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Body Mind Spirit Guide Magazine
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About Us...

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

Our Publication...

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

Our Founding Vision...

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

Black Elk's Vision (1862 - 1950)

Our Beliefs...

We believe all people are One! And that this great truth lies deep within each person's heart!
We dedicate the Body Mind Spirit Guide to the One Mother, the One Father and their children (you & I)!

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

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

~Howard & Penny Golden

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

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Articles this issue...

Is Loneliness Causing You Distress? By Phil Rosenbaum.....6

Is Fasting Right for You? By Dr. William H. Karl, D.C.....8

TWICE the Presenters at the Spring Enlightened Soul Expo!
By Amy B. Garber.....10

Introduction to a Course in Miracles By Chuck Shermetaro.....12

The Ascended Masters By Chrissie Blaze.....12

Renew Your Spirit and Get Your Mojo Back!
By Deborah Shane.....14

Pursuing Spirituality by John Ashbrook.....16

What Can I Do? By Barbra White.....18

What does it mean to 'reinvent' yourself? By Olivia Clement....19

Messages on the Wind By Eve Wilson.....20

What is an Energy Healing? By Laura Moody.....23

Reclaiming Your Divine Self By Miche Lame.....24

Happy Friendships By Pauline Dettloff.....25

8 R's of RESTORATION By Jill Janiec.....26

Charge Up By Susan deCaussin.....28

7 Blue Zone Foods to Include in Your Diet By Cathy Wong.....29

Spiritual Horoscopes By Aluna Michaels, M.A.....30

Power of the Invisible By Gwendolyn Esco Davis.....31

Reset Your Mind, Body, and Soul By Catherine Beard.....32

Connect with Highest Self Using Vesuvinite
By Jennifer Vanderwal.....32

Ask-Believe and You Will Receive By Wendy Powers Nugent.33

The Silver Thread: A Dialogue with Death
By Michael Abramsky.....34

PROFESSIONAL BUSINESS DIRECTORY.....37

Classes & Events.....38

The Spices of Life By Faith Brower.....42

Inside Out By Chris Surber.....43

COMMUNITY CLASSIFIED ADS.....45

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Community Food Drive- Youth & Teen Ministry

fighting hunger together

Unity of Livonia youth and teens will hold their fourth annual Community Food Drive Sunday, February 23rd through Sunday, April 12th, to help St. Christine Christian Services put an end to hunger. Both monetary and non-perishable items of canned and dry goods will be accepted at 28660 Five Mile Rd., Livonia, (east of Middlebelt Road). 100% of the collections will be donated directly to St. Christine Food Pantry, a local non-profit organization that works in conjunction with St. Vincent DePaul. They serve and distribute over 22,000 hot meals and 6,000 bags of extra groceries to Southeastern Michigan's most vulnerable and homeless communities.

The food drive raises awareness among the youth and teens of the hunger and nutrition challenges within our local communities. Monetary donations may be made by cash, check or charge. Please make checks payable to: Unity of Livonia and specify "Food Drive" on the notation line. Food goods may be dropped off Mon & Tues (10 AM – 5 PM), Wed (10 AM – 8 PM), and Sun (9:30 AM – 12). For more information, visit http://unityoflivonia.org or email unityoflivoniaops@gmail.com.

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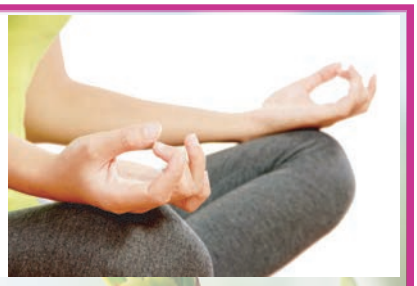

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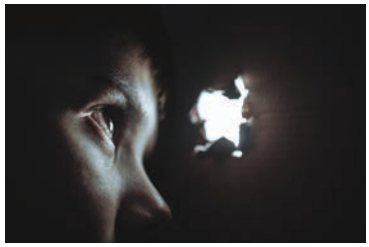

Is Loneliness Causing You Distress?

By Phil Rosenbaum

Lately, a great deal has been reported about loneliness. Are you aware that many psychologists are calling loneliness an epidemic? According to Cigna's 2018 Loneliness Index, 46% of Americans report feeling lonely sometimes or always, and 47% report feeling left out sometimes or always. Just under 43% report feeling isolated from others, and the same number report feeling they lack companionship and that their relationships lack meaning. Feelings of loneliness were worst for the younger generations. In fact, those in "Generations Z," 18 to 22 year olds, were the loneliest generation. Other studies showed that 25% of people report they have no one to confide in or no real friends, and 20% reported having just one friend, and often that was their spouse. In addition, one out of three older Americans now lives alone.

t has been found that loneliness and social isolation can be as damaging to health as obesity, physical inactivity, smoking 15 cigarettes a day, or air pollution. There are many negative effects that result from loneliness. They include depression and suicide, cardiovascular disease and strokes, increased stress levels, decreased memory and learning, anti-social behavior, poor decision making, alcoholism and drug abuse, progression of Alzheimer's disease, and altered brain function. It can also lead to premature aging. Additionally, lonely adults get less exercise than non-lonely adults, their diet is higher in fat, their sleep is less efficient and they report more fatigue during the day. Finally, 50% of people who suffer from loneliness are more likely to die prematurely than those with healthy relationships.

There are many factors that contribute to the problem of loneliness. They include moving to a new location, divorce, the death of someone significant in a person's life, psychological disorders such as depression, and internal factors such as low self-esteem. The rise of the internet and social media are also partially to blame.

People often know what they "should do," such as reaching out to people and engaging in more social activities, talking to strangers, being more active online, and stepping out of one's comfort zone. But people often avoid doing these things. Many have had negative experiences in the past and have developed habits and behaviors that are not healthy.

Often, people are too critical of themselves, which causes them to shut out others. Also, many people indulge in negative

thinking because it has become habitual. People often feel they are not good enough for friendships, or are afraid of other people. Some people feel others won't like them. But what may be the biggest problem is that people do not love themselves.

What is necessary is to change these maladaptive thinking patterns. In fact, research shows that this is much more effective in reducing loneliness than other interventions. The cure for persistent loneliness lies in breaking the negative cycle of thinking that created it in the first place.

There are different ways to accomplish this, including therapy and journaling. However, one very effective method to change the destructive or negative thinking is with the use of hypnosis. The negative thoughts are coming from the subconscious part of the mind, so why not deal directly with this? This is exactly what hypnosis does. With hypnosis, one is able to bypass the resistance in the conscious mind and go directly to the subconscious mind, which is where the problem lies.

We can find out what the person is telling him or herself, challenge it, and then replace the self-defeating beliefs with much more positive and constructive beliefs. Once this is accomplished, one will be much more willing to take the necessary steps to overcome the loneliness. When you feel good about yourself, you are much more willing to get out of your comfort zone and take the risks which are required to change your situation.

As noted in previous articles, hypnosis is safe and effective. If you would like to experience hypnosis, please contact Phil Rosenbaum at 248-688-6469. If you feel that loneliness has been an issue for you, why not take the steps to overcome it?

Phil Rosenbaum

If you would like to experience a hypnotic session or find out more about hypnosis, please call Phil Rosenbaum at 248-688-6469. You deserve to succeed in your worthwhile goals.

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Is Fasting Right for You?

By Dr. William H. Karl, D.C.

Fasting is an old concept being brought back into the spotlight by people seeking natural solutions to difficult health problems and by those seeking to improve their overall health. For this reason, I was especially interested in learning more about this fascinating subject in my annual Brimhall Wellness Doctor Re-Certification classes.

No calories are consumed, and water is the only liquid consumed during a true fast. The length of a fast varies according to one's goals and health status. A juice fast with vegetables or fruit isn't considered a true fast. As you might guess, fast food isn't on the list either (lol)!
Intermittent fasting means consuming food only during certain hours and fasting the rest of the time. An example would be eating your daily food within 4 hours and fasting for the next 20 hours of the 24 hours. Fasts may be longer than 24 hours, every other day, or certain days of the week. You don't have to fast all the time. Even occasional fasting has been shown to be beneficial.

Fasting is different from starvation because it's self-determined. Starving means that the lack of food is controlled by someone or something other than yourself, and there's a huge physiological difference. Fasting does not burn muscle

mass for energy, whereas starvation does.

When fasting, the body converts stored fat into ketones. Ketones are used as fuel for almost every part of the body except for the liver. The liver makes ketones unless there is cirrhosis of the liver.

Ketones provide over twice the energy of proteins or carbohydrates, including both simple and complex sugars. Our bodies were designed to consume lots of good fats and oils, along with a lesser amount of carbohydrates. Both natural sugars and carbohydrates turn into sugars which require insulin. Insulin opens the cells to allow blood sugar into them to be used for energy. It enables the tissues of the body to absorb the glucose that is in the blood.

Ketones are an ideal fuel for the brain since they don't require insulin. This is especially important for people with any degree of insulin resistance. Anyone who has consumed high amounts of sugar throughout their life will have varying degrees of insulin resistance. Almost everyone who's eaten a Western diet will have some insulin resistance. Many people with high insulin resistance must inject insulin into their bodies to try to overcome insulin resistance.

While injected insulin increases insulin in the body, it has been shown to reduce insulin in the brain. This results in higher insulin resistance in the brain, which blocks sugars from getting into the cells to be used as fuel. The result is that brain cells starve and die, followed by amyloid plaques and tau buildup. Dementia and/or Alzheimer's disease may result when brain cells are starved. Ketones can go directly into living brain cells and regenerate their energy back to normal levels without insulin.

When fasting, stem cell production is increased. This further improves brain function by helping restore the loss of brain cells resulting in part from insulin resistance. We don't know if we can rebuild at the rate of loss for the brain cells that have died, but any improvement is obviously a good thing.

New research on the benefits of fasting is very promising. One research study showed that fasting dramatically improved stem cell's ability to regenerate in young and aged mice. This study also demonstrated that fasting turns on a metabolic switch in the intestinal stem cells to start burning fat (Sabatini May 3rd, 2018, MIT news.) This metabolic switch may explain why fasting boosts gut health (Medical News Today.) Another study using diabetic laboratory mice (Type 1 and Type 2) showed regeneration of insulin-producing pancreatic cells (Cell, Volume 168, Issue 5, February 2017, pages 775-778 e12.)

Fasting has also been shown to be beneficial for weight loss, lowering triglycerides (blood fats), A1C, fasting insulin, glucose, and cholesterol while improving insulin sensitivity and normalizing ghrelin levels. Fasting reduces inflammation faster than only being on a ketogenic diet. Research shows that what takes 4-12 weeks in ketosis takes only three days of fasting to see a reduction in weight, blood sugar, blood pressure, leptin sensitivity, and insulin sensitivity.

During a fast, the body starts cleaning up dead tissues and other debris floating around the body, all of which cause decreased function in the body. When the debris is cleaned up, the body functions better.

What You Need to Know Before Fasting:

1. Take approximately one teaspoon of healthy (Celtic) salt each day to replace minerals lost while fasting.

2. Detoxify as much as possible before your first fast to improve the effects and ease with which you fast. When fasting, your body starts burning fats, which have been storage sites for dangerous toxins. Enlist the support of a professional who is knowledgeable in nutrition and detoxification to learn which specific nutrients/foods help absorb and eliminate these stored poisons. Even toxins stored in the body from many years prior will begin releasing, which is why support is so important. Organ damage, seizures, and other side effects may occur as the result of prior ingestion of food and chemical sweeteners.

3. Always check with your doctor before starting a fast. Remember that the internet cannot provide all the information you need. Women who are pregnant or breastfeeding shouldn't fast. You must be especially careful if you've been diagnosed with hypoglycemia, diabetes, or cancer. Certain medications may prevent you from fasting.

4. Know how to break a fast. Don't shock your body with the wrong foods. Avocados, nuts, seeds, and low starch vegetables are good choices.

If you're new to fasting, I suggest a maximum of 12-16 hours, knowing that you'll probably need a fair amount of willpower. Not being able to grab a snack anytime a craving occurs is harder than you might imagine. The good news is that this self-imposed restriction won't last forever, and the rewards will be many!

Dr. William H. Karl, D.C., is a Brimhall Certified Wellness Doctor with 40 years of experience helping people obtain optimal health. Dr. Jacob H. Karl, D.C, specializes in Applied Kinesiology and Nutrition. Call for a FREE CONSULTATION. And visit www.KarlWellnessCenter.com or call 734.425.8220 for more information.

TWICE Presenters at the Spring Enlightened Soul Expo!

By Amy B. Garber

The Enlightened Soul Expo has expanded! The 8th Annual Spring Expo will take place at a new location, Saline Middle School, on March 28–29, 2020. (Saline is next to Ann Arbor in southern Washtenaw County, a few miles west of US-23 Exit 34-Michigan Avenue.) The Middle School is home to the famed Saline Craft Show for over 30 years! With the move to this larger venue, for the first time, the Expo will offer two rooms of concurrent presentations!

Along with psychic readings, holistic vendors, and energy healers, free presentations have always been a popular feature of the Expo. There are two tracks: Gallery Readings and Informational Presentations. Now there

will be nine of each during the weekend. The Gallery Readings will be in the auditorium, while the Informational Presentations will be in an adjacent classroom down the hall.

In the Gallery Readings, a psychic medium gives the audience messages from their departed loved ones. The messages provide proof that the spirit lives on after it leaves the body, and the departed give details that are evidence of their identity. The idea that the spirit lives on after death is comforting, especially when one has lost a loved one. Not everyone in the audience will receive a message, but all can benefit from the messages received!

GALLERY READINGS:
Feisty evidential medium Lisa Bousson will give one gallery reading each day. Rachel Rains brings audience members up on stage to work with her one at a time. Laura Moody gives messages from spirit guides and departed pets, as well as departed loved ones. Camille Procassini is known for solving missing person and murder cases. Rev. Elizabeth Brown specializes in giving recipients a flower and a flower-related message from their loved one. Mediums new to the Expo include Jani Cooke and Kelly MacLeod. Each one has their own unique style and will provide an experience you will never forget!

The Expo's mission is to "Spread the Light throughout Michigan and beyond"

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and one of the best ways to do that is to offer educational talks. There will be a stellar array of topics presented:

INFORMATIONAL PRESENTATIONS:
Saturday:
10:30 am - Shari Lynn, "Accessing 5th Dimensional Consciousness and Dream Time Healing"
12:00 pm - Lori Irvin, "Energy 101: Work and Play with Positive Energy"
1:30 pm - Eric Webster, "Unleashing Your Powerful Mind with Hypnosis"
3:00 pm - Mara Evenstar, "The Mystical Wonder of Altars"
4:30 pm - Lynda Forbes, "The Timeless Thread: Similarities Between Tarot, Astrology, and Chinese Face Reading"

Sunday:
11:30 am - Sarah Schweitzer, "Light Body Ascension Process: Becoming Aware"
1:00 pm - Christa Lynn Muka, "The Healing Energy Vortex Experience"
2:30 pm - Omar Yeldell, "Reclaiming Your Energy from Negative Influences"
4:00 pm - Susan Harvey, "Everyday Angels"

The schedule is subject to change; for the most up-to-date information, please visit the website: www.enlightenedsoulexpo.com. For the cost of admission ($9 per day in advance or $11 at the door; weekend pass $14 in advance or $16 at the door; student and child discounts apply), you can discover an entire new world!

The Enlightened Soul Expo is the largest indoor holistic-psychic event in Michigan, sponsored by the Enlightened Soul Center for the Intuitive & Healing Arts, Body Mind Spirit Guide, and Crazy Wisdom Bookstore & Tea Room. The 8th Annual Spring Enlightened Soul Expo takes place at Saline Middle School, 7190 N. Maple Rd., Saline, MI 48176. For more details, visit: www.enlightenedsoulexpo.com

A JEALOUS LOVE

I tried my best
to love only you…
but from within me
a small voice grew..

It said you cannot give
what you do own,
And you do not belong
to you alone,

You are a child
of the Universe,
A song of beauty
in motion

As wide as the sky,
And as deep
as the ocean,

Your love is the light,
That fills empty space

You're the smile
that shines on a baby face

You are the strength that is
mustered in times of despair,

You're the reason
people discover they really care

You're a sovereign being
of one divine nation,

You are hope, you are love,
you are inspiration

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You travel freely
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Your awareness, your sweetness,
your love it flows,

Wherever the heart guides,
it gladly goes…

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Penny Golden February 23rd, 2020

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INTRODUCTION TO A COURSE IN MIRACLES

By Chuck Shermetaro

"Seek not to change the world but choose to change your mind about the world."

An introductory class in A Course in Miracles, will begin Thursday, March 7, at Unity of Livonia.

A Course in Miracles commonly referred to as (ACIM), is a unique spiritual self-study program designed to awaken us to the truth of our oneness with God and Love.

- Would you like to feel peaceful, even in difficult situations?
- Would you like all your relationships to be loving?
- Would you like to feel better connected to your Source?

These are the ultimate goals of A Course in Miracles. It is a study course for those seeking spiritual transformation by gaining a full awareness of love's presence in one's own life.

Since it was introduction in 1976, ACIM's phenomenal growth has affected the lives of thousands of people, men, and women in all walks of life and connected to all major faiths. There are presently over 2,000 study groups in 65 countries, reflecting the outreach of the Course around the world. It has sold well over 3 million copies and has been translated in over 25 languages around the globe. Besides having sold millions of copies, the Course has inspired countless best-selling books such as Marianne Williamson's, A Return to Love, and Gerald Jampolsky's, Love is Letting Go of Fear.

Unity of Livonia presently sponsors two ACIM classes on Monday afternoons and Tuesday evenings. Beginning Thursday, March 7th, Unity will host a new group session, Introduction to A Course in Miracles. It will be a 16-week discussion group focusing on the 12 major themes that the Course teaches, and will be open to all students, beginners and advanced.

While our Thursday night meeting is not meant to be an in-depth presentation of all the Course's principles, we will highlight its central concepts, with emphasis on 12 major themes, presented in an open discussion format, and designed for those just starting the journey with ACIM. Its facilitator will be Chuck Shermetaro, a member of Unity of Livonia and ACIM facilitator.

There is No Charge for the program, and study materials will be provided. For more information, call: 734-756-6507.

The Ascended Masters

By Chrissie Blaze

We have never been left alone on this planet, nor are we now. There are always teachers greater than we are to guide, heal, and teach us. If we want examples of sheer courage and relentless determination to further the cause of peace and enlightenment in our world at tremendous sacrifice to themselves, we need to look no further than the all-compassionate, all-wise Ascended Masters of the Spiritual Hierarchy of Earth. These are advanced men and women who live in retreats around the world; have walked among us to help us at crucial times in our history; and have inspired down through the centuries. They have held the light for us despite, for the most part, our disbelief, our disinterest, and even scorn.

I have always been fascinated by the Masters and their teachings and works, and I had the great fortune to finally meet and study with the Spiritual Master, Dr. George King, at a young age. I was privileged to become a close student for over twenty years until his passing in 1997 and worked at The Aetherius Society that he founded. It was at the American Headquarters that I met my husband, Gary, who was also a direct disciple of Dr. King.

Dr. George King was not an ordinary man, not an ordinary Master. His own status was elevated and, like other Cosmic Masters who have come to Earth – The Lord Babaji, The Lord Buddha, The Master Jesus, Sri Krishna, and others, he worked closely with the Spiritual Hierarchy of Earth. From our Master, we learned about these wonderful Masters and about The Cosmic Plan for the peace and enlightenment of humanity and how we ordinary people can cooperate with it.

One of the many things Dr. King taught through example was that nothing of any lasting value is easy to achieve. It is achieved through hard work, discipline, and effort.

The lasting value of spiritual attainment is achieved through determined effort and a good measure of courage. We may glimpse the mountaintop of Spiritual achievement and see grouped there the Masters and Ascended Masters who inspire us. However, their level of advancement has been achieved over many lifetimes of service, sacrifice, self-discipline, and an overriding love of God.

How do we learn about the Ascended Masters, and why is this important? By glimpsing the fascinating world and inner workings of this Spiritual Brotherhood, we can unlock the previously secret doors which are now opening for seekers of truth and initiates worldwide. As we enter the Aquarian Age, the mysteries are being revealed; it is now the time for us to join together and work together in the light of the teachings and wisdom of the Masters, Ascended Masters of the Spiritual Hierarchy of Earth, and the Cosmic Masters from beyond this Earth.

Although these Masters are so far above us in evolution, when we take a courageous step towards them with a desire to learn more and to assist in the great cause of Peace on Earth - which these Masters are working so hard to help us achieve - I believe the way forward for each of us will be revealed.

For more information about the lecture on The Ascended Masters on March 27 at 7:30 p.m. at The Aetherius Society, 3119 N. Campbell Road, Royal Oak, MI 48073, please see our ad, or email me at michigan@aetherius.org or call 248-588-0290.

Chrissie Blaze

Chrissie Blaze is an international speaker, author of twelve published books, and an ordained priest in The Aetherius Society. A popular book is Power Prayer: A Program for Unlocking Your Spiritual Strength, Adams Media, 2003. (Co-author, Gary Blaze; Foreword, Marianne Williamson). Websites: www.chrissieblaze.com; www.astrologycity.com; www.aetheriusmi.org

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LECTURE: THE ASCENDED MASTERS

Their Roles, Rituals and Retreats

Friday, March 27 – 7:30 p.m. - $10

With Gary and Chrissie Blaze

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THE COMING OF A COSMIC MASTER

Revealed by Two of His Closest Disciples

Saturday, May 16 – 2:00-5:00 pm - $15

Afterwards please join us for a Book Signing and Refreshments

For further information, please contact Chrissie at michigan@aetherius.org

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Renew Your Spirit and Get Your Mojo Back!

By Deborah Shane

Life has a natural ebb and flow, but it's the ebb that can get us into trouble if we let it linger too long. We may not be able to control the unexpected challenges that come our way. But we can put tools, tips, and suggestions in place to deal with the blahs and the loss of enthusiasm that we all experience from time to time.

Here's how to get your mojo back!

Exercise: Get moving! This is especially important for those who have sedentary jobs. Physical activity is a proven way to change your mood and attitude, not to mention physical appearance and fitness. Adopt an exercise routine, park farther away, walk the mall, take the stairs, and get up and move around during the day. Use a pedometer or step counter, and work your way up to the 10,000 steps a day that some health professionals advocate.

Focus on Positive Affirmations: Take a few moments before blasting into the day to focus on a positive thought, intention, or idea; it establishes an effective mindset for the rest of the day. Subscribe to one of the many websites that deliver daily affirmations right to your inbox!

Get Enough Sleep and Hydrate: Most of working America is sleep-starved, trying to juggle family and work. It is suggested to get at least eight hours of sleep and drink eight glasses of water daily. Lack of sleep and hydration can drain our energy and motivation. When we get run down is when we can get sick.

Eat Better: Avoid alcohol and caffeine as much as possible. Try to eat foods that boost energy naturally and give you stamina. Avoid the quick sugar shot. It is usually followed by an energy crash that makes you feel worse. The right foods, at the right time of day, can make a big difference in our productivity and mood. Seek out power foods that boost productivity abilities, such as apples, walnuts, and green tea.

Remind Yourself of Successes: Some people have a tendency to focus on the negative. If that sounds like you, try to break yourself of that bad habit by consciously focusing on recent successes. Remind yourself of a recent job well done or accomplishment. When you allocate more of your mindshare to thinking about success, you feel more successful.

Socialize: Go out and meet people. Or reach out to someone you haven't talked with recently. With social media, Skype, mobile phones, and texting, staying connected is easier than ever.

Avoid Negative Nellies: People who are downers will drag you down. Surround yourself with positive, uplifting 'glass half full' types. Their energy and positive attitude will rub off on you.

Don't Wallow: We all have a natural ebb and flow cycles of energy and motivation. Part of being human is allowing ourselves to be where we are, but also make a conscious effort to move ourselves out of these lapses and into enthusiasm as soon as we can.

Commit 100%: Throw yourself completely into the activity at hand. The more attention you put toward whatever you are doing, the less attention you will give to your worries.

Engage in a Hobby: Regardless of what your hobby is — painting, playing the guitar, crafts, playing basketball, creative writing, or cooking — engage in it regularly. Hobbies allow us to be happy, joyful, and get away from stressors that de-motivate us. Some people find a way to turn their hobby into a business!

Change Your Look: Nothing can motivate you and get your mojo back faster than a makeover. A new hair cut and color, or some new clothes can not only change your attitude but others' perceptions of you.

Plan a Getaway Near Water: Go on a day trip or long weekend near a beach or a lake. Large bodies of water generate negative ions — they are invisible molecules that we inhale. They are believed to increase levels of serotonin in our bodies, helping to alleviate depression and increase our daytime energy.

Take Care of the Whole You: Taking care of your "whole person" and refreshing your body, mind, and spirit is a growing trend. Try taking up yoga, tai chi or Pilates. Or simply schedule and take a real vacation, without work.

Streamline: Go through your stuff: closets, drawers, desk, and garage. Clean up, throw out, or give away. It is a freeing feeling. Cut back on commitments that take time away from family or hobbies that give you enjoyment.

Improve Time Management: We all have the same number of hours, but why is it that some people seem to have more time for family and hobbies, or get more done in the workday? It boils down to how you organize your day, prioritize activities, and manage your time. Plan out your daily and weekly schedule. Block out time for work, family, friends, fun, and you.

Laugh: Go ahead — think of something that makes you smile or laugh. Finding the humor in life is the healthiest way to live it. Besides, people enjoy being around fun people.

Reward Yourself: We should all be kinder to ourselves. Reward yourself when you achieve a goal. Small daily wins lead to big wins. Reward yourself with a new outfit, an extra hour of sleep, or scheduling lunch with a friend. Enjoy it!

Written by By Deborah Shane, see more at https://smallbiztrends.com/2015/07/22-ways-renew-spirit-get-mojo-back.html

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Pursuing Spirituality

by John Ashbrook

The pursuit of spirituality is one grand endeavor. It is much more than yoga, meditation, books, classes, and crystals. Spirituality is a lifelong process of deep personal exploration. Spirituality can ever be a final state; it must be an ongoing process. The spiritual life is not easy, and it is not hard, it just is! It is the honest knowledge and subsequent expression of one's true self. It is the acceptance of who you are at any given moment, whether you like what you see or not. Spirituality is about embracing your truth, with the full understanding that you must first accept and embrace who you are now before you can ever be more.

A spiritual person takes full responsibility for the life they create, and they understand that denial is the enemy of personal change and growth. A patient, gentle understanding discipline of negative discoveries will eventually dissolve them and lead to the development of harmony within one's soul. If all this sounds like work, you are right, it is. It takes real commitment to address one's personal truth and real courage to accept it, but the reward is the diminishment of paralyzing fear and the enhancement of freedom. As you pursue the discovery of your own infinite uniqueness, you will, at some point, realize that this continuing process is, in itself, the most rewarding, fulfilling activity in your life. In fact, it is your life because it allows you to express your total being and create the newness of the eternal moment. You will see the obvious greater spiritual significance in everything, and your greatest joy will be found in the quiet calm of your eternally expanding consciousness.

This commitment to the spiritual life makes all things possible because self-love is manifested within the soul. This love is not static, and it does not stand still. Although it may be subject to a natural ebb and flow if love does

stand still, then it is no longer love. The spiritual definition of love is a free-flowing continuum of harmonic cooperation between the masculine and feminine principles of the unified soul. This harmonic co-operation fosters infinite diverse expression and manifest creation. When such a dynamic exists in the psyche, then one's existence can be no less than totally fulfilling. All possibilities are subject to reality. This dynamic of infinite self-expression that is the hallmark of divine inner love can only lead to humble self-esteem that sees truth without judgment, a heart of real attachments, and a sense of duty that is genuine but not self-destructive. Such an individual knows no fear and attracts no danger. They walk through life with complete faith and trust that all is unfolding as it should. This dynamic of divine self-love is not without problems, but they are met with a willing openness of self-examination, which makes it possible to dissolve them with a minimum of discomfort. A person who truly loves themselves never runs or hides from their shortcomings; they embrace them with gentle acceptance. This inner harmonic co-operation is constantly raising the spiritual vibration of the soul, guaranteeing the bliss of fusion with all that is. When such joy is manifested within, then it must also manifest itself in one's external world. The outer conforms to the shape of the inner. The conscious and unconscious are one, and as such, manifestation of ideas happen more quickly with less effort. From this, it is obvious that enhanced prosperity must be the result of genuine, spiritual self-love.

This self-love creates a deserving attitude within the soul, which automatically attracts abundance. The healthy soul does not measure prosperity by one device; instead, it seeks to create a balanced blend of components that exist in unison and in complete harmony. Prosperity then becomes like a symphony of pleasing elements to be enjoyed separately and in many variety combinations, as well as the whole. Divine prosperity can be measured in an infinite number of ways because it is created according to the expression of the unified soul's desire at any given time. The balanced, harmonious soul expresses itself without limit, so it puts no limit on prosperity. In this way, it avoids paralyzing attachments to limited identity. A spiritually healthy individual values all of their diverse expressions, but never identifies with any one aspect of their own uniqueness in such a way that could hamper their ongoing creativity. If this occurs, a non-loving state will manifest because love is freedom, and those who love themselves never limit their identity.

My friends, freedom is the ultimate prosperity! To the exact degree, there is spiritual development; there will be corresponding freedom. We must understand that freedom can never be the result of rigid extremes. Just as there is such a thing as not being responsible enough, there can be such a thing as being too responsible, working too hard, making external accomplishments the great God of one's existence. This kind of living does not result in an inner harmonic balance of the masculine and feminine principles; therefore, it is not love. It is not being responsible to one's self because it limits the expression of one's life. WE must not get stuck in the extremes because they can only produce insecurity, fear, anger, despair, and escape. Too much work, too much play, too easy, too hard, it makes no

difference. Prolonged exposure produces the same result. The discipline of balance is the key to freedom. When there is an exact balance, a harmonious dynamic between masculine and feminine energies, the exact goal of the moment will be clear, the exact course of action will be obvious, and the exact result will manifest. Risk or fear of failure are not factors in this kind of freedom of expression, because the internal balance of the soul cannot disrupt the natural balance of the universe – this is complete harmony.

It is easy to see that once divine self-love is established in one's soul, the joys of prosperity and freedom come along with it and as long as there is self-expression in all of its infinite aspects, the meaning of one's prosperity and freedom is ever-changing, totally fulfilling and unlimited.

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

RETRACTION: There were errors in last month's John Ashbrook article that may have made calculations confusing. To clarify, the name "John Fredrick Southard" should have been spelled as printed here, without the letter "e". Also, vowels were not underlined in the piece as planned, so we suggest underlining them yourself, which will make it easier to figure the soul numbers. Thank you! . Editor, Body Mind Spirit Guide

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IS THE NEW GETTING YOU DOWN?
Healer and Spiritual Teacher
Barbra White answers...

WHAT CAN I DO?

By Barbra White

The news is a prayer request and a call to action. Please don't turn a blind eye to it, but also don't dive in. How do you not get pulled into the negativity in life and the media?

It starts with your everyday choice. Make a choice each day to love yourself and others. This choice pulls you up and out of reactionary living.

I began to make this choice every day, 23 years ago. Today, I am a fierce Love. I don't wait for conditions to change or people to adjust themselves before I choose Love.

I look directly at and accept the racism, agricultural, environmental destruction, the one billion animals killed this week, our rape culture, and the 17,000 dying of starvation every day.

I don't dismiss the suffering as "their Karma" or deny that it is even happening. I aggressively STAND in, and as Hope, Love, and an inner cultivated JOY that is untouchable by the world.

I am responsible for being Love in action NOT a "Will you please approve of me?" nice girl, fluffy cloud, "Santa Claus God" kind of love. A Love that will courageously name the darkness but believes MORE in the light!!!

We all have the capacity to be healers, love warriors, and change-makers.

Your birth was not an accident. It was organized by the most high.

It does not matter how long you have been numbed out or shut down.

The light within you and the good around you is always there. Always.

If you decide not to turn away from seeing suffering, it's important to maintain your joy. In fact, it is imperative! Look directly at the suffering within yourself, and in the world, YET maintain a one-pointed focus on possibilities. Through meditation and intentional focus, cultivate a courageous availability to the ever-present good. (It's always there if you choose to look for it!)

Your inner work matters. Your daily choice to love all parts of yourself enables you to hold a love that is independent of circumstance. Your daily expressions of kindness and compassion change the collective energy. They really do.

You're NOT to blame for misogyny, ecological suffering, racism, etc... But you CAN take responsibility and BE and DO everything you can to help! If you ask to be used fully by Love, you will be guided.

What can you do?

- Pray for people and animals
- Volunteer locally
- Start that group
- Write that book
- Forgive yourself and others actively
- Meditate.
- Invest your money in conscious local businesses
- Be a protector, ally, and voice for those that have not yet found their own...

Care more about connection than proving your point.

DO NOT believe the HATE-O-SPHERE of Social Media.

Choose heart connection instead of hiding behind intellectual argument.

*"No human relation gives one possession in another. Every two souls are absolutely different. In friendship, or love, the two side-by-**side, raise hands together, to find** what one cannot reach alone"*

~Khalil Girbran

Your Soul (True Self) is bigger than hate or any problem. When two join heart to heart, miracles are possible!!!

"What you focus on will be your reality."

~Qui-Gon in "The Phantom Menace."

How do you make joy, love, and prosperity your reality?

Look for synchronicity and Grace. It's there. What you look for, you will find.

"Believe it to see it, baby! NOT see it, to believe it."
Michael Bernard Beckwith

The two ladies I've made friends within Alpha (like Cross Fit) just happened to be starting their studies in energy healing and Shamanism.

A friend at a dance gathering "just happened" to have a dream about the power animal I've been working with. My sister Linnea got me a stuffed toy Bear 24 hours after I discussed with

a colleague the documented calming effects on an adult's nervous system when snuggling a stuffed animal. Everything is connected.

LOOK for the good today. Tell the b.s. stories of self-limitation in your mind to F. Off!

Your mantra/affirmation can be: "ohmmmm F. OFF...ohmmmmmm F. Off." Seriously. It works! LOL
Acceptance is the first crucial, crucial step. Then choose what you focus on.

Don't believe the fear.

Don't believe the painful thoughts about yourself.

Your True Self cannot be touched by this world!

You are NOT the protective personality created to survive.

LOOK for that True Self next time you look in the mirror.

LOOK for the good in your life.

Your acts of kindness and love do make a difference. Your inner work (self-love) matters. Your contribution to the collective energy field matters greatly. Be willing to grow, unfold, and express your True Self.

You will be guided to that book, person, or step to call you… and the world...

into greater Love. I would love to support you in a healing session, mentoring, or training! Call me, and let's change the world together!

Barbra White

Barbra White, eco-psychologist, auricular acupuncturist, homeopath, shamanic healer, intuitive, and animal rights activist. www.BarbraWhite.com or visit her at www.MotherBearSanctuary.com

What does it mean to 'reinvent' yourself?

By Olivia Clement

I am fascinated by stories of people who reinvent themselves. I personally know people who have up-ended their careers, relationships, or lifestyles in the pursuit of something better. These kinds of people are fearless in my eyes; the idea of doing something similar terrifies me.

On the one hand, personal reinvention is in my blood. I come from a long line of immigrants – from Lebanon to Egypt, to France, to Australia. Each generation in my family has made a move across continents to begin their lives anew. These journeys have brought new careers, foreign loves, and changed destinies.

While I crave adventure, it doesn't rule my decision-making. I find great comfort in taking the more carefully constructed path. There is a safety that comes from envisioning your future, mapping the necessary steps to get there, and consciously taking them. I love spontaneity, but I yearn for long-term plans and an element of predictability. Re-invention seems to go against these things; it's like taking an eraser to your past and putting a dent in the foundation you spent most of your life building.

In the documentary, She's the Best Thing In It, stage actress Mary Louise Wilson discusses her own experience of reinvention. After having worked consistently on Broadway for decades, she was awarded its most coveted prize: a Tony Award. What should have propelled her career forward did just the opposite – job offers stopped altogether. She'd reached her peak, and producers wouldn't go near her.

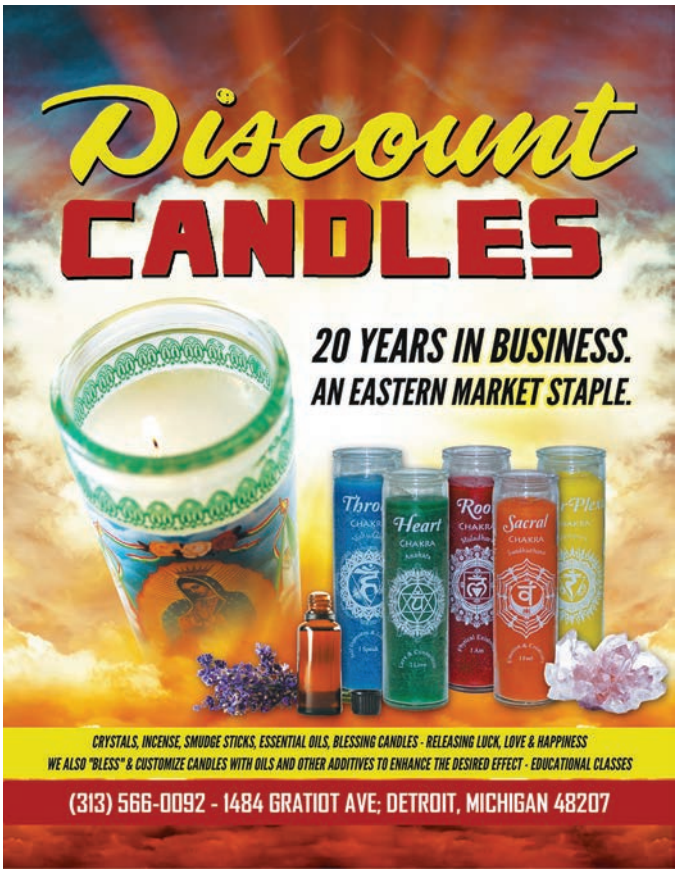
In the film, Wilson explains how challenging it was to go from a career-defining moment to an all-time low. She took her life into her own hands and began writing her own material, and it wasn't long before she found success as a playwright. As she grows older, she continues to reinvent herself. The film follows Wilson, at age 79, as she travels to her hometown of New Orleans to teach her first acting class, yet another career adjustment.

The problem with trusting your gut is that it is often curtailed by fear. And the thing about fear is that it is symbiotically linked to our notions of safety. We seek protection from what frightens us, and too often, it pulls us in the opposite direction. A small move in a safer direction can gradually move us miles away from where we intuitively wanted to be in the first place. It takes a brave soul to listen to a gut instinct that might be saying: "Do a 360."

I've come to realize that no matter how much I may want to pave the road ahead of me, there are going to be potholes and divergent paths I can't foresee. But I am beginning to discover a newfound beauty in the unexpected fractures – it's a journey guided more by my intuition and less by pre-conceived notions.

Reinvention demands that the way we see our present and future selves be fluid, with the possibility for change. Or, we can choose to see it as more of an unraveling and allow life, with all its twists and turns, to peel back the layers, infinitely revealing our potential.

Visit: http://www.dailylife.com.au/news-and-views/dl-culture/what-does-it-really-mean-to-reinvent-yourself-20160403-gnx2oc.html



Messages on the Wind

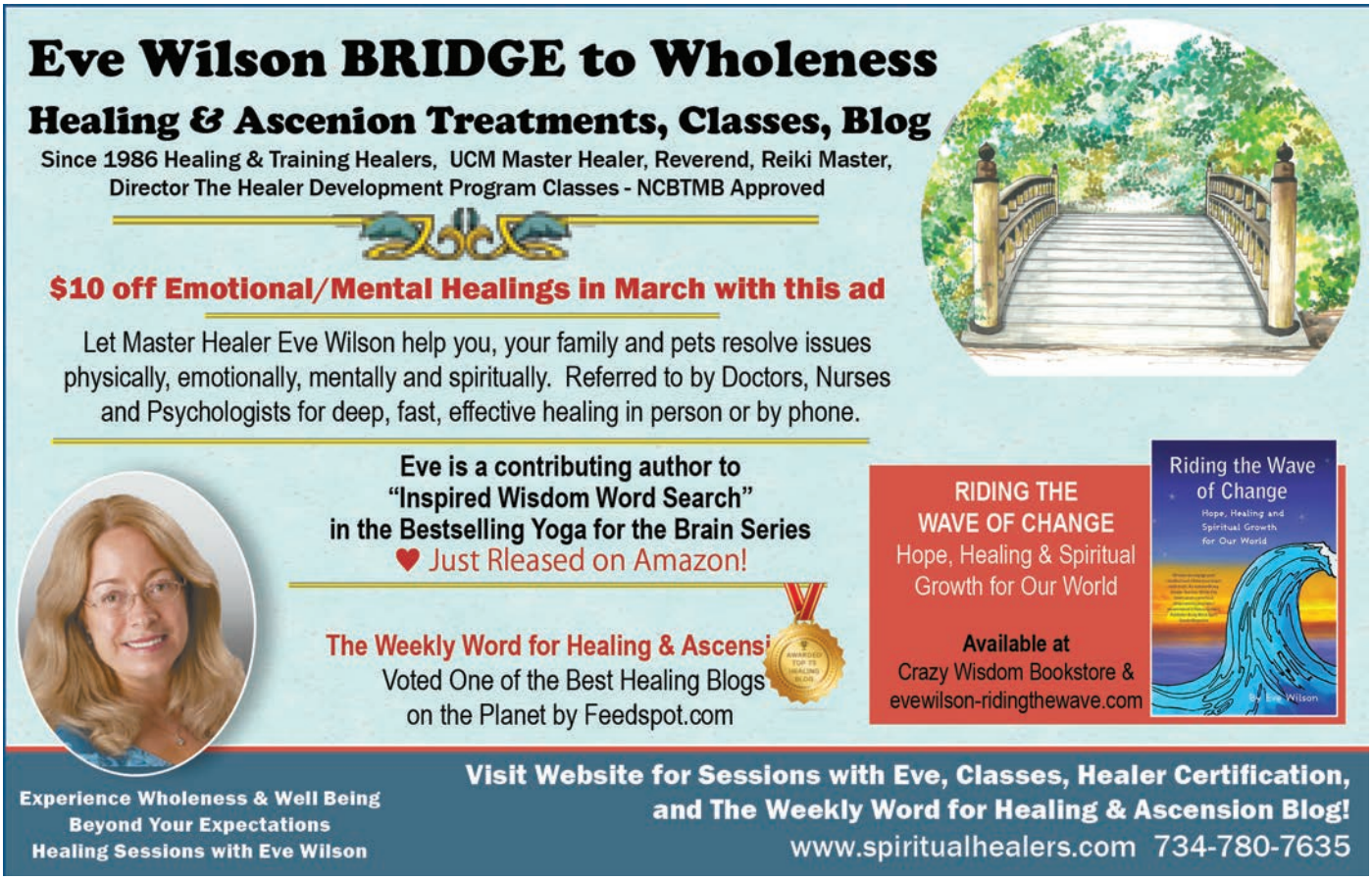
By Eve Wilson

March is here, bringing blustery fresh winds that make the trees dance, blow hair into our eyes, pull hats off heads, and let us know that spring is upon us! What messages are the winds carrying to us?

Strong winds sweep across our world, carrying people's emotional and mental energies like waves of moods. As a healer, I use this as an opportunity to heal and clear negative states from the collective aura of humanity as they blow-by. When I do, this the winds almost always calm down. This is a phenomenal technique for calming hurricanes and tornadoes when I am permitted to do so. Sometimes windstorms just have to do their work, bringing vast change to certain regions, and nothing can be done to change that, and I am not allowed to help.

I want to fly a kite this month! Let my sail fly upon the wind to rise higher and higher on a blustery day, to ride the vast sky like a bird on a tether.

When I was a child, my father took me and a kite to our elementary school playground. He was so clever and funny… he used an old bamboo fishing pole with its fishing line as the



kite string so we could easily wind the string back up using the reel! Can you imagine tiny me and stocky sweet Dad standing, holding a fishing pole pointing toward the sky for all to see and wonder what the heck we were doing-- until they looked up far enough to see our kite!

He took a small piece of paper and wrote our home address on it. And making a tear from one side to the middle, he expanded the middle into a small hole, then hooked it onto the string. The wind sent it spinning up the line to the kite, which was way up in the sky. I'm not sure why he used our address that way, but I was impressed by how that tiny piece of paper was able to become airborne, yet safely attached to our kite string.

When I fly my kite this March, I wish I had an old bamboo fishing rod and reel! But I will have to use a normal kite string holder instead. I want to send messages up into the wind to carry love and blessings to the whole world. I don't know how far the wind travels, whether it makes it all the way around the world or just around our continent. I googled this question and didn't receive a clear answer. But I suspect that there is at least some mixing of air between the different currents and that eventually, the air in my wind will find its way all around the world.

I will write the words I LOVE YOU on one tiny piece of paper and send it up into the air to be born on the wind far and wide. On another, I will write I FORGIVE YOU AND ASK THAT YOU FORGIVE EVERYONE. I will write on a third BLESS THIS WORLD AND ALL WHO LIVE ON IT. I will ask the wind to carry these messages to all whose hearts and minds need to receive them. I will ask that they bless our world and help us allow love and forgiveness to be planted and grow in the soil of our lives.

What messages do you want to be born on the wind of our world? You don't need a kite and tiny pieces of paper to send them. They can be born on the love of your heart and by the focus of your mind through the power of your desire. None of us are perfect. On any given day, we bless, and we curse, but we do our best. It is what we do by choice that has the greatest impact.

Love trumps curses, always. May the winds of life blow favorably for you, my friends, and may you find the love you desire and the forgiveness you need as close as your hearts and minds.

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 734-780-7635

"The way of peace is the way of love. Love is the greatest power on earth. It conquers all things." Peace Pilgrim

"It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for yourself and others will come." Dalai Lama

"God's dream is that you and I and all of us will realize that we are family, that we are made for togetherness, for goodness, and for compassion." Desmond Tutu

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Join us for a women's weekend to reconnect to Mother Nature, sisters, and self!

Spring is a time for rejoicing and expansion!

It's our time to get reconnected to our source, our Mother Earth, first and foremost.

The buds are in a state of becoming and emerging, the hibernating animals awaken from the deep slumber, and the sun is again kissing our faces.

Spending cold winters indoors and having heavy clouds that fill our sky is such a hard thing to make it through. We need to frolick, dance in the wind, and restore our CONNECTION! We NEED to get our bare feet to the mud in order to ground and come together in circle of sisters in order to celebrate and process the deep dark winter lessons.

This retreat is not only for cold winter month endurers; it's for anyone! Spring is a shift in energy in all places on the globe as it signifies a shift in our earths tilt no matter where you're at! This time reflects a newness and need to be more expansive. Reconnecting is key!

It's time to get clear on where we are at in our personal growth journey and also our healing as women of this earthy experience. We MUST focus on the deeper introspection of self to discover how to gorgeously emerge into this new energy we call spring!

We can utilize the healing and nourishment of this amazing retreat to bring all these awarenesses to our consciousness, and that is our ultimate intention for you and for ourselves as well!! We are women, and we hold up half the sky...it's time to put it down for a sec, yeah we can do that, and RECEIVE, RECONNECT, and NOURISH!

LADIES!!!! Julie Kouyate and Dori Edwards have created a space for healing, connecting with other women, and sharing guided experiences that will enrich your souls and lead you to a life more inspired. We hope you can come bless us with your presence. We like to think of our guests as our Queens for the weekend, and we treat you like Royalty. Allow us to pamper you, nourish your beings, and enliven your spirits.

ONLY 15 SPOTS AVAILABLE

Early bird prices are available to the first four women who sign up!! Save $$$$

Please RSVP by April 1 to Julie Kouyate at coachjulie@kouyatehealingarts.com or call 734-330-7903.

What is an Energy Healing?

By Laura Moody

"Most people are taught that you heal from the inside out. But what if it was wrong in some ways?"

Many people that do energy clearing work with the layer of energy called the "etheric." The etheric field is also known as the "aura" field and is said to be in immediate contact with the physical body, to sustain it and connect to "higher" bodies. An etheric healer breaks down and rebuilds the energy field surrounding the body. Removing excess energy blocks and basically balances what is imbalanced. Often, illness and disease can be detected here before actually manifesting in the physical body.

There are so many names for what the healers can be called: energy workers, shamans, mediums, and intuitives. But those are just names. If one limits themselves to a certain label, we find that we cannot grow and achieve more. Most healers desire always to achieve more.

At the "Rock Your World Fair," we have a variety of healers and energy workers. Lynn Blandford is one of our regular healers available at our shows. Her sessions last anywhere from 30-45 minutes and involve working with crystals to help release any blockages in your energy body. Lynn has been working in this field for many years, and she is amazing!
Carol Plowman is another unique healer who works with the Council of Light Diamond Energies & Ascended Masters, to locate disruptions within a person's body and correct them. She can also access the Akashic Records and clear past life difficulties. She can heal, align, and help center your chakras.

Juanita works with massage and energy to heal you emotionally and physically.

So why not get an energy healing and experience a sense of heightened awareness! You can meet any of these healers at a Rock Your World Psychic & Holistic Fair. Come on out and visit them or any of our psychics, mediums, or loving vendors.
We look forward to seeing you!

Laura Moody

Contact me for Vending at our shows at rockyourworld57@gmail.com and please see our ad in this issue on the Guide.

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Up Coming Psychic & Holistic Shows

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Saturday, March 28th
Warren Royalty House
8201 E. 13 Mile Rd., Warren, MI
10 am – 4 pm

Saturday, April 4th - VFW Post 4659
8311 Wilson Dr., Shelby Township, MI
10 am - 5 pm

Sunday, April 19th
Psychedelic Healing Shack & Vegan Cafe
18700 Woodward Ave, Detroit, MI
12 Noon - 6 pm

Saturday, April 25th
Fenton Community Cultural Center
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11 am – 5 pm

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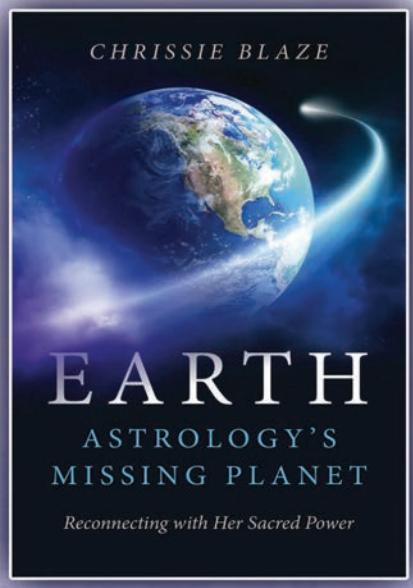

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Reclaiming Your Divine Self

By Miche Lame

March is a great time for connecting with, renewing, reclaiming, and healing your inner self. The question is, who do you want to be in this new spring? Just like the new growth of plants, you too grow and change. It's just that you can mindfully choose the changes you want to make, and on a deep level. First, take stock of the reactive choices you have made. By that, I mean, those mistakes that you may have said or done without thinking about it in reaction to a trigger, and now regret the results.

A great way of doing this is to look through your journal and highlight those moments you have documented. Then, close your eyes, take a few deep breaths, and visualize that situation again. How would you change it? How does the result change? Do you like that result? If so, practice this new way of responding -- because chances are, the universe will give you a type of do-over. When that happens, all you have to do is take a deep breath, pause, remember your new choice of response, and respond. Document what happens in your journal and give yourself kudos for changing a conditioned response. You are learning to choose who you want to be, renewing, and revising your inner programs and reclaiming your true self. The connection with your true self comes in when you breathe deeply and connect with you, the divine.

The connection with your divine, true self, allows you to be guided by the divine to be and act according to your true nature and purpose. The response you chose consciously (or unconsciously) allows you to re-write your inner programming that has been there, possibly even starting in the womb or in your genetics (which science is starting to prove is powerful). You can be your true self, although it may take some courage to breach your family patterns. It's hardest to be you when you are with your family as the programming gets triggered, so remember to take lots of deep breaths to anchor and connect with you.

You get to reclaim your divine self. The healing comes into play by being compassionate and loving with yourself and the mistakes that provide your personal learning lessons, accepting that you are here to have this experience and grow into your greatest being, becoming self-actualized and connecting with the Creator of All. We are each here to grow and learn, and you would not expect a first grader to be doing calculus. So avoid expecting yourself to be perfect - if you were, you wouldn't be here! So, enjoy the experience of connecting with you, renewing, reclaiming, and healing your inner self. Have fun with it, and may your journey be blessed!

Miche Lame has been compassionately guiding people for over 25 years. Through Spiritual Living and Healing Miche utilizes Intuitive and Universal Principals to guide you in healing your emotional, mental, physical, & spiritual state. www.spiritualliving andhealing.com

Happy Friendships

By Pauline Dettloff

Hi Everyone, are you having a good day? Or are you running into angry people, it seems there are high emotions from the top of the chain to the bottom. You might be finding it hard to talk about politics or any of your opinions with family and friends; it's like everyone has a super opinion of something.

If you don't believe what they believe, their anger can cause the loss of their friendship. We see this of Facebook every day, but it also happens in real life too. A friend of mine had a friendship for over 30 years, and they were very close, but the friendship was ending over an accident that was actually someone else's mistake.

What people often forget in an argument is that before someone gets angry, they are hurt, and that hurt grow into anger, You should not have to say "I'm sorry" for something that was not your fault, but you might say, "I'm sorry your hurt" sometimes that helps, and often after the anger has cooled you can repair the friendship but not always.

I always try to look for a favorable situation in everything that happens in my life. Some of them are good, some of them are bad, you have choices, you can live happily, or you can live sadly; you can have a great relationship or a strained relationship, it's all up to you. People often come to us at Michigan Psychic Fair for "Friend or Foe" tarot or psychic readings to help with friendships because life is all about happiness, and we are all looking for that… Getting back to joy!

Join us here at Michigan Psychic Fair. We have a fair every week in the metro area, and this month is Saint Patrick's Day, how exciting, everything is green, and everybody is Irish. It's a happy holiday, lots of smiles.

Every week we have something new going on and new and different Psychics/ Mediums and energy healers on board. Also, don't forget, we have our beautiful crystals, we also explain their healing properties, if you would like.

With Love and Light

Pauline

Come and visit me or any of our psychics at Michigan Psychic Fair. 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

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, Linconln Park

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Plymouth - March 22
Comfort Inn - 40455 Ann Arbor Rd
(I-275 Plymouth Exit)

Farmington Hills – March 29
Comfort Inn - 30715 W. 12 Mile Rd
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Birmingham - April 5
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8 R's of RESTORATION

By Jill Janiec

The 8 R's of RESTORATION is continued from last month, to see the full article visit www.bodymindspiritguide.com

REBUILD

Rebuild means building something back up from where it was damaged or destroyed. It means to make extensive repairs to reconstruct to restore to a previous state. No matter what it may look like right now, God is able to put the pieces back together if you are willing to say yes to partnering with him in the rebuilding process. Let him take you by the hand and give you fresh vision and a building blueprint to start your life over. It's time to rebuild on a strong foundation of God's Love and Forgiveness. First with you then others. There is a sound of wholeness and freedom coming your way. It will be an extreme make-over, you won't even recognize the old house. It will be all made new. You will be left in awe.

Rebuild Tip #1 This will be a time of Adjusting, changing and modifying and purging out the old and bringing in the new. Don't be afraid of the change, start with prayer and ask what negative emotions you should release to clean out your heart that maybe have been there for years that would try to slow you down in the process. Start with doterra console comforting blend, sometimes through trauma and grief we can lose ourselves somewhere because we need healing from losing others. The doterra console blend of floral and tree essentials oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Listen to your heart so you can bind up your broken heart and see it brought back to life.

Rebuild Tip #2

A part of that rebuilding process is eating healthy nutrition. Eating clean and organic is important to get the right resources in the body to regenerate it quickly. Foods like free-range chicken, ocean caught fish, eggs, healthy fats, all kinds of greens, legumes, nuts seeds, healthy beverages. (For complete food list, and food foundations, how to shop, cooking healthy, digestion tips, understanding organics, supplements and essential oils, contact me for health freedom consultation). Purchase Collagen at health food store. It is the glue that holds the body together. Superfoods found in green powder products are a way to get more alkalizing greens in your diet.

Rebuild Tip #3 Cardio, strength training and stretching are important to add to your weekly regiment. Try walking at home if you have a place to walk. You can do this regiment in an hour. If you don't have a gym membership, try to walk 3-4 times a week at home at least for 30 minutes. Start using Light weights around your arms and legs or free weights if you need a heavier weight. Start toning up the muscles in your biceps, triceps, and legs. Strength training can be done in 20 minutes and then stretching on the floor for 10 minutes. This will help you rebuild your bones to set a good foundation for the rest of your body to come into alignment. Use our doterra trio oils used for stretching and meditation. Oils like arise, align and anchor. These blends provide aromas to steady, center and enlighten your spirit through every breath.

REVITALIZE

When it's time in your life to revitalize it means something is being restored back to your life with energy and vitality. Revitalizing adds newness and strength. Since vital things are alive, strong, and flourishing, when something gets revitalized, it is returned to health or life.

The word vitality is derived from vita or "life." In the physical sense, this vitality refers to feeling healthy and capable and energetic. Psychologically, this state of aliveness brings a sense that one's actions have meaning and purpose.

Vitality is the state of being full of life and energy; it is exuberant physical, mental and emotional strength. It is also the capacity for survival; the power giving continuance of life. Emotional vitality was defined as a sense of positive energy, an ability to regulate behavior and emotions, and a feeling of engagement in life.

Revitalize Tip #1 Let's start today to treat your Face to Turn back time with Yarrow and Pomegrante Skin Care from doterra. Yarrow essential oil and Pomegrante Seed Oil will bring back health, vitality and radiance to your skin. Yarrow/Pom Cellular Beauty Complex Capsules provide remarkable antioxidant support healthy luminous skin with an irresistible glow from the inside out.

Soothes and protects tissues throughout the body.

Improves skins firmness and reduces skin imperfections

Illuminates and brightens complexion. Yarrow/Pom Body Renewal Serum delivers powerful bioactive compounds to the skin for a youthful, rejuvenated look and overall glow.

- Promotes the look of young and

healthy skin

- Enhances skin brightness and luminosity.
- Supports the skin's natural barrier and improves the appearance of firm, smooth skin.

Revitalize Tip #2 Keep Moving consistently, vigorously, a little or a lot, you help your body do what it was designed to do. Pick any activity—stretching, running, dancing, even just walking, and do it often. You'll reap some big benefits—including help your body detoxify. Your lymphatic system, a whole network of vessels, is the body's drainage system, and helps remove waste from the blood. But lymph doesn't get pumped through the system by the heart the way blood does. Rather, it gets moved through other ways, including breathing and muscle contractions—which is why exercise is so critical to the process.

Revitalize Tip #3 Emotional Vitality

1. Get away. ...
2. Take a virtual vacation. ...
3. Renew with music. ...
4. Choose happiness. ...
5. Monitor your intimate companions. ...
6. Turn off the critic. ...
7. Be nice and watch how nice people will be in return.
8. Dump toxic clutter.
9. Lighten up 10. Let it Go

REVIVE

Regain life, consciousness, or strength.

become active or flourishing again

Are you ready to be revived to regain new life, consciousness and strength? It is time for to flourish like a palm tree. It is your season to be brought back to life from the wilderness years and to see rivers of living water begin to flow back in your heart and life. Focus and do these things tips to get the fires reignited

Revive Tip #1 Writing in a journal

1. Praying.
2. Meditating.
3. Reading and declaring confessions.
4. Conscious acts of forgiveness.
5. Finding a safe place and person to talk too.

6. Engaging in nature walks, art therapy or music therapy

7. Deep breathing

Revive Tip #2 How do I revive my relationship with God.

1. Talk to Him. Just as with any other person in your life, communication is essential to strengthening your relationship with God. ...

2. Listen for His Voice

3. Show gratitude. ...

4. Be mindful and sensitive

Revive TIP #3 Consider these seven ways to save any struggling relationship:

1. Re-evaluate the reasons you're together. Go back to the beginning. ...

2. Communicate. ...

3. Do something special together. ...

4. Cut out external influences. ...

5. Forgive each other. ...

6. Come clean about one thing. ...

7. Set boundaries with each other.

RECLAIM

It is time to pursue and recover all. It's your season to get back and reclaim everything that was lost or stolen in your life. Maybe it is your health, your children, your marriage or relationships that didn't work out. It's your time to retrieve your life back and your families to be fully restored. First you must let go of control and the bitter feelings you might feel for those that have wronged you. With a right heart of love and faith it will get you on the right path to move forward to see reform and redemption of all that was lost. It will be better than it was. No matter how many years of loss, God will redeem the time and accelerate the lost years and bring you up to speed right where you need to be.

Reclaim Tip #1 Make a decision to not be a victim from past circumstances. Don't look back to blame others of what has happened to you. Forgive all that are involved and release the anger, pain and regret. Lift up your hands and cup them and give them to God by name and the pain that went along with it. Release shock, trauma, grief, discouragement, depression and receive your new joy, freedom, love, peace, forgiveness and a new heart and mind to begin again.

Reclaim Tip #2 Reclaim first your time, align your morning starting early with a glass of lemon water, wash your face with fresh water to open your eyes to see what you need to see. Anoint yourself with doterra motivation touch encouraging blend. The fresh minty aroma promotes feeling of confidence, courage and belief. Pray and Sit down and write down those things you have lost in the last season and the things you want to retrieve back but even better. Every morning get up at the same time and write down your hearts desires and dreams to come alive again for your now and your future.

Reclaim Tip #3 Go outside and take steps towards reclaiming your life by walking your property. Do a prophetic act of reclaiming the land of your life for a new day by taking one step at a time and declaring what is coming back to you!

Jill Janiec

Written by Jill Janiec Life Coach, Nutrition Consultant, Light Minister. please see her ad in the directory on this months issue.

Charge Up

By Susan deCaussin

You wouldn't think about leaving for a trip if you didn't pack your phone charger, your laptop charger, or the charging cord for your Bluetooth or headset. You just wouldn't do it because you know that the only way to keep those devices connected and working their best is to give them regular opportunities to recharge and re-energize. But, do you put as much thought into continuously charging your own battery?

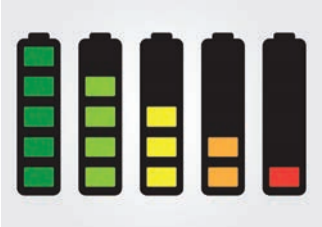
You're no different than those electronic devices, except it's your connection to the physical world that slowly drains the energy from you. Your recharging process occurs when you take the time to purposely cultivate a connection to the energy that is your Higher Self. Therefore, it's imperative that you plug in and charge up on a daily basis.

Much like an electronic device connects to invisible waves of energy that carry information, we are no different. When your battery runs low, you lose the natural, intuitive connection that provides clarity, comfort, and a sense of safety. At those times, you disconnect from Source and lose out on the instructions that are meant to guide you along your journey. Challenges can easily become overwhelming as you start to look outside of yourself for answers. That "disconnect" can leave you feeling lost, confused, and wandering aimlessly through life.

By taking the time to regularly release the busyness of the conscious mind in silence, you will begin to build a stronger connection to your Higher Self and open yourself to Divine guidance. Some may achieve this through meditation. Others, through hobbies that bring them a state of peace and comfort in their mind. It's different for everyone, but it's necessary, nonetheless.

As children, we looked to our parents,

or other authority figures, for answers. They always seemed to be able to calm our fears, release concerns, and help us move forward. Our connection to the Divine is no different. The same way that as children, we looked to those we trusted, as adults, we need to connect to the Creator of all that is, in order to feel the support that brings the confidence, strength, and clarity needed to move confidently through life.



So what's your battery level at? Is it fully charged and able to pick up on even the subtlest of signals, or is your battery level low, leaving you feeling disconnected? The same way that you must charge up your phone every day, you must also make a conscious choice to charge up our own batteries by plugging into the energy of the Universe.

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

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7 Blue Zone Foods to Include in Your Diet

By Cathy Wong

For a long life and better health, try boosting your intake of foods that people living in Blue Zones have in their diet. Blue Zones are areas across the globe where people tend to live the longest and have remarkably low rates of heart disease, cancer, diabetes, and obesity.

Sticking to a vibrant, nutrient-rich eating plan appears to play a key role in the exceptional health of Blue Zone dwellers. Here's a look at seven foods to include in your own Blue Zone-inspired diet.

Legumes: From chickpeas to lentils, legumes are a vital component of all Blue Zone diets. Loaded with fiber and known for their heart-healthy effects, legumes also serve as a top source of protein, complex carbohydrates, and a variety of vitamins and minerals. Aim for at least a half-cup of legumes each day.

Dark Leafy Greens: Dark leafy greens like kale, spinach, and Swiss chard are especially prized. One of the most nutrient-dense types of veggies, dark leafy greens contain several vitamins with powerful antioxidant properties, including vitamin A and vitamin C.

Nuts: Like legumes, nuts are packed with protein, vitamins, and minerals. They also supply heart-healthy unsaturated fats, with some research suggesting that including nuts in your diet may help reduce your cholesterol levels.

Olive Oil: A staple of Blue Zone diets, olive oil offers a wealth of health-enhancing fatty acids, antioxidants, and compounds such as oleuropein, a chemical found to curb inflammation.

Steel-Cut Oatmeal: When it comes to whole grains, those in Blue Zones often choose oats. One of the least processed forms of oats, steel-cut oats, makes for a high-fiber and incredibly filling breakfast option. Perhaps best known for their cholesterol-lowering power, recent research has determined that oats may thwart weight gain, fight diabetes, and prevent hardening of the arteries.

Blueberries: Recent studies have demonstrated that blueberries may help shield your brain health as you age. But the benefits might go even further. Other research says blueberries might fend off heart disease by improving blood pressure control.

Barley: Barley may possess cholesterol-lowering properties similar to those of oats, according to a study recently published in the European Journal of Clinical Nutrition. Barley also delivers essential amino acids, as well as compounds that may help stimulate digestion.

www.verywellhealth.com/blue-zone-diet-foods-4159314

Spiritual Horoscopes

By Aluna Michaels, M.A.

Spiritual Horoscope
By Aluna Michaels, M.A.

Pisces (Feb. 19 – March 20) –- Happy birthday, Pisces! Mercury turns direct and moves into your sign, bringing inspiration and clarity of purpose! Many answers come through meditation and dreams. It's also a powerful time for manifesting desires by means of affirmations. You'll need to constantly (and lovingly) counter your fearfuL or negative voice. It's normal, so don't be discouraged. Only confide your visionary future to one or two trusted friends that believe in spiritual manifestation, and spend time with positive, upbeat people!

Aries (March 21 – April 19) — Wow! It's an amazing career month! You could have a fabulous offer, promotion or bonus. It might even be out of the blue, but you deserved it from your hard work last year! Mercury moves direct and helps you forgive old resentments and opens your heart and mind to be able to wish hope, and dream. Think clearly about investments, since a get-rich-quick scheme could likely be a scheme! True prosperity will come from the harvest of your past planting. A new relationship can start but clearly discuss each other's expectations.

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Taurus (April 20 – May 20) — Loving, opulent Venus moves into your sign. You can start a new relationship or improve the harmony in your current partnership. With revolutionary Uranus being also in Taurus, the best relationship to heal and expand is with yourself! Say positive affirmations in the mirror. Take deep breaths with your hand over your heart frequently throughout the day. Plan a trip to an exotic place you've yearned to visit. You'll also have breakthroughs feeling the Universe is a safe and abundant place that is blessing you!

Gemini (May 21 – June 20) — Meditation will be easy for you, believe it or not! You'll be able to still your mind and be less restless. You'll also have intuitive thoughts during the day that solve problems effortlessly. Relationships take a deeper turn in terms of trust and sexuality. Sometimes you feel safer keeping things on the surface, but right now, opening your heart and soul are the right things to do. Even in a longterm partnership, new levels of intimacy are there to be explored!

Cancer (June 21 – July 22) — Open up to new friends and hobbies. It's too easy to stick with the same people and circumstances, even if there are problems. Challenge yourself and experience fresh social energy! You can also start a new relationship. In a current partnership, try new ways of problem-solving and conflict resolution. Also, try different activities together so that you see each other in new ways! If you've strayed from meditation habits, get back to basics, and you'll feel a return to safety, and reliable inner guidance.

Leo (July 23 – Aug. 22) — As Mercury moves direct, meditate on releasing resentments that have hardened into limiting beliefs. Open yourself to trust again, especially in regards to intimacy on all levels. Forgive yourself and others while maintaining healthy boundaries. Breakthroughs happen at work with promotions, bonuses, or recognition! Revitalize your health with new foods, detox programs, or stress-management practices. Don't overlook simple yet powerful tools like conscious deep breathing and mini-meditation during your busy day!

Virgo (Aug. 23 – Sept. 22) — Mercury goes direct. This clears up miscommunication with relationships, helps you both smooth things over, and regain playfulness and sexiness! If you just started a new connection, ask pertinent questions to make sure you're actually aligned in terms of life goals and values. Spiritually, get out in nature to revitalize your spirit. Meditate outside, if possible. Also, find new ways to connect with your inner wisdom through yoga, qigong, or by "just" falling in love with life!

Libra (Sept. 23 – Oct. 22) — Puzzling health issues can resolve as Mercury moves direct this month. Eliminating a troublesome food can be a big part of your problem, even if it's emotional wellness you've struggled with. You can start a passionate new relationship that leads to surprising levels of intimacy! Current partnerships can also deepen, even if you've "given up" on things improving. Meditate on boundaries with others, be they family or work. As you keep those limits clear, you'll notice you have more energy and success in many ways!

Scorpio (Oct. 23 – Nov. 21) — It's time for a brand new approach to communication in relationships. You usually pull deep within yourself when conflict arises, which can feel abandoning to your partner. Inform them of your need for private reflection and agree on a time to check-in again together. Also, ponder

how you pull away from what/whom you call God when you have challenging emotions. Open your heart to be loved and helped. Also, be aware of the power of the spoken word. Affirmations can be almost magical right now!

Sagittarius (Nov. 22 – Dec. 21) — Focus on money and budgeting, but also put prosperity principles into practice! You can really create financial magic that flows all year long. Check out "It Works" by RHJ, simple and powerful! Meditate on subconscious programming you picked up from your family regarding funds, and also in terms of self-esteem. These patterns shift as you bring them to the light of awareness. You can also meet a new partner who's interested in new forms of wellness, especially the spirituality behind health.

Capricorn (Dec. 22 – Jan. 19) — Mars enters your sign, giving you energy and enthusiasm. You can start a new relationship or a current connection blossoms with love and joy! Physically, you'll feel stronger and healthier than you've felt in a few years! Sometimes you feel that life is a struggle, but now it'll seem that you're effortlessly "in the flow." Please make time for fun and play! It will help you be more efficient at work and more relaxed with family and romantic partners.

Aquarius (Jan. 20 – Feb. 18) — Meditate on forgiving others, yourself, and circumstances from the past two years (or longer!). Try the Hawaiian Ho'oponopono prayer or the Buddhist practice of lovingkindness. As you release old blocks to love, your heart flings open! A new relationship can begin that matches your values. Current connections can be revitalized with your authentic emotions. Even old family hurts can heal. Finances also start flowing now that Mercury turns direct!

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. Visit: www.alunamichaels.com

Power of the Invisible

By Gwendolyn Esco Davis

People need to know that they have all the tools within themselves. Self-awareness, which means awareness of their body, awareness of their mental space, awareness of their relationships -- not only with each other but with life and the ecosystem. ……Deepak Chopra

Change and renewal are natural phenomenons that occur without effort on our part. A natural occurrence is the renewal of human skin. The largest cell on our bodies has such a vital part of our existence. This cell renews itself without visible signals to do so. The human skin sheds about 40 lbs. in your lifetime, and it sheds every 28-45 days, rejuvenating the epidermis and allowing the next generation of skin cells to come forth.

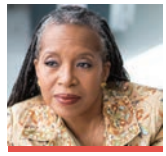
Skin acts as a waterproof, insulating shield, guarding the body against extremes of temperature, damaging sunlight, and harmful chemicals. National Geographic published a study on the human body; the skin also exudes antibacterial substances that prevent infection and manufactures vitamin D for converting calcium into healthy bones. Skin additionally is a huge sensor packed with nerves for keeping the brain in touch with the outside world. At the same time, skin allows us free movement, proving itself an amazingly versatile organ. The dead skin needs to slough off to allow the new cells to the top.

As an evolution of life, our bodies change. It is also a natural part of life to elevate and enhance your thinking and habits, your thought process -- what you think is of importance. Growing your consciousness, your self-awareness of things that you have control over is a natural occurrence of self-preservation. Many times you may be called upon to counsel your friends and family on what they should and should not do. Take that counsel within, to self-council for inner awareness to uncover and shed what is no longer palpable to your life.

You no longer play with your baby dolls or your train sets, as you did as a child. You have outgrown the desire to do so. It would be best if you made those hard decisions to slough off what you have discarded to make room for more promise of life-purpose.

Self-renewal, inner growth, happens when we step out to the unfamiliar and push fear aside. From changing jobs, relationships, or geographic location, whatever may be toxic or do not add value to your life, then it's time for self-renewal. Trying something new, expanding your knowledge – expand your awareness of life and yourself. Like the outer parts of your body that continue to renew, inner growth begins when we shed and renew our familiar and continue to grow.

Shedding old habits and ideas that are no longer expanding or enhancing your life; this is the power of the invisible.



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 or visit her website: www.escodavis.net

Connect with Highest Self Using Vesuvinite

By Jennifer Vanderwal

Vesuvianite, or Idocrase, form small resinous crystals with color flecks ranging from pale blue, red, green and yellow, and is found in the United States. Idocrase radiates unity and harmony, eliminating fear and depression. It links us to our highest self and higher guidance. Vesuvianite stimulates creativity, aiding self-expression through ideas and inventions. It strengthens tooth enamel, smell, and nutrient absorption.

Have you ever heard of "highest self." What is our highest self? Our highest self is our Divine God-self, the higher part of our soul that remembers itself as a child of God, and therefore has Godly qualities. It sees the bigger picture and wants our highest and best. Our God-self is always with us, guiding us. When making decisions, the first answer we hear is most often our highest self, but we doubt ourselves.

Ego is the opposite of our highest self. The main goal of a healthy ego is keeping us safe. Its job is to question, making it tricky to complete projects or spiritual endeavors. Our highest self sees the big picture, knows what's best, and guides us. An unhealthy ego has fearful belief systems repeating unconsciously. A great tool for discerning the ego or highest self when hearing the questioning voices of fear or unworthiness is to ask yourself, "Ego? Are you here to protect and keep me safe?" "No?" "Thank you; I love you. Please be quiet."

When we are aware of the ego, we are open to hearing the guidance of our higher self. Spiritual masters suggest setting daily intentions with our highest self to 'direct our lives'; this aids in accomplishing goals and ignites ideas. A good affirmation for this is: "I AM one with my highest self. I intend for all my actions to be from my highest self." Hold idocrase on your third eye or crown chakra, to amplify effects.

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

Ask-Believe and You Will Receive

By Wendy Powers Nugent

Have you ever heard of the saying, "Be careful what you wish for?" Your thoughts and actions are being recorded continually within your subconscious mind. If you are constantly thinking negative thoughts, your emotions will reflect in your actions.

For example, saying to yourself, "I can never lose weight-I just look at food, and I gain 5 lbs."

Guarantee your subconscious is recording this message, and you will not only continue to gain weight, but you will also feel defeated and live in negative thoughts about yourself.

However, if you say to yourself, "I am beautiful, I feel light, and with everything I eat, I am grateful for the nutrition and energy it gives me," you will start to look at food and even yourself differently. You will eat only what you desire for energy and nutrition, but even if you eat something a bit naughty, you will smile and say, "I feel light and will enjoy with delight. "

You will now enjoy what you are eating, and you can savor each bite and find you do not gain weight.

But, in the first example, you will have an angry relationship with food and not lose weight; in fact, you'll most likely gain even when you deny yourself foods you like. The key to these two thoughts is attitude and expectations, which, of course, are being recorded in your subconscious mind.
This works with just about everything in your life.

If you live in fearful thoughts, you will attract negative experiences and very often feel unworthy to succeed or even become angry with life as things never seem to work as you wish. Example: I know my co-worker is going to get promoted--it is so unfair as I work harder than they do.

Positive Example: I know that I can handle the new promotion that is being offered. But if my co-worker receives it, I will be a good team player and support them. My opportunity and abundance are coming soon! As you see in these different ways of looking at the problem or situation before you, your outcome

will be completely different as your subconscious records your wishes.

The Law of Abundance can be about money; however, it also can be about anything you desire in your life. You can, through your attitude, improve any area of your life. You can see yourself buying the house of your dreams, get promoted, or gain the job you desire. You can bring you a good relationship filled with love, and even improve your health. All you need is to figure out what's blocking you from manifesting your wishes, hopes, and dreams. It may be fears that you can't get the job you desire because you don't have enough experience or education in the field you want to work in. Sometimes it takes a leap of faith to realize your dream. I have told my clients that when things aren't working out for you in the working world, hire yourself and make it happen.

The Law of Abundance is a universal law, just like the law of attraction. We are all connected to Divine Energy. To access this powerful energy, all you need to do is ask, believe, and then you will receive. This is why it is so important to get your thoughts into a positive vibration and ask for only what you truly desire. Example: "I always seem to attract loser relationships, what's wrong with me?"

Guess what you will attract in your next relationship…! Or another example: "I am ready for a loving and joyful person in my life." Be ready for your perfect divine mate to enter into your life; however, if you continue to feel you have to live up to their expectations instead of your expectations of the relationship, your judgment may be clouded, and you may walk right past the right one for you and into the arms of the same relationship disappointment.

Thoughts are very important, and you need to pay attention to how you feel because what you think is what you are going to attract. You have the power to change the energy within yourself by deliberately redirecting your thoughts. Thoughts can definitely affect your mood and emotions. Instead of worrying about what you are thinking, be more mindful of your emotions. When you feel upset or depressed, choose another thought that may make you feel better. Each time you find yourself in a negative emotion, move your thoughts to a wish, hope, or dream that makes you happy. Now live the life you dream of!

Wendy Powers Nugent is a Clairvoyant, Minister, Writer, and Certified Counselor. Wendy has been a professional intuitive spiritual counselor for more than 35 years with proven accuracy. Readings by appointment only. Text/call: 248-826-8255. For more information on her readings, visit her website: www.WendyPowers-Clairvoyant.com

Reset Your Mind, Body, and Soul

By Catherine Beard

We've all been stuck in a rut. Whether it's because we are lacking motivation, stressed out and tired, or bored of the same old routine day in and day out, getting stuck is an inevitable part of life. Sometimes we fall off the bandwagon and begin to feel a little discontent with the way things are going.

Maybe you've hit a wall on a project, or you haven't been eating well and are now feeling sluggish. Or, perhaps you've fallen into the comparison trap, and you're wondering why your life isn't as interesting as someone else's.

What's important is that you have the tools you need to get yourself un-stuck whenever you need to.

I'm a big believer in taking care of our mind, body, and soul every single day, and my technique for getting out of a slump is to focus on doing things that are going to improve those areas of life. Once you give your mind, body, and soul the attention they deserve, you'll feel refreshed, rejuvenated, and more content with your life.

DRINK LEMON WATER FIRST THING. Start your mornings off with a big dose of hydration by drinking a cup of hot water with a slice of lemon. Lemon water helps rejuvenate dull skin and also helps you digest food better so you'll be less bloated throughout the day.

DO A SELF-CARE POWER HOUR. If you want to start or get back into a morning routine, try squeezing in some good ol' self-care with the power hour method. Basically, you want to spend 20 minutes doing something for your mind, then your body, and then your soul. It's the number one thing that gets me out of bed in the morning!

TREAT YO SKIN. Brush: I love dry brushing my skin before a shower because it gets your blood flowing, unclogs pores, and helps to remove any dead skin. Start at your feet and move upwards in long sweeping motions toward your heart. Scrub: What better way to get your skin back into its supple state than with a good body scrub! Glow: If your skin is looking a little lackluster, rosehip oil is an amazing product to use on your face before bed because it helps even out skin tone and creates a glowing complexion.

Visit: https://theblissfulmind.com/reset-mind-body-soul/

"When I let go of what I am, I become what I might be." Lao Tzu

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"I can hardly wait for tomorrow; it means a new life for me each and every day."
Stanley Kunitz

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come." Joseph Campbell

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"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work."
Ralph Marston

"There are some things one can only achieve by a deliberate leap in the opposite direction."
Franz Kafka

The Silver Thread: A Dialogue with Death

By 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 4 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 brahmavidya. The 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 brahmavidya seeks knowledge of an underlying reality which forms the foundation of all other inquires 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 a timeless, formless state of consciousness. It is represented in the mind as an experience of nothingness or omnipresent presence only. In the world, it is the non-dualistic universe, above the senses, and, and different from all other aspects of the world and consciousness. An aligned Hindu concept is Perusha or spirit. We may call it soul.

In contrast is the world and individual consciousness, the realm of the senses and of the ordinary mind, all emanating from a body that is 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 Perusha, and it is called Prakiri, a realm of the physical and of the senses. The ego is called ahamkara.

The Brahma held in individual consciousness is called Atman. It is the manifestation of Brahma in us, but filtered, into our consciousness and sensory apparatus.

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 Perusha. Beyond the Perusha 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 coexisting with the Ego in the same body. Most of us choose to live in the Ego world, but we can imbue even our day to day chores with the spirit of Atman. We must create experiences that peel back the layers of ego to direct experiences of Atman.

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 experience of Atman is like a calm pool, and the Ego world is a series of summer storms. 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, and that pristine part of us is the pure vitality, the pure aliveness of being, that we touch by letting go and entering Brahma.

The Katha Upanishad is a roadmap for conquering death. Conceptually it sees man as having a body-ego side and a Brahma side, which, like the soul, is transpersonal and moves from the host body to the next body.

Psychically we live in both worlds. Our first task is to experience that separation in us, a separation of those two modes of being. Secondly, we must cultivate the transpersonal self. (Atman)

Now we come to Yoga. Yoga refers to unity or integration. In the Vedic tradition, yoga is the tool for developing this higher level of consciousness. Yoga has come to the west as a series of postures, in India, which is one of the many tools of transformation. Through yoga, including meditation, pranayama, and asana, we access the Self. We have transient moments of life's ecstasy, of the Self within us.

Once "mastered" we become aware of both levels of consciousness operating within. One teacher explained it: we live in two rooms; when we are in the ego room, the Self room is just behind us; we can access it at will, just like going from room to room. When possible, we go into that Atman room for long periods of rejuvenation; other times, we draw Atman energy into our daily egoic life.

In the Vedic tradition the most orthodox-priests and acolytes -. seek to dissolve Ahankara. (the ego) They devote their lives toward cultivating a Brahma sense of consciousness and avoid participating in the ego-secular world.

For those who wish the benefits of this world-career, family, community-Ahankara is purified. It is integrated into one's daily life.

The forms of yoga will foster this integration:

Karma Yoga: The Yoga of Philosophy, values, and ideas. The major thrust is a focus on presence and process as opposed to a focus on effort to a goal. There are strong trends in Hindu literature against conceptualizing and reaching for goals. Instead, the emphasis is staying in the here and now and focusing on the process. We think of our endeavors as "duty," and immersing our self in the process, not the goal, engages a spiritual sense of Consciousness.

This is the lesson of the Bkagavad Gita.. In this famous Hindu tome, the warrior Arjuna does not want to fight because he will have to kill relatives and friends. In response, Lord Krishna tells Arjuna that his dharma or duty is to be a warrior. Warriors must fight according to Krishna, and performing your duty is more important than personal feelings or desires. Never think of the personal consequences, focus on doing your duty in the best way possible, be the warrior only you can be.

The lesson for us all is that we spiritually evolve when we follow the dharma that nature has given us. This is compromised we let the ego guide us;
Bhakti Yoga; The expression of the Divine through practices that change consciousness through prayer, meditation, chanting, and music.
Karma Yoga: The path of service. Like charity Giving in a selfless way to others. Unconditional service.
Raja Yoga: Integrating the three forms of yoga mentioned with the 8 Limbs or stages of yoga.

It should be noted that Yama, the God of death, is also the God of Justice. From the Ego perspective, we seek to die justly, having accomplished our potential in this, the secular world.

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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Classes & Events

03/01 Heartfulness Meditation Sundays from 8:30-9:30am.Weekly meditation led by a member of the Detroit Heartfulness Meditation organization. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI 734-421-1760 www.unityoflivonia.org

03/01 Lenten Food Drive, Support Unity of Livonia youth and teens in their efforts to help the St Christine Food Pantry & distribution channels of St Vincent DePaul. Financial and non-perishable food goods will be accepted in the lobby thru Easter at 28660 Five Mile Road, Livonia, MI www.unityoflivonia.org For more info email unityoflivoniaops@gmail.com or call 734-421-1760

03/01 Michigan Psychic Fair from 12-6pm in Roseville Holiday Inn, 31900 Little Mack Ave., Roseville, MI - Pauline 586-939-4230. Michigan's best psychics, find a list of our great Readers, updates and directions at www.MichiganPsychicFair.org

03/01 Past Life Regression Experience! at 12pm. Regression through a hypnotic/meditative state, you will be led through different times of this life or another. There will be time before and after for any questions and sharing of experiences. 12pm. 39323 Garfield, Clinton Twp, MI. $25 Pre-Register at 586-960-5940 or www.EntouchLLC.com

03/01 Sunday Celebration Service at 10-11am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak MI, 248-288-3550 or www.unityofroyaloak.org

03/02 Prosperity plus Workshop 2nd session of seven week class, Mondays 6:30-8pm through 4/6. Facilitated by Lin Hogan-Wilson,Unity of Livonia, 28660 Five Mile Road, Livonia, MI. Cost of materials $55 For questions, text or leave a message at 248-770-7753 or email unityoflivoniayouth@gmail.com www.unityoflivonia.org

03/02 Yoga with Jayne Mondays at 7 pm Weekly Beginner Yoga Class (1st Monday Reiki infused) Walk-ins Welcome Love Offering. Unity of Livonia 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/03 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, MI. 734-421-1760 www.unityoflivonia.org

03/03 Tarot Certification Class, 5 Tuesdays, 10am-12:30pm or 5 Thursdays, 6:30-9pm. Includes Rider-Waite tarot deck, certification, and 12.5 class hours with Amy Bacon. $48/class 3820 Packard #280, Ann Arbor, MI. 734-358-0218 www.EnlightenedSoulCenter.com

03/04 A Course In Miracles: 1-2:30 pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/04 Midweek Meditation from 7-8pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/05 A Course in Miracles for Beginners: 7-9pm weekly Thursday study group led by Chuck Shermetaro. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia

03/05 Attitudinal Healing from 7-8:30pm. Join us each Thursday night and transform your life by learning to choose peace and love over conflict and fear in all situations. Love offering 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or .unityofroyaloak.org

03/05 Zumba Fitness with ZRS from 7-8pm. 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. 248-288-3550

03/06 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. 39323 Garfield, Clinton Twp, MI. 7pm. $25 Pre-Register at 586-960-5940 or www.EntouchLLC.com

03/07 Painting Archangel Gabriel, 1–3pm. Copy a painting of the angel's wings, no prior experience needed, all materials provided, plus receive Angel Reiki. $66 3820 Packard #280, Ann Arbor, MI. 734-358-0218 www.EnlightenedSoulCenter.com

03/07 Reading of Departed Loved Ones: Lisa Bousson, 7–9pm evidential psychic medium gives messages to audience members. $25 advance/$30 door Space limited. 3820 Packard #280, Ann Arbor, MI. 734-358-0218. .EnlightenedSoulCenter.com

03/07 Women Of Spirit: 10am-12pm. Join the women on the 1st Saturday of each month. Bring your own breakfast or lunch. Coffee and tea will be provided. This month's guest speaker is April Ellenberg, LUT. She will present: A Complaint Free World! 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/08 Heartfulness Meditation Sundays 8:30-9:30am Weekly meditation led by a member of the Detroit Heartfulness Meditation organization Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/08 Second Sunday Sing-Along: 2:30-4pm. Join Host, Tom Bowes, as he leads the group in an old-fashioned sing-along. All are welcome. Love offering 2500 Crooks Rd., Royal Oak, MI. 248-288-3550

03/08 Shamanic Journey, Join us for an evening of trauma release and soul retrieval through a Shamanic Journey with Intuitive Energy Healer and Shamanic Practitioner Tammy Doublin. 6pm. 39323 Garfield, Clinton Twp, MI. $25 Pre-Register at 586-960-5940 or www.EntouchLLC.com

03/08 Sunday Celebration Service: 10-11am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/08 Wellness Group from 12-1:30pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/09 A Course in Miracles from 1-3pm. weekly Monday study group led by LaVerne Hughes. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/10 A Course in Miracles from 7-9pm. Weekly Tuesday study group led by Jim White. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/10 Grief and Loss Support Group: 7-8:30pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/11 A Course In Miracles: 1-2:30pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/11 Meditation and Mindful Musings from 7-8pm. Weekly meditation led by rotating facilitators. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/11 Midweek Meditation: 7-8pm. 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. 248-288-3550 or www.unityofroyaloak.org

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

03/12 A Course in Miracles for Beginners from 7-9pm. Weekly Thursday study group led by Chuck Shermetaro. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/12 Zumba Fitness with ZRS: 7-8pm. 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

03/13 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. 7pm. 39323 Garfield, Clinton Twp, MI. 586-960-5940 or www.EntouchLLC.com

03/14 Jobs Club Royal Oak from 10am-12pm. Join Luther Taylor each month as he presents inspiring speakers and networking opportunities. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/15 Handbell Choir Concert performed by "The Singing Pearls", 4pm. Performance is Free and open to the public. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/15 Heartfulness Meditation Sundays 8:30-9:30am Weekly meditation led by a member of the Detroit Heartfulness Meditation organization Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/15 Sunday Celebration Service: 10-11am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/16 A Course in Miracles: 1-3pm. weekly Monday study group led by LaVerne Hughes. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/16 Yoga with Jayne. Mondays at 7pm. Weekly Beginner Yoga Class (1st Monday Reiki infused) Walk-ins Welcome. Love Offering. Unity of Livonia. 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/17 A Course in Miracles: 7-9pm. Weekly Tuesday study group led by Jim White. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/18 A Course In Miracles: 1-2:30pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/18 Drumming Circle Meditation: 7-8pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/18 Grief and Loss Support Group: 10:30am-12pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/18 Meditation and Mindful Musings: 7-8pm. Weekly meditation led by rotating facilitators. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/19 A Course in Miracles for Beginners: 7-9pm. Weekly Thursday study group led by Chuck Shermetaro. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/19 Zumba Fitness with ZRS: 7-8pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/21 10am-5pm "Learn Tarot in 1 Day"! This fast paced workshop will teach you meanings, colors, spreads and numerology of tarot. Livonia Comfort Inn $145 includes: Deck and handouts. To register:www.readingsbylaura.net/classes

03/21 Authentic Connection Circle with HAI, 7:30-9:30pm Activities to create connection on many different levels and practice in empathy, vulnerability, and self-discovery $15 3820 Packard #280, Ann Arbor, MI. 734-358-0218 www.EnlightenedSoulCenter.com

03/21 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, MI. 734-421-1760 www.unityoflivonia.org

03/22 Crystal Basics 101, Whether you have been drawn to crystals ever since you can remember, or it's something new catching your eye, come join us to explore the basics of these ancient tools. We will study their properties, uses, caring for and how you can implement them into your daily life. Each participant will take home their very own tumbled stone. 12pm. 39323 Garfield, Clinton Twp, MI. $25 Pre-Register at 586-960-5940 or www.EntouchLLC.com

03/22 Heartfulness Meditation Sundays 8:30-9:30am Weekly meditation led by a member of the Detroit Heartfulness Meditation organization Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/22 Sunday 8am - 3pm "Crystals at Royal Oak Farmers Market" Join Rock your World at 316 E. 11 Mile to view a wide selection of fossils, minerals, and high frequency crystals. Free admission plus enjoy a wide range of antiques and Collectibles. For more info wwe.rywevents.com.

03/22 Sunday Celebration Service: 10-11am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/23 A Course in Miracles: 1-3pm weekly Monday study group led by LaVerne Hughes. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/23 A Course in Miracles: 10am-12pm. Weekly Monday study group led by Ron Cohen. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/23 Healing Energy Vortex Experience, 7–8pm. Participants add their energy to healer Christa Lynn's to create a powerful, unique healing event $10 3820 Packard #280, Ann Arbor, MI. 734-358-0218

03/23 Yoga with Jayne. Mondays at 7pm. Weekly Beginner Yoga Class (1st Monday Reiki infused) Walk-ins Welcome. Love Offering. Unity of Livonia. 28660 Five Mile Road, Livonia, MI. 734-421-1760

03/24 A Course in Miracles: 7-9pm. Weekly Tuesday study group led by Jim White. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760

03/24 Grief and Loss Support Group: 7-8:30pm. Help with grief, loss or dealing with significant change in a supportive environment. As we support each other, we will explore tools that can lead to acceptance and peace. Facilitators: Karen Ulatowski & Mary Wackrow, LUT. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550

03/25 A Course In Miracles: 1-2:30pm. Weekly Wednesday study group. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/25 Meditation and Mindful Musings: 7-8pm. Weekly meditation led by rotating facilitators. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/25 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. 248-288-3550

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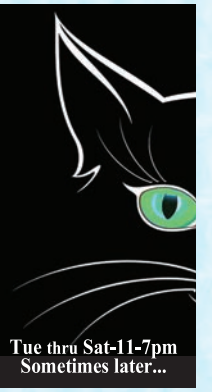

Tue thru Sat-11-7pm
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03/26 A Course in Miracles for Beginners: 7-9pm. Weekly Thursday study group led by Chuck Shermetaro. Love Offering. Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/26 Attitudinal Healing: 7-8:30 pm. Join us each Thursday night and transform your life by learning to choose peace and love over conflict and fear in all situations. Love offering 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/26 Zumba Fitness with ZRS: 7-8pm. 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. 248-288-3550 or www.unityofroyaloak.org

03/27 Lecture: The Ascended Masters - Their Roles, Rituals and Retreats. 7:30pm. - $10 with Gary and Chrissie Blaze. The Aetherius Society - Royal Oak, 3119 N Campbell Rd, Royal Oak, MI. 248-588-0290, https://www.aetherius.org/locations/michigan/

03/28 10am-4pm Rock Your World Psychic & Holistic Fair at the Warren Royalty House located at 8201 E. 13 Mile, Warren, MI. $5 admission, Readings start @ $25 for more info www.rywevents.com

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03/29 Color All around You, Within this workshop, we will explore different ways that color can influence how we feel and how we interact with the world. Using the science of aura photography, participants in this workshop will have the opportunity to have their aura photo taken, and gain understanding of how color can describe in detail so many aspects of our emotions, without saying a word. 39323 Garfield, Clinton Twp, MI. 12pm. $35 Pre-Register at 586-960-5940 or www.EntouchLLC.com

03/29 Heartfulness Meditation Sundays 8:30-9:30am Weekly meditation led by a member of the Detroit Heartfulness Meditation organization. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

03/29 Sunday Celebration Service: 10-11am. Weekly Sunday worship service. 2500 Crooks Rd., Royal Oak, MI. 248-288-3550 or www.unityofroyaloak.org

03/30 A Course in Miracles: 1-3pm weekly Monday study group led by LaVerne Hughes. Love Offering Unity of Livonia, 28660 Five Mile Road, Livonia, MI. 734-421-1760 www.unityoflivonia.org

04/04 10am-5pm Rock Your World Psychic & Holistic Fair @ The Shelby Twp. VFW located at 8311 Wilson Street, Shelby Twp. Aura Photos, Reiki, Readings, Crystals! $5 admission for more info wwe.rywevents.com

04/12 Lenten Food Drive, Support Unity of Livonia youth and teens in their efforts to help the St Christine Food Pantry & distribution channels of St Vincent DePaul. Financial and non-perishable food goods will be accepted in the lobby at Unity of Livonia thru Easter. 28660 Five Mile Road, Livonia, MI. www.unityoflivonia.org, for more information email unityoflivoniaops@gmail.com or call 734-421-1760

04/25 OTE Spirit Fest located in Brownstown, have a reading, healing and a relaxing day with great vendors. Lots to see and wonderful people to meet, if you need further info please email me at blueraven318@gmail.com or call 571-989-2408

05/12 Lecture: 40 Years of UFO Contacts. 7:30pm. By visiting speakers/authors from London, England and Los Angeles, Richard Lawrence and Brian Keneipp. For further information contact Chrissie at 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

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The Spices of Life

By Faith Brower

Enough is enough! This past winter felt too long, grey, and cold to me. I am ready for sunshine on a regular basis, clean sidewalks and streets to navigate, and colors popping out of the ground and on trees like green, pink, yellow, and lavender.

Talking to others, I realize feelings of restlessness and a desire for change are among us. A hunger for the spice of variety is gripping many of us right now. It can be confusing about what to do with these thoughts. Do we simply try to escape them? Some of us may book a vacation to a warm and restful destination or plan a trip filled with adventure to shake these feelings. Some of us choose escapes, like drugs and alcohol. Others complain to friends and do nothing differently.

March is a time of renewal, an opportunity for self-renewal. So why not embrace this chance? Take baby steps. Here are three suggestions for self-renewal:

Use Coping Thoughts or Words

self-encouraging instead of self-deprecating. Words hold power, as do our thoughts. Be mindful of what you say after "I am…". You may not think anyone is listening, but every cell in your body has your full attention. For example, when you can't find your keys, instead of saying, "I am so scatter-brained. I'm an idiot." Say, "Mistakes happen; no one's perfect." You can find a list of coping thoughts in the book, The Dialectical Behavior Therapy Skills Workbook by Jeffrey Brantley, Jeffrey C. Wood, and Matthew McKay. I urge you to research this.

Trust and Leap

I had an "aha moment." It came to me that I am starting a new phase of my life. As humans, we know change is a constant and natural occurrence. So why do we feel uncomfortable or even fight it?

Clothes, relationships, activities, groups we belong to serve us for certain times in our lives. But then we get an urge to move on or let go of something or someone. There is nothing wrong with this. We are meant to grow and morph. Life isn't about how to deal with negative emotions and try to escape them; it is about knowing we can work through and learn from what the emotions are telling us. Listen, trust, be still, and then leap… the net will follow.

Build a Satisfying Life

I used to really dislike the questionnaires or media sites that ask us what our hobbies are or what we enjoy doing. As an only parent who worked and just kept putting one foot in front of the other to be the best mom I could be, I resented the fact that I had the darndest time answering that. I also felt really sad that I did not know what brought me joy besides maybe two things. Well, I realized recently that that was okay at that time in my life. My focus was survival and my son. But now I am no longer in that phase of life. I need to be building a satisfying life. I recently came across 196 activities, many of which are free, that a person could enjoy. Yes-I said 196! I found them in a book called The Expanded DBT Skills Training Manual by Lane Pederson. Remember to take baby steps…so I have decided to schedule 3 of these pleasant activities each day. We all deserve pleasurable activities every day. Today, I think I will use mindfulness skills as I cook, listen to a great song and read the lyrics, and schedule a massage.

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

Inside Out

By Chris Surber, Senior Minister

I love the children's movie, "Inside Out." The main characters are Joy, Sadness, Fear, Anger, and Disgust. They live inside the mind of a preteen girl named Riley. The film is hilarious as you get to see the personified basic emotions of a person that interact, fight, and work together to solve problems and direct Riley.

For me, this movie begs the question of whether our emotions run us or we run them. Who is in charge inside of me anyway! There are no shortages of theories as to how our emotions are instilled and shaped in us. Is it nature or nurture? What is the nature and the extent of family and a community's social training on who we become? What about genetic predisposition when it comes to our personality and emotions? Those are difficult questions to answer, but the Bible does have important insight.

It occurs to me that a common sentiment among the "nature crowd" finds it easier to blame genetics and family history for the challenges they have in managing their emotions and thought-life well. Be careful. That way of thinking often leads to a blame game. I heard a fellow preacher once say, "Every blame game is a lame game. It'll make you a lame duck, unable to reach your goals." While it can be helpful to look at our family history and the other influences that shaped us, if we want to be in charge of our emotions and develop our thought- life in positive ways, we have to take authority over them by taking responsibility for them.

In II Corinthians 10:5, the Apostle Paul wrote, "We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ." (New Living Translation) Successful people are not mastered by their past or the thought residue left behind by the influence of others. In I Peter 2:21, the Apostle Peter echoes a similar sentiment. "For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in His steps." (NLT)

You don't have to be mastered by the past or by present pain or trials. What we went through does not define us. At the end of the day, we may have been born with a certain temperament, and surely we were influenced by those who loved us and those who hurt us. However, right now, at this moment, we get to choose who we will become. We have the power to break patterns of the past and define our destiny. God's love and power is available for any person who desires it. There is a lot of wisdom in the world. There is profound life-guiding hope-filled power-packed God-given light for living in the Bible.

"Your word is a lamp to guide my feet and a light for my path. I've promised it once, and I'll promise it again; I will obey Your righteous regulations. I have suffered much, O LORD, restore my life again as You promised." – Psalms 119:105-107 (NLT)

Wherever you are on the journey of faith, wherever you are on your journey through this life, the outside world doesn't have to turn you inside out, and our inside worlds don't have to stay the way they are. God has given us insight and power to determine our destiny! Choose today who you will be. With God's help, become the best version of you. That is who God made you to be. I'm praying for you to take control of the helm of your emotions and thought-life. I know you can do it!

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. Visit him online at www.chrissurber.com

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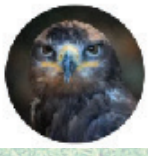
Wholeness is a state of unity between all aspects of
- spiritual and human, mind, emotion, body

FREE COURSES

COURSE: Finding Your Power Animal



COURSES

Finding Your Power Animal

"Join Bridge to Wholeness to take this course FREE!"
Empower & heal your life through power animals!

COMMUNITY CLASSIFIED ADS

ANNOUNCING

Announcing:Calling all co-creators to participate as volunteer team members to assist with developing, supporting and sustaining positive activities, events and people at Unity of Livonia Spiritual Center, for more information email Mona at Mona@CoCreateJoy.com or text message only to 734-778-4655

Teachings from Mark and Elizabeth Clare Prophet plus weekly Sunday devotional services at The Summit Lighthouse of Detroit. 313-768-5737 www.summitlighthousedetroit.org

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

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

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

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

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

ASTROLOGY

Astrology with Alice! Complete horoscopes, mini readings (Sun/Moon/Rising Sign), classes. Discover your Gifts from the Stars be empowered. www.northernskyandbeyond.com 734-892-8809

COACHING

G. EscoDavis, LLC certified life coach, Coaching Women Entrepreneurs' and life balance coaching www.escodavis.net to view menu of services

HEALING SERVICES

Certified Colonics, Detoxification, Salt Cave. InnerSpace Holistic Ann Arbor. www.innerspaceholistic.com 734-709-8313

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

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

Gemini Skin Studio. Licensed Skin Therapist in Southfield. Facials & Body Treatments. Inquire/ Book online www.geminiskinstudio.com

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

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

SPACE AVAILABLE

Month-to-Month Office Space alongside established practitioners! Beautiful office with amenities for Massage, Acupuncture, or other energy healing and body work modalities. Alternative Health Solutions, LLC. West Bloomfield, minutes from I-696 & Orchard Lk Rd. 248-855-8707. View Gallery at my-alternativehealth.com

READERS

Readings with Cassie D are Straightforward and Accurate! Spiritual Message Interpreter. sandeeroy1966@gmail.com or 248-692-3731 text msg Cassie D

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Lao Tzu

"Life without love is like a tree without blossoms or fruit." Khalil Gibran

"Love is a better teacher than duty." Albert Einstein

"To love oneself is the beginning of a lifelong romance," Oscar Wilde.

"The self-renewing man never feels that he has 'arrived.' " John W. Gardner

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.

~Bob, Allen Park

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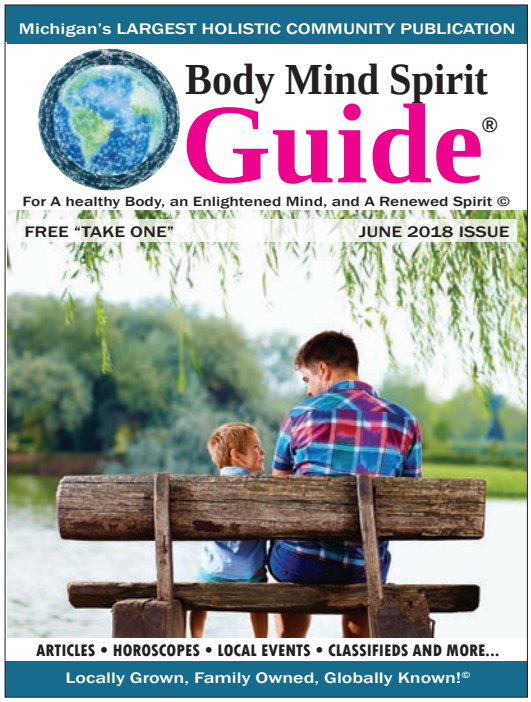

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Feel Better, Sleep Better and Reduce Stress at the Lighthouse Center

Adinath Mark Hutton is a facilitator of transformative experiences through meditation. He has been practicing meditation for 30+ years and is a long time student of Shri Chitrabhanuji, a Jain Monk.

Holistic Recovery Support Group for Addiction

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

Depression, Anxiety and Trauma using Yoga Nidra and Meditation. Open to all individuals and family members and friends of people at any stage in the process of overcoming addiction, depression, anxiety and trauma. Focus is on meditation, sharing and education for holistic recovery.
$10/class or love donation.

Meditation: A Path to Self-Love and Empowerment

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

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

Meditation on the 7 Chakras

Sunday afternoons with Lighthouse Center Members, 1:00 pm - 2:15 pm

Learn the mantras for each of the 7 chakras and meditate in a group for 10 minutes on each of the chakras.
Free or love donation.

740 E Shore Dr., Whitmore Lake, MI 48189
lighthousecenterinc.org
(734) 730-4657