

Evolving™ *your spirit*

A free publication celebrating your evolving spirit • Issue Forty Two • September 2010

Unity

Do not follow the ideas of others,
but learn to listen to the voice within yourself.

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and you will realize the unity of all things.

—Zen Master Dogen

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Unity...



When I think of Unity, I think of coming together, like minded-ness, a bunch of people with the same beliefs, perhaps compromises being made, things like that. It was so interesting to see the different points of view represented in the article submissions I received for this issue.

It is a challenging time for all of us, and I can see how the pressure of the energy is causing us to process. Something I like to say is, "It's all good, it's just not all pleasant." To me that's it in a nutshell. And the unity is that we are all in this together.

I went to see Master Charles speak when he was in the Chicago area in August (www.synchronicity.org). He is a very wise being. A couple of the many things he talked about that resonated with me, I'll share with you here. He is an expert in how the brain responds to meditation, and how when we meditate, the two sides of the brain, left and right, balance, and then the front part of the brain begins to advance and become more fully aware. He said that if we are all willing to meditate, it will unite us in that practice, and the energy will help tremendously with the shift we're in. He said that was part of evolution, and that if we didn't get to it, another species would step forward and be the enlightened species on the planet. I couldn't help but think of the theme of this issue and how profound that view of Unity is. I'm in! I love meditation, and to be still and go inside is a practice I have received so much value from. I hope you join me and make meditation a regular thing.

I appreciate the unity we share as part of the Evolving Your Spirit community, and I love and value the many great associations I feel in unity with in this.

Many blessings,

Debbie Mackall, Editor and Publisher

Hey! Keep an eye out for our new magazine, Way of the Wilds, which is distributing at the end of September! It's all about nature, getting outdoors and all of the ways we can enjoy and enhance nature in our Region.

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Issue Forty Two, September 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 November 15. Our theme will be *Source*.

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

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The Upgrade is Here

by Doug De Vito

Have you noticed the world seems to be changing? The weather patterns are shifting. Financial systems are shifting. Governments are shifting. Relationships are shifting. We are shifting.

There has been an ongoing shift happening on the Earth, as we move through our orbit in the galaxy. Many believe that this shift is coming to an exclamation point in 2012, but the important thing to recognize is that the shift is already happening.

Science can now document that the Earth is in fact already changing, in many ways.

As a result of this shift, what if we could suddenly all be healers and masters? Many people today have heard of *The Secret* and the *Law of Attraction* at this point, but what if we were to step to the next level in every aspect of life? What if we recognized that there were more universal laws than just the law of attraction? What if we recognized that we could access, as never before, laws of healing, love, prosperity, balance, peace and abundance? How would we change if we suddenly woke up one day and could feel our connection to the planet and others around us? What if you were suddenly to gain new senses and abilities to feel, heal and improve your own life with all of the ease and simplicity of a child playing with a toy?

We now have access to new and exciting tools, skills and conscious abilities that are here to help us live at the next level. More specifically, there are new, palpable, intelligent

and practical frequencies of healing and transformation here on the planet for the very first time. They can be harnessed to help heal others and upgrade our selves. In addition, what is perhaps more interesting and attractive about the frequencies, is that as you use them to heal others, you actually heal yourself.

The Upgrade is here to empower the human race and expand your awareness and capabilities to the next level. Just like when your computer gets an operating system upgrade from time to time, you can now be upgraded. Think about it. We download software into our computers that suddenly makes them faster, smarter, have more memory, look different and operate on expanded levels. What would happen if we were able to do the same thing?

We can. And getting upgraded is easy. Plus, the evidence of the power and breadth of this shift is phenomenal. Hundreds of thousands of people around the world are experiencing this directly in their lives and scientists are documenting the evidence of this shift in our physical beings and mental/emotional states.

These frequencies come from a higher source, call it God/Love/The Universe/Creative Matrix or whatever concept that resonates with you. The world's best scientists are theorizing and documenting that they may provide us with the link and connections to the next level of the Universe and our own higher selves. There is truly a phenomena happening here on the planet. We are all shifting, powerfully, certainly

and now, with a universal lifeline of sorts, one with the power to heal the body and just as importantly, transform our hearts and minds.

Scientists are reporting the evidence of this Upgrade, finally giving us the proof that we have been searching for. They have proven that people are suddenly gaining wondrous new abilities to feel, sense and manipulate energies that help to facilitate healings for others, themselves and the planet themselves. What is more is that the process of using the frequencies seems to have a powerful and beneficial side effect on the practitioners who use them. These practitioners are reporting that their OWN lives are improving and that they were seeing significant healings in their own lives, all from doing the work for others. Remarkably, it seems like the Universe has built in an incentive system of sorts, that gives us the ability to improve our own lives by the very act and process of helping to heal others. Now that is intelligent design!

We need and deserve better answers about how to live, heal and prosper. There are new resources here on the planet, entirely new bandwidths of energy, light and information, that are here to assist us at exactly this point of time, just when we need this support and help the most. It is as if the Universe is sending us a lifeline of sorts. And, we have a choice to grab that lifeline, fashion it into a rope and then climb up to the next level of humanity and universal laws.

I conclude with an excerpt from my new book, *The Upgrade: Fulfilling the*

Promise of Human Potential. This book is a featured selection in The Next Top Spiritual Author contest, an international author competition, in search of the next big spiritual message and messenger. *The Upgrade* was among 15,000 entries in the contest and now has successfully made it to round two of the competition, where only 250 entries remain. The winner of the contest will receive a significant book publication agreement, along with a large promotional and PR support package to help get the word out about their book and message.

Here is an excerpt from the book:

Science doesn't know all the answers. It can only tell about things that can be measured and to date, they still can't fully measure the totality of our Universe. For that matter, they still don't understand gravity, magnetism, how the body operates or heals itself, consciousness or pretty much anything on the planet. If you were to put ten scientists in a room and gave them any given topic, you would get 11 opinions. Plus, none of them would be completely accurate.

There are three types of physics. The old school of physics is based on separation and discrete particles. This is called Newtonian physics, and it was based on Sir Isaac Newton's theories. More to wit, we are distinct from

each other until some forces act upon us. The forces have defined impacts. This type of physics tends to work in many areas of practical life and tends to govern the design of things like air-

planes, trains, cars, shop tools, machinery, etc. It however doesn't have great predictive value if you are very, very small or very, very large. It also fails if you are moving at a rapid speed. In all of these cases, the rules tend to bend and ultimately fall apart.

The next school of thought in physics includes the theory of relativity, originally studied and suggested by Albert Einstein. He theorized that the laws of physics and the interactions of space & time between two objects are relative. He showed that if something moves very fast, for example, then the laws of space-time start to bend and warp a bit. Also, he theorized that energy and matter were interchangeable with his famous equation $e=mc^2$. His work led ultimately to our understanding of nuclear physics and subatomic particles, including

continues...

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We can sit and wait for the scientists' machinery and measuring devices to catch up to our experiences, but where is the fun in that? Let's go out there and share, observe, heal others and ourselves, seeing the miracles daily, waking up each day on a new energetic adventure.

The Upgrade continues...

our current understanding of nuclear power, weapons and medicine.

The current level of thinking in physics is where we start to play with concepts of recognizing consciousness and its impact on the environment around us. In this school of thought, we are multidimensional beings, and we have access to information on more levels than our day-to-day thinking generally allows us room to understand. In this realm, observation leads to discovery and creation, and miracles can happen. Cancers can spontaneously disappear. Sudden lucky circumstances can manifest, and extraordinary personal growth can happen in an instant. This is the realm of the quantum, where science does not know or own all of the rules, and we get to explore, discover and refine them as we go.

We can sit and wait for the scientists' machinery and measuring devices to catch up to our experiences, but where is the fun in that? Let's go out there and share, observe, heal others and ourselves, seeing the miracles daily, waking up each day on a new energetic adventure. Don't get me

wrong. Science is doing its level best to catch up, and it will be great when they can fully explain these shifts within our bodies and consciousness. Until then, why not see what the Universe has especially intended for all of us, in the form of a healing or a paradigm shift in your emotions and mental capabilities.

I invite you to step forward, and lean in just a bit. Just allow yourself the possibility that there is more than we once thought. I dare you to step forward and explore this wondrous, new, powerful and intelligent connection with health and your place within the Universe. You can always, later on, stand back and say that it isn't real. I tried. My personal belief is that you might have a hard time doing that after you sneak even the smallest peek at this and your own infinite possibilities within it.

I invite you to get Upgraded. ✨

To learn more about The Upgrade and to vote for the book in The Next Top Spiritual Author contest, visit: <http://www.nexttopauthor.com/profile.cfm?aid=2719>

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Unity is Birthed by Individuals by Laurie Buchanan

Unity, though concerned with the larger group, is birthed by individuals—you and me. I see Unity having two orientations: vertically, it's our connection with Divine Love; horizontally, it's our connection with the people around us. The intersection of these two lines is the seat of compassion—the key ingredient for unity at its best.

Identification with a group is vital to how we define ourselves. The worth of any group lies in the behavior of its individual members. Every group has people who are positive, uplifting, constructive, and healing. And of course, every group has people who are otherwise.

Connecting with like-minded people helps to make us aware of our inherent unity. When we're warmly included—validated—it nurtures a warm sense of belonging; a sense that we're part of something bigger than ourselves.

One of my clients, an aspiring writer shared, "I wish I weren't so shallow. But sadly, honestly, I am. I wait for validation. I wait for recognition. I wait to be invited ... by him ... by her ... by them ... by the publishing world. While I wait, I sharpen the tools of my craft and I dream."

There are a multitude of groups we can align ourselves with: ethnicity, religious affiliation, spiritual tradition, sexual orientation, and political association—to name but a few. Regardless, 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." Inherent unity.

Being one's authentic self within a group is vital. Frank Lloyd Wright,



the father of organic architecture said, "The reality of a building is the space within. And what you put into that space will affect how you live in it and what you become. Don't clutter the place with stuff that does not ennoble it."

His point is that it's the details that express the whole. This is equally true of our personal ecology—inner landscape—which brings us right back to the beginning. Unity, though concerned with the larger group, is birthed by individuals at our compassion-filled, authentic best. ✨



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://holoessence.wordpress.com>.*

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Experiencing Unity Every Day

by Alyse Rynor

This past July, I was vacationing in one of my favorite parts of the country, the Pacific Northwest. As I usually do, I went hiking, and this time decided to hike on a trail that went above one of the beautiful waterfalls perched along the old Columbia River scenic highway in Oregon called Latourell Falls. Half way into the 2.1 mile hike and 650 feet above two beautiful waterfalls, I took a step, and as the trail broke off at the edge, I felt a severe pain in my left ankle and suddenly found myself on the ground with one foot bracing me on the severe slope to keep me from sliding down the edge of the cliff and the other twisted under me. I had broken my ankle.

After sitting on the trail for what felt like a very long time waiting to regain my ability to speak and think straight, I attempted, at the insistence of my friend, to stand up. It was obvious I could not walk and with another mile to go, knew that I was not going to be able to hop or crawl my way out of there. At that moment, I said aloud that it would be helpful if someone could come along who could assist us in carrying me out. Not a second later, my wish was granted as a very fit 30-something year old man and his wife magically appeared around the bend, quickly asking if they could help.

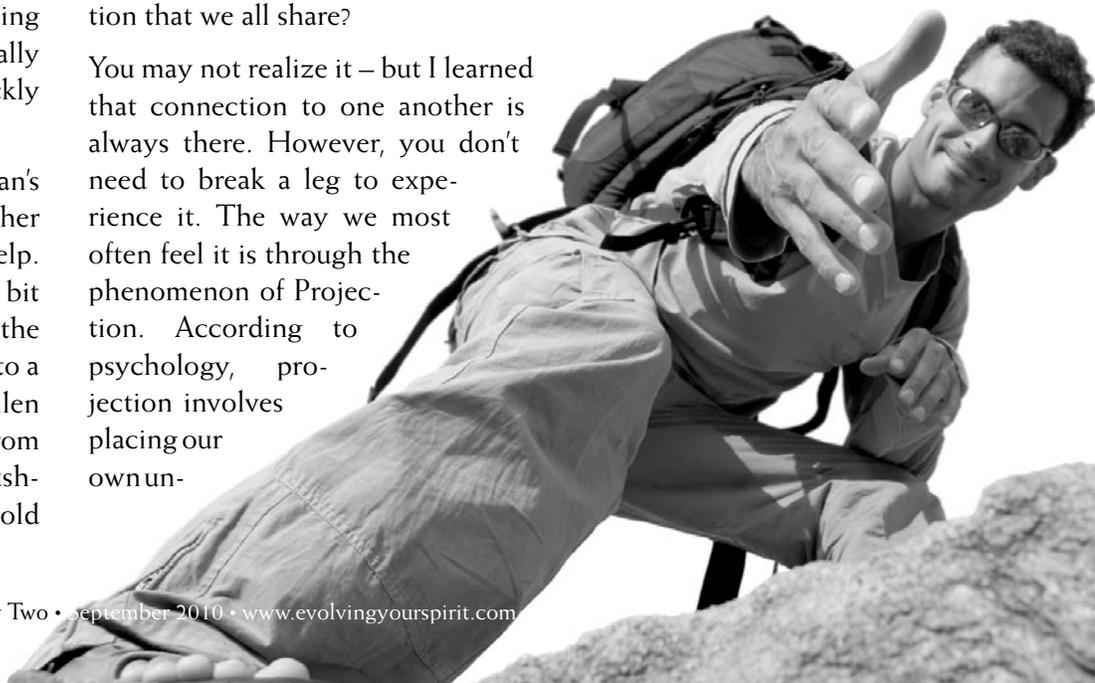
While being carried out fireman's style, we came across some other people who also offered to help. Wanting to give the first man a bit of a break, I was hoisted on to the back of another, who then led us to a river crossing that had a large fallen tree stretched across it going from one bank to the other over the rushing mountain water. We were told

that crossing this would lead us back to the trail head sooner. With several people taking turns to carry me, and a short stop to crawl on all fours over that downed tree that served as a bridge, we all finally made it to the parking lot. I then received yet another gift, as the first man's wife was a surgical nurse and had emergency supplies in the trunk of their car to help splint up my leg temporarily. Life was amazingly supportive, as if we there were something larger at work, connecting us together in a way that flowed for my good.

On the 28 mile drive from Troutdale, OR to the Hospital in hospital in Hood River, I was overwhelmed with gratitude for the help which was so graciously given to me. People seemed so eager and willing to help someone they didn't even know. It seemed as if they could recognize themselves in me – for if that was them, they would have wanted the same help as they were providing. Was I no longer simply a stranger on a trail, but a reflection of who they were or could be? At that moment, when cell phone signals didn't exist and computers weren't on anyone's mind, was there a greater ability to feel the connection that we all share?

You may not realize it – but I learned that connection to one another is always there. However, you don't need to break a leg to experience it. The way we most often feel it is through the phenomenon of Projection. According to psychology, projection involves placing our own un-

acceptable feelings or emotions onto someone else, rather than knowing you have those same feelings in yourself. Yet, the beauty of projection is that it allows others to serve as a mirror for you, showing you a lost part of yourself. An example of projection could be something like this: Your good friend cancels your evening dinner plans at the last minute. You were looking forward to them. She tells you she can't afford to spend money these days. The next afternoon, you run across her at an upscale department store spending hundreds of dollars on designer tops and jeans. This triggers you. You have a strong reaction to it, probably so strong that you can't wait to go out to your car, dial up another friend on your cell phone and share what you saw. This strong emotional reaction to something in your friend is called projection. She has shown you something in yourself that you don't like. Perhaps you have even done the same thing to someone else but have forgotten it? But, if that isn't your style, then it may be something else about yourself your psyche recognizes in her. To



reveal the part of you she was mirroring back, you could ask yourself this question; "What kind of person would say they couldn't afford to get together with you, cancel the plans and then go out and spend a lot of money after all?" Your answer will help you to discover what is called a shadow aspect – a part of you, you don't want to be. And, the only way you could find this part of yourself is through another. That other person, in this case is this fictitious friend who canceled your dinner plans. She has acted as a mirror for you because we are really all the same. We are connected to one another on a higher level for the purpose of our soul's growth. What we see in one person, we have in ourselves. "If you spot it you've got it" is a phrase you may have heard before.

We see ourselves in each other every day, whether we see the good or what we might call the bad. We see ourselves in the news, in our friends, family, spouse, lover, co-workers, every day. We cannot see anything in anyone else that we don't already have somewhere inside of ourselves, for we were born as whole and complete. It was events in your life that caused you to hide away certain parts of yourself that you did not deem acceptable. So, the very things that trigger you are those parts of yourself that have been hidden away, even from your own awareness. The good news is that you can call them back.

Our Divine nature is to be whole. When you are unknowingly hiding a part of yourself from yourself and the world, you are no longer operating in your true Divine nature. But because we are all mirrors for one another, because we live in unity and con-

nection all of the time, we are constantly helping one another to grow and become our true self. Perhaps the person that triggers you most is the greatest angel in your life?

When you recognize this all important phenomenon of projection, you can recognize you are living in Oneness and Unity with all beings all of the time. When you understand how this works, you can step into a place of healing those parts of you that you don't like in yourself, what Carl Jung coined as the *Shadow*. The goal of healing all the parts of you is to bring them out of the dark and into the Light to create wholeness and to live in unity with yourself. Wholeness is your Divine birthright and true nature. And, it is ultimately your connection and unity with one another that will bring you back to your own true essence. Why not recognize the Oneness that we all are and know that each and every day, someone is an angel to you and you are an angel to another. ✨



Alyse Rynor, LCSW is a Holistic Psychotherapist & Certified Integrative Coach, working in the area of healing your shadow to feel more empowered, self loving and to improve relationships. She has a private Counseling practice in Evanston and facilitates Integrative Coaching in the area of the Shadow as well as Spiritual Divorce Coaching, over the phone. Integrative Coaching is based upon the work of author best-selling Debbie Ford. Call Alyse to start your journey to health, happiness & wholeness at: 847.840.0884 or alyse.lcsw@gmail.com.

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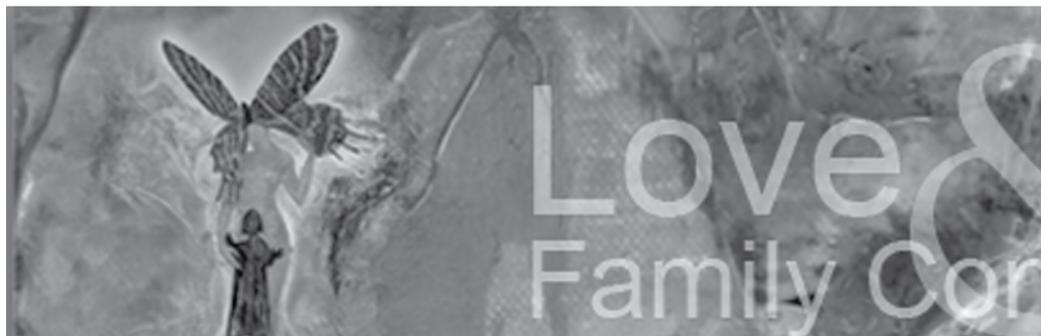
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Unity. Unity. Unity. It is a word that we hear over and over again touted as the path to freedom, peace, and non-violence. It is a concept that is easier to understand than Oneness for as human beings it seems more possible to be united with others as one while maintaining our individuality than to be actually one with them. And yet still, while many appreciate the theoretical implications of Unity in our world, very few fully integrate this beautiful universal truth into a full-blown, life-altering, changes everything type of perspective. But if more of us could do so, we would find that a deep interior understanding of Unity—coupled with a daily exterior expression of Unity in our thoughts, words, deeds, choices, focus, beliefs, and priorities—would indeed provide much of the energetic juice needed to propel our planet and species forth on a higher course. The key to this shift is that Unity cannot remain only a mental concept. Unity must be felt—felt on the inner plane where I feel one truly resides.

The first step in experiencing deeply felt Unity with ALL is a total understanding that YOU are an eternal, divine, creative, infinite spiritual being who is an integral part of *All That Is*. Like a facet of a beautiful diamond, you reflect light in your

own individual way while remaining always a purposeful aspect of the whole diamond. Even if the diamond is cut into smaller diamonds, the essence of the whole diamond—all of its attributes—remains within you, the smaller version of the diamond entire. A great thing you can do is to utilize the natural world to demonstrate for your children the individual/divine whole paradox of which they are very much a part—ocean/wave, leaf/tree, turtle/shell, hand/body, letter/word, sugar/cake, paint/canvas—let the beautiful paradox BE the perspective. The second step in realizing Unity is to create the spaciousness in your everyday life to FEEL it. Model for your children stillness, quiet, dancing, gardening, tinkering on a car engine, watching a sunset—whatever it takes to be with yourself for the sole (soul) purpose of joy. It is here in the space that you create to joyfully and gratefully be with yourself that you will pierce an inner dimension where Unity and Self-Love merge in ecstatic waves of love, peace, connection and freedom.

Conscious spirit-embodiment, once perceived, can become a WHOLE new life perspective that permeates all life choices. In this state, Unity is no longer an ideology, but rather an interior knowing. As a parent, I know it is important to make the



by Annie Burnside

realization of conscious spirit-embodiment a priority for both you and your children. It doesn't take changing your life completely, but simply an expanded perspective of your place within it. This can most easily be done by shifting your focus from an over-active chumminess with all things external and into an enlarged focus of your own vast interior.

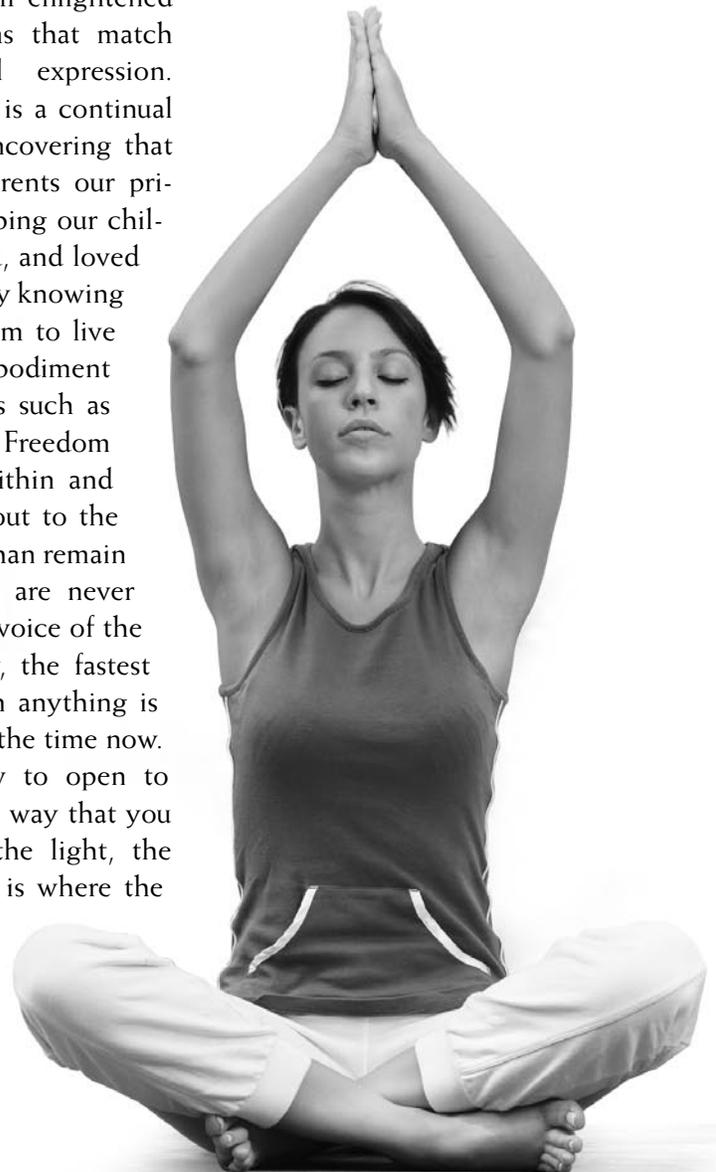
Find out what brings you joy, makes your eyes sparkle and lights you up from the inside out.

Likewise, uncover what holds you back within your own belief systems, habits, paradigms, and unhealed wounds from your past. Crack yourself wide-open to see what's really there— **let the inner work begin NOW**. As you move toward yourself, you can more easily move toward another. As you feel for your own interior texture, you can more easily feel for the interior texture of another. As you come to really know yourself, you can more easily come to really know another. As you allow your own authenticity, you can more easily allow the authenticity of another. And so it goes— **the world begins to truly change when we first discover the change within ourselves**. Unity in our world begins as Unity within. Truth in our world begins as Truth within. Peace in our world begins as Peace within.

Our greatest offering to our beloved children is to light the path to traverse their interior by first lighting our own path. The integrity needed to create lasting change on our planet can only stem from enlightened interior belief systems that match enlightened external expression. While enlightenment is a continual process of internal uncovering that lasts a lifetime, as parents our primary job beyond keeping our children safe, fed, clothed, and loved is to assist them in truly knowing themselves. Invite them to live in conscious spirit-embodiment where universal truths such as Unity, Oneness, and Freedom can be deeply felt within and then offered up and out to the world at large rather than remain mental concepts that are never fully activated by the voice of the soul. As we all know, the fastest way to teach children anything is to model it first. Take the time now. Create the time now to open to your own interior in a way that you never have before—the light, the dark— all of it. This is where the journey begins. You have everything to gain for you, your child, and the world at large, and

nothing to lose. The kind of Unity that changes YOU first and then changes the world is a state of being that begins deep inside each one of us. It's time... ✨

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



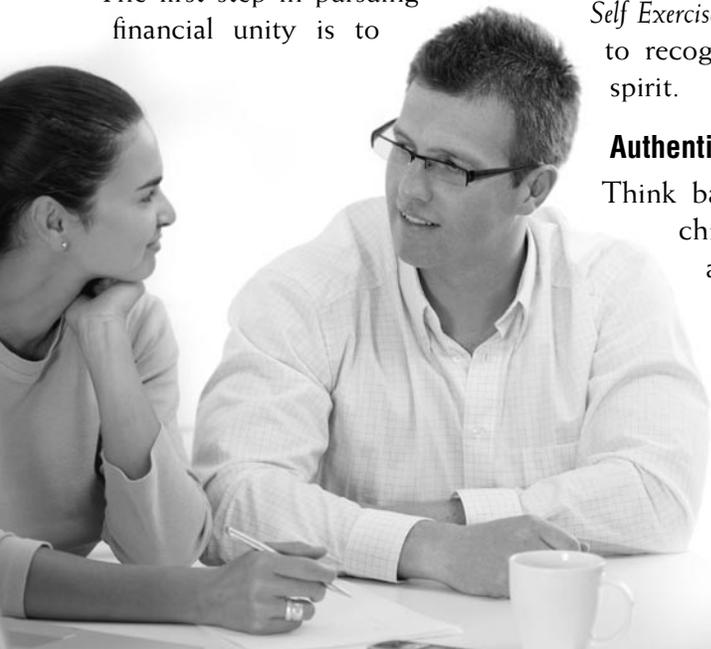
EVOLVING *Wealth*

by Julie Murphy Casserly, CFP®, CLU, ChFC

Pursuing Financial Unity

Over the years, I've assisted many couples and families with their finances and have found that money can be one of the biggest causes of angst, anger and sadness in relationships. It's important to align your daily life and your plans for the future with your family's desires because financial unity will lead to overall harmony and abundance in the household.

The first step in pursuing financial unity is to



get in touch with your own personal desires and discover your authentic self. When people are not being true to who they are, problems will arise in relationships which also seep into other areas of your life. Once you tap into the emotional and spiritual framework that constitutes you, everything will begin to fall into place. The following exercise, adapted from my workbook *The Emotion Behind Money: Authentic Self Exercise*. (2010), shows you how to recognize and find your inner spirit.

Authentic Self Exercise

Think back to when you were a child. Can you recall doing anything that was instinctive to you? What type of activities came naturally to you? Now bring yourself into the present moment. What do you truly enjoy doing with your time? If money were no object, what would you do with your daily life? Make a list

of the things you are great at and the things or moments that give you peace. After you've made this list, look it over. I expect you will learn something about yourself.

Now— Make a pledge to live your life in accordance to your authentic self— your core values, beliefs, unique abilities and sense of purpose. If you're in a relationship, discuss your authentic self with your spouse and learn about their desires. It's important that you both have a clear vision of one another's passions so you can help one another achieve and live them. From there, create a list of financial goals based on these passions. Once you have created your financial goals as one financial unit, make sure that you both agree to clear a space in your life to obtain these goals.

Being honest and open with your loved ones is vital in pursuing your financial path as a united front. And most importantly, it will lead to a successful and lasting marriage. ✨



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>.

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The Power *of Unity*

by Maggie Wilkins

We speak of Uniting. Sometimes we long for it. We study it, go to church for it and witness our world uniting on levels never experienced before. I can see that this is the transformation of consciousness unfolding. We unite—not to change things or try to make them the same, but rather to unite through this new consciousness, a new awakening in all of us.

Great teachers over the ages have so often spoken of uniting and advising us not to judge. Life requires us to step into the new earth, finding a new way for each of us. We do not know how the next moment will unfold for us; what we do know is how we respond to it. Do we offer peace/Unity or pain/Ego?

Ego does not know the now; Separation does not know Unity.

I was driving in my car this week and saw a bumper sticker that had a number of religious symbols on it, spelling "Coexist". I was moved to see these symbols that brought thousands of years of separation, war and world pain together on one sticker. It seemed that by accepting all the different belief systems and their symbols of God together, the English word "coexist" could be created. This simple sticker showed a deep acceptance of all belief systems, people, and their lifestyles by uniting them to coexist (and, in turn, healing thousands of years of pain and separation). The word "coexist" offers unity and a feeling of peace. This bold sticker awakened a joy in me by displaying a lack of judgment by the owner.

I could tell you stories about how people with bumper stickers just like this are warring amongst themselves

sometimes in those very cars. But then I would be judging them, and the cycle continues. Tricky awareness. To notice without judgement, accept and learn.

The time to unite is now – I can feel myself being asked from within to unite.

I want to be sure to keep this unity and bring it to my whole my family, even the people I do not care for. I know it will change the world, and I invite you to join me.

Eckhart Tolle once said to me that when something comes to us in our life that feels like a painful experience, behind it is great learning and infinite wisdom. Often, our pains are the greatest teachers we could have. By embracing this pain and allowing unity to arise without feeding the ego story, the depth of truth will unfold, giving us the human experience that is joy, peace and love.

I have learned that all things are in perfect harmony, uniting together.

As gravity keeps all the planets in order, love allows mankind to evolve. Many talk about ideas that our time

is running out. I believe that we are running out of "old time", the time that is based on separation, anger and war. This "old time" is running out and a "new time" is coming. This "new time" places Unity, Love and Joy at the foundation of our lives. No education or money is required to know this. We simply connect to who we truly are, and in that, we are united as one heart, one source.

I know that we are not our egos. We are beings that are awakening to our unfolding life purpose in the power of unity. The next judgment you make is your "op-port-unity" to unite. ✕



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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Every Relationship is Eternal

by Abraham Hicks

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now becoming—you hold the power to create. A joyful life is not about gaining control of the factors that surround you.

A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.

Must “Family Harmony” Inhibit Personal Freedom?

A person who is consistently inside his own Vortex will find harmony with other people even when they are not finding harmony with him.

Everything that everyone desires— whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in Rampages of Appreciation—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also.

Often, you can get exactly what you want from the components that are already present in your life. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you. ✨ www.abraham-hicks.com

EVOLVING Community

Meet Eric Pearl, Uniting Healers in a New Method

As a doctor, Eric ran a highly successful chiropractic practice until one day his patients began reporting that they felt his hands on them— even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. All this occurred when Eric simply held his hands near them—and to this day, it continues. He calls this new spectrum of healing frequencies *Reconnective Healing*.



New research programs are presently underway at multiple facilities internationally under the guidance of such renowned research scientists as Gary Schwartz, PhD., William Tiller, PhD., and Konstantin Korotkov, PhD.

Eric travels the globe extensively throughout the year bringing the light and information of *Reconnective Healing* onto the planet. It has been said that he teaches his students how to activate and utilize this new, all-inclusive spectrum of healing frequencies that allows them to completely transcend "energy healing" and its myriad "techniques". To date, he has taught this new level of healing to over 60,000 people in more than 70 countries, and was recently featured in the film, *The Living Matrix*.

Pearl isn't sure why he was chosen to pioneer this work, and his theories range from his mother's own near-death experience while giving birth to a serendipitous encounter with a Venice Beach gypsy specializing in axial alignment work. Pearl believes that we've just begun to experience the possibilities of the power available to us. ✨

Based on his extensive knowledge, broad following, and "success rate," one might assume that Pearl has been doing this work for all of his life. Yet Pearl didn't discover the gift until the early 90s, after he had already been at the helm of a thriving Los Angeles chiropractic practice for 12 years.

His patients' healings have been documented in six books to date, including Eric's own international bestseller, *The Reconnection: Heal Others, Heal Yourself*, soon to be in 36 languages!

Based in Los Angeles, Eric and *Reconnective Healing* have been eliciting great interest from top doctors and medical researchers at hospitals, colleges and universities worldwide— where he addresses physicians at the request of such medical luminaries as Dr. Andrew Weil and others.

For more information or to register for a 2010 *Reconnective Healing* seminar, visit www.TheReconnection.com or call 323.960.0012.



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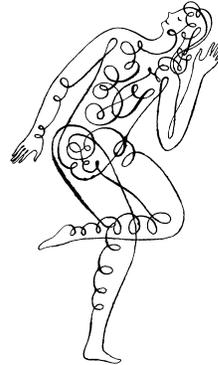
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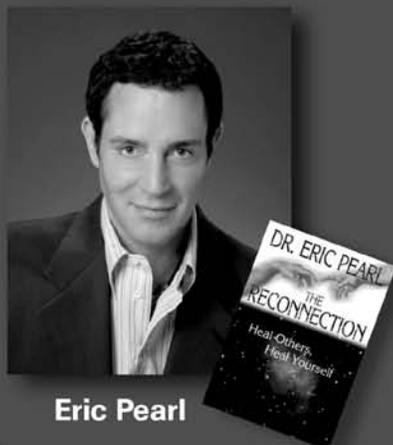
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Internationally recognized healer Eric Pearl has appeared on countless television programs in the US and around the world, spoken by invitation at the **United Nations**, presented to a full house at **Madison Square Garden** in New York, been interviewed in various publications including *The New York Times* and most recently featured in the film, *The Living Matrix*.

As a doctor, Eric ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them – even though he hadn't physically touched them. Patients soon reported miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. All this occurred when Eric simply held his hands near them – and to this day, it continues.

His patients' healings have been documented in six books to date, including Eric's own international bestseller, ***The Reconnection: Heal Others, Heal Yourself***, soon to be in 36 languages. Reconnective Healing elicits interest from top doctors and medical researchers at hospitals and universities worldwide with new research programs presently underway. This new level of healing has been taught to over 60,000 people in more than 60 countries.

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