

elevated ideas



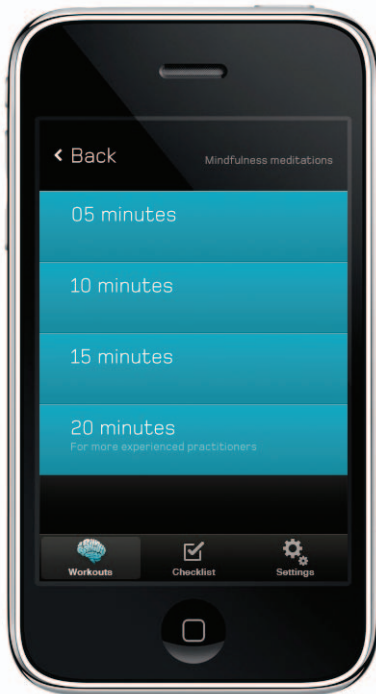
Eckhart Tolle TV to Launch in July

COMING SOON TO A WEB BROWSER NEAR YOU: ECKHART Tolle TV. Launching online July 1, 2009, the new Web site, www.EckhartTolleTV.com, will feature videos of Tolle monthly, broadcasting spiritual teachings on a variety of topics, including the economy, relationships, the Tao Te Ching and more. Available to subscribers only, each broadcast will be between one and one and one-half hours long, and Tolle will chose subjects important to him, along with teachings that have helped him on his own path.

The broadcasts will be exclusive to the Web site,

which will also offer videos where Tolle responds to questions sent in by subscribers. And each month the author will lead live meditations lasting between 20 and 30 minutes. Subscriptions are available for \$14.95 per month with discounted packaged rates available, and those who sign up before July 1, can get seven months for the price of five. The Web site will also feature a community section for online chatting, and will offer a place to journal and take notes while watching the videos.

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Modern Meditation

RELAX AND PRACTICE MEDITATION WITH THE help of your iPhone or iPod Touch thanks to the new application by Mental Workout called Mindfulness. Featuring guided mindfulness meditations broken out into five, 10, 15 and 20 minute segments, the recorded voice is Stephan Bodian, author of the bestselling book “Meditation for Dummies,” and his most recent release, “Wake Up Now: A Guide to the Journey of Spiritual Awakening.” No meditation experience is required, and users can build up to the 20 minutes as they go along.

The application also includes a bonus 10-minute relaxation exercise to either prepare for meditation or unwind and relax at the end of the day. We tried it at

night, and actually fell asleep before the 10 minutes were up! The company just released an update with high-quality sound recordings, and is already working on version 2.0 with more features and a meditation checklist to help users optimize their practice — all for only \$1.99.

“We also have other apps in our pipeline — all including scientifically based tools developed by world-renowned experts to help our customers conquer life’s many challenges,” says Mickey Beyer-Clausen, founder of the company. Visit the Mental Workout Web site for facts about stress and information about the health benefits of meditation at www.mentalworkout.com. **EE**

► Bye-Bye Plastic Bags

Grocery stores are giving up plastic bags, and so should you! But don’t sacrifice fun or fashion while being green. Created and manufactured by Hurricane Katrina survivors in New Orleans, its-laS-tik bags (www.whatsurbag-usa.com) take the place of plastic bags, are made of a special flexible nylon and lycra fabric blend, and come in a variety of sizes, colors and patterns. They stretch to fit whatever is put into them, can hold up to 45 pounds and spring back easily to their original shape when emptied. Best of all, the bags are machine-



washable and reusable.

But don’t limit the bags to groceries. Try them at the gym, the beach or wherever you need to carry something along. The company even takes bags back to be recycled at the end of use, and 5 percent of all sales are donated to Hope House in

New Orleans — a non-profit organization founded in 1969 by two Roman Catholic nuns that offers programs including emergency rent, food and shelter assistance, after-school youth programs, adult learning programs, prison ministry, and workshops on poverty and justice.

Go green, help others and be fashionable in the process!

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— *You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.*”

— James Allen



Meditate for a Bigger Brain and Emotional Stability



USING A HIGH-RESOLUTION, THREE-DIMENSIONAL form of magnetic resonance imaging (MRI) to scan the brains of people who meditate, a group of researchers from UCLA reported finding significantly larger regions of the brains in long-term meditators than a similar control group — specifically the hippocampus and areas within the orbito-frontal cortex, the thalamus and the inferior temporal gyrus, according to a report by *Science Daily*. The fascinating part of the findings is these regions are known for regulating emotions.

“We know that people who consistently meditate have a singular ability to cultivate positive emotions, retain emotional stability and engage in mindful behavior,” Eileen

Luders, lead author and postdoctoral research fellow at the UCLA Laboratory of Neuro Imaging, says in the report. “The observed differences in brain anatomy might give us a clue why meditators have these exceptional abilities.”

The study examined 44 people — half practiced various forms of meditation, and the other half were control subjects. Since the areas of the brain found larger in meditators are linked to emotions, “these might be the neuronal underpinnings that give meditators’ the outstanding ability to regulate their emotions and allow for well-adjusted responses to whatever life throws their way,” says Luders.

Just another reason to find time to go within and get quiet each day! **EE**



“At any moment, you have a choice that either leads you closer to your spirit or further away from it.”

– *Thich Nhat Hanh*



Grace by Mail

Next time you plan to send a “Get Well” or “I’m Thinking of You” card to a friend, why not send a card with an intuitive healing message just for them? **Grace-o-Gram’s** include a personalized grace reading for the purpose of healing, chosen from a variety of inspirational oracle and tarot card decks by artist and intuitive, Bonnie Connelly, who calls herself a channel for grace.



“Grace’s agenda always has to do with getting your soul into present time. That is where all the healing occurs,” Connelly says. By providing a question or brief information about the situation you are intending grace for, Connelly will personalize the card based on a reading from an intuitively chosen card, and send it to the person of your choice.

“I choose a card deck according to which one I feel will best answer your questions,” she explains. “The cards are neutral. They are only animated by your questions and prayers.”

What a treat to get a healing message in the mail with words of wisdom and grace meant just for you in a time of need or challenge! The cards can be ordered online, by phone or fax at www.graceogram.com — and who says you can’t send one to yourself! **EE**

