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A free publication celebrating your evolving spirit • Issue Forty Three • November 2010

Source

Having climbed certain peaks
you'll descend no more,
but spread your wings and fly beyond.

—Richard Bach



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Source...



I was fortunate to attend the recent conference in Lake Forest called The Spirit of Leadership, Reawakening the Feminine in October. The speaker was Dr. Clarissa Pinkola Estés, famous for writing her bestselling book, Women Who Run With the Wolves. I so loved her storytelling style and embodied wisdom that I am now listening to her cd set about the Ancient Woman in my

car. I highly recommend her work, and have found it inspirational in creating and producing this issue with the theme of Source.

Dr. Estés was talking about how individual we all are. Of course, I know this, but what keeps ringing in my mind is that she said to always remember that we were born AS who we are. Not "becoming" who we are, not striving to be anything. I was born AS Debbie, the sum total of who I am now. I am just learning to embody that being. There is nothing to push, nothing to change, just be aware, be in the moment, be in the stillness, just BE. And the true Self (that I already am) will shine forth. It gives me such a great feeling inside. Relief.

Being the Source, holding this space and remembering that I AM the Source is in the stillness. My friend Jane was telling me that to her, the Source was like a tree—in autumn, the leaves fall to the ground which is a clearing in preparation for winter. The Source is deep within the tree and is always present. Sometimes the energy is grounded into the earth and gathering strength there, and sometimes the energy reaches up to the sky and spreads out in all directions, sharing the beauty of its presence, happy to bend with the breeze, wind and elements.

As we come to the end of one year and prepare to enter a new one, I invite you to shed your unwanted thoughts, judgements and old behavior to make room for the new possibilities that await you right inside yourSelf with excitement and anticipation.

Come from your Source and choose the thoughts that feel aligned with who you ARE and have come here to be.

Many blessings, Debbie Mackall, Editor and Publisher

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Issue Forty Three, November 2010

Check out our Website!

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

The next issue of *Evolving Your Spirit* will be available January 15. Our theme will be *Compassion*.

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

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Be The Source of Your Joyful Life

by Alyse Rynor

Have you ever walked over to the refrigerator late at night when you knew you should be walking towards your bedroom instead, slowly opening the door and feeling the cool air rush out from inside while that last slice of pie stared you in the face, as if your name written all over it? While standing there, did the wheels in your head start turning round and round, one saying "yes" and the other telling you, "no. Which one did, or might you choose and why?

Each day, you make thousands of choices like this and more, ranging from peering out the window when you have a report due, to eating that late night snack; from decid-

ing what to wear, to telling someone an uncomfortable truth. Your day is constantly filled with choices, some more impactful than others. Yet, how often do you stop to consider what drives you to make a particular choice?

Are you aware that every meaningful choice you make is being guided from one of only two places in your life? I have learned that it is either coming from love or it is coming from fear. Choices that are made in love are choices that are connected to the highest part of you. Choices that are made in fear come from a place of feeling there is not enough and that you will lose something and experience pain, disappointment or sadness. Choices made in fear are made from a place of reaction and are guaranteed to keep you stuck in the past. These choices usually come instantly and don't have much thought behind them. They tend to bring about chaos, drama and discontent.

Fear is usually a reminder of what you cannot do in your life. It also asks you to hold on to what is already known in an attempt to prevent you from losing what you already have and experiencing hurt and pain. Fear asks you to hold onto behaviors and habits even when they are no longer of benefit. Choices made in fear can be like a boat you attempt to row upstream, without a paddle. You're in the boat yet you're not moving anywhere. Choices made in fear only keep that boat right where it is, creating questions around why your life doesn't seem to be working. Examples of choices made in fear can be those in which you are trying to get others' approval of you,

gossiping, overspending, overeating, thinking that other people are better than you are, or ignoring your deepest desires.

Choices made in love take courage and a trust in your connection to a higher source, something greater than yourself. It asks you to surrender, to let go and to realize that through having faith you can create something beautiful in your life. Choices made in love are creative and move you towards what you desire in your life. Only when you are connected to the higher part of you, can you best make choices in love. When choices are made from love it asks that you have faith and trust in something greater, let go and to believe there is something better for your life. Examples of choices made from love can be those such as taking time to rest, saying "no" when you need to, spending your money wisely, appreciating yourself, being with positive people, setting healthy boundaries, or eating food that is nourishing for your body.

To begin making a conscious shift in your choices start by checking in with yourself to see if you have any type of vision or desire for your future, whether personal or spiritual, for your health, finances or perhaps, career. Without clarity or focus, choices tend to be reactions to situations rather creations that move you towards a fulfilling future. One of my prosperity teachers, Reverend Edwene Gaines, says, "If you are not clear on what you want, then you get the Universe's leftovers".

It's a powerful reminder that this can surely happen when your choices come from fear based responses.

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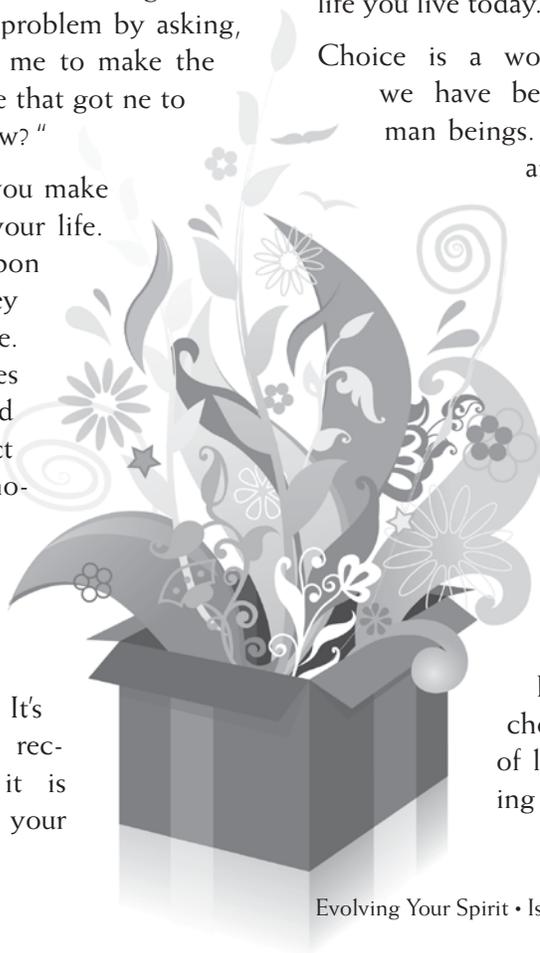
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It is also important to discover whether your choice is a reaction, coming from fear or if it is creative, being chosen in love. In the 18 years that I have been doing counseling and coaching, I discovered that those who were disconnected from their true desires tended to make choices more often out of fear than from a place of self-love. Getting into a relationship with someone who didn't feel like a good fit, to avoid being alone; going on food binges, fearing hunger once the diet begins, or saying "yes" to a young child's request for a new toy when it would be important to say, "no", are all examples of choices made in fear rather than in love. When important choices are continually made in fear, they can turn into such things as the ending of a relationship, weight gain, money problems, family conflict, etc. When faced with chaos, pain and drama in your life, it is time to get to the source of the problem by asking, "What caused me to make the choices I made that got me to where I am now?"

The choices you make truly impact your life. Building upon each other they create your life. Some choices are small and only impact the next few moments, hours or days, while others can totally change the direction. It's important to recognize that it is the quality of your



choices that dictates whether you live a life of pain and constant struggle or a life that feels good and flows in a positive direction. If you want to lose weight, making the self-loving choice to eat healthy will begin to take you there. Giving in to the fear that you may be hungry or feel uncomfortable will certainly cause you to make a different choice which moves you farther away you're your desired outcome.

Each day in the media you hear about the choices people make, from the rich and famous to the politicians, to the good samaritans helping others. Some only affect the individual and others affect us all. Some are positive and create great change and others destroy. Yet each significant choice made, is made in either love or fear. And, with each choice comes a consequence, which when built upon one another, ultimately creates the life you live today.

Choice is a wonderful gift that we have been given as human beings. All of our todays are based on the choices we made yesterday. If you want your life to be different, then it is time to make different choices. The next time you are faced with an important choice, I invite you to ask yourself, "Am I making this choice from a place of love or am I making this choice from

a place of fear?" When you take the time to understand and question the source behind your choices, you begin living your life from a place of higher consciousness, a place where you can feel happy, healthy, whole and free. ✨



Alyse Rynor, LCSW is the founder of Soul Choice Counseling in Evanston, providing Holistic Counseling & Integrative Coaching

to those on a path of personal and spiritual growth; helping heal what blocks you from making self-loving choices. Private counseling sessions are available in office & coaching by phone. Contact Alyse at 847.840.0884 or alyse.lcsw@gmail.com.

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Drawn in by the glistening waves and swirls.
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I am tears flowing down my cheeks
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*Submitted by Chris Moses,
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Good Wolf, Bad Wolf

Have you heard the Cherokee story of the *Good Wolf* and the *Bad Wolf*? Let's revisit it to remember the wisdom of the Native Americans who know of being the Source!

One evening an old Cherokee father was teaching his grandson about life. He said, "My son, there is a battle going inside of each of us between two wolves.

One is Evil. It represents anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It represents joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Be honest with yourself: which wolf do you feed?

Do you give support to that side of you that is negative, lazy and a victim? Or do you feed the other side of yourself? The side that tells you to go for it, to contribute and to give?

We always have the ability to choose.



Collective Consciousness— A Source for Individual Potential

by Laurie Buchanan

The collective consciousness can be thought of as a common bank of knowledge, understanding, history, and folklore—the source—that we have access to. Each of us has a personal account with an unlimited balance that we can't exhaust. It's a wealth hold of infinite possibilities that we can withdraw from.

As individuals we're given the opportunity to answer two unspoken questions: "How consciously shall I live?" and "How close to the source do I want my course to be?" The vast intelligence and wisdom that's available to us flows in an unbroken lineage from the birthing of the cosmos into you and into me.

When we risk opening ourselves to a deep listening of this heritage—the source—we can create a compassion-filled world; a world that recognizes and celebrates the difference in others be they religious, cultural, socio-economic, sexual orientation, political—regardless.

A profound example of this was eloquently displayed by one of Japan's greatest industrialists, Konosuke Matsushita, the founder of Panasonic, when he said, "The untrapped mind is open enough to see many possibilities, humble enough to learn from anyone and anything, forbearing enough to forgive all, perceptive

enough to see things as they really are, and reasonable enough to judge their true value."

Imagine the positive global impact if every person made an effort to incorporate and live these values: humility, forbearing, forgiveness, perception, and judgement. I think this type of heart-based living—a life close to the source—would constructively influence every layer of society. The ripple effect would literally change the vibration of earth. ✨



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 Growth, and Spiritual Awareness. Please visit her website at www.HolEssence.com and her blog, *Speaking from the Heart*, at <http://holessence.wordpress.com>.



Sometimes in my mind's eye I picture people as individual stars orbiting the source—the constellation of collective consciousness. The information contained in this universe-sized cache is an existing potential for each of us to tap into.

As with any stars, some orbit closer to the source, while others circle farther away. The ones traveling closer have the opportunity to listen deeply; the potential to gather wisdom from a well deeper than their own. It takes each individual star to create the breathtaking, star-studded tapestry of the nighttime sky—a collective effort—and so with each person.

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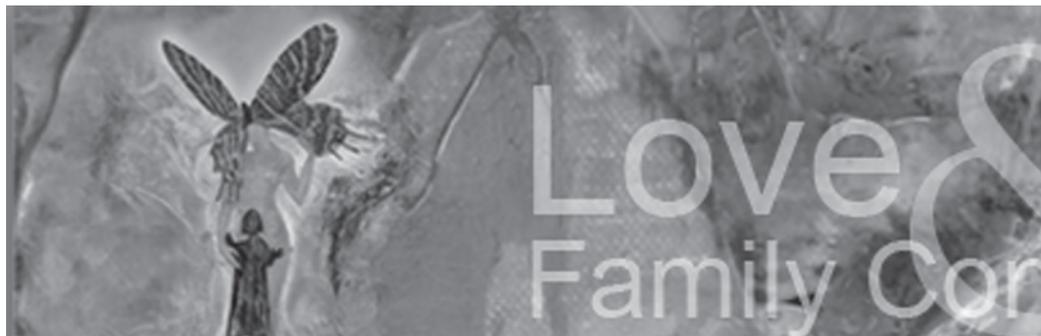
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Source and the Family

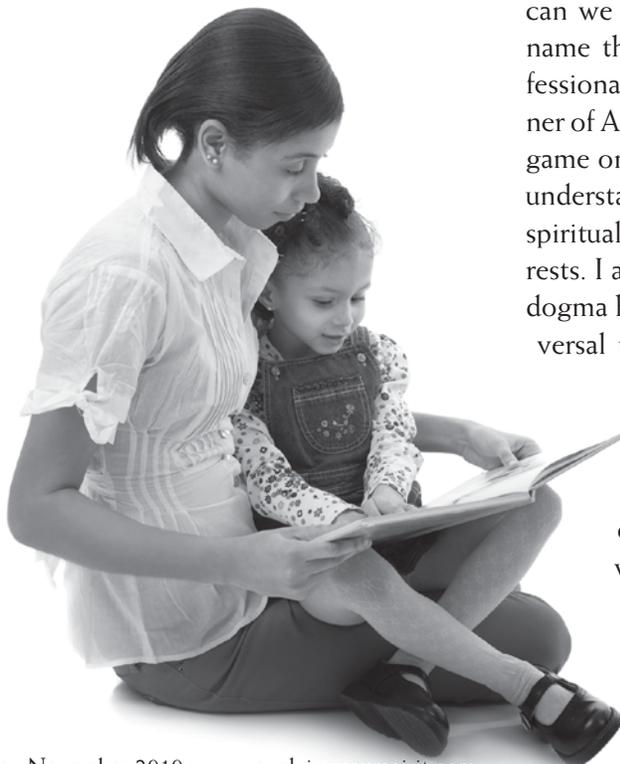
The following article reflects Annie's view on these local and global events. Evolving Your Spirit has a policy of not making anyone wrong to prove a point. And, that said, we respect Annie and feel in this case we will print her views as presented. We appreciate your comments and feedback.

Reading a local newspaper in late September, my heart landed in my throat as I came upon an article on the teen suicide at Rutgers University in response to a thoughtless and downright unconscious webcast by two peers. As we settle into the 21st century, it seems unfathomable that

such bias, ridicule and homophobia can still exist in our society. While we are all on our own individual paths to enlightenment, the primitive behavior exhibited by these two students must be carefully dissected by all of us, for it is indeed the collective consciousness of our culture as a whole that remains accountable for all of its members. In other words, we are all at source to some extent for what occurs within our society. Realizing this, it becomes imperative that we raise thoughtful, conscious global citizens beyond where we sit today.

My immediate thought upon first becoming aware of this story was how can we be raising children who can name the quarterback of every professional football team, the latest winner of American Idol, or the top video game on the market, but who do not understand the basic, life-affirming spiritual principles upon which LIFE rests. I am not talking about religious dogma here, but rather intuitive, universal threads that should need no morality laws to enforce.

All of the above-mentioned aspects of modern culture are valid, but without a deep understanding of who we really are as divine, creative, eternal beings who are the source of our own reality, first and foremost,





by Annie Burnside

rendered less meaningful as authentic examples of what it means to follow one's true path.

I believe it's time that we teach our own children (If not you, who? If not now, when?) more than the status quo deemed acceptable by society so that our technological advances do not move past our spiritual understandings dooming our culture to systemic breakdown in all areas. At an early age, children can come to understand cause and effect, free will and natural consequences. As parents we can teach that there are millions of right paths up the mountaintop through every religion, sexual orientation, political viewpoint and state of bliss known to man. We can offer our children a clear example of tolerance and acceptance by releasing our own need to judge while proving others who may disagree with us wrong.

A teen's suicide is often extremely complex, and this case I am sure is no exception. Yet, it is society's monumental loss that one of our own—a gifted violinist inviting others to know themselves more intimately through music—departed in such a way in part due to others' lack of clarity surrounding their own magnificence as an integral aspect in the SOURCE of all things. Once an understanding of one's own true spirit-embodied nature is uncovered within

the depths of the interior, it becomes impossible not to see and feel the energetic connection that belies the oneness of all living things.

It is my belief that our culture can continue to put band-aids on the recurring issues in our world OR we can feel the truth of our divine heritage—our undeniable connection to Source—and find the courage to create lasting, organic change. There's a missing piece here that touches every aspect of our society—politics, economics, healthcare, religion, families and individuals. Oneness with Source and each other must move beyond a mental ideal for some, and not even a blip on the radar for others, and become integrated on a conscious, purposeful soul level to all that we think, say, do, prioritize and

espouse. Oneness does not require sameness, but rather a total respect and celebration of differences. It's time—*now* to move gracefully into the new millennium in the space of *and/both* in place of *either/or*.

Parenting is not about perfection—the parents' or the children's—but it is about accountability. We are the SOURCE (both literally and figuratively) not the effect of our choices. Every choice is either conscious or unconscious—enlightenment is simply choosing the former...

TIP: Utilize analogies to teach Oneness with Source to children. The ocean/wave, tree/leaf, piano/key, cake/sugar, word/letter and neighborhood/house are all great examples in the physical world, mirroring the grandest divine paradox of all Source/Soul. These divine paradoxes can be found everywhere in life and true peace flourishes resting within the paradox rather than resisting it. ✨

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. Her book, *Soul to Soul Parenting* is available now on her website, where excerpts and information can also be found: www.annieburnside.com

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The Power *of Source*

by Maggie Wilkins

SOURCE has thousands of labels connected to millions of meanings. I would like to address *Source* not outside of us but rather from the place within and even that is not true, because I feel Source simply IS! There is no distinction between outer or inner, it is us and all things. Source is

to Source. No finite being gave you yourSelf just as no finite being can take it away. It belongs to you; the body, mind, soul infused by Source energy, love, truth, often called God, whatever you call the great ONE.

In my understanding, Source is difficult to even label or talk about. When we label Source we are using the limitations of our minds, this leads to conflict. This conflict reminds us that what we are witnessing is not Source but our minds labeling Source. It is a force that can only be felt from deep within, even though an external force may move us to awaken to Source within. It can awaken us through a sunset or a loving moment, yet these external stimuli are not Source they are a *reflection of Source*.

We simply have to look up at the clear sky at night to be reminded of the extraordinarily profound vastness through which we are all connected. If we simply just look at the sky through the external eye—the seeing with the mind labeling—and view the stars, moon and planets we will miss the depth of spirit that is being offered. To me, it resonates deeper than just paying attention to this moment, it is not as if we are trying to push away or invite the moment to come, but rather we acknowledge the unfolding of life as we stand witness... as the one Source is to all things.

I urge you to simply be here, with no expectations, and allow this very moment to be witnessed while feeling deep within the One that is the energy behind all that is. See if you experience something that is continually unfolding, that in each moment is perfect as is.

There is no need to summarize how you feel, note that you are simply here. And in this sense of *bereness* there is no geographical hereness to it, but it seems to be the YOU that is present and bigger than words can express. In my experience this is the Presence we might know as Sources that is effortlessly awake. Note how you are not creating this, you are simply observing. You are here but you are not waiting, there is no next, this is the next, right now and now.

Source is unfolding in this very moment; your personal flavor of Source emanates into the world allowing each of us to experience Source in a new, fresh way. How exciting it is to be aware and offer this type of infinite love. The body is present to this awareness and the awareness is present to the body. This is how Source becomes understood. It is a playful movement of consciousness. Become aware of how effortless it is to be YOU. Your ego may seem to take over at times, but this is a surface action generated by the mind. Behind it all is the essence of who you are being fueled by Source. It is you who helps the mind become silent, not by effort but by remaining one with who you are... undistracted. Stillness will come as you witness how much the mind enjoys this peace. Take pleasure in that too.

the energy that enables expression—soul, Being—to create, be seen and felt. There is a dimension to the body called space or, as Eckhart Tolle points to it—stillness. We delight in this stillness because it is who we are: fresh, alive and new each moment we choose to consciously witness. Masterful moments come from this stillness, which is directly connected

The Upanishads, the ancient scriptures of India, point to the same truth with these words:

What cannot be seen with the eye, but that whereby the eye can see: know that alone to be Brahman the Spirit and not what people here adore. What cannot be heard with the ear but that whereby the ear can hear; know that alone to be Brahman the Spirit and not what people here adore... What cannot be thought with the mind, but that whereby the mind can think; know that alone to be Brahman the Spirit and not what people here adore.

Eckhart Tolle shares this:

"When your attention is fully in the Now, mental noise stops, and many times your problems dissolve, what is left is vibrantly alive".

'Abdu'l-Baha, the son of the Prophet-Founder of the Baha'i Faith, has said: Source "has given us material gifts and spiritual graces, outer sight to view the

lights of the sun and inner vision by which we may perceive the glory of God."

Dear ones, seven billion humans on earth and each one is like a snowflake offering their unique expression of human experience from the one Source. That is how extraordinary you are! ❄️



Maggie-Amari Wilkins worked with Eckhart Tolle as his personal assistant when he first published *The Power of Now*. Maggie now works and teaches in the Chicago area and in Vancouver BC, sharing her experience and knowledge in various groups and workshops. Reach Maggie at www.one-heart.net, or call 847-648-8955.

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You are the Source: *Own Your Personal Power with Money*

Life is all about choices and the life you live is your choice. I firmly believe that you can consciously choose what your future is going to be and this includes making a choice to heal your financial behaviors and build wealth. After all, you are the primary source in determining your financial future.

It is easy to fault others, or the economy, for past financial misfortune, but it is time to remove the blame, shame and guilt and own your personal power with money. Once you choose to change and give this choice dominion over all of your intentions, your financial life will never be the same.

Your intentions are very powerful tools in building wealth. Without them, you're a sitting duck for good or bad luck, a victim of whichever way the wind blows. By setting intentions, and applying practical action to those intentions, you have the power to shift your reality and begin to see positive changes right before your eyes.

Intention as a Power Tool

Your intentions are without a doubt the most powerful and crucial aspect of wealth building. An intention is a trigger for change. Setting an intention is a spiritual process. It opens the door to a world where unseen forces busy themselves 24/7 to manifest miracles on your behalf. Intentions set the wheels in motion for a new reality.

Our goals and passions give birth to motivations that in turn, drive us

to the finish line. This is especially true with money. Right now, at this very moment, you have the power to change your current reality simply by turning your desires and dreams into intentions. The following exercise, adapted from my workbook, *The Emotion Behind Money: Authentic Self Exercise*: (2010), shows you how to start making different choices and setting new intentions for yourself.

Choose to Change Exercise

You are the source of your future.... the designer. What's it going to be? What positive financial choices would you like to make? What unhealthy financial choices would you like to change or completely let go of? And what do you dislike about your current financial reality? Close your eyes and answer these questions. From there, state your choice. For example, these could be:

"I choose to live within my means."

"I choose to save \$100 a month for six months."

"I choose to pay off my debt in six to nine months."

Once you've made a list, look it over. These are your intentions...your reminders of how you choose to live from this day forward, everyday. Plaster these intentions on sticky notes around your house or the office and say them to yourself each day. It won't be long before those conscious choices transform into new behaviors and a new reality. ✨



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 15-year veteran of the financial services industry,

founder of JMC Wealth Management in Chicago and author of the award-winning book, "The Emotion Behind Money: Building Wealth from the Inside Out." Julie helps people understand how their emotional attitudes and behaviors affect how they earn, spend and save. For more information, please visit <http://www.juliemurphycasserly.com>.



Peace is a State of Mind



Our world is in the midst of change. When the world seems unpredictable, we all yearn for security and peace of mind.

The *Universal Hour of Peace* was established to fulfill this need. People around the world bring in the New Year by dedicating their thoughts and actions to peace for one hour, from 11:30 pm December 31st through 12:30 am January 1st. Anyone can participate in this simple act. This endeavor springs from the School of Metaphysics teaching that thoughts are real and create the world we live in. Thinking peaceful thoughts produces a peaceful state of mind. A peaceful person brings that equanimity into their relationships, their family, workplace, community, nation, and the world. This mind shift can bring about a world free from war, a world in which people respect and value each other, a world in which aiding others becomes the common theme.

The vision of the *Universal Hour of Peace* is to unite all people of the Earth toward a common pursuit of peace. The highlight of the hour is reading the Universal Peace Covenant at midnight. The one-page covenant was written by a group of School of Metaphysics teachers in 1996-1997.

Its message can be crystallized in the verse, "Living peaceably begins by thinking peacefully." People

around the globe come together as One Voice reading this document when the clock strikes midnight. The covenant has been translated into ten languages. It has been read on all seven continents. We invite you to join us by participating in your community. Read the Universal Peace Covenant wherever you are (www.som.org). Share it with your family, friends, and colleagues.

You are in good company. The *Universal Hour of Peace* received a blessing from Mother Teresa, and letters of support from His Majesty King Hussein I of Jordan, President Fidel Ramos of the Philippines, and Prime Minister Yitzhak Rabin of Jerusalem, Israel. Governors from 20 of the United States of America and dozens of mayors have signed proclamations for the Universal Hour of Peace. ✨

This was submitted by Diana at the School of Metaphysics in Chicago. For more information, contact your local School of Metaphysics at chicago@som.org or 773.427.0155.

Learn more about the history and global peace endeavors of the School of Metaphysics at www.som.org.



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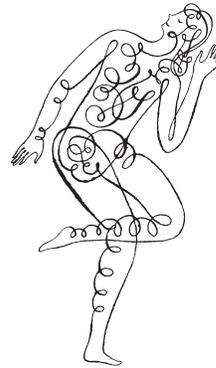
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