

Evolving™ *your spirit*

A free publication celebrating your evolving spirit • Issue Forty • May 2010



ONE

"So powerful is the light of unity that it can illuminate the whole earth"

—Babá'u'lláh



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One...



While every topic feels important to me, feels like the totality of everything. I'm so moved by the depth of the articles the writers have presented, and I hope you get the same benefit from reading them as I did.

I love the idea of taking the time to be still, and connect with all that is. Really expand your energy and explore out as far as you can.

You can feel it. It's in your breath connecting your body and spirit to everything.

I know I've said here that my life really does go along with themes of the magazine—I am so focused on the topics. Well during the process of this issue, my father merged into the one-ness. I know he is still connected to me, I can feel his love at the times I am connected and "tuned in". Still I miss him so much. We can understand the totality of everything and how powerful our thoughts are, and all the great information we focus on—and yet I am living a human life here on this great planet, and I want to talk to him. So I do, and it feels a bit better, but I want to physically talk to him. The learning continues. I cry easily now. And that's OK. I am so moved by the kindness of friends and family, and I am learning to let it in and receive. So much gratitude.

I am going to continue to tune in, and remember the oneness of my connection with everything. One being our great Evolving community. With so many changes in the earth happening right now—playing out in earthquakes, volcanos erupting, weather changes—it is important for us to gather and support each other, knowing that all is in perfect order and that we are going through a shift as well, one with the earth. We're all in this together and I think that by working on ourselves and keeping an open heart we will stand strong, bend when necessary and weather this shift as one.

Thanks to Carol Freeman for the beautiful cover photograph. You can read about her work in the article about her on page 14.

Many blessings,

Debbie Mackall, Editor and Publisher

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Issue Forty, May 2010

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

The next issue of *Evolving Your Spirit* will be available July 15. Our theme will be *Power*.

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

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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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Divine Intelligence *Invisible Force Connecting Everything*

I would like to begin our discussion by focusing on a marvel of your awareness. Renowned pharmacologist and author of *Molecules of Emotion*, Dr. Candace B. Pert states, "The intelligence is in every cell of your body." I sincerely agree with her, based on my own healing practice, energetically observing psychodynamics at the cellular level of my clients. I would say, "Each cell of your body has its own unique consciousness." You have approximately ten trillion cells (the figure varies depending on the source) in your body. Each of them has its own feeling, emotion, and thought in some way, to a certain extent. If each of your cells simply expresses its own emotion, you fall into chaos like a kindergarten classroom where every child is shouting. Trillions of voices are somehow integrated into one voice, your voice. Your cells, trillions of conscious beings, are forming you, one conscious being. This is utterly mindboggling.

The awesomeness of your integrated awareness becomes more profound, when you acknowledge that your body completely renews itself every seven years. According to medical science, the cornea replaces itself every twenty four hours, the skin every fourteen days, the blood cells every ninety days, the soft tissue every six months, and the dense tissue every two to seven years. So, in short, you have a brand new body every seven years. Although the physical hardware that contains your awareness is completely renewed, you retain your self-awareness. Your self-ness is preserved. To me, this is an astonishing wonder.

Let me reemphasize the staggering miracle above mentioned in an analogy. Suppose that you are a huge orchestra, composed of trillions of individual musicians. First of all, it is miraculous that the orchestra can perform music in unison by integrating the unique sounds that each of the trillions of musicians represents. Likewise, you have trillions of unique feelings or sentiments in yourself. However, your own awareness is not fragmented into trillions of particles. You feel that you are one being, retaining the wholeness in the sense of self. Furthermore, the orchestra, which is you, renews all of the musicians every seven years. Although trillions of musicians are constantly changed, the orchestra keeps bonding with new musicians and creating harmony. So, not only trillions of consciousnesses are integrated into one consciousness in you, but also the integrated awareness is sustained over time. This is almost too miraculous to believe.

There must be some invisible integrative force in you that joins individual countless sub-awarenesses into one whole *awareness*. I cannot stop believing that such an integrative capacity stands on divine intelligence. I feel the sacred intelligence behind your awareness. It not only connects cellular awareness into the wholeness of your self-awareness, but it also transforms it into a higher order, like uniting isolated strands into a beautiful web. Without such intelligence, your psyche would be like heaps, not a web. Your psyche would be too chaotic to feel or think something.

By simply casting the light on your awareness, we are deeply amazed. However, this is not the end of this astonishing wonder. We share feelings, thoughts, or sentiments as a group. A couple could share the melting sensation of love, and the streaming of pleasure. One talented singer, on one stage, can stir the hearts of thousands of people. One great leader, say, President Abraham Lincoln, can inspire a whole nation. A huge crowd can share the joy of victory at a sports event like the Super Bowl. Here, I could feel that an invisible force of divine intelligence connects one human heart to another. It enables us to create one big 'group' heart.

The manifestation of such a group consciousness is not limited to us humans. The awareness could be shared across species. If you have a pet, you know this. Looking at its nature, we could observe its biospheric consciousness. For instance, in the forest, a coyote starts to chase and capture a rabbit. At that moment, the entire forest becomes lively; birds are surprised and flying out, squirrels are climbing up trees for safety, so on and so forth. Then, as the rabbit is captured, the whole forest goes back to silence. It seems that all beings in the forest know what is happen-



By Masaru Kato

ing, sharing the moment of danger and of safety. The divine intelligence unifies the awareness of one species to the ones of other creatures. The entire biospheric area forms one consciousness.

Divine love is deep, thus, divine intelligence is uniting everything. According to the GAIA hypothesis, beings on this mother earth share one planetary consciousness. In the long history of mother earth, evolution in the physical realm (e.g., change of oxygen concentration in the atmosphere) provides the ground that permits biological evolution (e.g., the emergence of multicellular organisms) to take place. Some evolution in the biological realm (e.g., emergence of a coral reef) leads to the evolution in the physical realm (e.g. more stable temperature of the ocean). This chain reaction between two realms has been kept going for billions of years. It is as if the physical realm and biological realm come together for a higher and more structured order. Living things and matter are connected, and together form one big life. The beauty of this planet is emerging from divine intelligence.

If the above discussion sounds too mysterious to you, I would like to ask you to let your curiosity bubble up as if you were a three-year-old child. Please be open to the miracles in you and around you. Look at yourself. You are a miraculous being, retaining the integrated awareness of having a consciousness made up of trillions of cells. You are aware of yourself as one being. This simple fact is more profound than you might think. If you feel carefully, what kind of energy or awareness is holding you? You

will know that you are embraced by the group awareness of fellow beings on this planet. Everything is connected with everything else. Beneath this unity, there is a loving intelligence of the divine. You are a piece of this miraculous Oneness. You are not alone. You are one with all the Universe. ✨



Masaru Kato is an energy healer and a spiritual teacher, offering transformational workshops throughout the year.

You can reach him at 847-989-4261, or info@atmanwellbeing.com. Please check his web site at: www.atmanwellbeing.com

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Shifting to One-ness by Susan Loraine Barker

It seems to me that one shift could make all the difference in the world, and that shift is to realize and therefore look for the oneness of everything. Let me give you an example: how much easier is it to communicate with, say... anybody... when you look for common ground, similarities? I can see that

looking for commonalities is the key to conflict resolution. Why? Because the truth is that we are all connected, we are all one. As soon as we start looking for that connection, we find some basic truths. Those

basic truths are that ultimately we all want the same thing and with this we know that we are not alone, that we are as loved and worthy as everyone else. We are safe and secure and our existence has meaning. As soon as we expand our focus to include those basic truths, oneness has been acknowledged and conflict can disintegrate. This is not to say that we are going to like everyone we meet, nor agree with them, BUT we can identify with what they want,

ie: attention, love, to be heard, to be appreciated, to be respected, to feel safe. Is there anyone on the planet who doesn't want these things? I don't think so. But there are plenty of people who don't feel like they have what they need and so they

call for love, sometimes in some less than attractive ways. I think that when you shift to *oneness*, you can see, plain as day, that they think they are separate from everything they want and you have the opportunity to meet them there with compassion.

Needless to say, I can see that collectively we have a nasty history of focussing on how we are different and therefore better-than, or less-than others. We do this because we think that we are separate, different and, dare I say... *right!* This belief that we are separate is the cause of all strife in our homes, work, government, economy, history and world. It is separateness that causes bigotry, hate and war. It is separateness that gives people the ludicrous idea that

All differences in this world are of degree, and not of kind, because oneness is the secret of everything.

— Swami Vivekananda



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conducting our personal, business or global affairs with the attitude of every man for himself doesn't have an effect on everyone and everything. It is the belief that we are separate from our environment that allows us to litter, pollute and destroy.

One shift in the realization that everything is connected could be the end of all violence against each other and our environment. Wow. How about it folks? There is nothing that can be thought, believed or acted upon that does not effect EVERYTHING else

It is one thing, and a very worthwhile thing, to sit in retreat from the world and meditate on our oneness with God, and the Universe and quite another to apply that to everyday life. In everyday life EVERYTHING is an act of separateness or oneness.

You can change the world by shifting to oneness.

Would you throw your garbage from the car window if you knew you were throwing garbage on yourself? Would you treat anyone, or anything less than kindly if you knew you were being unkind to

yourself? Would it be OK to gossip about someone or engage in blame or hate if you understood it was you that you were hurting? That is my understanding of what the word *Karma* means. *Everything you do physically and energetically returns to you.* There is no way to escape your oneness.

So why are so many people unhappy, feeling less than, victimized, or just plain outraged? Because they don't understand, yet, that as part of the whole, everything they ever wanted is attainable and here's the best part, *all the power lies within you.* You are ONE with everything! That means all you have to do is expand your awareness of yourself to include everything that is. That includes wealth, wisdom, love, God, energy, time and anything else you might think is lacking. It can't be lacking once you realize it is also you. And that is the key... recognize the truth of your unity with all that is. If you KNOW that all wisdom, knowledge, wealth, success, love, joy, community, partnership, companionship, health and sheer beauty is, in fact, you, then you live in Nirvana, right here, right now. And there is nothing else.

How do you make the shift? One piece at a time. One person, one flower, one idea at a time. Repeat after me, I am that. I am all that is. When I make the shift from separateness to oneness I heal myself and the world. ✨

Susan Loraine Barker is a Certified Life Empowerment Coach and founder of *Mandalas by Loraine*. *Mandalas by Loraine* offers life empowerment coaching, experiential playshops and original art work. You can reach her at

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Oneness and the *Family*

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One of the most important aspects of life that parents can teach, model, and crystallize for their children is both a theoretical and a practical understanding of Oneness. The expanded perspective that they are indeed an integral aspect of a divine whole, so vast, so loving, so pure, and so unbelievably multi-dimensional that it is almost too difficult for the mind alone to grasp is imperative in paving the way to raised spiritual consciousness within a family. This divine whole, fully a part of them, invites us not to suppress our individuality, but rather to express it in whatever way we choose. Oneness from this vantage point is both singular and multi-faceted in nature, like a beautiful diamond, a divine paradox, to be sure. In fact, use of the divine paradox, which can be noted everywhere in life, is a parent's greatest tool for teaching the all-encompassing aspect of Oneness that can be quite difficult to comprehend for both adults and children alike, until it becomes no longer an outer mental concept, but instead an inner spiritual knowing.

Offering children the vision of an enlarged perspective in relation-

ships, life situations, and all circumstances assists them in experiencing the power of Oneness as a means rather than as simply an end. When analyzing any subject, the wider the scope, the more the reality of Oneness can be perceived and integrated by the individual. For example, when viewing a child's thumbnail with him or her, one can look very closely and only see the small nail or one can continually enlarge his perception to include the actual thumb, the entire hand, the long arm, the whole body, everyone else in the room, all persons in the neighborhood, the population of the large state, and on, and on, and on. Similar to flying high up in the sky on an airplane, the farther up you go, the more the land below can be viewed and perceived in its entirety. The individuation of each unique aspect of the land below can no longer be perceived by the naked eye, even though one understands the details to remain. A new expanded vision is born and changes the vantage point to include a much larger slice of reality. The same is true for all aspects of individuation; it simply depends on how you look at it.

There are many other analogies that

consciousness

by Annie Burnside



parents can utilize to explain the all-encompassing, multi-faceted aspect of Oneness, all extremely beneficial in solidifying the concept in a child's mind. While the ocean/wave, leaf/tree, brick/house, and sugar/ cake analogies are all quite useful for the mind's comprehension, the most empowering aspect of Oneness will blossom for your children when they can apply this newfound mental understanding to their thoughts, words, and deeds in relationship toward all else. When knowledge becomes heartfelt and integrated into life experience, it creates actual change, change that is purposeful, uplifting, and inspiring. The goal for parents is to move beyond simply teaching the concept of Oneness and into a lifestyle that supports the inner knowing that there is really no ultimate separation between anything. Everything that exists is part of the divine whole, and the divine whole is part of everything. When this understanding becomes embedded in both heart and mind, life choices will reflect this viewpoint.

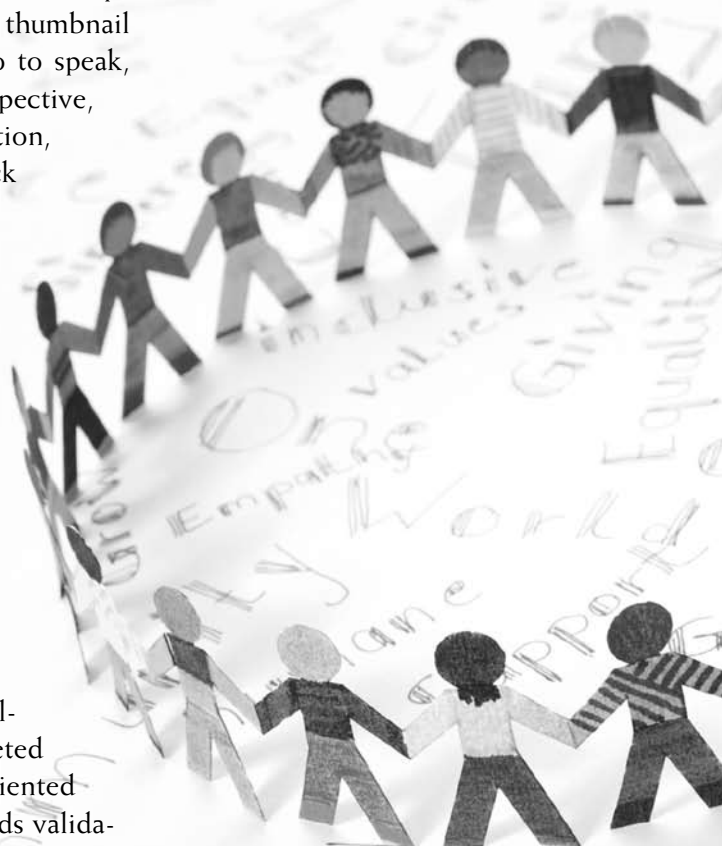
Tolerance, patience, acceptance, non-judgment, unconditional love, compassion, and empathy, all virtues religions implore us to embrace, take on a whole new meaning for a child when he comes to understand the paradoxical meaning of Oneness.

The other, while in a different physical form than him, is actually, in the largest of perspectives, a part of him. Both individuals are unique, luminous facets of the same diamond, being called to shine their light and express their diamond qualities in their own singular way. Every individual expression affects the whole diamond on some level, for the two can never be separated. An individual facet may perceive himself to be separate, focused only on the thumbnail that is his solitary life, so to speak, but a mere change in perspective, an expansion of perception, will always lead him back to his true relationship to the whole diamond.

Encourage and support your children to express their individuality in ways that truly please and serve them. Help them to decipher an inner desire to express that comes from the part of them that remembers their connection to the purposeful, all-encompassing, multi-faceted whole versus an ego-oriented desire to express that needs validation from an exterior world that sees

them as separate and solely singular in nature. The time is now to ensure that our children become conscious, global citizens who will reframe what it means to be a human being for future generations. Our world depends on a deeper understanding of Oneness, an expanded view of reality, to thrive for the centuries to come. As the spiritual leaders of our families, it is not only teaching, but also modeling the application and relevance to daily, modern living that will most help our children in living as both individuals and as a divine whole. ✨

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 soon to be published. Excerpts and information can be found on her website at www.annieburnside.com



EVOLVING *Wealth*

As fragmented as your life might feel at times, there's only one authentic you. In May, a month of renewal and rebirth, or any other time you feel like it— why not take the solitude you need to integrate your authentic self and your financial desires.

Managing our financial, work, family, personal, and spiritual realms can sometimes make modern life feel fragmented and unfulfilling, and when financial problems rear their ugly heads, it can feel positively overwhelming. Are you strapped for cash at the end of the month or up to your neck in debt? Do you long to be financially independent? It's easy to blame our financial problems on a poor economy or a culture that exalts money. But money problems are actually about much more

than money; they're about our connection with our authentic selves.

As odd as it may seem, the financial realm is an area I like to call "the warm and fuzzies," because I believe it is directly linked to the heart. Your financial life— what you do with the money you accumulate— is where you begin designing your future. The following exercise, adapted from my workbook *"The Emotion Behind Money: Tapping Your Inner Wealth"* (2010), helps you gain new perspective on your old financial problems.

Feeling Financially Whole

Go to a place where you can sit quietly without distractions. Breathe deeply and listen to the beat of your heart. Get in touch with your authentic self by considering the things that are important to you. Ponder your special gifts and abilities. Ask yourself, What is my life's purpose? What do I really want out of life? What values and priorities define me? Banish any negative thoughts or judgments. Allow only positive self-talk. Now open your eyes and write down whatever ideas have occurred to you. Let it all flow out onto the paper.

Then close your eyes again and breathe deeply. Feel how centered you are now that you've acknowledged your values, priorities, and dreams. Visualize your ideal financial life.

See every detail, every nuance. Ask yourself, What do I want my money to do for me? Do you dream of providing a college education for your children? Do you want to create your own foundation? It's all up to you! When you feel ready, open your eyes and write it all down. Remember, only positive self-talk allowed.

Read what you've written, with the understanding that by aligning your authentic self with your financial intentions, you've already taken the first steps toward making your financial dreams come true. Think about small ways your financial behavior can reflect your authentic self. When your everyday actions reflect your authentic self, the realms of your life feel integrated rather than fragmented, and you feel whole. ✕



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

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

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

One with the Earth

In April, we celebrated Earth Day, which I noticed was embraced and enjoyed by a lot of us, and mentioned in the media everywhere.

Let's take that idea and keep it going. Earth Year... Earth Lifelong Focus!

I love celebrate my connection with our beautiful planet, and I feel the most unity while gardening in my yard. Even just watering, or sitting still letting the sun shine on my face, or feeling the breeze against my skin brings me into my center. And—getting my hands in the dirt!

Here are some tips from the book *Gorgeously Green*, by Sophie Uliano. Sophie offers a simple eight-step program that is an easy and fun way to begin living an earth-friendly life. Each chapter covers topics from beauty to fitness, shopping to your kitchen—even transportation.

5 Tips for Your Organic Garden

1. Make your own insecticidal spray by filling a spray bottle with water and 1/2 cup of liquid soap. For more of a repellent, add three cloves of finely chopped garlic and let spray stand for an hour before spraying.
2. Grow garlic around your plant as it naturally repels pests.
3. Mail-order beneficial insects like ladybugs and mantis.
4. Create a bird sanctuary with feeders, baths, and birdhouses. The birds will gobble up many of the pests and fill your garden with song.



I suddenly realized that what I was feeling was the love of the Earth, the love of Creation. Every day we, as a species, do so much to destroy Creation's ability to give us life. But that Creation continues to do everything in its power to give us life anyway. And that's true love.

—Julia Butterfly Hill, *Legacy of Luna*

Herbs

Let's start with the herbs. First, make a list of the herbs that you want to plant. Here's what I have on my list.

Rosemary— It's really easy to grow. You'll get a lot, and it works well as a decorative shrub.

Sage— Think of a dish of fresh ravioli and sage butter.

Mint— It's great for summer drinks and cocktails; however, make sure it's in a planter, because mint spreads like crazy.

Parsley— You need it for thousands of dishes, so plant loads.

Thyme— I always add this herb to soups and stews to make them extra special.

Oregano— I use it for all Italian dishes, from marinara sauce to pizza.

Basil— I use basil wherever and whenever I can, I love it. Fresh pesto is heavenly.

You can plant all of these herbs in just two large planters or in your yard. Make sure you have well-prepared soil. While they take root, water them regularly. Summer herbs like basil and oregano like a lot of sun and warmth (think Mediterranean). The rest can do fine in partly shady and cool climates.

Your meals will come alive with these lovely additions!

If you are going to be *Gorgeously Green* and have a go, I suggest you buy a brilliantly simple book about organic gardening called *The Vegetable Gardener's Bible* by Edward C. Smith.

Happy planting! ✨

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The Power *of One*

Oneness with all life inspired me to change how I live

During 2000 I had the pleasure of working for and spending time with Eckhart Tolle. Often, we walked the beach in Vancouver, Canada. I asked him questions, he smiled and gave me clear, direct answers that seemed to move deep within me— beyond words, beyond thought. His words pointed to the timeless dimension of consciousness and conceptual understanding; a truth that was already inside of me— a truth that is inside each of us.

Beneath appearances everything is connected to everything else, and also with the source of life from which it came. I know that even a stone, and more easily a flower or a bird, could show you the way back to God, to the source, to yourself.

When we are able to look at life around us and let it be— without imposing a label upon it— a sense of awe, wonder, and newness arises. When we look at something differently, the response we receive changes. This works in all aspects of our lives.

For practice, why not begin to look at a story as if it is totally new, as if you are a foreigner to the issue. Look at the story without your current perspective, without all

the facts that you know. Take time to work with your belief system— and then witness what new insights unfold. See the source answer behind the thoughts. While this process may initially seem difficult to accomplish, commitment to a deeper truth will produce this marvelous “oneness.”

Something magical happens when we are ONE with all life and all life is ONE with us! I know this to be true because I have experienced it in my life, and I have seen it happen with people who participate in my group discussions. When fresh awareness arises, it offers a powerful truth that our mind/thoughts could not have previously conceived.

When we play a role (the mother, father, daughter, career person) in order to get what we need, when we think that our role is who we are, we miss the opportunity to be one with our life. The oneness— and all its infinite possibilities— is hidden from us. When

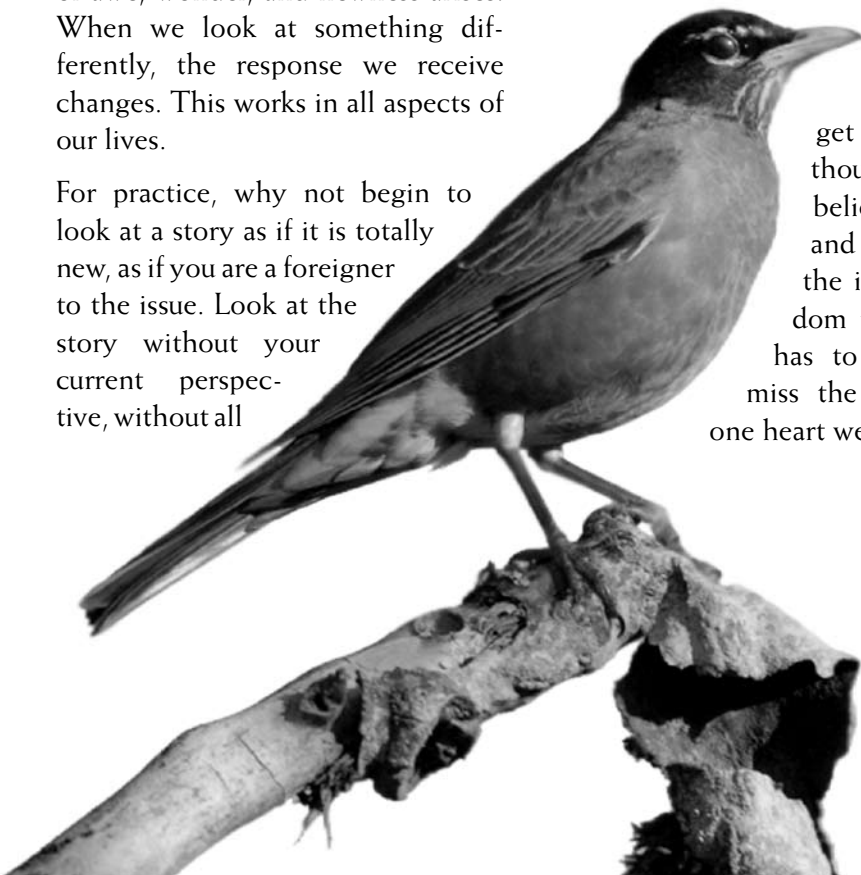
we play a role, we only get what our thoughts and beliefs give us, and so we miss the infinite wisdom that source has to offer. We miss the truth, the one heart we seek.

Who are you? Have you ever taken the time to find the true answer to this? Can you see how deeply you are connected to all things, or is your conditioning mapping your life? Are you living your purpose that has been waiting to be felt, seen, and experienced, or are you living your conditioning to fit the role? I am not saying that you should not play your roles, however, I am suggesting that you be conscious of them so you can bring more of your authentic self (and less of your limited ego/ mind) to your role. This consciousness will unify the one source that is all things.

The foundation for all abundance awakens and expands when we acknowledge the good that is already in our life. Here's an example. When I complimented Eckhart on his patience with me (and revealed how sure I was that I could never be as patient), he said “You are that. If you were not, you would not recognize it in me.”

Ten years after that conversation, I still hold those words dear to my heart. I know that all that I see, all that I witness and experience is a part of me— or I would not be able to recognize it.

On a trip to India, I first noticed that I was different from the native population. I stood out, not them. As I got to know people, I discovered how connected we were. We were different in so many ways, yet there was also a oneness with all of life around us. A deep peace came to me; I finally understood what Eckhart had been offering me all these years. Oneness is not about being the same, it is about the diversity as Source/God has intended.



Are you able to see where you create separation in your life?

Can you see how much joy comes into your life when you recognize the oneness with all things? In Eckhart's teaching we hear a lot about *Ego*—sometimes used as an acronym for "Edging God Out." The power of one is knowing that what you witness in others is in *you* (small or larger). The power of one is understanding that when we judge, when we believe we are right, we are in fact, "Edging God Out." When we accept diversity, when we accept differences, great joy overcomes us.

Everyday, I do my best to remain conscious and committed to Eckhart's message because I know how powerful it is. "There are three words that convey the secret of the art of living," he wrote, "the secret of all success and happiness: ONE With Life. Being one with life is being one with NOW. You then realize that you don't live your life, but life lives you. Life is the dancer, and you are the dance." ✨



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.

Your Influence in This Vibrational Universe

by Abraham

Contrast is essential to new decision, and a new decision is that leading edge thought that takes thought beyond that which it has been before. Without contrast, you could not focus Energy, and focusing of Energy is nothing more than coming to conclusions, or becoming decisive. And since everything is about Energy, and since you are molders, or focusers, of Energy, nothing will ever be more exhilarating or satisfying to you than to sift, or sort, through contrast, find a clear decision from the contrast, focus upon that which you have decided and align with the decision, and then feel the Energy, that creates worlds, flowing through you for the Creation of that which you are holding as your focus.

Most of you still are at your happiest when conditions are at their best, for most of you are still primarily observing the conditions and then having vibrational responses to the conditions. And it is our desire to assist you in setting your own *Tone*, so that no matter what the conditions are that you may observe, they will not influence you to a vibration different from your Source Vibration. That is

the ultimate physical experience: Be so well connected with your Core Energy that no matter what you see, or observe, it does not drag you off into the bushes into a vibration that is foreign to who you really are.

We want you to come to feel the *oneness* of your *physical perspective* and your *Nonphysical Perspective*. We want you to feel the fun and the clarity and the passion and the enthusiasm and the fulfillment of being a physical being focused in this physical body, using your focusing mechanism, your very individual perspective, to focus Energy. We want you to feel the hands-on creating that molding Energy really is. We want you to begin to direct Energy on purpose and to know, by the way you feel, how you are directing it, how in alignment with Source Energy you are to begin with, and how much of the Source Energy, that you are summoning through your desire.

Your glorious Guidance System has been guiding you to let you know whether you are in harmony with Source or whether you are not. ✨

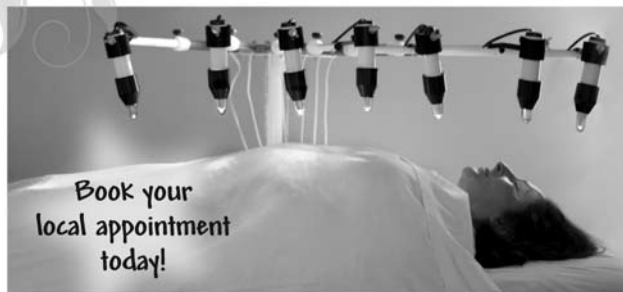
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Meet Carol Freeman *One with Nature*

Carol is one of the rare human beings who combines the gift of superb photographic skills with the even greater gift of love and appreciation for the natural world.

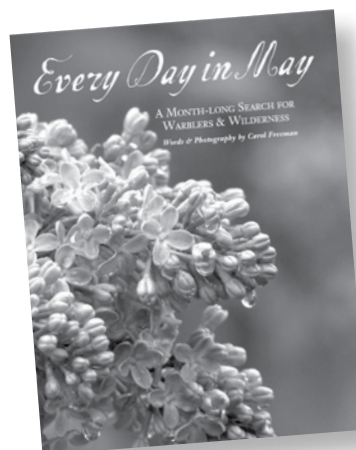
She has been published in dozens of publications, including Nikon World, Chicago Wilderness, Chicago Home and Garden and many others.



Carol feels that May is one of the most glorious months in Chicago to photograph the outdoors.

Ephemeral wildflowers bloom, and waves of birds migrate through – especially warblers.

While she appreciates all of nature, warblers hold a special place in her heart. In the past, Carol never had much luck seeing or photographing these tiny wonders from the neotropics. They pass through Chicago so quickly, here one day and gone the next, on to their breeding grounds up north. So when fate unexpectedly left her with an entire month free of other obligations, she dedicated herself to photographing these enchanting birds. Her motto became "Every Day in May," and so she did just that. Carol searched the wilderness near her home everyday, rain or shine, and she did find a few warblers, but also learned and saw so much more.



She put all of this wonderful work into a book of photos one for each day of the month. It's a small sampling of the wonders she discovered.

Despite her busy schedule, Carol is happiest when she's out in nature, investigating Illinois! ✨

Photo of Carol by Leif Otto

The Ripple Effect—Boomerang Style

By Laurie Buchanan, PhD, HHP, CHT, RMT

We are all interconnected; we are one. Because of this, everything we do has a powerful ripple effect. I find this so incredibly powerful in that the consequences don't just extend outward, but travel back again, boomerang-style. I know that if I hurt you, in due course I not only harm my children and grandchildren, I harm myself. If I lie to you, ultimately I not only deceive my children and grandchildren, I deceive myself. If I steal from you, in the end I not only take from my children and grandchildren, I take from myself, and so on...

Likewise, when I do something that's positive, uplifting, constructive and healing, the same boomerang-style ripple effect comes into play. Our thoughts and actions don't just affect us individually; they affect us collectively. The ramifications of what we think, say and do aren't just local in nature; the impact is global. When we're mindful of our personal energy signature, it has a positive influence on others. If we neglect to cultivate and maintain our personal energy signature, it has a negative effect on others.

You've heard the saying, "Never underestimate the power of one." It's true. As individual reflections of Divine Love, each of us has a sphere of influence. Whether we're a global citizen like Mother Teresa, or a local citizen; what we think, say and do has far-reaching and lasting ramifications. Similar to putting a hand in wet cement, it leaves an impression long after we've left the scene.

We exercise wisdom when we're mindful of our influence on others.

The collective consciousness is the interconnected wholeness of life. The information contained therein is an existing potential for each of us to tap into, enhancing the possibility of carrying the torch of human understanding a little further. As the camel driver in Paul Coelho's book *The Alchemist* said, "All of our life stories and the history of the world were written by the same hand."



It's my perspective that each of us has an undeniable responsibility to our self and the rest of the world to be our personal best on any given day. The ripple effect is far too-reaching to do otherwise. ✨



©2010 Laurie Buchanan.
Laurie Buchanan, PhD,
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All things share the same breath— the beast, the tree, the man, the air shares its spirit with all the life it supports.

— Chief Seattle

Ubuntu is very difficult to render into a Western language... It is to say, ‘My humanity is caught up, is inextricably bound up, in what is yours.

— Desmond Tutu

True communication is communion with the realization of oneness, which is love.

— Eckhart Tolle

Chanting is no more holy than listening to the murmur of a stream, counting prayer beads no more sacred than simply breathing... If you wish to attain oneness with the Tao, don't get caught up in spiritual superficialities.

— Lao Tzu

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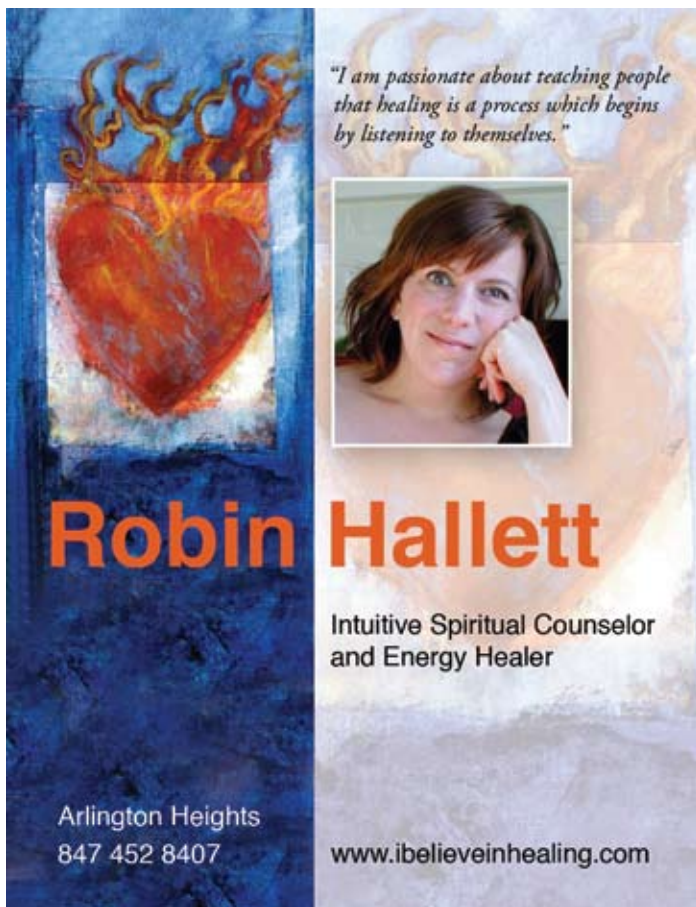
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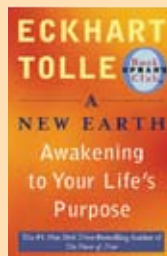
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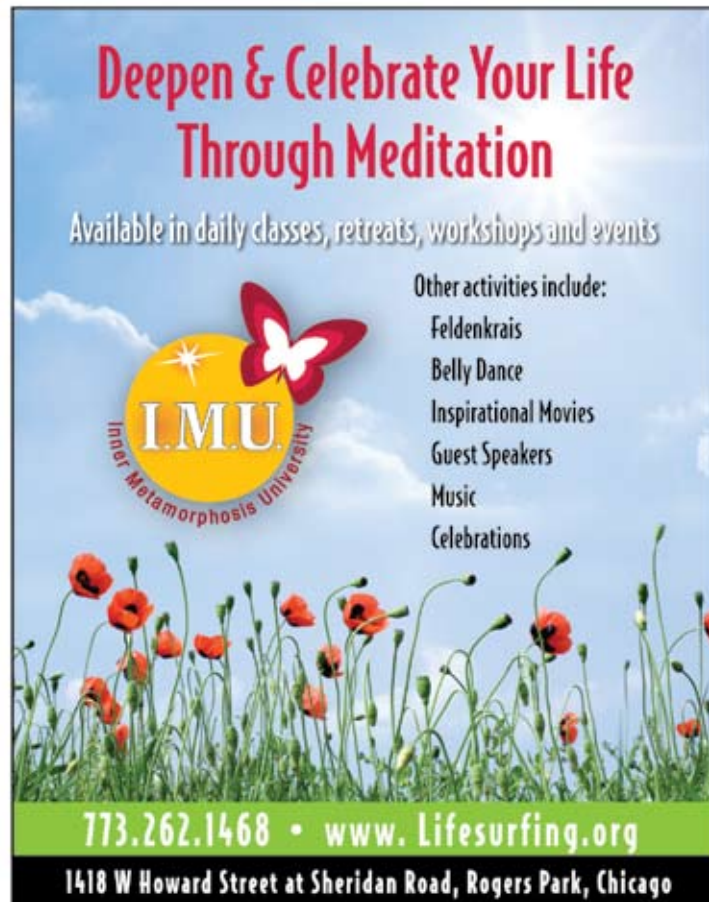
All you need is a desire....
I can help you with the rest.
I will challenge and hold you
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professional goals.

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Divine Love

Meditation Retreat to Enter Unconditional Love *by Masaru Kato*

Saturday and Sunday, June 26-27

Starting at 10:00 am and ending at 6:00 pm each day \$280 for both days

Held at the Loretto Center, Wheaton, IL • Check website below for directions

Divine Love is the essence of your being. Unlike human love based on sentiments or feelings, this transcending Love can forgive, accept, and affirm everything. This Unconditional Love is the fundamental quality of your Soul. Like sweetness is the essence of honey, this highest Love is innate or inherent in you. It is always shining at the deepest inward reality of your Self, like the Sun shining all the time above the clouds, regardless of the weather.

Divine Love is more than a simple philosophy or an idea. This Love forms and supports the infinite field of consciousness from which the life force energy that animates every life on this planet is emerging. In this sense, you are made of Love. This Love is definitely not a castle in the sky or a fairy tale. It is something you can actually experience in a tangible manner, if you deeply surrender yourself to it. As you touch it, you will feel lighter, softened, expanded, and fulfilled. You will feel that you returned Home. You will no longer suffer from the pain of loneliness. You will transcend the desire to be loved. You will no longer crave, in a neurotic manner, for someone to cherish you. It is because you will realize that you are Love itself. This will lead you to the end of suffering.

To experience Divine Love, you need to surrender everything to God. What separates you from the deepest truth is the self-defense mechanism of your ego. Your ego divides everything into two poles: black and white, correct and wrong, or safe and unsafe. As long as you operate yourself under your conscious mind, you will become judgmental and protective toward the reality surrounding you and become blind to Divine Love.

This meditation retreat is to help you transcend your ego, so that Divine Love will manifest through you. With the help of my Higher Self, we will together create the unified field of the Souls of all participants. In other words, we will together form one big Heart. Being saturated in this circle of Higher Selves, we will let go of anything that keeps us from our essence, which is Unconditional Love. We will enter deep peacefulness, blissfulness, and joyfulness within.

Although most of the processes at this workshop will be spontaneous, guided by the highest awareness, we are likely to engage in:

- **Practice:** Accepting who you are
- **Meditation:** Merging into the Higher-Self
- **Affirmations:** Self-forgiveness and Self-love
- **Group Healing Work:** Healing the core fear that makes us defensive

Do not look upon the world and the deeds of men, but gaze into your own soul, and you will find therein that blessing which you seek where it is not, you will find love, and having found love, you will see that this blessing is so great that he who possesses it will not crave anything else.

– Krishna

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

www.atmanwellbeing.com