

# Evolving™ *your spirit*

A free publication celebrating your evolving spirit • Issue Forty Seven • July 2011

Also—  
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What...How...Who?

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—Albert Einstein

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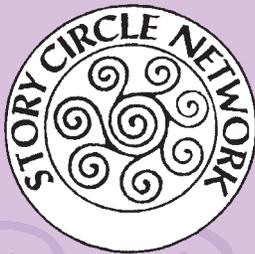
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# Balance...



Turns out it's all about balance. Everything. Too much of a good thing is not always great. So again, balance.

OK! I've been pretty extreme in my life. I love the ups more than the downs, the beauty more, the happiness more. I know it's normal. I'm working on it.

I have a saying with my friend Barb, "It's all good, it's just not all pleasant!" This does say it all!

I hope you enjoy this issue. Many points of view and a lot of great info on being balanced in your body, which brings me to the news I want to share.

The magazine is going to have a bit more focus on Holistic Healthcare. Though we always supported that area as you can see from most of our advertisers, we'll now be presenting articles and information so you can see what options are available and who is doing what. So much is shifting and changing in our world these days. I think it's important to stay balanced in Body, Mind and Spirit to allow ourselves to be aligned. Lots of rocking, but we can be like weebles. Weebles wobble but they don't fall down. (I may be aging myself with that one.)

There's an overview on the following page, and, I'm hosting a Holistic Healthcare Open House on October 1! You are invited to come and meet some of our local Holistic practitioners, mingle with other readers and enjoy some delicious snacks. I'll provide more info in the September issue as the plans solidify a bit more. In the meantime feel free to email with ideas and things you'd like to see there or at future gatherings. I'd like to see us get together more in our area and really connect the community.

There's a lot of great people, energy and support out there. We can just put a little effort out there and get to know each other!

Hoping to see you soon,  


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*Issue Forty Seven, July 2011*

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## 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.

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The next issue of *Evolving Your Spirit* will be available September 15. Our theme will be *Intuition*.

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

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# What is Holistic Healing?

by Debbie Mackall

Welcome to our new section on *Holistic Medicine and Alternative Therapies*. Though we at *Evolving Your Spirit* and many advertisers have promoted many types of these services, I've decided to dive a bit further into the topic and start highlighting different available modalities, and give some overviews of what is available in our area.

This section will grow, if the interest is there and you enjoy what is presented. I'd love to hear your feedback and also questions and ideas on how we can support our readers with comprehensive, easy to understand approaches to working through our issues and creating the lives we want for ourselves.

We are the ones who can do it!

You have all you need to begin now.

Right inside yourself.

## An Overview

Holistic medicine is defined by the Canadian Holistic Medical Association as a system of health care which fosters a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental emotional, social and spiritual aspects of health.

It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment including drugs and surgery if no safe alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being.<sup>1</sup>

<sup>2</sup>**Alternative Medicine** is often used by the general public and some healthcare practitioners to refer to medical techniques which are not known or accepted by the majority "conventional" or "allopathic" medical practitioners (usually M.D.'s). Such techniques could include non-invasive, non-pharmaceutical techniques such as Medical Herbalism, Acupuncture, Homeopathy, Reiki, and many others. However, the term Alternative Medicine can also refer to any experimental drug or non-drug technique that is not currently accepted by "conventional" medical practitioners. As non-invasive, non-pharmaceutical techniques become popular and accepted by large number of "conventional" practitioners, these techniques will no longer be considered Alternative Medicine.

**Alternative Medicine** refers to techniques that are not currently ac-

cepted by "conventional" practitioners, but what is currently accepted is quickly changing. Even the definition of "conventional practitioners" is quickly changing. Therefore, techniques that are now considered part of Alternative Medicine will soon be considered part of "conventional" medicine. The terms Holistic Healing and Holistic Medicine are slightly more stable than Alternative Medicine and are therefore preferable.

**Complementary Medicine** is often used by "conventional" medical practitioners to refer to non-invasive, non-pharmaceutical techniques used as a complement to "conventional" medical treatments such as drugs and surgery. The term implies that "conventional" medicine is used as a primary tool and the non-invasive, non-pharmaceutical techniques are used as a supplement when needed.

In many cases, properly chosen non-invasive and non-pharmaceutical healing techniques plus properly chosen lifestyle changes can completely and safely heal both acute and chronic illnesses. In other cases, "conventional" medicine is only needed in emergencies or when the safer non-invasive, non-pharmaceutical methods fail. In some cases "conventional" medicine will be a major part of a Holistic Healing Plan, but in some cases it is not needed at all.

**Natural Healing** usually refers to the use of non-invasive and non-pharmaceuticals techniques to help heal the patient. When most people use the term Natural Healing, they are usually referring to physical healing techniques only.

## Some Holistic Treatment Options

If you do not have a Holistic Healthcare practitioner, it can be extremely helpful to select and visit one. Many diseases can be healed and many people can transform their lives with several treatments or suggestions from such a practitioner. There are many types of practitioners, but some of the more common primary healthcare practitioners include Oriental Medicine Doctors/Traditional Chinese Medicine practitioners, Naturopaths, Ayurvedic Medicine practitioners, Holistic Medical Doctors, Chiropractors and Holistic Doctors of Osteopathy. Some different modalities are listed in the box to the right. Many practitioners would not be considered "primary" medical practitioners but can also help a person heal and transform their lives. We will be featuring more in depth conversation about the different areas in upcoming issues.

It's a good idea to take classes when trying to practice new techniques like yoga meditation, qi gong, etc. so that you learn the proper techniques and, equally important, so that you meet new friends who are pursuing the same goals. Most people find it far easier to keep a regular practice of a specific holistic healing technique by attending regular classes/practice groups. The human contact, compassion, and the non-judgmental attitude found at many of the classes can often help "jumpstart" the healing process. Such classes can be welcome change from the distance and coldness that is sometimes felt in society or on the Internet. You can also go to Conferences, Retreats, and Expos to learn more about Holistic Healing techniques. ✨

Holistic Medicine has been used by millions of people around the world to:

- Heal chronic diseases (including serious chronic illnesses)
- Treat psychological disorders
- Treat acute illnesses
- Normalize weight
- Prevent disease
- Improve overall health and increase energy level
- Transform one's outlook upon life

Those who are most successful tend to apply some of the key Holistic Healing Fundamentals and receive direct treatments from Holistic Medicine practitioners (or perform self-treatment when possible). While there may be occasional ups and downs (especially when treating chronic illnesses), a successful outcome is more likely in these cases.

On the other hand, some persons get caught up in looking for a magic supplement or herb or diet macronutrient proportion as their sole form of Holistic Medicine treatment. This method tends to lead to limited success often followed by long periods of little or no progress. The larger danger of using this method is that the drug, supplement, herb, etc. usually doesn't heal the condition, but instead temporarily suppresses the symptoms, and often causes more serious health problems in the long run.

It's important to work on our awareness so that we are treating ourselves with an open mind and not a form of denial.

### **Alchemy**

Medicinal & Inner Work

### **Ayurvedic Medicine**

### **Bodywork and Movement**

CranioSacral, Feldenkrais, Alexander, etc.

### **Chiropractic**

### **Counseling**

### **Dental**

### **Detoxification Therapies**

Colon, Fasting, Saunas, etc.

### **Energy Healing**

Reiki, Healing Touch, Personalized Trainings, Pranic Healing, etc.

### **Essential Oils**

Young Living, etc.

### **Flower Remedies**

Bach, etc.

### **Food and Nutrition**

### **Herbal**

### **Homeopathy**

### **Kinesiology**

### **Meditation**

### **Naturpathic Medicine**

### **Oriental Medicine**

Acupuncture, Chinese Herbs, etc.

### **Qigong & Tai Chi**

### **Retreats**

### **Spiritual Development**

### **Veterinary Care**

### **Vision**

### **Yoga**

**Resources:** <sup>1</sup>ahha.org (The American Holistic Health Association), <sup>2</sup> Holisticmed.com

# The Thrill of the Healing Journey

By Kabu Fred Sterling

*I believe we are all here to heal ourselves. Each individual on this Earth plane must move toward his or her own healing. No matter who we think we are here to heal, no matter what part in someone else's healing journey we think we are about to play, it is first about our own healing.*

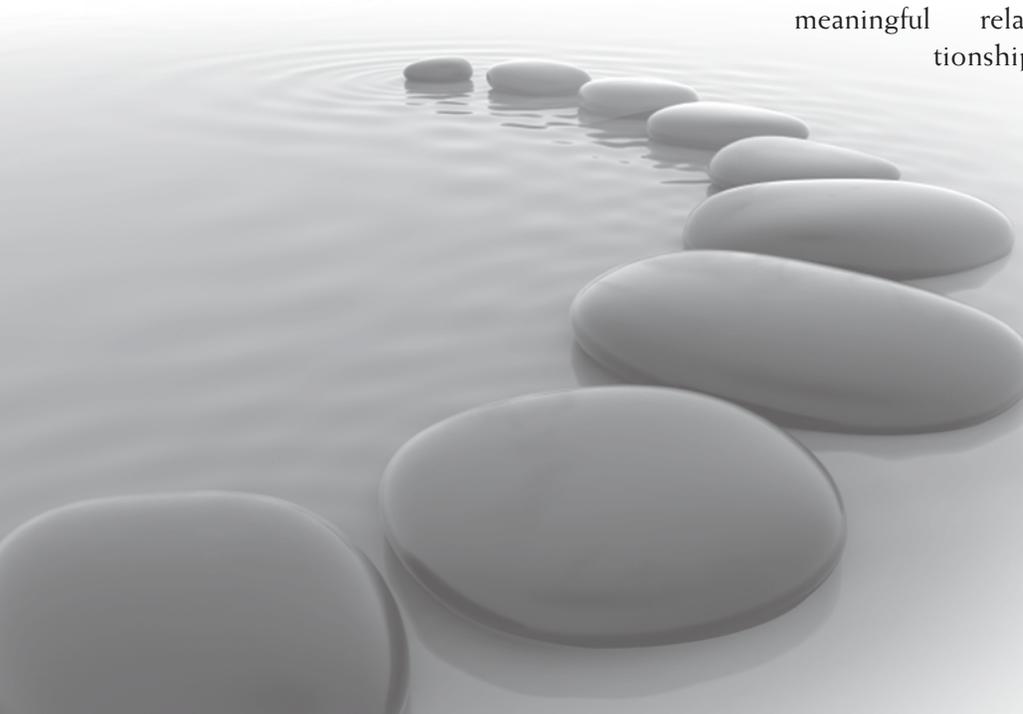
We must recognize that we live in a limitless world where we have only to conceive a thought, to perceive the reality of that thought and then manifest it into our reality. Healing involves more than the physical body. It involves healing our universal light, the particle of the God Creator of which we are a part. We came into the Earth plane as a whole soul, a fully vibrant light. As children we learned the idiosyncrasies of being human. Our parents and teachers gave us all they could but a great portion of that was negative.

We stuffed the negativity down until we got older; therefore, our child self has never had an opportunity to heal. The moment we say to ourselves, "I want to heal my inner child," the healing begins. Healing is about the journey. It happens on many levels in all four bodies (physical, emotional, mental and spiritual). Everything can be healed. A friend of mine has the gift of gab, a beautiful, healthy physical body, everything except a meaningful relationship

with someone of his choice. This young man won't find that relationship until he figures out why it hasn't manifested this in his life. When he figures that out, then that meaningful relationship will appear. That's healing. If you don't have enough money to meet your expenses, or if you don't like the appearance of your apartment or home, then you've got to heal that. Everything is about taking responsibility for your own healing. Healing comes to its fullness when we are aware that we want to heal. Wanting to heal and healing is only a thought away. It's just that simple. We can find our way through the healing journey if we think the proper thoughts. This is Healing 101. The fullness of healing results from the wavelength of our thoughts.

Again, we are a product of thought. We thought ourselves into being physical, into this reality we call the human experience. Once we understand that, everything can be healed.

We can think our way into whatever it is we have a passion to create and open our being-ness to it. Remember, anything that has been made, can be unmade, anything that is marred, can be healed. Healing is more than going to the doctor and getting medication. Healing is an adventure, a thrill of a lifetime, and once we realize this, we see the process in its wholeness. Remember what Master Jesus said so eloquently. "I am here to remind you to heal back into love, and you will awaken one day to this greater power." Let's stop rushing through our healing, and instead open ourselves up to the Light of Love. Let's tell our Creator Source Light and all in be-



tween, "I am here to do the healing journey." If we want our lives to work in this healing adventure, then realize we are a magnetic force of light particle energy amassed into a physical body under the pretense of being a human experience. This means every thought we have matters. If every thought were positive, we would never have an ache or a pain, never long for a relationship, never have mental instability. We would be the wisest beings on Earth.

If you think no one can have positive thoughts all the time, then that was your first negative thought. You change that thought to: "I can from this moment forward have every thought be positive." Watch the chain of electricity ignite and go down your spine when you recognize that you are light looking for a place to beam! Let's love ourselves enough to have everything we want in a God-given limitless society. Recognize that we have come to the level of Creation where we can have everything and will not let anything stand in our way. In this light, we can no longer sabotage ourselves.

When we allow the sabotage in, we delay our healing and our spiritual growth. Stop the sabotage—take note the minute you throw something onto your path that will cause you to trip. When we are no longer willing to sabotage ourselves, and instead are willing to have everything we desire, *then we will have everything we desire.* It's that simple. Healing always focuses on love. Every cell in our bodies is compressed and surrounded by liquid, which vibrates at a higher frequency when we feel love; that is how we send our heal-

ing energies to others. When all four bodies are aligned, the vibrational frequency increases beyond what it normally would have risen to, resulting in a body conduit attuned to pure light energy. While we are in that state of awareness, every cell in our body vibrates, looking for anything that could use a little extra energy to heal. In order to heal, you must feel the love within yourself for yourself. Healing back into love means we recognize that we are a particle of the God Creator, which is absolute perfection. By accepting that fact we are already healed.

The journey shows us how we got healed. That is what it means to heal back into love. When we know we

are healed, we establish a journey to prove by our own experience that we have done the journey and have healed back into love. The quickest healing is the journey to remember that you came here to fall in love with yourself. ✨

*Kabu Fred Sterling is the pioneer founder of Signature Cell Healing, a powerful healing method working directly with the Creator essence within the body. For more information on Signature Cell Healing—Level I seminar in Chicago, Illinois July 23 -24, visit [www.SignatureCellHealing.com](http://www.SignatureCellHealing.com), [events@signaturecellhealing.com](mailto:events@signaturecellhealing.com) or call 1-808-457-1168.*

## Holistic Healthcare Open House

October 1, 2011 | 2:00 – 6:00pm

Contact [debbie@evolvingyourspirit.com](mailto:debbie@evolvingyourspirit.com) for information

Join our calendar/emailing list and I'll update you [www.evolvingyourspirit.com](http://www.evolvingyourspirit.com)

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# Embrace Who You Were Meant to Be By Alyse Rynor

We hear a lot of talk about balance these days. The word alone can shower us with images of a slower, peaceful and more relaxing life; one in which we are walking barefoot on the beach or getting absorbed in a novel in our backyard, with our feet up on the lounge chair in the cool summer breeze while sipping iced tea. But, can that really exist in our everyday life? *I believe it can.*

Although it may not always look as I've described, it is possible to feel that way on the inside, and that's what counts. Balance doesn't just appear in your life, it requires a willingness to create it for yourself. In doing that, you may need to step to the edge of your comfort zone to make a few changes. Let's talk about that here.

If it seems like ages since you've found time to sit for your morning meditation, you've been pushing your daily yoga practice aside most days, and you find yourself eating something from a wrapper and calling it a meal, you are probably living out of balance. Off balance living can secretly show up in so many ways. One way you might have tipped the balance scale in the wrong direction was to have fallen into the trap of saying, "Yes" when you really wanted to say, "No", keeping you jumping from one thing to the next without adequate time to stop and breathe. If this sounds like you, it's possible that in the short term, "Yes" may have felt like an easy response to an uncom-

fortable situation, but, in the long run you probably ended up feeling increased levels of stress instead. Many people, who live by what is referred to as 'pleaser behavior', fear they might offend someone if they say, "No" too often. However, shortly after saying, "Yes", they soon feel resentful. In trying to appear 'nice', of wanting to be accepted, or in having a strong desire to be liked, far too many exhausted women (and some men) serve on numerous committees they don't really enjoy, drive other people's children around day and night or stay on the phone, listening to reruns of their friend's negative stories, while ignoring the very tasks they need to get done in their own life. Generally speaking,

## Breaking the Cycle

1. The first step is to know your Self. Find out about you, so you know what you actually like and dislike. Then, when someone asks you to do something, you will already be aware if that resonates with you or not. This can prevent you from unconsciously saying, "Yes" out of habit or fear. It will help you avoid paying the price later.
2. The second is to discover your personal values. These can range from how you prefer to spend time with those you care about to how you handle your finances. Your values represent the deeper, more authentic part of who you are. When you know your values, your decisions follow them and become easier to make.
3. The third is to become clear about the direction of your life. Where are you headed? Do you really know or do you simply say, "Yes" to things that sounds good in the moment, only to regret the decision later? When you get clear on your direction you know your goals. These goals may be for the next hour, a month from now or the next several years. But, at least you know where you are heading and your choices can support you in getting there.
4. Finally, explore the beliefs and fears underlying your 'need to please'. This can be a fascinating gift of self discovery that you give to yourself, and it's quite worth the time you take to do it. Exploring your hidden beliefs and fears can be done through face to face counseling or the Blueprint Shadow Coaching model. If you tend to tell yourself, "Next time, I won't let myself get pulled into saying "Yes" again", and then you do, it's time to break the cycle.

Yes

No

when you struggle with the disease to please, you unknowingly give away your power, your precious time, sometimes money and certainly energy; often to something that doesn't even feel good. The result is that you can become far too busy, overly stressed, rushed, resentful, irritable, restless, and ultimately out of balance in your life.

Balance is about nourishing your soul, something we all seem to be so very hungry for these days. To be able to feed yourself in a way that feels good means relying on your ability to set limits. A limit, by definition is the point, edge or line beyond which something cannot or may not proceed. When you set limits, you choose how your energy will get used. You may need to do this in your current relationship, with your neighbor who constantly borrows things without returning them, or maybe you need to set limits with your children, your friends or your co-workers. And, if you get honest, perhaps it's time to set limits with yourself in such areas as spending, eating or time management.

Learning to set limits requires several steps. Working through one or all of these steps (see box) can lead you towards increased self awareness. Self awareness is like a protective shield

that acts as a filter for your life, keeping you in balance. The filter allows you to better decide what should pass through and touch your personal energy and what should not, for it may drain you. When you practice saying, "Yes" when you truly mean, "Yes", and you get as comfortable as you can with saying the dreaded, "No", you will soon discover a new sense of freedom. With freedom comes a feeling of healthy empowerment, allowing you to begin to make healthier choices, choices that reflect the true essence of who you really are.

Living life in balance can restore energy, vitality and health. It can bring about deeper feelings of peace, caring and compassion. Balance is our natural state of being. It's always there patiently waiting for you to return to it. One thing I'm clear on is that balance is an inside out job which nourishes your spirit and feeds your soul. Embrace balance in your life and start living your life as who you were meant to be from this day forward. ✨



*Alyse Rynor, LCSW is an experienced Psychotherapist and Life Coach with a psycho-spiritual approach to living your best life. Located in Evanston, Alyse provides counseling for individuals & couples. Blueprint Shadow Coaching takes place by phone. To restore balance to your life, contact Alyse at (847) 840-0884 or email her at [alyse.lcsw@gmail.com](mailto:alyse.lcsw@gmail.com).*

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# Balance and the *Family* Children and Technology

In the modern age of texts, tweets, and status updates, it is of utmost importance that parents maintain open lines of face-to-face, soul-to-soul communication with their children. This does not mean resisting a highly technological world that is not going away, but rather continually exploring new ways to connect with one another both on and beyond the keyboard. The new technology in and of itself is not detrimental to children and can be quite useful to them in many ways, but it must be coupled with daily opportunities for personal reflection, creative inspiration, and heart connection with others. It becomes the parents' role to both monitor technological use as their children's sole means of communication and to provide the space and encouragement for life-affirming communication and choices.

Today's children often become immersed in a world of technology and friendships that may seem quite foreign to parents. The more attuned parents are to their children's interests other than technology, the better able they are to utilize those interests as opportunities for expanded connection. Parents can view all interests as possible pathways to enhance real life interactions. Parents must observe closely what truly brings their children joy, where they are most authentic, and what makes their eyes sparkle. To light the path of infusing deeper meaning into everyday life, parents must continually assess whether they are offering a true understanding of core concepts like authenticity, self-love, connectedness, gratitude and presence in tandem with their children's inevitable foray into a fast-paced and ever-changing technological world. I feel that parents must not only teach these concepts but also

model ways for their children to integrate them into life experiences and relationships.

The invitation for all parents is to actively participate in as many areas of their children's lives as possible without decreasing their natural move towards independence. Children's passions when viewed from an expanded perspective offer rich material and opportunity to connect with them in deep and joyous ways. Songs, movies, and all veins of creative expression (even technology) provide optimal entry points into daily conversation and in-depth discussion. Parents can utilize everyday life to dissect and review the core concepts mentioned above to expand perspective and enhance the parent/child bond. The space and opportunity to discuss the touchstones of the day can be created through a weekly family discussion, a nightly chat at bedtime, the family dinner, or time spent together in the car with technology off. Parents must be continually on the lookout for a bridge into their children's world, while at the same time enforce time-outs from computerized communication.

Due to the fact that the new technology is here to stay, to resist it outright will create a backlash for parents and children alike. Instead, the best strategy is to discuss often and enforce expectations regarding appropriate use. Parents must explain to their children why balance in this area is vital to their overall well-being. The capacity to be inspired to create in any venue requires downtime, reflection, openness, and connection to the deeper space within. It is impor-



by Annie Burnside

tant for children to understand that there is a place for multi-tasking and technological communication, but it is the relationship with their own interior and life itself that ignites their highest potential.

As parents give their children permission to be authentic in their choices, they must also offer them the parental insight that there are multiple angles to every choice. Parents can encourage transparency and honesty by creating a family structure that helps children monitor their choices—such as computer use on the first floor only and no hand-held devices allowed during meal times, family outings, or after 8pm. Parents should not be afraid to expect and enforce accountability, while at the same time remain open to the child's new world. It is imperative that parents take the time to teach children that current choices affect future reality. In other words, parents should assist them in coming to understand that they are the source, not the effect—joy begets more joy, inspiration begets more inspiration, and also the opposite.

Conscious parenting requires active participation in all aspects of family life including the explosive use of technology. Parents must remain extremely aware of their own technological use and their presence within the family. As parents feel their way in regards to their own relationship to technology, they can begin to intuitively reach for the openings to interact richly with their children that occur naturally rather than push too hard at the wrong time. The teenage years are fast and fleeting. There is much sharing, laughter, together-

ness, and JOY to be had. As parents model balance, authentic living and deep connection, their beloved children will follow suit in their own way, through not only their face-to-face, soul-to-soul interactions, but through their inevitable online interactions as well. ✨



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

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

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# Finding Balance in Stillness

by Julie Murphy Casserly



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 15-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 [www.emotionbehind-money.com](http://www.emotionbehind-money.com).



A latte here. A lunch out there. A Pilates class at a specialty studio a few times a month. Spending \$5, \$10 or \$15 on something doesn't really strike us as a splurge, until we realize that our cash reserves are dry. And then we wonder where all the money went.

Those little purchases seem harmless, but they can definitely add up. And instead of itemizing our purchases, we say we'll do better next pay period or next month. But what I think we really need to do is ask ourselves this question:

## How much time do you take to be still?

We so often speed through our lives, rarely taking time to enjoy the basics. Simple pleasures get written off as just another daily occurrence. And multitasking is the standard. We check e-mails and return phone calls instead of having real conversations with people. And we barely acknowledge those people we see frequently—like the morning barista at our favorite coffee shop—because we're too busy heading to our next destination.

And we are often this way with money as well. We can be in such a daily rush that our wallets open and close as quickly as we move from place-to-place. Instead of taking the time to figure out if we have the money for something, we either assume that we do or we reach for the nearest credit card. But while putting some serious miles on our charge accounts, we're

not paying attention to what we're really doing.

Let's take a moment right now to reflect on the last month. What did you feel on your average day: stressed, content, rushed, or happy? Think about how your outlook changed from one day to the other. How did you cope when one of your kids had the flu? Or the day your company announced massive budget cuts? How about the week when your car was in the shop and you had to share with your spouse?

Now consider how those specific circumstances affected your spending. How did what was going on with you emotionally affect your financial behavior? How much of your relieving stress translated to maxing out your Visa? And did you allow the people around you to affect your spending as well?

When you stop and think about what you're really doing with your money, you're forced to think about the emotions behind your spending. Instead of continuing to ignore those feelings, listen to them. Face them head on, and take your time.

Be still, and then approach your finances from a place of healing. Remember, *you* are the source of the most positive energy in your life. Once you learn how to deal with the ups and downs of your days, you'll have better control of your spending. ✨

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



## Is Your Body Happy?

*Your symptoms will let you know*

Meet Dr. Darren Weissman. Darren has practiced holistic medicine for 17 years and opened *The Way to Optimal Health* medical center in Northbrook in 1999.

He is an internationally renowned holistic physician, speaker, educator, developer of *The LifeLine Technique®*, and author of several books including *The Power of Infinite Love and Gratitude* and, *Your Mind's Journey to Inner Peace*. He shares some of his views here with us.

I say... learn to use your symptoms as a portal to discover why your body is talking to you in the first place. Every symptom in your body or challenge in your life is like a mosaic: When standing close to it, the picture is blurry and has no meaning; however, as you move back, you're able to appreciate how all the colors and pieces merge together to form a beautiful work of art. Every thought, feeling, and belief you have is a piece of your own personal artwork. Each color in the mosaic has meaning, as does every symptom or uncomfortable feeling through which your body speaks. The language it uses to communicate with you is an opportunity for you to heal and create abundance in all areas of your life.

Whether you have emotional or physical symptoms, they are your body's way of saying, "I'm not happy with how you are treating me."

Author Louise L. Hay, who popularized the connection between mind/body and healing, wrote the following in an essay in *The Handbook*

*for the Heart*: "Many people contact me for help with health issues, even very serious ones. All I do is teach them how to love themselves. They learn to look at what has gotten in the way of their love and health... I have people look into a mirror, just look into their own eyes, and say, 'I love you.'"

Healing begins when you love yourself unconditionally. Symptoms are an expression of your denial of the need for self-love. The first step of healing is to completely embrace who you are right now. When you neglect self-love, it's reflected in your relationship with others, your health, your work, and every other aspect of your life.

I do healing work myself, and once while in the middle of a treatment with a woman named Suzie. I noticed that she seemed distracted, and I asked her to get in touch with the conversation going on in her head. "Right now, I'm feeling bad that you're running an hour behind and there are several people sitting in the waiting room," she replied. I asked her to focus on her feelings about the people who were waiting to see me. As she did, Suzie began to recognize that she always put other people's needs and concerns ahead of her own. She started to cry when she realized that she believed no one would love her unless she put them first.

To heal, you must accept where and who you are and love yourself uncon-

ditionally for being a perfect creation. Here are a couple of analogies:

- You have to deposit money in a bank before you can withdraw it.
- When flight attendants recite safety presentations before a plane takes off, what do they say about the oxygen mask? "Put on your own mask first before assisting others."

Self-love isn't self-indulgence, selfishness, or self-centeredness. Self-love requires that you own who you are at this moment, without judgment. True happiness is discovered during the healing process; it's a by-product of the journey, not the end result.

Healing is about balance. Once harmony is restored, the body's natural ability to heal itself is unleashed. Balance, and therefore healing, begins with self-love.

Begin the action steps of essential acts of self-love, remember: your thoughts create your reality.

If your reality is other than what you'd choose then you can be sure that you're living a life of reaction and as a result your subconscious mind is helping you to awaken your destiny to whole new you.

Go for it!

Remember when excitement and fear meet at a crossroads you know that you're on the precipice of a life transformation.

Self-love is the only answer. ✨

# The Power of Balance

by Maggie Wilkins

When I hear the word Balance, the Chinese image of Yin and Yang comes to mind. One side is black and the other is white, both flowing around each other, creating a balance of oneness.

Let's take another look at the image. Within the dark is a droplet of light and within the light is a droplet of dark. That is, you see, because in any moment no person exists as only their dark side or only their light side. If a person lived only from light, that person would be in full spirit form. As living beings we exist in a physical world of polarity and will always experience life with flavors of dark and light. Even someone like the *Dalai Lama*, a spiritual teacher understood to have achieved great enlightenment, recognizes the dark inside his light and vice versa.

The image of dark and light balanced is simple to conceptualize—when to live its truth in our lives is a much greater challenge. You may feel at peace, at one with everything around you, and then you get a call on your cell phone that challenges your sense of balance. My clients often express this dilemma, and you too may question as they do: "How do I maintain balance when I have a life situation or a pain that takes me out of balance?"

The answer I have found comes from the foundational work of my teacher and friend Eckhart Tolle. He often shared with me that balance can be achieved by where we place our attention. Human *will* allows choice, and choice empowers balanced atten-

tion to all life situations. If something arises in your day that seems to be out of balance, the Yin and Yang image is a great visual reminder to shift our attention and understand that within that imbalance is the seed of the other to bring it back to balance—a seed, a small portion of light in the dark to eliminate challenge.

Consider a task that you strongly dislike, such as doing laundry or watching yet another of your child's soccer games on a cold, windy day. If you place your attention on the light within each circumstance, the pleasure of clean clothes or the well being of a child engaged in a physical activity, peace and joy will arise. At that moment you may not feel the balance, even as you are aware of the good in the circumstance. I assure you, however, that when your attention is on the harmony in all things, balance follows. If a room is dark and you light a candle, you can no longer call the room dark. The flickering flame illuminates the room to be seen and felt, to allow choice and ultimately a transformation that is forever expanding.

Here's a story of a man who I think embodies a practical example of the droplet of balance in his dark and light. We'll call him Joe. A technical writer by trade and a novel writer by hobby, he struggled constantly with the torment of being drawn from his paying work (his dark) because of an intense desire to bring forth creativity through writing his novel (his light). When he wrote user manuals, a job he

enjoys that pays the bills, through him emerged an anger born of the frustration of not having time to focus on his novel. When he embraced his novel, he experienced feelings of guilt that he was not working to provide for he and his family. The imbalance he felt created anger and guilt, emotions that arise from an ego driven mind.

We all have ego thoughts from years of conditioning and beliefs. Some of our conditioning is of the light with positive effects. Other is from the dark and can cause unhappiness and make us feel imbalanced. When out of balance, the body experiences contractions. For some it is likened to an annoying tap, tap, tapping on the shoulder that something is not quite right. Others might feel it physically as a shortness of breath or like the chest is closing in on itself. It's different for everyone—there is no right or wrong degree in which to experience the contraction. Bearing witness to it is what's important.

Eckhart points to the inner body as one of our greatest tools to know when something is out of alignment within us. In balance, your body experiences expansion, and maybe that is why it feels so good and loving to take care of the body. Out of balance, we feel and experience the contraction. The body is a masterful machine giving us signals, feelings, insights and awareness for understanding the awakening to any life situation. You need only recognize the contraction for within that awareness is change.

When Joe experienced the contraction of anger at not having time to write his novel, he was encouraged to find the light within his dark. First, he accepted his task of technical writing as necessary to living in our physical world. Then, when he quieted his chattering mind, he felt the anger contract his chest and let his ego-driven mind talk. He listened and heard within it his great desire to bring forth creative energy. A question arose. Was it true that his creative energy was quelled when he performed the task of technical writing? The answer came fast — No. A droplet of creativity was always present and it was that droplet that helped him bring forth words in a pleasing order which created a painting of text and space which was pleasing to his human eye.

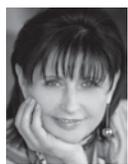
Later, in like manner, Joe turned his attention to the contraction of guilt he experienced every time that he worked on his novel. This time his learning happened quickly. He witnessed that within an abundantly creative task the droplet of logical organization existed and helped him to draft not just a sentence or a paragraph but to bring structure to a project of great proportion. He learned that whichever type of writing he performs, within it is practice for the other. Together they embody the balance of Yin and Yang.

Many people experience a similar imbalance to Joe's. Work draws us from family, or family draws us from work and the resulting emotions can cause

contractions. You can use that inner body awareness like a continual barometer. See if you can search those negative emotions for an answer.

What causes imbalance and thus contractions within you? When your body feels any kind of contraction, even if you are happy and joyful, you are receiving a sign that something is going on. The next time you are feeling out of balance, go to the inner body—check in—what do you feel—what do you hear—what is the body pointing your attention to? Then be still and wait for the optimal answer from the place of the heart, the energy area of the body that holds pure light and love.

I feel it is profound to understand that your world of dark and of light brings the *Power of Balance* into every moment. Balance is to maintain a state of harmony through satisfying proportions. Within all dark situations there is a seed of light. Within all light, there is a seed of dark. Balance is taking everything into consideration, all in all. ✨



*Maggie Wilkins was working for Eckhart Tolle when he first published *The Power of Now*.*

*She now works and teaches in the Chicago area and in Vancouver BC, sharing her personally designed meditation techniques for those with a busy lifestyle. She also recently opened the One Heart Center in Northbrook. [www.one-heart.net](http://www.one-heart.net), or call 847-648-8955.*

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# Mountain or Molehill? *It's A Matter of Balance*

by Laurie Buchanan

*I balance my checkbook, I have my tires balanced, I strive for work/life balance. I do my best to eat a nutritionally balanced diet, and throughout the day I have a graceful dance partner—equilibrium—that keeps me physically balanced.*

Similar to riding a bicycle, it's not too difficult to keep tangible, exterior things in balance once we learn how. It's those pesky intangibles—interior things—like stress or fear, where achieving balance can be like herding cats—feels next to impossible.

As you're reading this you might be orchestrating a bevy of items on an ever growing to-do list: an overflowing email box, bills to pay, groceries to buy, dry cleaning to pick up, kids to drop off, calls to return. And every time you check an item off the list, it seems to grow two more. So, you probably know experientially what I mean.

What I dream  
of is an art  
of balance  
—Henri Matisse

When my life is out of balance, what would normally be molehills can seem like mountains. Not balance as in equilibrium, but feeling out of balance all day—every day—and never being still long enough to recharge my personal battery, to stabilize. I believe that it's in stillness that I come to understand that I can do anything, just not everything.

Imbalance is an indicator that something's got to go; that I need to offload ballast—people, places, and things—that keep me

topsy-turvy. These might include an over-packed schedule, a relationship that's bankrupting my heart, spending more than I earn, extensive family obligations, embracing beliefs that aren't true (i.e., I'm not attractive, I'm not good enough...), a demanding job I don't enjoy, or chasing after unrealistic goals.

It's been said that our ability to be productive is directly proportional to our ability to relax—to be still. This includes making time to go within and work on my internal landscape; to till the garden of my heart and pull mental, emotional, or spiritual weeds; cultivating serenity, even in the midst of chaos.

Alchemy is the process of changing lead into gold. Inner alchemy—personal transformation—occurs when we clear our clutter, internal and external, letting go of things that no longer serve us well. In turn, this creates balance and space; a place that nurtures contentment—which I believe is true success. I think it will help if we keep reminding each other! ✨

Come In.  
Breathe.  
Relax.  
Think.  
Feel.  
Laugh.  
Cry.  
Be.

"This place is like a mental vacation."

"I like to come in and just breathe."

"Your store is a point of light and there is so much healing energy in here."

"This place should be a required stop for everyone!"



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Laurie Buchanan, PhD, HHP, CHT, RMT is a Holistic Health Practitioner, Board Certified with the American Association of Drugless Practitioners. She is the owner of HolEssence in Crystal Lake, IL. Her specific areas of focus are Energy Medicine, Personal Transformation, and Spiritual Awareness. Please visit her website at [www.HolEssence.com](http://www.HolEssence.com) and her blog, *Speaking from the Heart*, at <http://holessence.wordpress.com>.



## Deepen & Celebrate Your Life Through Meditation

### Classes

**Hiking Meditation— \$75 (incl 3 meals)**  
Sundays: July 3 & August 7, all day

### Events

**Full Moon Meditation— \$20**  
Fri, July 15 & Sat Aug 13 - 9:00pm-midnight

### Workshops

**Cooking with Essential Oils \$75**  
Saturday, Aug 6 - 11:00am-3:00pm

### Retreats

**Feldenkrais Workshop - \$65**  
Sunday, Aug 20 - 9:00am-2:00pm

### Classes

**Inner-Skills for Work - \$65**  
Sunday, Aug 28 - 9:00am-2:00pm

### Events

**Weekly/Daily— most meditation classes are free!**

### Workshops

Silent Sitting— Daily; Total Dancing – Wed;  
Meditation Intro— Thu; Feldenkrais – Thu;  
Tai Chi, Chi Gong— Mon; Memory Training

### Retreats

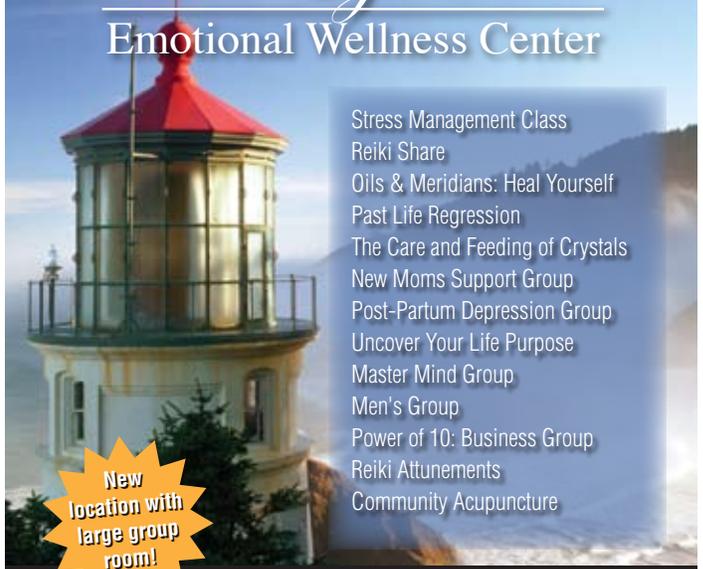
Mo/Thu, "The Work" Byron Katie— Fri;  
Inspirational Movies— Sat

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# The Lighthouse

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## Reawakening the Feminine

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natural awakenings



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## Please Come to Our Grand Opening!

Saturday, August 27, 1:00pm – 7:00pm

### Upcoming Events

- |   |         |   |
|---|---------|---|
| Saturday, August 27   | 1-7pm   | One Heart Center Grand Opening                                    |
| Saturday, August 27   | 1-7pm   | Release of Maggie's new CD:<br><i>A Conscious Breath</i>          |
| Sunday, August 28   | 3-5pm   | Natsuko Imai Piano Concert  |
| <b>Events with Peruvian Shaman Healer Jhaimy (Children of the 7 Rays)</b> |         |   |
| Thursday, September 22  | 7-9pm   | Spanish Talk  |
| Friday, September 23  | 7-9pm   | English Talk  |
| Saturday, September 24  | 1-5pm   | Workshop  |
| Sunday, September 25  | by appt | Private Healing Sessions  |
| Saturday, October 1   | 2-6pm   | <b><i>Evolving Your Spirit</i></b><br>Holistic Healing Open House |

See our website for more information and additional events.

### About the Center

Owner/Visionary Maggie Wilkins is providing this outstanding retreat center to our area.

Many of you recall *Heartland Gathering Place* in Barrington Hills— teachers from around the world offered their work there, and will continue their great classes and seminars here at the *One Heart Center*.

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Maggie's vision for the center is for higher learning and personal development— bringing conscious building tools and techniques into our daily lives.



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