

AMERICA'S GUIDE TO A HEALTHY MIND, BODY, SPIRIT

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MARCH-APRIL 2007

DEEPAK CHOPRA

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NEWLIFE

ISSUE No. 114
MARCH-APRIL 2007



Hello Newlifers.

We are living in a very special time. For the first time in history there are other countries besides America who have the capability of blowing up and destroying the world. In fact some of the countries that are on the verge of this capability may actually try to fulfill this scenario without conscience.

What does this mean to us? It means that we have to constantly be present with this very moment; for this moment is all we have. We have to enjoy and find specialness in everything we say and do and realize that the reason this moment is called "the present" is because it is absolutely a present, a gift in which we should cherish. And by being constantly positive with our intent and by affirming and visualizing what we want, we can help shift the consciousness of this planet so that the outcome of our future can shift to create a different scenario. I have a friend, Ben, who thinks I am completely crazy. I admit that I am crazy but I am not stupid. He says, "How can you rationalize with people who are irrational." I say that maybe they feel that we are irrational. Everyone wants basically the same thing, which is peace, love, health, safety and prosperity for themselves, their family and their loved ones. Everyone needs the "ah,hah" in their lives when the little light bulb lights up in their head and for the first time you really understand the other person's point of view.

This being said, I know you will love this issue of *NEWLIFE*. Our feature article is by Deepak Chopra who has been telling us for years that by shifting our own consciousness, we shift the consciousness of the world. We have also reviewed his DVD, "How to Know God," which you should watch and show all of your friends. In fact there are so many DVD's to watch that aren't mainstream. Some we have reviewed and others we will review in other issues. To give you a head start, go see "What The Bleep", "Down The Rabbit Hole", "The Peaceful Warrior" and "The Secret."

As usual, Dr. Robert Sorge, Dr Michele Alpert, Dr. Christopher Calapai, Brenda Cobb and Lissa DeAngelis adorn this issue with cutting edge healthful insights.

Our interview with Thomas Morton is about a very exciting topic called "High Speed Learning." Being in the information age we are receiving so much information due to the internet, cell phones and real time current events through the satellite, that we have to learn how to process and retain all of this info. Read and retain how.

And Remember....It's a NEWLIFE!!!

Om Sholom

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Dr. Glenn Mendoza is a practicing physician with interest in integrating Western and Eastern approaches in medicine. He will present scientific studies on SuperBrain Yoga in teenagers, in children with developmental disabilities and Digital Brain Mapping.



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