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Body Mind Spirit Guide Magazine

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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 spiritual and holistic fields. 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 Body Mind Spirit Guide to the One Mother, the One Father and their children (you & 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 writers, advertisers and us.

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A Healthy Eating Plan for 2020

Ask just about anyone if they'd like to make the coming year a healthy one and they'll say yes. Ask if they'd like to eat better and there's a good chance you'll hear yes again. From two decades assisting consumers in setting healthy eating goals, here are 15 proven and doable goals that if done consistently will achieve the grand goal of eating better.

1. Eat breakfast – even if just a very small amount of food, within 2 hours of waking.
2. Eat food with your morning coffee. Coffee alone is not a balanced breakfast.
3. Take your food, “energy medicine” in moderate doses, 3 to 4 hours throughout the day.
4. Make meals balanced: Half the plate



as vegetables, ¼ as lean protein and ¼ as whole grains.

5. Stay well hydrated. Drink 8, 8 ounce glasses of water daily.
6. Pack a healthy lunch.
7. Eat an afternoon snack to prevent overdoing it at dinner.
8. Practice stopping when full, not stuffed.
9. Eat more fruits and vegetables overall. Include in all meals and all snacks.

10. Add more fiber. Read labels and choose foods with the most fiber.

11. Watch salt intake. 77% of the excess salt we eat is from processed food.

12. Buy groceries regularly. A good supply at home means better meals and snacks.

13. Limit or totally avoid soda pop and juice.

14. Be mindful of liquid calories overall – including cream and sugar added to tea or coffee

15. Monitor your total sugar intake and work on reducing it.

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A large banner for Supreme Master TV. The background is a blue sky with clouds. On the left is a stylized globe with white orbital lines. On the right is a white dove in flight. The text 'SUPREME MASTER TV' is in large, bold, yellow letters. Below it, 'Constructive Programming for a Peaceful World' is in smaller yellow letters. The website 'SupremeMasterTV.com' is in large blue letters. Below that, a dark blue box contains the text 'Broadcasting Wonderful News and Positive, Encouraging Programs 24 Hours a Day' in white and yellow. Further down, pink text reads 'Sharing Messages of Love and Peace That Create Positive Energy for a Better, Shining World'. A QR code is on the right. At the bottom is a film strip showing various scenes: a white duck, a field of yellow flowers, a group of children, a mountain landscape, a white horse, and a person meditating under a full moon.

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Are You Getting All You Want Out of Life?

By Phillip Rosenbaum

Many years ago, in a course on stress reduction, the professor taught a method of visualization which he called, "a movie in reverse." The idea was to choose a goal, and then work toward it in reverse. In other words, first you identify what you want to achieve, then you work backwards, looking at the steps you took to attain your goal. My goal was to get an "A" in the class. First I saw the A on the final transcript. I then saw myself getting an A on the final exam. I saw myself doing the work I needed to do to get the A. I did the same for the term paper and then for the mid-term exam. I did wind up getting the A, but I was surprised by how much work I had to put into the project (this was not an easy class).

In looking back at this experience, I realized there were a couple of key points. First, I had to have faith that the method would work. Second, I had to be willing to do the work required to attain the goal. Often there is a third component which involves stepping out of your comfort zone or taking some risks.

Another way to achieve your goals is to see yourself having the thing you want before you have it. It is the idea that, "You'll see it when you believe it," as Wayne Dyer puts it. In addition to seeing yourself with the goal you desire, you also experience the joyful emotions of having attained the goal. It is also helpful to have gratitude in advance for the attainment of your goal. It is essential to believe this will occur and to eliminate any doubts about fulfilling your goal. This may not be as easy as it seems, because when you look at your present situation the achievement of your goal may seem daunting and cause real doubts. However, both of these methods do work.

So, why are you not taking advantage of at least one of these effective methods? If you truly believed you would be successful, you would no doubt be willing to do the required work to get what you want. Unfortunately, many of us are not convinced it

will work for us. The problem is that we have received so many negative messages when growing up, we feel neither deserving, nor capable, of achieving the kind of life we truly desire.

The first six or seven years of our life, we absorb almost everything we are told. Unfortunately, many of the messages we receive are harmful and unhealthy. After hearing them a number of times, the messages enter our subconscious mind and remain there even when we are adults. The subconscious, believing we are incompetent or unworthy of the good life, will find ways to sabotage any efforts we make to succeed. When we have negative beliefs in our subconscious mind, undesirable consequences will result, and we will not accomplish the goals we desire for ourselves.

So what is the solution? We must become aware of our negative subconscious beliefs and root them out, eliminate them, and replace them with much healthier messages. This will allow us to accomplish our desired goals and have the kind of life we truly desire and deserve. We can all make the changes needed to greatly improve our lives. However, we often need some outside help to achieve this.

One excellent way to change the negative programming in our subconscious mind is with the use of hypnosis. Since we were basically hypnotized the first six or seven years of our life, what better way to change the destructive thinking than through hypnosis.

If your life is not bringing you all that you desire, why not take advantage of hypnosis? It is safe, it doesn't require a great deal of time, and the results can truly change your life. If you would like to find out more about this or would like to experience a hypnotic session, please call Phil Rosenbaum at: 248-688-6469. You are entitled to a happy life.

Phil Rosenbaum



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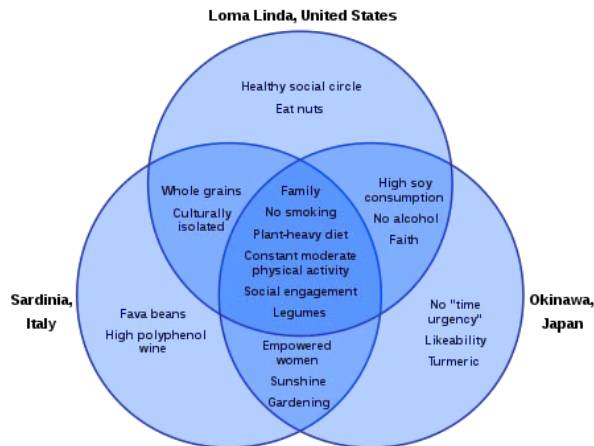
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Welcome to the "Blue Zone"



In the upcoming issues of Body Mind Spirit Guide, we'll be looking at the lifestyles and commonalities of particular areas of the world where people live longer, healthier lives. These areas are called, Blue Zones.

Blue Zones are regions of the world where author/explorer Dan Buettner claims people live much longer than average. The term first appeared in his November, 2005 *National Geographic* magazine cover story, "The Secrets of a Long Life". Buettner identified five regions as "Blue Zones" Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and among the Seventh-day Adventists in Loma Linda, California. He offers an explanation, based on data and first hand observations, for why these populations live healthier and longer lives than others.

The concept grew out of demographic work done by Gianni Pes and Michel Poulain outlined in the *Journal of Experimental Gerontology*, who identified Sardinia's Nuoro province as the region with the highest concentration of male centenarians. As the two men zeroed in on the cluster of villages with the highest longevity, they drew concentric blue circles on the map and began referring to the area inside the circle as the "Blue Zone".

Next month, we'll take a look at what the Blue Zone areas have in common! www.en.wikipedia.org

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How to Reprogram Your Food Cravings

Dr. William H. Karl, DC.

If you've been reading my articles, you probably already know quite a bit about stress, hormones, the immune system, and how lifestyle choices influence health. While the guidelines for a healthy lifestyle are quite simple, creating new habits is difficult and often impossible for many people. Sweets, baked goods, comforting carbs, fast foods, processed foods, fried foods, and carbonated beverages ruin the best of intentions. Before telling you about a successful way to reprogram unhealthy food cravings, let's look at what influences food choices.

Our hunter-gatherer ancestors were the most successful group of humans on the planet. They traveled about, picking up fruit, vegetation and/or animal proteins. If something tasted good, they ate it. Similar to these ancestors who ate *real* food, our taste buds are programmed to like what's good for us and *repelled* by what's bad for us. The problem is that most people eat very little *real* food these days. Between GMO's, artificial coloring, flavorings, and added hormones, it's hard to find food that hasn't been altered.

Many people experience ill health as the result of poor food choices. They eat fast food because they don't have time

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to cook and buy convenience foods because crafty advertising gimmicks convinced them that the food will taste amazing and be healthy, which it rarely is. The bottom line is that there's no substitute for *real* food that your body recognizes – and appreciates!

New research on probiotics (good bacteria) provides insight into what draws us to unhealthy foods and can help guide us in making better choices. The biggest game-changer is that we now know that taste buds are influenced by the bacteria in the body. Bad bacteria feeds off junk food and good bacteria feeds off healthy foods, such as raw fruits, vegetables, clean protein and carbs. It's easy to get into a vicious cycle when eating junk food because the more junk foods we eat, the more bad bacteria that will be created which reinforces our cravings.

Craving unhealthy food is only part of the problem. Bad bacteria leads to a wide range of disorders including obesity, neurodegenerative issues, cardiovascular disease, irritable bowel disorders, and other inflammatory processes. Gas, bloating, and flatulence are common symptoms which generally clear up with the proper probiotics and digestive enzymes.

Over half of the human body is comprised of microscopic colonists, such as bacteria, viruses, and fungi. Since this ratio was originally thought to be only ten to one instead of approximately 50/50, the influence of these microscopic bacterial colonists is much greater than previously thought. The wide diversity of bacteria living within the body is vitally important to health but our highly toxic world kills off many of the species that keep us alive and healthy. This is why it's essential to frequently inoculate the body with healthy probiotics, especially after a round of antibiotics that kills both good and bad bacteria.

In addition to the functional and inflammatory diseases associated with an unhealthy microbiome in the colon,

gastrointestinal problems have been associated with depression, anxiety, insomnia and many other diseases once thought to be mental. Research now confirms the association between bacteria in the gut and one's emotional balance, shaking the belief that mental illness is purely a chemical imbalance in the brain.

The term "gut-brain axis" evolved in 2004 after Japanese studies discovered that friendly bacteria (probiotics) influenced the stress response in mice. By 2013, findings suggested that specific probiotics could have a positive influence on mood in humans. Around this time, researchers were also discovering that microbes can produce almost every neurotransmitter in the human brain, including the feel-good chemicals, serotonin and dopamine.

Scientists previously thought the "blood-brain barrier" prevented microbes from entering the brain. This notion was dispelled in 2017 when researchers discovered that special cells in the gut lining allowed the microbes to enter the brain through the vagus nerves. Now the gut is commonly referred to as the second brain.

Ongoing studies demonstrate that a healthy gut microbiome has many positive effects on emotional stability, mood, and even food cravings. *This means that by improving the health of your gut microbiome you can stop or reduce your cravings for unhealthy foods and reprogram your body to want healthy foods!*

Yes, the reintroduction of the probiotics necessary to reestablish a healthy balance in the body can now be accomplished. A combination of diet and specific supplementation is the fastest, best way to do this. I recommend a high quality supplement based on the latest research that provides a therapeutic dose of probiotics designed to clear the gut of bad bacteria and increase good bacteria. This product has 100 billion CFU (colony-

forming units) Probiotics and 1.25 billion CFU patented Stabilized Heat Resistant Probiotics per serving in an enzyme based delivery system.

Besides adding specific probiotics to increase the good bacteria in your gut, the best results are obtained by eating healthy fruits, especially berries, vegetables, good proteins, and usable carbs. Another important component for eliminating food cravings and increasing good bacteria is the addition of enzymes with any meal that contains cooked food. Cooking food over 114 degrees destroys the enzymes that are essential for digestion.

Perhaps just the thought of bad bacteria multiplying in your body when eating unhealthy foods will help dissuade you from eating them. The more bad bacteria in your body, the more toxic chemicals that are created which lead to disease, inflammation, fibrosis, and even death.

Studies show that it takes 21 days to create new habits. If you can eat healthier foods for 21 days, you'll significantly raise your chances of sticking with your new lifestyle for the rest of your life. Another reason for a 21 day program is that taste buds live 10 days. If you make it through 2 sets of taste buds, something magical will happen on the 21st day! Why not try it and see? Call our office to learn about our new 21 day program which includes the specific supplements and guidelines to help you successfully reprogram your cravings!

Dr. William H. Karl, DC., is a Brimhall Certified Wellness



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## UFOs are here to stay!

By Richard Lawrence



When three men described seeing a UFO hovering over a stable in Bethlehem two thousand years ago, they weren't dismissed out-of-hand as they probably would be today. Nobody questioned whether they had been drinking or taking drugs, or tried to suggest that what they were looking at was an airplane, a satellite, a meteorite, a drone, marsh gas or even a flock of birds. In fact, they have gone down in posterity as being wise.

There's nothing strange about having a sighting. After he experienced one in 1974, John Lennon wrote in his song *Nobody Told Me*: "There's a UFO over New York and I ain't too surprised." Scientists now believe that there could be billions of planets with the capacity to sustain life as we know it, never mind life as we don't – and that's just in this galaxy.

And then there's multi-dimensional life in the universe. Theoretical physicists estimate that only 4% of matter is visible, with the remaining 96% being so-called dark energy or dark matter which is undetectable. Others point to the electromagnetic spectrum, of which the proportion that can be seen – the visible light spectrum – is so small as to be relatively negligible.


Governments haven't helped. There is no longer any reasonable doubt that they lied and withheld the truth about extraterrestrial spacecraft for years. That too doesn't surprise anybody in this era of spin, when the dishonesty of politicians is routine. When Sir Winston Churchill, as Prime Minister in 1952, asked his Air Minister, "What does all this stuff about flying saucers amount to? What can it mean? What is the truth?", even he was fobbed off with misleading bureaucratic platitudes.

As someone who has campaigned and spoken about UFOs for decades, it is heart-warming to see more and more people seeking the spirituality behind this phenomenon. At one time – though thankfully not so much today – ufology fell into two distinct camps. There were those who embraced the metaphysical as well as the physical aspects, and those who adopted a purely 'nuts and bolts' approach and would look at nothing else. The latter group was particularly illogical when you consider that spiritual texts through the ages, from east and west alike, have been prime sources for this phenomenon.

The vimanas of the Hindu scripts were flying celestial vehicles in which gods, such as Rama, were transported. Both Moses and Jesus traveled in co-called clouds – and there are many other examples of UFOs in the Bible. The Roman

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poet, Catullus, wrote in the first century BC of a time in ancient Greece when, "the sky-dwellers in person used to visit the stainless homes of heroes and be seen at mortal gatherings." And there are countless other examples of aerial phenomena being described in ancient cultures, often with religious connotations.

In more recent times many claims have been made of contacts with extraterrestrial intelligences, some of them with credibility and others not. The stand-out claimant for me is Dr. George King, whom I knew very well and co-authored two books with. Between 1954 and his passing in 1997, he received literally hundreds of communications from interplanetary sources.

He was not chosen at random, but because he had devoted ten years prior to this to rigorous psychic and spiritual training through a practice which was little understood in those days, namely, yoga. He did not do this to keep fit or to calm his mind, as many do today, but to realize the full extent of his inner potential and to discover enlightenment within. In the process he became an accomplished medium who was able to tune-in to and receive telepathic messages from beyond this world.

As he said in a television interview in the 1970s:

"These messages were given, we do have them down on tape, they have been published. Well, from the philosophical content alone, they are pretty fantastic -- so they did come from somewhere. Either they came from my mind or they came from another source. If they came from another source, they're excellent. If they came from my puny little mind, then I'm quite a person."

He was adamant that they came from intelligences who inhabit higher frequencies of existence upon planets in this solar system.

One such intelligence from Venus, the Master Aetherius, spoke these words through Dr. King in 1956:

"If your men in power were to have faith in God instead of a moth-eaten, wicked political system; if science were to have faith in metaphysics instead of the binding limitation of common mathematics; if an economic system were more interested in the world as a whole than it is in its own selfish interests, we could then come among you freely, easily."

And he concluded with the words: "But it is a big 'If', isn't it? Indeed it is!"

Richard Lawrence is an international best-selling author of several books including, *Contacts With the Gods from Space* (co-authored with Dr. George King) and, *UFOs and the Extraterrestrial Message*. He is Executive Secretary for Europe of The Aetherius Society and is featured regularly in print and on the radio. [www.richardlawrence.co.uk](http://www.richardlawrence.co.uk)

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# The Tree of Emotional Energy

By John Whedon



Human Beings are a field of electro-magnetic energy in a skin with a spirit seeking wisdom. All of this energy is rooted in a body of emotions, until the reality of who we truly are is found. This pile of emotional energy is the root of our addictions and depression. The emotions are tied to roots of our past as children where they were first experienced and rooted in our subconscious mind as truth. As we mature into adults we are faced with the reality that what we learned as children may not have been the truth and merely that of a misguided lost soul. Each time we experience this emotion it reconnects to the root energy in our subconscious mind, holding us hostage to our past, unable to shed the negativity of the past and live in the present moment.

Daily meditation and journaling of thoughts begins the energy clearing of our troubled past. This form of hand written confessions allows the energy attached to the conscious mind to release the thought onto paper in the form of ink. If the surface thought in consciousness is not released from the energy field of the body, the thought will constantly reoccur until it has a means of release. Two free methods of release are written journal or verbal confession. Since so many people hold this energy in as a form of guilt, verbal confessions are few and far between because the trust factor of those who it is spoken to lack the personal integrity to keep matters confidential. This is where hand-written journals hold true power.

As the surface thoughts are hand

written, the energy that connects the root belief is released. As this constantly occurs, the negative toxic energy that holds the belief in place is shed away and eventually completely released. The broken bond of energy from the root belief release can be experienced in many ways, yet mine was in that of the popping of a balloon where I immediately felt like an entirely new person. I have since experienced this feeling many times over as it was these childhood emotions that

connected to root beliefs of inferiority and not that of love. The depression fades away as the new and empowering positive energy fills the void that was once held by the negative root energy that was trapped in the subconscious mind. Now as an adult, the wiser personal choices that are made in life become the new seed of positive personal growth in a person's life.

As a visual to understand this is a tree planted the day we were born. As the tree is fed, the root system begins to grow. If the tree is planted in rocky soil of a broken home with physical abuse and lack of love, the tree's roots are very shallow. The tree will grow slowly. Each storm that the tree faces (traumatic life experience) the tree's trunk gets slashed; we will call this an, event. With each event there is an emotion attached to it. The tree is still growing yet not as big and strong because of the shallow root system. Each of the leaves on the tree's canopy are our thoughts. As the tree sheds its leaves, the toxic leaves fall to the ground and eventually the toxicity of the composted leaves is what keeps feeding the tree (negative thought energy).

Only when we make the conscious choice to begin pruning the tree (written conscious thought) will we begin to see new growth. This is an ongoing process of mentally pruning out some of the people in our lives that are toxic and

need to be consciously and physically shed as connections. Their toxic leaves (thought energy) are what keep feeding our tree. As we prune our tree, we activate the root system of the tree into the form of re-growth. The roots will begin to dig deeper into the soil as we have activated the defense of the tree, sending it into shock, and the new growth is stimulated by the positive energy of digging deeper into the ground for greater stability (faith).

Slowly we are pruning the tree, all the while the roots are going deeper and deeper into the earth. These deep roots of faith have the ability to heal the toxic energy that the tree once grew upon, simply by releasing the past in written thought form. The trunk (our body) of the tree will still remain; the branches of the tree may be gone (our old thoughts) and the tree will experience new growth into a bigger more beautiful tree than it originally started out as. This is because we were always rooted in life, just now we are rooted in faith and not the judgment of society, believing what was not true. Each time the body experiences the same emotion, the body's energy is returned to the event where the thought was locked into the subconscious mind. Journaling disconnects the energy from the emotions and the thought flows out onto the paper. Simple, profound and very self-empowering.

John Whedon

A native of Michigan, I began my spiritual awakening about 6 years ago when near suicidal. The intensely high energy vibration of an angel simply walked by me and totally redirected my thought pattern placing me on an incredible journey of authenticity. Now I reside in Dearborn, turning from a 37 year career as a professional chef to a speaker and writer that nourishes hearts and souls versus that of feeding appetites.





## DO YOU BELIEVE IN MAGIC?

Imagine a world where ALL children were educated in a palace of learning, the arts and culture; a world where children were thriving, living to their full potential, contributing their unique gifts to the world and working together to build a loving and prosperous community. Crime in communities is low, abundance is high. Mindfulness and meditation are practiced routinely. Teachers are honored for their vital role in the community and are free to create and teach to the whole child in way that child learns. Imagine children coming to school with food in their bellies, eager to learn. Imagine children running around, feeling free, practicing yoga, ballet and basketball, daily, where kids get to be kids again. Imagine a world where children are revered and recognized as the nation's highest priority.

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"The United States is the only country that funds our public education through

property taxes, ensuring that children from poorer neighborhoods receive a poorer education, thus deepening the roots of wealth inequality."

"Millions of American children go each day to schools that do not have functioning toilets, and which lack the minimum school supplies necessary to teach a child to read. A child who cannot read by the age of eight is less likely to graduate from high school, and more likely to one day be incarcerated. This is more than an "educational issue." It is a humanitarian crisis, in the richest country in the world."

### I BELIEVE IN MAGIC...

The politics of today is stuck in the 20th century and that simply will not serve humanity any longer, that is clear. We need a leader who talks about the deeper root causes of the issues we as American's face. It is a time of repair in our country, a time where talking about issues on the surface, with small incremental changes, just won't cut it. Marianne Williamson, 2020 presidential candidate, doesn't just talk about a healthcare plan; she talks about why so many American's are getting

sick compared to other counties. She talks about water and air pollution, the inhumane treatment of animals on farms, the pesticides and hormones in and on our food. Marianne speaks big truth about the breakdown in our democracy being the cancer underneath the cancer to all of these issues.

America has a rare opportunity to usher in the 21st century with a leader who is in alignment with 21st century thinking. Marianne has had a thirty-five-year career facilitating personal and systems transformation. She is an activist, author and teacher to many of us.

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# The Silver Thread: The Death of Integrity

By Dr. Michael Abramsky

When I was raised, integrity was a high value. Integrity means the possessing of strong, honest, and moral principles, which transcend personal comfort, ostracism, or life.

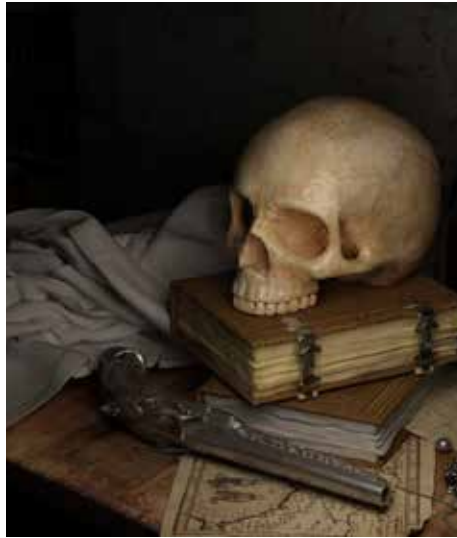
I was raised Jewish. The history of the Jews is replete with martyrs who sacrificed themselves rather than renounce their religious beliefs. They held to principles and gave their lives for them. Early Christians allowed themselves to be crucified or placed in the arena rather than betray their Christianity. During the Vietnam war, Buddhist Monks immolated themselves to try and stop the war.

My early heroes all embodied the principle of integrity. Theodore Roosevelt was an early idol. His entire life he battled the political environment, was unpopular with his caste, but valued truth and clarity above all else.

Another hero was Clarence Darrow. He defended Scopes for teaching evolution in Tennessee, Leopold and Loe who murdered a child. I admired his willingness to stand-up and defend those who were condemned, on the principle that everyone deserves to be defended.

As I matured, I was exposed to the war in Vietnam. Like most people of my generation, I opposed it. I protested, got chased by police, and was hated by the establishment for my long hair, scruffy appearance and anti-establishment views. I refused the draft. My traditional parents could not understand, as they had lived their life going along. Both my father and brother were Naval officers. They were anxious about speaking-up, fearful of being ostracized even though they agreed that the war was immoral.

After I finished graduate



school and was in my psychology practice, a lawyer friend of mine asked me to do a legal evaluation. I did it, liked the work, and pursued a second Board Specialization as a Forensic Psychologist. I specialized in criminal cases. I loved the law and felt a strong desire to help those who I felt were wronged.

I often received condemnation for “defending murders, rapists, and thieves”. But I only defended them when I found that mental illness played a part in their crime and should be factored into a consideration of their punishment. Experts were called “whores” and in many cases, I got knee-jerk responses of condemnation, and threatening letters. I cannot say I was comfortable (I like to be liked) but I could not resist when I thought an injustice occurred. I often lay awake nights fearful of the next day’s testimony, knowing I would be the subject of angry diatribes. Fear dominated but I said my piece anyway, when the data supported it. I paid an emotional price of shame, guilt, and even condemnation for days after. But a passion for defending the mentally ill was a calling.

I am certainly less than perfect. There were times I went along to avoid hassles. But I would struggle and often lay awake trying to weigh the rights and wrongs.

What is so troubling today is the ease

and lack of grace displayed by those who take a stand based on personal need rather than a transcendent truth. A polarized country has led to people standing on positions, only because they are self-benefiting, not because there is objective data to support their view.

From the perspective of Buddhism, two principles are violated. The first is the principle of attachment. Attachment occurs when our investment in a person, thing or idea remains, is fixed, and immovable. Even in the face of new data, people hold on to their previously moored ideas. Flexibility is lost. And although change is inherent, people remained immovable and static. They remain due to emotional or ego attachments, which are threatened by change.

They choose ego protection over integrity.

The second Buddhist principle violated is this principle of “delusion”. Delusion arises from seeing what one “wishes” to see. Rather than developing the nuanced perspective that invariably arises through thorough examination, advocates explore only that side of an issue which conforms to their pre-existing beliefs. Any information, even accurate information, is ignored or greeted with anger.

Buddhism is grounded on principles of truth. Employing practices of rational investigation, the objective recognition of the intrusive ego, enables us to see clarity, and hopefully act upon it.

Michael Abramsky 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.. has an MA in Comparative Religions, and has practiced and taught Buddhist Meditation for 25 years. You may call him at: 248-644-7398



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## Change Your Mind ~ Change Your Life

By Faith Brower



January is often a time to set goals and start new adventures. We look back at our past year or years, and analyze our relationships, habits, and accomplishments. January seems a time when we decide to start taking a road less traveled so far in our lives.

I beg to differ and think the true magic about beginnings is that they can happen anytime we decide to make them happen. We can choose right now to begin something. We can change our thinking about ourselves and our lives, or the job we have, the people in our lives, or those not in our lives. We can think differently and be different any time we choose. We can stop thinking we are not enough or our life is overwhelming or even that it is boring. The gift about this life is that we can change our mind about anything any time we want.

I found an old Daily Word reading that sums it up beautifully. It is from Saturday, October 19th, 1964. The Daily Word reading from Unity Village states, "TODAY I make a new beginning. Today I cast from my mind all thought of limitation and bondage. I cast from my mind all thought of age, disease, and death. I cast from my mind all thought of lack and failure. I cast from my mind all doubt and fear. I cast from my mind all past sorrows, all unpleasant thoughts, and all unpleasant memories of the past. Today I make a new beginning."

It is not a calendar date that determines new beginnings. I make a new beginning simply by letting go of old thoughts, old ideas, old habits. Today I choose to cast out false beliefs. I see this day as entirely new. This day is filled with new opportunities, new joy, new faith, new courage. This day is filled with that which is beautiful, inspiring, uplifting. This day I make a new beginning."

Faith Brower is an Early Childhood Educator and Director. She has her Bachelors in English and Masters in Early Childhood Leadership. She has served in various roles at Unity Churches in Chicago and the Greater Detroit area. Faith is currently writing books for children and adults to help support them in maneuvering through divorce and death experiences.



## YOUR PERSONAL YEAR NUMBER

By John Ashbrook

Your personal year is in effect, from birthday to birthday. It is one of several important numerical indicators of events that will be part of your life during that time. The personal year number is both directive and predictive. Knowing this number vibration and its meaning helps you to take the right path in dealing with life issues, both positive and otherwise, that come up during this twelve month period.

It is very easy to figure your personal year number. Take the numbers for the month and the day of your birthday, and then add the universal year number. *The universal year number for 2019 is 3, for 2020 it is 4.* For example, if your last birthday was April 5, 2019. You would add  $4+15+3 = 22$  and  $2 + 2 = 4$ . (Always reduce double digits to a single digit by adding them together). So, for the twelve months between 4-15-2019 and 4-15-2020, your personal year number would be 4.

Let's take another example. The next birthday coming up is October 10, 2020. The personal year number would come from adding  $10+10+4=24$  and  $2+4=6$ . Your personal year number for October 10, 2020 to October 10, 2021 is 6.

Figure your personal year number and look it up in the following list of meanings:

**PERSONAL YEAR NUMBER 1:** You are entering a new cycle. It is time for new beginnings. Be courageous and assertive, start new projects, meet new people, and go to new places. Hopefully, you've learned from the past – you could be tested.

**PERSONAL YEAR NUMBER 2:** This is the year to pay attention to your intuitive feelings. They may provide important insights regarding the direction of your life. Co-operation, partnerships, and legal contact may be highlighted.

**PERSONAL YEAR NUMBER 3:** It's time to express yourself – appropriately, of course! Let out your creative ideas. Don't let the opinions of others affect your positive self-esteem.

**PERSONAL YEAR NUMBER 4:** This is the year to make changes. Build solid foundations for a bright new future. Begin new disciplines for better health and financial security.

**PERSONAL YEAR NUMBER 5:** You may find yourself busier than usual over the course of this year. Be careful of becoming





scattered. Pursue more personal freedom, education, travel, and social opportunities.

**PERSONAL YEAR NUMBER 6:** Stay away from extremes. Seek balance in all areas of your life. Home, family, and health decisions are in the spotlight. It's a good time to make commitments – personal and relationships.

**PERSONAL YEAR NUMBER 7:** Patience, faith, truth are the watchwords for this year. Take a special vacation, relax. Trust life. You'll find yourself doing a lot of introspection, seeing things differently.

**PERSONAL YEAR NUMBER 8:** Pursue your ambitions. You've got the power now, but use it with discretion. Extra money may come your way. Seeds planted now will yield rewards in the future. People and situations from the past might return for a re-assessment.

**PERSONAL YEAR NUMBER 9:** Let go of the old. Do some housecleaning. It's time to discard attitudes, things, and situations that might be holding you back. You are preparing for a new beginning next year. See PYN 1.

John Ashbrook is a professional numerologist and intuitive spiritual counselor. He teaches a comprehensive Spiritual Development Program that combines ongoing classes with Individual Guidance sessions to maximize personal growth. For information about private consultations, classes and other services, please call John at 734-326-3433

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## NEW Beginnings

By Cheryl L. Carter



Janus is the Roman god of new beginnings and transitions. He is depicted with having two faces which look in opposite directions, the past and the future. Just as in life, metaphorically speaking, every doorway affords us the opportunity to look in two directions. Was each day what you had hoped for, or did some not quite meet your expectations? Nonetheless, every one of these moments in your life was meant to be either a blessing or a lesson. Whatever has happened the past year has brought you to where the universe has intended you to be. And right now, the universe is speaking to you; speaking volumes about the plethora of opportunities that lie ahead of you on your life's journey. How will you respond?

Moreover, new beginnings exude a special energy that surrounds us with a sense of hope and joy. In order to tap into this energy, you must have a positive mindset. Let go of anything that no longer serves your higher self. Listen to the beat of your heart. It is the sound of purpose. Listen to the vibration of your soul. It is the sound of many past lives and experiences. Listen to the voice of your higher self. It is guiding you to make conscious decisions toward what is best for you. Feel the power from within that comes about as you focus on the things that really matter to you; things that excite and drive you.

Everything is within your reach. All you must do is focus on that road up ahead while envisioning all the wondrous opportunities that await you. Life is not but one journey. It is a series of journeys that require determination and perseverance. Do not hasten on your way being satisfied where you are at the present time no matter how wonderful you perceive this place to be. Instead, open your arms and heart to new and exciting things that the universe is ready to bestow upon you. By your thoughts and actions today, you are creating a new vibration and manifesting a new tomorrow. Let this new found knowledge settle into your spirit, allowing your soul the freedom to sing, dance, and love. Embrace the change of new beginnings knowing who you are and that you are truly worthy of reaching your dreams!

Cheryl L. Carter

## Grafting New Habits

By Chris Surber

I have never kept even one New Year's Resolution. Not one! I still eat too much. I definitely don't exercise as often as I should. You name the resolution. I've made it and broken it, and probably more than once! However, I have grafted some new patterns into my life the last few years. Here is what I mean.

I have served a few churches in farming communities. I was talking to a farmer one day about sermon illustrations for getting more spiritual fruit in our lives. I was picking his brain for ideas from his fields. He said, "You know what you need?" I replied, "No. That's why I asked you!" He said, "You need to teach people the value of grafting fruitful branches onto fruitful roots." He went on to explain the process of grafting one kind of fruit tree, known for its fruitfulness, onto the rooted trunk of another, known for its healthy roots.

The trouble with New Year's Resolutions is that they are usually "all in" self-contracts. Most of us are not very good at contracts with ourselves to begin with. The person with whom we've made the contract likes us too much and tends to be very lenient when we fail to keep the bargain! We didn't get overweight overnight. We didn't fall into the patterns we want to break in a day. But somehow we think we are going to change in an instant because of a contract made without any enforcement? No.

I have found that when we graft new patterns into our lives they are far more successful. Choose the fruit you want to see more of in your life. Press it into your life one branch at a time until it takes hold. It will begin to find nurturance from the healthy roots already present in your life. Then, when that first branch has healthily bonded to the tree of your life, nourish it until you begin to see some fruit. Then carefully add another branch and repeat.

If you are a resolution keeping rock star, more power to you! If you are anything like me, you'll be more successful "grafting." Instead, make a simple decision to carefully graft new branches, that is, new patterns, choices, and habit building decisions, one at a time onto the tree of your life. Be patient. Be consistent. Bear fruit! "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." Galatians 6:9 (NLT)



Dr. Chris Surber is Senior Minister at Mt. Hope Congregational Church in Livonia, MI. He is also the Co-Founder and Executive Director of Supply and Multiply in Montrouis, Haiti. [chrissurber.com](http://chrissurber.com)



# SETTING NEW YEAR'S INTENTIONS INSTEAD OF RESOLUTIONS

By Megan de Matteo

Happy New Year! I've often found this time of year to be especially powerful in enhancing my yoga practice. Of course, yoga is always a powerful practice, but the gift of the new year brings deep reflection and introspection that can amplify processes of self-inquiry, expanding our spiritual awareness and commitment to yogic living.

Whether you do yoga at a studio, a gym or at home, it's common practice to set an intention for your time on the mat. Like a new year's resolution, an intention names something you're seeking to attain for yourself and/or others. But unlike resolutions, intention-setting focuses less on goals and more on the journey which leads to certain outcomes. Think of it this way: Intentions focus more on internal power and long-term change, whereas resolutions focus more on external—and sometimes, short-lived—rewards.

Let there be no confusion: Intention setting should be equally as specific as setting a new year's resolution. For instance, if you choose to set a 2020 intention rather than a resolution, being as specific as possible will help you take responsibility for what you want or need. Through clarity of intention comes a clearer path for travel during your journey.

For example, a new year's resolution might be something like "losing twenty pounds," whereas an intention might be "practice self-care by eating nourishing and healing foods." Both examples are specific in their wording, but the intention of self-care requires the person setting it to change their internal attitudes towards themselves in order to practice self-love and, thus, self-care. One can see how

this shift in thinking will bring positive affects beyond weight loss and will not stop once the twenty pounds are gone.

This example illustrates how intentions have the power to create an inner change in samskaric patterns of thought. Samskara, which means "impression" in Sanskrit, refers to the habits and patterns that keep us stuck in the versions of ourselves we seek to "improve" when the new year dawns. In *Light on Yoga*, B.K.S. Iyengar refers to samskaras as "the accumulated residue of past thoughts and actions."

Intentions seek to address this residue from within in order to achieve change, where as resolutions most often set awareness on the achievement of something externally. The difference is subtle, but important.

In Patanjali's Yoga Sutras, it is said that samskaras cannot be erased by simply going into the mind and clearing them away. But in Sutra 1.16, it is suggested that they can be eradicated over time by journeying inward and realizing the peace and joy that is our true nature: "The moment you understand yourself as the true Self, you find such peace and bliss that the impressions of the petty enjoyments you experienced before become as ordinary specks of light in front of the brilliant sun. You lose all interest in them permanently. That is the highest non-attachment."

So remember, if done right, an intention will not only lead us to achieving a checklist of external improvements, it will give us the self-led support we need to realize our true nature. Pretty powerful, right? Absolutely! Not only can intention setting bring about general self-improvement, but can also lead to increased self-compassion all at the same time. How does that sound for a good start to 2020?

What intention will you choose to take you into the new year?

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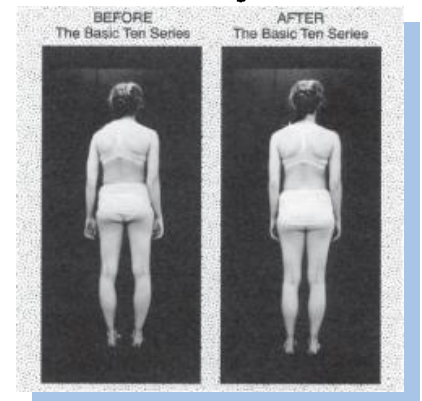


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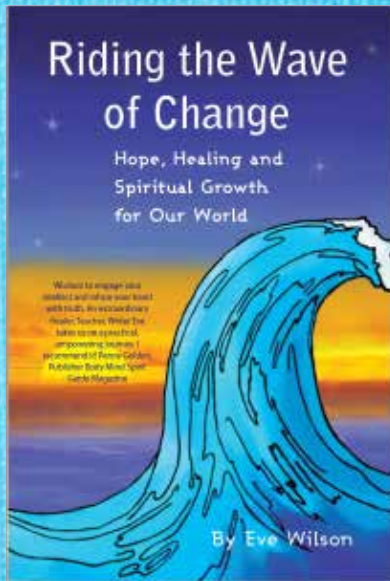
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**2020**

**Vision**

By Eve Wilson



As we enter the year 2020, I have a vision I would like your help fulfilling!

I see the coming year as a gift, and all its challenges and blessings as opportunities for healing. I propose we do some pro-active healing to smooth our journey for the year to come! Like to join me? Let's do it!

**Step 1:** An open-heart bridges the creature world with the divine

- It is both the bridge to unity and the transformer of negative experiences into wholeness. Since healing comes through unity with Higher Love we will need an open heart.
- To have an open heart you can begin by breathing into your body, giving yourself a big inner hug and then centering in

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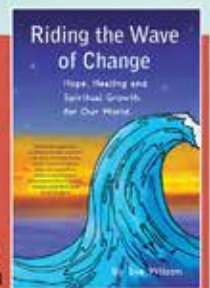
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your heart chakra in the middle of your chest and opening it to the source of Higher Love by whatever name you call that. When you have done this correctly you will feel more relaxed, centered, clear and open.

**Step 2:** For Higher Love to bring change in the world

- There needs to be someone present and grounded. You are that person!
- Strengthen your ground by “being a tree”: Through using your feelings and imagination, allow yourself to ground into the clear energy of our beloved Mother Earth with deep wide roots. And let the branches and leaves of your tree reach for the sun to receive Higher Love.
- There are higher vibration and lower vibration focuses of Earth and Sun. I call them new world and old world. Ask to ground into the new world Earth and Sun if you would like to work from the clearest focus available for this healing.

**Step 3:** Centered deep within your open heart and grounded like a tree

- Imagine the year 2020 from January 1 to December 31.

**Step 4:** Staying centered in your heart and tree,

- Welcome Higher Love by whatever name you use for that to be present in each moment and circumstance of the coming year; to surround it all in love. Ask that it bring Higher Intelligence and healing to all your interactions. That it enlighten your soul, mind and emotions and to help you live in ways that allow everything to unfold with the greatest ease and with true purpose.
- When you are done, widen the roots of your tree and release the future into the care of Higher Love. Return to the present time and place and do another inner hug, holding it until you feel focused in your body and ready for the rest of your day.
- **If you did this with agendas on outcomes or with judgments of yourself or others, please try it again. This time leave them behind and allow Higher Intelligence and Love to design your reality in 2020 to be in harmony with your soul's greatest good and true purpose.**
- One of the opportunities in our evolution is to learn to partner with our Higher Selves which are One with all life. To do this we have to allow Higher Love to drive, instead of our minds and agendas. This requires trust. But who better to trust than your own Higher Self and the Higher Love that guides all things? This way, your own gifts and talents can contribute but don't have to direct the show.

Bringing Higher Love into the coming year in your own life

creates a powerful flow of love into the world as a whole. When many do this, its influence is massive. Thank you for helping me to fulfill my vision of Higher Love in 2020!

This was a shorthand piece of the larger work that we did in my 12-12-19 Monthlies Event; which was the last of that series of 6. If you would like to work in depth to bring healing into the world and to experience partnering with Higher Love, please join me for the next series of Monthlies! Starting 1-9-20 we will meet every 4 weeks on Thursday from 7:30 – 9:30 by tele-conference and in person in Ann Arbor. For more information and to enroll, call: 734-780-7635, or visit me at: [www.spiritualhealers.com](http://www.spiritualhealers.com)

Love, Eve

Eve Wilson Master Healer, Author, Teacher – Learn about healing treatments and ascension, Eve's book *Riding the Wave of Change – Hope, Healing and Spiritual Growth for Our World*, discover her International Award-Winning Blog – The Weekly Word for Healing & Ascension, plus classes and events at [www.spiritualhealers.com](http://www.spiritualhealers.com) 734-780-7635



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## Magic of New Beginnings

By Miche Lame

With the first of the New Year, we are excited as we look toward new beginnings and what we want to create and work on during the coming year. What are your goals? How do you develop them?

**Who do you choose to be and how do you choose to grow this year?**

New beginnings are the times for growth of body, mind and soul. These can be the times when something surprising or unexpected happens that we are not prepared for. It is often the Divine saying, "You are too comfortable." It's a time to grow, experiencing discomfort of some sort that pushes us into growth and new perspectives and flexibility in our life. I like to see it as an opportunity to grow and follow the Divine -- go with the flow. It also can mean that we have grown enough to go to the next level -- like in school, classes keep building upon the class before it, same with stages of growth. That is why your childhood is the foundation for the rest of your life and your deficits are what you work on processing the rest of your life.

That is why there are cycles in life. Each cycle is a new beginning for growth in some or many ways. The New Year is a beginning of a type of cycle where we can reflect back and choose to see where we can grow towards self-actualization, closer to the Divine. Then we develop the New Year Resolutions. This year, feel that hope, that excitement of change and in what direction you want to grow. And keep that energy and focus up -- we will almost certainly encounter challenges to overcome, just like the heroes of old. You can do it!

Whether the new beginning is of choice or a surprise, you have the means to handle it. Divine only has your best interests at heart and gives you what you need, not necessarily what you want.

This year, when you make your resolutions, how about chunking them down into smaller steps, ones that are doable and perhaps build upon each other. Remember that you are Divine, and the Divine is you -- you can accomplish miracles! Do your best to keep up that excitement and focus as the year goes on. Perhaps you can even get some support and accountability through friends, a therapist, or a counselor that you trust. Just remember, this is a new year, a fresh new one, and you can do wonders with it.

Miche Lame has been compassionately guiding people for over 25 years. Through Spiritual Living and Healing Miche utilizes Intuitive and Universal Principals to guide you in healing your emotional, mental, physical, & spiritual state. [www.spirituallylivingandhealing.com](http://www.spirituallylivingandhealing.com)

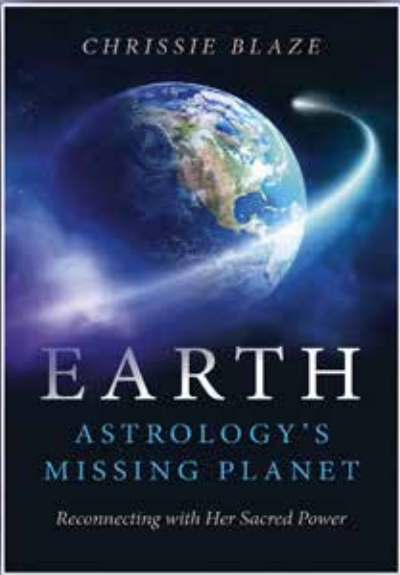



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# The Road to Higher Consciousness

By Gwendolyn Esco Davis

*Self-understanding changes with time, and so too does the depths of understanding human consciousness. G. Esco Davis*

On my journey to wholehearted living and higher consciousness, I came across in my files a quiz on approaching life with an open heart to self-understanding and opening doors to higher consciousness. Here are seven statements/questions that identify higher consciousness. Take a few minutes and ponder your answers. Be present of your responses on the road for higher consciousness.

If you think you are too small to make a difference, have you never been in a tent or a dark room late at night with a fly sharing the space?

Stop searching for your passion and purpose, and let life lead you to it.

There are many different ways how we learn -- our individual levels of personal growth. As humans, we grow and develop as our years advance. Through life experiences, we may learn quickly, we may learn slowly, or we may not learn from life lessons. If you don't learn the lesson(s), you are sure to repeat it until it is learned fully.

One of the greatest things in life is to love and receive love in return, even if it is heartbreaking.

Knowing that hummingbirds, the small red ant, the lone willow-tree, the ocean and our fellow men and women, all have equal beauty and value to balance the universe.

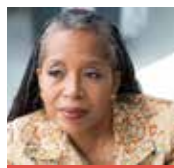
Cultivating your uniqueness, let go of comparisons, let go of the need for certainty, let go of the fear to live-fully, let go of the fear of loving, let go of perfectionism, let go of what people might think of you, and, let go of people that don't matter, and things that don't matter.

Learning is a lifetime journey; a journey filled with bits of gold and dust. Each and every human can make a difference, big or small.

We all make a difference in this world we call, home. The difference is based on the level of consciousness you currently hold. This New Year, make a conscious effort to expand to a higher consciousness in your life experiences; try something new, travel to the place you have dreamed of, take a class, join a group. Work on elevating your higher consciousness.

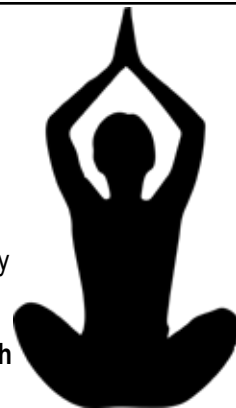
These are just a few higher consciousness insights and golden nuggets for greater self-understanding. Write down what life lessons have helped open your eyes to higher consciousness. You may use these examples to help you along your way. And, from time to time, look at your list and add to it.

Gwendolyn Esco Davis is a certified Life coach and Transformation Coach. She offers six-month transformation sessions with small groups, coaches individuals and small businesses using a holistic and organic approach. Email: [gwendolyn@escodavis.us](mailto:gwendolyn@escodavis.us) or visit her website: [www.escodavis.net](http://www.escodavis.net)



## Easy Yoga Poses to Start the New Year

By Meagan McCrary



### Mountain Pose with Hands in Prayer

Stand at the top of your mat, feet inner hip distance apart, hands in prayer at your heart. Pressing your palms together, draw your shoulders back and down, lifting your heart. Close your eyes, bow your chin, and recall your intention for the year ahead. Deepen the breath.

Not sure what your intention is? Simply hold space for an intention to arise. Be still and breathe, expanding your entire torso with every inhale, and softening on every exhale. Take five deep breaths.

### Extended Child's Pose

Rest in Child's Pose, your big toes together, knees outer chest distance apart, bottom to heels, arms reaching forward. As you breathe, settle into the hips, feeling the sides of your body and reconnecting to your intention. Stay here as long as it feels good.

Visit: [www.doyouyoga.com](http://www.doyouyoga.com)



## Empowerment and Healing For Women

Learn to move past trauma, find strength, and thrive with twelve chakra tools that are based on the feminine energy



body and life phases. These tools focus on challenges that women often face in owning our power, balancing work and family, and maintaining

physical and emotional health. Featuring an eight-page, full-color insert with clarifying chakra figures, this essential guide presents a no-nonsense, easy-to-use approach to the chakras that helps you manifest your highest potential. Each chapter focuses on a new chakra tool, helping you explore how to use it within your daily life for long-term growth, overcoming blocks, healing sexual trauma, and more. Chakra

Empowerment for Women supports your journey in practical ways as you recover the energy of your empowered self.

### Praise for Chakra Empowerment for Women

"Using the beautifully constructed visualizations, affirmations and exercises provided, women who read this book will be able to move forward empowered with their inherent strength and wisdom renewed."

- Becca Chopra, author of The Chakra Energy Diet

"Lisa offers us a way to work with our mind and body holistically through our energy anatomy. These guided exercises can be used in combination with other healing modalities or on their own, allowing us each to tailor them to our individual needs."

- Madisyn Taylor, cofounder of DailyOM

"Lisa has provided a much-needed resource for women, especially sexual trauma survivors who wish to include self-guided energy healing work into their healing process."

- Molly Boeder Harris, Executive Director of The Breathe Network

"Reading other women's stories and

seeing how the empowerments were employed and the benefit they provided, gives you a real understanding of how they too can shift your entire way of being in the world."

- Sara Weston author of How to Be Happy Now



LISA ERICKSON (Los Angeles, CA) is a chakra-based energy worker, writer, and teacher specializing in women's energetics and sexual trauma healing. She is certified in mindfulness meditation instruction and trauma sensitivity, and has trained with world-renowned energy intuitive and best-selling author Cyndi Dale. She is a member of the International Association of Meditation Instructors, the American Holistic Health Association, the Energy Medicine Practitioners Association, and The Breathe Network, a non-profit dedicated to supporting holistic healing for sexual trauma survivors. She is also the creator of the popular DailyOM course Awakening Your Feminine Chakras. Visit her at [www.EnlightenedEnergetics.com](http://www.EnlightenedEnergetics.com)

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## We have a plan,

Here we go with another year, 2019 went by so fast; it was kind of unbelievable. As I look back at the year and all the beautiful people I met, there are wonderful stories. There is one is particular I'd like to share. If we talk about the cause I think we can relate to someone else's story. Many someone else's, maybe. My client comes for a reading every 2-3 months at a time. She would come to Livonia, Troy, or Novi. She was trying to get out of an unfulfilling relationship and she didn't know how. She would come back periodically and I would do a reading for her on what she needed to do... some of the time she would sit and think about it, want to do it, but didn't have the willpower to make the changes. She came back to see me a month later. I'd say, did you move? I was all excited she said no! My excitement disappeared because I knew she wasn't happy living there. Sometimes we can't get out! It may be difficult financially, one doesn't want to hurt another's feelings, family gets involved, but when a relationship is over, it's over. Because generally the other person is never nice; I could almost live with anybody if they were nice! That's one of the things that bothers me with relationships, why can't you just be nice! If you don't want to be there, make changes, but you don't have to be mean.

As we talked and she started to get her confidence back, I told her she needed a plan. She stuck to it this time and "Voila"! The magic happens. She bought a beautiful condo, furniture, she got to decorate it, her children helped her and she became this absolutely different person. Her energy changed, her stature changed, her face looks like she's 10 years younger. I was so happy for her. The fact that she made the decision and she followed through with her plan. I told her how proud of her I was. I know it wasn't easy.

That what we do here at Michigan Psychic Fair, we are here to help, listen and understand. As always Love and Light Pauline\*



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**"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over." — F. Scott Fitzgerald**



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**Novi – Dec 8, (Sun 12/6pm)** Holiday Inn, 39675 Twelve Mile Rd., (12 Mile W of Haggerty)

**Chesterfield – Dec 14, (Sat 12/6pm)** Hampton Inn, 45725 Marketplace Blvd., (Gratiot & M-59)



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# It's Time For Real Change

By Barbra White

Your open heart is the key to changing your life and those around you. I don't say these words from an airy-fairy place. I speak from personal and professional experience. I was violently beaten as a child; I've helped thousands of people live their joy, AND I live an incredible thriving awesome life. From all of this experience, I know this: You are more amazing than you think. You have gifts, talents, and beauty waiting to express through, as and in you.

*"Your heart is like a parachute for life. Open your heart and you will save your own life."*  
Amma—hugging saint

You have no problems. All your problems are created in your mind and at the level of the physical 3d. Every pain, problem or issue is asking you to open your heart and expand your awareness. As you expand your awareness, you see the solution waiting to take form in your body, life, and relationships. You act and speak from Love. If you take action from fear or worry, *you empower the issue or problem* instead of the solution.

Do not try to solve your problems. This will keep you at the level of effect instead of cause. The love or energy within you is first cause. Start from trying to 'solve the problem' and you will feel like you are re-arranging the 'deck chairs on the Titanic'. Instead ask: "What is this problem (health issue, relationship, finances etc.) seeking to birth in me?" Your Soul is a collection of qualities (beauty, love, compassion, abundance,

joy). The pain, trauma or problem is the 'mud' to your life. This 'mud' is the fertilizer to the emerging qualities seeking to express in, as, and through you.

You are not here on the planet to struggle, suffer and be miserable. You are here to express and deliver your capacities and talents in only the way you can. Your family and community need you to shine. In fact, your shine is the greatest way to help them. Co-dependence and worrying about others are the number one way people distract themselves from their Soul growth and

“Don't look for your dreams to become true; look to become true to your dreams.”

~ Michael Beckwith

healing.

It may sound like I am saying, don't help people. Service is a core value for me. I am committed to waking people up to their innate gifts and divine nature. The word "love" for me is a state of being and a verb. I am committed to being love in action. However, I know loving another, is not productive when grounded in fear, worry, or the attachment to outcome. Sharing my heart fully, DETACHED FROM OUTCOME, people then 'hear' me, and wake up to their own heart's beauty.

Give your words, gifts, and talents like a gift. You wouldn't call someone up every day and ask if they are using your gift. Would you? This is how most people express themselves. Your unique gifts are within you. Your words do matter. Express attached to how you are received, and you dam up the flow of power/love/creativity seeking to express through you.

Opening my heart is NEVER about someone else. My discomfort is always about me closing to the REAL me. My pain is *because I am forgetting who I truly am, in the presence of them.*

Opening my heart, I then have ALL of me, and this vast universe to draw upon. Opening my heart is not about something outside of me...rather inside. Real change happens as you open your heart (to yourself) in the presence of the person or problem you normally close down. Standing in love does not make you weak, it means you have access to your full power.

It is so hard to remember it's NEVER about them. Right? Radical self-responsibility for my emotions and thoughts,

grounded in knowing I AM a Divine Child, sets me free to rest in the seat of love. This radical self-responsibility combined with radical self-love, also is the most POWERFUL way to help another. I can see their 'issue' but instead of lowering my vibration to fear/doubt/worry...I stay in love. Staying in your power as love, in all your relationships, is the way to heal another.

It is so hard to love at this level...AND, it is also your ultimate freedom. I like to tell my ego, "Sit down so love can stand up!" From this inner grounded surrender



place, I am not a doormat. Actually, my words are heard more deeply, I own my 'yes' and my 'no', and I express in a way that is true to my heart. No planning needed.

Commit to real change: a). Own your feelings and love them. b). Express love detached from outcome.

When you are trying to figure out "how" to solve a problem or plan your words... this is a red flag you are trapped in your mind. Get back into your heart. Self-love pulls you out of "how hell".

Self-Acceptance is the most important tool in your spiritual tool box, when you realize how your open heart affects all those around you. Self-acceptance changes the 'playing field' to one of possibilities, emergence and healing. Self-acceptance opens your awareness to all the good that is waiting to be lived as you.

3rd Thursday 6:30-9:30. Self-Acceptance gatherings are back! Qigong, self-acceptance, healing and meditation. Rooted Visionaries 8-week program starting Jan. 25th, 12-5, Sat. Self-Acceptance Process Certification and healer training starting 2020!

I love what I do, and see it help people tremendously. I'd love to be a part of your journey. Connect with me on FB or call: 734-796-6690. Blessings to your New Year.



Barbra White M.A, Di.hom is dedicated to awakening people to their innate worth. She has over 20 years of professional experience, is a life-changing mentor,

gifted intuitive, best-selling author, and masters in transpersonal psychology. Visit: [www.MotherBearSanctuary.com](http://www.MotherBearSanctuary.com)

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# Are you ready for the New Year?

By Roxanne Kuchciak



Starting a new year can be exciting and also upsetting. Have you made any New Year's resolutions? Many people start off with high hopes that this year is going to be the best yet.

What many people don't realize is that our beliefs, whether conscious or subconscious, are signals to the universe. The universe delivers to us exactly what we are energetically asking for. Have you been focusing on the positive, but the negative is all that happens to show up? It is hard to stay positive when things don't seem to be changing. Have you given up too quickly?

If you believe things won't change, you are right.

If you believe you are powerless, you are right.

If you believe you are unsupported, you are right.

Changing your beliefs will change your reality. There are many modalities that can instantly change your negative thoughts or fixed point of view. "Creating Beyond" has a very simple way of unlocking you from negative thinking. Pick any negative thought you have and use the following process:

Let's use the example of "I'll never be rich."

- Sit in a comfortable position where you can relax, and close your eyes and imagine that the *Creating Beyond* energy is turning on. Focus on the belief, or statement of, "I'll never be rich." Scan your body and energy field for restrictions.

- Once you have identified the restriction

or tension, *resolve, dissolve, and complete* it.

- Watch as the *energy dissipates*. You can repeat saying, "resolve, dissolve, and complete" until the restriction has

dissipated.

What happens when you resolve, dissolve, and complete?

- *Resolve* - resolving beliefs from the moment of creation. Whether it is your belief, your ancestors, or group consciousness, resolving this energy will keep you from recreating situations to prove you will never be rich.

- *Dissolve* - dissolving the energy connections between you and the belief of, "I'll never be rich." You can also dissolve what you believe is impossible.

- *Complete* - completing the energy tells your subconscious mind that it is already done. So, completing the belief of, "I'll never be rich" allows you to open up to the possibility that you can be rich and receive money.

The next step is to focus on having plenty of money and being rich.

Then you can resolve, dissolve, and complete everything that doesn't allow you to receive plenty of money. You don't need to know all the beliefs in order for the clearing to work. What you are looking for is the energy that is holding the belief in place.

Focusing daily on what you would like your life experience to be, and dis-creating the lies, programs, and patterns that are in place is a huge step in creating beyond your current reality.

Enjoy creating the life you want!

Roxanne Kuchciak, *Creating Beyond*.  
For more information visit [www.creatingbeyond.com](http://www.creatingbeyond.com)

# Begin Again...and Again

By Susan deCausin

You don't need a new calendar year to consider new beginnings. Each day (heck, each and every minute) is another opportunity to start anew. But, to do that, you must be comfortable stepping into unfamiliar territory.

For some reason, we've all been led to believe that a good life is one that's predictable. One that's "comfortable". In case you haven't noticed, staying in your comfort zone can leave you feeling like something's missing. As if there should be something more to your life.

It seems like the majority of people find themselves discovering this as they begin to approach mid-life. They start to feel as if time is running out and they still haven't understood their life purpose. They feel like they're simply going through the motions, without being fulfilled.

The world is constantly evolving. Even your body is continuously changing. The birth of each cell is a direct response to the energy you are holding at that precise moment. So, what's holding you back from moving with the flow of the Universe?

To move forward, you must drop the baggage of the past. That old stuff can hold you back in two different ways. First, by continuously reliving events of the past, you're directing energy away from manifesting new circumstances. Second, by dwelling on those past events, you are unconsciously reinforcing the limiting beliefs that they created.

The short answer to moving forward and creating new beginnings is in being completely engaged in the present moment. When you are able to release the need to relive the past, and can let go of unforgiveness, you can stop those memories from defining your capabilities.





Face it. You can't change the

past, so why not move on? Mindfulness activities, such as meditation and yoga, gently clear the cobwebs from your mind and allow you to direct all of your awareness and energy into the NOW. In those moments, that creative force allows you to open up to the many different paths that are calling you. Those are defined as "ah-ha" moments. We've all experienced them, at one point or another. It's when clarity steps in and we're inspired to move in new directions.

Free will gives us the opportunity to choose where we want to direct our energy. It's just that easy. Each moment of every day, you have the option to either hold limiting, fearful beliefs about yourself and the world you live in, or to wipe the slate clean, pull yourself into the present moment, and direct your energy into exciting, new directions that speak to your soul.

Occasionally, the cause of your actions and reactions cannot easily be determined. Your reactions to life may be triggered by something deep in the subconscious mind. In those cases, a few sessions of Hypnotherapy can help to uncover and release the control that those limiting beliefs may have on your life -- allowing you to move forward comfortably and confidently.

Breaking down the barriers of limiting beliefs doesn't have to happen at a special time of the year. Every day provides the opportunity to start anew! If I can help you in this process, please call for a free consultation. This is my purpose for being here. Let me help you find yours! Have a happy, prosperous and healthy 2020!

Namaste', Susan

Susan deCaussin established Healing Methods, in Troy, MI. She's a Clinical Hypnotherapist, Reiki Master/Teacher, Spiritual Advisor, Psychic/Medium, and Inspirational Writer and Speaker. Her deep connection to Spirit assists her in working with Universal Energy and creating articles and lectures that are thought-provoking, powerful and healing. Learn more at [www.HealingMethods.org](http://www.HealingMethods.org)





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# Spiritual Horoscopes

By Aluna Michaels, M.A.

**C**apricorn (Dec. 22 – Jan. 19) — Happy birthday Capricorn! Make a list of everything you want to transform in your life, be it relationships, job issues, health conditions, emotional patterns, etc. Forgive yourself for “failures”. Make peace that things come to a natural conclusion in order to make space for a more fulfilling life! Release anger so you can use that pent-up energy to be joyful and to create powerful changes. Make gratitude lists, since you’ll easily overlook blessings if you’re in “perfectionist” mode.

**A**quarius (Jan. 20 – Feb. 18) — Don’t be afraid to explore your subconscious. It’s intimidating to feel old, squashed-down emotions. Aquarians often prefer to think about emotions rather than feel them. Be brave so your heart can open in new ways and allow deeper, more fulfilling experiences to flow into your life! Be active with supportive friends so you can have fun and also have a listening ear. Make changes in your home so it feels fresh and vital. Throw out junk that reminds you of the past in a negative way.

**P**isces (Feb. 19 – March 20) — It’s so important to follow your inner guidance. Daily meditation, even for a few concentrated minutes, helps strengthen your soul connection. Many insights

and solutions will come as you validate your knowingness. It’s a powerful time to make sure you’re following your own life path, and not merely going along pleasing others. Trust your heart, no matter what! You can also have breakthroughs at work that excite you and give you more of a sense of meaning and purpose.

**A**ries (March 21 – April 19) — This can be one of the most successful times in your life for career! Stick with your values and deepest visualizations, because you can create even from seemingly impossible odds. You can also have financial breakthroughs, not just from work, but from gifts or “unexpected income”! Meditate on the impact you wish to make in life in general, based upon your unique talents and qualities. Keep your focus in that direction and watch the results roll in!

**T**aurus (April 20 – May 20) — Uranus moves direct in your sign, bringing renewed courage to imagine and manifest your dreams! Meditate to release limited thoughts about yourself, others or life in general. Uranus reminds you that every possibility is in the quantum field. Your thoughts and beliefs either draw or repel those possibilities. Choose spiritual concepts that keep your mind and heart open. Talk with like-minded friends each day to encourage each other. Also, plan a trip to a dream destination — maybe India, Bali, Paris or Italy! Allow yourself to splurge on something that nurtures you.

**G**emini (May 21 – June 20) — Get ready for relationship excitement! If single you can meet a sexy new partner, and if bonded you can re-ignite passion together! Internally, you may have challenges about withstanding the intensity

of intimacy. Meditate on past events or family patterns that inhibit your ability to get close and/or to stay close. Even if you need a trained professional, you can break through these fears, traumas and limiting beliefs! You can also heal ways you self-sabotage when it comes to finances.

**C**ancer (June 21 – July 22) — It’s vital to make sure your needs are being met in relationships. Meditation creates a strong inner bond with yourself and with the nurturing Universe. But you also need bonding with the humans with whom you choose to merge lives. Be brave and stand up to old emotional patterns of “lack” within yourself and between you and a partner. Also beware of shunting your anxiety into eating crappy food. Be direct with others and treat your body well!

**L**eo (July 23 – Aug. 22) — Uranus moves direct, bringing changes to your career. If you feel your work is meaningless, opportunities can arise to be with a company whose mission aligns with your heart. It’s important to be true to yourself in every way right now, otherwise you can have health “stuff” like insomnia, digestive issues, repeated colds or feelings of anxiety. Be with people who support the shifts you need to make to have fulfillment in your life!

**V**irgo (Aug. 23 – Sept. 22) — It’s time to stand up to the critical voices in your head once and for all! You’re so protective of others, so imagine if those voices were saying mean things about your best friend. You would not believe those mean things and you’d see the ideas as abusive. Meditate and become your own protector from your negativity. Make a clear decision to believe in your goodness, in spite of your flaws. Embrace new forms of spirituality that emphasize self-forgiveness and self-love.

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**L**ibra (Sept. 23 – Oct. 22) — It's a month of deep healing about your capacity for intimacy and trust. Meditate on releasing betrayals and hurts, no matter how longstanding. Believe that you can create new patterns of connection that reflect your own chosen life direction. You don't have to repeat family dysfunction or live in the shadow of trauma. Seek professional help if needed, yet also connect with new possibilities that exist in the Universe. Your fulfilling future is in the quantum field. "Brain wash" yourself with those joyous beliefs by joining with that energy in meditation and throughout the day. You can also have financial breakthroughs as your self-worth increases!

**S**corpio (Oct. 23 – Nov. 21) — If you're involved with someone, meditate on releasing past ideas about who s/he is. Pray to see him/her with fresh eyes. If single, let go of old hurts that narrow your heart so you can explore relationships again. In general, examine your allegiance to your beliefs about life and love. Where can you allow more gentleness and vulnerability? Can you let go of pessimism that you call "realism"? Financially, you'll have a great month. Make sure you splurge a little on yourself. You deserve your own love and thoughtfulness!

**S**agittarius (Nov. 22 – Dec. 21) — Energetic Mars is in your sign, giving pep, courage and enthusiasm to make changes or meet goals! You can start a new relationship, resolve job issues or make shifts that improve your health. In meditation, place focus on beliefs that limit financial flow. These can be inherited ideas from generations back that you firmly decide are no longer true for you. Set up a solid budget that includes paying off debt, but also gives you a bit of "mad money" so you don't feel trapped by overly stringent rules.

Aluna Michaels is a second-generation astrologer. 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 or text (248) 583-1663 or visit [www.alunamichaels.com](http://www.alunamichaels.com)



## 3 Natural Ways to Cleanse Your House For The New Year

By Emma Stessman

With such a heavy focus in the new year on bettering yourself and your mind, it's easy to forget how influential your surroundings are, especially the places where you spend the most time, like your home.

By creating a positive and healthy environment at home, you can set yourself up for success in the New Year. So, whether you just moved somewhere new and want to make the house your own, or you simply wish to cleanse your home of negativity, here are three easy ways to do so.

**HIMALAYAN SALT LAMPS:** Some believe that Himalayan Salt Lamps help to improve the quality of the air. They have the ability to attract and rapidly evaporate water vapor containing bacteria and various allergens, essentially cleaning the surrounding air. Himalayan Salt Lamps are also thought to boost mood through their production of negative ions. Additionally, the orange hue of the lamp can increase focus and create a sense of calmness.

**SAGE SMUDGING:** Native Americans commonly practice sage smudging to clear the space and create a sense of spiritual purification. To sage smudge your house, light a stick of sage and fan the sage in the area you want to cleanse. You can say a small affirmation of what you hope to fill the room with, such as "Love" or "Joy." Sage is also used in aromatherapy to create a serene environment and help with overcoming grief. Aromatherapy works in wondrous ways.

**RINGING BELLS:** Ringing Bells is a common feng shui practice believed to align negative energies through vibrations, creating a positive force. By ringing a bell throughout your house, particularly in places where negative experiences have occurred, you can rid yourself of any negative energies that may be plaguing the area. You can use a singing bowl, a hand bell, or hang wind chimes.

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# Making Our Dreams Reality with Jade

By Jennifer Vanderwal

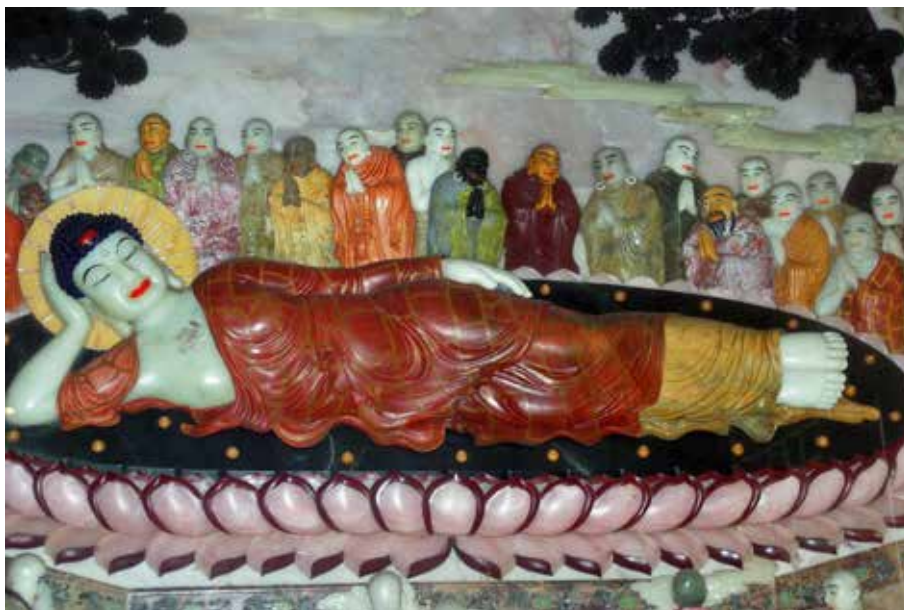
Jade or “piedra de yjada” comes from a Spanish word meaning, “stone of the lion”. Its chemical composition is  $\text{NaAl}(\text{Si}_2\text{O}_6)+\text{Ca,Fe,Mg,Mn}$ . Jade forms in monoclinic crystals with a variety of colors ranging from white, yellow, dark to light green, red, black, and rarer blue and lavender. Jade’s hardness is 6.5 -7, making it a valuable carving tool for statues, amulets, beads, incense burners, knives and home decor. It’s been mined all over the world mostly coming from Burma today.

Jade has a strong connection with the Mayan culture; using it during dream time helps us contact Mayan elders who bestow knowledge, ceremonial or cultural information. It is a stone of healing, heart healing and healing from the heart.

Carrying or wearing jade encourages self realization, remembering our life purpose and how to turn dreams into reality. Jade helps us remember our lives are precious, instilling immortality. It benefits the kidneys, nervous system and suprarenal glands. To contact the Mayan elders or enhance your dreams, obtain and cleanse one piece of jade. Meditate on your specific question about the Mayans, their ceremonies, general cultural information, Mayan calendars, pyramids or crystal skulls. Visualize, feel yourself there, with the question in mind while holding the jade at your heart chakra for 15 minutes. Ask the jade to help you clearly recall the Mayan culture.

If you want to remember something specific you can write it on paper and place the question and jade under your pillow while you sleep. The information you can access stored in crystals, is limitless. When you wake, place the jade on your third eye, meditating and allowing yourself to be open and receptive to all visions, sounds, colors, images, feelings, past lives or voices you experience and remember.

Jennifer VanderWal has been a Melody Crystal Healing Instructor/Facilitator since 2004. A master of the Usui Tibetan Karuna Seiryoko system of Reiki, she offers readings, mediumship, spiritual counseling, EFT, crystal healing classes, and crystal healing techniques at Bodyworks Healing Center, Journey to Health Chakra, and VanderWal Healing Center. Call: 248-672-0579.



# The Power of the Universal Mind

By Wendy Powers Nugent

Have you ever wondered where a psychic gets their information



from? Or, how a psychic Medium opens the door to communicate with souls that are no longer on the earth plane of existence? Or, what’s that little voice that you hear every now and then, giving you sage wisdom or warnings of things to come? Whether you are well-trained to pick up on information from the universe or you just randomly receive messages, you are talking with the Universal Mind of God (UMG).

Now, don’t confuse religion with the God energy which is the glue of our universe. We have the ability to totally tune into the knowledge gathered by scholars and the wisdom of the ages that have been gathering in the UMG plane of existence. I read somewhere that there are no original ideas. This is because they are all within the UMG and when you are ready to tap in and receive the information, your mind will open up and you have a “God thought.” Sometimes it will come in a dream, other times as an epiphany. This is why, as the human mind is ready to receive a higher thought, an invention, a great novel or a higher wisdom of thought, you’ll find several people having the same communication from the UMG at the exact same moment in time.

I know that at least once in your life you had a great idea, or maybe a thought that you received ahead of an event, or a thought about a new invention and you said to yourself, “I knew that; I wish I would have listened to my little voice.” New movie scripts and books ideas



have been written, only to find that as they are being produced and released to the public market, at the same time the event described in the movie plot or novel is taking place in real time.

So how do you communicate with the UMG? First, start a diary to keep track of your dreams. Also record each time you hear or feel your little voice. I say, "feel" because some people get a feeling, not necessarily a little voice. Once you are more familiar with your intuitive feelings and thoughts that line up with an event, you will be able to discern a thought from true communication with the UMG.

Meditation can't be stressed enough. This will help you achieve a good connection to the UMG. Find a class or join a group to sharpen your meditation skills. This is a very important step even if you already know how to meditate. If you do not believe you can meditate, you can get into a deeper level of relaxation by simply breathing-in deeply, then letting out your breath slowly. Believe it or not, you will get into at least the alpha level of the mind if done for a few minutes. Once you are in a deeper level of the mind, you can communicate better with spirit, you can write, invent, create music and improve art skills. It's even possible to improve sports skills, calm down anxiety, and improve your overall mental and physical health.

I had an appointment with a new doctor last month. He told me that in reading my health history, he wanted to know how I overcame my extensive health challenges. I told him, "meditation!" He was amazed. Then he shared with me that the hospital built a meditation center and has started to recommend patients to it. He was not sure if it would work, but after meeting me and hearing my story, he will definitely guide his patients to the center. I overcame a stroke, pulmonary embolisms, four surgeries, and several severe concussions (a result of fainting due to blood clotting.) Sounds bad I know, but that is the miracle! I always turn to meditation to heal my body and mind. I was born with four clotting disorders and it is a lifetime struggle to stay healthy. I could not do it without the healing energy of the UMG.

I'm sharing this so that you know that these are not just words or ideas, but the truth. You can help yourself heal and stay as healthy as possible through your connection to the UMG.

Have a healthy and Prosperous New Year!!

Wendy Powers

Wendy Powers Nugent -Clairvoyant, Minister, Certified Spiritual Counselor and writer. Wendy has been a professional psychic for more than 40 years with proven accuracy. Readings by appointment only: Text/call 248-826-8255. Visit [www.WendyPowers-Clairvoyant.com](http://www.WendyPowers-Clairvoyant.com)



**"There are two mistakes one can make along the road to truth... not going all the way, and not starting." — Buddha**

**"No one can ever take your memories from you — each day is a new beginning, make good memories every day."**

**— Catherine Pulsifer**

**"Take the first step in faith. You don't have to see the whole staircase, just take the first step."**  
**— Martin Luther King Jr.**

## Starting Fresh

By Norbert Juma

Looking to get out of your comfort zone and start your life over? Each one of us reaches a point where we get fed up with our current situation. During such times, letting go and starting over can be the best thing for you.

When you let go of what didn't work, what held you back previously, or wipe out those fears that don't deserve to rule you anymore, you create room to become a more passionate, engaged and inspiring individual.

So how can you start over? When creating the life you want, start by clearing out the things you won't have use for and get your surroundings in order. If there are habits, relationships, or activities that don't work for you anymore, it's best to leave them out of your life altogether. After you've made some room, develop some new customs in your life and follow through with them.

Since none of us knows what the future holds, the idea of new beginnings can feel terrifying at times. However, if you focus on that which is optimistic and encouraging, starting afresh can be an exciting time.

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## Kickstart your New Year with a one-day detox!

By Sophie Haslett



According to Australian holistic chef and nutritionist, Lee Holmes, a cleanse is perfect to start the New Year. Lee says you have to get the idea out of your head that a cleanse is deprivation.

As the New Year approaches, many among us will be feeling a little tired, bloated and lackluster. This is why she recommends this as the perfect time to try a one-day cleanse, and why a cleanse can give your body and mind the chance to refresh and reset. It might also help you shift a bit of unwanted holiday weight, too.

"There really is no need to punish yourself with a rigidly strict diet and exercise routine," Lee said. Instead, the holistic chef advocates a "gentle start to the New Year" and advises people to "Give yourself a break from excesses. A cleanse doesn't mean starving yourself or only drinking green juices. It's all about refreshing the body by eating lighter amounts of clean foods which are rich in nutrients."

So how does Lee recommend you do a New Year cleanse? "In the morning, I would recommend a cup of lemon water. It's helpful to remember to stay hydrated during a cleanse day -- approximately one-half gallon of water is what you need to feel good all day long."

Next, Lee said that you'll want something gentle and balancing on the gut for breakfast. "A gut blended smoothie or smoothie bowl with coconut milk works well," she explained. "Coconut supplies energy building medium chain fatty acids, microflora support and defense against parasites and pathogens." The food author added that bananas are a good addition to your breakfast, "as they are high in potassium, vitamin B6, immune-boosting vitamin C and also contain nutrients which moderate blood sugar levels."

When it comes to lunch, seafood is one of Lee's top supercharged ingredients. "Fish is a great source of macro and trace minerals," she explained. "For something new, why not try scallops, which are high in protein, low in calories and taste delicious."

When it comes to dinner, on a cleanse, Lee advocates eating lightly. Vegetable soup is a delicious, nutritious way to fuel your body and reset the mind before bed. "I want to point out that a cleansing day isn't about deprivation," she explained. "You should be able to love your food and make eating a joyful experience. Since you'll be consuming fewer calories on a cleansing day, it's a good idea to invest in good-quality organic, or at least chemical-free wherever possible."

The nutritionist also highlighted that good fats - such as olive oil - are your friend. "Fats boost brain function, cognitive function and have a range of anti-inflammatory effects. You can eat them when you're cleansing," she said.

A couple of words of advice on a cleanse from Lee, who said she recommends countless herbal teas to keep cravings at bay, and an early dinner. "I recommend eating an early dinner on a cleansing day to let your body have lots of time to digest and recover. Base your meal on lots of veggies, with a range of quality proteins, seasonings and fats. After dinner, have a cup of herbal tea and go to bed slightly earlier to let your body restore. Not overloading at dinnertime can help you sleep better and establish a better sleep routine," she explained. [www.dailymail.co.uk](http://www.dailymail.co.uk)



# Upcoming Year Idea

By Jim Two Snakes

Have you ever made a New Year's resolutions and failed? Have you failed twice? Three times? Five times? A Dozen? Well we have a New Year coming soon, have you thought about a resolution again? What if I told you that you have already failed before you have begun? Does that make you angry? Sad? Or did you on some level nod your head and agree?

It's not that you have failed before my friend but HOW you have failed. You have trained yourself to set a huge goal, a big expectation and to fail. You have conditioned yourself to failure when it comes to New Years resolutions. But what if we could change that?

In 2020 I want you to consider NEW MOON resolutions. You will choose to follow the cycle of the moon, of nature as each month your goal will grow from dark to full, and back to a new beginning. You will be able to look up into the sky and see how close you are to your month being complete. Science tells us that if we can make a habit of anything for 30 days we are more inclined to make the permanent changes we desire, and since Ancient times we have measured cycles not by the sun, but by the moon.

And the beautiful part is you don't even have to choose them all right now. As a matter of fact I am encouraging you not to. All you need to do is choose one or two, even just one small and reasonable goal that you will work on to begin. Make those small goals part of a larger overall theme. So perhaps your larger goal is to do what many people choose; to be healthier in the new year. Your first goal could be to begin your day with a glass of clean water and some basic stretches. Small. Accomplishable. At the next new moon you will reevaluate and adjust as needed. "I want to continue water in the morning, but instead of or in addition to stretching I am going to do a short sprint walk every morning." Perhaps the month after that you decide the sprint walking was not fun or satisfying and that you want to change the morning stretching into a quick Qi Gong routine. Flexible goals. Adjustable goals.

Don't discount the value of having a coach or mentor either. Many times the people in our lives are actually



very resistant to our attempting to change because it pushes at their own shadows and insecurities. Often it's my first job as a spiritual coach to help you break down your expectations, and set step goals just like the new moon goals. And then to be that outside voice helping with ideas and accountability outside of the expectations of friends and family.

What will your first New Moon resolution be? Your first begins on January 25th.

Jim Two Snakes is a Shamanic Practitioner who has been trained in lineaged Peruvian shamanism, based in Jackson, Michigan. He has been serving his local community for 28 years. He hosts the podcast Around Grandfather Fire, and holds Q'ero (Peruvian) Fire Ceremonies and teaches workshops and classes throughout the year. Find out more at [jimtwosnakes.net](http://jimtwosnakes.net)

"No river can return to its  
source, yet all rivers must have  
a beginning."

— American Indian Proverb

"Be willing to be a beginner  
every single morning."

— Meister Eckhart

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Calling all co-creators to participate as volunteers to assist with developing, supporting and sustaining positive activities, events and people at Unity of Livonia Spiritual Center, such as the Michigan Meditation Experience and BMS Holistic Festival. Unity of Livonia. 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org). For more information email Mona at [Mona@CoCreateJoy.com](mailto:Mona@CoCreateJoy.com) or text message only to 734-778-4655

Community Auricular Acupuncture! We help relieve chronic pain, addiction, and trauma!!! Radical Well Being Center. 20411 West 12 mile suite 101. Southfield. Only \$20-40. By Barbra White, 734-796-6690 "Creating an inner and outer sanctuary for humans and animals for over 20 years!" [www.MotherBearSanctuary.com](http://www.MotherBearSanctuary.com)

Healing & Ascension Monthlies – 2 hours of bliss and transformation – you can still join this month! [www.spiritualhealers.com](http://www.spiritualhealers.com) or Eve Wilson 734-780-7635

Self Acceptance Process Teacher training with Barbra White! Are you ready to be mentored into your magnificent True Self and learn how to heal others?! Everyone is gifted, it just requires cultivation. 734-796-6690 "Creating an inner and outer sanctuary for humans and animals for over 20 years!" [www.MotherBearSanctuary.com](http://www.MotherBearSanctuary.com)

## MONDAY

Monday Prayer - Join Eve Wilson's tribe at <https://www.bodymindspiritnetwork.com/groups/922970/feed>

Yoga with Jayne: Monday at 7 pm. Weekly beginning Yoga Class (1st Monday Reiki infused) Walk-ins Welcome. Love Offering. Unity of Livonia. 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org)

## TUESDAY

Tues - A Course in Miracles: 7 pm-9 pm. Weekly Tuesday study group led by Jim White. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org)

## WEDNESDAY

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 [http://www.healingtouchcenter.info/Healing\\_Touch/Welcome.html](http://www.healingtouchcenter.info/Healing_Touch/Welcome.html)

Wed – Meditation and Mindful Musings: 7 pm-8 pm. Weekly meditation led by rotating facilitators. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org) No class 1/1/2020

"Wed - Wednesday Meditations - Join Eve Wilson's tribe at <https://www.bodymindspiritnetwork.com/groups/922970/feed>"

## THURSDAY

Thu - Self Acceptance Workshop! Be ignited into greater joy, learn life changing tools. 3rd Thur monthly from 7-9pm [www.AcceptedAslam.com](http://www.AcceptedAslam.com)

Thurs – Heartfulness Meditation: 7pm – 8pm Weekly meditation led by members of the Detroit Heartfulness Meditation organization. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org)

## FRIDAY

Fri - The Weekly Word for Healing & Ascension Blog – Powerful messages for your life and our world. [www.spiritualhealers.com/](http://www.spiritualhealers.com/) blog Voted one of the "Best Healing Blogs in the World"

Fri – Family Community Spiritual Center Potluck! 2nd & 4th Fridays monthly at 7pm. Connection, Spiritual Support and Inspiring Messages (non-denominational) for younger adults from Rev. Griffin. All ages welcome. Love offering. 28660 Five Mile Road, Livonia 734-421-1760 [www.unityoflivonia.org](http://www.unityoflivonia.org) No class 12/27

## SATURDAY

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 [http://www.healingtouchcenter.info/Healing\\_Touch/Welcome.html](http://www.healingtouchcenter.info/Healing_Touch/Welcome.html)

## SUNDAY

Sun - Sunday Meditation! Susan deCaussin, BMS Staff Writer, leads meditation each week at Renaissance Unity in the City of Ferndale at 9:30am. An inspired message is given followed by silent reflection. More info: [www.SusandeCaussin.com](http://www.SusandeCaussin.com)

## DATED EVENTS

01/01 Sunday Services - Every Sunday at 11am-Noon. You are warmly welcome to join us at our regular Sunday Service. We offer Spiritual Healing after the Service at 12 Noon. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI 48073. (248) 588-0290, <https://www.aetherius.org/locations/michigan/>

01/02 Attitudinal Healing: 7-8:30 pm. Join us each Thursday night and transform your life by learning to choose peace and love over conflict and fear in all situations. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/03 Group Akashic Record Reading - In this group reading, Angela will open the Records of the group and channel the Akashic perspective in response to your questions and inquiries. The Akashic perspective is the perspective and knowing that is beyond the mind - therefore eliminating beliefs, judgments, expectations, projections, and anything that distorts our perspective and limits our true knowing. 7pm. \$25. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

01/03 Michigan for Marianne 2020 Book Club – A Return to Love, 6:30pm-8:30pm at the Detroit Institute of Arts, Kresge Court. Enjoy a lively and loving political discussion! For details, email [spiralspirit33@yahoo.com](mailto:spiralspirit33@yahoo.com).

01/04 Learn tarot In 1-day workshop! 10am-4pm. Instructor: Laura Moody at Comfort Inn, 28235 Buckingham, Livonia, MI. Course fee \$145.00 includes all hand-outs & Ryder Waite tarot deck. For further info go to [www.readingsbylaura.net](http://www.readingsbylaura.net)

01/04 Life Tools for Positive Manifestation! 8 week course. Sundays 5:30p.m. to 7:00p.m. 6th Sensations. 37632 Ford Rd. Westland, MI (734) 331-6400 <https://www.meetup.com/BodyMindSpiritGuide-Health/events/266761744/>

01/04 Women Of Spirit: 10 am - 12 pm. Join the women on the 1st Saturday of each month. This month we host our annual Christmas Party Potluck. Love Offering 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/05 Meditation on the 7 Chakras! 1-2:30pm. Free or love donation. Learn the mantras for each of the 7 chakras and meditate in a group for 10 minutes on each of the chakras. Lisa Abrams at: [lawabrams@comcast.net](mailto:lawabrams@comcast.net) 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/05 Past Life Regression Experience - Join Scott and Jennifer as they guide you through a Group Past Life Regression. Through a hypnotic/meditative state, you will be led through different times of this life or another. There will be time before and after for any questions and sharing of experiences. Everyone may not have a full past life experience, however, there are still benefits for the body just from coming to a deep, relaxed state of being. 12pm. Cost: \$25. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

## MORE EVENTS ON PAGE 40



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*"While shamanism may have traditions, it does not belong to any one religion."*



01/05 Michigan Psychic Fair in Livonia Comfort Inn - 29235 Buckingham, Livonia, MI. 48152, (North East Corner of Middlebelt) Pauline 586-939-4230. Michigan's best psychics, find a list of our great Readers, updates and directions at [www.MichiganPsychicFair.org](http://www.MichiganPsychicFair.org) 01/05 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/05 Wellness Group: 12-1:30 pm. Committing to a year of self-love. We meet monthly to support each other and share tips for a healthy 2019. All are welcome. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/06 A Course In Miracles: 10 am-12 pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak MI, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/06 Holistic Recovery Support Group for Addiction! 7-8:15pm., \$10. love donation. Using Yoga Nidra and Meditation. Open to all at any stage in the process of overcoming addiction, depression, anxiety and trauma. 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/07 Community Auricular Acupuncture! 5:30-9pm We help relieve chronic pain, addiction, and trauma!!! Radical Well Being Center. 20411 West 12 mile suite 101. Southfield. Only \$20-40. By Barbra White, 734-796-6690 "Creating an inner and outer sanctuary for humans and animals for over 20 years!" [www.MotherBearSanctuary.com](http://www.MotherBearSanctuary.com)

01/08 A Course In Miracles: 1-2:30 pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/08 Healing Night! Doors open 7pm, Meditation, and Reiki healing 7:30-9pm, All are welcome, no experience necessary. Love donations gratefully accepted. Contact: Prachi at 734.417.5804 or [cprachi17@gmail.com](mailto:cprachi17@gmail.com) 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/08 Midweek Meditation: 7-8 pm. Weekly Wednesday meditation service designed to reset your week. We begin with a brief teaching followed by guided meditation and concluding with prayer requests. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/08 Sunday Services - Every Sunday at 11am-Noon. You are warmly welcome to join us at our regular Sunday Service. We offer Spiritual Healing after the Service at 12 Noon. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI 48073. (248) 588-0290, <https://www.aetherius.org/locations/michigan/>

01/09 Attitudinal Healing: 7-8:30 pm. Join us each Thursday night and transform your life by learning to choose peace and love over conflict and fear in all situations. Love offering. 2500 Crooks Rd., Royal Oak MI 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/09 Meditaion: A Path of Self-Love and Empowerment! 7-8:15pm. \$10 love donation. Open to all! Learn about meditation and deepening your experience; followed by group discussion on growing in self-love, awareness and life purpose. 734.730.4657. 740 East Shore Dr, PO Box 645, Whitmore Lake, MI [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/10 Free Monthly Meditation - Join us for our! Learn about what meditation is, how to begin your own practice, and participate in a group meditation. Stay for the second half and dive into a deeper meditation practice. [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

01/11 4th Anniversary Open House -Join us as we celebrate 4 years! We will be offering free classes, discounted services onsite and savings on everything! 12-3pm.

01/11 Express Yourself Art Workshop: 12 - 5 pm. Multiple mediums will be explored. Bring your favorite art supplies or use ours. Instructor: April Ellenburg, LUT. All are welcome. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/11 Goal-Getters Workshop: 12:30-5:50 pm. Join us for an afternoon of SMART Goal Mapping, Visualization Exercises and Visioning. Led by Instructor: April Ellenburg, LUT. All are welcome. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/11 Holiday Message Party 2020! Gather 5:30pm, Meditation 6pm, Party: after meditation to ? - draw messages, vegan potluck, small group discussion of messages. Love Offering: \$30.00 attending; \$35.00 proxy. Bring in the New Year in the highest vibration, meditating with us to release the old and welcome in the new. Prachi Thiel 734.417.5804 - [cprachi17@gmail.com](mailto:cprachi17@gmail.com) 740 East Shore Drive, PO Box 645, Whitmore Lake, MI [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/11 Jobs Club Royal Oak: 10 am - 12 pm. Join Luther Taylor each month as he presents inspiring speakers and networking opportunities. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/12 Balancing Chakras with Essential Oils & Gems - Join us to discover how essential oils blend together with beautiful crystals and gems to enhance our yogic experience. Pre-registration is required. Limited to 15 people. Cost is \$35. You will go home with 7 essential oils & gems aligning with each chakra. 12pm. 586-960-5940 Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) o

01/12 Michigan Psychic Fair at Farmington Hills Comfort Inn 30715 W. Twelve Mile Road, Farmington Hill, MI. 48334, (12 Mile & Orchard Lake Road) Pauline 586-939-4230. Michigan's best psychics, find a list of our great Readers, updates and directions at [www.MichiganPsychicFair.org](http://www.MichiganPsychicFair.org)

01/12 Second Sunday Sing-Along: 2:30-4 pm. Join Host, Tom Bowes, as he leads the group in an old-fashioned sing-along. All are welcome. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/12 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/13 A Course In Miracles: 10 am-12 pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/13 Holistic Recovery Support Group for Addiction! 7-8:15pm., \$10. love donation. Using Yoga Nidra and Meditation. Open to all at any stage in the process of overcoming addiction, depression, anxiety and trauma. 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/13 Manifest Your Destiny Workshop. Six week class. Mondays 7PM - 8:30PM thru 2/17. Facilitated by Norma Nicholson. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia 734-421-1760 [www.unityoflivonia.org](http://www.unityoflivonia.org)

01/14 Grief and Loss Support Group: 7-8:30 pm. 2nd & 4th Tuesday. Help with grief, loss or dealing with significant change in a supportive environment. As we support each other, we will explore tools that can lead to acceptance and peace. Facilitators: Karen Ulatowski & Mary Wackrow, LUT. 2500 Crooks Rd., Royal Oak MI, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/15 A Course In Miracles: 1-2:30 pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/15 Drumming Circle Meditation: 7-8 pm. 3rd Wednesday each month. Come and experience the powerful healing effects of group drum meditation. Bring your own percussion instrument or play one of ours. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/15 Grief and Loss Support Group: 10:30 am - 12 pm. 3rd Wed monthly. This is a daytime version of this support group. Help with grief, loss or dealing with significant change in a supportive environment. By: Karen Ulatowski & Mary Wackrow, LUT. 2500 Crooks Rd., Royal Oak MI, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)



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01/15 Midweek Meditation: 7-8 pm. Weekly Wednesday meditation service designed to reset your week. We begin with a brief teaching followed by guided meditation and concluding with prayer requests. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

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01/16 Meditaion: A Path of Self-Love and Empowerment! 7-8:15pm. \$10 love donation. Open to all! Learn about meditation and deepening your experience; followed by group discussion in self-love, awareness and life purpose. 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/17 Lecture: The Extraordinary Astrology of 2020! A New Aquarian Era - Fri, Jan 17, 7:30pm. \$15. With astrologer, author, and international speaker, Chrissie Blaze. Please email [michigan@aetherius.org](mailto:michigan@aetherius.org) for further information. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI 48073. (248) 588-0290, <https://www.aetherius.org/locations/michigan/>

01/17 Michigan for Marianne2020 Book Club - A Return to Love, 6:30pm-8:30pm at the Detroit Institute of Arts, Kresge Court. Enjoy a lively and loving political discussion! [spiralspirit33@yahoo.com](mailto:spiralspirit33@yahoo.com).

01/18 Drum Circle: 7pm on third Saturday of every month. All welcome. Bring percussion instruments if you have them. Unity of Livonia, 28660 Five Mile Road, Livonia 734-421-1760 [www.unityoflivonia.org](http://www.unityoflivonia.org)

01/18 Access Consciousness Bars Class Farmington Hills, MI. Roxanne Kuchciak 248-217-3851 [Creatingbeyond.com](http://Creatingbeyond.com)

01/18 My Five Wishes Workshop: 12 - 3 pm. Instructor: April Ellenburg, LUT. All are welcome. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/19 Meditation on the 7 Chakras! 1-2:30pm. Free or love donation. Learn the mantras for each of the 7 chakras and meditate in a group for 10 minutes on each of the chakras. Lisa Abrams at: [lawabrams@comcast.net](mailto:lawabrams@comcast.net) 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/19 Michigan Psychic Fair in Roseville (New Name) Wyndham - Holiday Inn Express, 31900 Little Mack, Roseville MI. 48066, (Masonic & Little Mack) - Pauline 586-939-4230. Michigan's best psychics, find a list of our great Readers, updates and directions at [www.MichiganPsychicFair.org](http://www.MichiganPsychicFair.org)

01/19 Restorative Sound Journey with Reiki - Join us for a supported, breath centered Restorative Yoga practice paired with soothing sounds, reiki, and light massage. Discover the bliss of surrender as Nancy guides your journey through nurturing restorative shapes supported by blankets, bolsters and blocks. While holding our poses, Jennifer and Scott will be offering light massage and Reiki, to further promote relaxation, reduce stress and become balanced. The fusion of sound, stillness, and breath will leave you feeling deeply relaxed and rejuvenated. The vibrational experience includes the sacred sounds of the handpan, didgeridoo, multiple gongs, chimes, crystal singing bowls and more. Please pre-register as class size is limited. 6pm. \$35. [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

01/19 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/20 A Course In Miracles: 10 am-12 pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/20 Holistic Recovery Support Group for Addiction! 7-8:15pm., \$10. love donation. Using Yoga Nidra and Meditation. Open to all at any stage in the process of overcoming addiction, depression, anxiety and trauma. 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/20 Michigan for Marianne2020 MLK Day Meet up - time and location TBD. For details and to RSVP please email: [spiralspirit33@yahoo.com](mailto:spiralspirit33@yahoo.com)

01/21 Radio Show: Aetherius Radio Live. 1-2pm. at [www.bodymindspiritradio.com](http://www.bodymindspiritradio.com) with hosts, Richard Lawrence and Chrissie Blaze

01/22 A Course In Miracles: 1-2:30 pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/22 Midweek Meditation: 7-8 pm. Weekly Wednesday meditation service designed to reset your week. We begin with a brief teaching followed by guided meditation and concluding with prayer requests. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/22 Sunday Services - Every Sunday at 11am-Noon. You are warmly welcome to join us at our regular Sunday Service. We offer Spiritual Healing after the Service at 12 Noon. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI 48073. (248) 588-0290, <https://www.aetherius.org/locations/michigan/>

01/23 Attitudinal Healing: 7-8:30 pm. Join us each Thursday night and transform your life by learning to choose peace and love over conflict and fear in all situations. Love offering. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/23 Meditaion: A Path of Self-Love and Empowerment! 7-8:15pm. \$10 love donation. Open to all! Learn about meditation and deepening their meditation experience; followed by group discussion of approaches to growing in self-love, awareness and life purpose. Contact: 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/25 Rooted Visionaries 8-week program starting Jan 25th 12pm-5pm Sat. Self-Acceptance Process Certification and healer training starting 2020! Barbra White 734-796-6690. [www.BarbraWhite.com](http://www.BarbraWhite.com)

01/26 Access Consciousness Energetic Facelift Farmington Hills, MI. Roxanne Kuchciak 248-217-3851 [www.Creatingbeyond.com](http://www.Creatingbeyond.com)

01/26 Belly Dance Basics - Join Lauren in learning the basics of belly dance! Every Belly Dance move that we do comes from a specific isolation rooted from very specific muscles in the body. In this workshop you will learn some basic fundamental belly dance moves that we will put together into some fun choreography combinations. 12pm. \$30. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

01/26 Meditation on the 7 Chakras! 1-2:30pm. Free or love donation. Learn the mantras for each of the 7 chakras and meditate in a group for 10 minutes on each of the chakras. Lisa Abrams at: [lawabrams@comcast.net](mailto:lawabrams@comcast.net) 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/26 Michigan Psychic Fair at Novi Holiday Inn Express, 39675 Twelve Mile Road, Novi, MI. 48377, (12 Mile & Haggerty) Pauline 586-939-4230. Michigan's best psychics, find a list of our great Readers, updates and directions at [www.MichiganPsychicFair.org](http://www.MichiganPsychicFair.org)

01/26 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)



01/26 Temple Community Gathering. Sun 5pm-7pm Connect and discuss openly, sexuality, consciousness, spirituality, tantra and more! Ann Arbor, Free. Email to pre-register: [Support@LeslieBlackburn.com](mailto:Support@LeslieBlackburn.com). Details at: [www.LeslieBlackburn.com](http://www.LeslieBlackburn.com)

01/27 A Course In Miracles: 10 am-12 pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/27 Holistic Recovery Support Group for Addiction! 7-8:15pm., \$10. love donation. Using Yoga Nidra and Meditation. Open to all at any stage in the process of overcoming addiction, depression, anxiety and trauma. 734.730.4657. 740 East Shore Drive, PO Box 645. Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/28 Grief and Loss Support Group: 7-8:30 pm. Held every second and fourth Tuesday. Help with grief, loss or dealing with significant change in a supportive environment. As we support each other, we will explore tools that can lead to acceptance and peace. Facilitators: Karen Ulatowski & Mary Wackrow, LUT. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/29 A Course In Miracles: 1-2:30 pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/29 Midweek Meditation: 7-8 pm. Weekly Wednesday meditation service designed to reset your week. We begin with a brief teaching followed by guided meditation and concluding with prayer requests. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

01/29 Sunday Services - Every Sunday at 11am-Noon. You are warmly welcome to join us at our regular Sunday Service. We offer Spiritual Healing after the Service at 12 Noon. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI 48073. (248) 588-0290. <https://www.aetherius.org/locations/michigan/>

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01/30 Meditaion: A Path of Self-Love and Empowerment! 7-8:15pm. \$10 love donation. Open to all! Learn about meditation and deepening their meditation experience; followed by group discussion of approaches to growing in self-love, awareness and life purpose. Contact: 734.730.4657. 740 East Shore Drive, PO Box 645. Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

01/30-20 Ryan Alekaszander of Toronto shares insights on staying healthy, using natural concepts vs always seeking pharmaceutical solutions that generally mask symptoms, often cause weight gain, depression, sleeping problems, etc. Sponsored by Total Health Foods, at Unity Church Downriver, 14951 Northline Road, Southgate, Michigan 48195. Betty Hines. 313-995-3374

02/15 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/23 Temple Community Gathering. Sun 5pm-7pm Connect and discuss openly, sexuality, consciousness, spirituality, tantra and more! Ann Arbor, Free. Email to pre-register: [Support@LeslieBlackburn.com](mailto:Support@LeslieBlackburn.com). Details at: [www.LeslieBlackburn.com](http://www.LeslieBlackburn.com)

02/24 Prosperity Plus Workshop. Seven week class. Mondays 6:30-8pm through 4/6. Facilitated by Lin Hogan-Wilson. Unity of Livonia, 28660 Five Mile Road, Livonia. Cost of materials \$55. For questions, text or leave a message at 248-770-7753 or email [unityoflivoniayouth@gmail.com](mailto:unityoflivoniayouth@gmail.com) [www.unityoflivonia.org](http://www.unityoflivonia.org)

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### HEALING SERVICES

Certified Colonics, Detoxification, Salt Cave. InnerSpace Holistic Ann Arbor. [www.innerspaceholistic.com](http://www.innerspaceholistic.com) 734-709-8313

Colonics: in Royal Oak with: Infrared Sauna, Lymphatic Drainage & Nutritionist specializing in Yeast & Parasites. [www.naturalhealing-mi.com](http://www.naturalhealing-mi.com) 248-543-2020.

Colonics/ Detoxification in Sterling Heights. Clean and relaxing environment. Located at the Center for the Healing Arts. [www.totalhealthcoloncare.com](http://www.totalhealthcoloncare.com) 586-268-5444

Gemini Skin Studio. Licensed Skin Therapist in Southfield. Facials & Body Treatments. Inquire/ Book online [www.geminskinstudio.com](http://www.geminskinstudio.com)

Hypnotherapist in Plymouth. Alleviate stress and anxiety regarding medical and dental issues, and life's ups and downs. Can also assist in discovering spiritual connections to your current life issues through past-life regression. Anette Wolski, LMSW, CHt 734-765-7630 [anettewolski.byregion.net](http://anettewolski.byregion.net)

Wholeistic You, PLLC. Holistic mental health therapist helping women and adolescent girls find emotional well being. Serving the Metro-Detroit area. Monika Danowski Domke, LMSW, SSW. P: 734-377-3589. E: [hello@wholeisticyou.com](mailto:hello@wholeisticyou.com). W: [www.wholeisticyou.com](http://www.wholeisticyou.com)

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11 Members · Last Active Apr 20, 2019

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## Healing and Ascension (guided) HOST

We are ascending, support tools and wisdom to help your journey  
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11 Members · Last Active 2d ago



## Lightworker Support Group (guided) HOST

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## Cosmic Cafe (guided) HOST

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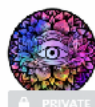
11 Members · Last Active Apr 22, 2019



## Healers Hang Out (peer group) HOST

We're not marketing, promoting or selling anything in this group, just Healers hanging out together!

4 Members · Last Active Apr 30, 2019



## Psychics Tea & Talk Time (peer group) HOST

Psychics Only! We are not selling anything, just hanging out, sharing stories and making friends.

2 Members · Last Active Mar 29, 2019



## Search for God (Edgar Cayce's SOT) HOST

Information from the SOURCE by Edgar Cayce on how to become PSYCHIC!

3 Members · Last Active Apr 25, 2019



## Body Mind Spirit Books (fan group) HOST

Connect with Readers and Authors for recommendations, reviews, reflections and great conversations.

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## Body Mind Spirit Authors (peer group) HOST

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## Body Mind Spirit Speakers (peer group) HOST

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## Meditation: A Path to Self-Love and Empowerment

Thursday evenings, 7:00 pm - 8:15 pm

Open to all interested in learning more about meditation and deepening their meditation experience; followed by group discussion of approaches to growing in self-love, awareness and life purpose. \$10/class or love donation.

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## Meditation on the 7 Chakras

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