

## FORGIVENESS

Posted on [October 18, 2012](#) by [Dara](#)

What is forgiveness?

Forgiveness is an empowering gift you grant to yourself. It cannot be earned and is seldom deserved. In my life I have needed to forgive myself the most.

How do you forgive?

By understanding and letting go. To choose to release someone from guilt. To not continue to give consequences for the wrong done. Forgiveness allows both parties to move on. To continue to live and grow. Forgiveness holds the promise of a new and beautiful tomorrow. Free of regrets, full of promise. A tomorrow where you can dream anything, be anything you can dream. To truly forgive is to truly be free to love. Your heart is now free of guilt and sadness. It is free to embrace all the beauty in your life.

Forgiveness is freedom from control. No one can get a hold on you if you forgive yourself and those who have wronged you. Most of our life is spent acting out of the guilt and pain we are feeling, Not living in the here and now.

What will learning to Forgive bring into my life? Learning to forgive will allow you to become one of those uplifting people, who is recharged each day by a life that is overflowing with emotional strength, goodness and vitality. These people brush by us in a moment and leave a beautiful fragrance in their wake. They do not sit and commiserate with us, but fill us with their grace and presence. They do not know all the answers nor do they try to know it all. Those who bless us with their insights are only sharing what they have learned about themselves. These people have learned to use their eyes to see and ears to hear, hearts to truly love and arms to truly hold.

I am free to love,  
Free to live,  
Free To be me.

# Embracing Experience

Posted on [October 18, 2012](#) by [Dara](#)

We humans do not value what has not been hard earned. We look up to those of experience who have “been there”, “done that”; those who somehow survived the worst and appear to have made it through emotionally and physically intact.

Those things that have stuck with me and provide the greatest wisdom were hard learned through tough and sometimes painful experiences. Nothing good comes easily. Long ago I decided to embrace opportunities to grow instead of running from or being afraid of them.

This decision has changed the way I live. Looking life straight in the face I am able to deal with life’s little distractions before they become major disasters. There are no unopened letters setting on my desk. No unreturned phone calls or errands I have put off because they are unpleasant. Learning to embrace life with all its ups and downs continues to provide many opportunities to strengthen my emotional and spiritual life.

Knowing my personal limitations and planning my life around what I can do, instead of setting myself up to fail. Faith and Trust in my Father have taught me to rely on His good judgment for each day’s duties. Doing, to the best of my ability, what providence has placed in my hands to do each day and then leaving the results with Him.

Accepting my life is in His care simply means nothing is wasted. The good, the bad, and the ugly of life are all good. They provide lessons to learn, chances to stretch and grow beyond who I am today. When I learn a lesson well it simply means I will not have to pass over that road again. No, I’m not done yet. There will always be more to learn and places in my life to improve. The Lord will find a new road with different lessons for me to master.

## **My Juice Fasting Testimony**

Posted on [October 18, 2012](#) by [Dara](#)

Day 27 and the remaking of me is still ongoing. So many changes, all good. I get up in the morning and have to ask “who is this woman that is living in my body?” It can’t be me I’ve never been this much in control of my life, ever. “Personal freedom is the ability to choose instead of react. It is getting up in the morning and being free to make good choices all day long. It is going to bed at night knowing I have broken no personal vows to myself. This is real personal freedom. This is really living.”

I may have understood the concept when I wrote those words but there is nothing that can compare to actually living it. This type of freedom is earned by facing the past and owning every part of your story, then having the love and forgiveness in your heart for yourself and those who wronged you to climb on top of it all; spread your wings and fly for the sky.

## **Choosing to be Well**

Posted on [October 18, 2012](#) by [Dara](#)

Surprisingly, I have discovered choosing to be well is not always our first choice. Often in order to get well a person must choose to step outside his or her comfort zone. Clearing disease from the body requires we stop doing the activities that allowed us to become sick and begin doing things to support our health.

This can mean taking a good hard look at ourselves and realizing we are our biggest problem. Some of us must learn to let go of the old hurts. Yes, I can agree with you, life is not fair, no one ever said it was and horrid things happen to the innocent as well as the good person.

When we hold onto these painful chapters of our lives, allowing the memories to wash over us bringing in their tide of regret and anger, we are allowing the person or circumstances that had robbed us of joy to continue to take from us.

Just as we choose what food we put in our mouth to nourish our bodies we must also choose what thoughts are allowed to take hold in our minds. Positive, happy thoughts flood the body with light and life. There is an actual physical reaction to positive thoughts.

We need to clear the junk from our emotional and physical lives. Clean out the spaces in our physical world that have become cluttered with “Stuff”. Learn to live lean. Clear the excess people from your life, those who tend to bring you down, taking more than they give and leaving you feeling exhausted and used up. Establish boundaries that work for you.

Choosing to be healthy is more than choosing herbs over drugs it is choosing the positive lifestyle. Allowing the good a place in your world and learning to shut out the bad.

## **Peace in the Storm**

Posted on [October 18, 2012](#) by [Dara](#)

This morning I woke before the sun with an unsettled feeling in my body. Feeling too restless and uneasy to return to bed I sat down with my laptop. As I let the words flow out my fingers onto the screen the root of my discomfort became apparent. I had lost sight of my Father, forgotten how well he had cared for us all these years.

Words of thanks and praise to my Father for all his care began to surge from my soul through my fingers and onto the screen. The flow of praise had a quieting effect on my troubled heart. Heavenly peace filled my room driving the gloomy dread from my soul. The Lord has given me peace in the storm.

## Today is the beginning of the rest of my life

Posted on [October 18, 2012](#) by [Dara](#)

I want to be stronger today than I was yesterday.

*I want to Love more deeply,  
I want to Hear More Loudly,  
I want to Touch More Fully the souls of those I pass by today.  
I want to heal the wounds life has inflicted.  
I want to point souls to the one who has all their answers.*

*I want to praise more joyously,  
I want to offer myself more completely  
To the One who has given His all for me.*  
Today I want to make a difference in each life I come in contact with.

I want each person to feel the peace of heaven as they pass by.

## Be Happy: A Guide to a Happy Life...

Posted on [October 18, 2012](#) by [Dara](#)

- No one will ever get out of this world alive.
- **Resolve therefore to maintain a reasonable sense of values.**
- Take care of yourself. Good health is everyone's major source of wealth. Without it, happiness is almost impossible.
- **Resolve to be cheerful & helpful. People will repay you in kind.**
- Avoid angry, abrasive persons. They are generally vengeful.
- **Avoid zealots. They are generally humorless.**
- Resolve to listen more & talk less. No one ever learns anything by talking.
- **Be chary of giving advice.. Wise men don't need it & fools won't heed it.**
- Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving & tolerant of the weak & wrong. Sometime in life you will have been all of these.
- **Do not equate money with success. There are many successful moneymakers who are miserable failures as human beings. What counts most about success is how a person achieves it.**

# Life's Emotional Bills

Posted on [October 18, 2012](#) by [Dara](#)

A trusted friend or Christian Counselor can be a source of stability in life. We all need someone who we can be completely open and honest with, a person who can tell us when we are doing well and when we have lost our prospective. Life will often bring unexpected challenges, opportunities to expand ourselves and grow. Often these opportunities resemble unwanted trials. Maturity and Faith teach us to look beyond our current circumstances and embrace the growth that is being proffered.

It has been said that for every action there is a corresponding reaction. This rule of life applies to the emotional world as well as the physical. The emotional high accompanying the purchase of your first home, the birth of a child, a job promotion or graduation, is bound to be followed by an equal emotional low. As high as you go up is as low as you will likely go down. These emotional swings can be devastating for the psychologically damaged or immature person. Growth and maturity bring a steadiness to our personalities along with an understanding of life's little ups and downs. Making plans around the "down-time" following a highly charged event allows one time to emotionally settle into the inevitable changes accompanying the occasion.

## Death of a Parent

The death of a parent or caregiver is often accompanied with an extended period of emotional down-time. I experienced this first hand when my mother passed in 2005. A mental fog began to set in shortly after the service. Sadly, my mother and I were not close; consequently I had not expected any real emotional adjustment to follow her passing. A girlfriend, who had already lost both her parents, counseled that she had experienced this fog when her parents had died. Thankfully I felt more like me again the next morning. Upon my return home I noticed the brain fog increasing and an increased desire for sleep. My therapist explained, while my subconscious mind processed the immense emotional changes brought on by my mother's passing, the energy normally expended for regular activities was not available. This period of sluggishness, and brain fog could last from a few weeks to a few months, depending on my ability to accept the changes and move on with my life.

When the emotional bills of life come due paying them can be disruptive if not devastating. Learn to say what needs to be said today. Deal quickly with the little details of life. Putting off these things will not bring peace and quiet to life but constant upheaval as the issues continue to bubble to the surface begging to be settled. A commendable Life or Character is not built in an instant but made up of the little choices we make every day. There is no great day of decision for anyone; little choices made each day have already determined the direction and choice one will take when life's really big decisions are pending.

While dealing with my own emotional life I have discovered a few herbal tricks to shorten the “**Emotional Down-time**” I often feel after a productive period with my counselor, journaling or even talking with a close trusted friend.

Emotional Down-time

The use of Cayenne at the beginning or during a counseling session, allows me to open up and really dig into the issues I'm working on. The use of Cayenne seems to work on the emotional level the same as on the physical, clearing blockage and opening up the flow of energy and light.

At the close of such an effective session when it is time to move on. It is important to allow all the emotions to settle to their own level, this work is best done on the subconscious level. Continuing to talk about and process your issues is disruptive and exhausting. I discovered one or two droppers of Lobelia extract and ten or fifteen minutes rest allowed me to move from the deep emotional sharing back to regular life with all my emotional energy available.

Dealing with ourselves is the toughest but most rewarding work we can do. Take time to meditate and journal. Make friends with yourself.

# Depression Testimony

Posted on [October 18, 2012](#) by [Dara](#)

Depression for me was a deep sense of hopelessness, an unshakeable sadness that filled my waking hours. Life had been robbed of joy by the heartless actions of those who were my heart. Only a handful of close friends were aware that for two years, without warning, tears of hopelessness would silently fill my eyes, spill over and running down my face. Even so anxiety never filled my heart with fear; faith in my Heavenly Father was as firm as ever, I knew my life and times were in His care.

Before sharing the herbal program I used it needs to be understood how important the services of a qualified Christian Psychologist are. During this difficult period I was fortunate to find my own wonderful counselor. I determined from the beginning to be as honest as possible, to listen and learn about myself through the eyes of this person.

Just as we have physical blockage that must be cleared before we can heal our bodies, so it is with emotional blockage. Believing a lie will not only prevents one from embracing the truth but the lie will block the free flow of emotional vitality in the life. Learning to Love me and forgive myself was the first step in my emotional healing.

Please believe me when I say, “There is no truth that cannot be faced squarely when you face it with a trusted Counselor or friend and the Heavenly Father on your side.”

Once faced and understood, you can own life’s most painful moments. They no longer own you. Learn from them and grow through them, this is how emotional giants are born. They rise up from the wreckage of life’s most painful moments, decide to face their responsibilities and by the grace of God ascend above it all.

## The Herbal Supports I used

There are many effective herbal remedies that will aid in clearing the toxins from the mind enabling emotional healing to happen. Below are the herbals I used.

These herbs should be taken six (6) days a week:

- 1 oz Each Day Echinacea

- 2 Olive Leaf Capsules 3 times a day (East Park: d-lenolate caps)
- 1 tsp St John's Wort 3 times a day.

**Echinacea:** Boosts the immune system enabling it to process the die-off created by the other two cleansing herbs being used in this program.

**Olive Leaf:** A Powerful cleanser I have discovered to be very useful for clearing toxins from the brain and other vital areas. These capsules should never be used without Echinacea; they create a lot of die-off which the body must then process out with the aid of the immune system.

**St. John's Wort:** A powerful cleansing herb that targets the brain. It has been used by many as an aid for clearing depression. The only problem is when used in large enough dosages to clear the depression the person will suffer a backlash from the die-off which will recycle into the brain causing increased depression. This is where using Echinacea will stop the cycle and allow the body strength to clear the die-off waste so you do not have to feel bad during the detoxing process.

The Foundational Program that must be used along with this program is:

- Bowel Cleansing: LBF #1
- Superfood: 2 Tablespoons 2 times a day

**Bowel Cleansing:** Keeping the elimination channels open is of vital importance when detoxing any part of the body.

**Superfood:** This is super nutrition which the body will need to build the immune system needed for the healing process and rebuilding any damaged areas in the body. A large amount of usable nutrition is an important part of any healing program.

**Periodic Liver Flushing** is also important. This will vary with each person so use your best judgment.

- At the minimum I would flush for a week once every three months.
- The maximum would be flushing the liver every other week followed by a week of kidney flushing.

## My Confession

Posted on [October 30, 2012](#) by [Dara](#)

Today feels like a gift. The weather man said to expect overcast clouds and wind. Will so far he is wrong. It is absolutely beautiful outside. Michael has spent the morning working on the office addition. He is nearly finished framing the first floor. Click the link for a pdf of Five new pictures:

<http://www.healmarketplace.com/O-Cset2.pdf>

My husband builds fantastic things. Since we bought this place he has built a side by side coat closet/storage closet for the main floor; installed a wall of cupboards in the kitchen, built a linen closet on the second floor, changed out several windows & sliding doors and my all time favorite project: a huge 8×5 foot picture window in the living room. Oh yes, almost forgot my birthday present 4 years ago when he completely remolded the master bathroom. (I love my huge walk-in shower with two independent shower heads.) Am I bragging? You bet, I'm such a lucky girl to have such a handyman.

I'm so excited about my new office. The project will be slow since it is a one man show. I'll keep you updated with pictures as he moves along.

### FDA Update

Not much to say on the FDA front. No news is good news. Thanks for your continued good thoughts and prayers. A conversation with a member this past week made me realize my faith has not been as strong as I believed it to be. I have been allowing fear to control my actions to some degree. Some changes had to be made to comply with government a regulation, which is fine and good. Where I have failed to keep my eyes focused on my duty and my faith in the Lord's continual care has been apparent, at least to me, by the apprehension I felt toward a new member.

### My Confession

In the weeks since the FDA Inspectors visit we have continued to have a normal influx of new and returning members. Normally a brand new member will have been referred by someone or have read something on Curezone about us. Since they are not sure what to expect from us their first order is usually on the cautious side unless they have a close friend coaching them along. When this pattern was changed by a new very trusting and savvy woman I nearly turned down her membership. As we were talking I found myself

googling her. No one had referred her, and she had never spoken to me before, yet she wanted to place a fairly large order. I was very tempted to blow her and her order off. Her sweet spirit and the fact that she checked out ok on my Google search, finally put me at ease.

After our call I realized I had lost an opportunity to do her any real good. I had failed to open up and truly share the natural healing truths she needed to hear. She had presented herself openly and I had lost the opportunity to truly bless her, I had held back out of fear. This is not who I am or how I want to be. When the Lord gives a gift it is to be freely and faithfully used.

### **A Test of Faith**

I share this with you today because this is something we must all face from time to time. The real test of our faith is not always so easy to see. To stay real and open handed with all the Lord brings for us to bless is a daily decision. Minute by minute we must be able to hear the voice of the Father as he leads us on. To lose this connection is to truly be without chart or compass.

# Tis The Season...Already!!!

Posted on [November 4, 2012](#) by [Dara](#)

The holiday season is upon us. Tis the season for parties, friends, and good food. That is until January 2<sup>nd</sup> when you realize all the damage you have done to yourself. This year why not do it better. Sing a new song. Tis the season for moderation, good will and a great time without regret.

So much of who we are and how we live revolves around food. Tis the time to change our habits. Learn how to have a blast without the fattening, unhealthy food. Plan your holiday around the things you like to do and the people you enjoy. Change is never easy but you will thank yourself when the holidays are over.

Missing faces around our tables remind us of holidays past. One who filled our lives with joy is gone. The sounds, smells and flavors of the holiday seem to say, "Remember When..." For many this is a season of painful memories. Self medicating with junk food will only magnify your emotional issues.

Learn to live well. Do good things for yourself. Choose to do well. Sounds simple, right? Will it's not. Choosing to change and then following through is hard. Change of any kind will never come easy. If it were easy everyone would do well, and the world would be a perfect place.

Get to know yourself. Deal honestly with your own heart. Decide to do good a little at a time. Take baby steps. Develop new habits one choice at a time. Don't set yourself up to fail. Remember, everyone makes mistakes. Failure only happens when you fail to get up and move on.

## Two suggestions for a New Attitude

I would like to challenge everyone to start the year with a good attitude. For anyone looking for something new and educational to watch I have two suggestions; "**The Star of Bethlehem**"; Opens the sky and answers questions you never thought to ask. This is one of my best recommendations. You can get a copy off Amazon.com

My second suggestion is; "**Fat, Sick, and Nearly Dead**", Yes, I'm pushing this movie again. It is so inspiring. The only things you risk in watching will be finding your fridge full of fruits and veggies and a new juicer in your kitchen. It's all good!!!

## Formula's to have on hand over the Holidays:

- Gallbladder attack: Digestive Tonic & Lg/Ap—Take 1 tsp of each in 2 oz water. Then do an ELF.
- Upset Stomach & Loose Bowels: LBF #2
- Heart Attack or Stroke: Cayenne—1 tsp in swallow of water or juice
- Asthma Attack: Lobelia—1/2 tsp into mouth

Learn how to get through life's emergencies without spending your holiday setting around an emergency room. Make yourself familiar with the helpful guides available in the Members area before you need them.

<http://www.ladyofherbs.com/ailments/index.html>

# **I Can See The Light at the end of the Tunnel**

Posted on [November 23, 2012](#) by [Dara](#)

So you ask, how was my week, well my computer died, my car is in the shop, my printer's drum decided to pick this time to die and my desk chair gives me a sinking feeling every time I sit in it. That pretty much sums up this past week. The Lord has given me plenty of opportunity to learn how to shine under adversity.

I'm very pleased with how well my husband and I handled this week of crisis. Not a single cross word passed between us. I'm not saying we were in high spirits but we both were able to flow with the tide, doing the next task to the best of our ability. Becoming unglued is not an answer to any problem and I have learned from experience that losing it is a choice. Yes, we can choose to hang in there or let go and disintegrate into a pile of mush leaving the crisis for someone else to handle. Then, of course, complain about the outcome. I learned a long time ago I don't make a good victim so I guess I'd better stick around and do it my way.

Crashing computers cause frayed nerves. We knew it was on its last leg and were working to switch it out with a new system. Sadly it failed to last long enough for us to make a smooth transition. My wonderful husband saved the day by adding my old C drive as an additional drive on my new system. This is allowing me to access all my old files.

The real challenge has been setting up all my programs in a new operating system. My old computer was an XP I am now working in Windows 8, I must say I'm not impressed. As in all of life it is best to "not fix it if it isn't broke" It has taken the better part of this week to load my programs, adjust settings, and find all my important files. Today I can say I'm beginning to feel like me again. I'm sure I'll begin to find things I like about this new system as I continue using it.

# A Place to Begin Again

Posted on [December 7, 2012](#) by [Dara](#)

I want to take a minute to thank you all for the beautiful cards and warm wishes you sent this holiday season. I wish I had the time to write each of you individually, but sadly, this is something time restraints will not allow. So instead we are sending our very best to you in this letter. I pray it finds each of you blessed and happy.

**L**ife is full of second chances. Our Father in love has filled each minute, hour, day, year, and life time, with opportunities to wipe the present clean from our past mistakes and begin again. Through my own experiences I've learned that the fallout from our past mistakes does not have to darken our present joy.

**W**hen we learn to embrace all that has made us who we are today, the mistakes and failures of yesterday no longer have the power to annoy. Praise the Lord for the growth and wisdom those experiences have brought to your life. There is no shame in making mistakes. Do not allow the trials and abuses of yesterday to dampen your joy today. Shame is a killer that can only live in the dark recesses of a secret, an unaccepted mistake, a misunderstood intention.

**L**et go of the past, allow this new day to be your new beginning. Each day offers us the promise of another chance, a free do over for all the mistakes the sun set on only a few hours earlier. The dark of the night has once again covered our mistakes, renewing us with its sleep, enabling us to go forward refreshed.

**S**easons come and go each one moving us toward our future. In the Spring we are drawn outside, we look to the mountains covered with the richness of new life, and are drawn to new heights as we feed on the power surrounding us.

**T**he renewing of Spring flows into the activity of the Summer season. This is the time of year we get things done. The Summer is full of useful activity, these are the days of preparation a time when our powers are strong.

**A**ll too soon the days begin to cool down, a hint of coldness drifts into the night air. It is then that the wisdom and beauty of the fall burst into color all around us as nature again draws us into her arms. In the fall we discover beauty in death, a sense of completeness that the work of the summer is over and it is time to rest.

**D**ays become shorter as Winter invites us to come away and rest awhile. Buried in the dark night of Winter we find time for reflection, healing and growth. Amid this time of inactivity can be found the perfection of the yearly round of life. In the cold recesses of the Winter Season is found a place to bury the mistakes of the year that is ending, a place to find forgiveness and to learn to forgive.

**I**t's time for a new year, a new beginning. We are not who we were last year. We are not who we will be next year. We are each on a road that twists and turns us through the experiences of our lives. At some point our roads have crossed and we have shared a few precious minutes. The words of encouragement that have passed between us have meant the world to me. Words mean things, they are all we have and if used correctly they can convey, hope,

encouragement, and love. On the other hand when we act rashly and without concern for the feelings of others our words can deeply cut and wound the spirits of those we come in contact with.

**T**he Father has filled our lives with so many places to begin again. It is my prayer that this year will be a new beginning for each of you. That this precious time you have been given will not be wasted, left unimproved and barren. My wish is that each of you will renew with the Spring so your Summer will be fruitful and you Fall full of wisdom and bounty. Then in the Winter your hearts will be warmed as you reflect with satisfaction on a job well done, a life well lived.

This past week I waded through our Membership Files as I sorted the current Members from those who need to renew. So many names, so many memories. I realized how blessed I have been to be in contact with such a special group of Individuals. Just seeing some of your names brought a smile to my lips. A few of you caused me to laugh out loud. I've learned so much about life and living since HEAL Marketplace began in 1998.

The truth of Natural Healing is not just about choosing herbs over drugs.

It is really all about "Becoming More".

More tolerant of those who are confused and scared.

More accepting of our own failings.

More balanced in Mind, Heart and Body.

More Trusting of the Care our Heavenly Father has promised to provide.

I hope each one of you will continue down this road with us. We only ask for the opportunity to continue to bless you with our very best efforts. As a result we hope that you will continue to grow in your knowledge of all things Natural as you apply what you learn from us to your life and the world around you

*Best Wishes from all of Us at H.E.A.L. Marketplace  
to All Our Wonderful Members*

# Writing My Story, The Process

Posted on [December 9, 2012](#) by [Dara](#)

There was a process to the writing of my story, "[Whatever Good May Come](#)". Like most things in life that are worthwhile to do and have there was a price paid. I'm often asked about this process, the emotional work as well as the physical.

Denise and I began with a series of recorded interviews. We filled up seventeen 90 minute tapes over many months of conversations. She would come by once a week and we would talk. Her questions directed our talks which when transcribed proved to have been complete. She had such a gentle manner I never felt violated by her questions. Yet everything was in the transcript. The entire unvarnished truth of me.

The next step Denise prewrote the chapters using my words from the transcript. She took over 800 pages of words, tossed out the redundancies, providing direction as to how the story would be written.

The first pre-written chapter consisted of thirteen double spaced pages dealing with the early years of my life. For me the opening paragraph if a chapter is always the hardest to write. Once I get my writers feet wet I'm off.

Denise's prewritten direction refreshed my mind bring back with vivid detail screens and events from my past. When I wrote I was transported back to an uncomfortable time and place. Back into the painful, helpless childhood I'd had to endure. Returning was hard but very healing. I returned as an adult with the mind and heart of a mature woman. No longer the helpless child to be used and abused at the whims of the perverted adults in my life. As an adult I was able to separate myself from the abuse, able to place the blame exactly where it belonged. As a child I had taken responsibility for the abuse, as an adult I could see it was not my fault.

As soon as I had finished writing my first chapter, Denise did some copy-edit work on it. She was touching my soul, messing with my words. I fell apart and cried. She backed off the copy-edit work, or at least did not show it to me until we were much further along with the writing. By the time I was finished writing my story it had become such old news to me, I could not believe it would be interesting to anyone else must less of any value for anyone but maybe me.

Denise was then able to do her job without any discomfort for me. She also had to encourage me that it was a good project. I remember she said once, I should think of my book as a bowl of rice I'd been eating day after day for nearly four years. It was old and rancid for me. This is not how it would be for other people. Writing my story allowed me to comb through my early life with a fine tooth comb. I was so familiar with it by the time I was done writing I had to set it down for nearly a year so it could freshen up a bit for me.

Writing my story I processed thorough my life, learn things about myself and best of all forgave myself. Once this process is finished the sensitivity to having my words messed with was all but gone.

I felt strongly about the integrity of what I wrote. It was my story, no one else could tell it but me. That said, the cutting and slashing that is part of the polishing of a work was not painful by the end of my project. I was as much a part of the polishing of my work as was Denise. We did not agree on everything, the final word on what would be included was mine.

My advice for what it is worth is, do your project. Write your book. This is a gift you will give to yourself. After you are done then decide if you want to make it public.

## The Absents of Good

Posted on [December 18, 2012](#) by [Dara](#)

Clearing our emotional pain is as important in the process of healing the body as clearing the toxins. Our emotional life has everything to do with our physical health. Every day the news is full of the awful thing man does to himself and others when the twisting of a soul has reached its limit and finds release as it lashes out on society.

What hurts the heart today. The world is falling apart. Babies are shot while they sit in their classroom. A Crazy, mean, hateful, person picked up a gun and shot us through the heart. This shooting was not an act against society, it was an act of pure hate. When aiming to get even with society adults are the target. To walk into a classroom with the intent to destroy the un-lived lives of our babies, this is an act of pure hate. This man was not shooting at society, his act of murdering what we hold dearest to our hearts, our children, was an act of pure hate intended to elicit the most pain possible. There is no torture more painful to a community than the mistreatment or murder of our children.

The cruel hate filled heart that could inflict so much pain out into the world would not be affected by our tears or pleas. The selfish choices made over and over again paved the road he traveled bringing him to the day he would be able to look into the innocent faces while sending life ending lead into their little bodies.

A wise man once said evil is the absence of good. We have removed God from our schools so why should we be shocked when all that is good is found missing from the soul of our young adults. God is good, He is love, to know him is to know true love. Without God the opposite can only be true.

# Know thyself

Posted on [December 20, 2012](#) by [Dara](#)

Exploring the depths of our inner world is the most important journey we can take. The study of myself has been the most important I have ever pursued. I have gotten to know myself through examining the early experiences in my life and reconciling the emotional fallout. An understanding of the damage done to the child I was has allowed me to let go of some long held misunderstandings about my responsibility for the abuse I endured. The contempt I held toward myself has been replaced with knowledge and forgiveness. Compassion for the teenager I was has replaced the shame and contempt I had felt toward myself. Throughout the years, as my teachers have passed through my life, they have each endeavored to lift me above my shame. Each was holding a piece of my personal puzzle, and answers to questions I had not even known to ask.

Now, as I leaf through the pages of my past, I have discovered I am holding the combined wisdom of all my teachers. They freely gave their gifts to me and now it is my privilege to pass them on. They had eyes to see what was real in me, ears to hear what I was really saying, and hearts to truly love the confused soul standing before them. They were not supermen or angels, just people with understanding hearts. This is each of us; we all have gifts to give, things we know that someone else is just now ready to hear. We hold the missing pieces for each other.

## Freedom & Restoration

Posted on [December 20, 2012](#) by [Dara](#)

The Father has promised to restore any life that is surrendered to Him. He understands the emotional twisting that abuse of any kind can do to a child. He also knows exactly what experiences will be needed to heal the personality and restore balance to the life. The Father stood with me through my early years, providing his teachers and experiences at just the right time, which enabled me to grow beyond the early traumas. As an adult looking back, I can see His providence surrounding my life, filling me with as much love and light as I could hold. The wisdom to rise above is the wisdom to understand. The Still Small Voice I heard as a child I now know as the voice of Wisdom from above. Throughout the years of pain and confusion, He comforted me, whispering hope and love in my ear. Today I know Him as my friend and Savior, the one who has been beside me every step of my journey.

A good portion of my life has been spent in victim mode, accepting responsibility for the wrong choices of others, reacting instead of living. Personal freedom has come as I have developed boundaries. I now understand where my responsibility ends. I no longer allow the bad choices others make to oppress my life. Taking on the emotional baggage someone else is choosing to carry is not an act of kindness for either of us. I have learned to listen, offer my best advice, and then leave the emotional baggage behind. Personal freedom allows me to say, "This is not my problem. I care about you, but I am not your personal dumping ground." It is impossible to share our gifts with the world if we allow those we meet to dump their emotional junk all over us.

## Arise & Shine

Posted on [December 26, 2012](#) by [Dara](#)

The decision has been made, you want to make a difference in the world. Choosing to expand yourself beyond the small circle of family and friends who make up your community. How does it feel? What does it mean to stand up? It means to recognize and answer the call when it comes. Often the appeal is first heard as a quiet thought or conviction of heart. These are easily ignored or blown off as a passing whim for many, but to those who have chosen over and over again to “Rise & Shine” when called, the passing whisper of thought is enough. They take hold of the good to be done charting the road for others to follow in their wake.

Regardless how few or how many talents we possess, we each have the ability to largely impact the world for good or evil. A lowly birth or limited means in this life in no wise limit the ability of an individual to leave a deep, lasting mark in the world.

The amount of good flowing from a single life when surrendered to the Father’s use is truly astounding. Humble means, simple beginnings have been the spring board for many of the greatest men who have walked through history. Men and women whose influence is still felt long years after their minds and voices have ceased to bless this world.

Choosing from their earliest years to bless others they possessed an innate willingness to stand and make a difference. Accepting their lot in life with an open heart and willing hands to do good whenever possible seems to be the common denominator among the men and women who have blessed the world with their lives. Only in eternity will we understand how the choices we made effected for good or for evil those around us, leaving our mark in the world to impact future generations until the close of time.

True greatness does not wait for an opening opportunity or ask for directions. Repeated experience has shown over and over again the way to begin is just to begin. The Father will open the way when that first step is taken out into the great unknown. Greatness finds the way has been marked out one step at a time. He finds he is walking in the footsteps of a King.

# Traveling Down the Hard Road

Posted on [December 30, 2012](#) by [Dara](#)

In our lives, most of us will have our circumstances turned around many times. The downturns may be beyond our control and independent of our personal actions. Life's lessons must be learned. If we fail to learn them during the good times, the Father will take us over the same track again and again, until we learn what He is trying to teach us.

The first time He tries to press a lesson home to our hearts, it can be in the quiet of our room as we meditate. A thought is pressed on our minds that we may dismiss as inconsequential, something we don't wish to deal with at that moment, if ever. Time goes along, and soon you'll hear that very thought spoken aloud by a trusted friend or authority figure. God is raising His voice in your life, trying to get your attention and tell you that now is the time to deal with this issue. But your pride is hurt and you decide to blow off the opinion of this person. What do they know anyway? It's your life and it's been going along just fine.

Nope, wrong answer. This issue is not going to go away. Jesus, the Father, God, Providence, the Powers That Be, whatever you wish to call it, has decided that this is the time, right here and right now, for you to deal with yourself. The next time, and there will be a next time, it will surface as a full blown, most likely, public trial guaranteed to get your attention. The Father will take us round and round an issue until we surrender the idol He is asking for, along with our pride. Those who refuse to be taught by any means will eventually make a shipwreck of their lives, with the loss of all they hold dear. Working on ourselves can be the toughest job of all, so be kind to those who are going down the hard roads. Learn from the example of others. Pray that when the Lord deals with you, that you will listen quickly, and if you fail to notice His quiet calls to reform your life, that as you travel down the hard road, you will be rewarded for the kindnesses you have shown.

# Living Wide Open

Posted on [January 3, 2013](#) by [Dara](#)

All of life must be grown into. Emotional and Mental muscles must be developed and strengthened through use. We call them habits but what is a habit really. It is the development through use of an emotional or mental ability.

We choose to accept the gift of care from another. In return we have learned how it feels to be cared for. The choice is now available to choose to bestow the care you enjoyed on someone else. The process sounds so simple, something we do every day. Yet how many have grown up in homes where no one had a concern for them or offered them a caring thought. A Child now an adult has yet to experience their first caring act.

I want to live unafraid with my heart wide open. I want to see the beauty in everyone with eyes wide open and filled with understanding. I hold out my hands to the world filled with all the good they can hold. If I fail to do all the good I can by closing myself off to those around me my the ability to do good will atrophy and die. Unable to love, feel or live I rust. Just as arms and legs must move to maintain strength so my heart and mind must receive love and give love or they too will degenerate, losing the ability to love.

We cheat ourselves from so much good through fear of being short changed or used. So what! Bring it on! Living life means you will experience the bad right along with the good. The Father know exactly what experiences are needed by each of us.

Fearing someone will misuse or abuse the love I hold in an open hand to the world is not living well. Choosing to do my best for each person regardless how they accept or reject my good intentions, this is living well. I will pass this way but once. My intention is to do good, to bless, to bring healing to the broken. The outcome I choose to leave with my Father.

# Forgiveness

Posted on [January 14, 2013](#) by [Dara](#)

As I attempt to provide closure for early years of my life, I think back to the sustenance God provided to see me through. My Heavenly Father provided his personal teachers at every stage of my life. They each arrived at just the right time, providing the necessary information I missed in my formative years. If I accepted the teachers—be they trials or persons—I matured enough to move through life with grace.

Many of these teachers have led me to the same sacred place—the altar of forgiveness. I find myself kneeling on the stones of this altar with an unavoidable question: Can I forgive? I have journaled a lot about forgiveness. I write to dip my toe into dark waters before diving in. Divine guidance compels me to this place to find my freedom.

Forgiveness must be a gift, freely given. It cannot be earned and is seldom deserved. It must come from a place of understanding and love. The one being forgiven need not ask for this gift. Forgiveness is first and foremost a gift to myself. In my life, I have needed to forgive myself the most. Holding onto old injuries hurts no one but me. I could not forgive myself until I began to understand and love myself. True love is not based on what a person can or should be, but on who they are and what they have been. As I worked to understand myself, I gained the transformative power of knowledge and the liberty of truth.

When I look back on my youth, I see a field of selfish people whose main concern was their personal gratification. I have learned to forgive the men who stole my innocence, to feel no anger or bitterness towards those who robbed a lifetime of possibilities from me. Personal boundaries went unformed or were abruptly shredded before they could gain a foothold. I had been dehumanized, turned into a passive sex toy. Even so, an inner moral core buried deep in me refused to believe that this was all right.

As an adult, I have tried to understand how a person can become so depraved, so merciless, that they can be sexually satisfied by a helpless, sobbing child. I have seen in my own family how these violations plant the seed for the next generation of violators. It is not uncommon for abused men and women to become predators themselves.

They make the choice to inflict the pain and humiliation they endured on someone else. They have learned their lessons well. In their world this is how you are empowered. The most powerful person in their life has been able to take them aside at any given time and demand they perform sexual acts for them. This is what the child knows; the most powerful experiences in their young life. They have endured silently as their bodies were used to satisfy the perverted sexual appetites of their abuser.

The intimacy shared during these encounters has left its stamp on the child's psyche, implanting on them the twisted morality of their molester. What is viewed by others as atrocious indecencies are to them common occurrences. Without intervention, the child will be unable to understand the evil that has been done to them. The cycle will be continued as they emulate what they have learned, finding weaker siblings or other children to victimize.

The Father has promised to restore any life that is surrendered to Him. He understands the emotional twisting that abuse of any kind can do to a child. He also knows exactly what experiences will be needed to heal the personality and restore balance to the life. The Father stood with me through those early years, providing his teachers and experiences at just the right time, which enabled me to grow beyond the early traumas. As an adult looking back, I can see His providence surrounding my life, filling me with as much love and light as I could hold.

The wisdom to rise above is the wisdom to understand. The Still Small Voice I heard as a child I now know as the voice of Wisdom from above. Throughout the years of pain and confusion, He comforted me, whispering hope and love in my ear. Today I know Him as my friend and Savior, the one who has been beside me every step of my journey.

Know thyself. Exploring the depths of our inner world is the most important journey we can take. The study of myself has been the most important I have ever pursued. I have gotten to know myself as I have processed through the early experiences in my life, reconciling the emotional fallout. An understanding of the damage done to the child I was has allowed me to let go of some long held misunderstandings about my responsibility for the abuse I endured. The contempt and shame I held toward myself has been replaced with knowledge and forgiveness. Throughout the years, as my teachers have passed through my life, they have each endeavored to lift me above my

shame. Each was holding a piece of my personal puzzle and answers to questions I had not even known to ask.

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## Where is Justice?

Posted on [January 16, 2013](#) by [Dara](#)

There is nothing better than a hot bowl of soup on a rainy day. Outside the sky is dripping chilly drops of water onto my driveway. Inside I feel safe and snug. Our workers are busy putting out today's orders. The sound of tape guns and bubble wrap penetrate the glass divider between my office and the packing area. All the good stuff being packed up and shipped out.

The normal sounds of life are reassuring as I try to write out the confusion I have been feeling. Where is my strength that inner something I have learned to rely on. The Father seems so silent at times. The fate of four little children has plagued by mind and weighed heavily on my heart. Sometimes the evil seems overwhelming. What situation or event in a life creates evil that can find sexual pleasure while causing an innocent child pain? A man, a father, a husband, destroys the lives of his four children, for what? His lust demanded satisfaction. His children were handy, easily accessible. As a society we should be outraged, instead this man's trial ended in a hung jury. Where is justice? Justice for the children struggling to make sense of hurt and shame they cannot begin to understand. Justice for the community forced to watch their children flounder while the seeds of injustice grow a fresh crop of useless, angry young adults.

My mind is tired; the few words I have written have taken hours to form. My thoughts on this subject do not flow easily. There is a wall in my heart, something blocking the flow of light and love. Am I again the little girl without a voice, reconciled to the evil I must endure? Or, am I a woman with a voice and heart able to rise above whatever life sends my way.

## Summary of My 2012

Posted on [January 29, 2013](#) by [Dara](#)

December 31, 2011 I began what I hoped would be a sixty day juice fast. I had been inspired to do this after watching the movie, "Fat, Sick, and Nearly Dead". The juice fast was going very well; I had made it to day 37 and had lost a total of 46 pounds. My energy was through the roof, I felt emotionally great, everything was looking up, I was sure I could do the whole 60 days. Day thirty seven was a Sunday, my regular massage day. Neither Darlene nor I thought to question the wisdom of a massage while doing such an intense juice fast. The next morning I was feeling quite sick. My kidneys were kicking me hard for way too much abuse. The weight loss had been all they could handle now with the added toxins needing to be processed from the massage they were overwhelmed and I was in a world of hurt.

Monday & Tuesday I drank the kidney flush drinks and supported my kidneys with the herbals they liked the most. Tuesday afternoon I went to bed and was out for several hours. I woke up around 9 pm to find my husband working on his computer in the lounge next to our bed. I struggled to the bathroom and then back to the bed where I slept until 2 am. I woke needing to make a fast run for the bathroom, it was all good. My kidneys no longer hurt, I felt all better.

Wednesday and Thursday I felt great. Friday I woke up with thick green puss coming out my eyes and nose. My vocal cords were so coated with the stuff I could not make a sound. My head was full of that sticky green stuff. It took several weeks and a couple of ELF's to clear the worst of my symptoms. Even so I was weak as a kitten. The day before my crash I had easily done two miles on my treadmill. Over the next few months I continued to be very weak, I could not go more than a quarter mile on the treadmill without my knees buckling and feeling totally exhausted.

I kept expecting to begin feeling better but as the months slipped by my condition was growing worse. I regained all the weight I'd lost plus a few pounds. Motivation for doing a healing program with lacking, the idea of exerting myself in any direction required extreme effort. Whatever had infected me in February still had a hold in my system. December arrived and I was determined to do something to help myself feel better so I decided to begin by going on a raw food program. I lasted for a couple of weeks before

modifying to a low carb mostly raw food program. Simply put I cut out all bread, pasta's, and processed foods. I also started doing an ELF once a week.

With only those few minor changes I started feeling a bit better. My energy was moving up the scale. Then in January a friend needed help with his incurables program. We all decided it would be a great idea for him to stay here and do it with me. I needed the support and he needed someone to show him how it was done.

Last week we did our first week of Liver Flushing and juice fasting. We were not perfect. I'm sure we will get a good rhythm to our day as we continue on the program. This week it is Kidney Flushing and we are eating raw. Finding time for all our drinks and programs is the real challenge.

The year that began with such promise floundered in the middle but ended on an upswing. I learned a lot about myself in 2012. Discouragement need not destroy; The Lord provides the strength I need to rise above whatever life throws my way.

# **The Times of Our Lives**

Posted on [February 3, 2013](#) by [Dara](#)

What am I holding away from the Lord? There is a piece of my heart I have not given you Father, the part which holds the shattered glass that was a mother's love. I have given her to you Lord; she is your property by creation and redemption. Her birthday is this weekend; she will be thirty-one. There is no re-do button on life, no way to un-do the years as they pass by. There is also no break peddle for life, no way to stop this roller-coaster ride we are on.

**When I was a child time crawled along. Each day was an eternity. Tomorrow seemed very far away. Each sunrise was a new beginning to a life so full of new beginnings.**

**When I was a teenager life began to walk. Time moved faster, striding through each day. Tomorrow was only a night away. Each day was full of new challenges, some were overcome some were not. Yesterday meant today would also be a memory soon.**

**When I became a mother life began to fly by. Days sped by at break neck speed. I looked around and found a little life setting on my accelerator, urging each day on faster and faster. Each morning flew into noon and slid into night. Time was now precious and counted, a moment here an hour there, captured and held.**

**Now that little life has flown from me, but still she presses me on. Her child has now joined her on the time petal of my life, each urging me on. Weeks are now what days used to be. Monday Morning raises flies into Wednesday then slides into Friday. Saturday and Sunday are precious moments to hold as they move on by.**

**Time is no longer a friend, it has become a conquer. It brings the knowledge of itself, when you know its game it is too late to win. Time is a gift of sin. Only this world know time. When my friend returns He will conquer this foe and vanquish time forever.**

## Victory in Compromise

Posted on [February 7, 2013](#) by [Dara](#)

How do we stay faithful to our intentions? Yesterday I nearly lost my will to juice fast. I developed a case of hunger that nearly took me over. Michael had gone to the post office leaving me alone with the smell of lunch still lingering in the air. Kim, our cook, had out done herself at lunch serving up a delicious Tofu manicotti. When this tofu dish is made correctly you cannot tell if from the cheese dish.

When I'm juice fasting I seldom go into the kitchen or join the others at the lunch table. It is much easier for me to just ignore anything to do with food. Yesterday I went too long between drinks. I broke the number one rule of juice fasting, I let myself become hungry. Not only was I starved but I was alone in a house full of food. I will admit I went into the kitchen with every intention of finding something to eat. When I opened the fridge the fresh fruit juice was setting big as day on the shelf. Ok, I'll make a glass of Superfood first, I decided. Then I'll eat something.

The juice was very satisfying. I drank it slowly setting in my favorite chair in the living room. As I got up to put my glass away I realized my appetite was completely satisfied. What saved me? I wish I could say, *will power*, but I'd already decided to eat something. In my heart I really did not want to break my fast. The little decisions we can still make are the ones that will save us in a pinch. I did not tell myself I could not eat; I made the decision to have a glass of Superfood in fresh fruit juice first.

# Do Something New

Posted on [February 11, 2013](#) by [Dara](#)

Every day I talk with members who want to do a new thing in their lives. Many are deciding for the first time to take personal responsibility for their health. The big question I seem to hear over and over again is, “How do I make these changes? Where do I begin?”

## Do Something New

Today decide to do something new and better. For most it is an uphill struggle to begin something new. We know we should change and have decided the time is now for us to do our new thing. The first step has been taken, the decision has been made. You must now make a place in your life for the new thing or change you have decided on. Normally creating space for something new requires the removal of something. Continuing to crowd all your new good intentions on top your already full life is setting yourself up to fail.

Take the time to make the hard choices. Drifting along hoping everything will turn out well is not living your life. Drifting is a passive way of avoiding personal accountability. Dumping your responsibility on those closest who will, at some point, be forced to make the choices you have failed to make, or worse, be forced to clean up the mess your lack of choosing has created. Choosing not to choose is a choice.

## Never Stop Learning

Posted on [April 9, 2013](#) by [Dara](#)

Last week Jessica joined our household as my new housekeeper and cook. I enjoy breaking in a new cook, sharing the flavors of the great vegan dishes we like so well. Every cook has made similar comments over the different dishes. “I can’t believe how good this is!” or “I never knew how tasty veggies could be!” Cooking without animal products does not have to be tasteless or boring. Eating well for the body and eating tasty food can be compatible concepts.

When initiating a new girl I try to vary the menu so she will get the feel of the different types of foods we use. Cooking with whole grain pastas, tofu, and nuts requires a bit of on the job training. As their experience grows a good cook will begin developing new dishes of her own, adding her signature to the old standards we love to eat.

Today we are having baked eggplant in marinara over brown rice pasta. Jessica admitted she has never cooked or eaten eggplant before. No one is too old to learn to like good food. As long as we are willing to continue growing and learning there will be opportunities to expand ourselves.

## Making Choices

Posted on [April 29, 2013](#) by [Dara](#)



Beginning tomorrow morning Tanner and I will be back on our Juice Fast and Liver Flush for another week. What we are doing right now will make all the difference in our quality of life as we continue to grow older and hopefully wiser. I've always found it hard to do the good things for me. It is much easier to tell everyone else how to do a good program. I have found most of us struggle to do all the good we can. For me it all starts with a choice, I decide to do a thing and then just keep putting one foot in front of the other until, to my surprise, I've done it. It's amazing how much can be accomplished when I just keep moving in the direction of the finish line.

Every day I talk with members who want to do a new thing in their lives. Many are deciding for the first time to take personal responsibility for their health. The big question I seem to hear over and over again is, "How do I make these changes? Where do I begin?"

### *Do Something New*

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# Emotional flushing

Posted on [May 1, 2013](#) by [Dara](#)



## **Healing hurts also heals the body.**

Emotional clearing can be as important to the healing of the body as the clearing of physical toxins. Learning to let go of the past is the first step in the healing journey only you can take. Letting go takes many forms. Learning to truly forgiving yourself and those who have wronged you is one way to begin. Forgiveness is a gift you give yourself. Holding onto old hurts will eat you up from the inside out, destroying your capacity to

receive or give love.

Finishing what you began, freedom from past obligations is also an excellent way to release the past. Deciding to choose something new and better for ourselves requires we make room in our lives for the new. When closing a chapter of your life it must be finished or it will continue to call you back.

How is this done? What does it look like? Stop for a moment and take a walk with your mind and heart through the chapter of your life you want to finish. What memories or people still call out to you? What promises have been left undone or projects unfinished? With pen and paper make your chapter closing list. Finish what was begun and move on.

Several years ago I discovered Life had played a dirty trick on me. In the process of writing my story I finally found my voice and the emotional strength to confront my violators. Yeah for me! Will not so great, they were all dead. So what does one do with all the words that must go unsaid, and all the questions that will go unanswered in this life?

Maturity has brought with it a wisdom and understanding of the soul capable of the atrocities I endured in my younger years. The bits of wisdom providence saw fit to share with me I have been privileged to pass on. Sharing through the written word and one on one as the opportunity arises has turned the hurts I endured into a healing balm for shattered hearts. The painful past is over, that chapter is closed, and today I stand here, where the Lord has placed me, strong in His strength. The broken girl I was is now a capable woman.

# Making the Hard Choices

Posted on [May 7, 2013](#) by [Dara](#)



Today is Monday and the start of our second week of Kidney flushing. Tanner and I are eating raw this week. A lot of sharing has been going on in my household. Someone shared their cold with my husband who has now shared it with me. This type of sharing I can live without. Tanner is drinking the Flu-Buster today while I opted to do the Herbal Antibiotic.

Doing a strong Incurables program with Tanner has given me the opportunity to reflect on the excuses I've heard over the years from members who opted not to do the hard work. The story has been repeated way too many times.

## The Excuses:

- I'm too busy to do the program right now. When things slow down a bit I'll set some time aside.
- **My family is so concerned for me. I don't want to let them down so I will do what they and my doctor thinks is best. (Drugs, Cutting . . .)**

The end of these stories is never good. Sometimes when the doctor has finally given up I will hear from the member again but sadly there is seldom enough time or strength to heal before the body is overcome by disease and dies.

## A Better Story:

The tests have all been done. The doctor has given his best prognosis and the outcome is not an acceptable one. The time is here, the motivation could not be higher for doing the hard program.

Staying focused while doing a strong program can be difficult. The work you are doing will benefit your entire life. The health created while following a strict program ensures a quality of life impossible to achieve any other way.

Putting off the program until a more convenient time could cost more than you are willing to pay. Today is the day now is the time; the opportunity is proffered for you to make a life changing decision.

To begin well and continue well is building strength of character as you travel the road laid out before you. Each decision you make is defining who you are, building a stronger you from the inside out. The opportunity to grow beyond your current circumstances has presented itself. Grab it with both hands; this is your time. It's all good.

## Inspired

Posted on [May 20, 2013](#) by [Dara](#)



It is Sunday evening and I'm sitting here listening to the sounds of my husband working on our new offices. He has completely amazed me. Last year when he started this project I never doubted he could do the work. I have watched the space go up one board at a time. The frame & roof, then the electrical & plumbing and central air ducts, followed by the hanging of drywall and endless days of sanding. A lesser man would have left the drywall work to someone else. He then installed the ceiling fans and lighting fixtures, primed and painted the walls and laid the carpet. Today he has been working on the molding around all the doors and windows.

Yes, I'm bragging a bit, but it is much more. This project has developed a side of my husband I have not had the opportunity to know before. His ability to see a project of this size through from beginning to end has greatly impressed me. He has always had a love for puzzles, I think in many ways this was a huge puzzle he got to work on. Our local home depot was the puzzle box where he selected all his pieces.

He has always been a man of few words. His quiet patience when the project did not come together as he expected. I hardly knew there was a problem. He would be on line reading up on this or that subject until he found his answer and then proceeded to implement what he had learned. We all take on projects from time to time that could potentially have a huge impact on our lives. What is my point, I guess it would be realizing I've been privileged to watch the unfolding of another person. We all have such potential inside us. Watching him has inspired me.

# Emotional Healing

Posted on [May 30, 2013](#) by [Dara](#)



Hate, love, apathy, are a few of the words we use to describe our emotional attachment to people or our reaction to an event or object in our lives. The person these strong feelings are concentrated on will remain relatively unaffected by the emotions carried in the heart of another. Our interactions with those around us provide them a view of the emotions we harbor. Even so the only person really affected by either a positive or negative attitude is the one harboring the sentiment. The emotion

and thought life are powerful tools which when properly controlled can provide personal happiness to the possessor while diffusing a spirit of joy to all around. When the emotional life is allowed to feed unrestrained on a diet of negative emotions the spirit diffused is morose and apathetic while at the same time the physical body begins to show signs of badness within.

We can choose what emotions we attach to the events in our life. There is a choice here. You can choose the long term emotions attached to any given event or person affecting your life. The death of a parent will carry an emotional bill that must be paid, but the event itself is an empty slate which you will choose to fill with your personal perceptions and emotions. You choose how you will react to any given event. The emotions attached to them are colored by past experiences.

To live above the fray of emotional overload is to live in each moment as it occurs. Learn to say what needs to be said, now. Do well the work you find to do each day. Treat each person you meet with courtesy and respect. Let yesterday go, leave tomorrow alone. Today is where you need to live.

The Father has not given you the cares of tomorrow today. Anticipating tomorrow's problems today is called worry. Worry is a sin. The Father says tomorrow belongs to him. He will provide for tomorrow's needs tomorrow. Today is where you live, work, play, and love. Stop looking past today's blessings.

Be with the people you are with. Hear the words they are saying. No. Stop and really listen to what they are saying. Turn off the chatter in your head. Shut off all the filters you use to process peoples words. Look at the person speaking to you, see their eyes, and hear their words. Respond with the words your heart is giving in answer.

Discover how to bless each person you meet. Let the soul that presses you for their needs have all you are and you will find out just how unlimited you can be. Hold all you own in an open hand toward the father. Allow him to use every part of your world in service to others and you will find out just how limitless your resources truly are. The more you give the more you have to give.

- Today is my life
- Tomorrow is my Dream
- Yesterday my lesson book

I will love all parts of me. I will step into tomorrow unafraid. I will live my life today. I will learn from yesterday. Never be afraid. You are not alone. Never borrow tomorrow's Cares. That is stealing. Never give up.

Don't hold on to tightly. If you do you cannot give or receive. All you are and have will die without circulation and renewal. Let your life flow. Don't ever hold back, that is creating blockage in your spirit. Speak your heart in love and you will never be wrong. Say the words your mouth is holding and your soul will rest in peace.

- Allow life to flow through your being and out your hands, and you will never be sick.
- We are needy because we fear being needy.
- We are poor because we are afraid of coming to want.
- We are lonely because we fear rejection.
- We are small minded because we are afraid of change.
- We are tired because we are afraid to let go of yesterday and live in today.

There is no peace in living in yesterday. History cannot be changed. You cannot undo the past you can only learn from it and move on. Your peace will come when you change today by living here now.

Forgive yourself for being human. Accept the gifts from yesterday by learning their lessons. Letting yesterday's events be exactly what they are, have been, and will always be, your life. We all have one, a life that is, enjoy it now.

- Today is my day.
- Today I own all I am.
- Today I will rise above every trial and hardship.
- Today I will live.

# Emotional Health

Posted on [June 11, 2013](#) by [Dara](#)



Everyday hurting people call looking for an herbal remedy for the sickness in their bodies, when the pain in their heart is what needs healing. Our bodies react to the emotional life we live. Dealing honestly with ones self is the only way to maintain a healthy body, mind, and soul.

It seems forgiveness is the key to living well. Honestly allowing yourself and those around you the right to be human.

## **What is forgiveness?**

Forgiveness is an empowering gift you grant to yourself. It cannot be earned and is seldom deserved. In my life I have needed to forgive myself the most.

## **How do you forgive?**

By understanding and letting go. Understanding is achieved when one can rise above the personal disappoint or wrong to view the situation through the eyes of someone else. Allowing yourself to see what is real.

Saying you forgive someone and yet continuing to emotionally punish them is not forgiveness. To truly forgive is to allow something different to take place.

Forgiveness allows both parties to move on into the promise of a new and beautiful tomorrow. Free of regrets, full of promise. A tomorrow where you can dream anything; and be anything you can dream. To truly forgive is to truly be free to love. When the heart is free of guilt and sadness, it is free to embrace all the beauty that is your life.

Forgiveness is freedom from control. No one can hold you down if you forgive yourself and those who have wronged you. Most of our life is spent acting out of the guilt and pain we are feeling. Learn to live in the here and now.

## **What will learning to Forgive bring into my life?**

Learning to forgive will allow you to become one of those uplifting people, who is recharged each day by a life that is overflowing with emotional strength, goodness and vitality. These people brush by us in a moment and leave a beautiful fragrance in their wake. They do not sit and commiserate with us, but fill us with their grace and presence. They do not know all the answers nor do they try to know it all. Those who bless us with their insights are only sharing what they have learned about themselves. These people have learned to use their eyes to see and ears to hear, hearts to truly love and arms to truly hold.

## Letter to a Member

Posted on [August 15, 2013](#) by [Dara](#)



It is very hard for me to be the firm yet caring healer Dr. Christopher was ascribed to be. Hearing of the distress you have endured while doing a liver flush I find it hard to form the words to strengthen you on your healing journey. This is an injustice to you and I must find a way to share the knowledge I have come to understand with firmness and care. Dr. Christopher was once accredited with the saying, “a cleaner cup for the next dose”, in reference to a patient clearing the stomach while doing a flush.

Distance makes this very difficult. You cannot see the tears in my eyes or understand the compassion that fills my heart when the struggles encountered during the cleansing process are shared with me. If I could have been present with the knowledge I’ve gained over the years much of the discomfort might have been alleviated.

This is not the role the Father has given me. My role is to support, teach, and encourage from a distance. With this understanding I must find a way to apply a firm hand while still showing compassion for the discomfort that will be a part of any cleansing program.

You had an extremely disagreeable time doing the liver flush. The extended period of nausea could have been abrogated to a large degree with a little herbal experience. Knowing how to address a cleansing crisis can make all the difference. When dealing with nausea during a liver flush I would suggest 1 tsp. Digestive Tonic and 1 tsp. LP formula mixed together in an ounce or two of water. Knock this mix back. (*Drink all in one swallow, DO NOT SIP*) This will settle any system where the bowels are open and working well.

Understanding why the nausea happens in the first place comes with experience. Since we know your bowels are working fine. I would suggest the cause of your nausea was from the rapid detoxing backing up into the stomach. This is quickly reversed by using the method mentioned above. It is a matter of turning the detoxing flow around and sending the waste out through the bowel.

Yes, I can agree that drinking 8 to 16 ounces of oil is extremely unpleasant. Yes, liver flushing will create a bit of drama. That said, everything you have shared with me says you need to do more liver flushing. The drama you have experienced is not a negative back lash but a strong positive reaction that needs to be processed through to the end. Your body is doing exactly what you have asked it to do. The detoxing process was powerful when you did your liver flush. As Dr. Christopher says, you created “a cleaner cup for the next dose.”

## Happy Birthday to me!

Posted on [September 17, 2013](#) by [Dara](#)



Wow, can I really be %# already. This just can't be true. My heart still beats inside the body of a young girl. The years have flown in a flash. So much still I'd love to do, so much yet to know about living, loving and being me. I'm just beginning to know who I am and what I really want from this life.

I cannot remember a single day uncolored by the Love of my Heavenly Father. His care has provided comfort and hope when the evil and hurt was all around. He has been my friend and counselor as I have worked to make sense of my early years. Now I know Him as my trusted Friend who has walked every step of this life with me. I have had to make this journey alone, except for Him, but what a great Exception He is.

I want to thank each of you who have shared even a small part of my journey with me and who I have been privileged to share in yours. In sharing I have discovered the only truth of any value in this life. It is only in giving and doing for others that real joy, contentment and healing can be found.

## Support for the College Bound

Posted on [October 6, 2013](#) by [Dara](#)



**Member Q&A:** Maybe you have already covered this topic, but I was wondering what you might recommend for our youngsters who are just off to university. Bearing in mind their diets normally deteriorate extremely (over here most tend to self-cater) and their alcohol consumption goes through the roof... maybe this might be a topic for a newsletter at some point. Thinking it through I guess the Superfood should be a mainstay but I wonder if there is something else that isn't too much trouble for them that would also support?

**Answer:** Yes, [Superfood](#) would be a staple for any child going away to college. [The Lower Bowel Formula #1](#) to keep the bowels open and moving well. [Digestive Tonic](#) & [LBF #2](#) on hand for; "the Morning after the night before" ([Vomiting & Diarrhea](#))

The hard living you have described as being part of the college life will present a bill down the road for those who partake largely during their college career. There are formulas to support the different areas of the body but these will not be much benefit until the person has decided to support themselves with a better lifestyle. This will come when the physical & [emotional bills](#) are presented. This type of abuse of the human system will require rebuilding. When we are young and our powers are strong it is hard to be convinced that this is not how it will always be. We throw our limited physical resources away on such vain things. Once depleted, damaged or gone they are never fully regained. Our health is a gift lightly esteemed until it is broken.

As for Tonics that might prove helpful; The [Brain Formula](#) will assist by increasing blood flow to the brain. Supporting the remaining brain cells not yet destroyed. A good [Kelp Blend](#) to support the Thyroid gland which will provide a good usable source of energy without whipping up the [adrenals](#) with caffeine.

The [NF Formula](#) would be an excellent aid for the emotional pressure in those who tend to lose it when the heat is on. This is a nerve food formula which supports the emotional health as well as the physical health of the nerve cells. It is one I would use as needed not on a daily routine unless the person is suffering from an [anxiety](#) issue or [depression](#).

## Golden Thread of HOPE

Posted on [November 3, 2013](#) by [Dara](#)



Today I want to share a little hope. This is the golden thread we all live on. Without hope in something beyond ourselves and this life there is truly no purpose or reason to go on. If our short span of years in this life is all there is, if this is as good as it gets, why take the ride at all.

No, I don't believe for a minute that life is only about the short time we are drawing breath here and now. This life is only the beginning.

Eternity with all the joy and peace of heaven is waiting for each one who truly chooses to be there. Jesus, the Father, Heaven is not a myth.

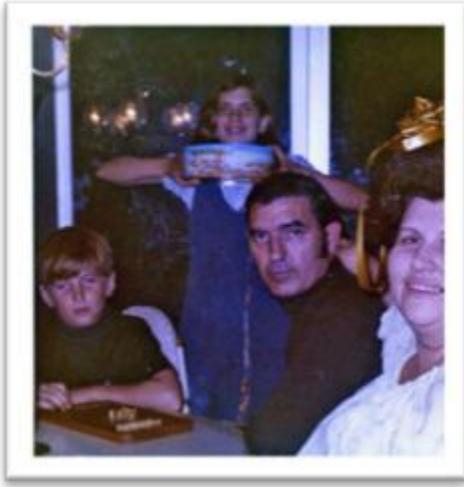
This past week and for the next couple of weeks I will stand helplessly by as one of the best friends I've known in this life dies. He has fought a good fight and will lose his battle with prostate cancer in the very near future. Why is he dying? Why not do all the great herbal therapies and live? There is life within reach of anyone who chooses to do the work.

He did do the work. Seven years ago we all rejoiced in his victory over cancer. My friend moved in with us, my husband and myself, shortly after we purchased our current home. He was a huge blessing, helping renovate and remodel this massive house. I don't think we could have done it without his help. Two years ago he received emotionally shattering news. Unable to emotionally cope with his loss it was not long before his cancer returned. He has chosen not to do a program this time. God bless him, he has done all he can. His heart is broken.

Our life and times are in the Father's care. All His plans for us are perfect. This side of eternity our vision is imperfect. We do not see the reality the Father knows so we must trust in His undying love and care for us. He holds nothing back. All heaven is vested in the salvation of man. This knowledge, this reality is the golden thread binding our heart with the infinite heart of God.

# One Week to: Biggest Family Day of the Year!

Posted on [November 18, 2013](#) by [Dara](#)



We are a week away from the biggest family day of the year. Life is messy; there is no escaping the joy, tears and drama ahead. It's the same every year, you know the routine. You spend the first five minutes catching up and the next three days remembering why you only do this once a year. Those of us blessed with family we actually enjoy spending time with can still appreciate the uninvited drama that manages to show up each year.

I'm all for cutting the drama and enjoying a peaceful uneventful holiday season. So this year let's see if we can manage both, Thanksgiving and Christmas, without a single trip to the emergency room. It is possible with a little planning and forethought.

## Try following a few common sense suggestions:

**Do not overeat.** Enjoy the special holiday dishes. Take smaller portions. Eat slowly and only until your stomach feels full. Stuffing your stomach increases the pressure on an already over worked liver and gallbladder, not to mention your entire digestive system. Over-stuffing the system with food will lead to irritated nerves and short tempers. Drama, Drama, Drama! Not to mention the physical complaints of vomiting and or diarrhea, acid reflux, gallbladder attacks, appendicitis, heart attack, gout, sciatica pain, and the list goes on.



**Meet the Family:** Decide this year to steer clear of the old emotional junk. Every family has them. The subjects better left alone. So, leave them alone. Allow each person to be new to you. Someone you are just meeting and getting to know. Try it; you will be amazed to discover how little you actually know about those who mean the most to you. We are all constantly growing and changing yet we seldom take the time to get reacquainted.

**Be Grateful.** For most of us the small group of friends and family who truly know, accept, and believe in us can be counted on one hand, the few truly blessed ones may need to take a shoe off. You are who you are today because someone believed in you when you were clueless. Someone lit your fire and kept it burning by little acts of love and caring. In this life no one makes good alone. Your gifts and talents are from the Father above, your ability to develop and grow you owe to the special group of family and friends making up the nucleus of your world. Who you become is your grateful offering of love back to the Father.

### **Herbal Supports to have on hand for the Holliday Drama**

**Here is a quick list to pack:**

- **Digestive Tonic, L/P Formula:** [Upset Stomach to Gallbladder Attack](#)
- **LBF #1:** Constipation & **LBF #2:** [Vomiting & Diarrhea](#)  
[Cayenne & Lobelia](#)
- **NF Formula:** Emotional Drama, Panic Attack ect..
- [BF&C Salve/ M&L Salve](#)

## The Absents of Good

Posted on [December 18, 2012](#) by [Dara](#)

Clearing our emotional pain is as important in the process of healing the body as clearing the toxins. Our emotional life has everything to do with our physical health. Every day the news is full of the awful thing man does to himself and others when the twisting of a soul has reached its limit and finds release as it lashes out on society.

What hurts the heart today. The world is falling apart. Babies are shot while they sit in their classroom. A Crazy, mean, hateful, person picked up a gun and shot us through the heart. This shooting was not an act against society, it was an act of pure hate. When aiming to get even with society adults are the target. To walk into a classroom with the intent to destroy the un-lived lives of our babies, this is an act of pure hate. This man was not shooting at society, his act of murdering what we hold dearest to our hearts, our children, was an act of pure hate intended to elicit the most pain possible. There is no torture more painful to a community than the mistreatment or murder of our children.

The cruel hate filled heart that could inflict so much pain out into the world would not be affected by our tears or pleas. The selfish choices made over and over again paved the road he traveled bringing him to the day he would be able look into the innocent faces while sending life ending lead into their little bodies.

A wise man once said evil is the absents of good. We have removed God from our schools so why should we be shocked when all that is good is found missing from the soul of our young adults. God is good, He is love, to know him is to know true love. Without God the opposite can only be true.

# Create Something New

Posted on [December 27, 2013](#) by [Dara](#)



2013 is slipping into history. All the days are nearly used, the time, talent, and resources invested into the year 2013 will now write its history. Was it a good year for you? Did you do all you had planned? Are you leaving your mark on history or just allowing the hours, days, and years of your life to dribble into eternity without much thought or concern. It is too easy today to become mindless drifters.

This year I challenge you to create something new in your life. Clear the old junk from a place in your world and build something new. What do I mean? **A new habit. A new invention. A new attitude.**

You are the creator of your destiny. Make something new and fresh out of the New Year ahead. You can do it. When you make space and create you become someone new and exciting. You will expand your life into new sensational dimensions. Just do it, create something new in 2014.

# We are our Choices

Posted on [March 2, 2014](#) by [Dara](#)



We are our choices. Every choice made defines the life. Life has revealed a truth to me, that there are no BIG days of decision. No forks in the road ahead. The only forks I've ever seen have been in my life's rear view mirror. The little decisions made each day determined in advance how I would respond when life's larger decisions were pending. Often I have not even recognized how important the questions were until I was reaping the results of my choices.

The little choices we make each day become habits and habits become a life. What, when and how we eat. Looking for opportunities to bless others instead of only noticing what is right in front of our nose. Learn to set yourself up to succeed by knowing yourself well. Nothing in life is of little importance.

## Detoxing the Body

Setting up a good detoxing program is key to any successful healing or cleansing. Too often a person will set themselves up to fail at cleansing by not doing their homework. A basic understanding of how the body works will provide the ground work as you clear the waste from your system.

When beginning any healing or detoxing program the benefits will only come if the waste can be removed and healing nutrition brought in. The largest elimination organ is our colon. If this avenue of elimination is not open and producing well all the good you are doing is for naught. The waste will be reabsorbed as it sets in a sluggish backed up bowel waiting to be eliminated from the body.

The healing and detoxing of the body need not be a negative experience. Many people are hesitant to begin a good detox because they cannot afford to be sick or don't want to feel bad. Detoxing can produce flu like symptoms when the waste that should be eliminated is reabsorbed. Feeling bad is not necessary, when the immune system is supported with proper nutrition and enough Echinacea the waste is neutralized and eliminated, not reabsorbed.

It's all good. With proper nutritional and emotional support the healing of the body, mind and heart can be an uplifting fulfilling time. Healing is not so much about the diseased condition as it is about unblocking life on every level, while flooding the body, mind, and soul with healing, restorative nutrients. Take the

opportunity to get real with yourself. You are a physical, Emotional and Spiritual child of God, as the physical body begins to heal there will be a corresponding clearing of old issues from your emotional and Spiritual life.

Everyone will have their share of pain in this life. The hard times are not here to destroy us, but to enable us to grow. As we choose to meet life's challenges, we develop real worth and depth of character. When we choose to turn about and squarely face our own personal demons, we inevitably discover how powerful a single choice can be. The power of choice is the gift Jesus died to give each of us. The journey of 1,000 miles begins with one step. The power to overcome on every level and rise above every weakness begins with one choice. When you choose to embrace life's trials, you are choosing to attend classes designed specifically for you. Now, instead of being a victim, you are choosing to expand and grow psychologically, emotionally, and spiritually.

# Stepping out of our Comfort Zones

Posted on [July 9, 2014](#) by [Dara](#)



As one of the most acutely painful conditions, UTI's refuse to go unnoticed. After decades of recurring infections with no medical hope insight, a caring woman showed me a most simple and effective remedy. Since discovering the power of [herbs to clear my habitual bladder and kidney infections](#) I have continued on to learn there is power in Nature to clear every ailment known to man. The question is not do they really work but are we willing to cooperate with nature for a complete clearing of our conditions.

Everyone wants health; the problem is many do not want the lifestyle necessary for regaining and maintaining health. Just as we have the law of gravity, "what goes up must come down" so there are natural laws of health. These are not arbitrary rules written and enforced by man. Breaking the laws of health produces stress and toxins in our bodies. Living within the natural laws our creator established produces health and happiness. Sounds simple, if only it were this easy.

My comfort zone has not always included the best and most healthful choices. I have had to re-train my tastes, learning to like things new and strange to me. It's all about being willing to move on and become more. Letting go of what is not working and embrace new and better things. Old comfortable habits need to be examined. Just because something was always done one way does not make it right.

The old saying, "Knowledge is power" is true. Empowering ourselves with the information we need is where our healing journey begins. Finding the truth for your life is a very personal endeavor that only you can accomplish. In my life the Heavenly Father has brought His teachers into my world perfectly scheduled to meet my needs. His teachers have not always been easy to hear but if I accepted the truths they freely offered I moved easily into the next phase of my life. If I failed to hear my teachers I was not equipped or ready to move forward.

Learn to look for and accept truth where you find it. When trials appear in your life gratefully embrace them, for the teacher has come. Learn to squeeze every ounce of truth from life's trials, if you do this chances are you will not see that trial again. Learn to be teachable; the truth is you **DON'T** know it all. Relax the Father has your back, front, and both sides and He's not going anywhere.

# The Real Secret to Success

Posted on [July 28, 2014](#) by [Dara](#)



This life all goes so quickly. I feel old today. The smart phone we have has outsmarted me. I have barely figured out how to dial an outgoing call. As for answering the crazy thing when it rings, I have no idea how to pick up an incoming call. Since we have no cell phone reception at the house this is not a real problem, just a slight annoyance.

Praise the Lord something's do not change. These beautiful bodies we have still require the same care today as they did 100 or 1000 years ago. Nutrition, Emotional Upkeep, and Spirituals Peace, are still the only way to thrive. The real secret of success and

happiness in life is to be “other focused” as opposed to “self-focused”. I have learned the best way to get out of an emotional “funk” is to begin caring for the needs of someone else. Get my mind off me and focus on someone else.

Yes, I still have to deal with me and all my personal baggage, a task made easy when I begin counting my blessings instead of nursing my emotional boo-boo's. No one gets a free pass in this life; we all have our emotional bumps and burses. The question is do you learn from the pain, have you squeezed every ounce of learning from life's lessons.

The alternative is not pretty. We have all known someone who has chosen to plant themselves on their personal pity pot where they plan to remain waiting for life to apologize or worse that angry soul looking for their pound of flesh. There is no redo button on life. Don't waste one more moment regretting the past.

# Thank you for being my friend.

Posted on [September 7, 2014](#) by [Dara](#)



Dear Friend,

Thank you for being my friend. I don't understand why you picked me but I am so glad you did. Honesty between friends; this is such a gift. Begin completely open with another mind, one that loves and cares for you is something to be valued and nurtured. As humans we long to be known. The energy exchanged when deeply engaged with another mind is restorative to the body, mind, and

soul.

We expand our minds by the exchange of ideas. This can be done through reading written thoughts and ideas, the exchange of words between people, or by observation of life as it passes within our view. Nothing we are aware or conscious of, do or say is of little consequence. All we say do and think has an effect on ourselves and every mind within our spear of influence.

These exchanges can elevate or degrade our minds and intellect depending on the type or quality of the exchange taking place. Just as the food we consume will determine the quality of our bones and flesh so the intellectual material we consume determines the quality of who we are in every sense.

The innate law of worship within each of us cannot be changed. This law says we assimilate to, become like, that which we worship. We all worship something or someone. The Father was not thinking of himself when he positioned as the first of the Ten Commandments: "Thou shalt have no other gods before me." He created man the highest intelligence on earth.



There is nothing on earth we can safely worship. The human mind is uplift and elevate when drawn up to engage with the mind of God. We expand and grow by assimilating to the character of our Creator. This is His great gift to us and our great Hope; "that when He is revealed, we will be like him, for we will see him as he is. And every man who has this hope in him purifies himself, even as He [Jesus] is pure." 1 John 3:2-3.

## Joy comes in all shapes & Sizes

Posted on [September 7, 2014](#) by [Dara](#)



Animals are such a joy. Between Trouble, our cat, King, the Great Pyrenees, and Princess the Chihuahua we have all the joy we can handle. King is the most loving dog I have ever owned. He loves people, all kinds of people. I am never alone for long when I take the big guy with me to the park or walking trails. Aside from being really huge, over 125 pounds, he is a people magnet. They stop to remark about his size, look into his big brown eyes, fall hopelessly in love and we have all made friends for life.

We have had him since he was 19 pounds at eight weeks old. Over the next nine months he grew to a 98 pound teenager on a diet supplemented with Superfood and BF&C oil. The only time I've seen him close to losing his patience is when Princess has aggressively attacked him. She is too small to be more than an annoyance; even so she can be quite the pest when it suits her.

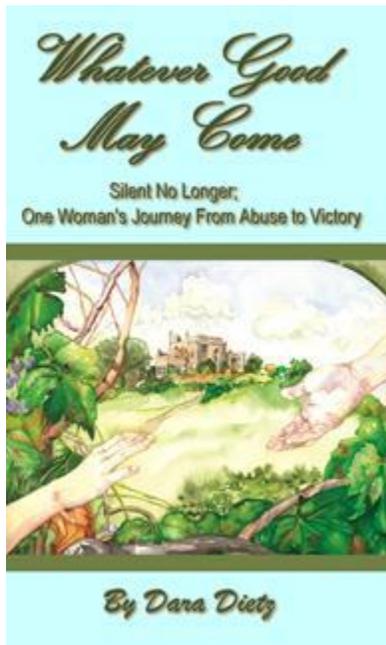
On this particular afternoon she was unremitting, snapping and snarling at the big guy. He seemed to be getting a bit of a kick out of her pointless aggression. At one point she latched onto his back leg with all her little might. He just patiently shook her off and walked away. A few minutes later I heard her carrying on like she was being killed. Running in the direction of the noise I came upon the funniest sight I've ever seen.



King, had obviously had enough, He had gently pinned that little brat to the floor with his front paw. As I rounded the corner he looked up as if to say, "don't be mad, I just couldn't take any more." He lifted he paw allowing her to run screaming to her daddy. Aside from a bad case of injured pride she was fine. No, she has not learned her lesson. From time to time we hear the loud shrieks emitting from that little creature when King must again put down his paw. She had never been hurt nor has she as yet learned to leave the big guy alone.

# Whatever Good May Come

Posted on [November 10, 2014](#) by [Dara](#)



Today I am going to honk my own horn for a bit. I want to let you all know that I wrote a book. “Whatever Good May Come,” is my testimony, my story and the story of HEAL Marketplace, but mostly about the journey of a lost little girl who is making her way through life in the strength and wisdom provided by the one who has loved her most. The Father has been my Friend and guide from as far back as my mind can go.

Honk Honk!! My story is a real page turner, I say this not because I am the author and of course I think it is a great book, but in the authority of the many who have read it and shared their opinion with me.

As I have said many times, “life with the Father is never boring” He has taken me to places I would never have chosen to go on my own. Having faced pain and loss in his strength I can honestly say I have tasted and seen that the Lord is good. I would not choose to change a thing. It’s all good, His love flowing through my life has made it all perfect.

It is my desire to share this fabulous journey with you. The “silent watcher” that I was (almost the name of the book) has found her voice and she has something worth hearing to say.

See a [Preview of the Audio Version](#)

# Healing Answers for the Mind

Posted on [March 18, 2015](#) by [Dara](#)



Finding healing answers for the emotional issues which contribute greatly to the physical ills we all face continues to be an on-going mission. Knowing what is right and doing the right do not necessarily go hand in hand in a life that has experienced abuse or neglect during the informative years of childhood. Discovering why has been a large part of my personal healing journey. Rising above the early misuse and abuse in my life continues to be a daily challenge.

Several weeks ago I stumbled across another Seminar by [Dr. Tim Jennings](#) I'd never viewed. After learning so much from his other two seminars on the brain I decided to try and wade through this one too. His talk entitled, [Modern Medicine Seminar](#), to a group of medical students includes discussions on drug therapy, not really my kind of material. Even so Dr. Jennings has provided so many "light bulb" moments the material ought to be worth something. What a gold mine. Dr. Jennings explains the effect early abuse, neglect and emotional trauma have on the brain. Then toward the end of the talks he provided a few nutritional suggestions for brain health.

(Pomegranate Juice, Folate (l-methylfolate), Nac-Acetyl Cysteine, Vitamin C Supplement, and Turmeric)

He did not suggest any dosage so I played around a bit and came up with something that works me.

- [Vitacost 100% Pure Pomegranate Juice](#) Concentrate: 1oz a day (added to superfood or in water)
- [Life Extension Optimized Folate \(l-methylfolate\)](#), 1000 Mcg, Vegetarian Capsules: 1 Capsule 3 x a day
- [NOW Foods Nac-Acetyl Cysteine](#) 600mg, 250 Vcaps: 2 capsules 3 x a day
- [Vitamin C Supplement](#) 3,000 mg: 3x a day
- [HEAL Marketplace's Turmeric](#) 2 capsules 3 times a day.

The best source for any vitamin or mineral is from a live food source. Life is teaching me that there are times when the natural juices and food sources need to be carefully supplemented for the additional support necessary for healing some specific issues. Massive use of vitamin and mineral supplements can

add a heavy load to the kidneys and liver. Find the best food source for the needed nutrients whenever possible.

The regiment begun a month ago is proving to be one of the best choices I've made in a long time. Life is becoming fun again; interest in and for my life is returning. That said I have always loved what I do and am so privileged to know all the members of HEAL Association but in recent years I have stopped enjoying many of the extra activities that have been a huge part of my life. Photography, cooking, sewing, writing, the creative side of my life had stopped. I'm looking forward to these activities again.

After the first two weeks on this program it was time to flush my liver. There is obviously a good deal of house cleaning going on so if you decide to follow the above regiment don't forget the foundational programs: Boosting with Echinacea, Bowel Cleansing, and Massive nutrition (Superfood & Juicing ect..) In addition plan to [ELF](#) or do a [liver flushing program](#) every few weeks.

## For the Love Of Mud

Posted on [April 14, 2015](#) by [Dara](#)



It is raining outside; down by the creek the red clay dirt has changed, King, our once white Great Pyrenees to a bright shade of red. He was obviously having a grand time playing in the muddy water this morning evidenced by the mud he continues to carry. Regardless, it is his opinion he should be allowed entrance as our employees arrive. I



I enter my office as he steps up to the open door innocently peering through the screen. I gasp at the sight of him. “Oh, no big boy, you are not coming in today. You are a muddy mess.” King’s heart is broken; no one wants anything to do with him today. Sadly he and his muddy self are banished to the deck until his coat dries and all the mud magically falls off.

# Emotional Health Naturally

Posted on [April 14, 2015](#) by [Dara](#)



Emotional health is the unseen substance supporting our good sense, and providing that something “extra” when our good sense is spent. We’ve all had those days when the only good choice left is to laugh at the mess you’ve made of today while keeping faith for a better tomorrow. What happens when the inner strength is

gone, the soul inside crumbles under the slightest provocation life has offered. Each day becomes a series of trials to be failed in sad succession until blessed sleep frees one from reality for a few precious hours.

Are there any real answers for rebuilding our spent or broken emotional health?

Yes, I do believe there are and the hordes of antidepressants proscribed by the medical practitioners are not it. The health of the mind and body rise and fall together. One cannot be any healthier physically than they are mentally or rise mentally above the physical health of the body. This is not to say someone with a birth defect or debilitating injury cannot be emotionally healthy. The health of the body and mind are all about clearing toxins from the internal systems. The more toxic the system the poorer the health of the body, the less emotional strength to deal with life’s little frustrations.

Emotional health is realized when a healthy mind/body connection is achieved and maintained. The mind supports the glands in their production of the system’s balancing hormones, which support a sense of emotional wellbeing as well as physical health. Toxins prevent the proper absorption of the healthy food we eat, even the highest quality extracts will be of little use if the liver is too backed up to properly utilize the nutrition provided.

An effective natural approach for emotional health issues is to make sure the elimination organs are open and functioning well, (bowel Cleansing) then embrace a good system wide detox while nourishing the mind with herbal and natural supports. It is also important to deal with the emotional junk that caused the mental overload in the first place. No one can untangle all the emotional issues choking the life out of their life all alone. Find someone to talk to, an experienced guide to keep you pointed in the right direction.

**Herbal Supports:** One of the most important is Kelp. The master herb for the thyroid is also food for the entire glandular system, energy in a bottle. Energy, motivation, and desire are three important elements of any great day. Kelp is helpful. Superfood; when needing an emotional or physical pick-me-up four tablespoons of Superfood in a glass of juice and I'm firing on all cylinders again. There is nothing like a powerful hit of Nutrition to clear the cobwebs, while sending usable nutrients to every cell of the body. The real grabber is its all real, no caffeine, nothing to make you feel better when you're actually not.

## My Depression Testimony by Dara Dietz



Depression for me was a deep sense of hopelessness, an unshakeable sadness that filled my waking hours. Life had been robbed of joy by the heartless actions of those who were my heart. Only a handful of close friends were aware that for two years, without warning, tears of hopelessness would silently fill my eyes, spill over and running down my face. Even so anxiety never filled my heart with fear; faith in my Heavenly Father was as firm as ever, I knew my life and times were in His care.

Before sharing the herbal program I used it needs to be understood how important the services of a qualified Christian Psychologist are. During this difficult period I was fortunate to find my own wonderful counselor. I determined from the beginning to be as honest as possible, to listen and learn about myself through the eyes of this person.

Just as we have physical blockage that must be cleared before we can heal our bodies, so it is with emotional blockage. Believing a lie will not only prevent you from embracing the truth but the lie will block the free flow of emotionally vitality in the life. Learning to Love me and forgive myself was the first step in my emotional healing.

Please believe me when I say, "There is no truth that cannot be faced squarely when you face it with a trusted Counselor or friend and the Heavenly Father on your side."

Once faced and understood, you can own life's most painful moments. They no longer own you. Learn from them and grow through them, this is how emotional giants are born. They rise up from the wreckage of life's most painful moments, decide to face their responsibilities and by the grace of God ascend above it all.

### The Herbal Supports I used

There are many effective herbal remedies that will aid in clearing the toxins from the mind enabling emotional healing to happen. Below are the herbals I used.

These herbs should be taken six (6) days a week:

- 1 oz Each Day Echinacea\*
- 2 Olive Leaf Capsules 3 times a day (East Park: d-tenolate caps)

- 1 tsp St John's Wort 3 times a day. (or Antidepressant Formula 1tablespoon 3 x a day)

*\*Echinacea: Boosts the immune system enabling it to process the die-off created by the other two cleansing herbs being used in this program.*

## Detoxing your life

Posted on [April 29, 2015](#) by [Dara](#)



Someone once asked me what do I mean when I say “deal with the past”? What does it look like to process a painful childhood or history of abuse? Choosing to deal with painful past abuses is doubtless one of the most heart rending experiences life has to offer. That said, there is no greater reward than that of owning your whole story, wrapping your emotional arms around the

brokenness that was your life, knowing you are more for having passed that way.

For me the process was accomplished while writing my story. Emotionally combing through my past with the mind and maturity of a loving adult enabled me to see the truth of my childhood. Retracing my past one memory at a time, viewing each player in this production that is my life I am now able to discern where my responsibility ends and the culpability of others begins.

Emotional damage occurs when lies believed break the cycle of love and trust growing in the heart. A child with no life history will accept as truth the lies about life and living embedded within the abuse they daily experience. For this child evil is a daily companion; healing, loving truth does not exist.

How do we discover what has never been known? Where to begin? No one looks for emotional healing until they realize the brokenness within themselves. The questions arise when they find themselves living a life filled with emotional pain, failed relationships, ect... They meet happy people who seem to have it all together. The questions begin to form; Why not me too?

This is where a good counselor can be very helpful. They will provide a safe caring environment where you can get the answer to the questions you are just now ready to ask. An emotionally healthy friend or counselor will also be a living example for the observant.

The time has come to question everything. Start anywhere you like, with whatever is on your heart. Open the emotional closet, pull all the memories out into the light of day and take a good look. What beliefs about yourself, life, or others have been accepted as truth? Are these accepted beliefs accurate? Don't try to justify the past or rewrite it for the benefit of your listener. Let it be just what it was, trust me, it will be okay. The absolute worst episode you are holding in the very deepest, darkest, part of you, when brought to the light will lose its sting.

Truth & Trust are key to healing. Where lies break the circle of love and trust, truth restores this circle. Truth Restored brings love and trust in its wake. Be a follower of the truth regardless where it may lead. From a distance this road may look dark and uninviting. Don't be deceived; throw open the door of your soul allowing God's healing light to flood your entire being. His desire is to transform your biggest hurt into your greatest blessings.

## **Natural Healing, what is it?**

Posted on [October 18, 2012](#) by [Dara](#)

It is a way of living. It is a conscious decision to stop doing the things that have been hurting you and begin to do things that make you happy. For each person this will be different because we are all different. Natural Healing is getting the toxins out of your Body, Mind and Soul. It is accepting all parts of who you are, accepting every experience that has made you who you are today. Embracing your WHOLE story every part of you. Learning to love every part of you, the good, the bad, and the ugly.

Yes, the Mind and Soul are as important as the physical body. **You Cannot Be Any Healthier Physically than You Are Emotionally.** If you are emotionally holding onto old traumas they will manifest in your body as allergies, skin problems, liver disease, tumors, cancers etc.. You can hide from everyone except yourself. You are you. Even if you do not consciously acknowledge your issues they will still affect your physical body. We will get more into this later.

Natural Healing does not offer a magic herb or pill that can be taken to cleanse and purify the body. I'm sorry to be the one to inform you, there is no such thing. I do not

personally believe God would ever provide such a substance to His children. Knowing what I know now I would not want to take such a pill either.

Why? **Because the Gift Is in the Journey.**

Your journey to health begins the day you start to make positive changes in your lifestyle. Each change impacts those around you and your emotional, physical and spiritual well being. With each positive change you make you will begin to realize your gift. Sometimes this will happen within minutes of a change, sometimes months will go by before you realize the gift.

Without the experiences your healing journey will bring there would be no growth, no understanding that what you put in your mouth, think in your heart, believe in your mind, and have anything to do with your overall health. Until you change the things you are doing that made you sick you will not be able to maintain health even if you were given a “miracle pill”.