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The Great Invocation
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 May Light descend on Earth.
 From the point of Love within
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 Let Love stream forth into the
 hearts of men.
 May God/dess return to Earth.
 From the center where the Will of
 God/ess is known
 Let purpose guide the little wills of men.
 The purpose which the Masters
 know and serve.
 From the center which we call
 the race of men
 Let the Plan of Love and Light work out
 and may it seal the door where evil dwells.
 Let Light and Love and Power
 restore the Plan on Earth.

**Monthly
 VOICE OF CHOICES
 Magazine**

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Whether you define 'spirit' as enthusiasm or spirituality, Voice of Choices supports you in exploring the many options for creating and enjoying your life! We feature articles on alternative healing, personal development, spirituality and a wide range of topics focused on spirited living.

Giving voice to the myriad of choices available in each moment, information is not intended for diagnosis, treatment, or prescription regarding disease, illness or injury. We recommend you see a licensed health practitioner if you have concerns about your health.

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 Blessings in all your choices.
 Nam Myoho Renge Kyo

THE VOICE OF CHOICES

Features

4 Raise Your Vibration	John Hill .
6 Impossible?	Kathy 'Whyte Wynde' Lowden
7 Medicine Wheel - A Circle of Healing	Joshua Spangenberg
8 You - Yes YOU - Are Worthy	Kasara D'Elene
10 Is it Friday Yet? Choices for Making Your Workweek Better	Dawn Staszak
11 Spiritual Community - Accelerate Your Growth	Father Peter Bowes
12 What is Ascension?	Zakarain
14 Listen With Your Eyes, Ears and Heart	Message from Mother Mary
	Raven Many Voices
15 June Astro Influences	Carol Barbeau
16 Merging Dimensions - A Sedona Vision	Aluna Joy
17 Believe and Receive	Dena-Marie
19 Rock Talk - Mangano Calcite	Cecilia Ray
20 Qigong - An Interview with Jeff Primack	Guy Spiro
23 What is Love - Love What Is	Julie Hutslar

Cover Photo by Joshua Spangenberg
Joshua's pictures illustrate this issue. Find him on Facebook - and pg 18



○ Cosmic Birther of all radiance and light!
 Soften the ground of our being and carve out a space within us where your presence can abide.
 Fill us with your creativity so that we may be empowered to bear the fruit of your mission.
 Let each of our actions bear fruit in accordance with our desire.
 Endow us with the wisdom to produce and to share what each being needs to grow and flourish.
 Untie the tangled threads of destiny that bind us as we release others from the entanglement of past mistakes.
 Let us not be seduced by that which would divert us from our true purpose but illuminate the opportunities of the present moment for you are the ground and the fruitful vision, the birth, power and fulfillment as all is gathered and made whole once again.

Raising your vibration is the only effective way to get to the life you truly want to live. While you are emitting a low vibration or frequency your life will never really be in harmony and you will constantly live with an inner feeling of discontent. It is this life of discontent that you put up with and accept that keeps you in a state of low vibration. When you find the courage to do something about your low quality of life and choose to make things better you are on the right track to raising your vibration.

Raising your vibration comes down to many factors and listed below are 10 key steps that will definitely help towards raising your vibration immediately.

1. Be mindful of your thoughts, when raising your vibration.

It is imperative to keep a close eye on the habitual thoughts that enter your head. It can be difficult at first to be aware of the many thoughts that constantly bombard your mind all day long but by beginning to notice unwelcome or negative thoughts you can start to replace them with a positive thought you already have preprogrammed in your mind, this works wonders towards raising your vibration.. When I say preprogrammed I mean you have a positive thought in your mind, a thought that you know makes you happy, that you substitute in place of any negative thought that comes into your mind. The key to this thought substitution is to spend as much time thinking positive thoughts and less time thinking negative thoughts. By spending more mentaltime in the positive, this will help raise your vibration.

2. Only talk about what you want, not what you do not want when looking to raise your vibration.

If you are looking for a new relationship, don't say things like, I can never find the right person for me. If you talk like this, this is exactly what you will get and you will make your quest towards raising your vibration that much harder. You get what you say and think.

Even if you haven't been too successful in finding the right person previously, it does not matter. Change your words and you will change your life and what you get in your life.

Instead say something like, I intend to find the perfect person for me. Have

a confident expectancy that at any time you could meet this person and you will exponentially increase your chances of finding them.

The same thing goes for money, do not talk about not having enough money, either do not talk about it at all or only talk positively about having money and as what you want comes to you, this will help with raising your vibration as you feel better about yourself.

3. Stay away from negative or pessimistic people.

These types of people are running a very low vibration and their low vibration can have a negative impact on your vibration level. Instead of raising your vibration you will lower it and this will bring about more events residing on a low vibration, like problems, stress and worry.

4. Spend some time not thinking.

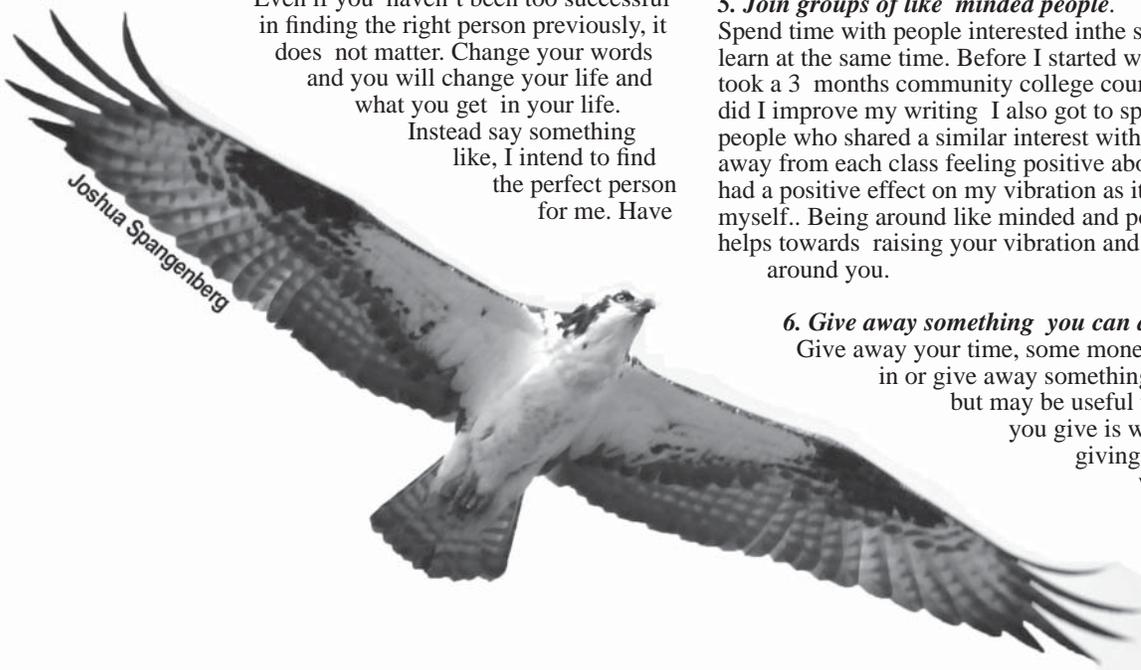
Yes that is right, stop thinking (<http://www.universeofsuccess.com/how-to-stop-thinking.html>) so much. To do this I like to take a walk through the bush or away from the city and the noise. Go to a place in the country if you can and take a long walk, concentrating on your surroundings, keeping your mind off your usual thoughts. This is a great way to clear your head and also help in raising your vibration. If you cannot get away, try listening to some soothing music and avoid thinking by concentrating on the sounds.

5. Join groups of like minded people.

Spend time with people interested in the same things you like and learn at the same time. Before I started writing for my website I took a 3 months community college course in Writing. Not only did I improve my writing I also got to spend time with other people who shared a similar interest with me. I always walked away from each class feeling positive about being a writer and this had a positive effect on my vibration as it made me feel good about myself.. Being around like minded and positive people seriously helps towards raising your vibration and the vibration of those around you.

6. Give away something you can afford each week.

Give away your time, some money to a charity you believe in or give away something you don't use anymore but may be useful to someone else. What you give is what you get in life, so by giving you will receive in one way or another.



OUR VIBRATION ~ SOAR ~

John Hill

Help others and you will be helped. You have a profound effect on raising your vibration when you help others as it makes you feel good from the inside.

7. Be aware of your actions.

Everything you do comes back to you in some way so always be wary of how you treat others and how you act in all situations. How you treat others is how you will be treated, by doing the right thing by everyone you come into contact with will help towards raising your vibration as others continue to do the right thing by you.. Treating everyone well will have a positive effect on attracting people (www.attractingpeople.com/attracting-people.html) and opportunities into your life.

8. Avoid the television, radio and media in general.

It is especially important to avoid all news programs as they do much more harm to your vibration level than they do good. By watching TV you end up taking in so much negative energy it becomes confusing to your subconscious mind and some of that negative imagery and energy gets absorbed by your subconscious and elevates a feeling of fear from within. Most of the media works by fear mongering, they want to shock you into a state of fear so you keep on watching and the more you watch the more addicted you become. This has a disastrous impact on your vibration level and will never have a positive effect on raising your vibration.

9. Stay optimistic at all times if your goal is to raise your vibration.

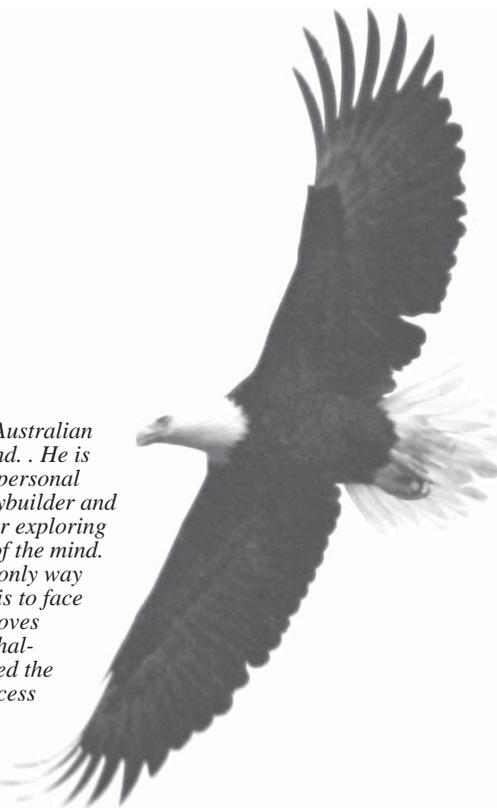
This can be difficult to do especially when you are in a crisis but when you are in a crisis situation, this is when it is most important to stay positive. By remaining positive you keep your vibration high and when you are vibrating at a higher rate your problems will dissipate so much quicker or you may find it was not really a problem at all. Positive things and events are attracted to positive people. Surrounding yourself with positive people is a great way to remain in a positive state of mind.

10. Stay in touch with your feelings.

This is the most important factor in keeping your vibration level high. Your feelings are the cosmic glue in regards to your entire life. When you are feeling good about yourself only other things residing on the same good frequency will be attracted into your life. Your level of vibration runs parallel with your feelings, meaning you are in control of your life and the events that come into your life at any given moment. If there was one most important point in relation to raising your vibration it would be to stay on top of your feelings and do not allow yourself to feel negative or pessimistic. The better you feel about yourself and your life the higher you will raise your vibration.

John Hill is an Australian living in Thailand. . He is an experienced personal trainer and bodybuilder and has a passion for exploring the vast power of the mind. He believes the only way to live your life is to face your fears and loves taking on new challenges. He started the Universe of Success website to share his knowledge with others and encourages you to share yours.

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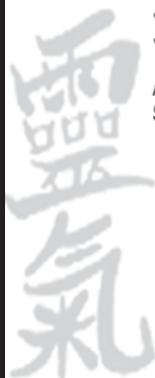
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BLESSINGS FROM THE PUBLISHER

Kathy 'Whyte Wynde' Lowden

Impossible:

1. incapable of being done, undertaken, or experienced
2. incapable of occurring or happening
3. absurd or inconceivable; unreasonable
4. Informal intolerable; outrageous

IMPOSSIBLE?

Welcome and Blessings to you. This month's cover headline is probably the first time we've had a less than productive theme and there's a reason for that. IMPOSSIBLE? I looked it up online and the meaning was basic, simple and straightforward. Unlike the definition for POSSIBLE which includes a boundary which in itself creates a perception of limits to what is labeled 'possible'.

What happens when we step past the 'norm' and open ourselves to the truth that even what we don't believe to be possible just may be?

In 1995, while living in Sequim, I decided to move back to Sedona. A little research showed that an import truck with a 'longbed' was only about 1.5 feet longer than the regular size. My always increasing collection of 'goodies', even when carefully condensed and packed tightly would not all fit in the space provided by the slightly longer bed and I wondered how I would manage to move successfully.

I needed at least 4 or 5 feet more of space to accommodate the rocks, shells, crystals and other essentials that had to somehow relocate from Washington to Arizona. I didn't want a domestic model truck that guzzled gas like it was water in a drought, been there, done that.

I really don't remember how far I went with attempting to manifest the 'im-possible'. No Craig's List or Ebay in those days, I watched the classified ads in the newspaper. One morning, the wording of an advertisement for a 'Truck' caught my eye. "Convertible, dual axle Mazda, 5 speed" Curious, I called the number for more information.

The owner explained the details and we made arrangements to meet so I could see the truck. Arriving at our agreed upon location, I could not believe what I saw. While the major auto manufacturers stick to what they believe is 'possible' (proven to be desired for purchase by a sufficient number of customers) the order I had put in to the 'Auto Maker Upstairs' had been filled. Dual-axle in the ad description meant an extra set of wheels - just behind the back of the cab added to help distribute the weight of a customized truck with a bed 4 feet longer than a regular Mazda pick-up. They had literally extended the existing truck bed by professionally attaching a portion of another. Well constructed, and kind of cute if I do say

so myself. The answer to a prayer was right there in front of me in all its automobile glory.

Impossible? Obviously not. The move went smoothly, and we even took the top off for a while and enjoyed the wind in our hair in this incredible convertible 'Spirit Truck'. Last time I was in Sedona it was still on the road- a testament to what can be provided to fulfill a need.

Possible:

1. Capable of happening, existing, or being true without contradicting proven facts, laws, or circumstances.
2. Capable of occurring or being done without offense to character, nature, or custom.
3. Capable of favorable development; potential

Impossible? What does that mean to you? Are you limiting yourself with only the 'possibilities' which seem to fit in the everyday reality referred to as 'normal'?

Before my most recent move I kept the belief that there was a living space perfect for myself, my dogs and my budget. Research into the rental market ... And the restrictions which can sometimes accompany renting - provided 'evidence' that what I was looking for did not exist. I continued to list the requirements in housing that would best serve and even went so far as to tell people I could find what I was looking for at the price I could pay. A few months later I was blessed with a wonderful space that included even more than what I had asked for.

As I sit in my garden bathtub, looking out the large windows at the trees and my dogs play in the private, enclosed back yard, I keep singing my 'Ganesh Song'. Ganesh, the Indian deity who removes obstacles and opens the way to experiencing Divine Right Order. When my meditation is over.... A few steps to the sliding glass door and private deck and I call in my two shelties.

OK, what was it that's impossible again?

Gratitude and Faith. Trust and Patience. Knowing that what you seek is seeking you and "God's Got it Covered" ... Now how about a good quality Subaru wagon to replace my Maui Civic. I'd happily trade ongoing advertising and cash for a vehicle I can put both dog's crates in for a quick road trip now and then. Shouldn't be too hard to find... after all, I don't need another pickup truck with an 11' bed! What would you welcome in your life? Can you shift your perception enough to include possibilities that might seem 'Impossible'?

Blessings in all Your Choices and Nam Myoho Renge Kyo, Kathy 'Whyte' Wynde' Lowden

Medicine Wheel - Circle of Healing

Joshua Spangenberg

Medicine wheels, or sacred hoops, were constructed by laying stones in a particular pattern on the ground. Most medicine wheels follow the basic pattern of having a center of stone(s), and surrounding that is an outer ring of stones with "spokes", or lines of rocks radiating from the center.

The hoop is symbolic of "the never-ending cycle of life." It has no beginning and no end. Tribal healers and holy men have regarded the hoop as sacred and have always used it in their ceremonies. Its significance enhanced the embodiment of healing ceremonies

A Medicine Wheel is a physical manifestation of Spiritual energy as an outward expression of an internal dialogue. A mirror in which we can better SEE what is going on within us. It is a wheel of protection it enables us, and allows us, to gather surrounding energies into a focal point and to commune with Spirit, Self and Nature (ALL elemental forces).....Creation!

It helps us with our "Vision," to see exactly where we are and in which areas we need to develop in order to realize and become our potentials. That we are all connected to one another, and by showing us the intricacies of the interwoven threads of life, what our part in it all is. It helps us understand that without our part in the tapestry the "Bigger Picture" is not as it should be. We add color, dimension and life to each other, to all of life. No matter what color, race or creed we are, we need each of us to create a beautiful existence and expression of the Whole.

It is a model to be used to view self, society, or anything that one could ever think of looking into. The Medicine wheel once learned how to dance within it offers a picture to you and also helps to add clarity to a foggy view. Like so many other things...it is a tool to be used for the uplifting and betterment of mankind, healing and connecting to infinite. We are all but one realization of "God" trying to realize self...so it lets us see what part we ourselves are.

There is the principle that life is a circle and that the four directions stand for North, South, East and West with Mother Earth being down and Father Sky being above; giving six directions. The Medicine Wheel as an Introspection Tool is a symbol of symmetry and balance. During the process of constructing the wheel you will begin to recognize what areas of your life are not in balance, and where your attention is lacking and requires focus. Continue to work with the wheel after you constructed it. Sit with your wheel in silent meditation. Allow the wheel to assist you in gaining new and different perspectives.

The medicine wheel represents the many cycles of life. The circle is representative of life's never ending cycle (birth, death, and rebirth). Each stone or spoke placement in the wheel focuses on a different aspect of living.

A personal medicine wheel can be made using fetishes such as crystals, arrowheads, seashells, feathers, animal fur/bones, and so on. Take time to reflect on each aspect of your life (self, family, relationships, life purpose, community, finances, health, etc.) as you place objects within the circle.



We have a community Medicine Wheel in Auburn Washington and have monthly gatherings facilitated by Shaman /Healers that help guide you through your personal cycles in life to gain clarity and healing. Currently the times of these gatherings are every first Sunday of the month from noon to 5pm. We also have a guided journey circle on the third Friday of each month.

These take place at the Green River Lodge located in Auburn, WA. 253.335.0078.

If you would like to be informed of these and other upcoming events join our Facebook page at Green-river Lodge Medicine Wheel and Drum Circle.

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YOU Yes YOU Are Worthy!

Have you seen a little baby lately? How sweet, cuddly and cute they are. They have their whole future in front of them, so many possibilities. Each and every child is so worthy of love and the best the world has to offer.

Of course I am not the only one. Many people experience unworthiness in various forms of their lives. Not feeling worthy in a relationship, not worthy of a job, of being healthy, etc. Worthiness can also be called other names, such as guilt, shame, and fear. All of these emotions are powerful pieces of each one of us.

Unfortunately most of the unworthiness we have is buried within us. It is pretty much a given that it is hidden from us, we most definitely have to do some investigative work inside of ourselves to find these wounds. One day I decided to get out my feelings

book (*Feelings Buried Alive Never Die* by Karol Truman). I often recommend this to people and I was having some issues that I realized I needed to address for myself. I wrote down the issues and the possible negative emotions so that I could script on the issues as the book demonstrates. At this point it is usually obvious which issues I should focus on because there are duplicates. I didn't see any duplicates. But I decided that I would proceed and script on the items replacing the negative items with the positive ones as the book recommends. The process

worked and I felt better the next day and continued the script for a few more days. Then about two weeks later, I pulled the paper out to show someone how to do the process and specifically that I didn't have any duplicates – and low and behold there were duplicates right there on the page! I was stunned, shocked! How could I not see them before? How could I be so blind to my own stuff? I was working so hard to see it!

The point is that our stuff is always there, whether we want to look at it or not, or whether we have the capability to look at it or not. Sometimes there are parts of us that are much too scared to look at the wounds. These parts are good at keeping us blind to our stuff, which unfortunately prevents us from resolving anything within us. Not doing this work keeps the worthiness we were born with buried underneath all the various wounds we have compiled in our lives.

Kasara D'Elene

Often, as each of us grows up, our worthiness, our sense of value for ourselves as human beings, is slowly stripped away from us; by society in general, and specifically by those around us.

This starts off innocently for some, and unfortunately very destructively for others. People can be very cruel, usually because they are wounded inside themselves. I don't want to put blame on or give excuses to people, but we are all human and we all make mistakes.

Some of these actions we experienced from others were on purpose and others not. Of course the way we perceive the experiences are different now that we are adults, than when were children.

I vaguely remember a time when I was very young and someone gave me a toy, and then took the toy away. The energy of that experience is with me as a memory, one that recently played out in my life (as unresolved memories have a habit of doing), in order for me to bring that memory up and resolve it now as an adult with a different, and fortunately more mature perspective. As an adult, it is easy to see this now as a circumstance that wasn't really anyone one's fault, just something that happened. But the memory of being given something, and then having it taken away was just one piece of the puzzle of unworthiness instilled within me.

The more that we fight our humanness and the emotional pieces of being human, the less healing that happens. The more we embrace it, the more we help ourselves and others.

If you are interested in doing some investigative work yourself you can see a therapist, or you might want to check out the book *Self-Therapy* by Jay Earley. You might find it a useful tool to uncover your worthiness and value that you already possess, but which might be buried.

Some people think that when an emotional piece is healed in one of us, it is healed in everyone on the planet. I agree. The more that we fight our humanness and the emotional pieces of being human, the less healing that happens. The more we embrace it, the more we help ourselves and others. I am not saying this is easy work, but it is important work. It is often the hardest thing for most people to face. Healing each of these emotional wounds helps us to see our value as human beings, re-instilling our worthiness and helping us become a model for others to do the same.

As worthiness is restored, respect for ourselves and others will naturally happen, and other positive values will follow. The worthiness is there within each and every one of us, it is just buried. You too were a beautiful baby once. And now you are a beautiful human being. I am honored that you have taken the time to read this, and I know if you knew your true value, your true sense of worth, that you would feel fulfilled beyond belief. I hope you find the courage and strength to uncover your worthiness, you are worth it

Kasara D'Elene owns TruHealth, a health food store in the Mill Creek/Bothell area. She has helped empower and educate thousands of people to optimum health. You can reach her at 425-415-8410 www.truhealth.com



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The Tzutujil Mayans in Guatemala speak of simultaneous Twin Realities: the dream world and the awake world.

These worlds are likened to the opposing wings of a Butterfly, Angel, or Bird.

The dream world is one wing, and the awake world is the other. The past world is one wing, while the new world is the other.

Between worlds is where we are at this time. They believe the wings must connect at the Heart Center for us to bridge these realities.

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IS IT FRIDAY yet?

Choices for Making Your Workweek better

Dawn Staszak

So many of us in our Monday through Friday, nine-to-five jobs ask this question (or get asked this question) at least once during the work week. Starting with Monday, we count the days to Friday (“four more days, three more days ...”). Wednesday is “Hump Day”, Thursday is always “well, at least tomorrow’s Friday!” Then, Friday finally comes and around lunchtime we start counting down the hours (“only four more hours to go, three more hours to go ...!”) Why do we do this? Of course, we say it in jest to each other all the time, but did you ever ask yourself, “Is it REALLY that bad? If you find yourself doing this “weekday countdown” once too often, perhaps it is time to do something about it.

One day I did ask myself if it was really that bad, and the unfortunate answer was, “Yes, as a matter of fact, it is.” Therefore, I had to figure out some way to make it better, but without taking up any extra time, because time was something that I lacked, which was most likely a contributing factor to the chaos, but we have to make do with the circumstances we are given sometimes. Born out of necessity and frustration, the following five sanity-saving “tricks” have proven to work for me, and perhaps may help you as well.

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THE COMMUTE

Normally, you get in your car, put on the radio, and listen to the news or some other background noise while your mind is already thinking about the day’s tasks, meetings, and worrying about all you have to do. Instead, use this time as an opportunity to listen to inspirational audio programs or your favorite radio morning DJs. If you car pool or take the train, listen to programs on your headphones or read an inspirational book. This can cost you nothing, because there are several great audio programs and inspirational books available for free at your local library. Especially interesting CDs I enjoy include Tony Robbins, Robert Stuber, Gregg Braden, Wayne Dyer, or Louise Hay. These can be found through Nightingale Conant, One Spirit, or any of these authors’ sites.

However long your commute is, if you spend it connecting to teachers that enrich you, by the time you get to work you are motivated and ready for the day. Also, you are infusing your consciousness with positive thoughts that you will carry with you and possibly influence your co-workers, as well. By the time you get to work, you’ll be in a great mood!

PASSWORDS

This is an easy way to do affirmations! This is positive self-talk. Make your password something like “iamprosperous2” or “thankgod4” so that each time you have to log in, you are forced to say something good to yourself and put a smile on your face!

E-MAIL

In business, we send hundreds of e-mails a day back and forth to each other. Take advantage of this opportunity to spread a little joy and include a message in the signature line of your e-mails. There are literally thousands to choose from. You can find daily inspirational messages from “Beliefnet” at www.beliefnet.com, or Wayne Dyer at www.drwaynedyer.com, or comforting affirmations from Louise Hay at www.louisehay.com. It’s a nice gesture to share with the people you connect with every day, and yet another small way to filter positive energy into the corporate world.

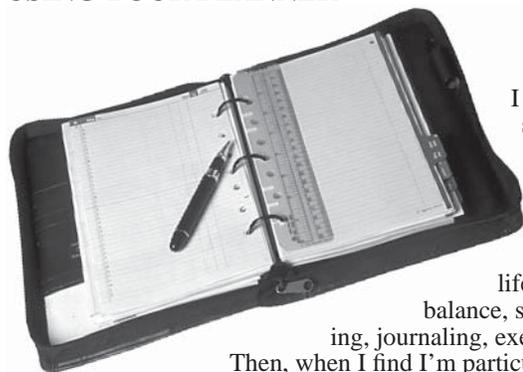
Another way to use e-mail to uplift you is to sign yourself up to receive daily messages. The websites previously mentioned (as well as several others) have a feature where you can get a daily inspirational message e-mailed to you. This won’t be a popular idea among managers or your IT department, but if the few seconds you use to read a short inspirational message when you first open your e-mail for the day gives you such a boost that you are more motivated to do your job with greater peace, happiness, and mental clarity, I’m sure the results would be hard to dispute.

USING SOFTWARE

One tip that has helped me remember things throughout my work day is to use my Outlook Tasks feature. I put private “appointments” on my calendar to myself (marking the time as “free”) with reminders to relax, breathe deeply, stretch, massage my shoulders, drink water, do an affirmation, etc. You can do this on your phone, your PDA/Blackberry, or any other kind of technical device you have with a scheduling feature.

This has proven invaluable for me because it is automatic and I can start or stop it whenever I like. I put my appointments on, then I don’t have to think about it again until I see the reminder pop up on my screen! I will continue to do this until it becomes automatic for me. Stretching at my desk, getting up for more water, and taking deep breaths have kept me healthy and balanced so that I am doing my job to the best of my ability. Be creative with your reminders and have fun with it!

USING YOUR PLANNER



I devised a coding system for myself so I can keep track of when I have done the things in my life to keep me in balance, such as meditating, journaling, exercising, etc.

Then, when I find I’m particularly anxious, I can look at my planner and see at a glance what my week/month has been like and see what areas I need to work on to keep myself in check. Plus, it motivates me to see my progress. I don’t have to do everything everyday, but if I am in a regular routine, it is clear in my health, my relationships, and ultimately, my work performance.

My “legend” is this: M=Meditated, J=Journaled, E=Elliptical, T=Treadmill, W=Walk. After I came back from maternity leave and my baby started sleeping through the night, I’d put stars on the days I got a full night’s sleep. You can make up your own code for anything!

Aside from these five practices, you can also take an evening yoga class or attend a weekend wellness seminar, both of which I’ve done and loved. However, my message is to teach people that when they are stressed out at work, they have to be their own “guru.” It is in your best interest to learn how to calm down and uplift yourself to do your best in spite of the chaos. Your boss or your co-workers may be wonderful people, but they are certainly not going to know when you have reached your limit and I would pay to see the day when any one of them say, “Oh, Dawn, you seem pretty stressed, why don’t you go outside and get some fresh air for a minute?” because they are stressed, too! But, that’s okay, because with creativity and persistence you can learn what works for you and then you can learn to love Mondays too!

Author of ‘A Guru in the Office: 50 Ways to Remember Your Spirit in the Corporate World’ Dawn has worked in commercial and non-profit, large and small companies, for over nineteen years. Visit her website www.guruintheoffice.com,

Spiritual Community: Accelerate Your Growth

Father Peter Bowes

Having a spiritual community accelerates your personal growth in ways you cannot imagine. The idea of being with spiritually-minded people who care about the same things and are dedicated to deepening their relationship to God is exciting for some and possibly scary for others. It can be exhilarating and inspiring because it increases the chances that you will see reflected in the eyes of others the real impact of your feelings, motives and intentions. It is almost impossible to not be noticed when people are dedicated to being real and honest in relationship. Your actions and feelings are registered by others and known in ways you may not be used to in other group situations.

People dedicated to grow and learn spiritually are intent on awareness, consciousness and responsible interactions so they are not inclined to be fake or phony. Fakeness is typical in most non-spiritual communities since easy cordialities are the norm while deep, meaningful interchanges are rare and may be even feared. Some people can be frightened when anyone probes deeply into what they are feeling or thinking. Most people live in such isolated recesses that friendly interest is seen as an unwelcome intrusion into the substantially imagined privacy of their inner world.

In spiritual community, individuals are welcomed to share their true feelings in an atmosphere of mutual respect and understanding. Patience is the overriding norm where people are given the freedom to grow and change without feeling pressured or forced to conform to other people’s concepts of how they are to be. The focus of spiritual community is centeredness on God, the Divine Source, and peaceful relationship with sisters and brothers.

The most important feature of spiritual community is honesty. Honesty about one’s feelings and motives is essential to the health of the community. Honesty means you tell it like it is without being mean to yourself or others. Honesty with oneself involves speaking openly about your feelings and having the courage to accept the feedback from members of the community in return. Honesty means you are saying how it is for you at the moment and not glossing things over to make them look better or tearing things down to get sympathy from other people. Since everyone is dedicated to being genuine and honest, there is no backstabbing or power trips displayed for or against members of the community. Only in an atmosphere of honesty and mutual respect can real spiritual community thrive.

The spiritual communities that seem most successful are those where there is a central, defining leadership with clear expectations of boundaries and spiritual aspirations. Spiritual community is not for the weak or unstable as they will make other members into their parents or demonize those who are confident. People who have not worked through the basics of how to take care of themselves and be responsible are actually not ready for a real spiritual community. For those who are ready, it can be tremendously life-changing and transformative.

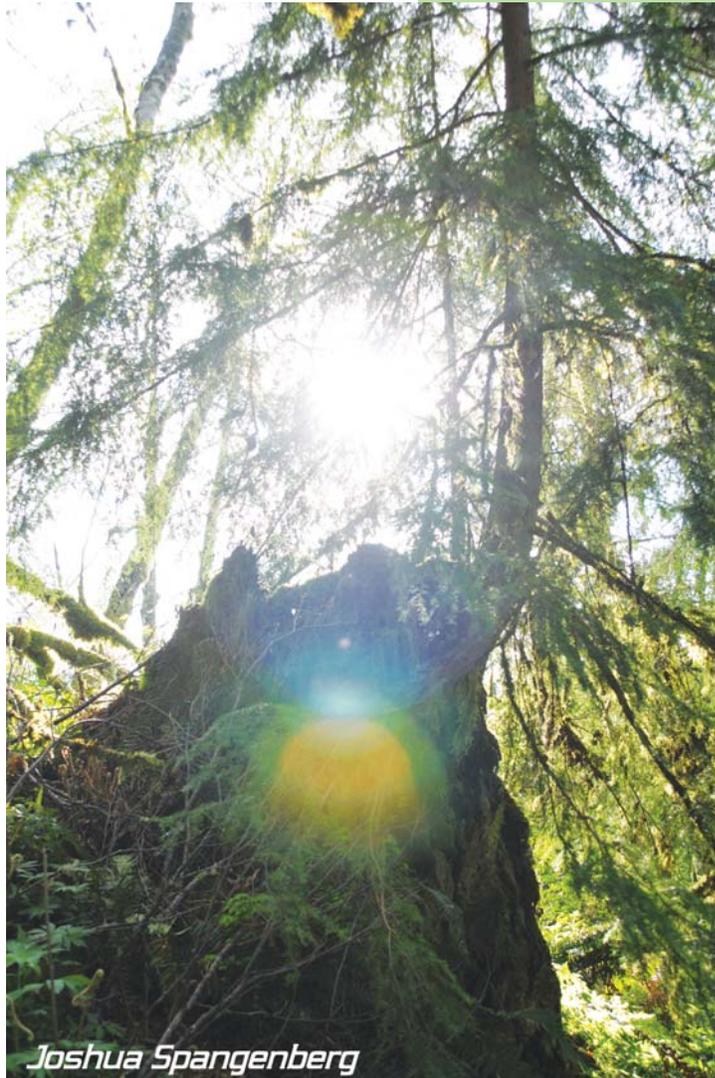
Father Peter Bowes has devoted his life in service to God; for over 20 years, he has served as a Priest and Master Teacher. He serves as Co-Director of the Order of Christ/Sophia, teaching and ministering to his spiritual students, and guiding fifteen Centers of Light and their ministers around the country.

'ASCENSION'

Zakarain

For most people Ascension means that they are going to leave this material plane and finally get to be out of hell and be in Heaven, or the 5th Dimension. That instead of leaving this plane in the traditional way of dying, this time they will be leaving by increasing their vibratory rate to a point where they can "go" to the 5th dimension. That this time, this incarnation they were good little spiritual beings and became vegetarian and now they get to leave and not have to reincarnate. Some people think that they are going to be taken away by the ET's on ships to where they came from. According to my knowing these notions are completely preposterous, you never had to be reincarnating in the first place and the ET's have got much more important things to do then to pick you up. This is not an Ascen

sion, we are not going anywhere, this is a Descension, (or rather an incension). We are not ascending out of here we are inscending into here. We are embodying our Spirit Self, Who We Truly Are, completely into these bodies. We are Spirits having a Human experience not humans having a spiritual experience. The notion of Ascending out of here resulted from the old notion of being a student that is here to learn how to be enlightened and deserve to ascend to the higher planes. We're not becoming enlightened, we already are enlightened, we just forgot that we were. We veiled ourselves with many structures and pictures of reality like the student scenario above. We have adopted roles and identities to further veil ourselves away from the truth that we are all Awesome Multidimensional Masters. We are doing the dance of



Joshua Spangenberg

The old concept of learning and fixing your self are old world enslavement concepts designed to maintain the density and separation of the 3rd Dimension. Without these limited pictures of reality holding the 3rd dimension in place it would not exist.

the 7 veils - stripping away density so we are naked and exposed for all to see, where all is revealed and what is revealed is God.

The old concept of learning and fixing your self are old world enslavement concepts designed to maintain the density and separation of the 3rd Dimension. Without these limited pictures of reality holding the 3rd dimension in place it would not exist. The 3rd dimension is a dimension of distortion, and unworthiness and separation is the glue that holds it together. Therefore my recommendation to you is to QUESTION EVERYTHING in this plane of demonstration. Questioning reality opens you up to your Multidimensional Wholeness and allows you access to all Dimensional Realities and Possibilities.

The process of Ascension is to know what it is truly like to be Human, a Divine Human and to really be one. To finally feel everything that is in your fields. It is not about being strictly a 5th dimensional being, you already are a 5th dimensional being. This game is about being a Human Master, a Multi-Dimensional 'Human' Master. You exist on multitudes of realities, and Ascension is becoming fully aware of your multidimensional wholeness. To fully embody and realize that you exist on multitudes of planets, in multitudes of Galaxies, in multitudes of Star Systems. That you inhabit multitudes of bodies: from physical bodies, to light bodies. And you inhabit huge variances of different bodies from ET type bodies, to horse bodies, to reptilian bodies, to Centaurian bodies, to Dolphin bodies.

Have you watched Sliders? Why do you think that this show was produced for TV, is it just a coincidence? Sliders is one multidimensional way that life is, parallel realities are a reality ! There are multitudinous parallel realities, along with multitudinous yous on these parallel realities.

The Overtones

There are 12 Overtones to each dimension. In the 3rd dimension alone on Planet Earth there are 12 different actual overtone realities with multitudes of permutations all happening at the same time. That means a minimum of 12 overtone yous in this dimension alone, along with multitudes of parallel realities in each overtone in each dimension, excluding the 4th, 5th etc. dimensions. Not to mention twin flames, soul mates and soul extensions existing on all those multitudinous overtone and parallel realities on each dimension.

As this planet Ascends, all of these parallel and alternate realities are converging into one reality. The process of Ascension is becoming aware of all these possibilities that you exist in, then working with all the possibilities that affect you in your consciousness now, knowing them, feeling them, and finally, loving them. Ascension is complete love and allowance of every single aspect of your wholeness including all the shitty parts, even your cellulite. All your feelings of unworthiness, powerlessness, ugliness, not good enough, I don't belong etc. That's why we are required to go to so many unlovable places in our consciousness, so that we can see them, feel them and love them.

When you go deep into these dark places, when you descend into Hell, (like Jesus), you realize that everything you thought was hideous, unlovable and nasty, is God, and was totally perfect for you to experience - so that You/God could know more of itself. Ascension is embodying Who You Truly Are, and All That You Are. And of course You Are God.

So this seems like a huge task embodying God in these limited little bodies, well let me assure you that these bodies can handle it and they were designed to handle it. They were designed by the best body designers in all the Universes, the best Geneticists in all of Creation.

What can I do to assist myself with my own Ascension/Descension - Inscension?

First off, You're already doing it, so cut yourself some slack. Who you truly are is setting everything up for you perfectly and in the perfect timing. And by the way, it isn't for you or about you anyway, because you're not a student trying to get out of here - remember. Your personal evolution will take care of itself as the Planet Ascends. So, since you're not a student, and you don't have to be good and spiritual, and try to earn your way out of here, you can now have complete freedom to have as much fun as you possibly can - Co-Creating Heaven on Earth. And you have more assistance to do your job then you can possibly imagine. You have your Spirit, your Councils, your Guides, your Angels, your ET buddies, your parallel selves, your twin flames, soul mates, the Ascended Masters, Gaia, the Agartha network of subterranean people, the elementals, the dolphins and whales, animals, the plants, the rocks, and of course all of your fellow planetary transition team members that are in bodies all over the planet.

We're all in this together, this is a Co-Creation, we are all One, we are all God. The game of fear, survival and separation is over, and we are playing a new game called The Game of Love. And the only rule of this game is Be Who You Truly Are.

Everything is being set up for you to have everything you need to Co-Create Heaven on Earth and manifest your Seed Vision of

Heaven on Earth. Everything is being provided for you to further embody Who You Truly Are and remove the veils that keep you from seeing your True Self. You are provided with fabulous workshops and books and articles and awesome masters to help you remember who you are. You and your friends are creating Sacred Circles, and Sacred Synergy's; you are connecting with Mother Earth and assisting her with her transition to a Star; you're building your MerKaBas; you're detoxifying your bodies..... The Force of Evolution is upon you and in you, you have no choice but to flow with it and be a walking force of evolution. You're attention is on the manifestation of your divinity; your attention is on the Co-Creation of Heaven on Earth; your attention is enough! The Universe sees this and gives you more and more of what your attention is on - this is how manifestation works in this Universe. You are shining your light, and Loving and Giving - you are being the Universe. You are being God because your seed vision of Heaven on Earth is God's Divine Plan of Heaven on Earth, and you are an integral part of it.

Everyday is an ascension, it is a continual process - every hour, every moment. Every time we love something unconditionally that previously we did not; every time an aspect of our wholeness is loved by us where previously it was not, more of Who You Truly Are is manifested/descended into this dimension. Each moment that we surrender to our divinity and learn more of the dance of separation we are ascending, because every time we learn more about who we are not, we learn Who We Truly Are.

As you embody more of Who You Truly Are, your pictures of reality, held deep in your cellular memory, that you are just a human, will fade away and the full realization of your awesomeness will be revealed. You will shine so brightly that you will entrain others to remember Who They Truly Are. As the veils disappear you will fully realize that you are an Angelic Master, an Extraterrestrial Master, a Human Master..... The real truth that you are God will be the only reality left. And you will know yourself to be All That You Are and you will finally be all that you always were. Awaken to that Aspect of your Beingness that is Already Awake! **BE WHO YOU TRULY ARE ! YOU ARE LOVE ! YOU ARE GOD GODDESS ALL THAT IS !** ZaKaiRan

ZaKaiRan is an emissary of love and light dedicated to the co-creation of heaven on earth through his divine teachings the "Power of Joy", "Magnificent Journey", his mastery of MerKaBa Soul Travel, Karmic Record Healing, Sonic Alchemy and Sacred Geometry, a being may experience a deep connection to their Divine Presence, Mastery and Divine Gifts, and awaken to the "Power of Joy" within their soul and their Awesome Magnificence! - www.ZaKaiRan.com

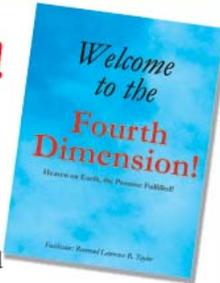
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June 2010 Astrological overview

Happy birthday to you Sun Signs in GEMINI and CANCER and for all of us we are gifted with the gifts this month of New ideas (Gemini) and inner knowing and increased connection to our own needs (Cancer) Eclipses begin our month as we are Asked to ECLIPSE the past in order to reclaim our future The most Ancient birthstone for June is the EMERALD, which is about truth and fidelity

And the Modern June stone is the Agate for grounding and Centering

Junes Flowers are the Honeysuckle and Roses

Use the Colors of White for Purity and Green for Prosperity and Healing

June 2010 is the 6th month of a number 3 year which means that we are all numerology wise getting to experience a 9 month of Endings of the old ways of doing things which is totally in alignment with the eclipses June 26th and July 11th

The sun in the intellectually stimulating and social sign of Gemini until the Summer Solstice on the 21st encourages connections and social contacts and assists us all to be more open to new ideas.

With Saturn (accountability) now moving direct but still in the sign of Virgo. Many of us are searching out new ways of making our lives sustainable. It is time to do the work necessary to balance not only our budgets but our lives., Saturn is now MOVING forward for the last time in 29 and ½ years in Virgo and we are really being put on notice that there is some real work to be done and some answers to some questions to be found. Saturn is still opposing Uranus (change) in early Aries and Jupiter (expansion) in late Pisces, within 10 degrees of each other.

Creating a much less than stable feeling energy. We are being upgraded energetically to handle this new vibration, so some of you and your pets are adjusting, this will pass by early 2011.

June 5th Jupiter moves to Aries (for the first time in 12 years) and on June 8th these 2 planets touch creating the first conjunction (mixing of energy) of Expansion (Jupiter) and Change (Uranus) in the JUST GET OUT OF MY WAY AND LETS GET THIS SHOW ON THE ROAD SIGN OF ARIES...This has not happened in over 87 years .

Uranus and Jupiter will be backing back into Pisces in September, but right now we need to be looking at the bravery and opportunities this energy can bring to those who have been afraid to move. For those of us who move too fast...SLOW Down and recognize Aries is the first sign of the zodiac and makes up in enthusiasm what It sometimes lacks in planning.

June 6th, Mars finally moves out of Leo and into Virgo encouraging Saturn this month to ask of us all to look at what can be eliminated to create a healing space in our lives. On the 9th as Mercury moves to Gemini we are more social and you will find ideas flowing easier and some people to assist you if you are willing to ask for help.

On the 12th we have a New moon at 21 degrees of Gemini which is much about options and opportunities. We are, or should be moving faster than sound by now with all the planetary power. So, look around you, stop frequently and get your bearings. Sometimes too much is just too much and Jupiter's theme is (IF A BIT IS GOOD, a LOT IS BETTER) Be warned and be aware that Saturn and Mars in Virgo wants us to pare down, not add more to our already overloaded lives and schedules so make sure and take some (Me) time.

On June 14th Venus the planet of love moves to passionate Leo and we now have more fire in the mix. What we want could seem a bit overwhelming this month as Venus travels back over that Leo Land that Mars was in for the last 8 months. I get an almost URGENT feeling about some of this energy. So, how about when you feel that way, stopping and doing an internal check and seeing (Is this really Urgent?) Remember after the solstice on the 21st the energy will assist us to slow down a bit.

Hot times energetically this month are the 9th, 10th, 11th dark of the moon intention setting times. The 19th of June through the 11th of July is a bit like a magic carpet ride for some and for others more like a roller coaster.

I am asking most of my clients to stay a bit closer to home and definitely not schedule surgery during this time unless it is absolutely necessary. And you know when something is necessary that there are far greater and more powerful energies at work than astrology, right?.

And if you have plans, take extra time getting there, recognize that things are designed with Fate in the mix and be open to some fun adventures. Life cannot always be planned and some of those unexpected fate things are the happiest events of our lives. Be open..

After the 21st with the Sun in Cancer and the Summer Solstice we move into a more fertile and much more grounded energy and are further able to connect to our own needs and nurture ourselves so that we can accomplish our next step on our path. Every year the Summer solstice is the longest day of the year and this is the celebration of the coming of the light. The Summer solstice is when we invoke protection, strength, energy and clear sight with our wishes and prayers and receive all of the above.

On the 25th Mercury moves into Cancer and we have a very powerful day as we have our Full moon Lunar eclipse evening that day with lots of planetary action. The Lunar eclipse on the 26th at 4:30am PDT is Cancer and Capricorn energy and part of a grand cross of energy asking us to get going and get some things done .. Lunar eclipses block the past and allow us to more clearly see where we are Right now and what needs to be done and are full moons with extra pop, zip, zam and Whee.

Over the next 2 weeks until the Solar eclipse on July 11th when the sun and moon come together in Cancer we need to be energetically grounding our bodies and our minds, and spirits, and working on balance in all things.

Remember please, Balance is the key during this time and if we honor both the earthly world (Capricorn) and our inner needs (Cancer) this next 2 weeks will be a wonderful time of learning much about ourselves as well as our path out in the world and a good eclipse as we learn much about ourselves and our next step.

I wish you the most wonderful June of your life and wish that you would set that intent for yourself. All that has to happen to make it happen is to BELIEVE and FEEL it, taste, and touch and sense that it will happen...When we have passion for what we do and know that it is in alignment with the rules of the universe how can we fail:

..... Which is what this month is all about, connection to our passion and our sense of why we came here...OUR TIME is here, can't you feel it? I have never seen more powerful astrological energy and know it is here to assist us to help each other, and the planet.

Namaste Carol Barbeau, <http://www.carolbarbeau.com> carolastro@carolbarbeau.com

I hope to see some of you June 12th NEW MOON In Kent Washington at the Commons for the WHOLE LIFE CENTER HEALING FAIRE, contact Me for more information and go to my website please For some HOT HIT dates and astrology articles..

Listen With Your Eyes, Ears and Heart

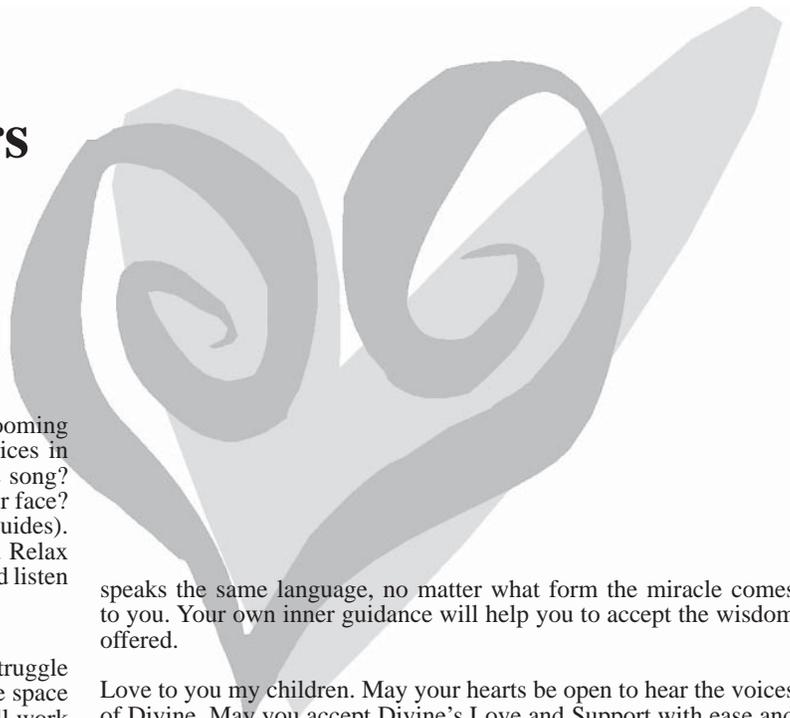
Message from Mother Mary

Raven Many Voices

My dear children, with summer comes warmer weather, blooming flowers and a beautiful melody of birds. Nature's voice rejoices in life and all that this world provides. Have you not heard this song? Smelled the fresh cut grass? Felt the warmth of the sun on your face? Often we hear you all pray for clear messages from us (your Guides). With eyes closed tight and stiff posture you pray for answers. Relax my loves! The answers are all around you. Open your eyes! And listen with your heart.

Messages from God come from all directions. When we limit our ability to listen to Divine we are inviting struggle into an easy process. Yes, it is easy to listen to Divine. It is the space between your ears that gets in the way of the messages. We all work together to give you a clear answer. Let's say you are questioning about a trip to Hawaii. You pray for a sign if you can afford the plane ticket, if you can get time off work and if you are making the right choice. Now for the next week you see Hawaii ads on TV, a friend mentions this great coffee they just bought called Hawaii's Volcano brew, and your co-worker has changed their vacation so now your dates would be free. Is this a sign from Divine or just a coincidence? Our society with its rational and physical demand of proof would say coincidence, but not too long before this thinking it would be seen as a miracle. Miracles happen every day and every minute. Like a never ending flow of love, guidance and answers these messages flow around you. It is a belief that you do not deserve, it cannot come that easily, or miracles don't happen that disconnects you from this flow. Miracles happen in strange ways.

Once we accept help from Divine we can open our eyes to all the confirmations we seek daily. This amazing world you live in is your family. Each family member is part of you; be it a tree, flower, animal, or Angel. They all cheer you on, warn you of danger, or point you in the right direction when lost. To listen with your heart means to follow that flow of love. As you would call a 'gut feeling'. Learn the language of who likes to talk to you. If the birds show up learn what they mean. If you see a word over and over (like Breathe) know it is a message from us. And of course listen with your heart. The heart



speaks the same language, no matter what form the miracle comes to you. Your own inner guidance will help you to accept the wisdom offered.

Love to you my children. May your hearts be open to hear the voices of Divine. May you accept Divine's Love and Support with ease and grace. May we all be one on this planet of loving Earth.

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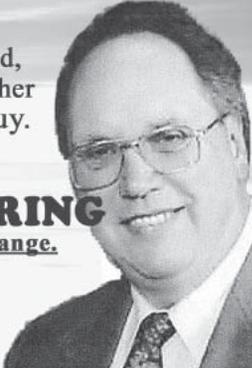
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Merging Dimensions

A Sedona Vision

Aluna Joy

Crop Circle and Vision Confirms that the Dimensions are Merging May 8, 2010 - Message received in Sedona, Arizona during a ceremony circle with Willaru Huayta and Aluna Joy.

During a ceremony circle, atop a red rock vista in Sedona, Arizona with a group of old and new friends, I received a message about the birth of the new world and how the dimensions are now beginning to merge. Unfortunately we didn't record the message, so here I will do my best to recall what I received . . .

Our group circled together, and quickly I began to see heart cords emerging from everyone's hearts and merging at the center of our circle. All of our cords began to braid like an intricate weaving. This unified cord began to rise up, and then they opened like a moon jelly fish of light. It was our collective light body. It was very beautiful. Tentacles of light that were draping down were anchored to the Earth all across Sedona. It appeared that the points that these chords of light were anchored to were in very specific areas. At first I thought our ceremony was just about anchoring light in Sedona, but quickly the vision grew.

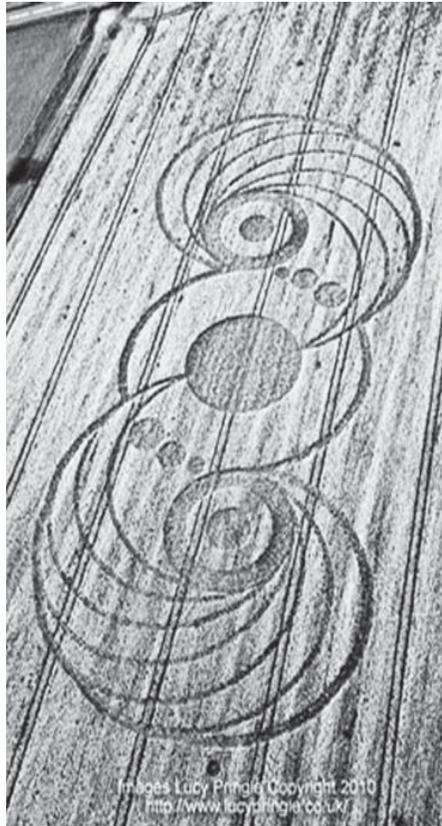
The light body created by our hearts began to grow so big that it reached out to the place between our atmosphere and outer space. The Earth and its atmosphere were completely encompassed by this umbrella of light. Cords of light began to anchor all over the world. It became apparent that many people around the world were assisting in what we were doing here in Sedona, even though we were not aware of each other. Once all of these cords, from the heart centers of the light workers, were anchored to the Earth, they began to go deeper into the Earth's core. At this point, all of these cords reconnected into a place that looked like a seed, or a giant egg. I began to realize that this was an embryo for our new world. Our love, positive intentions, and creative power that came from our hearts centers were acting as the fertilization for this embryo. It was also apparent this embryo was about to hatch. It was quite apparent that Earth needed us, but we also needed the Earth. It is a divine symbiotic relationship.

I began to examine this egg/seed/embryo to understand it further. I could see the light body and the light cords going through to the center of the Earth to this embryo. But the light cords did not stop here. They passed all the way through the Earth and circled back around again. At this point, the earth looked like a tube torus. If you don't know what a tube torus is, it simply looks like a giant spiraling cosmic bagel. The embryo was in the center of the bagel.

So again I looked at the embryo, and I saw it was attached in two

places . . . like two umbilical cords. In one place, it was attached to the world we are in now. On the opposite side of the bagel, it was attached to the new world. The center point was this embryo. I saw that the world we are in was beginning to be absorbed by the new world, and the new world was being absorbed by the world we are in. It was becoming ONE. The egg was beginning to hatch.

The Star Elders shared that this was yet another step toward us manifesting the new world. It was a huge turning point. They also shared that we would begin to see the effects of this merging immediately, and that it would take several months to complete. We ended our circle knowing something powerful had shifted in us and the world, but we didn't know to what extent we had shifted. A few days later it became apparent.



We discovered later that on May 8th (the day of our ceremony) that there were spectacular, multiple solar flares. This can make people feel agitated and un-easy and accelerates transformation immensely. Solar flares can break apart old patterns that are no longer needed so new ones can emerge. This can make us feel hyper and exhausted all at the same time. It can also wreak havoc with technology. I lost my computer monitor.

On the evening of May 8th, something else miraculously happened that really anchored this vision into reality. Near Stonehenge in England, a crop circle appeared in the night. The next morning it was reported to us by our dear friends Bea and David. The crop circle accurately described the vision we had the day before. The crop circle shows the two spiraling dimensions traveling through a large center circle . . . very much like a tube torus / bagel. This was yet another confirmation that what we were doing here in Sedona was connected to a much larger global activation.

We began noticing many symptoms of this new activation. Time and space was beginning to wobble even more erratically than before. We seem to be losing track of time easily. The day simply disappears. We are not sleeping very well . . . again. There is lots of tossing and turning

in the night. We are hearing reports of many unusual dreams. We are feeling huge power surges followed by energy drop outs. There were many reports of nausea, and body aches and pains. Many felt deep grief. Some felt like they were walking on water. Others said that when they closed their eyes at night, everything was spinning. There have been visual disturbances, inner ear issues, throat and thyroid issues, cold feet (from being between worlds) and even a weird symptom of having tongue dryness. These symptoms are already subsiding here in Sedona, but they seem to be spreading across the earth quickly.

Aluna Joy Yaxk'in is an internationally known author, spiritual life coach, sacred site guide, alternative historian, ordained minister and modern mystic who inspires and encourages others to recognize and accept their own authentic divinity and connection to God. Aluna Joy Yaxk'in, PO Box 1988, Sedona AZ 86339 Ph:928-282-6292 www.AlunaJoy.com E-mail: aluna@alunajoy.com

Believe and Receive

Dena Marie

***“We are what we think.
All that we are arises from our thoughts.
With our thoughts we make the world.”***

–Buddha

Eleven years ago, I asked the woman who worked at my favorite bookstore for something totally new to read. She gave me my first book on Feng Shui. After reading it on vacation, I found it interesting but put it away for a year. The second time I read it, I found it fascinating, so I thought I would give Feng Shui a try. As a single mother of three, I was most excited to start with my “prosperity corner” – the farthest left corner of the home. What I found in that area was an old empty ceramic cookie jar that someone had made, but I only kept it so they wouldn’t feel bad. When I picked it up and held it in my hands, I felt sad because it reminded of a painful period from my past. Then I noticed there was mold growing behind it - definitely not good Feng Shui! I cleaned the area and then I replaced the cookie jar with a fountain, some green candles and a large amethyst. Everyday, I turned on the fountain, lit the green candles and let my intentions be known to the universe that I was open to receiving some extra money. Months later, I unexpectedly came into \$9,000. I was shocked and thrilled. I realized that practicing Feng Shui was really just reminding me to pray.

Tired of being alone, the next section I worked on was my relationship corner. That section of the Bagua is located in the farthest right corner of the house, which is my bedroom. I cleaned out the mold and dust, threw away a broken mirror and got rid of a few pictures of lonely women surrounded by angels that hung by my bed. I went to the craft shop and bought a picture called The Accolade (a queen is knighting a young man) two red candles, a heart crystal and a Book entitled Enchanted Love, The Mystical Power of Intimate Relationships by Marianne Williamson. In the months following, as I lit the candles and read the book I read one particular line that hit me hard.

“ ‘I thought you would never get here,’ I said.
“ ‘I know. And that’s what took me so long...’ “

After reading that passage, I realized I hadn’t really been committed to beginning again. That quote also changed the importance that I attached to my thoughts about finding the right man. I decided that I was going to be deliberate about it. I wrote an intention list, consisting of the aspects which I wanted in my new mate... thirty qualities to be exact. I slipped the paper inside the book and let it go.

That was the year I found myself. I learned to date and have a relationship with the most fun person I knew... myself! I found the relationship I was looking for... within me. I bought myself roses weekly, exercised daily, took long baths and spent quality time with myself going places I used to want a man to take me to. I even learned to dance alone, and felt great while doing it. I learned to have the best time of my life, with me. I also dated my kids one at-a-time, fixed up my home, and realized how blessed my life truly was. The moment I realized I was happy and comfortable with myself was the moment I met my soulmate at an event to which I would normally go to by myself: a charity blood drive given by my favorite band. We were both dressed in costume as vampires, as the event called for. To this day, I can’t tell you how it happened, whether we magically spun around at the same time or if fate made certain that our hands met at just the right moment, but we found ourselves swing dancing to heavy metal. The accolade picture is also called the Queen of the Grail, and the band that brought us together was Queensryche. The synchronicities spun out of control from there...



JOSHUA SPANGENBERG

Three months after seeing each other, I went to his home to discover that he had also bought The Accolade, at approximately the same time a year prior. And for Christmas that year, he unknowingly bought me a book called A Woman’s Worth... by Marianne Williamson. We are now married and his picture is hanging in our relationship corner in our bedroom. My Accolade now hangs in the relationship corner of my office, as a constant reminder that when you take the time to stop and set your intentions, the universe steps in and gives you what your heart truly desires.

Now my husband and I write down our intentions together and manifest as a team. We both have our own personal intentions and we have another list that we share as a couple. I call it “coupling therapy!”

Coupling is where two energies are joined together to create optimal flow. When we share an idea, envision it together and move toward that vision with passion, we can achieve our desires with ease.

Remember, all thoughts are things (energy called Ch’i), and your intentions are like prayers guiding the universe to help you initiate positive change in your life. This is what Feng Shui has taught me:

- Write down your intentions and then let them go
- Love yourself and be open to receiving
- Have a gratitude attitude
- Most of all stay present and have fun...get on the dance floor of life. You never know who you will bump into!

Dena Marie is a registered counselor, hypnotherapist and Reiki Master, who is described by her clients as “a personal trainer for the body, mind and spirit.” www.LiftYourSpiritsinSnohomish.com 425350-5448

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Joshua Spangenberg

Capturing a Moment

I have this belief that I AM greater defined by my actions than by the words I speak.

We are key players in our life and in our world, how are we in alignment and define who we are with what we do.



I have played many roles, Massage Therapist (some say healer), Reiki Master, Teacher, Medicine Wheel guide and facilitator, Photographer, etc. All of which have shown me different ways to view this existence.

What gifts did I come here to share, and how do those unfold in an awareness of unconscious and conscious responsibility.





Joshua Spangenberg

Rock TALK

Cecilia Ray



Mangano Calcite

In this wild world we live in, it seems certain crystals and stones fade in and out of popularity. I believe it is because the energy of particular minerals is needed at different times. Recently I have found the calcites are on the rise. Too soft for most jewelry uses, they are finding their way into pockets, medicine bags and stone pouches.

Mangano Calcite, a beautiful pink stone found in Peru, is now clamoring to be in the spotlight. With its cotton candy look, it invites people to touch and experience its soothing energy. This calcite glows bright pink when under ultra violet light. Similar to rose quartz in many ways, it is a heart chakra stone. Several authors of books on crystals relate it to the angelic and fairy realms. It was referred to as the "stone of forgiveness" by Judy Hall in her book, "The Crystal Bible."

The best way I find, to understand the energy of a stone, is to hold it and allow it to connect with my energy so I feel and hear its personal message. At first when I held the Mangano Calcite, I felt a rush of energy across the bridge of my nose extending to my temple. Then there was a tingle of energy in my fingers. Emotionally, I felt as though I was holding a warm kitten. Then I listened.

"I bring thoughts of love, of kindness. I help people remember times of fun and happiness. I remind them to look around and see love in their world." It spoke in a much gentler way than the amethyst of last month, seeming to whisper its message. I had the feeling I could share my joys and my sorrows with it and it would smile with its loving energy.

If you have a chance, add Mangano Calcite to your collection. You will 'feel the love.'

Cecilia Ray owns a rock business, World of Gaia, selling on Ebay and at fairs, and Mystical Winds, presenter of Friends and Fellowship Psychic and Holistic Fairs. 425-239-0565 or www.MysticalWinds.net

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A Conversation with Qigong practitioner Jeff Primack

Guy Spiro

Qi – In Western terms, the Chinese word “qi” is seen as synonymous with life-energy. Qigong – Qigong is the art of harnessing qi.

GS: Jeff, I like to begin an interview by asking people to tell their story. I know you teach Qigong seminars to thousands of people each year and also host the website Qigong.com. What did you come through to get where you are now?

JP: I began training in Energy Arts, Qigong, in about 1996. I was a college student at the University of Florida getting dual degrees; one in Eastern philosophy and one in business. During my time there, I studied for two years with my first true teacher, a Siberian shaman and Zen master who had spent numerous years in a Taoist monastery. She was a professor at the University and an amazing human being. She fortified within me a deep reverence for Chinese healing practices. However, like all great teachers, at some point, they send you off with, “Now use what I’ve taught you.” She moved away to California. I craved further knowledge in this art form called Qigong. I read hundreds of books, but it wasn’t the same. I went on a quest to find masters of Qigong, flying some highly experienced teachers from China, Canada, Europe, all over the world, to Florida, arranging 2-day seminars with them. I’d get 70 to 80 people together with these masters and we’d all learn Qigong together. I taught

Q i g g o n g

my first class after completing five years of training. After intensive study with these masters, I designed my own form of Qigong.

GS: Who were you most influenced by?

JP: Paul Dong is definitely somebody I would name. He is author of the book Empty Force. He showed me how we could move our body (and others), without touching, through the use of qi. I use this concept in our Qigong push hands exercise.

Another highly respected teacher is Master Weizhao Wu. I studied with him intensively and arranged many of his workshops. I practiced Qigong everyday as my job, learning how energy works. Through my own daily practice I could feel qi as magnetism in my hands ... pulsation of blood, heat and incredible vibration in the abdomen. Each year the energy grew stronger; the blend of exercises affected me on a profound energetic level. I sought to develop my own, deeper, ‘hybrid’ Qigong forms.

My practice centered on breathing techniques (pranayama) from India’s yoga tradition, Dao-Yin slow movement Qigong and special alchemy meditations from Chinese Taoist masters. Most of the exercises I’ve taught remain audience favorites; like the 9-breath method.

GS: What was it like when you first began teaching Qigong? Was it well received right away?

JP: The first workshop I taught took place in my parent’s living room in March 2003. Only twelve people came, but the response was ecstatic and I knew I was onto something big. After two years of increasing turnouts and larger hotel venues, a major shift occurred.

In November 2005, I presented a four-day seminar I called “Qi Revolution” and two

hundred people came. Five years later over fifteen thousand people have taken the seminar. Without a doubt, the reason it grew so fast is because we teach participants breathing techniques, like nine-breath method, a technique so powerful it gives the user a full-body vibration within 45 seconds. We’ve received testimonials from people who had been doing energy work for 30 years before taking our seminar, afterwards telling us the Nine-breath method was the strongest energy of their lives. The seminar simply offers people a profound Qi experience.

GS: It’s interesting to watch what’s happening in all different areas of spirituality, metaphysics, and even religion. Across the board, it’s time for all of these kinds of things to be made more accessible.

JP: Qigong is only a small part of everything that’s happening to expand natural medicine and the global consciousness of humanity. The unique thing that Qigong brings to the table is a kind of biological experience of spirit. For example, the pulsing, the humming, the heat vibration involved with Qigong is so tangible, it breaks through many limiting beliefs about our healing potential and even, who we really are. I think energy cultivation techniques will prove vital to the emergence of a higher consciousness at this critical time period on Earth.



GS: So, keep it theoretical and learn intellectually, but eventually you’ve got to get down and do it. Give us a working definition for Qigong.

JP: It is a special type of exercise that makes people ‘pulse’. Imagine if you could circulate as much blood flow from jogging two miles as you could while standing or sitting effortlessly, practicing Qigong. You pulse effortlessly with stronger blood flow from specialized movements, breathing techniques and meditation practices. This increased blood flow is im-

mediately palpable and many even report it helps take away pain.

Qigong is the art of harnessing qi. It directly affects blood flow, digestion and the body’s metabolic energy. High metabolism can also be described as high qi vibration. The practice of Qigong exercise usually results in

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healthier bowel movements; greater energy; greater strength; increased metabolism, sex drive, etc.

GS: When you say metabolic, it starts to sound like a physical thing.

JP: Qi is physical in that it is what moves the blood in your body. From the biological viewpoint, Qigong exercises increase the pulsation of blood, the flow of qi, and the metabolism. If, for instance, somebody has a shoulder injury, they can do Qigong exercises, bringing blood, bringing qi, into that area. You feel it the moment you begin. The energy is magnetic, palpable. Cir-

ulation is everything in Qigong. Blood flow is synonymous with qi circulation. Increasing numbers of high profile personalities are speaking out boldly about the healing power of Qigong. Dr. Mehmet Oz, host of The Dr. Oz Show and a regular guest on Oprah Winfrey's show says "If you want to live to be 100, do Qigong!" Many qualified authorities are even saying Qigong is the

ideal practice for people fighting diseases of the immune system, like cancer. (Part 2 of the interview appears next month)

Astrologer Guy Spiro has for many years interviewed a range of luminaries in the New Age field, from well-known to up-and-coming visionaries. See ad back cover.

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What is Love

Julie Hutslar

The oldest question of time, usually precipitated by the oldest story of time is, "If s/he loved me, how could s/he do that?" So instead of looking at someone's motivation, how about looking at what exactly love is?

Love is a catch-all word that unfortunately includes many things that are not really love at all, but masquerade as love until the drug wears off. The most commonly misunderstood usage of the word love is actually lust. It is a simple biological simultaneous release of three hormones, called dopamines, creating a natural high for the purpose of procreation. Of course, when it's happening to you, it feels like everything you ever wanted in life, like this other person completes you, like you have found Nirvana. After a certain amount of time has passed (a few female cycles), the drug slows down and eventually stops secreting its insidious purpose and you may be left wondering what you just did. During this state, which is the material of affairs, no logic works. Truly, the only thing that matters now is smelling, feeling, hearing or touching the Beloved. And let me stress here, this condition has nothing to do with the dumb-founded spouse. It is completely natural, chemical-based and part of the chain of human evolution, but it is not love.

Love is lasting, love is accepting, love is patient, kind, enduring. Love is caring for someone no matter what they look, smell, or feel like. Love is a state of mind. And it actually has to do with the one who is loving as opposed to the Beloved. If you have the ability to love, to love unconditionally, which is the only kind of love there really is, it is you that finds love in all things. No conditions, no need for special love (if you love me, I'll love you back), only the open heart energy of acceptance and joy.

Other types of love include protective love, and this is a way of demonstrating love through taking care of others. Maternal love is the love of a mother, often unconditional, but reserved for ones of their own species, especially own off spring. Filial love is loving someone like a son or daughter,

Love What is

ter, which is a combination of protective and maternal. Brotherly love is caring about someone like an equal, and erotica is having a love of something because of the way it looks and makes you feel such as a woman's body or a guitar or boat. Some people have obligatory love or dutiful or loyalty for someone, a team or a country. This again is not true love as there are always conditions.

Agape, or true love, has no conditions. Because I love, everything and everyone in my world is worthy of love. This is what one capable of love would know as a Truth. Love is the essence of the Divine, it is the vibration of the life force energy of the Universe, of all that lives. Love is bigger than any one individual, love is the antidote to all fear. Love overcomes all obstacles. Lust does not, obligation does not, erotica does not, but Love, with a capital L does.

So can you assess your various relationships according to this list of ways to feel about someone? How would they come out? Bottom line, we all want to be special to someone. With that as our motivation, we invariably create relationships that are conditional and then we are saddened when some condition is created that challenges that specialness. What if you knew you were love? If you knew that no matter what anyone else said or did, you would still always be unique, divine and god-like? It would help you not take things so personally, but it would also lay the groundwork for truly holy relationships based on mutual love, not special love. Then what someone else did or did not do would really not have anything to do with your perfect love at all. We could see the experience as something we participated in creating for some reason, perhaps a reassessment of the rules of the relationships, perhaps as a way to identify what is missing or what has been deleted long ago from the relationship that is still desired. There are many opportunities for learning and growth if we can step out of ego long enough to see them and the only way to do that is to understand what love really is. Love is what you are made of, so it is your birthright. Look no further than your own heart.

Julie Hutslar is a facilitator of Core Belief Restructuring healing work, she is an author and spirit guide offering retreats and seminars. www.jrhutslar.com



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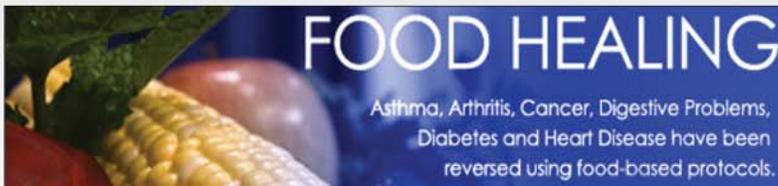
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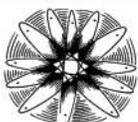


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