

Lifestyles

HOW TO MAKE FITNESS MATTER

A glimpse into your energy field ... and what it does for you



Montana L. Greene, Health and Wellness Columnist
Whispering Leaf Mind, Body & Spirit Counseling Service
Certified Personal Trainer, Carbon Valley Recreation Center

A Reiki Master trained in various energy healing modalities, and a senior student of Counseling Clinical Hypnotherapy, Greene continues to pursue her passion of holistic health. She has enjoyed her career as a personal trainer and fitness instructor for the past four years at the Carbon Valley Recreation Center.

We've all heard the old clichés, "the tension was so thick you could cut it with a knife!" or, "he has an aura of authority." And even the expressions, "we just hit it off," or, "we instantly clicked," or "I had a gut feeling," are commonly used.

Let's ponder the possible cause and meanings of those very sayings. Then ask yourself how many times those expressions have applied to a person, time or situation in your own life. Chances are we have all experienced something along those lines. The real question is, what sense did we use to make those determinations?

Everyone is clear on the function of our five senses. We see with our eyes, hear with our ears, and so on. But few of us actually see the tension in the room. Nor do most of us see, hear or touch an "aura of authority."

Most likely, you and your new friend didn't actually hit or click physically. How then did you make that determination? And where did that gut feeling come from?

With my background and education in fitness, holistic health and hypnotherapy, I feel qualified to take you a step beyond the book "The Secret," and offer a glimpse into the function of the Human Energy Field.

Given the mainstream popularity

and general acceptance of the "The Secret," let's start with the Law of Attraction.

The Law of Attraction can be simply stated as you attract what you think about most, whether that is negative or positive.

Essentially, you put yourself in the frequency of those things. Here's what "The Secret" left out: The transmitter of those frequencies is your energy field, also known as your aura. Webster's defines the word aura as "a light or radiance claimed to emanate from the human body and to be visible to certain individuals with psychic or spiritual powers." There is plenty of literature out there about the aura (human energy field), bio field or subtle body, but I suggest the work of Barbara Brennan for her detailed scientific undertones.

To the best of my knowledge, the first form of photographing an aura was discovered by Semyon Kirlian in 1939. Not only does your energy field transmit your particular frequency, but it also picks up on the frequency of others. Sometimes you click and hit it off with an acquaintance, while other times you just don't like someone but you can't quite put your finger on why ... in the tension-filled room, it's

(Health, page 21)

Reeder's Digest

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances. – First Amendment of the U.S. Constitution

By Jen Reeder
jenr@carbonvalleyherald.com

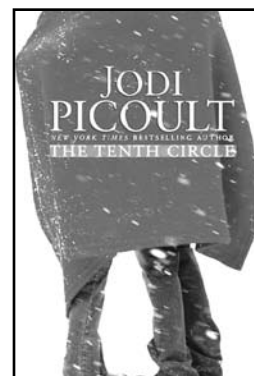
This is a great week for book lovers – Banned Books Week kicks off Sept. 27. It's a celebration of the right of Americans to read whatever we like. As Supreme Court Justice William J. Brennan Jr. said in Texas v. Johnson, "If there is a bedrock principle underlying the First Amendment, it is that the government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable."

Despite our Constitution's explicit outlawing of censorship, many books face challenges and bans every year. J.K. Rowling's Harry Potter series heads up the list of the top 10 most challenged or banned books of the 21st century, because some parents claim it promotes witchcraft and they want it removed from schools. Rowling is joined on the list by John Steinbeck's "Of Mice and Men" and Maya Angelou's "I Know Why the Caged Bird Sings." This year, other classics that faced opposition included Harper Lee's "To Kill a Mockingbird," Mark Twain's "The Adventures of Huckleberry Finn," Kurt Vonnegut's "Slaughterhouse-Five" and Toni Morrison's "Beloved."

I've included some less famous books that were challenged or banned in 2007-2008 in this week's column. A complete list of this year's banned books is available online at the American Library Association's website at www.ala.org. I hope you'll have a look and read at least one of them in the spirit of Banned Books Week. As the ALA says, "Closing books shuts out ideas."

"The Tenth Circle," by Jodi Picoult

Jodi Picoult is one of the best novelists writing for teens, and in "The Tenth Circle," she



tackles issues like parties, date rape and cutting, in which girls mutilate their bodies so that physical pain distracts them from the emotional.

A confused father is at the heart of this book. Daniel Stone was raised in a native Alaskan village, where he felt isolated as the only white kid there. The rage and violence of his youth is suppressed as an adult by the love he has for his wife, Laura, a Dante scholar, and their 14-year-old daughter, Trixie. When Trixie accuses her ex-boyfriend of raping her at a party, the family follows a metaphorical path through Dante's circles of Hell.

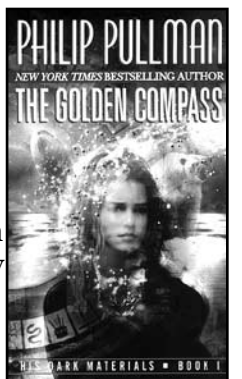
This novel is special because a graphic artist illustrated a comic strip at the start of each chapter to parallel what is happening in the story. Picoult had him hide a letter in different parts of the strip, so there's a way to decode a secret message after reading the book.

"The Tenth Circle" was removed in 2007 from a New York high school's reading list of more than 300 books ninth graders could choose because of "inappropriate sexual content."

"The Golden Compass," by Philip Pullman

As usual, the book version of "The Golden Compass" is infinitely better than the movie. This first book in Pullman's trilogy is an exciting adventure story with complex themes about science and religion running underneath.

Lyra is a precocious liar raised by Scholars in a parallel universe to our own. Instead of people's souls being inside their bodies, they take the form of talking animals, called daemons. Children's daemons continue to change until they



(Digest, page 21)

Carbon Valley Recreation Center



Friday, October 31st 4:00pm-6:30pm @ the Carbon Valley Recreation Center

FREE

There will be a costume contest, games, raffle prizes, piñatas, and cake walk. The Tri-Town Seniors will be cooking up a chili supper with cornbread! Families can swim for just \$5/family.

Watch around town for jars collecting change to help the recreation center purchase equipment for the new building. The new building is going to house the Senior and Gymnastics Program. If you would like to support the recreation center, please call (303) 833-3660

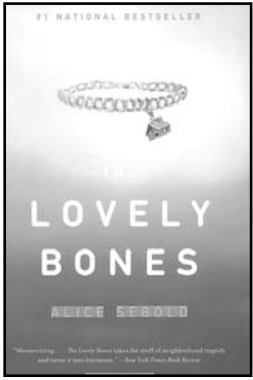


Banned Books Week celebrates freedom

(Digest, from page 20)

reach adulthood, so their companions mirror their personalities; Lyra's daemon Pan is a bird or dolphin when she's happy, or a leopard when she's threatened. Children in her world have been disappearing, and it has something to do with the link between kids and their daemons. Lyra's friend Roger disappears and she's off on an adventure that could lead to her saving children and possibly the fate of the world.

"The Golden Compass" made this year's list of banned books due to numerous challenges because of concerns about what critics call its "anti-Christian message." (The children are stolen for experiments by agents of the theocratic Magisterium.)

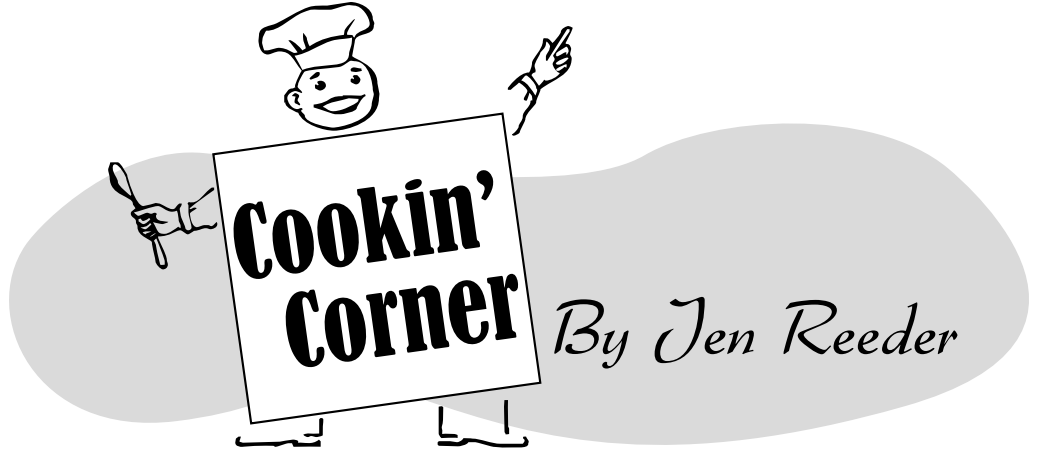


"The Lovely Bones," by Alice Sebold

"The Lovely Bones" is a gripping page-turner; the second sentence reads, "I was fourteen when I was murdered on December 6, 1973." The narrator, Susie Salmon, had been taking a shortcut through a corn field when a neighbor lured her into a hideaway, then raped and murdered her.

Susie tells her story from heaven, a place that is personally designed by each inhabitant (in hers, the only class in school is art). She follows the experiences of her grieving family and friends, as well as the detective assigned to her case and her murderer, for years – their stories are entwined with hers as she tries to make sense of her death. Though the subject matter is tragic, Susie has a fairly light tone that keeps this book from being melodramatic (though yes, I did cry).

"The Lovely Bones" was moved to the faculty section of the library at a Massachusetts middle school over concerns that its content was "too frightening" for students.



The weather is starting to cool off, which always excites me about the prospect of being able to use my oven again. So I called my mom to ask her for some of her classic casseroles to share for this week's recipe column. I was surprised to learn the history of Enchilada Verde, a casserole I grew up eating every few weeks through childhood. Apparently, Grandma Reeder gave it to her at a wedding shower before Mom and Dad got married. "It was the very first meal I prepared for him after our honeymoon," she told me. They've been married for nearly 40 years, so this recipe is old! I hope it helps keep your home as happy as the one from my childhood.

Enchilada Verde

You can enhance this recipe by adding one cooked and chopped chicken breast to the sauce mixture before layering.

- 1 10½ oz. can of condensed cream of celery soup (undiluted)
- 1 10½ oz. can condensed cream of chicken soup (undiluted)
- 1 4 oz. can Ortega diced chilis
- 1 small onion, chopped
- 10 corn tortillas
- Grated cheddar cheese

Preheat oven to 350°F. Bring the first four ingredients to a boil and simmer over low heat. In a casserole dish, layer a tortilla with a spoonful of sauce and top with cheese. Repeat until tortillas are gone, ending with cheese. (If you have leftover sauce, pour it over the tortilla stack before adding the last layer of cheese.) Bake for 30 minutes. Serves 4.

Having a healthy energy field and what it means

(Health, from page 20)

your energy field that subconsciously detects the unsettled energy first, thereby alerting your other senses.

So yes, you do communicate subconsciously through your energy field – both sending and receiving information. The entire situation can be likened to the Internet in the fact that you can obtain great things and information, but unfortunately, the occasional virus and cookie attachment is also possible.

Has the negativity of your co-workers ever rubbed off on you? In fact, not only can we "collect" other people's negativity, but we can unintentionally create our own. Of course, these factors and others influence the quality of the frequency we put out there that subsequently attracts people, situations and things to us.

Thankfully, there are things we can do to shed negative energy from our energy fields.

Here are just a few suggestions: A common

method is burning a sage smudge. Or if you prefer, very cold water has a nice neutralizing effect. Keep some Lavender Essential Oil soaps or lotions on hand to return and restore energies. Energy work such as Reiki is highly effective as well as visualizations and meditations. And let's not forget exercising, whether it's walking the dog or working out in the gym. And do it with the intention of clearing away the old and stagnant, while also bringing in fresh and positive energy.

Keeping your energy field clear and positive is a byproduct of keeping your mind and body in "the flow." Allow your thoughts and emotions to flow, as repressed feelings can account for somatic disease and can also be the main clutter in your field. Move your body every day in some way! Any bit of activity is well worth it to keep your energy flowing. Above all, focus on the positive and your energy field will become a magnet for more of the same!

Chili Relleno Casserole

This recipe may also be made by using half of the cheese called for and twice the amount of chilies. I usually use half the cheese and have never put in the sugar.

- 1 lb. cheddar cheese, grated
- 1 lb. Jack cheese, grated
- 3 7 oz. cans of whole Ortega chilies
- 3 eggs
- 1 small can of Pet evaporated milk
- 2 tbsp. flour
- 1 8 oz. can tomato sauce
- 1 tsp. sugar (optional)

Preheat oven to 350° F. Split chilies and remove seeds. Open them up and layer half of them in the bottom of a lightly greased 13 x 9 baking dish. Sprinkle half of each kind of cheese over the top. Layer the remaining chilies and top with cheese. (This may be done the day before.)

Combine eggs, milk and flour and pour over layers. Bake uncovered for 30 minutes. Remove from oven and pour tomato sauce (and sugar) over the top. Return to oven and bake for another 15 minutes. Serves 12.

Brazilian Rice

- 2 cups uncooked white rice
- 3 tbsp. butter
- 1 onion, finely sliced
- 1 tomato, peeled and chopped
- 3 cups boiling water
- 1 tsp. salt

Fry the rice, butter and onion together for 10 minutes. Stir in the tomato. Add the boiling water and salt. Cover and simmer on low heat, stirring once or twice for 15-20 minutes until water is absorbed. Serves 4.

Do you have a great recipe you'd like to share with your neighbors? Send it to the Carbon Valley Herald and we'll print it with your name and any other info you'd like to share about how to make it. E-mail Reporter Jen Reeder at jenr@carbonvalleyherald.com or call 303-833-2730.