

YOUR HOLISTIC & SPIRITUAL COMMUNITY MAGAZINE



Body Mind Spirit Guide[®]

For A healthy Body, an Enlightened Mind, and A Renewed Spirit ©



SEPTEMBER 2020

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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.

Contributions are welcome in the form of articles, comments and opinions. Email us for a copy of our "Writer's Guidelines" or just email your content to info@bodymindspiritguide.com

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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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Gains and Losses during the 2020 Pandemic

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

St. Jude's Novena

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



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

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

~CC, Lincoln Park

This pandemic has led to conditions and restrictions, unlike any other time in history. In our country, we're faced with the possibility of many of our precious freedoms being stripped from us in the name of the public good.

But who are the restrictions good for? Who is actually benefitting from them? These are complex questions that each individual should research for themselves in order to find real answers -- not just answers offered up from any one political party or a supposed do-gooder organization.

Many answers that sound good on the surface may actually be evil. This is why it's important to look at the whole picture. From my viewpoint, it appears that many changes being implemented as a result of the pandemic may affect the core of our existence and ultimately affect our freedom. America is our beautiful country and is referred to as The Land of the Free. Let's keep it that way.

Now let's switch to a little lighter subject, although one that's almost as emotionally upsetting for some people. You're not alone if you've gained weight and/or don't feel as healthy as you were before the pandemic lock-down.

Why did you gain weight? The lock-down led to social isolation, which is devastating in and of itself. Not leaving the house to go to work, the gym, or to spend time with family and friends is often depressing, even for people that aren't

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particularly social. It's also well known that depressed people don't tend to take care of themselves.

Depressed individuals typically don't eat or sleep well. Stress-eating, indulging in comfort foods, and not exercising compound these problems. Even though gyms weren't open, perhaps you thought about exercising but couldn't get yourself motivated. That's not surprising as many people may prefer pajamas to exercise clothes.

Besides your emotions getting in the way, likely, much of the food you've been ingesting throughout the lock-down has multiple ingredients with names you can't even pronounce. Farmer's markets have been closed until recently, and stores weren't getting timely deliveries of many foods -- so even if you wanted to eat right, it was much harder. Add with unscrupulous food manufacturer's attempts to tantalize your taste buds with excessive amounts of processed table salt, unnatural sugars, MSG, and chemicals called obesogens; you're lucky to be able to think straight!

Obesogens do as the name indicates; they trigger the production of fat cells, which may lead to obesity while your taste buds are saying, "This tastes amazing, I want more!" Kudos to those of you that are able to escape these traps, but if you're still caught within their grip, you must be proactive! Many diseases prey on those with weakened immune systems. You're a prime target for disease when you eat non-foods, and your body becomes riddled with their poisons.

Eating junk foods, especially those high in refined sugar and/or eating in excess, puts you at a higher risk for disease. People with diabetes or a pre-diabetic person is at even greater risk as their pancreas usually isn't functioning well. One of the many jobs of the pancreas is sodium bicarbonate production that forms the protective middle layer of the stomach, allowing it to produce an ample supply of hydrochloric acid without burning the stomach muscle wall.

Hydrochloric acid sterilizes food as it enters the stomach, killing any virus, bacteria, fungus, or other opportunistic invaders that would otherwise make us sick. It also acidifies the body at other potential entry points, inhibiting disease-causing entities. While we've known for some time that proton pump inhibitors are bad news, the study "Proton Pump Inhibitors Tied to Covid-19 Risk" published July 7, 2020, in The American Journal of Gastroenterology confirms this yet again. This study showed a 50% increased risk for Covid-19 for those people taking acid blockers or any type of antacid. Wow!

This study shows antacids at the top of the list for Covid-19

risk. It seems that it would only be logical that this would be followed by those who drink alkaline water. This water is artificially processed to have a PH of greater than 7.

To avoid drugs for symptoms of indigestion, the solution is to eat and digest healthy foods. Indigestion = non-digestion of foods. (Do you remember being told to chew your food x number of times?) Even if you chew your food well and eat raw foods, you'll still need to add enzymes back whenever you eat any food that's been cooked over 114 degrees. If not, you will tax your body and reduce your energy.

How else can you start feeling better? Bio-hacking your gut bacteria can help boost your mood. Recent studies reveal that certain probiotics affect the activity and connectivity in the emotion centers in the brain, called the gut-brain axis.

Since your gut bacteria affect your brain, you can feel free to blame the bacteria in your gut for your emotional turmoil and food cravings. Over half the cells in your body are bacteria. Harmful bacteria survives and thrives off of junk food, whereas good bacteria love vegetables

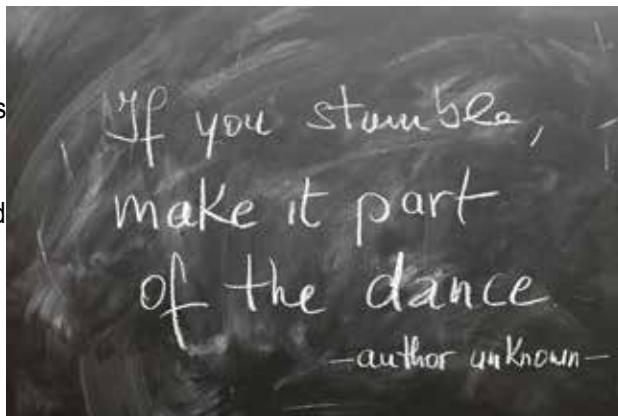
and healthy foods. (To learn about a program to change your gut biome, give us a call.)

In my office, we encourage patients to eat nutritionally dense foods, especially ones that are raw, organic, and/or fermented. We also carry several different types of probiotics. Since every individual has different needs and is in different stages of their healing journey, we utilize muscle testing to determine which supplements and/or which foods provide the most benefit.

It's exciting to live in an age where there's new information and new advances in products every day. One example is a product just introduced intended to grab fat and take it to the energy-producing mitochondria in the heart to burn for fuel. Cleaning toxins out of the body is also essential for long-term weight loss and health.

We can all come out of this strong and healthy if we do the right things. Are YOU ready to start?

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 when you call 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.

Book online and Give Yourself the Gift of Ahhhh! here:
<https://www.leslieblackburn.com/work-with-me/bcst>

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

Are you ready to feel good about feeling good?



COVID Update: I am offering remote sessions - both Sacred Sexuality and BCST, reach out :-)

Hello fellow beings! I see you in there. You are:

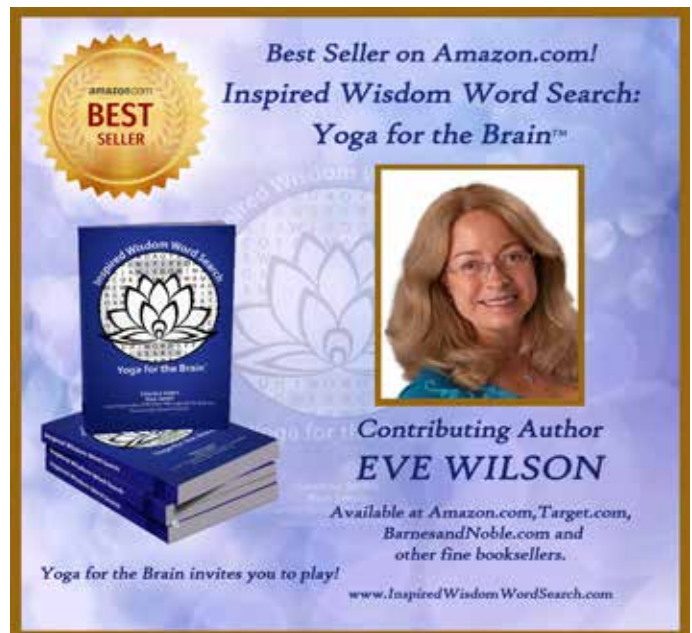
- Curious
- Committed to make a change
- Willing to look inside
- Showing up for yourself
- Caring

You have a **presence** that you bring to the world in so many areas of your life! You're making an impact and doing good work in the world. I see the **courage** in you that has supported you to get this far, and I see that there's also this place where you need some support. Sometimes in sexuality, in many and

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

Soul Politics

By Dr. Chris Surber

In a day of devilish divide, the Bible still has a lesson for heavenly healing. Get elevated into the realm of soul politics! Politics is a loaded word, but in its rawest form, the word basically describes the methods and processes by which a group of people govern themselves. While the politics of the world tend to devolve into divide, the politics of God are connection, construction, and confidence. Soul politics, as I would describe them, have at least these three guiding components. They offer us a scaffolding for the work of renovating our perspective.

God created us for connection. Through prayer, we can connect to God. Through mutual encouragement, as we do God's work in the world together, we can be connected to one another. "Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near." (Hebrews 10:24-25 NLT)

Regardless of race and irrespective of ideology, when we encourage our neighbor in the direction of connection, our politics have the potential for increased positivity.

God created us for construction. Construction is an interesting concept in the Bible. In perhaps the most notable mention of construction, we find God scattering people in Genesis 11 as a consequence of a construction project. The problem with the project was the people's pride! God wanted worship. They want to exalt themselves. In another instance, we see Jesus using the death of workers in a construction accident, not an example of judgment but as a call to the brevity of life.



Today is the day to open our hearts to God's love. We don't know what is coming tomorrow.

The construction I'm speaking of isn't about building buildings of accomplishment or construction accidents that remind us to count the preciousness of every breath. While these are important spiritual ideas, I'm talking more about constructing community. My friend, anyway we lean in the shifting sands of thinking on in this ever-changing world, the power of

constructing community, of mutual elevation, is an ever-present reality. Power principles of soul politics would have us always with hammers in hands constructing community!

If you are spiritually minded, become awake in heavenly ways! Working together is the only way our spirits will have the collaborative effect of elevating life. With so much to depress and divide, let's be the kind of people bent in the direction of constructing connected community in order to elevate one another to a place of confidence! They say in Haiti, "Men anpil, Chay pa lou!" Many hands make the load light!



Surround yourself with a few people who celebrate lifting you up. In turn, lift them up. Together we can nurture soul politics. Together we can pour the water of life on the flower of love and watch it grow. "So encourage each other and build each other up, just as you are already doing." (1 Thessalonians 5:11 NLT)

Dr. Chris Surber is Senior Minister at Mt Hope Congregational Church in Livonia, MI. He is also the Co-Founder and Executive Director of Supply and Multiply in Montrouis, Haiti. Visit him online at www.chrissurber.com

[Attached Photos: I captured these image of this mural which are on an empty building at Grand River Avenue & Lahser Roads in Northwest Detroit, July 21, 2020.]

Riding the Wave of Change

by Eve Wilson

It has been three years since my book was published, and I feel the desire to look at the directions our world has evolved along the lines I saw coming at that time.

When I wrote *Riding the Wave of Change – Hope, Healing & Spiritual Growth for Our World*, the changes I was seeing were predominantly in the aura and spirit of our lives and planet. True, our world was getting a bit ragged around the edges, but I think for most people, the information I shared about the paradigm reality shift we call ascension may have seemed speculative.

Since that time, the waves of change have begun manifesting in more obvious

ways, and though many choose to stick their heads in the sand, more and more people are unable to deny the realities of our time. The old is breaking down, making way for something new. While many may feel the new cannot be as good as what we used to have. That is not how I see it.

The first paragraph in my book reads: "You are ascending. You are evolving in ways preordained from the beginning of time. Beneath the challenging and often negative aspects of life, there is something marvelous and purposeful going on. This book will help you orient toward the positive shifts taking place so that so you can ride the waves of change on planet Earth with confidence and grace."

In *Riding the Wave*, I explain how our past experiences have evolved our human creature self to become a suitably complex vessel for our eternal soul and spirit to live and act through. The journey

of challenges and suffering has been a workout machine, building the necessary "soul muscles" for our eternal Higher Selves. In 2012 the world contracts for that phase of existence ended, and a new set of contracts came into effect for the next 350,000,000 + years. The new contracts welcome us to a journey of increasing unity between our creature selves and our eternal spiritual selves to manifest through co-creation the potential for life we have always longed for.

But for this new era to begin, we must release the past, and that is the sticking point.

To facilitate that release, we are undergoing increasing chaos and loss of security in our familiar reality. Government, society, environment, finances, and due to Coronavirus, our collective physical health, have all lost their reliability. Our reality is shaking, causing us to go within and find true

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security in partnership with our eternal Higher Self. What appeared somewhat chaotic in 2015-2017 while I was writing my book has become increasingly distressing from the human standpoint.

But we have built the soul muscles needed to increasingly center within. There we are learning to build an inner unity with Higher Self and the higher intelligence and unconditional love that makes us feel secure and confident enough, despite the outer chaos and change.

This summer, I am living on a bay of Lake Michigan and have been watching the water levels rise.

They are 4 to 5 feet higher than they three years ago and daily inch further up the beaches. Flooding and intense storms have become much more common, and the temperature swings are unrelenting. It keeps me aware of the powerful change moving through our world, both humanity and nature. Many blame humans for the changes in the environment; however, I do not. They were predicted by Nostradamus, the Bible, Native Americans, and Mayans for thousands of years. If we could stop the change, we would be stuck in the old, and that would defeat the purpose of the challenging workout we have endured to get here. Stopping the change is beyond our means, but cooperating with it and stepping up to what we call the new world reality of unity and co-creation with higher intelligence and love is what is being called for. This new world is already here with us and growing stronger daily.

During this transition, we exist on two distinct levels of reality. What we call the old world is dissolving around us, becoming increasingly dysfunctional and unreliable. The new world is growing at the exact pace that the old is dissolving. I love experiencing the growing new world and increasingly focus my work as a Spiritual Healer and World Ascension Worker to help people step into the new and bridge with the old to enjoy both. As more people learn to do this, the new world becomes stronger, and the period of difficult change is diminished. My book has tools for this process, and my Weekly Word for Healing & Ascension Blog continues that teaching. Visit my website www.spiritualhealers.com to learn more.

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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By Eve Wilson

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UFOs and The Extraterrestrial Message

By Brian Keneipp

If you are paying attention to what is happening on Earth, you can see that all is not well on our planet.

I recently returned from Australia, where they are very much aware of this. 2019 was the hottest and driest year in their history, leading to the historic firestorms, killing over a billion animals, including as much as 50% of all the Koalas on Earth. This was followed by record size hail pummeling their capital city, Canberra. Other examples of a world out of balance abound. For those of us willing and able to look beyond our own personal challenges, it is a good time to look outside the world news feed in order to make sense of what is happening and more importantly, try and find a way to help.

One interesting place to look is towards the UFO phenomenon which has been persistent since just after the Second World War. Once you successfully get past the basic question of whether they exist or not, you arrive at the far more interesting question, why are they here?

Realizing how advanced their technology must be to have traveled here in the first place, not to mention the maneuvers they have been observed making in their craft, we can be confident they are not belligerent. If they were, they could have obliterated mankind long ago. But then why are they here? Why don't they land openly and communicate with us? Surely they would know and understand what is happening on Earth.

There is one organization, The Aetherius Society, founded by a Western Master of Yoga and contactee, Dr. George King, back in 1955 with some interesting clues.

Many missed it, but the reason

extraterrestrials are visiting Earth was broadcast to the world through Dr. King on the live BBC television program "Lifeline" in 1959. Dr. King was asked by the interviewer if he could bring through a message from an extraterrestrial. Dr. King replied that he could, then proceeded to go into a positive yogic trance condition and brought through a short message from an intelligence named, Aetherius.

The Master Aetherius: "Good evening, my dear friends."

Questioner: "Good evening. Your name is?"

Aetherius: "I am known as - Aetherius."

Questioner: "Where do you come from?"

Aetherius: "The Planet Venus."

Questioner: "You do travel normally, in what Mr. King has described as Flying Saucers when you move about Space, do you?"

Aetherius: "That is quite correct. We have indeed been visiting this Earth of yours for some eighteen million of your Earth years."

Questioner: "When you come here, what is your purpose?"

Aetherius: "At the moment, Earth as you call it, faces a certain situation. This situation can be described as rather a dangerous one. You are liable to upset the balance of your Earth through number one, atomic experimentation, and number two, your deviation from the Spiritual Laws."

Questioner: "Are your visits designed to warn us against this?"

Aetherius: "Yes."

Questioner: "Is there one single message that you would like to give us this evening. I am afraid it must be brief. You will understand that."

Aetherius: "Yes. I would like to say this. If you are a Christian, then live the Laws as laid down by Jesus. If you are a Buddhist, live the Laws as laid down by Buddha. If you are a Hindu, then be the best Hindu. This procedure is the one true way for men of Earth to save themselves from their lower aspects."

Questioner: "Thank you, Aetherius, very much indeed. Good night."

Aetherius: "Good night."

If you were alive during that time you would easily understand the danger of atomic experimentation and the acute need to end it. Mankind was detonating so many atomic bombs above ground that we were causing serious damage to our environment, including the ionosphere and the Van Allen radiation belt. The extraterrestrials helped in many ways to lessen the environmental impact of these detonations, and inspired scientists of the day to rally against this form of atomic pollution; and although we certainly are not out of the woods on this score, the danger has diminished tremendously.

However, the other point -- our deviation from known Spiritual Laws, continues unabated. Few would disagree that mankind has not been successful in following the spiritual teachings of these evolved Avatars. Their teachings, along with many others, are founded on compassion for others and selfless service. However, the concept that our deviation from Spiritual Laws being directly associated with and even causing many of our current troubles is not obvious to most. We tend to think mankind is an isolated anomaly in the Universe; a rare pocket of sentience in an unconnected Universe. Perhaps it is

time for us to stretch past this concept, much like Copernicus and Galileo stretched beyond the idea that Earth was the center of the Universe back in the 16th century. It is common knowledge today that there are literally billions of Galaxies throughout the Universe and Earth is far from the center!

It is time for mankind to make another leap forward in awareness.

Our extraterrestrial friends tell us that in fact, the Galaxy, and yes even this solar system is filled with sentient Beings. Life on Earth is not a chance happening nor is it particularly rare. Extraterrestrials tend to be more evolved scientifically and spiritually, living on different levels of vibration, making it difficult for us to detect them.

They tell us that there is indeed a great spiritual purpose to life, that of evolution back to a conscious oneness with all. It is not a lack of interest in our plight that keeps them hidden, but that they follow very definite Spiritual Laws.

Mankind's troubles, our wars, poverty, pollution and even, to a degree, our weather are all a result of our thoughts and actions. The solutions to these problems are our collective spiritual lessons. The more we live our lives in a compassionate and selfless manner, the more successful we will be in solving our problems.

They reveal that the reason our plight is getting more and more acute is due to greater cosmic moves taking place which requires the evolution of mankind to be speeded up. This quickening will, on the one hand, make things seem worse in the short term, but on the positive side, we will be helped to evolve quicker than we can imagine, providing we move towards the spiritual way of living.

You would be surprised by the help being made available for our quickened evolution; ways to evolve yourself quicker, to help heal others, to lessen catastrophes such as hurricanes and even ways to help the Mother Earth Herself. All one needs is an ardent desire to help others and to expand beyond the outdated Earth-centric model to one with a great plurality of beings throughout the Universe, all evolving back to a conscious oneness.

Brian Keneipp, Executive Director/Bishop of The Aetherius Society in America, worked closely for over 20 years with Master of Yoga/ Aetherius Society Founder, Dr. George King. He has lectured worldwide on New Age subjects and recently co-authored with Richard Lawrence the first official biography of Dr. George King, *The King Who Came to Earth*. Visit: www.briankeneipp.com



JULY 2020

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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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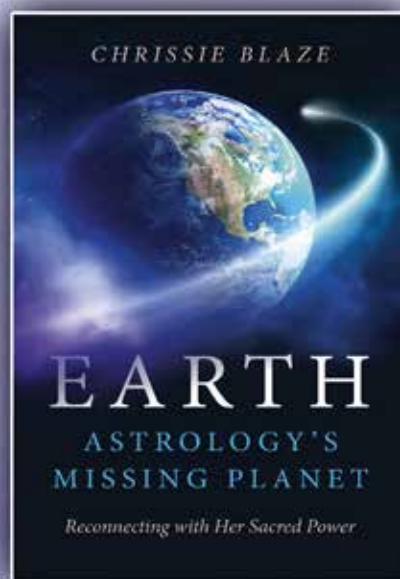
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Re-Connection Lessons from Lockdown

By Allana Pratt

What did we learn from quarantine that we would be wise to keep applying as we emerge?

"When we are no longer able to change a situation, we are challenged to change ourselves." Victor Frankl

CONTROL: The illusion of control is bankrupt. Life is inherently uncertain whether we like it or not. Control freaks have been humbled and are invited to go inward (and stop numbing with FB, eating, drinking, porn, or overworking). Thus, reacting is useless. Responding is wise. Feeling your feelings is essential.

One of the hugest gifts we can give ourselves is to do the inner work to find peace, safety, and approval on the inside. This allows our true worth to blossom and no longer seek validation from outside achievements. This feels like curiosity, confidence, and certainty in the face of anything.

*Keep meditating, journaling, spending time in nature, feeling your feelings, self-soothing without the addictions, connecting with true friends, and learning to find your worth from the inside out. Once you realize your worth, there is no one, nothing, and no circumstance that can take it away, ever.

GRATITUDE: We've been taught to be grateful for the good stuff, the wins, and goals achieved. That's Gratitude, 101. To earn a degree from the school of Gratitude, we must also learn to be grateful for the losses and their lessons. Thus, we mature spiritually and can hold both appreciations for what we have and heartbreak for what we've lost at the same time.

The beauty of opening your heart wide enough to say thank you for the support

and the challenges is that you get off the addictive rollercoaster of resisting pain and clamoring for pleasure. You become a YES to all of life, not just the glittery parts. This also protects you when people try to manipulate you with a shiny carrot. You stay discerning, aware, and open.

*Keep your heart open in the face of anything. Ask for help, get a coach, join a personal growth community, practice seeing the gifts in the challenge, be curious about how even this life circumstance is benefitting you, keep a journal by your bed.

PIVOT: Few of us can hear that word without recalling Ross with the coach on Friends. Nonetheless, it's a great word for these times! One colleague has been forced by her governor to make a hand sanitizer instead of moonshine at her distillery. While that is pivot by default, her attitude is still awesome. I'm speaking more about an example: shifting live corporate events onto a virtual platform such as Zoom. We can let go of the attachment of doing business one way, pivot and create a whole new way to give our gifts.

Curiously, many are discovering they CAN work from home. They CAN create delivery campaigns, CAN serve their customers, and actually LIKE it. Moreover, they LOVE not being in rush hour, doing yoga online, eating in, and family dinners. Others admit they never really liked their job in the first place and are putting more focus into their side hustle.

The world is, has been, and always will be your oyster. Lean into the situation and joyfully brainstorm 50 creative ways you can give the world your unique gifts. Circle the one that jumps out and get to it!

*Keep being innovative and creative. Be around people who respond, not react.

Ask yourself, 'How is this working for me? What else is possible? What do I want to maintain that nurtures my work/

life balance?'

FEEL: I believe the reason we have such an obese, drug-abusing, workaholic, FB or porn-addicted, etc. society is that we aren't feeling our feelings. We're spinning fast, so we don't have to feel. We're feeding our hunger for belonging with temporary highs. Hurt people, hurt people. You need to feel it to heal it.

Quarantine is forcing us to slow down and notice our numbing. Lockdown invites us to feel our feelings and face what we've been avoiding in ourselves and our relationships. If you don't know how to navigate intense emotions, it can be excruciatingly uncomfortable to discover how out of control you feel. AND we've been told negative emotions are bad and wrong, so self-judgment and criticism magnifies the problem.

On the other hand, we're also seeing people respond to the uncomfortable feelings in a healthy way, such as meditating, journaling, taking online mindfulness courses, signing up for intimacy training, or listening to podcasts about self-care. People are invited to return to what really matters, like connection, relationships, following our dreams, being with people who honor us.

*Keep taking time out to feel and breathe, be patient and compassionate, gain wisdom and insights, keep a journal to discover the root of what's bothering you, finally dissolve traumas you've been avoiding, reveal your blind spots and create new habits, hire a coach and heal sabotaging patterns, create a life you love.

TRUTH: The Truth I'm talking about isn't about doing the right thing or being a good person. It's a knowing from the soul, not a moral opinion from the mind. Truth is more a whisper from your gut, an instinctive feeling, a YES from your heart. It's found on the inside, not the outside, and it requires zero validation or justification because YOU are the only one with this Truth. There never was, is or will be another YOU. Life broke the

mold when they created you! Truth is the same. You KNOW somewhere deep inside if you are living according to your Truth. You're in your 'lane'.

Lock down has forced us to face the shadows that we've allowed to hide our Truth. It's inviting us to discover what parts of ourselves we've been ashamed of, hiding or avoiding. It's making us question whether our values are aligned with our actions and if those actions are aligned with our words. We're potentially reprioritizing a new work/life balance and enjoying the cleaner air we breathe. Some of us are questioning our marriages, long term relationships or if we'd rather be happy alone. Newly graduated young adults are questioning career paths, while artists are having surges of creativity.

*Keep taking actions to be aligned with YOUR deepest truth no matter what anyone else says. Keep it private if you aren't surrounded with empowering people who believe in you. Find a community who thinks outside the box, who believes in your gifts, who applauds your bravery, and who crowdsources collective genius, people who have your back and you have theirs. Fly your freak flag proudly! You are a child of the Divine. Live your best authentic life in the face of it all.

Allana Pratt is an author, intimacy coach, relationship expert, and the host of the edgy podcast "Intimate Conversations".



Check out her new book

Finding 'The One' is Bullsh*t:
Becoming 'The One' is Brilliant & Beautiful.



Don't Worry – Be Hopeful!

By: Barbara A. Colbert

This is for all of those of who are "in waiting" on 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

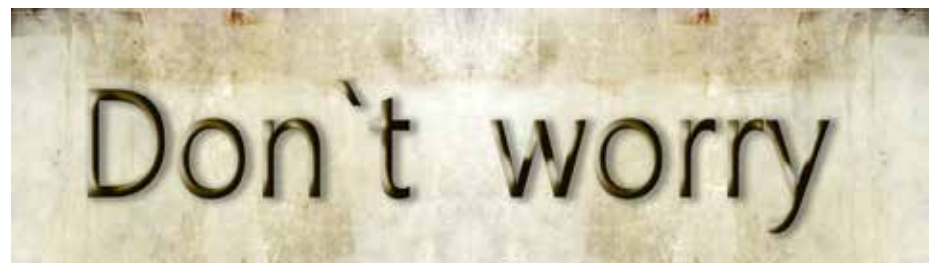
with memories remembered.

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>



Transformation: Entering into the Unknown

By Miche Lame'

I love all the seasons, and fall symbolizes a time of transformation into the unknown's discomfort. When our soul turns to introspection and integrating the wisdom, we have gained.

The time of Halloween and the thinning of the veils between dimensions/worlds. It is a time where things are shaken up a bit so we can wake up from our sleepwalking state and turn to inner growth and gaining of wisdom, sometimes going into the unknown as we grow towards transformation, towards being our best self. It is a time where we reap what we have sown in our growth towards wholeness.

Crisis (like the current Covid) can be an opportunity from the divine to expose the places in us, where we can grow and wake up, process through them, and pay attention to them so we can heal. These places are where we are stuck in outdated programs, thoughts, and emotions.

The divine is not about punishing. Source is about our best interests and our growth - and we sometimes experience growing pains in our transformation into our best self.

It's ok; there is a reason for the expression of "no pain, no gain," and it doesn't mean you can't get yourself your own cheering squad or support group to help ease this transformation. It's a time when we can wake up to being aware that everything we believe, think, say, and do creates our vibration, which then makes our experience of how we interact with the world and draws experiences - desired and not - that are in alignment with our highest good, our transformation into our best self, so we become self-actualized



and raise our vibration. This is what it means to transform into our best self - to have the courage to step into the unknown - to allow oneself to be transformed by waking up to our beliefs, thoughts and how our words and actions have the power to affect how we perceive and what we attract in life.

Life challenges are a time when we can choose to mindfully transform those old programs into ones that are positive and pointing us in the direction of change, transformation, and into the unknown aspects of our self. (The self that is worthy, good enough, non-judgemental, lovable, powerful, and divine).

Transformation means to walk in the world as our best self, our Divine Self - even if it's uncomfortable. I know you have the ability and courage to allow this waking up and transforming in your own way, in your own life as you walk into the unknown.

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



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Can Hypnosis Work For You?

By Phil Rosenbaum

Did you know that you are in a state of hypnosis the first six to seven years of your life? It is true. The brain wave state of children up to about age seven is the same as adults who are in a hypnotic state.

Thus we have all been hypnotized when we were children and didn't even know it. This is both good and bad. It is good because we learn how to interact with life by observing everything around us and taking in everything we see and hear. However, it is not so good in that we pick up a lot of negative messages during these early years, and we have no way of refuting them until we are older.

What this means is that if a parent says something like "you can't do anything right," or "you never learn," or worse, "you were a mistake," these messages go into the subconscious part of the brain and will later affect one's life. If you find that you are always having problems with relationships, or with jobs, or with making a decent living, it is more than likely you have some of these negative messages buried in your subconscious mind.

The problem is that if you have a very negative message in your subconscious, such as "you never do anything right," and you are trying to have a successful career, you will sabotage any chance of being successful because you cannot go against your subconscious programming. You are not doing it intentionally, but the subconscious beliefs are powerful and much more powerful than your conscious beliefs or desires.

Look at your life and examine if there are areas in your life with which you frequently have problems. If there are, it is very likely that you have deep-seated subconscious messages that are at the root of the problem. What can be done about this



predicament? Since the problem occurred when you were in a hypnotic state, it only stands to reason that you can use hypnosis to eliminate the problem.

One of the advantages of hypnosis is that the hypnotist is working with the subconscious mind. By exploring the past, the hypnotist can help one identify the underlying cause of the problem. Once identified, the nega-

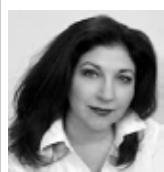
tive message can be shown not to be valid and then replaced with a healthier message. This can have a major impact on your life. By eliminating the negative beliefs, one will stop sabotaging one's chance for success and be better able to accomplish his or her goals.

Two basic ways to change behavior are with the use of hypnosis and repetition. After using hypnosis to change the basic messages, one can then practice the new behaviors until they become a habit. The phrase "fake it until you make it" refers to the idea of continually practicing the new behavior until it becomes a habit.

As you can see, hypnosis can be used very effectively to eliminate long-standing problems that have not yet been addressed. In addition, however, it can also be used to help with more current problems, such as those arising from the current health crisis.

Phil Rosenbaum

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YOUR NUMBERS REVEAL IT ALL

Spiritual Parenting

By John Ashbrook

At no time in history has there been more emphasis on the importance of being an effective parent. The critical aspects of helping children to grow up and become productive, responsible, mature adults with the skills to deal with the everyday trials of life on earth is of prime importance to more and more parents in society. Parenting today is much more than providing love, security, and material things for children. It is about teaching children to recognize and deal with their fears, insecurities, and personal problems. Every parent wants their child to grow up and have the most fulfilling life possible. The parents want for their children better health, greater prosperity, and deeper more satisfying personal relationships, but at the same time they wonder how they can really help their children to make these things possible.

It is important to realize and fully grasp this truth: your children pick you as their parents. They do this for some very good reasons. Earth is a school, and for a soul who is preparing to incarnate here it is critical to their education to choose the right teachers. Every child born is here to learn very specific spiritual lessons, which if mastered will aid them in the purification of their soul. These lessons vary from child to child, so it is critically important for each child to end up in the right situation, with the right parents (teachers) in order to further their spiritual development. An effort is made in the spirit world prior to the birth to help each soul being incarnated to choose parents that have a similar psychological disposition to their own. The idea being that the parents have the same fears and spiritual problems as the child being born to them and since they have experience with these problems, they are at least somewhat capable of teaching the child how to deal with these negative traits. Understand that the parents and the child also have similar positive traits and the parents can also aid the child in manifesting these aspects as well. The process of choosing one's parents is much more complex than is being illustrated here, but the goal of the right child for the right parents is always achieved even if it may not look that way to the casual earthly observer. The child's plan of life is the result of numerous factors including karma, The Law of Attraction, and the accumulated effects of past incarnations.

Armed with the aforementioned information, it is possible to achieve a higher, more profound level of spiritual parenting.





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From the time your child is born they are watching you, observing what you do and how you deal with life. After all, you are their chosen teacher. Remember, they are psychologically similar to you, so it is highly likely that where you have problems with life, so do they, and at the same time where you have talents, they also have similar talents. If you are perfectionistic, they may also be perfectionistic. If you are impatient, they may also be impatient. If you have creative talent and you express that to the world, they probably also have creative talent and will learn to express their beauty by observing how you do it. If you spill milk in the kitchen and get angry and stressed over it, and your little child is sitting on the kitchen floor watching you, then you can bet that they will react in a similar fashion when they spill the milk! The point is, the child is reflective of your own immaturity. Your spiritual maturity and your child's spiritual maturity are equal. You are responsible for setting a mature example for your children and in order to do that you must recognize, face and dissolve your problems in full view of them. The simplicity and beauty of spiritual parenting is a win/win situation. You deal with your shortcomings in front of a child and you automatically teach and help them to deal with theirs. Your observed behavior either verifies or begins to re-program your child's unconscious psychological tendencies, so that when they, at some point in their life, are faced with similar situations they will deal with them according to what they saw you do. Remember, it is not what you tell them, it is what they see you do that makes the difference. The more responsible you are in dealing with your life the more responsible they will be with theirs. It is also important to realize that your children will be observing your behavior until you leave the planet, so it is never too late for you to help them change and have a more fulfilling life. Of course, the earlier in life you make changes, the earlier in life you make changes your children benefit from what they observe you doing, from your spiritual growth.

This is the time in human history where humankind can really begin to progress by leaps and bounds. Spiritual parenting is a critical element in the creation of a more enlightened, highly evolved, and spiritual population. The grand goal of this level of parenting is that each generation will learn its lessons and progress spiritually at an earlier age until we reach the point where spiritually mature parents will be capable of affecting real change in the spiritual development of their offspring when they are still young children! When this happens, we will have the best of both worlds – a population with the maturity, wisdom, confidence, and security that comes with age and at the same time the adventurous, creative, joyful, free-flowing exuberance of eternal youth.

### 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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# Breaking Down Boundaries

By Susan deCaussin

I've often heard it said that the definition of insanity is doing the same thing over and over again while expecting different results. Somehow, many people believe that if they hold an intention strongly enough, they'll manifest the life changes they desire. While it is true that thoughts become things and the energy of thought can directly affect matter and circumstance, without taking action to shift your basic beliefs and perspectives, you will be unconsciously repeating the same behaviors, while expecting a different outcome.

Every life experience shapes your expectations of what's possible. Those experiences also create a record within your subconscious mind that sets boundaries that dictate what you're capable of achieving. While failure, in any situation, is simply a rung on the ladder of success, we often erect walls in our minds, regarding our capabilities, based on those past experiences. Statements, such as, "I've tried that before, and it just doesn't work," is a perfect example of how one can be jaded into placing limitations on what they're capable of doing.

Sometimes, being inspired by the actions of others can help to break down those barriers and provide the motivation to try a new and different approach, even though past experiences haven't been productive. But, when that doesn't work, it's time to look deeper into why your actions are being blocked.

When looking at life through a narrow lens, you can miss out on seeing the full picture. Your perspective can be radically different from that of someone who's seeing things from a different angle. It's in these moments that you can purposely choose to open yourself to new possibilities by exploring the ways

that others approach similar situations. Inspiring & motivational books, lectures, talk therapy & guidance sessions can all assist in this process.

However, sometimes it can seem that there aren't enough self-help books and seminars on the planet to shift your belief system. In those cases, a few sessions of hypnotherapy can uncover and resolve the mental blocks that are holding you back.

I'm a true believer that anything and everything is possible, and the only thing that stands in the way of this, are the boundaries created and maintained in our minds. If you've read some autobiographies of highly successful people, you'll find one thing in common – they fearlessly charted their own paths, with little or no regard for what was defined as being possible.

So what's keeping you from pursuing the life you desire, and what are you waiting for? Don't put off the opportunity to pursue your dreams. If something is holding you back, reach out, and try a new approach. Chart a new course. If you feel that you've hit a dead-end, and you can't move beyond limiting beliefs, a few sessions of hypnotherapy can help to uncover and resolve the mental blocks that are creating those mental boundaries. We are all simply actors, acting out roles in a magnificent play. Break down those limiting beliefs and live life to its fullest!

Namaste', Susan

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



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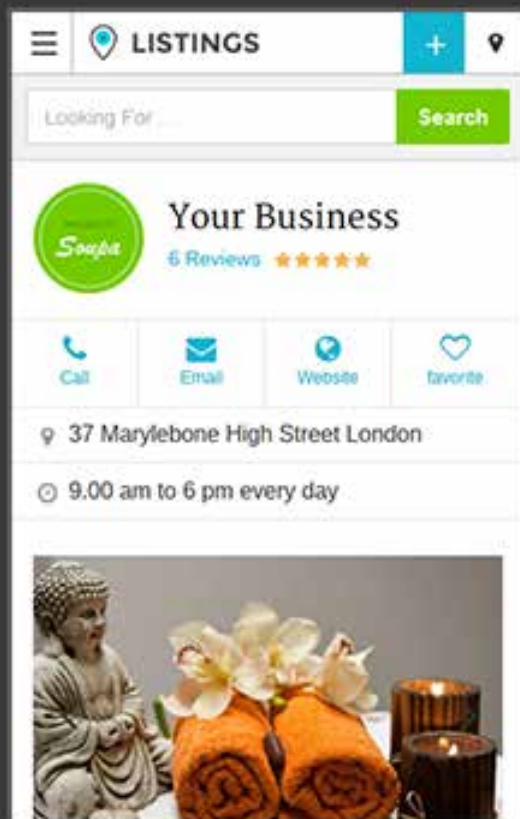
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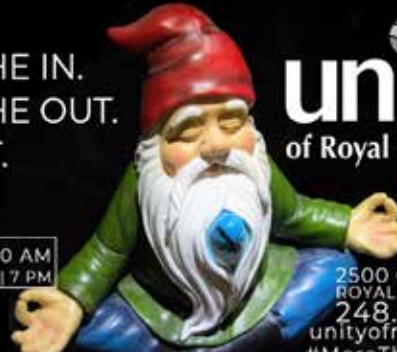
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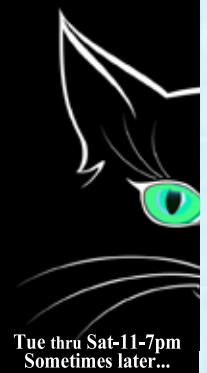
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# Dance of the Butterfly- Offering Hope

By Barbra White

The butterfly flies a somewhat clumsy and ungainly dance; it struggles against the wind and, in doing so, shows its power to cover vast distances that seem impossible.

Our life and personal realization path are like a butterfly. Many times it can look like we are not getting anywhere, but through little daily changes, we end up right where we need to be—dancing to this flower, fluttering to that bush, weaving back and forth as it moves forward. We similarly will take two steps back, then four steps ahead on our own life paths. Or, at times, a gust of wind (Love's Grace) will push us forward right when we are about to give up.

Embracing growth, we expand to the next level of our already present brilliance. Learning to dance in the unknown, we come to live and embody the force of Love through us and for us. We become a vessel of Love.

At times, people can feel they have failed because they didn't learn the lesson the first time, or because they have stumbled many times with the same issues. Not understanding the nature of life, many will harshly judge themselves as a slow learner, or even more painfully shaming themselves as broken, stupid, or flawed. These thoughts are eventually leading to the most tragic self-attack ever: "There must be something wrong with me."

Courageously ask to re-remember that you are a complete expression of the Divine waking up to Itself. The false self (human personality) is not you.

There is no more tremendous pain than forgetting who You Truly Are. You are Love Incarnate and the way God gets to



experience Itself.

"Seek first the kingdom of Heaven." This "heaven" is not some far off place in the sky. It can be anchored in the now moment by remembering that you are a beautiful, wonderfully loved, precious being. This remembrance does not take effort, only a soft invitation as light as a butterfly wing.

The Force of Love sees you, loves you, and wants you, just as you are. You are Love and you are Loved...if

you only stay willing. Even though it may feel at times, you are not getting anywhere... Remember, "there" is here.

"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time." ~ T.S. Elliot

You are already here. Already whole. In this moment, your treasure stands under your feet and within your heart. Yet, at the same time, there is a journey, path, or process for you to realize what you already have.

It is never too late. Your innate worth, personal legend, and dreams are always waiting for you. Worth, purpose, and dreams (or the Real you) are never farther away than your courageous choice and willingness to re-remember it.

LOVE the flawed human self unconditionally, so that you can open to the fullness and wholeness you have always been.

We take a stand to surrender. We explore, to become genuinely still inside. Don't confuse the struggle 'as the goal,' because if you do, you will never yield to the brilliance that has always been. And at the same time, our perceptions will need challenges, stumbles, and exploration (life experience) to see what is already there.

Daily stand in willingness to see what is already here through affirmative prayer, self-love, meditation, and asking for help.

**Affirm daily:** "Beloved Divine, change me to one who can see your Grace in all things. Including myself. Help me to remember my innate beauty. Show me today who I Truly Am, and guide me to my highest purpose. Thank you"

Don't hide your dreams in the attic of your mind, never to be re-opened. It is never too late to live your fullest life. Call me for a free initial consult, or sign up for my upcoming -Love Warrior- program. I'd love to connect with you.

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

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A photograph of Barbra White, a woman with long dark hair, sitting outdoors on a wooden log. She is wearing a dark jacket and jeans, and is smiling at the camera. The background shows green foliage and a wooden fence.



# Feel Peace Now

By Barbra White

Be still and know that you are the formless and form. Your body is only "on rent" to be returned to your maker. Might as well identify now all the beautiful qualities of your True Self, waiting to be known and expressed as you.

There is so much Beauty, Possibilities, Love, and Prosperity seeing to express Itself through, as and in your Life; IF you only stay open on a regular basis.

Fear creates constrictions. Love expands.

Bring love to fear, and alchemy of greater expression of Beauty will unfold.

We are being "forced" through the quarantine to admit all the distractions that have kept us from feeling the full Glory of our True Beings.

Being intentionally accepting of Life and open to miracles allows you to stop being reactionary to conditions and circumstances.

Everything that happens in Life is to bring us deeper into the knowing Love/God/True Self as who we truly are. This can happen through painful or inspirational events.

Surrendering and being still right now allows peace...right now.

We are all Angels disguised as humans.

Don't believe your self-sabotaging patterns, pain, and fears.....but also don't numb out to it.

All humans feel unworthy and self-sabotage. Courageously stop trying to fix yourself.

We know the problem. The 'unknown' is greater Love, Abundance, and Beauty. Let the thing that shakes you shake loose what it needs to. Let it shift your perspective.

The Real YOU, the possibilities that are waiting, are always there.

Healing is simply remembering what is always there.

No human has enough information to be negative.

Your personality shapes your reality.

Let your reality shift.



Consider this: fear/depression/despair is a signal and NOT proof of your perceived brokenness. Negative emotions alert you that you are trying to make something happen through your personality. Trying to 'fix' or deny negative emotions will only keep them around. Instead, invite greater self-compassion.

In the realm of personal happiness. What you accept transforms. What you resist persists.

"You need not do anything. Remain sitting at your table and listen. You need not even listen, just wait. You need not even wait, just learn to be quiet, still, and solitary. And the world will freely offer itself to you unmasked. It has no choice; it will roll in ecstasy at your feet," Franz Kafka.

Self-compassion is the tool to surrender to the greater You (and Life) that wants to be lived through you. Self-love allows you to be still and love all your crazy, beautiful, and messy parts.

As you tenderly stand willing to love all parts of you, a greater Love is realized.

Be willing to be open to greater possibilities. Don't try to "make" your healing or your Life happen. This will sound crazy to your mind that basis. It's worth on how much you do, give, or perform. The mental perceptions of yourself are only a small part of the Real You. There is nothing to make happen. God and your True Beautiful Self are found through a high receptivity to What Already Is.

Let go to the Dignity of your True Self now through a gentle willingness. Let go to the Force that creates worlds through a soft humility to Grace, or Life energy, that wants to support you.

Blessings and a huge hug to your journey. Life is not easy, AND suffering is absolutely and fully optional.

I hope you choose to be kind to yourself today...

Barbra White



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



# Spiritual Horoscopes

By Aluna Michaels, M.A.

**V**irgo (Aug. 23 – Sept. 22) — Happy birthday Virgo! You're in a powerful time of improving relationships and prosperity. Meditate on releasing betrayals and other past wounds that now block intimacy. Allow yourself to feel the anger and disappointment that's lodged in your body and soul so it can be fully flushed out. Be patient with your healing. A new partnership coming in will progressively open doors in your heart. Current bonds get better if you're already partnered. Finances flow as you feel more self-worth from being relieved of old fears and limiting thoughts!

**L**ibra (Sept. 23 – Oct. 22) — Celebrate victories of healing that you've had with childhood or family issues! You've been working hard at having a grounded sense of self and also maintaining healthy boundaries. Be gentle with yourself in areas where you're still growing. Meditate on clear goals you have in close relationships. Dwell on affirmations of the positive treatment you deserve in your deepest connections. Make sure you can freely communicate in those bonds, otherwise they're not healthy situations.

**S**corpio (Oct. 23 – Nov. 21) — Meditate on what makes a career meaningful. Between now and January you can manifest a new job or project that enlivens and empowers you! In fact, this time peri-

od is incredible for bringing many dreams into reality, in various areas of your life. Focus on the feelings you'll have when you're living in these new circumstances. This creates a magnetic pull from the quantum field. Also, respect your body by committing to healthy food, yoga or other stress reduction techniques.

**S**agittarius (Nov. 22 – Dec. 21) — As a Sag, you're eager to take a big bite out of life. But as Mars moves retrograde, meditate on which activities and relationships are the best use of your time. Cultivate connections with people who truly fill your heart. Get back in touch with old friends that have a sense of soulfulness. Finances also improve. Set goals so you have a clear target that motivates you! Also personal creativity, dance, arts, sports and even pets fill you with joy, so make time for these empowering outlets!

**C**apricorn (Dec. 22 – Jan. 19) — Jupiter, the planet of abundance, generosity and divine flow moves direct in your sign! Trust the Universe that things can effortlessly unfold. If you hit roadblocks, stop trying so hard and see what happens. Good new can happen at work, which can lead to a bonus or a raise! When you meditate, focus on self-forgiveness and self-appreciation. Let your inner critic melt in the light of love. Relationships with others deepen as you create more space in your heart by loving yourself in a spiritual, authentic way. If there's family conflict right now, don't work at solving things. Let the storm pass and healing can arise in a beautiful, organic way.

**A**quarius (Jan. 20 – Feb. 18) — It's a great month for meditation and manifesting your dreams! Even if you've been trying and trying to make internal changes in order to have outer shifts, don't give up. Breakthroughs are coming! Keep working with forgiveness. Keep saying and thinking affirmations. Keep practicing feeling what your future fulfillment will feel like. You also can start a new, super romantic relationship with an emotionally generous person. . . or a current connection can warm up again!

**P**isces (Feb. 19 – March 20) — It's great to have faith in the abundance of the Universe, and you should! But with Mars moving retrograde this month, also focus on "mundane" steps like looking at finances point-blank and planning a budget. Have courage to "expose" your money issues to a trusted and wise person who can guide you without shame. Also meditate on loving your body. Treat your temple well with rest, yoga, organic food and even massage.

**A**ries (March 21 – April 19) — Mars, your ruling planet, retrograde this month. Be aware of feeling frustrated and edgy. Remember that part of success and manifestation is know when to stop taking action and allow results to unfold. You can also meditate and see if you could take actions in a new way. (Start them in November.) For now, stay quiet and centered. Note and observe, but don't act. You can have amazing job opportunities that just "appear" from your "non-action". Also, a relationship can start in which major passion builds over time!

**T**aurus (April 20 – May 20) — Have faith that the Universe can heal your heart of old hurts, pain and resentment. As Mars turns retrograde it stirs up anger from the past. We now see scientifically that inner tension uses up energy in your body and mind. By freeing yourself of all that stuff, you'll have more vitality for better health and relationships — not to mention renewed passion to pursue your



goals. Meditating in nature would be especially powerful.

**G**emini (May 21 – June 20) — New channels of abundance open up as Jupiter moves direct! Meditate on prosperity affirmations and your intrinsic worth of receiving! You can also draw in a new relationship with someone with values that match your own. Your ability to be intimate deepens. Get back into hobbies and activities that you haven't done the past few years. Old friends can also return to your life who mirror your spirituality and creativity. Have fun because you deserve it!

**C**ancer (June 21 – July 22) — Mars moves retrograde for about two months, which can slow down work changes you might want to make. Instead of pushing forward and hitting a wall or feeling frustrated and bummed, work with meditation. Be still and imagine the best outcome and feel what that will be like! Be sure to balance work with family and partnerships. Even if your job is stressful, money should still be flowing, so take your mind off challenges and have fun in your spare time!

**L**eo (July 23 – Aug. 22) — Venus is in your sign, bringing harmony to relationships and a good sense of self-worth. And as Jupiter moves forward, you'll have many breakthroughs at work, maybe a raise, promotion or awesome job offer! You can also have a mini-miracle in your health, like solving a problem related to sleep, depression or even hormone balance. Spiritually, create long range goals. If starting a meditation practice, be patient with yourself and give it two to four months to reap full benefits.

**A**luna 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 Zoom. Call or text (248) 583-1663 or visit [www.alunamichaels.com](http://www.alunamichaels.com)



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# Gods Rainbow Children

Written by Wendy Powers Nugent

Whether you understand or believe it, we are all brothers and sisters made in the image of God. Now the bigger question: what image is that anyway?

I have been a spiritual teacher for most of my life. I have had the unique experience of dying during this lifetime on Earth at the age of 33 I was given an insight to the other side and learned who we are and why we are in this physical body during my death experience. One of the things I came away with from this experience was there is a universal power and mind that governs over all that we do and is there for us to connect directly with so we can navigate this complicated and sometimes cruel world.

There are arguments as to the gender and color of God. Well, I ask you, if we are made in the image of God who is omnipotent and not of a physical body, then there should be no argument, God is not human. He is energy, sometimes known as the Universal Mind, which holds all thoughts and deeds within this core soul existence of God.

The physical body we walk around in may be of any gender or creed or color as we are all made in the image of God, which is the energy that we carry within our being. Some people see this energy, otherwise known as an aura; naturally, others may need to learn how to see the light that glows from our bodies. The colors that radiate from our souls housed by our physical bodies are the rainbow's colors, which continually change with our moods, thoughts, and deeds. This is how, without knowing someone, you can sense if they may have good intentions or have negative energy. You may ask, does that mean we may have the destiny to be a negative soul? Sometimes it depends on what you brought with you into this life from your previous experiences on Earth. All lives we experience on the Earth are working through Karma. Some carry over much more negative karma than another, but most certainly we can learn and move through the negative and evolve to the positive awareness within the life.

Individuals have a mission to evolve through to a higher awareness. Still, collectively the world of souls on Earth may need to go through a karma while experiencing an evolution of the collective soul.

It seems as though humankind's lessons are never easy, however certainly not impossible to gain spiritual maturity and merge with the knowledge that lives within the collective consciousness. The rewards are immense once we move



through all of our negativity and selfishness. We can then tap into the extrasensory awareness of all. You will now be part of the higher consciousness and no longer carry the lower thoughts of negativity and selfishness in your consciousness. You are now part of the awareness and thoughts of the universal mind of God. Your intuitive perceptions will become strong, and you will not doubt

your insights, you will heal and send healing to others with amazing results, You will find your knowing of so many things that you were not even educated in become very clear, and you have an innate understanding with great insights on levels that even people that have degrees in a subject don't have.

How do you achieve this merging into the God-consciousness and develop your higher self while in this lifetime? You first need to listen to others and have a trust in all that you receive from the higher self. Meditate at least 30 minutes per day. Breathe in deeply and bring your chakras into balance through meditation, prayer, and chakra alignment, which can be done through an aura cleaning. An aura cleaning can be done with someone assisting you or even by yourself. While meditating, breathe the air deeply in-now hold it for a few seconds-now slowly release the air from your lungs very slowly. Now use your hands like scrubbing brushes removing negative thoughts, stress, and worry from your aura. Or you can cup your hands and scoop into your aura, removing the negative energy, whichever you prefer. While doing this, you are in a light Alpha or even in a deep Theta. Now repeat a mantra while cleaning your aura.

***"I am balanced, I am well, my aura is clear of negativity, release all of the negative thoughts and feelings from my energy. Release Stress and worry from my aura. Release unwellness and only allow balance and healing of my auric field."***

Be open to change, be well while evolving to the higher levels of awareness, and connect to the wisdom of the Universal Mind of God.

Wendy Powers Nugent

Clairvoyant, Minister, Writer, and Certified Spiritual Counselor. Wendy has been a professional psychic for more than 40 years with proven accuracy. To make an appointment, please call or Text: 248-826-8255





# Strengthening Our Body from Within

By Chef Deborah Lieder

Anytime we start something new, there is a certain protocol we have to follow to allow it to become a habit or bring it into being. This is why it is never recommended to partake in a fad diet or anything that promotes instant gratification. It will fade, just like our enthusiasm, and we will end up letting ourselves down, making it harder to try again. Much of the disconnect when it comes to cooking is the simple fact we don't know what to do with the food we have in front of us. Sure, maybe the basics are covered; roasted meat, steamed veggies, boiled pasta. Yet, expanding our knowledge of cooking techniques can not only improve our skills in the kitchen but will offer flavorful meals that are both cost-effective and healthful.

Learning to braise bone-in cuts of meat or your favorite vegetables in stock, salting the water you boil your pasta in, properly roasting vegetables at the right temperature, so you get that crisp, delicious taste, are all techniques used by professional chefs. It adds flavor in a way we would never think of, especially if the art of cooking was never taught to us. As we impart these techniques, it ends up saving time in the kitchen. Our culture is so filled with things to do; time has become so precious. Scheduling 1-2 days out of the week to cook, food prep, getting family/friends involved all saves on time and can add an element of fun and community to every day.

It is safe to say that we receive higher quality food at a cheaper price point when cooking from home. Yes, it takes time and intention, just like everything else in life. But it also gives our body the proper nourishment it needs. This is what sets the tone for the habits we are trying to solidify, and we need to be the ones to support our goals. Tuning in connects us to the ebb and flow, recognizing that things are ever-evolving, never staying in the same place for too long. It is important to have a firm, healthy foundation that supports change while keeping us grounded in ourselves. Learning to dance with life in relation to this evolution allows obstacles and resistance lift because we end up working with the flow instead of against it.

## Roasted Vegetable and Farro Salad with Herb Vinaigrette

serves 6

Ingredients



Olive Oil  
Vegetables to Roast – choose 3+ - 1 crown broccoli, ½ head cauliflower, 4 ea. Table carrot, 2 ea. onion, 3 ea. zucchini, 1 pound mushroom, ½ butternut squash, 1 ea. Fennel, ½ pint grape tomato, etc.  
Salt and Pepper  
2 c. Farro  
1/3 c. White Balsamic

1 c. Olive Oil  
1 t. Mustard  
2T. Honey  
1 t. Onion powder  
1 t. Garlic Powder  
1 T. Oregano, dried leaf  
Salt and Pepper  
Greens: Arugula, Spring Mix, Romaine  
Added Protein (optional): chicken, turkey, beef, garbanzo bean, seared tempeh, etc.  
Additional Toppings: Toasted nuts, dried cherries, dried figs, goat cheese, apple, orange segments, etc.

### Directions:

Heat oven to 400. In a medium saucepan, fill halfway with water, salt, and bring to a boil. Add farro, reduce heat to a simmer for 15-40 minutes, depending on what type of farro you use, see instructions. Farro should be tender and chewy yet al-dente.

Meanwhile, toss vegetables with olive oil, season with salt and pepper. Spread out evenly on sheet pan and roast for 20-30 minutes depending on the vegetable. Keep an eye on hot spots in the oven, stirring the veggies, or rotating the pan halfway through.

For the dressing, in blender add balsamic, mustard, honey, onion powder and garlic powder. Place lid on, turn up the speed to high, and slowly drizzle in olive oil until dressing emulsifies. Add oregano, salt and pepper, and lightly blend. In large bowl, toss roasted vegetables with farro and dressing. If using proteins and greens, add in now. Check for seasoning, add salt and pepper where needed. Enjoy!

Chef Deborah Lieder

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

## Somewhere Over the Rainbow: Overcoming Hopelessness in a World of Unrealistic Expectations

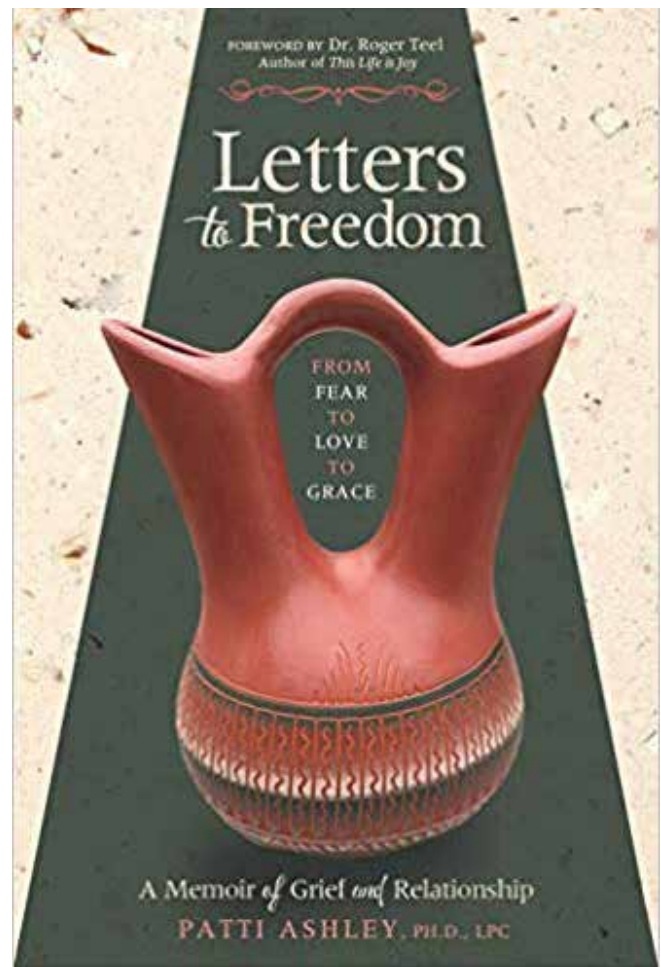
Patti Ashley, Ph.D. LPC

Renee Zellweger's Academy Award-winning performance as Judy Garland in the film *Judy* eloquently portrayed the hopelessness hidden beneath the studied appearance of a seemingly bright and happy woman, a movie star who by all rights should have "had it all." In her acceptance speech, Zellweger attributed the award to Garland, who "lives among the heroes who unite and define us."

A hero is a person who is admired or idealized for courage, outstanding achievements, or noble qualities. Based on that definition, it might not seem as if Garland was a hero. However, her suffering does unite us in a collective hope of overcoming the pain she was incapable of healing in her lifetime. Garland's pain derived from the unrealistic expectations she was constantly forced to try and live up to. So many of us suffer that same pressure- either from the media, social media, family, friends, or even ourselves. Isn't it time we learned to overcome that pain by embracing and loving our authentic selves?

Zellweger was a perfect fit for the role of Judy Garland, as both she and Garland convey vulnerability and sensitivity- personally and professionally. Zellweger lost quite a bit of weight to play the role of Garland. Yet, in Zellweger's earlier Bridgett Jones movies, she played an average-sized woman who was sometimes fat-shamed because she didn't live up to the body-image standard seen in the media. Bridgett portrayed the experience of many women wishing to be media-sized perfect. Still, in each of these roles, Zellweger's characters came to accept themselves as they were, which is a great story for all of us who try to live up to the media's expectations for body weight. I myself have spent the majority of my life attempting to lose that 20 pounds. Even when I manage to lose it, it always seems to find its way back. As a child, my nickname was Fatty Patty. Much of my life has been driven by the expectation of being thin, an expectation that I can never live up to.

As a child, Judy Garland's mother insisted she takes medications for both energy and sleep, beginning as early as age 10. Later in Judy's career, movie executives continued to encourage her to take uppers and downers to maintain her intense schedule and her body weight. In her attempt to be what everyone else wanted her to be, she suffered behind the scenes with postpartum depression, nervous breakdowns, failed marriages, career disappointments, and dependence



on prescription medications. In 1969, after a long history of depression, alcoholism, and 20 attempted suicides, the legendary Judy Garland died from an accidental overdose at 47 years of age.

I remember watching *The Wizard of Oz* as a child and being mesmerized by Judy Garland's performance as Dorothy. The song *Somewhere Over the Rainbow* played over and over in my head and created some sort of ideal of a better world out there. The fear of *The Wicked Witch* also stayed with me, as did the indelible memory of the little girl struggling to find a sense of home after having her little dog, Toto, taken away from her by the mean woman in town, who in Dorothy's visit to Oz becomes the 'wicked witch.'

I think we can learn so much from the metaphors in *The Wizard of Oz* and the true-to-life experiences of Judy Garland- the fears, the hopes, and the dreams that eventually lead us back to home. If a bucket of water is all it takes to kill the evil witch, I wonder what it might take to melt our need to be what everyone else wants us to be? Is it being vulnerable and facing our emotional self with full surrender and certainty? Is the bucket of water our authentic self? As we find the courage to face the evil forces trying to dictate our lives for their own gain,



possibly we can melt them, so that they no longer have power over us.

What is this place that lies somewhere over the rainbow? Is it one that is free from the expectations to be something other than our authentic self? Is it a world that doesn't judge others based on color or sexual orientations? Is it a world where love rules? Is it a place where dreams really do come true?

The unrealistic expectations portrayed in the media certainly can contribute to high rates of anxiety, depression, and suicide in children and adults. Wishing for that somewhere over the rainbow that is ultimately out of reach and unattainable leads to hopelessness that can feel unbearable. What then can we do to kill the 'wicked witch' that torments us relentlessly with unrealistic expectations of perfection and success? Ah, yes- the bucket of water- the cool, soothing elixir of our true emotional self set free and given permission to be all of who we are without judgment, shame, guilt or self-doubt.

That is what kills the wicked witch- our pure emotional self. When we set it free, we can fly over the rainbow, and discover that our dreams really do come true, regardless of whether or not anyone else approves. Dorothy discovers from Glenda, the good witch, that the place she was trying to find was in her all along. When we realize that our authentic truth is what we are seeking, we begin to melt away the fears that developed in order to be loved by others. We begin to remember that we were born lovable. From that place of self-compassion, we find the courage to be kind to ourselves, and what's more, we can bring that kindness back into the world.

There is no place like home.



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

# Classes & Events

Weekday Evenings through 10/15, "Live at Five" with Rev Cindy Yamamoto from Unity of Livonia. Join us on Facebook Live for 10 minutes every weekday evening at 5PM to connect, pray and reflect. This month's theme is "Compassion: Living Life With an Open Heart".

Thursdays: Legal UCM Healer Practitioner Certification - enrolling now for Dec. or Jan. Start - Eve Wilson UCM Master Healer offers The Healer & Ascension Certification Course [www.spiritualhealers.com](http://www.spiritualhealers.com)

Fridays: 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"

09/06 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time after 11:30am on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

09/13 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time after 11:30am on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

09/20 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time after 11:30am on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

09/27 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time after 11:30am on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

09/14 Starting - Weekday Evenings - "Live at Five" with Rev Cindy Yamamoto from Unity of Livonia. Join us on Facebook Live for 10 minutes every weekday evening at 5PM to connect, pray and reflect.

12/10 Healing & Ascension Monthlies Class - Help yourself and the world heal and unify with Higher Self. Increased peace, inner strength and balance. Enroll now. Eve Wilson Master Healer [www.spiritualhealers.com](http://www.spiritualhealers.com)

10/04 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

10/06 Tuesday, 5PM, "Really Live at Five" with Rev Cindy Yamamoto. Join us on the

church lawn for a short inspirational message from "Compassion: Living Life With an Open Heart" followed by a 30 minute discussion. Unity of Livonia 28660 Five Mile Livonia, MI 48154. (734) 421-1760 <http://www.unityoflivonia.org>

10/11 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

10/13 Tuesday, 5PM, "Really Live at Five" with Rev Cindy Yamamoto. Join us on the church lawn for a short inspirational message from "Compassion: Living Life With an Open Heart" followed by a 30 minute discussion. Unity of Livonia 28660 Five Mile Livonia, MI 48154. (734) 421-1760 <http://www.unityoflivonia.org>

10/14 Wednesday, 7PM Meditation with Unity of Livonia Prayer Chaplains via Zoom. Contact the church office for logon credentials. Unity of Livonia (734) 421-1760 or [unityoflivoniaops@gmail.com](mailto:unityoflivoniaops@gmail.com).

10/18 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

10/25 Sunday Service with Rev Cindy Yamamoto from Unity of Livonia. Watch our recorded service any time after on our YouTube channel: <https://www.youtube.com/user/UnityofLivonia>

10/28 Wednesday, 7PM Meditation with Unity of Livonia Prayer Chaplains via Zoom. Contact the church office for logon credentials. Unity of Livonia (734) 421-1760 or [unityoflivoniaops@gmail.com](mailto:unityoflivoniaops@gmail.com).

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# The Spiritual Meaning Behind COVID-19

By Gloria De Pietro



"When the Day of Enlightenment dawns, the soul expressed as a luminous body, the face of its being suffused with calm joy, awakens into the supernal garden of Divine Presence, overwhelmed to comprehend at last the full significance of its own spiritual commitment.

In "Meditation on the Holy Qur'an" 99:4, Resurrection, it says:

"On that timeless and transcendent Day, human beings will experience resurrection in the bodies composed of light. And we will be shown clearly all the thoughts and actions of their lifetimes."

This last verse is clearly talking about a time when we wake up to our full potential as light beings—this is our true self. We are spiritual beings living here in a third-dimensional world in physical bodies to learn and grow, and ultimately realize our true nature. What better way to have this happen than to turn inward, away from the world, in solitude! In this time of quarantine, we can reflect on our spiritual growth preparing to ascend to our true essence.

I feel this is a time to be optimistic. I know it is difficult, but we can all agree that time spent in silent reflection can only bring us to a new appreciation and awareness of what it means to be caring and loving toward each other in ways we never could have imagined before. This is our new reality, living with COVID-19. How strange it is that, in some ways, we are more connected to each other by not being together than we were before. Life has a funny way of bringing us to the lessons we need to learn. It is a great moment in history to take stock of what really matters most. Write, pray, meditate, walk in nature, talk to loved ones, and know this is a special time, a gift, really, that is a steppingstone to change we can embrace for a better world to come.

Contributing writer: Gloria De Pietro, Past Life Regression Specialist, New York



"Nothing happens by chance" is what the universal law teaches us. Taking that to heart, I have to think that this pandemic is happening for a reason. Information coming out of China is varied and may be subject to further scrutiny but let us say the virus came from a lab that was working on viruses. That seems to be the most accepted version of what happened. I have also read that it was a bat virus that they were researching. I looked up "bat medicine" in my animal spirit guidebook by Dr. Steven D. Farmer and interestingly enough, this is what it said:

1). "If bat shows up in your world it means to let go of those habits and attachments that no longer serve you and welcome the changes that are long overdue."

2). "The ordeal that you're facing is a necessary part of your transformation and an initiation into a much more spiritually directed life."

3). "It's time to confront and conquer your fears, trusting that doing so will bring about dramatic and beneficial changes."

I find this message to be very appropriate for what is happening now. I would also like to add that this is a time of unprecedented change, which I believe has been talked about for eons. Every major holy scripture has prophesized a time in which we have a chance to evolve from a third-dimensional reality to a fourth or even fifth-dimensional realm, or what they call a "light body" in the time of ascension.

In 1 Corinthians 15: 52 in the King James Bible it says: In a moment, "in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed."

In "Meditation on the Holy Qur'an" 82:10-12, Day of Enlightenment, it says:



# The Silver Thread: Ayn Rand Redux

By Michael Abramsky

In the early days of the pandemic, before the shutdown, I was in my car listening to the radio. I often tune in to some of the right-wing talk radio, just to see what the world looks like from their point of view.

I tuned in Dennis Prager, who, I thought, was a more rational and thoughtful conservative. He was saying that “playing it safe” was not for him, referring to his willingness to go to crowded venues, and willingness to take the risk and get sick. He thought it should be his choice to be ill, not a government dictate to stay home. As he finished, it struck me; he never mentioned becoming a carrier and infecting others, including his family.

Sometime later, a group of protestors went to Lansing to protest and contest Governor Whitmer’s lockdown orders. I know some to be NRA activists. What brought them together is a common belief that there should be no boundaries on one’s behavior as long as it is not violating others’ rights, whether weapons or congregational rights.

When the then speaker of the House Paul Ryan was interviewed, he credited the writer Ayn Rand as an inspiration for his ideas. I was surprised to hear that name from such a young man, a throwback to the World War II era.

Ayn Rand was a Russian Jew who fled the Soviet Union and the collectivist mentality, which fueled it. She settled in New York and published novels and essays. Her most famous novels are “The Fountain Head” and “Atlas Shrugged.” A student and follower of



hers developed a form of psychotherapy based on her ideas.

Central to her philosophy was the individuals constant battle for self-expression against the conformist forces of society. One of her last books was called The Virtue of Selfishness. Her central idea is that we must seek our own vision and not be dissuaded by others’ disapproval. If others benefit from my work, that’s fine, but if they get hurt, that’s fine too. Unless I am committing a criminal or civil action, I do as I wish.

Entailed in that world view is the proposition that we as Individuals are alone. We do become connected to others, but even those bonds are secondary to one’s sense of purpose or ideology. Values and ideology supersede all.

In contrast, spiritual traditions focus in that level of being, which connects us to all sentient beings. We see the world as interconnecting parts where movement in one part, good or bad, resonates in another part and sticks to us like dust on a country road. Bad action: bad Karma; Good Action: Good Karma: every thought, every action changes the world.

The elevation of unbridled rights is a call for conflict. It is antithetical to a democracy, which relies on majority rule, and mandates we live according to the majority’s wishes.

Extreme individual stimulates grasping

and gluttony, jealousy, envy, and all varieties of anger.. It fosters a megalomaniacal attitude toward others, valuing them only as they benefit your life, the opposite of empathy. The lack of empathy implied by the individualist leads to conflict, not cooperation. Cooperation is seen as surrender.

In contrast, the highest psychological calling from the spiritual tradition is empathy. Empathy is our ability to feel as another does. When this is paired with the virtue of compassion. We connect with people in a healing way. Empathy leads to compassion, love, and caring.

Our connectedness to others fosters empathy as we experience that causing pain to others causes pain in ourselves. Being preoccupied with afflictive thoughts is a terrible way to go through life. Empathy and compassion for others yield inner peace.

In Governor Whitmer’s battle, she choose life by locking down. Those who advocated an individualistic right objected to the lockdown—freedom, and commerce over life protection.

**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



# The Inner Beauty of our City Buses

By Lisa Corwin



I never really expected to be an everyday Bus rider. I used to drive our family car to work even though it left my husband without a vehicle. He and I have only one car by choice. We feel that 'living small is the new wealthy' so we keep our expenses thoughtfully pared down and live comfortably, yet economically.

We have useful businesses near our house, and he enjoys taking walks with our son, so not having the car wasn't so bad. One day, we had to take the car in for a repair, and I was determined not to miss work, so I got online and checked the Smart bus schedule. The bus stop is conveniently quite near my home, and so that morning, I climbed aboard a Smart Bus for the first time.

It was quiet, and everyone seemed to keep to themselves - which is what sleepy-eyed people riding the 6:40 am Bus would be doing, I guess. I got to work early, which was a nice change. I had time to sit quietly and drink a cup of coffee before work started. At the end of the workday, I walked 100 yards to wait for the Bus heading North and got on.

To my surprise, while I rode the Bus that day, I easily shifted into a Mindful state. I noticed that I was calm and peaceful. I was not thinking about traffic. It wasn't until I got home in a lighthearted mood that I realized how powerful the Bus ride had been for me. I was not tense from battling my way up Telegraph Road. I was smiling, relaxed, and just happy to be home, ready to receive the warm hugs from my waiting children. It was that very day I decided to become a regular bus user.

Taking the Bus regularly saves me mental anguish from fighting traffic. It also saves me loads of gas money and mileage on our car. It allows us to be a one-car family without leaving either of us feeling deprived of transportation. I am also very smitten with the idea that I am doing my part for my Environment by riding public transportation and reducing my family's consumption of fossil fuels.

I also wanted you all to know that riding the Bus has enriched my life in an unexpected way. It has reminded me of my Humanity. And it adds a small air of excitement to daily life, most refreshing. My favorite, though, is the unexpected compassionate Human interactions. The way the Busdriver will come screaming to a halt to pick up a grateful person who nearly didn't make it to the bus stop in time or help carry a Lady's luggage off the Bus for her. How once familiar with you, they might stop at your stop even if you aren't paying attention... I see the riders explaining to each other how to catch a transfer

bus, giving directions, or advice to help one another. And nearly everyone says "Thankyou" to the Busdriver upon exiting the Bus...

One morning, enraptured by a text conversation with a friend, I did miss my stop. I felt a few moments of panic like I was lost in an unknown city. The Bus turned a corner, and off we went into the darkness of the unknown. What to do now?? But a young mother with her baby on her lap reassured me that she was getting off the Bus where I now needed to. I helped her carry her stroller off the Bus and over the snowpack, and she showed me where to stand and wait for the Bus going back the other direction. As I waited, I had the most pleasant conversation with three others waiting for the Bus. It made me feel vibrant and refreshed, and it made my morning! That little unexpected Human interaction recharged me and lit warmth in my heart that lasted me the whole day long.

This is what I want you all to know: That despite the negative stigma associated with taking the City Bus, for me, it has been a source of peace and pleasure. It is something I now look forward to. Of course, there have been a couple 'less than stellar' experiences on the Bus, but they are rare. And that is just life. What is important to know is that the overall impact of taking the Bus has been a resoundingly positive one. I have even made friends with Drivers and other 'Regulars' and enjoy their company, which keeps me from staring into the soul-sucking depths of my 'smart' phone.

I truly enjoy seeing the small exchanges of pleasantries between Human beings, of every color each and every day on the Bus. And I've had some wonderful conversations with perfect strangers and experienced the full range of emotions, from crying tears of empathy with a woman as she told me a story about her family struggles, to sharing in humor and uproarious laughter with others. These experiences enrich me and help keep my Humanity fresh at the forefront of my existence.

Alone in your car, you just don't get those unexpected Human interactions. You are confined to your own little 'comfortable' world and forget the feeling of warmth and connection with your fellow man. We so often forget we are all on a shared Journey through life. I find the Bus ride is a valuable representation of this, and I've grown to cherish it. This is what most of Humanity is really like. And it is the 'norm' on the City Bus, so far that I've noticed.

Lisa Anne Cleaves is a Nature lover, Permaculturist, a 'budding' Herbalist, Writer and a woman who lives for signs from Spirit to guide her way. Her foremost passion is communing with Spirit through the Natural World around her and she hopes you enjoy her writings; 'Contemplations of a Grateful Hedgewitch'.



# The New Earth

By Wendy Powers  
Nugent

We have all been inundated with the phrase “The new normal.” Everything we do and think has been forever changed by a virus invisible to the naked eye. We have had to change every habit and thought in a matter of weeks, and now we are in a new paradigm of life.

Why? Now what? Is this God’s will? Is it Karma? Is this the beginning of the apocalypse? So many concerns and so many questions. As a psychic, often these days, I wonder what’s next and why did we not see it coming! Or did we... In many of my readings, I felt things in different time frames than what was thought events should fall. Such as wedding days, events planned, and even finding that someone special. Businesses developing and deals being made all seemed off in timing, but I did not understand why.

One thing we all knew for sure is that we all saw a transformation in the Earth and the souls of humans. Many call it the “Dawn of a new age” or even the Christian “apocalypse.” In general, people expect a rage from the Earth itself or even from the universal Mind in the form of Karma for all of the negative thoughts and deeds for the past few hundred years or so.

I feel it is a new evolution (not Karma, or a payback), and an expansion of the human soul.

We look after others by wearing an uncomfortable mask, changing our wasteful habits, and not expecting everything to be as we want it, much like a spoiled child. Instead, we need to be innovative and resourceful. I have changed how I do business, as many of you have. We need to care for others. We need to stop and reflect on how to better ourselves and help others. Some of you have been forced to think of a different career or business path, and some need to reshape their very life path.

One thing is for sure in all of this: we are looking more and caring for our fellow humans and the Earth we share. It seems as though this virus has forced the 21st century ahead much quicker than we were ready for. I know for my own business, I do readings by Zoom and no longer see clients in person.

As a pastor, I was forced to do services and weddings by Zoom! The thing I miss the most is the hugs. I love to hug



people and even give a reverse hug (my front to their back) to transfer health and strength to a weary soul. Did you know that spirits also hug? At least I can still get hugs from spirits. I get goosebumps (positive energy) all over my arms and torso just as if they were in front of me, putting their arms around me in a full-on hug.

Maybe if you need a hug from a loved one who has

passed on, shut your eyes, take a deep breath in and release slowly, and ask for your loved one by name to give you a much-needed hug.

You will be surprised, but they will give you a sign or feelings, much like what I receive when I get a hug from spirit. Our Earth is getting a good cleaning up as the air traffic is diminishing. Vehicle traffic is at a lower volume; we find less pollution by emissions. People are working from home around the world. The boats and cruises are not on the seas as much, so we find our water quality improving. Much good is happening amongst the difficulties of all these changes.

Family life has been improving: Cooking together, playing with our children, and even the kids are getting their heads out of the computers and phones. For the first time in a few decades, I see kids playing outside and so many riding their bikes around the neighborhood.

I am often asked if things will go back to the way they were before the virus. We are evolving, and life will improve and move onward and upward to a cleaner and healthier future living on this beautiful Earth. No matter how it all started, know there is good that will follow this transformation because it is in God’s plan.

Wendy Powers Nugent

Clairvoyant, Minister, Writer, and Certified Spiritual Counselor. She has been a professional psychic for more than 40 years with proven accuracy. To make an appointment, please Text: 248-826-8255 leave your name and that you want to book an appointment To find out more about Wendy and her readings, visit her website: [www.WendyPowers-Clairvoyant.com](http://www.WendyPowers-Clairvoyant.com)



**Special Notice:** Wendy is only doing Zoom or phone sessions by appointment.

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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>

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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”

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