

WHY YOUR LIFE MATTERS

# Spirituality & Health

The Soul/Body Connection™

YOUR ULTIMATE  
HEALTH  
PRACTICE

**9** STEPS TO A  
*Spiritual*  
CURE FOR  
ADDICTIONS

How Chinese  
Medicine  
Cures Your Cold

**ENLIGHTENED SEX**  
What You Can  
Learn From Tantra

**A VIKING  
BLESSING  
FOR THE  
COMMON  
GOOD**

JANUARY / FEBRUARY 2011

\$5.99



DISPLAY UNTIL MARCH 1, 2011

he asks viewers to consider what they intend to do about it.

Many will remember Dr. Goswami from his appearances in the films *What the Bleep Do We Know?* and *The Dalai Lama Renaissance*. He has also written more than a dozen books, including textbooks on quantum mechanics and books on consciousness and the New Science. In *Quantum Activist*, he alerts viewers as to how the materialist view of reality has led to our current environmental, social, economic, and spiritual crises. He asks that we consider the evidence in support of a consciousness-based universe and use our awareness of this new scientific paradigm to participate in the creation of the reality that we all share.

Even though today's mainstream science is still basically materialist, ever greater numbers of scientists are coming to agree on the primacy of consciousness; this new paradigm in science is also helping to reveal the unity inherent in the world's major religions and mystical traditions. Tackling issues such as dualism (it cannot exist in a world in which consciousness is the ground of being); why just "intending" for something to happen is not sufficient (the key lies in the difference between making choices based in ego and choices made in God-consciousness); understanding the connection between what mystics throughout the ages have called "God" and the scientific view of "God" as quantum, or non-local, consciousness; and other such potent issues, Dr. Goswami's presentation is a tour de force of thought-provoking material, presented in a forthright, lively, and enjoyable manner.

"I invite you to become a quantum activist," he says. "We can change ourselves, and we can change the world, simultaneously."

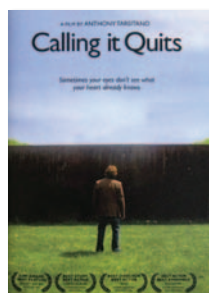
## Calling It Quits

A FILM BY ANTHONY TARSITANO

City Squirrel Films, Inc.

DVD / Not Rated / [callingitquitsmovie.com](http://callingitquitsmovie.com)

Dante Milestone, a successful but world-weary businessman, finally "calls it quits" on his frenetic, mind-numbing life in an effort to find a way to end his ennui and purposelessness. Realizing that he



had given up his youthful dreams to pursue "the good life" and now facing the loss of his wife, Dante surprises everyone by walking away from his

high-pressure job to search for some measure of meaning and happiness. His bumbling attempts only make him more depressed, until a fateful meeting sets him on the path of inner growth and empowers him to face and accept the deeper cause of his torment. The character-driven film offers lots of moments for laughter and tears, and will provoke some deep thinking about what, in the final analysis, it really takes to fill a life with meaning and happiness.

*Calling It Quits* has an award-winning cast and was the winner of a Best Feature Film award. Anthony Tarsitano was honored with an award for Best Story, Best Directorial Debut, and Best Director, and the film also earned the Best Original Song award for *Coming Down with Love*, written by Dan McLoughlin and Chris Trapper.

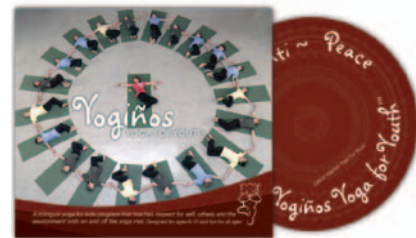
Tarsitano says, "With almost 60 years of life under my belt, I wanted to share what life has taught me and do it in a way that was real, uplifting, and — hopefully — entertaining. I didn't want to make a cookie-cutter Hollywood film, but a film that touched on all aspects of our lives — love, family, desires, and spirituality. . . . As we screened the film across the U.S., I was pleased to learn that it had succeeded and how deeply it had touched audiences."

## Yogiños: Yoga for Youth

ELIZABETH REESE, PH.D.

OHMazing

DVD / [yoginos.com](http://yoginos.com)



This trilingual (English, Spanish, and Sanskrit) interdisciplinary yoga-for-kids program combines music, games, original art, and stories with yoga postures for physical strength, flexibility, and balance. It encourages awareness and respect for oneself, others, and the environment, both on and off the mat.

Designed for ages 6 to 12, the DVD shows a group of lively and engaged children being led, with skill and creativity, through a series of yoga poses, as well as breathing, cardiovascular, and relaxation exercises. It also offers segments on art, story, and myth, and using yoga in daily life. Its multisensory approach effortlessly introduces children to yoga vocabulary and concepts in three languages, while inspiring compassionate self-awareness and creative imagination. Parents, teachers, and yoga instructors who work with children will find this manner of presentation not only helpful but fun. Children who view it will experience the calming effects of yoga itself, as well as seeing an organized, respectful, and obviously engaged group of kids like themselves learning and loving yoga.

Yogiños: Yoga for Youth was founded in 2008 in Corpus Christi, Texas, by