

# Evolving™ your spirit

A Free Publication  
Celebrating Your  
Evolving Spirit

Issue Fifty Six  
January/February 2013

Your Work  
as Joy

All Work  
and No Play?

People You  
Should Know  
*Lori Daniel Falk—  
Playing with  
the Angels*

Play as a  
Spiritual  
Practice

# Play

Life is a song - sing it. Life is a game - play it.  
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—Sai Baba



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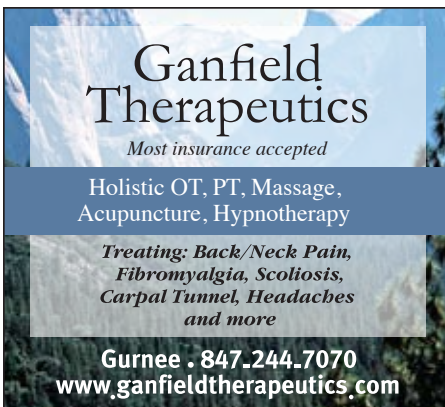


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# Evolving your spirit

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The next issue of *Evolving Your Spirit*  
will be available March 15.  
Our theme will be *Be*.

*A complete list of our topics for next year are  
up on our website in the Media Kit.*

*Please write in with your ideas and comments  
to [debbie@evolvingyourspirit.com](mailto:debbie@evolvingyourspirit.com). Thanks!*

## 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!), our new *On-line Professional Directory*, 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.



## Happy 2013! *Time to Play...*

Another new year. It always so fresh and full of possibilities as we change to a new number. Changing calendars, taking down holiday decor, making resolutions. It's a good time to take stock and look ahead with a blank slate.

This issue we're focusing on Play. It has been fun to put this together, and a good exercise in remembering to play, be light and have fun. I'd think it should be easy, and yet I had to remind myself. I sometimes get so serious, working on paying attention and trying to do everything. To play is fun. To play is light. I had a great time ending the year this way and will enjoy beginning the new one in the same light, I hope you join me.

As you can see, this issue is in full color throughout! I was referred to a different printer, and it seems like this will be a great ongoing option. I hope you enjoy it.

So much has been prophesized and contemplated as 2012 came to a close. No matter what your beliefs are, or how you experienced it personally, I think we can all agree that things are, and have been, changing. This is a great time to keep your thoughts positive, clear and focused ahead. I'm excited to embrace this year and all of the potential it holds.

I hope you've been enjoying the Radio Show that Maggie Wilkins and I have been airing. We have a lot of exciting guests lined up and we're having fun. As always we welcome your input. You can listen anytime by clicking the link on the website.



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# The Power *of Play*

## A Suspended Blue Ocean

by Hafiz

*There is only one rule*

*On this Wild Playground,*

*For every sign Hafiz has ever seen*

*Reads the same.*

*They all say,*

*"Have fun, my dear; my dear, have fun,*

*In the Beloved's Divine*

*Game,*

*"O, in the Beloved's*

*Wonderful*

*Game."*



## Can the power of play present itself to you today?

This play I speak of holds great joy. It requires no doing, no action, or no focus because it simply *IS*. And, is this magnificent play of the universe in your awareness? YES— because we are all one to all things. We all experience two distinct different worlds of play. The one from within each of us and the one from without. All 7 billion of us are having our own personal play with these two worlds. In our own unique fashion that can only be felt, understood, and experienced within the different play experiences all connected to the biggest play known – the collective dance between our universe and trillions of other worlds.

As the snowflake, we manifest from energy to shine the light of who we are in our uniqueness and mastery. The dance of the universe can be seen and felt through all of our expressions— bringing delight in the manifestation. What perfection we are, what grace it is to play with all of you now. As you read this you are with me and I with you. You are with the great spirits and they are with you because all... ALL are one.

As an even bigger extended gift we have Science and Spirit now coming together to show our minds what play really is. We collaborate to witness the play of play. We welcome, purchase, feed the science world with our acceptance in exchange for having the ability to see our universe in play. Atoms and space interacting together— knowing that that too

by Maggie Wilkins

is going on inside all 7 billion of us. Simply take a moment to experience your breath right now, when you breath in it effects the contracting moment of the universe and when you breath out it expands the manifestation of the universe. That is how connected you are in this play of plays. It is hard at times for the mind to grasp this. Know that Science and Spirit has proven that it is true. Great books have proven it is true. We are one in the play of life, we are all connected. What happens to you in this moment will effect that next moment in the play of oneness.

The Great One or God is the master of play bringing awareness of creativity, balance, trust, intuition, and the core essence of joy. If today you do not feel you are in play, I suggest taking a conscious breath and witnessing the stillness your play. If today you do feel your play, fill it with celebration and

witness the celestial beings join in. Now is the time to know that all you do is sacred. Why not consider a lasting truce with yourself and God. Now is the time to understand that all your ideas of right and wrong were just a child's training wheels to be laid aside when you can finally live with veracity and love. ✨



*Maggie Wilkins was working for Eckhart Tolle when he first published The Power of Now. She now works and teaches in Chaing Mai in Thailand, and has started a tour company called Pasada, organizing trips in that region. Her new meditation CD, A Simple Breath and her blog information can*

*be found at [www.oneheartwisdom.com](http://www.oneheartwisdom.com).*



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with Debbie Mackall  
& Maggie Wilkins



# Work as Joy Expressing



"...and prosperity is also work that is so much fun, it feels like play."

—Rev. Edwene Gaines

*Life* offers us the opportunity to be joyful. The Masters say our true nature is joy. Then there is what some call, "The real world", where we go to work, run errands, buy gas for our car and wash the dishes. But, somewhere in there joy is buried deeply amidst your greatest passion, awaiting its fullest expression. You know it's there. You've heard the whisper of your soul and may have tried to ignore it, because it might just make things a little bit uncomfortable. But, what if you started to let yourself listen... what if you discovered your passion? Better than that, what if you allowed that passion to be expressed? Would your work change or expand? Would your heart sing with joy? Would you feel that your "work was so much fun it didn't feel like work, but felt like play"? That's the goal, isn't it? For that's true freedom and freedom creates joy.

When I was a young girl, I wanted to be a "movie star". I dreamed about it every day. Then, the summer before my senior year of High School I was given the opportunity to attend an Actor's Studio workshop for a month. At the end of the workshop however, it was suggested I find another career path. So with a disappointed heart, I returned home, and within days I met a woman who was a teacher. I quickly became inspired by her work and then decided to become a teacher myself. After all, playing school was something I did with friends since I was six, and besides, I'd still be in front of people. Obviously, I loved it! So, in college I earned a Bachelor of Science in Education. But, following graduation I quickly learned that enrollments had dropped significantly and that many schools were now closing or closed and were being sold for use as office buildings. The need for teachers was at an all-time low. The job market was tough and I was devastated. I tried substituting, but despite my natural gift for and love of teaching, I ended up taking a job with an insurance company. I didn't like it and it didn't take long before I was miserable and unhappy. My soul knew that I was not living my potential. My heart recognized I was out of sync with the flow of my life. Despite being in my early 20's, I already felt lost.

The next 10-12 years took me through some great challenges. Yet, it was actually these years and those experiences that allowed me to answer the call to *play* at the next level of my life— as I unexpectedly felt drawn to become a Holistic Psychotherapist; work that I'm still very passionate about today. Many people ask me if it is difficult to do this type of work. My answer is always the same, as I share that it's fun.

Since I was young I'd always had an itch to understand how people worked on the inside and to know what made them tick. My quiet moments were spent pondering over the connection between humanity and spirit. I just had no idea that I could create a job that would express my passions so completely. Yet, being a Psychotherapist allows me to put all of this together and brings me great joy, while helping others. The best part is that at the times when I am leading a workshop, I'm also utilizing my love of teaching and ease of performing. It seems there are no mistakes in life. All things can lead you to your right livelihood and perfect job for self-expression, whether it is inside your home or out. Life has a way of bringing our desires to light if we allow it to. Allowing is the important part of our journey.

To find work that feels like play means to answer the call of your heart and listen to the whisper of your soul. If you aren't doing work you love, or if there is some other place in your life that feels like drudgery, then possibly you're dimming your light or playing small for some reason you may not even be aware of. Playing small is a way to remain safe. Of course, the ego can always justify that, but your soul knows the truth and communicates through your feelings. Feelings are the language of your soul.

The key to finding what you really love to do is to notice how you occupy your free time. Take a look at your hobbies. There are so many people who have actually taken their hobbies and made successful businesses out of them. I recently met someone who, for lack of his ability to break into Hollywood as a screenwriter, ended up working for an online dating service

answering phones. After learning so much about what people were looking for in relationships, he started his own business as a relationship coach and is now quite successful and having a lot of fun with it as well.

Sometimes your most passionate work is born out of your darkest moments. The struggles you've had or are dealing with now can often become your greatest gift to others. Perhaps you've been searching for your life purpose outside of yourself. Maybe it's been there all along.

To be able to fully express work you love and have it feel more like play may mean doing some healing. Sometimes we carry old unconscious beliefs that hold us back, such as:

- 1) Work wasn't meant to be fun.
- 2) Playing is irresponsible and childish.
- 3) I need to meet the expectations others hold for me.
- 4) I spent money on school for my current career and can't waste it.
- 5) Hobbies are meant to be hobbies, not work.
- 6) I'm not good enough to do what I enjoy for fun.
- 7) Who do I think I am?
- 8) I'd be irresponsible.
- 9) I shouldn't take money for work that I love.
- 10) I don't want to be seen as selfish.

You can see how the ego tries to keep you safe by holding you back from your greatest expression. But, your soul always leads you toward your highest potential. For life naturally wants you to be happy. It asks you to grow and to

show up fully. Perhaps it's asking you right now. The secret to beginning is to start playing the role of the *true you*. To do that, means challenging some of your old and worn out beliefs. Then everything that matches who you are currently will begin to show up, including work you can enjoy so much it just might feel like play.

So, I invite you to turn your work into play. Authentically express yourself through what you are doing. The world is waiting for you. If you feel a calling on your heart, know that it is possible to follow it. Otherwise you wouldn't feel it. It may bring challenges as you start to face some limiting beliefs. It may ask you to make some tweaks in your life, take some risks and stretch to the edge of your comfort zone. But, when you make a commitment to be true to yourself, you'll do things in your life that feel more like play than work and you'll be grateful for it. If it feels like your time to start playing at the next level of your life—then get ready, get set, because here you go! ✨



*Alyse Rynor, LCSW is a Holistic Psychotherapist with 20 years of experience helping people discover, embrace & express their authentic*

*self to live with greater joy and balance in their lives. She is the owner of Soul Choice Counseling, Ltd. & sees clients by appointment in her Evanston office. Most insurance accepted.*

Contact Alyse: 847.840.0884  
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# Your money: all work and no play?

By Julie Murphy Casserly

*Your finances are serious business. If you spend too much one month, you can't spend anything the next. If one of your credit cards isn't paid off, you can't use your available cash for a relaxing weekend getaway with your friends. And if you spend too much on things you deem unnecessary, you tell yourself you are a bad person.*

It's understandable that those of us who hold our money in the light described above are having some deeper emotional issues with it. Associating our purchases with good and bad feelings are a surefire way to get us in a tizzy about money; we try to undo our "bad" buys by taking all the fun out of our finances. We focus on saving everything, spending nothing and not funding our passions.

When we think about the things we truly desire in life, we go straight for the type of lifestyle we want to have. A dream vacation once a year. A great career that will both interests and challenges us. A financial life filled with abundance, not riddled by fear. Things like 401k's, stocks and bonds, and other investment opportunities are generally an afterthought when it comes to a "dream" life.

There's such a negative connotation with money – what we need to do to get a good savings, solid investments and keep up with our daily expenses. But what about the fun stuff? The exotic vacations, fun hobbies and fabulous shoes that we all love so much? The outside world focuses on the things we don't have like a robust savings or a progressive retirement plan.

## Action step

The things that are truly important to you should be at the center of your life. If you love IRAs and 401k's, you

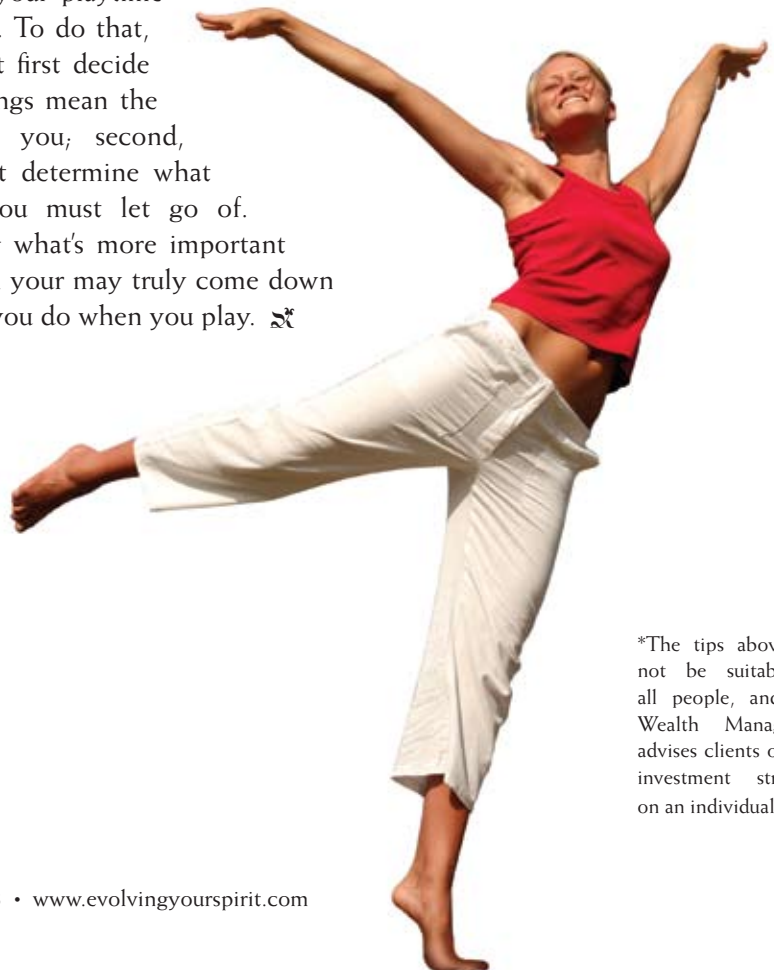
should absolutely discuss your options with a financial professional that can guide you in the right direction. Those things absolutely contribute to an overall healthy financial existence. This month, though, I want you to focus on the things that give you a child-like enthusiasm.

We all have a few hobbies that make us excited about life outside of family, friends and work. What we do when we are "playing" is often indicative of the things we should be doing during our days. This month, focus on funding your playtime activities. To do that, you must first decide what things mean the most to you; second, you must determine what things you must let go of. Deciding what's more important to you in your may truly come down to what you do when you play. ✨



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 17-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," sign up for her "Weekly Wisdoms for Wealth" e-newsletter, and to read her blog, please visit <http://www.emotionbehindmoney.com>. Connect with her on Twitter @JulieMCassly!



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



# Play the Prosperity Game

## The Power of Pretending

We've seen this game in different forms from various sources, I like this version called The Prosperity Game by Esther Hicks. It's a fun exercise, and is a great discipline! See what happens for you.

In the Prosperity Game, you begin by establishing an imaginary checking account. In other words, there will be no actual bank involved, but you will make deposit entries and check withdrawals just as if it were an actual account. You could use an old checkbook system that is no longer in use, an accounting program in your computer, or you could even manufacture a complete system by using a notebook as your checkbook register and blank pieces of paper for your deposit slips and checks. It is of value to make this process feel as real to you as possible.

On the first day, deposit \$1,000. And spend it. In other words, make a \$1,000 deposit entry into your checkbook register, then write out checks to spend those dollars. You could spend your money all in one place, using one check, or you could spend it for several different things, using several different checks. The point of the game is to have fun thinking about what you would like to purchase, and to enjoy the process of actually writing out the checks.

Be descriptive on the memo portion of the check. For example: For a beautiful writing pen or Great running shoes or Membership at Gordon's Health Spa. You can spend it all today, or save some of it for another day. However, we encourage you to do your best to spend it today, because tomorrow you will be making another wonderful deposit.

On the second day, deposit \$2,000.

On the third day, deposit \$3,000.

On the fourth day, deposit \$4,000.

When you reach day 50, deposit \$50,000. When you reach day 300, deposit \$300,000. If you play this game every day for one year, you will have deposited and spent more than \$66 million.

You will be benefiting by increasing your ability to imagine. In other words, you will discover, as you play the game for a few weeks, that it will begin to take real concentration to spend that much

money. And so, your ability to imagine will expand tremendously.

Most of our physical friends really do not exercise their imagination very much. Most people offer their vibrations almost exclusively in response to what they are observing, but by playing this game, you will find yourself reaching for new ideas, and in time, you will feel the expansion of your own desire and expectation. In doing so, you will benefit by shifting your point of attraction.

You see, the Universe is responding to your vibrational offering, not to your current state of being. So, if you are giving your attention only to your current state of being, then your future evolves much the same. But if you are giving focused attention to these wonderful expanding ideas that this game evokes from you, the Universe now responds to the vibrations of those thoughts.

The Universe makes no distinction between the vibration you offer in response to what you are living and the vibration that you offer in response to what you are imagining, so this Prosperity Game Process is a powerful tool for shifting your vibrational point of attraction.

© Abraham Hicks. Esther Hicks is an inspirational speaker and author. She co-authored eight books with her husband, Jerry Hicks. Together, they have presented Law of Attraction workshops for Abraham-Hicks Publications in up to 60 cities per year since 1987. Visit: [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com).



# Play— Our Nature

by Zubin Sherring

Our nature is to play. As is our propensity to dream, heal, teach and have a human experience. It is in play that we try new things, raise our consciousness, step up to the plate, grow our awareness and evolve. You may ask, "Don't we have to *work*?" No, you do not! Maybe the question is, "How can I invite play into my life and career?" If you like what you do for a living, then it can be play for you. To sit in the vibration of "work" is being *in effort* – another term for trying to change the external when it is the internal that you can change to your liking.

There are many stories of children who play with their imagination to raise money for a cause. I recently heard a story of some kids raising money with a lemonade stand in Detroit. They are born without an awareness of limit—they only see their abundant future. They have no problem reaching a solution and playing with ideas in how to get the solution in place.

As we get older, we can become serious, and play can become structured, scheduled, or not at all. We are then no longer fun to be around! A good way to know you are still in play mode is to watch a kindergarten class and see how long you can witness the adult attempting to be taken seriously.

To get a better understanding of a child's point of view, I wanted a first-hand account. Anna is a friend of mine from beautiful Sierra Vista, Arizona. I met her during my travels and lectures there when she was 9 years old (she is now 12).

Zubin: *So Anna, how are you doing?*

Anna: Fine. (guarded)

Zubin: *So do you still dream a lot?*

Anna: No.

Zubin: *Well, I remember you used to dream a lot. I do dream but the flying dreams aren't as often. Flying feels like having wings.*

Anna: Oh I have wings. I do fly

Zubin: *Isn't that great? You can fly over the oceans, mountains or close to the ground.*

Anna: (Giggles) yes I do that!

Zubin: *You see things before they happen.*

Anna: Yes like going to school.

Zubin: *How is school?*

Anna: We have a substitute teacher and she is pretty boring.

Zubin: *How do you mean?*

Anna: Well she said she was like the regular teacher Mr. K. but she's not. She is lying. She doesn't tell jokes and she is mean.

Zubin: *How could she make things better?*

Anna: She doesn't know how to handle the class, we can get loud. She could tell what she is going to do and the steps she would like us to take. She just rings her little bell, yells at us and punishes us. She doesn't respect what Mr. K. was doing with us.

Zubin: *Do you think she is like that outside of class?*

Anna: No, she is happy. Very happy. But when she sees us coming she gets dull and boring and her face gets green.

Zubin: *Do you think she gets too serious?*

Anna: Yes.

Zubin: *Do you know anyone else that is serious?*

Anna: Yes. Mom can be serious sometimes but it's for a purpose.

Zubin: *How so?*

Anna: I don't play with my friends as much. But that is because she has a schedule and I have to do homework.



Zubin: *So what do you like to do?*  
 Anna: Read, crochet, listen to music, ride my bike.  
 Zubin: *What do you like to do with your friends?*  
 Anna: I play whatever they play. They dream a lot. They go places.  
 Zubin: *How old are they?*  
 Anna: 9 & 7.  
 Zubin: *Good job! What do you think we should do if we stop having fun?*  
 Anna: If you are bored, do what you really, really like. Find friends, find out what they like to do and combine them in some way.  
 Zubin: *Anna, thank you for talking with me. If you ever want to talk, call me any time.*  
 Anna: Thank you!

### About Time

It seems to me that our concept of space is just as infinite as a child's. We can hang out with friends all day. The stars are magical, sunrises are normal, we understand our pets, we know what bothers our parents, we are excited, we can, through a range of emotions, imagine much more easily than adults. In addition, our natural ability to play helps us remember our dreams, fly in our dreams, have déjà vu— and know we can do *anything*. This level of play is still inside of us.

What many parents have a slight awareness of is their children are speaking a different language and they would like to speak it with them, connect with them and experience parenthood the best they can. What they don't know is that the purpose of today's children is a lot stronger in helping the planet evolve at a greater degree than before. So, it's the parents that will need to start learning the language of the soul

if they wish to communicate with their children in this way.

Parents and others often have to enter the vibration of play to connect with children. They have to play their game to get to know them. When children play our game, they are doing it to please us. They already know us. Let's do it anyway! There is much to be learned.

We used to *pretend* in our play. We still pretend as adults— the difference is that we have forgotten we are pretending. When we did not want to be seen, we created an invisible cloak. Remember that one? So now when we hide, no one can see us, we get isolated and wonder why we aren't being noticed.

Remember when loving was easy? Now often we *need* others, like matchmakers, to help us fall in love. How about laughing? Remember how funny it was to see someone who took something really seriously? Their facial expressions made you laugh. Now being amused can be insulting to someone. How about when you played at having all these powers? Wasn't that great? Now that we have *played power over others* we have lost our authentic power.

The homework here is to invite play into our lives. Stand in front of the mirror and smile. Ask yourself, what shall I play today? Shall I change the game to *ease*? Shall I pretend there are infinite possibilities? Shall I play that I can see the divine in everyone?

Have fun! ✨

*Zubin Sherring is the Directory of the Clairvoyant Center in Evanston. It is a nonprofit spiritual organization for anyone wanting to further their growth through meditation. You can reach her at redrose@clairvoyantcenter.net, or 847-757-2838.*

# Empower Your Spirit

with Rivian Wolf

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# The Winter Fairies



## The Winter Fairies' Message for You...

Remember the childlike whimsy that lies within all of us—they remind us to honor and nurture our own inner child; to acknowledge that part of us that still wants to play... that lighthearted part that can act as an automatic anti-stress mechanism if only we listen to its wisdom and follow its lead.

*"Follow the light," the Winter Fairies say... "Dance, play, shout for joy... twirl like a whirling dervish ... laugh like there's no tomorrow... relish the glory of this present moment... as yesterday is but a dream and tomorrow only a vision... but NOW, yes NOW, is REAL."* Let this Winter Fairies Angelic Message Portrait™ get you back in touch with that whimsical, magical part inside of you.

### The Winter Fairies are designed to:

- Remind you to honor and nurture your own inner child
- Encourage you to acknowledge the part of yourself that still wants to play, and to eliminate stress.

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- Anyone who needs a reminder that they don't always have to be "grown-up"
- Those who want to connect with their inner child & relearn the beauty of the little things



### *Lori Daniel Falk*

#### *Living and Playing in a Life She Loves*

As a Spiritual Life Coach, Visionary Artist, author and public speaker, Lori Daniel Falk is often referred to simply as a Contemporary Mystic. She has been gifted with a new artistic healing modality that enables her to communicate with, and share, the wisdom of the angels in both pictures and words. These *Angelic Message Portraits*™. Lori has the honor and joy of creating with the angels; bring a feeling of wonderment and inspiration to all who view them. To date they have found homes in over twenty countries around the world, and have graced the covers of numerous magazines.

Ms. Falk is also the founder of The Crystalline Institute, an organization focusing on bringing spirituality into everyday life. She is a graduate of the School of Spiritual Psychology, has completed a Coaching from Spirit Masters Certification Program and is a Reiki master. She has been a featured guest on both radio and TV. Her new book, "What the World Needs to Know NOW, Wisdom of the Angels," is currently available at [www.wisdomoftheangels.com](http://www.wisdomoftheangels.com).

Lori tells us, "Like many of you, I too have experienced the joys and hard knocks of life. I must say I am grateful for all of it, the ups as well as the downs. For it is the 'life wisdom' I've gained from these experiences that enables me to better assist you in achieving your goals. The rich array of transformational tools I share in my work have been self-tested and proven effective. I know these processes work, and it is with extreme joy that I share them with you. When combined with

heartfelt love and compassion these tools have generated life altering results for my clients that have enabled them to go after their dreams and feel the beauty and wonderment of a balanced, successful and joy-filled life."

Prior to embarking on this spiritual journey, Ms. Falk was the editor and publisher of the international trade publication RTW Review (Ready-to-Wear Review) providing retailers with the fashion industry's pertinent monthly news. Utilizing her years of experience as a fashion buyer and retail store manager, as well as her expertise in sighting emerging trends, she was often referred to as the "go to" person in the retail fashion industry. During that time she wrote a series of books on retailing including "Electronic Commerce: How to Sell on the Net," "Resort Retail, Attracting Today's Busy Woman," "Capitalizing on the Billion \$\$\$ Airport Retail Market," and "Retailing in Today's World."

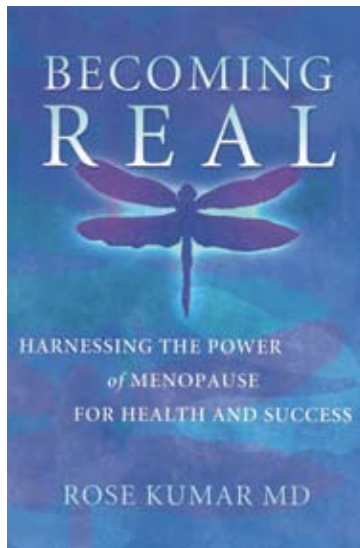
"Michael Jackson said, 'I believe that all art has as it's ultimate goal, the union between the material and the spiritual, the human and the divine.' This fully describes my art. Through the use of pastel chalks, mineral pigments and illuminating glitter paints Lori captures the healing energy of the divine in angelic portraits that engage the viewer through their use of vibrant color and reflective light, while simultaneously enabling them to assimilate the "Wisdom of the Angels" directly into their emotional field by igniting their hearts." ✨



*"Today I'm no longer living someone else's version of reality, I'm living mine!"*

*— Lori Daniel Falk*





*Following is an excerpt from a great new book by Rose Kumar, MD which is filled with wisdom, and information on being empowered through the change in life that we experience as women. I think men will find it interesting and informative as well.*

# Connect to Your Real Self

## Modeling Healthy Love

As we redefine love towards ourselves, we can model this relationship for others. We have become desensitized as a culture. We spend hours in front of the television living vicariously through its definitions and interpretations of life. We become desensitized to the violence we watch. It causes us to go numb. This wounds our feeling function. Love is not possible without feeling. If we become desensitized to world tragedy and suffering of others, we become sentimental. This wounds our feeling function which can become like a hungry ghost in its attempt to fill itself through overcompensation by overconsumption. These behaviors deplete us and the earth's resources. We can only be fulfilled through self-love and self-care.

Many women define themselves through the eyes of another. We need to awaken through our inner-eyes rather than through those of people around us. It is harder to do this when we are young, as our inner selves are not yet defined. We relied on our parents to define this for us and looked up to them as role models of love. If our parents modeled a distorted or unhealthy system to us, we practiced it in our relationships until it caused us enough pain to awaken to the change that was needed for health. As we redefine ourselves in midlife, we are able to see ourselves more clearly from a real place. From this place, we can individuate.

Our sons and daughters are always watching us. We are mentoring them even when we are unaware. If we raised them with our learned distortions and then transform into our real selves in midlife, we can find solace in knowing that we can offer them a new

relative position for health. It will offer them the ability to choose to live from behaviors we model from our new and individuated selves versus the selves that imprinted them with the distorted definitions from society.

In my own recovery process, I was able to see how I was conditioned to doubt and second-guess myself. I was not able to connect to myself authentically, and I unknowingly enabled the environment where the Feminine Principal was violated and then betrayed. I awakened to my responsibility for enabling a system where a distorted definition of love was expected. I adapted to this out of fear. Now, I have the capacity to heal myself and my children by reclaiming what is true for me and behaving from this truth. This is the power of self-love. When it is behaved and integrated into our lives, it radiates through our presence. When others are in our presence, they are also able to connect to their authenticity.

When we intrinsically connect to our real selves, our self-worth and self-esteem rises and self-care becomes a priority. This is a curious process that I have keenly observed in my patients. The ones who are able to create this connection to their real selves are able to advocate for themselves through self-care. They do not hesitate to invest to invest in it as they feel they are worth the investment. Self-advocacy arises from self-love. Without self-love one is unable to make a true commitment to health or wholeness as others are valued more than the needs of self. If you find yourself sacrificing self-care for others or making excuses to not invest time or money in self-care, you may need to evaluate your relationship to yourself and your definition of love.



In midlife it becomes easier to reclaim and redefine this as our lack of balance manifests in the form of symptoms. In this way, the wisdom in a woman's body forces her to seek the care she needs in order for her to heal. Most of the care requires the nourishment and balance of the Four Body System. Paradoxically through symptoms, her body attempts to bring a woman into connection with her authentic self.

As midlife women, we owe it to ourselves, each other and especially to our children. When we redefine ourselves in these ways, our systems will begin to value health and empowerment. Through our healing, our families and communities will also heal.

### Love and Soul

Midlife calls us to connect with our souls. This medial place speaks the language of love that is inseparable from truth and integrity. It is very different than the language of society with its distortions. The soul is uncompromising in midlife and does not rest until we live from it. It becomes our constant guide and does not part ways from us until our deaths.

We need to learn the language of our souls. This language resonates with universal principles of balance and harmony. Our connection to our real selves facilitates behaviors that can fulfill these expectations.

Our souls call us to live in the following ways;

1. To speak our truth and behave from it in our lives.
2. To serve our authentic selves by listening to our feeling function
3. To live without compromising integrity

4. To live from truth and honesty in all walks of life
5. To advocate for ourselves through acts of self-care
6. To invest in individuation to dismantle our conditioning
7. To reframe and honor the feelings of resistance as signals of healthy boundaries
8. To love self and others from a place of health and self-respect without compromise
9. To allow others to be self-responsible and not enable them through rescue
10. To listen to our instinct when it warns of danger to our Energy and Emotional bodies

Rose invites you to entertain the questions your body presents, and trust your feelings. The time has come for us to stand in the heat of transformation until our collective process is complete. ✨

© Reprinted with permission from Medial Press. Kalpana (Rose) M. Kumar, MD is board certified in Internal Medicine. A Stanford-trained internist, she is the founder and medical director of The Ommani Center for Integrative Medicine. She is a visionary and futurist, and practices medicine from her groundbreaking integrative framework that is today's answer to our current health care crisis. Her practice is located in Pewaukee, WI.  
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# Play as a Spiritual Practice

by Laurie Buchanan

"You don't stop laughing because you grow old.  
You grow old because you stop laughing."

—Michael Pritchard, Comedian

During a lunch with *His Holiness the Dalai Lama* last April, one of the things he shared was that he learns best when he laughs. Many of us have been taught that we must hold what is meaningful with a level of seriousness. So when it comes to spiritual matters, some of us take a more solemn approach, feeling that a playful connection with Spirit may disrespect that sacred experience.

Many spiritual traditions encourage us not to take ourselves too seriously. Remember St. Francis of Assisi? His original followers were Angelus, a noble cavalier; Leo, the saint's secretary and confessor; Rufinus, a cousin of St. Claire; and St. Juniper, "The renowned jester of the Lord."

To our sensible selves, the antics of clowns and jesters may seem silly, but they have an important role—they carry the banner for play. Saint Francis said of St. Juniper, "Would to God, my brothers, I had a whole forest of such Junipers." Our spirits need celebration. What feels joyful to us points us along the path to our personal growth and expansion.

Play is the exuberant expression of our being; it fuels our joy and wonder. Play

provides the energetic space we need to feel alive; it taps into unlimited possibility, inspiring us. Play resides at the heart of our creativity and our most carefree moments of devotion; it's a powerful way to feed our soul.

Laughter is the best medicine—healing body, mind, and soul—but in today's fast-paced world many of us don't play enough. We're either too busy, too serious, or too predictable. The best remedy for these maladies is play.

When we relax the grip on our overflowing schedules and lengthy to-do lists, we find transformational space where we connect to our playful, creative, and inspirational self; space that rings with laughter; space where we embrace our expansive self; space where we welcome that which is divine.

You are cordially invited to shake hands with the lighter side of life; to play. Tag—you're it! ✨



Board Certified with the American Association of Drugless Practitioners, Laurie Buchanan is a holistic health practitioner and transformational life coach.

Her areas of focus are energy medicine, inner alchemy, and spiritual awareness. Please visit her website at [HolEssence.com](http://HolEssence.com) and her blog at [HolEssence.WordPress.com](http://HolEssence.WordPress.com).





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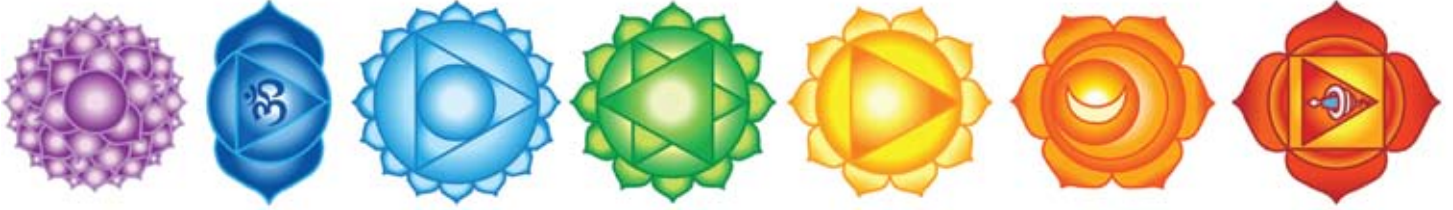
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