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March | April 2009 , Vol. 33

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Editorial | by Susan Hull Bostwick

There is a biblical lesson about money we all may have heard: it is about ten talents (a denomination of money, each worth \$1,000 in those days). The more you have, the more you get. A landowner gives each of three of his most trusted workers money according to his ability and tells them to keep it for him while he travels. The first worker, given five talents, doubles his money. The second worker, given two talents, also doubles his money. The third worker, who receives one talent, buries it and then later returns the one talent. The master rewards the first worker who multiplied his talents and fires the "lazy" worker. The lesson is about abundance. The one who has created nothing with what he has will be rejected, and according to the bible, "thrown as worthless into the outer darkness."

It is about "He who has, more will be given." We are talking about using the gifts, talents and abilities we are blessed with at birth. Money is one of those gifts. We have to ask ourselves, "How have we handled money? How have we handled our own god-given talents?" Carolyn Myss talks about a spiritual contract as knowing what you came here to do on planet earth this lifetime and fulfilling that agreement. If your talent and calling is to write, be a writer. If it is to heal others, become a healer. If it is to be a school-teacher, do that. When we deny our true calling, our mission, the authenticity of who we truly are becoming, we are out of sync, out of balance with our world. Use the resources you have and expand upon them to be all you can be. That seems to be the message. Do not be left feeling worthless in the darkness. Having money is a part of feeling valued.

Marianne Williamson states it differently: "Our deepest fear is that we are powerful beyond measure... 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world." She also talks about how "the liberation and empowerment of one enhances the empowerment of others." Be all you can be, which in turn enables others to do the same.

The greenback is merely a necessary element of exchange of energies. You produce so much and you receive energy in the form called money. You exchange that for something else you need or want. It is when we are out of balance with money, and when attaining more than we actually need, that money becomes a god. The yo-yoing of the world economy since last fall has been a wake-up call for everyone on the planet. We are all thinking of how we need to watch our spending of resources, our carbon footprint. Conservation of resources is a universal concept that saves and sustains the planet. It saves and sustains our personal physical lives and even our spiritual lives. When we create balance by conserving or respecting what we have attained, whether it is our money or our vital energies, and spending according to our values, we are at peace in body, mind and spirit. What if a man gained the whole world only to lose his own soul?

This issue of the Psychic Reader is about Spirituality and Money, Wellness and Wealth. "Saying Yes to Change" by Joan Borysenko on page 8 looks at the lessons of Cast Away; Morgana Rae brings a playful touch to your relationship with money with "Financial Alchemy" on page 14, and more.

HERBS, VITAMINS AND MINERALS



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A guide to better health.
Dr. Andreas Marzini

Vol. 5

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Healthy, Wealthy, Wise



by Kami McBride

There is a saying that we spend our youth chasing after riches and then spend our riches trying to bring back our youth.

The quality of our health is intricately related to creating and maintaining wealth. Good health allows us to create more, and if you aren't healthy, it can be a challenge to enjoy what you have created. Building your health portfolio is as important as building your wealth portfolio.

We talk a lot about wealth and not enough about health. I remember many of the elders throughout my life teaching me about saving money. From the pink plastic piggy bank to my parents requiring that I put 20% of my babysitting money into a fund. I was taught to save for college, save for a rainy day and save up for the new bike I wanted. I find it amazing that I went through the first twenty years of my life without anyone really talking to me about health. I was taught to save money but not how to care for and preserve my body. Well, o.k., brush your teeth, comb your hair, eat breakfast and take a bath. The most input really that I received about my body was how much I should weigh.

Finally in fourth grade I had a 'health nut' teacher. She tied a tooth on the end of a string and hung it in a glass of Coke. The tooth disintegrated. Wow! That single science experiment

changed the course of my life. I was nine years old at the time and boy did that blow my world. Why were my parents, grandparents, aunts, uncles, cousins and friends all drinking Coke if it was so bad for you? I took the question one step further and this questioning began to shape my life. "If they aren't telling me the evils about soda, what else don't they know about?" Ha! I began to question the world and the authority in my little universe.

Even just a little bit of information about how to care for our bodies goes a long way when you learn it at a young age. Most of the health information has been relegated into home economics classes. Home economics is where you will find the relic of our kitchen literacy and what we know about food in relation to taking care of our body. It is not old fashioned. If you don't have someone in your life who knows how to cook, your health suffers.

The loss of our body and health literacy comes with a price. If we think the baby boomers are having a lot of health problems, just look at what we have coming. Our young people are experiencing increased diabetes, asthma, allergies and many other diseases. The incidence of type 2 diabe-

tes in adolescents has increased tenfold in the last decade. In the last ten years obesity rates have doubled and asthma rates in children have skyrocketed.

It is time to start teaching our children about how to take care of their bodies as part of their school and life curriculum. Just as we teach them to save their pennies, put their name on their backpacks, keep their rooms picked up and lock their bikes. We talk to them about tending to their personal belongings more than how to support health in their bodies. Teach your children about sugar, sodas, trans-fats and

peanut butters and crackers. Throw the hydrogenated oil cookies and pancake mixes into the trash.

Talk to the kids in your life about how to read labels. Teach them about eating sugar in moderation. Even my four year old son knows about high fructose corn syrup and that he can only eat sweets once in a while. Don't keep junk foods in the house; teach the upcoming generation how to cook whole foods. The list goes on. Let's save ourselves a lot of suffering and make the commitment to live and teach health.



fast food. Be the outrageous parent that says, "Hey, can we bring something besides cupcakes and donuts to the kids' birthday party at school or for after the soccer game?" Don't be afraid to ask the pre-school or any other school what is on the menu for lunch.

I interviewed 13 preschools in Vacaville and every single one of them had high-fructose corn syrup in the lunch food they were serving the young children. If the current trends in diabetes continue, one out of three children born in 2000 will develop diabetes in their lifetime. Get rid of the high-fructose corn syrup

Good health is one of the greatest assets we can have. Health is wealth.

Kami McBride teaches classes in herbal medicine and women's health. An intuitive and inspiring teacher, she works to revive the cultural art of home herbal care and teaches herbology as a relationship with the Earth and a way of life. Kami is the author of 105 Ways to Celebrate Menstruation. For a schedule of classes or herbal consultations Kami can be reached at (707) 446-1290 or sign up for her free herbal e-newsletter at: www.livingawareness.com <<http://www.livingawareness.com>>



PEACE BY PEACE

Peace is Communication

— by Kay Robinson

I have been writing this column on peace for a couple of years now and have been actively supporting peace since college when I realized there was a world bigger than my community of Mars, Pennsylvania. During this time I have grown in my awareness that peace depends on communication. As you know my basic premise is that peace begins within. From there we create peace in our family, community, nation and world. We are all part of the world being at peace or not.

My observations have been that communication is one of the most basic keys to peace. Since peace begins within I started in my own meditation and paid attention to what parts of myself I did not want to know and communicate about. I saw how this limited my life and began to change that for myself. It was scary. Next I decided to make peace with others in

my life. I realized that it was not something I could simply decide. It did not work for me to just say I would be at peace with someone with whom I was not at peace. For example, I realized that to be at peace with my first husband and his wife, I would have to clear my communication with them. Sounded like a scary thing. As it turned out it was not as hard as I had imagined and gave me a great sense of peace. I did not want to stop there. Who were the others with whom I was not at peace? Who else could I clear with and create communication?

As a spiritual counselor, I work with men and women all the time who want to create a space of forgiveness. They meditate, heal, release past-time pictures, and find neutrality in their space but still the process is not complete. It is when they can take that next step and create and clear communication that

forgiveness becomes real. All their energy work was to make this step possible. I was amused when a man I was counseling told me he had forgiven an old friend who had betrayed him. I could see that was not true so I asked him if he would call



this old friend to complete their communication. NO WAY! He realized he was not done and was not at peace. He saw that when he could communicate with this old friend then indeed he would be at peace--but even more he would have another level of his spiritual freedom.

Taking this concept even further, organizations around the world understand the importance of men and women connecting and communicating across cultures.

As we create communication, especially with those who are different than ourselves and especially those whom we resist or disagree, then we are truly making way for peace.

Peace does not mean we are all friends and are in agreement. Peace does not mean the absence of conflict. Peace means allowing differences, and the freedom to have those differences. Peace means using communication as a way of resolving conflict. The news is filled with efforts between countries in conflict and the goal is always about getting the two parties together to communicate. If there is no communication there is no movement toward peace.

Coming back to our own lives: peace begins with each of us. How can we create peace within, in our families and our perceptions of the world? The question can be stated another way. With whom am I out of communication? How can I clear the energy and pictures so that I can be at peace? Notice this for yourself and notice how creating communication where there is none changes everything. *email kay@peacexpeace.org*

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Pay it Forward with Prevention

by Annisa Aguilar



People are motivated into action by one of two forces —inspiration or desperation.

Does the proverbial “carrot” entice you to gladly move forward or does the fear and dread of the “stick” speak louder to you? Do you hear yourself saying “Oh, wow!” or “Oh, SH**!” more consistently?

When it comes to your health, how motivated are you to take preventative action? Do you exercise just to be fit and feel better, or is it that upcoming cruise or high school reunion that motivates you to get off the couch and out to the gym to lose those “love handles?” Do you easily skip a second serving of cheesecake because you don’t need it, or do the results from your blood pressure or cholesterol test chastise you into passing on dessert? Does the fear and concern of cancer or heart disease promote you to learn new ways to deal with your stress and unexpressed emotions, or do the couple beers after work or hot fudge sundae take care of that?

THE STICK

Medical costs for people with chronic diseases account for more than 75% of the nation’s \$2.1 trillion medical care costs. Ninety-five cents out of every dollar spent on medical care goes to treating disease after it has already occurred. Today, chronic diseases—such as cardiovascular disease (primarily

heart disease and stroke), cancer, and diabetes—are among the most prevalent, costly, and preventable of all health problems. Seven out of every ten Americans will die each year of a chronic disease. Chronic diseases account for 70% of all deaths in the United States. Leading causes of PREVENTABLE diseases are:

Smoking = 18% of total deaths
Obesity / Overweight = 15.2%
Alcohol consumption = 4%
Infections = 3.2%
(percentages based on 2003 totals)

Costs of Chronic Disease are:
Smoking is \$193+ billion annually
Heart disease and stroke in the U.S. is projected to be \$448 billion in 2008
Obesity was nearly \$117 billion in 2000.
Cancer costs the U.S. an estimated \$89 billion annually

THE CARROT

Dr. Dean Ornish, a Bay Area resident and founder / president of the non-profit Preventive Medicine Research Institute in Sausalito, California has created an amazing organization of preventative medicine that is paying it forward with empowering techniques, advice and research.

The Lifestyle Modification Program that he offers has four key components.

1. Low-fat, whole food diet.

There are two versions of the diet, called the Reversal Diet and the Prevention Diet. The options are based on the idea that some people need to make bigger changes than others. On his website it reads, “The “reversal diet” is designed for people who have diagnosed heart disease or with high cholesterol



levels. It has been scientifically proven to reverse heart disease and may be beneficial for many other diseases as well. The “prevention diet” is customized according to your health risks and health goals. These diets not only support your physical health, but they diminish the use of processed foods and all of their packaging. A vegetarian diet also helps the environment by not contributing to the greenhouse gases, water usage and land disturbances of meat production.

2. Moderate aerobic exercise

Dr. Ornish defines all the necessary components to an active lifestyle, aerobic and strength

training routines. I have seen how active and fit people can inspire, encourage and energize others with their sense of well-being, strength and vibrancy. Exercising can also be a time to spend with your friends or family, promoting mental and emotional connection as well.

3. Stress management techniques

The use of meditation, yoga and other stress reducing techniques addresses the physical effects as well as the psychological and mental imbalances of stress, like anxiety, depression, anger, rage, irritability, and decreased concentration and memory. Balance in these areas pays it forward to our families, coworkers, and fellow commuters on the highway, to name a few!!

4. Support groups

Our need for community, connection and the understanding of ourselves and others are crucial for optimal wellness. By fostering love and intimacy for ourselves and others, we bring hope, inspiration and meaning to this crazy world we live in. Forgiveness, compassion, altruistic service, counseling, healing touch, active listening, and spending more time with our beloved friends and family are all truly gifts of abundance and prosperity in our lives.

Preventative medicine and health care is really about a lifestyle and an awareness that is energetically set at having an abundance of wellness for yourself in your life. Investing your time and money into your physical health and mental and emotional well-being is an act of paying it forward to the world. Be inspired to be the best you can be and spend your money on your good health. Let the fear of the stick go. The carrot, inspiration and anticipation of wonderful things, is your friend. Choose prevention and pay it forward!

We were watching the movie *Cast Away* starring Tom Hanks. A friend of Joan's, Jim Curtan, had done an exciting exegesis of the film at a course that she'd attended, and we decided to watch it together from the perspective of change and transformation. *Cast Away* is not only the story of an unexpected catastrophic change, but a truly elegant demonstration of a three-part process of transformation that's been described by anthropologists as a rite of passage.

Saying Yes to Change

Essential Wisdom
for Your Journey

by Joan Borysenko, Ph.D. and
Gordon Dveirin, Ed.D.

Hanks' character is a hard-driving, clock watching FedEx trainer who metaphorically worships Chronos, the God of Time. Tick, tick, tick is his watchword, and nothing is more important than shaving a few minutes off of worldwide delivery times. The relational aspect of Hanks' life is a pale specter in comparison to his endless work as a harried road warrior. There's no time for the woman he loves, he wolfs his food down on the run, and he can't even look his colleague- whose wife is dying of cancer- in the eye. He's not a bad guy, just a preoccupied, unconscious one.

Hanks' old life ends abruptly when the FedEx plane carrying him to Malaysia crashes in the South Pacific, and he's the only survivor. Marooned on a desert island for four years, he's sustained by the antique pocket watch his fiancée gave him for Christmas on the night they parted. The mechanism is ruined when the plane crashes and time stops- both literally and figuratively. Chronos has, in fact, become irrelevant. It's the picture of his lost love, mounted

in the top half of the watch, that keeps him alive. Several FedEx packages wash ashore with him, and one contains the other source of his salvation, a soccer ball. He paints a face on it with the blood of his wounded hand and names it Wilson, the brand name on the ball. It's this imaginary friend who becomes integral to Hanks' developing compassion.

His four-year sojourn in the ocean wilderness is a time of transition. His old life went down with the plane, and he hasn't yet been reborn to a new life. He's in a kind of No Man's Land, a transitional place, where there's plenty of time to think about the meaning of life. The end of his long transition from the man who he was to the man he is becoming nears an end when the metal carcass of the plane's Portapotty finally washes ashore. He builds a raft and uses the metal structure as a sail. The ordeal at sea on the tiny raft is terrifying, and the defining moment comes when Wilson washes overboard in the aftermath of a storm. Torn between swim-

ming out to sea to rescue his friend and losing his own life, Hanks chooses life. His grief is almost unbearable, a tribute to the humanity that's been growing inside him during his ordeal on the island. At this point in his journey, magic happens. A whale keeps watch over him, singing mysterious songs of beauty. In the nick of time a ship passes by and rescues him. The Hanks who returns to America, however, is a far different man than the one who left.

On the FedEx plane home-just after his rescue- he looks straight into the eyes of the man whose wife was dying when he left. With deep humanity, he apologizes that he wasn't there for him. Hanks has become a mensch-a wise and compassionate human being. His fiancée, meanwhile, believing him dead, married and has a child. Their reunion is poignant, and while it's clear that she'd give up her marriage to be with him again, he knows

that she's found a new life that needs to be honored.

The film ends with a reflective, mature Hanks standing at the intersection of four dusty country roads, the same place where the film began. It's a deeply symbolic image, both a crossroads and a cross. Father Thomas Keating, a modern Christian contemplative, speaks of the cross as symbolic of two movements in our lives. Its horizontal arm represents the death of our time-bound false self, the ego that developed early in life to keep us safe. The vertical arm represents resurrection into the realm of kairos, the eternal present in which our true nature resides. Moving from one to the other, from the fearful, time-bound world of chronos to the compassionate, timeless world of kairos is at the heart of the transformational journey. But what does this mean in practice? How does the shift from one story to another happen?

Sometimes in life, particularly when the rug has been pulled out from under us and we can't rely on our old ways of thinking and acting to keep us safe and happy, we have an insight. Something clicks. King Lear, for example, was fatuously

a recognition that, "I am but a foolish, fond old man."

At that moment an astounding transformation occurred. The shell he'd formerly presented to the world as his identity dropped away and

Sometimes in life, particularly when the rug has been pulled out from under us and we can't rely on our old ways of thinking and acting to keep us safe and happy, we have an insight.

trying to hold on to his royal privilege and inflated sense of power despite the fact that he was over the hill and everyone knew it. He just didn't get that the king story was over. Finally, humbled to nakedness by the events of his life, his true nobility emerged. He had a realization. There was a click,

shattered. From it emerged the pearl, the luminous dignity, of his undisguised being. Lear became vulnerable and human- the person that he really was when he gave up trying to play a role. That's the secret of transformation. The person we're transform-



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Saying Yes to Change

continued from page 9

ing into is none other than who we really are.

In rite of passage stories, the protagonist recognizes and embodies his real self in a three-part journey. First, he or she is forced to leave the known world, and all that's been loved. The loss and separation are wrenching, irrevocable. Perhaps you've had that experience. Maybe you lost your job, or had to declare bankruptcy. Maybe you've had a health challenge. When a person is diagnosed with cancer or AIDS, they often say that it feels like the earth has opened up and swallowed them. Nothing is the same as it was just a moment before. They've died to the person they were, and have not been reborn as who they will some day become.

That sudden catapulting from the known into the mystery is the end of the first stage of the transformative process, which is always marked by separation and loss. In the second phase of the journey, the main character enters a transitional state, what Cornell anthropologist Victor Turner, who studied ritual in the Ndembu tribe of South-west Zambia, called the liminal phase. The initiate stands at the limen, the threshold of something new, but they haven't arrived there yet. The boy who leaves his mother's hut to go into the forest for circumcision is no longer a boy. But he's not yet a man.

This intermediate stage is a place of magic where chaos rules and even the usual constraints of physics may be overcome. The Belgian-American physicist Ilya Prigogine won a Nobel Prize for his theory of "dissipative structures." In

essence, breakdown can lead to breakthrough when chaos allows systems to reorganize and "escape to a higher order" of complexity. This transitional phase of the journey is often marked by synchronicities and unusual events that couldn't be planned. Healing, salvation and breakthrough are often surprising, non-linear occurrences. New people may arrive in your life and become allies on the journey, and wisdom can appear in many forms. The whale that accompanies Hanks through the end of his liminal phase is a non-ordinary ally, typical of the kind of grace that often appears at this point.

Getting through the transitional period of liminality in traditional rites of passage involves facing numerous ordeals. Circumcision is just one of them. Ordeals abound in the rite of passage stories we read as children. Jason has to slay dragons to get the

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Emotional Abundance

by Judith Orloff M.D.



You deserve to live passionately.
You deserve to savor each
moment as complete.

Emotional freedom is all about abundance in every form, including financial abundance. Abundance involves embracing your total energy. It always begins with the heart, then extends outward, not vice versa. In my vision, external achievements alone, no matter how grand, can't penetrate our depths enough to bestow such wholeness. However, as we become wise arbiters of where our energy does and doesn't go, and when choices about money become gut-inspired, abundance does become real.

It's important to give and receive the blessing of abundance. Rest assured, you're worthy of the blessing. We all are. Then poise yourself to welcome joyous prospects, doors opening, and love. Yes, love. Traditionally, abundance implies getting your material wants met, which we'll explore. Yet a larger view is that abundance is constantly operating, even during times of sadness or seeming lack. It entails grasping the perfection of the moment, arduous or sublime, realizing that what you're giving and being given is good enough. An understanding of abundance helps me stay centered when things are falling apart and I'm doing my darndest not to close my heart, knowing that turmoil isn't all there is. This perspective also lets us see the Big Bang in the minutiae. Our attitudes determine abundance. Abundance is a state that's possible to go after. The formula for increasing it is simple: the more you give the more you get, a paradox to the ordinary mind but

a certainty from the standpoint of energy dynamics. Your small self says, "There's not enough. I want to keep it all." Your Large Spiritual Self says, "There's more than enough. I want to share it." I know the temptation of clinging to what you've got, petrified it'll be snatched from you. I also know if I keep inhabiting this mind-set, I'll be trapped in a teensy fear-filled box, not a pretty prospect. To liberate vitality, we must learn to switch from the small to the Large Self, a technique I'll share.

Let me explain how this relates to finances. I'm defining financial abundance as being able to live comfortably and enjoy what you have, not solely a humungous bank account. Though money typically symbolizes earth-plane power, in my scheme, it can't masquerade for self-worth. Nor does it justify becoming a bitch-on-wheels or pumping up your ego--the "power" that ensues is worthless to me. How can money catalyze positive energy? Wondrously, these flimsy pieces of paper with pictures can pay our bills, make life easier, more fun; they can be bartered for a home, a college education, a doctor's care, an escape to Shangri-La. However, money can also instigate wars; its loss has prompted people to throw themselves out of high windows.

Use this exercise to free yourself from painful thinking.

Make Changes Now. Shifting from Your Small Self to Your Large

Spiritual Self.

Be candid about what stops you from appreciating abundance now. Whether you feel you can't achieve it without \$___ in the bank, or envy every schmo on the street, take a compassionate look at what's inside. Know exactly what you're dealing with. No editing. This is your small self. Get to know it. Let yourself feel the constriction, anxiety, and low energy of residing there.

Next, shift to your Large Self. Begin by taking a few slow, deep breaths. With each inhalation, feel yourself growing more spacious, more merciful. Gently touch your heart center in the mid-chest; sense the warmth, the comfort. Reconnect with how much you're loved by Spirit, whatever your conception. From this large-hearted place, know there's enough room for all our successes, there's enough love to go around. Then center your attention on what's beautiful about your life, NOT on what you perceive is lacking. Let your mind meander. Remember the money you do have in the bank, your health, the angel on your shoulder who's always been there. In these quiet moments, take your eyes off other people. Concentrate on your gifts and the enormity of love that's available to tap into, a powerful redirection of energy.

To achieve emotional freedom and financial abundance, it's important to be generous. This accelerates the



free flow of money and everything positive in your life. Of course, when it comes to finances, a good job, smart investments, and saving wisely are important. Yet beyond these essentials, the secret is to be generous, whatever your net worth.

Generosity is an expansive energy. Stinginess is constipated. If you're on the cheap side, don't worry, but wake up! Realize it's a HUGE drawback; take contrary action. If someone gives you a nickel, give them a dime. Gradually, resolve to let go of the tit for tat mentality, a small-mind approach antithetical to abundance. Be the bigger person: that's generosity.

Judith Orloff MD, a psychiatrist and intuitive, is author of the new book Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life (Harmony Books, 2009). Her other bestsellers are Positive Energy, Intuitive Healing, and Second Sight. For more information visit www.drjudithorloff.com and enjoy free video class on emotional freedom and intuition at www.youtube.com/judithorloffmd

Seven Agreements for Financial Success

by Marilyn August

We often tend to think of wealth in only terms of money and possessions. The words prosperity, abundance and money are sometimes used to mean the same thing, just as being rich is often thought to be the measure of happiness. But wealth is much more than prosperity, abundance, or just being rich; rather it is the spirit with which you generate, steward, spend, and accumulate money.

But transforming your money behaviors and attitudes requires more than embracing a new definition of wealth; it also necessitates making a commitment to cultivating wisdom in your life. Wisdom is the ability to make keen observations about a particular situation and then having the courage to make new, more positive changes. A rich, fulfilled life is one filled with amazing wonderful choices. When woven together, wealth and wisdom are powerful tools that help you to achieve the life you desire.

My Seven Sacred Wealth & Wisdom Lessons are designed to give you focus, clarity, and direction along the path to wealth & wisdom. They help you to measure your achievements so that celebrating your breakthroughs becomes an everyday occurrence. These Lessons step outside your immediate concerns and focus on changing your mindset from non-productive behavior to positive action.

They also bring to conscious awareness your current money patterns and behaviors. Unless and until you are consciously aware of your money patterns, attitudes, and behaviors, it is nearly impossible to make changes because you simply don't know what to change. The Lessons serve as your guideposts for making better, more positive money choices. They help you cut down the amount of time you spend in dead-end side roads along the journey, and they will assist you in knowing the best choices for you.

An overview of the Lessons follows:

Stop complaining, blaming, and worrying about money.

Complaining and blaming involves ruminating on the past and being a victim to past circumstances about which you can do nothing. Closely related to complaining and blaming, worry is a fear of what is to come and implies the need to control your future. Money is not generated in the past or in the future; it is generated in the present. Expending your emotional time and creativity on complaining, blaming, and worrying actually drains energy that you could use productively to earn more money.

Be open and flexible to generating and receiving money.

Most people have blinders on when considering their options for generating and receiving money. Refusing to change the way you think about money and how it is generated or received can limit you in some very significant ways; negative beliefs, judgments, and assumptions can put a mental box around wealth & wisdom potential.

Be current and complete on all financial transactions.

Stay up-to-date and pay attention to money details, such as opening and paying bills in a timely manner. Balance your checkbooks and keep your financial house in order. Unresolved financial matters are like carrying around a ball and chain from the past, and avoidance and denial only make matters worse. Confronting unresolved money issues clears the way for you to increase your income. As you begin to take care of money details and steward the money you currently possess, you might be surprised at how easy it is to consider yourself capable of handling larger amounts of money.

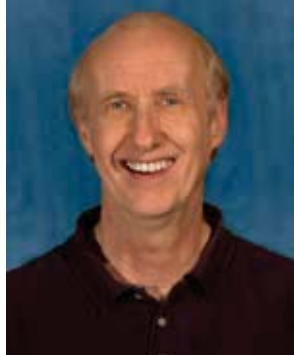
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Journey to the Everynow



by John Huddleston

As the Aboriginal elder weaves his Dreamtime story, you find yourself falling backward in time.

You are on the edge of the Simpson Desert. Gum tree sap crackles in the campfire, and the smoke drifts up toward constellations that northerners never see - Centaurus, Argo Navis, the Southern Cross. The elder's deep-set eyes sparkle as he relates the creation story of the Rainbow Serpent and the Sky God. He is an intermediary between the physical world and the spirit world, and the tribal history he reveals goes back to the dawn time.

Travel is often about glimpsing an earlier time. You go to Florence to experience the Renaissance. By traveling to Athens, you go back even further, and see the birthplace of democracy. You can continue to trace backward, through western civilization's history, but eventually the trail grows cold; typically at Jericho, in the time of the Canaanites. That's around 10,000 years ago. Prior to that, just whispers on the wind.

Indigenous Australian society, on the other hand, has a history reaching back between 40,000 and 125,000 years. Protected by the vastness of the Australian continent, and unaffected by northern hemisphere's Pleistocene Ice Age, it is the oldest continuous culture on Earth. An aboriginal creation story is a direct link to mankind's earliest stirrings on Earth.

For those fascinated by this timeless landscape, Berkeley Psychic Institute CEO Susan Bostwick will lead a Spiritual Adventure to Australia, November 30 to December 19, 2009. Traveling in the Aboriginal month of Mai Wiyaringkupai, the first stop in the outback will be Alice Springs, in the island's Red Center, named for its iron-rich soil. From there, the group will visit the Aboriginal community at Opollara, and then on to Lilla, home of the Luritja people. In the land of the Pitjantjatjaras, they will circumambulate the base of Uluru (Ayers Rock), before proceeding to the Valley of the Winds.

A major focus will be to be guided by traditional Aboriginal wisdom keepers, and experience spiritual practices, such as the Dreamtime. The Dreaming is when the creator ancestors, known as the First Peoples, traveled across the land, at the beginning of time. Indeed, the word aborigine, has its origin in ab: "from", and origo: "the beginning". The Dreamtime is an expression of this beginning time, and also of the present day reality of the Dreaming.

Aboriginals have two forms of time, flowing as a pair of intertwined streams of reality. The daily objective time is the mundane world. The other--the

infinite spiritual cycle of the Dreamtime--has an even deeper meaning than physical reality itself. As well as their daily existence, each person also dwells eternally in the Dreaming, where an aspect of the individual exists before their physical life begins, and continues when the body-personality of the person ends. What happens in the dreamtime creates the basis for the values and laws of Aboriginal society.

As well as the spiritual dimension, the trip will also include many experiences with day-to-day life in the woodland savannahs, floodplains, and freshwater billabongs of the bush. A veteran Australian traveler, Susan Bostwick will lead camping days in the outback, when the travelers will follow their Aboriginal guides, and forage for bush tucker (outback food) such as Davidson plums, bush tomatoes, desert limes, cluster figs, and wild passion fruit, and turn it into an evening meal.

Around the nighttime campfire, the group will learn about the Aboriginal community's web of life, where the people, the land, the seasons, and each living thing, is linked. For instance, in many Aboriginal languages there are no phrases for "Please" or "Thank you". Instead, it is simply understood that at some time in the future, the web of existence will afford an opportunity for a person to reciprocate a kindness. On one level, it may occur in twenty years, on another level, it has already happened. This time stretch-compression interconnectedness finds voice in The Everywhen, an all-at-once time expression, experienced as a confluence of past, present, and future.

The Australian adventure begins with the initial 10 days spent at the Parliament of World Religions in Melbourne, where the theme will be Care Of the Earth; then on to 8 days in the outback. For more information, call (800) 204-TOUR.





Financial Alchemy

by Morgana Rae

Create a New Relationship with Money

Your current financial situation is a direct reflection of your inner relationship with Money. If you don't like your finances, something needs to change in your relationship. This is where Alchemy comes in.

Alchemy is the art of transformation. With roots in ancient Egypt and classical Greece, Alchemy comes from a time when there was no distinction between science and magic. The mysteries of matter and consciousness were inextricably linked (as they are again, in today's quantum physics). These ancient studies gave birth to modern medicine, psychology, chemistry, and even Sir Isaac Newton's work on gravity.

The ultimate pursuit of Alchemy was the "Philosophers' Stone," a substance believed to turn worthless metals into gold. While Alchemists through the ages slaved in the laboratory, their metalwork concealed a spiritual process, a Philosophers' Stone which had to be kept hidden from the Church: this was the process of inner transformation. Two principles are involved here: 1) turning lead into gold was an outer demonstration of inner transformation, and 2) the seed of the solution

(the gold) was hidden in the problem (the lead).

I invite you to use this chapter to discover your own Philosophers' Stone—your key to wealth and inner transformation—hidden in your relationship with Money.

Before we proceed, let's review some guidelines I adapted from Alchemist tradition:

Rule #1: As it is above, so it is below.

What shows up in your head is going to show up in your life. This chapter will be using fundamental Relationship Coaching skills to help you transform your relationship with money from a dead seed into a flowering garden. A seed comes to life as a living, thriving, fruit-flowering plant...in the right environment. So, too, your own prosperity. Your potential for financial abundance is there, waiting for the necessary

environment within you. Your relationship with money is like the soil that feeds or starves your economic growth. As long as you have hidden beliefs that cause you to unconsciously repel money, perhaps "protect" yourself from wealth, your garden will not grow.

Rule #2: There is no scarcity.

A wealthy client once explained to me how he had overcome poverty. "The amount of money out there in play every day is limitless, beyond our comprehension." Money is everywhere, he explained. And it's available in proportion to "how big your funnel is to take it in". He had learned to tap into the Source. This relationship supported him.

Rule #3: Consciousness gives you choice.

I assert even a small change in your relationship consciousness can have a huge impact on your

material life. You get what you choose, but first you need to know what you're choosing.

How do I know this? I experienced this transformation myself.

My story:

For years I was struggling as a life coach. I had trouble attracting clients who would pay the fee I wanted. I found myself avoiding discussions of money as long as I could. The whole subject embarrassed me, and my discomfort translated into making clients uncomfortable too. I was "doing" all the right marketing things--networking, newsletters, sample sessions--and getting nowhere. I was not making a "grown-up" living.

What was in my way, I wondered? My coach and I took a look at my relationship with Money. What were my stories about Money? What is this

entity I'm in relationship with? What's going on with this relationship?

Two discoveries popped out: Money didn't feel safe or reliable, and Money caused separation. (My family would swing between being rich and poor over and over again, and Money was a "reason" for family members not to talk to each other for decades.) If my experience of Money were given personhood, he'd look like a tall, scary, dirty Biker who caused fights at parties. This is the kind of guy I'd be watching carefully, always making sure to keep a safe distance. No wonder I wasn't bringing Money into my life!

This was not the relationship with Money I wanted to have. (And it wasn't the relationship I wanted to model for my clients either.) So I created a new paradigm. I fired the Biker persona and put a tall, dark, handsome and romantic suitor in his place. He wore tails and carried a bouquet of red flowers. He wanted to woo me. Can you imagine what it would be like to be wooed by Money? I related to him in a whole new way. This was the guy I wanted to have a relationship with. He loved me. I would do anything to make him happy.

I asked my new Money what he wanted from me so he could stay with me. Money responded, "Appreciate me. Love me. Stop treating me like a monster."

I immediately saw how I had been treating him like a monster every time I hesitated to state my fee or didn't demand payment. My behavior changed immediately. Over the next week four people called me out of the blue to hire me as their coach. I could feel my mouth wanting to move in the familiar

patterns that would talk them out of the sale. I had to literally bite my tongue and shut up and let them hire me. You don't say no to gifts from your beloved.

Whenever I received a check, signed a new client, came across some unexpected income, I graciously thanked Money for the gift. I wasn't just thanking an abstract concept of abundance—I was thanking a person

I asked my new Money what he wanted from me so he could stay with me. Money responded, "Appreciate me. Love me. Stop treating me like a monster."

who was real to me. And this version of Money was valued and invited into my life.

From then on my business and income kept growing. Within six months I had accrued such a waiting list of clients that I had to add group coaching to my services. I didn't have to look for my new clients; they were finding me. And all I had changed was my inner dialogue with money.

Now it's your turn:

If you want to improve your financial situation, you must first uncover the negative beliefs that shaped your relationship with Money. Get out some paper and respond to these questions. (Writing creates clarity and speeds your change.)

- What negative things have you heard about money?
- What are some of the negative ways money has shown up

in your life and in the lives of those around you?

- What beliefs get between you and prosperity?
- Dig deeper and deeper. You may hit several blank spots before you find the deepest beliefs that have truly driven your relationship with money.

Give Money personhood in relationship to you. If these darkest experiences of money were a person, what would your version of this Money "person" be like?

Make Money real. Who is this Money villain? Is it male or female? Tall or short? How is Money dressed? How do you feel about this Money?

How does Money feel about you?

Can you imagine that the way you relate to this Money villain could be impacting the way money is showing up in your life?

End that relationship, baby!

Create a new relationship with Money. What kind of Money person could you open your heart to? Is this a person who lights you up—who you'd want a relationship with even if he weren't Money?

Negotiate with this new Money:

What does your new Money want from you to make this relationship better? What action are you going to take to demonstrate to Money that you take his request seriously? Make this new relationship real.

Money is like any other relationship; it comes where it's invited and appreciated. It rarely comes when it is chased. It can be your partner if you listen to it. The more you care for this relationship, the more money

you will attract. Here are three final tips:

1) Appreciate money! When a penny shows up on the sidewalk, thank Money for the gift. Don't worry about denomination; appreciate everything. Think of how good you feel when you are valued for even a small gesture. It's the same for Money. Every time you practice receiving and appreciating, you train the universe to send you more. Show the universe what you value.

2) By now your capacity to receive is growing. You'll notice other stuff creeps in to limit the flow through your funnel to abundance. This stuff may look like clutter, broken appliances, old e-mails, toxic people, time wasters or other energy drains. Clean house! Make space for what you want by having the courage to release what you don't want. You teach the universe how you want to be treated with every choice you make. And nothing gets the universe's attention like saying "No." It's your quickest ticket to miracles.

3) The most important place to make space for what you want is in your head. Clean out fear and pessimism. Plant love and trust instead. Your thoughts are your seeds, and you can grow flowers or weeds. What do you choose to grow?

Morgana Rae, the Charmed Life Coach and "Money Magic Queen," is an international speaker, author, coach and coach trainer. She is president of Charmed Life Coaching, a successful life and business coaching company that guides women in business to attract more than they chase and to enjoy success without sacrificing their humanity. Contact Morgana at www.abundanceandprosperity.com.



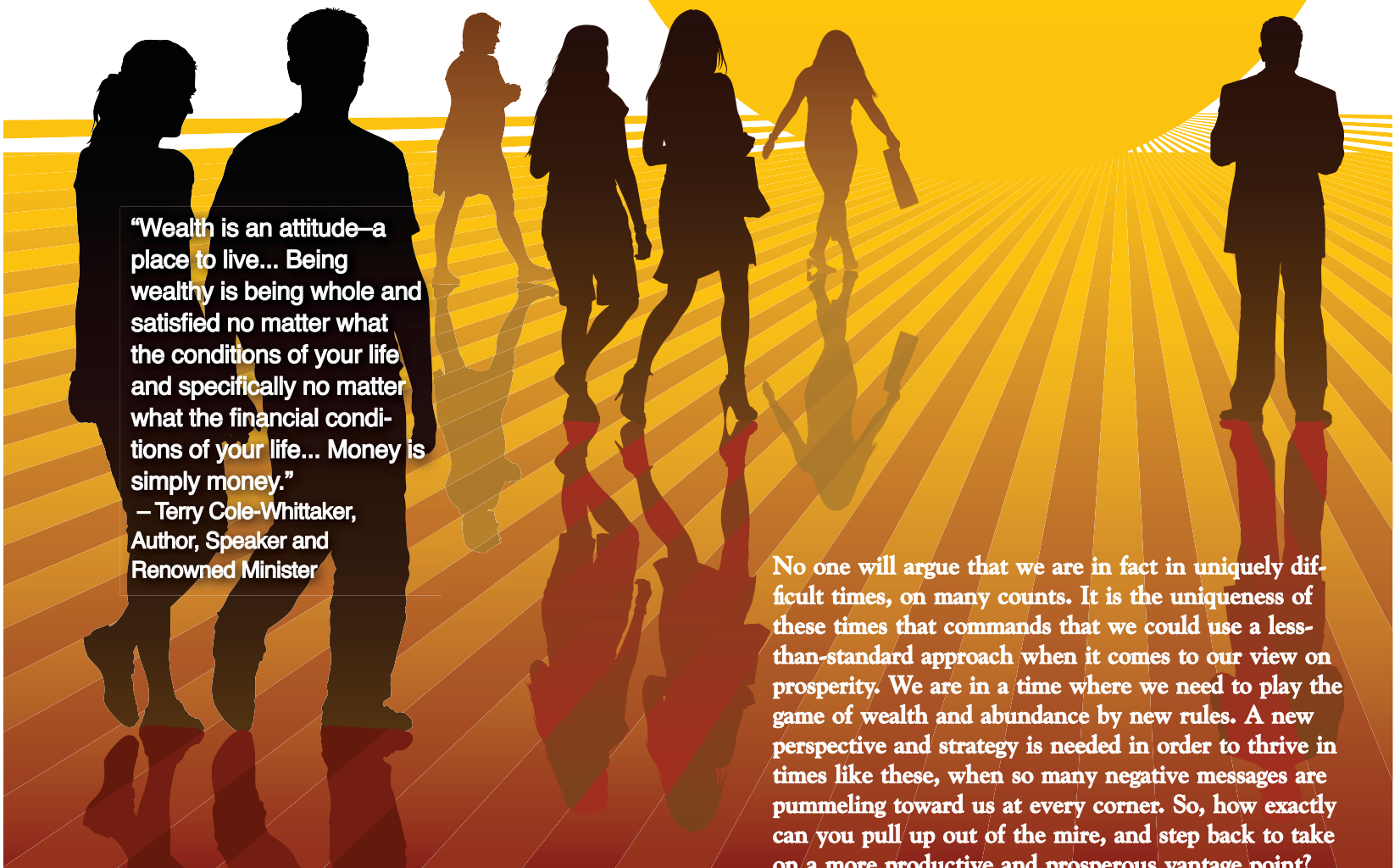
Are you finding yourself caught up in the emotional turbulence that has accompanied these crazy unpredictable economic times? Do your fears have you addictively riding the media roller coaster awaiting each broadcast about the latest bungle or bail-out, which seems to change course each passing day, and at times even hour to hour? Not only do we hear it with media reports, famous financial advisors, and sheer numbers we see in the market--we hear the commentary around the neighborhood, by the water cooler, in business circles and at the playground. Deep down, we know paying

too much attention to the hype is not good for us, and yet it is like driving by a car accident; we know we should just look away, yet cannot. Our financial situations are so personal and fundamental. How do we cope with the concept that after years of working hard and investing for retirement, we look at our financial statements and it feels like the clock has been suddenly turned back? A logical response is fear and contraction. You may even be a positive person usually, but suddenly find yourself with your glass even less full than it ever was. If this is the case you are not alone.

Creating Soul-Centered Success

Wield Your Wealth

by Jill Berquist



“Wealth is an attitude—a place to live... Being wealthy is being whole and satisfied no matter what the conditions of your life and specifically no matter what the financial conditions of your life... Money is simply money.”

— Terry Cole-Whittaker,
Author, Speaker and
Renowned Minister

No one will argue that we are in fact in uniquely difficult times, on many counts. It is the uniqueness of these times that commands that we could use a less-than-standard approach when it comes to our view on prosperity. We are in a time where we need to play the game of wealth and abundance by new rules. A new perspective and strategy is needed in order to thrive in times like these, when so many negative messages are pummeling toward us at every corner. So, how exactly can you pull up out of the mire, and step back to take on a more productive and prosperous vantage point?

Soul-Centered Success

Over the years, in my work with hundreds of individuals going through major career and life transitions, the topic of money has always been fundamental. If they are already successful financially, they are often concerned about making career decisions that allow them to maintain or enhance their situation. If they are not where they want to be financially, or are striving for a base level of security, we absolutely need to put the appropriate attention on the topic of wealth. It has always been a critical one to address. Now with the global economy as turbulent as it is today, this principle has more intensity around it than it ever has in the past. As I have said, we need to look outside of our traditional wealth avenues to move forward.

Let us face it. On the topic of creating prosperity, there are plenty of resources that will help you with investments, better money management, salary-negotiation, retirement planning, budgeting, and the like. There are advisors that can work with you, planners that can get you to the penny on what it will take for you to be debt-free or even financially set for life. The bottom line, however, is that all the best wealth-management principles in the world will not work until certain conditions are in place. You have to have the proper attitude, mindset and beliefs. These conditions are the basis for achieving any aspect of life fulfillment, not just wealth and prosperity. They help you realize that life is not what others tell you. Whether it is your wealth or other situations in your life, it is really what you make of it. You are in control far more than you believe. Shut out those negative influences and consider the following steps to spin the wealth wheel in your favor:

1. Define Wealth and What Motivates You to Have It

What does wealth and prosperity mean to you? Is it defined by dollar amounts such as income, profits or return on investments? Is it power, status, or recognition, or perhaps safety, security and stability? For some it might be freedom, material gain or the ability to give to others. Others still may feel that to be wealthy is merely the peace of mind and fulfillment that Terry Cole-Whittaker explains in her quote. Many of us include a variety of these things in our own definition of wealth. You need to determine yours and exactly why it is important to you. Plainly, what does it mean to you and why do you want it? Here is a hint: If you state it as a goal, you will come from the head; if you state it as desire, you will come from the heart.

2. Identify and Clear Up Any Murky Beliefs and Fears

Almost all of us at some point in our lives have had some sabotaging beliefs about our ability to be wealthy or live abundantly. You might hold the belief that you have to struggle or sacrifice to have what you want in life, whether it is about the financial or material things, or the freeing and fulfilling things. I was just in a coffee shop this week chatting with a friendly man in his early 60s, happily retired from a corporate job. I told him that some of the people I run into are happy with their work, and of course others are unhappy and stuck. In a blanket statement, he said that you do what you have to do. Sometimes you just have to tough it out if you have a family, and so forth. This mindset is not foreign to many of us. Yet, this suffering assumption can keep us stuck.

continued on page 21



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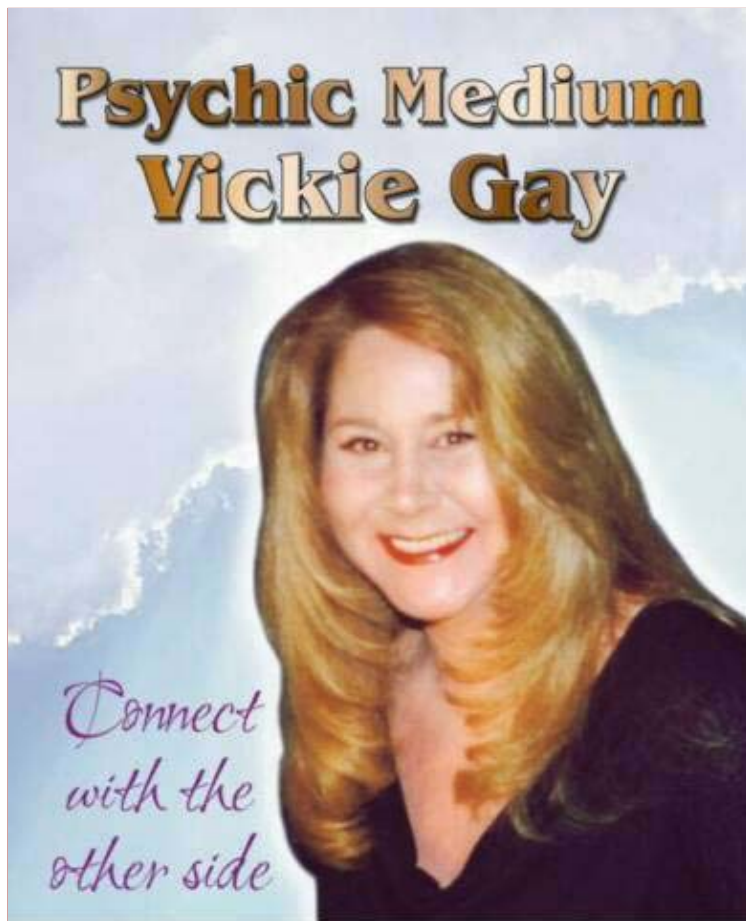
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Agreements for Financial Success

continued from page 12

Think before I buy or do not spend at all.

Comfort shopping will only give you a temporary high. Compulsive, impulsive spending usually leads to regret, giving the subconscious mind a powerful negative money message that you are not capable of having more than enough money because you will somehow blow it. On a typical day, you will be bombarded with approximately 10,000 commercial messages that encourage you to buy, buy, buy. Be a conscious consumer by doing whatever you need to do to give yourself a moment to think. Some people find it beneficial to leave the checkbook and ATM card at home, using only greenback dollars. It doesn't matter what techniques you use as long as the result is that you become a more conscious consumer.

Communicate openly and honestly with myself and others.

Money is one of our last taboos, which makes honest communication about it extremely difficult. It is a highly charged, emotional subject that is especially explosive among families. Many people would rather get themselves into money stress than to tell the financial truth to themselves or to others. Willingness to speak the truth with kindness, dignity, and respect for yourself and others makes money discussions safe and productive.

Trust myself to make reasonable and rational financial decisions.

Since you cannot foretell the future, you sometimes must make financial decisions with inadequate information. Most people make the best decisions they can with the information they have available. Second-guessing and ruminating over past mistakes is a waste of valuable time and energy. Take time to evaluate, consider, and trust yourself and then take the next step. Trust your own processes, and be gentle with yourself. As you gain confidence and trust yourself, it becomes safe to acquire the money you desire.

Take appropriate action.

There may be times when you forget about or when you have not paid attention to one or several of these Agreements. Take the necessary action to get back into alignment with them. When you use these Agreements as valuable learning tools, they have the ability to guide and direct you to wealth & wisdom.

Like other journeys, this journey begins with the first steps. Even if you have been on the path for some time, begin right now to start your new journey using these Seven Lessons as your guideposts.

Excerpted from her book "Wealthy U – Seven Sacred Wealth & Wisdom Lessons"

Marilyn August is the founder of Wealth & Wisdom Seminars. She specializes in turning "head trash" into treasure. She is a Business Advisor working with small business owners to increase their productivity by changing the way they think about money. Coming in 2009 is The Wealthy U Mentorship Program based on her book Wealthy U – Seven Sacred Wealth & Wisdom Lessons. Check out her web site www.wealthyu.com to order her book or for more information on joining this amazing journey to wealth and wisdom.



Ask Christy!

psychic solutions for sensitive people

Christy,

I am trying to decide between two different career choices, and I'm wondering if you can shed some light on this. I have a successful massage therapy business, but as a healer I want to expand, and there are two classes I can take. One is a traditional native massage healing modality; the other involves adjusting the spine and its muscles through gentle movement. Which would benefit me most?

Blessings, Clara

I see your goal is to powerfully create miracles with people.

Christy,

I had a Guru for awhile several decades ago. I stopped going to mediate at the ashram after something scary happened to me. Ever since, I can close my eyes, usually when I am tired, and I see that Guru, and I don't like it. I get spacey and disconnected, and my partner can even notice I am not myself. How to I get him to leave me alone?

Lost

Hello Clara,

I see that each of these classes is connected to a past life. With the first class I notice that you are already using some of what they teach in your practice. This shows up in your aura as a coral vibration; you are drawn to this information like an old friend. This class could serve to validate much of how you instinctually heal someone during their massage, and will probably help you get more of an intellectual grasp on what you do. This could be useful in teaching others, or in explaining what you are doing to a client.

This next lifetime vibrates at a light green and is connected to the gentle movement class. I see you are in some fear around exploring this level of training because you know what a powerful change this would be for you. I see your spiritual goal here is to bring forward many lifetimes' worth of healing information together in a new way that is uniquely your own. With this,

Hello Lost,

There is a cloud of white energy that opens a tunnel through the astral that I see this guru comes through when he prays for all his followers. This draws you up out of your body into this white cloud and it looks like you as a spirit get tossed around a bit by the force of the energy. You are working on changing your karma with him, and I see that as you move away from him, he notices and comes to draw you back. I notice you body is more vulnerable to this energy when you eat poorly, especially junk food. When you take good care of your body, you are less vulnerable. I see a good next step would be to get a trance medium healing where they can help you clear your karma, and help validate your present-time spiritual path.

Christy has 30 years' experience teaching, healing and reading auras. For a reading, healing or to submit a question call 808/328-8211 or send her an email: goldsun@hawaii.rr.com



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The Fantastic Menagerie Tarot



by Carolyn Skrzydlewski

The Fantastic Menagerie Tarot

Designed by Karen Mahony and Alexander Ukolov, "Baba Studio," Prague
Companion Book by Sophie Nussle
Based on the images by J.J. Grandville
Published by Magic Realist Press, Czech Republic

J.J. Grandville (1803–1847) was known for his biting humor aimed at the French aristocracy of his time. With half animal, half human caricatures he was able to convey his ideas with wit and irony. He was a shy man, with a sharp intellect and a sharper eye, who nevertheless made fun of everyone and everything that came into his



field of vision. Karen Mahoney and Alexander Ukolov bring J.J. Grandville's images, wit and irony to life in the Fantastic Menagerie Tarot.

The cards are in full color and the major arcana unnumbered. The companion book, by Sophie Nussle, is satisfying and full of information. It includes a short history of the Tarot and a biography of J.J. Grandville. The tarot descriptions and interpretations are thoughtful and enlightening. Before each suit is a description of the qualities assigned to it. Wands are sub-headed "Vitality, desire, inspiration, exploration." After many card descriptions, the author includes a first person essay or description on some event in Grandville's life.

The Nine of Cups shows a substantial man with a large elephant head. He holds a cigar with the end of his trunk and stands amid nine open bottles of wine. He is wearing blue pants that barely span over his large belly, a red vest and a green coat. He has his hands in his pockets and a very smug expression on his gray face. He looks like a prosperous banker, or politician.

The Knight of Coins has a turkey head and a full turkey tail. He is wearing blue pants, which barely fit around his large chest. He is gazing fixedly toward the right of the card, and his red wattle loops over his beak, dangling on his neck. At his feet are bags of coins spilling onto the ground.

The Knight of Swords is a large mosquito walking on long, stilted legs. He wears a brown

cape, trimmed with gold, and a red sash in which a long rapier is tucked. The mosquito looks like a mosquito Musketeer, very dashing, but lethal. This is a portrait of young Chevalier de Rapiere, a dashing Captain in the Royal Army. His tongue was as sharp and quick as his blade,



and he was often involved in duels of honor as well as debates.

The Moon is, of course, an owl. She stands before stone arches and is dressed in a long blue and violet gown. Behind the archway is a large, full moon with a face, and on the moon is the shadow of a mouse. The moon represents, in brief, the unconscious, the night, dreams, cycles (human cycles and moon cycles), emotions, inspiration, and the feminine. The choice of a predator to represent this major arcana card gives it a whole new slant. She is lovely, but also lethal. She is about female emotionality, but she is also a killer. The shadow of the mouse, her prey, on the moon shows that she is on the hunt. If this card came up in a reading, I would comment on the usual: emotions, dreams, and the value of accepting all of one's self, but because this card is a huntress, she includes death and killing. Accepting one's inner nature

includes accepting the predator within.

The World, "The eternal dance of life," is a dancing dragonfly. She wears a pink short skirt, blue top, a trailing long blue scarf and dangling jewelry. Her skin is green, and she has long antennae and small dragonfly wings. Behind her is a beehive, where the bees are working industriously, and bright flowers bloom across the skyline. This is a joyous card, full of validation and creativity. This World is a card of celebration.

The Fantastical Menagerie Tarot is a fun deck. Although it is based on Rider Waite interpretations, as a reading deck it has a learning curve; the images are so different. However, this is not necessarily a bad thing; tarot is all about practice. And with the reproductions of J.J. Grandville's fantastic work, this is an excellent collector's deck. The companion book is my favorite part of this tarot package. It includes some history about France during Grandville's time, as well as some interesting tarot information. In fact, the book is so good that I use it as a resource, rather than just a companion to the deck.



Soul-Centered Success *continued from page 17*

The money messages we received growing up from parents or society are fodder enough for a whole other article. We also have fears that get in the way. Our lives can change dramatically when our wealth changes. Change is not all that comfortable for many of us. These and so many other beliefs and fears about wealth loom so that half the time we do not even realize we are experiencing them. Once you uncover your own murky beliefs, you can begin clearing them up. After all, a dirty, dusty magnet does not attract too well, now does it?

You probably know of the studies that show that people of modest means who suddenly win the lottery often find themselves not too far from where they were before the windfall. They may have blown the money on irresponsible spending, poor decision-making, or something else. The same thing holds true for people who have become wealthy in get-rich-quick investments if they had difficulty with finances in the past. They suddenly have wealth, but their money mindset has not changed, so their old beliefs, habits and fears take over. On the flip side, how do we explain the countless people that come from the toughest of poverty situations as children and then create and maintain success and wealth? Pardon the pun, but I would put money on it that their beliefs and mindsets at some point became aligned with their positive vision of wealth, despite their exposure. Either way, it comes down to the mind.

3. Know Your Bigger Vision

If you want to make a change, build the plan. When it comes to your wealth, have a broader view of how it all fits into the bigger scheme of things, and who you will be in this vision. How will a positive change in your prosperity affect your relationships, career plans, communities, time, wellness and future planning? As you become better able to articulate this bigger vision, you are altering the identity you have for yourself as it relates to wealth. If attracting more wealth means that you will go part-time, retire earlier, or vacation more with your family, you can see that there will be a ripple effect that you need to plan for and design around. It may mean you need to take on a certain confidence level, and engage differently with others to attract more of what you want. Now that you know your definition, motivation, potential saboteurs and vision, how do you get there?

4. Change the Way You Think

Visualize and act until you shift your mindset and beliefs to align with your desires. It may take help, determination, and practice, but research shows we can change the neuropathways in our brains, even when they have been one way for most of our lives. Again, this applies to anything we want to change. Studies also show that visualization can be one of the more transformative tools you can use, sometimes even more so than speaking or writing. Although this is true, making shifts in all areas (what you imagine, say and do) is the most comprehensive way to tackle the change. Here are two specific suggestions on attracting wealth:

“How often do you find yourself thinking, if I had more money, then I would be happy. If I had more prosperity in my life, it would be so thrilling or wonderful. If I had wealth I would be so grateful. Switch it around, because that is truly how it works.”

continued on page 24



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Carolyn Anderson 313-381-0379

Being fortunate is first and always a state of mind and so is misfortune. In an instant, one can become fortunate with the right attitude or unfortunate, just

One day a while back, I mentioned to my friend that I was surprised how dark and gloomy the day was. She laughed and pointed out that it was a very sunny day, but I was wearing dark glasses. Taking off the glasses, I realized that she was right. This was such

be a winner in every situation; whereas an unlucky person thinks, “Nothing good ever happens to me” and will find a way to be a loser in every situation. Both are right because this is how they see things. A friend of mine who worked

“Today is my lucky day,” and he would sell two or more cars. On the other “unlucky days,” he didn’t sell any cars or perhaps one.

You may be thinking, “Yes, but, some people actually have won the lottery, prizes, and such and others have lost their jobs, mate, house, etc., so how can you say good and bad luck are the result of one’s perception?”

Right perception makes the difference between loss and gain. For example, looking at losing a job in the fortunate way means seeing that the universe is kicking you out of one situation because there is a much better position for you somewhere else. Perhaps it is time to go into business for yourself rather than depending upon others. You are ready to do what you love and prosper from it, rather than being in a stale, dead-end, and unsatisfying job. If you hadn’t lost the job, you might have just remained there, because you were afraid to venture out, and now you are free to do whatever you have always wanted to do. With this attitude of good-fortune you will be enthused and fired up to live the life you have always dreamed of living by being your own boss, or working in a field that has always interested you. On the other hand, if the person is dejected and sees this as rejection and a loss, he or she may think. “I’ll never find another job, I will become penniless, be on the street, and lose my relationships.” With this attitude the person will not even endeavor, because in their mind they are a loser, when everyone is always a winner. You can’t get any better than being a child of God, now can you?

Another example of the prospering power of perception is that the person may have lost their house, but it may have been a

THE PROSPERING POWER OF PERCEPTION



by Terry Cole-Whittaker

like that, because they believe they have lost someone or something they value. You can be feeling wonderful and then get a phone call from someone who criticizes you. Right then, if you do not keep your mind in a good place, you can become hurt and dejected and lose your motivation to do anything for the rest of the day or longer.

a good lesson for me to remember. Most of what we believe is happening is really the result of our perception. Perception determines what we think, feel, and do. From one point of view, the glass is half empty, and from another, the glass is half full and both are right according to their perception.

A lucky person thinks, “I am lucky,” and they find a way to

in an automobile agency, told me about one of his co-workers. Every morning the co-worker would check the coin return in the coke machine, and if he found money there, he would say, “Today is my lucky day,” and would sell two or more cars that day. After a while, the manager, who was smart, would put money in the coin return and the man would find the money and say,

Perception Power

burden to them and a constant source of worry. Sometimes we lose something only because we were too attached to it--and we know we are too attached when we live in fear of losing it. Providence may give us an assist by co-creating a situation whereby the very thing we were afraid of losing, we lost.

In hindsight, whatever it appeared that I lost always turned out to be a blessing in disguise. Now a person could think, "You are justifying your loss by saying it was a gain, when it was really a loss." To me this person is a negative thinker, as they are not willing to rise above the situation and find a lesson they can apply and prosper from it, perhaps much more than before.

Why should we feel bad for the rest of our lives because of something that happened yesterday? Mistakes, perceived losses or ill fortune, when used correctly, cause us to seek knowledge on the subject and find answers and solutions. Isn't it better to find the blessing and lesson and go forth into the future with confidence, courage, and enthusiasm? Instead of giving up, change your mind and your daily practices and become instantly lucky in everything. Good fortune is not just about money, winning the lottery, or prizes, although that is part of it. It means to be in the right place at the right time, working with cooperative and supportive people, having great opportunities fall in your lap, and things coming to you out of the blue. It means having the solution pop into your mind, finding something fabulous at a garage sale for a couple of dollars, and attracting great people.

There are certain practices that build the consciousness that attracts the right people, situations, opportunities, gifts, prizes, free trips, clothes, and things, including money, a great job, and properties. Life is not a game of chance, but there is a proven spiritual system for successful living.

Many people are fearful thinking they will not have enough money, when the consciousness of good fortune surpasses the benefits one can obtain with material wealth alone. Money is not the source of our good, nor is any government, organization or person, but God or Spirit is. However, since God helps those who help themselves, we must do our part, if we want to be happy, healthy, and prosperous and obtain our heart's desires. *"Heaven will be inherited by every person who has heaven in his or her soul."* —Henry Ward Beecher

Want to attract that right person? Want to take a free trip to Hawaii? Want to obtain a whole new wardrobe, free? Want to feel the presence of Spirit within you and be divinely guided?" Are you ready to name and claim what you desire in your heart of hearts and manifest it immediately?

Anyone can learn to become highly fortunate and prosperous, by learning and applying the proven, dynamic spiritual practices that I will be sharing at my seminar at the New Living Expo. Come and join in and I guarantee you will be very happy that you did. You will leave with a proven system to become highly fortunate right away.

Dr. Terry Cole-Whittaker is a global inspirational and motivational teacher & counselor to the "Stars," as well as the author of many books including "What You Think of Me is None of My Business" & "Dare to Be Great". She will be a featured speaker at the New Living Expo.



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ACT AS IF

How would you be different if you had an unlimited supply of wealth coming? Try operating fully on that belief of infinite abundance, and you will see amazing things happen. This gets down to whether you really believe in lack or plenty for all. Try playing with the notion that there is no end to the money available to you. Journal, clip pictures, talk about, create affirmations and desires that all have to do with money that you have, even before it is so. A great website to check out is www.millionairemoneygame.com, where you can sign up for free and an automatic response e-mail will send you money (from the Bank of the Universe, that is), a couple times a week for eight weeks. I can tell you from first-hand experience, when you play the game as though it is real, following the rules of spending and no saving, really experiencing in your visions and writings about what it feels like to do this, over time you can see some things happen. (Within the first month, I gained five new clients, got an unexpected \$100 rebate on a printer, and an unanticipated tax rebate.)

Jack Canfield writes in his book, *The Success Principles*, that Jim Carrey, the comedian, upon arriving in Hollywood at the start of his first small job, wrote himself a check for \$10 million dollars claiming he would someday make that on a movie. He made less than that on his first and more than twice that on his second, and you know the rest of the story. (When he buried his father, he put the check in his suit pocket as a thank-you for all of the inspiration he had been to him.)

INJECT JOY

How often do you find yourself thinking, if I had more money, then I would be happy. If I had more prosperity in my life, it would be so thrilling or wonderful. If I had wealth I would be so grateful. Switch it around, because that is truly how it works. When I am happy, thrilling or grateful myself, then I will be/think/act differently and attract better things to me. The inside-out approach works here, like with anything else. You have a different energy about you and behave and engage in life differently when you are more positive, confident and accepting or grateful of what you already have. Start here and see what happens.

TAKE ACTION

1. Give yourself at least 30 to 60 days to practice new habits around the concept of wealth and prosperity.
2. Define wealth and prosperity for you; define who you will need to be to live in this way.
3. Get to the bottom of and address beliefs and fears.
4. Write down specific desires and your bigger vision.
5. Imprint with pictures, images, and objects around you, surrounding yourself with an environment conducive to wealth.
6. Use wealth-building affirmations.
7. Be open to receiving.
8. Live and give with joy; continue to donate to meaningful charities by circulating your money and time.
9. Most powerfully, practice gratitude for what you have.

Jill Berquist, PCC, is a national career and life transition expert, with a specialty in coaching professionals, executives and entrepreneurs to create a life of greater purpose, joy and abundance. She can be reached at www.berquistcoaching.com.





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Spirit and Money

by Kay Robinson



The economy is the worst it has been in a long time, so let us talk about money! Can we all agree not to add our energy to the idea that the sky is falling?

The more people agree with the concept that the economic sky is falling, the more this becomes reality. Reality is created through our thoughts and concepts about things. A large number of people with the same concept have a powerful effect on creating reality.

Spirit incarnates, then creates experiences to understand its ability to manifest a physical reality. This reality is cre-

ated by the concepts or thoughts we acquire. Our families are our first source for the concepts and energy we have about money. We use these concepts and create through them, unless at some point we consciously decide to create our own money concepts.

Maybe you liked your parents' concepts of money, or maybe you did not. If you are not sure about this, take a moment and notice the concepts you have about money. Have you taken the time to create your own pictures? Are you struggling with using your parents' concepts? Perhaps you have completely pulled your energy out of money and decided to let someone else manage it. Taking charge of your money is a journey in self-awareness.

As a child, I always thought that money comes and money goes. Money does not grow on trees. Some people have it and some do not. It never occurred to me that I had power over money. I believed I could work hard, advance and better myself, and that would bring me money. Notice the money pictures you learned, and to what extent you still choose these as your truth. Of course, none of these pictures are truly yours or mine.

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Spirit and Money

Whatever you believe is exactly what you manifest in your money reality. Moreover, you can change this.

Change your thoughts about money and your money levels will change for better or worse. It all depends on you. Still, it is not that easy. We are so attached to our thoughts, or are perhaps unconscious and unaware of our thoughts, that we do not realize what we are creating. We are in a money routine. We accept our money reality as something we have to work hard to manage. A quick assessment of your money pictures is simple. Look at your account balances and notice your emotional reaction. Money wellness is a spiritual concept. Money wellness is not about a large or small account balance. Looking at your account balances and feeling validated in body, mind and spirit is money wellness.

How do we get to money wellness? Of course, we all want a lot of money! This is a good starting point. Now notice the very first thought you have after saying this to yourself. For example, if we say, "I want a lot of money," our first thought may be, "But I know it will never happen." The universe lets you put forth any concept, so in this case it is about wanting money, yet believing it will never happen. Your reality is literally about wanting and not having.

A young man came in for a spiritual counseling, and it appeared as though he did not have much money. I asked him for the contribution for the spiritual counseling he was about to receive, and he stepped back, saying he thought it was free and that he could not afford to make a donation. After that declaration, I decided to let him have the reading for free. As he waited for his reading, he suddenly realized that he did indeed have money he could spare. I watched him as he changed his mind, stood up, went to the donation box and emptied his wallet and pockets of all the money he had, with the exception of one dollar to get back home. He smiled because it had occurred to him that giving away the little money he had was empowering. As a result, his energy took a big step up. He now vibrated at his ability to have money, give it away and create more.

At the end of the book *The Alchemist*, the alchemist finally uses alchemy to create gold. He gives a large portion of it to the monk and an even larger portion to the shepherd boy, Santiago. The monk tries to give most of the gold back to the Alchemist because he believes that he was given too much. The Alchemist replies, "Oh my, don't let Life hear you say that or next time it will give you less!"

In *Cracking the Millionaire Code*, Mark Victor Hansen (who is also co-author of the *Chicken Soup for the Soul* series), maintains "in order to be wealthy you have to give your money away." To be able to do this, you must believe that you have money, you can give some away and still have money.

I frequently work with business owners and observe their money pictures. It is my job to make them aware of the concepts they have that support or interfere with their success. A dangerous yet common concept is "We cannot afford it." Your business can easily manifest around this concept.

Sam was quite wealthy, yet he did not want to give money for child support. The only way he could refrain from giving child support was to have nothing to give. I call this a negative mock-up. To his dismay, a number of tragic career events occurred so that he had to file bankruptcy. It was not his goal to go bankrupt, but it was his goal to not have money to give for child support. This is how his reality manifested his goal.

Memoirs of a Mystic | by Lewis S. Bostwick (1918-1995) | BPI Founder



V. Rt. Rev. Lewis Bostwick

Invading the Goddess

Reprinted from Psychic Reader Feb 1991, And Psychic Reader Oct 1996

Hello. This is the magic word.

This letter is about families and what destroys them. I want to start talking about our princesses, our kind, gentle little girl child and all the "sweetness and lights" that we men have in our awareness. In most cases we men put women on a pedestal and make goddesses out of them. Then, we proceed to climb into their heads with all our space and energy and own them. Princess, then, is having all kinds of problems, mentally and physically, and becomes estranged from her body. Male energy may have totally invaded her space to the point where all of the perfection energy generated to create the perfect baby is out of sync with the rest of her reality.

In the past men made the living and women stayed home, raised the kids and kept the house. But we now have a society where the corporations are always raising the standard of living by giving some piece of equipment to save time, and women are working to support the new technology. So now the woman not only has the energy of her family to contend with, but she becomes prey to the corporations who wish to control everybody.

The result of this cycle is that a woman becomes the object of physical abuse. Then we have lost the family. What happened to going to church to resolve family issues? What happened to those quiet moments in prayer where with the god of his heart?

In many cases we have to [deal with] the corporate atheist which is programming our children (and have already programmed you) at a very young age. To change this we must do what every healer knows: to make the body well, you must heal the spirit first.

If you want to be laughed at as if you were one of low intelligence, ask the ones around you, "What is Spirit?" My prediction for 1991 is that in the space of ten more years, there will be no more churches as you see them today. You can no longer teach from the pulpit. If you do, you can no longer have your tax exemption. The way the government atheists are controlling you as spirit is by doing away with words that mean to you how to evolve to a more spiritual being. Take a look around you and see what's really happening. For it will soon be that it will cost so much to keep up a church that we are allowed to use it only three hours a week, that the parishes will no longer be able to afford them. Now hear this little voice in the wind: You are spirit. You can control all of this. All is here on earth for you to be senior to it. That is what I know and that is what I teach. You can't take your electric security blanket with you.

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Another perspective on money comes from Lynne Twist, the author of *The Soul of Money*. Lynne told me that her work is to eliminate hunger worldwide. Most of us believe there is not enough money, time, or whatever else we feel we lack. We think that there is never enough, and worst of all, that we are not enough. Lynne is a firm believer in having lots of money, and maintains that you should do what you are passionate about and the money will follow. In her book, Lynne says that what we actually do is the opposite; that "money leads our lives rather than follows as a result of us following our passions." She implies that every decision we make is based on money. At first I thought this was an overstatement until I started paying attention to what people asked themselves when making decisions: How much will it cost me? How much can I make? Can I find a way to make money on this? One or more of these questions is behind most of our considerations.

One father repeatedly told his daughters, "It is just as easy to fall in love with a rich man." This subtle programming led to several unhappy marriages.

In spirit, we are a three-part being in body, mind and spirit. When we have balance between these three parts we are whole. When focused on money we are a two-part being-- body and mind. We are out of balance. Consider that money does not exist. Consider that you can create whatever concepts or pictures you want about your money wellness. That is why everyone's money wellness is different. We each have our own unique pictures about money. How about the concept "money does not bring happiness." Sure it does! Then again, maybe it does not. It all depends on what you believe. Be careful what you decide is true about your financial health. Whatever you

declare begins to manifest. There are no coincidences and it is not happening to us; it is happening through our own concepts or mental image pictures.

We can begin with what you believe you can have. Wanting money is obvious. Maybe you have it and are happy or unhappy. Perhaps you want to create more money. The leap is deciding that you can have it and being certain about your ability to manifest what you want. In addition to our families' concepts of money others bombard us: friends, media, colleagues; and the list goes on. My favorite is the starving artist picture of how doing "good" work means that you should not be paid much!

Sarah creates the money she wants, but somehow cannot keep hold of it. It goes out as quickly as it comes in. When I read her I saw her guilt about having money; she does not want her family to know she has money because they do not have as much. She has a picture that says if she has money then she should help her family. These and other concepts create experiences in which any money she brings in has to go out just as quickly before anyone finds out she has it. This is not a conscious process; it is her reality manifesting through her pictures. Sarah was unaware of this unconscious pattern. Now her challenge is to clear these very old family pictures and create new concepts that allow her to continue to make money and to enjoy it guilt-free!

There is so much energy and so many pictures on money; it is a wonder that we ever get a handle on it spiritually, emotionally and financially. Our goal might be to be free of money. By this, I mean to have our freedom of the energy and concepts that controls us because of money. Money is neither good nor bad. We decide that it is a prob-

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lem whether we have it or not. We decide whether to have money be the basis of our decision-making or not. We live in a culture that operates for the most part as victims or slaves to money.

You can create money, have money come to you, save money, spend money, lose money, and not have money. These are some of your choices. From a clairvoyant perspective you choose, then release and clear the pictures, energy and emotions that do not support what you want or validate what you have.

Worry, effort, fear, hoarding, anger, and the like lower the energy, making it hard for new pictures to manifest. Your new pictures of money, I assume, will be at joy, enthusiasm, havingness, and more. You have to raise your vibration to that level so your money pictures can manifest, otherwise we are forever wanting because our

picture of what we want and our energy levels do not go together. Nothing changes.

Consider that your relationship with money comes from energy and pictures in your space. If you change your pictures and the energy, your experience with money changes. Consider money as just a concept. Decide if you like your concept of money. Meditation on your money concepts may help. Meditation quiets the body. Simply

(or maybe not so simply) begin to let go of pictures or concepts that do not serve you. Imagine pulling your energy out of these concepts. When we have a lot of energy in anything, we lose our perspective. We can lose ourselves in the energy and feel like we have no control. Separate money goals from personal goals, career goals, and so forth. Have these goals lead and money goals follow. Decide that you can have your goals and money entwined, rather than having just one or the other. Dee Hock, founder and CEO emeritus of both Visa U.S.A and Visa International, writes, "Money motivates neither the best people, nor the best in people. It can rent the body and influence the mind but it cannot touch the heart or move the spirit."

We do not have to work hard for what we want, but we can if that is our picture. Money wellness comes from knowing yourself. It is a spiritual journey and about knowing your ability to create your reality. You may not know how to manifest your goals at this point and that is fine. The universe will begin to manifest around your goals, so be clear about what you want and release the concepts that compete with it. Keep changing your ideas, thoughts and emotions about money until you reach your money wellness. Whatever can be imagined can be created.

Please share your money stories with me at kay@insightintuitiveconsulting.com.

Kay Robinson is the owner of InSight Intuitive Consulting, providing intuitive services to business owners and professionals. Her ad appears in this magazine.

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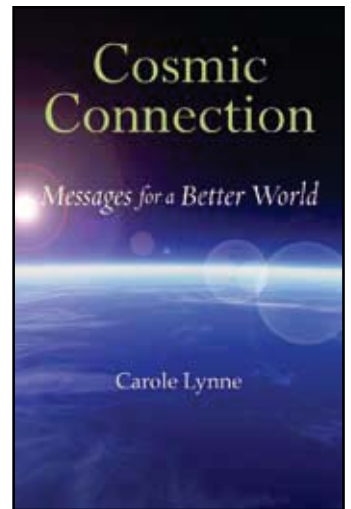
"You can create money, have money come to you, save money, spend money, lose money, and not have money. These are some of your choices. From a clairvoyant perspective you choose, then release and clear the pictures, energy and emotions that do not support what you want or validate what you have."

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Symbols of Our Times Series

The Rod of Asclepius

by Nysa Lane

The healer is a classic archetype in our universe. It is a symbol of change for the better, and rebirth. Every culture has a healer, shaman, or doctor. Novels, plays and movies usually portray a healer. Superman is a healer, always picking up after others' messes, but so is the character of Snape from the Harry Potter series. We all have a healer inside of us, a part of us that looks to create positive change. The Rod of Asclepius is a symbol of the healer, and honors the healer in all of us.

Asclepius was a Greek man; half god, half human. He was the son of Apollo by a mortal woman, and had an extraordinary gift for healing the sick and dying. He was so good, in fact, that Zeus struck him down, killing him for healing men who "should" have died. In Zeus's eyes, he was upsetting the natural order of things, and the last thing Zeus wanted was for Man to become immortal.

The Rod of Asclepius is a powerful image, the snake wrapped around the staff. The snake's ability to shed and completely regenerate its skin makes it a powerful fertility symbol, one of the most ancient. The snake is unpredictable; it symbolizes wisdom, healing and regeneration, but it also acts on its own impulses, without regard for



others. In the symbol of the Rod of Asclepius, the staff represents the healer's authority, power and ability to control the wild powers of the snake for the betterment of others.

Asclepius's healing abilities began to cross the line between mortal and god. He began to heal mortals to the point where they were able to avoid death. In Greek culture, this was unacceptable. Asclepius was acting on his own as a mortal and affecting the actions and powers of gods; he was changing the rules in a world that had no tolerance for it. Asclepius was looked at with anger and suspicion even though he had only brought great knowledge and relief to the world through his miracles. Doesn't this sound like someone we know? This could be the story of Jesus word for word.

The imagery of the snake and the staff as symbol of healer may also have been purely practical. One of the medical realities of ancient Greece during Asclepius's time, approximately 1200 BC, was a common ailment we now call Guinea Worm Syndrome. The guinea worm crawls through the victim's body just under the skin, creating immense pain. A doctor would treat this problem (and still does to this day) by cutting a slit in the skin in the worm's path, waiting for the worm to emerge and then slowly wrapping it around a stick and pulling it out.

Snakes have had a turbulent fame throughout human history and culture. It is no coincidence that there is a term "snake oil" for bogus remedies. Healers were often ridiculed and punished, only later to be recognized as miracle-workers, great scientists and orators. Even Superman had to hide as Clark Kent. And what about our miracle-workers in present time? People like John of God, Filipino faith healers and aura healers? It could be that in a century, the healers now considered to be charlatans will be hailed as innovators. Healers balance the fine line between creation and destruction. They juggle the energy of the Snake, a beast of amazing and unpredictable power that can heal and bring great knowledge to the world, as well as bring about the downfall of the healers themselves. The Rod of Asclepius is a symbol that will last as long as people look to heal, and as long as there are people in the world fearless enough to pick it up and make it theirs.

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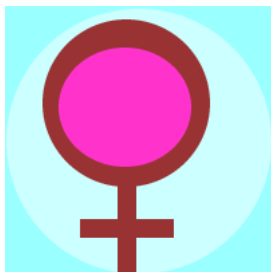
By Kay Robinson

What do spirit and money have to do with each other? Either you are spiritual and don't care about money, or you work at making money. These are atheist concepts; in this mindset we cannot see the connection between spirit and money.

Add to this all the concepts that say women are especially limited in their ability to create money, either because their role is to make the extra income for the family, they aren't paid as much as men, or they need to be taken care of. We are told constantly that we cannot and do not have the capacity that men have to create money. This energy is always being put into our space. Women struggle to find our way out of this energy to experience our own truth and create financially as well as personally, spiritually, emotionally and physically.

I see this energy changing for women. We are in the millennium of the feminine, which affords us opportunities we have not had before. Our challenge is to embrace the possibilities, match the energy of success and increase our havingness.

A different perspective may help us all find our spiritual as well as financial freedom. Begin by considering yourself as a spirit with the ability to create whatever you want to have, to be or to do. Consider that money is one of the things you want and that you can create it. Notice if you have what you want. That is actually a trick question, because the second we acquire what we want, we are deciding what we want next. This desire to keep creating the next great thing causes us to forget or not to realize what we just accom-



plished. We miss the opportunity to validate ourselves and enjoy the success. When we don't recognize what we just accomplished, we feel like we never have what we want.

In a business reading I did recently, the owner of a large and very successful IT company was worried sick about the future of her company. This is a woman who has created successful businesses her whole life. Why did she fear that suddenly she would no longer have that ability? When I looked at her clairvoyantly, I saw that she was not conscious and aware of her ability to create success. As soon as she created a success in her business she would raise the bar, decide the next goal, want more, etc. She did not stop to enjoy and validate each step along the way. On a smaller scale, women often express the fear of not having enough money, even if they have always had what they needed. So whose fear is this?

Money is one of those things we want. The next step is to be able to see this clearly in our mind's eye. When we see this clearly and can imagine it happening, then it does. If we are unable either to see our money goals clearly or to imagine it happening, then we have energy to release and some pictures or concepts to change.

In September I attended the San Francisco Business Times luncheon for the 100 most successful women-owned businesses in the Bay Area. It was a gathering of hundreds of women (and a few men) matching the energy of success and creating an agreement that supports women being successful. The women being recognized that day were asked to say a word or two about what made them successful. A great many of them referred to feminine concepts such as collaborating, working as a Circle (male version is a team), aligning with your values, supporting each other, being intuitive, wearing pink (running female energy), having a strong vision (mock-ups) and getting a good night's sleep (taking care of your body).

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THE INTUITIVE MAN

By Eric Hansen

Money, like everything else, is fundamentally a flow of energy. Energy flows in cycles. Money flows in cycles. Sometimes money is abundant, sometimes not. This is not frightening to us as spirit, being flowing energy ourselves.

Society presents money as a static thing; this concept divides and controls us. The comedian George Carlin said, "That's the way the ruling class operates in any society; they try and divide the rest of the people. The upper class keeps all of the money, pays none of the taxes. The middle class pays all the taxes, does all the work. The poor are there to scare the middle class--get them back to those jobs."

Having money is a major yardstick of success. We often give up our superiority to the person perceived to have the most money. They're perceived to be the smartest, the most attractive. Maybe we compare ourselves unfavorably to them. Maybe we look for ways to destroy them, take them down a peg, take some of that money for ourselves.

Money concepts that exclude spirituality rob us of joy and self-appreciation. If you have a lot of money, you're constantly guarding it. Everyone wants it, everyone resents your success, and you can't trust anyone anymore. If you have just enough money, you want more – where you are isn't good enough. If you don't have any, you're obviously a failure.

Making money our God puts us into spiritual competition. We're not ok as we are. Competition means we have one pie, and I have to fight you for my slice, and it has to be bigger than yours.

Jesus said, "So give Caesar's things to Caesar, and God's things to God."



I hear him saying, "There is no competition as spirit, so have money be a part of a spiritual life: you, a part of God, in communication with God."

I was taught growing up that money and spirituality are separate. "Money is scarce; you have to hold on to it." "We're not good enough to be rich." "Don't let anyone know you have money or they'll try and take it away from you." "You have to sacrifice for money; money and fun don't mix; get a good paying job – if you don't like it you're making money, at least." These were taught to me. As a result, I've given myself quite a hill to climb to step out of spiritual competition.

My truth right now is that the more I consciously give, the more I receive. I'm practicing this by being generous with my time and my communication, by recognizing others as spirit first, and by letting my money flow out so it can flow in.

The most important words in that last paragraph are "consciously give." I have to be conscious: aware of my spiritual self separate from the world around me, operating from a place of self-validation and non-seriousness, consciously choosing my actions, not expecting anything from the world but extending my gift in the knowledge that I will receive back. My gift, whether dollars or a supportive word or picking up the beer tab, is a spiritual gift. It is energy, flowing, and it will flow back to me as what I need to walk my spiritual path.

If I am unconscious when I give, I'm unaware of the spiritual nature of the gift. I'll match the energy of the world around me and lose my reason for giving. Having forgotten my reason, I will resent having to give. And I

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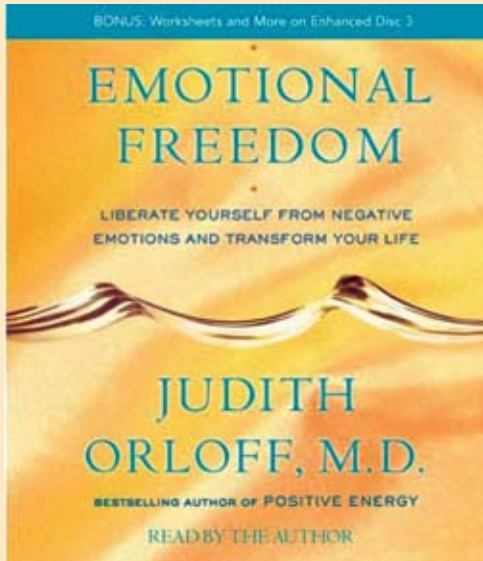
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Book Review by Caroline Myss

This is the perfect book to come

along at the perfect time. I couldn't put it down! We live in a tumultuous, fear-dominated period in history and must become masters at overcoming fear and other negative emotions so they don't sabotage our power. With skill and compassion, Dr. Judith Orloff shows us how to become heroes in our own lives by transforming anger, loneliness, envy and more rather than simply "reacting" when our buttons get pushed.

An Assistant Clinical Professor of Psychiatry at UCLA and intuition expert, Dr. Orloff shares her wealth of personal and professional knowledge to illuminate the field of emotions. She draws on wisdom from traditional medicine but goes light years beyond it by presenting emotions as a path to spiritual, energetic, and intuitive awakening. Why is this leap so important? The intellect has restricted vision about emotions, but bringing intuition into the feeling realm lets us go deeper within. Dr. Orloff asks us to see every success, every heartbreak, every loss, every gain as vehicles for transformation. Everyone will benefit from the author's intimate personal journey and well-earned life wisdom. Judith is the kind of doctor we wish we all had.

Part One of the book introduces you to the four components of emotions: their biology, spirituality, energetic power, and psychology. Understanding each component will lead to breakthroughs that aren't possible without seeing the whole picture. It offers a self-assessment to evaluate your current level of emotional freedom so you can increase it practicing this book's principles. Dr. Orloff invites you into her romance with sleep and dreams as revolutionary states of consciousness. As an empath, Dr. Orloff knows the gigantic challenges of being an "emotional sponge" and teaches other empaths who've been labeled "overly sensitive" how to stay grounded in an often-overwhelming world.

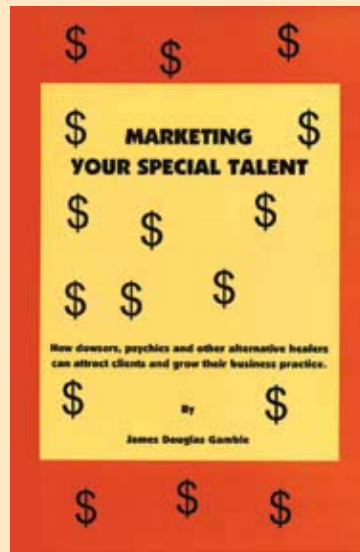
You'll enjoy the "emotional vampire survival guide"--specific advice for dealing with emotional drainers. We've all met them. You're talking to someone, when suddenly you feel anxious,

depressed, or tired. She describes the narcissist, the victim, the controller, and other types. Plus, there are quizzes to help you determine "Are you in a relationship with an emotional vampire?" or if you might be one yourself.

Part Two of the book offers a hands-on approach for facing the most prevalent negative emotions and building positive ones. Each chapter is called a "transformation" in which you learn how to transform a negative emotion into its counterpoint. For instance, fear is transformed with courage, frustration with patience, and jealousy with self-esteem.

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Caroline Myss is a pioneer in the fields of intuition and mysticism and bestselling author of Anatomy of the Spirit.

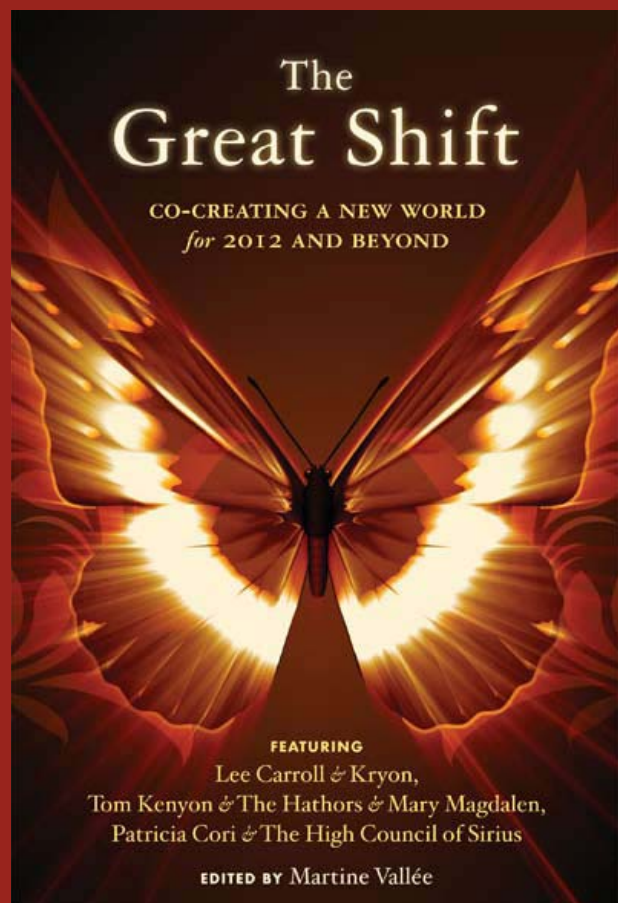


Marketing Your Special Talent

How dowsers, psychics and other alternative healers can attract clients and grow their business practice
By James Douglas Gamble

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The Great Shift

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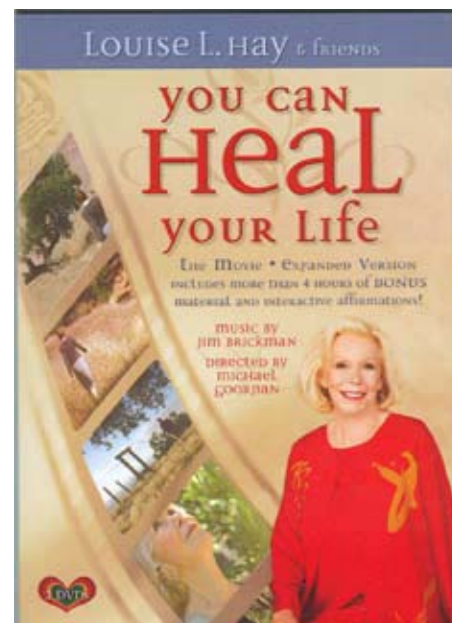
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You Can Heal Your Life- The Movie: Expanded Version DVD

by LOUISE L.
HAY

Availability: Usually ships within 2 to 3 business days
Format: DVD
List price: \$29.95
HayHouse.com: \$23.96
(Save 20%)



Watch the trailer at www.youcanhealyourlifemovie.com!

This entertaining and inspirational movie hosted by best-selling author Louise L. Hay and directed by Emmy award winner Michael Goorjian gives penetrating insights into her fascinating life story; and also provides clarity on how her views on self-esteem, abundance, and the metaphysical causes behind physical ailments were developed. This expanded version includes over four hours of bonus material including 60 minutes of Interactive Teaching Affirmations and three hours of extended interviews.

A number of luminaries in the fields of self-help and health and spirituality and new thought—including Doreen Virtue, Gregg Braden, Wayne W. Dyer, Gay Hendricks, Esther and Jerry Hicks, Leon Nacson, Dr. Christiane Northrup, Dr. Candace B. Pert, Cheryl Richardson, Dr. Mona Lisa Schulz, and many others share their personal stories about Louise's impact on their lives in *You Can Heal Your Life, The Movie*.

This movie, which is hosted by Louise, offers not only an intimate look into her moving and inspirational life story, but also a special segment devoted to helping you apply Louise's affirmations and groundbreaking wisdom to heal your own life and the challenges that you face today.

"This movie is the story of my life, my teachings and how I've applied the principles of my teachings to my own life. I've made enormous changes in my own life that I had no idea would be possible."

When asked what message she hoped people would take with them after seeing *You Can Heal Your Life: The Movie*, Louise said, "I'd like to see them discover what they can really do for themselves. People are so hungry to learn how to take control of their lives."

Music is composed by Grammy Award Winner Musician Jim Brickman.

When you order today, we'll send you the *You Can Heal Your Life: The Movie Expanded Version*, which includes the original 90-minute movie AND an exclusive Affirmation Toolkit that will bring you practical, inspiring affirmations directly from Louise (covering topics of self, relationships, health and wellness, prosperity, and work) to practice, learn, and apply to your own life.

PLUS you'll also receive an additional Bonus DVD brimming with 4 additional hours of never-before-seen footage from the making of this empowering film about the extraordinary life and wisdom of Louise Hay. You'll enjoy hours of remarkable interviews featuring personal stories, astonishing testimonials, frank conversations, and amusing anecdotes by Louise, Wayne Dyer, Esther and Jerry Hicks, Dr. Christiane Northrup, Gregg Braden, Doreen Virtue, Cheryl Richardson, Gay Hendricks, Dr. Mona Lisa Schulz, and Leon Nacson.

<http://www.hayhouse.com/details.php?id=3219>



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Seeing Stars

BY CAROL CILLIERS

March/April forecast

The first week of March features Mars, Mercury, Jupiter, Chiron and Neptune all in the sign of the water-bearer, Aquarius, a fixed sign that is either holding on to the old revolution, or is ushering in the new revolution.

The Virgo Full Moon on March 10 is conjunct establishment Saturn, while the Sun is conjunct change agent Uranus, highlighting the ongoing opposition of these two big deal planets. This Full Moon build up should be greater and more polarized than usual.

Venus in Aries goes retrograde on March 6 till April 17, tiptoeing into the last degree of Pisces. The Aries New Moon on March 26 is also a potent one, conjunct a retrograde Venus square Pluto. Due to Venus retrograde, this square to Pluto is lasting longer than usual, suggesting some of our values may no longer serve us at this time. We have February, March, April and May to come to terms with it.

April is quieter in regards to the Libra Full Moon on the 9th and the Taurus New Moon on the 24th. Mars is under stress this month with aspects to Saturn, Uranus and Pluto. Pay attention if you have your Sun, Moon or Ascendant in Aries or Scorpio, both Mars-ruled signs. Venus squares Pluto again on April 3 and conjuncts Mars on April 21. Mercury aspects the triple conjunction of Jupiter, Chiron and Neptune between April 22 to 26, bringing into focus this powerful meeting of the planets of expansion, healing and inspiration. This could create a balloon of hope that bursts later in the year.



Aries — 20 March to 20 April

Both March and April are busy times for you. Venus in Aries stationing retrograde on March 6 and stationing direct April 17 suggests there is a focus on your relationships. All issues of ownership, pleasure and ideals are also key for you at this time, as well as how much you value yourself and bond or ground into and own and enjoy being in your body. April is a heavy-duty month for you, rise to the occasion.



Taurus — 20 April to 21 May

Your ruler, Venus, retrograde from March 6 to April 17 suggests revisiting some areas of great importance these next two months. In your solar house of dreams and hidden influences, you may find scores being settled that are beyond your current comprehension. Trust it all makes sense and the universe is infinitely intelligent.



Gemini — 21 May to 21 June

The large group of planets all in Aquarius stimulates your airy, curious nature. You are needed to balance out the fixed nature of the Aquarians, while the Aquarians can give you direction from all the infinite possibilities you could get lost in. Venus retrograde in your solar house of future plans and shared goals with friends may change some of the plans currently in place, replacing them ultimately with better plans, or even better friends.



Cancer — 21 June to 22 July

The Full and New Moons on March 10 and 26 are times when you are more stimulated, possibly challenged. See the above Almanac section. April 9 and 24 are by contrast, easier and less memorable. Of course with Pluto transiting solidly back into Capricorn, you are feeling the heat generally, and more specifically if your Moon or Ascendant are in the first few degrees of Cancer, or if you are born around June 20-24.



Leo — 22 July to 23 August

The Full Moon on March 10 and New Moon March 26 get your attention.

With Saturn opposite your Sun on the 8th, and Uranus conjunct your Sun on the 12th, you may feel the pull to stretch further than you are used to. By March 23 you are ready to reinvent yourself. Venus retrograde in your mind expansion sector may see you turning on new circuits in your brain.



Virgo — 23 August to 23 September

With several planets moving through your house of partnerships, you may be dealing with juggling your interests versus your partner's interests. Uranus is taking seven long years to shake up your relating style, and with Saturn opposite, you may be resisting the needed changes, as pointed out by your partner.



Libra — 23 September to 23 October

Venus retrograde these two months in your solar house of partners focuses your attention where you most need it, on your partnerships. In Aries, you are required to own the whole polarity of self actualizing while also recognizing and relating to others around you and their own process of self actualization.



Scorpio — 23 October to 22 November

Early March you are very communicative and inspired as Mars contacts Mercury, Chiron and Neptune. April is another story, with Mars contacting the heavy-duty planets of Saturn, Uranus and Pluto, bringing up issues of responsibility, change and death/rebirth. Also Venus square Pluto definitely focuses your attention on transforming your relationships.



Sagittarius — 22 November to 21 December

Jupiter in Aquarius is getting ready to join with Chiron and Neptune starting in April. In your solar house of community and diversity, you may find of unexpected contacts coming into your life. Your intuition is leading you into being more open and curious. Escapist tendencies are possible, take precautions and feed your need for creative outlets.



Capricorn — 21 December to 20 January

The Full Moon on March 10 brings up ongoing issues of speeded up time and instantaneous shifts with Uranus opposite father time, your ruling planet, Saturn. These next few years will be very fast paced and a great deal of reorganization is ongoing. Mars opposite Saturn on April 4 is a good time to take action and channel any free-floating frustration or anger.



Aquarius — 20 January to Feb 18

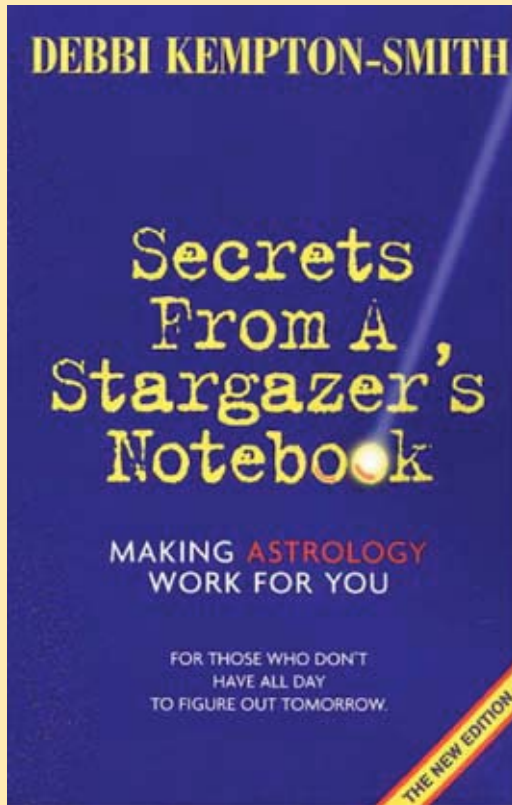
Life is in full Technicolor these next two months, so many planets in Aquarius and your two co-rulers, Saturn and Uranus in a dance of polarization. You know well how you can be in a rut, doing the same thing for a period of time, then suddenly, out of the blue, the landscape changes overnight. That is happening a great deal these next few years, we can all learn from you.



Pisces — 18 Feb to March 20

Having both of your ruling planets, Jupiter and Neptune, in Aquarius makes this an interesting year for you. Be prepared to experience rapid shifts and periods of fear as well as periods of great hope and creative breakthroughs. Mars joining Uranus in Pisces March 14 makes this next two months one exciting ride. Venus retrogrades through your solar house of tangible resources, so you may uncover resources you didn't know you had.

Carol Cilliers is a former director of several Berkeley Psychic Institutes and has studied and taught Astrology over the last 25 years. Carol's daily and monthly astrological forecast, Starguide, is on her website, carolcilliers.com. For Clairvoyant and Astrology Readings, and other classes call 925-323-9663



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Saying Yes to Change

Golden Fleece. Snow White has to be poisoned and go into a state of apparent death before love awakens her. One of the most remarkable aspects of these ordeals is that they can't be faced and overcome in the usual linear manner of the chronos world. The initiate must become still, and give up his personal will to attune with the higher wisdom of kairos. This is a challenge in its own right because it's contrary to the usual way that the ego functions, using personal will to push forward. The transitional period when we stand at the threshold of possibility crackles with both danger and opportunity. The danger is getting so stressed out that anxiety, depression and despondency take over. The opportunity is self-realization.

The third stage of the rite of passage is return. The Ndembu boy who left his mother's hut in the first phase of his journey usually spends a year or two in the bush. He's no longer a boy during this liminal phase, but he's not yet a man. In his transitional period he learns from other men what it means to be a warrior and a man of heart. And he also spends time alone, like Hanks in *Cast Away*, learning to know himself. The person who finally returns from the

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initiation is not the same person who left. The boy has become a man with authentic wisdom to give to his tribe. The journeyer, having found true strength, offers it to the community for the common good.

There's a Buddhist saying that at the beginning of the journey to one's true nature,

mountains are mountains and rivers are rivers. In the middle of the journey, mountains are no longer mountains and rivers are no longer rivers. And at the end of the journey mountains are mountains again and rivers are rivers. T.S. Eliot expressed this paradoxical ordinariness beautifully in the Four Quartets, "... and the end of all our exploring will be to arrive where we started and to know the place for the first time."

Mythologist Joseph Campbell described this transformational sequence of self-realization as the Hero's Journey. Hollywood films often use it as a storyline, because there's an innate understanding in each of us that we're watching the greatest story ever told- the soul's true journey home. Framing the stories of change in our own lives as Heroine's or Hero's journeys gives us a way to see through surface appearances that are often so discouraging. What would change be like if you saw it as an initiation to wholeness, a transformation to your true nature?

Reader's Reflection: If you're in a change process, where in the three-part rite of passage are you right now? How, while in the liminal phase, can you come to the required stillness so that necessary insights can more easily come through to you?

Excerpted from "Saying Yes to Change: Essential Wisdom for your Journey" by Joan Borysenko, Ph.D. and Gordon Dveirin, Ed.D. Hay House, 2006

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If you want to create atmosphere, then light an organic candle!

Organic candles are poised to become the latest in a wave of non-food items that are produced with ingredients from organic farms. The organic movement has been successful in producing foods of every variety that come from sustainable agriculture, and so it has been a natural process to extend the idea to cosmetics, cotton, wool, and other fibers, and now to candle wax.

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