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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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Oscar Wilde

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9 lessons on living a long life!

By Dan Buettner

I've spent over a decade studying the areas in the world where people live longer and healthier lives than anywhere else on the planet. These "Blue Zone" regions are incredible because the people there live not only longer, but better. Besides having a large percentage of people that live to 100, the aging population also remains active well into their 80 and 90s, and typically do not suffer the degenerative diseases common in most of the industrialized world.

Blue Zones regions are Ikaria, an island in Greece; Okinawa, an island in Japan; the Barbagia region of Sardinia (Italy); Loma Linda, a small city in California, and the Nicoya peninsula in Costa Rica.

With my Blue Zones team of medical researchers, anthropologists, demographers, and epidemiologists, I found the evidence-based common denominators of all the Blue Zones regions.

We call them the Power 9:

1. Move Naturally. Moving naturally throughout the day — walking, gardening, doing housework — is a core part of the Blue Zones lifestyle.
2. Purpose. The Okinawans call it ikigai, and the Nicoyans call it plan de vida..Knowing why you wake up in the morning makes you healthier, happier, and adds up to seven years of extra life expectancy.
3. Down Shift. Stress is part of life, but Blue Zones centenarians have stress-relieving rituals built into their daily routines. Adventists pray, Ikarians nap, and Sardinians do happy hour.
4. 80% Rule. People in Blue Zones areas stop eating when their stomachs are 80% full and eat their smallest meal in the early evening.
5. Plant Slant. Beans are the cornerstone of most centenarian diets. Vegetables, fruit, and whole grains round out the rest of the diet and meat is eaten in small amounts.
6. Wine at 5. Moderate but regular consumption of wine (with friends and/or food) is part of the Blue Zones lifestyle.
7. Belong. Being part of a faith-based community adds four to 14 years to life expectancy.
8. Loved Ones First. Having close and strong family connections (with spouses, parents, grandparents, and grandchildren) is common with Blue Zones centenarians.
9. Right Tribe. The world's longest-lived people have close friends and strong social networks.

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Are Your New Year's Resolutions Working?

By Phil Rosenbaum

Did you make any New Year's resolutions for this year? If so, how are you doing with them? Do you know what some of the most common New Year's resolutions are? According to a survey of 2000 people, the following are the ten most common: diet or eat more healthfully, exercise more, lose weight, save more and spend less, learn a new skill or hobby, quit smoking, read more, find another job, drink less alcohol, and spend more time with family and friends. Was your resolution one of these?

The sad news is that most people do not succeed. While research on the success rate is imprecise, one survey found that four out of five people will eventually break their resolutions. Another survey revealed that while around 60% of people admit to making resolutions, only about 8% are successful in achieving them. At least one-third of resolutions do not make it past the first month.

There are several reasons why resolutions are not usually successful. One reason is that people often expect the change to occur quickly. It is widely believed that it takes 21 days to eliminate a bad habit or to adopt a new one. However, more recent research indicates that it takes approximately 66 days before a new habit becomes automatic.

Another reason is that people tend to make long lists of big changes they want to achieve and overwhelm themselves. They take on more than they are ready for. It would be better, in these cases, to make smaller goals.

There is another reason why resolutions usually fail. This is because people do not realize that a part of them is resisting the change. As you know, we all have both a conscious and subconscious mind. When we are making New Year's resolutions or setting any kind of goal, we are using our conscious

mind. Some call it our creative mind. The problem is that very often, the subconscious part of our brain does not want to go along with this change. In addition, the subconscious part of our mind is much more powerful than our conscious mind, and so if the subconscious mind says "no" to the change, it is not going to happen.

What is needed is to get the subconscious mind in agreement with the conscious mind in order to achieve the goal. The question is, how does one get the conscious mind in synch with the subconscious mind? There are ways to accomplish this. One way is with the use of affirmations. By continually repeating the affirmation, the subconscious will eventually accept the new idea and will then allow the change. Another way is with visualization. By continually visualizing the change you consciously want to make, you again eventually get the subconscious mind to go along with it. The only problem with these methods is that they take a significant amount of time for change to occur.

There is another way that is faster and easier. It is with the use of hypnosis. When a person goes into a hypnotic state, the subconscious is much more willing to go along with the positive suggestions that are made. With hypnosis, it is possible to get around the resistance and allow the subconscious mind to accept the new ideas or goals or resolutions that one truly desires to be made. In fact, one can combine the affirmations and/or visualizations with hypnosis and achieve the desired results in a much faster period of time than by doing them without hypnosis.

One of the positive things about hypnosis is that it feels so good because you are so relaxed. In addition, you are aware of what is occurring, and you are always in control.

Phil Rosenbaum



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On Love and Communication

Dr. William H. Karl, D.C.

February is dedicated to Love. This means you may be in trouble with your significant other if you forget to acknowledge Saint Valentine's Day. (Personally, I like cards, poems, and dark chocolate -- preferably organic!) For those without significant others, think of February 14 as a day to remember your loved ones, whether they're here or in a better place. Like energy, love changes form. Love is never wasted.

Effective communication is essential in all relationships. By understanding and applying The Four Agreements, as written by Don Miguel Ruiz, we can improve communication and build successful, healthy relationships. Even if we're familiar with these agreements, we should rehearse them until they become second nature.

Ruiz was born into a family of healers called the Toltec in the region we now call Mexico. The Toltec were a group of scientists and artists who came together to explore and conserve the spiritual knowledge of the ancient ones. After the Conquistadors invaded their land, they were forced to hide their knowledge so it wouldn't be used for the wrong purposes. Over twenty years ago, Ruiz was guided to begin sharing this



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knowledge.

Ruiz explains that everything we think and do is based on agreements we are taught as children, learning to think and communicate using symbols called words. These “agreements” are part of what he calls “domestication,” reinforced by the fear of punishment and/or fear of not being rewarded. During this process, we formed images of ourselves and ideas of how we should behave to be accepted.

We suffer because we never quite attain the perfection we believe is expected of us. Then we judge others by the same impossible standards of perfection we’ve imposed upon ourselves. This is how we hurt both ourselves and those we love. By practicing The Four Agreements and incorporating them into the way we think and behave, we can experience personal freedom, happiness, and love.

The First Agreement: Be Impeccable with Your Word

A quote shared by Ruiz from the Gospel of John says, “In the beginning was the word, and the word was with God, and the word is God.” It’s clear that our words are more than just sounds or written symbols. Everything we create is manifested through the intention of our words and may be used in the direction of good or evil. The word is the force that gives us the power to think, communicate, and create.

The first Agreement reinforces the need to be careful with every word we choose. We should speak with integrity, saying precisely what we mean. The word impeccable stems from Latin, meaning “without sin.” This means we shouldn’t use words to sin against ourselves or others. Using words against others is the same as using them against ourselves because our own “emotional poison” is returned to us through their reaction. Using words in the direction of truth and love will help us feel at peace.

The Second Agreement: Don’t Take Anything Personally

Everything that others say and do is a projection of their own reality. We have the choice to believe -- or not believe -- everything we hear. Even our beliefs about ourselves may not be accurate because our thoughts may be part of the information we heard since conception. When we are “immune” to the opinions and actions of others, we can avoid needless suffering. By not taking anything personally, we avoid anger, jealousy, envy, perhaps even sadness. When we understand and know it’s not about us, we won’t be hurt by the things others say or feel about us.

We should not take anything personally, even when it’s positive. This allows us to form our own opinions and make our own choices that are not tied to the opinions of others. This is how we can begin making our own choices without guilt or self-judgment. As you start to trust yourself to make responsible choices and follow your heart, you will experience more peace and happiness without fear of ridicule or rejection.

The Third Agreement: Don’t Make Assumptions

Assumptions interfere with real communication and true understanding. When we don’t understand something, we make assumptions to fill in the gaps of what we don’t understand. Many people don’t feel safe asking questions because they assume others will judge them, criticize them, or blame them for not understanding. They make assumptions because they’re in the habit of judging and criticizing themselves. Making assumptions is usually a result of having deeply ingrained habits that make us feel safe. We can continue to believe whatever we want to believe when we make assumptions -- instead of actually hearing what is being said. Believing that the assumptions we make are true, we continue to create problems in our

relationships.

Another common problem in relationships is that people assume their significant others know what they want. They feel hurt and disappointed when they don’t get what they want because their significant other failed to read their mind. To correct this problem, we need to replace the habit of making assumptions with habits of good, clear communication. This starts with asking questions, gathering facts, listening carefully, and understanding what is being communicated.

The Fourth Agreement: Always Do Your Best

Our best doesn’t need to be perfect. It needs to be the best we can do at each moment. Our best is different when we’re healthy as opposed to being sick when we feel energized as opposed to feeling tired. This agreement can help us let go of the past and begin living in the present. Always doing our best, we avoid self-judgment, self-abuse, and regret. Applying this agreement to the first three agreements can help you become more successful and begin reaping the rewards of healthier relationships with yourself and others.

You may also be interested in the sequel written by Don Miguel Ruiz and his son, Don Jose Ruiz. In The Fifth Agreement, they explain about being skeptical, but learning to listen can help us transform our lives.



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## Reconciliation of the Heart

© Patti Ashley, Ph.D.

Current research has discovered that the heart is the regulatory organ, not the brain. In order to feel safe and secure, the head and the heart have to be in coherence. Stressful emotions such as anger, frustration, and anxiety create irregular, and erratic heartbeats, or what is known as an incoherent heart rhythm pattern, while positive emotions such as appreciation, care, joy, and love create highly ordered, smooth and harmonious heartbeats, known as a coherent heart rhythm.



Paying attention to the heart is crucial to overall wellness. Current stressful lifestyles can leave your heart in an incoherent state. Reconciliation of the heart requires an honest inventory of your inner and outer life and a willingness to look at what might be hidden in the shadow. Psychologist Carl Jung defined the shadow as the place in the unconscious where you hide parts of yourself that appear negative to your conscious mind, fearing they may be evil or bad. When you fail to recognize these shadow aspects, they may cause you to feel and/or act in ways you don't consciously understand.

Prior to the twentieth century, survival was the key component of daily life. Today lifespans are much longer, and we have many luxuries that our ancestors did not enjoy. With modern technology, education, medical advances, and appliances that have decreased the time needed for basic survival, we can now pay more attention to the deeper aspects of what makes us feel more whole.

Additionally, the pace of life has quickened, and we tend to want everything fast. High-speed internet, fast food, and even faster self-help practices and psychotherapies have been suggested. Faster is better. Reaching out and grasping whatever is quick and easy to fill the void and ease emotional pain is commonplace today. Addiction is rampant in our culture. The opiate epidemic affects far too many of our young adults and is a perfect example of an attempt to find a quick fix for the pain. We fear the shadow, and then we run and hide.

Since research on social/emotional needs is relatively new,

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many people grew up in families and schools where aspects of outdated relational practices were still in place. These rigid, shame-based patterns often resulted in a sense of inauthenticity or a false self. Charles Whitfield, a medical doctor, specializing in trauma and addiction, described in his book, *Healing the Child Within*, how a false self develops as a way to coverup fear and doubt, focusing on what others want. It is over-conforming, giving love only conditionally, and often covering up, hiding, and/or denying feelings. On the other hand, in an ideal environment, a child develops a sense of authenticity, separate from the needs and desires of others.

Swiss psychoanalyst Dr. Alice Miller thoroughly studied the long-term effects of outdated practices on families and individuals and dramatically revealed how rigid rules and unrealistic expectations can create conditions where individuals are unable to develop or express their true feelings. It is eye-opening to realize how the old dysfunctional patterns actually did much more harm to human development than we consciously recognize. And it is even more disheartening to know that in this educated country, many people are completely blind to these concepts.

Reconciliation of the heart is all about healing the past, present, and future. Studies have shown that we are carrying 14 generations of ancestral trauma in our DNA. This means we have an extra difficult job of reconciling the broken and hidden parts. Reconciliation is defined as the action of making one view or belief compatible with another. In order to do that with your heart, you have to excavate your authentic self and learn to live a more congruent life. This requires three things:

Willingness to face the whole self- light and dark- knowing this is the only way to self-love. When you stop running from wounds and self-judgments, you can

better acknowledge your willingness to face the shadow and be vulnerable to look at the parts of yourself that have been hidden due to fear and shame.

Commitment to stay the course even when it gets hard and seems emotionally intolerable. It is so easy to go back to old patterns. Making a commitment, saying yes to the process, and staying the course even when it gets tough.

Tenacity to take your authenticity to the next level of healing. Declaring the past is over and will no longer influence you. Staying and not running away or looking for the quick fix. Taking all the time, you need to do the work that will return you to self-love and reconcile your heart.

The heart's journey is one of reclaiming the gifts that you abandoned in order to fit in and realizing it is okay to live the authentic life you are meant to live. Reconciling what has happened, forgiving yourself, and creating a new story helps bring you back to your true self. Keep in mind; this is not an easy task. Healing ancestral trauma, staying present in current emotional awareness, and building a brighter future for generations to come calls for willingness, commitment, and tenacity.

Songwriters, poets, authors, and other artists express themselves from the heart, often inspiring feelings of awe, curiosity, and mystery. Studies have shown that creative expression rewires the brain and helps to calm the nervous system and bring the heart back into coherence. So...find something creative or fun that you love to do, and give yourself permission to explore possibilities of your authenticity and joy. Reconcile your heart, and as Gandhi said, "Be the change you wish to see."

Dr. Patti Ashley, PH.D., LPC. is a Psychotherapist, Speaker, Authenticity Architect, and author of *Letters to Freedom*.

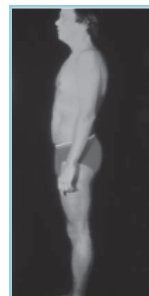
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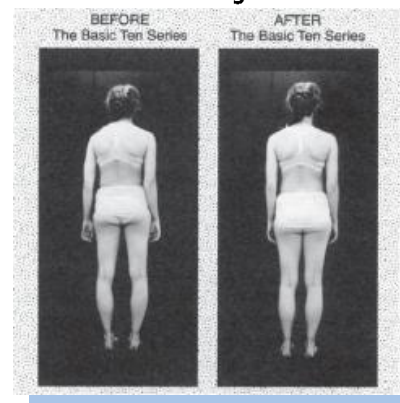


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# Avatars and Gods Who Came to Earth

By Richard Lawrence

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

"You shall behold your brothers in the celestial region. They have reached it before you. Indeed, you shall see all of them there, with Krishna." These words were spoken by the god, Indra, according to the ancient Hindu text, the Mahabharata, when he invited King Yudhishtira to travel with him on a space vehicle (vimana in Sanskrit) which "ascended quickly, causing the entire sky to blaze." This is surely a clear indication that the avatar or divine incarnation, Sri Krishna, was, in fact, a cosmic intelligence.

Thousands of years later, another bright light was seen moving across the sky by three learned men. It led them to a stable in Bethlehem where, according to scripture, Jesus was born. It is little wonder that "they rejoiced with exceeding great joy," according to the Bible because they believed that this was the coming of the son of God. And so a being, who epitomized the very essence of true love, walked the Earth.

Another son of God – or Zeus, as he was referred to in ancient Greece – was Heracles. He lived at a time when, according to the Roman poet Catullus, "The sky-dwellers in person used to visit the stainless homes of heroes and be seen at mortal gatherings." Stripping away the superstition from the myth and the sentimentality from the Hollywood legend, we are left with a superhuman figure in both physique and character, who would be revered for centuries to come.

The superhuman qualities of Sri Shankaracharya were evident too. From his early childhood in the eighth century India, so outstanding were his spiritual and mental faculties that he became a teacher, with devoted disciples, at the age of only 12 years old. Throughout his life, he studied, realized, taught, and lived the wisdom of the Rishis, the enlightened Masters who inspired the ancient Hindu scriptures. Even before his birth, his parents had been prepared for his coming by the god, Shiva, who appeared to them both in a dream. Centuries later, in a different region of India, another parent was prepared in a dream for a divine birth, this time by the

god, Vishnu. Just as Joseph had dreamt that he had received a sacred visit before the birth of Jesus, so too did the father of the Hindu saint Sri Ramakrishna, who would enter the highest states of consciousness possible to attain upon Earth, and become the guru of the great Swami Vivekananda among others.

There is a pattern of divine revelations surrounding the coming of an avatar or god. The Virgin Mary was contacted directly by an angel of the Lord before she conceived, as was the mother of Samson, who had been considered infertile. Despite this, she was told to prepare for the incarnation of a son with a mission

from above. Like Heracles, Samson would combine phenomenal strength with complete devotion to his holy task.

It is written that the mother of the Lord Buddha, Queen Maya, also dreamt that his would be a divine birth. So concerned was her husband that his son would pursue the spiritual destiny which had been foretold by his court astrologers,

that he tried to shield him from all contact with human suffering. He failed to do so, and his god-like son went on to demonstrate and teach one of the greatest paths of freedom from personal suffering through peace and enlightenment, which has ever been given to Earth.

At another court in an earlier time, a Hebrew child was raised by the Pharaoh's daughter after being rescued from a river. He, too, would discover the suffering of his fellow man and fulfill a mission of salvation under the direction of divine guidance. The exodus led by Moses was accompanied and assisted, we are told, by objects seen in the sky. These were given various descriptions in the Bible, including clouds, but they were no ordinary clouds. Scripture records that the Lord and even Moses traveled in them, just as Jesus would do later – another indication of the cosmic origins of such divine emissaries. Little, if anything, is known for certain about the birth of some, such as the Chinese sages Lao Tzu and Confucius, and the father of Raja Yoga, Sri Patanjali. Others may have lived upon this planet without any public recognition or knowledge to perform their prescribed tasks. But they could all be described as avatars or gods, born through the wombs of Earth women, for a divinely-ordained purpose which was required at a particular time and place.

It was the great western master of yoga Dr. George King, my personal teacher and very close friend, who first explained in-depth this concept of the cosmic avatar. And he should know because although he never said so in public, I am convinced that he was one himself. I was privileged to co-author the last book he published in his lifetime, *Contacts With The Gods From*





Space, and he did not wish to disclose it then. This was partly because of his innate humility and desire to focus upon other Masters rather than himself. However, I feel sure that now this revelation can and should be made.

His mission was to become a channel through whom the gods from space would speak to Earth. Between 1954 and his passing in 1997, he was their voice. As someone who was in touch with him almost every day for the last 20 years of his life, I can vouch for the fact that he was always on call for them twenty-four hours a day. Dr. King was not the only cosmic avatar of the 20th century – another I believe was Mahatma Gandhi – but his was the challenging and controversial task of giving the interplanetary message, which he did through the organization he founded and which continues today, The Aetherius Society.

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

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

Richard Lawrence is an international bestselling author and presenter who has frequently appeared on TV and radio worldwide. He has been featured in numerous magazines and newspapers internationally. He was described by Kindred Spirit magazine as one “of the biggest talents in MBS.” Richard is the Executive Secretary of The Aetherius Society for Europe and Africa, which is the oldest UFO contact organization in Britain and possibly the world. Visit: [www.richardlawrence.co.uk](http://www.richardlawrence.co.uk)



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For further information contact Chrissie  
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# The Silver Thread: A Dialogue with Death:1

By Dr. Michael Abramsky

The Upanishads are one of the primary religious texts of Hinduism. The Upanishads primarily address the mystical (mysterious) concerns of life, which are (1) The creation of the world; (2) The nature of death.

There are 11 major Upanishads and four minor ones. The Katha Upanishad is the second (2), and one of the most famous. It offers a dialogue on death:

When a person dies, there arises this doubt. "He still exists, say some. "He does not," say others, "I want you to teach me the truth."

The Katha Upanishad consists of a running dialogue between Yama, the Hindu god of death, and Nachiketa, a boy. Nachiketa approaches death and wants to learn its secrets. Death discourages Nachiketa, telling him that learning the mystery of death can be destructive, but the boy persists, and a dialogue unfolds.

Yama first introduces Nachiketa to a form of discovery, called Brahma Vidhya. Most rational inquiry focuses on explorations of the external world. To explore death from this perspective leads us to see it in material and sensual terms, such as the deterioration of body and brain, or the loss of connection with loved ones. But the exploration of Brahma vidya seeks knowledge of an underlying reality which forms the foundation of all other inquiries and activities. That is, it explores the basic force or primal ground, which makes all life processes possible: The basic life force.

The fundamental grounding is the concept of Brahma. Brahma is the transcendent world. It is represented in mind as an experience of nothingness or omnipresent presence only. In the world, it is the non-dualistic universe, above the senses and different from all other aspects of the world and consciousness. An aligned Hindu concept is Purusha or spirit.

In contrast is the world and individual consciousness, the realm of the senses and of ordinary mind, all emanating from a body that has physical and temporal dimensions. This is the world of the ego, the "I," where all experiences are personalized. This is the world outside of Purusha, and it is called Prakriti, a realm of the physical and of the senses.

The Brahma held in individual consciousness is called Atman. It is the manifestation of Brahma in us. In western discourse,



Brahma is often referred to as the soul. Western mystical traditions generally equate God to this concept of transcendence. The infinite. The unknowable. Yama teaches that death is only of the ego. To transcend death, Brahma consciousness must be developed.

Beyond the senses are the objects, beyond the objects is the mind. Beyond the mind, the

intellect, beyond the intellect, the great Atman. (10)

Beyond the great Atman, the unmanifest, beyond the unmanifest, the Purusha. Beyond the Purusha, there is nothing; this is the end, the Supreme Goal. (11)

As Brahma enters man, two levels of consciousness develop. Brahma is mediated when it enters the ego, the world of the senses. As the same non-dual air, after it has entered the world, becomes different according to whatever it enters, so also the same non-dual Atman, dwelling in all things, becomes different according to whatever it enters. (Valli 5-10)

In a sense, this fundamental energy becomes distributed in our mental and physical being, all dualistic modes. However, the Brahma is the true self, while the ego world is maya, or illusion.

We live in two worlds by virtue of our humanity--body and mind-- with the Atman co-existing and with the possibility of Atman infusing all ego activities. In fact, we go in and out of these two states. During meditation practice, we often touch Atman, and as I have written before, experiences of nature often change our level of consciousness to Atman. Atman infuses certain sleep states.

The two worlds we live in are reflected in the mind. The deadlines, disappointments, successes, and failures are part of that outer layer. We often confuse that for who we are. But we are deeper and more primal, that pristine part of us is the pure vitality, the pure aliveness of being, that we touch by letting go and entering Brahma.

(to be continued)

Michael Abramsky



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. Call 248-644-7398



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# YOUR HEART'S DESIRE

By John Ashbrook

One of the most interesting and revealing, but often overlooked applications of numerology, is the soul's wish number. This number, also known as the "heart's desire," is a strong indicator of the deepest wishes that reside in a person's soul. These wishes are sometimes unconscious or only semi-conscious, but they are almost always fulfilled to one degree or another during the course of one's life. The nature of these deep desires is usually twofold. First, there is a push within the soul to master a specific spiritual principle or lesson in life, and second, there is an ambition to achieve some very real "earthly" goals as well.

Since these wishes originate in the inner soul, they are symbolized by the vowels of your full birth name. The vowels are, for the most part, surrounded by the consonants, and therefore they represent the inner aspects of the personality. It is quick and easy to figure your soul's wish number, using the vowels A, E, I, O, U of your full birth name. Simply assign these number values as follows: A=1, E=5, I=9, O=6, U=3. (Note: W and Y are not used as vowels in this exercise).

Next, add the numbers together to obtain a total. If the total is 9 or less, let it stand. If the total is 10 or more, keep adding until you end up with a single digit. Example: The name John Frederick Southard would work out like this – 6+5+9+6+3+1=30

and 3+0=3. Another example is the name Jennifer Marie Johnson, which would work out like this: 5+9+5+1+9+5+6+6=46. 4+6=10 and finally, 1+0=1. Figure your soul's wish number and look it up in the following list of explanations. Regarding relationships, it is interesting to note that there is a much greater chance for compatibility and a successful relationship when two people have the same soul's wish number!

**Number 1:** Deep within your soul, there is a powerful desire to take full responsibility for your own life, to be strong and independent. This, you want to do for yourself. There is also a wish to be a leader, to be an entrepreneur, to be the first and best in your chosen field of endeavor. You want to be a person of action.

**Number 2:** Your inner wish is to learn to trust your feelings, your intuitive knowing, to use your sensitivity to guide you in creating a better life. You also wish to use your powers of diplomacy to guide others, and you would welcome the opportunity to be sought out by others as a paid expert or consultant in your specific area of interest. You could be a great counselor.

**Number 3:** You desire to express your individuality, and doing this is the key to building your personal confidence and higher self-esteem. You wish to see your ideas become a reality and would love to make your living by the way of your personal creativity. Art, music, or writing may be in your future.

**Number 4:** There is a tremendous desire within to transform your soul, to create a new life through personal spiritual work. You wish to build a solid foundation of security through hard work, focus, and personal discipline. You may have great powers of creative visualization; whatever you can see in your mind can become a reality.

**Number 5:** Your soul's wish is knowledge, personal expansion, growth, and freedom. You want excitement and adventure in your life. There is a strong desire to travel and meet people who will help you broaden your horizons. You are learning to loosen up on control and trust your need for spontaneity. For some, there is a desire for a political career.

**Number 6:** Your soul seeks balance in all that you do; you are learning to make commitments to your own life as well as being devoted to others. There is a strong desire to serve humanity, but not at the price of extreme self-sacrifice. In your daily life, you wish to create a very loving and harmonious family environment. There is a need to make your home a special place.

**Number 7:** Your heart's desire is truth, patience, and faith in the process of life. You are learning to relax and believe that the best will come to you. You wish to minimize your tendency to

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analyze or worry. Your soul yearns for the energy that flows off a body of water. You could end up living on or near the water, for you especially, it is spiritually cleansing.

**Number 8:** Deep within, there is a powerful wish for you to really show all of your spiritual beauty to the world. You are learning not to be ashamed of or guilty about your unique personality. There is real ambition in you and a desire to be self-employed or own your own business. You deserve good things, so treat yourself accordingly. For many, music is of special interest.

**Number 9:** Spiritually, you have an inner wish to learn the lessons of forgiveness and letting go. You have a flair for the dramatic, but you must be careful of getting stuck in life's little dramas. You are compassionate and caring, but you must learn to set limits. There is a strong desire to finish things, complete projects, and move on. Often, there is a love for animals and talent for handling them.

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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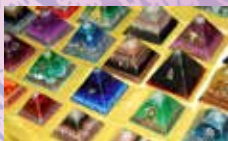
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# The Challenge of Christian Idealism

Rev. Chris Surber

Applied Christianity is the implementation of a child's dream in a world with endless possibilities. Children imagine play and dream. They are unencumbered by the iron chains that this often cynical world places upon the softness of our dreaming. In Matthew 18:3, Jesus gives His disciples a paradigm principle. "Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven." (NRSV)

Child-like faith gets us into the Kingdom of God. Playfully imaginative action brings the Kingdom of God to the world around us. It's something like the imaginative play in the background of my life as I write this article. "Pretend there is a force field!" says older sister. "And then I use my magic to destroy it!" little brother asserts. "NO! This force field is impenetrable," says the little girl from church. Children are capable of imagination with near-endless possibilities.

The highest ideals of godly virtue are imaginative faith and fearless acceptance of possibilities, calling us to be dreamers,

to dream that the world can be different. Imagine that it can be better. Have the courage to playfully do something about the dream. Jesus saw death in the world and called it to new life. Consider John 11:25-27.

Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world." (NRSV)

Christians are, by definition, idealists. When we look like Jesus, we aren't legalists, moralists, or anything else. We are idealists who, like Jesus, insist on dreaming and courageously create. It's not enough to dream a dream for a better world.

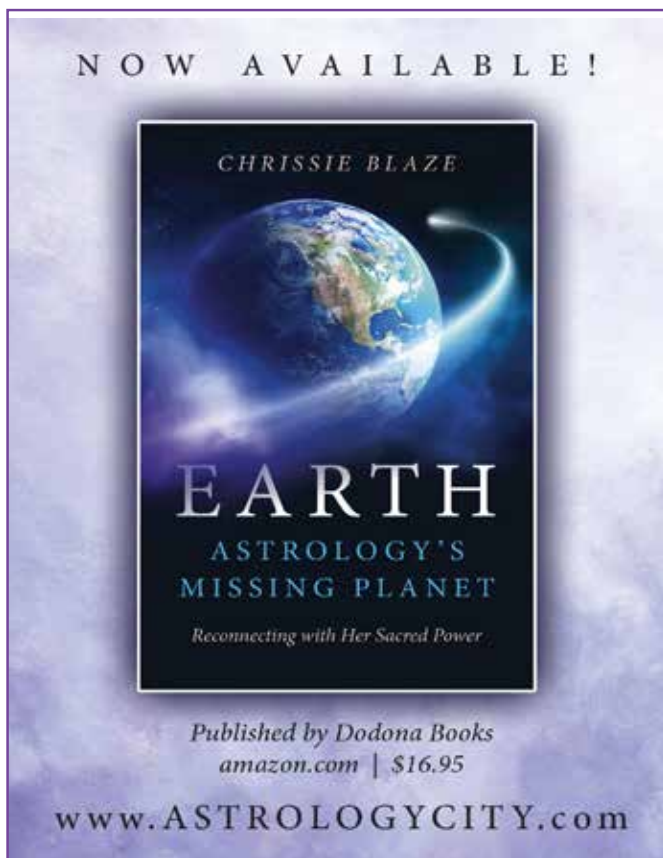
Gaius Glenn Atkins, writing in 1917 while serving as the Minister at the Historic First Congregational Church of Detroit, said it this way, "For indeed He [Jesus] is always returning; not indeed in bodily form with such signs of his glory as fill the pages of Revelation with their thunder music, but in Christian ideals and commanding conceptions of life and holy challenges." (Atkins, "The Godward Side of Life," Pilgrim Press) The challenge of Christian idealism is threefold. First, we must become utterly convinced that the world really can be better. Be careful not to allow practical concerns, and the mundane uniformity of the daily grind lull you to sleep from dreaming. Secondly, applied Christian idealism demands faithful faith-filled interaction with the world. No area of life is off-limits. If God cares about the poor, for example, then those fueled by faith in Him must not only care but also act on His behalf. Atkins said, this kind of faith "Not only makes all the difference in the world but makes a wholly different world."

Third, the last challenge to Christian idealism is the search for courage. "Safety and splendor of achievement do not dwell under the same roof," Atkins said. Indeed, if we would dream dreams for a better world as well as implement them in the real world, we must believe the world can be better, we must apply faith in every area of life, and we must find the courage to be dreamers and builders of beauty and lovers of love in the world.

Imagine there's a force field that limits our dreams, and I use my magic to destroy it! Our magic is hope. Our means of applying it is courageous action wrapped up on the love of God.



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. [chrisurber.com](http://chrisurber.com)





# A Seven-Step Prescription for Self-Love

Self-love is important to living well. But what is self-love? Is it something you can obtain through a beauty makeover or a new set of clothes? Can you get more of it by reading something inspirational? Or can a new relationship make you love yourself more? The answer to all of these questions is No. Although they feel good and are gratifying, you can't grow in self-love through these types of activities.

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. Self-love is dynamic; it grows through actions that mature us. When we act in ways that expand self-love in us, we begin to accept much better our weaknesses as well as our strengths, have less need to explain away our shortcomings, have compassion for ourselves as human beings struggling to find personal meaning, are more centered in our life purpose and values, and expect living fulfillment through our own efforts.

## 7-Step Prescription for Self-Love

Become mindful. People who have more self-love tend to know what they think, feel, and want. They are mindful of who they are and act on this knowledge, rather than on what others want for them.

Act on what you need rather than what you want. You love yourself when you can turn away from something that feels good and exciting to what you need to stay strong, centered, and moving forward in your life, instead. By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.

Practice good self-care. You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy, and healthy social interactions.

Set boundaries. You'll love yourself more when you set



limits or say no to work, love, or activities that deplete or harm you physically, emotionally, and spiritually, or express poorly who you are.

Protect yourself. Bring the right people into your life. I love the term frenemies that I learned from my younger clients. It describes so well the type of "friends" who take pleasure in your pain and loss rather than in your happiness

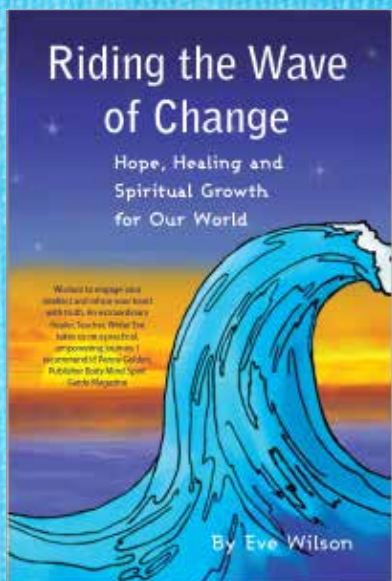
and success. My suggestion to you is: Get rid of them! There isn't enough time in your life to waste on people who want to take away the shine on your face that says, "I genuinely love myself and life." You will love and respect yourself more.

Forgive yourself. We humans can be so hard on ourselves. The downside of taking responsibility for our actions is punishing ourselves too much for mistakes in learning and growing. You have to accept your humanness (the fact that you are not perfect) before you can truly love yourself. Practice being less hard on yourself when you make a mistake. Remember, there are no failures if you have learned and grown from your mistakes; there are only lessons learned.

Live intentionally. You will accept and love yourself more, whatever is happening in your life when you live with purpose and design. Your purpose doesn't have to be crystal clear to you. If your intention is to live a meaningful and healthy life, you will make decisions that support this intention, and feel good about yourself when you succeed in this purpose. You will love yourself more if you see yourself accomplishing what you set out to do. You need to establish your living intentions, to do this. If you choose just one or two of these self-love actions to work on, you will begin to accept and love yourself more. Just imagine how much you'll appreciate you when you exercise these seven-steps to self-love. It is true that you can only love a person as much as you love yourself. If you exercise all of the actions of self-love that I describe here, you will allow and encourage others to express themselves in the same way. The more self-love you have for yourself, the better prepared you are for healthy relating. Even more, you will start to attract people and circumstances to you that support your well-being.

Visit: [www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love](http://www.psychologytoday.com/us/blog/get-hardy/201203/seven-step-prescription-self-love)

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## To Be Loved

By Eve Wilson

To love and be loved in return is the greatest gift of life and also our greatest challenge. How can we rise to the opportunities to experience love and successfully handle its deepest pitfalls?



Whether we grew up loved and coddled or unloved and battered, we face a common challenge. We all must learn to love ourselves enough to survive and even thrive when we are inevitably hurt by love. How do we meet this most human of initiations to be able to love again even more successfully?

Self-love is the answer to that question. I am not talking about narcissism, but about healthy love. The advice a flight attendant gives passengers – to put the oxygen mask on yourself before you place it on another passenger is a good metaphor. If you don't do that and pass out, who will put the oxygen mask on you? What will happen to them once you have suffocated? Caring for yourself means you can care for others better. Self-love is what gives you the strength to succeed in loving others.

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To receive love, you must have a receptacle for it. If a person grows up with insufficient love, their love receptors are not developed enough to let love in. The only way to correct this is to love oneself strongly enough to build that receptacle. The reason this works is that who you really are is an eternal Spirit Being entirely made of love. Because of that, there is always a focus of love to partner with as close as your own heart and soul. Learning to partner with this Higher Self, we can build our capacity to share love with others too.

There are all kinds of love. The kind we grew up with creates expectations about love from others, and we probably won't get the same things as an adult that we knew as children. Love requires us to stretch and make room to love in new ways. Self-love gives us a deep well of security from which to learn new ways of sharing love with others.

We will likely experience some disappointment and sometimes great hurt in loving others. No one will ever be able to love us enough to give us all the comfort and security that we need. This reality either makes us grow whole and strong in our self, or it can leave us at a loss. When we are strong in our inner love built on partnership with our Higher Selves, it gives us strength and courage to traverse the challenges that come from loving others.

Building this relationship with Higher Self is a lifelong journey. It ultimately requires a commitment to self that is deeper and stronger than a marriage – there is no divorcing our self! Our inner love needs to be strong enough to resist the impulse to give ourselves away to a partner, children, parents, job, etc. There is a difference between sharing oneself and giving oneself away. Below is a list of some of the ways that we can build self-love:

- Put on your oxygen mask first – Whatever other's needs are, no matter how demanding they seem, make time to provide for your own most basic needs before rushing off to care for them. Then make time for your individual spiritual needs as well. Always schedule both basic and spiritual needs into your days and weeks.
- Take time to get to know yourself – many people don't remember their own preferences because life has always been about others. Explore these questions: What is important to me? What do I want to develop within myself? Explore ways to fulfill your longings and still have the relationships you love.
- Do others give to you, or only expect you to give to them? If the latter, then practice giving time, care, and love to yourself, so that you build the receptacle to receive. Once you

have established that, then practice asking others for what you want. Love is a two-way exchange if it is only flowing one way; it is only half alive. Wake up the other half! Don't worry about equality; just stand up and be counted!

- Being whole is impossible without your spirit self. Your human self was designed as a vehicle for your spiritual self; when the spirit is forgotten, the human is only half alive. Get to know your Higher Self and discover ways that work for you to nurture that partnership. It isn't enough to join an organization; love is personal and needs your personal commitment and effort to be fully alive.

As you grow in self-love, your relationships will reveal more depth and potential than ever before. I celebrate the potential within each of us to love and be loved in return!

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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# Earth Mother Speaks:

By Barbra White



Let me love you and speak to you. You are scared at times because you forget your intrinsic connections. I am your blood. I am your bones.

Literally. Your science has shown, only 2% of your body is genetic material from your parents, the rest of you...comes from me. We are truly one.

We are always together. I am supporting your every step. I am constantly pulling and urging you towards life. I guide the common weed to go towards light, growth, expansion, and sun. Why would I not guide you towards similar goals?

I am here. I am with you. Put your bare feet on me, or hug one of my Tree People. Let yourself be loved.

Breathe and connect. Do this for only a few minutes, and the connections that are always there will awaken in your nervous system and energy systems.

You are nature. You are made of nature. As you let yourself sink, relax, and rest into these connections, you will feel held, peaceful, and quieter inside.

Do you want to feel more peace? Then stop looking for your TV, other people, or a complex activity to give you peace.

I am right here. I am the dirt outside your door. I am the birds and bushes near your car. Allow yourself to connect. Connection is the key to happiness and peace.

I re-establish a grounded, calm state within you. I want to support you and love you. As you connect to me, I can guide you towards serving life. Life wants to promote life. My Tree People naturally lean towards the light; all my animal babies naturally fight for breath when suppressed.

My life wants to be known through you, and flourish as you. Stop denying the nourishment I can give you. Stop thinking it needs to be something complicated to feel better. I am right here.

Animal Angels, Plant Beings, Water People, all want to connect, love, and support you. The consciousness of my many Beings is real. They are not mad that some humans continue to abuse, take for granted, and disrespect them. They only have love for you.

Two hundred of my animal babies go extinct daily. Your connection to me not only helps you but tremendously helps me. When a connection happens, healing can happen.

Connection is scary for most humans.

Disconnected from nature and more connected to screens and machines, humans don't know how to trust their natural state.

Trusting that being you is enough comes through connection. Roses never stop being a rose. Crows would never apologize for being "too much." But you humans, have shame for being yourselves!! This is because you are disconnected, and NOT because there is anything wrong with you.

You are made literally from my minerals and waters. You are magically made.

You panic when your machines and phones flash "not connected." You know this disconnection keeps all the programs and functions from working. Like your machines, you cannot do all the amazing things you are designed for when you are disconnected. Your depression and pain are the flashing warning signs of "not connected." There is nothing missing within yourself; you have just become disconnected.

The more humans that courageously connect to me, an emergent synergy can happen. Weaving your awareness with me, a solution can be found to my wounds and yours! My ocean water beings need your awareness and connection. We need each other.

When you connect, you feel better? For example, when you allow yourself to connect to your pets, you feel better? Why not feel that connection all day? It is available at all times. Even in your cities, my mountain air moves.

Trauma, depression, addiction is disconnection. Connection is the way out of these complicated maladies. However, it is not complicated. Connect your feet into my grasses. It is not your imagination that my bird beings are singing to you. They are. You are deeply, utterly, and fully loved. Allow the gifts of my body and animal babies to nourish your body. Give thanks for the food you have been given. Connect to the life of the animal



baby or plant being you consume. Stop taking it for granted. Your respect and gratitude will heal your depression AND help both of us.

When you allow me to speak to you, you will have no problem speaking up for yourself, and truth. Illness is from not living your truth. It will no longer be so scary to speak up for yourself, express your unique gifts, and be yourself... when you feel connected. Allow yourself to feel connected to the presence of a large tree or the flowing grace of a stream, and life will naturally call you forward into greater vitality and joy.

Reconnection to the beauty, wonder, and gift of life is possible right now and allow Barbra White to help be your guide. Mother Bear Sanctuary.com: Shamanic Journey Sessions, Medicine Walks, and Animal Communication.



Barbra White, eco-psychologist, auricular acupuncturist, homeopath, shamanic healer, intuitive, and animal rights activist.  
[www.BarbraWhite.com](http://www.BarbraWhite.com)

### St. Jude's Novena

May the Sacred Heart of Jesus be adored, glorified, loved & preserved throughout the world Now & Forever.



Sacred Heart of Jesus, Pray for us, St. Jude, worker of miracles, pray for us, St. Jude, helper of the hopeless, pray for us.

Say this prayer 9 times a day; for 9 consecutive days. By the 8th day, your prayer will be answered. It has never been known to fail. Publication must be promised.

~CC, Lincoln Park

## The Five Languages of Love

Lasting relationships, like anything worthwhile, take intentional commitment over time. But when you're just not on the same page, keeping your love alive can feel intimidating – or even impossible.

In his #1 New York Times bestseller, *The 5 Love Languages*, Dr. Gary Chapman presents a simple truth: relationships grow better when we understand each other. Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well.

This is true for all forms of relationship – for married or dating couples, for children and teenagers, for friends and coworkers, for long-distance relationships, for those brand-new loves and for the romances that are older than the hills.

### Here are the 5 love languages:

1. Words of affirmation – using words to build up the other person. “Thanks for taking out the garbage.” Not – “It’s about time you took the garbage out. The flies were going to carry it out for you.”
2. Gifts – a gift says, “He was thinking about me. Look what he got for me.”
3. Acts of Service – Doing something for your spouse that you know they would like. Cooking a meal, washing dishes, vacuuming floors, are all acts of service.
4. Quality time – by which I mean giving your spouse your undivided attention. Taking a walk together or sitting on the couch with the TV off – talking and listening.
5. Physical touch – holding hands, hugging, kissing, sexual intercourse, are all expressions of love. Out of these five, each of you has a primary love language which speaks more deeply to you than all the others. Discovering each other’s language and speaking it regularly is the best way to keep love alive.

Visit: [www.5lovelanguages.com](http://www.5lovelanguages.com)



# All There Is, Is Love

By Miche Lame'

As February comes around, I think of love, and realize that there are many types of love. There is the love of the special relationship with a person, which is what Valentine's Day focuses on. There is the love of a child, the love of things, parents, even the love of a passion. There are even acts and gestures of love. Mostly, I think and focus on the love that Course in Miracles states in Chapter 1, Section VI, paragraph 4: Perfect love casts out fear. If fear exists, then there is not perfect love. But, only perfect love exists. If there is fear, it produces a state that does not exist.

This tells me, and what quantum physics is now starting to confirm that everything is energy and that energy is love. Anything else is just a temporary creation. So, why not make it a goal to connect with love all the time -- mindfully and intentionally. It means that I am made of love, as are you, as is everyone at our core, our actual, true self. That to hurt you is actually hurting me because of our connection, our being is love. Everything else is just a temporary mask or covering -- an illusion.

The Course in Miracles also suggests that we are here to realize that everyone and everything is made of the energy of love and that we are meant to connect with Divine love and let ourselves be guided by that love, that connection. Not doing so suggests that this is a denial of the love within all, including your true self.

So, how can we connect more mindfully and deeply with this Divine love, which is in all?

There are several ways! One way is to mindfully engage in meditation. This meditation can be guided, or a focus such as



a mandala or a candle can be used. You can also connect through other activities like walking, art, or writing.

I personally like the combination of breath with a guided meditation where I envision bringing the light of Divine love down through my crown chakra, allowing it to flow down my spine through the other chakras, down into the ground to Mother Earth, filling my body with the light of love. This is also very grounding. You can then draw the energy up through your spine, through the chakras, to come out of your crown and out, giving it back to the universe. I then visualize my heart chakra being immersed and surrounded by the pink light of love, allowing myself to feel and connect with the love. I let this light beam out to the ones I feel love for, then let it expand to include my home, my city, and just let it keep growing and giving.

The more you connect with love, the faster and easier it is to connect -- it's just practicing. Then, if you feel a negative emotion, you can more easily connect to love as you have practiced. Have someone yelling at you? Take a deep breath, acknowledge how you feel so you can process it, then, connecting with love, see that person as the wounded child of love that they are. In this way, you can be the Divine love, peace, and joy you truly are and experience this love more and more.

May you experience love, joy, and light all your life.

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



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February -- A Time To Celebrate Love  
By Pauline Detloff

February is an awesome month. It has Valentine's Day in it -- and how many of us get a rose for Valentine's Day? I've gotten one or two in my lifetime. Indeed not as many as I would like, but it's a wonderful day, especially if we have someone dear in our life. When we don't, we can still have love in our life in different ways. We don't always have to have love through a relationship; we can have it with an animal companion. For some, their work is their passion. I try to figure out life and each decade that I've gone through; I think I get better and better with each one. We just moved into 2020, WOW, I never thought I'd get here, but here I am, with my passion in life to help you!

Everyone says that you need to do what makes you feel good! None of us know where we're going until we get there! Although most say we pick our parents, I'm not so sure; I think it's the luck of the draw. I know a lot of us would not have come if we knew we were going to get the parents we got, our relationships, brothers, or sisters. I'm laughing as I write this because when I think about all that, it's all about my memories. Some can be good or bad, or we can change the way we feel about them. When we think about our past and our history, sometimes healing our heart takes a little work. I have noticed this by doing all the readings that I and all the Psychics that come to the Michigan Psychic Fair do.

We are here for a purpose, to help you in some way -- in relationships, career, or possibly finances -- because I've looked back on all the people that I have helped as well as other psychics who have helped a lot of people on their paths. I can't say it's just me in the 35 years that I've been doing this. I've had a lot of people come back and tell me how much I have helped them. I know other psychics have done the same; support

from others is important; we need someone that has our back or believes in us and helps build our self-esteem.

With Valentine's Day, this month, it's just about love and wanting that loving feeling. Many of us have been in relationships that didn't work -- we chalk it up as part of the learning curve. Life can be generally wonderful if we've got the right people loving us because, with love, we can do just about anything. I think men work for women when they love them; that's one way they show their love. They don't always say the words women want to hear. Women show love in the way of doing things. Love is about making the person we're with feel better, happy, and special. Life is about happiness, which we're all looking for.

As I mentioned, I have a passion for helping people -- on your career path and in your relationships, including children and animal companions. You're on your way to be successful and have the life that you desire.

We all want and deserve an amazing life, and we can help! Come to Michigan Psychic Fair. Each week we host a fair in your neighborhood. Krystal-Gems crystals are at every fair, and each week brings different psychics and mediums, in addition to our core psychics.

Love and Light,

Pauline



Come and visit me or any of our psychics at Michigan Psychic Fair. We do our best, in any way we can, to heal families and/or help them understand what's going on in their family life. When we do readings at Michigan Psychic Fair, we want happiness for our clients and try to steer them in the right direction. We're not only psychics and mediums, we are advisors too. Visit: [www.michiganpsychicfair.org](http://www.michiganpsychicfair.org)



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# Spiritual Horoscopes

By Aluna Michaels, M.A.

**A**quarius (Jan. 20 – Feb. 18) — Happy Birthday, Aquarius! It's a powerful time for forgiveness. Releasing old wounds makes space in your heart for love, joy, and personal empowerment! Include yourself for falling short of your own expectations. Meditation is tough for you since your mind is so active. Try again from a new angle. Movement can help, like Zen walking meditation, yoga, qigong, or even laying on the floor and allowing your body to move intuitively. Being grounded in your body soothes your mind and opens your intuition!

**P**isces (Feb. 19 – March 20) — Mercury retrogrades in your sign, but not to fear! It's a great time to focus on creative visions for your future. What would you like to manifest? Also, meditate on relationships of all sorts and see how you could set up and maintain better boundaries. You'll feel safer, and connections will flourish! Take risks and get involved with activities you find compelling. Reach out to interesting people and have fun!

**A**ries (March 21 – April 19) — You have a two-year high point in career! Pay attention to intuition, since ingenious ideas can come to you. You'll need to take a risk to solve problems or create new programs, but they'll be amazingly effective! Meditation can be boring to

you, but please try. That's how your insights are strengthened. Examine unusual investments — they could really pan out. A new relationship can also start, and you'll both have an uncanny set of connections and almost able to read each other's minds!

**T**aurus (April 20 – May 20) — Spiritually, let go of all your ideas about "God" that keep you from surrendering to the flow of life. Forgive old concepts that cause shame and "dim your light." Meditate and steep your mind and heart in a vision of love that nourishes you! Enlist trusted friends for support. Also, plan a trip that sparks enthusiasm! In general, make time for things you love to do. Listen to favorite music — contact friends who make you laugh. Enjoyment resets your stress level and gets you in touch with your authentic self!

**G**emini (May 21 – June 20) — Meditation may not be your strong suit, but attempt even five minutes a day to awaken your intuition. You'll have insights about trust, intimacy, and even finances. You'll see unconscious blocks that impede receiving when you want, release them, and create paths to fulfillment. Don't jump to conclusions about leaving a job or a relationship. More information will be revealed now through March so you can make balanced choices from a place of clarity and empowerment.

**C**ancer (June 21 – July 22) — You can be starting a sexy and powerful relationship! You'll have surprising things in common that are quite astounding. In general, do fun activities with friends and be open to new people. Work-wise you can get a bonus or raise! Spiritually, return to yoga or meditation practices that previously helped you feel secure and "in the flow." Pay attention to your dreams or

any other "signs" that come to you. Your soul is guiding you in various ways, so give subtle ideas your full attention.

**L**eo (July 23 – Aug. 22) — This is an awesome career month! Keep using creative visualization to see not only your goals, but also feel their fruition! You can get a creative, inspiring new job, or an unexpected raise or promotion. You can also have health breakthroughs. Insightful answers can come through meditation. You'll find surprising healing with deep breathing or cleansing — or even from drinking more water (many issues come from chronic dehydration!) You can also heal issues of betrayal that have kept your heart closed.

**V**irgo (Aug. 23 – Sept. 22) — Playing is spiritual and also healthy! Make an effort to have fun this month. Play sports. Dance. Be silly with kids or pets. You can even start dating someone very cold, or find renewed flirtation and sparks with your current partner! Refresh your spiritual life with new styles of meditation, inspirational books, or alternate forms of yoga. If people from the past want to come back into your life, hear them out, then take a few days of contemplation before deciding.

**L**ibra (Sept. 23 – Oct. 22) — Meditate on forgiving family of origin issues. You'll have amazing insights that lead to breakthroughs of thought and action. You'll have the freedom to trust others more deeply, and better career situations will even result. Issues relating to sexuality shift almost "magically." In fact, a new relationship that starts now can be very transformative and may become a life partnership. If already bonded, your intimacy on all levels deepens in ways you've never imagined possible!

**S**corpio (Oct. 23 – Nov. 21) — You've been working hard to shift relationship patterns, especially when it comes to avoiding intimacy, or attracting unavailable people. Here's the breakthrough you've been waiting for! Be fully upfront

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about your values and desires for bonding with anyone new. Trust your gut about red flags. In current partnership, you can create more open communication and expose yourself in ways that are scary, but result in clarity and hope! In general, be kind to yourself with healthier eating, stress breaks at work (even a few deep breaths in the restroom!), or getting a regular massage. You are worth your own love!

**S**agittarius (Nov. 22 – Dec. 21) — You can have awesome job changes or opportunities! Since Mercury is retrograde, don't jump at offers. Ponder things, ask important questions, and get clear answers. You can also have almost miraculous health changes. Be open to unlimited quantum possibilities. Tune in to a new frequency in meditation and throughout the day. Really feel what it's like to be in that state of wellness and peace. Connections with family and close people improve as you heal old miscommunications during this Mercury retrograde.

**C**apricorn (Dec. 22 – Jan. 19) — Energetic Mars is in your sign through March. Take bold actions that match your values and passion. This is a once every two-year transit of empowerment, so enjoy! You can get a new job or start an exciting relationship. You can also set healthy boundaries with others. You'll feel healthy and strong, and find ways to keep that trend going! In meditation, dwell on your gifts and talents, and let go of picking on yourself about "all the things that are wrong with you"!!

Aluna Michaels, a second-generation astrologer, holds a Masters in Spiritual Counseling and has taught/consulted for three decades. Her book, "Spiritual Gifts of the 12 Astrological Signs," is on Amazon/Kindle and as an E-book on her website. Aluna is available for appointments in her home, by phone, or Skype. Call/text: 248-583-1663. [www.alunamichaels.com](http://www.alunamichaels.com)



## Heart Chakra – Embrace Love

They say all you need is love. Look no further than the fourth chakra. Known as the Heart Chakra, or Anahata in Sanskrit, this chakra is located at the center of the chest. It helps us embrace love and all that kindles it; compassion, empathy, and kindness. How we treat others (and ourselves) is greatly influenced by the Heart Chakra. Here we find the cosmic fuel for healthy relationships as this chakra inspires forgiveness, respect, and understanding. The Heart Chakra reminds us that no one is an island and that we are all bonded through deep connection. We need love, and we need one another. The Heart Chakra's location in the chest means it holds physical influence over the thymus gland, the heart, and the lungs.

When this chakra is balanced, you have unconditional love for yourself and others. You act from a place of warmth and compassion. You know how to treat people with kindness and care, understanding that everyone deserves respect. Instead of trying to change people, you accept them as they are, warts and all. The word Anahata itself means "unhurt." When the Anahata is properly aligned, you're able to move past hurt through forgiveness and self-love. Most importantly, you're able to accept love from others, understanding that you as much as anyone else deserves kindness.

### Out of Balance:

When the Heart Chakra is out of balance, it manifests as bitterness, hatred, and jealousy. You might find yourself fuming regularly or a little too critical of others. Feeling emotionally wounded? Check yourself. While there's always a mourning period for pain, an imbalanced Heart Chakra makes you hold onto hurt longer than necessary. Physically you might notice problems like chest pains, poor blood pressure, or even respiratory illnesses like bronchitis.

### How to Heal The Heart Chakra:

One vital way to heal the Chakra is through meaningful connection. Take time to recognize the love that's in your life and cultivate gratitude for those who surround you. You can also open your Heart Chakra by meditating with a gentle stone-like Rose Quartz. Green stones such as Malachite and Jade are also excellent for balancing this vital energy center.

### Essential Oils:

- Rose: Soothing and gentle. Encourages compassion and self-acceptance. Nurtures romance and desire.
- Bergamot: Uplifting and balancing. Eases heartbreak and grief by encouraging joy.
- Geranium: Calming and balancing. Opens your heart to trust and encourages self-worth.
- Jasmine: Uplifting and warming. Encourages intimacy and builds trust in new relationships.
- Lavender: Calming and purifying. Balances emotions and eases pain during conflict.

Visit: <https://blog.buddhagroove.com/heart-chakra-embrace-love/>

# Love, A Chain Reaction

By Gwendolyn Esco Davis

"I'm wide awake, ready to create, everything I've imagined, hearts without any hate, crying for change, causing a chain reaction of love."

...Jennifer Lopez

As a society, we are embarrassed by love. We treat it as if it were an obscenity. Have we become so busy with our daily affairs and thoughts that we have lost the essential art of taking time to converse with our hearts? Love is and has been the most essential thing in our lives, a passion for which from the beginning of time we have fought and died for. Is it truly possible to speak and act without our heart-centered directly? We actually converse with our heart, be not afraid to express your love for the universe, and for life itself depends on it.

We have learned throughout history that coming together as a unit of peace and love has made monumental shifts in society. It's like coming together in love as roots of redwood trees bonding together in the sense of spiritual strength and power and faith. As James Dillet Freeman penned, ..... you'll never see a redwood stand alone. It takes several redwoods to intertwine those shallow roots to remain standing. Redwood roots bind together; community and universal love finding strength in a unified community.

Love in our social and economic environment appears to be a necessity for survival. A call to action to begin every day with a pledge to be kind to yourself, be kind to others, be kind to neighbors, say a kind word to strangers, and smile. Changes in the way we think and the way we act must take place if we are to create a loving culture -- start a chain reaction.

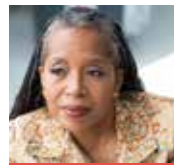
We are, we can be as redwoods, finding strength in community. We can be and create mutual love in the community, causing a chain reaction in rooting our understanding and power of love no matter our differences. Love has the power to bind us. Our spiritual roots are intertwined with universal humanity through love. Sincere and honest love can defeat any indifference, hate, or misunderstanding. As individuals, in our personal lives and collectively, in our universal lives, we have the power to make a paradigm shift to love.

Jennifer Lopez' remake of "Love Makes the World Go Round," in part: As we hear in our heartbeat a beautiful sound, If they try to deny us or silence us now, We just say no, oh, yeah, we'll be all right living our lives, finding some satisfaction, we're not gone to hide have no fear in our eyes, love is a call to action--- we let 'em know-- love makes the world go round. The lyrics are so apropos of the current climate we live in. It may be difficult at times, but we should not let it fade -- for this is our promise for the universe's existence.

Stand with the redwoods and intertwine our existence in a chain reaction of love.

<https://drive.google.com/drive/u/0Feolders/1rY2xpGrlb2BW94n2HMa-vHVhnuAmycL0>

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)



# Rooted in Love

By Susan deCausin

I had the pleasure of attending a conference this fall in Sedona, Arizona. One of the many influential speakers that have deeply affected my direction in life is author Neale Donald Walsch. He was one of the main reasons I chose to attend the event.

Now, I would say that I'm generally a positive person who does her best to accept everyone with an open mind. However, Neale's talk really created a dramatic shift in the way that I'll view people from now on. It helped me to more clearly identify a force that is shared by all of humankind. And, any time that we can focus on our commonalities instead of our differences, we make great strides toward improved levels of tolerance and acceptance.

I've always believed that much like genetic traits are handed down from one generation to the next, each of us contains a spark of our Creator (God). And, since God is the energy of pure love, and we are the "offspring" of that beautiful Source, we, therefore, carry that same divine energy at the core of our being. However, I certainly was not ready for the shift in perspective that Mr. Walsch was about to present during his talk.

Neale was able to open our minds to the fact that every act is always rooted in love. The audience actually grumbled a bit when he reiterated that EVERY act, no matter what, ALWAYS comes from a place of love. Imagine that!

It seemed like a giant leap to adopt such a radical thought, knowing how many violent and cruel things exist in society. Just turn the news on, and you'll see that it's much easier to divide the world up into "them" and "us" rather than to find the common connection amongst us all.





I fought the desire to resist his words and maintained an open mind.

He explained that since we are all created from a Source of pure love, it's in our nature to be driven by loving impulses. He provided examples of events that could easily be classified as "dark" and "evil" by many but was able to shift the perspective of the audience to see things in a different light. He explained that even a gang member who takes the life of another is being driven by a love for protecting and honoring his gang. Someone who steals is driven by a love for that particular item. Now, please understand that I'm in no way condoning any of these actions. I simply provide this uncommon view of the world to show that, regardless of how extreme the actions may be, they all are rooted in love.

I know that it's really hard to swallow at first. Still, when we open our minds to this possibility, it can bridge the divide amongst us and begin to create a desire to understand each other's motivations at a deeper level. And I believe that anytime we consciously choose to identify our commonalities, in an effort to connect at a soul level, we are drawing peace and understanding into the world.

We are all offspring of the Source of all being. Love is what we are, and what drives our every action. We all want the same things - to love and be loved, to feel safe, and to have purpose. If we can accept that, and make an effort to truly recognize each other's perspectives and motivations, we can transform barriers into bridges and shift judgment into understanding.

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)



## Give Love to Receive Love

The best way to receive love is to give it. Author and motivational speaker, Leo Buscaglia, used to teach that we should give and receive 12 hugs a day for optimal health. So give hugs and kisses. Other ways you can give love:

Smile at everyone you see daily, even if you don't feel like smiling. It's contagious.

Forgive and move on. Life is too short to hold grudges.

Give friends, family, and co-workers, positive affirmations, and feedback.

Try to go one day a week without criticizing anyone or anything, including yourself.

Take any opportunity you can to foster love and loving feelings. Love is a currency, and whatever you give will come back to you.

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# 8 R's of RESTORATION

By Jill Janiec

Before I tell you the 8'R's of Restoration, you need to know the deeper meaning of the word restoration from a spiritual and natural standpoint.

The spiritual meaning of the word Restoration is to receive back more than has been lost to the point where the final state is greater than the original condition. Someone or something is improved beyond measure. God blesses people for their faith and their faithfulness through their hardships by making up for their losses and giving them more than they previously had before.

In the dictionary, the meaning of restoration is the action of returning something to a former owner, place, or condition. Words for restoration means to repair, fixing, mending, refurbishment, reconditioning, rehabilitation, rebuilding, reconstruction, remodeling, restoration, revamp, makeover, overhaul, upgrade, remold, reorganize, and redo. It is the act or process of returning something to its original condition by repairing it, cleaning it, the act of bringing back something that existed before, but even better and brighter.

It is also a returning of something that was taken or stolen — returning to a normal or healthy condition — the restoration and rebuilding of peace after war.

Now I want to tell you what the number 8 means. The number 8 is very significant.

It is used in the Bible over 73 times.

It is the symbol of resurrection and regeneration. In the Bible, Number 8 means New Beginnings. It denotes a new order or creation. It is a re-birthing of one's life, purpose, and destiny. It is a



new birth of being born again when you are resurrected to new life by the spirit into eternal life.

Since 8 comes after 7, the number of completeness signifies an end to something; it applies 8 is associated with the beginning of a new era or that of a new order. 8 is symbolic of New Life.

## 8 R's of Restoration

Renew-Refresh-Rejuvenate-Recreate  
Rebuild-Revitalize-Revive-Reclaim

### RENEW

In your life right now, it is time to see all things being made new. What once was faded, black and white, are now returning in full color like a rainbow. It is your time to be restored through peace and rest after the war. Awards are awaiting you because you have endured the process and won the battle. You are now transitioning into your promise land with childlike wonder, childlike faith to believe again. You are being renewed with Love, courage, and confidence to know your true identity, talents, and gifts. Your vision is returning to full strength. You are making a full comeback from the set-back. You are Victorious!

**Renew Tip #1** Take a drive down to the water today. Get out of the car and take a brisk walk by the water. As you walk down to the water, listen to your heartbeat again. It is a new sound of hope, joy, and expectation! Tune your

ears into listening to the sounds of nature, especially the different birds, remembering the simple life of a child playing outside. Let the sunshine on your face, feel the wind behind your back, pushing you gently forward to a new fresh vision of new adventures on the horizon of your life.

**Renew Tip #2** Release yourself from the pain of those that have hurt you in the past. Forgive

yourself and Forgive others and say a prayer of blessing to those that have hurt you. Let go of the false burdens and responsibilities that have weighed you down. While your walking, you will begin to feel those old weights off the world coming off your back, and you will begin to start feeling lighter and lighter until you feel like you're an eagle flying to new heights for a new day.

**Renew Tip #3** Eat a juicy orange, Enjoy the invigorating taste of sweetness. An orange symbolizes prosperity, happiness, and good vibrant health. It means things are now be regenerated, recovering, and your life is moving forward. Shiny bright orange fruit has also been associated with the beauty of the sun and thus with the heavens and divine holy light of God.

### REFRESH

It is time to regain new fresh strength and vigor to rebuild. Supply yourself with the rest to refresh. Prepare yourself to slow down an hour before going to bed. Pray, read your favorite book, and have a cup of chamomile tea. Thank God for the blessings you received in your day. Now it is time to go to bed before 10:30 pm. every night to be fully refreshed. While you sleep, your body will be doing the work to accelerate your healing in every organ system of your body, seeking to repair and recover all. When you awaken, your body will be strengthened and refreshed. Focus on good thoughts during the day with Joy and Laughter



because this will be your strength. Laugh at yourself, be animated, fun, and carefree. Be grateful and be thankful for another day, and the people that have helped you along the way. Don't be surprised that you start dancing and feel new life coming back as you spin and twirl.

**Refresh Tip #1** Arise and Shine in the morning, drinking a fresh 8 oz glass of sparkling lemon water. Prepare your water for a day in glass or stainless steel container to be refreshed and saturated. Take your body weight and divide it by 2. That's how many ounces of water you should drink in one day. Put a few drops of Wild Orange and Lemon oil to give your water bursting flavor, energy, and cleansing properties for your body.

**Refresh Tip #2** Breathe in essential oils and smell the invigorating senses of citrus and spice to give you a cheerful boost of happiness and positivity. It's sunshine in the bottle, giving you a fresh, optimistic aroma that will brighten any moment of your day.

**Refresh Tip #3** Pray to release everything that tries to steal your Joy. Release all negative emotions, thoughts, moods, or behaviors of others that would offend you and cause you to be anxious or worried. Let God turn your sadness into Joy and your Pain into purpose to be passionate to bring help and joy to others.

## REJUVENATE

Time to rejuvenate your superpowers where you return to full vigor, seeing and feeling young again. Take off the old crusty shell, the old ways of doing things, habits that hurt, going around the mountain of regret and guilt, and try something new to rejuvenate your dreams by changing your mind, and taking care of your body. It is possible to redeem the time and to turn back the clock and start over again if you are willing to make the necessary changes

no matter how uncomfortable and time-consuming it may seem to make the change.

**Rejuvenate Tip #1** Time to make exercise fun. Find a hill you can climb. As you climb, envision each step that you take that you are taking back your superpowers, your health, your youthfulness, and zeal for life again. When you get to the top of that hill, take a deep breath in and say, I'm backkkk, and I have come, and I will conquer this new territory that I am entering into with great courage and confidence. I'm here with my tears and my fears, and I am moving on to victory! Bring a flag as a sign of Victory and wave it back and forth and then stick it in the ground to say, "I have taken ground, and I will possess the promise land of my now future.

**Rejuvenate Tip #2** Pray while you are on that hill, drink some freshwater to cool you off and let the water flow in your soul to release all negative emotions that have caused toxins in your body. Tell those negative mountains to move out of your life. Think about what new things you want to do and dare to try, discover a renewed joy for the current blessings in your life. Let God rekindle the fire and excitement in your life once again.

**Rejuvenate Tip #3** It is time to get a facial, a massage, get a new look, Sluff off the old skin, work out the kinks, and try a new fresh look. Go shopping and buy some clothes that are fun, stylish and classy. A new you emerging that you have never seen before. Let the transformation begin.

## RECREATE

In this new season of your life, it's time to work with God and the angels to recreate the new you. Are you ready to bring your faith to a new level of trusting his Love? What may seem impossible is possible if you believe. Right now, you many see ashes, but God sees beauty. God is so powerful; he can take the dirt

and breathe life into it and create man. He speaks and says, Let there be, and there is! Where there has been darkness now becomes light. God is the great creator of the heavens and the earth, but even more beautiful than his splendor and majesty of nature is his love for you. His greatest work in the universe is humankind. He created you in your mother's womb supernaturally with one seed. Look how beautiful you are. There is no one like you. Now that is a miracle! He never stops remaking and remolding you like a potter is to the clay. He is always with you, building you up and speaking to you through his word, nature, signs and wonders, and others around you. If you will be still and listen to his gentle voice of Love and guidance, he will show you the path towards life. He will also send others your way to help you to work on the restoration process to recreate you and make you better than you were ever before.

**Recreate Tip #1** Call in your local area and see if there is a nature center where birds, butterflies, animals, flowers, and trees are thriving. When you get there, start walking, listen, and observe how God is taking care of nature with no effort. He's in control. Anoint yourself with oil. Cedarwood has a warm woody balsamic fragrance that promotes relaxation. Also, you can spray this oil on your skin to protect you from insects. Fill up a shaker cup with purified water and lemon oil to drink to give you a boost of energy and cleansing. Reset your mind on the God of nature. Meditate your mind on Miracles that you see as you walk, you being the greatest miracle to see how far you have come. Miracles start happening in our lives when we choose to believe and have faith. Speak life over yourself as you walk and keep walking until you see the finished restoration process of a new life formed.

**Recreate Tip #2** See if they have a butterfly garden there where you can see the beauty of the many colors of

butterflies that are now birthed from their cocoon displaying freedom and now flying. Take the time to remember that butterfly was a caterpillar at one time, ugly and wrinkling, making its way on dirt, eating on the ground. The caterpillar hides for a time from everyone and is isolated to go through the transformation process to become not a better caterpillar but a butterfly, a brand new re-creation. Something he wasn't before but now is.

**Recreate Tip #3** When you get home study on the butterflies' journey and see yourself in that process being prepared for your freedom to take flight. A butterfly, once it takes flight when it comes out of that cocoon, will never touch the ground again. That butterfly will always be flying and enjoying the beautiful flowers of the garden, spreading its goodness and Joy everywhere. Pray and ask God to wash your mind, your imagination, your emotions, and your body with fresh water. Take a bath in Epsom salt and lavender oil to soothe muscles and joints.

Stay Tuned for the other 8R's of Restoration  
Rebuild-Revitalize Revive-Reclaim

Written by Jill Janiec Life Coach, Nutrition Consultant, Light Minister. please see her ad in the directory and event below.

## Using Crystals to Share Love

By Jennifer VanderWal

Sharing and expressing love appreciation, gratitude with others is one of the greatest blessings on Earth. It can change someone's life in unfathomable ways. Programming crystals with our love work great because they impeccably hold and transmit emotions, information, and energy.



When we're missing someone, we can hold the crystal, and it transmits the person's love. This is a great way to "give" our love to someone away in the war or don't live near us, in need of healing, feeling lonely.

Crystals can also send love and gratitude to war-torn countries, the people living there, governments, Earth healing, and pollution. Certain stones have natural abilities to increase love and will amplify this intention. Rose quartz, ruby, herkimer, diamonds, emerald, jade, peridot, bowenite, and turquoise are a few. To use this technique, you can program many stones at once or one at a time.

Pick a stone and prepare for meditation, holding the crystal to your heart. Clearly see the person or place you want to send love. Think about your love and appreciation for them. Feel it growing in your heart, recall times you were both happily expressing your love. As the love builds see it creating a pink gold bubble at your heart, allow yourself to feel this love at its deepest levels. Then imagine and feel the pink gold love bubble being sucked into the crystal-like a vacuum. The stone's now holding your love and gratitude.

When you give the crystal remind them, the more they carry it, the greater they'll feel your love. To send love around the world, hold your programmed love crystal while imagining the people and places feeling happy, loved, and peaceful.

Jennifer Vanderwal has been a Melody Crystal Healing Instructor Facilitator since 2004. She is a master of the Usui Tibetan Karuna Seiryoko system of Reiki. She offers readings, mediumship, spiritual counseling, EFT, teaches crystal healing classes, and offers a variety of crystal healing techniques at Bodyworks Healing Center, Journey to Health Chakra & Vanderwal Healing Center. You can contact her at 248.672.0579





# 4 types of Love Relationships; which is yours?

By Wendy Powers Nugent

Love can be so complicated and misleading... You may feel; finally, I've found my perfect relationship; however, ignoring all the signs that there may be something just not right. In my years of doing readings, I have found that so many people have fallen into a one-sided love relationship.

I have discovered 4 different types of love relationships.

Karmic, Soulmate, Twin Flame, and a Perfect Divine Mate

**KARMIC Relationship:** This is usually a sexual attraction, sometimes we believe it is love at first sight, however it most likely is lust at first sight. You don't know if you are going to make love or fight! You may find that they ignore you while trying to have a conversation. Doesn't make long term plans, or when they do, may just not show up or even cancel without a good reason. This type of relationship is often tragic as you feel you are in love and can't live without this person. You may even make plans to get married only to be left at the altar. Karmic basic meaning is a lesson in life. Often trying to make this relationship work results in you going deeper into the negative realm. Sadly, even if you escape this type of relationship and have not learned your lesson, you will be doomed to repeat it with your next attraction or sadly never letting go of the one that got away....

**SOULMATE Relationship:** We all have heard of this one! Unfortunately, karmic relationships are often mistaken for soulmate relationships. Often, I find that there is a past life connection within the soulmate love. Maybe they have been married in another life and experienced in the past life the love lost through death, or others keeping your love apart. This attraction is very strong; it feels like they can't be without their soulmate; however, I have found that soulmate relationships even though they aren't as negative as the Karmic Love can be. Often you will see Soulmates get married or live together then divorce. Yet feel they are still friends and can't seem to entirely let go of one another. Karmic relationships are often one-sided, soulmates are connected, but need to still work out difficulties. Soulmates are part of each other's soul cluster. Soulmates can work through their problems as this is real love. If one does work out the differences, they can evolve this love to a Perfect Divine Mate relationship. It may take many lifetimes, or if they work at it may achieve it in one lifetime.



## Twin Flame Relationships:

This relationship differs from the soulmate relationship as a soulmate is part of your soul cluster, but a twin flame is actually the other half of your soul. Reaching this level of connection can be quite interesting. Sometimes this is called a mirror relationship, as it is much like looking into a mirror seeing yourself within your love

interest. This can be a bit offsetting as they see themselves in the other person. They are literally the other half of each other's soul, which means you do understand each other's thoughts and habits; you will like the same things and almost never argue. Often a twin flame relationship can read each other's minds, much like a set of twins. This relationship's purpose is to help you love and understand yourself so that you will be able to evolve your whole soul to higher spiritual levels.

**Perfect Divine Mate Relationships:** I discovered this interesting level of love about 10 years ago. To my surprise, I have not found anyone else teaching about this type of relationship. While doing readings on several of my clients through the years, I discovered this level of love and connection emerge while describing their relationships and even though it is rare... it does exist! What I discovered is that they are soulmates that completed all of their karma, and before they came into their current life, they chose to be together as a love mate. They no longer had love karma at all. They are those people that have been married for 40, 50, or more years and still in love with their mate. The purpose of this relationship is to help others with their relationships. They often have many children or adopt them. They join many clubs and groups-and, in being together demonstrate a perfect divine love. This does not mean they never get upset with each other. But instead of fighting or harboring anger, they work it through by talking and, of course, listening to each other.

Happy Valentine's day

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 [www.WendyPowers-Clairvoyant.com](http://www.WendyPowers-Clairvoyant.com)



# So My Soul

By Chef Deborah Lieder

"As Above, so Below, As Within, so Without, as the Universe, so My Soul"  
Hermes Trismegistus

We are often programmed to think that our outward actions alone will give us the results we are looking to achieve. More awareness is surfacing around self-care, and the need for balance in our lives, essential components to achieving the goal. Part of physical health and wellness is not merely how many hours we log working out. Yes, it is a part, but it is not the whole.

Our body does just as much strengthening, if not more, during our resting hours. Hence, the need to make recovery time is just as important. We nourish our bodies with proper foods to give us the strength during endurance, which allows the proper nutrients to make the recovery that much more fluid.

As the Hermes Trismegistus quote points to, what we want to see on the outside - whether our physicality, relationships, lifestyle - we need to do the work on the inside. This reminds us that love does not only become an extension of our feelings for another, but it's also a feeling we need to have towards ourselves. January is the time to create a game plan for the goals we set; February is the time to love them into being. Whatever desires we have, whatever goals we want to achieve, it's in the palm of our hands. The fresh energy of the New Year, a new decade, gives us the surge of power to do so. While the colder months keep us homebound, it is an opportunity to assess our health needs and play around with different recipes in the kitchen.

We all know that a balanced diet consists of lots of vegetables, whole grains, healthy carbs, and healthy



protein. Your body's needs will dictate whether you choose to be gluten-free, vegetarian/vegan, low carbs, low sugar, etc. We all have different specifications that work best for our body type. Your body will communicate to you whether the foods you are choosing work for you or not.

The easiest way to know is how your digestive system responds. Cramping, gas, bloating, inflammation, energy surges, and exhaustion will be the telltale signs; something is not right. Listen to your body this year. Set the intention to love and nurture yourself, just as you do for others in your life. The face of love has many expressions, and as we all are aware, we cannot properly love someone else until we love ourselves first.

Braised Vegetables with Parsnip Mash and Goat Cheese

## Ingredients:

2 T. Olive Oil  
2 ea. med Onion, diced  
4 ea. table Carrot, peeled and diced  
3 ea. Celery stalks, sliced  
3 ea. Garlic cloves, minced  
½ head Cauliflower, broken into med. florets  
2 c. Butternut Squash, diced  
2 ea. Zucchini, diced  
1 bunch Kale  
1 T. Garlic Powder  
1 T. Onion Powder  
1 T. Oregano, dried  
½ c. Chicken/Vegetable Stock or Bone Broth plus more if using for parsnips  
¼ c. White Balsamic Vinegar  
Salt and Pepper  
5 ea. Parsnips, peeled and diced

2 T. Olive Oil or Butter  
4 oz. Goat Cheese

## Directions:

Peel and dice parsnips. Place in a medium saucepan, cover with water or stock (for more flavor) and boil until tender. Meanwhile, in a large braising pan, heat olive oil over medium-high heat. Sauté onion for 5-7 minutes or until translucent. Add carrots and sauté for 5 more minutes. Add celery and garlic, sauté for 5 more minutes. Continue adding vegetables - cauliflower, butternut squash, and zucchini alternating sautéing time in-between each addition. Turn the heat to high, allow to heat-up, then deglaze with white balsamic. Scrape off caramelized bits to get extra flavor. Once the vinegar is reduced, and the pan is almost dry, season with garlic, onion, and oregano, add the stock, cover, and simmer for 30-45 minutes on low heat. Add kale in the last 15 minutes of braising.

Meanwhile, strain parsnips. Place in a bowl of fitted mixer or bowl using hand mixer/masher, and add oil/butter. Mash parsnips, season with salt and white pepper. Once the vegetables are cooked, season with salt and pepper.

To serve, place mash down on plate, place vegetables over the top, ladling a small amount of braising liquid onto the plate. Crumble 1 oz. Goat cheese on top and around the plate.  
Enjoy! Serves 4-6.

For added protein mix in 2 c. of your favorite bean/vegetarian protein or meat/fish protein! For additional vegetables, try adding mushrooms, bell pepper, Brussels sprouts, apple, pear, cabbage, green peas.

Chef Deborah Lieder

For more information visit her website [www.deborahlieder.com](http://www.deborahlieder.com) or contact her personally at: 248-974-5696 and by email at [deborahlieder@aol.com](mailto:deborahlieder@aol.com).



# Shamanism Is Local

By Jim Two Snakes

This is a photo of the Mesa or medicine bundle of Don Juan Paquar Flores. Don Juan was a powerful pampamesayoq, or keeper of the Earth traditions, who lived in the high and remote villages of the Peruvian Andes. Since his passing and through my mentor and teacher, I have been honored to carry this Mesa for nearly a decade. It has been with me for countless ceremonies, and I am currently working on having this Mesa returned to Peru. But that is a story for another day.



reflect the stars and have a whole sky in their depths. Where the pampamesayoq of Peru might seek to elevate the perspective of the people, in our culture, it is sometimes more important that we are willing to look into those depths and challenge our own conceptions.

When I look around, one of our current misconceptions seems to be to have an “authentic” shamanic experience we must travel to a far-flung place. But most shamanic cultures, the vision quests would have taken place within the boundaries of a few days’ walk or ride. While the jungles might have a strong pull for you, it is not where you live. Developing a relationship with the rivers, lakes, trees, stones, and farms near you may have a more “authentic” and profound experience than you can imagine.

When you look into this Mesa, what do you see? What is it that you notice? To be fair, there are a lot of things that attract the eye, and a lot of things you could notice. Maybe one of the stones is speaking to you. They are powerful stones, called Khuya, and are connected to places and people that Don Juan knew. Some of them have been shaped, others smooth — all of them very very powerful Spirit allies.

There are two things that I want to point out, and I admit that at least one of them probably will not make me very popular with some, but I think they are very important.

The first is that with one exception, there are no crystals. The one exception is a very natural one that was probably found in the mountains. I’m not about to say that we should not use crystals in our practices, because I certainly have. But many of the crystals we are going to find in shops are actually byproducts of mining for industrial purposes. That aside, what we see in Don Juan’s Mesa is a large variety and shape of natural stones. In my own Mesa, my strongest ally is a piece of white quartzite I found in my driveway. It’s little face, and small size is connected to an absolutely huge Spirit who has helped me with some of the biggest challenges in my life.

This brings me to my second and, to me, a more important point. Shamanism is local. Ironic I know because the traditions I was trained in come from those Peruvian Andes, but in the years I have held those traditions here in Michigan, they have changed and grown in ways they never could in the mountains. While the mountains stretch up to the stars, the Great Lakes

Recently I was mentoring a high-level executive who wanted to learn how to do journey work and the shamanic experience. His training involved offerings at a river, an encounter with a tree, and even interacting with the Spirit of the home that he and his family live in. Using these experiences, he learned about himself and helped face some trauma from his own childhood. And these experiences have shown him how to help the environment around him, making his home city stronger, helping the people, and all the Spirits living near him deal with pollution and other challenges.

So like Don Juan built a relationship with the stones and Spirits around him, and I with the stones and Spirits around me, so can you. Your best shamanic self is occupying the same space you are right now. Shamanism is local.

If you would like to find out about my coaching and mentoring program called Spiritual Dad, or any of the other things I do, please visit my FaceBook page or my website [jimtwosnakes.net](http://jimtwosnakes.net)

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)

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# Classes & Events

## ANNOUNCING

Announcing: Teachings from Mark and Elizabeth Clare Prophet plus weekly Sunday devotional services at The Summit Lighthouse of Detroit. 313-768-5737 [www.summitlighthouseofdetroit.org](http://www.summitlighthouseofdetroit.org)

Announcing: 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

Announcing: 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)

Announcing: 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

## WEEKLY EVENTS

Weekly: Mon - A Course in Miracles: 1 pm-3 pm. Weekly Monday study group led by LaVerne Hughes. Love Offering. Unity of Livonia. 28660 Five Mile Road, Livonia

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

Weekly: 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)

Weekly: 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)

Weekly: 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)

Weekly: 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)

Weekly: Wednesday Meditations – Join Eve Wilson's tribe at [www.bodymindspiritnetwork.com/groups/922970/feed](http://www.bodymindspiritnetwork.com/groups/922970/feed)

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

Weekly: Thu – 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)

Weekly: 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"

Weekly: 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

Weekly: 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)

Weekly: Sun - Sunday Meditation! Susan deCausin, 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.SusandeCausin.com](http://www.SusandeCausin.com)

## CLASSES BY DATE

02/01 Stages of Spiritual Growth: Understand Where Your Soul Is Guiding You, 4:00–6:00pm. Learn about the evolution of the soul & understand how to better navigate your life \$15 advance, \$20 door. 3820 Packard #280, Ann Arbor, 734-358-0218. [www.EnlightenedSoulCenter.com](http://www.EnlightenedSoulCenter.com)

02/01 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)

02/02 Meditation on the 7 Chakras! 1-2:30pm love donations welcome, 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 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/02 Michigan Psychic Fair 12 to 6pm at Troy Quality Inn 2537 Rochester Ct. (Rochester Rd. & I-75) 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)

02/02 Sunday Celebration Service: 10-11 am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak [unityofroyaloak.org](http://unityofroyaloak.org)

02/02 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)

02/03 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 [unityofroyaloak.org](http://unityofroyaloak.org)

02/03 Manifest Your Destiny Workshop. 4th session of 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)

02/04 Illuminating Your Dark Shadow: 5 Tuesdays, 7–8:30pm. Learn how to heal, forgive, surrender & grow past your Dark Night of the Soul. \$22/class. 3820 Packard #280, Ann Arbor, 734-358-0218. [www.EnlightenedSoulCenter.com](http://www.EnlightenedSoulCenter.com)

02/05 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)

02/05 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 248-288-3550

02/06 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 [unityofroyaloak.org](http://unityofroyaloak.org)

02/06 Mediation: 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 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/06 Zumba Fitness with ZRS: 7-8 pm. A fusion of fun and fitness incorporating both cardio and core toning into every workout so that your muscles stay engaged. Bring the WHOLE FAMILY for a fun dance workout! All fitness levels are welcome. \$5/class -OR- \$20/5 classes. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550



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



02/07 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.

02/07-09 Free your Mind! Learn ancient and modern tools to easily and effectively change limiting beliefs, perceptions, behaviors, and conditions of the body. PSYCH-K® Basic Workshop, Utica, MI. For more information go to [www.PSYCH-K.com](http://www.PSYCH-K.com) or call 586-981-0180

02/08 Cabin fever psychic fair 11am-5pm Enjoy the day with some of Michigan's finest professional psychic mediums, psychics and healers. Readings start at \$25 and up. Door admission is \$5. 1484 Gratiot Detroit Call (313) 566-0092 for more info.

02/08 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

02/08 Prenatal Yoga - Open to all expecting moms, new to yoga or experienced! 4 Week Session starting Saturdays at 11:30am. Benefits include: Develop trust in self, baby, and process of birth. Relieve stress and physical discomfort. Connect with your baby. Prepare for labor and delivery. Connect with other moms. Instructor: Angela Arnold, RYT200, Prenatal Specialist. Pre-registration is required, as space is limited. Cost: \$60. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

02/08 Psychic Saturday Party, 12p-5pm six psychics using many modalities, plus bodywork, shopping, snacks & door prizes! \$3+ session's \$2 min 3820 Packard #280, Ann Arbor 734-358-0218. [www.EnlightenedSoulCenter.com](http://www.EnlightenedSoulCenter.com)

02/09 Meditation on the 7 Chakras! 1-2:30pm, love donations, welcome 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: [la-wabrams@comcast.net](mailto:la-wabrams@comcast.net) 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake. [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/09 Michigan Psychic Fair 12 to 6pm at Birmingham Holiday Inn, 35270 Woodward Ave. (Birmingham, North of 15 Mile Road) Pauline 586-939-4230. Updates and directions at [www.MichiganPsychicFair.org](http://www.MichiganPsychicFair.org).

02/09 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 248-288-3550

02/09 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)

02/10 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)

02/11 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)

02/12 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)

02/12 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)

02/12 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)

02/13 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)

02/13 Mediation: 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)

02/13 Zumba Fitness with ZRS: 7-8 pm. A fusion of fun and fitness incorporating both cardio and core toning into every workout so that your muscles stay engaged. Bring the WHOLE FAMILY for a fun dance workout! All fitness levels are welcome. \$5/ class -OR- \$20/5 classes. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/14 Create a Vision Board, Create Your Future!, 6-9pm. Plan your goals through the intuitive medium of IMAGES! Materials provided, you may also bring your own. \$11 + \$5 materials fee, 3820 Packard #280, Ann Arbor. 734-358-0218. [www.EnlightenedSoulCenter.com](http://www.EnlightenedSoulCenter.com)

02/14 Free Monthly Meditation - Join us for our free monthly meditation class! 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. This class is held the 2nd Friday of each month. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com) or 586-960-5940.

02/15 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)

02/15 Massage Techniques for Two, 1pm -2:30pm Couples are invited to join a veteran Licensed Massage Therapist to learn the techniques to give a massage like a pro! \$50 per couple 3820 Packard #280, Ann Arbor 734-358-0218 [www.EnlightenedSoulCenter.com](http://www.EnlightenedSoulCenter.com)

02/15 Native American Flute Concert 12:30pm-2pm, Love donation welcome, The Bent Tree Flute Circle will offer you a place to develop your skills playing the Native American flute. Any questions please contact by email [Susan.forgie@gmail.com](mailto:Susan.forgie@gmail.com) Register with Prachi at 734.417.5804 or [cprachi17@gmail.com](mailto:cprachi17@gmail.com)

02/16 Meditation on the 7 Chakras! 1-2:30pm, love donations welcome, 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: [la-wabrams@comcast.net](mailto:la-wabrams@comcast.net) 734.730.4657. 740 East Shore Drive, PO Box 645, Whitmore Lake, MI 48189 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/16 Michigan Psychic Fair 12 to 6pm at Waterford Holiday Inn Express, 4350 Pontiac Lake Rd, 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)

02/16 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)

02/17 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)

02/18 Radio Show: Aetherius Radio Live. 1-2 pm. at [www.bodymindspiritradio.com](http://www.bodymindspiritradio.com) with hosts, Richard Lawrence and Chrissie Blaze. Topic: Discipleship for This Age



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02/19 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)

02/19 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)

02/19 Grief and Loss Support Group: 10:30 am - 12 pm. 3rd Wednesday each month. This is a daytime version of this support group. Help with grief, loss or dealing with significant change in a supportive environment. Facilitators: Karen Ulatowski & Mary Wackrow, LUT. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/20 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)

02/20 Mediation: 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)

02/20 Zumba Fitness with ZRS: 7-8 pm. A fusion of fun and fitness incorporating both cardio and core toning into every workout so that your muscles stay engaged. Bring the WHOLE FAMILY for a fun dance workout! All fitness levels are welcome. \$5/ class -OR- \$20/5 classes. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/22 Health & Wellness For The Community. Jill the Heath Coach and Zee the Cook partnering for Health, Nutrition, Lose Weight, Emotional Health, Look Great, Be Stronger and Healthy Alternatives. . The workshop is 35.00 includes Brunch. 24732 W. Warren, Dearborn Hgts. Contact Jill at 734 556-2184

02/22 Michigan Psychic Fair 12 to 6pm at Chesterfield Hampton Inn (Gratiot & M-59) 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)

02/23 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 Crystal Singing Bowl Meditation - Grab your yoga mat, blankets and pillows and join us as we gather in the yoga studio to immerse ourselves in this guided sound meditation. Sound is an ancient and universal form of healing used in many cultures and spiritual traditions around the world. Sound healing touches and transforms us on a physical, emotional and spiritual level. 6pm, doors open at 5:15pm. \$10 suggested donation per person. Sign up at [www.EntouchLLC.com](http://www.EntouchLLC.com)

02/23 Meditation on the 7 Chakras! 1-2:30pm, love donations welcome, 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 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/24 A Course In Miracles: 10 am-12 pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/24 Prosperity Plus Workshop. Seven week class. Mondays 6:30-9pm through 4/6. Facilitated by Lin Hogan-Wilson. Unity of Livonia, 28660 Five Mile Road, Livonia. Cost of materials \$55 plus love offering. 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)

02/25 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

02/26 A Course In Miracles: 1-2:30 pm. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

02/26 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)

02/27 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 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

"02/27 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 [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

02/27 Zumba Fitness with ZRS: 7-8 pm. A fusion of fun and fitness incorporating both cardio and core toning into every workout so that your muscles stay engaged. Bring the WHOLE FAMILY for a fun dance workout! All fitness levels are welcome. \$5/ class -OR- \$20/5 classes. 2500 Crooks Rd., Royal Oak MI 48073, 248-288-3550 or [www.unityofroyaloak.org](http://www.unityofroyaloak.org)

03/01 Michigan Psychic Fair 12 to 6pm in Roseville Holiday Inn, 31900 Little Mack Ave. - 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)

03/15 Handbell Choir Concert performed by "The Singing Pearls", 4:00pm. Performance is FREE and open to the public. Unity of Livonia, 28660 Five Mile Road, Livonia 734-421-1760 [www.unityoflivonia.org](http://www.unityoflivonia.org)

03/27 Lecture: The Ascended Masters - Their Roles, Rituals and Retreats. 7:30 p.m. - \$10 with Gary and Chrissie Blaze. 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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05/12 Lecture: 40 Years of UFO Contacts. 7:30 pm. By visiting speakers/authors from London, England and Los Angeles, Richard Lawrence and Brian Keneipp. For further information contact Chrissie at [michigan@aetherius.org](mailto:michigan@aetherius.org)

05/16 Lecture/Book Signing/Social: The King Who Came to Earth. By visiting speakers/authors from London, England and Los Angeles, Richard Lawrence and Brian Keneipp. For further information contact Chrissie at [michigan@aetherius.org](mailto:michigan@aetherius.org)

more events on our site at  
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# 25 Positive Quotes About Love for More Loving Relationships

By Louise Haye

Remember, when you think joyous thoughts, you'll be a happy person, everyone will want to be with you, and all of your current relationships will improve. Say these positive quotes to yourself daily to cultivate more love in your life with yourself. Watch as the love you have for yourself grows, attracting more and more love to you.

---

I DECLARE, I AM SAFE!

---

FROM TIME TO TIME, I ASK THOSE I LOVE, "HOW CAN I LOVE YOU MORE?"

---

I CHOOSE TO SEE CLEARLY WITH EYES OF LOVE.  
I LOVE WHAT I SEE.

---

LOVE HAPPENS! I RELEASE THE DESPERATE NEED FOR LOVE, AND INSTEAD, ALLOW IT TO FIND ME IN THE PERFECT TIME-SPACE SEQUENCE.

---

LOVE IS AROUND EVERY CORNER, AND JOY FILLS MY ENTIRE WORLD.

---

I HAVE COME TO THIS PLANET TO LEARN TO LOVE MYSELF MORE, AND TO SHARE THAT LOVE WITH ALL THOSE AROUND ME.

---

MY PARTNER IS THE LOVE OF MY LIFE. WE ADORE EACH OTHER.

---

LIFE IS VERY SIMPLE. WHAT I GIVE OUT COMES BACK TO ME. TODAY I CHOOSE TO GIVE LOVE.

---

I REJOICE IN THE LOVE I ENCOUNTER EVERY DAY.

---

I AM COMFORTABLE LOOKING IN THE MIRROR, SAYING, "I LOVE YOU, I REALLY LOVE YOU."

---

I NOW DESERVE LOVE, ROMANCE, AND JOY-AND ALL THE GOOD THAT LIFE HAS TO OFFER ME.

---

LOVE IS POWERFUL-YOUR LOVE AND MY LOVE.  
LOVE BRINGS US PEACE ON EARTH.

---

LOVE IS ALL THERE IS!

---

I AM SURROUNDED BY LOVE. ALL IS WELL.

---

MY HEART IS OPEN. I SPEAK WITH LOVING WORDS.

---

I HAVE A WONDERFUL LOVER, AND WE ARE BOTH HAPPY AND AT PEACE.

---

DEEP AT THE CENTER OF MY BEING IS AN INFINITE WELL OF LOVE.

---

I AM IN A JOYOUS, INTIMATE RELATIONSHIP WITH A PERSON WHO TRULY LOVES ME.

---

I COME FROM THE LOVING SPACE OF MY HEART, AND I KNOW THAT LOVE OPENS ALL DOORS.

---

I AM BEAUTIFUL, AND EVERYBODY LOVES ME. I AM GREETED BY LOVE WHEREVER I GO.

---

I AM SAFE IN ALL MY RELATIONSHIPS, AND I GIVE AND RECEIVE LOTS OF LOVE.

---

I ATTRACT ONLY HEALTHY RELATIONSHIPS. I AM ALWAYS TREATED WELL.

---

I AM VERY THANKFUL FOR ALL THE LOVE IN MY LIFE. I FIND IT EVERYWHERE.

---

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## Love- and it's many forms of expression

By Laura Solomon

I'm not the sappy roses and candlelit bathtub type of gal. Roses die and baths are just annoying. The kind of love I looked for is

'service.' To me, the greatest form of loving expression is when my husband makes me tea. It's a simple act, but a ritual that he knows I appreciate. If he bought gifts, I'd make him return them, but a cup of tea is always welcome. His willingness to please me is the most magnificent form of love.

I believe it's the willingness to give the other person in the relationship exactly what they need that contributes to a mutually satisfying relationship. Whether it's personal or professional, asking what someone needs in a relationship gives you the clarity to offer it as your expression of love and gratitude.

Too often, people assume they are giving the other person what they think they need when, in fact, they might want a different form of expression to exhibit love. So take the time to find out what your person is looking for so that you can give them what they need, want, and deserve.

Laura Solomon 248-701-7559



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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

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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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Mother Teresa



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