

The
Violet Ray
Natural Health and Conscious Living Magazine



**COVER ARTWORK
BY ANITA HARRIS
"MANDALA HEART IN RED"**

THE COURTEOUS HEART

HOW SECRETS HOLD US BACK

WHAT IS REAL LOVE

SWEETLY FREE

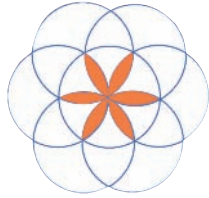
APPRECIATE LIFE

**STEVIA - THE SWEETEST SUBSTANCE
ON EARTH**

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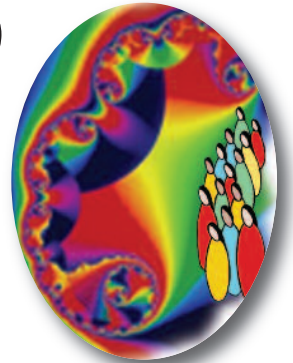
**VOLUME 12, ISSUE 6
JUNE 2009**



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HANELORE is the founder and creator of the Windows to the Soul classes, seminars, and retreats. She is a spiritual life coach, gifted intuitive, an international speaker, author, teacher, counsellor, and healer. Her courses and retreats demonstrate wisdom, experience, compassion, loving light, and humour. As keynote she will speak about **PROSPERITY AND MIRACLES**. As a session presenter she will offer insights into **IGNITING YOUR SIXTH SENSE**. She will also be available to do a limited number of individual sessions.

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Abrah Arneson	Plant Spirit Medicine - Waking up to the Medicine Around You
Janet Aftanas	Sacred Drumming
Nadine Gordon	Animal Wisdom: Quest for Ancient Energy
Hanelore	Introduction to Ignite Your Sixth Sense
Juey Ann MacLeod	Say Yes to Your Female Body: Embracing Your Sexuality
Ivy Shawl-Song	Blood Mysteries: The Power of Your Center of Creativity
Deb Suchy	The Magic of Grounding into Mother Earth

A **Panel Discussion** is also being planned that may be of interest to you. A group of healing practitioners will discuss what they have learned about running their own business and will answer questions from you.

Early Bird Registration Fee: \$125 (payment MUST be received on or before May 30)

Registration Fee after May 30: \$175

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Soul Script

By Carol J. Uchtyl

Welcome to the June Issue of The Violet Ray - Natural Health and Conscious Living Magazine! This issue features articles on personal growth, spirituality, natural health and gratitude.

The cutoff date for the next issue in print is approaching soon so be sure to get in touch with one of our representatives by June 15th if you want to advertise.

The Violet Ray is honoured to be sponsoring **The Gathering, 2009 - The Conference for Lightworkers and Seekers!** Come experience this educational and transformational event in **Red Deer** on **July 4 and 5**. See page 2 for Early Bird Registration Information.

If you are looking for a product, store, service or advice The Violet Ray is certain to have what you are seeking. For Workshops, check out our Calendar of Events on page 6. If you do not see what you are seeking in-print we suggest you visit our On-line Business Directory and Practitioner Profiles at www.thevioletray.ca.

Thank you to those who have contacted me either by telephone or e-mail. I am grateful for your comments, insights, suggestions and feedback. I also express sincere gratitude to the advertisers and contributors that support and assist us by elevating awareness in matters related to alternative health, and the Mind, Body, Spirit connection. We strive to provide a forum that cultivates and nurtures positive growth in Mind, Body and Spirit and are dedicated to connecting you with resources that will assist with your healing or spiritual journey.

As always, we welcome your contributions for spiritual art and articles for consideration in upcoming issues.

May we all attract to us the teachers, resources and messengers that will assist us in our light-filled mission on Earth. Until the next issue...

With Love and Light,

Carol



Share your story
or wellness
journey with our
Readers...

Our contributors are passionate about writing and helping others in their journey to wellness. Most of our contributors play an active role in healing our community.

This is your opportunity to submit an educational, informative, encouraging or entertaining article... and through your words...perhaps help a few people along the way.

**Article Submission Cut-off Date
15th of Each Month**

Length Restrictions Apply. For article guidelines visit:
<http://www.thevioletray.ca/contribute.html>

The Violet Ray

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Publisher, Editor, Design, Layout Carol Uchtyl

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Email: info@thevioletray.ca

Central Alberta Sales Rep: Manitoba Sales Rep:
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15th of December, March, June, September

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PUBLICATION IS THE 15TH OF EACH MONTH

Contact one of our representatives for a media kit or information about current rates, ad sizes, circulation and distribution locations.

Advertising Payment Terms:

Payment for advertising is due promptly when ad is booked. Payment can be made via Visa, Mastercard, Amex, cheque, cash.

General Information

The Violet Ray is published in print four times per year:

November, February, May, August

Our On-line Magazine is published the remaining eight times per year:

**January, March, April, June, July,
September, October, December**

The Violet Ray reserves the right to refuse, articles, advertisements or art. Advertisers and contributors accept sole responsibility and liability for the accuracy of their statements and claims. The ideas and opinions expressed by individual writers are not necessarily those of the publisher, printer or advertisers.

The Contents of The Violet Ray should not be taken or used as medical advice but is intended to provide information only. Readers should consult their doctor or health care practitioner with regard to their health concerns and remedies. Readers are encouraged to do their own research regarding health claims found in The Violet Ray.

The Violet Ray reserves the right to edit articles for length, clarity and content at the editor's discretion. No part of this magazine may be reproduced without the consent of the publisher.

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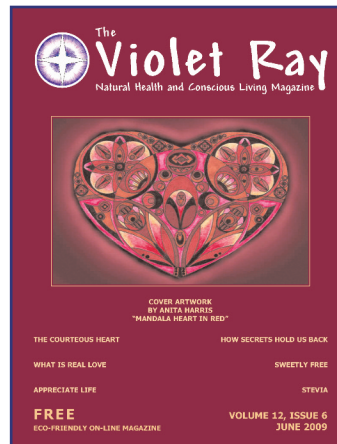
The Violet Ray welcomes articles by local writers. Tell us about your personal wellness journey or your musings on life. We encourage articles that educate, enlighten and entertain our readers. Contact the editor for article guidelines and submission deadlines.

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June 2009

ON THE COVER - "MANDALA HEART IN RED" BY ANITA HARRIS



Mandala Heart in Red was a free commissioned piece Anita created for Valentines Day for L'Arche Calgary - A charitable organization that supports adults with developmental disabilities.

To see more of Anita's work please visit
www.munkaspeni.com

Anita Harris was born in London, UK and emigrated to Canada in 2001. Having travelled as a child and adult, her mandala pieces are based on her spiritual and emotive explorations and incorporate her love of nature and the elements, and use geometric, architectural and cultural influences. She can be contacted at apleybum@hotmail.com

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CALENDAR OF EVENTS

June Events

June 13 (Level 3) - Lacombe, AB Rediscover Your Goddess Workshops

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July Events

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August Events

August 21, 22, 23
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Cut-Off Date for the August Issue is

June 15

ADVERTISING SIZES AND RATES

	Color	Black/White
2X2 Marketplace	\$77	
2.4x2 Marketplace	\$105	
Business Card	\$160	\$135
Quarter Page	\$315	\$265
Third Page	\$350	\$300
Half Page	\$525	
Full Page	\$875	

CLASSIFIED ADVERTISING

Calendar of Events - 30 Words
(per issue)..... \$25

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(per line for a whole year) \$30

PRACTITIONER BUSINESS PROFILES

250 Word Profile \$475

750 Word Profile \$825

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The Courteous Heart

By Alice Wheaton

It is vital to go through life with a forgiving attitude, forgiving the big things and the small. Forgiving people, places, and circumstances is the best technique to adopt, and best spiritual attitude to hold, in order to live in the moment, and stay in the now. Obsessing about the past or worry about the future, depletes our vital energy.

When you go through life with a forgiving attitude, you develop a courteous heart. Because a courteous heart does not interfere with another's character, it may appear detached. This is not so. A courteous heart feels no need to criticize, regulate, or improve another. It does not search for a reason to make others feel guilty. It does not say: Why didn't you do that? or You made me feel bad. A courteous heart simply looks at a person or situation with something very special: discernment versus judgment.

Judgment means to observe a person doing or saying something, and declare the person as wrong, mean, unpleasant, evil, etc. Discernment, on the other hand, means simply to observe the behavior with an open mind. You would simply say: This is what I see, hear, and feel. Conversely, a judgment is expressed by saying: I see a person doing or saying something which I believe to be wrong, and because of that behavior, he / she is mean, evil, untrustworthy or wrong.

A courteous heart knows that to judge is to limit its ability to learn. More than anything, the courteous heart wants to be open to the experiences and gifts of others. A courteous heart knows that it cannot learn from someone it judges to be less than it is.

This does not mean that in embracing the courteous heart you will tolerate the intolerable or accept the unacceptable. It means you will change what you can and let go of, and forgive, the rest. If someone is confrontational, and you feel uncomfortable and want to retaliate, contain your emotions with this mantra: Bless them and improve me. This releases that person to a power greater than you are, and frees you from the limitations that accompany judgment. It also causes you to admit to yourself that you, too, are imperfect, in need of help and blessings.

Adapting a forgiving attitude frees you and gives you more focus and energy to get off their case and get on with your life. It frees them from the unhealthy obligation of feeling accountable to you. It allows, or you give permission, for people to present themselves to you just as they are – works in progress, for this moment.

Adopting a completely forgiving attitude does not mean you do not have boundaries – quite the reverse is true! However, when you do create the boundary, it is elegant instead of defensive. The boundary you create is about the person's behavior, not an attack on the person. When you attack without separating the person from the behavior, you lose your power.

If you do not let others know your boundaries, they may offend you by what they say or do. However, they are not responsible if you have not taken the time to consistently identify or clarify your boundaries. When you have educated them and their offensive behavior continues, you will have to make a decision about whether or not to remain in contact.

Boundaries usually need to be emphasized a number of times because if we were in a relationship with someone over an extended period without healthy boundaries, we essentially have taught them how to treat us and allowed them to do so. Such a pattern will not be abandoned without resistance on their part. Your persistence in creating elegant boundaries will reduce their resistance to recognizing and respecting those boundaries.

When you become angry while maintaining a boundary, you are effectively moving from a boundary to a defense. Typically, a defensive posture only stimulates more defenses, or attack is met with attack. Notice how our world powers are skilled at attacking each other.

The gift you give yourself by going through life with a forgiving attitude is that you develop a courteous heart, and in so doing, you become spiritually elegant. One who is spiritually elegant does not feel snobbish or superior and is able to learn from everyone else. The divine spirit of the universe works through people, all kinds of people, from all occupations and lifestyles. A courteous heart embraces everyone, and therefore experiences the divine in all, including the divine in oneself. The positive results will show.

Alice Wheaton is an author, consultant, and speaker who works with individuals and teams to help them create new opportunities and achieve challenging goals. Alice speaks at conventions and for corporations. Two of her most requested presentations are *Show Up and Live the Life You Love* and *How to Forgive and Forget the Unforgiveable*. For more information contact Alice at awheaton@alicewheaton.com or visit her website at www.alicewheaton.com



How Secrets Hold Us Back

By Juey Ann MacLeod

As children, many of us, learned to keep secrets about ourselves and our families. These secrets need to be aired and released, to allow us to expand to our fullest potential and interaction with others.

Children form their truths from their immature minds and they become a very absolute, unquestionable "truth". They believe what adults tell them or their perception of what is implied. This "truth" is often of a nature that they do not want to share with others because they know from this "secret truth" that they are not as good as others in some way. It then becomes their secret that needs to be covered up at all costs. They may have been called stupid when they did something that did not agree with their parents expectations (instead of being supported to look at how they could do it differently next time). They may believe they are less than because they did not come from the "right side of town" or had to go to school in clothes that they were ashamed of, or they are a failure or loser because they could not hear the teacher or see the chalkboard.

When a child is abused, they often feel that it must have been their fault - this becomes their "secret". The child has taken on the responsibility of the unhealthy adult. This inward suppression of what their rights are and what they feel causes them to give away their power and become Co-dependent.

When a "secret truth" is brought out and reviewed by the adult mind often it clashes with the beliefs and attitudes that the child mind has formed. The adult logical mind can see the process but does not understand the conflicting

feelings.

Co-dependent behavior can be recognized by these attributes:

- 1) Holding back and putting up barriers
- 2) Focusing on pleasing others
- 3) Attempting to solve other's problems
- 4) Letting fear of rejection determine what they say or do
- 5) Have difficulty identifying or expressing feelings
- 6) Places the needs of others first above needs of self
- 7) Allowing others to make decisions about what to do
- 8) Feeling it is important what others think
- 9) Depending on things and others to make me happy
- 10) Remaining silent instead of rocking the boat
- 11) Staying in unhealthy relationships too long
- 12) Loyalty, no matter how severe the others actions are
- 13) Needing to control events and people in their life
- 14) Avoiding confrontation at all costs
- 15) Keeping feelings hidden
- 16) Blaming others for their misfortunes
- 17) Needing to be right, good and perfect
- 18) Taking life seriously, it is not OK to play
- 19) Making excuses for others dysfunctional behaviors

And more!

Any of these attributes interfere with relationships – self, co-workers, bosses, and intimate partners. They also interfere with attracting an enjoyable, delightful and beneficial partner, known as that "special one", and the type of life you wish. The undercover "secrets" point out that you are unworthy in some way and silently negate your wishes. It is like a war within that usually sabotages all attempts to reach what you want and the expansion to your full potential.

Juey Ann MacLeod is a Life coach, Intuitive Healer, Meditation Teacher and Workshop Facilitator. She has created *The Art of Joyful Loving Workshop* in which couples strengthen their relationship, and *Rediscovering the Goddess* a series that guides women to embrace their unique female nature and power. Read more at www.thevioletray.com or visit www.joyfulloving.com.

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What is Real Love?

By Rusty Stewart

Some of you may think this is an obvious question. That is fine. It is my experience that love is defined and perceived very differently by many people. This is not about being right or wrong. It is however, about healthy versus unhealthy love, inclusive versus exclusive love, and unconditional versus conditional love. In addition, at the highest vibrational level Love is the Divine energy of all spiritual traditions. In this space, Love is expansive, all encompassing, and one with everything. There is no judgment, no separation, no morality, and thus no right or wrong. All events are neutral. It is our interpretation of worldly events that gives them meaning to us. That being the case, I suggest you perceive wisely, for your peace and freedom depend on it.

In order to experience this Divine Love we must feel Love and God are synonymous. We are Love, and we are all Goddesses and Gods incarnate! "Deny not the role of feeling in this dimension, for feeling is everything! You cannot even know the presence of God unless you feel it. You cannot think about the presence of God. You cannot insist on a belief about the presence of God. That does not do it; that does not fill your cup. Feeling fills your cup. Feeling—unbridled, unblocked, unobstructed feeling -- is the doorway to that Love that sets you free!

Knowledge is reality and reality is Love" (The Way Of Mastery, 2004). It is when we experience the Divine Love within that all other illusory forms of love are unmasked. Love that is not unconditional, inclusive, and expansive are egoic creations of special love and separation. By special love I mean, I love this person more than that person. Or the love that I feel for my partner makes me feel whole. Keep in mind that we are all going to participate in degrees of special love in human form. The idea is to move along a continuum toward unconditional love, less specialness, and more inclusiveness.

Healthy Love is finding the Love within, connecting with God or Spirit, and extending this Love outward because it is our nature to celebrate our wholeness and oneness. "Therefore, you -- as a body and as a mind -- abiding in space and time on a tiny planet, you are reality's decision to manifest itself in form, for no other reason than to extend its own nature. The happiness of the soul depends on its decision to extend only, that which is loving" (The Way Of Mastery, 2004).

How do we tap into this innate part of ourselves you may ask? How do we be Love? "Because you are the manifestation of Reality itself, of Knowledge itself, of Love itself, it must mean that at any given moment, there is within you part of the mind that yet remains free from the ego's authority. That part of the mind in which there already abides perfect peace; that part of the mind in which there already abides perfect certainty; that part of the mind in which there already abides the willingness to extend Love

without attachment. There is already within you that part of the mind that can deliver up to you the answer for each decision. The answer helps to extend Love, first into your own beingness, and then through it. For you can only give what you first receive. And in your giving receiving is completed" (The Way Of Mastery, 2004). Thus real Love is given or realized in the self first, and then it is organically extended. This realization of real Love has been a powerful remembrance for me.

When things get complicated and fragmented in my life, all I need do is have a little willingness to call in Spirit to help remind me that I am Love and all my brothers and sisters are Love too. We are all one, or to put it another way, Christ is God's only creation and we are all Christ. "Therefore, indeed, beloved friends, if you would look to see what the purpose of your life is, it is quite simple. Being only Love, you can have no other purpose than to extend the treasure of your very Self. I am one with my Creator -- now. I choose to fulfill my purpose by extending only the reflection of my Self, and I am but Love" (The Way Of Mastery, 2004). So if our purpose is Love, and we are all Goddesses and Gods, and we are all Christ, then what is this whole human experience on the planet earth about anyway? "The things of space and time are seen and embraced as that which is given of the Creator to the son, to the daughter, in order to be utilized as devices for assisting Christ to extend Love. It does not matter whether it is a pencil or a computer or a trip to your grocery store or a party in which you invite your friends to come and play. All things finally come to be seen as having only one purpose: the extension of Love" (The Way Of Mastery, 2004).

Wow, sounds like everything is an opportunity to extend Love. And being that all events are neutral, we can choose to interpret everything as a call for Love. Now that is what I call true Love, true peace, and true freedom. God Bless!

Rusty Stewart is a Quantum Leap Life Coach using Law of Attraction and Manifestation Principles. He is also an Unwavering Conscious Heart relationship coach, incorporating Harville Hendrick's Imago and David Deida's relationship stages work. As a psychotherapist in private practice, he utilizes an integrated energy approach to healing including Heart Centered Hypnotherapy, breathwork, reiki, and shamanic journeying. He also specializes in alternatives to traditional addictions recovery and designs and facilitates workshops, groups, and healer certifications. Rusty has a Ph.D. in Psychoeducational Processes and Group Dynamics and is an adjunct professor at several universities as well. For more information on Rusty visit www.rustystewartphd.com

Source: www.articlesbase.com



Appreciate Life

By Brenda Forsey

Live without judgment and fear. Release the pain, worries, and guilt or what ever is causing you to feel bad. If they do not serve you anymore you can let them go if you choose to, as they can only have a negative effect in your world and you will destroy yourselves through your negative ways. Change from within and see all of the joy and harmony in your heart, take hold of your future, see your potential and reach for the stars. Just sit and listen quietly to your body as it settles into a peaceful repose. Listen to your heart and let it guide you on a journey within, and connect with your true essence. Bring in the warm golden rays of love, bask in the warmth of god or the universe and be one with it. It can help you resolve all of your issues and will help you any way it can for it is pure love, you are all pure love.

Your heart knows everything about you, all your deepest fears and all your greatest hopes and dreams. It expands in the feelings of happiness that you radiate, its inner glow will warm you, and you will feel the true essence of your higher self. Your inner wisdom will fill you with confidence in knowing you can handle anything, which comes your way. To know you will succeed as you strive to be your best at your job, whatever your goal in life - you will reach it. You are here to experience soul lessons to deepen your compassion and understanding of others. To bring through the light to others who are still asleep spiritually and to awaken them to their divine potential, their higher selves. To live by example and to feel and manifest all the positive energy, forging ahead to make all things possible. Whatever you desire you will create, all your dreams fulfilled. The light in your eyes, mirror your soul as they glow from the inside out like the flame from a candle. Spend your time doing what makes you feel good, uplifted, and be all you desire to be! Feel that sparkle of joy and wonderment of life, all it has to offer you.

Take a walk and look all around you, see the world in its natural splendor and appreciate what each season brings. Enjoy the beautiful colors of the leaves in the fall, heralding the changing of the seasons. See the frost on window panes creating a kaleidoscope of translucent one of kind designs. The frost on the trees in the winter transforming our world into a fairy land of crystalline beauty, as well as white fields of snow, glittering and sparkling like a sea of

diamonds. Then as spring comes you see and experience the newness of the buds forming on the trees, the tender shoots forging ahead through the soil blossoming into beautiful multi colored flowers and fauna. Their radiant petals bursting forth with beautiful shades of red, fuchsia, magenta, yellow, and blue all the colors imaginable, with all the wonderful fragrances emanating a beautiful and wondrous scent of nature.

Listen to the return of the birds as they settle in and start raising little families of their own. Watch the beautiful world waking up from its slumber, the baby animals exploring their new world. Watch as the ice and snow melt into rivers and water springs cascading down the mountainsides. To view the breath taking beauty of the rolling hills and valleys, with the mountains creating a beautiful magnificent backdrop. Everywhere, everything awash with the freshness of spring, watching the sun shining its rays of light, dancing upon the earth, lighting up her beautiful landscapes; mother earth cradling this wondrous canopy of life. Lay in the meadows, and fields and feel the rays of the sun warm your body, lulling you into a soft cocoon of tranquility. Gaze up into the blue sky and see the myriad of fluffy white clouds creating pictures, which change as the breeze gently caresses them and transforms them yet again into a different shape. The summer storms bring the needed moisture to nurture the plants, and animals as they traverse this wonderful land.

Each season beautiful and unique brings in many different changes to the earth, and we can enjoy them all. Appreciate her many gifts she offers to you generously. To love each other and mother earth, to vibrate and change all of the molecules which are within you, to elevate your soul consciousness and to move the earth into the new dimension. Mother Earth can sparkle and create a beautiful place to be. The flowers will bloom more beautifully as they are tended to by loving beings of light, forests and fields, springs, and rivers, oceans, all brilliantly colored, will sparkle with love for all.

You all can move into the light if you can start to see the love and light, which you all are. You are all beings of light, open your hearts and see yourselves. You are much

Continued on next page...

Appreciate Life continued...

bigger than your human vessels and we are in touch with your higher selves all the time, you can access your higher selves if you let go of your earthly struggles, learn your lessons and move up to be all you can be. Bring in all the positives through you and watch your lives change for the better. You manifest that which you send out. Positive attracts positives and you can live your lives in a joyful loving way, bringing all success to yourselves.

By sharing all you have, you will be in touch with each other and all will be one. You will live in harmonious times and no one will lack for anything. All resources will be shared equally and peace will reign through your world!

Your world will evolve to the next level and we will all rejoice and welcome you home.

Brenda Forsey is a Reiki Master/Teacher and Reflexologist, Writer, Musician, and Artist. You can contact her at info@healthyou.ca.

Her website address is: www.healthyou.ca.

She loves to bring harmony, balance, love and light through her Teaching and Healing Sessions. She has been working with healing energies for the past 30 years.

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The Long Walk in the Grove of Salvation

By Carolyn Hines

As I gently walk toward
the mighty Cedar in awe,
and kneel before this greatest
of The Standing Trees,
I prepare my journey
into land of dreams,
scenes awaiting manifestation
upon nature's stage.

I seek the wisdom of
The Earth's Keepers,
the little ones,
the Forest Fairies
and Magicians
and Guardians of
Sacred groves;
for this time and place
all stands still,
all is interwoven
into the web,
the mystery,
the interconnected shawl,
where the Shiny Folke dance under,
the umbrella,
housing and nourishing
all of our hearts desires,
the shelter, the reprieve,
the place of endless possibility-



The Sacred site where
once Warriors gathered,
Maidens wept tears
of longing,
and Princes and Kings
bid farewell
until the next Divine meeting.

A place, in the grove
of the Lady Slipper
and Velvet Moss.
One of dreams,
one of abundance,
one of Eternal Love.....

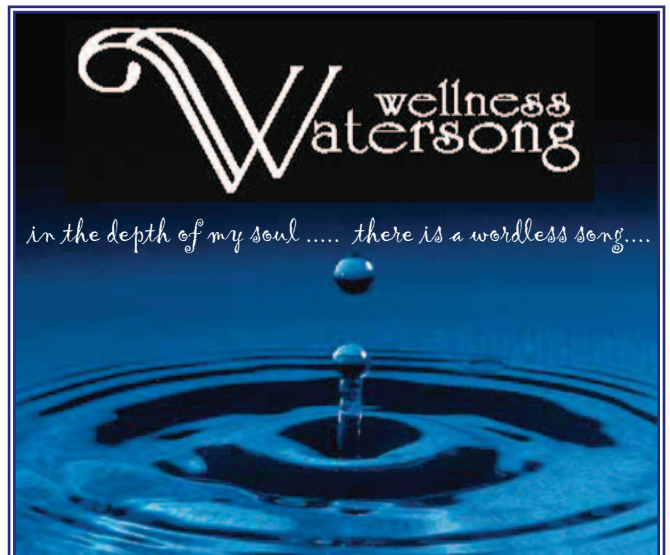
Carolyn hosts a weekly radio show www.thex.ca, 92.5 F.M., Cable 106.1 at TRU, Thursday at noon, called "The Goddess & Nellie", to do with Native Spirituality & Storytelling. You can connect with Carolyn at the following websites: <http://www.myspace.com/goddess1966>
<http://www.facebook.com/profile.php?id=655202208>

Sweetly Free

By Carolyn Hines



As we exhale a Breath
of Snow and Ashes,
and complete the season
of fight or flight,
FEEL in your soul,
KNOW in your senses,
and whisper LOVE'S name
in the stillness of moments-
I will find you;
with LOTUS blossoms in hand,
lips brushed by rose,
and amber locks dusted in fairy dew-
I will be waiting with Gabrielles blessing;
for TRUE LOVE SHINES
WITHOUT CASTING SHADOWS,
it sparkles endlessly, eternally,
for all of us to share.



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Heated and Covered in Butter

By Marlene Buffa



A Boulangerie is a bakery which sells breads and rolls. A pâtisserie is a French bakery that specializes in pastries and sweets.

My friend Ann and I walk two miles to the nearby gourmet grocery store. Contained within the store, resides a most decadent Boulangerie. The bakery also sells pastries and sweets, making it a Patisserie as well. One day, we decided to satisfy our craving for sweets, so Ann ordered a large cinnamon roll. The clerk asked, “Would you like that heated and covered in butter?” Ann and I both looked at one another and in unison responded, “Of course! Isn’t everything better heated and covered in butter?” Laughing at the excessive indulgence, I realized that we taste life as plain little necessities, instead of indulging in everyday experiences more warmly and engulfed in goodness!

The Store of Life

While a Boulangerie makes the basics of life – breads and rolls – the Patisserie offers the luxuries we enjoy. All too often, we settle for the basics and deny ourselves the wonder of the possibilities of the flavors life offers us. Sure, the staple of grains supports and nourishes us, and the sweet treats satisfy our fancy for more than we need, from time to time.

When we look at our lives, most of us remain content with our basic necessities and offer gratitude and thanks for our health – physical, emotional and spiritual. Sometimes we take our basics for granted and life serves up a plateful of lessons to remind us to appreciate our daily bread.

Enjoying and even indulging in the sweet treasures that life offers us whether in food, relationships, success, or peace of mind, we recognize that while this is available to us at all times, we rarely stop to consider that it, too, could be a regular experience.

Heated

Heat excites molecules, inspires passion and creates pressure, too. When we heat up the basics in life, they come to us more satisfying. There is nothing so bland as cold or frozen bread, just as the affects of distant or detached relationships provide no nutrition for the growth of our soul. Deliberately walking up to the storefront of life and ordering mediocrity speaks volumes to the universe about our sense of self worth and willingness to settle for whatever life dishes out. Resigning oneself to the reasonable and acceptable, is

like slipping on an oven mitt to protect us from either the danger of a heated moment or the pleasure of the warmth of life. We stand to gain a lot by removing the gloves of complacency and basking in excitement and satisfaction in our daily lives! So, heat it up!

Covered in Butter

Butter. Long touted as bad for our arteries, our heart and countless other medical treacheries, creamy butter provides a natural dollop of delight on our ordinary blue plate specials. Whether coating fresh corn on the cob or adorning a sweet roll, we associate butter with the ultimate in simple pleasures. Although modern manufacture attempted to replicate the taste and texture of real butter, nothing replaces the delightful dairy product.

As kids we’d ask for ice cream with “whipped cream and a cherry on top.” Somehow this request grew from a possibility to an expectation when served up in a favorite soda shop. As adults, we request our experiences as gentle guides, hoping to survive and muddle through the day. If we dared to ask Spirit to serve us situations with the opportunity to be engulfed by natural delights, our expectations would heighten and we’d soon evolve to request the best at all times.

Just the way we like it

When we express gratitude for our basics in life, we appreciate the sweet indulgences we enjoy from time to time. Whether stepping into a Boulangerie or Patisserie, we place our order with the Infinite for exactly what we want – what we think we deserve. As we mature spiritually, we move from the mere bare necessities of life, to daring our indulgence in something that heightens our taste for deeper experiences and a more passionate existence.

So, heat up your appetite for possibilities and slather on the highest good you can think of and take a huge bite out of life!

Taking a quiet sideways glance at life, Marlene offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life’s inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. For more information visit www.wordsofmind.com.



Moving Beyond My Mind and My Soul's Evolution

By Terrahope

After working as a Computer Consultant for 10 years it became apparent that what started as a fun and exciting endeavor turned into boredom and complacency. I became disenchanted with all the politics and power manipulations. I found myself asking the eternal question "Am I happy with my life?", to which I replied simply... "NO!"

This was a challenging time for me because I seemed to have the perfect lifestyle. I was working from home, single, no debt, living in the best places in America and earning a good income. However, while all seemed great on the outside, on the inside I found that I had lost the joy and desire in my life. I thought to myself that there had to be more to life than just this. It was this inward feeling, this strong desire to find fulfillment that started me on my spiritual path and has moved me across 3 continents in search of the answers.

I believe that what we all seek in one way or another is a new way of life, a new way of being. It begins with an understanding of yourself. This understanding must come from a position that is beyond outcome and beyond fear. This truth resonates in all of us, if we can hear it, and it is not tied to the duality of outcome. We all reside in this world of duality; the world of opposites and extremes and everything in between. These are mainly constructs of the mind. When I was able to move beyond this, as you can, I did see that everything changed.

I realized that being kind to myself and others is not a weakness of character, it is divine and inspiring to all. In knowing myself, outside of the roles I was playing which were largely due to my mind's ego, I finally understood that which disconnected me from my higher power. I realized that I must not be in the limitation of my mind

and what it perceived me to be, but only to be mindful of it. Fear and discord from the outcome of the dramas in my life had removed me from my ability to move beyond it.

What I wished for was to move to a vibratory rate that was not consistent with the experiences that I had in this lifetime. In doing so I had the realization that not only myself, but all beings are more than the whole and the whole is more than we are. When I realized that I was unlimited in this sense, it switched the fear of limiting myself through the preconceived notions and ideas of others and my own mind's ideas. Stepping above and beyond this gave great energetic vibration to my own self-expression and pattern.

I would like to now explain to you about being in the flow, as it is possible once you are able to move beyond your own mind. Being in the flow is simply being aware of the experience of thoughts unfolding in the Now moment. It is the art of being as you are allowing that flow to be harmonious to all that is. Being able to see and breathe through difficulties, knowing that you are not the role that you are wearing or playing, you are beyond that role. Your mind, as my mind did, will and does limit this aspect of you because it seeks to always categorize so that it may control, so that it may be comfortable with what it defines you to be. In this way it may constantly reaffirm itself. Once you know this truth it will change your life forever as it did mine. Many people struggle with this and that is why I feel it is important to share my experience.

I had created inconsistencies within my own persona caused by childhood fears, feelings of abandonment, loneliness and judgment of self. These are feelings of being separate and apart. Move beyond the cement tracks that lock you into your duality, just as I did. Just by being aware of this in yourself, you are evolving. Be in this rhythm and you will find yourself expanding and growing unconditionally. You will find yourself in the center of miracles, inspired and in peace. I had found that before I really did not know what the true feeling and definition of what peace was. It is the actual state of contentment with all that is, including yourself, beyond any judgment or perceived result.

The recognition that you, as I, are more than your mind is the foundation of truth. It will allow you to extend beyond limitation and beyond all potential. This flow creates a new harmonic patterning for all to evolve from. We are divine beings experiencing a perception of

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Continued on next page....

Moving Beyond My Mind....

limitation expressed by the egoic nature of our minds. I found that since what I was seeking is beyond the mind I could not find it by utilizing the principals that created the mindset. I found the most interesting opportunity for soul expansion by becoming the observer in my life. When I found that my thoughts were causing me distress, I examined them. I came to the point where I recognized that they are not me, they were just passing through me. The use of recursive questioning is invaluable as a tool because it quickly gets to the root of the problem. I invariably found that the distressing thoughts could be found rooted in some form of fear. I knew I was moving ahead by the new experiences I perceived.

If you desire to make changes those changes will come about by the actions of your day. Being in the flow of today will create the flow of tomorrow and tomorrow's tomorrow. Knowing your presence of mind and being in awareness of that presence will give you the ability to move beyond the complexities of the dramas that unfold. We are divine beings of light and are now seeking a higher and more dynamic experience. I have found that living beyond your mind is the key to it.



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Stevia - The Sweetest Substance on Earth

By Klaus Ferlow

What is stevia (*stevia rebaudiana*)?

It is a small shrub in the chrysanthemum family native to portions of Northeastern Paraguay and adjacent sections of Brazil for over 1500 years used by the Guarani Natives, they called it ka'a he'e (sweet herbs), as a sweetener in yerba mate and medicinal teas for testing such conditions as obesity, high blood pressure, and heart burn. It flourishes in the sandy soil of this elevated terrain and may grow to a height of 80cm = 32" and a width of 45 – 60cm = 18 – 24" when it is fully mature. The whole leaf contains numerous phytonutrients and trace minerals.

It is between 250 – 300times sweeter than then ordinary, refined "poisonous" table sugar and does not contain the negative side effects reported by using artificial sweetener such as aspartame, neotame, sold commercially under the names of NutraSweet and Canderel, sucralose, commercially sold as splenda. Other artificial sweeteners on the market are saccharin, cyclamate and acesulfame-k. There is not a single sweetener on the market that can claim, beyond reasonable doubt, to be safe for human consumption. In Japan aspartame has been banned.

The benefits of stevia are numerous:

- 1) helps minimize hunger sensations and cravings for sweets or fatty foods
- 2) aids digestion, decreases hypertension without effecting normal blood pressure
- 3) stabilizes blood glucose levels, shortens recovery from cold and flu
- 4) helps with addictions to tobacco and alcohol
- 5) sweetens any drink with no calories, no carbohydrates, no tooth decay
- 6) safe to use by diabetics
- 7) nourishes the pancreas since it does not raise blood glucose levels
- 8) use in toothpaste prevents cavities and gum disease due to its antibacterial properties.
- 9) stable temperature and can be used in baking and cooking and is an excellent weight loss aid

More then 500 different studies have been done on stevia's effectiveness and safety and it has been used for over thirty years in Japan and Japanese manufacturers have added it on in cola, pickling products, chewing gum, ice cream and a wide variety of other foods. Stevia's sweet taste has a lower onset and longer duration than sugar. Currently people in Japan consume more stevia then any other country and it accounts for 40% of their sweetener market. Unlike sugar, which damages teeth and gums, stevia has been found to be very beneficial. Researchers at the Hiroshima University School of Dentistry and the Purdue University Research team have discovered that

stevia retards plaque on teeth and suppresses antibacterial growth.

Because this high intensity sweetener is non-fermentable, non-discolouring, maintains heat stability at 95 degree C and features a lengthy shelf life, it is valued by the food processing industry. Major multinational food companies like Coca Cola and Beatrice foods use stevia extract to sweeten foods for sale in Japan, Brazil, and other countries where it is approved. It is cultivated and used in foods in East Asia, Brazil, Paraguay, Uruguay, Israel and China which is also the largest exporter of stevia extract and powder.

However, in North America, stevia can be only sold as a dietary supplement. The US government especially seems to be protecting the powerful sugar industry against its widespread use.

In the early 1990's the FDA, Food and Drug Administration banned stevia, citing a preliminary mutagenicity study. Later, a follow-up study found flaws in the first study and seriously questioned its result. In 1995, the FDA gave stevia the label of "dietary supplement" which means that is safe enough to be consumed in a capsule and as liquid, but not in food. Proponents feel this partial "about face-saving" was an attempt to strike a compromise between the giant sugar industry and the growing natural food industry. Since then, stevia's popularity has grown dramatically, as has its safety record and tests. But still the FDA and Health Canada (supposed to be protectors of the consumer, but who protects us from the protectors?) refuse to allow it to be called sweetener for food or a food additive.

Interesting enough, Agriculture and Agri-Food has a large research effort aimed at developing an agricultural production system in place for stevia, as it did years ago with industrial hemp. Similar soil and

Continued on next page....

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Stevia continued....

climatic conditions exist in Southern Ontario as that found where stevia originated. The Federal Government research site is located in Delhi, Ontario. The Ontario Ministry of Agriculture, Food and Rural Affairs says stevia could potentially become a viable crop instead of tobacco? for Southern Ontario farmers. It is difficult growing stevia from seeds, however, potted stevia seedlings are readily available from mailorder nurseries. Organic gardeners will appreciate stevia's insect repellent abilities. The plant's sweetness seems to provide a kind of natural defense against aphids, grasshoppers and other bugs.

Words of Wisdom

Sugar is an addiction far stronger than what we see with heroin. It is the basic additive substance from which all other addictions flow. Refined sugar and all refined foods such as polished rice, white flour and the like, are nothing than legalized poisons. Abram Hoffer, MD, Ph.D., FRCP (C)


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Want Spiritual Enlightenment? Don't Quit Your Day Job!

By Psychic Rhiannon



Want spiritual enlightenment but you're stuck in the office? In today's economy there's no doubt that the common methods of spiritual enlightenment are just not practical anymore. You've heard the story before, some lawyer, or university professor, or

scientist, suddenly has a life altering moment, and they run from their job, their family, their life in essence, and reach towards the spiritual epiphany, or in retrospect, mid life crisis they're having. The story ends with them finding some tried and tested way to discover spiritual enlightenment. Sometimes these folks become spiritual leaders, others start working on get rich quick schemes on the internet and other yet are living the good life doing other types of lucrative work that is apparently less stressful, and therefore more spiritually rewarding.

The true reality is that there's no reason to give up your research, your practice, your students or your life to find the same spiritual enlightenment that the more radical and reckless have found out there. Spiritual enlightenment is about a personal inner journey that is going to put any person through the wringer; it'll make anyone want to run screaming from the office to some tropical island where they can have a vision in their margarita. While yes, a lot of people need to take the journey to spiritual enlightenment, I don't believe they need to go quitting their job and running away from the life they've already built in order to do it.

Change is needed, and the kind of change that is needed in the world right now is one that spiritual enlightenment can offer. A person who is more in tune with themselves, their wants, their desires, their dreams and goals, and someone who is more in tune with the people around them. The world needs a shift in focus from the importance of the individual, to the importance of the whole.

Spiritual enlightenment can change the way you see the world, and in turn, change the way you work, which in time will grow and spread to others via the ripple effect. It only takes one person with a vision to change the world, and if you withdraw from the world, it becomes harder to help the world. Sure, for the first little while you'll be dealing with your own ignored personal issues, but once you've come full circle, you'll

be in the position to help others around you.

Spiritual enlightenment is only good if you know how to apply it to the world around you. Don't quit your day job and start some spiritual enlightenment foundation, because this world needs enlightened lawyers, doctors, professors, psychologists, CEO's and scientists too. We need people who have taken the proverbial leap to change who they are on the inside so that the world around them can also start to change.

And guess what? You don't need a four day fast in the middle of the wilderness begging for a vision; it doesn't require a pilgrimage to Stonehenge, it doesn't require an initiation ritual to a secret coven, and it doesn't even require years of study and practice in meditation, though some of these can aid in the journey if taken with a practical approach. All it really takes to achieve spiritual enlightenment is the willingness to ask yourself the questions, and to dig deep within yourself for the answers you know are there. Below are the questions and the basic technique to delve into them. How you proceed to finding your spiritual enlightenment from here on out is up to you, but I hope you find it.

Meditation Technique:

- 1) Find a space where you can be alone, either at home or at the office, sit down in that place however you feel comfortable.
- 2) Concentrate on your breathing and with each breath, let go of the stress of your day.
- 3) Enter into a relaxed state (you should feel slightly tired, may feel tingling in your body, may feel like you're in a daze)
- 4) Ask yourself one of the questions on the list three times.
- 5) Answer yourself honestly.

The Questions:

Am I truly happy with my life?
What kind of person am I?
How do others see me?
What kind of person do I want to be?
What changes can I make in my life to make me happier?

Blessings,
Psychic Rhiannon

Rhiannon is a Psychic Reader, Channeler, Medium, Healer, Druid and Teacher of the metaphysical, and intuitive path. I have read for hundreds of clients worldwide, and I can currently be found on LivePerson.com/Psychic-Rhiannon.

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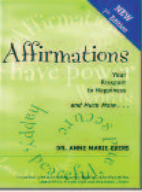
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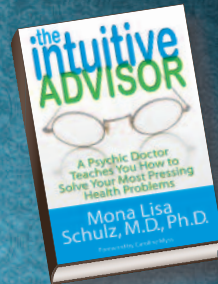
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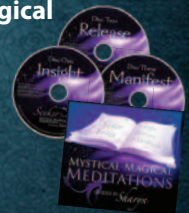
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