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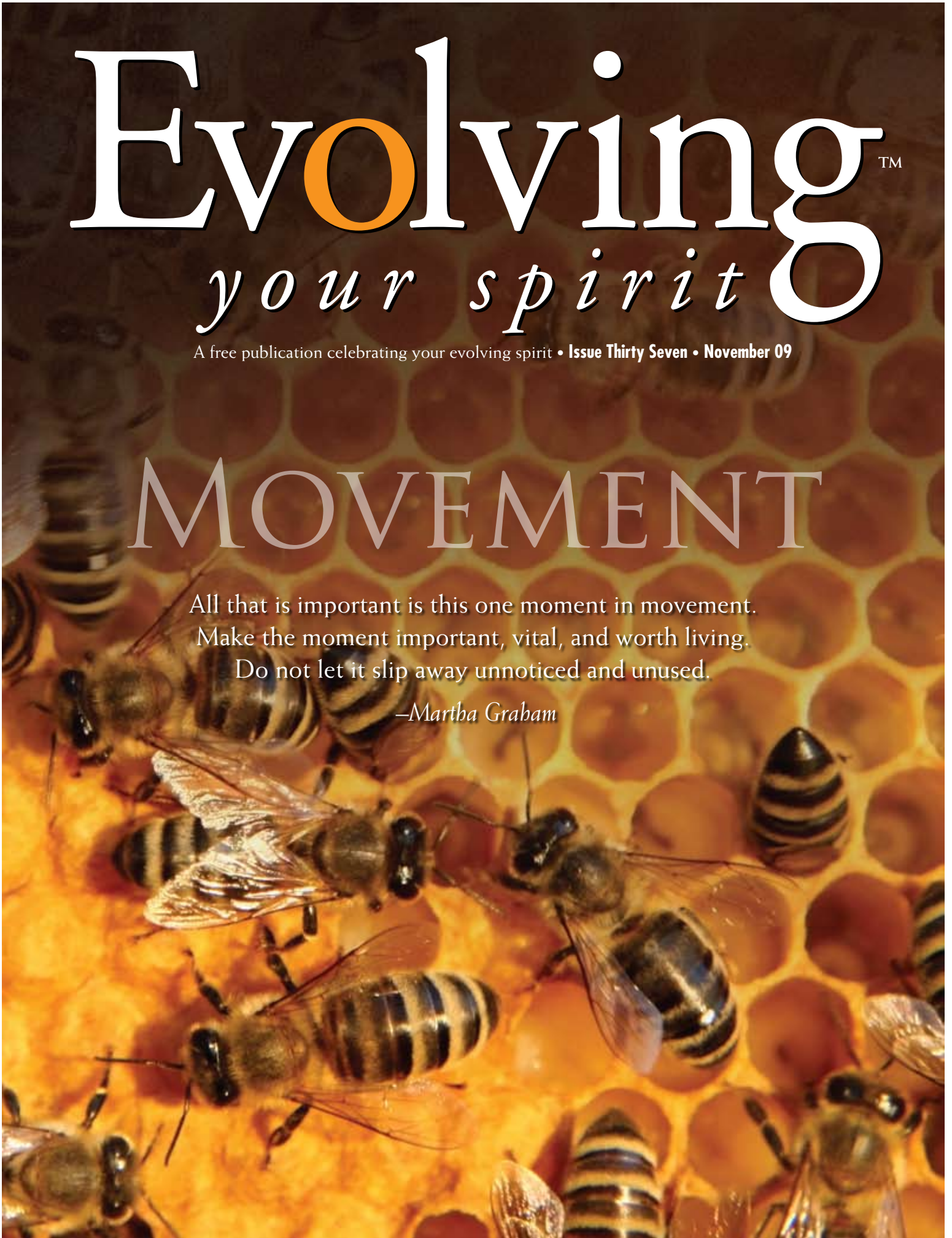
your spirit

A free publication celebrating your evolving spirit • Issue Thirty Seven • November 09

MOVEMENT

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—Martha Graham



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Grand
Opening!

Movement...



Welcome to the Movement issue. As usual, a word with many possibilities. Physical movement, moving from a stuck place emotionally, a group movement toward a cause or purpose...

All good. Stagnation is the opposite of movement and that has never been what I am looking for. I almost said bad, but who knows? All is necessary, right? We just choose what we choose and then let the consequences play out. And that is a topic for another issue!

We've covered a smorgasbord of points of view, and you can choose what you feel aligned with and what doesn't ring your bell, so to speak. I'm happy to report that *Evolving Your Spirit* is moving along and growing. I am getting a lot more emails and calls from readers and I love it. Keeps me going—to connect with you and hear how our community is receiving what we put out there and offering feedback.

This is the last issue of 2009. Hard to believe we are entering 2010 and yet here we go. I love the number. Feels very powerful to me, and balanced. I have a good feeling that this will be a big year with a lot of growth, energy and movement. What went on with the economy wasn't pleasant for a lot of us, and like it or not a big shift was created. So many changes in the way people are spending money, saving money and resources, and creating some things themselves. More movement. It feels like we are done worrying and ready to move forward. The space gave a lot of us some time (like it or not) to reflect on what we are wanting to create, and the gifts we want to share and put out there.

At year end I love to reflect on the year past, review the lessons learned and put a rough sketch together in my mind of what I'm wanting the new year to include. A lot of times I write down what I'm letting go from the old year on scraps of paper, and then I burn them, and let go of all of it with the smoke as it takes it away. Then I write my intentions and wishes for the new year on more scraps of paper and burn those. Letting go of the rigidity of my expectations and allowing the universe to bring me my highest good.

As you move through the space from one year to another, I wish you all the health, joy, peace and abundance you are ready to receive.

Until next year,

Debbie Mackall, Editor and Publisher



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Issue Thirty Seven, November, 2009

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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 Jan. 15.
Our theme will be Grace.

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

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E-motion

by Masaru Kato

Through my healing practices, I have found that many people are afraid to feel their emotions, especially negative vibrations such as sadness, anger, and fear.

For instance, one of my clients claims that she cannot cry. She cognitively knows that she is sad, but she cannot internally touch her sadness. If she touches the sadness, she feels as if she slips off, free falling, into bottomless despair. She is not alone, is she? We are afraid of rage, because we feel that immense terror is waiting in concealment. We are afraid to confront our emotions that are like demons below the barrier.

Repressing emotions, unfortunately, exacerbates the severity, bitterness, or violence of those vibrations. You can become irritable if you avoid feeling anger; and may become hysterical if you avoid feeling your sad-

ness. I feel you need to cry out when you feel sad, rather than to resist the need to cry out. In my experience, your emotions should be discharged in a healthy way. It appears not coincidental to me; the world emotion is composed of the prefix "e" and the stem "motion." E-motion means to move out. *Emotion should move.*

I know you need to move out of and with your emotions, because motion, in my eyes, is the fundamental nature of the universe. I believe, as your nature is congruent with the nature of the universe, your being is supported by the universe, and you will be balanced and fulfilled.

In this regard, I would like to discuss a little bit about Isaac Newton, an English physicist in the 17th-18th centuries.

Present day spiritual seekers argue that Newton proposed a materialistic and mechanistic world view, which eventually leads to a secular life style in the modern world. Newton is quite unpopular in the metaphysical com-

munity today. However, I would like to cast the light on his significant contribution to humanity. His law of inertia suggested that an object stays in motion unless an external force resists it. It implies that movement is a natural state of everything in the universe.

This is really a revolutionary idea.

Our common sense assumes that a *static* state is natural and normal, while a *dynamic* state is special. We think that special efforts are necessary to move things. We need to push hard to move a couch, for instance. Newton presented the opposite view. We need special efforts to stop the movement of matter. If nothing tries to stop it, it keeps moving. Motion is a natural state of the universe. I sincerely support this idea.

Probably, ancient Chinese people knew this nature of the universe. To regain the balance within you, their medicine focuses on the flow of blood and of the life force energy, called Chi. If there is restriction in its flow, or it is stagnated, you become vulnerable to illness. As the water of the river stays clean as long as it is running, you will be clear, when the essences of your being are flowing.

When one experiences acupuncture, he or she usually feels a tingling sensation running through the body. Chinese medicine helps to regain the natural movement of blood and energy.

Nowadays, many people are beginning to accept this energetic view of the human body. We are not ordinary pieces of clay but a substance that has been infused with Spirit and charged with the life force energy.



People are not only doing physical exercises for stimulating the flow of blood and bodily fluids, but also taking care of their energetic states through Yoga, Tai-chi, Qi-gong, Reiki, etc.

Here, however, I would like to point out that I don't think that enough attention is paid to our emotions. My energetic state reflects my emotional state, and vice versa. At a deeper level of my being, there is no difference between emotion and energy. They are the same.

When we are excited, our energy level rises. When we become depressed, it falls. Therefore, it is important to note, as you repress your emotions, you are actually limiting the flow of your life force energy as well. You do not realize this repression until the energy stagnation causes some severe physical problems. The question to ask is, "How much do you allow your emotions to move out?" In other words, "How deeply do you feel your own emotions?"

As I stated in the beginning, people are afraid to feel the depth of their emotions.

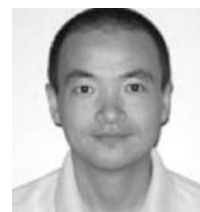
From the standpoint of one's ego, it appears chaotic or even harmful if it touches the emotions that resonated with immense strong vibrations. It seems to be like that small fish (ego) is afraid to be swallowed by a whale (emotions). In some sense, the task of ego is to prevent it from happening, for the sake of its own preservation. Thus, you cannot allow yourself to feel your emotions deeply, because it means for your ego to give up its duty of self-protection.

Here, we can find a dilemma. On one hand, you need to be in touch with your emotions in order to be alive. The flow of emotions and energy are the essences of life. On the other hand, however, it is difficult to let the emotions move out, because of the resistance of ego. To overcome this dilemma, there is a requirement of having an enlightened awareness. As you fully realize your own infinite awareness, what many call the "True Self," you can let go of the control of the ego. From that infinite awareness, nothing is threatening you. You will gain full access to your emotions. I am not saying that you need to be enlightened to feel and move out your emotions. But, some level of spiritual transformation is necessary to let your essence flow freely.

Whether or not the ego gives up its control, is the key to discharging your emotions in a healthy way, which does not harm yourself and anyone else. Alexander Lowen, Ph.D., a founder of Bioenergetics, states, "Healthy emotional expressions never take the form of hysterical outbursts. They are ego syntonic,

that is, the feeling is expressed with the full support of the ego. As the result, the movement which expresses the feeling is unified and total." The ego's consent to your essence, energy and emotion, is required to allow them flow.

That is not an easy task; however, I assure you that you can do it. We all have experienced the surge of anger, the melting sensation of love, and the streaming of pleasure. These internal movements are the essence of life. It is our nature. We need to let our nature operate us, rather than to have the ego control us, putting us into the repressed and depressed state. ✨



Masaru Kato is an energy healer and a spiritual teacher, offering transformational workshops

throughout the year. You can reach him at 847-989-4261, or info@atmanwellbeing.com. Please check his web site at: <http://www.atmanwellbeing.com>



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Moving Ahead

by Christine Samycia

I can remember the first time I had a glimpse of inner peace. I was running along the lakefront, as I do just about every morning. For several weeks, I had been contemplating the circumstances of my life. This day, in the middle of my run, something inside of me told me to stop and pause and look out at the water. At that moment, I found myself totally submerged in the beauty of the scenery. The water was such a deep shade of blue and the sky was so crisp and azure. As I lost myself in the beautiful scene, this feeling came over me—a feeling I had not quite felt before. I was happy; not an ecstatic kind of happy, but a peaceful kind of happy. Then I thought to myself, how can I be happy if nothing really happened to me? My life was still the same. I was broke, single and struggling to finish my dissertation, but despite all that, for just that moment, I found authentic happiness.

But it was better than happiness, I had found inner peace. For that one beautiful point in time, I was truly in the moment and the moment was perfect because I had accepted it for what it truly was. In that moment, I was not thinking of all the things that were wrong because, in essence, at that moment, those things did not exist. I felt that although everything is not where I would like it to be and I could accept it. I finally accepted my life exactly the way that it was and dropped the pain that stemmed from judging about how things weren't at that point. I felt that the place that I belonged was right here and right now. I trusted that everything was going to be okay and that this place that I was in right at that very mo-

ment was part of my journey. I finally got it. Right then and there, in the middle of the bike path along Lake Shore Drive, I finally got it.

It was not the pursuit of happiness that I needed, which I had deluded myself to believe. I needed to feel peaceful. I needed to calm all those feelings inside of me that were driving me crazy. I needed to trust that I would be fine even in the midst of the mess that was my life. All I had to do was decide to let go of it; let go of what I thought my life should be, let go of trying to change things and let go of the pain. It was so simple, but yet so profound. I realized that inner peace is something that I had been searching for my whole life and I never quite knew it until one chilly Chicago morning. I knew I never wanted to release. Now don't get me wrong, there was a long journey that transpired before this epiphany, but this, this was the pivotal moment. It was at that moment that everything came to together and I realized just how simple inner peace can be. Here are some of the lessons that I remind myself on a daily basis to maintain this state of peace.

Life lesson # 1: We only have control over ourselves.

Many of us struggle with finding inner peace, because we desire to control external factors, such as other people and the condition around us. During times of adversity, it is wise to remember the serenity prayer; "Grant me the serenity to accept the things that I cannot change, change the things I can, and the wisdom to know the difference." Let's examine it. "Grant me the serenity to accept

the things I cannot change." This means the world around us; in fact, it is possibly everything but ourselves. "Change the things I can." This takes into consideration how I look at things and react to the external world. "And the wisdom to know the difference." This calls us to continually understand that we have little or no control over anything except ourselves. Often, we are upset, angry, sad, frustrated, etc. due to our desire to have control over situations or other people. If we learn to relinquish control over external factors, we can attain a sense of peace. It is important to deal with things as they come without any negative emotions attached. Once we have attached negative emotions, inner peace is lost. Although we have an impact on the world around us, at the present moment, it is important to accept our present as it is because our present is just as it is supposed to be. The only thing that we can control in the present is ourselves, and how we react to situations and what actions we choose to take.

Life lesson # 2: Letting go of our expectations and desires.

Our suffering is primarily created by our desires and expectations. Think about your current situation. List all the reasons that you are not feeling at peace. When you examine this list, most, if not all of the items on the list involve desires or expectations. We have expectations of how things "should be." We have a picture of how our life should be, how our family should be, how others should treat us, how much money we should be making, what job we should

have, etc. These expectations are what create our suffering because, frequently, our present does not resemble what we think it should. We become victims of the images we create and the thoughts that we have about how things should be, which creates un-peacefulness.

Inner peace is achieved when we lose our attachment to our desires and can see the reality in our current situation without judgment. You can find peace and appreciate what is instead of lamenting what is not. Letting go of expectations and desires can be quite profound, leading you to feel at peace with your present. It is important to keep in mind that you and your life are exactly how they are supposed to be at the present time. This may be a difficult idea to grasp during a time of adversity, however, it is important to keep in mind that there is a reason the universe has created the situation you are in right now. And instead of judging it, realize that at some time you

will understand the lesson that is to be learned.

A thought to keep in mind, and something of which I continually remind myself, is, "My life is (or I am) perfect, with all of its (my) imperfections. I have exactly everything I need right now. My life is exactly how it needs to be at the present." Once we let go of our expectations and desires, we can accept our present. This does not mean that we don't do anything about our current situation. It means that we do what we can at the present time without feeling a negative emotion. Even during the most trying times, it is important to accept the present for what and how it is without judgment. Even in the most trying times, it is important to embrace the present exactly how it is and trust that what we are going through in the moment is important for personal growth.

Continues on following page

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Continued from previous page .

Life lesson #3: Living in the present

We rarely live in the moment. We are either lamenting over the past, worrying about the future or judging our present. Think about the moment that you are in at this minute. You are reading this article. The moment is (hopefully) peaceful. When is this peacefulness interrupted? It is when you break away from the moment and start thinking about the list of things you should be doing instead of reading? This is judging the present. Or is it when you start wondering about what needs to be done later. This is living in the future. Once you leave the moment, you are no longer feeling peaceful. Living in the future causes anxiety. Hurt, sadness, guilt, and resentment occur when we live in the past. Here is the irony. Both past and future do not exist. The only thing that truly exists is the moment that you are in right now. Yesterday only exists in our thoughts; therefore, it is not real. The future certainly does not exist. If we really think about it, how healthy is it to be preoccupied by something that does not exist—the past and the future?

The moment is precious because that is all we really have. Ask yourself, are

you frequently rushing through life, only focusing on the future? Are you frequently judging the present moment in a critical way? Are you frequently upset about the past? You are probably thinking: Well, what do I do if the moment is terrible? It is important to acknowledge the situation for what it is, accept it without judging, and decide what you can do right now to deal with the situation at hand. Judging your reality is only keeping you from finding peace within the moment.

As the Maharaji said, "We are trying to satisfy our external needs, but that is what we don't want. We want an internal Knowledge; we want something that is within, inside of us; we want that inner peace. This is a natural instinct. We are born with that instinct within us that we are all looking for something in this world. We are all looking, desperately looking." My wish for you is that you embark on your own unique journey of discovering inner peace and experience a breakthrough of radical acceptance that will change your life. ✨

Christine Samycia has recently released her book Inspiration for a meaningful and authentic life! and can be reached at 312-285-5287.



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Moving Along

by Jamie Thornton

Earlier this year I went fishing with a friend that insisted on using night crawlers because that is all he has ever used. Having fished with anything from kernels of corn to stink bait I knew a trick or three so I suggested we find wax worms for our next fishing adventure. He bought me a bag of rubber worms and said "Well, they're not wax but I think this might work the same." I couldn't help but laugh at this seasoned fishing pro. We found a local shop that sold wax worms, I explained the differences and we headed out to land the biggest fish in Horsetail lake. Well, I ended up only catching frogs but the experience taught me a great deal about life.

Wax worms are funny little hairless things that resemble maggots and undergo metamorphosis, thus turning into small annoying moths. They're no longer than a thumbnail and are light yellowish tan. Right before they change they begin to get darker in color and are virtually useless for fishing. The change happens so quickly that you may buy a small cup of wax worms but get to the lake with half a dozen moths wiggling their winged way through the wood chips they're packed in.

Change in life can be just as sudden and we may find ourselves banking on the consistency of familiarity in what we have grown accustomed to for so long that the changes sweep us off our feet. These changes have the power to rip apart our lives if we let them, but we also have the choice to let them take place and utilize them for the wisdom we gain as much as the experience they bring.

Sometimes we see loss as bad luck and allow that to stomp us out before we even light our fuse. When we wake every morning, why not suck

in that first big breath and step outside the front door to greet the day. We take great risks that come with the rewards and failures only true effort brings. Instead of acting foolish we must make educated decisions so the risks are worth the end results. Even when we cannot truly know the outcome of our choices we must have faith and trust our judgment for without true faith in ourselves what more can the world see in us?

When we give of ourselves we lose bits and pieces of what make us who and what we are but what we gain is far greater. We shed the skin of old thought to grow into the undercoat of new experience and knowledge. We must be cautious to hold onto the essentials in life lest we find ourselves poor in spirit and pocketbook as well. Know where to spend the most important resources you have before you make investments that will bring you no yield.

When we try to accept that this world is ever changing around us we may be adamant to letting go of old ways of life. Traditions evolve into something we are unfamiliar with but we have so much to learn in accepting the beauty of new ideas for what they are. Every step forward is progress, no matter how small the step. All that is meant to be will find a way. We must be patient in our desire for understanding for truly meaningful change does not happen over night. Life is like a Chia pet, not the play-doh hair styler.

Without change life becomes far too routine and boring. Ideas fester and stagnate and when people become bored with life they make rash decisions. Instead of striking out at life for

being the way it is, lose the baggage of mediocrity at the airport during your voyage through life and wing it. Live every day with the thought that you will learn something new and find beauty no matter how ugly you may feel, both inside and out. There is beauty everywhere and it evolves just as we do.

We must never lose hope that there is a life beyond the death of the traditional thoughts of past generations. Our grandparents may tell us stories of how we have it too easy but they do not know our struggles because they may be so set in their ways. When they had to walk in the snow uphill and downhill life was much simpler and struggles were still struggles, no matter how small they may seem to us today. In a world where we fight to stay up to date on current technology and the rising costs to keep up with the Joneses we may never know snow up to our ears but we do know society can bare on us just the same. Everyone struggles.

If we stop on the tracks of life the train of change will not only crush us flat but leave us behind as well. Even if you cautiously clutch the rails of the caboose you're going along for the ride. I say, don't be left in the dust of societal transformation. When we all get together and work towards the common good of positive progress we move at a much steadier pace we can all keep up with. ✨

Jamie Thornton writes for Examiner.com where she writes on the common sense applications of the nondenominational approach to spreading the teachings of Tarot for spiritual growth and personal evolution of mind and soul.

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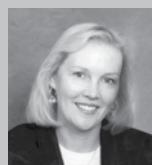
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Movement and *the Family*

When I first contemplated the theme MOVEMENT for this month's issue, I felt certain that I would focus on the importance of physical movement as a portal for direct divine connection. Physical movement can be of great assistance in releasing mental and emotional blocks that leave us stymied and resistant to our own inner knowing. When my children feel anxious or confused as to their next life choice, I often prescribe physical movement such as dancing, walking, or raking as an antidote to clear the head and hear the voice of the soul.

While physical movement is a gateway to introspection and expanded spiritual connection, it is also important to recognize it as a reflection of the energetic movement that is occurring behind the scenes at all times. I am speaking about the movement that creates physical reality. This is the movement that manifests intentions. This is the movement that shapes thoughts, words, and choices into future life experience. I believe that if you offer your children insight into energetic movement, they may begin to understand and utilize the unseen, yet deeply felt divine presence that runs through all things.

In describing energetic movement to your children, water can be a very useful analogy. The ocean is a large body of water that flows at all times

and cannot be stopped by anything or anyone. Each wave with its unique subtleties is an integral part of the ocean, but must ebb and flow with the larger aspect of itself just the same. We are also individual aspects of a divine essence that is continually moving and flowing in one direction. We can either be the wave, and crest and wane in unison with the whole, or we can attempt to resist the current and defy natural movement with great effort and manipulation. No matter which course we choose—one of allowing or resistance—just like the water the natural movement cannot ever be completely stopped. The same is true of the energy used to shape physical reality. We can indeed move against the current by refusing to follow deep inner sensings that keep us aligned with divine flow or we can begin to make conscious life choices that mirror our authenticity and move unencumbered by external voices toward a desired future.

In order to harness the ebb and flow of universal energies, I have found that you must become more intimate with your own interior. The energy that you are in is what you offer the world, and ultimately determines your physical reality. It is of utmost importance to be consistently aware of your own state of being. What lies beneath the surface of your exterior persona? A vibration of true joy, ap-

consciousness



preciation, love, empowerment and freedom feels light, peaceful, fluid, and clear within your body. It is a feeling of well-being, non-resistance, and quickened energetic movement. A heightened state of being signals a time for action. Your vibration reflects alignment with universal energies, and synchronicities should be acted upon at this time with enthusiasm. In other words, you can teach your children to strike while the iron is hot as they quite literally surge with the flow of universal energetic movement and harness the power to create sustainable energy around a desired physical outcome.

On the other hand, when you are moving against divine direction offered as intuition and deep inner knowing, your vibration feels blocked, dense, uneasy, and heavy. The actual cellular movement deep within the body feels slowed down and almost stagnant. At this time, taking a pause and moving into a phase of non-action is the preferable choice. Soul work becomes imperative here; quiet downtime allows for reflection and excavation of underlying beliefs, perceptions, habitual patterns, and overall paradigms that

may be creating blocked energy within the whole system. These times of slower movement provide rejuvenation for the soul and are to be viewed as an important part of the process. At this time, children must be encouraged to allow themselves the necessary time for inner work. Alone time coupled with physical movement may be ideal for this leg of the journey; something that they can consistently rely on to tap into inner knowing.

By simply paying closer attention to your own interior rather than outside sources, you create an intimacy with yourself that will permeate and direct life choices. Over time, you will effortlessly feel in your deepest space the divine flow of energy of which you are a multi-faceted part. An inner knowing as to your state of being in relation to universal energetic movement is a hallmark of conscious living that can become the basis for creating the physical reality of choice. It is important to speak openly and consciously to your children of the energetic movement occurring at all times right below the surface of

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reality. Through your support, sharing, modeling, and daily discussions, your children will gain an expanded perspective of life experiences. Include your family as you uncover the gems hidden in the inner linings of your soul. Share with your family your capacity to determine times of action and non-action. Most importantly, I hope you assist your children in making life choices that are in alignment with all that they know to be true for them. ✨

Annie Burnside is a parent, educator, and professional soul nurturer, residing in the Chicago area. As a soul nurturer, she helps others to awaken to their own spiritual truths by providing spiritual support and encouragement. www.annieburnside.com



The Longest Distance

by Alyse Rynor

I can recall as a child, my friends would try to fool me with this little joke, as they would ask, "What is the longest distance in the whole world?" Of course, my answer usually sounded something like, "The Sun" or "Pluto". My friends would then end up roaring with laughter, eagerly telling me I was wrong. Soon, they would give me the punch line saying, "...the longest distance ever is the distance between your head and your heart". Although they were laughing, I believe they were much too young to understand the power of what they were really saying, but they seemed to have fun with the joke anyway.

Today, I recognize the depth of wisdom contained in that little joke. For, the answer is quite true. The process of moving out of your head and into your heart can feel like the longest distance around. In fact, it can often-times take a lifetime to reach. Yet, at the end of that journey is where our true wisdom lies, in our heart. The answers we are seeking can only be found there. But, for most of us, we spend time looking for answers in our heads. We attempt to ponder and to think it through. Albert Ein-

stein reminded us of the impossibility of doing that when he said, "You can't solve a problem on the same level of thinking at which it was created." And, most of our problems are created by our thoughts.

*"All you need,
lies within you."*

~ Mary Anne Radmacher

Did you know that what we think and what we believe to be true determines the choices that we make? The interesting thing is that many times, what we believe to be true hasn't even come from our own thoughts, but from the thoughts of another. We may have taken on the beliefs of a teacher, a parent or primary caregiver, our religious upbringing or the neighborhood bully and we told ourselves they were true.

When was the last time you stopped to go inside and ask your heart about

your happiness? If you are like me, perhaps you found it easier to search elsewhere for answers; in the stores, in the refrigerator, or perhaps in the next relationship.

Our head so often speaks to us from fear, while the heart always speaks to us from love. Love holds a connection to a High Power, God, the Universe or as some call it, All That Is, while fear operates only from a place of individuality and separateness. Which one are you going to choose for your life? Which one have you been choosing? Are your choices and reactions coming from your thoughts, beliefs and fears or are they coming from the wisdom of your inner guidance system that patiently waits for you, ready to drive your life in the direction of your dreams?

Your inner wisdom holds all of the answers you need. Knowing that is the first step. Learning how to get there and to access your answers is the next. Yours is a courageous journey. Perhaps this is a whisper from your soul. Learning to move from your head to your heart may be the farthest distance, but once you arrive, it may prove to be the doorway to the next level of health and happiness for your life. ✨

Alyse Rynor, LCSW has been counseling individuals, couples and families for over 16 years in the area of personal growth and transformation. Also is also Certified in Integrative Coaching, a program created by best-selling author, Debbie Ford based upon her work with the Shadow, and offers this model of healing work over the phone. (847) 847.840.0884 to learn more.



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—Eckhart Tolle (*A New Earth*)

When you allow life to unfold within each moment it gives movement to the form that is awakening spirit.

Our consciousness holds perfection which is waiting to be witnessed. The question is: *Do you feed your fearful conditioning rather than allowing the movement of "what IS" to unfold, therefore exposing YOUR infinite wisdom?* My experience has been that when I operate from my ego/mind (conditioning) the movement within requires much of my life force energy, yet when I simply relax into the movement of "what IS" (the Now) all kinds of desired results manifest.

A number of years ago, I was in the hospital unable to move my body, completely motionless. The outside world saw this as a tragedy. My mind went into fear about my situation evoking thoughts that I would go mad. At that time, I could only see what my situation was and not the potential that was waiting to be seen. Eckhart shared with me to use this experience by investigating my stillness within and witnessing the movement of life which wanted to unfold.

I released my fear in trust to Eckhart's words and with every breath I brought my attention to each second, as the actual moments felt too large to me.

Immediately I became aware of my heartbeat which guided me to dive deeper within— which seemed to seed a *new* movement, a vibration arising throughout my body. Not able to physically move I was surprised that I could feel these profound movements that seemed to allow joy rather than fear. On the level of *form*, my situation looked like a loss. Yet on the level of *essence* I knew it was a great gain.

As I allowed this movement within, an awakened state seemed to be understood in my body, and my "tragedy" ended in complete joy.

I learned that action, although necessary, is only a secondary factor in manifesting the external reality. The primary factor is the *movement* of allowing consciousness to unfold.

No matter how active we are, how much effort we make, I found that the movement in my state of consciousness creates my outer world experience. ✨



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

Maggie 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.

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Moving Out of a Rut *by Julie Murphy Casserly*

After my dad suffered his two strokes, he became difficult to be around because of his negativity. For months he was not easy to get along with. In his eyes, life was not good. After three months in intensive care and three months in a rehabilitation facility, the rest of us were just happy to have him alive, but that wasn't enough for him. Any effort to lift his spirits fell flat. It seemed that all he could do was complain. Eventually, my mom and I and each of my siblings concluded that we couldn't help him any longer. We were all tapped out. He needed to find the will to live inside himself.

After hearing the same complaints over and over again, it seemed like Dad was keeping an itemized mental list of things that weren't going right, and it was endless! Still, I continued to believe that there was a spark of happiness in him, which once in a while, you could see. He just had to find a way to let it emerge. I remember asking him once how he was, and, as usual, he began reciting all the things that were wrong in his life and what he hated about his situation. I felt so frustrated that I let out a plea, "Dad, isn't there *anything* in your life that's good anymore?" He looked a little surprised, but at that moment a tiny window opened into his soul allowing a sparkle of hope to escape. With a disgruntled look on his face, he declared, "Well, I'm sure glad I'm not in that darn wheelchair anymore!" Ever so slowly, he began seeking out other things that made him happy. Sure, he still has a "crabby list" and some days are better than others.

Now when I talk to him, he usually catches himself and tries to identify something that's going well. This is heart-warming. The dad I love and adore is coming back. We all get stuck in various ruts. Some of them can be pretty deep and painful. But one of the wonderful miracles of the human condition is that happiness is our birthright. We have the ability to escape the doldrums of life and return to the bliss we were born with.

Actually, happiness is a funny thing. Just like the interest that compounds in a savings account, happiness grows exponentially. It has a ripple effect. It also feeds on happy behavior. One day in the office, my staff was really stressed out. I pulled out a sheet of smiley-face stickers and walked around putting them on everybody and everything. We all couldn't help but laugh. In one silly moment, the whole mood changed. What's important to recognize is that all you need is one happy moment to carry into the next and the next and so on. Soon you have a whole string of

happy moments that keep building on each other. Remember, it only takes one tiny giggle to inspire a big burst of laughter.

Certified Financial Planner Julie Murphy Casserly is a Chicago-based entrepreneur and author. She founded JMC Wealth Management in 2000, and works with clients worldwide, singles and couples, some just starting out, others with a high net worth who are contemplating retirement. Many have reached a crossroads or a major obstacle and need help getting "unstuck," so that they can move forward, without being burdened by a lifetime of accumulated misconceptions about money and wealth. www.emotionbehindmoney.com

*This is an excerpt from Julie's new book, **The Emotion Behind Money**.*

To help others, Julie has declared her mission to "financially heal America" by helping people understand their feelings towards money, and how these attitudes affect how they earn, spend and save (or, conversely, accumulate debt).

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By appointment only. Call or visit us at
www.quantummatrixcenter.com for upcoming events

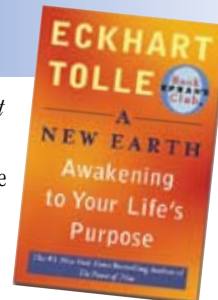
Living A New Earth Discussion Groups

facilitated by Maggie Wilkins

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

*All are welcome to attend, it is not a requirement
 to have read Eckhart's books, yet it is helpful.*

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

Honey Hill Coffee Company
 107 S. Main Street, downtown Wauconda

Nov 4 & 18 and Dec 2 & 16


7:30pm to 9:00pm, \$15 per session

Chicago Group— Intensive

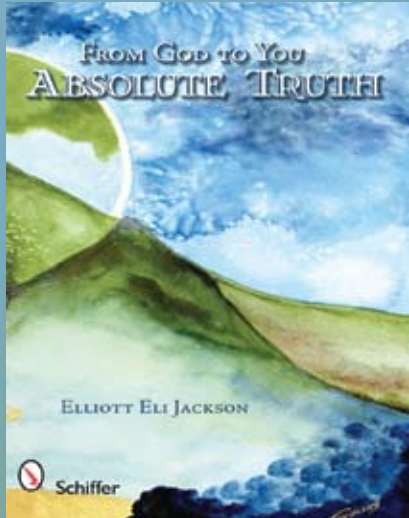
The Crowne Plaza Chicago Metro
 733 W Madison

November 8 and December 6

2:30pm to 4:30pm, \$25 per session



The Quantum Matrix Center




Channeled messages
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 Elliott Eli Jackson in
 Barrington.

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Infinite Consciousness Seminar

Doorway to the Unity Consciousness

by Masaru Kato

*The real is near, You do not have to search for it;
And a man who seeks truth will never find it. — Krishnamurti*

Times: Sat. & Sun. , Dec 19-20, 2009,
starting 10:00 am on Sat.,
ending at 6:00 pm on Sun.

Investment: \$280 (workshop),
\$40 (meal plan), \$55 (lodging)

Location: Loretto Center, Wheaton, IL, check the web site below for directions

You have been motivated to capture the true nature in yourself (namely True Self or Higher Self), which is an infinite consciousness filled with love and the force of creation. As it emerges in yourself, you will detach yourself from false identities: emotions, thoughts, and memories which have disturbed you. This will bring you liberation from pain and suffering. The problem is that any effort to capture your True Self turns you away from just that, because it is not something obtainable. The True Self is, in other words, the Witness that is observing every aspect of your being: body, idea, thought, emotion, sensation, feeling and so on. Like the eye that cannot see its own eyeball, whatever you can see cannot be the Seer/the True Self/the Witness. Everything you can know about yourself is not the True Self. As long as you are trying to see, know, or grasp it, you move away from your true nature.

You need to stop trying to capture the True Self. You have been already with it, if you will simply let it manifest itself in your life. Any effort does not work; therefore, the non-effort/doing-nothing approach is a key to let your true essence emerge. At this workshop, you will practice an "effortless effort," and will be aligned with the state of "passionate equanimity." Every process at this workshop will help you to release any desire to achieve something, to control something, and to protect yourself. You will do nothing, fight nothing, resist nothing, and expect nothing. You will surrender yourself to the moment of Void, while retaining the power to create your life. Within this surrendering state, your true essence unfolds in the space of no boundary. The more you surrender, the more you are fulfilled. The more you unguard yourself, the safer you feel. Surrender will lead you to enlightenment, where you experience deep happiness, quietness, peacefulness, joy, and fulfillment.

To enter the ultimate state of consciousness, we will engage in:

- Meditations that lead us to the surrendering state
- Receiving transformational energy
- Group healing work
- Yoga or stretch work
- Silent meditation
- Discussions about consciousness

**To sign up or for further information,
please contact Masaru Kato,
at 847-989-4261,
or info@atmanwellbeing.com.**

Everyone is welcome if you are dedicated to your spiritual growth.

This workshop will be an opportunity to touch your true essence, which is the Mind of God.

www.atmanwellbeing.com