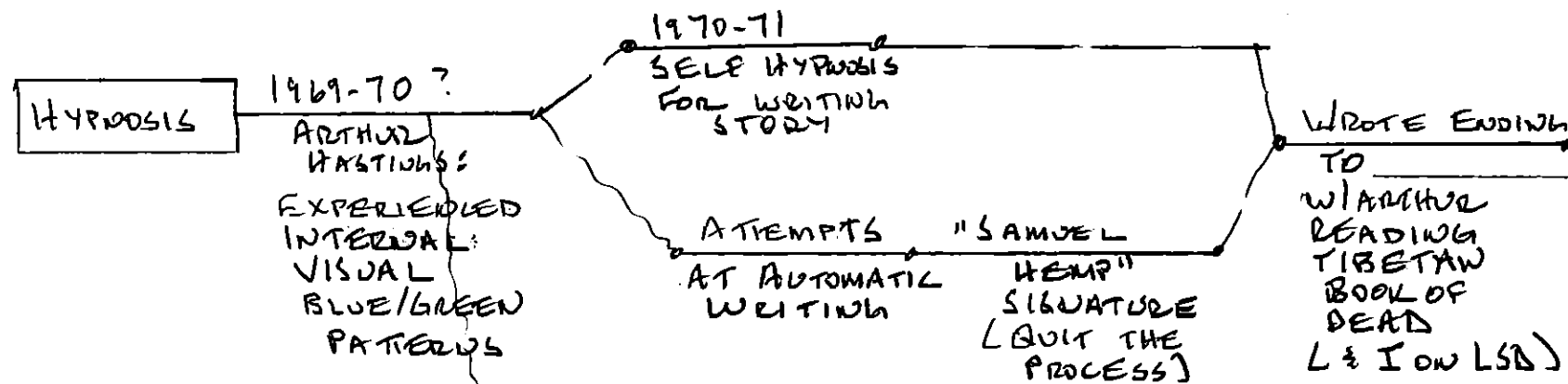


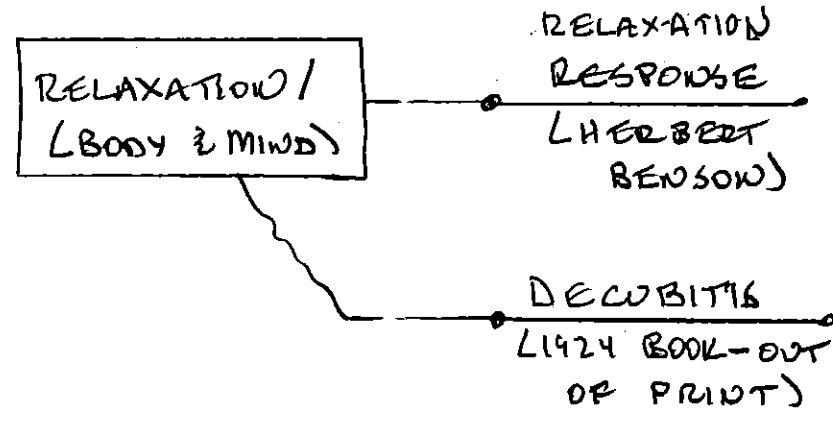
MIND / BODY PRACTICES



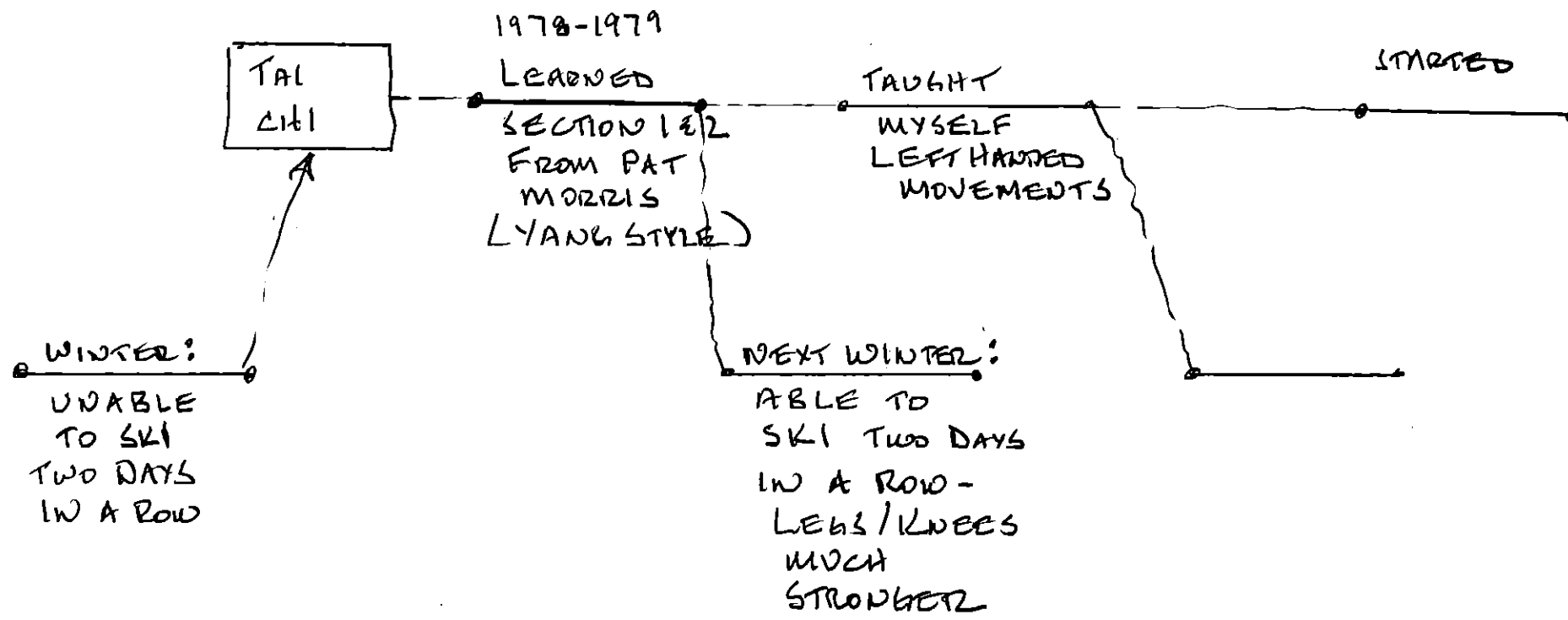
1980-1990
 PRACTICE RELAXATION EXERCISES & SELF-HYPNOSIS

- SWIMMING
- WATER SKIING
- SNOW SKIING

1969
 HYPNOTISED LAURA FOR ABE REGRESSION (SAME DAY AS MEN WALKED ON MOON)



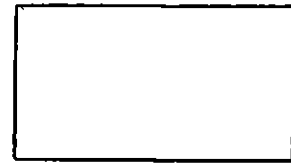
- 1990-2000**
- R's:
- RELAX
 - REJOICE
 - REJUVENATE
 - RESEARCH
 - RE-DIGEST
 - REST



1983 SEP 2
VARISARA
DHARTI
(WINTERVAL
SALT CLEANSE)

1983
WATCHING
STARS &
CONSTELLATIONS

TRYING TO VISUALIZE
STELLAR RELATIONSHIPS
& MOTION
LUNAR PHASES



1980 ±
WORKSHOPS

TOUCH FOR
HEALTH
(KINESIOLOGY)

SUPER-PERFORMANCE
IN SPORTS
(JOY BRADLEY/
NANLY)

MIND MAPPING

LOG-A-RHYTHM
& DAILY
LOGS

CHARTS OF
WRITTEN
MATERIAL

LIFE LINE
OUTLINES

2005

RE-INTEGRATE
HEALTH W/
BOBBI SPUR

2007

LIST OF
GOALS

TAI CHI

2006

AWA'RENESS
OF
TRANSITION

REMEMBER CONVERSATIONS
W/JACKIE: I COULDN'T
EXPLAIN WHAT I FELT
ABOUT "TRANSITION"
(VAGUE FEELING, JUST
ASKE PATIENCE)

2000-2006 2ND CYCLE OF SADHESATI
2ND MARRIAGE: 1990-2009
SEPARATED 10 SEPTEMBER 2006

2008-2009

AYURVEDIC WELLNESS COUNSELOR
CLASS (10 MONTHS)
(500 HOURS ±)

2012

JYOTISH
CLASS
(60 HRS)

2014

JYOTISH CLASS
(60 HRS)

2009-2010

NO DRIVER'S LICENSE
SEMI-SABBATICAL

2011-2013 ±

LEARN NEI KUNG
(TEN FORMS)
MASTER CHU &
JIM BORELLI

2014

HYPNOSIS
w/ JIM
BORELLI

MUCH READING
DISCIPLINED AM
STRETCHING, EXERCISE
PRANAYAMA, MEDITATION

MANTAK CHIA
CHI WEISSA

ANALYTIC MEDITATIONS
ON THE LAMRIM
(THUPTEN CHODRON)

GENERALLY EARLY AM
w/ RECITATION, RELAXATION

READING & RE-READ
SUFİ BOOKS OF
HAZRAT INAYAT KHAN
(15 BOOKS - HIS LIFE WORK)

(ALSO RE-READ TWO FROM
THE 1980'S:

ALCHEMY OF HAPPINESS
EDUCATION: FROM BIRTH
TO MATURITY

KHEW
RINPOCHE

JULY 2011

KALACHAKRA
w/ DALAI
LAMA