



HolosVital

Issue one

ABUNDANCE
HEALTH
LOVE
JOY

WORLD PEACE...

January, 2008

A REFLECTION

OF INDIVIDUAL INTERNAL PEACE by Kathleen Bowman

We are living in possibly the greatest times of change known to humankind. Technological advances, and the “information highway” have given us more to navigate than our Parents or Grandparents ever dreamed possible. This creates a cacophony of ideas, philosophies, and beliefs to absorb, integrate and digest. Creating stressors to bring blood pressure to all time highs. Add to this the level of consumerism and commercialization that is advanced through this technology and we have the ingredients for disaster. Sometimes referred to as our current state of affairs throughout the world.

If *Individual Internal Peace* is the answer, where can I find it? Google Internal Peace, you will find 658,000 pieces to again “digest/absorb and discern” it won’t give you anything internal, just more external information to “chew on”. Just thinking about it drives me to chocolate...and yet again I have to discern, is the chocolate free of sugar, what is in it? Will it suck the magnesium from my heart or add to it. If it adds to it, are there bacteria that will take up residence in my intestines and cause me to become more acid. Oh no, I can’t even escape into the chocolate, not even my addictions will help me now. With the cacophony sounding beyond my capacities or even my addictions, what am I to do, we are all asking or burying our heads in the sand.

Beginners Mind: Go back to the advice you received before you ever started kindergarten, **Stop, look and listen**. This simple advice you were given, before crossing the street. Yes, the SIMPLE and empirical truth, is that a moving car will cause you much discomfort if you step out in front of it while it is still moving at 50-60 mph. This is not only empirical it has been proven scientifically over and over again. OK, something I can believe, trust in and count on. So if this is empirically true, this wisdom to Stop, Look and Listen, how can I know if it fits “standards of knowledge”, in other words how can I see if it is scientific? And if it can be proven scientifically how does it apply to Individual Internal Peace or translate then into World Peace? Scientific Evidence (Science defined as measurable subjective data).

First **STOP**

Stop whatever you are doing. Now spend the next 30 minutes with NO EXTERNAL input. No internet, television, music of any kind, no book, no talking, nothing.

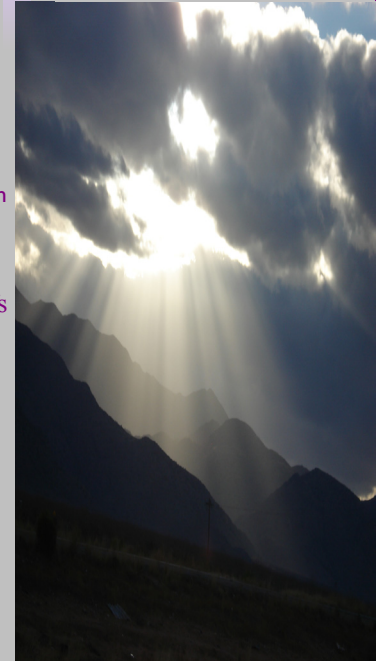
What by Mystics is known as the “Great Void”...NO-THING!

Now when you have successfully spent 30 minutes with No external input...give yourself 10 points. For every minute short of 30 take 1 point away, going (if necessary), into negative numbers.

Write down your score.

Next **LOOK**

Look at your environment. What do you see that you have never seen before? This is effective even if you have been in this same environment for 30 years; I promise there are things you have not seen before. Look into your space, distinct from looking “over” your space. Notice your way of looking, are you able to spend time looking into something that you have looked “at” for several months or even years? For everything you discover in this space that you have never “seen” before, give yourself a point. Spend 20 minutes in this and for every minute that you can “see” nothing new subtract a point, again even into negative numbers. This is really fun to do in your backyard, have you ever looked at it without any thoughts of manicuring needs? What is



What’s Inside:

Green Smoothie Recipe

What about Protein?

A New Model for Partnering

A Gathering of Women Wisdom Bridges

Breath and Gratitude Exercise

Schedule of Upcoming Events, including the New HolosVital’ Intensive

Want to see your ideas, thoughts, pictures published in HolosVital’?

Send to kat@usermail.com



“Internal Peace is an essential first step to achieving Peace in the World.”

**His Holiness
The Dalai Lama**



Roots of a Peace Lily

WORLD PEACE cont.

the color of the bark on that tree you have been caring for?

Next **LISTEN**

This is best tested when in a familiar group of people. Can you listen for 15 minutes, without speaking? Can you hear what is being said beyond the words? Is the tone of the voices giving you any information/feelings/intuition of what is underlying their statements? Spend 20 minutes LISTENING, not speaking (and this is most effective if you don't tell the others what you are doing), letting your listening become the fuel that keeps the others talking. If you can do this for 20 minutes give yourself 100 points and know you are one of the most rare creatures on the planet. For every time you speak, or they stop talking and ask you to speak, take away a point.

You can also do this in the solitude of your home and just allow yourself to listen for 20 minutes, without your mind wandering to some fantasy or chore, or list of things you like to think about.

If you can do this, stay present to the listening for 20 minutes give yourself 10 points, for every time you find your mind has wandered take away a point.

Now add up your points.

If you have 30 or more points, you are entitled to say anything about our leaders you wish, regarding their world policies. In fact, I recommend you get involved in making world policies immediately.

20-30 points and you can certainly question what is happening to our global acceptance of one another.

10-20 points and you possibly want to consider yourself a very large part of the problem.

10- any negative number and you too are a terrorist. You are not a contributor to **World Peace**; you are contributing instead to the chaos and confusion that surrounds us all. You are in fact a warmonger. Full of the toxic habits that create death and destruction.

Now that you are fully insulted by the “name” calling, it is a good time, to notice your re-

sponses to that also. Are you at peace with those names and able to allow them to roll off your back as you calmly engage a Peace beyond all understanding and fall deeply into your heart, knowing that what has been said is simply an expression and exploration. Or perhaps you are able to begin the question “what does war serve?” Or is it scientific proof, or is it empirical data that can/or cannot be true? Here we are back where we began. Yet, hopefully now with a little insight into our individual participation in what is happening globally/internally, while we have our fingers pointed out, and our lips moving rapidly in condemnation, perhaps a little number will bring us back to the Beginners Mind, and we can **Stop, Look, and Listen**.



Goddess
Durga

What is the service of War to Humankind?

“War will only be stopped when the conscience of mankind has become sufficiently elevated to recognize the undisputed supremacy of the Laws of Love in all walks of life. Some say this will never come. I shall retain the faith till the end of my earthly existence that peace shall come to pass.”

Mahatma Gandhi



WHAT ABOUT PROTEIN?

The question most common to the raw food transition is, how will I get my protein. A belief that if you give up meat, and eggs you will have no protein source. False beliefs die hard, and when we combine that with our addiction to certain fats, there is cause for protein to be a major stumbling block for a new nutritious food plan.

According to Dr. Gabriel Cousins the amount of protein you need is based upon the rate at which you "oxidize". The depth of information available from Dr. Cousins is beyond the scope of this writing, so I suggest you read his book *Rainbow Green Live Food Cuisine*. The bottom line would be to determine if you were a fast, medium, or slow oxidizer which would tell you if you needed 50%-35% protein in your diet daily. In his work he makes it clear that even the need for 50% protein, does not mean it should come from animal fat. Instead he recommends that it come from nuts, oils, ground flax seed, hemp protein and the protein that is free of fat and cholesterol, that being vegetable protein, kale or spinach. Another excellent way is through sprouted mung beans and sprouted lentils. Drinking a green smoothie is a great way to get all that protein, even when you are a fast oxidizer and need a higher amount of protein. So rather than accept the "one size fits all" protein need and the hype of the cattle ranchers of this country, perhaps it is time to re-think your own responsibility and discovery of what suits your nutritional needs.

The Institute for Nutritional Research in Germany found only 50% bioavailability in proteins that have been cooked. This study found that cooking alters proteins into substances that disrupt cellular function and speed up the aging and disease process.

In general, Dr Cousins contends that cooking coagulates the bioactive mineral and protein complexes and therefore disrupts RNA and DNA structure, which minimizes the amount of complex protein that our bodies are able to take in. Slow, medium or fast will determine the amount. However, preparation will determine the absorption and therefore the **value** of your protein.

Join me in a Raw Food preparation class to learn more about Raw/Living Food and how you can be sure you are getting the nutrition you are seeking. (See schedule on back page)

We Heal by coming into
contact with an unwavering
loyalty and trust
in our own
Soul



Got to www.kathleenb.com for more information about Raw/Living Food Preparation and Healing.

Green Smoothie

- 1/2 bunch organic spinach
- 4 apples peeled and cored
- 1/2 lime (peel on)
- 2 C filtered Water

Toss all ingredients into a High Powered Blender (I use a Vita-Mix), and blend until smooth.

Enjoy full servings of vegetables and fruits in a delicious drink.

This is good also if you use any green leafy vegetable and I inter-change mango or pear (really whatever I have on hand). Kiwi is also good with romaine. Get your fruits and vegetables while adding to your metabolic enzyme account.



Breath And Gratitude

Two things that can *get you through anything*. Learning how to center, calm yourself, and breathe in a way that changes your state of consciousness can change your experience of any situation in your life.

And once you have changed your state of consciousness, moving into gratitude will give you more of what you want in your life. Simple and Effective...costs you nothing. It doesn't get any easier. Now all you have to do is sit down.

Place your right hand on your heart, the left hand over the right hand, thumb tips lightly touching. Breathe deeply up through your root chakra filling your belly. Breathe in through your nose for the count of 8, hold the breath at the top for a count of 8, release breath through your mouth for a count of 8, hold in *no breath* for a count of 8. Repeat this 8 times. Your consciousness has now changed from wherever it was when you started....feel your heart organ and fill it with gratitude, first for the capacity to breathe in this way...this encourages your psyche to be aware of breath. Now feel the gratitude for whatever comes into your mind. Notice the changes you are experiencing at this moment.

Mind...choice

Body...breath

Spirit...a Grateful Heart.

Blessings,

HolosVital' 10 day Intensive

An opportunity to leave all the cares behind and take care of yourself. A residential program that will be closely monitored. Cleanse while eating delicious raw food, learn how to prepare the foods when you get back home.

Through movement, sound, meditation, group work with Shadow, Ego, Projection and Pattern we will explore all the toxins and create an entirely new possibility for living. Go to the website and explore this possibility more fully. It's time to eliminate the poisons of mind, body and soul. Find what will give you the life of whole vitality that is your heart's desire.



HolosVital Calendar of Events 2008

JANUARY

Tues. 8th ,Wisdom
Bridges
Sat 12th-Level I Raw
Food
Fri/Sat/Sun 18,19,20
Heart of Living
Sat/Sun 26 &27 Level II
Raw Food
Thu/Fri/Sat/Sun 31 &
Feb 1,2,3
Heart of Living

FEBRUARY

Tues. 5th Wisdom Bridges
Sat. 16th Level I Raw
Food
Sat/Sun 23,24
Level I Raw Food

MARCH

Tues. 4th Wisdom
Bridges
Sat 8th Level I Raw Food
Sat/Sun 15, 16 Level II Raw
Food
Thu/Fri/Sat/Sun 27,28,29 &30
Heart of Living

APRIL

Tues. 1st Wisdom Bridges
(10 days) 7th through
16th Holosvital
Sat/Sun 26 & 27 Heart to
Heart (Tom & Kathleen)

Mention this newsletter and get a 10%
Discount on the class of your choice.

MAY

Tues 6th Wisdom Bridges
Sat/Sun 9,10 Chocolate Festival
Sat. 17th Level I Raw Food
Thur/Fri/Sat/Sun 29,30,31 & 6/1
Heart of Living



To Register
Call 303.973.3177
or
kat@usermail.com

For information about programs June thru December
be sure to obtain the next
Newsletter Publication in
March, 2008. Or check the HolosVital' Schedule on



WISDOM BRIDGES

FOR TOO LONG NOW WE HAVE NOT SHARED OUR WISDOM.
FOR TOO LONG NOW WE HAVE STOOD ALONE.
THE TIME IS NOW.

TIME TO JOIN THE ANCIENT CIRCLES

**"IMAGINE A WOMAN WHO BELIEVES IT IS RIGHT AND GOOD SHE IS WOMAN.
A WOMAN WHO HONORS HER EXPERIENCE AND TELLS HER STORIES.
WHO REFUSES TO CARRY THE SINS OF OTHERS WITHIN HER BODY AND LIFE."**

Let us come together and share what life has offered up as a sacrament. Each participant will have the opportunity to share what life has offered both as challenges and as gifts. Each will come away with a renewed respect for their own intuition and new perspectives on how to proceed in these great times with practical steps to take that prepare us to be an "affect" of our times and ritually shedding the experience of being an "effect" of our circumstance. We meet the first Tuesday of each month. See Calendar or website for more information.

Two completely New Classes available

Heart to Heart, facilitated by Tom and Kathleen Bowman. Believing in the need for a model of partnering that goes beyond the young Romantic Imago, Tom and Kathleen will share their experience of 30 years and a wealth of "opportunities to grow" in their relationship. We have no model in our culture for a relationship that has gone beyond the staging of the "movie reel, romantic, they lived happily ever after" version. And to establish a deeper partnering paradigm we must hear from those who have moved past that into a staging that requires different tools and a deeper relatedness. Join us for discovery through constellation work, sharing, and shadow to uncover what is available in this new model of partnering. See the website for more information.

Also New is the **Heart of Living**. An opportunity to move into discovery of you as an individual. Using the concepts of many of Kathleen's classes, with movement, sound, exploration of Shadow and Dream work. We will also explore the value of nutritional knowledge in changing your vibrational frequency. Again you can find more information on this class at www.kathleenb.com.

Private sessions available by appointment
Services include:

Extensive Bio-Field Diagnostics

Clinical Hypnotherapy

Detoxification:

*Raw Food Detox Program

*Raw Food Preparation Classes

*Foot Detoxification (augmented

with emotional detoxification)

Intuitional Healing Modalities

Psycho-Spiritual Group Programs

Sound Therapy

Shamanic Journey's

Call Kathleen Bowman at 303.973.3177

Or email kat@usermail.com to schedule your session or have your questions answered. Distance Healing available with Phone sessions.