

YOUR HOLISTIC & SPIRITUAL COMMUNITY MAGAZINE



Body Mind Spirit Guide[®]

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JULY 2020 FREE



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The Body Mind Spirit Guide covers all aspects of wholeness from ancient wisdom to modern methods. It's a great place to find humor, inspiration, local news, events, products, services and professionals.

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Local Experts and professionals are featured to guide you in enjoying a Healthy Body, an Enlightened Mind and Renewed Spirit.

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Our Staff... Welcome Barbra White, Community Support, Kathy Henning, Editor, Amora Walker, Manager, Susan deCaussin, Writer/Office Staff, Derek Stottlemeyer, Web Development, and last by not least our Founder Penny Golden.

Our Writers are Leaders, Healers & Experts that are passionate about helping YOU have healthy body, an enlightened mind and a renewed Spirit!

Our 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)



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!

~Penny Golden

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Articles this issue...

The New Tiger and the Immune System By Dr. William H. Karl, D.C.....	6
Have You Ever Considered Self-Hypnosis? By Phil Rosenbaum.....	9
Look What We Have Accomplished! By Eve Wilson	10
How Can We Make Use of What Have We Gained? By Eve Wilson	12
22 Ways to Renew Your Spirit and Get Your Mojo Back By Deborah Shane	13
The Energy of Love in a Time of Chaos By Chrissie Blaze	14
We Are One By Miche' Lame.....	16
We Need Laughter and Fun By Pauline Dettloff.....	17
Patience By John Ashbrook.....	18
Creating a New World By Susan deCaussin	20
Understanding Reflexology By Susan deCaussin CHt.....	21
PROFESSIONAL BUSINESS DIRECTORY	23
You Are Not Broken By Barbra White.....	26
A Letter of Promise By Gwendolyn Escodavis	27
SPIRITUAL HOROSCOPE	28
Don't Worry – Be Hopeful! By: Barbara A. Colbert.....	29
Shared Karma By Wendy Powers Nugent	30
How Aqua Aura Quartz is Created By Jennifer Vanderwal.....	31
The Silver Thread: Thinking of the Gunas By Michael Abramsky	32
Spirit Lifters to Get Back on Track to Living Your Highest Path By Emily Madill	33
Pursuing Spirituality: Forgiving By John Ashbrook.....	34
Rekindling Your Passions By Dr. Dravon James.....	35
Awakening To The Music By Tina Bowman.....	36
In the turbulence of life, listen and wait. ~Susan Billmaier, PhD.....	37
Spirit Lifters to Help You Get Back on Track By Emily Madill	38
Wow! By Pauline Dettloff	39
COMMUNITY CLASSIFIED ADS.....	39

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The New Tiger and the Immune System

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



We are living in unusual times but not so unusual that we can't survive. To survive and thrive, we need to pay attention to what's happening in the world without becoming overly distraught. By understanding that our immune system is our greatest ally, we can make better choices when dealing with stress.

When we have a strong immune system, the germs, viruses, and bacteria that we inevitably encounter won't interfere with our health. When confronted by these villains, a healthy immune system destroys them so successfully that nothing else may be necessary. We may not have noticed that anything was going on while our body was successfully winning another battle.

In 1876, the doctor who later became known as the "father of homeopathy" created a system of alternative medicine based

upon his realization that the stages of a disease process are based upon the body's ability to respond. Samuel Hahnemann believed that the body has an innate capacity to keep itself healthy; and that this energetic condition of the body, which he called the vital force, determines one's health. When the body's vital force is in a harmonious state, we experience health. When in a discordant or disturbed state, we become ill.

Hahnemann believed that medicine is only needed when the body cannot remove whatever is causing the disturbance. The difference between his (our) viewpoint and the typical Western, conventional, or allopathic viewpoint, is that drugs, radiation, and/or surgery aren't used as the first line of defense to treat or suppress symptoms of disease.

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Whether you subscribe to the conventional (allopathic) viewpoint or are more holistic in your approach, it may be comforting for you to know about the many amazing ways your body is designed to handle the germs, bacteria, and viruses that you encounter.

When you first encounter an invader, such as a germ, virus, or bacteria, your body's first line of defense is the acid/base balance in your stomach. When your digestive tract is functioning properly, the invaders that enter your body through your nose or mouth are most often killed by the acid bath in your stomach. An alkaline bath follows this in your small intestines. For this to work properly, your gut needs to be free of chemistry altering drugs, especially ones that promise relief by reducing the acid that many people believe is causing their indigestion. Proton pump inhibitors are drugs that reduce acid. The next phase of handling an invader is a histamine response that is designed to flush out irritants. Taking an anti-histamine is generally counterproductive because it blocks the body's natural defenses.

If your histamine response doesn't work, your immune cells respond. This requires more energy and is typically followed by more symptoms. This is a critical point as the body's health comes into play and greatly influences the immune response. Since the health of one's immune system relies on the same basic practices needed to improve overall health, incorporating healthful practices is a win-win.

Here are the basics: Fortify your nutrition with whole foods, preferably organic, while avoiding processed, artificial, and GMO foods. Add whole food supplements to fill gaps in nutrition and/or address specific deficiencies. Use homeopathic remedies rather than drugs whenever possible. Obtain adequate sleep, rest, relaxation, and exercise; and incorporate daily stress reduction protocols.

Many studies have shown the correlation between stress and immune system health. Theorists have proposed that stressful events may induce sympathetic nervous system and endocrine changes in addition to other biological responses -- and that these changes ultimately impair immune function.

Approximately fifteen years ago, a meta-analysis of almost 300 independent studies over 30 years indicated that psychological stress was associated with suppression of the immune system. This analysis showed a definite correlation between stress and many immune-related and autoimmune diseases, such as inflammatory bowel disease, allergy, atopic dermatitis, and celiac disease.

When we're exposed to a threat, we go into "fight, flight, or freeze." In the past, threats to our survival usually involved large animals, such as tigers. Our survival depended upon using all of our available energy to either fight the tiger or run away from it. The less unfortunate froze in fear and were eaten!

The same energy that runs our immune system is rerouted to the fight or flight response systems that kept our ancestors alive when threatened by large predators. The innate wisdom of the body knows that if we're eaten by a tiger today, it doesn't matter if we get sick from a virus or bacteria tomorrow.

The tiger in today's world is the microbe. Even if we know we're being attacked, our response hasn't evolved to fight many of the new microbes in our world. Unfortunately, our immune system's defenses are lowered further when we go into fear, making it more likely we'll become sick from the microbe. This new tiger can eat us at its leisure when we're in freeze rather than fight.

Anything that keeps you in a state of stress is counterproductive to your immune system health -- so don't let stress get the best of you! Stay positive, help make the world a better place, and use common sense, like washing your hands more regularly with soap and water, especially after being in public places. Drink more water, take high-quality supplements, especially Vitamin C, B, D, A, Zinc, Magnesium, and small amounts of organic copper, and get adjusted. The chiropractic adjustment hugely stimulates your immune system and helps you stay healthy.

If I had room, I'd explain how the immune system catches, analyzes, and creates specific immune cells to destroy whatever is trying to invade us. The first encounter takes 10 to 14 days to ramp up a counter-attack. If reinvaded with a similar virus or bacteria, it may take only 24 hours -- which is why sometimes you get a 24-hour flu.

Come on in and let us know how you beat the new tiger!

Dr. William H. Karl, D.C., is a Brimhall Certified Wellness Doctor with over 40 years of experience helping people obtain optimal health. Mention this article to receive a FREE CONSULTATION with either Dr. William H. Karl, DC, or Dr. Jacob H. Karl, DC. Visit www.KarlWellnessCenter.com or call 734.425.8220 for more information.



Local Business News: Remote Sessions

Yes, I have opened into some really powerful remote work that I didn't expect! I began exploring remote Biodynamic Craniosacral Therapy sessions, both giving and receiving from a fellow practitioner and busted through some of my skepticism on whether the work could be effective at a distance (I have been a BCST practitioner for four years with in-person practice before this). I have now offered many remote sessions with clients I had already been working with in person, and they have also been pleasantly surprised at the power of the remote work.

I believe it's the very medicine we need right now: having a resource of a grounded, centered, authentic connection. We create this connection by opening a Zoom call, and keeping this open during the session so that I can still guide you verbally as we also created the unified energetic space. I share some instructions in advance on how to set up your space on your end, and I join you from my treatment room, where I guide us through the session. A connection can truly happen across distance to offer the power of listening deeply to the body's innate wisdom. This work supports you in relieving pain, easing anxiety, and finding ease in your body. As the body opens, there can be a much-welcomed sense of clarity on how to focus your energy in this time of much uncertainty and rapid shifting. People often feel relaxed and have a sense of hope, wellness, peace, and ease.

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As always, I am offering remote Sacred Sexuality sessions as well, more about that work here: <https://www.leslieblackburn.com/> (<<<---Note fresh new website!!)



Also, I am offering a free gift of a Grounding Centering Meditation here: <https://www.leslieblackburn.com/resources/grounding-centering-meditation>
Thank you! Namaste, Leslie Blackburn 313-269-6719

Inspired Wisdom Word Search - Bestseller!

Local author Eve Wilson joined 60 authors from around the world ages 16-80 to create inspiring messages as unique as the contributors themselves. Award-winning creator of the Yoga for the Brain series Christina Smith and her brother Puzzle Master Rick Smith turned these into word puzzles with "secret messages" that appear once you have found all the hidden words. Inspired Wisdom Word Search is a fun-filled, brain boosting, profoundly positive word puzzle book! 6th in this Bestselling series it was released on February 4th and immediately became a continual best-selling new release on Amazon. Visit www.inspiredwisdomwordsearch.com to see videos about the authors and their work.



Eve Wilson Awarded First UCM Master Healer Certificate

Following her Keynote Address at the 100 Year Anniversary of the Universal Church of the Master in San Jose California, Eve Wilson was awarded the first ever UCM Master Healer Certificate, in recognition of her service to UCM since 1986 and for having certified the most Healer Practitioners of any individual in the history of the organization, this new certification was created and will now become available for others who offer outstanding service in training Healer Practitioners. UCM is an ecumenical Church created to provide a legal foundation throughout the United States for those offering excellent Spiritual Healing, Spiritual Message Work and Spiritual Education. Visit www.U-C-M.com for more info or Eve Wilson spiritualhealers.com for her Healer & Ascension Certification Course which offers legal UCM Healer Practitioner Certification

Have You Ever Considered Self-Hypnosis?

By Phil Rosenbaum

Have you ever thought about using hypnosis, but let fear stop you from doing it? It is unfortunate that many people still have incorrect beliefs about hypnosis. Let us look at some of the more common myths about hypnosis. Did you know that all hypnosis is actually self-hypnosis? This is true. While the hypnotherapist does make suggestions, you are the one who puts yourself into the hypnotic state. Another misunderstanding is that you will lose control and be under the spell of the hypnotist.

Contrary to this belief, you are always in control and can bring yourself out of the hypnotic state if you are uncomfortable. Some people fear that they may lose consciousness. This is incorrect. Although you are in a very relaxed state, you are aware of what is going on and would come out of trance or not respond if something were asked of you that went against your values or moral beliefs. Another fear is that you will not remember what took place. This, too, is not correct. You are aware of what is going on during the session. Another myth is that hypnosis acts like a polygraph and might cause you to reveal deep dark secrets. This is also incorrect. You are in control of what you say and will not reveal anything you do not want to reveal.

Another myth is that you can get stuck in hypnosis. This will not occur. Even if something happened to the hypnotist, such as the hypnotist passing out, you would not remain in the hypnotic state. After a few minutes, you would realize no one is talking and would either come right out of it or possibly dose off for a few minutes and then awaken in your normal state.

Some people are convinced they cannot be hypnotized. Practically everyone can be hypnotized and have been in and out of hypnotic states many times without realizing it, such as when driving from one location to another and not being aware of how they got there. The only exceptions are: if one is under the age of 6 or 7; if one has had a serious brain injury or severe mental illness and cannot focus or concentrate; if one is under the influence of drugs or alcohol; or if one sincerely does not want to be hypnotized.

People often ask if hypnosis is dangerous. The answer is no. Hypnosis can bring about positive changes in your life. Hypno-



sis rewires the beliefs and behaviors behind your fears, phobias, and negative habits by tapping into the subconscious mind.

It should now be apparent that hypnosis is very safe. If, however, you are still skeptical about the safety of hypnosis, there is another option. You can use self-hypnosis to make important changes in your life.

Although it is not quite as powerful as seeing a qualified hypnotherapist, it can still be of great benefit. Let us look at some of the ways self-hypnosis can benefit you.

You can use self-hypnosis to lose weight; to stop eating unhealthy foods, including coffee or soft drinks; to eliminate night time snacking, and to stop smoking or vaping. It can help you get rid of headaches, reduce other kinds of pain, and even bring allergies under control. Self-hypnosis can help you do better in school, improve sports performance, increase concentration and memory, improve organization, and even eliminate procrastination. Another important benefit of self-hypnosis is reducing stress, anxiety, and depression, which is of particular importance during these challenging times. It can help you overcome phobias and self-defeating behaviors. It can even help you improve your psychic abilities. In short, self-hypnosis can greatly enhance the quality of your life.

Phil Rosenbaum



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Look What We Have Accomplished!

By Eve Wilson

Here is a positive perspective on the benefits of the virus, as seen through the eyes of a World Healer and Ascension Worker.

We have been experiencing an ascension virus. Though uncomfortable on every level, it was designed to break down negative aspects of human habits and programming. It brings us into a state of greater unity and wholeness with our eternal spiritual selves and each other. Many positive shifts have occurred because of this, which will never be discussed by the newscasters! If the term ascension is new to you, learn more on my website www.spiritualhealers.com

I have noticed a unifying element when working for world healing and ascension since the world virus began. Perhaps it

is people caring more about each other. We are all in the same boat, probably understanding this more immediately for the first time. The social distancing and stay at home order have had the effect of creating quiet and space in a world that was frenetic and psychically noisy before this event. This created an aura of expectancy and openness to the Higher Power. There is a vulnerability and willingness to be supported, protected, and to receive love from the One Source. However, it is called by many different names around the world—about 80% of the resistance I used to encounter when assisting individual or world ascension has dissolved.

When working with clients, I find genetic material is newly ready to dump blocks and old contracts and to ascend. Emotionally and mentally, there is a phenomenal willingness to release past hurts and to enter harmony with Higher Self. Collectively I see a vast amount of

old karmic baggage easily transitioning back into Oneness to be healed.

Rigid ego structures that have blocked the receiving and giving of love, causing people to behave without compassion, are clearing in mass. The ancient spiritual Foundations for Chaos are being re-contracted to support rather than resist our world's unity and unconditional love. This frees us to co-create with the Higher Power an experience of harmony and wholeness. We have learned what was needed through that chaos but are glad to move on to a better reality.

Huge ascension shifts are healing childhood sexual abuse and the hereditary line and cultural influences that have carried that in our world. Clearing of shame, trauma, fear, jealousy, hatred, blame, soul damage, and entities occurs. Twisted emotional, mental, and sexual attitudes and influences are healing, and there is an influence of forgiveness for all of those who have played roles in

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those experiences. New levels of hope, freedom, and love are coming for these souls.

Pets are making great strides in breaking through the contracts, which have kept them limited and subservient. Moving more fully into unity with their Higher Selves, their instinctual power is becoming more integrated with their spiritual essence. This is bringing balance, wholeness, healing, and ascension to them body and soul. They have always been inclined to channel their Higher Selves, which are usually our spirit guides. But now they will be integrating their Higher Selves into their physical selves. As this occurs, we should feel their powerful, unconditional love and true friendship more comprehensively. It might be good to pay better attention to the wisdom they are bringing us!

Finances are shifting more into the control of higher intelligence and unconditional love. The enforced stoppage of work is allowing money to ascend!

I so appreciate how people have made good use of this time off work. I've loved seeing families spending time together in ways that will leave lasting blessings for children and parents as we all mature in our lives. I especially want to honor how people have stayed calm and done their best to relax with this process. I know it has challenged us, bringing up fears. Many have used this time to process through and release those fears, discovering that things that were hard to release previously are easier now, despite our lives' circumstances.

There is infinitely more positive change that I see, but this is a good cross-section.

Take advantage of this amazing transition! This is the best time ever to review old issues, particularly those involving feeling hurt, abused, imposed on, limited, or us causing those problems for others. These and other things are ready to be cleared, forgiven, and healed.

With all the new space being freed up from our bodies and souls, it is essential to welcome our Higher Selves to enter and be at home within us. This lifts us into our ascended experience where we know we are safe and that everything will serve our greatest good.

Eve Wilson Master Healer, Best-Selling 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 Award-Winning International Blog – The Weekly Word for Healing & Ascension, plus classes and events at www.spiritualhealers.com 734-780-7635



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How Can We Make Use of What We Have Gained?

By Eve Wilson

As the world virus retreats and we are released from restrictions, we are stepping into a new place from where we were when it all began. As a spiritual world-healer, I see this as a better place, though I recognize the losses we have incurred. What have we gained, and how can we use that to further our soul's true purposes within our lives?

Everyone's experience is their own, but here are some of the spiritual goals which I have learned we were working on during this time:

1- Letting Go – Has there ever been a time since the Great Flood of Noah that the entire world has practically stopped what it was doing like it has during this period?

As a world-healer and ascension worker, what I saw was a tremendous quiet and openness to Higher Self that was universally evident. This openness helped us to let go of agendas and to just be, allowing change to happen within us.

2- Cooperation – People the world over recognized that a new level of cooperation was needed.

For our world to survive this crisis, we all had to be careful, for our own and for other's sakes. We were all in the same boat, no-one was excluded from the threat, and no amount of money or power could protect one from the potential danger. As we cared for ourselves, we were also caring for others.

3- Clearing – Spiritually, as everyone was unable to push their agendas, the space was used to release old genetic and social programming, old traumas, and much more. This occurred on genetic/hereditary, personal, social, and world levels.

4- Healing – For many, this period of rest was unprecedented in their lives, and deep transformation could happen. Many aspects of body, emotion, mind, spirit, and soul have been healed during this time.

5- Unity – All of this amounts to an overall greater unity with Higher Self – which is who we really are. Letting go of who we were in the outer world has allowed us to grow in this way. As we return to our outer business, it would be valuable for us to recognize that the world is a new place.

Many may think of it as more limited in many ways; however, I would say that it is less limited spiritually. It seems to me that if

we try to make our lives what they used to be and focus on old goals exclusively, we may find it difficult. However, if we remain in that new unity with Higher Self, allowing space within mind, heart, and soul for greater inner guidance from that source, we may find that doors open in unexpectedly right and beautiful ways.

Inner guidance flows from our unity with Higher Self and is, therefore, most natural to us. We just know things, though we may not know why.

Many people think of guidance as something that comes from "Spirit Guides." But what I am talking about is the direct link with our eternal spiritual essence, which is part of the Oneness of life. From that connection, we can be in spiritual unity with all of life. It opens the doors within the world that are waiting for us, where our perfect opportunities for service, fulfillment, and true purpose lie.

The experience of being in our right place may feel very different from the familiar comfort of our past. People grow up with certain things that feel good because of their familiarity, but which may be limiting or even self-damaging. What feels right from the place of unity with Higher Self holds a different draw for us. It doesn't push or pull; it simply offers clarity of connection and the inner sense of rightness and self-worth. Our time of being limited and isolated from the outer world has hopefully helped us to let go of some of our limiting or self-damaging habits for long enough to no longer need them. We may have learned to self-nurture and become more attuned to what is right for us within our time of quiet.

Yes, we may have indulged in too much eating and television, etc. But even so, there is that newly acquired unity which is available now to everybody.

It is there for us to embrace in every aspect of our lives. So, following our virus adventures, let's make use of this opportunity by allowing our Higher Selves to guide our lives more comprehensively. Pay attention to what choices resonate most clearly to your true needs and purpose in the moment. Skill in following inner guidance is a lifelong journey, so practice and be patient with yourself. It is a learn-by-doing experience, but it is also like coming home.

Eve Wilson Master Healer, Best-Selling 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 Award-Winning International Blog – The Weekly Word for Healing & Ascension, plus classes and events at www.spiritualhealers.com 734-780-7635



22 Ways to 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 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!

Visit: <https://smallbiztrends.com/2015/07/22-ways-renew-spirit-get-moj-back.html>

The Energy of Love in a Time of Chaos

By Chrissie Blaze

When we pray for the healing of another person or help with a global disaster, what we are doing is channeling the Divine power of God Itself. This power is the great preservative force of the Cosmos – called LOVE or Spiritual energy.

Love is the energy of creation, preservation, and transmutation. In this sense, Love is not just a personal feeling or a desire to possess another person but almost the exact opposite. It is that compassionate feeling and heartfelt desire that moves us to want to help others who are suffering. It may be a person who is sick, a beloved pet, or it may be people we don't even know who have lost everything in a natural disaster or war. Our hearts go out to them, and we want to help. This is Love - and our next step is not just to feel it and ignore it - but to put this Love to work through our actions of physical help or by radiating the spiritual energy of Love through prayer.

Dr. George King, Founder of The Aetherius Society, taught that Spiritual energy is the most important energy in existence, far more so than electricity. It is a power that is entirely scientific but as yet defies scientific understanding on Earth.

We don't, however, need science to prove that spiritual energy is real because each of us can invoke and direct this simply by the power of our thought; through our directed intentions and prayers. It is something simple that we all can learn how to do, and many people can physically feel this energy in a very short time with just a little practice.

The beauty of directing spiritual energy is that we are beginning to control and master our own emotions and thoughts, as well as the great life-giving pranas emanating from the Sun that are available to us all.

Once we channel these pranas, and color them with our Love and compassion, this brings to us a rise in consciousness. When this happens, we begin to more surely unlock the riches within us and realize more fully our Divine potential. More importantly, we also help the person or situation to which we are directing this beautiful, harmonious, and healing energy.

The more we do this, the stronger we shall become, until we are no longer subject to the whims of others or the manipulations of dark forces that are even today bringing confusion and chaos to the surface of our world. Once we learn how to control these God-given energies, we are now becoming

the spiritual magicians and world healers that we really are, fighting with the energy of Love to bring peace, healing, and enlightenment to our world.

All the problems in our world can be solved by the power of Love because where there is Love, selfishness is overcome. Where there is Love, greed cannot exist, and without this, there can be no poverty. Where there is Love, hatred will be transmuted, so there can be no war, no racism, no injustice of any kind.

One of the most powerful was of directing spiritual energy is through the spiritual practice of The Twelve Blessings, delivered to humanity in 1958 through the extraordinary Mediumship of Dr. George King. During this time of crisis in our world, we are holding regular online Services of The Twelve Blessings. People from 68 countries of many different backgrounds and religious beliefs have been joining together, radiating the great power of Love through these beautiful Blessings. We warmly invite you to join us at www.12blessings.org and become a true spiritual activist, radiating light and Love to our world.

Many of you readers are already healers who know that the power of Love can heal others. However, if you are new to prayer directed outwards for world healing, you can try this simple exercise for yourself.

Spiritual energy has to be allowed to flow freely to work properly. This is why technique is very important when using this energy:

Try this exercise:

1. Sit still with your eyes closed and your back straight.
2. Visualize white light entering your body through the nostrils as you breathe in, and visualize it, filling your whole being as you breathe out.
4. When you begin to feel calm, visualize white light coming down through space and entering the top of your head, then down into your brain, through your neck, shoulders, and into your heart chakra – a point just in front of the breastbone a few inches in front of the body.
5. Next, visualize the brilliant white light flowing down through your arms and out into your hands.
6. Raise your hands with your palms facing outwards in front of you about shoulder height.
7. Visualize the scintillating white light coursing out of the palms and heart chakra – like water flowing through a river.
8. Visualize the light going to a part of the world in dire need, such as a warzone.
9. See this area filled with light, Love, harmony, and healing.
10. Try to really feel compassion for those suffering in this area.
11. Carry on with the visualization for as long as you can.

12. When you have finished, brush your right palm over your left palm away from you. This serves to seal the energy flow. This practice will be empowered by the activation of a belief in a Divine Source.

If you decide to join us in our global efforts to bring help and healing to our world by joining in an online Service at 12blessings.org, you can download the prayers from the Blessings via this website where it says "Get the prayer sheet." You can then practice the exercise above, and then, as you visualize the energy flowing through you, start to read aloud the prayers of each Blessing.

One Secret of Prayer

Quantum Physics has shown that the more emotion we engage, the more neurons we activate. Our emotions are the juice, or energy, behind our thoughts that give power to them. So the more feeling we put into prayer, the more of spiritual energy will be radiated through us – and therefore, the more powerful the prayer will be.

You may never know the results of your prayers, but you can know for sure that, by the great Law of Karma, they are making a difference. Your prayers said from a compassionate heart will help and heal, and the more you do this, the more you will unlock the great Spiritual riches within you, bringing you greater fulfillment, joy, and inspiration.

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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If you wish to be informed about these events and other information about how you can help our world during this time of global crisis, please email Chrissie Blaze at Michigan@aetherius.org

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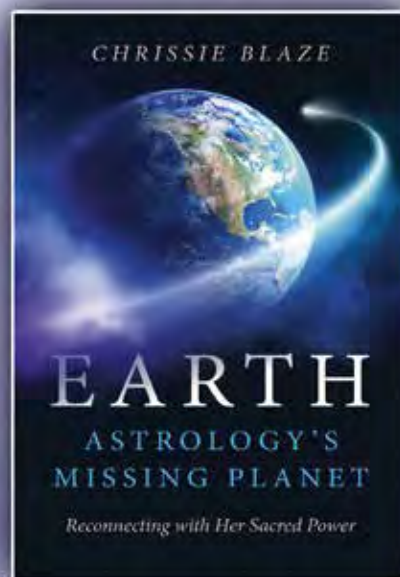
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We Are One

By Miche' Lame

My clients have been in an uproar since the death of a George Floyd, a black man by a white policeman - a few of the younger ones in their late teens/early 20s - have even been told to leave their home by their parents. Some partners have broken up. All because someone did not like someone else's skin color - because of racial discrimination.

In therapy, I like to bring in allegories or stories to demonstrate my point... and it occurred to me I was so in awe how people got together like family when the towers fell. Can you imagine someone who is hurt, in danger, at that time going, Don't save me, you have the wrong color skin, or how about â Don't help me, I think you are a Jew or, how about â I'm not going to save you - you've got the wrong color hair. Whether we are white, black, yellow, red - or something else- we are all people. We are all made from the same material and divine energy. It's what we do and how we think that's important. It's what's in our hearts, our souls that's important, our ethics and morals, and how we enact them in the world.

Is divine love and connection in our hearts? Or, do we have hate and have separation in our hearts? As people, we are all biologically basically the same, just arranged differently (like male/female anatomy) and have different colored hair, eyes, skin, or even lips! Yet all is basically the same. On the inside- we are the same; we all have a heart, liver, lungs, etc. We all have the divine spark connecting us with Source. We all at our



core being have this same energy of Source within us, even when we are in denial. We are all connected, and as so, we are all one.

Quantum physics even prove that we are of the same energy and are interconnected. So, why is there so much discrimination still in the world?

I think it is because of fear. It's all just fear of the unknown, or fear of rejection or even fear of looking at one's own choices and the desire to blame others. I believe as A Course in Miracles states: Perfect love casts out fear. If fear exists, Then there is no perfect love.

But: Only perfect love exists. If there is fear, It produces a state that does not exist. So, if there is anything but love, we've created it. Discrimination of any kind is not love. Let's change the world by living and breathing love and realize we are all connected, equal, and are love.

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We Need Laughter and Fun

By Pauline Dettloff



We need fun, laughter, and giggles with all the changes that are going on in our lives. It's a time of trying to find things

to do with our family and with ourselves while staying positive and happy! We might find ourselves asking, "What can I do?" I like yoga, and I want to meditate. I like the fact that we have to change our mindset because the world is changing -- it goes in one direction, and then it goes in a new direction. We have to find new things to do with ourselves.

Sunlight is an essential element right now. I understand that for all of us, spring is here. We turned our clocks back, giving us more daylight time. It gives us more time for walking, which is elemental to our well-being and fun -- walking the dog with the children, or possibly our spouse or partner. This also gives us the opportunity for excellent communication.

It also allows extra time for playing with the kids, pooch, or grandkids. Who doesn't want to play once in a while? Going for walks provides Vitamin D, which is crucial for our immune system to remain healthy. You probably feel good walking; I know I do, especially now, while nature is starting to pop, and new growth is emerging out of the ground. It can make you smile to see all the beautiful things life does have to offer.

I was reading an article the other day about our energy and our mindsets and how we relate to people; how we need people. We need to love others and our families, touch one another and hug one another. It makes us happy, it's a super energy connection between two people and families. I believe families are getting closer because of all the things that are happening around the world, realizing how important we all are. It has to do with our perception and energy, becoming happier and healthier and making our lives fun.

We look forward to reconnecting with you and seeing you at Michigan Psychic Fair! We are here for you.

Love and Light, Pauline

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YOUR NUMBERS REVEAL IT ALL

Patience

By John Ashbrook



There is no question that patience plays an important role in the formation of a spiritual life. However, society demands instant gratification and the concept of patience implies waiting for something that you want. The fact is, that in almost all cases, instant gratification yields results that are short lived. This is mainly because no real effort is required to manifest these mainly superficial sound bites of fulfillment. Obviously, a patient, steady effort applied over time toward a meaningful goal will manifest a far more fulfilling result because the appreciation factor is proportional to the work accomplished. This is bound to produce a greater, longer lasting satisfaction.

Patience is a prime component of creation. Nothing can be created without a balance of two forces, the masculine and the feminine. The masculine principle in creation is an outward moment, you make something happen. The feminine principle in creation is an inward movement, you trust something will happen. The essence of patience is trust, a relaxing of outward force. When you are trying to create anything in your life the quality of the results will always be dependent on the balance of these two principles of creation, the outward thrust (masculine) and the inner relaxation (feminine). The inner relaxing or trust is the mark of patience. Patience is a knowing, a deep certainty, that when the time is right according to the laws of an intelligent universe the result of this balance between force and trust will manifest creation.

So, where does patience come from, how does one cultivate it? Patience is born of healthy self-esteem, discipline, and commitment. It is the product of these of these critical elements of spiritual maturity. These are the building blocks of spiritual development and without them the immaturity of insistence will rule the soul and the life, making trust and patience if not impossible to achieve. The fact is that impatience marked by a forcing attitude toward life will always cause the immature, fearful lower self to pull back, hunker down and resist movement, change and growth. Obviously, without progress the life is mediocre and unfulfilling. Impatience creates a tightness in the soul that not only blocks personal spiritual growth, but also the benevolent forces of the higher realms of the spirit world. Influences that would otherwise aid and guide you on your spiritual path. Patience is a tool that allows you to tune



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into these benevolent influences, intuitively channel the higher awareness of these lofty realms.

So, where does impatience come from? What are the attitudes of living that prevent the cultivation of patience and hasten the development of mistrust and impatience? A lack of patience is caused by the absence of self-love, stemming from the suppression of self-expression and creativity. These are natural, critical movements of a healthy spirit, and if they are held in check, then anger results. This anger causes guilt and the self-imposed punishment of an undeserving attitude. Connected to this is the shame of one's own beauty, which always results from harsh self-judgement or criticism. These unhealthy but all-too-human characteristics are present in varying degrees in everyone, according to their level of spiritual development. No one living on earth is exempt. If these undesirable aspects were not present to one degree or another you would not incarnate on the material plane. Everyone is here to do the spiritual work that ultimately purifies and frees the divine spirit. Earth is the spiritual school where we learn to love, and patience is so much a part of learning to love.

Impatience also results when someone chooses to live in the extremes. Some examples of this would be, taking on too much responsibility for others and ignoring the responsibility you have to yourself, too much or too little discipline, always giving by resisting receiving, too organized or too scattered, obsessive control, perfectionism, constantly seeking approval. None of these extreme attitudes will foster patience because they deny the balancing force of the opposite. Patience will always exist where there is moderation and balanced living.

Where there is prevalent impatience there must be an unhappiness, of unfulfillment in life. The journey toward spiritual patience always leads to the discovery, pursuit and realization of greater, more satisfying priorities in one's life. This is so because the world is of a patient, still, loving heart knows no limits. It is open to the infinite wonders of an endless universe. Remember, patience is not something that you do, it is something you become. To paraphrase an old saying, "Be patient and all good things will come."

### John Ashbrook

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

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# Creating a New World

By Susan deCaussin

What kind of an impact can one drop of water make? It may not seem like much; however, everything must be held in proper perspective because everything is part of a whole - a greater whole.

That simple drop of water could quench the thirst and provide a living environment for a small insect or an entire family of microorganisms. And, what are we, in comparison to this expansive Universe that we call home, if not a microorganism that is compelled by nature to seek some form of existence?

We are to the Universe what that drop of water is to an ocean. But, we should never lose sight of the significance of all parts that make up the whole, in every situation and circumstance. Size is irrelevant when it comes to the potential impact that one drop, or one person for that matter, can make. And while a single droplet can't sustain a fish, those droplets can sustain an array of sea life filling several oceans.

In this same way, we must begin to see each other, not as



individuals who are separate from each other, but as many different parts of a greater whole, with no one being more or less important than the next.

The current world condition has provided a clear message of who we are in terms of our jobs, appearance, wealth, and the like is irrelevant. Every one of us shares the same vulnerability of being encapsulated in a human wrapper while having this life experience. This pandemic has given us the opportunity to come together for a common cause. It has stripped away any perceived safeguards that money or status could provide.

**As co-creators, we can choose to build something better.** The new world isn't something to fear, but something to embrace. Waking up to the importance of connecting with each other, and realizing that our most valuable possessions don't come with a price tag, we can now reevaluate our priorities and shift into a new way of thinking, doing and living.

However, when it comes to this next phase in humanity, while many have been awakened to the importance of slowing down and appropriately prioritizing their time and energies, there are still many who are more comfortable with returning to the dysfunctional pattern that had become everyday life before all of this happened. Even though it may have been an uncomfortable, fast-paced, stress-filled existence, it's still easier for some to return to what's known and familiar over the thought of venturing into something new and unknown. When faced with the reality that there are still those who prefer reverting, we must fight the urge to let anger pull us into a dark place, where we're no longer holding that bright light of hopeful change for humanity. In those instances, we're choosing to contribute to the problem instead of the solution.

During times of quiet reflection, remember that darkness cannot exist where there is light and make a decision to confront the negative people and situations with love. We're all evolving, but in different ways and at a different pace from each other.

wish that each of you will see the upcoming reintegration process as an opportunity to become true co-creators. Remembering to shower every person and situation with love, compassion, and understanding as we all work together to bring about a better way of living. Namaste'

Namaste', Susan

Susan deCaussin CHT, Healing Methods LLC,  
248-759-6486. Clinical Hypnotherapist,  
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# Understanding Reflexology

By Susan deCaussin CHT

The same way that everything in nature is energetically connected, your body is an intricate web of connected systems. Predefined pressure points in the hands and feet are believed to connect directly through the nervous system to affect the body's organs and glands. Reflexology, which can be administered on the hands or the feet, uses those pressure points to assist in releasing blocks and allowing the healing process to occur.

The history of this science is believed to date back to Egyptian time, 2330 BC, when drawings were etched on the tombs of ancient Egyptian Kings, which showed them receiving work on their hands and feet.

In 1913, Dr. William FitzGerald, MD, rediscovered zone therapy and found that applying pressure to certain reflex points helped the corresponding body organs function more normally. The practice became known as Reflexology and is used as a holistic approach to maintaining good health.

While there are many different techniques being practiced and taught, the many benefits of Reflexology are common across the board. It's been shown to increase circulation, relieve stress, reduce inflammation, assist in detoxification, improves nerve function, relieve pain, aids in digestive disorders, and promote overall well-being by balancing the systems within the body.

While many may believe that a session of Clinical Foot Reflexology might equate to a glorified foot rub, when the pressure points (known as reflexes) are appropriately manipulated by a certified practitioner, they can elicit positive changes to the emotional and physical aspects of the body.

Appropriate stimulation of the reflexes can promote the healing of nerves in the body and encourage increased blood flow to the affected area. In this way, the body can experience pain relief and accelerated healing.

In the same way that massage therapy removes lactic acid from muscle tissue, which aids in eliminating toxins, Reflexology helps remove uric acid and other toxins from major organs.


Results from Reflexology treatments are subtle and cumulative. Routine sessions have been shown to promote a state of well-being for the mind and body and are a great way of contributing to your overall quality of health.

Healing Methods, in Troy, Michigan, has recently introduced Clinical Foot Reflexology to its menu of healing modalities. Our Practitioner, Mike deCaussin, received training at the prestigious Branch Reflexology School in Okemos, Michigan. Their exclusive training program incorporates the emotional ties to the reflexes and the physical aspects, making this method unique and highly sought after. Mike is also an accomplished Reiki Master, a Shiva Murti (Balinese Healing) Practitioner, and a former Firefighter/EMT. His in-depth knowledge of the human anatomy, coupled with a strong connection to Universal energy, offers his clients a powerful healing experience.

Evening and weekend appointments are now available. More information is available at [www.HealingMethods.org](http://www.HealingMethods.org) or by calling (248)759-6486. \*\*Due to Covid 19, your Practitioner will be using the highest level of care by wearing a mask throughout your session (requesting that all clients, who don't object, do the same), and the office is thoroughly disinfected between appointments.

Susan deCaussin CHT

Healing Methods LLC, 248-759-6486. Clinical Hypnotherapist, Reiki Master, Shiva Murti (Balinese Healing) Practitioner, Spiritual Advisor. [www.HealingMethods.org](http://www.HealingMethods.org)


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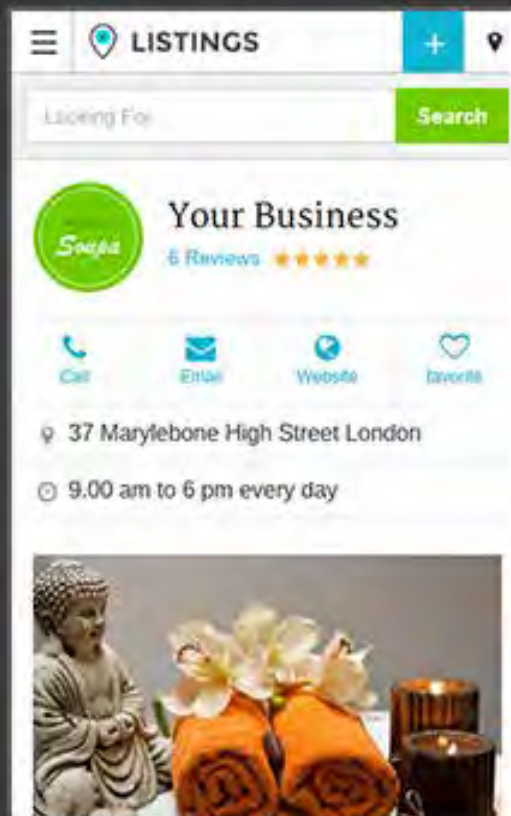
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# You Are Not Broken

By Barbra White

A "Core Teacher" in your life can be an emotion, self-sabotaging pattern, or life issue, even one that you've faced many times. In your personal growth, when you bump up against a Core Teacher, you may hear yourself thinking thoughts like: "I want to die" or "I am broken" or "This is hopeless." Do NOT believe these thoughts!

Here's why you should not believe those thoughts: we are here on this planet to grow. In Nature, what does not grow... dies. Humans are no different from Nature. If we're not unfolding into more wisdom, love, and awareness, we WILL feel dead inside. The diagnosis, addiction, or self-sabotaging pattern is a starting point...not the end.

Choosing growth opens your mind to new possibilities and awakens courage. As you choose to see everything in your life as an opportunity to cultivate empowering qualities within, you will feel on purpose.

After over 20 years of working with people on their personal growth journeys, I can tell you without a doubt EVERYONE has a "Core Teacher." Everyone has something inside that is really hard to face and embrace.

A Core Teacher can feel like an overwhelming tidal wave that you must solve this instant! In other words, it often feels like life and death.

**You can ride the tidal wave if you remember three principals:**

1. Growth is lifelong. Love/God is infinite. There is no finish line, so you might as well slow down. Cultivating happiness (not based on conditions and circumstances) and clearing the self-



sabotage is progressive, unfolding, and incremental.

2 Who you Truly Are, IS already here, AND you are manifesting your True Self. You are already made in the Divine's image, and you are waking up to and embodying God as you grow and learn. So, there is never a real reason to be without hope.

3. Shame has no transformational value. If you've already faced this Core Teacher before, you have not failed. So, you can stop beating yourself up! Facing the same issue does not mean you've done anything wrong. Every time you re-visit and learn something, you become the next best version of yourself.

"As you know, better, you can do better." ~Maya Angelou

As you continually re-choose self-love in the face of your Core Teacher, there is an Order, Grace, or Intelligence that works on your behalf. You do not have to figure it all out.

Most Core Teachers are also ancestral. Your family likely has a history of the issue you are facing. For example, a lot of people come to me for help healing family of origin and childhood wounds and patterns. The high truth is that your Soul picked this family so that you can grow and unfold to the utmost.

Believe it or not, your family is not a punishment. Worry, sexual trauma, addiction, people-pleasing or explosive anger, etc. can be passed on genetically.

This issue is NOT your fault.

However, it is your respond-ability to break the chain of pain!

Three steps to take while facing your Core Teacher:

1. Educate yourself.

For example, if your Core Teacher is:

People-pleasing—study boundaries and self-advocacy.

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Worry—study meditation and affirmative prayer.

Insecurity—study self-confidence and self-acceptance.

2. **Reclaim the choice to NOT give up EVERYDAY.** Face the issue and choose self-compassion. Either grow... or be the walking dead. Please choose to grow. The world needs your light.

3. **Pick a mentor that you know has overcome your issue.** Ask for help. Inner growth is not easy. Anyone that tells you so is scamming you.

Because I chose growth, I have overcome deep family trauma, illness, and suffocating insecurities. I've lived my dreams, written books, and loved deeply, (despite and because of) the challenges life presented.

Life is for me. Life IS for you.

Whatever "it" is, it's NEVER too late or too big to shift! I have seen many of my clients change deep self-limiting patterns. IF you are willing to grow, miracles CAN occur. Stay open.

NO one is too broken. NO one is forever lost. IF someone is willing to educate themselves, choose growth, and ask for help, ...anything is possible.

Don't give up. I might be the mentor you are needing. Call me for a free consult and let's connect—big hugs to you.

**Barbra White**, eco-psychologist,



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## A Letter of Promise

By Gwendolyn Escodavis

Let's not count the days; let's make the days count.

We are currently in the midst of an unparalleled new era of individual growth, in which a productive 360 degrees feedback loop has been established between the latest discoveries of humanity and mother earth.

Times are indeed changing. Only a short time ago, our comfort zone had served us well or okay. Our behaviors and patterns from our past weaved in our daily lives. The experience of life-changing overnight is our current reality. As individuals awakening to a more significant or a different reality, we are part of a much more significant sea change.

Our current systems - or present systems of doing things are breaking down, and it is time for something new to emerge. Our norms for politics, economics, religion, science, education, medicine, and our relationship with the environment are all showing a different landscape than just a year ago.

It seems that human nature is such that we reject changing until things get really bad and were so uncomfortable that we can no longer go on with business as usual. This, my friend, is as true for an individual as it is for society. We wait for crisis, trauma, and tragedy before we get down to looking at who we are, what we are doing. Then and only then is when we stop to look in the mirror on how we are living, what we are feeling, and what we believe to be true before we embrace actual change. Often it takes a worst-case scenario, such as a global pandemic, for us to begin making changes that support our health, relationships, family, and future. My message is this; it's time for monumental shift change.

How many times in history have individuals lived and died through a crisis and come out on the other side of it and not learned anything? What is your lesson? Who will you be? What will you be?

Letting go of the old and embracing the new sounds easy. But we know it's not. Taking small steps in our daily habits and change our approach in our lives, improving our responses and not reactions, could serve us best. As these United States began to reopen, how will you emerge?

During the past several weeks, self-quarantine/taking shelter/staying home, we have been as the caterpillar, developing our inner worth, family values, and learning the values of life. Soon we all will become the butterfly, spreading our wings, seeing life through a different lens.

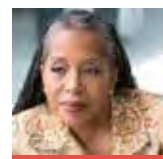
We know that to leave the familiar behind and step into something new is like a salmon swimming upstream: it takes effort; frankly, it's hard, it's uncomfortable.

It's okay to be uncomfortable if your journey is to improve your life and those you love. We will probably not live through another global crisis as we are now living. We have been given this opportunity to make a paradigm shift in the way we see and respond to the world and to ourselves. Let's not miss the chance to make a better world.

Take this time to evolve and make your shift.

**Gwendolyn Esco Davis**

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





## July's 2020 Spiritual Horoscopes

By Aluna Michaels, M.A.

**Cancer (June 21 – July 22) —** Happy birthday Cancer! It's a powerful year for self-expression. Create affirmations and state them boldly! In meditation, visualize and feel what it'll be like to live your new reality. Surround yourself with people who support and encourage your dreams. If self-doubts arise, investigate root causes. You'll make progress with childhood trauma and correct self-limiting beliefs. Every time you turn thoughts in a new direction, you get stronger. So don't think you're "failing" if negative ideas keep popping up.

**Leo (Jul. 23 – Aug. 22) —** Mercury moves direct and lets your dreams come true! Keep visualizing your best life. You'll have breakthroughs with mood, health, finances, and relationships. Just a little effort in the direction of your goals gives encouraging results. The Universe is giving you a "Yes!" in the areas of growth that matter most to you. Old emotional wounds can heal with people you never thought would mend. Just be sure to keep boundaries intact as you re-build the connection.

**Virgo (Aug. 23 – Sept. 22) —** If you're having relationship issues, now's the time to have clear communication. Mercury moves forward, so meditate on being more direct. Start from claiming what you desire and deserve within your own heart! You'll feel your truth resonate down to your bones and into each cell. This vibra-

tional change makes life so much easier since you'll attract people and situations that match your spirit! Shifts begin with relationships and family, then spread to work and career.

**Libra (Sept. 23 – Oct. 22) —** You really do hold the keys to your own handcuffs. As Mercury moves direct, be watchful of the words and ideas you think and speak. Challenge your thoughts. They're just entrenched habits, and not "The Truth". Shape and form your life every minute with loving, enthusiastic affirmations that reverberate through your entire being! Also, you can start an awesome new job/project. Relationships become more passionate. You might even fall in love with someone new if single, or rekindle love in a current connection!

**Scorpio (Oct. 23 – Nov. 21) —** Dare to speak your truth in all areas of your life! You're often secretive about the depth of your feelings for others, but opening up creates amazing improvements in your relationships. Meditation shows what you still need to heal and release so you can trust life more. Of course you can still maintain healthy boundaries with people! Feeling more connected increases your intuition and creativity, which then leads to breakthroughs in career. You might also begin a new health regime, like a vigorous yoga practice.

**Sagittarius (Nov. 22 – Dec. 21) —** Examine the subconscious roots of financial self-sabotage. Be aware you can free yourself from any negative patterns regarding money and work. Meditation will shed light on

seemingly "insignificant" bits that lead to breakthrough ideas. Also ponder how you can push away intimacy by being either scattered or blunt. A new relationship can start now, so be aware of triggers. Both prosperity and partnership can merge out of this illuminating time!

**Capricorn (Dec. 22 – Jan. 19) —** For many signs, including yours, this month is about clarifying your needs and setting boundaries. That means with others, but also with yourself. Meditate on your goals, and then hold yourself accountable for taking actions step so you can live the life you desire! When it comes to relationships, speak from your heart and watch wonderful changes unfold. Connections can revitalize, or new bonds can be easily built.

**Aquarius (Jan. 20 – Feb. 18) —** Mercury turns direct, helping you be clear about decisions regarding work and finances. Meditate for inspiration and guidance. Solutions can pop into your mind, or the right people cross your path. You'll also feel more motivation in general. If you need to, you'll be able to easily clean up your diet or get back to exercising. Forgive yourself for old patterns that may have resurfaced the past few months. Love yourself and move ahead with compassion!

**Pisces (Feb. 19 – March 20) —** You'll have a great financial boost doing something you truly love, or really believe in! Also, meditate on the spiritual energy of money to allow even more to flow in. Revisit books like "Think and Grow Rich" by Napoleon Hill or "It Works!" by RHJ. Your quantum thought power can also attract a new relationship that's in synch with you in uncanny ways. If partnered, you can discover new things about each other that are fun and empowering. Make sure friends are truly supportive, or consider disconnecting.

**Aries (March 21 – April 19) —** Mars, your ruling planet, moves into your sign. You'll have empowerment, energy, focus and motivation!



Meditate to tap into your sense of mission and meaningfulness. Mars helps you take action on inspiration from now until January! You can start a new relationship, overcome childhood issues, defeat negative thought habits and improve self-esteem. Job change could be slower to manifest. Turn any irritation or frustration into rocket fuel as you focus on what position would be a better fit for you. You're not trapped, but you're definitely poised for change. Stay aware that you're merely feeling creative tension so you can stay enthusiastic about the future.

**Taurus (April 20 – May 20)** — The New Moon eclipse and Mercury turning direct both give breakthrough thoughts that lead to improvements with self-esteem, new friendships, healed and renewed spirituality, and also feeling that life is fun again! Meditate to release resentments and unfulfilled expectations of yourself and others. This clears the way for more "good stuff" to land in your world. You can let go of dead-end relationships and situations without guilt or fear. Use affirmations to create your future joy!

**Gemini (May 21 – June 20)** — Similar to Pisces pals, you'll be attracting more money through visualizations and affirmations. But also meditate on subconscious negative beliefs that can be clogging your divine prosperity pipeline. Choose a like-minded friend and support each other in positive thoughts. Connect with each other daily to reinforce those new neural connections of awesome possibilities! You can also have breakthroughs in intimacy and sexuality, once you clear away limiting beliefs in that area as well!

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



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## Don't Worry – Be Hopeful!

By: Barbara A. Colbert

This is for all of those of who are "in waiting" today. Not waiting on a material blessing such as money, a car, a home – nothing actually tangible. But those who are waiting on the Master to do something with something or some situation. Perhaps - a restoration - a burned bridge to be repaired - a closed door to be reopened – the thing is exclusive only to the individual and a prayer that may have been shared just between you and the Lord. Some are just waiting on a change of circumstances or situations. Your hands may be tied. You've done all you can do. Now, you just must stand. As the Word in the Good Book says, "having done all you can do . . . just stand"

Also, when dealing with the business of waiting, when it comes to involving someone, it brings to mind 1 Thessalonians five which tells us that we ". . . are children of the light, He will not come as a thief in the night - but as a friend in the day." Of course, I am paraphrasing, but in essence, those who are waiting on God to restore or reunite them with someone they've lost. The why's or the how's or the where's don't even matter. Just that God is working it out – is all that is important. The broken friendship. The unforgiven deed. The tie that was at one time tight as a knot, but now is broken and frayed. The one who is embedded in the heart who no matter how hard you try, you just can't forget them. The one who may still haunt the dreams and entertain the subconscious with memories remembered. Well, here is the medicine for it all. Prayer and Supplication: Practice it faithfully. Faith and Perseverance: Apply it liberally. Spare no thought or desire. Leave no worry or concern unaddressed. Give all to the Lord. Lock, stock, and barrel! Then expect. Earnestly and with breathless anticipation. Expect an answer. Expect a breakthrough. Expect even a miracle. And don't be surprised when it comes. It shall be as a welcome reprieve from a season of brokenness. A promise fulfilled by God all in the business of making us whole.

As such, this is written as words of encouragement for those who, as I said earlier, are "in waiting." Those who choose to walk by faith and not by sight. Those who shall keep the faith and know that the battle is not theirs, but the Lord's. Those who simply know without a doubt that He will work it out. Just as He has promised to return as a Friend in the day to those who anticipate His return - so shall He restore that which was lost and that such restoration shall come as a long-awaited, yet anticipated, welcome blessed "friend" in the day. And whether it be a restoration, a revelation or just a prayer finally answered, know that the Savior can do it. His reputation precedes Him. He's turned water into wine and made the blind see and the dumb talk. He is, in fact, the original "Miracle Worker!"

Get a copy of "Holy Spirit-Help" by Barbara Ann Colbert at <https://tinyurl.com/qpewbke>

# Shared Karma

By Wendy Powers Nugent

This has been a very disruptive year so far. This is an understatement when you look at 2020... with more to come.

So much pain, death, and chaos from all over the globe.

What does it all mean?

Why is this all happening now and all at once?

This breakdown has not fully reached its peak. You will find forces at work, stirring up the status quo everywhere.

Could this be God at work?

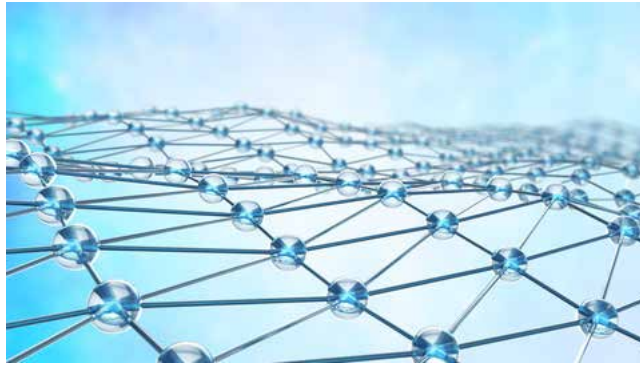
Is this Karma?

What does all this mean?

**1. Let's look at this first question; Could this be God's intervention?** Yes, I do believe this is God helping to correct negative actions that humans have collectively built up, creating disrupted energy on Earth, which has caused an adverse interaction with the natural laws of the universe. Now and then, there is a correction from the built-up of negative actions (energy) humankind has perpetuated—wars, famine, and plagues which are built upon human anger, and mostly made of FEAR.

**WAR (We Are Right)** There are ongoing wars and new wars on this planet continuously where people are fighting for an ideal, or for what they want to control, or just because they want your stuff! This is the worst build-up of negative energy. FEAR is what most humans run on. Fear of losing something, fear of someone being different from them, and fear of a whole race or culture different from theirs.

Fear of loss... from these fears come hate, anger, and unreasonable and possibly destructive behavior. This can build up for a long time; even after a war has been fought, the original fear has not been subsided just buried into the human heart. God then looks at this on the whole of the human condition, and like a parent forces us to look at our behavior and lay down with lessons too learned by all. God does not punish. God forgives and helps fill your heart with reason and love. We have to respect all of God's children, which means we



need to go back to the Golden Rule of living on Earth. "Do unto others as you would have them do unto you." Amen

**2. Is this Karma?** Well, that was answered in-part in our first question. However, Karma is not just collective. It is also individual. That is, the way most people view Karma, as Lessons you are

presented in your life from past life's as well as new Karma created in the present life. As the world moves through these treacherous times, you can learn and grow with the world, or you can continue to stay in fear and anger and move backward, not learning. Take heed from this wise old saying: "If you are not part of the solution, you are part of the problem." Change is upon all humankind as we move deeper into this 21st Century. Not only "be kind to each other, which is the first and most important lesson of this Century, but to do good works for our Earth and also for individual health and well-being. We need to pay attention to the pollution we create, which is poisoning the Earth and respect all of the creatures of the world. You cannot change the world by yourself; however, you can accept lessons and learn to evolve your soul to meet God's expectation.

**3. What does this all mean?** Some may believe we are in the apocalyptic times. As a spiritual person, I believe we are in a growth spurt, evolving our souls to the next level. As you may remember from your childhood years, growing can be painful and disorienting at times, needing to adjust to a different you. Look at this time as a challenge to your spiritual maturity and need to evolve closer to the center of the universal mind. As in human growth from child to adult, things can go many ways depending on your view of life and how much you are willing to learn. Mature thinking does not simply come with age. Maturity comes with accepting you are always in a flux of change, learning, and loving with every step of the way.

Meditate/pray for wisdom and love with each step of your life, and you can change the world.

**Wendy Powers Nugent**

Clairvoyant, Minister, writer, and certified spiritual counselor. Wendy has been a professional psychic for more than 40 years with Proven accuracy. [www, WendyPowers-Clairvoyant.com](http://www.WendyPowers-Clairvoyant.com) Readings by appointment only: Text/Call 248-826-8255 Now offering Readings by Zoom and Skype





## How Aqua Aura Quartz is Created

By Jennifer Vanderwal

There are a few handfuls of crystals, mostly quartz, that are enhanced by man, changing their look and properties. These include aqua aura, opal aura, flame aura, angel aura, and rainbow quartz. These crystals are created by placing them in a vacuum chamber, heating them to 1600° Fahrenheit, while subjecting them to various metal deposits. The metal deposits adhere to the outside of the crystals, creating a rainbow sheen on the surface. Different metals are being used to create these crystals such as copper, silver, platinum, gold, niobium, titanium, and indium. Aqua aura quartz crystals are made with this process using deposits of gold. Rainbow quartz is created the same way, using both gold and titanium. The same procedure, along with platinum, creates opal aura quartz. Angel aura quartz is created similarly, using platinum and silver. Flame aura quartz is created differently with titanium; this process uses electricity only, no heat, making these crystals more stable. What makes these crystals so powerful is quartz amplifies the properties of each metal used.

Copper transmits thoughts and energy, stimulates intuition and vitality, helps us recognize blocks from personal evolution, and magnifies other stones. Gold, the "master healer," clears blocks on all levels, maintains communion with source, and actualizes self-potential. Silver "mirrors our soul," directs other minerals, enhances intuition. Indium or tin oxide used commercially for L.C.D. screens on solar panels, glass, computer, t.v. Screens. They are rarely used as an injection for helping to heal bone cancer. Platinum is an excellent metal bringing in new visions and energies into the physical realm. Titanium, another powerful mineral for metamorphosis, aid's us in shedding the old, making room for new while bringing in the new age energies.

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



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# The Silver Thread: Thinking of the Gunas

By Michael Abramsky

Recently I was at the Kripalu Institute and spent a week studying the Bhagavad Gita, a classic text of Hindu Spirituality. The Gita is perhaps the most fundamental of Hindu texts, as it captures the essence of the Vedantic (yoga) philosophy, which is one of the prominent guides for Hindus' life.

Hindu philosophy is singularly devoted to transcendence, and it studies and activates processes to achieve that end. These processes are generally called yoga.

To explore these processes, we first must examine the Hindu Universe. There are two major divisions. The first is the Purusha. Purusha is the originating egg. It is the primal source of all else. Brahma is the womb that nurtures and, in unison, gives birth to the three lower levels of existence. We might label this primal energy, but it is more commonly called spirit.

From the perspective of human experience, Purusha is the transcendent state of consciousness we seek in meditation and other spiritual practices, the Self.

Prakriti is the reality of consciousness. It is the most basic and purest form of day to day being, the world of senses and mind. It emanates from Purusha, which is like a fluid that evolves into forms. Prakriti is the world of manifest form, which divides into seven lower levels of energy. Prakriti are energy centers.

Prakriti, is in human consciousness, is most equated with the ego. That is our stories of development, relationship, and self-definition.

It is the human confusion between Prakriti, and Purusha that causes suffering. We mistake Prakriti for Purusha: we confuse sense and

transcendence.

One such center of Prakriti are gunas. Gunas are sources of psychic energy, which are manifest in our relationship to life.

The first Guna is Rajas. Rajas are a passion, and they arise from thirst and attachment. Rajas produce fevered desires in us. Rajas cause attachment to action. In the Hindu pantheon, Rajas cause rebirth, due to repetitive desires. Rajas wipe out the will and reason, bending to the forces of desire.

"Rajas, from a more psychological view, are those mind-feelings associated with excessive energy... Anger, anxiety, obsession, and all passions directed toward an object-a person, thing, or idea. It is constant momentum, fusing thought, feeling, and action.

The other Guna is Tamas or inertia. Tamas is born of ignorance, which deludes. It is Knowledge obscured, causing attachment to unawareness, and is manifest in negligence, indolence, and sleepiness. Rather than an over-investment in action-attachment, it is withdrawal from the world, inaction, and inertia.

Clinical conditions, primarily depression, are examples of Tamas. Other conditions, such as introversion, schizoid, and denial, repression positions are too.

The Guna we strive for is Sattva. Sattva is balance and harmony.

"Of these, only sattva is free from impurity, illuminating and free from disease, binds by attachment to happiness and by attachment to knowledge" 14-6.

There are three sub-sets of Sattva: Karya Karma: Good Deeds. This is the action component. It focuses on our behavior and the way we treat others. Traditionally regard for others entails compassion and love for others and gratitude for our own lives. Swakarma. Swakarma refers to resolving our past. Such an endeavor

is the crux of psychotherapy, initiated by Freud. The patterns established in childhood, according to Freud, influence our contemporary life. Through our socialization, we develop a narrative pattern with us as its star. Woven through that pattern is a story of us, our relationships, and our self-image. When that narrative is disturbed by external or internal events, we experience disturbance, and this is reacted too in either healthy or unhealthy ways.

Psychotherapies rework our interpretation of our past in ways that are more flexible and adaptive. We gain symptomatic relief from pain partly through a reinterpretation of our life narrative. For example, the destructive influence of the alcoholic parent may be seen as less crippling than one thinks, and in fact, many have helped to establish unknown character strengths.

Swadharma: Moving toward spirit. The Story of the Gita is the story of the warrior Arjuna and Lord Krishna. Much of it focuses on Krishna's attempts to persuade Arjuna to perform his life duty as a warrior, and not be deterred by his personal feelings and concerns. Swadarma is the realizing of our spiritual purpose, the Purusha, which is the underlying transcendent motive of life. Ideally, our day to day actions are only meaningful as they contribute to this transcendent state. That is Prakriti must transform into Purusha to advance our spiritual purpose

Yoga is the name for a collection of practices that aid in the transformation from Prakriti to Purusha.

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





# Spirit Lifters to Get Back on Track to Living Your Highest Path

By Emily Madill

During our life journey, we will at some point (or many points) find ourselves in a funk and forget about the lighter side of life. Life's bumps are hard to escape because they are a normal part of a life well-loved.

Our storms often bring as much value to our life journey as our highlights and happy moments. When life upsets and challenges bring us down, we can use these experiences as opportunities to transform and learn something new about life. We can use our experiences to see life through new eyes.

Give these spirit lifters a try:

## 1. Connect With Nature

Life is like a dream and nature is the extraordinary backdrop transforming the dream into a beautiful miracle. No matter where we live in the world, we are surrounded with natural beauty we can experience on a deep soul level. Step outside, notice the sound of the wind and the warmth of the sun on your skin. Connecting with nature awakens the spirit of who we are. Nature helps us come back to the part of us that sometimes gets buried in the noise of life.

## 2. Acts of Kindness

It is uplifting to genuinely give to others without expectation or strings attached. The act of giving is often where the true gift resides. Offering others our kindness helps us move our focus away from our worries and dramas, and instead connect to our inner spirit. When we authentically give our love and light to others, we are in essence being in our love and light.

## 3. Dream

As humans, we get to use our imaginations to create, envision and dream. There is a real sense of hope and vitality that comes along with giving ourselves permission to dream big dreams. Take a break from worries, and enjoy how it feels to be hopeful and excited about new possibilities.

## 4. Spontaneity

Sometimes we can get so caught up in regiment, routine and structure that life feels dull and predictable. Sometimes what we really need is a reminder to step outside of our comfort zone and add more zest and excitement to our lives. The idea is to follow our heart and take a chance every now and again for the sake of taking a chance.

## 5. Celebrate

How often do you take time to celebrate where you are in your life at this very moment? Sometimes we travel through life quickly while we chase one moving target after the other. We can forget to take time to celebrate how far we have come. Giving ourselves the gift of celebratory time not only feels good, it can have a way of putting life in perspective. Celebrate with friends and loved ones, enjoying a special ritual, or giving ourselves a well-deserved pat on the back for being amazing exactly as we are.

## 6. Laughter

Laughter truly is the best medicine. We can immerse ourselves in laughter during happy times and in times of distress. Some of my fondest memories are of deep rooted belly laughs shared with good friends. Many of those shared laughs happened during heightened times of upset. Laughter can be used to pull us out of the doldrums and to help make our spirits bright. And connect back to our passion for living fully, and to experience the many joys and amazing things about life.

## 7. Honor Your Boundaries

Each of us is in charge of our own personal boundaries. If we feel like we are doormats and our boundaries aren't being respected, it is because we need to honor ourselves first. Sometimes it feels easier to give in and be the people pleaser. But turning our back on ourselves always comes with a price. The more we honor ourselves, the easier our interactions become and the more settled we feel.

## 8. Be Curious

We are all explorers on this great life adventure. We get to create our own life story and make sense of the world in our unique way. As adults, we can lose our passion for learning and discovering new things about life. One way to open up to be students again, is to ask questions and be curious. We can remind ourselves we aren't meant to have it all figured out, we are meant to be having the adventure of a lifetime.

## 9. Be Gentle

Life can throw us curve balls and we don't always bounce back the same way. There is no right way to do life. Sometimes what we really need is to give ourselves permission to be exactly where we are - whether that is in a place of pure bliss or in the depths of despair. Our highest path doesn't mean we have to always wear a giant smile and have life figured out. Our highest path is being okay with who we are, exactly as we are.

The greatest gift and spirit booster we can give ourselves, is to love who we are and be gentle with our human selves. [www.huffpost.com/entry/21-spirit-lifters-that-wi\\_b\\_11918256](http://www.huffpost.com/entry/21-spirit-lifters-that-wi_b_11918256)

# PURSUING SPIRITUALITY:

## Forgiving

By John Ashbrook

The importance of a forgiving attitude in the creation of the spiritual life is emphasized in all spiritual teachings. The ability to forgive is a critical element in the capacity of an individual to love and be loved. This is so because love itself is characterized by a person's willingness to understand and accept the imperfection of the human spirit. This willingness to accept and understand is the essence of spiritual development. To the degree that one has developed their spirituality there is a corresponding capacity to forgive others and themselves for their mistakes. The spiritually developed person forgives quickly and easily and comes to the point where they fully understand that there is nothing that cannot be forgiven.

Forgiveness is the ability to accept, let go, and move forward in one's life without harboring an attitude of punishment toward yourself or others. The achievement of such an attitude of forgiving is difficult but entirely possible if one is willing to cultivate patience and gentleness as a way of life. One must develop a discipline of not criticizing, in a harsh manner, the mistakes made by themselves or others. If you cannot forgive someone for something they have done, then you must fully grasp and accept this fact: there is something somewhere in you that you have not forgiven yourself for. Perhaps you have done something similar to someone else at some time in your life and you never fully forgave yourself. Perhaps you have allowed the person you are now unwilling to forgive to hurt you too often so you cannot forgive yourself for letting them hurt you, or you may have a general lack of self-forgiveness in many areas of your life. If this is so then you are harboring guilt, which creates a self-punishing attitude. Remember, the more willing you are to forgive, the less your life will be ruled by guilt and fear. Where there is forgiveness there is freedom and enhanced self-esteem. Without forgiveness there can be no deserving attitude, therefore no trust, no faith in the process of life, only despair.

Forgiving and letting go are the same – you cannot have one without the other. So, when you can forgive you automatically let go of paralyzing negative emotional attachments that prevent the natural and right unfoldment, growth and joyful expression of your spirit.

When it comes to forgiving, understand that most of the forgiving that you need to do is in the area of what you have done to yourself. If you have held yourself up to being perfect, if you have been hard on yourself for past mistakes; if you continue to be critical of your shortcomings, picking at and criticizing yourself, then you are not loving yourself because

you are refusing to accept yourself as you now are. You are being impatient and trying to force yourself to change. This will never work, simply because it is not forgiveness. So how does one truly begin to forgive? The answer to this is simple but challenging. Remember when someone close to you said that they forgave you when you had hurt them and then a week later threw it back in your face again? Did you feel forgiven by them? Of course not! So therein lies the secret to truly forgiving yourself. Forgiving must be an ongoing practice. Mistakes cannot be forgiven if they are visited in a harsh, critical, self-punishing way. If you say to yourself, "I forgive myself for this imperfection in me, and I love myself as I am," then you cannot later that day, that week or that year go back and beat yourself up about it. If you do that you have not let go, you have not moved forward and you have not forgiven yourself. This treatment of yourself creates frustration, anger and rebellion in the soul and you will find yourself making the same mistakes over and over again!

If you want to really change and dissolve your problems then you must take a gentler attitude with yourself, not be critical of your shortcomings. If you repeat a mistake after you have forgiven yourself then you must be gentle with yourself. The conversation with yourself might go this way, "Okay, I did this, I know better. I also know that I am still learning and therefore I will try a little harder in the future. I love myself and I am moving forward in my life." This attitude solicits co-operation in the soul. It does not create rebellion, and over time with patience, progress will be made. You will see that your ability to forgive yourself and others grows slowly at first and then more quickly as you become comfortable in your developing spirituality. You will also see that you are making less mistakes, and that the mistakes you are making are smaller, less significant and they bother you less as well. You will also notice that the mistakes of others don't bother you as much as they once did. In fact, you will not even attract these things as often.

Remember, the development of your soul is a work in progress. Revisiting mistakes in a harsh, critical way is like tearing down the good that you have accomplished. When you accept and love yourself as you are in any given moment then you are always perfect, always joyful and always fulfilled. This is the way that God means for everyone to live. We are all here together learning to love ourselves and others, accepting, forgiving and evolving.

**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 734-326-3433



# Rekindling Your Passions

By Dr. Dravon James



What happened to you?

I mean, what happened to YOU...not what happened to you, the wife, or you the mom or you the employee. What happened to you, the dreamer, the lover, the adventurer?

What was it that enticed you away from your journey and lured you to the path that you are on today? In the third grade, I discovered my passion. I knew beyond a shadow of a doubt what I wanted to do with my life. It was a rainy afternoon, and we couldn't go outside for recess, so my teacher pulled out the gray box record player and announced that we were going to be listening to a recording of a play. I fell in love with the music and the actors. I was even more thrilled when she announced that we would be performing the play during the spring assembly.

I remember the process of learning lines and dance steps, and I remember the auditions. I studied for the part of the lead. I knew the lines, I knew the dance routine, and I was ready to be cast as the lead. I wanted to be an actress. Well, I was cast as a tree, no lines, no dancing, no moving. I was heartbroken and excited at the same time. I was determined to be the best tree as if it were possible to be bad tree...no lines, no dancing, no moving.

But as I watched the lead rehearse, I recited all her lines and mentally did all her dances. I comforted myself by thinking, "I'll get this part next time." Well, in fourth grade, we did the same play, and guess what? I was cast as a tree...no lines, no dancing, no moving.

When you're young, there is an innocence that believes anything is possible no matter what the physical world displays.

I was convinced that I would be an actress and that one day I would have lines and that there would be dancing and moving. I never gave up on the dream, but boy did I leave the path.

There was always something tugging at my sensibility, something or someone reminding me that the world of acting was too random for a girl like me. That if I got the chance to go to college, it would be much more sensible to study a field that guaranteed me a job. Well, that sounded like pretty good advice to me. So, I temporarily abandoned the idea of studying theatre and studied math and science instead.

I promised myself that I would get a good job, become an upstanding member of the gainfully employed, and then I would go back and pursue my passion. Guess what? My heart believed me. I finished pharmacy school and got a good job, but I didn't go straight away and fulfill the promise that I had made to myself all those years ago. No, I took many detours. I was lured away from my passion with trinkets, and shiny things, some of which turned out to be quite valuable but never quenched my thirst and passion for the arts.

With the birth of our eldest child, I decided that I had to pursue my dream of being an actress. How could I ever tell her to follow her dreams when I had not followed mine. She was three months old; my husband and I did not have a support network. How could I possibly be considering taking acting lessons and working fulltime and caring for my daughter and my husband? That would have been a sensible question, but it wasn't the question that greeted me in the morning. Instead, I found myself wrestling with the question, "How can you possibly consider not doing this now?" There was something deep within me, telling me that I was born to be whole and complete.

I decided to move towards my dream, even though my circumstances were a bit challenging.

We now have two children, and they have grown up in the theatre and on the sets of no-budget independent films. And I know that my ability to embrace my passion has helped them to become well-rounded individuals. You are very important to the outcome and wellbeing of your family, your community, and the entire world. When you stop pursuing your dreams and what you are passionate about, you are depriving your family, community, and the world the opportunity of truly experiencing who you really are and the gifts that you bring! So, what will it take for you to rekindle your passions and live a life you dream of?

Visit: <http://www.drdravonjames.com>

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# Awakening To The Music

By Tina Bowman



"Don't die with the  
music still in you"

~ Dr. Wayne Dyer

I can hear my music playing now, and I wish to share it with the world. The music gets louder, and the path becomes clearer as you listen. There is hope. Life can be beauty and joy, and happiness.

Begin by gently seeing all parts of yourself with acceptance. My heart song that I wish to share is this: You are not alone. You are beautiful. You are worthy and loved exactly as you are.

We all have music inside of us: gifts that are yearning to come forth and be shared. We were all born with unique gifts that we wanted to share, as part of our journey here. For many people, our awareness of those gifts has been forgotten along the way. Maybe we were told by our parents, teachers, and friends that we are not good enough. In our society, the emphasis is on what we achieve: getting good grades, degrees, jobs, earning money, and status. All those things are outside of us.

Turn your focus inward, and you will hear your music. Do you believe that you have talents and gifts to share with the world? No? Well, you do!!!

Ask yourself: What are my gifts? What do I love to do? What does your heart tell you when you ask these questions? People's gifts come in many forms. (Teaching, listening to others, arts and crafts, woodworking, dancing etc...) You don't have to monetize your gift...for it to be a gift to the world.

I did deep soul searching to awaken to my music. I was diagnosed with Bipolar Disorder 24 years ago. I decided along the way that I am not my diagnosis. The illness has been a rollercoaster ride like no other. Some challenges that I faced include: losing jobs, losing friendships, and even whole years of my life are a blur to me now. But through all of that, I continued to try. I continued to learn about the illness, how others had dealt with it, and what steps I could take towards total wellness. I found support groups, and in time I became a certified mental health group leader. I studied many healing forms and continued to grow, forgive, and heal. Today I am living my life fully and no longer on any prescription medications.

When you can honestly look at all parts of you: the good, the not so good, and everything in between and see that you are divinely perfect just as you are, this is when you will begin to

hear your music playing. Self-acceptance is a process, and it starts with the willingness to let go. Let go of all the fears, the judgments, all the noise that is outside of you. One step at a time, day by day, choose to stay awake and conscious in all that you do.

What are the practices for self-acceptance? Some of my practices I teach my clients are meditation, conscious breathing, Qigong, letting go of limiting beliefs, prayer, listening to heart music, Reiki, and staying in gratitude.

I also love helping people to get organized, plan their wellness, and set goals! It is truly my honor to support others to become the best version of themselves.

There is no one right way or right path: continuing to take steps forward on your journey will bring you to that place of balance you are seeking. Sometimes you will take steps backward, and that is ok. Be gentle with yourself. There is no race to the finish. Each moment of every day is an opportunity to choose joy, to learn, and to grow into the best version of yourself.

My passion is helping others to: find their way back to their center, listen to their heart, and to find balance in all areas of life.

As a mother, wife, and business professional, I KNOW how to make spirituality, healing, and self-acceptance doable! Please contact me if you need help in mental health wellness, setting goals, or discovering your true gifts. I believe that we all have the answers we seek if we are given the support we need to hear our music inside of us.

## Tina Bowman

Tina Bowman has spent 14 years in the holistic and spiritual education fields. She is an Intuitive Life Coach, Level 1 Healing Touch practitioner, Reiki Master, certified Self Acceptance Process teacher, and mental health wellness group facilitator. Her experiences with trauma and mental illness have inspired her to help others. [www.healingconnectionsml.com](http://www.healingconnectionsml.com)





~Susan Billmaier, PhD

As we learn to accept, we open to love...and as we open to love, we experience peace...and when we experience peace, we can relax and encourage and care-for. We can give



Now think about action. Action is the expression of inner life through the outer life. Everything we do originates

**Susan (withpearls) Billmaier, PhD** is a spiritual teacher and healer, with roots in the Vedas, Buddhism, Christianity, and 20th century New Thought, including ACIM. She has been practicing spiritual purification and healing for over 25 years.

# Spirit Lifters to Help You Get Back on Track

By Emily Madill



During our life journey, we will, at some point (or many points), find ourselves in a funk and forget about the lighter side of life. Life's bumps are hard to escape because they are a normal part of a life well-lived.

Our storms often bring as much value to our life journey as our highlights and happy moments. When life upsets and challenges bring us down, we can use these experiences as opportunities to transform and learn something new about life. We can use our experiences to see life through new eyes.

Give these spirit lifters a try:

**1. Connect With Nature** - Life is like a dream, and nature is the extraordinary backdrop transforming the dream into a beautiful miracle. No matter where we live in the world, we are surrounded with natural beauty; we can experience on a deep soul level. Step outside, notice the sound of the wind and the warmth of the sun on your skin. Connecting with nature awakens the spirit of who we are. Nature helps us come back to the part of us that sometimes gets buried in the noise of life.

**2. Acts of Kindness** - It is uplifting to genuinely give to others without expectation or strings attached. The act of giving is often where the true gift resides. Offering others our kindness helps us move our focus away from our worries and dramas, and instead connect to our inner spirit. When we authentically give our love and light to others, we are, in essence being in our love and light.

**3. Dream** - As humans, we get to use

our imaginations to create, envision, and dream. There is a real sense of hope and vitality that comes along with giving ourselves permission to dream big dreams. Take a break from worries, and enjoy how it feels to be hopeful and excited about new possibilities.

**4. Spontaneity** - Sometimes we can get so caught up in regiment, routine, and structure that life feels dull and predictable. Sometimes what we really need is a reminder to step outside of our comfort zone and add more zest and excitement to our lives. The idea is to follow our heart and take a chance every now and again for the sake of taking a chance.

**5. Celebrate** - How often do you take time to celebrate where you are in your life at this very moment? Sometimes we travel through life quickly while we chase one moving target after the other. We can forget to take time to celebrate how far we have come. Giving ourselves the gift of celebratory time not only feels good, it can have a way of putting life in perspective. Celebrate with friends and loved ones, enjoying a special ritual, or giving ourselves a well-deserved pat on the back for being amazing exactly as we are.

**6. Laughter** - Laughter truly is the best medicine. We can immerse ourselves in laughter during happy times and in times of distress. Some of my fondest memories are of deep rooted belly laughs shared with good friends. Many of those shared laughs happened during heightened times of upset. Laughter can be used to pull us out of the doldrums

and to help make our spirits bright. We can also use laughter to connect back to our passion for living fully, and to experience the many joys and amazing things about life.

## 7. Honor Your Boundaries

Each of us is in charge of our own personal boundaries. If we feel like we are doormats and our boundaries aren't being respected, it is because we need to honor ourselves first. Sometimes it feels easier to give in and be the people pleaser. But turning our back on ourselves always comes with a price. The more we honor ourselves, the easier our interactions become, and the more settled we feel.

**8. Be Curious** - We are all explorers on this great life adventure. We get to create our own life story and make sense of the world in our unique way. As adults, we can lose our passion for learning and discovering new things about life. One way to open up to be students again, is to ask questions and be curious. We can remind ourselves we aren't meant to have it all figured out; we are meant to be having the adventure of a lifetime.

**9. Be Gentle** - Life can throw us curve balls, and we don't always bounce back the same way. There is no right way to do life. Sometimes what we really need is to give ourselves permission to be exactly where we are - whether that is in a place of pure bliss or in the depths of despair. Our highest path doesn't mean we have to always wear a giant smile and have life figured out. Our highest path is being okay with who we are, exactly as we are.

No matter where we are on our life journey, the greatest gift and spirit booster, we can give ourselves is to love who we are and be gentle with our human selves.

Visit: [https://www.huffpost.com/entry/21-spirit-lifters-that-wi\\_b\\_11918256](https://www.huffpost.com/entry/21-spirit-lifters-that-wi_b_11918256)



# Wow!

Wow!  
What a  
crazy three  
months this  
has been.

I went on  
vacation

at the end of February to California  
and had a wonderful time with family  
and traveled the coast. I came back  
home to do the Women's Expo in  
Grand Rapids on March 6th, and the  
world fell apart. Everything closed.  
Everything was shut down. Everyone  
knew a pandemic was coming, but  
nobody thought it was this intense.  
I have so missed our clients and  
the people that work for Michigan  
Psychic Fair. I had so many things  
planned for the last two to three  
months that I have been canceled,  
and I know I wasn't the only one who  
had severe anxiety. My heart goes  
out to all the families that were so  
upside down on everything or was  
directly affected by the Coronavirus.  
Nobody knows the hardship that ev-  
erybody else has felt. We need to be  
strong, and we will get through this.  
It is just so many things at once, and  
social media has not been our best  
friend. You know me, I am always  
trying to look for the positive side of  
everything because I believe in the  
world and people while I still believe  
in love and happiness.



Michigan Psychic Fair  
will still be here to  
answer your questions  
In romance, love, work,  
career, finances, and  
mediumship to get  
answers from your loved ones on the  
other side. Come join us ...

**Love & Light Pauline**

WOW!

## 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, such as the Michigan Meditation Experience and BMS Holistic Festival Unity of Livonia, 28660 Five Mile Road, Livonia [www.unityoflivonia.org](http://www.unityoflivonia.org) for more information email Mona at [Mona@CoCreateJoy.com](mailto:Mona@CoCreateJoy.com) or text message only to 734-778-4655

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

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

Weekly: Wed - Wednesday Meditations - Join Eve Wilson's Circle 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](http://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](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](http://www.healingtouchcenter.info/Healing_Touch/Welcome.html)

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### COACHING

G. EscoDavis, LLC certified life coach, Coaching Women Entrepreneurs' and life balance coaching [www.escodavis.net](http://www.escodavis.net) to view menu of services

### HEALING SERVICES

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

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

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

Alleviate stress and anxiety regarding COVID19, other medical issues, and life's ups and downs. Hypnotherapist providing remote services. Contact Anette Wolski, LMSW, CHt 734-765-7630 [anettewolski.byregion.net](http://anettewolski.byregion.net)

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

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### READERS

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

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