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Celebrating Your  
Evolving Spirit

Issue Fifty | Jan 2012

Inspiration  
& Motivation  
for the  
New Year

Energy Work  
*Exploring your  
options*

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*Introducing our  
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Good News!  
*Girls Are Helped  
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A Free Publication Celebrating  
Your Evolving Spirit

**Issue Fifty | Jan 2012**

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The next issue of *Evolving Your Spirit*  
will be available March 15.

Our theme will be *Om*.

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

## 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!), our new On-line Professional Directory, 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.



Starting the new year with Harmony. I'm excited to share this issue with you. The subject of harmony has been really coming up for me, in the form of glaring information as to what isn't in harmony in my life!

I can see that the new energy does not have much allowance for me to continue in outdated habits. I need to walk my talk and get moving on the path— no excuses! I hope we will support each other. We'll do our best to assist you. As you'll see, I have a new partner, Eileen Grace. She is on board and we are working together to allow *Evolving Your Spirit* to grow bigger and better this year and beyond. I know you will come to love her as I do. Her gentle nature, wisdom and grace will be a welcome addition to our efforts.

We will continue to have the inspirational stories you know and love, with the addition of focus areas on the arts and nature. Our goal is to provide you with information, inspiration and a bit of fun, connecting the members of our community with resources that will assist them in growing, learning and expressing. Cheers to a new year filled with adventure and joy!



As a nurse for over 30 years working with individuals and families facing challenging times, I have learned a great deal about myself. Life is such a journey of awakening and evolving. As I reflect on what my experiences have taught me it seems very synchronistic to be working with Debbie on this beautiful publication. I am very

grateful and excited to begin this new chapter in my life, which I will share more of in issues to come. As for the magazine, we have great new additions in store for you. In order to bring you more of what we have all come to love and appreciate we will be expanding our advertising base and readership. Please, as always, let us know your thoughts and ideas. We are entering exciting times and are being called to awaken to our own spiritual evolution at a rapid pace. All of us at *Evolving Your Spirit* are passionate about supporting each of you on this journey.

Best,

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靈  
氣

*The two characters above are "Rei-ki" written in Japanese.*

*Rei in Japanese means spirit. And ki means life force energy. Together they can be read as "spirit led life force energy."*

# Creating Harmony With Reiki

**Everything is energy.** It can exist as a solid form like the paper this is printed on or a powerful non-solid form like a ray of sun shining on our face. Energy exists whether we can see it or feel it. Yet in our culture many of us grew up with the belief that if I can't see it, touch it or taste it, it must not be real. Yet how do we explain when we are walking down a dark street and have an overwhelming sense we are in danger or the intense feeling of love and joy as we hold a newborn baby for the first time? We can't see the energy of fear or love but most of us know it is very real.

Despite what we cannot see, we have also accepted that iPhones are real and are transmitting sound waves, text images, pictures and who knows what else from one device to another. We also accept that microwaves can cook our food even if we cannot see,

taste or feel the energy waves that are making it happen. So, it makes me wonder why so many struggle with the powerful healing properties of energy healing practices.

Energy has been measured with specific devices like an electrocardiogram and electroencephalogram that prints your heart and brain electric rhythms since the 1920's. We now use ultrasound, MRI's, lasers and bone stimulating devices (all energy based technologies) routinely for diagnosis and treatment of disease.

Kirlian (aura) photography is a device that picks up the electromagnetic energy surrounding living things to visually translates auras, as well as the energy from our seven main chakras on to a piece of paper. It is a great way to see that we are energy beings with unique characteristics all our own.

Similarly, when we experience an energy healing therapy, it is equally real and it is our bodies that act as the measuring device even if we cannot see the energy.

I recently had the great pleasure of speaking to several highly experienced energy practitioners, and I'm happy to have the opportunity to share their knowledge with you.

Bernadette Doran, BS, RMT is a Reiki Master Teacher and director of Equilibrium Energy+ Education, a wellness center in Chicago dedicated to state-of-the-art energy based therapies, classes and workshops.

As Bernadette and I began our conversation, we were discussing how many more people are aware of Reiki today than say, even 10 years ago.





She feels that much of that is due to Dr. Memet Oz, who is a strong Reiki advocate and married to a Reiki Master Teacher. Dr Oz uses a Reiki therapist in all of his Cardio Vascular surgeries as a complementary intervention, and has done so for over ten years.

Bernadette shared her own story of how she was introduced to the healing therapy of Reiki. Though a Biology major and very attuned to science, her life led her to the Advertising field and working for three of the largest agencies in Chicago. She loved how interesting and creative her work was, yet it also came with an "unbelievable amount of stress". Despite how she loved her work she became seriously ill.

"Everything was wrong with my digestive system. I had ulcerative colitis, spastic colon and for 5-6 years I was just miserable. It was at a time when there was no awareness of alternatives in America or the concept of what stress can actually do to the body. Despite going to many Doctors, having all kinds of tests and all these different medications, I was not getting better. At that time it was either my great good fortune or my destiny, to be offered a transfer to Melbourne Australia." Bernadette told me.

It was here that Bernadette discovered an array of alternative holistic treatment modalities and discovered Reiki. She began weekly treatment for her digestive problems and was so impressed with her results that she took classes and eventually progressed to becoming a Reiki Master and lifelong student and teacher of energy healing therapies. Within 8

months of receiving regular Reiki treatments her digestive problems were resolved and have never reoccurred she is happy to relate.

Four years later, she returned to the States and set up her own Reiki healing practice, eventually opening *Equilibrium*, an energy healing center that is dedicated to healing, research and education. Those at the center believe energy medicine is the future of all medicine.

Bernadette also shared a story of a woman (we'll call Janet) who had several surgeries for uterine fibroids, yet they had returned. Hearing Reiki could help this type of problem, she sought out a therapist and visited her for a Reiki treatment. When taking a health history, Janet revealed that she had never been pregnant. During her first treatment Bernadette noted she felt "great energy distortion" over her uterine area. After five weekly treatments there was still little or no difference in the energy distortion in her pelvic region. On her sixth visit, as Bernadette began the treatment she was very surprised. "I intuitively saw a dead fetus in her uterus." This image continued throughout the entire treatment. When she completed the treatment she asked Janet if she was absolutely certain she had never been pregnant. Janet burst into tears and said she had an abortion when she was 15 and had never told a living soul.

Janet spent the next hour sobbing and telling her story, releasing much of the negative emotion she was carrying. When she returned the following week she was clear and never had another problem with uterine fibroids again.

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Bernadette explained that though it seemed nothing was happening in the first five treatments, Reiki was working gently and consistently on her client preparing her to heal emotionally. It was clear to her that it was not until Janet was emotionally ready was she able to intuitively see the problem. "I am positive it was her guilt and shame that made her try to regrow the fetus on a subconscious level. Of course this was not going to happen—so fibroids grew where the baby would have been. I was not given the intuitive information until she was ready to heal the emotional trauma. So Reiki was working on both of us together, to allow the whole experience to happen."

According to *The International Center for Reiki Training*, Reiki is a technique for stress reduction and relaxation that promotes healing. Administered by laying on hands—whether touching, or in the air just above the physical body, it is based on the idea that unseen life force energy flows through us and is what causes us to be alive in these bodies. If one's life force energy is low, then we are more likely to get sick or feel stressed and if it is high, we are more capable of being happy and healthy.

Bernadette explains that Reiki has electrical and magnetic qualities that can be measured. Reiki is measured at 7.6 HZ frequency of energy. This is the same frequency documented in scientific studies to effect healing in soft and hard tissue injuries. (*Dr. James Oschman*)

When individuals are given a Reiki attunement (as in a Reiki class) you experience a vibrational shift to allow Reiki energy to move through you. As you advance and receive additional attunements, you are receiv-

ing an amplification of the energy you can channel.

Rivian Wolf another highly trained local practitioner who I had the pleasure of speaking with. Rivian is a Reiki Master Teacher, holds an L.C.P.C. and a Masters in Counseling, and has her own healing practice, training in numerous healing therapies. Rivian explains that in Reiki you treat the physical, emotional, mental and spiritual aspects of a person. The energy will flow where it most needs to go. If the cause of a physical symptom has an emotional or spiritual basis it is going to work on that first and you may not initially experience any appreciable physical symptom relief until it works on that core issue.

**The energy will always flow and it will flow to where it is needed.**

Listening to Bernadette's story brought up a question for me. What part does giving permission or *allowing* a healing to take place play on our ability to heal?

Some individuals, according to both Rivian and Bernadette, can block the healing energy being delivered in a session. Some become their wounds and will not allow any healing either consciously or subconsciously because on a deeper level they are holding on to their illness for some emotional or spiritual reason. Other people may withhold permission initially due to a lack of knowledge or understanding but later be open when given the information and support they need. True permission comes from willingness and readiness for a personal transformation at whatever level the body, mind and spirit is ready to go to.

Rivian shared a story of doing a distant healing session on an injured horse, and after a few minutes she re-

alized that the horse did not want the energy and was blocking it. When she asked the owner some questions, she discovered this was a work horse that had been injured over a year ago and had been put out in the pasture. Rivian intuitively picked up information that the horse did not want to get better because she did not want to return being a work horse.

Bernadette had been asked to do some distant healing on a young diabetic woman who was facing amputation of both of her feet. When she began the treatment she intuitively heard loud screaming "NO, NO, NO" and she could feel the energy being blocked. When she asked the women's higher self she was given the message that part of this women's soul contract was to experience what it would be like to be dependent on others, to literally "not be able to stand on her own two feet." So I could not give her a treatment for a physical healing and interfere with her soul contract. The women did go on to have the amputation. Yet, she had Reiki to help her on an emotional and soul level to have the courage to accept her soul contract.

Energy healers repeatedly explain that they are the instrument, or tool, that the energy flows through—yet the individual allows the healing to take place. We cannot ever impose our will on someone else. Each soul's journey is unique and our free will trumps all. According to Bernadette that is where the "Yes" comes from. The true "allowing" comes from the soul saying I am ready to move forward and evolve. ✨

Bernadette Doran [www.equilibrium-e3.com](http://www.equilibrium-e3.com)  
312-786-1882

Rivian Wolf [www.empoweryourspirit.net](http://www.empoweryourspirit.net)  
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## Making a Difference



Tekki Lomnicki believes in the healing power of stories. She is a solo performer, playwright, director and educator. She has devoted her craft to finding ways to incorporate her abilities and those of others to perform compelling stories. In 1995, Tekki and two friends formed *Tellin' Tales Theatre*. The company, dedicated to building community through the art of storytelling, produces adult solo performances as well as a life changing mentoring program and show called "Six Stories Up" featuring kids and adults with and without disabilities.

Six Stories Up is part mentoring program, part magic. Each year they pair six Chicago storytellers with six middle school children to write six, ten-minute long theater pieces. Each



*Tekki Lomnicki with student actor*

team is encouraged to base their vignette on personal stories. These vignettes are then combined to create a full-length show. The set designer, mask maker, and stage manager also work with middle school-aged apprentices. The show runs two weekends at a professional theater.

Adults and children with and without disabilities, of all races, and income levels work together on equal terms. Both adults and children learn lifelong lessons, self-esteem blossoms, and community is built where none existed before. We are proud to support Six Stories Up and wish them continued success in 2012!

You can contact them at 312-540-1330. Check out their website at [www.tellintalestheatre.com](http://www.tellintalestheatre.com)

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# Harmony... Serendipity...



**Charlotte Segal**

I think the story of how I came across the cover photo for this issue is a great example of our theme of Harmony, and the flow we love when we let go and allow.

I was sitting down to work on the cover of this issue, and I did a google search for the word *Harmony* as I sometimes do to begin the inspiration process... looking through all of the images, one caught my eye that had beautiful swirling colors and some interesting shapes. It just felt and said *Harmony* to me. It "rang my bell" as I like to say when something feels right for an issue.

I followed the link to a website for Charlotte Segal, and looked at some

of her other paintings in the gallery. ([www.charlotte-segal.com](http://www.charlotte-segal.com)).

I decided to research her a bit more and to my surprise she lives in Chicago! What were the odds of that? Excited, I continued looking online and found her address and phone information. After leaving a message, I heard back from her and was ecstatic when she happily agreed to allow her painting to be used on our cover.

Charlotte is a lovely lady who has created so many beautiful paintings and has many of them in a gallery on her website. She loves travelling and has exhibited her work in Japan, Paris, Australia, Germany and Scotland in addition to her many shows in the US.

Charlotte says, "It is my interest in travel that is reflected in paintings even though the images may be abstract as well as literal. My concern is with surface textures as well, therefore I often add mixed media of papers or fabric to the composition. When I deal with the figure, they are female in form, often distorted and multi-colored. As a woman artist, I also feel my art reflects several concerns: the feminine mystique, passion, and beauty—the last of which, beauty is a necessary addition to the society we live in as we all are confronted with an overload of painful images via television and the news."

How fortunate we were to have Charlotte's beautiful image, entitled *Harmony* as our front cover. We are happy to share it with you! ✨

## Check our new Evolving Your Spirit Online Professional Directory!

Be sure to visit our online directory often to find all the services and resources you are looking for. Just go to [www.evolvingyourspirit.com](http://www.evolvingyourspirit.com) and click on the **Directory** link.

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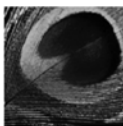
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# Pay it Forward

Sue Opeka, owner of *The Present Moment* shop in Libertyville is a member of our community and has a program that we felt you would want to know about. She was inspired to create the *Pay it Forward* program after meeting an 11-year-old girl in her store who told her about the kind of bullying that she'd experienced from other girls.

"The story was awful, and it seems like so many girls have that kind of story to tell," says Sue. "I said to myself, 'What we need is a program for these girls,' she says, that's when I decided to create this program loosely based on ideas drawn from Catherine Ryan Hyde's best-selling book, *Pay It Forward*."

One of the philosophies behind the store itself is the idea that we can make our world a better place. Sue has always been drawn to the idea that we are empowered to spread a sense of fulfillment and joy. With the *Pay It Forward Program for Girls*, she's working to pass that philosophy on to the next generation. Sue believes today's girls can play nice, and she's giving them the nudge they need.

From the moment of inspiration, Sue developed her program as a way to offer girls an incentive for exploring the rewards of showing kindness toward others. In the program, participants receive a kit of three charms and a card for recording their experiences.

They are asked to look for opportunities to do something kind for someone else— something that makes someone else's day a little brighter.

With each kind act, they give away one of the charms and ask the recipient to pay it forward by doing something special for someone else and passing along the charm.

When all three charms have been given away, participants use a response card to describe how their kind acts made them feel. Each participant who returns a completed response card to The Present Moment receives a special Blessing Ring necklace.

Among examples written on the cards— one girl opened a door for a lady at the mall. Some tell of sitting next to someone who is alone.

"One girl who was shy wrote a letter to three girls saying what she admired about them. She included a heart in each envelope and asked them to pass it on. The mother was so touched by this that she picked up a kit and wrote letters to three neighbors. All three neighbors called her, crying and said no one does this stuff anymore," Sue said.

The response has been overwhelming and emotional. Brownie leaders weep, encouraged to see change after seeing cliques in their troop. One mom shared that after her fifth-grader joined the program, her daughter mustered the courage to give the girl who had bullied her a heart.

"She said because that girl was in the room and heard the same talk, she knew she could not be mean anymore. They are now good friends," Opeka said.

## GOOD NEWS



**Sue Opeka**

Participation in the program is free; no purchase is necessary.

For Sue, the *Pay It Forward* program reflects her larger philosophy.

"I cherish my female friends; I've seen throughout my life how important and supportive those bonds are.

I have a 13-year-old daughter; I want her – and her peers – to start to develop and appreciate these kinds of friendships."

In the spirit of 'Pay It Forward,' Sue hopes her program for girls will create a sort of ripple effect of kindness. "My greatest wish would be for our Pay It Forward charms to keep moving along as more and more girls experience and reflect upon how good it feels to be kind to each other," she says.

Pay It Forward kits are available in her Libertyville store for \$3.00 each. [www.thepresentmomentinc.com](http://www.thepresentmomentinc.com) ✂



# ...and the Wisdom to Know the Difference

by Alyse Rynor, LCSW

A well-known prayer commonly recited by those in 12 Step programs, is the Serenity Prayer, which goes like this:

*God, grant me the Serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*

However, you certainly don't need to be active in a 12 Step group to benefit from these words which speak so clearly of a struggle that many have had at some point in their lives; the attempt to change something over which they no control. The idea of doing something like that might sound silly, yet without realizing it, it happens more often than most people care to admit. And, one of the most common places where this shows up is in relationships. In fact, many people actually hold hope that they can change something in another person or a situation from the past.

The ego clearly believes it is strong enough to attempt to control something that cannot be changed. In its attempt to feel strong, it often causes a person to feel powerless instead. It thinks that if only it could do the right thing or create the right situation, the other person, the spouse, partner, family member, co-worker, etc., would magically become different, just the way they need them to be. Then, they could finally feel happy and at peace. Of course, we know that no one really has the power to change anyone else, whether they talk incessantly, are an atheist and we're not, laugh too loud, frequently drink, are shy, clingy, distant, worka-

holic, eat too much or too little or perhaps wear their hair the wrong way. But, the ego will try. It will cause us to dance on the rooftop in a blizzard or do somersaults backwards in the rain, all in the name of changing another to be who they need them to be. In the end however, things remain the same and the dancer is the one who's worn out. Many relationships even end because someone gave away their precious power in a futile attempt to change the unchangeable. However, the only thing that was needed was the willingness to accept things as they really are. For, acceptance is made of a strength that is pure.

**I believe that our first step on the path to a happier life is to practice the art of acceptance.**

The willingness to accept a situation as it is, is all that is required. If you don't yet have the strength to do that on your own, then ask the Universe for help. Another wonderful prayer that can be used is this simple one that says, "Please give me the willingness to accept this situation as it is." Acceptance of things as they are will return you to a place of alignment, self-empowerment and clarity. The process of acceptance calls on an inner strength and a trusting connection to Source. It asks you to surrender your own ego's will, freeing you up to move with greater ease in the natural flow of your life. When you accept things as they are, you're closer to the things you desire. When you become willing to accept the things you cannot change, you empower yourself to change the things you can—and most times that points to you. What a wonderful place to start—an area over which you have

total control. The good news is that when you make any change within yourself, that change then ripples out to touch the lives of others and, the world.

### **You are the creator of your life.**

You have the power to change it, not by the ego's attempt to make someone else become different, but by shifting your perspective and making new choices from that place. This is true empowerment. Accepting things, situations, people or events as they are is the starting point for any type of growth and change. It's your start line on the board game of life. When you have the willingness to step into a place of acceptance, of yourself and others, rather than staying stuck in the hope that something outside of you will change, you have begun to tap into your own inner strength.

The easiest way to begin this process is through these 6 steps:

1. Find a situation in which you have been going around in circles, hoping it could become different, yet remains the same;
2. Pray to, speak or ask the Source of your Being for the willingness to accept the situation, person or event as it is;
3. Go within to discover what it is about yourself that you might need to change that will make a difference around what you want;
4. Secure this new part of yourself by taking an action step to do something in a new way;
5. Acknowledge yourself for the strength you are displaying in

making a shift of how you are beginning to now show up in your life;

6. Observe and trust that you have shifted the vibrational energy around your situation and you will soon begin to see the results. (Please don't be attached to what the outcome needs to look like. If you are, go back to step two and ask once again for the willingness to accept.)

There is truly strength in acceptance, one which allows you to make the change you can most easily access—the one within yourself. Perhaps that is what Life has been asking of you all along. Your strength is within you, for Source is within you; it is always there. If we all begin to accept what we can change, if each of us calls upon the strength to take responsibility for ourselves, our thoughts, behaviors and actions in our lives, then the world can become a more beautiful and peaceful place. Let's be the ones to start that right now. ✨



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# The Power *of Harmony*

*Tending your garden with awareness*

by Maggie Wilkins

Are you embracing the new awareness held by the energy of 2012? This new awareness is full of infinite knowledge. It is spiritual while at the same time scientific. Through awareness, we are guided to complete what is no longer required in our life and to unfold a fresh new understanding of what is to be. The manifestation of this consciousness is grace, the feeling is peace—the outcome will be HARMONY.

Harmony is an energy that is part of everything. It includes the ego, the heart, the madness, and the joy. Nature is perfect at displaying harmony. When a vegetable garden is tended with purpose (ego), and watched over with care (heart), a well spring of abundance results (harmony).

Ripe, juicy tomatoes burst with flavor. The scents of basil and rosemary fill the air.

Then winter comes and the garden fades, or mid-season the plants succumb to an invasion of a pest (madness). When good appears to turn to bad, harmony can still be achieved. Harmony is not partial to what we believe is good or bad. Its vibration is about harmonizing to what IS.

Many ask me in my workshops, "How can I live in my busy day and be in harmony with *now*, with what *is*?" My answer is through shifting attention. Attention is the most powerful tool given to man for achieving harmony.

Ask yourself this, where is my attention right now? Is it on the future, imagining all the hours and work that must pass between this moment and a pressing deadline? Is it on the past, on something that happened the night before that has caused you emotional discomfort? Are you making judg-

ments of others or yourself, good or bad?

Instead of continuing the "repetitive mind process" within which you are caught, consider choosing to move toward harmony.

Stop what you are doing. Take a simple breath—breathe in, and as you release, allow your body to relax. Become aware that your attention has naturally shifted away from the chaos of your day, if even for just a moment. Experience the calm.

You see, all it took was to move your attention, to become aware of your inner body, the life force that connects you to the here and now, and you received the feeling of calm. Calm harmonizes your body, mind and soul. And when you are in harmony, peace is present.

My wish for 2012 is that you will choose harmony and allow the peace and grace that brought this moment to be your experience. ✨



*Maggie Wilkins was working for Eckhart Tolle when he first published The Power of Now. She now works and teaches in the Chi-*

*cago area and in Vancouver BC, sharing her personally designed meditation techniques for those with a busy lifestyle. Her new meditation CD, A Simple Breath can be found at [www.maggiewilkins.com](http://www.maggiewilkins.com), or call 847-648-8955. You can also hear a sample track on the Evolving Your Spirit homepage.*

# From uncertainty to balance:

## *finding harmony in a rocky financial world*

By Julie Murphy Casserly, CFP, CLU, ChFC

When was the last time you felt your life was truly in harmony? You may have been happy at home and fulfilled in your work. You had thriving relationships with friends and family members. You had great hobbies that tickled your creative aspirations. And even if a problem arose in one area of your life (say, a pay cut as a result of the economy), you took it in stride. You didn't let one setback get you off track.

### Un-harmonious life?

But one day this all changed, and now you find yourself worrying about everything. What if I never find the job I love? What if my marriage crumbles? What if I can never get my dream home? What if I have to file for bankruptcy?

When did this change happen? The circumstance is different for everyone, but it's safe to say that the base of your problem started when you got off track. Maybe you started out in a career you loved, but had to switch when the economy tanked. Maybe you lost your job completely, and couldn't find anything else. Or maybe your partner changed as time went on, and so did the dynamics of your marriage.

When the life we want to live stops being the life we are living, we become unhappy. And uneasy feelings come when your life is not in harmony with your soul's purpose.

### Un-harmonious Finances

Like any successful relationship, the one you have with your finances

may take you on an expected path. An even, easy route can turn into a tumultuous storm with a rocky, winding road. The beautiful daylight and clear direction can change in the blink of an eye. Sometimes, you won't be able to see the path, and you'll worry about where it'll take you— if anywhere!

When you lose your main source of income, it can seem like that path betrayed you. Your financial situation may begin to look very, very bleak. You become negative and resentful. Your home life suffers. Those solid relationships you had with friends and family start to crack. And eventually, your un-harmonious personal or professional life turns into an un-harmonious financial life.

### Finding Harmony

One unhealthy relationship in your life doesn't have to do serious damage to all the good ones you have. Finding that harmony that pulls you together during those tough times means being in touch with the life you truly desire. The most successful people look at failures not as setbacks but as learning experiences, and they don't allow those experiences to knock them off balance.

I believe that true harmony within you leads to outer health. And that's really where creating a harmonious financial life starts— within you. Take a moment to sit down, close your eyes and ask yourself "Who am I?" Then ask yourself what you believe your life's purpose is.

Do those answers match up? If not, take this moment as an opportunity to figure out why there's a disconnect. Once you find that harmony between whom you are and who you want to be, every relationship in your life will change for the better. And that includes your relationship with money. ✕



Julie Murphy Casserly, CFP®, CLU, ChFC, is a 16-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," sign up for her "Weekly Wisdoms for Wealth" e-newsletter, and to read her blog, please visit [www.juliemurphy.com](http://www.juliemurphy.com) Connect with her on Twitter @JulieMCasserly and on Facebook – Julie Murphy Casserly.

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



## Accepting Death as a Gateway Similar to Birth

One of my dearest girlfriends received the call two nights ago that most of us dread— her beloved mother was literally on her deathbed. After battling stomach cancer for almost two years, the time of her transition was very near. The morphine drip to ease the pain was imminent. Within hours, my friend was on a plane headed south and watching the sunrise all the while knowing that she had been called to nurture and assist her most animated mama who loved walks on the beach, her dog and her sexy black leather pants in her death experience.

In less than twenty-four hours, her mom transitioned through the ever-so-thin sacred veil and into the larger perspective that physical death allows. They had time to laugh and to cry amidst nurses in and out. Many friends and family members stopped in for their moving good-byes, as well. And there my beautiful friend stood, the witness and keeper of her mother's death experience. The magnificence and glory of it all was not lost in the sadness of losing the woman who gave her birth. Of course, she felt the sadness, but she simultaneously felt the incredible beauty and profound joy in all of it, too.

I am honored to have been in touch with my friend throughout her vigil with her mom yesterday, and I was so moved by her willingness to remain present, wide-awake, and available to her mother. She did not shy away from the authentic soul to soul moments that her beloved mother deserved. My friend spoke openly to her mom about her life, about her death, about her feelings. She thanked her mom for ALL of it—the ups and the downs. She told her mom that this was not the end, but rather the beginning of a new relationship in which they could always share through feelings and signs. My friend let her know that she would be ready, willing and able to continue an ongoing relationship with her at all times. She invited her mother to remain a felt part of her life.

My friend called me more than halfway through the day yesterday to tell me that she had never felt such compassion for her mother or an-





other human being— that this compassion and love for her exactly as she was— overwhelmed her. Everything else— the judgments, the resentments, the labels— had simply fallen away. It was now just two souls without masks facing one another in truth. Her mother was so grateful to be fully seen and assisted in her death experience. She didn't have to take care of anyone else's fears while she faced the greatest and most glorious moment of her life.

In the end, my friend had said that she simply wanted to lie next to her dear mother, hold her and feel gratitude for their shared time on each of their infinite and eternal journeys. In the last few moments, that is exactly what she did. After openly acknowledging her mom's death experience with joy by asking her mom what she was experiencing, who she was seeing and inviting her to release from the body whenever she felt ready, my friend finally told her mom that she desired to rest beside her. She laid down right next to her and simply felt her presence and held her hand. Within a few moments, her mother felt free to move onward and upward, and she made her transition.

I share this today because I am so very proud of my friend. She did not shy away from the death experience because of her own fear of death. She showed up for her mother and lovingly and openly and even joyously gave her mother permission to fully experience and share her transition.

This can be a new model for all of us. Yes, let's soul nurture one another in life, but just as importantly in death.

The death experience is 100% guaranteed for all of us. There are no exceptions on this one. Can we become a culture that is more accepting and open and unafraid of death? I spoke to my friend this morning as she was now back at her mom's house and laying in her mom's bed. She both wept and laughed saying that it was the most amazing and beautiful experience of her entire life. We all feel tremendous joy when we usher a newborn babe into this world, but to usher a beautiful soul out of the physical body and home...well, as my friend discovered... what a true honor. Harmony abounds! ✨



*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.*  
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# Inner Harmony

by Debbie Mackall



Each chakra or energy center has a measurable pattern of electromagnetic activity to which it is naturally “tuned” when it is flowing in balance, or aligned. By placing a vibrating tuning fork’s handle on a chakra, it initiates sound frequencies that stimulate the client’s body to create the frequencies it needs to bring itself into alignment. It is similar to striking a musical tuning fork and finding nearby tuning forks vibrating in harmony. The electromagnetic field of the body is recharged and the flow of Chi energy is re-established.

There are many other ways of creating and maintaining the harmonious flow in your body. I have a habit of working very intensely for long periods of time. Sometimes at the computer, sometimes at art pieces which find me arched over the project, doing small, intricate work. I love doing this, and the concentration and creation come very naturally to me. My body, however, has not been liking it, and the older I get, the louder it is calling out to me in the form of some pain and discomfort to alter my habits.

As I am writing this, I am being reminded that I need to get up and move around more frequently, take breaks, and pace myself. This will bring harmony to my body and then also to my projects and my life.

When I am in harmony, my life takes on a seemingly effortless flow. Miracles happen all throughout the day and I am delighted and awed by the power of the universe. And, it is clear to me that maintaining harmony has assisted me in creating this. Feeling good about myself. This happens when I take care of me. Eating healthy foods, meditating and getting exercise seem obvious, and yet it takes a conscious effort to do it all consistently.

Before industrial noise pollution, the OM, eternal, harmonious sound of the universe was heard and understood by all living and non-living universal participants. Somewhere inside we all remember and can resonate with that.

The March issue of *Evolving Your Spirit* will be focusing on the OM. Please write in with your stories and anecdotes. This is our community and your voice is honored. We’d love to hear from you. Just email me at [debbie@evolvingyourspirit.com](mailto:debbie@evolvingyourspirit.com). Thank you. ✨

The way I have always sensed energy feels like harmony to me. I’ve done my best to explain it in visual terms, which is the way I retain information.

Yet, this type of information has always come in the same way as the feeling I get from music. Not a sound, but the feeling. Like hearing a beautiful song, with several people harmonizing and it just feels so good in my center. Then, a wrong note can throw the whole thing off and it feels out of whack. Same feeling.

I have come to understand that the harmonious feeling happens in my life when I let go and breathe into my belly. The harmony IS, and it is up to me to resonate with it.

It’s like the physics of a tuning fork. The Tuning Fork Principle works like this: when you tap a tuning fork it begins to vibrate and make humming sounds, sending out vibrations of a specific pitch through the air around it. If another tuning fork is placed nearby and calibrated to the same note, the second fork will begin to hum and vibrate in harmony with the first one.

You also act as a tuning fork. While the pitch/tune you send is invisible, and, unlike a tuning fork, it is silent to the ear, you DO calibrate your mind and thinking to specific vibrations, and those vibrations search for matching tunes in other people. You do this both consciously and unconsciously, and send out those vibrations all the time. The tunes are silent, invisible signals that flow through the air around us and vibrate in harmony with similar forks (people) that are tuned in a similar way.

# Homeostasis—*Harmony Heals* by Laurie Buchanan

"Health is a state of complete harmony of the body, mind, and spirit."

— B.K.S. Iyengar, at age 94 he is considered one of the foremost yoga teachers in the world

Throughout history the spiritual teachings of great philosophers taught harmony between body, mind, and spirit. As a global community, we've learned scientifically that this synchronization is achieved through homeostasis—a continuous dance of balance and correction that stabilizes our physiological systems through feedback.

This ongoing internal harmonic dialog is the basis of holistic therapies including all forms of energy medicine, moving meditations such as yoga, tai chi, and qigong, and nutrition—each a vital key to unlocking natural solutions to health and disease. As we achieve physical harmony by working with our internal homeostasis, we additionally nurture and cultivate the wellness of our mind and spirit.

Breathing, water, and food are the primary sustainers of our physical bodies. As humans, we can only go a few minutes without oxygen, a few days without water, and a few weeks—perhaps—without food.

In terms of food, there are four compositional types: carbohydrates, proteins, fats, and fibers. Interestingly, the organs and glands in our body have four interconnected functions—energy, healing, stress, and immune response—working together for internal balance.

The body's response to all internal needs and external forces must adhere to this four-part harmony. These four tasks are the template for all nutrition: carbohydrates for energy, proteins for healing, fats for stress, and fibers for the immune process.

There's a direct correlation between physiology (body functions and activities) and nutrients. You've heard it said, We are what we eat. The indisputable rule of all chemical systems—including humans—is simple: good raw material input equals good end product output.

A fundamental shift is occurring in medicine from a disease-based approach to a prevention-based approach, a holistic model that treats the whole person—body, mind, and spirit—for optimal wellness.

Whole health moves in never-ending circles of balance, equanimity, and harmony. Orchestrated by the great maestro, homeostasis, it produces the rich, full effects of healing harmony. ✨



Laurie Buchanan 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, Inner Alchemy (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://holoessence.wordpress.com>.

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