



A LIFE OF PEACE JOURNAL

WELCOME to the debut issue of A Life of Peace Journal! Each season we will do our best to present many interesting articles and healing elements to expand your knowledge and tools for you, your family, and community. A Life of Peace Wellness Institute is a non-profit organization with the mission to bring holistic health education to seekers in the US urban areas and abroad. We have for the last two years been a beacon of light for many who seek to expand their knowledge, heal their bodies, help their family members, and gain a useful education that has the potential to bring a viable income and a great amount of dignity. It has

been a pleasure for our staff to share the gifts of learning, healing, peace, progress, and prosperity with hundreds of students throughout the many communities. So let me just **BLESS UP: ATLANTA, HOUSTON, JACKSON, CHICAGO, RICHMOND, MEADOW BRIDGE, PORTLAND, DC, BALTIMORE, TOLEDO, BUFFALO, MIAMI, ST. LOUIS, CLEVELAND, QUEENS, LOS ANGELES, NEW ORLEANS, BATON ROUGE, DALLAS, BROOKLYN, BRONX, TORONTO, TEANECK, SACRAMENTO, EDEN, ST. CROIX, FT. LAUDERDALE, HUNTS-**

VILLE, AND THE MANY MANY MORE TO COME!!! May your journeys be guided by the creator and the love that you have shown be the light that guides you to your life of peace!!!!



*Dr. K. Akua Gray
National Operations Director
A Life of Peace Wellness Institute*

Proverb Wisdom

“We are where we are today because we stand on the shoulders of those who came before us.”

Everything that we are today is because of those who loved life enough to continue the circle. These words will be said about

you one day by those whose life you will secure by living according to purpose and with the desire to progress to your higher self. The ancestors are the foundation for everything that we are experiencing today. Some made decisions that were helpful to

our existence and some did things that brought misery and hard times upon the children. However, when one becomes enlightened with power of knowledge and wisdom, we are able to survive and move beyond any obstacle that may present itself before us.

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Special points of interest:

- Don't miss *ALOP UPCOMING EVENTS!*
- *NO COST HYPNOTIST CERTIFICATION!*
- *VISIT www.alifeofpeace.org for more news and information about upcoming events and training in your area. We offer classes year round in many areas of holistic health and healthy living.*

Holistic Health Consultant Certifications - Spring 2008

Dr. Llaila O. Afrika, after over 30 years of teaching, lecturing, writing, consulting, and healing is still doing a great service to the community with the Holistic Health Consultant Certification Course. This course affords students the opportunity to become health consultants and registered naturopaths. Students are taught disease, diagnosis, and remedies with categories such as:

Cause- the exploration of disease on cellular, tissue and organ levels.

Theories- of disease process and classification;

Effects- of disease on the bodily system;

Signs and Symptoms- how to read signs and symptoms of disease;

Disease Prevention- maintaining optimum levels of wellness through diet combined with spiritual, mental and physical harmony;

Acupressure- how to use it to diagnose;

Visual- how to read the face, hands, reflex points, temperature, teeth, body posture, movements and language.

Pulse- how to understand the



Cleveland Graduates - June 2008

various types of rhythms and strengths of pulse beats; **Muscle-** how to test muscle re-

sponse to disease of internal organs;

Iris/Sclera/Eye Analysis- examination for disease;

Chemistry- how to read chemical test, home testing (Multi-stix, free radicals, electrolytes/ph) procedures and results will be explained;

Herbs- types/classification, effects on the body, types of usage;

Diet (Food and Medicine) - types of medical foods: raw juices, impact on the body;

Supplements- (vitamins, amino acids, minerals, homeopathic, etc...) types and effects on the body, usage protocol;

Psychology of Patient Care- do's and don'ts to treatment application, client personality type;

Relapse- how to motivate clients to wellness.

Spring 2008 classes were held in Atlanta, GA, Washington, DC and Cleveland, OH with a total of 62 students. Upon graduation as a Holistic Health Consultant, students are equipped to assess the health of themselves and others. They are able to service their communities as a reliable business or work effectively within a clinic or doctor's office that is holistic health friendly. Students are further trained in Advance Naturopathy for continuing education with

Micro-facial Expression, Medical Astrology, Blood and Saliva Analysis, Pinpointing Disease Causing Organs, and the Biochemical Functions of Organs.

A Certified Health Consultant is available in your community. Visit online at www.holistichealthnewsnetwork.com. Click on the DIRECTORY to locate a practitioner in your area.

Congratulations Graduates!

· POSITIVE CHANGE (The Processes of Change)

The nature of cosmic energy and creative intelligence is change. Change is constant and it keeps us moving forward. The following is a list of processes of change, their definitions, and interventions for a better existence.

1. **Consciousness Raising:** Increasing information about self and problems you are facing at this point in your life.
2. **Self-reevaluation:** Assessing how one feels and thinks about oneself with respect to a problem.
3. **Self-liberation:** Choosing and com-

mitment to act or belief in ability to change.

4. **Counter Conditioning:** Substituting alternatives for problem behaviors.
5. **Stimulus Control:** Avoiding or countering stimuli that elicit problem behaviors.
6. **Reinforcement Management:** Rewarding oneself or being rewarded by others for making change.
7. **Helping Relationships:** Being open and

trusting about problems with someone who cares.

8. **Dramatic Relief:** Experiencing and Expressing feelings about one's problems and solutions.
9. **Environmental Reevaluation:** Assessing how one's problems affects physical environment.
10. **Social Liberation:** Increasing alternative for non-problem behaviors available in society.

Change is constant and it keeps us moving forward!!!

Developing a Holistic Relationship with Yourself

In order for your life to be truly at peace there are four areas of self that must be in balance: the physical, mental, spiritual, and emotional. If you are not yourself in balance, it will be very difficult to take on the physical, mental, spiritual, and emotional responsibility of another whether it be your mate, child, friend, etc. Your physical is your body and the material world around you, your mental involves how you think and reason within your world, the spiritual is your connection with the source of your very existence, and your emotional is your ability to be secure and allow your feelings to freely flow. Assessing your four areas is the first step to finding your balance. Ask yourself these questions taken from, [The Four Levels of Healing](#), by Shakti Gawan.

Physical: Are you physically healthy and active? Do you like and feel comfortable in your body?

Emotional: Are you in touch with your feelings and able to express them appropriately? Do you allow yourself to feel the full range of emotions? Do certain emotions make you feel uncomfortable?



Quiet meditation alone is vital for peace in your life.

Mental: Are you satisfied with your intellect? Can you think and express yourself clearly?

Spiritual: Do you feel a sense of connection to your spiritual source? Do you have a relationship with

your own inner wisdom or intuitive guidance?

Your NO answers will let you know which areas you may want to give some attention to. As we are all constantly changing and seeking ways to improve life, developing these four aspects will bring you closer to being and living the way the creator intended for us to live in harmony with the universe, with the earth, and with each other. However, because of conditioning we often find it very difficult to find the balance alone. There are holistic healers in your community that can help. Find someone that you feel comfortable with and/or some who is recommended by some one you trust. And remember follow your intuition, the first mind is a great guide.

Spiritual Disciplines: Thirteen Principles of Spiritual Activism

These 13 suggestions for ethical behavior and spiritual progression are based on principles which operate throughout the universe. When you reach the point in your life when you can consciously apply them, you begin to notice changes in your awareness, in your sense of fulfillment, satisfaction, and peace. When you follow these spiritual Rules you will find yourself in harmony with The Creator and life will flow like a river.

1. Transformation of motivation from anger/fear/ despair to compassion/love/ purpose. This entails a crucial shift from

fighting against evil to working for love. A positive future cannot emerge from the mind of anger and despair.

2. Non-attachment to outcome. We rise and fall with our successes and failures. Always hold a clear intention, and let go of the outcome. A larger wisdom is always operating. Remain flexible on the face of changing circumstances.

3. Integrity is your protection. If your work has integrity, this will tend to protect you from negative energy and circumstances.

4. Integrity in means and ends. Integrity in means cultivates integrity in the fruit of one's work.

5. Don't demonize your adversaries. Be a perpetual learner.

6. You are unique. Find and fulfill your true calling.

7. Love thy enemy. Or at least have compassion for them. - *Anonymous*

Principles 8 - 13 in the next issue

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Spiritual Tools: Healing Emotional Pain, Stress, and Depression

Are you or someone you love dealing with emotional pain, stress, and/or depression? These challenges in life can strike at any age. However, there are tools available to guide you through any tough times you may experience in life. The following print resources are recommended to offer guidance from respected healers in the national community.

Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit by *Queen Afua* * **In the Company of My**

Sisters: Black Women and Self-Esteem by *Julia Boyd* * **Willow Weep for Me: A Black Woman's Journal Through Depression** by *Meri Nana-Ama Danquah* * **Sacred Pampering Principles: An African-American Woman's Guide to Self-Care and Inner Renewal** by *Debrena Jackson Gandy* * **What to Do When Someone You Love is Depressed: a Self-Help and Help Others Guide** by *Mitch Golant* * **Saving Our Last Nerve** by *Marilyn Martin MD, MPH* * **Women Who Love Too Much: When You Keep**

Wishing and Hoping He'll Change by *Robin Norwood* * **What Mama Couldn't Tell Us About Love: Healing the Emotional Legacy of Slavery, Celebrating Our Light** by *Brenda Lane Richardson and Brenda Wade* * **No Lies: How Black Families Can Heal from Sexual Abuse** by *Robin d. Stone*



Treat yourself to a massage to ease some of your tension and stress. -Stock photo

Become a Certified Hypnotist at No Charge!

The Hypnosis Motivation Institute (HMI), is a non-profit, nationally accredited college of hypnotherapy that has been serving Southern California since 1968. Now HMI is offering to qualified applicants the first module of their training program to Become a Certified Hypnotist for Absolutely No Charge. If you have ever been curious about Hypnosis or interested in a career helping others, now is the time to start.

Are you ready for a change in career? Are you ready to add that extra stream of income? The Holistic Health industry is the fastest growing choice in health care in the world. Be a part of the boom! Open your own business or add a viable skill to your existing practice. www.hypnosis.edu

Visit us on the web.
www.alifeofpeace.org

Holistic Wealth Tips: Fast Credit Card Debt Pay-Off Plan

In order to decrease your credit card debt ...Let's say you are making payments on your cards on average \$500.00 per month. You have 5 cards. First choose the card with the lowest balance. Card A's minimum payment is \$12.00. The balance is \$350.00. On your next monthly payment instead of paying the minimum payment, add \$75.00 to the \$12.00 to total \$87.00. This should bring your \$350.00 to \$263.00. Do this for the next 3½ months and you will have paid off one credit card. Yes!

Now, you take the \$87.00 add that to Card B's minimum payment and do the same thing until it is paid off. Do you get the idea? The secret of this method is, by paying off the credit with the lowest balance you will see in a matter of months a card is paid off. This is very motivating. Additionally, you continue to use the cash from the paid off credit card to pay off the next expensive card in line. This will allow you to pay off each card faster because you will be applying more

money from previous card payments to the present one. Follow this technique until all cards are paid off.

Diva Tip: When I did this method, I felt more empowered as each card was paid off. ...Many people have successfully instituted this method and within two to three years they were credit card debt free. Now this method works if you have a car payment of a mortgage also. Some Divas have paid off their house in seven years! Can you imagine keeping one third of you income in your pocket and not having to worry about paying a mortgage for the rest of your life- exciting! By paying off your mortgage, you will have freed up enough cash to invest towards a happy prosperous retirement. Yes, you can do this.



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The Children - Summer Reading List

Enjoying Julius Lester! He has a story for every age!

Sam and the Tigers - The Old African

Albidaro and the Mischievous Dream

What a Truly Cool World - Pharaoh's Daughter - John Henry

To Be a Slave - Othello: A Novel - Black Folktales

The Tales of Uncle Remus: The Complete Tales

The Autobiography of God - Long Journey Home

And All Our Wounds Forgiven - This Strange New Feeling

From Slave Ship to Freedom Road - Who I Am

Black Cowboy, Wild Horses: A True Story -

How Many Spots Does a Leopard Have and Other Tales

Read, Read, Read, Take your child's mind to the next level!

UPCOMING EVENTS!

July 10 Listen LIVE! Thursdays to The Dr. Akua Gray Experience on www.innerlightradio.com 10:00am PST 12:00pm CST and 1:00pm EST

July 11 - 13 Holistic Health Consultant Certification Course with Dr. Llaila Afrika - Buffalo, NY - Class 1

July 18 - 20 Advance Naturopathic Training Retreat - Meadow Bridge, WV

July 23 Free Holistic Health Class on pH Testing and Nutrients - Missouri City, TX

July 27 Reiki I and II Certifications Missouri City, TX

August 1 - 3 African Herbal Healing Science and Nutrition Certification w/ Dr. B. Kofi Asare of Ghana - Los Angeles, CA

August 6 African Traditional Healing Lecture @ SHAPE - Houston, TX

August 8 - 10 Holistic Health Practitioners Retreat - Douglas, AZ

Visit www.alifeofpeace.org/calendar