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LIVING SIMPLY

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BEGLEYS

THE
SPIRIT *of*
WINNING

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Creating a
WORLD
THAT WORKS

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A World That Works For Everyone

THE REALIZATION OF COMPLETE UNITY

Hollywood's Greenest Couple

Ed Begley Jr. was eco-friendly long before it was trending. His ardent environmentalism was the butt of many jokes. Now Begley is optimistic about humanity's chance at restoration.

Rachelle Carson-Begley and Ed Begley Jr. at the Concert for Our Oceans in 2015, Beverly Hills



PAGE
12

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Also in this month's issue ...

**CULTIVATING BIGGER
IDEAS FOR YOUR LIFE**



KENN GORDON
PAGE 11

**31 MINDFUL STEPS TO
A WORLD THAT WORKS**



DAVID AULT
PAGE 38

**THE SPIRIT OF WINNING:
CHAMPION ATHLETES**



MITCH HOROWITZ
PAGE 72

**THE COMMANDMENT THAT
MAY DAMAGE YOUR BRAIN!**

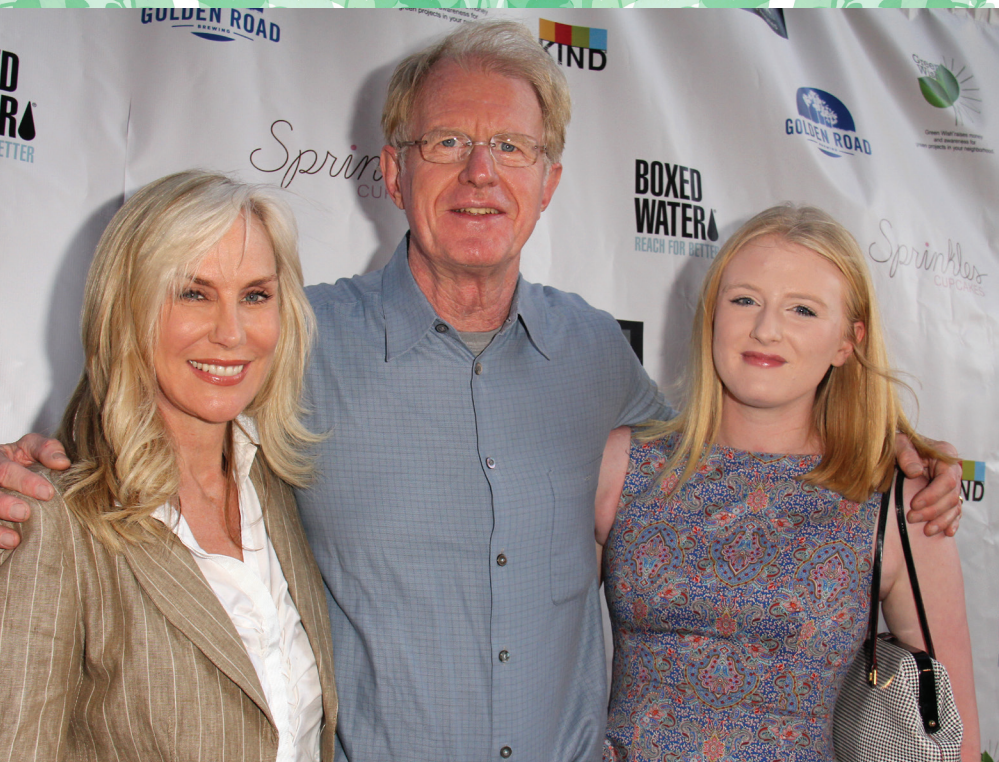


WALDMAN & NEWBERG
PAGE 100

LIVE SIMPLY SO OTHERS MAY **SIMPLY LIVE**

ACTOR ED BEGLEY JR. EMBODIES HIS MESSAGE

KENT RAUTENSTRAUS



Rachelle Carson-Begley, Ed Begley Jr. and Hayden Begley televised their daily journey of building the greenest home in America on the HGTV series, "Living With Ed." The home they created is pictured at right. Photo by Helga Esteb

THROUGHOUT HIS LIFE, ACTOR ED BEGLEY JR. HAS BEEN THE BUTT OF JOKES FOR HIS ARDENT ENVIRONMENTALISM, BUT NOW THE MAINSTREAM IS CATCHING UP TO HIM. BEGLEY BELIEVES THAT AN ENVIRONMENTAL RESTORATION FUELED BY HOPE AND OPTIMISM IS WITHIN HUMANITY'S GRASP.

IT WASN'T ALWAYS SO.



HOME GREEN HOME

Located in Studio City and built in 1937, the property sold in 2014 complete with solar panels, an energy-efficient kitchen, raised garden beds and a charging station for electric vehicles. The family has excitedly moved on to their next project.

As the nation struggled to come to terms with environmental destruction in the 1970s — often dubbed the “Me Decade” for its narcissism — Begley was stereotyped.

“I used to give people the creeps,” he admits. “They called me a wing nut ... a moonbeam.”

Today, the “uber-environmentalist” is having the last laugh. “There are four times more cars in Los Angeles than in 1970; yet, we have a fraction of the smog,” he says, as he highlights the remarkable positive impact of solar energy and electric-powered cars on the Earth. This is one emerging sign that points to a new “sanctity and reverence for life,” Begley says.

Best known for his roles on television’s “St. Elsewhere” and the cult film favorite “This Is Spinal Tap,” the actor sees positive signs that humanity is becoming more environmentally and socially conscious than ever before. He cites young people’s desire to be of ecological service, online activism to address climate change (exemplified by the website 350.org), the growing popularity of community gardens and solar energy as a fuel alternative. He reports that a growing number of individuals are capturing and conserving rainwater, and adds that the sale of electric cars, which reduce the carbon footprint on the planet, are on the rise.

“The more carefully we consume, the more wood, materials, farmland and ocean we’ll have for each other,” he says.

Begley owns up to some of his eco-quirks.

He laughs as he remembers taking actor Cindy Williams from television’s “Laverne and Shirley” on a first date, picking her up in his energy-efficient golf cart. “Kids gave us the finger and, well, there wasn’t a second date!”

BEGLEY AND WIFE: YIN AND YANG UNION

Begley still hadn’t learned his lesson by the time he took his now wife, Rachelle Carson-Begley, on their first date. She wore high heels and he wore a tux to a glittering awards ceremony. “We took a public bus through some sketchy parts of Los Angeles!” she says. Afterward, she thought to herself, “I ain’t doing this again.”

She also remembers the shock when she first visited Begley’s house, referring to it as his “bunker” in Studio City, California. “His dead yard resembled a scene from the ‘Addams Family.’ I told him, ‘Dude, start cleaning up your yard!’”

Begley got the message and planted a lush drought-tolerant garden that uses little water. His beautiful garden also inspired the actor to install a white picket fence around his property — made out of recycled milk jugs. “I didn’t want to cut down trees, plus this fence will last hundreds of years,” he says.

Begley takes his environmental lifestyle and its occasional inconveniences in stride, like when he garnered worldwide media attention by dressing in a tuxedo and helmet and riding his bicycle in the rain to the 2015 Academy Awards ceremony, while his wife hitched a ride in a Tesla electric car. This made sense to Begley. “I live a modern life, but I put a value on it. The more carefully we consume,” he explains, “the more we can share the world’s resources and protect the environment.

“I think we can collectively change the world,” he says.

THE SHAPING OF ENVIRONMENTAL CONSCIOUSNESS

All kidding about transportation choices aside, from alternative energy to the link between our spirituality and our environmental behavior, Begley has long been ahead of the curve.



Begley flashes his Los Angeles Transit Access Pass and shares a meaningful hug with Kathie Habas at a recent recovery event at Mile Hi Church in Colorado.



Photos by Kent Rautenstrauss



The couple is joined by their daughter, Hayden, on the journey of building the greenest house in America.

ON BEGLEY STREET

www.onbegleystreet.com

The Emmy Award-nominated actor grew up in Los Angeles with “good and bad influences,” which he says shaped his environmental consciousness. The bad influences included water and air pollution accelerated during the 1950s and ’60s. “The air was so smoggy at times that you’d wheeze. It seared your lungs!” He recalls that he and his classmates were often prohibited from playing outside at recess because of the pollution. He also remembers the grim news report of sewage flowing untreated into the Santa Monica Bay. “Many animal species were dying.”

Begley credits being a former Boy Scout, which teaches the value of preserving the environment, and the personal example of his father, Academy Award-winning character actor Ed Begley Sr., for shaping his environmental consciousness in a constructive way. “Dad was a product of the Great Depression, the son of Irish immigrants. He was a Republican who liked to conserve — the kind of guy who saved scraps of foil.

“Dad said to me, ‘Eddie, I know what you are against, but what are you for?’” This question caused Begley to discover and articulate what mattered most to him. Less than a week before his father’s passing in 1970, the young Begley joined the first-ever Earth Day Observances, now considered the birth of the modern environmental movement. This call to action changed Begley’s life.

That same year, Begley began composting organic materials, turning them into rich dark soil; recycling plastic and glass; and using biodegradable soap. He also bought a small electric car, which was cheaper and cleaner to operate than a gasoline-fueled car.

BEING ENVIRONMENTALLY CONSCIOUS MAKES SENSE AND CENTS

Carson-Begley says her husband’s environmental path is, to quote poet Robert Frost, “the road less traveled.” Begley says it a different way: “I do things that make me feel good and also save money.”

This includes becoming a vegetarian decades ago and enjoying affordable, organic produce from his own garden. “Not only did I like the green stuff from my garden, but I put away green stuff in my wallet!”

Begley began making his own cleaning materials out of baking soda and vinegar and calculated the cost savings. He also installed a solar hot water system in one of his first homes in Ojai, California, and the heating bills dropped dramatically. “Right away, I had extra money!” he says.

STYLE MEETS FUNCTION IN LATEST PROJECT

Earlier this year, Begley and his wife completed construction on an ultra-sustainable “green” designer house in California’s Studio City, “where style meets function,” says Carson-Begley.



Celebrating 16 years of marriage this year, the family also finished their solar-powered dream home, complete with the highest environmental rating possible.

This solar-powered home is certified with the highest environmental rating (Platinum LEED-certified), and each room can be heated separately for energy savings. Most of the building materials are made from recycled materials. Their dream home includes a bigger yard for growing vegetables and fruits, and more space to host environmental conferences and fundraisers.

Begley, who conserves water by taking three-minute showers, is excited about the home's underground 10,000-gallon rainwater tank. "The plan is to completely eliminate using city water for irrigation."

Begley's acting contracts stipulate for rides via public transportation when possible, and recently in Park City, Utah, on location for an upcoming film, he brought along a solar-powered oven, which heats to 375 degrees. "I boiled water in the middle of winter, heated by the sun, to make a cup of tea!" He also travels lightly with a good book to enjoy in his spare time.

DEEPLY CONNECTED

The actor and his wife are celebrating 16 years of marriage in 2016. They see their union as the yin and yang of Spirit — opposite in many ways, yet complementary and deeply interconnected.

"Our union is Divine," says Carson-Begley, who adds, "There is a bigger picture as to why we are together."

This includes, she says, sharing environmental issues and concerns on their reality series "Living With Ed" and "On Begley Street" (featuring daughter Hayden) and in a new podcast, "Walking the Talk." These collaborations capture the real-life humor generated from the couple's unique differences yet united desire to live eco-friendly lives.

"We're the only marriage that has a prenuptial agreement for carbon credits," Begley says.

The celebrity couple also shares a spiritual life, which includes attending Centers for Spiritual Living, which teach the essential truths present within all faiths. Adds his wife, "Call it God, Universe, Nature, Source, Energy or whatever, we recognize there is a Power greater than us and we can tap into it."

"I don't mind if someone has more than 12 items in the express grocery line! I enjoy breathing out and breathing in!" Begley says of his mindfulness practice. "I tell myself to just slow down because I tend to rush."

Begley asks himself the rhetorical question, "Can't I get serenity quicker?!" His answer, in part, is found in recalling a favorite saying: "I may not have *everything* I want, but I have *everything* I need."

Live simply so others may simply live: This is Begley's personal doctrine, and he delivers and lives this message with the zeal of a preacher. "I've been sober since 1979. Being in recovery helps you discover other addictions, including the addiction to possessions. If stuff made us happy, people in Bel Air, California, would be happier than those with no possessions in the bush country!" ☘

FOR MORE INFORMATION,,
VISIT EDBEGLEY.COM,



ED BEGLEY JR.'S

7 EASY

STARTER IDEAS TO HELP THE ENVIRONMENT AND WALLET

- 1 Replace standard lightbulbs with energy-efficient ones.
- 2 Install an energy thermostat for regulation and savings.
- 3 Put weather stripping around doorways and windows to weatherize the house.
- 4 Enjoy home gardening.
- 5 Recycle by composting.
- 6 Ride a bike to help protect the Earth's ozone layer and for health benefits.
- 7 Use public transportation as often as possible.

In Theaters Only!



On Meditation is a compilation of portraits that explore the deeply personal practice of meditation in all its myriad forms. From teachers to everyday people and celebrities, the subjects share stories of personal discovery and spiritual growth, offering a rare glimpse inside the enigmatic realm of serenity.

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