



# Body Mind Spirit Guide®

FOR A HEALTHY BODY, AN ENLIGHTENED MIND, AND A RENEWED SPIRIT ©  
**FREE** **MAY 2015**

## *Featured Articles:*

Your New Life Is Ready To Begin.....Barbra White

We Move From Connection: Sports Practice....Kiera D. Laike, IRW

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**P: 734-513-6137 | F: 734-956-4150**

**E: [info@bodymindspiritguide.com](mailto:info@bodymindspiritguide.com)**

Hours: Mon-Thu 10:00am - 6:00pm

### Body Mind Spirit Staff:

Melanie Jones, Kathy Henning, Courtney Overfield, Sherry Gazdog with Tiffany, Misty, Penny & Howard Golden.

### Contributing Writers:

Michael Abramsky PhD, ABPP

Robert Auerbach

Leslie Blackburn, MS

Chrissie Blaze

Karyn Choate

Rennae Hardy

Liz Jelinek, PhD

Dr. William H. Karl, D.C.

Dave Krajovic MBA, CPA, CMT

Kiera D. Laike, IRW

Richard Lawrence

Miche Lame'

Virginia Mercury

Aluna Michaels

David Miller

Courtney Overfield

Wendy Powers

Dr. Michael D. Reggish, D.C., N.D.

Phil Rosenbaum

David Sherman

Dr. Linda Solomon D.C., CCWFN

Michele Novak Stemmer

Erin Stohl, LLMSW

Jennifer VanderWal

Barbra White

Glenn J. White

Eve Wilson

Valerie Wilson

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### About Us...

The Body Mind Spirit Guide is a homegrown publication in Michigan! Created by Howard & Penny Golden as a way to spend their retirement enjoying the people and things they love and value.

### Our Publication...

Highlighting leaders in Michigan from the holistic fields and spiritual field, we cover all aspects of wholeness from ancient wisdom to modern methods. The Body Mind Spirit Guide is printed and distributed to over 1400 locations throughout SE. Michigan each month. A great place to find humor, inspiration, information, local events, products, and professionals that will assist you in enjoying a Healthy Body, an Enlightened Mind and Renewed Spirit.

### Our Founding Vision...

"I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all children of one mother and one father. And I saw that it was holy."

Black Elk's Vision (1862 - 1950)

### Our Beliefs...

We believe all people are One! And that this great truth lies deep within each person's heart!

We dedicate the Guide to the One Mother and the One Father and their children (you and I)!

Though we speak many languages from differing nations, professions, religions, and realms, as we start to sing the language of LOVE we begin to become aware that we are all singing the same song!

This publication seeks to create Harmony to that One Song, the BEAUTIFUL Song of life!

Howard & Penny Golden

We welcome your contributions in the form of articles, comments and opinions. Ideally, we would love to know what you like, don't like and what you want more of, from our advertisers and us.

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## From Stressed Out to Blissed Out: Feeling Really Good About Who You Are by Listening to Your Body

It is possible to create real change in your body, for the better. I know this from personal experience.

If you have heard my story before, you know that I went from stressed out to blissed out. I felt stuck, bound-up, overwhelmed, and anxious with the sense that there just was not enough time in the day. Mind constantly racing, I experienced physical health problems, pain, discomfort and injuries. I kept thinking the answer was to keep pushing through, holding on, or numbing out to not feel the pain.

From my experience with 15 years in corporate engineering, a decade as a competitive Ironman triathlete, as well as my spiritual awakening into motherhood and my nearly a decade now as a Sacred Sexual Healer and Transformational Guide, I have learned so much about trusting my body, my energy and how to tap into inner wisdom and guidance.

I now feel full of Light, bright, alive, vibrant, full of energy and more authentically aligned to my true nature and calling than ever before in my life. Yes, there really is another way, and yes, it really is available to all of us. You can feel really good about yourself, within yourself, and recreate your life.

### BODY-LEVEL AWARENESS

By listening to our bodies, we begin to trust ourselves and repair the rift that says we need something outside of ourselves to feel good. "Listening

to your body"-- what does that even mean?

One example is whenever I feel zingy, tense or overwhelmed, I notice the felt sense in my body as tightness in my belly, shortened breath, and clenched muscles. My head tells me to ignore that and keep pushing forward, but my body says I need to step outside and take a deep breath. When I take this brief pause, make the choice to honor the message by stepping outside and getting my bare feet connected with the Earth, I notice that my body relaxes, breath deepens, stress melts away and I feel a sense of well-being.

In addition to this simple example, listening to the body can invite larger shifts. I have a personal story to share about that.

Winter Solstice has now become a time of slowing down and listening closely for me, although it wasn't always that way in the past. When

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I was still working in the corporate world, I ignored my body's messages and requests for rest, and would end up with a week-long illness every January, like clockwork. It was like the Universe was saying, "We are going to slow you down, no matter what your brain has to say about it." I have learned to question, where is my "yes" or "no" coming from? Is it coming from my authentic body place, or my wounded place?

An authentic body message came through this past January. Suddenly, I was getting lots of information about this thing called, 'candida cleanse' although I had never heard of it before. By listening with love to my body's messages, I understood this was something I needed to research.

I ended up doing a 30-day food shift with surprising results. No sugar, grains, legumes, potatoes, and eventually cutting out dairy as well, much to my chagrin--and what I learned is that my body opened up to eliminating much more efficiently. Did I just write about elimination? Yes, poop! Quite literally, learning to let go! It is just as important to me to honor what I put into my body as to honor my body's elimination processes, as this is part of healthy human functioning. It is amazing to me that everything I eat and digest becomes a building block of my body's reality, and am honored when I can also connect with the grace to let go of what no longer serves.

To be clear, I share this as merely one example of what listening to the body can open up. In this case, my awareness to make a shift in my food intake emerged, I listened, and I felt amazing benefits in my body and vibrancy. I am inviting you to listen to your unique messages of the moment. What is your body asking for? What do you feel as a resonant zing on the YES of your joy barometer? When is

your head saying something that your body doesn't agree with?

**CELEBRATE!** Celebrate the choices you make that get you feeling better! Celebrate even when it feels miniscule! Celebrate and acknowledge your success and joy, even though you have 1,000 other things still looming! Celebrate with wonder, awe, and gratitude the amazing fact that you are in this body and able to make empowered choices that make you feel better!

### Leslie's Body Wisdom Toolkit

Four Major Steps to Unlock Your Capacity to Feel Really Good About Who You Are in Your Body

Notice: What's going on in your body; can you notice a felt sense in this moment?

Make a choice: Take an action; make a shift; or consciously do nothing--be; take a breath; change your body position

Notice again: What do you feel now? Inquire into the felt sense of the moment, not just the emotion (examples: a heat in my thigh; a tingling in my shoulder blade; a cool breeze across the back of my hand; a tightness in my lower belly)

**CELEBRATE!** You just made a change in your body!! Wonder, awe, and gratitude take you to the next step. The cycle can begin again. It is amazing what opens up with wonder, awe, and gratitude.

Noticing is the first step of the Toolkit. The more awareness you bring, the more you have to be careful not to beat yourself up. This isn't just about huge life changes or major shifts in food intake; take that one step, one breath that invites a sense of possibility. Awareness is what allows your joy to unlock. Being kind to yourself keeps things moving. **CELEBRATE!** Give yourself credit! Making changes that feel better in your body is a huge deal! Little joy windows start to open up more and more. Joy and delight in THIS moment, create the infinitely possible YOU!

Leslie Blackburn, MS is a Sacred Sexual Healer & Transformational Guide, a local leader in the Detroit/Ann Arbor area, as well as an international speaker, seminar leader, radio show host, artist, yogini and more. More about Leslie and her teachings at [www.MysterySchooloftheTempleArts.com](http://www.MysterySchooloftheTempleArts.com)



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## Are YOU Losing the War with GRAVITY?

- \* Shoulders rounded and tense?
- \* Are you less flexible than you use to be?
- \* Chronic hip, neck or lower back pain?
- \* Does your body feel beaten down & compressed?

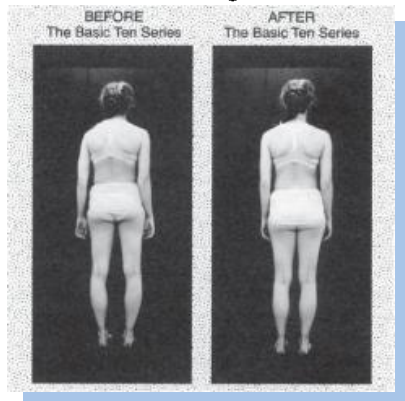


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- \* Improve your posture dramatically
- \* Assist in breathing easier and deeper
- \* Improve your game (yoga, golf, etc.)
- \* Make being in your body joyous and uplifting



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**Sharon Oliver, M.D**

## IDA ROLF'S VISION AND THE SECRET LIFE OF FASCIA (PART 3)

At the end of part two of this series, we left Dr. Ida Rolf at the Esalen Institute in Big Sur, CA, which at that time was at the very center of the 'counter culture' and a haven for transformational junkies. It was at Esalen that she finally had a growing group of students hand-picked by her, that were interested in the fullness of her vision and in dedicating their lives to becoming practitioners of Structural Integration bodywork. In the end, she ended up training about half of the Esalen staff.

As far back as the 1950s, Ida Rolf had been developing a coherent 'recipe' or sequence of sessions that could deliver the greatest degree of structural change, with the greatest chance that the client would be able to 'hold on' to the new. She continued to refine and tweak this series while she was at Esalen. It developed into a ten session process with a definite beginning middle and end. Each session would address a different layer and theme and lay the foundations for what would come next. The sessions are so dynamically interconnected (like pearls on a string) that she observed, "If you start with ten people and do a first hour, lo and behold, by the time they come in for their second hour everyone of those ten people will show you the same narrow symptoms. They will show you that their legs are not under them and will show you that their feet aren't walking properly." So, the second hour became the hour of working on the lower legs and feet. When clients show up for their third hour, their bodies are clearly asking for third hour goals and resolutions.

The ten session 'recipe' provided a structure for imparting to the client's body her notion of CORE and SLEEVE, which involved lengthening and balancing the large surface muscles (e.g. hamstrings and quadriceps) around an ever more active core of deep intrinsics like the psoas. So the recipe starts on the surface of the body, dives deep into the middle of the series and ends with the last three sessions focused on integration. In an interview she said, "Any fool can take a body apart. The trouble is, they don't know how to put it back together."

In the early 1970s, Ida Rolf knew it was time to establish her own school, so she and a small cadre of new Rolf instructors packed-up their bags, and following the advice of several well known psychics, moved to Boulder, CO., setting-up the, Guild for Structural Integration. In addition to watching over the training of new practitioners, Dr. Rolf was very interested in research projects that could scientifically demonstrate and validate her work. One such project was undertaken at the Movement Lab at UCLA, with eleven subjects. Using telemetric electro-recording, the subjects were measured, carrying out a series of everyday movements (walking, sitting, standing and lifting a stool). The subjects were then take through the ten session recipe, and then retested.

These tests confirmed what Rolf practitioners and their clients had been noticing: when someone was 'Rolfed' or Structurally Integrated, their movements became dramatically easier. Muscles which were not necessary to carry out a movement but which in the past had gotten involved were now able to remain at rest.....as though





these myofascial units had received a memo with an updated 'job description'. This effect was accomplished by releasing the adhesions or gluing that often occurs between the fascia of neighboring muscles or whole muscle groups. Also noted in the study, was that the background electrical 'noise' or static at body areas far from the originating site of an

action, quieted significantly. No wonder so many athletes and dancers have found this work invaluable.

Just as she was interested in having her work validated scientifically, she was interested at least as much in the psychological and energetic effects of Structural Integration. She knew that when you changed an old survival posture perhaps adopted in childhood (e.g. shoulders pulled up to the ears and head jutting forward of the torso) you opened many doors for change. She helped design another phase of testing by the Movement Lab, in which the subjects were observed by energy clairvoyants, including internationally well known clairvoyant, Rosalind Bruyere, in conjunction with bio-electronic sensors and kirlian photography, before, during and after being Rolfed. The study noted positive changes in the colors and energy emitted by the chakras, as well as a more coherent energy field around the subjects as they went through their Rolfing.

As the years went by, Dr. Rolf never tired of working with children. Maybe it was because of the amazing speed with which children respond to Structural Integration -- their myofascial systems are still open and un-armored; what would take an hour to achieve with an adult, might take 5-15 minutes with a child. Or, maybe it was knowing how much less chronic pain the children would end up

experiencing in the years ahead. It might also have had something to do with what one of her teachers once told me, "When you're working on a child, you have that child's entire family system in your hands."

So in the end, what is the legacy that Ida Rolf has left us? I will let her answer, "We are after nothing less than the integration of the human body with the gravitational field of the earth."

By Robert Auerbach

Robert is a certified Advance Rolf Practitioner. He was trained by two of Dr. Rolf's senior instructors. He has the pleasure and honor of helping clients resolve their 'war with gravity' at Alternative Health Solutions in West Bloomfield; the Center for the Healing Arts in Sterling Heights; and BodyWorks Healing Center in Plymouth. For more information visit: [rolf-michigan.com](http://rolf-michigan.com) or call him at 313-407-6343



## WHAT IS ROLFING???

Rolf·ing /'rôlfING/

**Verb:** a massage technique aimed at vertical alignment of the body involving manipulation of the fascia of muscles and internal organs to relieve physical and emotional tensions, improve posture and release muscular tension at a skeletal level contributing to the relief of long-standing neuroses.

## Ghost Hunt, Dinner and Psychic Mediums, A Dream Come True!

Ghost hunting shows are popular for a reason -- to actually experience spiritual and paranormal phenomenon is amazing. GHS Paranormal, an all sister team, will be partnering up with Shelly and Michelle, Psychic Mediums from Illuminate Your Spirit, for a real ghost hunt. It will be held at The Courthouse Grill located in Plymouth on Plymouth Road. This was originally a farmhouse from the early 1830's -- 1840's. It was turned into a restaurant in the early 1930's. Not only do they serve amazing food, they are full of spirits, and I am not talking about alcohol!

This event will include a wonderful dinner, small group psychic reading and the ghost hunt with a psychic medium.

GHS, a paranormal research team based in Farmington Hills, will be leading the investigation. Their goal is to provide you with a hands-on ghost hunting experience. While using their specialized equipment, they will guide you through the farmhouse along with psychic mediums who can read the spirit energy and even channel the spirits around you.

See if you have what it takes to be a real ghost hunter! Saturday, May 30, 7-11pm. Tickets are available through Illuminate Your Spirit in Plymouth, and must be purchased in advance. These events sell out VERY fast so get your tickets early! Tickets are \$75 per person and will include a psychic group reading, dinner (3 menu choices to choose from) and the ghost hunt with a professional ghost hunting team. Call 734-259-8651 for information or check-out our website: [www.illuminateyourspirit.com](http://www.illuminateyourspirit.com)



## Your future may be stuck in your past...

In my practice as a psychic, I have found that the future does not unfold as I foresee it at times. Instead, my client may get stuck in a pattern of bad choices or just not allow for positive changes to take place so that they may embrace their destiny, their life path. They think they are doing everything that is needed to allow for their future to unfold as expected, but sometimes they instead get caught up in depression, fear or anxiety and have no reason as to why! As a psychic, I can see where the problem may have begun; maybe it was from an incomplete karma from a past life, this life, or a current life childhood issue.

But just revealing the reason as to why they can't move forward is different than breaking the block and moving forward. For some people, just knowing is enough for them to release and move forward, but for others the problem is too deep and they may need a professional to help them release the fears and anxieties that may be holding them back.

I have been asking the universe to help me widen my referral base of professionals in regression hypnotherapy. Interestingly, one walked into my office for a reading. As many of you know, I don't know anything about my clients when they come for a reading, and they don't ask the questions; rather, I look at the client's life path and I know their questions through my psychic connection with them.

Before me was a sweet, unassuming



woman who most certainly could have been a nurse/ doctor or even someone from the legal field which would have been a good guess, if what I did was guessing, as she had such an intelligent and confident demeanor. Well, as I looked into her life path, I saw that she was working as a professional hypnotherapist, specializing in Past Life Regression Therapy!

Sometimes it gets weird even for me when I do a reading with someone that I know I will have some part in their life. But I knew that I would work with Colleen and that not only was I helping her fulfill her destiny, but my clients were going to benefit as well. I now had

someone to refer my clients to that will help them fulfill their life path by going through a regression into their past and releasing their depressions, fears and anxieties that may be holding them back.

Colleen Swanson, C.Ht, is a true professional, specializing in Quantum Healing Hypnosis Therapy (which encompasses past life regressions). She gave me insight into how it differs from traditional hypnotherapy.

Unlike traditional hypnotherapy where you need several sessions, Quantum Healing Hypnosis Therapy (QHHT) is a one-time process! Often times with traditional hypnosis, a client can only work on one issue at a time and generally needs several sessions. With QHHT, only one session is needed. When you get to the source of the problem (s), you have the ability to clear it, allowing for a healing to occur. Colleen expects everyone who leaves her office to feel empowered and free from whatever issues held them back from fulfilling their life purpose. Here are some of the benefits her clients have experienced: with QHHT and past life regressions:

Seeing their personal relationships improve or allowing a new one to be developed

Releasing fears and anxieties linked to a past life trauma (including trauma of their death)

Healing physical problems due to past life trauma

Rediscovery of their life purpose and being able to fulfill their destiny

Connect to talents and abilities from a past life

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In Love & Light, Wendy Powers

Listen on the first Saturday of each month to "The Wendy Powers Radio Show" May 2, 10:00am EST; my guest will be Colleen Swanson, C.Ht. She is a Reiki Master, member of the Clinical Hypnosis Professional Group and owner of Swanson Hypnotherapy Clinic. We will be talking about the benefits of Quantum Healing Hypnosis Therapy and of course, I will be doing mini-readings throughout the show. Call the radio station at: 646-378-0378 for your mini-reading. The phones fill up fast! Call in a few minutes before the start of the hour to get into the queue.



# Happy Mother's Day!



"The love of a mother is the veil of a softer light between the heart and the heavenly Father."

Samuel Taylor Coleridge



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## Events to ... Inspire Empower and Heal

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**High Vibration Benefit Concert - May 31st - 7:00 pm**  
 Healing, Joy and celebration with a musical, a combination of rock, world beat, mystical and pop. Tickets \$15

**Mike Racque & Leah Grace - May 17th - 10:00 am**  
**The Transforming Power of Self-Love**  
 Mike & Leah bring this empowering talk to our Sunday service

**David Roth Concert - June 26 - 7:30 pm**  
 "David's music will touch you to the very depths of your soul. He'll ... inspire you to rise and fly..." - Jack Cardiff! Tickets \$20

**Awakening to Spiritual Power - Wednesdays - 7:00 pm**  
 Meditation, Spiritual Discernment and Experiential Discovery.  
 (This theme is also explored in the Spiritual messages at the adult service and youth ministry programs Sundays at 9:00 am through June 3-4th)

**unity** Sunday Service & Youth Program - 10:00 am  
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# Growing Higher Self

It's spring and our world is a fertile ground for growing things! I see that all my favorite spring flowers have taken root and are blooming in a profusion of joy. There is so much beauty all around and I can just soak

it in. I always like to take advantage of this fertile season to nurture and grow what is important within me. With that in mind, I'd like to meditate with you on the process of growing Higher Self this spring!

In this season, when the increase of sun calls all life to be reborn, there is a quickening within people's souls that calls us to have a deeper union with our eternal truth and wisdom. The increased energy in the world around us opens us to something new. Like a plant, we are being called to become as fruitful and whole as we can be; taking in the higher energies of life and of our true selves and planting them deeply into the fertile energies of earth so they can increase within our world.

Making room for higher self and the nurturing and pleasure of spirit requires more inner initiative than it did when our economy was booming more consistently, and taking classes and buying spiritual books was easier on our budgets. But our spiritual experience can grow even stronger than ever now. Working more under our own initiative will develop even stronger soul muscles, qualities and gifts that our higher self needs so that we can realize our potential within the world.

Now is the time to learn how to keep a spiritual focus in everyday life,



regardless of what we are doing. This increases our pleasure in living and helps us fulfill our true purpose in life, which is to incorporate our higher self into our bodies and the world, so we are growing God on earth. There is more value in doing a mundane task and including a focus of higher self, than doing an outwardly grand work without the higher focus. Making room for higher self and growing it in our lives is something everyone can do, and spring is an ideal time to practice doing it!

Growing God on earth is such a fun visual for me! I see the rich soil full of living organisms, seeds and roots. The soil is physically dark, but with spiritual vision, it is radiant with the colorful, glowing spiritual aura of life. Our earthy human nature is also like that. It appears to be dense, but it is full of life when we welcome our higher self into it. Each cell of our bodies can be activated, stimulated to function optimally by the love of our higher self within us. Each chakra can be open to love and truth of our higher self.

When your higher self is welcomed into your physical experience, it is like a beloved parent coming home, and the cells and organs of your body are like children, filled with joy and feeling safe now, knowing that there is a greater intelligence and love present to keep life going in the right direction. Let your higher self run the house of your being, from the smallest cell to the biggest outer responsibility; let your true self be present and in charge.

Your mind can become open to your higher intelligence and make space to receive guidance from your inner wisdom. Your emotions can be turned toward the love that exists within and all around you from the essence of truth of your higher self. Try pausing between

tasks during your day, to acknowledge what you have accomplished and to enjoy just being present in the moment.

Open your heart and feelings to your higher self and breathe the joy of your True Being into your life; no matter what is happening in your world, let the love enter there. Then look at your next task from that spiritual connection. Allow your higher intelligence to be present, caring for you and helping you express loving intelligence into whatever you are doing, no matter how mundane or frustrating it may seem sometimes. It is who you are, not what you are doing that is important. When your higher self is present, you are planting God into the world and helping that eternal truth, by whatever name you call it, to grow within your experience.

Grounding higher self into the world allows the essence of truth of God to act on earth. When you are doing this, your wishes and prayers for a better world have impact. The energy of your higher self, grounded through your soul and body into the actions you take on earth, will generate a true substance of life. That substance is an energy The Higher Power can use to recreate our world into a state of harmony.

The effort you put out to bring Higher Self into your life each time you pause to breathe and connect between activities may seem like a small thing, but it can really make a difference for all of us here on earth.

Eve Wilson

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## MAY EVENTS

**TUESDAY, MAY 19 – 1:00-2:00 PM**

**Aetherius Radio Live - Discover the Cosmic message for this Age!**

**Hosts: Richard Lawrence and Chrissie Blaze live on:**

**[www.bodymindspiritradio.com](http://www.bodymindspiritradio.com)**

**SUNDAYS, MAY 17, 31 & JUNE 14**

**2:00-5:00 PM**

**3-PART SERIES: Manifesting Your God Potential.** This series is based on the initiatory wisdom and revelations of The Nine Freedoms and The Twelve Blessings, the yoga of Spiritual Master, Dr. George King and scientific discovery.

**Speaker: Dave Capraro**

**SUNDAYS – 11:00 AM – 12 noon**

**Sunday Service**

**Mystic visualization –**

**prayer – mantra**

**Metaphysical wisdom –**

**The Twelve Blessings**

**Ask about how to join us in**

**Operation Prayer Power!**

**(see article on Avatars and Gods Who Came To Earth)**

**For upcoming events please**

**visit: [www.aetheriusmi.org](http://www.aetheriusmi.org)**

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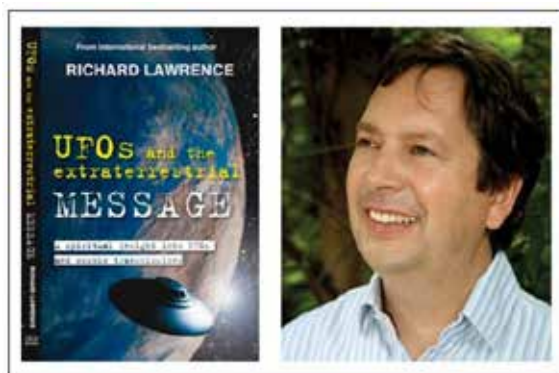
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## Avatars and Gods Who Came To Earth – Part II

International bestselling author, Richard Lawrence, believes we have been visited by cosmic intelligences throughout our history. Among them, he says, are some of the greatest spiritual icons ever to be born upon Earth. Here he reveals the cosmic plan behind the coming to Earth of these avatars and gods from past millennia up to the present day.

It was the great western master of yoga Dr. George King, my personal teacher and very close friend, who first explained in depth this concept of the cosmic avatar. And he should know, because although he never said so in public, I am convinced that he was one himself. I was privileged to co-author the last book he published in his lifetime, "Contacts With The Gods From Space", and he did not wish to disclose it then. This was partly because of his innate humility and desire to focus upon other Masters rather than himself. However, I feel sure that now this revelation can and should be made.

He was born on January 23rd, 1919 in Shropshire. "My God, Mary, this child is



not of this Earth!" were the immediate words of his maternal grandmother, herself a well-known psychic, to his mother. Later, his mother would have outstanding cosmic encounters which would confirm the other-worldly origins of her son.

His focus on inner development and the higher planes began in early childhood and continued throughout his teens and twenties. Nowadays, yoga is widely practised and generally accepted, but it wasn't in the England of 1945. Even today, it would be unheard of for anyone to practise advanced forms of Yoga for an average of eight hours a day for a ten year period, as he did. And, unlike an eastern sannyasin or monk, he had to work for a living too!

His spiritual training was for a higher purpose other than solely personal development, for his mission was to become a channel through whom the gods from space would speak to Earth. Between

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1954 and his passing in 1997, he was their voice. As someone who was in touch with him almost every day for the last 20 years of his life, I can vouch for the fact that he was always on call for them twenty-four hours a day. Dr. King was not the only cosmic avatar of the 20th century (another I believe was Mahatma Gandhi), but his was the challenging and controversial task of giving the interplanetary message, which he did through the organisation he founded and which continues today, The Aetherius Society.

I must stress that although the avatars and gods I have named are all male in their incarnations on Earth, they may well not be so where they come from. In fact, on the higher planets, they are not limited to gender at all. In a world which has wrongly been dominated by men for so long, it was necessary for them to assume these identities in order to perform their allotted tasks among us. This will change as a new age dawns. In fact, since the Mother Earth is a female planet, the time must come when all the leading roles upon her will be taken by women.

It's not surprising that traditional organised religions have a bad name. This is not the fault of their founders, but of the man-made dogmas, political machinations and financial interests which have distorted the purity of their origins. One of their greatest failings has been the propagation of the myth that there is only one way to divinity, namely their way. All great spiritual truth leads back to the divine source whether you call that source God, Brahma, Jehovah, the Great White Spirit or by any other name.

An understanding that the avatars and gods who came to Earth are part of a cosmic plan determined by even greater beings than themselves, explodes this damaging myth which has led to so much conflict, death and division in our world. They are brother-Gods unified by the same cause – the salvation and enlightenment of humanity.

In 1959, Dr. King entered a deep meditative trance on BBC television and channelled the following words from a cosmic intelligence named, The Master Aetherius: "If you are a Christian, then live the laws as laid down by Jesus. If you are a Buddhist, live the laws as laid down by Buddha. If you are a Hindu, then be the best Hindu. This procedure is the one true way for men of Earth to save themselves from their lower aspects."

If we followed this advice, it would be a different world tomorrow, and the untold sacrifices of the avatars and gods who came to Earth would at last be honoured by those who profess to follow them.

Richard Lawrence is an international bestselling author and co-hosts, "Aetherius Radio Live with Chrissie Blaze" on Body Mind Spirit Radio. [www.bodymindspiritradio.com](http://www.bodymindspiritradio.com). Visit his website: [www.richardlawrence.co.uk](http://www.richardlawrence.co.uk)

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## Healthy Choices for a Healthy Life

Mother's Day is about honoring and appreciating those most special to us. Even if your mother, your grandmother, or other special maternal figures are no longer a part of your life, you may still remember them with gratitude. Whether you followed their leadership, learned from their mistakes, or just spent some special time together, there's a good chance that they had a profound influence on the choices you made throughout your life.

Speaking of choices, I'm dedicating this article to a special woman who made many good choices throughout her life. Perhaps you've seen her in my ads before--like the photo taken a few years ago when Jessie and I were in kayaks. At 99.5 years, she's not only my oldest patient, but one of the most adventurous!

Jessie lived most of her life in good health despite losing both a kidney and her thyroid gland. Even when she began experiencing profound hearing loss and poor eyesight due to macular degeneration, she didn't let it affect her strong spirit. But now, Jessie's dealing with yet another challenge--dementia.

Like others in beginning stages of dementia, Jessie often needs help with the activities of daily living, including things like cooking, cleaning, bathing, and dressing. In dementia, independence reverts back to dependence. However in the some scenarios, there may be innovative ways to maintain as much independence as possible. For example, Jessie's been successfully using her new high-tech faucet, installed when she kept forgetting to turn off her old faucet.

Yet, for most people and their families, dementia is heartbreaking. A person



with dementia often forgets to eat, forgets what day it is, and usually has little concept of time. In advanced cases, he or she may even forget how to swallow.

Despite massive editing of this article, it was impossible to remove the sadness revolving around the topic of dementia. However, I can offer hope by encouraging you and your loved ones to make good choices. Although aging is inevitable, I believe it's possible to avoid many of the problems of aging through proper choices.

In the book, "If Life is a Game, These are the Rules" by Cherie Carter-Scott, Ph.D., the author lists ten rules for being human. Rule #1 is that you will receive a body. She says that whether you love or hate your body, it's yours for the rest of your life. This most important relationship of your life is based on a no-refund, no-exchange policy--so it's only prudent to love it and take care of it. The better care you take of your body, the better your body will treat you!

Taking care of your body is really quite simple. Obtain the best nutrition you can afford, take time for daily exercise, and pursue quality sleep. Keep a positive and happy outlook on life and interact with others. Love yourself and others. (If you have difficulty with this last one, I suggest reading, "The Four Agreements" by Don Miguel Ruiz.)

In addition to these guidelines, I encourage patients to treat themselves to the benefits of modern technologies such as PEMF (Pulsating Electro-Magnetic Field) Therapy. The PEMF unit in my office is extremely popular and patients report incredible results. This isn't surprising since the positive effects of electromagnetic fields on the body have been well-demonstrated in studies with depression, inflammation, healing bones and old injuries, and many other

conditions.

Another therapy that shows positive results is, Far Infrared Therapy. Studies in biology, cardiology and alternative medicine have shown infrared therapy having a positive effect on many health problems, including poor circulation, depression, chronic pain, cancer, chronic heart failure, and rheumatoid arthritis. Infrared energy relaxes muscles which in turn reduces muscle spasms, relieves pain, and detoxifies the body--giving the equivalent of a cardiovascular workout while sitting on the bench.

A new style of far infrared sauna that's both portable and safe is the half body sauna. The upper half of the body is outside the sauna while the lower half is immersed in several different types of infrared heat, depending on the sophistication of the unit and the brand. While the lower half of the body benefits from increased temperatures for healing, many people find it easier to breathe compared to full body infrared saunas. It appears to lower blood pressure by opening up the vascular system. While each individual may have different results, this therapy looks extremely promising.

Motivated to stay as healthy as possible, Jessie utilizes a recumbent bicycle, a half body sauna, daily PEMF sessions, weekly adjustments, whole food supplements, and healthy foods.

While Jessie is continuing to make good choices, she says that she would've done some things differently. She tells people to get more real Vitamin C and eat less bad fat to help avoid macular degeneration. Jessie still loves deserts but now eats homemade treats made with real sugar, not corn syrup or refined sugar. She's also eating more healthy fats, including real butter, avocado oil, and lots of coconut oil.


Why coconut oil? Coconut oil provides the energy needed to keep brain cells alive. When there's excess sugar in the



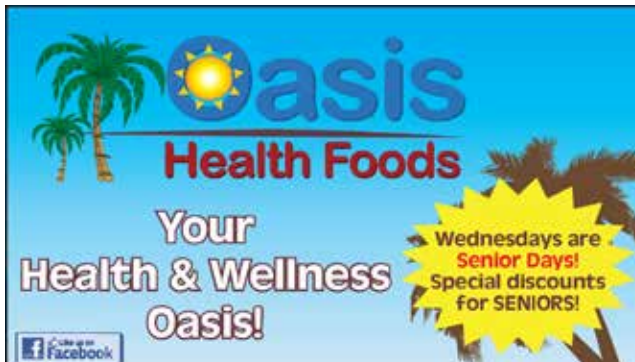
blood, brain cells protect themselves by closing themselves off which results in starvation and death. Along with toxic overload, this process leads to brain disorders such as Alzheimer's and dementia. Coconut oil is effective because it goes straight to the liver and is converted to ketones without the help of the gall bladder or having to be processed like other fats. This is how coconut oil helps brain cells stay alive.

Jessie obtains a therapeutic dosage of coconut oil through recipes along with other nutritious ingredients such as walnuts, almonds, quinoa, and hemp hearts. We'll share some of these recipes at our workshop, Improving Health and Vitality on May 14--a FREE, informative workshop to help you learn to make healthy choices.

The best path to a healthy future is by making healthy choices now--because your future starts now!



Dr. William H. Karl, D.C., is a Brimhall Certified Wellness Doctor with over 30 years of experience helping people to improve their health! Join Dr. William H. Karl, D.C. on Thursday, May 14 at 7 pm for a FREE workshop, Improving Health & Vitality. Please register for this workshop by calling 734-425-8220. For info visit: .karlwellnesscenter.com




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# Feeling Tired, Burned Out...

## Restore Your “Energy” Naturally

Today's environment puts tremendous stress on children, teenagers and adults alike. This results in our feeling tired and worn out. Solutions now exist to restore our natural balance and energy or what can be referred to as 'Vigor'. The dictionary defines vigor as healthy physical or mental energy or power; vitality. Natural products exist that can restore vigor without the need for excessive energy or caffeine drinks.

Do you have days in which you're fatigued, unable to focus, moody or just worn out physically? Researchers refer to this feeling as 'burnout'. The same factors that create burnout could be associated with diet, exercise routines, lack of sleep or stress. One could rate different levels as mental focus = tired, high stress = fatigue and poor mood = exhausted. Vigor is a true gauge of how we feel, and scientists refer to three stages of sustained mood.

These stages are described as:

Physical Energy

Mental Acuity and

Emotional Well-being

One could feel energetic but not be able to maintain focus. A person could be focused but not able to feel happiness or resiliency (cognitive). Getting all three states in balance creates a sense of vigor.

Today, people try to re-create this feeling with energy drinks. The market is expected to surpass \$20 billion in 2018. The problem is, the drinks we are consuming have a simplistic approach to restoring energy. These drinks are focused around over stimulation by using caffeine and sugar. These fixes are temporary and do not address the true nature of how we feel. To restore vigor the market needs a multi-dimensional approach to restoring balance in the physical, mental and cognitive areas of our bodies.

Scientists have found that stimulating the Nrf2 pathway not only protects every cell in our body, but helps create healthier brain neurons and mitochondria. Mitochondria is the energy for the cells, like gas is the fuel for an automobile. Activating Nrf2 in the brain can help in restoring our vigor.

Today, products exist on the market which can activate Nrf2 naturally. They contain different herbs, such as New Zealand Pine Bark Extract, Green Tea Extract and more. They also include Quercetin, Theanine and DMAE, which helps with

protecting and activating better cell function. These natural drinks restore the vigor and don't come with the side effects from drugs, or crash from the current energy drinks. Consistent use of these natural products has shown in published research to reduce stress from high altitude, protect the brain from degenerative conditions such as Alzheimer's disease, and protect our neurons from other degenerative diseases.

In conclusion, restoring vigor can have a dramatic effect on your daily lifestyle. It is important to reduce stress, get plenty of quality sleep, eat natural organic foods, hydrate with good water sources and look for the proper herbal energy drink to protect your brain from too much oxidative stress. Experience a better lifestyle and try to combine a part of each component for a week and feel the difference.

David Sherman, Healthy Lifestyle Expert

David Sherman, partner at Natural Recharge, specializes in reducing inflammation with scientifically proven alternative products. An engineer who is passionate about helping others with natural methods, blends science, nutrition and hydration to fight oxidative stress and promote better lifestyles for everyone. See his ad on the next page and visit his site at: [www.naturalrecharge.net](http://www.naturalrecharge.net)



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## UP TO THE MIC:



UP TO  
THE MIKE:  
In Touch  
Interview with  
Marybeth  
Rombach  
Nelson

You may  
have spotted

in our Monthly Radio Calendar the words, In Touch Interviews. This is our opportunity each month to interview individuals and businesses connected to the community who offer diverse and beneficial products, are published authors, or provide a variety of valuable services.

For one full hour on live radio, Body Mind Spirit Radio places the spotlight on our special guests! In a laid-back, casual way, they are interviewed so that you have the opportunity to get to know them and what they do, better!

During the month of May, we will be featuring a wonderful woman, Marybeth Rombach Nelson, whose many talents include: Reiki Master and teacher, author and spiritual teacher. She is also an Intuitive. Marybeth has written and published four books which are all available on Amazon. She will be joining us to discuss her book "Angel Wings Angelic Interventions". She will be sharing stories about near death experiences, how to awaken yourself spiritually, Angelic Interventions, how to feel an Angel's presence, Angel messages, how to talk and connect with your Angels through meditation, and more!

Her past has helped her to work not only as a writer but also as a teacher, and to share her experiences and wisdom on gaining the strength and empowerment to leave any abusive relationship. Her first book, "Thank

You God for Today", is a resource for any woman who needs this personal empowerment.



She is also the author of, "Path to Your Soul-Self", a wonderful book that helps us discover what path our soul is currently on or wishes to take. "Opening Heaven's Door" is a perfect read for those interested in

supernatural stories about loved ones crossing over to the other side.

Marybeth enjoys traveling around the U.S. and abroad, offering classes in both spirituality and the supernatural. She will be offering many Reiki certification classes throughout the spring, summer and fall. Starting May 9, she will be offering her services as an Intuitive through Crazy Wisdom bookstore in Ann Arbor, MI. Her readings offer a mixture of Angels, Reiki, the future and more!

After spending time with her discussing this exciting upcoming interview, I had the chance to feel the positive and uplifting vibration and energy she offers to those she comes into contact with. If you would like to connect with Marybeth for a session, class, or one of her many books, visit: [www.spiritualintuitivemb.com](http://www.spiritualintuitivemb.com) or email: [marybeth@spiritualintuitivemb.com](mailto:marybeth@spiritualintuitivemb.com)

Please join us May 25, from 1-2 p.m. EST for, In Touch Interview with Marybeth Rombach Nelson!

If you would like to promote your business, expertise, products or services via radio by being interviewed or by hosting your own personal show, please feel free to email your request to [radio@bodymindspiritguide.com](mailto:radio@bodymindspiritguide.com).

Courtney Overfield



**Todd Stockwell** is a world renowned healer, teacher, guide, business & spiritual leader!

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## Androcles

A slave named Androcles once escaped from his master and fled to the forest. As he was wandering about there he came upon a Lion lying down moaning and groaning. At first he turned to flee, but finding that the Lion did not pursue him, he turned back and went up to him.



As he came near, the Lion put out his paw, which was all swollen and bleeding, and Androcles found that a huge thorn had got into it, and was causing all the pain. He pulled out the thorn and bound up the paw of the Lion, who was soon able to rise and lick the hand of Androcles like a dog.

Then the Lion took Androcles to his cave, and every day used to bring him meat from which to live. But shortly afterwards both Androcles and the Lion were captured, and the slave was sentenced to be thrown to the Lion, after the latter had been kept without food for several days.

The Emperor and all his Court came to see the spectacle, and Androcles was led out into the middle of the arena. Soon the Lion was let loose from his den, and rushed bounding and roaring towards his victim. But as soon as he came near to Androcles he recognised his friend, and fawned upon him, and licked his hands like a friendly dog.

The Emperor, surprised at this, summoned Androcles to him, who told him the whole story. Whereupon the slave was pardoned and freed, and the Lion let loose to his native forest.

Gratitude is the sign of noble souls.

## Food of the Month: Asparagus

While growing up, I never ate asparagus. After I moved out of my parents house, I decided to try this unique looking vegetable. It was slightly sweet, juicy and delicious, I loved it right away! I found out that the reason I had never had it while growing up, is that my Mom did not like it. However, my Dad loves asparagus, and just like me, my sister, after trying it, also loves it. Now it is one of my favorite vegetables and I cook with it whenever possible.

Known for being a spring time vegetable, it grows wild here in Michigan. Various species of asparagus were cultivated by Egyptian cultures beginning as early as 3,000 BC. And, it has been used for its medicinal properties for over 2,000 years. The asparagus plant contains the anti-inflammatory nutrients: vitamins C and E, beta carotene, zinc, manganese and selenium. It also contains a variety of B vitamins: folic acid, B1, B2, B6, niacin, choline, and pantothenic acid. B vitamins are important because they get depleted when you are under stress.

Packed with antioxidants, fiber, folate, vitamin C and K, and chromium, asparagus is also a rich source of a compound, glutathione, that helps break down carcinogens and other harmful compounds like free radicals. This may indicate that it could help protect against certain types of cancers such as breast, colon, larynx and lung.

When buying asparagus, look for a firm stalk that is not wilted. Also, look for the tips to be firm, not soft. Asparagus can be steamed, roasted in the oven, sautéed, deep fried, grilled and added to soups. Asparagus tastes very good when cooked with garlic, which brings out the natural sweetness of the vegetable.

## Asparagus Pinto Bean Corn Soup

1 leek (washed very good and cut in thin slices)

6 cloves garlic (minced)

1 lb. asparagus (cut in 1/2" pieces)

3 carrots (diced small)

olive oil, sea salt

10 cups water

4 cups corn

2 (15 oz.) cans pinto beans (drained)

1/4 cup lemon juice

2 1/2 tsp. sea salt

1 tsp. basil

1 tsp. thyme



In a large soup pot, sauté the leeks in a little olive oil and sea salt, for 2 to 3 minutes. Add the garlic, asparagus and carrots. Add a little more olive oil and sea salt, sauté all the vegetables together. You want to sauté the vegetables for a good 5 minutes, until they start to sweat. Add the water and bring to a boil. Add corn and beans, reduce heat, cover and simmer for 20 minutes. Turn off heat and add the lemon juice, 2 1/2 tsp. sea salt, basil and thyme. Mix all together and serve hot.

Val Wilson

Valerie Wilson is a chef, author, counselor, and host of "Healthy Cooking with Macro Val" on BMSRadio. She teaches macrobiotic, vegan cooking classes in Westland. Contact her at 734-722-4553 or visit [www.macroval.com](http://www.macroval.com)



# The Benefits of Breakfast

There is an old adage that says, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper," yet most people do the exact opposite. The average American skips breakfast, has a small lunch, and binges at night to make up for not eating enough earlier in the day. If they do eat breakfast, it is something like milk and cereal. I would like to have a talk with the person that decided milk and cereal should be the typical American breakfast, because this is the worst idea ever.

Cereal is processed, often high in sugar, and typically low in fiber and protein. Similarly, cow's milk is also high in sugar, low in fiber, and is both allergenic and inflammatory. Both milk and cereal are hard to digest and don't provide sustained energy and stable blood sugar. In turn, this causes obesity, lack of mental focus and energy. When our blood sugar crashes because we either skipped breakfast or had a poor breakfast, our hunger rises and we tend to binge.

The right breakfast dictates the entire day. It should be high in fiber, protein, and healthy fats. It should be real food and not processed fake food. Food such as bagels, muffins, cereal, and milk are not part of an optimal breakfast. The theory that carbohydrates are needed for energy upon waking may not always be true, especially if the carbohydrates are processed, high in sugar, or hard to digest.

Instead, healthy fats are a great source of energy and don't negatively affect blood sugar or insulin levels. Healthy fats actually help your body burn fat! One of my favorite healthy fats is MCT oil, which is the primary ingredient in coconut oil. Having just a tablespoon a day can make a difference in your mental focus and energy. I have this before I work-out, with almonds or cashews and either a grass-fed beef patty or eggs. I have plenty of energy to work-out, and burn fat instead of glycogen from carbohydrates.

If you think it sounds weird or crazy to have a low carbohydrate breakfast, consider the definition of insanity. You can't keep doing the same thing and expect a different result. If you are seeking a change in your body or well-being, you can't be afraid to try something new and go against the grain.

Glenn J. White, LMT, RYT, M.A.

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## Love & Lightwork I: Soul Mirrors

There are different kinds of love and different categories of soul mates. In popular culture, soul mates often means a soul companion—one with whom you share an intimate relationship. Contrary to popular belief, not all soul mates are “the one” with whom you are destined to spend your life. In fact, you are not even meant to like all of them. Nonetheless, you have a bond with them—soul contracts, so to speak. They teach you something and vice-versa. Sometimes the lessons leave you feeling exposed, like a pimp without his full-length Chinchilla. Other lessons restore your being to wholeness, like fresh water from a desert oasis. All of the lessons, no matter how joyous or painful, take you to the next level.

Soul mates are also family, friends, “frenemies,” guides and even pets. One particular type of soul mate relationship I would like to speak on in this installment is the soul mirror. A soul mirror is a person through which we can discover self-love. My soul mirror is Leo.

A few years ago, I suffered from tremendous back pain. The pain was so great that I could not sleep at night. It helped to sit, to drive, even to stand. My physician assigned me to physical therapy as a last ditch effort to cure my “phantom pain” as he could not find anything medically wrong with me. I now know that this was just “empathic poisoning” that I had absorbed from counseling cases with a heavy level of trauma.

Leo, the director of a physical therapist clinic, came to be my PT. We worked together for 6-9 hours per week over a period of 3 months. As we worked together, a bond formed, and we began to learn a lot about each other. Astonishingly, we had so many things in common, such as having birthdays only days apart, losing both our fathers to lung cancer, and lots of loss and heartbreak. The greatest thing that we had in common was our self-admitted hypersensitivity and our commitment to healing.

I would often watch as Leo worked and interacted with others. It was during this time that I began to fall in love with myself through falling in love with him. He showed unconditional positive regard towards every patient and was highly respected by them. Leo worked himself to the bone to give every patient what they needed, even if it depleted him physically and psychically. I saw myself in Leo, as I had often heard those same things about myself, but was too self-critical to actually hear them. I realized that if I could love Leo for who he was then I could love myself.

It was near closing time and Leo, as he normally did, congregated at the planning table with his team. Aside from being their director, he was their ring-leader and godfather, only

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with the humor of Seinfeld and the sex appeal of Adam Levine. He had the trust and respect of his workers and innately knew that love and humor would get them through the toughest of days when they had the most patients and limited staff. The camaraderie was such that it vibrated throughout the clinic. I enjoyed observing their interactions as I completed the last round of my exercises. The question then came from Lamar, one of his assistants, "Leo, why don't you go out and date more? All you do is work, teach, and stay at the clinic." One of his female workers agreed.

Suddenly, the look on Leo's face changed to one of mischief, then to self-pity mixed with regret. He spoke of the sting of heartbreak sustained from attempts to balance the responsibilities in running the clinic with giving adequate time to his partners. Leo told of how his current life consisted of arriving home late and plopping on the bed only to awake at 4 am, in his clothes, and begin the cycle again. His eyes went into a dark place and he said, "Sometimes, I just feel that in order to do this work, that I am meant to be alone."

I knew that look because I had been in that dark place, but had never been able to fully articulate it. He looked as if he wanted to cry. I did too, but I was not really observing the conversation. I was just doing my leg lifts.

Leo's statement, as I am finding, is not uncommon of Lightworkers. Many feel as if they cannot be in a marriage or have a normal family life as it may take away from their missions. From my experience, I know that I will not marry again unless it is to another Lightworker or someone who will be supportive of my mission. I can truly say that after 9 years of divorcehood, I am open to love. I call in my soul mate daily through prayers and visualizations. I am told that I already know him, but that he is not ready.

Part of the reason that I am ready can be attributed to Leo. I had never met another self-admitted, male empath in my life. He was such a great healer and I believed that he moved certain long-standing blockages from within me. Leo is also responsible for the birth of Virginia Mercury. While working with him, Spirit began sending me messages in the form of "transmissions" or channeled writings to give to him. See, I was also Leo's soul mirror and Spirit wanted me to, through those transmissions, call him into remembrance of himself as a great healer and also to teach him self love. Leo gladly received these writings, even though I often felt "nuts," as I had never written anything before on that level.

November came and physical therapy was over. Leo gave me a company water bottle and discharge papers. It was bittersweet. He healed me, but it was out of my control if I would ever see him again. I placed the water bottle into my trunk and never

took it out until after the new year. In the bottle was a note from Leo telling me how he felt about me. In so many words, he felt very connected to me and wanted to continue getting to know me. However, in so many words, this was not the time or the place for us.

Spirit told me to let go of Leo and move on. However, I will always be grateful for how he healed me of tremendous pain and taught me that I deserve love. I wish the same for him.

I would like you to know more of this story, as it may help you. Please visit the Ray of Light Integrative Counseling & Coaching Facebook page for a link to the extended version of this story and to read some of the transmissions that in truth, we all can relate to in some way.

Selah. Virginia Mercury

Virginia Mercury is the founder of Ray of Light Integrative Counseling & Coaching of Royal Oak. She uses transpersonal, intuitive and metaphysical practices to guide you in revealing the Divine You. Virginia is a life-long intuitive who was a classically trained psychotherapist. She is also a writer, poet, and BMS Radio Host.



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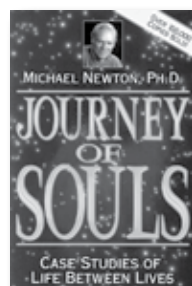
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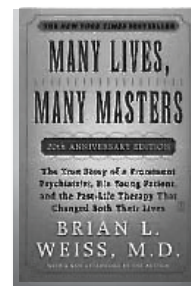
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trained directly with  
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Michael Newton.  
He, along with  
Dr. Newton,  
co-founded The  
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## Build Bridges, Not Fences

Once upon a time two brothers, who lived on adjoining farms, fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch. Then the long collaboration fell apart.

It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox.

"I'm looking for a few days' work," he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor; in fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll do him one better. See that pile of lumber by the barn? I want you to build me a fence -- an 8-foot fence -- so I won't need to see his place or his face anymore."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing, nailing.

About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge -- a bridge stretching from one side of the creek to the other! A fine piece of work, handrails and all -- and the neighbor, his younger brother, was coming toward them, his hand outstretched.

"You are quite a fellow to build this bridge after all I've said and done."

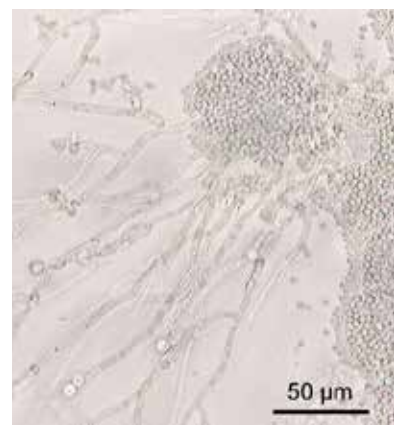
The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand. They turned to see the carpenter hoist his toolbox onto his shoulder.

"No, wait! Stay a few days. I've a lot of other projects for you," said the older brother.

"I'd love to stay on," the carpenter said, "but, I have many more bridges to build."

~ Author Unknown ~

## The Fungus Among Us - You May Have It and Not Even Know It!



Our bodies all carry a certain amount of unhealthy bacteria. Our immune system and healthy gut flora keep this bacteria in check, however, certain things we consider harmless can throw this completely out of balance. When this occurs, Candida Albicans, or yeast overgrowth, can take over. Some of the symptoms are readily connected to digestive issues such as: gas, bloating, diarrhea, and constipation.

There are also health problems that stem from Candida that may surprise you such as: fungal nail infections, skin problems such as Eczema, Psoriasis, Rashes or Hives, dandruff, vaginal infections, arthritis, irritability and mood swings, fatigue and low energy.

*The disciple asked the master: "What should a decent and respectful human being do to understand the real-world situation? What makes a human being out-of-touch with reality?"*

*After a few moments of quiet stillness the master answered: "Always listen wholeheartedly to both sides and you will be enlightened; listen to only one side and you will be left in the dark."*

*Source | Unknown.*





Candida can become out balance for a number of reasons. One of the most common is from antibiotics. When taking a round of antibiotics, the 'good' bacteria in your gut is destroyed right along with the bad. Other factors such as alcohol consumption, and a diet high in carbohydrates and refined sugars can also play a role.

Stress can also be a contributing factor as it wreaks havoc on the immune system. Candida can travel through the blood which allows it to have an impact on your entire body. Since it feeds on carbohydrates and refined sugars, it can actually cause you to crave the types of foods that are made up of those things.

A few ways to keep Candida in it's place are to limit your intake of high carbohydrate foods and snacks, avoid eating large amounts of foods high in refined sugar and consume

alcohol in moderation. Most importantly, if you find it necessary to take antibiotics, always follow-up with a good probiotic when finished with the prescription.

Karyn Choate



If you find you are experiencing these symptoms, please call Natural Digestive Health Center at: 231-818-3234. Karyn is a certified Natural Health Practitioner as well as a Digestive Health Specialist, graduating from the Loomis School of Enzyme Nutrition, and is the owner of Natural Digestive Health Center. Please follow Natural Digestive Health Center on Facebook or visit [www.NaturalDigestiveHealthCenter.com](http://www.NaturalDigestiveHealthCenter.com)

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## LOSING WEIGHT MADE EASY... IT WAS UNBELIEVABLE.

I was reading about Dr. Reggish and all the people who had lost weight. His program was a simple one that was not hard to do. Everything Dr Reggish said made so much sense. It was so simple to make his program a life style change. **In 3 weeks, I lost an amazing 47 lbs.** I had hoped for 35 lbs and because it was so easy I kept going. Dr Reggish taught me how to eat healthy. I will always be so grateful. Thank you Dr. Reggish. **I've lost a total of 53 lbs. after 4 wks. Now I'm down 88 lbs.**

**Amanda D., Chicago**

My husband died 4 years ago at the age of 42. I had gained 50 lbs. and was feeling miserable. I needed help and my girlfriend told me about Dr. Reggish, helping her. I made an appointment with Dr. Reggish and have been on his program for 2 weeks now. So far i've lost 22 lbs and I feel great. I've followed his program to the T and the weight is falling off. I'm so happy. Week 3, I lost 6 more lbs. **It's been 6 weeks now and I've lost 45 lbs. Now I'm down 58 lbs.** Thank you Dr. Reggish!  
**Melanie S., Hazel Park**

I'm a single mom and I needed to lose 15 lbs. So I decided to see if Dr. Reggish could help. I went in to get the **Nutritional and Spinal exams for \$45**. To my amazement the first week, I lost 9 lbs. while cheating. I couldn't believe it. The second week I was good and lost a total of 21 lbs. His program was so easy that I want to work in his office to help others. After 3 wks I've lost another 7 lbs. **Total now of 28 lbs. It's been 6 weeks and weight loss of 43 lbs. Now I'm down 58 lbs. I feel Great.** God Bless you Dr. Reggish  
**Sally M., Midland**



I've been doing Dr Reggish's program now for 2 months and I have lost a total of 62 lbs. I can't believe how easy it has been and how healthy I feel. The first week I lost only 8 lbs., but once I got the hang of it, I started losing fast. Its been 2 months and i've lost 62 lbs. I can hardly believe it. **This week I lost 5 more pounds. At 11 weeks my total is 78 lbs.** I'm so happy and looking good. **Now I'm down 92 lbs and feeling great!** Thanks Dr Reggish

**Betty L, Bay City**

Do you know if you have Parasites, Fungus, Bacteria, Virus's, Toxic Metals and Chemicals or Food Allergies? I came to see Dr. Reggish because I had parasites and wanted to lose weight...So I went in to get his **Nutritional and Spinal Exams for \$45** and I can't believe how much time he spent with me. Since I've started i've seen thousands of parasites in my toilet and I've lost a total of 43 lbs, in only a month. I feel great and happy the parasites are dying and for the weight i've lost. This week I lost 9 more lbs. **It's been 7 wks and I've lost a total of 66 lbs. Now the total is 81 lbs.** Thank you Dr. Reggish! **Heather M., Plymouth**

Dr. Michael D. Reggish, D.C., N.D. is a Certified Holistic Wellness Doctor, Naturopathic Doctor, Chiropractor, Clinical Nutritionist and Applied Kinesiologist. **For \$45 he will do a Nutritional and Spinal Exam to help you obtain optimal health.** You can call his office at: 734-427-7110

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# Is there a way to alkalize my body without spending a lot of money?

Yes there is, and it's all natural! But first, you need to know that the real cause of excess acidity at the cellular level is a deficiency of what are called the alkalizing or alkaline reserve minerals. You are born with these minerals and you also get them through your diet. If you live a stressful life...you will deplete these minerals quickly. They include calcium, magnesium, zinc, selenium, and a few others.

Unfortunately, drinking artificially alkalized water does little or nothing to replace these vital minerals. In fact, it may deplete them for unusual reasons. It may make the body think that it is alkaline, so the body does not need to hold on to its alkaline reserve minerals as much; so it eliminates some of them, making the person even more deficient.

Water from alkaline water machines replaces the vital minerals with a little cadmium, lead, arsenic and other toxic metals found in tap water, and is not filtered by any carbon filters that I am aware of. In addition, the alkaline water machines will replace the good minerals with a little platinum and titanium. They are found in the plates that the water passes over to make it alkaline. These are both very toxic metals, especially platinum.

In addition, I have observed slightly higher levels of nickel in those who have used alkaline water machines for several years. The nickel is probably leached from the stainless steel in the machine, or perhaps from a nickel-plated machine part. Nickel is a deadly toxic metal. The alkalinity of the water may cause a little of the nickel to be leached out of the machine parts.

Carbon filtration does not remove enough of the toxic chemicals in the water, so one is also getting a dose of chlorine, fluorides, aluminum, copper and residues of medical drugs, and in many areas, pesticides, parasites and more. As a result, alkaline water machines do not really balance the body's pH, although they will change it a little, giving some people the impression they are getting well when, in fact, they are becoming more ill.

The only way to truly balance the body is to replenish the alkaline reserve minerals. To do this, one must eat a lot of cooked or raw vegetables. The vegetables, and perhaps some good mineral supplements, when carefully chosen such as kelp, can and do supply the alkaline reserve minerals. Good



quality, natural spring water also supplies some alkaline minerals, as does good quality colored sea salt (Himalayan or gray salts are best). Using these on a daily basis, the body can be slowly re-mineralized. This is the way to do it... not drinking artificially alkalized water.

Alkaline spring waters usually have a pH of about 8 or possibly 8.5. The water from the machines is often much higher, up to 12 or 13. This is not healthful. Secondly, alkaline spring water and some well water are

high in calcium and magnesium, which are excellent for one's health. Water from the machines, by contrast, is artificially made to be alkaline by mixing the water with a small amount of platinum and perhaps titanium, both of which are toxic metals.

You might ask...Why is the diet important? Much of the acidity of the body is due to a diet that is too high in grains, cereals, beans, and sugars. Refined food diets are the worst, but so are most people's high carbohydrate natural food diets. All of these foods have an acidic reaction in the body due to their peculiar mineral content. Red meats also have a more acidic reaction due to other factors such as their high iron content and the bacteria needed to digest them properly.

Even eating some fruits today seem to have an acidic reaction. This is due to their content of fruit acids, their higher sugar content, their unbalanced mineral content--thanks to hybridization--and genetic modification. Some fruits are still alkaline forming, but not all by any means. We find that fruit is not a healthful food today.

The diets need to be corrected by eating at least 70% vegetables each and every day. This is the only way to obtain enough alkaline reserve minerals. Also, consuming only colored sea salt, and natural spring water, and supplements of kelp, also help. Drinking artificially alkalized water does not help very much, and makes the person worse for the reasons outlined above.

Dr. Michael D. Reggish, D.C., N.D. is Certified Holistic Wellness Doctor with over 32 years experience helping patients enjoy optimal health using all natural, holistic methods learned from his studies traveling to 39 different countries. In our office, we test for Parasites and Major Food Allergies and Immune Challenges (Viruses, Flu Viruses, Retro Viruses, and four different groups of Bacteria, Fungus and Yeast) and also Heavy Metals and Toxic Chemicals. All of these tests are done for a single fee of \$45. With these tests we can identify and determine what factors are contributing to your health concerns. It is our practice to use herbs that are well known for their ability to kill off parasites.





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## Gemstone of the Month: Emerald



**Characteristics:** Emerald, the birthstone for April, occurs in a variety of green colors. The magnificent green color is due to small amounts of vanadium and chromium. Emerald is a variety of beryl, which is classified as colorless. It's the trace amounts of chromium and vanadium that cause the gem to develop the green color that it is classified by. Its distinct green color falls in the range from bluish green, to green to a light yellowish green hue.

Emerald has a Mohs hardness of 7.5 to 8, generally a very good hardness. Even though it has this hardness, the emerald has a durability issue and is considered a delicate stone. Because emerald contains multiple inclusions and surface-reaching fractures, the structure of the stone is weakened and causes it to be brittle, making it subject to breakage. Drastic temperature changes can also cause internal cracks in emeralds, which contribute to challenges in cutting the stone. There are a variety of shapes into which emeralds are cut, however because of its sensitivity, the most common is traditionally known as the "emerald cut", a popular rectangular step-cut. There are also emeralds that are cut into rounds, ovals and squares.

Most of the world's emeralds today are mined in, Afghanistan, Brazil, Colombia and Zambia.

**Origin:** The word emerald comes from the ancient Greek word "smaragdus" meaning, it was mined in Egypt as early as 330 B.C. In ancient Egypt, the emerald was considered a symbol of eternal life, and a gift of wisdom.

In many cultures for over six thousand years, the emerald has been a source of fascination, and was worshipped by the Incas as early as 4,000 B.C. Records indicate that it was sold in the markets of

Babylon; it has been highly honored in all major religions and is believed by the Chaldeans to contain a goddess.

Emeralds have adorned the crowns of royalty of many countries for centuries. The Moguls of India loved emeralds so much; they engraved them with sacred text and wore them as talismans. In fact, to this day, these stones are called Mogul emeralds, and can be viewed in museums and collections around the world.

**Folklore:** The Emerald promotes contentment and friendship, compassion and unconditional love. Its calming energy provides healing to all levels of being, brings vitality and is invigorating to the spirit. Revered as the "Stone of Successful Love", the emerald opens and nourishes the heart and the heart chakra. Wearing an emerald is said to create harmony and peace among partners, and is distinctly known for providing domestic bliss. It's a gemstone of inspiration, infinite patience and unity!

This beautiful gem is also a stone of intuition and vision; it combines intelligence with discernment and brings to the conscious mind what is unconsciously known. The emerald also increases the wearer's intent and ability to focus, activating intuition and clairvoyant abilities.

A favorite gem of Cleopatra, the Queen of Egypt, the Emerald is also the anniversary gemstone for the 20th, 35th, and 55th year of marriage.

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# Correctional Alignment Therapy

Correctional Alignment Therapy creates length in the spine, openness on the joints, relaxation in the muscles and overall freedom and well-being in the body, mind and spirit. Clients enjoy relief from headaches, insomnia, back, neck and hip pain, as well as overall relaxation. The CAT therapist consults with the client to identify muscle tightness and alignment problems. Adjustments include hands-on traction while positioning the body for optimal alignment and tension release, which opens the energy channels and releases tension. Body mis-alignments can be in the form of a rounded back, twisted torso, tight hips, knees, neck and shoulder muscles. Correctional Alignment Therapy can alleviate chronic pain in these areas, improve breathing volume and increase the client's range of motion.

Overall mood is improved, successively increasing healthy immune function, digestion, memory and youthful vigor. Drawing from Ayurveda, the ancient science of health and longevity, pressure points in key areas of the body comprised of a confluence of nerves and blood vessels are activated to stimulate the release of endorphins and neurotransmitters.

Utilizing the deep connection between the thoughts, emotions and the body, these therapeutic effects have wide-reaching benefits in releasing muscle tension and inducing mental calm and clarity. This practice can be used to help release unresolved emotions such as grief and sadness, interpersonal stress, fears and mental distraction. If left unaddressed, amassed emotions will disturb the body's natural harmony.

Correctional Alignment Therapy applies a skillful use of pressure point therapy to curtail the cycle of pain for lasting comfort. Specific points can be used to stimulate memory, attention and concentration, relieve headaches, calm the mind and body and facilitate hormonal balance by activating the regulatory pituitary and pineal glands. The stimulation of pressure points integrates the benefits of physical adjustments into the subtle level. The therapist uses thumb pressure to guide this stimulated energy through the body's energy channels creating a balanced and healthy state of open exchange in mind, body and spirit. The Correctional Alignment Therapy technique is customized to the needs of the client and can be of great benefit to people of all levels of physical ability and of all ages.

Saundarya O'Donnell is a state-licensed massage therapist and yoga therapist with many years of experience recognizing imbalances and re-aligning posture. She combines elements of body alignment, energy balancing and soothing therapeutic massage.

## (24 Things to Always Remember And One Thing Never to Forget)

1. Your presence is a present to the world.
2. You're unique and one of a kind.
3. Your life can be what you want it to be.
4. Take the days just one at a time.
5. Count your blessings, not your troubles.
6. You'll make it through whatever comes along.
7. Within you are so many answers.
8. Understand, have courage, be strong.
9. Don't put limits on yourself.
10. So many dreams are waiting to be realized.
11. Decisions are too important to leave to chance.
12. Reach for your peak, your goal, and your prize.
13. Nothing wastes more energy than worrying.
14. The longer one carries a problem, the heavier it gets.
15. Don't take things too seriously.
16. Live a life of serenity, not a life of regrets.
17. Remember that a little love goes a long way.
18. Remember that a lot ... goes forever.
19. Remember that friendship is a wise investment.
20. Life's treasures are people ... together.
21. Realize that it's never to late.
22. Do ordinary things in extraordinary ways.
23. Have health and hope and happiness.
24. Take the time to wish upon a star.

And don't ever forget ... For even a day ... How very special you are.

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## Are you part of the plan?



There is a Great Plan at work in our life and it is unfolding all around us right now. Even though many are unaware of what is happening, it is happening anyway and is affecting everything about our life.

The underlying force and guidance of the universe is conspiring in all things and in all ways to bring about a quantum leap in the consciousness of humanity. The Plan is to bring about the awakening of consciousness to the full awareness of who you are. These Forces are designed to help you let go of illusions of doubt, separation and limitation and to assist you in coming to know the truth of who you are and settle you into a peace that passes all understanding.

Such a Plan is taking place today, and the energy to support the unfoldment of love and conscious awareness has never been greater. These forces are more aligned than ever to help and guide you to let go of the heavy thinking and suffering of the third dimension (the world of form) and ascend into the higher dimensions of love and bliss. This shift is most pronounced in our lifetime. We have seen the waning of the Age of Pisces, the age of the mind and ego, and

witnessed the rise of the Age of Aquarius, the age of love. We are now fully in the time of Aquarius, signified by the shift on 12/12/12.

These seemingly overhyped astrological and mystical events have great importance. They signify a shift in the energies that are affecting us. Whether you know it or not, there are new energies available to you. As always, you have free will. You can choose to resist them or use them to consciously evolve.

Any time energy moves in one direction and a different energy opposes it, friction results. This resistance manifests as ever increasing amounts of unease, drama, pain, illness and suffering in your life. You literally create your own hell on earth. You will have created your own crown of thorns through thoughts of resistance and attachment to worldly things. Resistance is the first choice.

The second choice is to allow. Allow these higher energies to soften your heart and expand your awareness. Let go of judgment of right and wrong and the need to control others so that you can be ok. Victimhood and self-deprecation are things of the past as you step into your power as a god creator. This is the joy of the fifth dimension. It is where humanity is evolving to.

There is a paradox at play in that either choice supports the Plan. You will evolve either way. But why would you choose suffering if you could have joy? You chose to incarnate on earth to be here today. Why did your Soul make this choice? Because you have a greater role to play in the evolution of your consciousness and that of humanities than you could possibly imagine.

Although these energies have always been available to allow truth to reveal itself, there has never been a time when

there has been so much available to help you make a higher choice. This is why you are here. Because you make a difference. Choose wisely.

The world is becoming more polarized. Sides are being drawn like never before. Decisions that define who we are, are being brought to the forefront. Transparency is all around us. There are no more secrets. The light of truth shines bright. No one can hide any longer.

At this time of the year (the full moon of May), the Spiritual Hierarchy gathers on the planet to receive and distribute the highest of Divine Blessings for the greatest good of all. If you choose to be part of this sacred time of year, you will receive tremendous blessings by supporting and serving the highest and worthiest of intentions. In so doing, you will be raised above all that is illusion and come into the full awareness of the god self that you are.

Join us this month as we tap into the energies of the most powerful full moon of the year and meditate on being part of the Great Plan. We will invoke Divine blessings from the Spiritual Hierarchy and distribute them throughout the planet. Experience the joy of being part of the Great Plan the Masters know and serve. May 3, 9pm EDT on [www.BodyMindSpiritRADIO.com](http://www.BodyMindSpiritRADIO.com)

Dave Krajovic MBA, CPA, CMT



Dave and his wife Pat have created a new body of work combining contemporary and ancient teachings designed to gently yet powerfully move beyond the limits of human potential to ascend above

limiting beliefs and attitudes to live in happiness, peace and prosperity. 734 416-5200 or [www.GlobalBreathInstitute.com](http://www.GlobalBreathInstitute.com). Please join us, for this month's FREE Guided Meditation: Ascending Beyond Thought Into Love on [www.bodymindspiritRADIO.com](http://www.bodymindspiritRADIO.com), Sat, April 4, at 9PM EDT.

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## ROCK OF THE MONTH: Garnet

There are five different types of garnets, with colors varying between green, orange to deep reds. This stone stimulates the base chakra, helping us to ground our hearts' greatest desires to our current reality.



When placed on any chakra for longer than five minutes, it transmutes all lower vibrational energies to useful energy for optimal health. When garnet is placed on the heart chakra it helps to balance our emotions and open to deeper levels of unconditional love.

It also stimulates the kundalini, allowing for a more evenly distributed amount of energy throughout the body. It can also be very beneficial during times of change, helping to make sense out of seeming chaos. Being a stone of commitment, it aids in healing abandonment issues while clearing out old guilt and shame.

Garnet is one of my most favorite stones to work with when I am manifesting my infinite prosperity, because it helps to awaken within our cells the memory that we are all deserving and infinitely prosperous. Carrying or wearing garnet for 30 days with focused intention can greatly increase our prosperity, confidence, regenerate us physically, balance and clear our emotions and help ignite our inner passions and greatest desires. Excellent stone for healing and regenerating the physical, spiritual, emotional and mental bodies.

Jennifer VanderWal has been a 'Melody' Crystal Healing Instructor and Facilitator since 2004. She teaches classes and offers chakra with gemstones and Crystal Healing Sessions at Bodyworks Healing Center, 734-416-5200, [www.bodyworkshealingcenter.com](http://www.bodyworkshealingcenter.com)



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## Live in Ten-Second Increments

How much choice do you really have? What choices have you made that you make yourself wrong about? What if you could choose differently? What if you could just choose again?

The third key in the book, "The Ten Keys to Total Freedom" (www.AccessDave.com/10Keys) by Gary Douglas, is "Live in Ten-Second Increments." This is very powerful once you understand it and start practicing it.



Living in ten-second increments means that no choice you make is right or wrong, no choice is good or bad, choice is just choice. And, you get to make a new one every ten seconds.

How many times have you heard, "You've made your bed, so you have to lay in it"? This is one of the ways in which we have been taught, that once you make a choice, you cannot choose again. What if you just started to choose again?

Whenever we buy into the things we're told, the interesting points of view of others, what we buy into eliminates choice from our life. Usually, here on this planet, we might try to figure

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out the right choice, the best choice; a result of this is that we sometimes end up not choosing at all. Analysis – paralysis.

What if we could just choose? Dr. Dain Heer said, "Choice creates awareness, awareness doesn't create choice." We make a choice; we become aware if it is something that is going to work for us, if not, we make another choice. Instead, we make a choice, it doesn't work for us, and we beat ourselves up for making the choice. How insane is that? What about just choosing again?

One of the tools in Access Consciousness® is to ask yourself, "If I choose this, what will my life be like in five years?" and "If I don't choose this, what will my life be like in five years?" You can then sense the energy that comes up. If the energy you sense is light, it is right, if it is heavy, don't choose it.

Once you choose something, it opens up the door to more awareness. It opens the door to more choices for the infinite possibilities that could create something greater in your life than you've ever had.

How many times have you been told that, you're selfish? This is just a manipulation to get you to not choose for you. When do you actually choose for you? Where are you in the equation of your life, your living, your reality?

Anywhere you've locked up and limited your reality by the lack of choices in your reality, will you destroy and uncreate it, please?

This Key is one of the keys you can use to change your reality, to start generating and creating a life and living beyond anything you could have ever imagined. This key works with creating you as the infinite being you truly are. What if it is time to start choosing for you? What will it take for you to wake up to the infinite choices and possibilities that are available to you?

David Miller

David is presently a Certified Access Consciousness Bars™ Facilitator and Certified Body Process facilitator. Teaches Bars Classes and does individual healing sessions, a student of personal growth since the early 1970's, offering Pragmatic tools to change things in your life that you haven't been able to change until now with Access Consciousness® Please visit his website at: [www.AccessDave.com](http://www.AccessDave.com) or contact him at: 248-770-9154



## Things I've Learned from Children



If you spray hair spray on dust bunnies and run over them with roller blades, they can ignite.

A 3 year-old's voice is louder than 200 adults in a crowded restaurant.

You should not throw baseballs up when the ceiling fan is on.

When using the ceiling fan as a bat, you have to throw the ball up a few times before you get a hit.

The glass in windows (even double pane) doesn't stop a baseball hit by a ceiling fan.

When you hear the toilet flush and the words "Uh-oh", it's already too late.

Brake fluid mixed with Clorox makes smoke, and lots of it.

A six year old can start a fire with a flint rock even though a 36-year-old man says they can only do it in the movies.

A magnifying glass can start a fire even on an overcast day.

A king size waterbed holds enough water to fill a 2000 sq foot house 4 inches deep.

Legos will pass through the digestive tract of a four year old. Duplos will not.

Play Dough and Microwave should never be used in the same sentence.

No matter how much Jell-O you put in a swimming pool you still can't walk on water.

Pool filters do not like Jell-O.

VCR's do not eject PB&J sandwiches even though TV commercials show they do.

Garbage bags do not make good parachutes.

You probably do not want to know what that odor is.

The spin cycle on the washing machine does not make earthworms dizzy.

It will however make cats dizzy

Cats throw up twice their body weight when dizzy.

source: [/www.humormatters.com](http://www.humormatters.com)



# Using EMDR to Release the Past

EMDR stands for Eye Movement Desensitization and Reprocessing, which is an integrative therapeutic method that helps people heal from trauma and other challenging life experiences. Extensively researched, EMDR has proven to be an effective approach to healing both single incident and long-standing traumatic experiences, such as sexual, physical, and emotional abuse, combat experiences, major surgeries, serious accidents, and natural disasters. For this reason, EMDR is used by many therapists to support individuals who have Post Traumatic Stress Disorder (PTSD) or complex PTSD.

EMDR is also effective with helping people resolve painful past experiences that many would not classify as traumatic. It's important to remember that less dramatic life experiences can sometimes cause more painful symptoms than major traumas, such as having a difficult relationship with a parent throughout one's childhood.

EMDR can also help to resolve phobias, strengthen positive beliefs and memories, and support performance enhancement in several fields, such as school, work, sports, and public speaking.

## What is involved during an EMDR session?

An EMDR session involves selecting a memory and noticing what images, thoughts, emotions, and physical sensations are connected with that



event. While the client is focusing on this memory, bilateral (back and forth) stimulation is used to process and integrate the event. The forms of bilateral movement that are used in EMDR are moving the eyes back and forth, holding hand pieces that vibrate back and forth, and/or listening to bilateral sound through headphones.

While a client is noticing all the components of a memory and using bilateral stimulation, they are then asked to allow the mind to go wherever it naturally goes, and to just notice what happens much like watching the scenery pass on a moving train. During this process, the chosen memory and the belief systems that go along with it (i.e., I am unsafe, I am unlovable, I am powerless) become desensitized, which means that they no longer negatively affect the client.

## How does EMDR work?

When a person experiences a disturbing event, or many hurtful events over time, biological and neurochemical changes may cause it to get "stuck" in the brain and nervous system. The memory stays in the brain in its original state, along with the corresponding emotions, body sensations, and negative beliefs that went along with it. This leads people to get triggered by current experiences that resemble the original memory in some way, which involves feeling the same way they did when the disturbing event occurred. In short, unresolved memories prevent people from being able to discern the past from the present.

When this happens, EMDR is able to kick-start an accelerated natural healing

process that allows the memory to successfully move into the past. Since traumatic memory is stored in the right (emotional) hemisphere of the brain, the bilateral stimulation involved with EMDR helps the psyche to process past experiences in a more adaptable way so that the left and right sides of the brain can become integrated and the mind/body can return to a state of balance. With the help of EMDR, people are able to hold old memories without the disturbing feelings that were previously connected to them. EMDR also empowers people to cultivate self-love, release grief, and live more fully in the present.

For example, if a girl was raised in a home with an alcoholic father who became aggressive and angry when he drank, the experience of feeling terrified, tense, and powerless in this unsafe home environment could possibly get stuck in her brain and nervous system because it continued for years without resolution. As this girl transitions into adulthood, it's likely that present day experiences that resemble the original memories would trigger her.

Specifically, she may feel the same emotions (terror), body sensations (tension), and negative beliefs (I am powerless) when she encounters people who are aggressive and angry. Although it would be appropriate to feel unsafe around someone acting this way, it's no longer true that this woman is powerless. She is an adult now and can take steps to sufficiently meet her needs for safety, which she was not able to do as a child. EMDR could help this woman process the original experience of living with her father as a child so that the memories could successfully move into the past.

This would allow the woman to respond differently to people who reminded her of her father. Instead of feeling terrified, tense, and powerless, she would have the capacity to be assertive and set clear boundaries to ensure her safety (which may look like avoiding contact with these

**"The total number  
of minds in the  
universe is one."**

Nobel Prize in Physics 1933  
Erwin Schrodinger



people altogether). She would know that the past is over and that she's a capable adult who can handle the situation.

As a trained EMDR therapist, I have seen this therapeutic method help people release painful experiences from the past and take important steps forward in feeling more free, authentic, and alive. If you think EMDR could be helpful to you and would like to learn more, please feel free to contact me to schedule a complimentary 30-minute phone consultation.

With love & gratitude ~ Erin Stohl

Guided by the path of the heart, Erin supports others on the journey of remembering their True Self. She combines traditional and body-centered psychotherapy with energy work and other mindfulness-based practices. To learn more, visit her website at [www.illuminatedheart.net](http://www.illuminatedheart.net) or call 313-942-5586.

With love & gratitude ~ Erin Stohl

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*Julia Ward Howe*

## The story of Mothers Day in United States

This powerful Proclamation was made by Julia Ward Howe in the advocacy for the need of official celebration of Mother's Day in Boston, United States of America in 1870. Miss Howe was the first person in US to recognize the need for Mother's Day holiday. She was successful in raising awareness amongst the masses and pushing her plead to the upper echelons of power.

Following this very potent Proclamation made in 1870, the Mothers' Peace Day Observance was held on the second Sunday in June, 1872. Such observances began to take place each year thereafter and paved the way for Mother's Day Holiday in US on the second Sunday of May.

Though Ms Howe could not herself get the day recognized as the official holiday, she is revered for her significant contributions towards the celebration of the day and for bestowing honor on mothers.

Julia Ward Howe is also famous as the writer of the Civil War song, 'The Battle Hymn of the Republic'. Source: [www.mothersdaycelebration.com](http://www.mothersdaycelebration.com)

### Mother's Day Proclamation

Mother's Day Proclamation Arise, then, women of this day! Arise all women who have hearts, whether your baptism be of water or of tears! Say firmly: "We will not have questions decided by irrelevant agencies. Our husbands shall not come to us reeking of carnage for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy, and patience. We women of one country will be too tender to those of another country to allow our sons to be trained to injure theirs."

From the bosom of a devastated Earth a voice goes up with our own. It says "Disarm! Disarm!" The sword of murder is not the balance of justice. Blood does not wipe out dishonor, nor violence indicate possession.

As men have forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first as women, to bewail and commemorate the dead. Let them solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after his time the sacred impress not of Caesar, but of God.

In the name of womanhood and humanity, I earnestly ask that a general congress of women without limit of nationality be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

Julia Ward Howe - Boston 1870

*Happy Mother's Day!*



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Plymouth, MI 48170

[www.lizjelinek.com](http://www.lizjelinek.com)



## Finding Love

As a writer, I tend to be drawn to certain topics or inspirations. As someone who has worked in the Metaphysical community for several years, I also find myself drawn to certain subjects with clients; almost as if the universe has the urge to not only guide certain individuals to me for help, but also to guide me to learn the life lessons that I try so hard to help them with.



Every month I have written an article on, 'quick tips'. However, as I sat down to write another article, I found I could not do so, but was instead guided by spirit to offer my experiences about a subject that I do not take lightly, and that is, love.

I have found that there are no easy quick tips for love, because it is something that we all wish to not only achieve, but keep in our lives. I can only offer the advice I have recently shared with clients in the hope that if this is something you or someone you know are working on, that maybe some of the life lessons I have learned can help in the process of self discovery or finding love.

What are your expectations? It seems an easy enough question, but some may find that when you really sit down and think about it, you may not know. We all want things, but what do we expect in return? Relationships -- we take one, learn from it, maybe leave it and move on to the next; but it is the learning part that is so important. We cannot carry the expectations of our past or even our past loves. We must find the courage to meet every relationship with a new approach, because one of the hardest things for us to understand is that everyone is different -- different lifestyles, upbringings, backgrounds and approaches to things.



Communication is the biggest road block in love. Some would say that trust is. But I believe that we must communicate to gain trust, knowing that we are putting ourselves 'out there', and honestly finding a partner we can work on spending the rest of our lives with. Work on trusting that your words mean something and that they are also worth something in any relationship.

Lastly, I recommend patience. Patience is not an easily acquired trait but it can come in handy. Relationships are about understanding; and nine times out of ten that requires patience. We are each handed different life lessons, and sometimes our partner or significant other is learning a completely different one that may eventually lead them to our path. If the love you seek does not show up today, trust the universe to find the right timing because you too may be working on life lessons to lead you to their path.

May we all find the love we seek!

Courtney Overfield

Courtney is the Owner of Divine Temperance and Host of Unveiling the Psychic Truth on Body Mind Spirit Radio.

**\*\*Writer's Note:** These tips are based on holistic and metaphysical concepts and are not meant to replace your medical care, please consult your doctor for any health issue you may have.

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## Remaining True to Our Self - Love

Have you ever had the experience of watching someone you love in the process of seemingly sabotaging their life? There is a huge lesson in this for you, too. While we might hope they will change their ways, see the light, or learn from the experience, we forget that this “holy encounter” is ours too. That this is an experience for us as well, and for all concerned; it is for our own best interest and is happening for all, not just the person we are concerned about.

It is nice to know that our experiences happen for us, not to us; yet when we are in the throes of the experience, it may (probably) not seem that way. I have had the experience lately (a few months, years..) of watching someone I love experience life in a way I could not have anticipated; in a way which will, if he continues, to strip him down to the bare bones, losing his carefully created societal persona and material goods. Those who are connected to this person, who love this person, are by connection -- by the energetic feeling connection -- tend to be brought down themselves along with him, the elders wanting to save him, his peers now avoiding him. The family feels helpless and overwhelmed. All truly involved feel helpless and overwhelmed.

Yet, when we consider that EVERYTHING is in OUR own best interest, we can be more in the moment, going within and realizing that we each have our own life. That perhaps this IS the path this person has agreed to be on for their own best interest; the path they have in some way chosen as their way toward self-actualization. Who are we to say otherwise? Their path is theirs. OUR PATH IS OURS. And, while we can be there as loving support for them, they are responsible for their own actions and the consequences of those actions. We cannot, and it is not always our purpose to save them from themselves. They have to be open to your support and wisdom, to their

own inner self, their highest self. That's right. It is their life, not yours; as difficult as that is to accept and process.

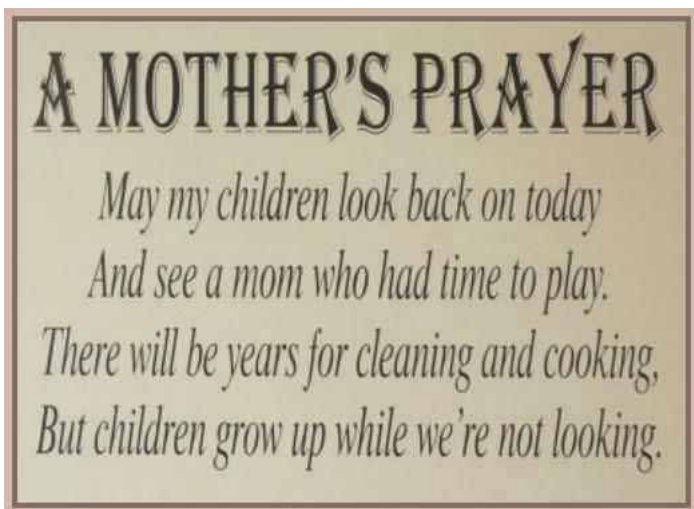
Many people that I see find it difficult to let go of loved ones and to stop enabling them, to stop trying to save them. In fact, many go from one ‘saving’ relationship to another saving relationship. Really, these relationships are about YOU; what you can learn, how you can grow, heal your childhood wounds and know your Self, transform yourself. In fact, many of my clients begin to really process, feel and know, connect with their divine self only to then start a relationship, have a child, or a parent who suddenly “needs” them, and go off on another illusion, forgetting, disconnecting with themselves and losing their sense of true self.

At these points, we have another opportunity to let go of our old patterns, and remember who WE are. That might even mean to be with a person, connect with the person, love the person, and not get sucked down into their energy which, or course, will connect with our past patterns of being; the energy of our parents, siblings, experiences.... anything we have not completely worked out on a deeper level. Yes, this is another growth for us, not just for them.

While the other person is the identified person that “needs fixing”, you are having the opportunity for this holy encounter for a reason, your growth. Also, to know, on an even deeper level, that this world is unreal, temporary. Only our spirit, the part of us that is divine, is real; that none of this really matters except what we learn from the experiences. That being said, the brother who is a drug addict, it's somehow HIS path to the divine. YOURS might be to let go and let God.... trust that our Creator has everyone in the palm of the divine. You know the saying, “Man makes plans and God laughs” What would happen if we did our job and just let go and be love? That's right -- what if our only purpose is to know that we are actually made in the image of our Creator and therefore are love and light?

That means that the only responsibility we would have is to BE LOVE. Wow. What a concept. To be love for ourselves and others when they give a cry for love. What if all “bad” behavior and decisions are actually a cry for love, not demands, judgments, money, yelling. That when we don't answer with love, we are answering from our ego, our false self/persona that we have developed as a defense, a way to survive in the world as children. What if we answer from a place of true self/love realizing this is ALL for our own growth? That this is all a hologram that we have created with the help of our Creator for our own self-actualization? What if?

If you are like me, (and since you are still here like me growing towards self-actualization in this plane of existence) you have a difficult time coming from a place of love when you feel threatened; like when you feel fear that you might lose a loved one to drugs, cancer, homelessness, abandonment, etc. I often find





myself being demanding, my actions rigid and unloving, feeling like my head is swimming or “seeing red”; anything that comes from fear and not the soft, loving heart. I know later that I did not come from my authentic self and have actually pushed the person further away, yet connected even more with their negative energy. After all, I gave them my power by sucking up their energy, and acted from there, not love. When I realize this, I can take a breath (or 30), re-connect with my higher self/love, reaffirm who I AM, then go back with love and apologize while keeping connected with Source/Love, and go from there.

Then I can really listen, really guide that person if they are open to love and acceptance. First, I have to model, feel the love and acceptance myself, then, as we are already connected, that may be enough for change. Sometimes the person is so stuck, so defensive, that they will actually be unable to stay in a space of love with you; there is too much discord and will actively choose to reject love at that time, possibly even leave. It's OK. That is their choice and their path, remember? Yours might not include them at that time, yet they will always know you are willing to offer love, the true reality.

As long as you know that all there is is energy, love, and that this material world just seems real so that we can have an experience, I find it's easier to love and accept that we all have our own life, our own path to self-actualization. That remaining connected and true to our TRUE SELF and our Creator, being love and light is our true calling, our true purpose and job, in any encounter, because all encounters are holy and are there for OUR benefit, even when it's not apparent at the time.

So, be true to your TRUE SELF! Go forth and LOVE!

Love and Light,

Miche Lame'

Miche has been compassionately guiding people for over 25 years. You can contact her at: 248-212-0808 or visit her website: [www.SpiritualLivingandHealing.com](http://www.SpiritualLivingandHealing.com)



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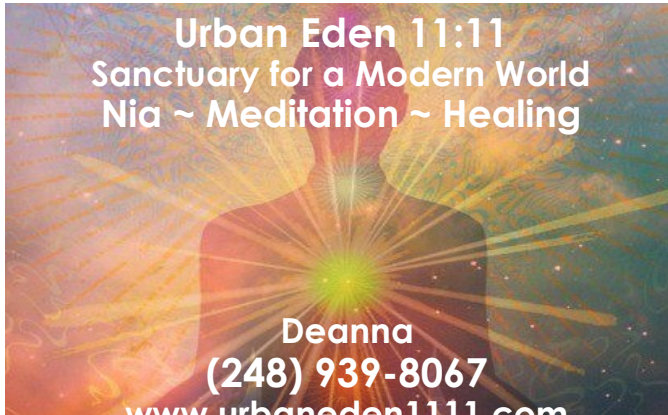


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## In the Light with Virginia Mercury

Virginia is a life-long intuitive that is also a classically trained and experienced psychotherapist. She uses trans-personal, intuitive, and metaphysical practices to guide individuals towards revealing their Divine Self.

Her experience extends 15 years, 10 of them working as a teacher and counselor in Chicago, suburban Detroit, and southwest Detroit. Throughout her professional life, she has maintained a focus on helping, healing and supporting community, and providing guidance to children and families of substance abuse. She also focuses on aiding migrant families and youth in acclimating to American Society, and elevating the condition of women minorities and underprivileged youth in society through education.

As her consciousness grew, her spirituality blossomed more and more; ultimately, she integrated her metaphysical and spiritual work with her formal education and therapeutic techniques, and began recognizing exemplary results with her clients.

Do you desire to expand? Do you feel as if something is missing in your life? Are you walking this earth unsure if you

are on the path meant for you? Come and see Virginia when the life you are living no longer fits you and it feels as though the path is broken. She can help you to call into remembrance the Divine Light inside of you. Her services will help you identify and clarify your life purpose. You will learn and identify universal laws and how to apply them, promote spiritual well-being, and connect to your Higher Self.




She guides clients on their personal paths by tapping into source energy through the use of Intuitive Consultation, both empathically and clairvoyantly using Oracle, Tarot, Angel and Ascension Cards. Her signature service is providing a Life Path Analysis.

Virginia has a soft spot for children and lovingly helps those children who have the "psychic gift", cope with and learn to live with their gifts. Because of her teaching background, she naturally connects with pre-teens and teens. If you have a child that is considered, "hypersensitive" or "gifted", Virginia Mercury is the perfect spiritual intuitive counselor to support and help your child on their unique path. She works with many teens in developing their Life Development Plan, which is creating an actual plan-of-action that will help them achieve what they dream and envision their future to be. In turn, the kids tend to be more focused and learn to be more purposeful in their actions; they learn consciousness and get a big jump-start on their own journey to Self-Enlightenment.

For a truly unique, well-rounded and all-encompassing therapeutic and spiritual healing experience that will genuinely transform your life, call Virginia Mercury and discover the light of your divine self!

Virginia Mercury is a Body Mind Spirit Radio Host. Tune in to her show, "Divine Light with Virginia Mercury" the 2nd Saturday of every month 1-2 p.m. Schedule a weekend apt. with her at Crystal Treasures in Pontiac. She is also an ordained minister; officiate weddings, baptisms, and provide interfaith, pastoral counseling from a metaphysical perspective. 734-716-3001

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<p><b>Michael F. Abramsky, PhD</b> <i>Diplomate: American Board of Professional Psychology</i></p> <p><a href="http://www.drmmichaelabramsky.com">www.drmmichaelabramsky.com</a></p>  <p>Contemplative Psychotherapy, Integrating Psychodynamic Psychotherapy and Spiritual Practice, Licensed Clinical Psychologist, M.A. PhD in Clinical Psychology, M.A. in Comparative Religions, National Board Certifications In Clinical and Forensic Psychology, 25 years of Buddhist Meditation Practice <i>Most Insurances Accepted</i></p> <p><b>248 644 7398</b></p> <p> </p>
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# The Silver Thread:

## The Power of Will

When I first attended a seminar on meditation, one participant introduced herself as having a Buddhist 'practice'. Curious, I asked her what that meant. "Well you know," she said, "I set a time and place every day to practice my meditation. I practice every day." Trained in psychoanalysis, I always thought that insight was what led to change, but over the years, I learned that my colleague was right. Insight may be the spark, but daily work is the warp and woof of transformation.

In my daily clinical practice, I am amazed by the unwillingness of people to work for personal improvement. I often suggest that clients start a meditation practice. Begin with, "Five minutes a day", I tell them. When I follow up, very few have followed my advice. But a psychiatrist friend told me that when he prescribes medication, his patients run to fill the script. Over the years, I have had lots of people tell me that therapy is not working when they leave my session, and never even think about themselves until the next time I see them.

The fact is, at some point a person has to choose to put in effort if they want change in their lives. Motivation is the pathway to growth: it is the impotence of every health care practitioner; we can lead but we cannot control.

It was that great philosopher Woody Allen who reminded up that "90% of success is just showing up."

In the Tantric systems of India, Will is located in the second Chakra or energy center. The second Chakra is labeled Svadhisthana. Developmentally, it is birthed from 6-24 months. Parents who are used to a malleable and compliant infant have often referred to this stage as the, terrible twos. While uncomfortable for parents, a child's opposition and assertion of self is a necessary precursor toward being an independent person, a person of will. It counterbalances the passivity of total dependency on parents which is anchored in the first stage of life.

The failure of Will later in life fosters a view of ourselves as martyrs, invested in our distress in order to gain self-definition.



This is often reinforced by the sympathy or even admiration of others.

Lack of Will also makes us victims of unbridled desire. Self-gratification becomes one's mantra. Sex and drug addictions control us when not countered by the force of Will.

In order to cultivate Will, we first must face that demon in us. We must use the tool of honesty to acknowledge our own emotional indolence. This is the first stage of change, which indeed is insight or self-revelation.

Then we need to focus on a strategy of containment, countering our emotional laziness with discipline. Let me suggest several pathways.

Choose a mythic ego ideal that is someone who exemplifies the balance between desire and containment. Tantric meditation often uses mediation on images. The task is to meditate in order to absorb the qualities of that figure, in this case, a mythic figure of balance.

The Indian god Vishnu symbolizes those qualities for me. Vishnu is characterized as having four arms. In one hand is a lotus flower, in one a mace, in one a conch shell, in another a discus weapon. He is known as the 'protector', suggesting a balance between strength and softness as the path toward self-preservation, and safe growth.

There are also self-affirmations that can strengthen our Will -- chant them daily, invoke them in moments of doubt:

*"I release the doubts and fears which hold me back from achieving my potential"*

*"I forgive the past and embrace myself unconditionally"*

*"I am capable of healing my life"*

A daily practice to strengthen the Will is challenging at first, but after some time the glory of self-discipline leads to both strength and pleasure.

Michael Abramsky

Michael Abramsky PhD, ABPP is a licensed psychologist with 35 years of experience treating adolescents and adults for anxiety, depression and trauma. He is nationally Board Certified in both Clinical and Forensic psychology. Dr. Abramsky also has a MA in Comparative Religions, and has practiced and taught Buddhist Meditation for 25 years. You may call him at: 248-644-7398



## Cracking the Dangerous GMO codes

GMO describes foods, as well as food additives, that are genetically engineered. In other words, it means that a foreign gene has been added into a food or animal. Studies demonstrate that eating GMO can be harmful to our health. GMO foods are in more than 75 percent of foods in the USA.

There has been little awareness because the public didn't know that they were eating lab-created foods. Food giants were able to stop legislation requiring GMO's to be labeled as GMO's.

GMO crops are altered to resist insects, produce higher yields of certain nutrients and resist the toxicity of herbicides. Genetically altered plants have been shown to cause serious health problems and early death in animal studies.

A study published in the journal, "Food and Chemical Toxicology," found that the death rates were five times higher among male animals fed GMO corn, and six times higher among GMO fed females. The GMO fed animals were developing massive cancerous tumors.

Animals eating GMO corn pass on fertility problems for three generations. In people, that would mean children and grandchildren have fertility problems because their parents ate GMO foods.

In 30 other countries around the world, including Australia, Japan and all the countries in the European Union, there are restrictions or bans on GMOs because they are not considered proven safe. In the USA, the FDA has approved commercial production of GMOs based on studies

conducted by the same companies that created them and profit from their sale.

The only way to protect yourself against the effects of GMOs is not to eat them.

Your best protection is Organic Labeling: Organic crops must be grown without the use of synthetic pesticides, herbicides or fertilizers. Organic foods are not allowed to be genetically altered.

Organically raised animals may not be given hormones or antibiotics, must have 100 percent organic feed or pasture, may never eat animal parts, and must have access to the outdoors year-round.

The stickers and tags on produce help you make good choices. They have numbers, called, PLU codes, which can give you information to let you know if your fruit or vegetable is organic, conventional or GMO. GMO-Free starts with 9. If the sticker starts with 3 or 4 it contains pesticides, herbicides and fungicides marked conventional in health food stores and may be GMO. GMO starts with 8 but I never see this sticker because compliance is voluntary and food makers prefer GMO's go unlabeled.

Learn to recognize hidden GMO's. Ask us about our, "Cracking the Sticker Code" shopping tour. Call us! We will give you free literature to help you with your healthy grocery shopping.

Dr. Linda Solomon, DC, CCWFN

Dr. Linda owns TLC Holistic Wellness in Livonia. She has provided holistic and nutritional recommendations using live water, diet & whole food supplements for 29 years as a practicing chiropractor, certified clinical whole food nutritionist and wellness consultant. [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) for more info and free public workshop dates, or call (734) 664-0339.



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# Classes & Events

Find more events on our site at: [www.bodymindspiritguide.com](http://www.bodymindspiritguide.com)

## UPCOMING CLASSES

Angel Workshop- Date to be Determined, taught by Rev. Annette Jones, hosted by Metafizy LLC. All-day session in Ann Arbor. Hear from and connect with your angels! \$90 includes lunch. [www.metafizy.org](http://www.metafizy.org) or 734-358-0218.

Donation based Yoga Classes! Mon 7-8pm, Tues 12:30-1:30pm, Wed 6-7pm, Thurs 5-6pm and 7-8pm. Normandy Center 36393 Harper Avenue Clinton Twp. 48035. Visit our website for more details. [www.ashayogatherapycenter.com](http://www.ashayogatherapycenter.com)

Enrolling for May DTBA- The Healer & Ascension Certification Course - Legal throughout USA. Spiritual healing for body, emotion, mind, spirit, all lifetimes, adults, children, pets, the planet. Eve Wilson [www.spiritualhealers.com](http://www.spiritualhealers.com)

Spiritual Coaching (health and wellness); One-on-One consultations (local and long-distance); group essential oils classes: Now in a New Location! 616-259-7509; [www.ilkasHealthHeaven.com](http://www.ilkasHealthHeaven.com)

Spiritual Conversations. Healing Chamber Energy work, groups of four or more. The energy fields are rebuilt with each session connection to each individual's teachers culminates the process. Call for individual & group registration. 313-937-5082

## SUNDAY

Sun's - Service - 11am-Noon. Mystic visualization, prayer, mantra, Metaphysical wisdom, The Twelve Blessings [www.aetheriusmi.org](http://www.aetheriusmi.org) 248-588-0290

Sun's - Awakening to Spiritual Power adult service and youth ministry programs at 10:00 am through June 14th 28660 Five Mile Rd. Livonia, [www.unityoivonia.org](http://www.unityoivonia.org) 734-421-1760

Sun's - Service & Youth Program 10am 28660 Five Mile Rd. Livonia, [www.unityoivonia.org](http://www.unityoivonia.org) 734-421-1760

## MONDAY

Mon - Open Meditation! This class is facilitated by Hugh, a Vipassana meditator for over 20 years. 7:30-9pm. Accepted As I Am, 157 S. Mill Road, Plymouth, Donation 734-455-1438

Mon - Service 8-9pm The Aetherius Society 3119 N. Campbell Road, Royal Oak 248-588-0290 [www.aetheriusmi.org](http://www.aetheriusmi.org)

## TUESDAY

Tue - A Course in Miracles weekly discussion group. Unity of Livonia (5 Mile Rd. just E. of Middlebelt) 7:00 - 9:00pm. For more information, Call Chuck 586-787-3921

Tue - Spiritual Healing from 7:30-9pm. By appointment only. Donations welcome. 248-588-0290 [www.aetheriusmi.org](http://www.aetheriusmi.org)

## WEDNESDAY

Wed - 1st & 3rd monthly. We will be running Access Bars® Gifting & Receiving event. 586-264-5457

Wed - Experience Healing Touch, an energy based therapeutic approach to healing. Clients enjoy peace & less pain after treatment. Appts. & Walk-Ins welcome. 28650 Eleven Mile, Farmington Hills. 248-788-5808

Wed - Operation Prayer Power. 7:30pm. All warmly invited to experience and learn about a global healing Mission. 3119 N. Campbell Rd, Royal Oak. (248) 588-0290.

Wed's - Awakening to Spiritual Power 7pm. Meditation, Spiritual Discussion and Experiential Discovery. 28660 Five Mile Rd. Livonia, [www.unityoivonia.org](http://www.unityoivonia.org) 734-421-1760

Wed's at 7:00 pm Mid-Week Service. 28660 Five Mile, Livonia, Unity 734-421-1760

## THURSDAY

Thu - 1st & 2nd Community Self Acceptance Circles 730-9pm \$10. 734-455-1438

Thu - 3rd monthly - Health meeting, Free 7pm, Bethesda Church, meeting room, back of church. 1800 S. Huron St. Ypsilanti, 313-995-3374

Thu- 2nd and 4th monthly, you improve your presentation skills and build confidence, 7pm Shores Toastmasters Club, St. Clair Shores Library, <http://shores.toastmastersclubs.org>

Thu - 3rd monthly: Accepted As I Am 157 South Mill, Plymouth. Self Acceptance and Emotional Freedom Workshop 6:30-9 pm. Accepted As I Am.com for details.

Thu - 4th monthly: Free Reiki Clinic. 7-8:30pm Experience the powerful healing effects of Reiki. Cleanse, balance, harmonize, and promote healing at all levels. By appointment only. Must preregister. Love donation; 734-416-5200. BodyWorks.

Thu - Constellations Group forming, 3-4:30pm Liz Jelinek PhD, Facilitator, \$15/week. At Chapel Hill Clubhouse, 3350 Green Rd. Ann Arbor. Contact Liz Jelinek [www.lizjelinek.com](http://www.lizjelinek.com) 734-646-4886.

## FRIDAY

Fri - Complimentary Chiropractic or Nutritional consultation with a 10 minute Chair Massage or Cold Laser treatment used by professional athletes to eliminate pain. TLC Holistic Wellness, Dr. Linda Solomon (734)-664-0339. [www.tlcholisticwellness.com](http://www.tlcholisticwellness.com)

Fri - The Theosophical Society in Detroit. Lectures/Videos 6:30pm - 9:00pm. \$5.00 donation. [www.tsdetroit.org](http://www.tsdetroit.org)

Fri- The Weekly Word for Healing & Ascension, Eve Wilson's wisdom, and insights for each week. Latest about changes in ourselves and the planet. Free email alerts with link [www.spiritualhealers.com](http://www.spiritualhealers.com)

## SATURDAY

Sat - 3rd monthly. Meditation of the month at 7:30pm. Healing Energy Work & connection to Teachers. Prior Registration necessary at: 313-937-5082

Sat - Educating and demonstrating good nutrition through food workshops instead of patching up diseased bodies is what we are all about. Call for reservations for our Saturday morning special classes, March 7, 21, and 28, a different topic each week. TLC Holistic Wellness 734-664-0339 (Call to reserve)

Sat - Experience Healing Touch, an energy based therapeutic approach to healing. Enjoy peace & less pain after treatment. Appts. & Walk-Ins welcome. 28650 Eleven Mile, Farmington Hills. Call: 248-788-5808

Sat - Facilitator Training Program. 42839 Five Mile Road | Plymouth from 4-6pm. No previous experience required. To join: Contact Liz Jelinek, PhDc 734-646-4886.

Sat - The Weekly Word for Healing & Ascension. Eve Wilson's wisdom, and insights for each week. Latest about changes in ourselves and the planet. Free email alerts with link [www.spiritualhealers.com](http://www.spiritualhealers.com)



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## CLASSES BY DATE

05/01 & 02 Spiritual Episcopal Churches hosts a Body-Mind-Spirit Festival at 610 Clinton Street, Owosso. Friday 7-9 PM Demonstration Night Saturday 1-4 PM Festival. Messages- Divine Healing- Readings. For info call: 989-277-3851

05/01 Awakening to Love free mini workshops & gathering! 7pm Gathering, 7:30-9:30pm Workshop. Life Learning Center, 3121 Rochester Rd, Royal Oak. Register. 734-523-8566, [midwest-office@hai.org](mailto:midwest-office@hai.org)

05/01 Your Soul's Gifts are Waiting to be Expressed Retreat!: Heard the calling to "Find Your Greater Purpose" and "Step into Your Next Life Expression"? Join this Retreat Cost: \$295 if paid by 4/15, \$345 afterwards. Includes lodging, zip lining, workshops and food. In Howell from 5/1 at 5pm. til 5/3 3pm. 734-455-1438

05/01- Sports Practice Introduction (Teens/ Adults), 7-9 pm, Experience the power in moving from connection, versus moving to connect. Supports athletes in peak performance, ATP utilization, element energy flow through fascia trains. \$35.00, Kiera Laike, IRW, author of Soul Orientation \$35 (\$30 preregistered), [www.SensologyInstitute.com](http://www.SensologyInstitute.com) 248-320-1938

05/02 - Macro Val Breakfast Cooking Class! Breakfast porridge, Tofu Scramble. 12 noon to 1 PM Free one hour class. Held at The Better Health Store in Novi

05/02- Fairy Garden Workshop, 1-4 pm, All materials provided, \$30.00 25962 S. Knollwood, Chesterfield 586-949-0112 [www.radiantbeings.net](http://www.radiantbeings.net)

05/02 Ph Balance and Disease. Some researchers now believe that acidosis contributes to osteoporosis, muscle loss, insulin sensitivity problems that lead to diabetes, heart diseases, and acidic tissue levels during the initial formation of many types of cancer. Learn how Ph affects your body and how to control it. 734.664.0339 [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com)

### May 3rd to May 9th

05/05 & 05/19, Do you have blockages? Have a Shamanic Healing with Brian at Mama Tracy's Call 734-626-5436

05/06 Introduction to Ascension Breathing: 6pm-8pm, If you could experience more joy, health, and prosperity in your life, would you be willing to Ascend above the mind's limitation to receive the gifts of Spirit? \$44. 734-416-5200 Bodyworks Healing Cen.

05/06- Embodied Practice Classes for Children, (7-15 years old), 6-7:30 pm Children gain connection to sensing inner core/self, to master their development physically/ emotionally, including tools for school, focusing, grounding, sleep and sports. Donations benefit non-profit 501-c, The One Cause. Kiera Laike, IRW, [www.SensologyInstitute.com](http://www.SensologyInstitute.com). (248) 470-5738.

05/07 Learning Pranayam - The Art of Well Being 6:30pm-7:30pm, First Thursday of the month. Meditation through focused control of the breath that rapidly purifies the body and assists in the safe rising of Kundalini energy. Learn energy anatomy, breathing/meditation exercises. \$20. 734-416-5200. [BodyWorksHealingCenter.com](http://BodyWorksHealingCenter.com)

05/07 Open Mindfulness Meditation Practice: 6pm-7:30pm, Including Tibetan Singing Bowl & Metta Meditation followed by discussions of philosophy, science and spirituality. \$15. 734-416-5200

05/07, 05/012, 05/21, 05/26 Practicing Pranayam- The Art of Well Being 7:30-8pm, 1st & 3rd Thursday and 2nd & 4th Tuesday. Practice Pranayama meditation through focused control of the breath. Pranayam rapidly purifies the body clearing energy channels and assists in the safe rising of Kundalini energy. \$10. 734-416-5200.

05/09 Get Your Energy Back. Learn how to revitalize your energy instantly with pressure points that you can work on at home to increase your energy. 734.664.0339 [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com)

05/09 11am-5pm & 05/31 1pm-7pm- "Messages from the Angels" Workshop with Rev. Annette Jones: Vegetarian lunch included. Learn techniques to receive your own messages from the angels in this workshop and experience a séance with the Archangels. \$75 2 weeks ahead /\$95 after. Presented by Metafizzy LLC/ Amy Garber in Ann Arbor, [www.metafizz.org](http://www.metafizz.org), 734-358-0218.

05/09 Awakening to Love free mini workshops & gathering! 5:30 Gathering. 6pm-8pm Workshop, Crazy Wisdom, 114 S. Main Street, Ann Arbor. Please call or email Mo (Maureen) to register. 734-523-8566, [midwest-office@hai.org](mailto:midwest-office@hai.org) | [www.hai.org](http://www.hai.org)

05/09 Enjoying Abundant Health with Ayurveda 7-9pm, Unlock the secret of your Dosha and reveal dietary changes to profoundly improve your health and well-being. Learn how simple herbs make big differences and how acupressure powerfully influences wellbeing. \$35. 734-416-5200

## May 10th to May 16

05/12-05/13 The Mindfulness Meditation System™ 2 Day Workshop: 6pm-8pm, A system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total "mindbody" meditative experience. \$60. 734-416-5200.

05/14 Workshop: Working in the Team Environment, learn how to make a team that gets things done. 7pm, no cost, Call Linda (817) 909-3638 to register, St. Clair Shores Library

05/14- Health & Vitality with Coconut Oil!, 7- 8:30pm, Learn how coconut oil fuels brain cells, how it may help you to stay young and vital no matter what your age, and when you should begin taking it. Westland, R.S.V.P. 734-425-8220

05/16- Crystal Harmony 1-4pm, Work with Stones and Create Grids, \$40.00 Radiant Beings 25962 S. Knollwood, Chesterfield 586-949-0112 [www.radiantbeings.net](http://www.radiantbeings.net)

05/16-Awakening The Goddess Within: Embracing the Sacred Destiny of the Divine Feminine, 9am-4pm, \$95.00 Registration Fee, Includes Lunch, Renaissance Unity 11200 E. Eleven Mile Warren, 586-353-2300 [www.renaissanceunity.org](http://www.renaissanceunity.org)

05/16 Balancing Hormones Through Nutrition For Women. Find out about holistic methods for handling the problems of menopause, like night sweats, weight gain, irritability, emotional sensitivity, and many more 734.664.0339 [TLCHolisticWellness.com](http://TLCHolisticWellness.com)

### May 17th to May 23rd

05/17 3-part Series: Manifesting Your God Potential. Based on the initiatory wisdom and revelations of The Nine Freedoms and The Twelve Blessings, the yoga of Spiritual Master, Dr. George King and scientific discovery. Speaker: Dave Capraro. Sundays, 5/17, 5/31 & 6/14. 3119 N. Campbell Road, Royal Oak 248-588-0290.

05/17 Animal Communication 11-1pm By Appointment Only, Telepathically connect to your pet in a 30 minute personal session from animal communicator, Dee. Get feedback on concerns or needs. Bring your pet or a photo with name, age, sex, breed and color. Revealing, insightful, beautiful. \$40. 734-416-5200. BodyWorks

05/17 Mike Rocque & Leah Grace 10am. The Transforming Power of Self-Love. Mike & Leah bring this empowering talk to our Sunday service. 28660 Five Mile Rd. Livonia, [www.unityoivonia.org](http://www.unityoivonia.org) 734-421-1760



05/19 Introduction to Pal Dan Gum Qigong: 6-7:30pm Learn the 8 silken movements of Pal Dan Gum that have been used for thousands of years to promote radiant health and cure disease. \$40. 734-416-5200.

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05/19 Raise your vibration and learn practical tools for life workshop! 630-9pm. Qi Cong, and experiential partner practices to anchor you in love! Workshop by Barbra White M.A, Di.hom, EFT by Mary Dixon, and raw food by Diane Stankiewicz. \$40.at AcceptedAsIAm.com 734-455-1438

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05/20 - Pancake Breakfast Cooking Class! Flaxseed Rice Pancakes with Blueberry syrup, Tempeh Bacon, & Hot Roma Breakfast Drink. 6:30-9pm \$40.00 Westland 734-722-4553 www.macroval.com

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05/20 Gallery of Spirit with Elizabeth Brown, 7-9pm, Come receive a message From Spirit at Mama Tracy's 734-626-5436

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05/20 28 Days to Presence (5 consecutive Wed's) 6-7:30pm, A unique & powerful 28 day journey to understand what drives your reactions to life, integrate unresolved emotional charges & discover the path to an inspired life. Daily assignments provided. \$125; \$75 via teleconference. 734 - 416-5200. www.BodyWorksHealingCenter.com

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05/21 Essential Exercises 8-9pm. Learn these essential exercises to improve strength, balance, and overall energy--and become eligible for Dr. Karl's advanced classes which draw from the practices of the Tibetan monks. Karl Wellness Center & Chiropractic Clinic, P.C., 30935 Ann Arbor Trail, Westland, R.S.V.P. 734-425-8220.

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05/21 Open Mindfulness Meditation Practice: 6pm-7:30pm, Experience mindfulness meditation including Tibetan Singing Bowl and Metta Meditation followed by discussions of philosophy, science and spiritual basis of meditation. \$15. 734-416-5200.

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05/21-Pressure Point Therapy for Stress Reduction, 7-8pm, Experience this "hands-on" workshop taught by Dr. William H. Karl, D.C., Reduce muscle aches and knots resulting from stress. To receive the most benefit, bring a partner! Karl Wellness Center 30935 Ann Arbor Trail, Westland, R.S.V.P. 734-425-8220

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05/23 Get Rid of the Hump in the Back of Your Neck. Learn how to look great without that over 40 Dowager's Hump. Exercises that will change your body's shape. 734.664.0339 .TLCHolisticWellness.com

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**May 24th to May 31st**

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05/24 Quartz Crystal Identification 11am-4:00pm, Unlock hidden secrets in how to cleanse, charge and program Quartz crystals. Learn to feel energy, about Record Keepers and Crystal Healing Arrays. Receive a free quartz crystal. Includes guided meditation using Quartz Crystals as energy amplifiers. \$66. 734-416-5200

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05/26 Group Breathwork/Meditation: 10:30am-12pm, Participate in powerful group energies while reaching deep meditation/breath experiences. Release stress and negativity and find easier access to joy and peace, all while strengthening your connection to Source. \$25. 734-416-5200.

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05/27 - Pizza Cooking Class! Val's Original Red Sauce, Roasted Garlic Pizza with Sautéed Tempeh & Onions, Mexican Style Refined Beans Pizza 6:30-9pm \$40.00 Westland 734-722-4553 .macroval.com

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05/28 Free Reiki Clinic: 7pm-8:30pm, Every 4th Thursday of the month, experience the powerful healing effects of Reiki. Cleanse, balance, harmonize, and promote healing at all levels. Please pre-register. Love donations appreciated. 734-416-5200. www.BodyWorksHealingCenter.com

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05/28- Electromagnetic Field Containers: Creating Boundaries, 6:30-8:30pm, Learn to create energetic containers, or boundaries surrounding your electromagnetic field – deciding which energy/emotions we allow into our space from others. Based on Embodied Practice. \$15.00 Abbe Grossman, CPT, www.SensologyInstitute.com (248) 470-5738

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05/29 Sampler Open House 6pm-8pm, Sample a variety of alternative and natural healing therapies at reduced prices: Amethyst Bio Mat, Ascension Breathing, Cranial Sacral Therapy, Hot Stone Chair Massage, Paraffin Hand, Reflexology, BARS (Access Consciousness), Crystal Healing, Pranic Healing, Qigong, Mindful Meditation, Ayurveda, Acupressure. FREE Group Meditation at 8:15pm. Experience the ways to wellness. 15 min/session- \$18, 3 for \$45. 734-416-5200. www.BodyWorksHealingCenter.com

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05/30- "Speaking with the Angels" Workshop with Rev. Annette Jones: 10 a.m.-4 p.m. Vegetarian lunch included. Learn how to communicate with the angels and meet your personal guardian angel in this intimate workshop; limit 10. \$75 2 weeks ahead /\$95 after. Presented by Metafizzy LLC/Amy Garber in Ann Arbor, www.metafizz.org, 734-358-0218.

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05/30 Integrative Breathwork- a musical journey for insight, healing, creativity & renewal. 10am-5pm. Lord of Life Church, Kalamazoo. \$70.269-388-2988. www.adamczassociates.com.

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05/30- Have Fun With Auras, 1-3 pm, Learn to See and Read Auras, \$40.00 Radiant Beings, 25962 S. Knollwood, Chesterfield, (586) 949-0112, www.radiantbeings.net

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05/30 Look Like You Just Got a Face Lift. Facial exercises designed to give you a "natural face-lift" without spending thousands on cosmetic surgery. 734.664.0339 www.TLCHolisticWellness.com

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05/30 Breast Cancer: Finding Peace Amidst the Journey. Relax, unwind. Learn tools for staying calm, present, peaceful. Includes Present Moment Meditation. Everyone welcome. Chairs provided. 9:30-noon \$20. 734-674-6965. Livonia. www.LivingInThePresentMoment.com.

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05/31 Ascension Breathing- Your Daily Breath: 9:30am-4pm, Learn to use your breath to raise consciousness, find peace and be inspired throughout your day. Learn the Presence Breath, Mystery Breath, Gratitude Breath, Inspiration Breath and Love Breath. A simple and highly effective program leading to Inspired Life Mastery. \$149. 734-416-5200. BodyWorks

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05/31 High Vibration Benefit Concert 7pm. Tatiana Scavnick & Mark Watson. healing, joy and celebration with a musical, a combination of rock, world beat, mystical and pop. Tickets \$15 28660 Five Mile Rd. Livonia, .unityoivonia.org 734-421-1760

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06/07 & 06/28 Melody Crystal Healing Level 2 11am-6pm, Learn to construct bigger arrays and use them for past life ascensions, manifesting and healing. Clear energy meridians and take back your power. Certification available. \$200. 734-416-5200.

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06/14 Reiki Level 11am-5pm, Learn Reiki as you connect with Universal Life Force Energy. Usui Tibetan Karuna Seiryoku Reiki Lineage. \$150. 734-416-5200.

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06/26 David Roth Concert 7:30pm. "David's music will touch you to the very depths of your soul. He'll ... inspire you to rise and fly" - Jack Canfield. Tickets \$20 28660 Five Mile Rd. Livonia 734-421-1760

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06/27 Integrative Breathwork- a musical journey for insight, healing, creativity & renewal. 10am-5pm. Octagon House, Grand Rapids. \$70.269-388-2988. www.adamczassociates.com.

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# Is Anxiety Controlling Your Life?

Did you know that anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults aged 18 and older? Many people are not able to enjoy their life because they are so consumed by fear and anxiety. How could you possibly fulfill your potential if you are paralyzed by fear? Albert Ellis, a very famous psychologist who died several years ago, wrote a book which expressed the idea that you have to control your anxiety or it will control you.

The problem is that it is often not that easy to control your fears. For many people, it is extremely challenging to overcome their anxiety. If you already have a lot of anxiety, it is very difficult to step out of your comfort zone. However, if you wish to grow and be successful, you need to take some risks. If fear or anxiety is stopping you from doing what you want to be doing with your life, there is a good chance you are going to be sad or depressed about this situation. It is not surprising that anxiety often goes hand-in-hand with depression. Overwhelming fear can lead to physical symptoms as well.

Anxiety is often a source of other disorders, including substance abuse or physical addictions, which results from attempts to quell the anxiety. It may also contribute to conditions such as irritable bowel syndrome or migraine headaches. Other symptoms that often occur with anxiety include pain, nausea, weakness, and dizziness. Anxiety can also contribute to physical illnesses such as heart disorders, chronic respiratory disorders, and gastrointestinal conditions.

There are more reasons for fear today than there were in the past. As an example, in the past many people were afraid to fly for fear the plane might crash. However, today, many people have fear that there could be a terrorist attack or a hijacking on the plane.

Although it appears that one's anxiety is due to factors occurring at the present time, the truth is that most fears come from childhood. If you grew up receiving lots of negative messages, the result is often low self-esteem and/or much

anxiety. Research studies have demonstrated that the average child receives 96 percent negative feedback from parents compared to 4 percent positive. Is it any wonder that many people do not have very high self-esteem? If you do not feel good about yourself, there is a good chance you will not want to take too many risks. The odds are, you believe, that the results will not be positive. As a result, there will be a lot of anxiety when you need to take risks and step out of your comfort zone.

Children of parents who were very negative or critical, or even worse, abusive, rarely realize that it is the parent who has the problem. Instead, the children blame themselves for the unjust treatment. They then carry these negative beliefs or fears into adulthood, continuing to believe that they are inadequate. Unless a person becomes aware of where all the negativity came from and then replaces it with more positive beliefs, the anxiety, the low self-esteem and the feelings of inadequacy are not going to disappear.

As adults, these people do not feel they deserve to enjoy a good life. This results in a variety of problems such as eating disorders, obesity, risky behaviors, abuse of alcohol and drugs. In addition, they are less likely to experience professional success or personal happiness. They also find it more difficult to bounce back from setbacks.

The good news is that you don't have to continue holding on to these fears and anxieties that are so self-limiting. You can let them go. One excellent method to eliminate these "negative core beliefs" is with the use of hypnosis. With just a few sessions you can obtain the relief you desire.

If you would like to learn more, please contact Phil Rosenbaum at the Self-Esteem Academy. Call: 248-688-6469

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If you would like more information about how hypnosis can help you with these kind of issues, please call Phil Rosenbaum at the Self-Esteem Academy. Call: 248-688-6469.



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# Spiritual Horoscopes

## **Taurus (April 20 – May 20) —**

Happy birthday Taurus! Treat yourself right by clearing out what is no longer useful. This can mean clothes, possessions — or negative beliefs, bad financial habits, or low self esteem. As you get rid of tangible things, you'll be free from unhelpful thoughts. Using affirmations after releasing, bring in joy, especially when centered on prosperity and intimacy.

## **Gemini (May 21 – June 20) —**

Mercury retrogrades in your sign, helping you slow down your thoughts, re-prioritize and form a new plan of action. Meditate each day, even for a few moments to release frustration and forgive things that haven't worked out. Success is coming, but clear the old first. Guidance comes as you surrender to higher options!

## **Cancer (June 21 – July 22) —**

The Universe wants you to be joyous — and first it needs to reveal what blocks your bliss. Meditate to find resentments, obsessive thought, worry and other obstacles. Journal about them, be willing to release them and ask for them to be lifted. Breakthroughs happen over May and June — better health, relationships, finances and all-around happiness!

## **Leo (July 23 – Aug. 22) —**

Mercury retrograde wants you to re-assess goals. Do your daily actions contribute to success or make you muddled? Do the people you surround yourself with support your higher desires? Do you even really know what your higher desires are? Meditate to

find all these answers. Even if you seem reclusive now, you'll emerge next month with greater clarity and empowerment!

## **Virgo (Aug. 23 – Sept. 22) —**

Confused about career or life purpose? Meditate on activities that make you truly joyful. Create affirmations or a vision board about those things. Share your passion with spiritual friends. Just by sending that energy into the Universe, you can attract exciting options. You might receive guidance in dreams. Also ponder ways to bring your soul essence to “mundane” parts of your life.

## **Libra (Sept. 23 – Oct. 22) —**

Be aware of how your words and thoughts either expand or limit you! It may sound weird, but write an affirmation or positive idea, and then journal the negative voices that come up to counteract it. It's good to put light on hidden subconscious thoughts! They lose power once exposed. Write freely without judgement about buried anger and other “bad” things. Cleansing your mind like this builds health, prosperity and helps you feel authentic and truly happy.

## **Scorpio (Oct. 23 – Nov. 21) —**

Life wants to open your heart to more prosperity, love and intimacy. As Mercury retrogrades, meditate on old hurts and disappointments that keep you shut down or cautious. Ponder limiting beliefs you want to release. Use the power of your imagination to envision positive future situations. You are spiritually powerful, and are actually creating a new reality! But first clear out the old to make room for the new.

## **Sagittarius (Nov. 22 – Dec. 21) —**

Making commitments scares you. Remember you're not limiting your options, but opening to a deep treasure trove of possibilities that's richer than what's on the surface! A relationship can be starting, or a current one becoming more intimate. Meditate in your home to create a peaceful, welcoming energy that envelopes and soothes as you go beyond your comfort zone!

## **Capricorn (Dec. 22 – Jan. 19) —**

It's hard to let others help you. You have pride mixed with shame about your struggles. Meditate on people who are open-hearted in your life. Make an effort to reach out and let them know what's going on. They have intuitive ideas for you, as well as love and compassion! You can't go it alone, so let the Universe flow to you through fellow spiritual travelers.

## **Aquarius (Jan. 20 – Feb. 18) —**

Even though you're positive for others, you're cynical about your own life. So much fulfillment awaits you in relationships, health, prosperity and peace of mind. What's keeping you from accepting your divine good? Meditate to release old hurts. Forgiveness heals and re-shapes your world view so that you're open to the blessings and good karma that are yours for the taking!

## **Pisces (Feb. 19 – March 20) —**

Part of why you incarnated as Pisces was to master fear! Be grateful for spiritual people in your life who remind you of your strength and courage. Meditate about creating serenity in your home — having a sacred space; safe boundaries around communication, etc. Being peaceful empowers you to crush your negative thinking. You'll also be

able to shield yourself from domineering people (it's their fear dressed up as control).

### Aries (March 21 – April 19) —

Do you have negative beliefs about God or religion? Maybe you have unhealed ideas about God being harsh and judgmental, which cause you to rebel and struggle against authority figures like bosses, family members or even your spouse. Seek out nurturing spiritual images that soothe your internal warrior. The Universe is on your side, encouraging you toward greatness, not keeping you from it!

### Aluna Michaels

Aluna Michaels is a second-generation astrologer and soul evolutionist practitioner. She also holds a Masters in Spiritual Counseling and has been teaching and consulting for more than three decades. Her book "Spiritual Gifts of the 12 Astrological Signs" is now on Amazon in Kindle version and as an E-book on her website. Aluna is available for appointments in her home, by phone or Skype. Call (248) 583-1663 or visit [www.alunamichaels.com](http://www.alunamichaels.com)



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## BENEFITS OF LIVING PURE SPIRIT

Words cannot express the strong feeling residing within me to share the benefits of living each day seeing reality only through spirit. There, we discover messages and miracles in a wondrous atmosphere that allows us to experience a feeling of fulfillment in our lives. To accomplish most of this, we must always be grateful and give thanks everyday for our blessings. It's important to focus only on what we have, not what we don't have. For example, if your father passes away at a young age and your mother is still alive years later, be grateful that you still have her with you.

When we get upset, we have to immediately switch gears in our mind and think about or participate in a pleasant experience. For example, when babies cry, it's wise to give them a toy or a treat to divert their attention. Consequently, they stop crying and forget their troubles. The same is true with us--when we divert our attention with a nice thought or experience, we become happier.

As a very spiritual person, I do not believe in birth or death. Many scientists have said that all matter and energy in the Universe stays the same. The parts are just assembled into new combinations. Energy can't be born or die because it has no beginning or end, it just changes form. We, as soul, can reincarnate many times to learn spiritual lessons. The Law of Karma states that if you have a conflict with someone in one lifetime you will come back together in another lifetime to even the score.

It is important to note that life comes and goes in cycles. You will notice



that some situations do repeat. For example, my first job assignment while in South Carolina, was located near my last job. I will never forget that before moving back to Michigan, I had parked within six feet from where I had parked on my first assignment, sixteen months earlier.

Seeing many events fall into place so perfectly, I believe that fate often plays a dominant role because things seem to be known ahead of time. Your astrology chart is also an accurate tool to see your future. My friend Robert Taylor once said, "When you go on vacation you make many stops along the way, but your final destination is where you are meant to be." Free will is occasionally involved and things can change, but it seems to be the exception rather than the rule.

When you raise your vibration, it will let you get clearer guidance from your higher self which is vibrating at a higher level. This is achieved by being in nature, meditation, laughing and singing, affirmations, volunteering, stating your name and saying 'I Love You' while looking in a mirror. You will have a better life if you engage in these practices.

Most of us can agree that we all are very happy when we get what we ask for. In the past few years, while living pure spirit, most of my wishes have come about within minutes.

By Michele Novak Stemmer

Michele is a Psychic, Spiritual Counselor, Numerologist, Health Advisor, and Author of her amazing book, "DIVINE REFLECTIONS: Receiving the Real Meaning of Hidden Messages." Her book can be ordered through Amazon, Create Space or by contacting her at 586-731-7096 or E-Mail: [MStemmer4@gmail.com](mailto:MStemmer4@gmail.com)



## Your New Life Is Ready To Begin

Each moment holds an incredible banquet of possibility. And if you are not mindful of the “order” you are giving the universe, you may wonder why you are getting the “same old dish”! Quantum physicists (like Theoretical Quantum Physicist, Dr. Amit Goswami) have now shown there are a minimum of 20 different realities you can choose from in any moment. Forty years ago, mind-body teacher Louise Hay pioneered what scientific studies have now proven... your thoughts create your reality.

If you want to live authentically and express your gifts, it is crucial to balance emotional clearing with a positive vision. Engaging in emotional clearing without directing your mind into new affirmative set points is like preparing the soil without planting seeds. And if you only do affirmations and positive thinking, it is like putting a happy face sticker on an engine light!

Your emotional pain (Mud) is your fertilizer. With the right techniques, you can use this pain to open to the beauty, prosperity, and love that is already within you. There is a reason God gave emotions to humans. When you align your mind with the feeling tone of affirmations, you can heal your body, change your life, and draw towards you anything you focus on.

Mindfulness means maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment. Resisting what is happening in your current reality keeps you trapped. What is physically happening in your life and body right now... is history. Accept what is happening, and at the same time, look through to the other side. In their non-violent stances, both Martin Luther King and Gandhi weren't ignoring what was happening -- they were seeing through it. They looked directly into the eyes of the suffering and violence, yet saw in their vision what was possible.

*“The world we have created is a product of our thinking. It cannot be changed without changing our thinking.” - Albert Einstein*

Self-Acceptance and affirmations are the doorway into your greater life. To have God-Love-Joy as your everyday life, you must prepare a space in your heart and mind. Emotional clearing work (heart) and affirmations (mind) align you with the Good or God that is there for you. Every month you should



become a new version of yourself through feeling (and thus clearing) the Mud (fears, doubts, grief, limiting beliefs), and doing daily affirmation. In nature, what does not grow, dies. Life and Nature are continually becoming more of...Life and Nature. If you are the same person you were a year ago or a month ago, you have gone backwards.

Just like Martin Luther King and Gandhi, your self-love and inner vision can affect other people, animals, and the Earth. Whether or not you heal matters to your family. You are significant to the change happening on the planet. Recently while on a run, I found an injured and starving raccoon. The people around him were frightened and scared of him, which caused him to bare his teeth. I quickly ran home

and got him some food. After ten minutes of meditating with him, he let me feed him.

I cried and felt his pain. The next day I went to see him, but there was no sign. The Earth Angels spoke and said that the raccoon had died...but that he died knowing he was loved. There are so many furry and human beings that suffer, and we cannot fix or save them all. But your awareness of them, and your vision of them, does make a difference!

You can affirm or pray, “May all beings know they are loved.” One of the most powerful and life-changing affirmations I have seen is, “I AM WILLING TO FEEL HOW DEEPLY LOVED I AM.” Breathe and let the energy meet you. Be willing. Be available.

You have already been given the tools to create an amazing life. You may not know how to use them, or you may have emotional “static” on the line. Most of us have not been taught how to live the life of our dreams and be our magnificent true selves. However, don't re-invent the wheel. Come into a session and receive what people I mentor call an “emotional shower” or “tune up”. It is wise, not weak, to let someone help you clear out childhood beliefs and feel the tough stuff. I am not suggesting that you rehash stories or play the victim, but rather, receive help in shifting your identity to who and what you truly are!

*“You can only freely give what you freely receive.” Father Richard Rohr.*

Be courageous and notice, “What thoughts am I truly thinking? What do I really believe about myself, love, God, sex, etc.?” What is showing up in your life, is what you believe. Only your

perceptions and beliefs can be against you. Life is for you.

*"Your beliefs and thoughts are wired into your biology. They become your cells, tissues, and organs. There's no supplement, no diet, no medicine, and no exercise regimen that can compare with the power of your thoughts and beliefs. That's the very first place you need to look when anything goes wrong with your body." - Christiane Northrup, M.D.*

Is love or God in all your thoughts? When an insight is something we realize within, versus something we are told, it is life changing. Embodying Love-God in our everyday starts with our self-love, inner work, and daily affirmation. Isn't the everyday ordinary life sometimes the hardest time to stay focused on the love and brilliance that wants to express through you?

Giving the prosperity of the cosmos permission to show up as you, and in your Life, depends on your willingness to love you, clear the tough stuff, and affirm. No God or magic pill can do it for you, if you don't create space for it to happen. You have been given all the tools and wisdom already, and they are ready to be uncovered.

You matter. You are significant. There is nothing you can do or think that changes what Creation-God made you to be. You are lovable. Now, start aligning with the good that Life has for you. Start using the tools you've been given (or come in and learn how). Your life can change.

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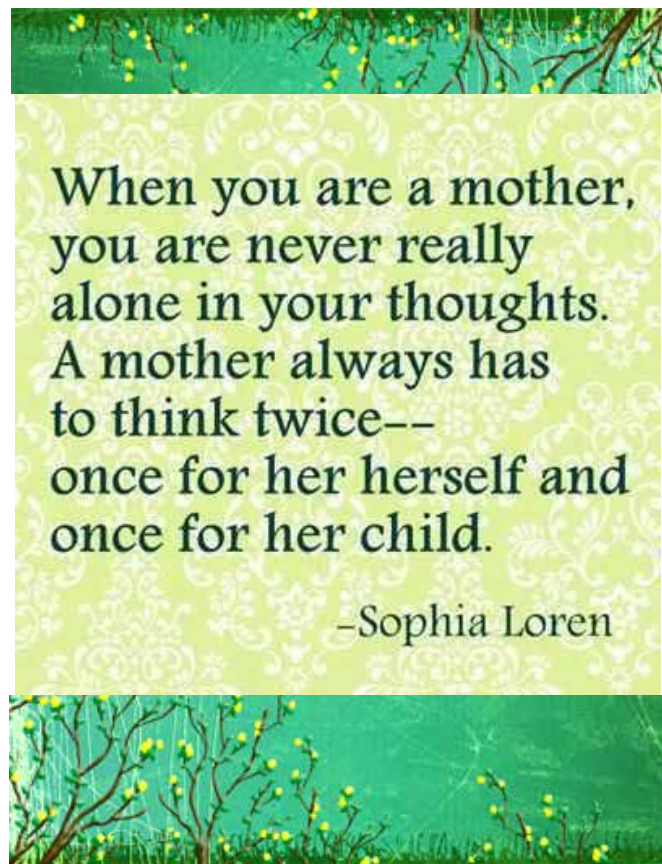
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## We Move From Connection: Sports Practice

As we move through this Embodied Mechanism series of articles, this month we turn our attention to the mechanisms of movement from connection. Our movements come out of our connection to the elements of Earth and space (water, earth soil, air, fire, metal, photon light, and dark energy). In earlier articles we learned that our energetic system and vortexes reflect the space-time vortex of Earth and other structures in our solar system. Just as Earth's elements have flow systems (air flows through the trade winds; fire moves in the molten rock, the magma, that flows through the core of Earth), so must we have flow systems for the elements to move through our bodies via our fascia trains. When we remember and learn to move from a connection, we set a course for our evolution to be in synchronization with our galaxy.

When planets form and once they are dense enough (formed), they move into their angle of association, or orbit. A planet's consistent movement (orbit) cannot be until the planet is formed enough. Let us take a look at Pluto, as an example of this not occurring completely.

In 2006, the International Astronomic Union redefined what it meant to be a planet, and Pluto was excluded from that definition, becoming instead classified as a "dwarf planet", due to its size and its eccentric orbit. Pluto began to form, yet ultimately did not acquire enough ordinary matter to become dense enough to establish a less eccentric orbit. Pluto's orbit around the sun is only possible because it took on an orbit with one of its moons (Charon) that is more than half the size of Pluto. The barycenter (center of mass and rotation) is between the two, Pluto and Charon.

Each embodied vortex develops and connects to one of the elements present on Earth and in the solar system. When we become dense enough (see April's article), our vortexes connect, and then we call the elements to our fascia trains. Fascia trains connect movement of the bones through the joints - and then we move from connection, with our barycenter at the center of our being.

Our interlinking seven fascia trains evolved to move from connection to our dense energetic core, signaling movement to



the red muscles of the body. This interrelated process evolved so that we would move out of connection to our vortexes.

In Sports Practice (Embodied Movement), the mechanism of connection to the elements is taught to establish a density in the body. Once developed in our body, this connection and density gives us the ability to move from connection. A connection from a dense embodied barycenter creates moving from connection. We then do not suffer the fate of Pluto, having to ever move around something else to stay in connection.

(Sports Practice Introductory class on May 11, 2015, 7-9pm, Sensology Institute, hjsouthfield. Bring this article and receive \$10.00 off the Introductory class on Sports Practice.)

A Note from the Sensology Institute Staff: Each article in this seven part series describes one of the Embodied Mechanisms of Embodied Practice and soul orientation. These mechanisms allow our soul to emerge in the body through the gathering of our soul essence photon light from each lifetime. Each mechanism provides another key to unlock the door of our interrelatedness, or oneness, with the Universe. Articles are grounded in Kiera D. Laike's theory and practice of Sensology (see [www.SensologyInstitute.com](http://www.SensologyInstitute.com)). Sensology has never before been written about, and is not based on any established philosophy or discipline.

Kiera D. Laike, IRW, Interrelated Realm Walker, brings the theory and practice of Sensology, described in this article and in her book, *Soul Orientation*. Kiera founded the Sensology Institute and Embodied Teacher Certification programs it offers. She teaches Sports Practice, Embodied movement and the Teacher Certification for both. She and the Sensology Institute staff offer Embodied Practice classes and Sensology sessions on line and in person. [www.SensologyInstitute.com](http://www.SensologyInstitute.com), (248) 320-1938, or [drlaike@mail.com](mailto:drlaike@mail.com).



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David Moore LMSW, ACSW, BCD Licensed Marriage, Family and Individual Therapist. 30+ years psychiatric and substance abuse. Cognitive Behavioral approach: addictions, mood disorders and relationships. Medicare and Most Insurances accepted. Rochester Hills 248-875-9562

### PET SERVICES

Pet massage and Organic dog grooming. [www.DelicatePawsLLC.com](http://www.DelicatePawsLLC.com) or call 734-469-4714. All services by appointment only.

Pet readings offered by Jeri and Anna at Mama Tracy's By appointment 734-626-5436

### READERS

Readings by Maryann Grant- Intuitive Spiritual Counselor- Using tarot, Clairaudience, Clairvoyance, and feeling. As featured in the Detroit Free Press. 248- 672-7656.

### SPACE AVAILABLE

12x12 Therapy Room available for rent in Chesterfield. Rent by the hour, day, week or month, 586-949-0112, located at Apple Grove Center, 26962 S. Knollwood Dr., [www.radiantbeings.net](http://www.radiantbeings.net)

Established large psychotherapy office, professionally furnished, large window, common waiting room, day/month, located in Sterling Heights. 586-260-5565

Farmington Office space available. Ideal for doctor, acupuncture, spa, massage, yoga 248.318.6691.

### ORDAINED MINISTRY SERVICES

Ordained Minister Services w/ Jeri from Mama Tracy's Wedding, Holy Union, commitment Ceremony \$150. Call 734-626-5436

**PLACE ADS: (734) 513-6137**  
**[info@bodymindspiritguide.com](mailto:info@bodymindspiritguide.com)**



# Body Mind Spirit Radio®

EVERY WEDNESDAY. Today's Inspirations with Lisa Barry 10-11 a.m. A lighthearted look at life, with love and laughter. Lisa connects with listeners hoping to share her life lessons and inspire others with her perspective to live with much joy and happiness.

5/2 The Wendy Powers Show 10-11 a.m. Join "Psychic/Medium Wendy Powers "First Saturday" each month. Topic/Guest: Colleen Swanson, C.Ht., Reiki Master, owner of Swanson Hypnotherapy Clinic and member of Clinical Hypnosis Professional Group will join to discuss the benefits of Quantum Healing Hypnosis Therapy. Call into the show a few minutes early so you can get into the queue for your mini reading, the phone lines fill up quickly!

5/3 Full Moon Meditation 9-9:30 p.m. Harness the power of the full moon. This Month's Meditation: Join us for the most powerful full moon of the year to invoke for Divine Blessings from the Spiritual Hierarchy and distribute these blessings throughout the planet. Experience the joy of being part of the Great Plan the Masters know and serve.

5/5 Unveiling the Psychic Truth- 10-11 a.m. Courtney Overfield give listeners the truth about being a psychic, what it's like impacting others and topics such as mediumship, growing up psychic, psychic sniping and more! This month's topic: Dream and vision interpretation: how to interpret what you are seeing, sensing and dreaming.

5/5 Body Mind Spirit NEWS- 1-2 p.m. The Body Mind Spirit Guide staff brings you current news, upcoming events, laughter, articles and topics that are included in the monthly magazine we have all grown to love. We would love to hear from you! This month's topic: The May edition of the magazine. Call in the join the conversation and tell us what you enjoy.

5/6 Mystiques West Hour – 1-2 p.m. "Ray Fraser hosts "The Metaphysical News Magazine." There's news, views, interviews and FREE mini-psychic readings during show times."

5/7 Healthy Cooking with Macro Val 1-2 p.m. Chef, author, instructor, Valerie Wilson helps people live happier lives through healthier eating! Topic: Asparagus and her recipe for Asparagus Pinto Bean Corn Soup.

5/9 Adrianna's Mystic Connections 10-11 a.m. Gifted angel reader, healer and teacher. Adrianna invites you to call in for guidance and counsel from the angels. Her topic: Mothers Day with guest Normandi Ellis discussing, "Why the Egyptian Book of the Dead Reflects your State of Mind" and how the BOD is a state of consciousness. The second half of the show Adrianna will be giving "one question readings" to callers. We hope you can join us!

5/9 Divine Light with Virginia Mercury 1-2 p.m. Virginia Mercury is an Intuitive Counselor and Metaphysical Practitioner. On her show, she will explore the importance of being a ray of light on this planet and how to bring the City of Light into existence. She will also highlight what other light workers are doing and experiencing, as well as, offer empathic advice upon written and Facebook requests from her beloved followers.

5/18 Keys to a Healthier Lifestyle 1-2 p.m. David Sherman will explore the world of health and natural methods to heal the body. On his show he will bring humor, science and simplicity to convey how the body has incredible healing powers and with the right tools you can have a long and healthy lifestyle. Not sure how to find the right modality, then this show is for you! Topic/Guest: Andrew Dagostino will be joining to discuss Nrf2, a protein messenger in our body, and how it can help by reducing pain, gives us more energy and slows the aging process in our body. Call in to ask questions about the proper direction for you to stay healthy.

5/19 Sacred Sexuality with Leslie Blackburn 10-11 a.m. Leslie helps you connect with your sacred sexuality, and welcomes calls during the show. Join her for monthly topics that help you bring peace to you, your body and your relationships. Bring your curiosity!

5/19 Aetherius Radio Live 1-2 p.m. Aetherius Society members, Richard Lawrence and Chrissie Blaze bring the wisdom of outer space to help you realize the potential of inner space. Wonderful topics every month such as The Nine Freedoms, Ascended Masters and more!

5/25 In Touch Interviews 1-2 p.m. Marybeth Rombach Nelson will join us to discuss her book, "On Angels Wings-Angelic Interventions" She will also discuss: near death experiences, how angels help intervene in your life, how to feel an angel's presence, how to talk to your personal angels, and what are their message, upcoming classes and more!

5/26 Accepted As I Am 10-11 a.m. Each Accepted As I Am show invites you into deeper intimacy with life, your body and your unique gifts. Through intuitive guidance, life changing teachings, inspirational self-acceptance processes, and guided healing meditations, Barbra White reminds you of your true innate brilliance.

5/26 We Get Results 1-2 p.m. Mary Singer Al- bertson Knows how to get Results and People who make things happen. "Be the change you want to see in the world. Be an advocate for people who have no voice. We are the ones we've been waiting for."

5/27 Truth About Prosperity! 7-8 p.m. Listen with Dave, Pat and Penny as they talk about Prosperity in all its forms! Allow them to guide you in the direction of manifesting your goals the right way, with positive uplifting results. Be inspired to recognize your own power of manifestation and what it can do for you!

## ALL SHOWS ARE LIVE!

**Be a Guest Caller call  
646-378-0378 to join in!**

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