



Evolving™

your spirit

A free publication celebrating your evolving spirit • Issue Thirty Nine • March 2010

VIBRATION

Hard work is not the path to well-being.

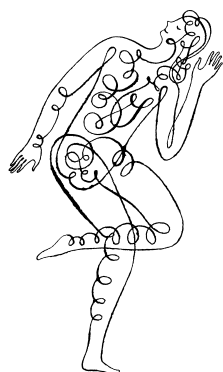
Feeling good is the path to well-being.

You don't create through action; you create through vibration.

And then, your vibration calls action from you.

—Abraham Hicks

Come In.
Breathe.
Relax.
Think.
Feel.
Laugh.
Cry.
Be.



"This place is like
a mental vacation."

"I like to come in and
just breathe."

"Your store is a point of light
and there is so much healing
energy in here."

"This place should be a
required stop for everyone!"



The Present Moment

Inspiring the Heart, Mind & Soul
Books, Unique Gifts, Workshops and Much More

521 North Milwaukee Avenue | Libertyville, Illinois 60048
p:847.367.1581 | www.thepresentmomentinc.com

Here are the answers you've been looking for

BUY AND READ

SCIENTOLOGY THE FUNDAMENTALS OF THOUGHT

The Basic Book of Theory and Practice of Scientology for Beginners

BY L. RON HUBBARD

PRICE: \$15.00

Church of Scientology
3011 N. Lincoln Ave. | Chicago, IL 60657
(773) 348-7788

Harness the Power of Vibration

By Laurie Buchanan, PhD, HHP, CHT, RMT

Physics has shown us that *thoughts are things*. They are just as powerful as the spoken word. Whether we speak out loud, or from the quietness of our mind, our words and thoughts have a vibration—which means they're powerful. Vibration is what triggers and gives momentum to earthquakes, tidal waves and avalanches. Through the vibration of our mind and voice we have the power to manifest things; to bring them into being.

The world is vibration; nothing in nature is at absolute rest. Everything— without exception— is in a state of movement, and in all movement vibration is found. As vibration pervades the universe, so it does the human body, with a special emphasis on the sound of our voice.

Because of the inherent power in what we say, I often suggest to clients to only voice what they want; and to refrain from stating what they don't want. In other words, instead of making statements like "Don't slam the door," "Don't forget your lunch," and "Don't talk to me that way;" state your desired outcome instead: "Shut the door quietly." "Remember your lunch." "Speak to me with respect."

When we voice what we want— the positive, end result of what we're asking for— we provide ourselves and those around us with tools for success. We see constructive differences in behavior when we use subtle differences in our communication. "Coats belong in the closet" instead of "Don't leave your coat on that chair." These types of encouraging statements help develop neural pathways in the brain for positive thinking. It also makes us feel better about our interaction with the people in our sphere of influence. How about "I live in financial abundance"!

Like a pebble thrown into a pond creates ripples— a vibration— that travels outward, so does our personal vibration. The vibration of everything we think, do and say affects ourselves and the people in our sphere of influence. Their reaction, in turn, affects others. Our personal vibration is ultimately powerful. With it we have the ability to (and are) changing the world. ✨

Laurie Buchanan, PhD, HHP, CHT, RMT is a Holistic Health Practitioner, Board Certified with the American Association of Drugless Practitioners. She is the owner of HolEssence in historic downtown Crystal Lake, Illinois. Please visit her website at www.HolEssence.com.

Vibration...



Thoughts about vibration and what it means have been literally vibrating in my head for a few weeks in anticipation of diving into this issue. Over and over it came up for me that everything on this planet is vibrating, and we as humans can choose which vibrations we connect (vibrate with) and which we don't want to.

When we realize this, we can change our emotional as well as our physical circumstance, thereby creating the lives we want to experience.

How great is that? When I forget this, I am pummelled this way and that, allowing myself to be at the effect of the circumstances that appear to be around me. Then I let myself fall into the unpleasant thoughts that feel like they are stuck in my body, ready to become my negative thoughts.

Then I remember again the blessing that is my life. And I am happy to be reminded. I focus on the good, and the miracles begin to "happen" again and I re-member (become part of the whole). It is so simple yet also so easy to forget. I am in charge of my vibration. My physical health and all matter follows vibration.

"Your money and financial assets; your body's state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell. If you will let your dominant intention be to revise and improve the content of the story you tell every day of your life, it is our absolute promise to you that your life will become that ever-improving story. For by the powerful Law of Attraction, it must be!" —Abraham Hicks

Take a look at some of the points of view offered in this issue, and let's keep reminding each other to remember our blessings. When we come together with like-minded others, the vibration increases. The more positive energy we put out there, the more it expands. You are powerful beyond measure! Let's expand that vibration!

Debbie Mackall, Editor and Publisher

©2010 Dimensions in Media, Inc. All rights reserved. *Evolving Your Spirit* is a registered trademark of Dimensions in Media, Inc. We do not endorse the products or services and are not responsible for any claims made in advertisements. We reserve the right to refuse advertising which we feel is not compatible with our intention. No part of this publication may be reprinted without permission from the publisher. The goal of *Evolving Your Spirit* is to create abundance in all levels for everyone who participates for the highest good of all concerned by serving as a catalyst for connection.

To place an ad in *Evolving Your Spirit*, please call Debbie at 847-726-2093, visit www.evolvingyourspirit.com or email kim@evolvingyourspirit.com for information and ad rates.

Evolving your spirit.™

Ev^olving your spirit.

Ev^loving your spirit.

loving your spirit.

A free publication celebrating
your evolving spirit.

Issue Thirty Nine, March 2010

Check out our Website!

We've got a great Calendar of Events up there (you can sign up to receive it monthly as an email!), all the past issues of the magazine that you can download, as well as info on how to sign up to have *Evolving Your Spirit* delivered to your home if you like.

The next issue of *Evolving Your Spirit* will be available May 15.
Our theme will be *One*.

Please write in with your ideas and comments to debbie@evolvingyourspirit.com. Thanks!

Sign up to receive our Monthly Calendar of Events!

It's sent to your email address on the first of every month, and contains of all kinds of great events and classes happening in and around the Chicago area. Don't miss out!

www.evolvingyourspirit.com



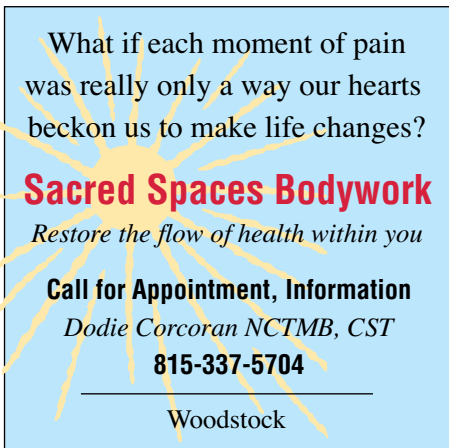
Ganfield Therapeutics

Therapies & Wellness

Physical, Occupational and Massage Therapists

**Treating: Back/Neck Pain,
Fibromyalgia, Scoliosis,
Carpal Tunnel, Headaches
and more**

Gurnee • 847-244-7070
www.ganfieldtherapeutics.com



What if each moment of pain
was really only a way our hearts
beckon us to make life changes?

Sacred Spaces Bodywork

Restore the flow of health within you

Call for Appointment, Information
Dodie Corcoran NCTMB, CST
815-337-5704

Woodstock



INTEGRATIVE
Rainbow
HEALING CENTER

Weekly Guided Meditations
Mondays, 7:30 pm, Lake Villa Office
34930 Rt 45, Ste 102, Lake Villa, IL
CDs of these meditations are available!

Upcoming ARCH Healing Classes
March 15, 29
April 5, 19, 26
May 10, 24

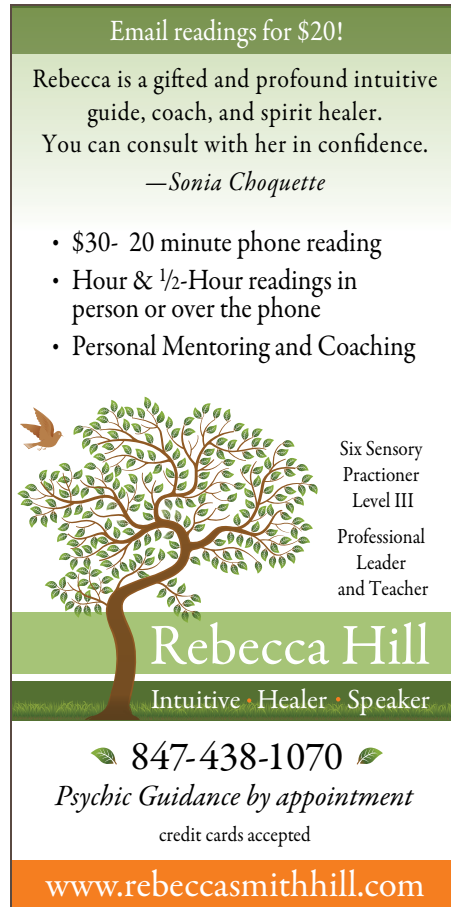
Advanced ARCH Class April 10, 11

Services

- Healing Treatments • Distance Healing
- Akashic Readings • Space Clearing

To schedule a treatment or to register for class,
contact Kathy Georgen at 847-687-7886
or kathy@rainbowhealer.com

www.rainbowhealer.com



Email readings for \$20!

Rebecca is a gifted and profound intuitive
guide, coach, and spirit healer.
You can consult with her in confidence.
—Sonia Choquette

- \$30- 20 minute phone reading
- Hour & 1/2-Hour readings in person or over the phone
- Personal Mentoring and Coaching

Six Sensory
Practitioner
Level III
Professional
Leader
and Teacher

Rebecca Hill
Intuitive • Healer • Speaker

847-438-1070
Psychic Guidance by appointment
credit cards accepted

www.rebeccasmithhill.com



Evolving Marketplace

A new web store offering special products and services supporting
your growth, space and awareness. Plus some fun and beauty.

Products for Your Life | www.evolvingmarketplace.com

- ✧ Space Clearing & Spiritual Tools
- ✧ Native American, Eastern, Mystical
- ✧ Healthy Body & Beauty Items
- ✧ Books, Music & Artwork
- ✧ Gifts, Energy Jewelry & Much More!

Soon you can also stop by to sign up for local events and classes as well as make
charitable donations!



Visit... **John of God** Most Renowned Healer in the World!

Join Reverend Patty Pipia, daughter and medium
of the Casa on a Spiritual Pilgrimage to Brazil

Receive a discount if you make a deposit by Jan 30!

Join us for healing and spiritual enhancement.

Contact www.RevPattyPipia.com for more information or call 847-845-8818

Experience the Crystal Bath from Casa de Dom Inacio

As with all energetic techniques
the effect varies with each
individual and each session. Some
common experiences:

- deep relaxation
- a feeling as if a "dark
ness" or "heaviness" have
been lifted
- a feeling of being
energized
- gaining clarity and focus for
your future path
- feeling of physical healing
- and so much more!

*As the color is transmitted through the crystal onto the corresponding
human chakra the chakra is cleansed energized, and brought into
balance with all of the other chakras.*



**Book your
local appointment
today!**

Transform your Life

Richard Bartlett, DC, ND, teaches Matrix Energetics®,
a consciousness technology for insight, spiritual growth,
and **living a life unbound by the limits we have been
trained to believe in.** Teachable & transferable, Matrix
Energetics® is accessible to everyone, from a ten-year-old
child to a medical professional. During this life-changing
weekend, we will learn the art of **rewriting any rule of
your reality—about your health, your happiness, or
even your understanding of what is physically
possible.**



2010 SEMINARS:

PHILADELPHIA— March 5–8, Levels 1&2

CHICAGO— March 26–29, Levels 1&2

SEATTLE— May 14–17, Levels 1&2

With Practitioner Certification Class— May 18

DENVER— June 4–7, Levels 1&2

CHICAGO— July 10–11, Level 3

*Visit our website for current seminar schedule,
early registration discounts and streaming video.*

www.matrixenergetics.com | 800.269.9513

Balance Your Vibration with Aura Sprays



Awareness and Healing

These products were created to harmonize
the Subtle Energy Systems and Chakras.

Made with natural colors, organic and
wild-crafted essential oils and vibrational
essences, these color energized sprays are
specially designed to harmonize or
balance the aura and your personal

*Color therapy is one of the most ancient
therapies, stretching back into the mists
of time. Researchers throughout the
centuries have acknowledged the
profound influence of color upon our
physical, mental and spiritual wellbeing.
Each color component of light has its
own wavelength and specific qualities of
energy capable of affecting the whole
gamut of human emotions.*

– Vicky Wall, "The Miracle
of Color Healing"

See our selection!

*Please visit our website
for these and other great
products supporting your
balance, clarity and personal growth.*

www.evolvingmarketplace.com



Counseling Classes Treatments

with Rivian Wolf

Empowerment Counseling

EMPOWERMENT is regaining the control necessary to direct the outcome of your life

Reiki Classes & Treatments

REIKI assists humans & animals in self-healing the symptoms & causes of dis-ease

Aura Photos

provide information to help guide one along life's path. *Individual AURA PHOTO Interpretations and AURA PHOTO PARTIES are available.*

Also Available:

Meditation Classes/CDs

Raindrop Technique Tuning Fork Therapy

Rivian Wolf, MA, LPC, BCPC, NCC, RMT, MEPH combines traditional counseling methods with holistic modalities to assist in regaining and retaining one's PERSONAL POWER

Call **847-488-0041**

or visit

www.empoweryourspirit.net

When the Earth Calls

by Zubin Sherring

I grew up in the midst of rolling hills filled with greenery against the backdrop of mountain ranges of snow peaks, blue, green and brown terrain filled with forests. The sky was filled with stars and the clarity of their light, along with the moonlight, made it easy for my feet to navigate the paths and roads at night. The seasons moved from May pole dancing in a short spring, to raincoats in long monsoons, to a flux of honeymoons and tourists in the short summer and snowmen building and firewood burning in winter.

Then I moved to a city with flat terrain, doll-house-like architecture, lots of other kinds of trees and tall skyscrapers that offered excitement. The big body of water sitting to the side of it all changed colors, depending on the season; from azure blue in spring, to deep aquamarine in summer, to cool blue in autumn and bland tan with white waves and ice in winter. My relationship to nature had changed! I saw autumn for the first time as it was reflected in the trees. They turned from green to yellow, orange and red.

These used to feel like very different places for me. Then there was a spiritual change for me as I explored the energy of the earth once I had taken a beginning clairvoyant meditation class. It offered me some simple tools like grounding (called "running energy") to help spirit meet body. I learned that my feet can have the awareness to consciously connect with earth energy and have it flow within me—which added a whole new dimension to my experience wherever I was.

I would like to share a story. On my first day of a retreat I attended, I noticed there was something about the Mesa that made my feet respond uniquely to the earth. The mesa is a desert environment on an elevated area with a flat top and sides, usually with steep cliffs. It was spring at the time and I was surrounded by a deep red earth color growing with shrubs that had vibrant flowers. The days were hot and dry and the nights were cool with a star-filled sky.

One day I sat to meditate, and practicing *running energy* as I was taught, intending to connect with the energy



Delta Health Portal

CALL CHERYL 888-209-1010

"Original"
CHI MACHINE
847-971-6926

• Autonomic Nervous System •
• Spinal Balancing •

Internal Whole Body Healing
www.ychlmachine.com



E-POWER
Negative Ion Potential

NUTRITION & CLEANSING
Coach Cheryl has a 30-Day Program!
5-15 lbs. average weight loss! Success stories available!

NATURAL ADULT STEM CELL SOLUTIONS
Kids • Adults/Athletes • Equine • Dogs • Renewal - Internal Support!



of the earth. Sitting in an armchair in my rustic cabin I closed my eyes. I had learned that in clairvoyant work, the tool of centering within the third eye can bring lightness, and will bring together my physical energy into my own larger field of energy. The third eye is located behind the brows and with gentleness and practice, this place can open harmoniously with your acceptance as part of the process.

I started to tune into the earth and connect to it. The earth's energy coming up into my feet and legs was strong. It flowed well and I got the sense it had a color of a rich brown with a little red in it. It felt good! The earth was responding to me in a way that was different from the mountains or the city.

I was excited, I could hear drums beating gently down from where I was sitting up on the mesa. After 25 minutes of being immersed in my meditation, I opened my eyes to a tiny sound. A desert salamander had entered the room via the space under the screen door of the cabin. It finally found its way into the room and up the wall,

across me at eye level—but not until it has retraced its footsteps multiple times to the door and back to make sure it could exit when needed. My presence did not deter it from exploring, in fact, maybe it didn't know I was a moving object! It looked directly at me with curious yet somber eyes.

I went back to enjoying my meditation, closed my eyes again and re-centered. I was getting to a place in my meditation where I started to radiate spiritual light all around me—just by simply allowing it to be so. It's like spreading your wings and having a joyous sense of relief after having them tucked in.

A bit further into my meditation I was curious, and peeked out from my eyelashes and was surprised to see that the salamander was no longer on the wall. My gaze dropped to the floor and there he at my foot, gazing up at me. Was it my imagination or did he have a look of wonder on his face? Had he seen my light and come closer to explore? As I sat

there I, continued to feel the energy of the earth flowing up into my legs as I was trying to contain my excitement. The salamander climbed onto my foot, made its way up my leg to eventually find its place on my knee. He sat with its tail towards me and its face peering over my knee. As long as it did not climb up any further, I was fine! So I closed my eyes and went back into meditation.

I found that the wonderful thing about earth energy is that I can control how much of it I want. I tuned into the flow of the earth and my connection to it and allowed an increase of earth energy to come up into my feet. I did this several times and each time it got a little stronger. My connection to the earth had changed to being dynamic, filling and supportive

Taking a quick peek at the salamander I was yet again surprised. It had shifted its body size to looking more expansive and it was hunkered down like a surfer does when they see a wave coming. Then I got it. The earth energy was the wave and the salamander was the surfer. He was getting the earth energy to course through his own body and was soaking it in. We sat in silence together, separate yet connected to the earth in our own unique way. ✨

Zubin offers her services through the Clairvoyant Center of Chicago (located in Evanston) which provides various spiritual services and classes for anyone wanting to grow and evolve a spiritual path of their own. redrose@clairvoyantcenter.net



Linda Kroll,
JD, LCPC

Join Linda for her
weekly **Heart**
Centered Groups
at **INNER BALANCE**
(with "3rd Thursday"
free) Please call for
more information.

Compassionate Healing and Personal Growth

As a therapist, I help individuals and couples communicate with honesty and compassion.

As an attorney, I offer empathic guidance, support and options to individuals considering divorce.

As a mediator, I believe families need not be "broken," but can be peacefully "re-structured".

*Learn how to reconnect or disconnect with respect
and live with **inner balance and peace***

847-914-0560 • 400 Lake Cook Road, Ste 217 • Deerfield • www.lindakroll.com

Healing Traditions OF BARRINGTON

Restoring your health through
Traditional Oriental Medicine

Acupuncture • Herbs
Acupressure/Tui Na

Lisa C. Decatorsmith, MSOM, L.Ac.

Carrie C. Wilhelm, MSOM, L.Ac.

847-381-6400 for appointment
509 W. Main Street, Barrington



Clutter Coach Company

Cluttered? Get Clear.

847.776.8717

www.cluttercoach.com

MI ZAI 卐 Shiatsu Chicago

*Shiatsu energy balancing transforms lives.
Are you ready to make a difference?*

Phase 1 - Intro to Shiatsu

Saturdays & Sundays

July 22, 23, 30 & August 5 & 6

Approved for 30 hrs CEUs with the NCCAOM!

Intro to Qigong

Theory & Personal Practice

A 6-hour workshop offered
over two Wednesday evenings
June 28 & July 5 - 7:00 pm

Anatomy 2

Thursdays, August 3 - November 7
Monday, August 7

Intro to Medical Qigong

Tuesdays beginning November 7

Calm, Balance & Renew
Qigong meditation/exercise class
Mondays 6:00 - 7:15 pm

Start on the path to your new future today!

847-358-8968

✧ ✧ ✧ ✧ ✧ ✧
Schedule a shiatsu or medical qigong
treatment!

www.mizai-shiatsu.org
cwmizai@sbcglobal.net



Vibration and the Family

by Annie Burnside

Last week on the way to my alley loaded down with both garbage and anxiety, I felt dense and tired. I was seeking help from earthly sources on an issue that needed to be resolved. The help had not yet come through, so I was feeling slightly worried. After discarding all of my unnecessary physical baggage into its proper receptacles and neatly placing the bins on the alley, I felt a little bit lighter. I took a deep breath and walked slowly back towards my house. As I did so, while appreciating my beautiful, snow covered yard and warm home, a higher, more peaceful energy began to spread internally throughout my whole body. I laughed out loud in joyous remembrance as I recognized my divine flow energy feeling reminding me that I didn't actually have to do anything to resolve this is-

sue. I suddenly felt in my interior the deep sensing that the Universe had my back, as always. I recalled that my own vibration, my energetic input/output, is the determining factor in my ability to create and physically manifest what I desire. I smiled in relief as I remembered that assistance from another human being, while much appreciated, actually pales in comparison to what I can create while offering my highest potential to the world through a sustained, high vibration. What a stress-buster! I felt empowered totally free in the knowledge that help could only physically show up if I first helped myself through the unlimited power of my own vibration.

I teach my children that their interior is their most prized possession. It is to be cared for, excavated, adored, and

To Bridge with Grace, a Healing Harbor

*Holistic Therapies and Remedies
Designed to Harmonize the
Vibrational Patterns of our
Energetic Field Surrounding
the Physical Body*

Donna Ann Cornille, "Kunia", RN, C-AK, C-MAHT, CLYL
Energy Medicine Practitioner

Serving You With "Aloha Spirit" and Rainbow Radiance

Aligning Ebb and Flow Rhythms to Create Tides of Wellness Waves in Your Ocean of Life

222 Waukegan • Glenview • 847-657-1600 • www.nshealing.com



factored into every situation and relationship. What they emanate then determines their reality and so on and so forth. Once this circle is introduced to your children and offered on a daily basis as a means of sharing and decoding life experiences, they integrate the truth of it much faster than you might imagine. It becomes simply the process called *life* rather than a new paradigm shift that often stymies many adults who remain much more entrenched within a victim/villain mentality.

Since we are an integral part of the infinite and eternal energy of the Universe, we have access to the magnificence and awesome power of universal energies at all times. We teach our children that their number one job is to remain as open and receptive as possible to the divine flow of energy of which they are very much a part. We teach them that it is not necessary to expend great effort to push something into physicality if the steps do not intuitively and readily appear. This does not mean that they do not offer up their best efforts, it simply means that they awaken to the underlying energy in life situations and relationships. Children can be taught to not only *think* their way, but to *feel their way through* life experiences to know which next step is best for them in any given situation. It takes practice, this discernment of energy, but in time it becomes quite natural, as its actually the natural way

for a spiritual being to consciously create his or her reality.

Full allowance and readiness for a desired outcome through a high vibration should always be both the starting and the ending point in any given circumstance. Optimal human potential can best be expressed when appreciation, love, joy, and empowerment are the most palpable threads woven throughout the life experience at hand.

These high vibration threads are your point of power.

No matter what occurs in your external reality, I think that the goal should always be to dissect, work through, process, and release what is unnecessary so that you can once again align energetically with your internal source of universal energy. Of course, earthly assistance is part of the equation; it's just that it is not the *only part* or even the *most important part*, as many currently perceive it to be.

Children will come to understand that divinely inspired and divinely directed assistance is the only kind they will ever really need if they are fully aware of their own deep, inner connection to *All That Is*.

I am making sure to remind my children on a daily, moment-to-moment basis that the Universe has got their beautiful, sacred, divinely connected back at all times. Assistance can always be found deep inside of them, as their own source of power, where *physical beingness* merges with *spiritual beingness*. Once that power center is pierced in the form of self-love and acceptance, children will come to understand that while they still have the capacity to feel and express every possible human emotion (and should), the gateway to co-creative manifestation of a true heart's desire lies in utilizing their own high vibration to attract like energy. This understanding will bring freedom and peace to your child that is beyond what you imagined possible for yourself at that age. The children of today are ready to live in a new way; *it is their destiny*. All they really need from us is permission to do so. I encourage all parents to model living as a conscious, vibrational being, first and foremost, and observe your children intuitively follow suit. ✨

For more of Annie's great wisdom and information, visit www.annieburnside.com



Classified Ads

Cluttered? Get Clear! Organization and Transition Coach will organize your home or office with you. Call 847.776.8717 or email jane@cluttercoach.com. More info at www.cluttercoach.com, Clutter Coach Company

Spiritual Study Group Forming Inviting people of spiritual maturity to join with others of like mind. Seeking growth in understanding and the ageless wisdom. Together we will learn to serve others and develop a sense of life's purpose. Come explore "why life is" with us. Non-denominational, non-dogmatic and focused on serving humanity. Every Monday 7:30-9PM *North side Chicago*. 773-274-7534

Know anyone interested in: Improving skin/Looking younger? Hand held device using Galvanic technology gives amazing spa results at a fraction of the cost in 10 minutes or less. Visit www.spabeautyathome.com Call 708-837-2822 Fantastic business opportunity as well.

What holds you back from achieving your greatness? Try a complimentary coaching session with Empowerment Coach Susan Loraine Barker. 847-566-5884 www.mandalasbyloraine.com

Swedenborg Library 77 W. Washington at Clark, Ste.1700, Chicago Programs on spiritual and metaphysical topics-Common Ground- Chicago Call 312-346-7003 for our journal or see www.swedenborglib.org

Shri Shivabalayogi Maharaj Meditation Blessings. Peace, Bliss and Self-Realization Guaranteed through Meditation. Receive Shivabalayogi's photo, holy ash and meditation instructions. Free. Germaine, 108 Yogaville Way, Buckingham, VA 23921. www.meditate-shivabala.org

Join us at Science of Spirituality, 4S 175N Naperville Road, Naperville, a not-for-profit, international organization, dedicated to love, unity and peace, focused on meditation on the Light of God called Jyoti meditation, under the leadership of Sant Rajinder Singh Ji Maharaj. 630.955.1200 800.222.2207 www.sos.org We offer Introductory Meditation classes, vegetarian cooking classes, workshops, retreats, and spiritual talks by Sant Rajinder Singh Ji Maharaj. Ask for a free copy of our Enlightened Living Programs..

Family of Light Center, Charles Lightwalker 509-389-7290. World Shamanism apprentice program training includes monthly lessons, mentoring workshops, distant learning. Call or visit www.thefamilyofflight.net

Featherheart Community Drum Circles Join Kenny Kolter and Chris Moses in community for intentional, body/mind harmony in rhythm. Call forth & manifest your intentions for yourself and the world through the power of music. All levels are welcome and no musical skills necessary. Drums/instruments provided or bring your own. \$20.00 per session. Wednesday, March 3, 7-9 p.m. The Present Moment, Libertyville, Thursday, March 11, 7-9 p.m. Earth & Spirit, Long Grove, Wednesday, March 24, 7-9 p.m. Full Bloomed Lotus, Wilmette, Available for private parties and corporate events. For more info e-mail: soundbridge@hotmail.com or call 847-295-3524

The Authentic Father Workshop, Facilitator Charlie Wilkins. Deepen your awareness as The Authentic Father. Infinity Foundation, June 22, 7-9:00 pm, 1282 Old Skokie Rd, Highland Park. www.authenticfather.com

EVOLVING Community



Ken Kolter

A passion for playing percussion instruments and also his love of meditations and transformation have left Kenny uniquely positioned to offer his gong meditation workshops and drum circles throughout the Chicago area.

Ken is drawn to deepen his understanding and experience as to how music can be used as a healing tool, providing an influence in raising consciousness.

While attending a gong bath years ago hosted by The Wood Song Music Ministries in Frankfort, Kenny remembers having a transformational experience. Several minutes into the event, he had this buzzing sensation, like low voltage current sizzling eight inches all around his head. He thought there was really something to this— not sure what it was, but it was palpable. Ken felt energized and aware, and tried to sneak a peek to see what the gong player was doing. As a musician, he was dumbfounded at the vast array of tones and harmonics that came out of the gong. There was a moment when he felt like a light went off inside him with a profound feeling of truth. On the drive home, Ken said to his wife, "That's what I want do! I know I can do it!" He purchased his first gong a few months later.

Kenny feels that people are looking for new ways to feel good instead of shopping, or searching for outside "things" to affect their consciousness. These vibrational experiences have helped to shift many into a more balanced state perhaps providing many with a great alternative.

A gong meditation is an opportunity to bathe in the healing, resonant sound harmonics that a gong creates. Gongs embody the universal sound and basic chordal structure of the eternal Om. Participants can let go and just let the gong provide the Om mantra, freeing up the mind and the physical body to transcend.

To learn more about Ken and find out about upcoming drumming circles and gong meditation events, email soundbridge@hotmail.com or call 847-858-5679.

EVOLVING *Wealth*



I've come to believe that most unhealthy financial behaviors result from emotional conflict or unrest within the individual. February, the month of love, is the perfect time to get in touch with your heart's desires and create a vibration of harmony and abundance in your life.

When we live out of concert with our heart's desires, we feel a constant low-level vibration of dissatisfaction.

Many of us try to soothe that feeling by spending money. How many things have we all bought that we don't really want or need, forgetting that the resulting sense of satisfaction is fleeting at best? What we're actually doing is seeking solutions in the outer world for an internal problem: the dissonance between the lives we're living and the lives we really want.

When you align your daily life and your plans for the future with your heart's desires, you create a vibration of harmony and abundance. The following exercise, adapted from my workbook *The Emotion Behind Money*:

Tapping Your Inner Wealth (2010), shows you how to recognize and act on what you really want.

Staying In Touch with Yourself Exercise

The conflict inside us comes, in part, from unmet needs and desires. We've all ignored or numbed our feelings for the sake of taking care of the "necessities."

Take a few minutes right now to sit quietly and listen to your own heart-beat. Just breathe and ask yourself, "What do I need? What do I want?" What comes to mind might seem minor: Maybe you want more time alone. Maybe you need a creative outlet or more physical activity. Or it might seem major: Maybe you need to end a relationship that's making you miserable. Maybe you want to move overseas. Major or minor, there are no right or wrong answers. Accept whatever needs and wants come to mind; just let them all flow out onto a piece of paper.

Now choose one of the items on your list and describe some specific, practical ways you might begin to meet it. Do you need fifteen minutes alone each day when you get home from work? Do you need to open a "Europe"

savings account and put ten dollars into it each month? What's the first step, and when can you get it done?

Acknowledge how powerful it feels to funnel your energy toward your own needs and desires. Make a pledge to take at least a few minutes each day to accept who you really are and think of concrete ways to honor the authentic you. Feel the harmonious vibration from one simple act hum through every aspect of your life! ✨



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 14-year veteran of the financial services industry and founder

of JMC Wealth Management in Chicago. Julie helps people understand how their emotional attitudes and behaviors affect how they earn, spend and save. To purchase her award-winning book, "The Emotion Behind Money," and to sign up for her "Weekly Wisdoms for Wealth" e-newsletter, please visit <http://www.emotionbehindmoney.com>.

**These tips above may not be suitable for all people, and JMC Wealth Management advises clients on their investment strategies on an individual basis.*



Energetic Healing Emotional Release

**Get in touch with your inner self
and build a more positive environment
within and around you.**

- Reconnective Healing®
- DNA Theta Healing
- Intuitive Coaching
- Commanding Wealth

Experience healing beyond anything you've read about, thought about, dreamed about—
The Reconnection™

Christine Sonnen, ATP 847-438-2529

CONNECTING with ANGELS

by Blake Cahoon

*Together with your angels
you can begin to create the
life you truly desire.*

*These and other Cahoon
selections can be found at:
www.AmethystMoon.com,
or call 847-731-0614.*



Laurie Buchanan is available
to take you from where you are,
to where you want to be,
body mind and spirit.

**Whatever you are not changing,
you are choosing.**

815-276-7173 | www.holessence.com

The Power *of Vibration*

There is only one true vibration that everything flowers from.

Nothing of our outside world (health, wealth, family, business, community) can manifest without the seed of this vibration. It is at the core of all things allowing form to take place through divine grace.

Eckhart teaches that in our stillness we awaken the natural life force that is felt as a vibration through our inner body awareness.

It follows that to access this awareness we must first learn and know our *inner body* vibration. This vibration will offer the greatest power—which is filled with infinite wisdom for any life situation, at anytime, no matter what the past story is about. When we become aware of this knowing, a maturing of our consciousness shifts from the *ego mind* to a deeper awareness of the “*I am*”. Eckhart points to the inner body as a simple way to access the “*I am*” by residing within the inner body vibration.

If this interests you, an easy way of accessing is to sit still each day (even for a few moments) while bringing your attention to your breath.

The *ego mind* may come up with all kinds of opinions and view points. It is key that you do not allow your attention to be drawn to your *ego mind*—but rather to keep it on your breath. This will open the door for inner body awareness to expand. It is very effective to place your attention on your hands and feel. Allow them to come alive and see if you can feel some kind of sensation in them.

An inner-body relationship has begun. From here, allow that energy you

witness to flow naturally throughout your whole body until you can feel the deep silence *that you are*.

Eckhart Tolle, as well as many other teachers I have studied with, speak of this inner wisdom as the *real essence of who we truly are—which is also known as the “I am” presence*. This essence is very subtle and requires stillness to first be felt. Once understood, it becomes natural, and the life force begins to guide us rather than our *ego mind* which can never recreate the pure wisdom from within.

The *Inner Body Vibration* is a very powerful tool and has been with all of us since birth. This vibration is our greatest treasure that is worth more than any gold, greater than any scholar, more beautiful than any sunset. It is the doorway to the unique essence of who you are and what you have to offer this world. It is why you are here. There are over six billion people in this world and you are the only one with your life expression.

Knowing this the celestial Beings are in celebration.

To emphasize how powerful this vibration can be, Eckhart told a story about Rembrandt. One day he saw an old chair that seemed worthless to others, and yet from his inner wisdom (vision) he saw the beauty in it and was moved to paint it on canvas to capture its charm. Rembrandt was not thinking of how much money this painting would make him or what others would think of him for painting it. He was painting because that is *what wanted to be expressed from him*. When collectors saw this paint-

ing they were moved at how this painting made them feel and were willing to pay millions for it. Yet ultimately to the world it was just a worthless chair.

Eckhart shared with me that when he wrote “*The Power of Now*” he was not thinking of writing it to make money. He even said he would be surprised if he sold 500 copies. Eckhart wrote “*The Power of Now*” because he was moved from within to do so. There was no *ego mind* action in this process. It simply unfolded by *Grace* through him. Much like Rembrandt’s painting, Eckhart’s book sold millions and continues to do so.

I have witnessed that if the *ego mind* has any part of our life expression it limits the greatness that can manifest from us and our expression is seen through the limitation rather than the pure essence we are.

I know that by living within our inner body vibration the awakening from the sleep state will unfold—naturally offering everything we do be touched with grace. ✨



Maggie-Amari Wilkins worked with Eckhart Tolle as his personal assistant when he first published *The Power of Now*. Mag-

gie now works and teaches in the Chicago area and in Vancouver BC, sharing her experience and knowledge in various groups and workshops. Reach Maggie at www.one-heart.net, or call 847-648-8955.

Qivana

Would you like an unparalleled opportunity to increase your current income easily, by getting on board with what will be the most successful direct marketing company to date?

- Balanced Body~Natural Energy~ Increased mobility
- New MLM pre-launch opportunity
- Four giants from **Xango, Usana, Noni** and **Nuskin** are coming together to launch Qivana.
- **100% botanical, scientifically proven, FDA approved, vegetarian friendly and cruelty free, patent protected products.**
- Superior management team! Cutting edge compensation plan!

Take advantage of this life changing opportunity to find the financial freedom that you deserve. Pre-registration for founding distributors begins on March 1st 2009.

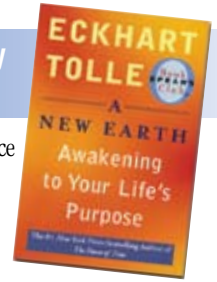
Contact us now to seize this opportunity of a lifetime.
jill@botanicalprosperity.com • 847-271-4473
www.botanicalprosperity.com

Living A New Earth Discussion Groups

facilitated by Maggie Wilkins

Don't miss this unique opportunity to take your journey deeper!

Join Maggie & friends and learn the gift of silence with the infinite wisdom that it evokes to enrich our lives NOW. These groups are fun, life changing, healing and enlightening.



Maggie Wilkins has been facilitating *Power of Now* groups and workshops since 2000, in Vancouver Canada and Chicago IL. As



Eckhart Tolle's assistant, she had the opportunity to learn from Eckhart his unique teaching tools that guide us into joy even while pain is present.

Contact Maggie Wilkins: teachings@one-heart.net or www.one-heart.net

Wauconda Group— Wed, 3/3 & 4/7
Honey Hill Coffee, 107 S. Main Street,
7:30pm to 9:00pm, \$20 per session

Deerfield Group— Mondays
Deerfield Borders, 49 S. Waukegan
3/1, 4/12, 5/3, 6/7, 7/5
7:30pm to 9:00pm, \$20 per session

Come to one or all!

Events at The Present Moment— Libertyville— 521 N Milwaukee
Libertyville Group— Tues, 3/3 & 4/7. 7:30pm to 8:30pm, \$20 per session
NEW! Talk: Inner Leap in Consciousness. Sunday, April 18, 2:00–3:00pm

danya MOTIVATES

**All you need is a desire....
I can help you with the rest.
I will challenge and hold you
responsible for successfully
achieving both your personal and
professional goals.**

**Today is the first day of the rest
of your life.**

What are you waiting for?



Danya Levinsohn
life empowerment coach

773-354-2734 • www.danyamotivates.com

Deepen & Celebrate Your Life Through Meditation

Available in daily classes, retreats, workshops and events



Other activities include:

Feldenkrais
Belly Dance
Inspirational Movies
Guest Speakers
Music
Celebrations



773.262.1468 • www.Lifesurfing.org

1418 W Howard Street at Sheridan Road, Rogers Park, Chicago

Professional Directory

Acupuncture

Healing Spring Acupuncture Center, Andrea and Mitzi 847-901-1800
Healing Traditions, Lisa Decatorsmith, Carrie Wilhelm 847-381-6400
Barrington

Chiropractic and Wellness Centers

Center of Integrative Manual Therapy 630-279-0032
Care by licensed physical therapists. Elmhurst, Deerfield,
Downtown Chicago
Hayashi Integrative Health Center, Hayashi Mikiharu, DC . . 847-593-1794
AK. Nutrition, Acupuncture, Detox
The Center for Well Being, 509 West Main Street, Barrington
Mark S. Gibson, M.D., *Medical Acupuncture* 847-304-4073
Suzanne Gibson, LCSW, PhD, *Solution Oriented Therapy* . . . 847-304-1062

Coaching

Counseling & Coaching Services, Galina Buckhout, LPC, NCC. 773-592-4069
Deborah Todd, CPCC, ACC, www.lifecoach-deborah.com . . . 630-262-0881
Louise Hay certified workshop leader, certified life coach
The Spirited Path Coaching, Patti Baron Schreiber 630-624-5362
www.thespiritedpath.com Move forward and love your life!
ShiningLight—Illuminating the Path to Your Soul 847-309-0376
Janice Olson, CHT Spiritual Life Coach and Angel Therapy Practitioner™.
Life Path Readings reveal purpose, gifts, conflicts and challenges. Angel
Readings discover guardians and how they assist, guide and heal. Animal
Totems aid personal and spiritual growth. Spiritual Life Path Coaching
helps clarify goals, identify and overcome obstacles. Choose a path that
reflects personal values and purpose. By appt. www.shininglight.com
email AngelicLightworker@msn.com

Energy and Body Work

Atman Wellbeing, Masaru Kato www.atmanwellbeing.com
ARCH® (Ancient Rainbow Conscious Healing) 847-687-7886
Kathy Georgen, ARCH Teacher & Practitioner, *Gurnee*
Catherine White, Dipl. ABT, R.I., M.M.Q. 847-358-8968
MI ZAI Shiatsu energy balancing & Medical Qigong treatments.
Crystal Bed, Experience for yourself! Rev. Patty Pipia 847-845-8818
Chiropractic Synergy Wellness Center, Schererville, IN . . . 219-865-9917
Lori Enevoldsen, D.C., Wellness Consultant. Focusing on
the cause of disease; Extremity solutions
EFT (Emotional Freedom Tehcniques), Tom Masbaum. . . . 708-687-2101
Simple tapping procedure to eliminate emotional and many
physical symptoms. Success guaranteed or no charge.
Classes and individuals (also by phone). CEU's (LCSW's -
MT's - Reflexologists). Testimonials on www.EFT-Tom.com
Energy Healing Practitioner, Liz Jacobucci 708-798-9107
www.lizjacobucci.com
East-West Integrated Therapies, Dr. Christine Rogers 847-458-6220
Ancient to modern traditions for mind, body and psycho-spiritual health.
We feature holistic and oriental medical evaluations and treatments includ-
ing acupuncture, stress reduction, energy medicine and massage therapy.
New Barrington location!

Christine Sonnen, ATP, www.christinesonnen.com 847-438-2529
Energy Psychology, ThetaHealing Certification Training

Ganfield Therapeutics, Lisa Ganfield 847-244-7070
Specialists in gentle pain relief through Myofascial Release
www.ganfieldtherapeutics.com

HolEssence – Certified Holistic Therapies 815-276-7173
Laurie Buchanan, PhD, HHP, CHT, RMT, www.HolEssence.com

Reiki Treatments and Classes, Rivian Wolf, RMT 847-488-0041
In-Person & Distance—People & Pets

Rosen Method, Kathy Broxton practitioner and LMT 847-680-1829
Gentle bodywork resulting in muscle relaxation, followed by
awareness and release of memories patterns and feelings.

Sacred Spaces Bodywork, Dodie Corcoran 815-337-5704

Shiatsu and Naturopathy, Sharon Fullington 847-223-8568
Grayslake, www.bodyworksandmore.com

Feng Shui, Space Clearing, Organizing and Interior Design

Clutter Coach Company, jane@cluttercoach.com 847-776-8717
Professional Organizer and Life Coach

Design in Balance, Joyce Madeline 847-361-4459
Interior Designer certified in Feng Shui. www.designinbalance.com

Nutrition, Health Food, Skin Care, Yoga Products, Stones

Original Chi Machine, Internal Whole Body Healing, Cheryl . 888-209-1010
KidneysDamaged.com— AutismKidsCure.com—BloatingBelly.com
cell: 847-971-6926

Qivana–Balanced Body, Jill Kiley 847-271-4473

The Present Moment, www.thepresentmomentinc.com . . . 847-367-1581

Law and Mediation

Linda B. Kroll, Therapist, Mediator and Attorney 847-914-0560
www.lindakroll.com

Marketing & Graphic Design

Graphic Design and Promotional Materials 847-726-2093
Logos, brochures, websites, custom designed

Past Life Regression, is, Therapy and Counseling

Empowerment Counseling, Rivian Wolf, MA, LPC, NCC 847-870-0797

Endless Possibilities, Sharon Cohen (*local number*). 224-595-8369
Clearing limitations from your subconscious www.endlesspossibilities2.com

Nancy Ging, ACSW, LCSW, www.nancyging.net 630-323-5402
Holistic Psychotherapy, Hypnosis, Energy Psychology, EMDR

Susan Wisehart, M.S., CHT, LMFT 847-438-7878
Trained by Dr. Brian Weiss, www.susanwisehart.com

Massage

Listening Touch Massage, Laura Rose Boyle 773-726-8733
Breema®, Bodywork & Yoga, Glenview & Lakeview, www.listeningtouch.net.

Massage Shop, Bonnie, *Free aura photo w/massage!* 815-459-4955

Pets

Companion Animal Holistic Medicine, Dr. Susan Fife. 847-757-6654
Veterinary Chiropractic, Acupuncture, Homeopathy

Holistic Veterinary Care, Dogs-Cats-Horses, More www.wholevet.net
Debra J. Rykoff, DVM 847-381-8458, John J. Hanover, DVM . . . 847-997-4401

Schools, Learning and Personal Growth

A New Earth Discussion Group, Maggie Wilkins. 847-648-8955

Blake Cahoon, *Connecting with your Angels* Book 847-731-0614

Empowerment Counseling, Rivian Wolf, MA, LPC, NCC 847-488-0041

I.M.U. Inner Metamorphosis University 773-262-11MU (468)
Jeffrey Tippman, www.Lifesurfing.com

Matrix Energetics, Cece Ryan. 800-269-9513

MI ZAI Shiatsu—Chicago, Catherine White, Director. 847-358-8968
Shiatsu, meditation and Medical Qigong classes and enhancement workshops. Open the connection to your inner self and life purpose— Learn to help others walk the path of wholeness with Asian Bodywork Therapy.

Movement Meditation Classes, Susan Cahill 847-920-1556
Call for bi-monthly classes and information.

Reiki Classes, Rivian Wolf, Reiki Master Teacher 847-870-0797

Reverend Barbara Rocha, Teacher & Spiritual Counselor . . . 630-510-7104

Science of Spirituality, Cathy Gallagher. 630-955-1200

Vibrations Reiki, Andrea Friedmann, RMT. 773-338-7890
Groups, sessions, classes, and mentoring. www.vibrationsreikispirit.com

WomensWisdom, Jeanmarie Dwyer-Wrigley, M.S. 847-776-4230
"Where living the dream, creates the reality."

Workshops: Creative Expression in comedy, drama, story telling; Sacred Movement, Dance; Feminine Spirituality Cinema; Women's Celtic Spiritual Circle; Thriving Women Support Group. www.womenswisdom.org

Soul, Spiritual and Intuitive Counseling & Psychology

Agatha Moeller, MSW, LCSW 312-932-9163
Counseling Individuals & Couples as well as
Intuitive Consultations, Chicago Office Location

Christina Samycia, PsyD, Psychotherapist and Life Coach . . 312-285-5287
FREE First half-hour consultation, 77 W Washington, #1519 in Chicago

Empowerment Coaching with Susan Loraine Barker, CEC . . . 847-566-5884
www.mandalasbyloraine.com

Illumination Mediumship. 847.838.5694
Mediumship readings by intuitive relay medium Leslie Anne.
Connect to your deceased loved one. www.illuminationmediumship.com

Rebecca Hill, Teacher • Speaker • Intuitive. 847-438-1070
Readings or consultations by appointment only. Speaking engagements to groups of four or more.

Yoga

Jingui Golden Shield Qu Gong, Teresa Mullam Frease 312-479-0010
Health, Vitality, Energy. www.jingui.com

Yoga Therapy for Children and Families, Mira Binzen, RYT . . 773-465-4932
All conditions assessed; Payment by donation

Relationships

Connecting with Others

You don't have to worry about what their vibration is if your vibration is one of connection. Because if your vibration is one of connection— you're going to dominate the vibration. This is the way you learn your relationships. The thing that most people do not understand, is that you get to control the way you feel, because you get to choose the thoughts you think. Most people think that they only have the option of responding to the circumstances that surround them.

That's what makes them attempt the impossible, which is to control the circumstances around them, which only feeds their feeling of frustration and vulnerability, because it doesn't take very much life experience to discover you can't control all of those circumstances. But you can control your vibration. And when you control your vibration, you've controlled everything that has anything to do with you.

—Abraham Hicks

Excerpted from the workshop in El Paso.
www.abraham-hicks.com

Advertise in Evolving Your Spirit!

Just follow these easy steps to be in the May issue:

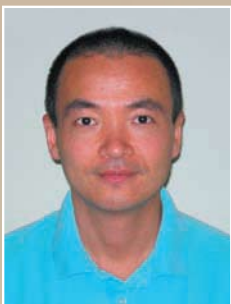
Call or email by April 12 (theme is One.)
debbie@evolvingyourspirit.com or 847-726-2093.

Or, see the website for advertising details. In the green bar, just click on Ad Rates or Information.

Discounted rates for multiple submissions!

While on the website, check out the Calendar for information on great events happening in our area!

www.evolvingyourspirit.com



Intensive Healing Retreat

Liberation from Your Issues *with Masaru Kato*

Saturday and Sunday, April 17-18

Starting at 10:00 am on Saturday, and ending at 6:00 pm on Sunday

If you have experienced a positive result from energy healing/spiritual healing sessions in the past, have you ever wondered what will happen if you receive the healing all day long? Even an hour session is powerful enough to put you into a peaceful state. Can you imagine how deeply you would enter the incredible blissful state if you received the healing energy for several hours? If you are interested in profound healing and liberation from your issues to that extent, here is an opportunity for you.

Masaru, an advanced spiritual healer, will perform the healing with the entire group. The group will work on each participant, one after another, which will be facilitated and coordinated by Masaru according to the specific needs of the individual. Each day, you will be saturated for about 6 hours in a healing circle of elevated clearing. You will receive an individual session each day as well as participate in all the clearings and healings. The collective intention of the group accelerates the healing processes. Thus, it will be far more effective and powerful than the ordinary one-on-one healing session. Between the sessions, Masaru will lead a healing meditation to deepen and integrate the healing effects on you. This retreat is about helping you clear at all levels; physically, emotionally, mentally, and spiritually, so that you will attain a balanced, enriched and enlightened life.

If you are feeling stuck, sick, miserable, in pain or just wanting to breakthrough invisible barriers, then this retreat could heal your life and get you back on track. This retreat will be an ideal opportunity for you if you are seriously dedicated for a deeper spiritual awakening and enlightenment.

***Location:* Loretto Center, Wheaton, IL, see www.atmanwellbeing.com for directions**

***Investment:* \$280 (two-day workshop), \$40 (meal plan), \$55 (lodging)**

Prerequisite: Usui Reiki Level 2

You should not necessarily be a professional healer or therapist to attend this retreat. However you are required to hold the healing space (that is what I call "Sacred Space") for fellow participants, during the group healing process. You need to have some capabilities to perform healing for someone else. I set my Usui Reiki training as a prerequisite in order to attain the optimal group healing effects.

**To sign up, or for further information, please contact Masaru Kato
at 847-981-4261 or email info@atmanwellbeing.com**

www.atmanwellbeing.com