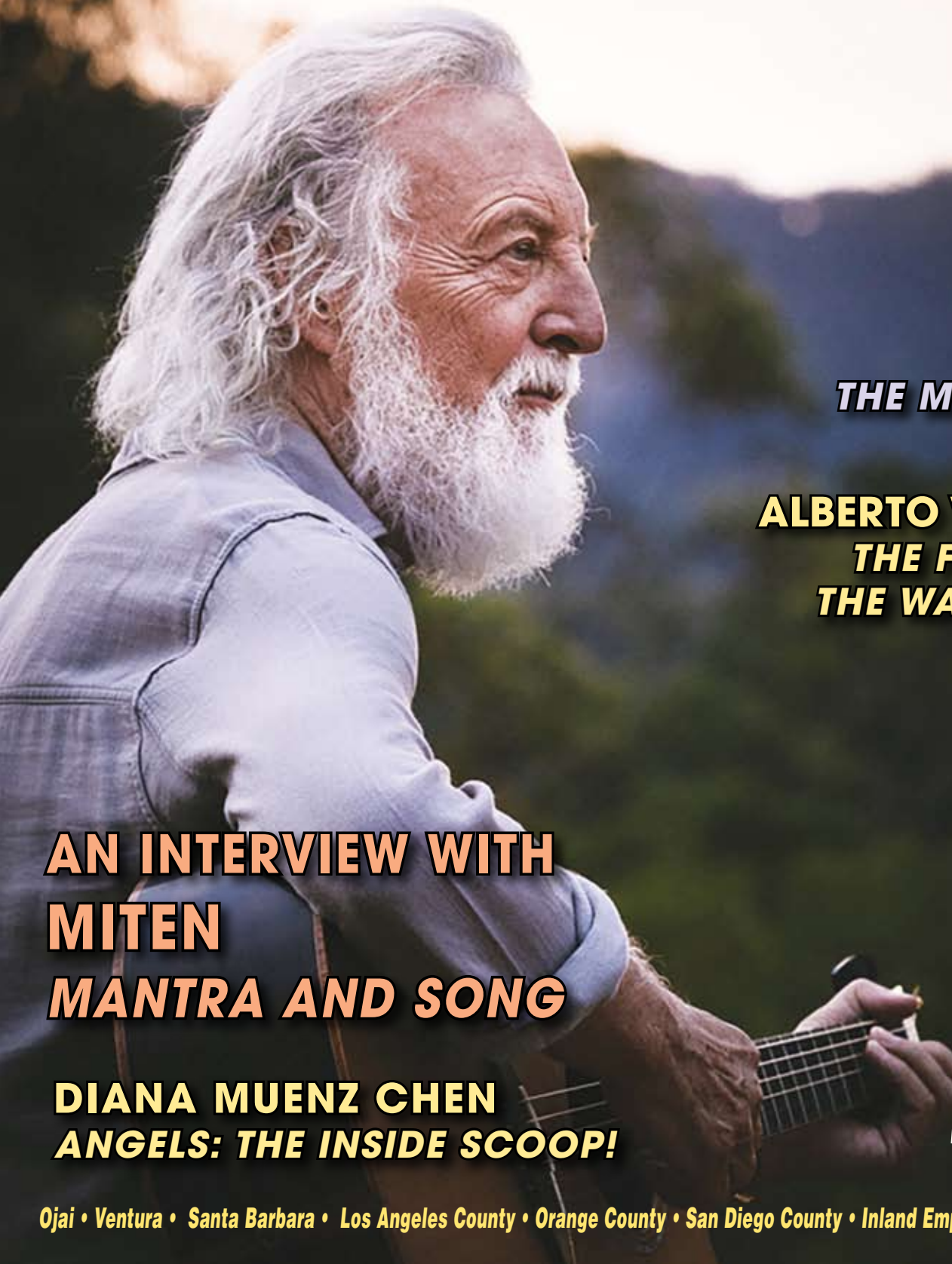


# Awareness<sup>®</sup>

*Southern California's Guide to Conscious Living*

NOVEMBER / DECEMBER 2019

VOLUME 26, NO. 6



**NEAL GRACE**  
**THE MIRACLE OF LIFE**

**ALBERTO VILLOLDO, PhD**  
**THE FOUR INSIGHTS:  
THE WAY OF THE SAGE**

**AN INTERVIEW WITH  
MITEN  
MANTRA AND SONG**

**DIANA MUENZ CHEN**  
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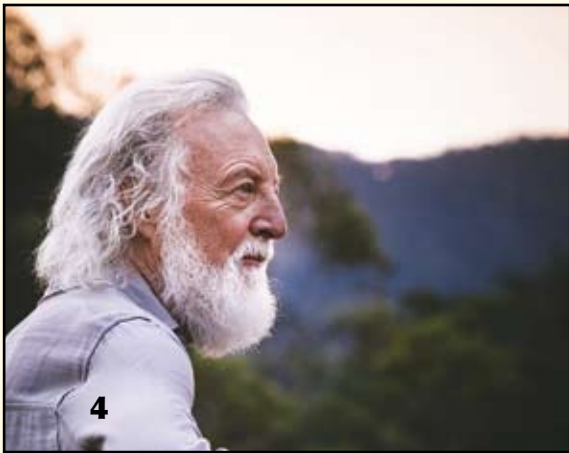
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Southern California's Guide to Conscious Living

Continuing our 26th Year of Service  
with our ANGELS and MIRACLES Issue



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**AWARENESS**



# An Interview with Miten: Mantra and Song

By Yolanda Chapin

**A** mystic, a storyteller, a teacher, a traveler and a sage, Miten has dedicated his life to the pursuit of meaning and truth through the medium of his beautiful, evocative music. Formerly known as Andy Desmond, Miten, the world-renowned singer and songwriter brings the wisdom of a lifetime to bear on *Devotee*, a collection of songs that roll, meander, roar and swirl, like a river gliding with ceaseless energy towards the sea.

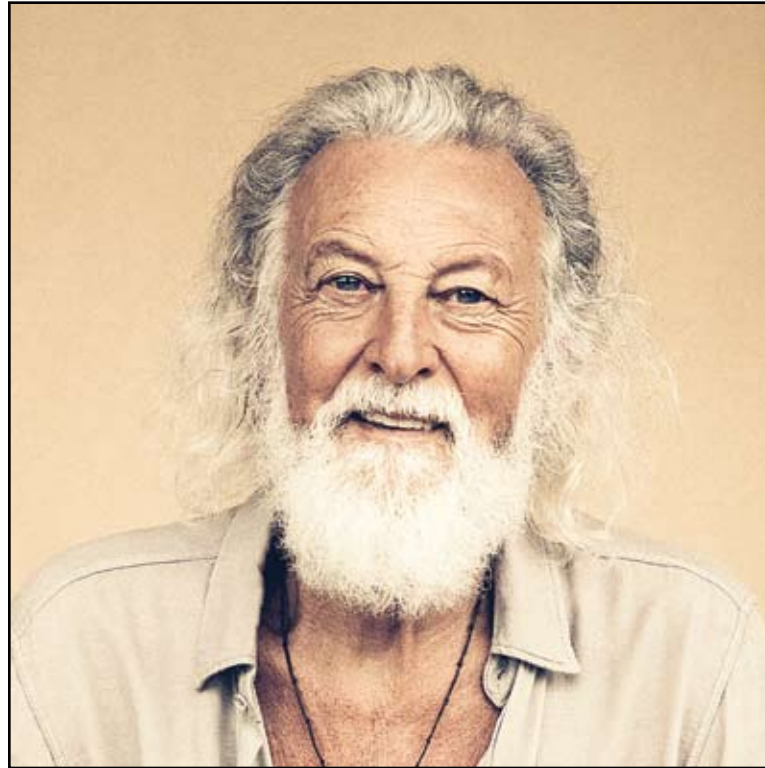
Here is my exclusive interview with Miten.

## **Please tell our readers some of your background.**

I was in the rock music industry in London, England in the 1970s and I'd become fairly successful. I'd been on tour with Fleetwood Mac, Ry Cooder, Hall & Oates and others and I'd made some albums. But the life wasn't sustaining me. I had what was supposed to be a "successful career". I had the drugs, alcohol, casual sex and everything else that went with being a rock musician. But inside, I felt I was on the periphery of life.

One day I read a book called *No Water, No Moon*. I'll never forget it. It was a series of transcriptions of the Indian spiritual mystic Bhagwan Shree Rajneesh [also known as Osho] speaking on Zen, and I was in exactly the right place at the right time in my life, to respond to what I was reading.

I decided, through meditation, to seek a community where you make friends with your inner being, with your inner world. I walked away from my record company, my manager, my publisher, my band, my musician friends, my wife



*Miten, photo courtesy of Rishi / Prabhu Music.*

and my family. I had to. Because that's the only way that these transformations occur - when you walk away from everything you know into a new world.

## **What or who inspired you to become a musician and how did you make the transition from rock music to spiritual music?**

I could play guitar and sing. But I only felt I became a *real* musician after I made a break from being a *so-called* musician, which happened when I came to my guru Osho.

When I came into his community in India I didn't tell anyone that I'd been a musician. I spent a year or so healing, chopping carrots, washing the rice, and I didn't even pick up a guitar for a long while. I was more concerned with deal-

ing with the guilt and the pain that I'd been carrying.

Eventually I began to pick up a guitar again in the ashram because I wanted to say "Thank you" to life. I could feel that I'd been transformed. My life had been enlightened. My mind had been cleansed and I could begin again.

When I did start to play again it was in a very innocent, unpretentious way. I wanted to say something from the heart. So my songs were very simple. The words were nothing to do with the "outside world". They were for the people in my community and they understood exactly what I meant.

I didn't want to be labelled as a musician. I just wanted to give thanks. And the more these songs came to me, the more I was invited into the

musical department of the ashram to share them. And because I'd been a "musician" in the old world, this was something I could easily share with the community.

I know now that music has got nothing to do with making money. And the music I make with my wife Deva Premal and the music I made in the ashram and have made ever since, has absolutely nothing to do with a "career".

Deva and I left India after Osho died in 1990. We then went to Italy and Europe where we began to share some of the meditations and the sound healing techniques that we'd learned through Osho. That's when we began to travel the world.

## **What were some of your main inspirations for your new album, *Devotee*?**

Recently I'd had open heart surgery which brought me to a new understanding of life. After the operation, my body was traumatised so I let it do whatever it needed to loosen and release the trauma.

Eventually, one morning, after a night of extreme catharsis, I woke up with a sense of being reborn into this body that is in its 70th year and ... it's amazing! The body is deteriorating. And yet the spirit which inhabits it is a young, energetic spirit that doesn't correspond to the body itself. As a result, I have a lot of energy and a lot of creativity and as soon as I was healed from the heart operation - within six weeks - I was back on the road and playing music.

When I began to record *Devotee*, I wanted to make it an album for anyone who wanted to 'let go'. It's music made from a space of grati-

tude, humility, meditation and celebration of life.

My inspiration was to make music that you could die to. But it's not sad or dark music - or Christian in the way of fearing death and hell. There's reggae music and there's meditation music. There's a song on there with the line, "Into your hands I lay my spirit", which were the last words of Jesus, according to the Bible, and I put some music to that.

It's a very beautiful album. I'm very happy with it and it's an album that I can enjoy for myself. I usually don't listen to any of our music once it's on CD, but this one, I do enjoy hearing. It's good company.

**Please explain some of the healing properties of spiritual music.**

Osho gave us an understanding that making spiritual music is a process. Spiritual music is born out of silence. There's a nothingness and then we begin the music which takes us on a journey. That journey deepens

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***"There's a song on there with the line, 'Into your hands I lay my spirit', which were the last words of Jesus, according to the Bible, and I put some music to that."***

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the silence that we've just left, so by the time the mantra or the song comes to rest and returns us to silence, that final silence is deeper than the silence that we first left.

During the mantras and the concerts that we perform, the silence continues to go deeper and deeper over the three hours that we play. And that's where the tears of joy and release come from.

Many people reach that place in our concerts, because we play to the heart of humanity. We navigate our day-to-day life, while underneath what we keep down are the tears and dreams and visions and hopes and deeper feelings. All that stuff we keep hidden is addressed and caressed and loved and expressed through

the mantras and spiritual music we play and sing. Spiritual music lives under the surface. It lives deep in our real life, our real dreams, our hopes and aspirations. And in our tears.

**Will you tell our readers something about the history and the benefits of mantras?**

Mantras are healing sounds. They were discovered by the Rishis of India many thousands of years ago when people were experimenting with how sounds affect our bodies and our minds and our interior world. What happens when this sound is continually chanted? What sound creates a sense of peace? What sound creates a sense of love? What sound clears away the debris in the pathway, so you can walk unhindered through your life?

According to the Vedic Scriptures, there are 108 key energy lines, known as nadis, in the body, and the mantras keep these channels clean so that your body and your mind are continually being refreshed. That's why mantras are so powerful. Deva and I made three albums of mantras which work as a powerful meditation tool: *Mantras For Precarious Times*, *Tibetan Mantras For Turbulent Times* and *Mantras For Life*. The point of these CDs is that you can choose a mantra and begin a practice where you chant 108 cycles every night before you go to sleep.

It can be a Ganesh mantra or a mantra for children. You chant your chosen mantra every night for 21 nights and you become familiar with how powerful they are.

**How does one find correct mantras for specific occasions?**

When I began my search the only way you could really

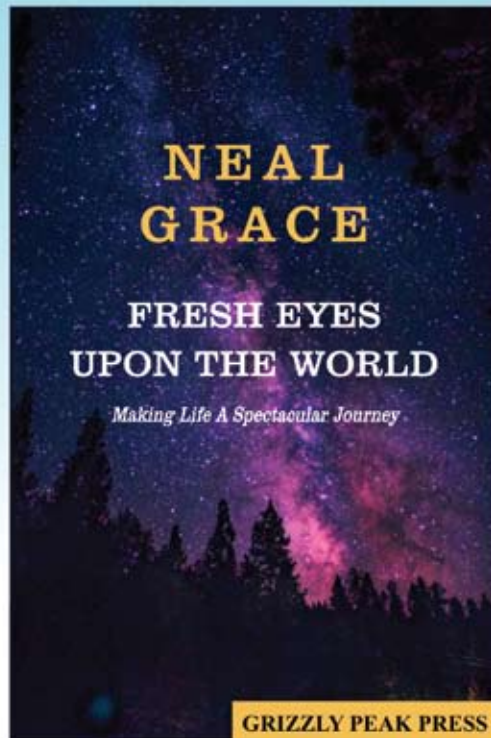
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- Reverend Luzette Celeste McDonald  
Co-Founder of the Telos Healing Center



# The Miracle of Life

By Neal Grace



Neal Grace

*"You can watch the outside world float past you and you can witness the most shocking things unfold before you and still remain in the center of your peace. You will not be trampled by it; you will not become a victim to it. You will stand in the midst of the storm with your inner peace giving you the strength to continue on in your quest of the sacred and the profound."*

## **Fresh Eyes Upon the World**

When we pause fully during the hectic pace of our daily lives to take stock of what is happening all around us, while dropping our filters of preconceptions, we will see that everything is inherently a miracle—including us! Both the microscopic and the immense life forms are all creations of a spectacular dance of the intricate processes of the Universe. A tulip is endowed with the magical ingredients of Nature and is no less magnificent than the great blue whale circumnavigating the vast oceans. The Earth's atmosphere, with its wild changes, is imbued with miraculous ingredients to sustain life. A blade of grass is the working

of sensational forces to give it a body and its life cycle.

Every living creature is the culmination of the eons that formed it inexorably through time. An emerald-throated hummingbird, with its astonishing gracefulness and staggering aerial feats, is another design of Nature's miracle. The horse languishing in the meadow; a single snowflake; a cumulus cloud drifting in the nimbus light of a late afternoon summer day; the trumpeter swan gliding on a shimmering, smooth lake in spring; silvery cascades spilling over sculptured rocks in the mountains and a great redwood tree—are all miraculous expressions on this mote in space called Earth!

Now let's explore you and me. We humans often get caught up in the chaotic demands for our survival. The truth is we are here for a short time, probably less than a century. Our existence is a flash in Cosmic time. Astounding biological and chemical phenomena created us out of the elements of the Universe. This unto itself is enough to send us flying into a state of wonder. We are the miracle called life. We can breathe, eat, see, talk, hear and feel the endless waves of the world racing through our body. When we meditate, relax, walk in Nature and focus our thoughts on uplifting images, we are aligning ourselves to our natural rhythm with life.

Life is a gift for us to experience and explore. With all its vicissitudes and challenges, with all its mysterious and inexplicable happenings, we are here to discover who and what we are. This takes courage, focus and determination. We can get easily distracted by the more superficial trappings of everyday living. Despite how we direct our destiny, we are always learning about who

we are and how we operate in the complexity of the world. We are a work in progress, a ceaselessly evolving wonder that is unduplicated anywhere! It is imperative that we act as the champion of who we are. We need to remain vigilant stewards on a daily basis.

Every morning we have been given a new birth to set forth on an adventure throughout the day. Life created us, endowing us with certain features to interact with the forces of Nature. When we love this dream-like existence, we get closer to our spirit, the part of us that is mystical and deathless. When we love the world with all of its underpinnings and wild changes, we find ourselves in a timeless place of wonder...like a child enthralled with the moment.

We humans often become bogged down with the mundane parts of survival and day-to-day living. Our perspectives become narrow and keep us hanging out on the surface of things, floating like driftwood in the tides. We take things for granted, especially our own lives. We lose contact with our deeper self. We forget what exists beneath the surface, the roots entangled endlessly with the great mystery of which we are an eternal part. We forget we are the components of the stars, a living entity of eons that shaped us continuously to what we are today.

Finding the deep inner connection to the Divine presence and loving this experience called us is the only route to take. Everything else is a form of impeding the flow of the natural expression of life. We humans can fill our minds with dark thoughts that uproot our love of life. Yes, there are events and situations in the world that are upsetting and unspeakable, causing an avalanche of despair

to roll over us. There is duality in the world. But we must use and develop our higher consciousness to help navigate us always toward an inner sanctuary of serenity that lives in our souls. There is an undimmed light in everyone's soul. Shine this light upon the world!

We must use our positive focus and creative action to support us in our journey through this world. We must use our consciousness to remember the greater truth about our momentary life here on Earth. Whenever we lament about who we should have been or what we could have done or why we were born into the conditions of our existence, we are diluting the purity and freedom to love life and to behold the abundance of miracles surrounding us everywhere!

We can love life daily simply by the attitude we cultivate and perpetuate. Let's take a deep breath of air, letting it fill our lungs, and then letting it go by releasing the need to control everything. Then allow our body to feel the energy of gratitude and appreciation. By doing this we feel our oneness with all living things, realizing in our consciousness we have landed here in this dream called life as a result of inconceivable powers who loved us enough to create us!

*Neal Grace has always followed different paths to discover unexplored frontiers—from living in the woods for months, to traveling with a backpack around the world, to forging a career in the business world that gave him a taste of material comfort. A keen observer of the nuances of life, Neal began chronicling his experiences through the written word. He has performed at Grace Cathedral in San Francisco and other venues, sharing his passionate messages to inspire others to live freely and creatively. He believes the only way humanity can advance in its incredible evolution is for people to embrace the world with reverence and compassion. Neal lives in San Rafael, California with his wife Jacky.*

# Angels: The Inside Scoop!

By Diana Muenz Chen

The following information is from direct conversations and energetic experiences that Diana has had with Archangel Michael over many years—truly an insider's view of angels.

Angels have never had physical incarnations. They are the hand of the Divine with no hierarchy and no ego. Therefore, one angel does not judge another, nor do they command each other. They are closer in vibration to the Divine than other spirit beings because they have no karma to work out. Archangel Michael calls karma “incomplete movement”—a non-judgmental way to describe karma. Incomplete movement is neither good nor bad—it just is—and can be completed to add energy to Creation.

Archangel Michael has a global purpose to help humans advance spiritually. Many people connect with him, whether they're consciously aware of that connection or not. Sometimes when they sleep they can attend a class taught by Archangel Michael in the spirit realm or perhaps they may receive guidance from Archangel Michael during meditation even if they do not realize where that guidance came from. Archangels typically have global purposes. Again, they're not better than other beings, just different. Other angels can have a more singular purpose, such as helping a person to love themselves better or assisting in healing others.

Angels can be seen clairvoyantly<sup>1</sup> as some form of light such as an orb, flashing light or column of light. In addition, angels can be seen as a robed or unrobed humanoid figure with or without wings. Please note others might perceive angels differently and the above list could be expanded.

Over the time Diana has



*Diana Muenz Chen, photographed by Lucian Chen.*

channeled<sup>2</sup> Archangel Michael, her clairvoyant images of him have changed. At the beginning of their relationship she had seen a huge column of white, gold, and blue light in front of her, then after working with him for a while his image changed to a beautiful white stallion coming towards her; later he appeared as a big orb of white gold light or a glowing star. At times when Diana has needed Archangel Michael's reassurance, he has flashed a beautiful blue light to make his presence known.

Two of Diana's clairsentient<sup>3</sup> perceptions of Archangel Michael have not changed. She has felt Archangel Michael's wings on her back and concurrently has taken an involuntary breath, both of which have consistently confirmed her initial connection to him.

Over the years, Diana has slowly become a stronger channel for Archangel Michael. She has worked on releasing blocks in her personal energy field so his energy could move more

freely and strongly through her. When channeling, it has taken deepening trust for Diana to allow Archangel Michael to be more prominent within her. She has understood that they had a relationship in the past, which has helped their connection in this life. She has a global purpose to help people evolve spiritually, which has interfaced with Archangel Michael's purpose to help individuals and groups grow spiritually. Through their deepening relationship, Archangel Michael has been able to teach channeling classes with more ease, lead stronger group healing meditations, bring more wisdom to people and channel effective healing energy for individuals.

Archangel Michael has taught Diana many lessons. One of the strongest has been to trust him during her reincarnation in the same body (RSB) process<sup>4</sup>. Simply said, during RSB the Soul's life purpose changes and all the parts of a person must make a shift to accommodate this big

change. Diana has experienced vertigo due to the big energy shifts occurring in her top chakras. She has asked Archangel Michael when her vertigo would end. He has kept saying “Wait.” From this recurring guidance, she has figured out her most important spiritual lesson from the vertigo is to surrender and simply be in the process of RSB.

Another lesson for Diana has been to keep her heart open and choose love, which is Diana's new Soul's purpose. This means that she has to let go of her judgments—very challenging when

encountering people on the streets of New York City. Archangel Michael has had ongoing conversations with Diana about relinquishing her judgments and developing more compassion.

So many people are experiencing strong changes in their lives right now. Archangel Michael has said it is time for all dimensions to move into a new consciousness—they are here to help us. Many more angels are acting as spirit guides now as compared to the 1980's when Diana first started to channel. It is important to reach out to angels for their help. What you can do to receive angelic help is to ask for it with your mind's voice. You can specifically ask Archangel Michael to help you as well.

In the spirit of helping, Archangel Michael would like to illuminate what is now happening for us:

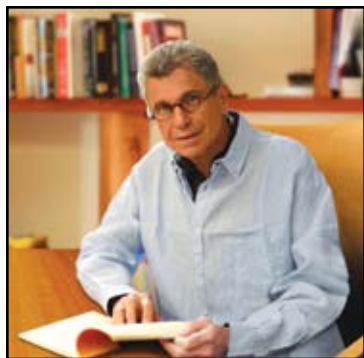
On the Earth at this time, there is very strong energy towards intention—helping

*(Continued on page 9)*



# The Four Insights: The Way of the Sage

By Dr. Alberto Villoldo



Dr. Alberto Villoldo

The *Four Insights* are wisdom teachings long protected by secret societies of Earthkeepers—the medicine men and women of the Americas. The ancients used their mastery of the insights to heal disease, eliminate emotional suffering, and grow new bodies that age and die differently. In earlier blog posts (<https://thefourwinds.com/blog>), we covered the *First Insight: The Way of the Hero*, the *Second Insight: The Way of the Luminous Warrior*, and the *Third Insight: The Way of the Seer*.

To be a sage means that when you look around you, you perceive only beauty.

The sage understands that everything they experience is a projection of their inner landscape, or dream. This means that because we are the creators of each event and incident in our life, nothing ever happens to us. We never need to fix anything in the outer world—if we want to transform some circumstance that appears to be outside of ourselves, we need only to *own it* and *change it within*.

For the Laika, the world is a screen that we project our movie onto. This doesn't mean that the world isn't real . . . the world is very real. We simply confuse the image we project with reality, trying to change the action on the screen when what we really need to do is edit the movie or change the script. Once you understand that you can do this whenever you want, you'll forever cease to be a helpless victim or an innocent bystander.

If your partner says an angry word to you, you'll heal it within. And while you can't change what is said, you can

change your experience of it. When you're no longer disturbed by your partner's words, they will be less motivated to project their unhealed parts onto you. Or if you're late to the airport and miss your flight, you can't change that, but you can heal it inside of yourself, and then everything will turn out as it should. When you know that you're dreaming up everything that's happening, you can then understand that missing your flight is only part of a larger movie you wrote—even if you're unaware that you did, in fact, pen it yourself.

Just as you don't remember dreaming during the night, you can also forget that you're visualizing while awake. Over millennia, the Earthkeepers developed practices to help them become conscious during their sleep, thus influencing their experiences in the dreamtime. They also developed methods to help them remember that they're dreaming while awake so that they can direct their waking images with more grace and lucidity.

## The Role of Conscious Dreaming

We interact with the domain of vibration and light through the practice of conscious dreaming. In hummingbird, we pray without using words, perhaps seeing the job we want coming through as we visualize abundance. But when we step into eagle, we don't limit ourselves to the vision of a fancy meal or a beach house to define and control how the prosperity we create manifests—instead, we let the universe take care of the details.

We may want to say a prayer asking God to cure a friend's illness or help us get a job soon, but this is not the practice of conscious dreaming. When we dream from the level of eagle, we become one with Spirit—a

universal stream that's bigger than we are, yet one that we can enter, navigate, and direct to bring forth what we desire. We merge with this river of vibration and light, becoming its tides, and the bursts of orange and yellow that are suns not yet born, but pulsing within us. Then our will and that of Spirit are one, and "may Thy will be done" acquires a new significance. We change our energetic vibration and attract to us and others that which vibrates in a similarly divine manner.

An Earthkeeper practices dreaming by allowing her mind to become silent. She can still the waters of her mind so that they perfectly reflect the infinite possibilities that exist. Then she can enter the matrix of creation, where she disappears and only Spirit remains. We, too, can embody prosperity and actually dream it into being. When we become peace, serenity, abundance, and beauty, these will prevail in our lives.

If you're wondering what it would be like to dream a better world, don't worry—you've probably already experienced this everyday magic at some point. Maybe you were in such a wonderful mood that you smiled at the clerk at the grocery store and observed her mood lift in response to yours. Or perhaps you were able to calm someone who was fearful by just being present and embodying bravery as you sat next to him and held his hand.

When we're at the perspective of eagle, our effect on the world is very great, even if we're unaware of it. We have much more power than we think. Remember the theory in physics of the butterfly flapping its wings in Beijing and causing a tropical storm in the Indian

*(Continued on next page)*

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- Naomi Serlen, LCSW

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## Mantra and Song...

(Continued from page 5)

think that you can use these sacred sounds was to make money and be famous. It looks like that on the surface when you see somebody like Deva and myself or Krishna Das or Snatam. But none of these people began by thinking about money. Your challenge as a spiritual musician is to make sure that it comes from a clean place. Make sure that your intentions are good.

Sometimes people write to us and say, "How can I get my music out to all the people?" That's a shaky place to begin. You begin with where you are and not by dreaming of being something else. If you begin chanting and singing and you feel good, that's it! Done! And if four or five people are around and they also get it, that's your key. That's it!

Deva and I don't consider ourselves entertainers or performers. It's life and death to us. It's far more nourishing

than being successful or getting more likes on your Instagram channel. This album Devotee supports me in my journey, whatever I'm doing. The key is to approach mantras and all spiritual music with great reverence and respect.

Namaste!

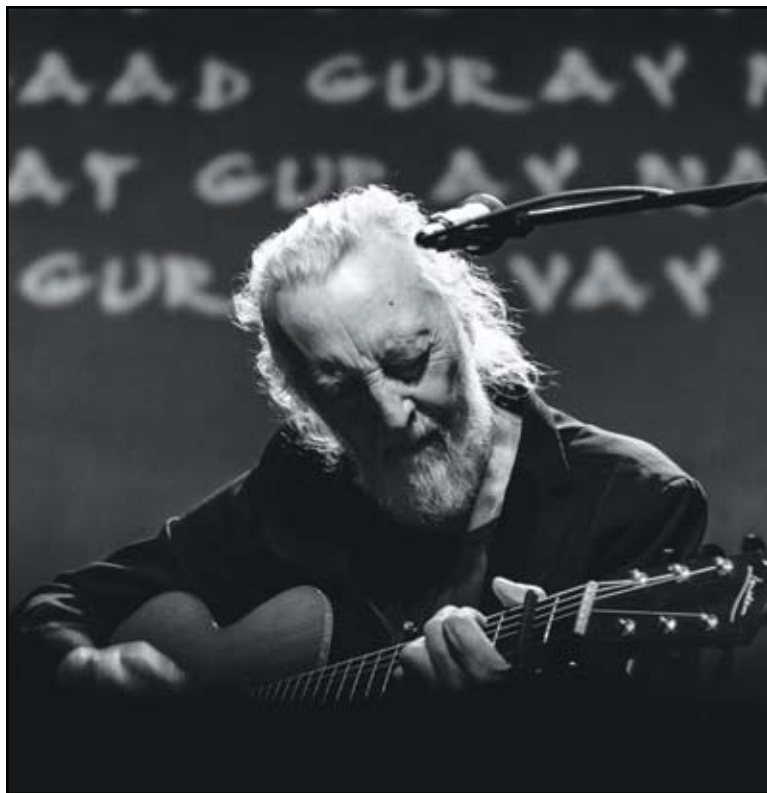
*Miten has stepped back into the solo spotlight with Devotee, an album of transcendent, spiritual music that explores the interlinked themes of life, love, death and devotion.*

*In a previous life, Miten first established himself in the mainstream music scene of the 1970s as the British-born singer and guitarist Andy Desmond. He released several records, including albums recorded and produced by Ray and Dave Davies of the Kinks and legendary L.A producer, Bones Howe. He toured extensively, working with and opening for Fleetwood Mac, Randy Newman, Hall & Oates, Lou Reed, Ry Cooder, Fairport Convention and the Kinks among others.*

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Miten in performance. Photo courtesy of Rishi / Prabhu Music.

## Angels...

(Continued from page 7)

humanity to fine tune their intention. Upon reflection of what intention entails, it truly distills down to focus with abundant energy attached. You first have a thought that gives birth to an energy trajectory that is fueled by your desire. Humanity has fallen short of learning this lesson and so, as with all things, is coming back to intention as a revisit and completion to learn this valuable lesson.

You will reap the greatest benefit during this boost of energy by practicing having a clear intention to create that which you want. Meditation to calm your inner self, focus of the mind and openness to your passion will all help the magnitude of your intention and its success. God Bless You."

1. This sense gives you psychic information by translating energy into a type of sight that does not use your physical eyes. Images are perceived either on your mind screen or out in space.

2. To make a connection to some other realm of existence, and allow energy and information to come to you from that realm.

3. This sense gives you psychic information by translating energy into physical sensations in your body.

4. You can read more about Diana's and her co-author David Schwerin's RSBs in their new book Know Your Soul: Bring Joy to Your Life available on Amazon and Diana's website; [www.dianamuenzchen.com](http://www.dianamuenzchen.com).

*Diana lives in the New York area and loves to teach others the joy of connecting to the spirit realm by offering in person or long-distance private sessions and channeling classes, and by referring channeling students to their channeling textbook: Channeling: The Heart & The Art: A Guidebook for Developing Your Relationship with the Spirit Realm. Recently, Archangel Michael, Diana and David Schwerin have co-authored a book: Know Your Soul: Bring Joy to Your Life, available this fall 2019 in e-book and paperback through Amazon and on Diana's website <https://www.dianamuenzchen.com>. This is a thought provoking, heartwarming book that not only describes the origin, purpose and structure of the Soul, but provides instruction for connecting to your Soul. In addition, the authors describe personal experiences and interactions they have had with their Higher Self and Soul.*

## Four Insights...

(Continued from previous page)

Ocean? So, while it's impossible to stop the swirling winds of a tropical storm at the literal level, what if we could find that storm when it's still a whisper on the butterfly's wing?

We must keep in mind, however, that by preventing a storm in the Indian Ocean, our action might just spark one in the Caribbean instead. So rather than trying to prevent storms, we recognize that they're a part of nature and we exist in harmony with them. From eagle, we realize that nothing needs to be changed, that everything is perfect as it is, in its own way.

It's our job to co-create reality, partnering with the divine. In the Western story of creation, on the seventh day God finished making the world, and all that was left to do was the naming of the plants and animals. In the story of creation for the Laika, on the seventh day the Great Spirit told the humans, "For I have created the planets, the stars, the butterfly, the eagle, and the whale. Truly, they are things of beauty. Now you finish it." For the Laika, creation is not complete: We must not only be the stewards of all life, but we must also finish the process of creation. Dreaming the world into being is not only a gift, it's a calling and a responsibility. If we don't answer the call, who will?

*Alberto Villoldo, PhD, spent over 30 years studying the shamans of the Amazon and the Andes. He is a medical anthropologist and the founder of the Four Winds Society and the Light Body School, which certifies modern-day shamans and health coaches. His 18th book, Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health, is available at <http://growanewbody.com>*

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# We Can All Be Miracle-Workers

(An excerpt from *Becoming Our Best Self*)

By Rosemary McCarthy

Although it is easy to consider events that defy the physical laws to be miracles because we can see a physical change, there are many types of miracles that regularly occur that are not so obvious. By the Universal Law of Cause and Effect, we can affect our circumstances. Science has proven that with our thoughts, we can affect molecules. And if we are miracle-minded and offer love with our thoughts, attitudes, words, and deeds, we can become miracle-workers.

## Miracles on the Physical Plain

Occurrences that defy the physical laws, such as someone lifting a car off a trapped person, a Jogi bending a spoon, a spontaneous healing, and Jesus turning water into wine cannot really be disputed as miracles, because from a purely physical perspective they should not happen.

## Miraculous Events

Sometimes we say “it’s a miracle” when something wonderful, unexpected, and/or way beyond our expectations has occurred. Situations like getting that great job we had only hoped for in our wildest dreams, an alienated family member showing up at a family gathering, or everything falling into place in a difficult situation so amaze us that we exclaim them as miracles. Because these types of happenings are considered so impossible or extraordinary, we sense there is a higher power pulling strings (there usually is), and therefore claim them as being miraculous.

## Subtler Miracles We Can Create

We now know that we are the creator of our realities. That we can create better life experiences for ourselves with positive thinking, by being lov-

ing, grateful, and the myriad of ways we raise our vibration. When we raise our vibration, we align with higher Universal forces where the physical laws no longer apply and outcomes can be influenced – not only ours, but of the world around us. Many of us have experienced this for ourselves, but it is now proven scientifically that we can also affect the physical world with our thoughts. A good example of this is Dr. Emoto’s experiments on how we can change the character of water molecules with the vibrations our thoughts emit, although we can only see this under special microscopes.

## Miracles from a Higher Perspective

At levels beyond our awareness, through every thought, attitude, word, and deed and with every communication, we are either offering another healing,

or we are condemning them. A Course in Miracles tells us that when we offer another any of the qualities of love,\* like forgiveness, understanding, compassion, acceptance – or anything that helps the other feel loved, uplifted, and empowered, we are being miracle-minded. We can more easily do this when we understand that we are ALL love at our core, but have just forgotten this and have become misaligned from the love of our True Self.

Most of us are somewhat misaligned from our True Self, and this shows up in the myriad of bad attitudes and behaviors we have all either succumbed to or witnessed. However, these are all just calls for love – from a mind that is disconnected from love. And it is only through expressing and receiving love that we can start to believe it to be accessible to us.

So when we override our propensity to focus on the negative, judge, or tear down, and offer another something positive and/or uplifting, we heal our mind of any negativity stuck there, as the offering is an acknowledgment of love. And we heal their mind too – even if they cannot feel the love because they are in such emotional despair. Still, at an unconscious level it gets in, because we are all connected at the level of the mind. And every little shot of love received from another helps us heal our disconnect from love. Therefore, all of us who extend any of love’s qualities to another are miracle-workers!

We all connected at the level of the mind, in fact at the highest levels of awareness we are all ONE mind. This is a highly ethereal concept, but even scientists today can prove the interconnectedness between everything – including us. So

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# How to Make a Miracle

(An excerpt from *The Miracle Club*)

By Mitch Horowitz



**Mitch Horowitz**  
Photo by Shannon Taggart.

I have spent nearly twenty-five years of my adult life searching through the spiritual culture-- during which time I have worked as a body-mind-spirit publisher, a historian of alternative spirituality, and an individual seeker, sampling and struggling with many of the ideas of self liberation and self-development on the current spiritual scene (and working with the originators of some of these ideas).

This period of time has convinced me of the existence of one deeply powerful force, which can be cultivated as a means of advancing toward a sense of personal completeness, meaning, and self-purpose. We are always using this force, or more often are used by it, for good or ill. This force exerts a kind of gravitational pull, sometimes strong enough to flatten or abrogate mountains of circumstance, or erect new mountains, blocking our path to where we think we want to go. This force functions, either intimately or on a macro scale, as a catalyst for harmony or friction. It can deliver us to circumstances and events that surpass all conven-

tional or natural expectation, which, as noted earlier, I define as a miracle.

What is this overlooked energy? *The power of one deeply felt wish.* One finely honed, exclusively focused, and passionate felt desire. Something that feels to you like breath itself. Find this, and you will discover a power like none other available to you. This concept initially reached me through the example of one of the most impactful thinkers of the past century, Bill Wilson, cofounder of Alcoholics Anonymous.

In 1934, Bill was hospitalized and desperate for a solution to his compulsive and self-immolating drive to drink. His longtime friend Ebby Thacher introduced him to the principle that alcoholism requires a spiritual solution. Bill was able to stay sober by embracing the ideas that Ebby brought to him, including principles from the Christian fellowship the Oxford Group, psychologist Carl Jung, and philosopher William James. Bill used these ideas, and the experience of his own spiritual awakening, to lay the basis for the twelve-steps and Alcoholics Anonymous.

Yet, tragically, Ebby Thacher, the man who ignited Bill Wilson's interest in spiritual self help, soon relapsed into drunkenness. Ebby spent much of his remaining life in a battle with alcohol, often ill and destitute. When Ebby died in 1966, he was sober but living as a dependent at a recovery center in upstate New York. Bill regularly sent him checks to keep him going. Not that Bill's legs were always strong. He continually struggled with depression and chain-smoking. But he did attain his life's goal. Until he died in 1971, he never drank again.

Why did one man remain sober and another relapse?

Bill's wife, Lois, in a passage from her memoir, *Lois Remembers*, described, in an understated manner, the difference she saw between the two men. In so doing, Lois illuminated a mystery, maybe even *the* mystery, of human nature:

After those first two years . . . why did Ebby get drunk? It was he who gave Bill the philosophy that kept him sober. Why didn't it keep Ebby sober? He was sincere, I'm sure. Perhaps it was a difference in the degree of wanting sobriety. Bill wanted it with his whole soul. Ebby may have wanted it simply to keep out of trouble.

*Bill wanted it with his whole soul.* That is the key. Within the parameters of physical possibilities, you receive what you "want with your whole soul"--whether inner truth, a personal accom-

plishment, relationships, or whatever it is. Excluding some great countervailing force, and for either ill or good, the one thing that you want above all else is *what you get*. This may beg dispute. People claim that they have not received what they want in life. But we can fool ourselves. Sometimes our memory gets clouded over or rearranged during an interval of time, and we emotionally disclaim or forget what we focused on intensively at an earlier stage of life.

Other times we are simply oblivious to what we want, telling ourselves internally what we think we should want (e.g., a nice family, a good home), but we actually harbor a *different* wish, one that we sometimes deny or fail to recognize when

(Continued on page 15)

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# Angel of Comfort: Chrysoprase and Lavender Essential Oil for Support and Kindness

By Margaret Ann Lembo



ated as you inhale the lavender essential oil and imagine you are asking this angel for help. Give the Angel of Comfort permission to help you to feel the support you need so you can release emotions and feelings that are causing discomfort and grief.



Do you need comforting? Are you experiencing emotional challenges? Call on the Angel of Comfort to support you during times of personal suffering. Internal dialog can prevent you from feeling that everything will be alright. Breathe deeply and inhale lavender essential oil to clear and calm your mind, comfort your heart and soothe and calm chaotic rampant emotions.

Turn to the Angel of Comfort when you feel inconsolable. Imagine you are telling this angel all that is on your mind. Hold a piece of chrysoprase to bring forth a sense of being cared for, loved, and appreci-

Chrysoprase is a heart chakra stone. With this stone in hand, open your heart to give love and, even more important, to let yourself receive love. Chrysoprase heightens your compassion for yourself when you realize that your repetitive thoughts are attracting unwanted situations. With this stone in hand, you can consciously decide to have the courage and confidence to allow love into your life.

Give the Angel of Comfort permission to help you to feel the support you need so you can release emotions and feelings that are causing discomfort and grief.

*(Continued on page 14)*

# Harrison Held's: Scene Around Town™



**Dawn Wells, who played Mary Ann Summers on Gilligan's Island and Harrison Held, from Scene Around Town.**

*Photo by Yolanda, Awareness Magazine ©*

Harrison Held's Scene AroundTown... Classic Hollywood lovers are in for a treat when they visit the beautiful Hollywood Museum located in the historic former Max Factor building located at the southeast corner of Hollywood and Highland. Over the past couple months museum president Donelle Dadigan and her hard working staff have launched three very successful Lobby Tributes celebrating a trio of legendary actresses starting off with TV's iconic Genie Barbara Eden, America's favorite cast-away - Gilligan's Island's star Dawn Wells and most recently an exhibit honoring film icon Bette Davis which featured her long time assistant/confidante, author Kathryn Sermak, of the book *Miss D & Me*. The Lobby Tributes are beautiful and informative. Ms. Eden's tribute includes her Genie costume on loan from a car commercial she appeared in plus the original Genie bottle from her hugely successful series. The museum celebrated Ms. Eden's 88th birthday with her friends Loni Anderson, Peter Marshall, Elliot Gould, Anson

Williams, Dawn Wells, Kathleen Hughes, Leonard and Alice Malton, Roslyn Kind, Elaine Ballace, Carolyn Hennesy and Erin Murphy (Tabitha from Bewitched) in attendance.

Barbara was overwhelmed and very moved by the tribute.

The Lobby Tribute for Dawn Wells also celebrated the 55th anniversary of Gilligan's Island and includes costumes worn by Dawn and co star Bob Denver.

In attendance to pay tribute were Hope Juber-Schwartz and Lloyd Schwartz children of series producer Sherman Schwartz, Ruta Lee, Alison Arngrim, Erin Murphy, Steve Wishoff, Susan Olsen, Tom La Bonge, Robert Hays, Anita Pointer, Teresa Ganzel, Geri Jewell, Brenda Dickson, Kathy Garver, Geoffrey Mark, Jeremy and Joanie Miller.

Winding up the successful trio of Lobby Tributes is the tribute to the legendary Bette Davis. The late great star was represented by her longtime assistant and confidante Kathryn Sermak, author of the must read *Miss D & Me*. Miss Davis's tribute includes her

*(Continued on page 14)*

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## Use Mindfulness to Practice Year-Round Gratitude

By Julie Potiker

Thanksgiving time with family and friends inspire the deep gratitude that the holiday represents, but our gratitude doesn't have to end there. Science continues to show us that being grateful has a positive impact on our lives. Here is an easy way to take the gratitude you feel at Thanksgiving and let it inspire you to start your own daily gratitude practice.

"A simple way to get started with your very own gratitude practice is to keep a journal," says Julie. "Visit your favorite bookstore or craft store and pick out a journal that inspires you. Keep it by your toothbrush for easy access. Make yourself write longhand instead of typing on a device. The physical act of writing has more benefits for your neural health than typing on a keyboard." But if typing on a keyboard is the only way you are comfortable doing it, type away! It's better to type than not doing it at all.

- Notice times when you feel joy during the day. Take in that good mental state for a couple of breaths, allowing it to turn into a neural trait. What fires together wires together!

- Before you go to bed at night, answer these two questions in your journal: What are you grateful for today? What did you enjoy today?

"There's no 'right way' to do these exercises," Julie explains. "You can jot down one-word answers, write whole paragraphs, or even draw a picture. And your ideas don't have to be monumental, either. They could be as simple as feeling gratitude for resting your head on a comfy pillow, the sound of rain against your window, or the perfect cup of tea. Writing down what you

(Continued on page 14)

## Angels: Spirit Uranus Talks

By Hanni Salovaara

There are angels near you all the time, and when man looks within himself, it enables the influence of an angel on his life more and more. An angel helps, protects and acts as an adviser. Think about this so you can sense the presence of an angel next to you, from where he will not leave for a moment. When you come to this world and become united with your body, or when this entity is born, this angel has been receiving you. He has promised to be there especially for you, being aware of what kind of a person he is going to be the angel of. He has wanted to travel especially with you and this very journey as your angel and at your service. When you think about your angel, the connection deepens. Ask him for help, advice, strength, anything! He acts, serves and helps you willingly and is happy to be able to help. He rejoices when you send him thoughts because his ability to function with you improves then. When you ask, the angel expresses himself to you as a feeling, thought, image, touch, anything, perhaps as all of these. You are never alone, for your angel guards your sleep, walks by your side every day and does not ever leave you for a moment. Think about him, thank him and tell him your thoughts so you can discuss things with him.

There is no reason for fear

even if you could not sense the presence of your angel, for your angel is near you all the time, whether you see him or not, whether he touches you or not. One can sense him, one can feel his presence and one can get more help from him. You can ask any kind of help from him; for instance more strength and inspiration. Your angel travels with you till the end of your life and also helps you move away from this life. One can also conceive a living person as an angel: then it is about a person who is able to open up to the helping and loving energy either consciously or unconsciously. Then he acts in his own way as a substitute angel in man's life, and there are many substitute angels in everyone's life. When you think about it, you will see that there are many more substitute angels in your life than you have noticed. This only tells you that you are loved and cared for.

That entirety from which you came, that immense energy, always creating itself and maintaining everything, love itself, has not left or deserted you but is taking care of you like it is taking care of everything else as well. Man himself often closes the door and does not want to receive all that care which this energy is trying to transmit to him. He denies himself and the love for himself and his existence, in this way closing the door to this energy. You have an enormous

helper and protector which carries you, your angel and the universe, and which maintains the earth, the cycle of nature, your respiration and your existence. Think about that enormous energy which is capable of all that: how intelligent, wise and loving it is! This very energy carries you and is at your disposal all the time if only you open up to it and give it a permission to influence your life.

Around everyone, there is a lot of love which comes from the other side of the border, for everyone has individuals there who love him. Everyone is all the time surrounded by a much bigger loving field than man understands. Love unites after crossing the border but very often man laments his loneliness. That is an illusion, for man simply cannot see the reality. It is not about anything else, for there is a lot of love around everyone on every level, more than man can realize. When man thinks about this and understands this, it opens him and helps him and man can then realize his true reality. If illusions come in the form of thoughts, then reality can also remind us of its existence. Then thoughts get a more real and more constructive direction, and illusions give way.

**Hanni Salovaara is from Finland and has a Master of Arts degree in Education. She spent seven years in a spiritual growth group led by a spirit called Uranus who was channeled by a trance medium. From her experiences she has written a book "Happiness Is Life Itself" (BookLocker.com, Inc.2018). Her book was recently selected as a Winner in the 3rd Annual Body, Mind and Spirit Book Awards (CA, USA). Hanni's blog: spirituranustalks.blogspot.com**



## Angel of Comfort...

(Continued from page 12)

Repeat this affirmation to help you to make the shift:

I feel at ease. My friends and family are supportive and encouraging. Everything I need or want is always available to me. I am comforted and allow balance to return to my life. Uplifting vibes are available to me always. Nurturing energy surrounds me, bringing my emotional body into alignment. I attract inner peace and comfort every day in many ways.

**Margaret Ann Lembo is the author of *Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Angels & Gemstone Guardians Cards, and many more.* Margaret Ann is an evolutionary aromatherapist, the creator of *Smudge in Spray*, and the owner of *The Crystal Garden* — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) [www.TheCrystalGarden.combo.com](http://TheCrystalGarden.combo.com) [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com)**

## Scene Around Town...

(Continued from page 12)

legendary dress from *All About Eve*. Miss Davis loved to cook and the exhibit includes an extensive collection of her kitchen utensils, more costumes, photos and movie posters. On hand with Ms. Sermak to celebrate her life was costar Ernest Harden Jr., Kathy Garver, Kate Linder, Kat Kramer, Donna Mills and Larry Gilman, Kassandra Carol and Diana Lansleen.

The museum also recently celebrated the reunion of The Pointer Sisters... Ruth, Anita and Bonnie were honored to celebrate the 35th anniversary of their mega hit I'm So Excited. Their exhibit on the 2nd floor is amazing and definitely worth seeing!

Next up at the beautiful Hollywood Museum will be the much buzzed about Back

to the Future trilogy opening early December.

The Lobby Tributes to Barbara Eden and Dawn Wells will run until the end of December and the Bette Davis Lobby Tribute runs through January.

The museum contains over 10,000 artifacts from early to contemporary Hollywood. The must see Batman exhibit is the most successful exhibit in the museum's history.

Current exhibits include the above mentioned Batman 80th Anniversary Retrospective and the Cat Woman Exhibit. Also there is The Classified Exhibit that celebrates the Bionic Woman and the Six Million Dollar Man.

Tickets are \$15, \$5 for children and \$10 for seniors.

"Heaven means to be one with God."

~ Confucius

## Mindfulness...

(Continued from page 13)

are grateful for or what you were doing when you felt joy will open your heart to more happiness. If you can recreate the feeling of joy in your body when you remember the activity that you are writing about and you let it fill you up with gladness, you are rewiring your brain for more happiness and resilience a second time from the same joyful activity!"

Start your gratitude practice today and check in with yourself in about three weeks:

- What positive differences are you noticing?
- How do you feel?

"With something this simple and effective at your fingertips," says Julie, "there's no reason not to start improving your experience of life right here, today."

**Author and mindfulness expert Julie Potiker began her serious study and investigation of mindfulness after graduating from the Mindfulness-Based Stress Reduction program at the University of California, San Diego. [www.MindfulMethodsForLife.com](http://www.MindfulMethodsForLife.com)**

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## Miracle Workers...

(Continued from page 10)

every time we extend one of the many qualities of love to another – we also help heal the collective. We are truly a miracle-worker!

**BE a miracle-worker! For others. For the collective. Aim to regularly extend expressions of love,** because we heal our world a little with every offer of love. This has so much more value than being able to change molecules on the physical realm.

*\*I discuss the qualities of love (and those of fear) in my books and on my blog. This article is an excerpt from book 2, *Becoming Our Best Self*, (due out December 2019) from my 'Our Journeys to Peace' Series. Book 1, *Why We Are the Way We Are* is available – in print and e-book from Amazon. After over 25 years of interest in spirituality and self-help and much study, reflection, and partaking in many spiritual practices I felt inspired to write about my findings. I have written many articles for *Awareness Magazine*, and am also a regular contributor to *Starlit Path**

*Magazine. I write a monthly newsletter and blog weekly on my website about various subjects related to our personal, collective, and cosmic journeys to peace, which I share on my Facebook page. My contact is: rosemary@spiritedfawnpublications.com My website: www.spiritedfawnpublications.com*

## How to Make a Miracle...

(Continued from page 11)

it presses at the walls of our awareness.

Positive-mind philosophy places a demand on us, one that we may think we've risen to but have never really tried. And that is: *To come to an understanding of precisely what we want.* When we organize our thoughts in a certain way--with a fearless maturity and honesty--we may be surprised to discover our true desires. A person who considers himself "spiritual" may uncover a deep wish for worldly attainment; someone who has labored to support the work of others may find that he has deeply unsettled yearnings

of his own for self-expression; someone who is very public or extroverted may realize that he really wants to be alone.

An example of this is scientist Dean Radin's story. His research assistant told him he must first arrive at a vivid picture of what he wanted, which in his case was an experienced neuroscientist willing to analyze non-traditional data for free. Dean refined his focus to the ends. When you begin to identify your natural desires, you begin to distinguish the *means* from *the thing itself*. And the *thing itself* is everything.

This process is not a mental exercise alone. In Dean's case, a tremendous degree of effort and background work predicated his abilities of causation and visualization. His actions in all their forms--work, study, effort, enterprise--enlisted other possibilities, including the intellectual, physical, and extra-physical. His act of focus was the closing catalyst. You must hone your focus while pushing on the handles of

a plow. Thought without labor is like faith without works: dead.

*Mitch Horowitz is a PEN Award-winning historian, longtime publishing executive, and a leading New Thought commentator with bylines in The New York Times, Time, Politico, Salon, and The Wall Street Journal and media appearances on Dateline NBC, CBS Sunday Morning, All Things Considered, and Coast to Coast AM. He is the author of several books, including *Occult America* and *One Simple Idea*. He lives in New York City. <https://mitchhorowitz.com>*

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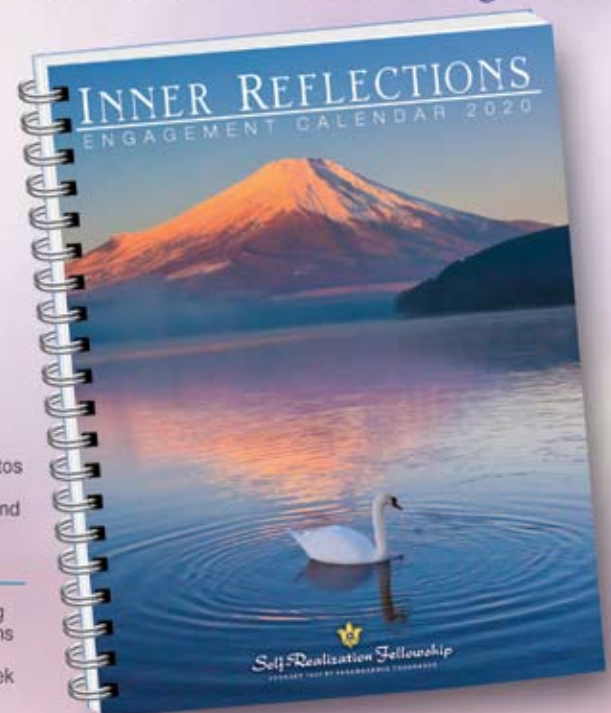
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Sung-Eun Lee graduated from American Feng Shui Institute. Raised in South Korea, she has lifelong experience practicing classical Feng Shui: using the Lo Pan compass and the five elements. Also dedicated to spiritual growth, she holds a masters degree in Spiritual Science from Peace Theological Seminary along with a BFA from

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# The Buddha's Treasure

By Tequila Mockingbird



Tequila Mockingbird  
Photo by Dietmar Kohl.

The jewel inside the temple is meditation. To control one's own being and emit peace to others. It is a gift the Buddha shares with all his disciples. But what happens to these loving souls after death is even more fantastic. The living proof is in the remains of the Buddha's disciples.

Master Yong Hua has a beautiful temple in a converted church in Rosemead. He is a Monk from Vietnam. He told me his story of escaping the war torn country by floating on a plank until his rescue. Afterwards he became a businessman but his soul called him to become more after finding the material world unsatisfactory.

Every Saturday Morning they have Dharma Talk and meditation classes at Wei Mountain Temple. The women cook delicious all natural meals in the kitchen below and the scent of its goodness waif through every room. Every dish is prepared mindfully with love and spicy transcendence. Children of all ages feel as if they are at home here.

Once a year the Temple unveils the essence of the Buddha nature. The Wei Mountain Temple exhibits the remains of former Buddhas whose emulation, after death, causes a strange and beautiful phenomenon. These Buddhas transform into jewels! Long after death they continue to grow as a living entity. Our souls go on growing long after the body dies and these saints encrusted splendor is living proof that nothing dies it just changes forms.

The Buddha's eye relics were discovered in the jungles of Myanmar by a Burmese monk, during his years of secluded cultivation there. The eye relics were kept in secret for many years, until they were recently donated to Bodhi Light International (BLI). During this exhibit, BLI is displaying the Buddha's eye relics to the public for the first time ever.

Since The 10.000 Buddha Relics Collection began in 2013, Bodhi Light International

has received additional donations of Shakyamuni Buddha's relics, the historical founder of Buddhism, which feature sacred teeth and several bones of the Buddha. In addition, the collection also includes thousands of gem-like relics of the Buddha, as well as his family members and close disciples. These precious crystals are found in the ashes of enlightened sages after they are cremated. Most of the relics in the collection come from Asian countries such as Myanmar, Thailand, Sri Lanka, Vietnam and India. This is the largest collection of relics in the United States and has attracted thousands of visitors since 2013.

All are welcome to come and receive blessings and to meditate in the presence of the relics. The peaceful energy of the Buddha's relics can counterbalance the stress that is prevalent in our society. The powerful energy of the relics can help us quiet our mind, experience peace, and return to this inner goodness that we all possess. Meditation instruction will be available on request.

Master Yong Hua has lectures every week, which are available on the internet on a variety of subjects for self mastery and enlightenment. You must do it yourself, no one can do it for you. You must wake yourself up in a world of deafening ca-

cophony. You must explore inner space as deeply as we have explored outer space to find the wisdom and peace that connects all beings as the one universe within and without.

Meditation is the way. You can be taught to pilot this personal journey to a life well lived. Master Yong Hua and his team took an unusual step in introducing people to the art of meditation when he sent monks out weekly to We Work Events to provide the masses with the tools to relax, focus, sit, breath, and meditate.

Inside the temple the jewels of the generations of wise beings exist to remind us that we are a fully formed part of planet earth and will return to our mother just as surely as. We came from her loins. Our prayers are not lost here we are heard thru our connection with her. Our desires are heard in the air that is connected to our breath a oneness that cannot be shattered by other beings as all are one in one giant inhalation and exhalation of pure truth, the only truth as Dr. Timothy Leary would say breaking down the psychobabble of centuries Be here now!

The temple is located at 7732 Emerson Place in Rosemead, California.

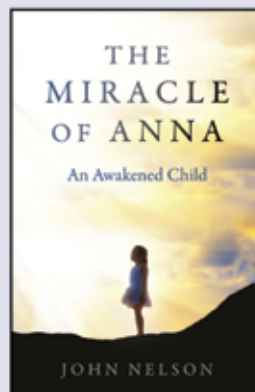
*Tequila Mockingbird is a writer, singer and actress in Los Angeles. She created and helms the Punk Museum an art experience assigned to art galleries featuring the music art and artifacts of this never-ending trend. She sings Kurt Weill in a band called Apollinaire and Classic Rock at the World Famous Roxy on the Sunset Strip. She is an actress in the City of the Angels for 30 years and enjoys spending her spare time with her Chi-huahua, Regina.*

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~ Friedrich Nietzsche





# Be-U-to-the-FuLL

By Terry Cole-Whittaker

## Miracles in Every Moment

When you stop limiting or punishing yourself, you will have miracles in every moment of now. Miracles are basically the re-balancing, the re-harmonizing of what was disharmonious. By immersing ourselves in this moment, the now, our self, and transcendental to the mind and the flow of limiting, fear and guilt generating thoughts, we taste the sweetness, prosperity, and pleasure of the soul; us. In one moment, when you shift your perception from mental, reality- box projections to divine wisdom and guidance, you are miraculously restored to your authentic self.

By remembering our spiritual roots and recognizing and activating our spiritual divine qualities, powers, and abilities, our focus is on our inner guidance, our Authentic Spiritual Compass, our moment to moment contact with all-knowing wisdom. Rather than giving the mind, thoughts/words and the spell-casting process our god-like creative powers, including the abilities of manifesting realities and conjuring up illusions, we take back our powers.

*"The whole world is an illusion of the mind gendered by ignorance about the Self."* Srimad Bhagavatam 11.23.43

*"Its the mind alone that is the cause of happiness and distress and causes one to wonder in samsara."* Srimad Bhagavatam 11.23.41 Samsara is the repetitive recycling, reincarnation, of the source of energy for this 3D reality, us.

*"Know that the soul which pervades the body is indestructible. No one can destroy that which is indestructible."* Bhagavad Gita 2.17

When I was 9 years old, I was walking the top of a 4-5 foot tall cement fence and fell backwards toward the cement sidewalk. I thought, "Oh, no, not my head smashing onto the sidewalk." When I touched the ground, there was no sense or feeling of any impact at all, as if my physical body was a weightless feather that gently kissed the sidewalk. This was a miracle, a work of wonderfulness. Either I had unseen help, or this was the activation of a power I have, we each have, and I activated it by my saying no, I do not agree. Agreement of concepts does produce realities and illusions, because we are consenting, giving our creative powers to what we agree with.

What appears to be a miraculous event usually happens when we drop our illusions and our attachments to our illusions and limiting beliefs. Illusions are fantasies, fabrications, false hoods meant to deceive, a misrepresentation of the authentic, like, a photo of a tree is not a tree, nor are inanimate objects, machines, alive and more powerful than we are, even if by definition. The moment we drop the lie, the deception, the concept that has been stopping us, and affirm the truth, as a knowing and feeling of certainty, the problem disappears and harmony, bliss, and wisdom appear. All is well in this moment of now.

Miracles, wonderful things and happenings occur when we recognize and delete any empowering concepts and agreements that have been thwarting our divine intentions, stopping us from doing our great works,

living as we choose, and causing all personal and collective troubles, suffering and problems. The real and wonderful appears when the false is no longer agreed with and we are willing to receive what the Divine is always pouring forth for us, instead of living in constant fear, worry, lack, and guilt produced from the biggest lie that we are these physical bodies, meat sticks that are born and will die, when we are the Divine, the immortal gods, particles and emanations of Source.

My experience of divine intervention is that exactly what I need is given to me by someone, some event, something or I realize I already had it. Witnessing, how it all works out, is a wonder and pleasure. One such event happened when I was endeavoring to invent a pancake recipe for the 1968 Mrs. America contest for homemakers. I was looking through a magazine, when an ad for a food product triggered a realization in my mind complete with a mental bolt of lightening and the winning recipe. I won the contest, and I knew that I would.

This event also was important in my career as a speaker and teacher, because the prize was for me to travel across the USA making television appearances and cooking my winning pancakes on these shows as Mrs Pancake of America, and also doing radio, newspaper, and magazine interviews. Later, I was the minister and executive producer of an Emmy winning, international television ministry and a motivational and inspirational speaker and author.

When it comes to Divine intervention hind sight is 20/20, because you can witness how one step led to the next in a way that you could have never done or forced to happen.

Once when I was at the bottom of the barrel, so to speak, completely confused, the mind torturing me, no hopes for my work, my significant other was gone, and I was living in a log house in the middle of a forest in the Pacific Northwest,

all alone, except my my two precious dogs. This one morning, I stood in the middle of the living room and cried out in desperation to God, "If you exist, please let me know you. I want a lot of cash in my hands by tonight. And, my neck is out of joint, and I need to have an adjustment, if you exist. Is anyone there?"

Well, the day was passing and I had forgotten my strong request, when two friends stopped for a visit on their way to Canada. As soon as I welcomed them into my home, David told me to sit down. He opened his suitcase, took out piles of money and placed \$150,000. in my hands and said, "I want you know how it feels to have a lot of cash in your hands." This was exactly what I had asked for, if God really existed, "a lot of cash in my hands." And, by the way, David did a chiropractic adjustment on my body. Oh, I forgot to ask that the money would be mine, and it wasn't. It didn't need to be, the message was loud and clear.

One of the most miraculous events happened when I was on vacation in the Yucatan to visit temples and holy sites. While starting to climb down the dangerous steps of a tall stone pyramid style Goddess temple, I tripped and was falling head first down stone stairs. I declared emphatically, "No!!!" while lifting my body up as high up as I possibly could to avoid the deadly fall. Somehow or other I found myself in a bubble of suspended animation, an act that defies the theory of gravity and time was altered. I was able to redirect my entire body into an upright position. I landed on my right foot on the next step below where I had been. Sore foot and leg, but, otherwise still embodied and spiritually empowered.

Events and miracles like these give us validation of the powers available to each of us and builds faith and trust in the Divine, and who and what we are. God consciousness, Divine consciousness completely

*(Continued on page 25)*



# Feng Shui Concepts

By Sung-Eun Lee

## Understanding the Purpose of Feng Shui

When I was a young child growing up in Seoul, my mom and aunt would often talk about the directions of windows and entryways. I would hear conversations like "Sister you need a window facing south, but I need one facing northeast..." Although I often wondered what they were talking about, I intuitively and energetically got that these kinds of things made sense and I found myself comfortably accepting them as a part of my life. But when I asked them about it, they would just smile at me. Looking back, I wonder if they smiled because they didn't know how to explain what they were talking about with words an 8-year-old child would understand. Or did they think I was too young to understand at all?

Some years later I started reading books on geomancy

and the importance of burial sites along with Yang House Feng Shui (Feng Shui for living). The latter has been a part of my life practice ever since.

I don't call myself a master of Feng Shui but I see myself as an accomplished practitioner and a student of Feng Shui who is ever learning and growing with "the direction of wind". That is, figuratively, which way is the wind blowing and how can I make the best out of it regardless what is happening in my life.

It's likely you have heard many things, sometimes even conflicting information, about Feng Shui. One thing I hear most is about the placement of things. While we might place things in a particular order that promotes harmony, Feng Shui is about so much more than that. I'm so grateful to have been asked to write a regular col-

umn on Feng Shui for Awareness Magazine, because it will give me the opportunity to clear up some misconceptions and provide some grounded information about this ancient art/science.

The Chinese character Feng describes wind and Shui is water. For a moment, imagine the combination of the two. This might evoke different images in your mind and perhaps even produce bodily sensations depending on what kind of experience you have had with the two elements combined. One person might picture a sailboat sailing on a calm peaceful lake while another might remember a time of a stormy weather, trying to stay afloat. Sometimes when we imagine the element water, it can feel like we're a salmon swimming upstream, using all the strength we have to reach our destination. This may give you a sense of how the energies around us can affect us depending on whether they are harmonious or in conflict.

Now let's bring our awareness to another scenario. This time we arrive in a place where you feel complete harmony with your surroundings; you are at peace with yourself. This could be inside a house or in a gentle nature setting. The soft breeze caresses your face, your mind is quiet. You might be surprised to find you have let go of concerns about people and

situations that pull on your energy. You might experience an easing of physical and/or emotional pain. You are only aware of this beautiful space and the true nature of who you are.

In this space, with your mind quiet, you are able to tune into a very subtle movement and maybe the sound of a gently flowing stream. Or there could be just a comforting silence. And you know you have arrived in a place of peace and harmony. You feel safe and nurtured in this space. Your mind becomes clear. Your creativity flows. Your breathing is steady. You are in touch with your true nature called your inner home.

Feng Shui can create an environment that supports you in reaching this kind of experience more easily and more often.

More specifically, the purpose of Feng Shui is to bring the energy pattern of five elements (wood, fire, earth, metal & water) into a balanced state in a person's living and/or working environment. These energy patterns are generally not seen with our physical eyes, however they do influence us. An experienced Feng Shui practitioner can see, sense and calculate the energy pattern and recommend a "treatment" using one or more of the five elements. When we live and work in a harmonious environment, we find our rela-

*(Continued on page 25)*

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# BOOK Reviews

By Robert Evans Wilson, Jr.



## FRESH EYES UPON THE WORLD MAKING LIFE A SPECTACULAR JOURNEY

By Neal Grace

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## ANGEL INSPIRATION TOGETHER, HUMANS AND

## ANGELS HAVE THE POWER TO CHANGE THE WORLD

By Diana Cooper

This fascinating book tells many things you want to know about angels. You will learn about guardian angels and archangels, and how to invoke them. How angels communicate with you, and the many ways they protect and help you. How finding little white feathers is a sign that an angel is present, and how to recognize an angel's touch. One of the things I like about this book are the dozens of stories about real people and their experiences with angels. You'll also learn about angels and chakras, how to make your home conducive to angels, and a number of exercises and meditations that facilitate connecting with your angels. Diana Cooper states, "Your guardian angel wants to help you but under Spiritual Law cannot do so unless you ask." For example your angel can communicate with another person's angel to smooth rocky relationships. She also notes, that angels will help you if they are allowed, but if they can't it is because there is a lesson at hand that you are supposed to learn.

Published by Findhorn Press, this book is available at your local bookstore, or [www.findhornpress.com](http://www.findhornpress.com)

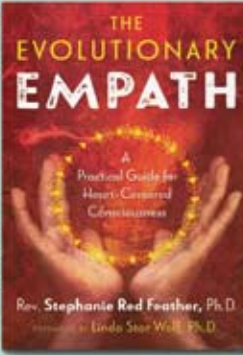
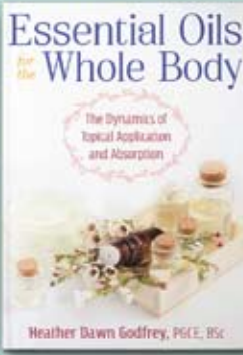
## WORKING WITH CHAKRAS FOR BELIEF CHANGE THE HEALING INSIGHT METHOD

By Nikki Gresham-Record




This book opens with the statement that it "seeks to make real the idea that healing is possible." The author begins by explaining her own journey to self-discovery and healing. How she overcame a serious illness, and the 16 lessons she learned through adversity, pain, separation, and sickness, and how she transformed those into joy, connection, health, and possibility. Nikki Gresham-Record shares the 12 keys to harmony and healing which develop into the Healing InSight belief change system. She outlines the structures of the Mind-Body-Spirit to help us understand the various systems and their function. Then she thoroughly explains the Chakra system and how it is like a map for navigating expressions of the human psyche. I especially liked how she breaks down the aspects and beliefs of each chakra into easily understood concepts. The colorful illustrated pages serve as a handy resource for review. You will learn how to value yourself, release blocks to creativity, find peace with your feelings about sexuality, and experience life's

(Continued on page 24)

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# REFLEXIONS BELTREFIXIONZ

By Robert Ross, CHZT



## on The Ten-day Vipassana Meditation Retreat Part II

In April, I participated in a ten-day Vipassana meditation retreat near Twentynine Palms, California. They feed you, house you, and teach you. And best of all, it's free, although, you're encouraged to donate after the ten days. The cuisine is vegetarian. The last hearty meal of the day is at noon. Dinner at 5:00 is fruit and tea. The facility has separate rooms and dorms for approximately ninety participants, divided evenly between men and women. The genders are separated and out of sight of each other. The rules: no talking for ten days—referred to as “Noble Silence.” No smiles as we pass, no waves, or comments on the food. No computers, phones, radios, reading, or writing. Ten days of solitude.

The facilities are clean and well-kept. One story buildings painted in desert tones blend into the terrain. My private room was small but adequate with a bathroom, shower, single bed, and small dresser.

We met in the late afternoon, where ground rules were spelled out. First meditation at 4:30 a.m., the days end at 9 p.m. We're to take part in all meditations. Throughout the discourses, it's stressed: “You're here to work.” If you can't abide by the rules, you'll be asked to leave.

At 6 p.m., the sound of a gong wove its way through the desert chaparral. It was time for

the evening meditation, time to... *go to work*. Walking to the meditation hall, I noticed most of the participants were in their twenties and thirties. But, there were a handful of older students. In the hall, the majority of the meditators sat on the floor with cushions. Some, like myself, requested a chair.

Twenty-five hundred years ago, Siddhartha Gautama, at age twenty-nine, began his quest for enlightenment. Not until age thirty-five did he succeed through meditation. For the next forty-five years, Gautama—The Buddha—taught Vipassana meditation as the path to inner peace.

Our teacher for this course, via video recordings, was Satya Narayan Goanka. Before his death in 2013, Goanka had trained thirteen-hundred teachers to conduct Vipassana meditation courses in India, and around the globe.

In the evening sessions, we meditated and watched video recordings of Goanka, who, at the time of the recording, appeared to be in his mid-sixties, clean-shaven with golden brown skin, well-groomed silver hair, and a warm smile.

For me, the days moved painfully slow—meditate, eat, sleep. Meditate, eat, sleep. All the while, my impatience grew. Thoughts swirled like a desert sandstorm, *I don't want to be here. I want my life back, emails, the news, to come and*

*go as I please*. Finally, on the last morning, we met for meditation and to listen to Goanka one last time. After breakfast, I tossed my clothes into luggage, retrieved my phone from the office, dropped a check into in the donation box and made a beeline for the parking lot.

At my car, a fellow student loading the car next to me asked, “Well, what do you think? How'd you like it?”

“I didn't want to be here for ten days. In many ways, it was one of the hardest things I've ever done. But, I think the experience was beneficial. Just can't put it into words yet.”

“This is my second time,” he said. “If I can get in, I'll be back in October for another one.”

After taking a deep breath, I exhaled slowly, “Well, I just might see you here.”

At home, as the days unfolded, I noticed that I was doing more house projects, getting things done that had been bugging me for quite a while. I wasn't necessarily more energetic or enthusiastic, I was just doing more.

At the end of the Vipassana course, Goanka recommended that we meditate an hour in the morning and an hour in the evening. Realizing this wasn't practical, I contemplated my options. Serendipitously, Scripps hospital was offering an eight-week Mindfulness-Based Stress Reduction program—three hours, once a week. I signed up, hoping to learn some shorter daily meditations.

The Mindfulness course, based on the work of Jon Kabat-Zinn, combined meditation techniques and lifestyle changes to achieve relief from physical and psychological symptoms, improve energy levels, sleeping patterns, and increase acceptance and compassion for oneself and others. We learned and practiced mindful eating, walking, and an array of meditations from a ten-minute Loving Kindness to a forty-minute Body Scan meditation.

After completing both the

Vipassana and Mindfulness courses, the benefits were taking hold. I was okay with standing in long grocery lines, felt less impatient, had better sleep and felt more content, happier. And, as my blood pressure went down, I also didn't berate myself for various screw-ups.

On one of the Scripps's handouts was a quote from Dorothy Hunt, “...Peace is the moment without thinking it should be some other way, that you should feel some other way. That life should unfold according to your plans...” After reading the quote, I knew I had to go back to Twentynine Palms, had to stop resisting and accept the course as it was, surrender to the experience. So, I registered for an upcoming retreat, eager to go with the flow, and prepared to say after ten days that the experience was... well, to say: “it was what it was.” Of course, I'd like it to be pure bliss, but..., it's going to be what's it's going to be and accepting this fact is what Dorothy Hunt called, Peace.

Additional writings by Robert Ross can be seen in his book, *From The Isle of Serendip*, at Amazon.com.

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Robert Ross can be reached at: [SanDiegoRoss@yahoo.com](mailto:SanDiegoRoss@yahoo.com)

## Book Reviews...

(Continued from page 23)

greatest joy. She concludes the book with real life stories of people who have successfully used her methods.

Published by Findhorn Press, this book is available at your local bookstore, or [www.findhornpress.com](http://www.findhornpress.com)

Award-winning writer and speaker, Robert Evans Wilson, Jr. works with companies that want to be more competitive, and with people who want to think like innovators. Rob is the author of the internationally syndicated column on achievement, innovation, and leadership: *The Un-Comfort Zone which runs in Psychology Today and 300+ other publications*. He's also the author of four books. For more information on Rob, please visit [RobWilsonSpeaker.com](http://RobWilsonSpeaker.com).





## The Inconspicuous Miracle

Once upon a time, it was foretold,  
that a new earth would be born -  
A Golden Age with the resurrected power of Atlantis -  
Where people would rise up,  
and live again in peace.

This prophesy was chipped into the heart/souls  
of lightworkers who came to America  
preparing the clarion call-  
The time is now!

*Awake though thou sleepest (Jesus said)*  
*Arise from comatose condition.*

This is a new dawn that must be without ignorance or slumber.

The divine sirens are everywhere,  
Rays of brilliance so blinding,  
It is shaking up the darkness, loosening the untruths, exposing  
the ugliness.  
RE-EVOLUTION does that, waiting on no one!  
First the earthquake, then the opening, then the transformation.

This Spiritual push is nuclear.  
There is no place to hide, to run, to deny or pretend.  
There are not enough pills to take, people to blame, money to  
spend, distractions to distract-  
To keep back the tempest of change.

And though it feels scary and chaotic and hopeless,  
The spiritual alarm clock brings...  
Collective invitation.  
Consciousness for all.  
A New Frontier of Self- Realization.

This new miracle is different  
the form so surprising,  
the story so unexpected.  
Everyone hearing a bell at their door.

So where are you getting the news?  
From the TV, or inside your ancient soul,  
Where cells of heavenly remembrance shout-  
turn on your lights, stay high,  
and do not be fooled by 3d toxic energy.

Know the battle game of light vs dark,  
Hold hope, strength, power  
Create a glorious new earth!  
This is the real news,  
The slated miracle,  
and we are all angels on a mission.

## Be-U-to-the-FuLL

*(Continued from page 21)*

dissolves, uninstalls any & all de-  
powering data stored in  
memories and programs in the  
subconscious mind as obsolete  
and false, while allowing the re-  
membrance of and reactivation  
of our godlike qualities, abilities,  
and powers. This is the greatest  
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know each other and align for  
what you desire to be, know,  
do, and manifest.

Wishing you, dear spirit  
soul, ever-increasing eternal  
joy, prosperity, and love, Terry

*Terry Cole-Whittaker is consid-  
ered to be one of the premier in-  
spirational and spiritual teachers  
and empowerment speakers in the  
world. Ten Women of Power, a best-  
selling book by Laurel King, lists Dr.  
Cole-Whittaker as one of the 10 most  
powerful and inspirational women  
in the world. The San Diego Press Club  
honored her as Woman of the Year,  
plus two times as Headliner of the  
Year. Her 80's Emmy winning, Inter-  
national Television ministry "With  
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spired many persons to pursue a life  
of service, life-coaching, spiritual  
teaching, and healing.*

*Dr. Terry Cole-Whittaker received  
her Religious Science ordination in  
1975 and was honored with a Doc-  
torate of Humane Letters in 2009.  
www.terrycolewhittaker.com*

## Miracle...

*Audrey Hope is a spiritual counselor  
and host/producer of the Award win-  
ning Hope for Relationships - https://  
www.youtube.com/audreyhope-  
now. Visit: askaudreyhope.com au-  
dreyhope.com and www.youtube.  
com/audreyhopenow Her CD, The  
High Voltage Hope System, is avail-  
able online.*

"For you grow to heaven,  
you don't go to heaven."

— Excerpt from  
Edgar Cayce  
Reading 3409-1

## Feng Shui...

*(Continued from page 22)*

tionship with ourselves and oth-  
ers also in harmony.

I hope this very brief over-  
view gives you a sense of how  
Feng Shui works. In the next is-  
sue, I will discuss the new en-  
ergy pattern that comes in as a  
Feng Shui new year begins in  
early February—and how we  
can make the best use of it.

*Sung-Eun Lee has been doing  
Feng Shui consultations for nearly 20  
years. She has assisted people from  
all walks of life to bring lightness to  
them. She is a graduate of American  
Feng Shui Institution and holds a BFA  
degree from Rhode Island School of  
Design along with MA in counseling  
Psychology from University of Santa  
Monica. Please see her Resource Di-  
rectory Ad on page 18.*



# CALENDAR of Events

Calendars are \$2.00 per word, minimum \$30.00. Phone numbers with area code, websites, and e-mails are considered as one word; hyphenated words are considered as two words. Please e-mail your listing to: [Yolanda@awarenessmag.com](mailto:Yolanda@awarenessmag.com) Deadline is December 15.

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"I saw the angel in the marble and carved until I set him free."

~ Michelangelo

JANUARY/FEBRUARY  
CALENDAR ADS  
DEADLINE  
DECEMBER 15

## NOVEMBER

**November 21 - 25. AMMA in Los Angeles. At the Loews Hollywood Hotel.** All day program, Thursday and Friday, November 21 and 22. Free All Day Program starts at 12 noon. 10:00am: The token line opens. To ensure everyone has an equal chance of getting an early token, please refrain from forming a line until then. 10:30am: Tokens are distributed and guests are escorted to seats. 12:00pm: Amma enters the hall and conducts a short meditation. 12:30pm: Amma begins to embrace those who have a token. Devi Bhava, Monday evening, November 25. Free Devi Bhava Program starts 7 p.m. 4:45pm: Volunteers begin to welcome guests for the program. 5:30pm: Tokens are

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handed out and guests are escorted to seats. 7:00pm: Amma enters the hall and conducts the Atma Puja, a ritual ceremony for world peace. 8:30pm: Amma begins to embrace everyone who received a token. Dinner service begins and continues until approx. midnight. Everyone is welcome. Please plan to arrive at least 90 minutes before the program to receive a free token if you would like to have Amma's embrace. Tokens may be limited by time constraints. Retreat: Saturday - Monday, November 23 - 25 Amma's public programs are free and open to the public. Retreats, however, require both registration and a fee. Anyone wishing to attend the retreat must register: [www.Amma.org](http://www.Amma.org)

## DECEMBER

**Saturday, December 21 at 4:00 p.m. & 8:00 p.m. The Return of Impro Theatre's Jane Austen UnScripted** Impro Theatre's Ovation Award-recommended *Jane Austen UnScripted* gives audiences a chance to imagine the other books she might have written. Tickets starting at \$39 are available at [thebroadstage.org](http://thebroadstage.org) or by calling (310) 434-3200.

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*—Los Angeles Times*