



EvolvingTM *your spirit*

A free publication celebrating your evolving spirit • Issue Forty Nine • Nov 2011

Strength

Physical strength can never permanently withstand
the impact of spiritual force. —*Franklin D. Roosevelt*

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Strength...



I love that we are ending the year with strength. Personally I have found inner strength myself this year. Challenging times for sure, and I am focusing on making 2012 fantastic—flowing and seizing the opportunities of this new energy we find ourselves in.


Staying in the present and appreciating this festive season, while also laying the groundwork for the coming year is keeping me busy lately. This is a big year for *Evolving Your Spirit* as we are launching a bigger, expanded version that will begin with the January issue. It is issue 50! That's a milestone for sure. We're in our 9th year, something to be proud of.

I'd like to introduce a new associate who will be working with me on the magazine as the Managing Editor and Community Liason, Eileen Grace. Eileen brings over 20 years of experience working in the Holistic Healthcare field running a Hospice Center, and doing advanced energy and counseling work. She will be a great addition to the magazine, and you'll see more of her in upcoming issues. Tammy Reyes is also joining our team providing much needed administrative help. She will be helping to keep us on track and I'm looking forward to working with her as well.

Starting with the next issue, we'll be adding new Holistic Healthcare offerings, expanding the Professional Directory and Showcase sections, as well as offering new online options and more.

Stay tuned! Lots of exciting new changes coming up as well as more of the great articles you love, as we enter the new year 2012!

Many blessings to you all. Let's be kind to each other in this busy season and remember to have gratitude and faith. Staying together and holding the space of loving community has great strength.

Cheers, 

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A free publication celebrating
your evolving spirit.

Issue Forty Nine, November 2011

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 January 15.
Our theme will be *Harmony*.

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!

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Life is Supposed to Feel Good

Always a favorite, here are some more words of wisdom from Esther Hicks, channeling Abraham. We love her direct style of speaking, and the fantastic advice they give. Visit them at their website: www.abraham-hicks.com for more words of inspiration, a schedule of their speaking engagements and more!

You would never be discouraged if you knew, as we do, that anything you want must be, and that all you have to do is line up with it. You would never be discouraged if you knew, as we do, that when contrast causes you to clarify a desire, that, in the moment of that clarification, even if you don't speak words about it, Source immediately says yes to that desire and becomes one with that desire. So, there is no possibility whatsoever anywhere in this Universe that your desire is not being answered in the moment that you give birth to it. But if you don't know that, if you're still looking at the gap between your realization that you want it and your realization of the manifestation of it, then, because you have forgotten that it's going to happen for sure, we can see how you might get discouraged.

Feel the difference between something that you want that you know you can achieve, and how exhilarating that is, and something that you want that you feel powerless to achieve. And what we're wanting you to understand, is: *You need not ever again feel powerless about the achieving of anything—because when you ask, it is given, every single time.*

There is no such thing as something that is incurable; there is no such thing as something that is impossible. There's only vibrational discord with the wellness; that's what illness is. There's only vibrational discord with abundance; that's what poverty is. There's only vibrational discord with clarity; that's what confusion is.

You have Guidance within you that will help you to quantify your journeys. And so, you can tell (if you care about how you feel) whether you're marching, marching, marching towards something that you're going to like when you gets there. People will say, "Abraham, it came out of the blue!" And we say, hardly. You've been beating that drum for a long, long time. And you say, "No, I haven't. I haven't been thinking about that. I didn't think about the specifics of this terrible thing that happened to me." And we say: You thought about enough things that were a vibrational equivalent to this powerlessness that you are feeling (or to this rage that you are feeling) that you activated a vibration that kept you from going in the direction of what you want, and, in fact, took you directly to what you do not want.

When you are feeling ornery, ornery, ornery, ornery, ornery, you can't end up in Happyville. It's on a different path, you see. When you are frustrated, frustrated, frustrated, frustrated, everywhere you go, things that are frustrating in nature are there waiting for you. They are waiting for you with open arms. "You planned us," they say. "You prepared us. You called us from the ethers." And the Universe and Law of Attraction goes to great trouble (it's really no trouble at all; it's just a natural consequence of the Laws of the Universe). Law of Attraction (that which is like unto itself is drawn) will meet you around every corner with the essence of your vibrational nature. It's everywhere you



go. That's what we mean when we say: you take yourself with you.

What we want you to come to understand is that, here you are, wherever you are, and out there somewhere, is something you really want, and out there somewhere else, is something you really don't want. In other words, it's like your future is a big long stick with things you really want on one end, and things you really don't want on the other end. And here you are, in every moment of every day, making a decision about which direction you're going. So, it's like there are all of these potential forks in the trail.

Have you ever taken an airline trip or a car trip, or any trip, even a hiking trip, where you have made a direct line from where you are to where you want to be? Or, are your trips always ups and downs and around things? In other words, aren't you just always correcting your course, generally going in the direction? Jerry and Esther are amazed sometimes when they look at a map, and they realize that the road that they were on that says I-10 East doesn't go east a good deal of the time. It's really interesting how often it is going north, or even south in its general direction of east.

There are many twists and turns in your road, but you must have your Guidance System activated consciously so that you can tell, when you twist and turn, how you're wanting to correct yourself—because, of course, things are going to happen—of course. Something's going to sneak up on you that you didn't see coming because you weren't aware that it was active in your vibration. Sometimes,

stuff got activated in your vibration when you were really little, when you were living with somebody else whose activation was very strong, and you didn't even know it got activated until you got old enough that you started watching the manifestation response.

It's a wonderful thing, that what you think and how you feel is always a vibrational match. It's a wonderful thing that what you think and how you feel—and what manifests—is always a vibrational match. But if you wait to correct your course until something is already manifested, it's harder to correct your course. We call that post-manifestational awareness.

It's ever so much more effective if you are correcting your course, based upon the way you feel, and that you stop in the middle of an ornery moment and you say to yourself, "I'm marching, marching, marching toward something that I'm not going to like when it gets there. Can I find a slightly better approach?"

Now, this is the thing that we really want you to hear: We do not expect you, because no one has ever done it, to go from an ornery vibration directly to bliss—it doesn't happen. We don't expect you to immediately correct your course. We don't expect you to teleport yourself to where you want to be. This is a physical time/space reality where you have this magnificent buffer of time. So, you have plenty of time to get yourself lined up. And with every effort of realignment that you attempt, you will find a slight enough improvement that you will begin to see manifestations that reflect your effort. Even

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When things go wrong as they
sometimes will;

When the road you're trudging seems
all uphill;

When the funds are low, and the debts
are high

And you want to smile, but have to sigh;

When care is pressing you down a bit-
Rest if you must, but do not quit.

Success is failure turned inside out;

The silver tint of the clouds of doubt;

And you can never tell how close you are

It may be near when it seems so far;

So stick to the fight when you're
hardest hit-

It's when things go wrong that you must
not quit.

—Author Unknown

though you're not all the way to
where you want to be, you will see
manifestation that reflects your ef-
fort. (We're not kidding you one bit
about that.)

So, you might see yourself as stand-
ing always at a fork in the road be-
cause there is always the option of
finding a way that feels better. In
other words, wouldn't it be nice if?
Or, making the best of it. Or, there
is also the option of, wouldn't it be
awful? Or, making the worst of it. In
other words, you get to choose.

We see a lot of you (lovely Beings that
you are) making the worst of it over
and over again. And do you know
why you do that? It's for very well-
meaning reasons. You make the worst
of it because, at every level of your
Being, you understand that you are
supposed to feel good and that things
are supposed to go well for you. And
when they don't, you're, sort

of, freaking out
on even
v e r y

deep levels... there's something that
makes you want to shout, "Somebody
should call somebody about this!
Somebody should call somebody, and
somebody should fix something, so
that my life goes better," because you
were born with that promise in place.
You were born knowing that you are
the center of the Universe. You were
born knowing that the resources of
All-That-Is would back you up. So
when something's going freakishly
wrong, we understand your conster-
nation. We understand how frustrat-
ing it must be, or how disempower-
ing it must feel. But we want to say to
you: All you have to do, is make the
best effort you can right now, to fork
a little bit in the direction of what you
want— that's all the work is.

Every moment of every day, you
have these forks where you can go
closer toward something that you
want, or further from something that
you want.

You want to demand the world give
you what you want. And we say, the
world cannot give you what you
are demanding. The world is giv-
ing you what you're deserving. The
world cannot give you what you're
demanding; the world is giving you
what you're offering vibrationally,
and nobody can change what you're
offering vibrationally— but you...
We think the reason that you may
not be very good at it, yet, is because
you want to change too much, too
fast. You want the manifestation to
change, right now. And we want you
to just take this opportunity to mold
your vibration. Because as you take
this opportunity to mold your
vibration, and this one, and
this one, and this
one, and



this one, not only do you feel better along the way, not only do you have more friendly clerks across the counter, not only do you uplift rather than make people feel terrible, you feel better along your way. Your journey is brighter and brighter. And ah, the manifestations that reach out to you, the people that you rendezvous with, they are equivalent to the vibrational forks that you take in the road.

You are the creator of your own reality because you are the chooser of the thought right now.

Don't be hard on yourself. If you're standing in a place where you've been chopped off at the knees, where you've been hit in the gut, where you're feeling awful, don't feel bad. Don't beat up on yourself for not being able to choose the best thought you've ever thought. Just choose the best thought you can find from where you are. In other words, just fork off gently in the direction of what is important to you. And before you know it, your path will get brighter and sweeter, and brighter and sweeter. And the people who watch you will say, "You know, you amaze me. Things go well everywhere you go. Why is that so?" And you say, "I've come to expect it." And many of them will say, "Agh." They don't want to hear how you expect things to go well. They'll say, "Oh, that's because you're rich. Oh, that's because you have an entourage that travels with you." We promise you, no entourage can buck your current. There is no one in the world who can prepare your path for you, you see. You are all as rich as everyone else because you all have the resources of the Universe at your fingertips. And when you take the time, when

you care enough to take the time to find the better-feeling thought, now, you're moving toward something that will please you.

Every step you take, you are marching toward a manifestation. And if you feel good while you're stepping—you are marching, marching, marching toward things that are going to delight you when they get there. And if you are ornery, if you're unhappy, if you are frustrated, if you are blameful, if you are angry, if you are hateful, if you are revengeful, if you are fearful, if you are depressed—you are marching, marching, marching toward things that are going to augment that feeling of depression, of anger, of frustration. In other words, the way you feel must net you more stuff that feels like the way you feel.

The better it gets, the better it gets, the better it gets, the better it gets, the worse it gets, the worse it gets, the worse it gets, the worse it gets, the worse it gets. You cannot defy the Laws of the Universe—please give it up! Stop trying to use your words and your action for the stuff that attitude and mood, and vibration are to do. In other words, mold yourself into place. Do the vibrational work before you do the action work, and the action work will be a fraction of what it has been before.

If you take the time to do the vibrational work first, you won't have to offer nearly as much action. You'll begin to discover that the things that are important for you just unfold for you because the Universe is at your fingertips. The fairies of the Universe are there for you. You are the center of an enormous entourage that means to please you.

And when you, through your magnificent deciphering of contrast, give birth to a rocket of desire, that rocket of desire is duly noted, understood, and absolutely agreed with by all of the resources of the Universe. And now all you've got to do, is to get in the vibrational compliance with what you are asking for. (Isn't that nice to know?)

There are three steps to the Creative Process: Step One, you don't have to worry about; contrast makes you take that step. Contrast causes you to desire or focus, or prefer. Step Two, not your work, anyway. Source and all of the resources of Source answer your request. That's that vibrational alignment. That's that one point of vibrational relativity that happens instantaneously.

So, your only work is Step Three. And Step Three is: Can I find a thought right now that feels a little better than the thought I've been thinking? That's all Step Three is. Finding a thought that causes me to feel a vibration (or a feeling) of relief. So, there is allowing of what I want, or disallowing of what I want. There is allowing of what I want, or resisting what I want. You are either practicing the art of allowing, or the art of resisting. When you're forking off toward things you want, you're practicing the art of allowing. When you're forking off to things you don't want, you're practicing the art of resistance. And every day, and every moment of your life experience is a perfect reflection of how you've been forking. (Good.) ✨

*Excerpted from Abraham-Hicks Workshop
— San Francisco, CA*

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... and the Wisdom to Know the Difference

by Alyse Rynor, lcsw

**“When you shine your Light
you give others permission to
do the same.”**

—Marianne Williamson

A well-known prayer commonly recited by those in 12 Step programs, is the Serenity Prayer, which goes like this:

God, grant me the Serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

However, you certainly don't need to be active in a 12 Step group to benefit from these words which speak so clearly of a struggle that many have had at some point in their lives; the attempt to change something over which they no control. The idea of doing something like that might sound silly, yet without realizing it, it happens more often than most people care to admit. And, one of the most common places where this shows up is in relationships. In fact, many people actually hold hope that they can change something in another person or a situation from the past.

The ego clearly believes it is strong enough to attempt to control something that cannot be changed. In its' attempt to feel strong, it often causes a person to feel powerless instead. It thinks that if only it could do the right thing or create the right situation, the other person, the spouse, partner, family member, co-worker, etc., would magically become different, just the way they need them to be. Then, they could finally feel happy and at peace. Of course, we know that no one really has the power to change anyone else, whether they

talk incessantly, are an atheist and we're not, laugh too loud, frequently drink, are shy, clingy, distant, workaholic, eat too much or too little or perhaps wear their hair the wrong way. But, the ego will try. It will cause us to dance on the rooftop in a blizzard or do somersaults backwards in the rain, all in the name of changing another to be who they need them to be. In the end however, things remain the same and the dancer is the one who's worn out. Many relationships even end because someone gave away their precious power in a futile attempt to change the unchangeable. However, the only thing that was needed was the willingness to accept things as they really are. For, acceptance is made of a strength that is pure.

I believe that our first step on the path to a happier life is be to practice the art of acceptance.

The willingness to accept a situation as it is, is all that is required. If you don't yet have the strength to do that on your own, then ask the Universe for help. A wonderful prayer that can be used is this simple one that says, "Please give me the willingness to accept this situation as it is." Acceptance of things as they are will return you to a place of alignment, self-empowerment and clarity. The process of acceptance calls on an inner strength and a trusting connection to Source. It asks you to surrender your own ego's will, freeing you up to move with greater ease in the natural flow of your life. When you accept things as they are, you're closer to the things you desire. When you

become willing to accept the things you cannot change, you empower yourself to change the things you can - and most times that points to you. What a wonderful place to start - an area over which you have total control. The good news is that when you make any change within yourself, that change then ripples out to touch the lives of others and, the world.

You are the creator of your life. You have the power to change it, not by the ego's attempt to make someone else become different, but by shifting your perspective and making new choices from that place. This is true empowerment. Accepting things, situations, people or events as they are is the starting point for

any type of growth and change. It's your start line on the board game of life. When you have the willingness to step into a place of acceptance, of yourself and others, rather than staying stuck in the hope that something outside of you will change, you have begun to tap into your own inner strength.

The easiest way to begin this process is through these 6 steps:

1. Find a situation in which you have been going around in circles, hoping it could become different, yet remains the same;
2. Pray to, speak or ask the Source of your Being for the willingness to accept the situation, person or event as it is;
3. Go within to discover what it is about yourself that you might need to change that will make a difference around what you want;



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**“The journey of a thousand
miles must begin with a
single step.”**

— Lao Tzu

...and the Wisdom to Know the Difference (continued)

4. Secure this new part of yourself by taking an action step to do something in a new way;
5. Acknowledge yourself for the strength you are displaying in making a shift of how you are beginning to now show up in your life;
6. Observe and trust that you have shifted the vibrational energy around this situation and will begin to soon see the results. (Please don't be attached to what the outcome needs to look like. If you are, go back to step two and ask once again for the willingness to accept.)

There is truly strength in acceptance, one which allows you to make the change you can most easily access—the one within yourself. Perhaps that is what Life has been asking of you all along. Your strength is within you, for Source is within you; it is always there. If we all be-

gin to accept what we can change, if each of us calls upon the strength to take responsibility for ourselves, our thoughts, behaviors and actions in our lives, then the world can become a more beautiful and peaceful place. Let's be the ones to start that right now. ✨



*With a Mind, Body
& Spirit approach
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ing.com](http://www.soulchoicecounseling.com)*



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves ‘who am I to be brilliant, gorgeous, talented and fabulous?’

Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us.

It's not just in some of us; its in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.”

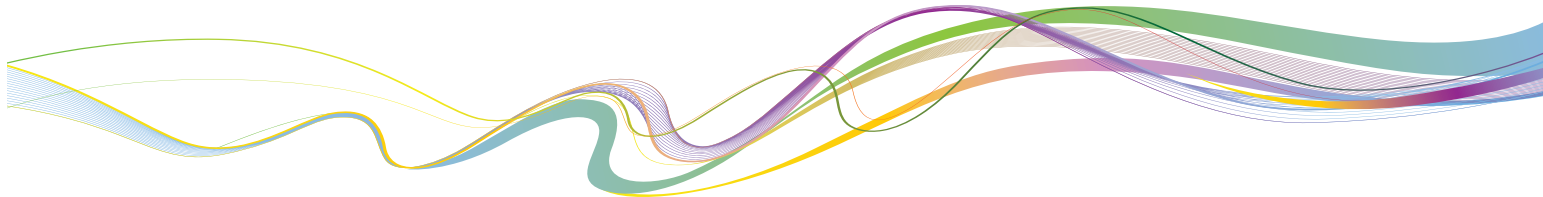
— Marianne Williamson

From her book Return To Love

**Please note that this quote is oftentimes
mistakenly attributed to Nelson Mandela.*

Strength vs Power . . . *your money as currency*

By Julie Murphy Casserly, CFP, CLU, ChFC



We all aim for strength. We admire people that exude it. We trust people that emanate it. And we follow people that exhibit it daily. Being strong is something we can strive to be on many levels: physically, mentally, emotionally, and financially. But it can be intimidating figuring out where to begin on our quest for true strength. And I think a good place to start is with our energy.

The power of energy

Many of us don't realize the power of our energies. Positive energy can net us unbelievable results. If you think you can do something—really and truly believe it—the limits to what you can accomplish diminish. And negative energy does the exact opposite; barriers appear exponentially and you seem to always find a reason to not go for something.

And this is where force comes into play. Force happens when you don't truly believe in or want to do what you're doing. Let's say you made a goal for yourself to pay off one credit card this year. A positive thinker lays out a plan that allows them to pay off the card while not charging more on other cards. This allows them to invest in the things they enjoy and still work towards their goal.

A negative thinker may consider just one credit card not enough to really make a dent, so they won't spend too much time on paying it off. They'll

force themselves to put a couple more dollars on the bill a few times for a while, and eventually give up because it's not making that much of a difference.

Instead of thinking positively about setting, planning, executing and achieving a goal, the negative person chose instead to do nothing. And by doing just that, they totally shifted their power.

Your money, your current

Money is energy, which is why the word "currency" is so relevant when we speak of our finances. Currents push waters from one place to another, and we do the same thing to our currency. Our money flows – from checking to savings, from banks to investments, and from our pockets to corporations' products.

So what happens to our money when our energy shifts? When we go from positive to negative; how is our current affected? We force.

No force, just power

I believe in the power of choice. And our energies dictate our choices. When we are in a positive state – where our currency flows peacefully – we are empowered. We can choose to do or be anything we want. So why not choose strength?

Being truly strong is rooted in positivity. And when you are in this state, force isn't necessary. Your current –

your money – will flow to where it needs to go. If your dream is open a business, it will flow to your investments. Or if you want to buy a home, it will flow towards that.

Think about the last time you forced yourself to do something that you knew you needed to do. What happened? Did forcing yourself work, or did you fall back on old habits? Spend some time these next few months writing down your feelings about the goals in your life. And then focus on getting your mind and your heart in a positive space. Focusing on strength – not power – is when you will see true progress towards your goals. ✂



Julie Murphy Casserly, CFP® , CLU, ChFC, is a 16-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>.

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

Strength & the *Family* **Strength Begins with Self-Love**

Strength is such an important topic in these times as we begin to understand that ego-strength is quite different from spiritual strength. Spiritual strength stems from knowing, accepting, and loving SELF, and therefore others, beyond labels, agendas and judgments, whereas ego-strength is based on them. If we truly desire to grow and expand our world, we must first grow and expand ourselves through the self-discovery of an inner strength that radiates outward into all that we feel, think, say and do. As this understanding of inside first, outer second, as well as being first, doing second takes hold more and more in our mainstream culture we will see great changes in our world.

In order to assist other families—I say families rather than individuals because it is my hope that we begin to view families of all shapes and sizes as the perfect vortex for sharing the fruits of self-exploration—I have created the initial framework for a SELF-LOVE Kit. I encourage parents and children alike to

work with these offerings— discuss them, collage them, journal them, draw them, express them and create soul reminders (visual cues) with them. These starting points can be either a powerful beginning or an exciting expansion of deepened inner strength within the home depending on where each family is with their unfolding conscious spirit-embodiment.

I encourage parents to become the spiritual leaders in their children's lives. Our children are ready. A yearning for soul depth literally pulsates behind the eyes of our young today, but they need guidance to remember and allow their personal soul truth rather than conform to the dictates of others. It is time that we assume a greater responsibility for reminding our children the truth of their divine nature and all that this glorious heritage opens up for them. There is no one else to do it. The time is now for parents to model self-realization through their own self-exploration and invite

the innate inner strength that lives within our children to burst forth. I hope the following SELF-LOVE points assist all families to shine their individual lights more brightly, for the world is indeed waiting...

Self-Love Is...

Experiencing a greater intimacy with our own soul through inner work, stillness, presence and joy.

Self-Love Is...

Understanding that we are, first and foremost, powerful, creative, divine, limitless, formless, eternal and infinite spiritual beings who co-create reality with the Universe according to our vibration— energetic frequency related to all that we think, say, do, believe and feel.

Self-Love Is...

Accepting, claiming and celebrating the divine paradox that is life—the nature of reality is actually and/both rather than either/or—and the peace that can be found as we rest within the paradox instead of resist it.

Self-Love Is...

Understanding that our truth is personal, powerful, and unique to us, as there are an infinite number of streams that ultimately lead to the glorious sea of self-realization.

Self-Love Is...

Feeling our way through our soul rather than solely thinking our way through our mind when it comes to



by Annie Burnside

making a simple decision or choosing a life path, allowing our spirit to captain the ship.

Self-Love Is...

Factoring ourselves in at all times no matter what the circumstance so that we may always live true and offer our highest truth to the world at large.

Self-Love Is...

Embracing our humanity by tenderly and lovingly acknowledging, accepting, and appreciating all universal human experiences as what it means to become consciously spirit-embodied by becoming a witness to our story rather than the story itself.

Self-Love Is...

Making our overall well-being—emotional, physical, mental and spiritual—the TOP priority in each and every choice due to the deep understanding that everything in our reality stems from it.

Self-Love Is...

Consistently making conscious choices that reflect our truth not the truth of another without apology.

Self-Love Is...

Trusting ourselves to know what truly resonates for us in all life experiences, while simultaneously blessing all else that doesn't resonate as part of the Oneness and leaving it for others who are a vibrational match to it.

Self-Love Is...

Understanding that our internal perspective creates our external experience not the other way around.

Self-Love Is...

Allowing ourselves to flow naturally with life by surrendering to what is so rather than succumbing to the belief that life should be showing up as something different.

Self-Love Is...

Allowing direct divine connection in everyday reality by opening up our unique channels to Spirit through authentic living.

Self-Love Is...

Doing the necessary uncovering of old beliefs and patterns through a variety of self-exploratory means to fully know, embrace and unconditionally love the Man in the Mirror so that wholeness may be felt deep within and expressed in physical reality.

Self-Love Is...

Allowing our soul purpose (dharma) to emerge in a way that feels good to us without any resistance or reliance on the approval of others.

Self-Love Is...

The freedom to be passionately,

fully, unabashedly, and authentically ourselves in every moment of every day!

We are each enough! SELF-LOVE, coupled with compassion and loving service toward our fellow man that stems from our truth, will create both the personal life and the world that our heart truly desires. ✨



A modern bridge between the mainstream and the mystical, Annie Burnside, M.Ed. is a soul nurturer, author, public speaker and teacher

specializing in conscious relationships and spiritual development. Her book Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family (Wyatt-MacKenzie, 2010) offers everyday mediums and universal, life-affirming themes to those families seeking to expand spiritual awareness in the home. Annie resides in Chicago, IL with her husband and three children. www.annieburnside.com

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The Power *of Strength*

**“Whatever you fight, you
strengthen, and what you
resist, persists.”**

— Eckhart Tolle

The power of strength can mean many things. To the east it tends to be spiritual and to the west it is the power of success, but to the individuals who are becoming aware of their true self – I call this their Authentic Self – discovers a strength within that is transforming and life changing. It is felt as the non-fleeting *Grace* manifesting in form.

Just recently I discovered this strength. It started from deep within, seeded by a profound stillness. Not the stillness of the mind or even the stillness of meditation or prayer. Rather a stillness that is not understood but felt intuitively and cannot be labeled because it is the unchanging essence of who we are. This still strength is beyond education, and life experience, even beyond our spiritual knowing. This powerful strength has no ego influence and no concern for our world. This still strength always knows what is right and best for us signaling our heart to speak or do what is perfect for the life situation in that moment. Its essence is tender yet direct and conscious to each moment.

This strength I am pointing to seemed to flood into my life this past month when my beloved father, George passed away. It was not a sudden death and before he passed away my mind assured me that we had enough great times together with a strong connection which would make his passing not painful for my heart.

When my father did pass on I didn't feel a painful heart but rather a deep

change in my soul. At this time I felt a strength awaken in me which I never felt before. I discovered that sitting in deep stillness, a subtle yet powerful energy brought a strength to my life that affected everything. This inner strength opened a wisdom of truth and guidance to my work and personal life which is still with me today. Before my father departed I asked if he was OK, and he looked at me with his deep blue eyes— the depth of the ocean— and said “My Maggie— God is more inside of me than I am, everything is good and perfect”.

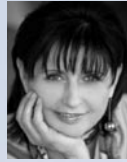
I could not speak because the words had no place for an answer but only to be still and silent. I then felt an energy arise within me so profound, grounding and strong that tears of love, joy and peace filled my whole body. George continued to point to my inner strength with his words of wisdom and deep love for our true self until the last days he was in his body. This inspired me to look at my own life and embrace each day with this profound inner strength shown to me and given to each of us.

We are all super humans when we live from the powerful strength within. Eckhart Tolle once said to me, “When we are in our inner strength we are



by Maggie Wilkins

unmovable". Can you be unmovable today in your interactions? Can you offer a still strength that is from a deep knowing rather than from a mind that knows only right and wrong? Are you being loving and compassionate to not only yourself today but to your world and your next movement? You can be by being present with your true authentic strength within you right now. ✨



Maggie Wilkins was working for Eckhart Tolle when he first published *The Power of Now*. She now works and teaches in the Chicago area and in Vancouver BC, sharing her personally designed meditation techniques for those with a busy lifestyle. She also recently opened the One Heart Center in Northbrook. www.one-heart.net, or call 847-648-8955.



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Inner Balance—Inner Strength by Laurie Buchanan

"When you feel like hope is gone, look inside you and be strong, and you'll finally see the truth. That a hero lies in you." — Hero lyrics, Mariah Carey

In school we learn that the strength of any structure depends on the greatest load applied to it, not exceeding its given limits. This strength and stability is derived through balance.

And so it is with humans. Rather than cement foundations and steel beams, however, one of our greatest supports is stillness. Not necessarily the lack of motion.

Stillness is dynamic; it's un-conflicted movement—no friction. It can be experienced whenever there is total, unrestricted participation in the moment we're in, when we're unreservedly

present
with whatever we're doing.

Stillness is a natural rhythm in the cycle of life. In the space that stillness creates—sacred space—we have the opportunity to quiet the mind and body, to re-group, re-charge, re-connect, to find a point of reference, something to measure against, and to find the wisdom we need to move forward. It's here we're embraced by the strength of calm serenity and balance.

I like to think of movement meditation as stillness in motion—the circulation of energy through movement of the body. The outside body is

moving, but inside the thoughts are calm and still, the energy is smooth, refined, and balanced.

Different forms of movement meditation such as tai chi, yoga, and qigong are noncompetitive, self-paced systems of gentle physical exercise and stretching that involve a series of postures or movements done in a slow and willowy manner; each posture coordinates with breathing and flows into the next without pause.

The graceful images of people gliding through dance-like poses as they practice movement meditation are compelling. Simply watching them is relaxing. These gentle movements reduce chaos and promote deep roots, calm strength, and balance—body, mind, and spirit—while at the same time, provide us with a strong platform to stand on when we're weathered by life's storms. And we will be. But like trees, we'll have flexible strength to bend in the storm while still reaching for the sky. ✕



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 Crystal Lake, IL. Her specific areas of focus are Energy Medicine, Personal Transformation, and Spiritual Awareness. Please visit her website at www.HolEssence.com and her blog, *Speaking from the Heart*, at <http://holessence.wordpress.com>.*





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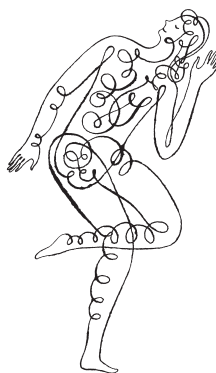


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