

*The*  
*Metaphysical Express*

SPIRITUAL RESOURCES FOR AWAKENING CONSCIOUSNESS

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JANUARY/FEBRUARY 2014



*Winter's Snowy Splendor*

*Happy New Year 2014!*

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## *The Metaphysical Express*

The Metaphysical Express is an independent bi-monthly digital magazine, with news, information and commentary about metaphysics, New Thought spirituality and awakening consciousness. Please forward a copy to friends and colleagues who may be interested in metaphysics and New Thought spirituality.

Editorial reports, articles, columns, letters to the editor and photos are welcome. Writers may also send inquiries to the Editor about proposed spiritual topics for publication. Please email the Editor at [patmor123@gmail.com](mailto:patmor123@gmail.com).

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All views and opinions expressed in articles published under a byline are those of the writers and do not necessarily reflect those of the Editor/Publisher.

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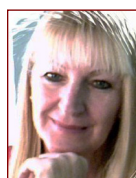
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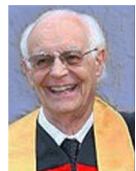
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# Expressions ... with Pat Moauro, LUT, B.Msc. Editor/Publisher

## Welcome to 2014, as The Metaphysical Express starts year 2



Pat Moauro

Greetings fellow metaphysicians and spiritual students all. As we start a new year, I trust that 2014 will bring you greater blessings and everything that you desire that is for your highest good.

As *The Metaphysical Express* starts its second year of publishing with this January/February issue, I am grateful to the increasing

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interest in the articles about metaphysics and alternative spirituality that we are able to share with our readers.

A new year is traditionally an ideal time for new beginnings and reinforcing our desire to continue to grow and share even more as we fulfill our mission in this third-dimensional embodiment.

Again, I want to thank our readers and subscribers for their kind comments. Especially, I want to thank the writers who contribute their excellent articles for this digital journal.

In this issue, we welcome back **Dr. Julien Meagher**, with his article on *The Holographic Universe Theory*, which is gaining acceptance from an increasing number of scientists. The first part of Dr. Meagher's two-part series starts on page 4.

In this issue we also welcome several new writers. The first is **Rev. Dr. Abigail Albert**, a New Thought and Interfaith Minister and Co-Founder and Co-Minister of the *All Faith Center* in Poway, California. Her enlightening and encouraging article on the five benefits of interfaith begins on page 7.

Another new writer in this issue is **ULRIKE**, an Austrian author and metaphysician based in Hollywood,

California. Her article on *Visualization - a powerful tool in healing physical afflictions* appears on page 16.

Yes, I also wondered about her name **ULRIKE** and why just one name. This is what she replied, in part, to satisfy my curiosity: "**ULRIKE** is my birth name (**Ulrike Maria Kaiser**), and yes it's also my brand; and the byline should stay as **ULRIKE** in capital letters. Uschi is a nick name (Americans have a hard time saying 'Ulrike') and Wilson (is) my married name."

**Terry Choyce**, a Canadian co-coordinator of Humanity's Team Canada, has submitted an article on Humanity's Team, a grass roots movement that seeks to unite diverse groups and individuals globally.

**don Miguel Ruiz, Jr.**, a Toltec Master of Transformation, also makes his first appearance in this publication with his article, "Are you using knowledge, or is knowledge using you?", starting on page 15.

If any of our readers are interested in submitting an article on a metaphysical or alternative spirituality topic for a future issue, please email the Editor at: patmor123@gmail.com. Sincere thanks to all.

Pat

## The Metaphysical Express 2014 Publishing Schedule

### ISSUE

March/April  
May/June  
July/August  
September/October  
November/December

### DATE SUBMISSIONS DUE

February 15  
April 15  
June 15  
August 15  
October 15

## More scientists starting to hail Holographic Universe theory



**Dr. Julien Meagher**

*This is the first of a two-part article on the Holographic Universe Theory by **Dr. Julien Meagher** (Ph.D.). The author is a graduate of the University of Western Ontario (London, Canada), where he did his doctoral thesis on *The Afterlife in the French Contemporary Novel*. A former university lecturer, Dr. Meagher is a certified teacher (University of Ottawa) and a certified hypnotist (Ontario Hypnosis Centre, Toronto, Canada). He specializes in harnessing The Law of Attraction through hypnosis and in Past Life Regression. He can be reached at [julien.meagher@rogers.com](mailto:julien.meagher@rogers.com), and [www.storytellinghypnosis.ca](http://www.storytellinghypnosis.ca)*

***“By offering a non-dualistic or holistic model of reality, more capable than any other in unravelling some of our most intractable secrets, the hologram theory quite simply stands traditional materialism on its head.”***

**By Dr. Julien Meagher**

**T**he French novelist **Victor Hugo** once remarked that “Nothing is more powerful than an idea whose time has come.” As an ancient esoteric concept, Holism has re-emerged in the West, after a long absence. Applied extensively in Eastern philosophy, the influence of the Oneness principle is now being felt in Western thought, through more integrative forms of medicine and more holistic social, economic and environmental policies.

However, in this new millennium, the findings of cutting edge science are taking our global village well beyond the boundaries of the World Wide Web, into a brave new world. From neurobiology to psychiatry, from parapsychology to quantum physics, more and more researchers, including Nobel prize laureates, are concluding that humankind’s three dimensional reality could in fact be an elaborate “projection”, mediated by the brain and materialized by the vibration and energy of our thoughts and feelings.

The idea that we create our own reality through our thoughts, emotions and beliefs is an ancient concept. The Bible mentioned it 2,000 years ago: “It is done unto you as you believe” and “as you think, so shall you be”. The power of the mind in shaping reality is also mentioned by the Buddha, who said: “As a man thinketh, so is he”. In more recent times, this philosophy has been known as the Law of Attraction, which can be defined as: “like unto itself is drawn”.

What is the truth about the Law of Attraction? Is there a secret locked inside of us, waiting to be released, like the genie in Aladdin’s lamp? Who are we really? This article seeks to address some of these fundamental questions, by enlisting the help of a fascinating scientific theory, birthed by quantum mechanics’ earliest findings. First established by theoretical physicist **David Bohm** and neuroscientist **Karl Pribram**, and more recently reintroduced by theoretical physicist **Juan Maldacena**,

### **Non-dualistic or holistic model of reality**

The Holographic Universe theory has been hailed by a growing number of scientists, desperate for a change in our world view, as the most elegant explanation of our reality yet. By offering a non-dualistic or holistic model of reality, more capable than any other in unravelling some of our most intractable secrets, the hologram theory quite simply stands traditional materialism on its head.

I will first attempt to explain the Holographic Universe theory, before offering specific examples of its profound consequences on our everyday lives. Indeed, what we know as the paranormal, the supernatural and the extraordinary may well be more normal, natural and ordinary than we think.

What follows then is a scientific explanation for these so called mysteries including: the placebo affect, distance healing and synchronicities which will be explored, in the second half of this study.

*Continued on page 5*

**...scientists hail Holographic Universe theory** ... continued from page 4

***“The single category known as wave-particles were baptised quanta. Even more incredible, it was found that these quanta only coalesce into particles when they are being observed (The observer effect) ... Bohm concluded that the universe itself might well be a giant hologram of interference wave patterns, a three dimensional image or construct, created at least, in part, by the human mind.”***

The repercussions of the 1927 Copenhagen Congress, which mark the birth of quantum physics, are so profound, that they have only just begun to ripple into our entrenched Newtonian perceptions of reality. One of quantum physics' earliest and most shocking findings, was that an electron can manifest as either a particle or a wave. The single category known as wave-particles were baptised quanta. Even more incredible, it was found that these quanta only coalesce into particles when they are being observed (The observer effect). The findings that subatomic particles only exist when observed, when combined with another quantum discovery, namely that some subatomic processes (through positronium decay) result in the creation of a pair of particles (photons) with identical or closely related properties, implied that subatomic particles were interconnected.

#### **Universe a giant hologram?**

**David Bohm**, a former protégé of **Albert Einstein** and one of the 20th century's most respected quantum physicists, intrigued by this bizarre state of interconnectedness, over time developed a theory based on holograms, now known as three-dimensional images projected into space with the aid of a laser. Later joined by Stanford neurophysiologist **Karl Pribram**, one of the architects of our modern understanding of the brain – Bohm concluded that the universe itself might well be a giant hologram of interference wave patterns, a three dimensional image or construct, created at least, in part, by the human mind. According to Bohm's interpretation of the sub-quantum level, location ceased to exist. All points in space thereby become equal to all other points in space. Physicists call this property “non-locality”.

In like manner to Bohm's conclusions, neuroscientist **Karl Pribram** made a similar discovery, while working on memory and the brain. Known as the Holonomic brain theory, he discovered that processing in the brain occurs in a non-local manner, for when a part of it was removed, global memory was still retained. While **David Bohm** has suggested that without the lenses that outfit our telescopes, the universe would appear to us as a hologram, **Karl Pribram** has extended the idea by noting that without the lens like processes of our senses, we would be immersed in a hologram.

Indeed, it is interesting to note that the stories of patients having had a Near Death Experience often resemble that of a hologram. In the absence of physical eyes and ears with which to see and hear – interpreters of sound and light vibration, respectively – it would appear that the clinically dead, at least for a short while, awoke from the dream of life. Voltaire might well have been right when he mused that “life is a dream and death an awakening”.

The early contributions of these two pioneers in the holographic universe theory have spawned more recent research work including that of theoretical physicist **Juan Maldacena**.

*Continued on page 6*

## ...scientists hail Holographic Universe theory ... continued from page 5

***“If our universe and everything in it, including ourselves, is a holographic projection, or as Neal Donald Walsh calls us ‘an individuation of the singularly’, what does this mean in concrete terms for humanity?”***

In this new take on string theory, Maldacena views the nine dimensions of space plus one of time, as a hologram.<sup>ii</sup> Furthermore, the scientific journal *Nature*, recently published an article in December of 2013 and entitled *Simulations back up theory that the Universe is a hologram*. The article mentions the findings of a Japanese researcher who has provided compelling evidence substantiating Maldacena’s holographic universe claim.<sup>iii</sup>

Physicist **William Tiller**, head of the Department of Material Science at Stanford University supports Bohm’s holographic idea and compares the universe to the “holodeck” on *Star Trek: The Next Generation*. In fact, several world renowned scientists are calling for a paradigm change in science that would completely alter our view of reality. David Bohm’s model is finding the support of such eminent people as **Roger Penrose** of Oxford, the creator of the modern theory of the Black Hole, **Bernard d’Espagnat** of the University of Paris, one of the world’s leading authorities on the conceptual foundations of quantum theory, and Cambridge’s **Brian Josephson**, winner of the 1973 Nobel Prize in Physics. Josephson believes that Bohm’s theory may someday even lead to the inclusion of God or Mind within the framework of science. If we have not yet reached what **Thomas Kuhn** calls a Scientific Revolution, it would appear that current cutting edge science is inexorably pointing us in that direction.

If our universe and everything in it, including ourselves, is a holographic projection, or as **Neal Donald Walsh** calls us “an individuation of the singularly”, what does this mean in concrete terms for humanity? How can this knowledge of universal interconnectedness be applied in our daily lives? One area of great promise is that of health and medicine. Science is now discovering the degree to which our thoughts and emotions change the conditions of our bodies. This is the basis of the well-researched placebo effect, used regularly in medical trials around the world. This effect has been shown to cure anywhere from 10 to 100% of people, depending on the type of illness and the nature of the trial.

One of the earliest placebo experiments was performed in 1950. Published in the *Journal of Clinical Investigation*, a group of 33 pregnant women, suffering from morning sickness were told that they would be given a drug that would stop their nausea and vomiting. After taking the drug all 33 women reported that their nausea and vomiting had stopped. So the drug had been very effective.

The only problem was that the women weren’t given a drug to reduce nausea and vomiting but one that should have made them even sicker, syrup of ipecac. So a strong desire to feel better coupled with a belief in the suggestion that the drug would work was able to override the powerful effects of the nausea inducing syrup.

*The conclusion of Dr. Julien Meagher’s article will be published in the March/April issue of The Metaphysical Express.*



# Interfaith "birds" can make beautiful music together



**Rev. Dr. Abigail Albert**

**Rev. Dr. Abigail Albert** is a New Thought and Interfaith Minister and a retired elementary educator. She has a BA from National Lewis University; an Interfaith Credential, Master of Inter-Religious Studies and Doctor of Religious Studies from Emerson Theological Institute. She is Co-Founder and Co-Minister of the All Faith Center; a founding member and Executive Director of Poway Interfaith Team; Vice-President of the Affiliated New Thought Network and on the faculty of Emerson Theological Institute. **Rev. Dr. Abigail Albert** was a planner/facilitator for the Awakened World Conference 2012 in Italy and presented at the Parliament of World Religions, Melbourne, Australia in 2009 and the North American Interfaith Network, Unity Village, Kansas, in 2009. Dr. Abigail is an "Ambassador For Peace" - a designation given by the United Peace Federation. She also received the "Human Excellence Award" from the Interfaith Alliance in San Diego. In 2011 she received the Prime Poway Women Certificate of Appreciation. She is the author of *Empowered Women of Faith* and a co-author with her husband Steve of *the Interfaith Workbook*. She can be reached at: 858-487-8885 [www.allfaithcenter.org](http://www.allfaithcenter.org) [www.powayinterfaithteam.com](http://www.powayinterfaithteam.com) Affiliated New Thought Network [www.antn.org](http://www.antn.org)

*"When knowledge is shared, awareness and understanding become greater, myths and misconceptions are dissipated, and barriers of fear melt away."*  
- All Faith Center, Poway, CA

**H**ave you ever heard the common cliché "Birds of a feather flock together?" We tend to feel comfortable and safe in relationships with people we know. We choose to be with them, work and play with them, dine and share family time with them. We hang out with them... like birds of a feather. However, what if the new people we meet wear feathers different from ours?

Today we live in a multi-faith and multi-cultural world. It is time we cast off the old tapes of believing, "Only I" have "pretty feathers", or only my faith is the one true religion. Any feelings of exclusivity, superiority, or competitiveness reduce our ability to create cooperation and brotherhood with people of All Faith Traditions. It is time we are inclusive and build relationships with an "Interfaith Flock!" When we know we are all One in God and interconnected with each other we begin to honor and respect people of all faith traditions, creeds and cultures. This is called INTERFAITH.

"Interfaith" IS NOT a new religion, blending everyone's faith into a vanilla soup.

It IS loving your own faith so much, you would like to share it with others without proselytizing. It IS being open and receptive to what people of other faiths believe. When we do this we recognize the benefits of building interfaith relationships.

## Five benefits of interfaith

### #1. IT EXPANDS OUR OWN CONSCIOUSNESS!

Our minds and hearts open as we learn about our commonalities and understand and respect our differences. We realize there is a GOLDEN RULE all faiths abide by and the CORE VALUES basic to all faith traditions are Love, Peace, Service, Giving, Forgiving, Kindness and Compassion.

We begin to step out of our COMFORT ZONE and want to learn more. We may even attend a service or a celebration of a different faith from ours, and meet wonderful people and make new friends. My reaction to my first Hindu lecture was, "I must be Hindu, I believe that!" The same happened when the Buddhist spoke, I believed that also, I must be Buddhist," and so on after each speaker. I was amazed how similar our faith traditions are.

### #2. IT REDUCES THE BARRIERS of FEAR

When we are fearful we allow prejudice and misunderstanding guide our thoughts and actions. When we begin to understand another person's faith, prejudice & misunderstandings dissipate.

Myths and lies are brought to light because we only fear what we do not understand.

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## Interfaith "birds" can make beautiful music together ... from page 7

### #3. IT CREATES NEW FRIENDS

We begin to resonate with people who work for common purposes in Education, Service, and/or Justice.

We start working on common projects, in interfaith groups, sharing our ideas and gaining new insights. Work becomes play. We enjoy laughing and enjoying each other's company. We dine together and dive into new delicacies from different cultures.

We learn how to LISTEN to one another with kindness and compassion. All this moves us beyond tolerance to friendship.

### #4. IT AVOIDS OUR OFFENDING OTHERS

When we truly care about another person we want to greet them in the manner in which they wish to be greeted. We are careful with our words and actions so as not to offend another. When in doubt, we nod, bow or place our hand over our heart in acknowledgement of their sacred presence.

Even when we blunder, I have found people of different traditions to be kind and willing to explain the method of greeting in their custom. It becomes a teachable moment!

### #5. IT HELPS US RECEIVE SUPPORT AS WE SUPPORT OTHERS.

We stand up, speak out, support and care for one another dur-

*I love you when you bow in your mosque, kneel in your temple, pray in your church. For you and I are sons of one religion, and it is the spirit.*

~Kahlil Gibran

ing times of difficulty. We STOP listening to and/or sharing the "put down" jokes.

These are not jokes; they are subtle expressions of violence towards a person or group. As we clean up our own consciousness, the consciousness of the world cleans up. We "Pay Forward" only kind words, thoughts and actions, knowing

only kindnesses will return to us.

When all the faiths, cultures, races come together to build connections and relationships, a new world built on kindness, cooperation, and collaboration in a spirit of joy is created.

This Interfaith Flock, Humanity's Oneness, will truly make beautiful music together!







## Oneness Around the World

### Humanity's Team, a grassroots movement, seeks to unite diverse groups



**Terry Choyce, a Canadian co-coordinator of Humanity's Team Canada**

A global movement to unify all people in the knowledge that we are all connected, and therefore what you do affects everything, is well under way. One of the main promoters of this belief is *Humanity's Team*, which has branches in many countries, including Canada. Below are excerpts from the websites:

"*Humanity's Team* is a Global grassroots movement embodying Oneness with a profound respect for cultural diversity and responsibility for all of life. It is dedicated to raising consciousness through living life with purpose, being a loving presence, and serving through authentic leadership. As Spiritual Activists, they are united in the passion to awaken society to Oneness as a community of joyful, loving, peaceful and harmonious beings. By the conscious use of the 5 Steps to Peace and the involvement in local and global good works, they pledge to change the face of humanity in one generation.



#### Five Steps to Peace: Peace will be attained when we, as human beings...

- 1.) Permit ourselves to acknowledge that some of our old beliefs about God and about Life are no longer working.
- 2.) Explore the possibility that there is something we do not understand about God and about Life, the understanding of which could change everything.
- 3.) Announce that we are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.

*Continued on page 10*

## Humanity's Team, a grassroots movement, seeks to unite diverse groups

*... continued from page 9*

***“Humanity’s Team proposes a New Spirituality that enlarges and enhances humanity’s current beliefs about God and about life in ways that could change how we live with each other, bringing peace and harmony to our planet at last. The New Spirituality is not a new religion.”***

Humanity’s Team has been awarded the Top-Rated Nonprofit designation for the second year in a row.

A global movement to unify all people in the knowledge that we are all connected, and therefore what you do affects everything, is well under way. One of the main promoters of this belief is *Humanity’s Team*, which has branches in many countries, including Canada. Below are excerpts from the websites:

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2.) Explore the possibility that there is something we do not understand about God and about Life, the understanding of which could change everything.

3.) Announce that we are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.

4.) Courageously examine these new understandings and, if they align with our personal inner truth and knowing, enlarge our belief system to include them.

5.) Express our lives as a demonstration of our highest beliefs, rather than as a denial of them.

Humanity’s Team was created in 2003 by **Neale Donald Walsch**, author of *Conversations with God*, in response to the crisis that he saw the human race facing following the events of September 11th, 2001. *Humanity’s Team* proposes a New Spirituality that enlarges and enhances humanity’s current beliefs about God and about life in ways that could change how we live with each other, bringing peace and harmony to our

**For more information, check out the Humanity’s Team website at:**  
<http://humanitysteam.org/sai/oneness-petition/document>

# Snowflakes reflect vibratory energy of universe



**Jill Mattson**

*Jill Mattson is a three-time author and widely recognized expert and composer in the emerging field of Sound Healing! Jill lectures throughout the United States on "Ancient Sounds ~ Modern Healing" - taking followers on an exciting journey revealing the Healing Power of Vibratory Energy. She unveils secrets from ancient cultures as well as the latest findings of the modern scientific community showing the incredible power and healing capabilities of sound.*

*Mattson infuses ancient mystical techniques - with profound potential for growth and enlightenment - in her original musical CD's. The CD's combine intricate Sound Healing techniques with intriguing, magical tracks that offer deep healing possibilities. You can learn more about her work by visiting her websites: [www.JillsWingsofLight.com](http://www.JillsWingsofLight.com), [www.JillsHealingMusic.com](http://www.JillsHealingMusic.com), [www.MusicforBeauty.com](http://www.MusicforBeauty.com)*



By Jill Mattson

A deep layer of snow blankets a pristine winter woods landscape - what a favorite scene for us all this time of year. A beautiful and serene wonder of nature occurs when colorless water paints the world white with the magical frosting of the first snowfall. We have an innate attraction to such natural beauty - giving us peace, security and joy.

Perfect snowflakes are energetic vibrations converted into substance - energy frozen into matter - crystallized pure water. Energy turns into matter and vice versa in the continuous dance of this universe surrounding us. We have a vibratory nature as divine beings. We are composed of energy and matter; our energetic components include chemical, biochemical and electrical energies, which are well understood. Our spiritual and psychic natures are driven by subtle energy, which remains more elusive. Subtle energy affects our being on all levels.

Of course we know that there is more to reality, to the infinite Cosmos, than we can perceive directly. We accept this because we have been warned since childhood that there is "more to it than you can see"; however, we are too rooted to the physical, the material - to things that we can see with our own eyes... we rely too much on our sense of sight. In this spiritual season - get beyond the physical - extend your consciousness and your view of the universe.

Think to the simple snowflake. At first glance it is a fluffy white dot, but on closer observation, the snowflake is a beautiful geometric ornament. You may not have heard that freezing snow crystals can be affected by beautiful music - or strong emotions. This phenomena is reflected in the work of **Masaru Emoto** (The Hidden Messages in Water). Emoto found that the crystal structure formed when water droplets freeze could be significantly impacted by exposing the water to vibrational energy - in the form of music and emotions. Snowflakes, in their near infinite variety, reflect the endless feelings, thoughts and music that are part of us and our world.

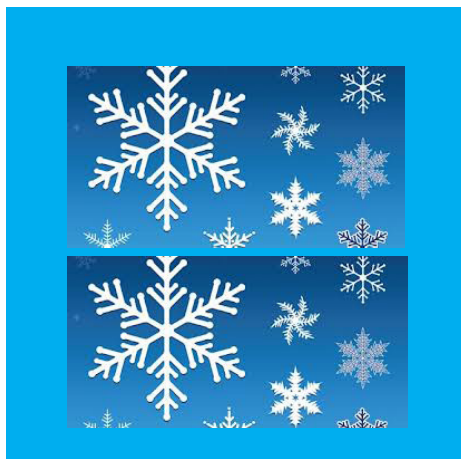
Emoto found that water can express itself in an unlimited number of ways. His experiments exposed crystallizing water to beautiful music - dramatically affecting the crystals that were formed. Classical music strongly enhances snowflakes - or water crystals: forming delicate crystals with Mozart, distinct geometries with Beethoven and elegant details with Chopin... it is as if snow "feels" invisible musical vibrations - and is sculpted by them.

Even emotions and positive (or negative) thoughts can influence water crystals per the work of Emoto. Positive emotions and words corresponded to beautiful symmetrical crystals; negative thoughts produced malformed, disjointed snowflakes.

*Continued on page 12*



## Snowflakes reflect vibratory energy of universe ... from page 11



***“We cannot see the sound vibrations, or detect the emotional energies, but they are as real as the snowflakes that are shaped by their influences. Each snowflake is nature’s artwork, displaying a perfect crystalline shape bound with heavenly music.”***



It is as if your intentions take physical form as they influence the freezing water.

Tap water tainted with chlorine and other waters, polluted with chemical contaminants OR with negativity and hate, produced deformed, fragmented crystals. These shapes are in stark contrast to the elegant, symmetrical shapes from pure waters and pure feelings.

We cannot see the sound vibrations, or detect the emotional energies, but they are as real as the snowflakes that are shaped by their influences. Each snowflake is nature’s artwork, displaying a perfect crystalline shape bound with heavenly music. It is obvious why a pristine winter scene looks so pure and healthy; harmony and resonance from perfect snow crystals transform the landscape and bathe everything in joyful energy.

Water is THE element of life! All living things from the highest (Man) to the lowliest microorganisms require water - are made from water. Our bodies consist of about 70% water... the first compound searched for on other planets for supporting life is water. Mars excites scientists because water has been discovered there.

### **Better wellness possible through vibrational energy**

A logical extension of Emoto’s work is that a healthy body is reinforced by positive emotions, natural beauty and harmonious music. The beautiful, symmetrical ice crystals formed in the presence of these positive influences are clear indicators of strength, beauty and health. Better wellness is possible through vibrational energy. When young children are presented with scenes of natural beauty and perfect snow flake crystals versus congested urban scenes and deformed crystals they unanimously prefer the former scenes.

Another well studied example of vibration shaping matter comes from the field of Cymatics. The term (Kymatiks in German), was adapted from the Greek word Kymatika (matter pertaining to waves), in the 1960s by Swiss medical doctor and natural scientist, **Hans Jenny** (1904-1972).

Jenny systematically investigated the ability of sound vibrations to influence and shape fine particles of matter. Jenny’s Cymatics, the science of wave phenomena and vibration, demonstrates the vibratory nature of matter and the transformational nature of sound. It is cutting edge sound science, and its implications are enormous!

Jenny used a wide variety of sounds to vibrate a metal plate with a thin layer of sand or other fine particles. Jenny was able to produce a huge variety of images in the sand.

Shapes from geometrical patterns to living biological forms were produced by varying the conditions. Sound vibrations excited inert masses of sand and water into dynamic forms - some that replicated living organisms.

*Continued on page 13*

## *Snowflakes reflect vibratory energy of universe ... from page 12*

***“These very same invisible forces rule in our subjective worlds, as music changes our moods and dispositions. Once we truly understand these fundamental energies we can apply them to every aspect of our lives - elevating our existence.”***

As with Emoto's water crystals, we can directly perceive the hidden vibrational mechanisms that animate our world - solid evidence of the unseen aspects of the world at work.

The concept of vibration changing matter - energy defining reality - occurs on every level. A manifestation of the vibratory forces that control our universe on the grandest scale is seen in the origins and destinies of stars and galaxies; tiny ripples of gravitational energy form the starting nucleus for star creation. Subtle energies - revealed to us individually in defining the shape of a snowflake - show us the divine in the everyday world.

### **Harmony or resonance holds material world together**

Harmony is a state of bliss AND it also is the perfect interplay of vibrations - from a violin or in the deepest workings of subatomic particles. Current scientific thought suggests that the material world is held together by harmony or resonance - that mysterious force that determines how subatomic particles relate and bond with one another and controls how oscillations of galactic gravitational fields interact. These very same invisible forces rule in our subjective worlds, as music changes our moods and dispositions. Once we truly understand these fundamental energies we can apply them to every aspect of our lives - elevating our existence.

Just as no two snowflakes are exactly alike, no two people's energies are identical. Their beauty is in their variety and endless expressions. Sound vibration influences matter; a microcosm of the universe's vast oneness of matter and energy is the freezing of water into an infinite number of snowflakes. Energy affects matter... amazingly subtle, targeted, precise energy packets can tune our bodies, grow our minds, harmonize our souls and make perfect beauty in nature.

Enjoy the blessed holiday season and get past the material. Remember your Holistic nature - you have a divine element. Enjoy the blessings of a song and in a snowflake. The universe is one of matter and energy - inseparable, indivisible, ONE. Nurture and strengthen your spirit, Believe.



## The Law of Attraction and Synchronicity - subtle signs, big results



**Forbes Robbins Blair**

**Forbes Robbins Blair** is the author of three self-hypnosis books: the popular *Instant Self-Hypnosis*, *The Self-Hypnosis Revolution* and *More Instant Self Hypnosis*. He produces his own series of hypnosis audios. Mr. Blair works in private practice as a hypnotherapist and offers distance hypnosis (hypnosis-by-phone).

Visit his website and get a free hypnosis mp3 called "Healthy Choices, Healthy Body" by subscribing to his ISH Email Updates here: <http://www.forbesrobbinsblair.com>

### By Forbes Robbins Blair

**H**ave you been amazed when the Law of Attraction seems to work like magic? You would just concentrate on what you wanted, imagine what it would look and feel like to have your desire fulfilled and -- poof -- your desire would come to you within days, and it would be plain to see.

On the other hand, there would be those other times. Even after you would follow the "proper" techniques the books and the courses told you about, there would still be little to show for it.

And you would think: all that time spent, the weeks and the months!

Especially at those times, it's vital to pay attention to the clues and opportunities that could lead to your success with the Law of Attraction.

### Watch for "synchronicity", subtle results

Many students of Attraction don't recognize when they're getting excellent results, because they expect things to quickly just land in their laps. They miss the fact that the outcomes can often be much subtler.

They need to be aware of something called "synchronicity".

Here's an example. Daniel's a web designer and a Law of Attraction student who attended several of my classes recently. He complained that the manifestation technique I taught him failed to create that extra income he wanted after he "really" tried it and patiently waited for a few weeks.

I asked him some questions to see if I could help:

"Have you met anybody new recently?"

"Has anyone unexpectedly contacted you?"

He thought about his answers for a bit. And then he revealed that, yes, seemingly out of the blue, a friend from childhood had emailed him only a couple weeks ago.

I suggested that he should tell his old friend about his web design skills, and tell him that he was looking for extra income.

When he did that, his friend said that his company just happened to be searching for a talented and affordable web designer to work on a freelance basis. "I'd be glad to recommend you to my company," his friend said.

And very soon after that Daniel manifested thousands of extra dollars and began receiving other paying clients. All the result of that friendly freelance job contact with a friend!

### The Subconscious Mind and Synchronicity

Your subconscious mind is your magical genie that makes the Law of Attraction really work. It has access to resources and contacts about which you consciously know nothing. Instead of directly fulfilling your desire, it will draw special people or circumstances to you to enable you to get what you want.

So, as you are waiting for your desire to be fulfilled, be sure to pay close attention to interesting or strange coincidences that pop up, because they may hold the key to manifesting your goal. These coincidences are called synchronicities which are evidences of your mind at work as it draws to you what you need to fulfill your desires.

Be on the lookout for the following synchronicities:

- Books, articles or news stories about the object of your desire. You might learn some vital information.

*Continued on page 15*



## The Law of Attraction and Synchronicity - subtle signs, big results ... *from page 12*

- Old friends or co-workers suddenly contacting you. They might have the ability to help you get what you want. Here are some examples:

- Conversations where your goal is unexpectedly mentioned. Ask questions to get to your goals quicker.

- New people you meet in your daily life.

- Offers from various sources that might lead to eventual goal achievement.

Dreams about ways to fulfill your desires. Write down your dreams and analyze them to discover if they offer a certain direction.

The signs don't always appear immediately. And sometimes we miss them altogether. So it can take days, weeks or even months for us to become aware of these manifesting opportunities. But when we notice them, it's up to us to follow through. The Law of Attraction

and synchronicity do not take the place of practical action. That's our responsibility.

To conclude, while this important law can bring instant fulfillment, it more often brings us the subtle means for achieving the results we want instead. And when it does, we should be ready to take appropriate action to seize our opportunities.

So stay focused, stay aware and get ready to bring your desire into full manifestation.

## “Are you using knowledge, or is knowledge using you?”



*don Miguel Ruiz Jr.*

*don Miguel Ruiz Jr., is a Nagual, or a Toltec Master of Transformation. He is a direct descendant of the Toltecs of the Eagle Night lineage, and is the son of don Miguel Ruiz, author of The Four Agreements. He lives in Sacramento, California with his wife and two children.*

### By don Miguel Ruiz Jr.

I began my apprenticeship into my family's tradition in San Diego, California, when I was 14 years old. My 79-year-old grandmother, **Madre Sarita**, was my teacher and the spiritual head of our family. She was a curandera, a faith healer who helped people in her small temple in Barrio Logan, a neighborhood in San Diego, with the power of her faith in God and love.

Since my father was a medical doctor, the juxtaposition of the two forms of healing allowed me to see our tradition through different points of view. Though she spoke no English, my grandmother gave sermons and lectures across the country. My apprenticeship began with translating my grandmother's lectures from Spanish to English. For many years, I awkwardly stumbled over her words, and my grandmother would just look at me and laugh.

One day, she asked me if I knew why I stumbled. I had all sorts of answers: you are speaking too quickly, you don't give me a chance to catch up, some words don't have a direct translation. . . . She just looked at me silently for a few moments and then asked, “Are you using knowledge, or is knowledge using you?”

I looked at her blankly. She continued, “When you translate, you try to express my words through what you already know, what you think is true. You do not hear me; you hear yourself. Imagine doing the same thing every single moment in life. If you are looking through life and translating it as it goes along, you will miss out on living it. But if you learn to listen to life, you will always be able to express the words as they come. Your knowledge has

to become a tool that you will use to guide you through life but that can also be put aside. Do not let knowledge translate everything you experience.”

I nodded in response, but it didn't dawn on me until many years later what my grandmother was truly talking about. Throughout life, we constantly narrate, or commentate on, everything we do, say, see, touch, smell, taste and hear. As natural storytellers, we continuously keep the plot moving forward, sometimes missing millions of subplots that are developing on their own. It is like taking a sip of wine and saying, “It's a bit dry; it has definitely aged well, but I can taste the bark. I've had better.” Instead of simply experiencing the joy and flavors of the wine, we are analyzing the flavor, trying to break it down and fit it into a context and language we already know. In doing this, we miss out on much of the actual experience.

This is a simple example of how we narrate life—explaining it, but, more importantly, justifying and judging it. Instead of taking an experience for what it is, we create a story to make it fit our beliefs. During Madre Sarita's talks,

*Continued on page 17*

## Visualization – a powerful tool in healing physical afflictions



**ULRIKE**

*ULRIKE is an Austrian author who focuses on teaching the art of Right Thinking. Based in Hollywood, California, she has been studying and teaching metaphysics for 30 years and diligently pursuing the search for the Truth. Her books "...because you can!", "Inspire your Day" and "The Seeds Will Sprout Somewhere" are available at Amazon.com. Her fourth book, "Forever...and 365 Days", which chronicles the journey of a metaphysical teacher, will be released January 19, 2014. She can be reached at: [modernthought-theories@gmail.com](mailto:modernthought-theories@gmail.com)*

***"So if you want to use visualization in a metaphysical or powerful way, you have to become aware of its proper function and purpose. Visualization is extremely potent. It is part of the universal creation process."***

A long-time reader of my blog asked me to explain the relationship of visualization to the physical healing process. Healing encompasses not only physical ailments, which the reader was interested in, but you can also heal a relationship or a scarce financial situation, or anything that needs to be mended. Visualization has long been a tool of metaphysicians; however, it is barely recognized by the everyday community, even though it is a part of our daily thought-routine, knowingly or not. Let me explain.

If you want something new, (let's start with a 'thing') for instance a new dress, you will have a certain picture in mind immediately. Maybe not an exact outline, but a certain type of dress that relates to your sub-conscious likes or dislikes buried deep within. There is nothing mysterious about it, it just pops up and your desire to possess this dress becomes stronger. You start to visualize the color, design, length and how it will look on your body. You are not certain in what store you will find it, but you start thinking of the stores you frequent and you imagine it hanging there.

This is all done automatically; it is a basic function of the mind. You check your pocket book and decide to buy it. You now will go on your hunt and the picture will become clearer during your shopping spree, all the while holding this image of the desired dress in your mind. You are visualizing.

This process works the same way for all things, and the more you visualize having a certain item, possessing it, touching it, loving it and so on, the surer you will find the perfect article immediately, or at least in a reasonable amount of time. Also, you will always find a way to pay for it, as this is the law of abundance. Have you ever noticed people that supposedly can't afford anything, but always find a way to generate money to get that manicure or hair-do?

So if you want to use visualization in a metaphysical or powerful way, you have to become aware of its proper function and purpose. Visualization is extremely potent. It is part of the universal creation process.

The application operates as follows: When you see your specific desire with your mental eye, continue to visualize it in every detail. Feel it, touch it, or mentally taste it. See yourself wearing the dress (or whatever you want to do with the object of your desire) and imagine showing it off to friends. Think about the wonderful experience you will have and know that it already exists.

You can do this easily with your imagination. Imagination is so wonderful; it encompasses all and allows you to travel to uncharted places or obtain anything. Go beyond your wildest dreams, imagine the highest ideal you can possibly think of and see what happens. Dreams will come true!

*Continued on page 17*

*Visualization – a powerful tool in healing physical afflictions ... from page 16*

***“The basic principle of all healings is the same. Healing a pocketbook, healing a need of, or lack of, healing a broken heart or healing a mental illness, or physical illness all adhere to the same universal law - the law of perfection. In the realm of mind all is perfect and good.”***

The secret to manifesting your desires is the knowledge that “all things” already exist in the mental. They do not have to be “made”. They are ready for the taking, waiting for you to find them. They are within your reach. Not only will you find them, but the money necessary to purchase the item will also appear, once you are convinced that “it” is already yours.

These are easier examples, but now let’s examine the more advanced healing method through visualization. Healing a decayed tooth or a broken bone, for example, takes time and patience. Visualization of a perfectly healed bone will help to speed up the healing process. The basic principle of all healings is the same. Healing a pocketbook, healing a need of, or lack of, healing a broken heart or healing a mental illness, or physical illness all adhere to the same universal law - the law of perfection. In the realm of mind all is perfect and good.

We, not knowing this fact, have not lived according to the law. We have violated the law and therefore must face the consequences. We are punished for our mistakes. The law of cause and effect works at all times, so changing our behaviors and thought patterns to conform to the law will automatically change our experience and wipe away our woes.

Visualization is a tool, a powerful tool in this process of healing. It affirms that all is perfect, by seeing yourself as perfect. When you display an illness, using a cold for example, you will put your mind into a peaceful state by allowing it to rest and see yourself in your mind’s eye that you are well and perfectly happy. You will not dwell on your cold, or listen to the squawkers that say you probably caught the cold that everyone has right now. You know that this is only a belief, an error. You know that you’d rather be healthy and therefore you visualize yourself exactly as that.

All physical afflictions can be aided with visualization, some seem more difficult than others, but the principle is the same. The knowledge that you are a perfect being, made in the image and likeness of the all-power, shall give you the faith needed, it shall make you free – and the good intentions to be the best you can be will be your help-mate in all undertakings, including the healing of your physical ailments. Be happy, be good, be yourself!

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***“Are you using knowledge, or is knowledge using you?” ... from page 15***

I had to completely shut down my thoughts, because if my mind’s commentary got in the way, I would miss out on her message.

With this simple process, my grandmother showed me that if we only see the world through the filters of our preconceptions,

we are going to miss out on actually living. After much practice, I eventually learned to close my eyes, shut out the world that existed outside my head, and translate every single word she said accurately.

Seeing beyond our filters — our accumulated knowledge and beliefs — does not always come naturally.

We have spent years growing attached to them in various degrees and they feel safe.

Whatever we become attached to can begin to shape our future experiences and limit our perception of what exists outside our vocabulary.

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## Winter's dark, dismal days lit by Illumination of Divine Love



**Dylan Morrison**

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His books are available at: <http://www.amazon.com/author/dylan-morrison>

By Dylan Morrison

In these dark, somewhat dismal days of winter our appreciation for the balmy sunlit days of summer knows no bounds. In the darkness we yearn for the light and warmth of Nature's greatest gift, that burning gaseous globe, aptly known as 'sun'.

As with our space-time environment so too with our inner world and its accompanying darkness. In the gloomy caverns of our wounded psyche-soul, we seek a Light, one to relieve us of our heaviness of spirit. The trinkets offered by the commercial and social world of man don't do it for us, leaving us with a yearning for something deeply authentic and pure.

I believe this balm to be the illumination of Divine Love, the Source Light from which the spark of our Being has sprung.

When the Light touches us we know it. A resonance reverberates around our inner Self, one that cries 'Yes' to the approaches of Spirit Breath. A knowing enters our unknowing Self, an inspiration that rings true to the very roots of our deepest core. We have touched base with the 'Other', that previously hidden Light that energizes us with its own Life and Light.

We cannot receive this illumination by our ego efforts to study and focus on the one known as God. It is a gift, but one that is given freely to those with an open and honest heart. It's worth is more than all the silver and gold of men, a priceless sense that all is well and shall be well. A transfused trust that a greater Reality and indeed a greater Being lies behind this vale of tears.

May we all have these flashes of illumination in the new year approaching. May they initiate us into a new sense of Self, our fellow-man and most importantly of all our Divine Lover.

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### "Are you using knowledge, or is knowledge using you?"

... from page 17

Like blinders on a horse, our attached beliefs limit our vision, and this in turn limits our perceived direction in life. The stronger our level of attachment, the less we can see.

Think about your set of attached beliefs as a unique melody repeating itself in your mind. In a way, we are constantly trying to force our melody—the one we have become accustomed to hearing — onto other melodies, without realizing that often the melody is not our own, and perhaps it's not even the one we want to be playing. If we continue playing only what we know, never opening ourselves to listen to the other songs flowing around us, we are letting our attachment to our particular melody

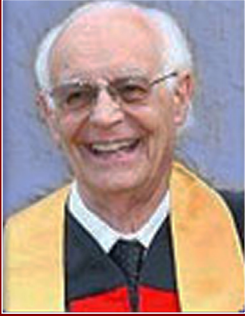
control us. Instead, choose to listen to other melodies playing.

Perhaps you will contribute to them, adding a harmony or a bass line and just seeing where the music takes you. By letting go of your attachment to what you think the melody should be, you open yourself to the potential to create a unique and beautiful song of your own composition or a collaboration that can be shared with others.

*Excerpted from The Five Levels of Attachment: Toltec Wisdom for a Modern World by don Miguel Ruiz, Jr. © 2013 Hierophant Publishing, distributed by Red Wheel/Weiser.*



# Theocentric (God-centered) Way of Life doctorate introduced



***Dr. Paul Leon Masters***

**Dr. Paul Leon Masters** is Founder of University of Sedona, University of Metaphysics, and International Metaphysical Ministry (I.M.M.)

## By Dr. Paul Leon Masters

As the graduates and students of I.M.M. Universities know—the last thing that the world needs is another religion. Even though our graduates are ordained ministers, the world needs spirituality that is workable, practical, and insightful, without claims that it is the only true religion or only pathway to God.

This is why I.M.M. has always provided the freedom for our students and graduates to teach what they wish, so long as the basic teachings of I.M.M. remain.

Theocentric Psychology is at a Spiritual level where the entire emphasis is on one's relationship to God. All lesson material and what is subsequently communicated to the public or those who seek you out professionally conveys this emphasis.

In order for this level of Spirituality to have maximum effectiveness, it cannot be diluted by other spiritual path approaches. Therefore, those who choose to enter this spiritual level of ministry should be open to and wish to engage in a ministry whose total emphasis is improving life through teachings

that are focused on a God Centered approach to life and living.

This is so powerful in its benefits, that other approaches, while having merit are not necessary, and serve to distract a spiritual aspirant from achieving the total potential in this life by living a God Centered Life based on a Psychology of Consciousness that can be applied to the increasing needs of the world's populace.

The Theocentric Way Of Life teachings are like no other in an approach to Higher Spirituality in as much as they are based on decades of hands on consciousness research with thousands of my students over decades. Research results of Higher Consciousness experiences were then adapted and applied to the daily lives of research participants. Over a still greater period of time the effects on people's lives were noted and evaluated. What emerged over the years are the teachings of a Theocentric Way Of Life.

From the beginning of volume one on through all the volumes of the Theocentric Way Of Life, you will find it easy to read and assimilate the teachings, which can be passed on to the masses of humanity who truly are in need of Higher God Centered spirituality to live their lives by.

Within the teachings of The Theocentric Way Of Life is echoed the same mystical awareness of life that the Christ in Jesus and other enlightened spiritual teachers down through the ages shared with their immediate followers.

There are today many divergent paths and teaching subjects a person may choose as a professional career in the metaphysical field. I do indeed hope that you will choose the highest of all metaphysical paths...the one whose goal is to create a God Centered way of life and living.

If you are in mind/soul/spirit agreement that the most direct path to improving human life is through an

exclusive God Centered approach we welcome you into our Doctor of Theocentric Psychology, PsyThD., program.

## Theocentric Way Of Life Objectives

"THEOCENTRIC" means GOD Centered - but...in a far larger presence of God than is known by worshippers of major religions as it is based on decades of consciousness research with thousands of results time tested in improving people's lives.

The THEOCENTRIC WAY OF LIFE shows you how to know God's Presence as did the Christ in Jesus and the consciousness in other great spiritual teachers through the centuries.

The THEOCENTRIC WAY OF LIFE is not traditional religion or even non-traditional religion

It is advanced spirituality of God's Presence and working with God's Presence in creating your life.

In today's world there are so many people trying to convince you that if you just follow their self-help system or religious denomination that your life will improve. All may benefit you in some measure for a time—but to be lasting is very doubtful, as so many have found.

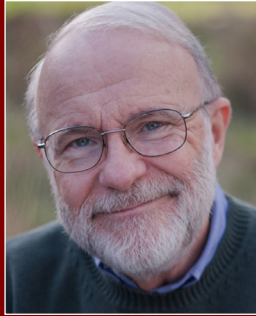
This new degree program, created by **Dr. Paul Leon Masters**, has an extensive 121-lesson curriculum. The degree designation, PsyThD. Doctor of Theocentric Psychology, will be especially helpful to those in our ministry who specialize in one to one pastoral counseling and coaching work.

It can also be valuable for those whose central ministry is at the traditional pulpit, giving lectures or presenting courses.

For more information, contact I.M.M. at: [www.uom@metaphysics.com](mailto:www.uom@metaphysics.com)

# The Ripple Effect

The way we live our lives affects others



*Jack Armstrong*

## About the Author

In his book, *Lessons from the Source: A Spiritual Guidebook for Navigating Life's Journey*, **Jack Armstrong** shares some of these teachings. The book has been described as "a user friendly version of *A Course in Miracles*." For more about the book, visit <http://www.lessonsfromthesource.com> or [www.facebook.com/Lessonsfromthesource](http://www.facebook.com/Lessonsfromthesource).

***"If you can accept and internalize this vision of the presence of my spirit in and through all things, then you can begin to understand the very real way in which your actions and words — and thoughts! — can have an indelible effect on the lives of others, as well as on your own life."***

*The following is an excerpt from Chapter Six of Lessons from the Source: A Spiritual Guidebook for Navigating Life's Journey.*

**By Jack Armstrong**

**Y**ou seldom can understand (nor can anyone on the earth plane) the importance that your interactions with others carry in their lives. We have discussed the unity of all life on earth. If you can accept the truth that the essence of me lies within all things — and especially all people — then it becomes somewhat easier to comprehend the impact that you can have on the lives of others.

Perhaps it is easier to begin to think of this from your own perspective. We have talked before about how you react to someone who is a beacon of joy and enthusiasm and how your own spirits are lifted by that interaction, because your spirit is one with the spirit of the person who has touched your life.

Think now, also, of the impact that a person who is totally caught up in negativity can have on you. Or a person who is laughing uncontrollably. Or someone who is sharing genuine grief with you. Or someone who offers advice or consolation. Or someone who simply asks how you are doing and whose asking demonstrates a genuine caring and concern. Even the person who "snubs" you and refuses to speak touches a place in your heart.

## Ripples in the Substance of Spirit

Try to think of my spirit as a great, never-ending sea of gelatinous material. It is not visible to human eyes, but it is present in everything and around everything. Think of what happens when you touch the surface of a bowl of Jell-O®: the impact causes vibrations throughout all of the material in the bowl. There is no portion of it that is not affected.

If you can accept and internalize this vision of the presence of my spirit in and through all things, then you can begin to understand the very real way in which your actions and words — and thoughts! — can have an indelible effect on the lives of others, as well as on your own life.

Any activity on your part that is a movement of your spirit will create waves in the substance of spirit that will go out from you to others.

Likewise, just as the ripples caused by throwing a stone into a pool eventually bounce off other objects and create new ripples heading off in new directions, so do your actions create effects that you would not have imagined or even dreamed possible.

As enough ripples are formed, some begin to come back to the point of original impact.

*Continued on page 21*



## The way we live our lives affects others

... continued from page 20

***“When you think of this grander perspective of the impact of what you say and think and do, the Golden Rule becomes even more meaningful. In its most basic interpretation, you should treat other people (in your direct dealings with them) in the way that you would like to be treated.”***

### A New Perspective on the Golden Rule

It is not enough to simply urge you to be careful of your words and actions. You must choose them carefully, with an awareness that they will not go without notice. You truly can sow seeds of love or hatred, hope or despair, joy or discouragement.

When you think of this grander perspective of the impact of what you say and think and do, the Golden Rule becomes even more meaningful. In its most basic interpretation, you should treat other people (in your direct dealings with them) in the way that you would like to be treated.

When seen in the context of the unity of spirit of all people and things, however, the law becomes much more complex and meaningful. Not only do your thoughts and words and actions affect others in an obvious way, but they also have an impact far beyond any that you might have intended.

And, to complete the concept of the Golden Rule, what you send out will come back to you, so the actions you take or the words you speak or the thoughts you conceive should be ones that you feel comfortable returning to you, for they inevitably will.

## Fire ritual helps release unwanted habits, thoughts, welcome the new

By Dr. Mertella Montague, Msc.D

Hi there, Congratulations-you did it. Another year of living!

I love New Year's because it's the perfect time to get a fresh start. A time to get clear on what's working in your life, and what you want to create for the coming year.

Well-begun is half done.

I take that to heart every new year and like to start the year in an intentional way. My favorite way is to begin with a New Year's ritual. I recommend you try it.

You can do this ritual by yourself or with your partner, close friends or family. I find that doing it with others gives it more juice—

Here's the ritual:

1. On New Year's Day (or anytime in the first few days of the year), gather around a fire in a fireplace or from a big candle and speak out loud all of the things from the year that you want to let go of.

2. This can include habits, behaviors, beliefs, fears, conflicts

with others, and specific incidents or challenges. Imagine you are offering those into the fire to be burned.

3. Then speak out loud everything you are grateful for from the past year - the joys, celebrations, and accomplishments (make sure to also include the lessons and "growth" experiences). Offer those into the fire to be amplified.

4. Finally, speak out loud everything that you welcome into the new year - the intentions, vision, habits, beliefs, behaviors that you'd like to embrace. Offer those into the fire to ignite the new. (Note: You may also like to write these three lists on separate pieces of paper and burn them in the fire.)

With a powerful start to the new year, you'll be on your way to a magical, miraculous new year.

Happy 2014 - may it be a year of deep, lasting happiness.

With love for every reason,  
Your Friend, *Mertella*

*Dr. Mertella Montague, Msc.D is a metaphysical minister in Edmonton, Alberta. She can be reached at [info@drmertellamontague.com](mailto:info@drmertellamontague.com)*

### Burning Bowl ceremony

Some Unity Centers and Churches have a similar New Year's ritual called a "Burning Bowl Ceremony."

Participants write out what they want to release in the coming year, crumple the paper into a ball and consign it to a fire in a metal bowl or container.

For everything they want to create and welcome into their life in the New Year, they write a "Letter to God".

But instead of burning it during the ceremony, they date the letter one year forward and address it to themselves.

In one year, the Unity Center mails the letters and the recipients can see how many of their desires and affirmations have materialized.

## *Growth Ideas for 2014*

*...from Bruce Tallman, Dr. Min.*



**Bruce Tallman**

**Bruce Tallman**, Dr. Min, is a London, Ontario, Canada, spiritual director. [www.bruceallman.com](http://www.bruceallman.com). [www.facebook.com/BruceTallmanSpiritualDirector](https://www.facebook.com/BruceTallmanSpiritualDirector)

*These Top Ten Spiritual Growth Ideas for January below are an excerpt from **Bruce Tallman's** third book *A Thousand Ideas Deep: Brief Life-Changing Spiritual Lessons for Busy People*.*

*The book helps you identify your true and false self, and to gain greater wisdom, freedom, and meaning through 1,000 lessons, each only three lines or shorter.*

*"An amazing work! A real gold mine for seekers and spiritual directors." - Edwin Buettner, PhD.*

Sample the first 11 pages in "store" at [www.bruceallman.com](http://www.bruceallman.com) including the Table of Contents, Introduction, and the first theme "Abundance."

### **BUDDHISM (Continued)**

44. Buddhism: "Abide in emptiness, embrace form." Christian translation: "Abide in Spirit, embrace life," or "Be not of the world, but be in the world."

45. Both Buddhism and Christianity have taught people to reject earthly aspirations. As a reaction, modern people rejected religion, which works well for them until they undergo deep suffering.

46. "All life is sorrowful." - the First Noble Truth of Buddhism. Christian Translation: "Earth is not our permanent home" or "The Source, not life, is our ultimate destiny."

47. Like Buddha, Jesus wanted to destroy suffering: the suffering of the poor, the sick, the oppressed.

48. To have a marriage of East and West we need to see that Buddhism (transformation of consciousness) and Christianity (mysticism of love) are complementary.

49. Tibet is one of the few wisdom-based cultures left on earth. The Tibetan Buddhist goal is not to create people who can say the right creeds or doctrines, rather it is to form people who are compassionate and wise.

50. In Buddhism, the master draws out of the novice the good and bad consequences of following each Buddhist teaching. Thus the answers are the novice's, not the master's.

51. In Buddhism the natural world is not evil, it is the outer body of inner Buddha-consciousness, and so the ideal is that everyone should participate in nature joyously, compassionately, and selflessly.

52. The Buddhist Heart Sutra (chapter) demonstrates transcendental wisdom. Kannon, a bodhisattva (enlightened being), denies herself and vows not to enter nirvana until all sentient beings are saved.

### **CALLING**

53. The sound of the native drum represents Mother Earth's

heartbeat, calling all to her breast.

The hoop of the drum represents the interdependence and oneness of all beings under Father Sky.

54. Being "called by God" is God working through you in spite of yourself. You are not in charge, God is in charge. Being chosen is a humbling mystery.

Note: These monthly reflections are meant to stimulate healthy questioning and contemplation. They do not necessarily reflect my own beliefs, and no specific group or religious or spiritual outlook is being promoted and favored.

Sources: **Richard Rohr, Karen Armstrong, Pierre Teilhard de Chardin, Thomas Merton, Eckhart Tolle, Ken Wilber, Carl Jung, Joseph Campbell, Carolyn Myss, Bernard Lonergan, Teresa of Avila, Marcus Borg**, and others as well as catechisms, world religions, wise sayings etc, simplified, reworked, and paraphrased. For the sake of brevity (three lines or less, so that busy people will actually read the ideas) the author will not be given except where there are word-for-word quotes.

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## Living Truth Affirmations

.. with Michael A. Schoonover Jr., LUT

### "We need to pray with a pure conviction ..."



Michael A. Schoonover, LUT

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**D**ear passionate students of Truth and omni-active love: I openly salute you this affirmative hour with sweet blessings and a vast heaping of good, good cheer.

*Amen*

I have a good truth question for you to ponder over with me, oh beloved of limitless Truth. Do you feel individually that your entire truth prayer-meditative practice is up to par really?

Do you think you individually get the prayer answers and desired results of your own tender Christed heart? I have been personally thinking about this vital truth question at depth. We need to pray with a pure conviction that would make Moses and Elijah of old jump for joy.

You think I am kidding in this statement; well, I am not. Moses and Elijah did not have more of the presence of God spirit within them than any of us do or ever had, beloved. Think about what you just

*With the understanding that the birth of Jesus represents the beginning of a process by which all of us may transform our mortal bodies into spiritual bodies we see the scientific meaning of Paul's statement that "this corruptible must put on incorruption, and this mortal must put on immortality."*

*Paul thought that this transformation was to be accomplished "in the twinkling of an eye," by a miracle, but now that we have science showing us that all things are under law and that the cells of our body are inherently immortal, we see that what we looked forward to as a miracle to take place after death can be brought to pass right here and now.*

*The new Christ body is not formed in the dead but in the living. "God is not the God of the dead, but of the living." - Charles Fillmore, "Christ-mas - Its Scientific Meaning", Unity Magazine December 1953, Pages 8-9*

read here. This is an omnipresent spiritual truth and not a Michaelism. We must mentally demand like the Christ and claim our divine inheritance from God every second of our glorious human life on this awesome plane of existence.

No one else can demand the Christhooded truth for you, as you must alone stand tall on the Sinai hill of your soul's discovery threshold and walk the walk forward with only faith in your divine humming Godness self. Let's get going, shall we? Walk this way and command the heavenly host to make clear your path from henceforth.

*Amen*

With an active mental substantive ideal that is rooted in an expressing faith practice daily we do earnestly get what we want. We get what we deeply expect to get, beloved, as it's the immutable divine law. Expect in your life only the very best and you shall be given just that seed: the ether kingdoms of everything shall rush in to manifest it speedily. Let's demonstrate today completely what we want, what we

recognize, and again what we expect, oh students of Divine mind.

*Amen*

I am an unfolding spiritual Christ being, who is growing and expanding into a deeper spiritual sensitivity and wisdom mental vortex stillness mind center. And only by embracing my Eden minded Christ trek state continually, will I – Michael – overcome and live perpetually in a fearless, realized Christ perfection, mental field of harmonious vibrational attunement.

*Amen*

I am a peace maker and I always will root for the under dog so I need to fully embrace Jesus' radical spiritual teachings of applied "non-resistance."

*Amen*

Realize this omnipresent truth with me today: For indeed,...the kingdom of God is within You-I!

*- Luke 17:20*

*Amen*

You Can Succeed ... If You Know The Power That Is In You!  
- Unity Progress Magazine Motto since 1926

*Amen*



## *Inspirational Thoughts*

Take a moment in the middle of your day to again contemplate a plant or flower. As before, make a connection with it by breathing through your heart and approach its essence through its form.

Then imagine the various stages of its life before it was as you now see it, all the way back to its form as a seed. Can you go back any further than this? With eyes closed, feel yourself like a plant also going back through these phases, all the way to your own seed-self.

With what purpose were you planted? What was the light placed in storage for you to be used at this moment?

- **Neil Douglas-Klotz**, *"The Call Of Abundance"*, *The Genesis Meditations*, published 2003, page 178. Submitted by **Michael A. Schoonover Jr.**

Now, during the Holy Season and for that matter year round, let's forgive ourselves of any past mistakes and focus only on God's Goodness in ourselves, in our family, in our neighbor and even those who dislike and persecute us. In truth, we are all created in Godliness and Goodness and the sooner we see this, the sooner we will manifest it in its fullness.

- **Steve Farrell**, *Humanity's Team*

