTSD affects some but others who have had similar trauma manage to overcome the effects of the trauma and resume normal lives. There have been resilience studies which reveal that by re-establishing the relationship we have with the ever-present traumatic experience that is crippling

our lives, we can change our response,” Bachay has seen positive effects using mindfulness strategies and cognitive behavioral therapy. She continues, “...also, we have to differentiate between a normal and debilitating response to trauma. It is normal to grieve over loss or tragedy as long as we move on. Nurturing resilience is key. Resilience is the healing capacity to cope and grow and there are many studies about what cultivates the resilience that many courageous individuals seem to have. Men and women everywhere recover from the most tragic situations.” Nardozi adds, “PTSD experienced by some war veterans is an anxiety disorder that can only be helped if the relationship to the trauma can be changed. This obviously involves a lot of work and self-compassion, but the power of internal dialogue should not be undermined.” This is a powerful statement that makes each individual her own healer. Positive thinking isn’t a cure all, but it can definitely help toward reducing anxiety in our lives. Brandi Baldwin, a Miami-based yoga teacher specializing in trauma and eating disorders has witnessed first hand how mindfulness can minimize anxiety, “In all yoga traditions, the goal is to ‘let the breath’ move your body. It requires great concentration to ensure mind and body work together in synchronicity. Do this for half an hour and the anxiety will disappear like magic. Baldwin explains that the trick to dealing with anxiety is only found in the present moment. “There is a great quote by Lao Tzu that emphasizes this point...” “If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace, you are living in the present.” If anxious, yoga, meditation, affirmations can help bring you back to the present.” Baldwin concludes.

We can always find reasons to undermine ourselves to the point of giving up. But what makes some of us more prone to negative, anxiety-creating self chatter than others? “Humans are all tuned differently.” Nardozi explains, “I like to think that we are tuned to a certain frequency. Some of us are tuned higher and some lower. This tuning is partly genetic, partly environmental, but what is important is that with mindfulness you can change your tuning.” In other words, we are not fixed in thought patterns. Perhaps your mother or your father were fearful and so you inherited their frequency. However, it doesn’t follow that you are not able to change it. Once you recognize some negative patterns in your thought, you have the power to recreate that dialogue and your response to circumstances. In other words, anxiety can be used as a barometer to understand your relationship with past and possible future events.



SOME SAY
IT'S THE FEAR
OF DEATH
THAT MAKES
FOR A
TITILLATING
LIFE.

Anxiety and Technology

"It's ironic, we have developed a highly advanced society to make life easier: we can prepare a meal in ten minutes, we can accomplish so much in less time and yet somehow life is more stressful now than ever before." Nardozzi says that reducing anxiety today requires discipline like never before: "Technology is a double-edged sword, we can use it as a tool or like a shovel it can bury us. Instead of finding fulfillment we are bombarded by a multitude of stimuli and information, never really focusing in on a project and instead always in a mode of distraction," she concludes. Perhaps this in itself can cause anxiety, because, as the early existential philosophers noted, each of us have a deep desire to find meaning in our lives. We are not content to just let the days come and go without significance. We attach meaning to them. If all day is spent in distraction, it is dissatisfying and dissatisfaction is stressful. Nardozzi continues, "...therefore, we must be disciplined to ensure we use technology to simplify our lives and not waste it. How many times have you found you were scrolling mindlessly through Facebook for five or ten minutes at a time? Discipline is vital. Put the smart phone away and create rituals that prevent you from using any technology for a few hours a day if you can. This way you use technology, it doesn't use you." It is interesting, as Nardozzi's, focus upon technology was recognized in the early twentieth century by the philosopher Martin Heidegger, who despite his unsavory politics did have something very interesting to say about technology. In his essay, "The Question Concerning Technology," Heidegger asserts that technology is the framework through which we order our lives and develop our relationships. Technology could cause us to think mechanically and lose our sense of self and sense of personal responsibility. We start thinking like, what he calls, "*The They*." *The They* can be likened to the media who dictate what you think, what you say, what to wear, what you do, as well as which side of the fence you find yourself on. Instead of choosing your desires, you passively accept the desires that have been chosen for you and everyone else. In the context of anxiety, if we lose ourselves in technology, we could find ourselves anxious if we spend time without it. As an example, something as simple as face to face conversations (as opposed to virtual conversations) could cause severe anxiety if we rarely spend real time with real people.

Thriving on Anxiety

Some say it is the fear of death that makes for a titillating life. One cure for anxiety is to seek it. As an example, some people love extreme sports: mountain climbing, sky-diving, tight-rope walking or climbing up tall buildings for the incredible adrenaline rush these sports bring.

Those who love extreme sports are always accompanied by anxiety, but they use it as fuel to push them off the edge of the cliff. "The anxiety quickly is replaced by euphoria once the action is taken," Dr. Creston Davis, Professor and Co-Founder of the Global Center for Advanced Studies (and extreme-sports junky) notes. "There is nothing more liberating than facing your worst fear. When you take the plunge, you realize that mostly your fears are like walls made out of air," he continues. Davis applies the same strategy in his personal choices. "Ten years ago I had a dream of creating a graduate liberal arts program that would be affordable and accessible to people all around the world ..." Davis, who is a father of two left his secure post as Associate Professor at Rollins Liberal Arts College, Florida to chase a dream. Davis had a vision that would utilize online chat rooms (Google Hangouts and Fuze) where small classrooms would be led by the world's most renowned professors in their field. "I took an unpaid sabbatical and, along with my colleague and friend, Jason Adams, took the steps to structure The Global Center for Advanced Studies (GCAS) as a non-profit liberal arts school with both online and on the ground classes. I mortgaged my life for this. Do I get anxious? Yes! But it is so exhilarating to watch it grow. We have over 300 students from all over the world, many of who would not have access to a quality graduate level education without spending a fortune if it wasn't for GCAS. It is mind-blowing and worth every bit of anxiety I have experienced thus far!" Anxiety is inevitably the experience we all have about anything when we don't know with certainty what the outcome will be. The more certain we are about an outcome, the less anxiety we experience, and it is as simple as that, but "nothing is certain," therefore, anxiety is omnipresent in greater or lesser degrees anyway. So, perhaps we ought to acknowledge it when the anxiety bell tolls, and then move beyond it, out of earshot. If we don't, many of our desires will lay by the wayside and boredom also causes anxiety – it's unhealthy not to be stimulated.

The Philosophy of Anxiety

Anxiety is as old as the hills, or at least as old as the first humans who walked on them. It is shared by brothers and sisters of all cultures, religions and geographic locations. Flick through any version of the Western bible and you will find that history is built upon the twists and turns of anxiety: the psychological anguish of Abraham as he is instructed to kill his only son, Isaac, Job's despair and anguish when his once charmed life becomes catastrophic and Noah's deep anxiety as he has to let the rest of humanity perish during the great flood. However, analyzing anxiety and its role in our lives is a fairly modern phenomenon. It was first emphasized by the pivotal, albeit rather anxious Danish philosopher Soren Kierkegaard.

One of his most famous works, *Fear and Trembling*, emphasizes anxiety or 'angst' as being the result of not ever really knowing the right thing to do. For Kierkegaard, in every situation (from choosing between oatmeal and a sticky donut, to whether or not to dive in a pond and save a drowning child) the question one must ask oneself is, "what is that God is asking of me?" Aha. It may seem like Kierkegaard is shirking all responsibility from choosing the sticky donut over the oatmeal, but actually for Kierkegaard, anxiety is the result of acknowledging your absolute responsibility in deciphering the will of God. There is no one size fits all right or wrong. Life is without boundaries and this is real scary. For Kierkegaard, "Thou shalt not steal" or "Thou shalt not murder" and any cookie cutter commandments are for the godless. They presume there is a universally right thing to do, when there isn't. There is no ready made ethic for us to follow and this is why every sensitive and good person (according to Kierkegaard) experiences the fear and trembling of anxiety. After all, deciphering the voice and will of God is no easy task. However, this "fear and trembling" is not always interpreted as the voice of God, but rather due to the fact that there isn't one. The most famous existentialist of all time, Jean Paul Sartre said we are anxious because we are free. We are so free that literally anything is possible and that is the true issue. We must create ourselves in the world and are therefore fully responsible for it. Anxiety is somewhat elevated by Sartre who says that if you are not anxious, it is because you are leading an inauthentic existence. You are living in "bad faith" believing in certainties where there are only ambiguities. Therefore, anxiety is the sign that you are actually truly living and not merely alive. Anxious? Well good, you are experiencing reality.

Controlling Anxiety through Mindfulness

"I think what is most important for everyone to understand is that anxiety is part of the human experience. It is not negative, unless we start living through it and making choices in order to avoid anxiety. This is when it is important to address." Bachay notes, "but if you experience anxiety and yet don't let it stop you from developing yourself in ways you would like, then that is perfect. Embrace your anxiety!" She concludes. On the other hand, if you are feeling anxious about every day problems such as, "Did I leave the stove top on? What if the house gets robbed? What if ...what if... what if...", then both Bachay and Nardozzi agree, mindfulness could help. "Simply observe your thoughts. You are bound to find that many of them work against the possibility of calmness and keep you in a vicious cycle of worrying about nothing. Observe and create a new mantra." Nardozzi says. One thing is for sure, if anxiety is part of the human condition and there is no escape, then wasting anxiety on possible tragedies is to waste its possible positive influence upon our lives. Use anxiety to grow beyond your present limitations and embrace its existence. It's here to stay.

Mindful Anxiety

Tools to reduce the stress that anxiety ultimately causes:

- 1 **TAKE A WALK.** After 20 minutes, you will feel lighter and realize that the world is not on your shoulders after all. Just a tiny portion of it. Perspective people, perspective!
- 2 **HAVE A MASSAGE.** Or facial. Or manicure or pedicure. And do them again and again and again. Don't undermine the power of touch. Massage and all spa treatments as well as hugs and kisses can soothe stress caused by anxiety.
- 3 **YOGA.** Baldwin notes that in traditional yoga the movement and breath are synchronized. "Your breath sets your body in motion. Focusing on this helps reduce anxiety – you can't feel anxious when you are concentrating."
- 4 **SOOTHING SMELLS.** Whether you bathe in the *Jasmine and Rose Milk Bath* and inhale those soothing aromas while experiencing the joy of hot, silky water enveloping your entire body, massage your body in a fragranced oil that pleases your olfactory senses. Suggestions: *Elemis Frangipani Monoi Body Oil*, *Elemis Musclease Body Oil*.
- 5 **HERBS CAN HELP.** Anxiety can be increased or decreased by the foods we ingest. Caffeine, as an example, is not the best thing when your mind is already jumping around like a trapeze artist at the Olympics. Instead, go for Chamomile tea. We also recommend you try *Jou Tranquility Organic Chinese Herbs* – non-addictive and simply whole food herbs – dried leaves, bark, petals and roots of plants.
- 6 **TALK ABOUT IT.** There is nothing that a good honest conversation can't resolve, at least in terms of how you feel. Whether you talk to a friend or seek professional help, talking to another and sharing your worries is an antidote like no other.
- 7 **PLAN, REHEARSE, PREPARE.** If your anxiety is about a project you wish to pursue or a change of career, then plan as much as possible. When you have done everything in your power to organize and defer catastrophe, your anxiety levels will be reduced, even if not completely eliminated.
- 8 **FEEL SUPER ANXIOUS?** Baldwin recommends "Drilling Down" with positive affirmations. "Affirmations are positive messages in your own language replacing self-deprecating or fearful thoughts." Replace those awful thoughts with, "I can handle this" or "I love and am loved" - do this ten times, as often as you can throughout the day.
- 9 **THE POWER OF THE WORD.** "Mantras are Sanskrit words or phrases and vibrate in the body. They can help clear the Chakras (energy points) in the body and reduce anxiety," Baldwin says. She recommends silently chanting "So Hum" (trans. I am that I am): "So" on the inhale and "Hum" on the exhale. Repeat 3, 27, 54 or 108 times.
- 10 **FOCUS ON THE DREAM NOT THE FEAR.** The pitter patter of anxiety on the way to realizing your dreams is just proof you are on your way.

ANTI-ANXIETY YOGA





Anti-Anxiety Sequence

Namaste. Feeling anxious? Try yoga.

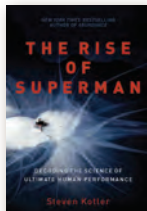
These poses are recommended by Pom Cayeiro, a Level 1 Master Iyengar teacher. Pom, who is the proprietor of the Miami Beach Iyengar Yoga Center (mbiyengar.com), selected these poses to help calm your nerves. The only rule is to remember to let the breath move your body and enjoy the sequence. Om. Shanti. Shanti. Shanti.

1. **Tadasana Urdhva Hastasana (Mountain Upward Hands Pose)**
Helps boost self-confidence, treat depression and tones the abdomen, pelvis, torso and back.
2. **Prasarita Padottanasana (Intense Leg Stretch)**
Helps soothe the brain, sympathetic nervous system, energizes the heart and lungs, reduces stress and relieves headaches.
3. **Adhomukha Svanasana (Downward Facing Dog)**
Helps relax the nervous system, relieves fatigue, increases the flexibility of hip, knee and ankle joints.
4. **Salamba Sirsasana (Supported Head Balance)**
Helps stamina, increases circulation and improves the function of the pituitary and pineal glands.
5. **Utthita Trikonasana (Extended Triangle)**
Helps stimulate digestion, relieving gastritis, tones the abdominal organs, and reduces stiffness in the neck.
6. **Ardha Chandrasana (Half Moon Pose)**
Helps boost self-confidence and improves circulation in the feet and spine.
7. **Viparita Dandasana (Inverted Staff Pose)**
Helps soothe the brain, emotional stability and build self-confidence.
8. **Ustrasana (Camel Pose)**
Helps stimulate the adrenal, pituitary, pineal and thyroid glands. Increases lung capacity.
9. **Janu Sirsasana (Head to Knee Pose)**
Helps sharpen the memory, reduces stress and relieves chronic headaches & migraines.
10. **Supta Baddhakonasana (Reclining Fixed Angle Pose)**
Helps regulates blood pressure, relieves lower backaches improves circulation.
11. **Viparita Karani (Inverted Pose)**
Helps reduce stress, relieves palpitations and breathlessness, and also relieves nausea.
12. **Savasana (Corpse Pose)**
Helps remove physical & mental fatigue. Relaxes and soothes the sympathetic nervous system.

spaculturecorner

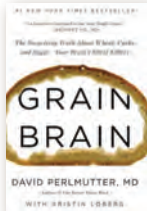
Reviews by Mike Isberg

Read



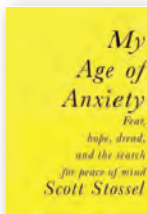
THE RISE OF SUPERMAN by Steven Kotler, Houghton Mifflin Harcourt, 2014.

Extreme skier Shane McConkey saw an imaginary line down a suicide ski run that ends at a granite boulder, which overhangs a series of medium-sized cliffs, then funnels into a really big cliff at the end. "Dude, it's totally doable!" McConkey was in the 'Flow.' No one had ever skied that line before, just as no one before Laird Hamilton had ever seen a line to the top of a giant rogue wave that other surfers described as "hideous," "liquid napalm," and "the grinding eye of doom." When they're in this 'Flow' state, seeing these lines, what part of these supermen's brains lights up? In MRI scans, a decision-making section of the daredevil brain (the dorsolateral prefrontal cortex, if you're keeping score) actually goes dark. 'Flow' athletes relinquish that decision making to an inner voice, a voice they don't normally hear, that tells them how to scale a sheer rock face, in record breaking time, alone and without ropes. *The Rise of Superman* reports on the brains not of thinkers, but of thrill seekers who ski sixty miles an hour, naked, off of cliffs.



GRAIN BRAIN by David Perlmutter, Simon and Schuster, 2013.

Homemade chocolate truffles are OK on the Grain Brain diet, and there's even a recipe in the book. Dr. Perlmutter wants to protect your brain from gluten and dairy. Whole grains are overrated, as are other carbohydrates. An inflamed brain is what we're on the lookout for; he says "At the heart of virtually every disorder and disease is inflammation." From headaches to anxiety to schizophrenia, Perlmutter finds gluten sensitivity to be an underlying source by causing inflammation. So besides chocolate truffles, what's for lunch? Perlmutter is a high-fat, low-carb guy. He's pro-fasting, too. "The nerve cells in your gut are manufacturing an estimated 80 to 90 percent of your body's serotonin," says Perlmutter, so eat well to think well.



MY AGE OF ANXIETY by Scott Stossel, Borzoi Books/Alfred A. Knopf, 2013.

Scott Stossel's descriptions of anxiety are punctuated by his own stories of pounding his head on the floor as a toddler and panicked flop sweating at his own wedding. Becoming anxious about his own anxiety, he describes the illness, and also his personal version of it, the trouble, the trembles and the trauma. From Kierkegaard and Freud, through modern medicines, *My Age of Anxiety* is at once a broad and thorough coverage of anxiety, and a deeply intimate memoir of Scott Stossel's ongoing moral crisis: to medicate, or not to medicate?

See



TERMS AND CONDITIONS MAY APPLY directed by Cullen Hoback, Hyrax Films, 2013.

"Are you recording? Could you please NOT?" If Mark Zuckerberg realizes the irony of his question, there's no indication in his face. Zuckerberg's company Facebook saves everything its users post. "If you hit the remove button it just means that it's flagged as deleted. So you hide it, actually, from yourself." *Terms and Conditions* documents how an end user license agreement (EULA) is about digital privacy given up, not privacy protected. In one segment, GPS provider TomTom shared information about its own traffic-jammed customers with police in the Netherlands, who used that information to write tickets. In other segments, Big Data allows encrypted information to be stored until it can be decrypted. Later, over a hundred million smartphones have Carrier IQ software installed on them, capable of logging every keystroke and recording voice and text. A CIA official in this film called Facebook a dream come true for the CIA and its information gathering. Are you also recording, Mr. Zuckerberg?

Listen



MORNING PHASE by Beck, Capitol Records, 2014.

Is Beck happy? He doesn't sing about his own sadness in *Morning Phase*, but there is the description of melancholy as if it were something in the air, like smoke or vapor. Beck is observational in these new songs, not revealing. Lush strings and ethereal synthesizers support acoustic guitars, mandolin and Beck's own voice, layered and self-harmonizing. And Beck is in good voice in this dream pop depository. "These are the words we use, to say goodbye." It's moody and introspective. This may be as happy as Beck gets.



SPECIAL FEATURE FOR BREAST CANCER AWARENESS MONTH

Tales of the Ta-Ta

THE RISE OF THE MIRACULOUS MAMMARY

By Nikki Moustaki

In 2008, archeologists found a pocket-sized statuette in a cave in the Hohle Fels region of Germany that was carved from the ivory of a mammoth's tusk. The 35,000-year-old figure was of a woman, but not just any woman—this gal from the Upper Paleolithic age had wide hips, an ample belly, and most strikingly, a huge set of bodacious ta-tas. We'll never know for sure about this prehistoric artist's aesthetic for choosing a mate, but it's safe to say that, like many modern men, he was a boob guy.

So, how have breasts fared over the millennia? Fast-forward roughly 32,000 years to the Middle Ages, when religious artists routinely painted the Virgin Mary nursing the infant Jesus with such graphic detail that these portraits could make Hugh Hefner blush. After the Renaissance in Europe, painters decided to clothe their depictions of the Holy Mother as the breast transformed culturally from sacred object to a focus of sexual desire.

"Long before Christianity, there were European, Middle Eastern, and African religious figures associated with breastfeeding," said Lois Leveen, a historian and novelist from Portland, OR, and the author of *Juliet's Nurse*, a novel written from the point-of-view of Juliet's wet-nurse in the years leading to Shakespeare's Juliet falling for Romeo. "It's kind of amazing to think about this body part being able to keep another being alive. But even with their biological and religious importance, breasts are associated with sexual pleasure and sexual attractiveness—there really isn't anything else like that."

The Aesthetics of Breasts

Today, there's no shortage of the naked breast in modern art. There's no shortage of the naked breast anywhere in Western culture, it seems, so it should be no surprise that breasts have maintained a kind of ecstatic admiration all of these years. Breasts are second only to the mighty uterus in assuring that humankind's

infants go forth into the world—but it's the rare individual who wants a full-page color spread of a uterus.

"We can conclude from ancient Greek goddess statues that the Greeks of that time preferred perfectly round, small breasts set far apart on muscular female bodies," said Ceridwen Fallingstar, author of *The Heart of the Fire* and a licensed minister and Wiccan Priestess from San Geronimo, CA, who teaches workshops for women on beauty, sexuality and body image. "Paintings in medieval Europe depict women with sagging, pear-shaped breasts. By the Renaissance, the paintings show women with high, firm, apple-sized breasts set far apart."

Fallingstar says that the Victorians of the 1800s preferred plump women with—get this—ample cellulite, even on their breasts. By the 1920s, the flapper era, women were binding their breasts for a boyish look, partially due



“ONE THING IS FOR CERTAIN: men will still be interested in breasts no matter the cultural climate. Be they teacups or mansions, breasts have no worries about going out of style.”

to fashion in clothing, and partially due to the push for women’s rights. The 1950s Western culture saw the first idealization of the hour-glass figure with torpedo shaped and sized breasts—Marilyn Monroe.

“Our culture’s current fetish is for anorexic-looking girls with huge breasts, a shape not often found in nature,” Fallingstar says. “It’s an ideal designed for maximum feminine disempowerment, since it’s unobtainable by most women, leading to constant dieting and dangerous surgical procedures. Historically, societies favor voluptuous women where male dominance is secure. The more women agitate for their rights—the closer they come to equality—the thinner the ideal woman is portrayed. Keeping women obsessed about their looks is a useful distraction.”

Leigh Anne O’Connor, a private practice lactation consultant and a La Leche League Leader from New York, NY, says that the aesthetic of breasts has changed even in the last few decades.

“Breasts naturally are sloping and pendulous, but the current trend is for breasts to look full and round, like a lactating breast,” says O’Connor. “It’s especially interesting in that there’s a resistance in Western culture to openly show a baby nursing, but there are bras and surgeries that provide a woman the look of lactating breasts, and companies sell beer and cars with these built-up mammary glands.”

Florence Williams of Washington D.C., author of *BREASTS: A Natural and Unnatural History*, winner of the 2013 Los Angeles Times Book Prize, agrees that breasts can be swept away with trends.

“There are some cultures, and some individuals within cultures, who don’t think of breasts as a big deal,” says Williams. “Hollywood and pornography have helped create a certain cultural obsession with big round breasts, but I’m sure the fashion will change again to different breast shapes and even to a focus on different body parts.”

Williams’ says breasts have gotten bigger in the industrial age, no doubt due to the result of Western diets and bigger bodies overall. Girls are developing breasts earlier, as well, with reasons ranging from diet to hormone-mimicking chemicals in everyday products, like shampoo and food.

The book publisher, TASCHEN, creator of some of the heftiest and most exquisitely handsome art and coffee table books on the market, published its *Big Book of Breasts* in 2006, featuring artsy photographs of women in from the 50s and 60s with big, natural breasts. The first week *The Big Book of Breasts* was offered for presale on Amazon.com, two months before its release, it sold out—a TASCHEN record. The book did so well that TASCHEN released a 3D version in 2011.



“Surprisingly, a lot of sales were to women,” said Dian Hanson, the Sexy Book Editor for TASCHEN Publishing in Los Angeles, CA. “I asked one woman why she was buying the book and she said she wanted to show her husband that women with real bodies could be attractive too. I said, ‘You think men don’t prefer bodies like this?’ She was under the impression that men preferred thin hard-bodied women with augmented breasts, and was so happy to see her husband’s eyes bug out for these natural women.”

Hanson knows more about the zeitgeist of breasts than most people—for fifteen years she was the editor at JUGGS, a magazine devoted to women with large natural breasts.

“There were distinct regional differences between the fans of JUGGS magazine and LEG SHOW, a magazine for leg, foot and lingerie fetishists, that I edited at the same time,” said Hanson. “LEG SHOW readers tended to live in urban centers on the east and west coast, and in the big northern cities—the blue states, if you will—while JUGGS readers were concentrated in the Midwest and south—the red states. You might infer that big breasts are a Republican taste.”

With breast milk being sold on the Internet for two hundred times the price of oil, you might also infer that the breast is not just for feeing babies and attracting a mate, but for turning a profit beyond the glossy pages of a magazine.

“Breastfeeding gave way to formula feeding when women joined the work force during World War 2,” says O’Connor. “This was also the advent of convenience foods. In the 70s, breastfeeding slowly gained acceptance again. These days, there’s strong evidence of the importance of breastfeeding for the mom and baby, short term and long term. We are aware of the risks of artificial feeding but the culture is hard to change.”

But change it will, and if history tells us anything, breast aesthetics will change with it. One thing is for certain: men will still be interested in breasts no matter the cultural climate. Be they teacups or mansions, breasts have no worries about going out of style.

“My own aging has made me appreciate my breasts more,” says Hanson. “I’m one of those women whose breasts have grown larger since menopause, while my weight remains the same. When I was young, male attention sometimes seemed excessive, but now it’s nice to catch men giving me the once over, when it’s less common and less expected.”

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August through October 2014

spascopees

By Jeff Jawer / provided by Tarot.com



ARIES March 21 - April 19 *Emotional honesty is the key to clarifying your position in personal and professional partnerships.* Key decisions in relationships require patience through September 13 while energetic Mars is in your 8th House of Deep Sharing. It's time to fight for what you want or to cut loose and move on. Then the warrior planet's entry into your adventurous 9th House makes travel a priority before career issues dominate as of October 26.



TAURUS April 20 - May 20 *Rehearsal and careful preparation make you a more powerful presenter of your ideas and your emotions.* Brightening up your home boosts your spirits while the bold Leo Sun occupies your domestic 4th House until August 22. Creativity then kicks in as you perfect your talents or develop new ones. Work takes priority starting on September 22 with cooperation and professional partnerships as the primary keys to success.



GEMINI May 21 - June 20 *Seeing both sides of every story enables you to smooth out rough spots and strengthen alliances.* Managing details and tightening systems are essential with your planet Mercury in analytical Virgo from August 16 - September 1. After that, you're ready to charm others with your wit, social skills and entertaining manner. Romance, too, should be a part of the story as you invite new people and experiences into your life.



CANCER June 21 - July 22 *Putting in the effort to understand those closest to you smooths out rough spots and restores trust.* The life-giving Sun enters pragmatic Virgo and your 3rd House of Communications on August 22, requiring more precision in your messages. A more analytical approach to your feelings can untangle emotional knots. Family matters take priority as of September 22, making harmony on the home front a priority.



LEO July 23 - August 22 *Reach for the stars with optimistic Jupiter's one-year presence in your sign that began in mid-July.* Little things count a lot when the Sun enters Virgo and your 2nd House of Assets on August 22. Mastering skills and upgrading equipment are good ways to raise your income. Listening with an open mind is more important than pushing your own agenda with the solar presence in gracious Libra from September 22 until October 23.



VIRGO August 23 - September 22 *Trying to meet others halfway will be more rewarding than stubbornly holding onto a fixed point of view.* Updating your appearance supplies you with more confidence with the Sun entering your highly competent sign on August 22. More energy and a positive attitude will get you more attention. Financial partnerships come into focus as of September 22, and will require some compromises to get the most out of them.



LIBRA September 23 - October 22 *Finishing incomplete tasks is an excellent way to make room for more fulfilling experiences.* Being helpful by playing a supporting role to others makes sense until the Sun enters your socially skillful and gracious sign on September 22. Then it's time for you to take the initiative in relationships and getting new projects off the ground. Careful management of resources, though, becomes a must as of October 23.



SCORPIO October 23 - November 21 *Be choosy about the company you keep to ensure that your allies are effective rather than obstacles.* Having competent colleagues and capable friends is essential with the Sun in skillful Virgo and your 11th House of Groups from August 22 until September 22. Then you're ready for some rest and relaxation before you take on new projects with the solar shift into your passionate and powerful sign on October 23.



SAGITTARIUS November 22 - December 21 *Small, careful steps will take you further and more efficiently than making big, bold moves.* Step back from your big plan so you can manage systems and details while the Sun in refined Virgo occupies your 10th House of Career and Public Responsibility from August 22 to September 22. Then it's time to be a good friend and teammate before getting away from it all for some quiet time beginning October 23.



CAPRICORN December 22 - January 19 *Successful teamwork comes from having a clear goal and flexibility in how to best achieve it.* Travel combining business and pleasure is recommended until September 23. Then the Sun enters diplomatic Libra and your 10th House of Career where your public image and leadership skills are put to the test. Gaining loyalty and cooperation of colleagues and friends are keys to your success starting October 23 with the solar transit of your 11th House of Groups.



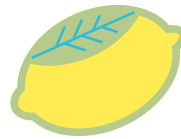
AQUARIUS January 20 - February 18 *Attending to supposedly petty details is a critical component to maintaining productive relationships.* Be careful and precise in personal and professional negotiations while the Sun is in fussy Virgo and your 8th House of Deep Sharing from August 22 until September 22. Travel opportunities should come during the following 30 days before professional obligations demand most of your time and energy starting on October 23.



PISCES February 19 - March 20 *Don't accept blame for others' shortcomings. Trust is built when responsibilities are equally shared.* Partnerships will become even more important than usual with the Sun's shift into Virgo and your 7th House of Relationships on August 22. Criticism, though, is useless unless it comes with solutions. And even if you work out key issues, further adjustments to a personal or financial alliance will be needed as of September 23.

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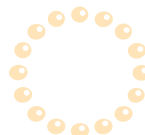


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