Moringa Oleifera benefits: enrich your life with the Miracle Tree for well-being, happiness, weight loss. More than a super-food, nutritional supplement, food supplement

Moringa Oleifera, as featured on Dr. Oz Show.

By Frank Moringa

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Access Moringa Oleifera Multimedia library on: http://www.moringacircle.com/

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Moringa Oleifera: the Miracle Tree in your backyard? Quoting Dr. Oz: “The leaves of the Moringa Oleifera tree [...] are extremely nutrient-dense. They contain three times more iron than spinach and are loaded with tons of other vitamins including vitamin C, vitamin A, calcium, and potassium, as well as powerful antioxidants”.

Imagine a tree that satisfies all your nutritional needs. It is not hard to do. Now, imagine the same tree helping your health, and purifying the water you drink. I wonder if you can! There is no more need to try imagining. This tree actually exists. It is called Moringa Oleifera.

Together, we discover the benefits of Moringa Oleifera. For health, for lactating mothers. To purify water. To cook tasty meals. And much more!

In this book, we provide you the results of our extensive research about Moringa Oleifera. But we do not ask you to believe the information we found. Instead, we provide you the tools to make your own research if you so desire. Not on unknown sites, but in scientific, peer-reviewed journals.

Moringa Oleifera is believed to be the most useful tree in the world. With highly nutritious leaves, as mentioned it provides significant amounts of beta-carotene, Vitamin C, Vitamin A, protein, iron and potassium. Discover how you can benefit from Moringa Oleifera, and how to grow it if you decide to.

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The information provided here is not a substitute for professional medical advice and care. If you have specific needs, please see a professional health care provider. Any references to products, services, or health care providers are not a recommendation or endorsement of products, services or providers. Links to other Web sites are provided for convenience and do not constitute or imply endorsement.
How to take Moringa Oleifera

In sub-tropical countries where Moringa Oleifera grows, this plant is eaten in different ways. Moringa Oleifera is used to make tasty soups. Its seeds are roasted. Powdered Moringa may be used for desserts, etc.

In North America and Europe, Moringa Oleifera is usually available as:

- **Moringa Oleifera Capsules**: Moringa capsules provide an easily digestible abundance of nutrition, that is healthy for the entire family to consume. Each Moringa Oleifera capsule contains the purest powdered leaves of the Moringa Oleifera plant. Moringa Oleifera capsules never contain additives, fillers or flow agents. They are specially nurtured and hand harvested. And then packaged at cg Mp, FDA-approved facilities in the USA.

- **Moringa Oleifera Powder**: a nutrient-rich dietary supplement. containing amino acids, antioxidants, vitamins, and minerals. Simply open the package and stir into any dish to boost its nutritional value. Moringa Oleifera Powder contains NO synthetic ingredients, and NO animal products or by-products.
- **Moringa Oleifera Tea** and Tisane: Moringa Tea was recommended by Dr. Oz as a healthy, energizing drink, a substitute to coffee. It is a nutrient-rich Tisane containing amino acids, antioxidants, vitamins, and minerals. Simply open the package, place the tea bag in your cup, drop boiling water on it, wait for it to cool down, and enjoy. It contains no caffeine, so it is free from caffeine side-effects.

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**Moringa: why haven't I heard so much about it?**

You may wonder why you have not heard about it. One reason is that the majority of the mainstream media feels no urgency to create awareness about a natural, affordable source of energy and well-being. Better to help corporation to sell expensive, mass-produced, GMO products. Still, Moringa Oleifera found its way to be featured on more conscious media, like the Dr. Oz Show and Discovery Channel. It has also been reviewed on several articles, which did not make to the front page..., in magazines and newspapers. And its benefits are already well known about scientists and nutritionists, considering Moringa Oleifera and its health benefits have been proven on several scientific, peer-reviewed journals.
Another reason why Moringa Oleifera is not well-known yet is the variety of names used for it: clarifies tree, horseradish tree, mother's best friend, etc. In the section “Alternative names of Moringa Oleifera”, we provide a list of names, all synonymous for Moringa Oleifera in a given language/dialect/geographic area.

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What are the main benefits of Moringa Oleifera?

Gram for gram, Moringa leaves contain four times the vitamin A available in carrots. Seven times the vitamin C in oranges. Four times the Calcium available in milk. Twice the protein in milk and three times the Potassium in bananas.

25 grams daily of Moringa Leaf Powder give a child the following recommended daily allowances:
Magnesium 61%, Potassium 41%, Iron 71%, Protein 42%, Calcium 125%, Vitamin A 272%, and Vitamin C 22%.

These numbers easily show the importance of Moringa Oleifera for everyone's nutrition. And especially for vegans, as a source of proteins and iron.

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Is Moringa Oleifera hard to grow and harvest?

No. Moringa Oleifera is one of the most resilient plants. It is versatile: virtually every part of the tree can be used. It is widespread: from the foothills of the Himalayas, spread to Sir Lana, India, Malaysia, Philippines, Africa, Central and South America. Moringa is one of the answers to a hungrier developing World, and to a sicker developed World dealing with obesity, diabetes, etc.

Moringa tree can be grown in semi-arid, tropical and sub-tropical areas. South California and Florida are examples of areas where you can grow Moringa Oleifera. In case of harsh winters, Moringa Oleifera trees need to be taken in warm greenhouses. Moringa Oleifera can tolerate low temperatures, but not freezing.

While the best type of soil for Moringa Oleifera is dry and sandy, it can also tolerate poor soil. For example the ones found in coastal areas.

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Is this too good to be true?

In a few pages, you have already discovered some ground-breaking benefits of Moringa Oleifera. There are many more to come. By now, you may be wondering: is this just too good to be true?

Instead of taking our words at face value, do some research on your own on open access repository such as:

http://scholar.google.ca/

http://www.pubmed.gov/

Using keywords as:

- moringa cancer
- moringa diabetes
- moringa detoxification
- moringa water

And then you can decide by yourself. We are not talking about believing us, the data is already out there to show the benefits of Moringa Oleifera. What has been missing, so far, is the willingness to create awareness about this.

In case you want to integrate some botanical information while doing your research, you can use this as a start:

Botanical Name: Moringa Oleifera

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Subclass: Asteridae

Order: Capparales
Family: Moringaceae

Genus: Moringa Adans

Species: Moringa oleifera Lam.

Popular Name(s): Horse Radish Tree, Drumstick Tree, Sahijan

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**Medicinal uses of Moringa Oleifera**

The Moringa Oleifera tree has been used medicinally for long time. It is mentioned in the Bible, and it is believed Egyptian doctors used it. Moringa Oleifera is used in preventative medicine, for liver, kidney, stomach and thyroid problems. Moringa Oleifera is a complete food, with more Vitamin A than carrots. More Vitamin C than oranges. More calcium than milk. More iron than spinach. Moringa Oleifera has strong antioxidant properties, said to guard against skin cancer and prostrate growth. Moringa is said to prevent the growth of cysts, tumors and glands.

And for treatment. According to native medicine's wisdom, Moringa Oleifera can be used for cancer treatment. Scientific research identified that two of Moringa Oleifera compounds are potent inhibitors of activation of lymphoblastoid cells. Also, scientific evidence about the antibiotic activity of Moringa Oleifera has been available since the late 1940s, when a research team from India identified a compound now called pterygospermin. Moringa Oleifera is used to alleviate diabetes, anemia and high blood pressure.

The anti-inflammatory properties of Moringa Oleifera reduce different body pains. It proved effective for treating arthritis, rheumatism, joint pain, migraine and other headaches.

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**Moringa Oleifera and its parts**

Moringa Oleifera flowers are known for:

- improving the quality and flow of mothers’ milk when breast feeding
- solving urinary problems, because flower juice encourages urination
- being a powerful cold remedy, as a tea (flowers are boiled in water)

Moringa pods are used as:

- de-wormer, and as a treatment for liver and spleen problems. They are eaten raw
- a treatment for diarrhea, thanks to their high protein and fiber content

Moringa seeds are used:

- to treat arthritis, rheumatism, cramp. The seeds are roasted, pounded, mixed with coconut oil and applied to the problem area. Or seed oil is used
- against skin-infecting bacteria, because they contain pterygospermin (antibiotic and fungicide)

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**Moringa Oleifera to purify water**

After the Moringa Oleifera oil has been extracted from the pods, the remaining seed-cake can be used to remove solid particles and bacteria from water. Moringa seeds are used as substitutes for aluminum sulphate to remove solids in drinking water. It removes a source of aluminum contamination. Not only Moringa Oleifera proved as effective as aluminum sulphate, it also carries the major advantage of being produced locally, generating income for locals.

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**Moringa Oleifera and weight management**

Moringa leaves are low in fat and highly nutritional, providing 42 percent of the recommended daily minimum requirement for protein, and 125 percent for calcium. Moringa leaves can be eaten raw, cooked or taken as a tea.

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**Moringa Oleifera Recipes**
Moringa: curry with onions

Ingredients

Moringa leaves as wanted

2-3 onions finely chopped

1 tbsp tamarind extract or

1 tomato chopped

1 twig of curry leaves

salt to taste

1/2 tsp mustard seeds

2 red chilis broken into pieces

2 tbsp cooking oil

rice

Steps

1) Cut Moringa into 1"-11/2" long pieces

2) Heat oil in a pan and add the seasoning ingredients

3) When mustard seeds stop spluttering, add chopped vegetables

4) Saute'

5) Add salt and turmeric powder

6) Cover the pan, allow it to cook on a low flame

7) Keep stirring

8) Add chili powder, tamarind extract, chopped tomato
9) Keep cooking

10) Serve hot with rice

**Moringa Leaves and Beans**

**Ingredients**

1 cup fresh Moringa leaves

1 cup of beans. Example: pintos.

2-3 cups of water

1 small onion

1 medium tomato

2 cloves of garlic, crushed

Salt and pepper to taste

1 Tbsp of sauce

Optional: 1/2 cup of fish or meat

**Steps:**

1) Boil the beans

2) Sauté the onions, garlic and tomato

3) When beans are tender, add the tomato, onion, garlic

4) Strip the Moringa leaves from the stems

5) Add sauce

6) Add fresh Moringa leaves

7) Salt and pepper to taste
Moringa Cocoa

Ingredients

1 cup water
1/2 cup milk
3 tsp Moringa Powder
3 tsp Raw Organic Cocoa Powder
1/5 tsp Stevia

Steps

1) Pour 1 cup water into pan
2) Boil water
3) Remove pan from heath
4) Place Cocoa powder and Moringa powder into the water
5) Strain into a cup
6) Pour hot water into it
7) Add milk if desired

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How to grow Moringa Oleifera

After discovering the many beneficial properties of Moringa Oleifera, and all its tasty uses, you may want to start growing your own. The good news: Moringa Oleifera is a resilient tree, and it grows fast!
The question mark: Moringa Oleifera prefers hot, dry climates. If the area where you live is not hot and dry, you can still grow Moringa Oleifera, it just requires some work on your side.

1. Identify a sunny place in your garden
2. Make square holes in the ground (30 to 60 cm deep)
3. Use loose ground to fill the hole

4. Plant the seed, 1 cm deep

5. Water the ground with some water

6. Do not water too much. Moringa prefers dried soil, otherwise the seed may rotten

7. After 2 weeks, check the results

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More about growing Moringa Oleifera

Using seeds: prepare your planting pit first. Water. Fill in the pit with topsoil mixed with compost. Then plant the seeds.

Using cuttings: use hard wood. Cuttings should be 45cm to 1.5m long, and about 10cm thick. You can plant them directly, in light, sandy soil. Plant one-third of the length in the ground. Do not over water

You can plant the the cuttings from a nursery, after 2 or 3 months. In this case, the root system is slow to develop, so you may add phosphorus to the soil if possible to encourage root development.

Fertilizer: usually little required, unless you want to use the soil intensively. Mix manure or compost with the soil used to fill the pits.

Pests: this plant is resistant to most pests. Avoid areas which are too wet. In case livestock is present, fence your Moringa trees.
Harvesting: harvest the pods when they are about 1cm in diameter. Older pods develop a tough exterior, but the white seeds and flesh remain edible until the ripening stats. To make leaf sauces, harvest seedlings, growing tips or young leaves. Older leaves are better suited for dried leaf powder.

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**Moringa and sounds for well-being: what are the benefits of binaural beats?**

After learning more about Moringa, we know briefly explore the benefits of binaural beats, which are “food for our ears”. The secret of well-being is to live a balanced lifestyle, in terms of what we feed both our mind and body.

The dominant brain wave frequency determines your current state. That means, for example, that you are in alpha state when alpha waves are dominating. However, also other frequencies will be present. The benefits of binaural beats include inducing a variety of states of consciousness, including relaxation, focus, attention, asymmetric hemispheric balancing. Brain wave training can also improve learning, and the quality of sleeping. As you may see, the benefits are very different from each other, depending on the brain waves facilitated during the training process.

Alpha-theta brainwave training facilitates the treatment of addictions. The use of delta binaural beat technology over 60 days has shown positive effect on self-reported psychological measures, like reduced anxiety.

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**How are binaural beats produced?**

Human brain waves frequencies are below 40 Hz. Binaural beats are induced by generating one frequency on one hear, and one frequency in the other. The frequency generated in our brain equals the difference among the two, and that is the frequency towards which the brain starts to align itself.

When the perceived beat frequency corresponds to the delta, theta, alpha, beta, or gamma range of brainwave frequencies, the brainwaves entrain to or move towards the beat frequency.

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**Which software can be used to generate binaural beats?**
Using software to generate binaural beats makes the process effortless and effective. Once you recorded a sound file, which moves you from one brainwave state to the desired one, you can then save the file and replay it on your iPod etc. without the need of using a computer.

You can try binaural beats software for free, and then if you decide to purchase it, get a 10% discount on binaural beats software. Just use Mind WorkStation free trial and discount coupon code on http://mindworkstation.mypacis.eu/ And Neuro-Programmer free trial and discount coupon code on http://neuro-programmer.mypacis.eu/

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**Alternative names for Moringa Oleifera**

ENGLISH: Horseradish tree, Radish tree, Drumstick tree, Mother's Best Friend, West Indian ben.

FRENCH: Bèn aïlé, Benzolive, Ben oléifère, Arbre radis du cheval.

GERMAN: Behenbaum, Behenussbaum, Flügelsaniger bennussbaum, Pferderettichbaum

ITALIAN: Sàndalo ceruleo

PORTUGUESE: Acácia branca, Marungo, Muringa, Moringuiero; Cedro (Brazil)

SPANISH: Árbol del ben, Ben, Morango, Moringa

AFRICA
BENIN

Kpashima

Yuru ara, Yorwata, Yoroguma

Windibundu

BURKINA FASO

La-Banyu.

Ardjeneyiri, Ardjian jirri

The tree of paradise

CAMEROUN

Paizlava

Zogalagandi

CHAD

(Sara): Kag n’dongue

(Shuwa Arabic): Alim, Halim

GHANA

(Ewe): Atiuwuse (the tree with tender/slim leaves), Babati, Babatsi, Kpotowuzie (feeble tree; easily broken). Kpokpoti (the “illness tree”), Nukunaya (wonderful news), Yevu-ti (white man’s tree), Yevutsi
(Dagari): Obnuko, Ornyyuko, Zangala.

KENYA

(Swahili): Mlonge, Mronge, Mrongo, Mlongo, Mzunze, Mzungu., Mjungu moto, Mboga chungu, Shingo.

(Sokoki - Indian spoken in Mombasa): Mborongi.

MADAGASCAR

(Malagasy): Anamambo, Anamorongo, Feliimorongo, Felikambo, Felikamoranga, Landihazo, Moringa, Moringy.

MALAWI

(Chichewa): Cham'mwanba, Kangaluni.

(Lomwe): Sangoa, Shangoa

(Senna): Nsangoa.

(Yao): Kalokola.

ALSO: Maula tengo, Mpundi, Muula, Mbula, Mpempu, Chakate, Mpenba

MALI

(Bambara): Gnougou Jirini, Kandjirini, Manjirini, Massa Jirini.

(Segou): Verdaye

MAURITIUS
(Creole): Drède mouroungue.

(Indian Creole): Mouroungue

NIGER

(Hausa): Zōgala gandi.

(Shuwa Arabic): Alim, Halim.

(Zarma): Windi-bundu.

NIGERIA

(Fulani): Gawara, Gaware, Konamarade, Rini maka, Habiwal hausa.

(Hausa): Bagarwar maka, Bagarwar masar, Barambo, Koraukin zaila, Rimin nacara, Rimin turawa, Samarindanga, Shipka hali, Shuka halinka, Zogall, Zogalla-gandi,

(Ibo): Odudu oyibo, Okwe oyibo, Okwe olu, Uhe, Oku-ghara-ite, Okochi egbu (“cannot be killed by the dry season”).

(Nupe): Chigban Wawa

(Yoruba): Adagba malero, Ewele, Ewé ilé, Ewe ighálé, Idagbo monoyé (“The tree which grows crazily”).

SENEGAL

(Wolof): Neverday, Nébéday, Sap-Sap.

(Serer): Nébéday.

SEYCHELLES
(Creole): Drède mouroungue.

SIERRA LEONE
Boganja

SOMALIA
(Indian): Mrongo

SUDAN
(Dinka): Anid.
(Kordofan Arabic): Shagara zaki al moya.

TANZANIA
(Swahili): Mlonge, Mronge, Mrongo, Mlongo, Mzunze, Mzungu., Mjungu moto, Mboga chungu, Shingo.

TOGO
(Dagomba): Baganlua, Bagaelean.
(Ewe): Kpotima, Kpoti, Yevu-ti, Yovoviti.
(Hausa): Mágurua maser.
(Mina): Yovoviti.
(Moba): Gambaduk.
(Mouroungue): Jevoti, Jovoviti.

ALSO: Amedoti, Ekpoti, Molo-Kpoti.

Zambia

(Tonga): Zagaland, Zakalanda

ZIMBABWE

(Tonga): Mupulanga, Zakalanda.

ASIA

BURMA

(Burmese): Dandalun, Daintha, Dandalun-bin, Dandalonbin.

CAMBODIA

Ben ailé, Daem mrum.

INDIA

(Bengalese): Munga ara, Sajna, Sojna, Sujana

(Gujarati): Midho-saragavo, Saragavo, Saragvo, Suragavo.

(Hindi): Munga ara, Shajmah, Shajna, Segra.
(Hindi/Orissa): Sanjna, Saijna, Shajna, Soandal

(Kanarese): Nugga egipa, Nugge, Noogay, Nuggy Mara.

(Kol): Mulgia, Munga ara, Mungna

(Kumao – Himalayan region): Sunara

(Konkani/Goa): Moosing, Mosing

(Malayalam): Sigru, Moringa, Muringa, Murinna, Morunna.

(Marathi): Sujna, Shevga, Shivga.

(Modesia/W. Bengal): Mangnai

(Monghye/Punjab): Sejana

(Oriya): Munigha, Sajina.

(Punjabese): Sanjina, Soanjana.

(Rajasthan): Lal Sahinjano

(Sanskrit): Danshamula, Shobhanjana, Sigru Shobhanjan, Sobhan jana.

(Sindhi): Swanjera

(Tamil): Morunga, Murungai, Murunkak-kai.

(Telegu): Sajana, Tella-Munaga.

(Teling): Morunga, Morungai

(Urdu): Sahajna

(Central provinces): Mulaka, Saihan

(Western region): Sundan

ALSO: Sweta Maricha
INDONESIA

(Alor): Maroenga, Motong.

(Bali): Kelor, Tjelor.

(Flores): Moltong

(Java): Kelor

(Madura): Marongghi

(Moluccan islands): Oho Gaairi

(Roti): Kafok, Kai fok

(Sumatra): Kalor, Kerore

(Sumba): Kawona, Wona

(Ternate): Kelo, Oege Kelo

(Tidore): Kelo

(Timor): Baoe fo, Maroenga

ALSO: Remoenggai, Sajor Kelor

LAOS

(Lao): B'Loum

MALAYSIA

Kachang Kelur, Lemunggai, Meringgai, Semunggai, Smunggai, Semunggai, Remunggai

NEPAL
PAKISTAN
Saijan, Sohanjna

PHILIPPINES
(Tagálog): Kalungai, Kamalungua, Malongai, Malungai, Mulanggay, Malunkai.
(Bikol): Kalungai
(Bisáya): Alúngai, Dool, Malungit.
(Kisaya): Kalungai
(Ibanág): Marongai, Marungai
(Ilóko): Marongai, Marungai, Komkompilan
(Pampángan): Dool, Kamalungua, Malúngit.
(Panay Bisáya): Kalamúngai, Kamalongan
(Pangasinán): Rúnggai
(Sambáli): Marongai, Marungai
(Simeulue): Aroenggai

THAILAND
(Thai): Kaanaeng-doeng, Phak eehuem, Phak eehum, Phak-nuea-kai, Se-cho-ya
(Central highlands): Ma rum
(North): Ma khonkom
VIETNAM

Chum Ngay

YEMEN

(Arabic?): Saisam

SOUTH & CENTRAL AMERICA, CARRIBEAN

BELIZE

(Spanish): Maranga calalu

CAYMAN ISLANDS

(Spanish): Mawonga.

COLOMBIA

(Spanish): Aceite, Aceitoso, Angela, Colirio, Goma, Jeringa, Marango, Maranjo, Marangon, Sen de la tierra.

COSTA RICA

(Spanish): Marango, Marangon.
CUBA

(Spanish): Acacia, Ben, Calicita, Leno nefrítico, Palo blanco, Palo de jeringa, Palo de Tambor, Paraíso francés.

DOMINICAN REPUBLIC

(Spanish): Ben, La libertad, Libertad, Palo de abejas, Palo de aceiti.

DUTCH ANTILLES

(Dutch): Ben boom

(Spanish): Brenolli, Morenga, Orselli.

EL SALVADOR

(Spanish): Ceiba, Marengua, Narango, Paraíso extranjero, Teberinto.

GUADALOUPE

(Spanish): Maloko, Moloko, Ben-ailé.

GUATAMALA

(Spanish): Perla, Perlas, Paraíso blanco.

GUYANA
Saijhan.

HAITI

(French): Benzolive, Benzolivier, Ben oleifere, Bambou-bananier, Graines benne, Olivier.

(English): Benzolive tree.

HONDURAS

Maranga calalu.

MEXICO

(Spanish): Arbol de las perlas, Chinto borrgo, Flor de Jacinto, Jacinto, Paraíso blanco, Paraíso de Espana, Perla, Perlas, Perla de la India, Perlas del oriente, San Jacinto.

NICARAGUA

(Spanish): Marango, Maranjo, Marangon.

PANAMA

(Spanish): Jacinto.

PANAMA CANAL ZONE

(English): Horseradish tree.
PUERTO RICO

(Spanish): Angela, Ben, Colirio, Jasmin francés, Resada, Sen de la tierra.

SAN SALVADOR

(Spanish): Marango, Marangon, Maranjo.

SURINAM

(Dutch): Peperwortel boom.

(Indonesian): Kelor.

TRINIDAD

(Hindi?): Saijan.

VENEZUELA

(Spanish): Aceite de Ben, Azucarillo, Ben, Sen.

ALSO:

Arbol do los aspáragos, Bamboubamamoer, Cedro, Cenauro, Chinto borrego, Chuva de prata, Desengaño, Gailito, Guaireña, Hoja de sen, Macasar, Marenque, Moongay, Moriengo, Noz de bem, Orenga, Palo de geringa, Palo jeringa, Paraíso, Pois quinique, Quiabo de tres quinas, Sainto John, Salaster, Salibau, Sen, Seringa.
VERNACULAR NAMES OF OTHER MORINGA VARIETIES

MORINGA CONCANENSIS

India

(Tamil: Murungai (The same name is used for Moringa oleifera).

MORINGA DROUHARDII

MADAGASCAR

(Malagasy): Hazomalana, Maroserano, Moringy.

MORINGA LONGITUBA

ETHIOPIA

(Somali): Hane, Mane.

KENYA

(Somali): Borrant, Haduma.

(Boran): Saffara.
SOMALIA

(Majindi?): Fintir.

(Somali): Hawe, Mawe, Mawow, Wame, Wuame.

MORINGA OVALIFOLIA

ANGOLA

Hungua, Mungua.

NAMIBIA

(Afrikansk): Meelsakboom.

(Herero): Omutindi.

MORINGA PEREGRINA

EGYPT, SYRIA, ARABIAN PENINSULA

(Arabic): Bân, El bân, Vassar, Ithi, Yassar

IRAN
Gazrokh, Gazroghan.

ORAN

(Arabic): Shuh

SOMALIA

(Somali): Dankap, Dongop, Dumok, Mereh, Moroh.

SUDAN

(Arabic): Shagara al rauwäq.

(Bisharin, Hadendowa): Mai

(Tigri): Khal erbal.

ETHIOPIA

(Tigri): Khal erbal.

MORINGA STENOPETALA

ETHIOPIA

(Konso): Shifara, Shalchada.
KENYA

(Turkana): Etebusoit.

(Njemps): Loresienjo.

(Samburu): Larsanjo, Lorsenjo, Lossantscho.

(Somali): Mau, Mawa.

(Boran): Saffara.

(Konso): Shifara, Shalchada, Shalqueida.

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N. Foild et al. Moringa Seeds. 1995


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We now see how to integrate Moringa, and binaural beats, with AmAre, to cultivate joyful living. Moringa is especially important as a tool to facilitate “eating properly”. AmAre is an acronym which summarizes approaches which facilitate living happy, meaningful and fulfilling lives:

* A – Aware and Accepting
* M – Meaningful and Motivated
* A – Active and Attentive
* R – Resilient and Respectful
* E – Eating properly and Exercising

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In a nutshell
Through our awareness and actions, we gain the courage to change the things we can change; the serenity to accept the things we cannot change; and the wisdom to know the difference.

Some factors facilitate happiness and meaning, some make harder to be happy and live a meaningful life. Still, in most of the situations, we deeply influence the lion-share of our lives' outcomes. Happiness and meaning are not only an end-result, they are a way of living: here and now, we can live happily and meaningfully. Before and after reading this book, please think about this:

- this book is the start of a conversation, an eye-opener on new opportunities and a reinforcer of what you already now. Here you find examples of wisdom from Ayurveda, Dharma, First Nation culture, etc. to show the elements, that we need to nurture the seed of happiness, can be found in different traditions. It is just a matter of planting the seed and acting to nurture it;

- happiness: an art and science? Psychology professor Mihaly Csikszentmihalyi said "A joyful life is an individual creation that cannot be copied from a recipe". And from the research of Daniel Gilbert, author of “Stumbling on Happiness”, it emerges there are many similarities about how we experience life. The approach we apply in our lives, and the one we suggest here, is to walk a middle-way: happiness and meaning have many elements shared by most of human beings (that can be summarized as the science part), and also many which are entirely subjective (can we call it the “art part”?). Here, we try to mark as clearly as possible what is proven by scientific research; the rest, is not science but based on experiences and inspiring examples. Examples which worked well, and which of course needs to be evaluated by each person in each context;

- we are the only ones who can make the choice to live happily and meaningfully. Our goal is not to make you happy, that is something external factors including us cannot accomplish. Our goal is to awaken in you the wisdom you already have, and live happily and meaningfully in ways which are suitable to you. Think about what happy and meaningful living is for you, so you can live a fulfilling life; it is also to make you consider how different variables facilitate your joyful living;

- being happy is a choice we make right here and now, by living joyfully. It is not a place to reach in the future. Is happiness about attitudes, and also the results of such attitudes? Why is happiness often seen, mistakenly, as a place to reach?

- meaning and purpose are important: doing what matters for us, in meaningful ways, is one of the strongest contributions to well-being. Short term gratification brings pleasure, and gets us running on
the hedonistic treadmill craving for more. How do we start living happily? By understanding who/what really counts in life? Understanding that, often, the more things we own, the more things own us, and that the struggle to get more in our daily life is not benefiting our happiness and meaning?

- a balanced life is facilitated by acknowledging our feelings, including grief;
- there are ways we facilitate happiness, they can be summarized with the acronym AmAre;
- there are ways we measure subjective well-being and thinking about what such formulas mean for us, is even more important than the numbers we get out of them;
- by facilitating other people's, we facilitate our happiness as well, living joyfully starts from each of us, and materialize with shared happiness. So, share this book with friends, and even more important share with them your attention and time;
- when we look at the context where we are here and now, what about thinking in terms of degrees of appropriateness, instead of only right or wrong? Why to see only in black and white, when we can enjoy a full spectrum of colors in between?

- there are several "fringe" benefits to living joyfully, happier people are more sociable and energetic, more caring and cooperative, better liked by others, more likely to get married and stay married, to have wider social networks and receive support from friends, show more flexibility and creativity in their thinking, are more productive and work, are recognized as better leaders and negotiators, and so earn accordingly. They are more tenacious when times are not pleasant, have stronger immune systems, are healthier both physically and mentally, and live longer.

May all beings be happy and free,

frank

http://www.amareway.org

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Chapter 1 – Happiness and AmAre

Happiness and Meaning = Aware and Accepting + Meaningful and Motivated + Active and Attentive + Resilient and Respectful + Eating (Properly) and Exercising
What is happiness?

Thinking about the meaning of happiness is part of human nature: we all want to be happy. A dictionary (Webster) defines happiness as "a state of well-being and contentment: joy" and also "a pleasurable or satisfying experience". Mixing these two ordinary meanings of the word happiness is one of the reason why happiness is not a reality for many people: happiness is both a way of living, and its outcome. Happiness is not to be confused with pleasure: pleasure is short-lived and subject to diminishing returns (we need more just to keep our pleasure level high); happiness is a choice, an attitude, a way of living.

Certainly, some external events can facilitate our decision to live happily, and some other can make it more complicated. Living happily, or its counterpart of feeling down, may be strongly present in the genetic code of some people: still, most of us are born somewhere in between the two extremes, and the choices we make are what changes our "natural" (genetic) happiness range into our nurtured (cultivated with free will) happiness range. Scientific research and spiritual traditions can facilitate our wisdom when it comes to happiness, and exercising our happiness is also beneficial.

About opportunities, challenges, and problems

Everything is as it should be, given the current components of the present context. If we want to change the outcome of the situation, then we need to take action. In the case of opportunities, the upside for us is the most evident. When we see challenges, we are focused on the question marks raised by a situation. Still, by taking action, we can overcome them. When we see problems, then the focus is all on the threats. Problems cannot be solved with the same mind-set which created them, they demand a brand new approach, otherwise they would not even be problems in the first place.

Being happy together: multilevel happiness

People can be wealthy while other people are starving, unfortunately that occurs quite often. But we cannot be happy in a vacuum, joyful beings who are an island to themselves; as mentioned, happiness is social and contagious. We also find the idea of Multilevel happiness appropriate. When it comes to multilevel marketing, often early the first movers (the ones at the top of the scheme) are the one profiting, while others are just feeding them; multilevel happiness creates joy for all, and sometimes the last to join even benefit from aggregated experiences and happiness of the friends who preceded them. Let's be agents of happiness!

Happiness is a way of living
Happiness is the result of what we think and do. Happiness is not a target to aim to, nor a place to reach and blissfully sit there forever. If we are concerned only with happiness, we are going to miss it; if we live our lives in ways appropriate the context, we are happy.

Happiness is like a garden: it comes in different shapes, sizes, colours; it grows on different soils, under different weather conditions; it brings different flowers. What’s common about our garden of happiness is that it needs to be understood and nurtured, cultivated and loved. And there is no such thing as cultivating our small fenced garden in a vacuum: it depends on how other gardens are, which seeds are carried around by bees, etc.

**Lasting happiness**

Provisional happiness can be influenced by external short-term events; lasting happiness, is influenced both by objective (genetics and natural predispositions) and subjective (educating our emotions; ensure that, if they crystallize into moods, they are positive ones) personal factors. By knowing better how to develop our subjective factors, and how to maximize our objective factors, we increase our happiness.

**Power of context**

We also need to understand strengths and weaknesses are never absolute, and always contextual: a shy person makes an ideal listener, and maybe not the most performing social butterfly. For this reason, shy people may put themselves in the contexts where they can facilitate happiness for them and other people; and also let themselves go in more social situation. Still, happiness is more building in strengths, and not force ourselves in filling what we see as voids.

**We can change: Neuroplasticity and Neurogenesis**

Science discovered that our brain can be rewired (neuroplasticity). And not only that, new neurons can be generated (neurogenesis). At any age, and in almost every condition. Of course, there are some stages of our lives, and certain conditions, where neuroplasticity and neurogenesis are facilitated more; still, how we think and what we do rewire our brain, and the way our brains are wired influence how we see the world and what we do. We can make this a virtual circle, supporting our growth as individuals and member of society.

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**What is AmAre?**
For situations where answer needs to be short, we summarized with AmAre what we saw as a common denominator of joyful living. For context where more wordy discussion are allowed, considering how vast is the field of well-being, we outlined some of the core topics, plus some ancillary ones, in order to offer a conversation-starter.

In Italian, AmAre means "to love"; in English, interconnectedness: (I)Am (we) Are. AmAre stands for being:

* A – Aware and Accepting
* M – Meaningful and Motivated
* A – Active and Attentive
* R – Resilient and Respectful
* E – Eating properly and Exercising

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Being Aware: aware of context, aware of feelings, intentions. Aware of how we see things, our strengths, values and biases. Aware that, happiness and meaning are not only an end result which shines from far in the future; it is also within us, here and now, and it is about the way we live. Happiness is the way. Through our awareness and actions, we gain the courage to change the things we can change, the serenity to accept the things we can't change. And the wisdom to know the difference.

Being Accepting: of things we cannot change, which are inevitable. Of how other people are, and especially how we perceive them.

Being Meaningful, by doing what matters, when it matters.

Being Motivated means we cultivate our motivation on a daily basis. Some motivations may be common to all, like to live peacefully and be kind to others. Some are more peculiar. When we pursue a specific goal in our daily life, being motivated means to know what we want to do, by leveraging our strengths and grow the energies necessary to move into Being Active.

Being Active is important, because actions bring tangible results. We also need to be Attentive, so we can be receptive of the feedback and reactions to what we do in any given context, and adapt. Being
active and being attentive are a self-reinforcing loop which brings happiness and other positive results to us and to the people, beings and environment we listen to.

We also need to be Resilient. Life is not always a big smiling adventure, sometimes external situations can be tough, so it is important for us to bounce back on our feet. Sometimes, there are factors which do not facilitate our peaceful living, so we need to be persistent.

Being Respectful is important, because resilience is about persistence and not growing a hard-skin. Respectful of us, other people (who are, too, trying to be happy, and likely also trying to live peacefully, sometimes in ways which look different from ours), beings and environment.

Eating properly, in terms of quality, quantity and company, is important. For us, and for the impact it has on the environment.

Exercising is also important, both for our body and mind.

Now, we see how to assess our current situation, applying the AmAre framework. The first A stands for Awareness, so here we are with meta-awareness, with awareness about our own awareness. Then, after several chapters devoted to tools and approaches you can use to maximize each component of the AmAre framework, after you make a road-map suitable for your context, and implement them, you will be presented the same assessment, so you can monitor changes over time.

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Awareness of our here and now: how to assess it?

Disclaimer: the tools described in this chapter are a way to facilitate happiness and meaning. They are not a crystal ball, nor deterministic. We benefit from the learning process of considering different variables, assessing course of actions and seeing potential results in scenarios. The approach drafted here also allows to measure results, building a useful repository of aggregated, anonymous subjective well-being data.

AmAre is not a panacea or a quick fixer. It is a framework to initiate reflection and skillful action. It is also an outreach method: there are many points to consider and, literally, every day there are several new research findings published in the field of well-being. AmAre is a way to make our body of knowledge easier to communicate and accessible, so then each of us can see her/his path and walk in
appropriate ways. Where appropriate is subjective, it changes from person to person, within the similarities that we have as human being.

To assess your current situation, in terms of what facilitates happiness, meaning and fulfilment, please assign in the chart above a weight and a grade to each variable. If there are additional aspects you want to assess, just add as many columns as necessary. As a rule of thumb: too few variables lead to a superficial assessment, too many variables lead to a confused assessment, so try to stay within the ten variables provided plus a few of your own if necessary.

For each variable, please specify:

w: weight, importance given to each aspect (sum of all weights should be 100)

g: grade, rating given to each aspect (each grade is a value between 0 and 1)

and then use this formula to calculate your AmAre Index:


If you want to use a spreadsheet, where you can insert the values and see them automatically calculated, you can use: http://spsh.amareway.org/

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What does it mean?

AmAre formula (Happiness is being: Aware and Accepting + Meaningful and Motivated + Active and Attentive + Resilient and Respectful + Eating Properly and Exercising) is meant to be descriptive and preventive, but not predictive. That is, it quantifies the current situation, and the strengths and weaknesses we should be aware of and act upon. Regardless of what the number says, we are always responsible, here and now, for our happiness, so a high result means we should keep building our happiness as we have successfully done so far, and a lower result means there are aspects to act upon to improve our lives.

One of the formula’s strengths is its unlikeness to reach One, the perfect score, or Zero. This formula is useful so we can improve our awareness about the situation so far, and build a better present. Once the
formula served its purposes, we can move on. Because the ultimate happiness is not reaching number 1, it is in finding and renewing the appropriate life-dynamics. If we can accept the way life is, and the fact that different people assign different weights and grades to the pillars of their happiness, and still respect and care about all of us, doing our best for the mutual happiness, we are on the way to build together a lasting happy living.

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This is a scale to interpret the overall result of the formula:

0-0.3: This is an unlikely result, so please double check each value inserted. If values are correct, it is possible the perception of your Subjective Well-Being (SWB) tends toward emphasizing the non-positive aspects, or that there is a short-term serious issue. This means there is a need to work on all your priorities to make them more satisfying to you in the medium term.

0.31-0.60: Your level of SWB could be higher, if you are closer to 0.31 result. If you are closer to 0.5, you are near an exact average value where you perceive the same value of positive and non-positive components in your life. In both cases, by working on the AmAre variables (starting from the ones with higher weight and lower grade), you can substantially improve your well-being.

0.61-0.90: You tend towards an optimal level of SWB. You feel happy, and likely experienced most or at least many of the happiness "fringe benefits". You likely live joyfully everyday: no matter the ups and downs we all have, you can make the best of them for yourself and the people around you.

0.91-1: This result is unlikely to be reached, so please double check each value inserted. If values are correct, you are achieving the maximum level of SWB, which you can sustain by living joyfully.

To interpret the value of each AmAre variable, you can use the same scale. If a variable is high in weight, and low in grade, then it requires attention and action to improve it. If a variable is low in weight, and high in grade, then you may ask yourself if its grade is slightly over estimated.

We suggest calculating your AmAre Index once per week for the first 5 weeks. Then, to calculate it once per month. Please make sure to start from scratch at each calculation, meaning you should not check values assigned in the past; after calculating your current AmAre Index, you can then check what
changed compared to the previous calculations. If you want to be reminded about monthly calculation, you can register the AmAre newsletter on http://www.amareway.org/

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Where are references and further information?

http://www.amareway.org/

(Official website)

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Appendix I - Applying AmAre to daily life: some examples

Skillful application of proper design is 75% of success

We can apply AmAre to daily life, as an approach to leverage strengths/opportunities to cultivate meaningful results which are beneficial to us as a person and to society. Taken one by one each straw which forms AmAre is important but not sufficient; together, they are like a strand of fibres forming a strong rope.

AmAre for relationships: quantifying relationships' importance and strength

Relationships can be represented as:

\[(Aw \times Ag) + (Mw \times Mg) + (A1w \times A1g) + (Rw \times Rg) + (Ew \times Eg) + (\ldots).\]

AmAre stands the pillars of a successful relationship, that is being:

A: Aware and Accepting of each other and couple's feelings, thoughts, needs and wants;

M: Motivated to live a Meaningful life together;

A1: Active together, and Attentive about the outcomes;

R: Respectful of each other and couple's feelings, thoughts, needs and wants. Resilient to face the hardship which we can encounter along the way;

E: Eating properly and Exercising, supporting each other healthy lifestyle. Feeding the relationship with positive feelings and thoughts.
(...) If there are additional aspects, considered so important to be assessed separately, they can be weighted and graded here.

For each pillar, two aspects are quantified by respondents:

w: weight, importance given to each aspect (sum of all weights should be 100)

The grade, rating given to each aspect (from 0 to 1)

As mentioned on http://www.amareway.org/love-formula-formula-for-love/ this formula can be used in many ways, including to quantify the importance of a relationship, how satisfying it is and its strength. Importance is all about what people feel they put into a relationship; so, a respondent should insert the weight of each of the five or more aspects of a successful relationship, and also how much he/she is doing for each of these aspects. How satisfying a relationship is determined by how people perceive what the partner puts in the relationship; so, a respondent should insert the weight of each of the five or more aspects of a successful relationship, and also how much he/she perceives the partner is doing for each of these aspects. The strength of a relationship can be quantified with the sum of importance and satisfaction for each partner.

A spreadsheet to easily calculate the AmAre Way Relationship Index is offered on http://www.amareway.org/wp-content/uploads/2010/02/Love-formula-love-calculator.xls. Partners can then share their own results at the same time, and discuss them. Additional interesting applications include comparing what people perceive as their partner’s satisfaction level is (using w: estimated weight, estimated importance given by partner to each aspect; g: estimated grade, estimated rating given by partner to each aspect) with how happy their partner really is.

This formula is meant to be descriptive and preventive, but not predictive. That is, it gives an idea of how the situation is now, and the strengths and weaknesses a couple should be aware of and act upon. Regardless of what the number says, a couple is always responsible, here and now, for the success of the relationship, so a high result still means a couple should keep going with the great affinity, and a lower result means there are aspects to act upon to improve the relationship.

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Appendix II – Inspirations
You are the embodiment of the information you choose to accept and act upon. To change your circumstances you need to change your thinking and subsequent actions - Adlin Sinclair

The 86400 lottery

(frank ra)

Imagine there is a 86400 lottery drawing, we were automatically entered into it with no action required from our side. The odds to win this lottery are extremely slim, but someone has to win it and we did it! On a daily basis, we receive a very generous prize: $86400 are wired to our private account for personal use, each morning.

This award comes with some restrictions:

- any amount left unspent is taken back by the lottery, we cannot carry it forward. Each day at 00:01 AM, we receive another $86400 for that day
- we cannot transfer money, we may only spend it
- the prize can be discontinued at any time, with or without warning. Even in the middle of the day
- there is no way to run for another prize

What would we do? Use all the money, to benefit our beloved ones and us? If so, let's start doing it, here and now, because we already won this lottery, it is called time in a day! Each of us is given 86,400 seconds as a gift of life, and when the day finishes, any unused time is gone. What we haven’t lived up that day is forever lost. Yesterday is forever gone! And there is no guarantee about tomorrow. Each day the number of seconds available is refilled, but this can stop at any time, with or without warning. So, what are we going to do with these 86,400 seconds? Aren’t they worth so much more than the same amount in dollars/Euro/Pounds/material possessions/etc.?

Think about that: let’s enjoy every second of our life, because time goes much faster than we think. Let’s actively enjoy time, instead of trying to fill our time with passive activities. Let’s make the only investment which really count, the investment in meaning. Yes, almost everything is possible in life and the sky is the limit, however not everything can be achieved at the same time, because our main resources (time and energy) are limited, so let’s set our priorities based on our values. Let’s budget our
time and talents, let’s take control of those 86,400 seconds, starting here and now! Let's give time, and meaningful attention, to the people who count for us!

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**Madhyamaka and positive psychology: a marriage of well-being**

(frank ra – Article published in PsyInsight)

Dharma psychology and Western psychology, after a long phase (especially in the case of Dharma psychology) where they were growing independently from each others, are now already working together for the clients' benefit. Abhidhamma has been partially integrated into phenomenological psychology. Some Zen practices have been studied and implemented for psycho-therapeutic purposes. Mindfulness has proven its clinical utility.

This is not (yet) the case for Madhyamaka, a Buddhist Mahayana tradition systematized by Nagarjuna, which states that all phenomena are empty of "substance" or final "essence", meaning that they depend on the causes and conditions from which they arose. Madhyamaka, with its middle-way approach which stays equally away from materialism and nihilism was too innovative, and maybe not so easy to implement in the West; until positive psychology arrived.

A world-view, developed in a particular context, cannot be “localized” with a 100% accuracy for another context, by using an independently developed lexicon etc. At this stage, positive psychology is already helpful, by proving us that “craving for perfection” is not healthy, and that often “good enough” (meaning a working model, thanks to the experience developed in one context, can be leveraged in space and time). Taking it to the next level, positive psychology researchers already proven the need for social support, shared meaningful actions, compassion, etc. Happiness does not happen in a vacuum and, while as individuals we can only change ourselves and then inspire change in the World by example, every positive result in society can last only as a shared meaningful action, and not as the accomplishment of a solitary hero.

About Madhyamaka and its interpretation, I'd suggest to visit http://www.smith.edu/buddhism/event-mmsymp.php which offers, in streaming and also for download in iTunes format, the videos of a three-day symposium, hold in April 2010 at Smith College (MA, USA), focused on how to read and interpret Buddhist Madhyamaka texts. The symposium originated as a forum to discuss two articles published in
the Journal of Indian Philosophy: the first, “The nature of the Madhyamika trick”, by C. W. Huntington, Jr. of Hartwick College; and a reply to that paper by Jay Garfield of Smith College.

Huntington provided his evaluation of recent efforts to interpret Nagarjuna through the lens of modern symbolic logic, by discussing both the historical origins in the Indian and Tibetan traditions, and how such assumptions are prejudicial, in Huntington's view, on our understanding of Nagarjuna’s insistence that he has no pratijna (proposition). With “Turning a Madhyamaka Trick: Reply to Huntington”, Garfield states that Nagarjuna and Candrakirti deploy arguments and, even if they would have not done so, it would be appropriate to comment their texts anyway through our lens.

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Stress-reduction, motivation and performances

(frank ra – Article published in PsyInsight)

The ability to feel stress is one of the features which allowed us to survive, first, and prosper, then. By triggering our sympathetic nervous system, stress gave us an hedge in the evolutionary process. Unfortunately, once many of us moved into urbanized environments, stress is often taxing us, while our energies are already stretched to run our daily marathons.

For our Happy Notes, this time we review two approaches to relaxation: the Mindfulness-Based Stress Reduction, and coaching for motivation and performances

Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction was introduced by Jon Kabat-Zinn, who in 1979 founded the Stress Reduction Clinic at the University of Massachusetts’ Medical School. MBSR is based on eight weekly meeting, and facilitates the management of (among others) stress, headache, anxiety, chronic pain, illness, insomnia, high blood pressure. MBSR is based on three pillars: body scan, sitting meditation and Hatha Yoga exercises, so it integrates mindfulness meditation, gentle yoga exercises, discussions, home assignments with practice CDs and manual. In addition to this, MBSR uses martial arts, especially for those with pain and chronic illnesses, to balance the disuse atrophy from our culture’s largely sedentary lifestyle.

Body scan consists in lying down for approximately 45 minutes, scanning different parts of the body for tension and discomfort; this helps to prepare for mindfulness meditation by allowing the mind to calm
down and concentrate, and also to relax the body, reliving stress and pain. Sitting mindfulness meditation consists in non-judgemental observation of feelings, thoughts and sensations, allowing to live in the present moment. This practice can also be extended to walking, eating, cleaning, and other daily activities. Hatha Yoga is done as an additional form of mindful meditation, not as mere fitness.

There are several benefits of practicing Mindfulness-Based Stress Reduction, including improved ability to reduce medical symptoms and psychological distress; learning to live life more fully; increased ability to deal with stressful situations, anger, depression, fear, anxiety.

**Coaching for motivation and performances**

Partnering with a coach, who can facilitate our motivation and performances, is becoming more and more popular. It started as common practice for sports people, then Big Business executives searched for their services, and now coaching has gone mainstream.

A coach can go a long way in facilitating our changes, being in stress-management, career, personal life, etc. The profession is self-regulated in most jurisdictions, meaning it is very important for each client to test the water before starting to work with a coach: the chemistry, both in terms of personal and professional attitudes, between coach and coachee can make a difference in the success of the process.

Coaching meetings can be held with variable schedules, for example once per week at a location convenient to the client. The process can vary from situation to situation, however there are some recurrent practices, for example the one of starting with the client’s description of current situation and goals, then moving to thinking and committing to an action plan, then evaluating the outcomes and feeding them back into future action.

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Considering the importance of sharing well-being and happiness, please consider to share time, and if possible donate some money, with these associations with remarkable causes:

**Cancer Research and Patients Support**

American Cancer Society: [http://www.cancer.org](http://www.cancer.org)

Associazione Italiana per la Ricerca sul Cancro: [http://www.airc.it/](http://www.airc.it/)

Canadian Cancer Society: [http://www.cancer.ca/](http://www.cancer.ca/)
Estonian Cancer Society: http://www.cancer.ee

**First Nations**

Bill Reid Foundation: http://www.billreidfoundation.org/


First Nations Development Institute: http://www.firstnations.org

First Nations Schools Association (BC): http://www.fnsa.ca

**Scientific Research**

Center for Consciousness Studies: http://www.consciousness.arizona.edu

Greater Good Science Center: http://greatergood.berkeley.edu/

Institute of Noetic Sciences: http://www.noetic.org/

**Find your cause**

CanadaHelps - Donate to any charity in Canada: http://www.canadahelps.org/

Charity Navigator: http://www.charitynavigator.org