

11:11™

May/June 2012
vol. 5, no. 3

PRICELESS

A Magazine Devoted to the Journey of the Soul

🌀 LIVING 🌀 KNOWING 🌀 BEING 🌀

health | wellness | food | travel | home | work | nature | relationships
| spirituality | values | beauty | stillness | abundance



Gary Zukav

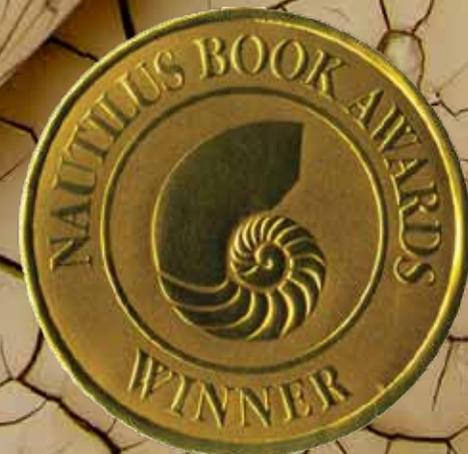


Clarissa Pinkola-Estes



Foster Gamble

Shedding Our Skins



A NEW VOICE IN PERSONAL GROWTH & SELF REALIZATION

BOOKS

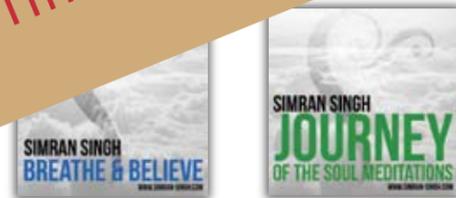
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Welcome to 11:11

A Magazine Devoted to the Journey of the Soul

BY SIMRAN SINGH

Through the course of life, we focus on the pain and the triumph of our experiences, with little regard to the growing, chafing and thickness of the skin. Each nudge, push and jolt of experience, whether resulting as success or an opportunity to try again, can create a tender area in the skin that feels bruised and worn. Every circumstance pokes and prods, creating calluses so that we toughen and harden, in anticipation of a similar episode arising. Some situations irritate and aggravate to the point they create an open wound, which bleeds of its

own story, leaving a festering boil that eventually becomes a scar carried throughout life. Even in the throws of triumph, a well-worn wall forms, in the event, that it is a short-lived experience.

Year after year, layer upon layer, we become more adept, diverse, and agile in our abilities, but increasingly numb and guarded to the outside world. This tight covering can be protective, yet binding and suffocating. It does not allow us to fully breathe in or out. It hinders the heart from expanding and feeling completely. It becomes warm and comfortable for a long time, but tight and unbearable at the same time. That point leads to a turning and squirming realization, 'I am no longer comfortable in my own skin.' In that moment, everything on the inside says 'LET GO! LET GO!!! LET IT ALL GO!'

Each cell clamors for more air; each unborn thought fights for life, unfelt feelings and unseen visions punch through energetic barriers to break through the hardening encasement continually forming.

We believe we are protecting ourselves from the outside world... NO, we hold ourselves hostage. WE hold an idea of an unsafe existence; a continuous life based on past experiences and a mind that would have us believe all that is feared. The fear that wraps the skin tightly in place is like a tapeworm that feeds. Only when we cut off its supply of negativity, doubt, fear, insecurity, and victim consciousness, can we bring the wounded prisoner back home to fully live... to thrive. We have to provide the salve that stretches the skin; nourishment of the soul, loving attention, conscious intention, massage of the mind, and spirited action for freedom is necessary. Otherwise, death is eminent.

We are holding ourselves back from the greatness within, Divine Power waiting to be set free. The only one that truly keeps an individual from anything in life, or Spirit, is themselves. Through inquiry of how and why we become prisoner to ourselves, we find that the door has never been bolted; it simply appears closed. It is the illusion of all illusions. We need only lean against the door to find that it swings completely open. But, that requires a step outside the safe, uncomfortable place we have been living, the space we have convinced and tricked ourselves into believing is comfortable. Knowing that a vast unknown lays beyond the door is the truth we keep hidden. In hiding and withholding, skin layers upon skin as false costumes creating a more complete experience of the disconnected unconscious self. It is time to shed the skins being worn. Release the bare, unbridled nature, one by one, allow them to release. The ropes and chains must be let go of... They do not hold you; you are holding them. Open your hands wide... anchor deep... relax into yourself and taste freedom on your breath. Are you ready to free yourself? Are you ready to see yourself? Are you ready to be yourself? The time is NOW!

Warmest Personal, Loving and Respectful Regards,
Simran Singh

Editor's Note: Special apologies to Tom Zuba, grief guide, author and inspirational speaker, for spelling error in last month's article *12 Truths: Transforming How We Do Grief* – www.TomZuba.com

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Dr. Clarissa Pinkola-Estes' is not necessarily a rebel in search of a cause, but an empowering, hope-inspiring presence to which people can relate and want to experience—the mother who is strong and wise, protecting all who turn to her and embracing them with her unconditional love.

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“We are experiencing the most intense contraction in recorded history and we're on the verge of a global police state. At the same time, we're experiencing an emergence of consciousness, a dedication to peace and the environment, to social justice and so forth, the likes of which I don't think has ever been on this planet before either.”



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Andrew Harvey is a renowned and distinguished mystical scholar, Rumi translator and explicator, poet, novelist, spiritual teacher and writer, and architect of Sacred Activism

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“It always comes down to serving. Serving the vision I was given, serving Matt and other collaborators' needs and never forgetting that it's all about serving the listeners. I learn this lesson every day.”

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The dancers spun, circled and moved forward and back and swaying to the music of the heavens, until there was only one rhythm, one beat, one being. In that moment, there was understanding.

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“Earth has contracted to hold a container for certain souls that have not yet mastered self-love and self-respect, to work their issues in the physical dimension. She has only allowed the beings that have not yet mastered self-love and self-respect to occupy one dimensional reality of her being.”

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“Slow down so that you're considering your choices, for yourself and your new life, with thoughtfulness, reverence, and self-respect. Slow down and be certain that you've made the choice out of love and not fear.”

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Many empaths are unconscious of it, especially when they are young. To absorb an indiscriminate stream unknowingly can be quite confusing, if not devastating. The empath may feel like there is an alien living inside of them.



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DR. CLARISSA PINKOLA-ESTES: BLESSED MOTHER

By Simran Singh

We lift you up so your soul can be seen by Mother Mercy. She checks door ways, sees through cracks and into corners where souls often hide seeking refuge. She who is the immaculate heart sees you easily, greets you warmly, remembers you with love for she is the mirror of heaven, the tower of ivory of city and blade, star of the waters, sea of wisdom.

We lift you up so blessed Mother can see all the you need now in order to bring goodness and contentment, healing and health, understanding and love to you and to your beloveds in every possible way and especially may all this be given to you in ways you can most easily see and understand and in ways you can put to immediate good use.

We lift you up because you were knitted up in your earthly Mother's womb by one Greater not only born but already blessed but also born as a blessing on all of us. Do not forget this because for we have not forgotten you and neither and never has your great Mother.

Let you walk now forward into this day both deeply blessed and blessing others with the magnitude of our Holy Mothers love. Amen.

Writing the *Untie the Strong Woman* book took several years and I would say that it takes courage to write the truth about the Holy when there are so many in the world who are so deeply in need of a way of understanding and imagining. The Holy Mother breaks all those boundaries that you cannot tie her down into one idea and especially one image, one skin color, one language, one look, one dissertation that is everywhere.

The evidence kept piling up over the years that people, the human race, cannot go forward without a Mother. That Father of the culture can be good or not so good, depending, but the suppression of the holiness of the Mother is an additional suffering that need not be. Mother carries in her all balance, all peace, all harmony, and all cycles. Those cycles come in harmony and they are teachers to us.

Holy Mother will guide to someone and something. It may not be everything and everyone, but something and somewhere. With the principles of the Holy Mother to heal and be strengthened again, people go forward in full creative life.

I would ask, what is your daily practice with the Holy, with the sacred, with center, with the one, with the source without source, with that which is larger than yourself? Often people would say they do not have one, that they do not know one, or they did long ago. But, if it was oriented toward a particular church, that someone had used knowledge of religiosity to actually do harm to others in one way or another, they would throw away Holy Mother with the abuse or the intrusion that they had suffered long ago, often as children. The evidence would keep mounting the suppression of the Holy Mother.

Also, they do not feel worthy of following. They are not worthy of being in the arms of Holy Mother and that is wrong also. That is deeply wrong. The other factor, I notice having friends of all religious backgrounds, as well as who are atheists, that goodness does not come because you are a religious person or you are a spiritual person but goodness comes because goodness comes. It is indwelling. The traits of the Holy Mother, regardless of what one calls her, are actually set into each of us at birth: mercy, love, forgiveness, boundaries, love and limits.

I kept seeing evidence over and over again. I come from two families, one a Mexican family and the other an Eastern European. I also saw the diversion and suppression of Holy Mother. In my own time, particularly amongst the Eastern Europeans who were part of Stalin's Soviet Union, when he literally banned Holy Mother. No one would be allowed to see her, talk to her, speak to her, pray to her, ask after her, praise her, guard her. He closed down every single church that had an icon of her and made it into either an office or a museum with tours, exploiting why people were foolish to have once believe Holy Mother and her beautiful little child of love. Witnessing that through my own family, my own adopted family, made me realize that the suppression of the Holy goes on generation after generation. I wanted to do something to raise her up above the water line, in a way that I hoped would nourish people and help them to remember that she belongs to them and they belong to her no matter what.

In that moment when hope drops to hopeless, love sinks to loveless and life feels lifeless, what do we say and how do we say it... to access Blessed Mother?

Dr. Estes: Call her and she will come. She will come in ways you least expect, or in ways you most recognize. Call out, and then watch for her. She may be a sudden inspiration, a sudden surge of energy, a sudden sainted or useful word that comes from a mere human or from a stranger, from a bird suddenly appeared, a light or wind, and sometimes her own beautiful self in womanly form by which you will sense her presence. There is a saying in our family that "despair and Creator cannot exist in our minds and hearts at the same time." And it is so with Holy Mother also, for many. Place her at center, keep her there, let nothing and no one, including your own ego, displace her. There is a force of eternal love in

this world that never fails to pour. There is a life spark in us that never goes out. Injury, shock, betrayal, deep disappointment, being exiled, can feel like life is dulled, pulse-dim, over. But it isn't. The soul is fully alive even when people feel like dreck dragged through dreck. To La chispa, the tiny ember hidden at the end of a burnt stick, this is the place to purposely fix one's attention, and then together with Holy Mother in mind and heart, to breathe on that ember. It will flare back to full flame.

If an individual has not had a good relationship with their own mother, how do they develop an understanding that the relationship with the Blessed Mother is good? What can that relationship look like as it unfolds?

Dr. Estes: The archetype of Holy Mother is of such magnitude that a 'humanling' mother cannot be compared. Yet they are related, the way a star dying or growing is related to the entire milky way. There is the exact shape for Holy Mother in most psyches, and also an opening in the exact shape for a human mother. We long toward both if one or the other is missing to our sights and hearts. If the earthly mother neglects, does harms, being near Holy Mother who is known for her compassion and mercy, is the ultimate experience of what the earthly mother, could, in human proportion, be like. Thus men and women sadly mothered can be good mothers and fathers to others by cleaving to the attributes of Holy Mother which are patience, insight, endurance, standing up for, refusing to disappear, keeping going under duress, merciful, compassionate, leading, guiding, tender. In this way we are made whole despite dents and scars...by studying Blessed Mother's ways and allowing her as our exemplar... often instead of trying to make the mundane mother be those things she cannot be.

How are stories valuable to the New Cultural Story that must develop on the planet?

Dr. Estes: To me, the story of Earth is a never-ending story with new chapters, some short, some long, some so waited for they are such joy, and others so horrendous we can barely crawl though them without feeling we shall die. But we do not die. Neither do we remain in "ever-joy." But we do progress in learning meaning. We do progress in becoming more conscious which allows us not only to see and to know, but also to help and to lead others in good ways. Holy Mother represents soulful, nurturant, nourishing, protective, motherlove in a vast never-ending way. As I write about in *Untie the Strong Woman*, often her venerable images and massive ideas are first to be destroyed when a culture is under attack. In our time, I believe, it is time, past time, to restore her. She has been so hidden by those who see her narrow-mindedly or not at all. Rather like the feminine in culture itself.

GARY ZUKAV

By Simran Singh



Spiritual partnership is not a relationship dynamic only for couples. It's a relationship dynamic for everyone who is now feeling the desire to become more aware and more responsible in their lives, to create authentic power, instead of continually attempting to control and to manipulate circumstances so that they feel better or safer. Spiritual partnership is partnership between equals for the purpose of spiritual growth. So, it could be a relationship between equals, not only between you and someone that you are intimately living with. It could be a partnership between you and your children, your spouse or the parents of your children. It could be a relationship between co-workers or between members on a team or classmates. It can be a relationship between members of the same biological family. For example, you and your parents, and your grandparents. Those are really wonderful spiritual partnerships and the most challenging.

Spiritual partnership is partnership between equals for the purpose of spiritual growth. But that doesn't mean that both of the partners or all of the partners are going to be equal, whenever a frightening part of your personality is active, you don't feel equal and those parts of your personality do not see themselves as equal; they see themselves as superior or inferior.

When you are interacting, it is not seeing the equality in someone else, it is looking at your own experience, your internal dynamic. If you find that you are feeling more superior to that person, you know that a frightening part of your personality is active. If you feel inferior, as though you are not worthy to be with that person — or you are always doing things wrong or you need to please, you need to have someone smile at you in order to feel okay, then a frightened part of your personality is active.

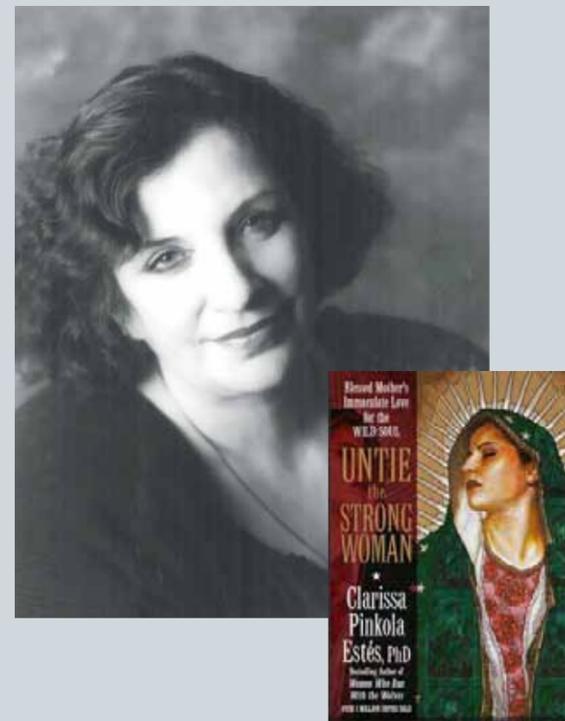
Loving parts of your personality see others as equals. They see soul to soul, not appearance to appearance. No personalities in the earth school are equal, no people in the earth school are equal. I may be not as strong as someone else in my body, but maybe my mind is quicker, maybe someone else can draw when all I can do or the best I can do are stick figures, or maybe someone else can work their hands and be a potter or a carpenter and, but maybe other people have a gift of different languages. So no one is equal because we all have different aptitudes and different abilities and different interests.

When I say that no one in the earth school is equal, that is exactly the same thing as saying everyone in the earth school is unique. If you look around you, you will never find someone that is exactly your equal. If you are only looking at their appearance, if you are only looking at their skin color or their sex, or their talents or their abilities; because all of those are costumes you might say. They are the clothing that an immortal soul is wearing. As we become multi-sensory, we become more interested in what is wearing the costume than in the clothing itself; essence to essence

not claiming her, she claims all of us in her Immaculate Heart... and carries us, whether we are born yet to her or not, consecrated to her or not, knowing of her or not... she carries us, incubates us within the body of Holy Mother, and with limitless Love.

Storytelling remains a major touchstone in Dr. Estes' work, with Untie the Strong Woman being a mosaic—part memoir, part archetypal storytelling, part love letter to the divine feminine that holds us all. Dr. Estes' Blessed Mother is not necessarily a rebel in search of a cause, but an empowering, hope-inspiring presence to which people can relate and want to experience—the mother who is strong and wise, protecting all who turn to her and embracing them with her unconditional love. Dr. Clarissa Pinkola-Estes is an internationally recognized scholar, award winning poet, Jungian psychoanalyst and cantadora.

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My work in *Untie the Strong Woman* was to be her witness, witness to her devastations by others, hatred of her by others, tying her down into only pre-approved shapes by others, whether ancient or modern. In this work, I hoped to tender those who long for her but are not sure, those who have turned away from her and find something critical missing in their lives, those who love her dearly... that we all carry the knives to cut the bonds placed on her by many. That we also all carry the little refugio, refuge for her, in our hearts.

Holy Mother is not an idea. She is a Force. She is a Being. And she belongs to us, any who care to claim her. She exacts good things from us, bidding us to be as she is. And regardless of our claiming or



connection, soul to soul connection. That is connection between equals and it is a wonderful experience. There is a relaxed quality about it, an easy quality about it, a connected quality about it. That is what you begin to create in your life as you create authentic power; and it's not a matter of letting authentic power come out, it is not as though it is something that is bottled up inside you. You have to create it yourself, because you are the only one that can look inside and see what your intentions are?

Are they coming from love or are they coming from fear?

What are my intentions?

Are they coming from fear?

Are they to make someone wrong or to judge, to criticize, to condemn?

Then I don't have to act on that as I have in the past. I can respond instead, even while I'm feeling the impulse to act in fear; and as I do, I am creating authentic power. I am creating the ability to begin to relate to others soul to soul. That is not a mystical thing; it's just a beautiful way of being in the world. Create it deliberately and consciously, that is the creation of authentic power. Spiritual partners are committed to that. They are also committed to assisting each other to the extent that they can.

What do you mean by frightened parts of the personality?

Frightening parts of our personality are those parts that are angry, impatient, jealous, resentful, that feel superior or entitled, that feel inferior and need to please; and the loving parts of our personality are those parts that are patient and caring and grateful and content and so we have come to know the different parts of our personalities, although every individual is so complex.

How do we develop sacred conversation that supports individuals in growing through spiritual partnership?

Start by entertaining the idea that there is nothing that you can experience that is not sacred. There is nothing that exists that is not sacred; then include your interactions with other people.

Once you begin to realize you are in the eternal present holy moment,

what are you going to do with it?

How are you going to speak?

What are you going to communicate and from where?

With what intention?

Spiritual partners talk about many of the things that friends talk about. They talk about their children, about cars, about work; they talk about homes and moves and relatives. In addition, they see meaning in their lives and in all of these things. They want to see what is behind their experiences. What's behind their experiences are internal dynamics. We are calling them frightened parts of the personality and loving parts of the personality. These are parts of a personality that originate in fear, parts that originate in love. They like to bring to one another's attention those dynamics with loving intention, because each of them is committed to becoming aware of their internal landscape and tending the garden there.

So you might say how can spiritual partners create conversations that are more helpful to each in growing in emotional awareness, in recognizing the intentions they are holding at any moment; and acting from the healthiest intentions? This is another way of saying, "What kind of conversations will help people distinguish within themselves the difference between love and fear? Those are meaningful conversations because they are so helpful in the most significant ways. They address the very substance of life. They are most empowering because they assist the people in moving into their full potential so that each can give the gifts they were born to give. Maybe that is creating a show like you have, or a magazine, a family or building a business, developing new kinds of agriculture or developing a new way of gardening, or becoming painter. Everyone has got their own gift to give, gifts that they were born to give. As you create authentic power, which means escape from the control of the frightened parts of your personality, you become more able to give those gifts. Your life becomes more meaningful, more joyful, more healthy and creative. Conversations that lead in those direction are always welcomed by people who are looking for relationships with substance and depth. You can talk about other issues, like your mother passing on, or you having cancer, or



you giving birth to a child... but in a deeper more significant way than chatter. It is a really joyful thing that we are talking about; it is something that comes naturally. It's not something that you strive for, although you do in order to create authentic power. You need to have commitment, courage and compassion to look at all of your experiences and not act on those that will create destructive consequences.

What is that role of humbleness in the journey through spiritual partnership?

Humbleness will occur as you create authentic power. The four characteristics of an authentic and powerful personality are humbleness, clarity, forgiveness and love.

Humbleness is a wonderful experience. A humble person lives in a friendly world. A humble person recognizes colleagues wherever she goes. A humble person sees and knows that everyone's life is as complex, challenging and difficult as her own. She is interested in other people, and they are interested in her. Humbleness is not something you need in order to have a spiritual partnership. Humbleness is something that spiritual partnership will help you develop because the purpose of the spiritual partnership is the creation of authentic power.

What is the greatest obstacle that keeps a person from transcending a regular relationship to more of a spiritual partnership?

Instead of looking at experiences as obstacles, look at your experiences, including the most challenging, as opportunities to grow spiritually. Once you begin to do that, you will see that you will have no obstacles to spiritual growth. It is not your anger that is preventing you from growing spiritually, it is your anger that is showing you a part of your personality that you need you change, in order to grow spiritually. It is not your jealousy that is preventing your spiritual growth, it is your jealousy showing you a part of your personality that you need to identify, experience and challenge in order to grow spiritually. It is not your irresistible urge for food or alcohol or drugs or sex or shopping or pornography or nicotine that keeps you from growing spiritually. These are behaviors that bring your attention to frightened parts of your

personality that are very active. They are your greatest inadequacies, you might say. They are the parts of your personality that are completely controlled by the external circumstances. Until you identify those addictive, compulsive and obsessive behaviors, they will remain.

When you have a glimpse of meaning in your life, when you feel a surprising connection with someone, when you find yourself doing something without a second agenda, notice that; don't think it is just something that is happening. It is an experience of loving a part of your personality; make a note of it. Become aware of it. Cultivate it by acting on it, and reach for it again. When you feel the pull, the magnetic attraction of a frightened part of your personality, you are travelling; you are on a journey. You might look at it as a journey from birth to death, but also look at it from disempowerment to empowerment. Everything on that journey helps you; all roads lead to home. You can choose roads that take you to places that you don't want to be, but you will learn from that. You can make choices that create painful consequences, but you learn from them too. You can make choices that will create constructive, harmonious, healthy consequences and you will learn from them too.

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A New and Powerful Way To Understand Your EGO

By Howard Falco

For many years we have been presented with teachings and teachers that offer that the ego is a bad thing or an impediment on the path to greater spiritual awareness and understanding. We have been told that the ego needs to be fought, repressed and even destroyed in order to move to a greater state of happiness and possibility. The ego it seems has been singled out and focused on as one of the biggest problems in the advancement of ones “true” self.

IS THIS REALLY TRUE?

Might there be a new and much more powerful way of looking at the ego that eliminates the idea of resistance? After all, we also have learned that what you resist persists and that all things have purpose, so why put so much force and resistance against the actions and feelings that come forth as a result of our ego?

Repressing something never completely makes it go away but actually suppresses and hides the real core of the issue. Eventually what has been repressed will surface again to make its truth known. This is the exact case with the ego and may be the reason that so many in the world that have worked from these teachings have had trouble moving to a new more permanent state of mind and being. It also may be the main reason their ego keeps creating what they don't want and keeps them from creating what they truly desire.

Your beliefs about who you are (I AM) form the script for your

life. Consciously and unconsciously, they define what you believe you are capable of creating. Your ego, like a dedicated actor, sticks perfectly to this script. Its job is to confirm your script and make it “real” by creating it in the world. Therefore, you could say your beliefs are like the seeds that contain what you intend to “be” each day. Your ego is the mechanism—an automatic process that occurs from within you—that drives the actions you take that attempts to nurture these seeds into full experience and realization.

In order to accomplish the task of verifying your beliefs, your ego will use any event and way of interpreting the event it finds necessary. Whether or not you are in harmony with the truth of what is actually occurring in your life is irrelevant to the ego. All that matters is whether or not your ego has accomplished the job of confirming your self-image through your experience of it. For example, someone can “think” he or she is the greatest wife or husband in the world, but until he or she experiences “being” a great husband or wife it will only remain a theory. The longer it remains a theory, the more an experience of the theory will be needed to feel secure with the thought. Likewise, someone can “think” he or she is a great athlete, but without an opportunity to experience “being” a great athlete the thought becomes susceptible to doubt. They eventually will need to do something that validates the thought, “I AM a great athlete.” Incidentally, it is exactly why it is so hard for many

of them to officially retire.

People whose self-definitions are in sync with the reality of what is happening at the moment are generally seen to be “grounded” and “down to earth.” They usually feel comfortable with themselves, and appear calm about who they are and how they express themselves. In fact, they are unconcerned about how they appear to others. For such people, because their self-identity is in harmony with reality, the ego has little to do.

On the other hand, people whose self-definitions are not in sync with reality are often perceived as “out of touch,” “delusional,” or as having an “inflated ego.” These individuals constantly seem unsettled and tend to act unsettled. It can be hard to gain their attention, as they have an inability to relax. Drama seems to surround them on a daily basis. Because their view of who they are is consistently at odds with the evidence in reality, the ego is constantly working to find a way either to distract them from this truth or to reconcile them with the truth.

Your ego will go to any length to accomplish its goal of self-validation and it will fight for any belief you have about yourself. Its job is simply to produce the experience of the self-defining statements (I AM's) you've made that will result in a desired peaceful state of mind. The only time the ego has trouble is when the overwhelming nature of the truth at hand prevents the ego from accomplishing its job. The ego then kicks into high gear in an all-out effort to repair the conflict.

The ultimate resolution of the disharmony is that you either find a way to completely avoid what is being presented to you or you submit to the new truth and change the belief that is in direct conflict. This process of looking at life and shaping it the way that best suits you (regardless of the truth) is what millions do every day.

THE EGO'S MISSION IS TO TAKE THE BELIEFS OF THE SELF AND TURN THEM INTO THE EXPERIENCE OF THE SELF.

Throughout history there have been many misconceptions about the ego. Many teachings on the path to peace offer that you must control or destroy your ego. This is not so. The ego is neither a good nor a bad aspect of your being. It is simply the active part that responds to your surroundings to protect the view that you have created of yourself: I AM. Your ego is not something you wrestle or fight. It is not something to be destroyed in order to find contentment and peace. The ego is simply something to understand.

THE EGO IS NOT AGAINST YOU, BUT FOR YOU.

The ego's purpose is to give you a specific experience in the universe. An issue for millions of people is misunderstanding that they are controlled by their egos. This is simply not the case. What is controlling you is the false belief that you are not in control. In fact, this misunderstanding is responsible for the continual suffering in many people's lives. Your ego is always under your direction. (“As you declare it, so shall it be.”) The ego will attempt to confirm

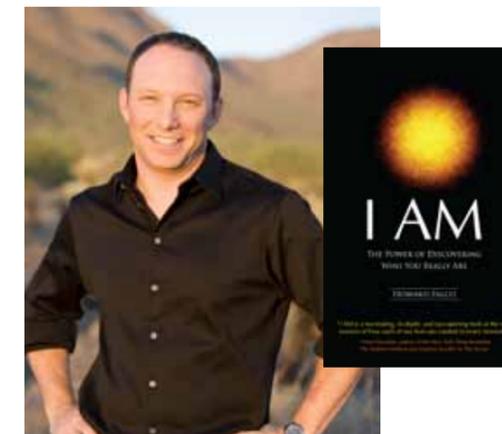
whatever and whoever you declare yourself to be, from “I AM depressed and in debt” to “I AM happy and free.”

If your ego has trouble convincing you that you are who you think you are, every possible creative mental illusion and trick will be used by your ego to help you to feel sufficiently validated. For this reason, it is said that people who require frequent confirmation of how wonderful they are always need to have their egos “stroked.” Any time you feel insecure, you are more likely to use an array of different things (people, possessions, events) “outside” yourself to make you temporarily feel secure. Until the false belief that is the source of your insecurity is acknowledged, this continued stream of outside conformation would be needed to calm your internal conflict.

When the ego finally exhausts every illusion, manipulation, rationalization, and denial, it is forced to make the ultimate submission to the truth that the moment offers. This acceptance immediately ends the conflict and dissolves the pain. A new version of you is born.

When we look at our ego from this point of view, we see what an ally the ego really is as it relates to what we are truly trying to create in life. There is no more resistance or fighting but simply an understanding of what is really driving every aspect of our lives. We see the essence of what we really believe to be true and because of this we are finally in a place where we hold the most power to change our story. After finally doing so, our ego will respond in kind and work tirelessly on our behalf to make our new belief a reality. Just like it has been doing every single day of our lives. However, this time we are fully aware and in charge of our story.

Howard Falco is a spiritual teacher and author of a powerful new book on self-awareness titled, *I AM: The Power of Discovering Who You Really Are*. He teaches and speaks on the power of the mind and the creation of personal reality. A portion of this article is excerpted from the book, I AM.



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THE MYSTICAL JOURNEY OF DEATH & REBIRTH A 7-PART BODY PRAYER

Created by Andrew Harvey

Opening to Love – Moving quietly and gently to music that opens your heart, call upon the Divine Mother – open to Her and ask Her to fill you with Her grace, Her tenderness, Her love – feel Her presence surrounding you and filling you, infusing every cell of your being

Dedication – Feeling yourself grounded and deeply rooted to the earth, dedicate the whole of your being - body, mind, heart, and spirit - to be used in service to the great transformation that is seeking to take place upon the earth, the birth of the divine humanity

First Movement/Posture – Lift your arms over your head in pure adoration, lifting the whole of your being to the Origin, to the Source of all ... offering yourself to the Transcendent, opening to your oneness with the One – “I belong to the Source... I am one with the One ...” – you can also imagine

the image of a little child lifting its arms to the parent she adores, saying “Lift me up ... lift me up” – and feel the grace and wisdom and strength and power and love of the Source lifting you up and pouring into you in response, as brilliant golden light ... feel this light filling every cell of your being with this glorious light. Also, imagine brilliant red light ascending from the heart of the earth and entering you through the bottom of your feet, and filling you ... Imagine the golden light of the Father and the red fire light of the Mother swirling within you, dancing within every cell of your body, every dimension of your being ...

Second Movement/Posture – As you feel yourself filled with the presence of the Divine, slowly bring your hands down in front of your heart, in the “Namaste” position – feel how the Divine presence lives within you, as you experience the Immanent godhead within you – “You live in me, and the

You who lives in me recognizes and acknowledges and honors You living in all beings, in all creation ...” – slowly turn 360°, offering and radiating blessing and light from your heart in every direction, to everyone, to all living beings

These first two postures represent the deep mystical teaching that we are one with the Transcendent and that the Transcendent lives within us as the Immanent ... but if we are to move beyond simply knowing this truth and even beyond experiencing this truth, if we want to fully incarnate and embody the Divine, we need to go further – if we have the passion to do this, we become profoundly humble before the majesty of what has been given to us ...

Third Movement/Posture – Gently move into Child’s Pose on the floor, offering yourself up in humility, acceptance, and surrender to the Divine – saying, in effect, “I surrender to the terms of the transformation, I give myself over totally to You, to Your far greater wisdom and Your far greater power, I submit, I surrender, I love, I trust ...” – admit your fragility, your need for transformation, your need to be guided forward – “Oh Divine Beloved, lead us forward, give us what we need ... I am your child, I love You, I trust You, I understand very little but I give myself up to You, and that is enough ...” – Repeat again and again, “Thy Will be done ... Thy Will be done ... Thy Will be done ...” When you are really centered in the peace of this surrender, make it absolute by going into the next posture ...

Fourth Movement/Posture – Move now to lying completely prone on the floor, arms outstretched in the formation of the cross – surrendered totally to the Divine, saying “I love, I trust, I surrender, I choose to die into the darkness and mystery of Love ...” – going down into the mystery of the transformation of Love, that involves opening to the pain and heartbreak of the world, opening to the difficult challenge of working with your own shadow, of giving up identification with the false self, because you trust enough that Love will bring you through – “I love You enough to want to die into You ...” – Al-Hallaj, the Sufi mystic, said “Between You and me, there is only me. Take away the me, so only You remain ...” Repeat again and again, “Do whatever is necessary to release me from me ... Do whatever is necessary to release me from me, from the prison of false self ... Into Your hands I commend my spirit ... Into Your hands I commend my spirit ...” – and rest completely in profound surrender, in letting go into and trusting the mystery ...

Fifth Movement/Posture – Now imagine that from the bottom of the darkness that you’ve surrendered to, there begins to break the beginning of a light that you’ve never seen before – a light so pure, so beautiful, so utterly radiant

that you know it is the light of resurrection, the light of new birth, the light that is going to fill every cell of your being and invigorate you with the living presence of the Divine self – because you have surrendered and consented to die into Love, Love is now going to clothe you with Itself and enter every part of you and make you new – lie very gently on your right side, in the fetal position – feel the sweetness and tenderness of the miracle of rebirth beginning to enter you and fill you ... allow the light to enter every cell and fill you with new life ... feel ecstasy and peace in the core of your being

Sixth Movement/Posture – When you are ready, come up into half-lotus position, sitting grandly, majestically, calmly and royally, looking around with the steady majesty of someone who has reentered reality as the divine human being, transformed – sit in your power, your diamond essence radiating brilliant diamond light all around you, in all directions ... feel the balance and solidity and strength of this position, the unshakable truth of this position ... your very being and presence the embodiment of Love on earth, Love now simply living as radiance within and through you into the world ... Offer blessing in all directions in the gesture of the saints and enlightened ones in India, gently stroking the air in front of you as if caressing all those in need of your blessing

Seventh Movement/Posture – There is one final step in this mystical process of death and rebirth – to take this profound quality of presence into compassionate engagement in the world – so move now into Mountain pose: gather and assemble your majesty, like a lion, and stand up in the fullness and power and peace and immense grandeur of your Divine self – calmly and joyfully say “I am now ready to serve, to be an instrument ... I am now ready for whatever You want me to be and to do ... I give myself wholly to You ... I am the Self ...”



Andrew Harvey is a renowned and distinguished mystical scholar, Rumi translator and explicator, poet, novelist, spiritual teacher and writer, and architect of Sacred Activism

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ALEYA DAO: SOUND HEALER PART II

By Simran Singh

SIMRAN: Do we need to also do work of unity consciousness with other realms, it seems like we're still creating separation, because we're so focused on planetary issues?

ALEYA: A lot of the people in the world that are the pioneers, in this enlightenment experience that we're all going through, get very attached to being in love, being in light, and maybe even being attached to other people that aren't. If we actually hold vigil, compassion, no attachment, no responsibility for transforming other people's issues or being attached to how they've gone grown and evolved, we model a different energy, one of greater peace. What would it look like if we were modeling the solution in our own fields, not attached to anybody else getting it, and taking complete and total responsibility for our own journey, and then inviting other people to be responsible for their own journey? Again no attachment, no charge, and no frustration, because when we go into the frustration and upset about the war and, "That's a horrible thing," we're going into judgment. Now we're closing our heart and we're doing what they're doing.

What would happen if they said, "You need to be in war right now? Okay, we are going to hold the job for you to be in war with yourself or with other people if that's your choice. When we hold that - and that's a very scary place to go because our survival can be at risk, especially with this nuclear threat - incredible compassion and vigil for these beings that

are in their upset? In that safe space that's created, those people in war start to connect with, what I call their higher self, and they start to bring in solutions to themselves. We're sending energetic information from our higher selves to theirs. We are modeling the energy in our personal field. We have the capacity to shift, but the world will not shift until pioneers and leaders are modeling right energy and taking personal responsibility for themselves, holding vigil, and compassion for the people that are not yet there. It is a radical paradigm that gets people riled up, because we've been attached to other people's journeys.

People are going to get upset about it because their whole purpose is to be an advocate, a warrior, attached to other's people's journeys. There's a whole social moray of now you're selfish and you don't care about anybody. Well, it's actually the opposite.

SIMRAN: The sounds that the whales and the dolphins make, are those sounds satellite sounds to the other realms, are they communicating to us, or are they balancing and healing the earth?

ALEYA: I actually feel and that's a great way of putting it, a satellite transmission. I feel the primary purpose for the whales and the dolphins being on the planet is to balance and stabilize the planet. They are actually here for earth and her process of evolution. They are constantly, every



single day making sounds, transmitting to those energetic lay lines, the grid lines in the ocean. It is acu-sound, earth acupressure through her meridian lines. The planet is surrounded by 80% water, so it's a very effective form of balancing and stabilizing the planet. I think of them as the most sacred, most important component to this entire planet. Everything works as a whole, but in the energetic spiritual realm, they should be highly protected and highly revered beings, because of the work that they're doing energetically.

SIMRAN: What sound is nature or the planet toning right now? And in looking at that sound how sick is it our world?

ALEYA: I think the planet is constantly changing. There is an exquisite sweet symphony of sound. All you have to do is go outside and listen to all of the sounds that are actually happening in the physical dimension. When a being is going through a process of evolution, it's constantly adjusting and changing. The whales are making the sounds, other souls are making sounds, human bodies are making sounds, and our machines making sounds.

It feels like thousands and thousands of layers or sounds are happening. It might take several thousand years of sound for greater and greater states of connection. There's no endpoint to enlightenment and evolution. We're constantly moving into a more connected way.

When people look at what's happening in the world and think it's an absolutely horrible thing. Actually this is just evolution and when we get attached to it being a certain way and thinking that's the way, then it changes. It evolves, so there is no good; there is no bad. That is unity consciousness. We are all here growing, evolving, and doing whatever it takes to grow and evolve, including the planet.

It feels like the planet is making thousand of layers of sound and bringing in myriads of different sounds from the angelic realms and the souls that are reincarnating on the planet, and it's all in the process.

SIMRAN: If there are areas of the planet that has been harmed by human beings, have been used as toxic dumps or waters that have been polluted, is there something that we can do sound wise to help that or is that attachment also keeping it in place?

ALEYA: If we look at the physical dimension, everything in the physical dimension is nature energy. Nature is either experiencing balance or a moment of imbalance. Eventually, it finds its balance point, but sometimes that can take a million years. But what I actually will do, and Michelle Wright - a master at working with the nature kingdom - talks about this, is ask the nature spirits to bring that energy back into balance. Another radical paradigm, earth has contracted and agreed to hold a container for

certain souls that have not yet mastered self-love and self-respect, to work their issues in the physical dimension. She's been very wise because she has only allowed the beings that have not yet mastered self-love and self-respect to occupy one dimensional reality of her being.

She's got a myriad of other dimensions holding vibrations; some are discordant, some are harmonic, meaning balance. When we look at the physical dimension, we look at the pockets of disease and contamination, souls have projected their issues as self-hatred, lack of self-respect onto the nature kingdom. The nature kingdom has been in an agreement with the souls to take on those projections.

I've been working with the nature kingdom, and a lot of other people as well, asking the nature kingdom and earth, "Don't take on our stuff; model right energy to us. Let us work our stuff out in our own unique way not even on our bodies, not even on the nature kingdom."

That looks like emotional upset. If somebody is not moving into self-love, they have to take total personal responsibility because earth is not going to do it. They have to look in the mirror and start doing their own inner work. The nature kingdom is incredibly ingenious and creative and so I invite him to move into greater degrees of empowerment and modeled that to the souls that are running around in human bodies.

SIMRAN: Only in being exposed to these concepts can people starting thinking this way.

ALEYA: I have a little story on that? There is a woman named Michelle Wright. She teaches how to work with the nature kingdom. I had a dear friend who was married and his wife said to him, "Sweetie, I think we need to cut the limb off of this tree. It's coming over the deck." He says, "No, no we can't cut the limb. I'll just talk to the tree because I don't want to harm the tree." That night, he sat with the tree and went into meditation with the tree, "My wife wants to cut the limb. I don't want to cut the limb. I'm going to invite you to change and move your limb." The next morning the limb was at a 90 degree angle. Needless to say, we have the ability to communicate with the nature kingdom, with trees. The tree responded and moved itself to prevent harm.

It is a channel of communication that most people haven't tapped into but it's there. If we start doing it more and more then it goes into mass consciousness and then the trees are communicating back to us and the birds and the animals and the earth.

SIMRAN: Aleya, what do you feel that your soul is seeking to learn through these experiences and through your work with sound?

ALEYA: It is more the opportunity to do that which I am most passionate about doing. My sense is all of us have come to engage in our passion; our passion is also our mastery. And, in the higher realms we are all being of service. I actually think we're being of service more in the higher realms than the majority of us even in the physical realm.

I think the physical realm is a place to support the work that we're doing in other realms. I as a soul have an incredible love for earth. She is this amazing majestic being who is currently choosing to express herself in the form of a planet and for me to have the opportunity to come and literally sit in her and with her, and tone the sounds that she needs on a

daily basis to assist her and her transformation, her evolution... that assists in my evolution, by having the opportunity to engage in that which I love the most.

I think of myself as a whale on land making the tones for earth and when we make the tones for earth it also helps the consciousness of the souls that are on the planet in their own evolution and coming into greater states of coherence and connection.

SIMRAN: What is the vision for your work going forward?

ALEYA: I keep asking myself the question, how do I want to entertain myself in the physical realm while I do the work in the higher realms? I keep seeing myself moving more and more into opportunities where I get to be in the expression of sound, the creation of music and actually creating music with the whales and the dolphins. Aleya's dream is to own a small 20 to 30 foot boat. I take that boat onto the water with a hydrophone, and maybe work with scientists. I tone under water to the whales, and have the whales sing back to me. We create music that has the capacity to help shift the consciousness of water, you shift the consciousness of water i.e. the oceans... that's 80% of the planet and it's also 80% of all the human bodies on the planet... and the souls that are residing in the human bodies feel the consciousness shift in the water and their bodies and then the ocean and their soul consciousness shift. I think it's working with water, working with music, working with sound, and working with the master sound healers which are the whales and the dolphins.



Aleya Dao is a master sound and energy healer and a performing artist. In addition to numerous toning CDs, Aleya's first CD, Awaken, is a powerful, musical journey that moves the soul into a state of connection and bliss.

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LYRE

By Simran Singh



LYRE is conscious pop rock. Serving up an inspirational set of original work, this guitar-driven Seattle band has a simple creed: Music, done well, can entertain, enlighten, and even heal the human soul.

“My parents are missionaries, and I was raised around the world. I was born in Portugal, but when I was 13 we moved to Odessa, Ukraine. My family’s from the South, and I’ve spent time in all four corners of the U.S. so it’s a little hard to give a one-sentence answer to that... I’m hoping that what I contribute to the band, and what LYRE gives their audience, is something real and valuable: a way to break past barriers and limitations, letting your reach exceed your grasp but still never failing to reach. It’s an honor to play for people, and I want to be worthy of that honor.”
– Matt Quarterman

“I can’t ever recall not wanting to sing and play rock guitar,” he muses. But to the majority of people who had influence over Dave back then rock represented something negative to say the least. “It’s easy to forget just how countercultural and anti-social rock was once considered by the majority of Americans,” he states. “Add to that my parent’s perception that I couldn’t make a good living playing in a band and the fact that I was young and unsure it’s no wonder by the time I was twenty I gave up trying.”

For years I wouldn’t allow myself to think about my dream of being a musician. It was just too sad and dark to go there,” he says matter-of-factly. “But then one day I’d just had enough of trying to be anything else and I started looking for ways back to that ideal. Yes there were challenges – still are – but you know what? That whole process of love, loss, and redemption is woven into me now. It’s part of what I have to offer through my music – the idea that it’s never too late to get the life you want. A long time ago I buried my talent and tried my best to ignore the voice calling out from that grave. Now I’m back, I’ve dug it up, and I’m breathing life into it with every song I write.” – Dave Hoskins

SIMRAN: What is the inspiration behind creating this type of music?

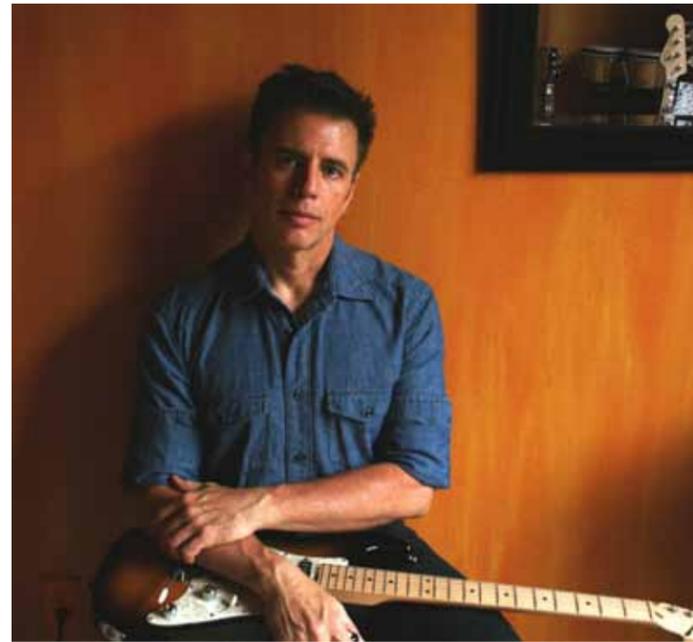
DAVE: The concept for LYRE came to me years ago during a time of soul searching. I was really into reading the psalms of David in the Bible. I started thinking, if I could channel a fraction of the energy that made those verses so timeless, I’d really have something big. The band name comes from the ancestor of the guitar, that was said to be a gift from the Greek gods and David’s use of the harp to heal King Saul’s “demons”. I’m really passionate about encouraging others discover their best life, so to me the name LYRE stands for that.”

SIMRAN: How is this different from how you initially began and what was the single most significant event that led to this part of your journey?

DAVE: I began writing and performing as LYRE when it was just me and a guitar. I had a feeling that I could get the fire started from that little spark and so I just spent a lot of time writing down the songs that came to me and playing a lot of free gigs in dives and pubs. And, sure enough, that’s how I met Matt, which to me, was the most significant event in the band’s evolution so far.

MATT: The biggest difference from how we began might be becoming more comfortable with uncertainty. We’ve gained and lost band members, met and collaborated with new partners, branched out musically in unexpected ways. We’re still searching for the right path, the right combinations, the right sounds, and we’re better able to roll with the punches instead of feeling everything must conform to our expectations. The most significant event for me was meeting each other at an open mic night and finding so much common ground to build a group. There were too many coincidences to ignore, and without it I certainly wouldn’t be a part of LYRE.

SIMRAN: What have been the greatest lessons you have learned about yourself or collectively as a band in creation this album?



MATT: The greatest lesson I’ve learned is how to limit my opinions and forcefulness but still do good work, even if my personal definition of “good work” isn’t what’s being called for. I’ve usually been the songwriter and bandleader in musical settings. But being a supporting role as guitarist and background vocalist has helped me find the right note, approach or moment of silence to enhance Dave’s vision. It can be liberating to keep yourself in the passenger seat and limit yourself to giving the driver some helpful feedback.

DAVE: For me it always comes down to serving. Serving the vision I was given, serving Matt and other collaborators’ needs, and never forgetting that it’s all about serving the listeners. I learn this lesson every day. That one question, “How does this serve the audience?” informs every decision I make concerning the direction of LYRE and makes it pretty clear how to proceed.

As for what I learned from making Iconoclast I’d say it made me a better leader. I’m a big fan of the reality TV series Top Chef and I see Bandleaders as having a lot in common with head chefs. The balance of kitchen staff talents, quality ingredients, and cohesive menu is what makes or breaks a restaurant experience; same thing with an album. It’s not just about throwing my favorite songs into one disk and calling it done. I’m still a lover of the concept album.

SIMRAN: What is it that you as a group mirror to each other in lessons? and in powerful gifts?

DAVE: I absolutely think we mirror each other, but it’s like being able really to examine an angle you wouldn’t normally be able to see. Ever try to take a good look at your profile in a mirror. You just can’t do it so you end up with the incomplete “frontal view” self image which is not how others see you and leaves out a lot of things you don’t want to admit or accept about yourself. Matt gives me that and I hope I do the same. I think the most powerful gift we give each other is the willingness to be honest even when we know it’s probably not what the other one wants to hear.

MATT: I’d say Dave provides the vision and drive, and I help him shape the work, refine the ideas until they’re in whatever form they take. His gifts are positivity, enthusiasm, leadership; mine are critical thinking and inappropriate humor.

SIMRAN: If you were to collectively make up a whole body, which aspect of human personality do you each represent and which aspect of highest divinity do you each bring to the music?

DAVE: I definitely have an optimistic world view and can tend towards intense earnestness, which can be a bit much at times. Matt brings a balance of lightness and humor, and that’s a relief to me and the people around us. Matt definitely brings omniscience to the table. He knows more about music, and the world in general, than any one person has a right to. When someone we’re around starts to catch on I just say, “Oh yeah, he knows everything. Just accept it and move on”. As for me, is there a word for “all feeling”, cause that’s me.

Matt: Off the cuff, I would say Dave is cheerful determination and I’m a wry smile. As for highest divinity? Who can say. He is Yes and I’m No, or he is sound and I’m silence. You never know when you will need one or the other.

SIMRAN: What is your mission and vision for the music you create?



DAVE: I am a man of compassion. My mission is to raise my consciousness and spread hope and encouragement to people as we evolve as a race. From that place I created LYRE specifically to entertain, encourage and heal; to help people examine their thoughts and beliefs and make the uncomfortable changes required to live fulfilling lives of passion and purpose. Again, it all boils down to serving a vision for that planet that is bigger than any one of us. We’re holding that space.

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THRIVE

An Interview with Foster Gamble

Why is it now that humanity has decided it's time to thrive?

FOSTER: We don't have a lot of choices left. As Bucky Fuller said, 'Now, we're in a time where humanity has finally examined the choices: Utopia or Oblivion.' We've come to the point in our own evolution where we have the technical capacity to destroy all life, as we know it on planet Earth. Our consciousness and awareness of what's really going on and how to relate successfully to each other in the planet are running as fast we can to catch-up with that technological threat. If you look at galaxies, and lungs, and heart, and so forth, there is this expansion and contraction and it's always, always simultaneous; as the physicists say, "An equal and opposite action and reaction."

We're experiencing the most intense contraction in recorded history for humanity; we're on the verge of a global police state, as I described in the movie. At the same time, we're experiencing an emergence of consciousness, a dedication to peace and the environment, to social justice and so forth; the likes of which I don't think has ever been on this planet before either. We're also using technologies to connect beings in bringing forth that emergence. It's time, not only for the surviving meme, but also the thriving meme, because we need to look further. If we're actually going to make it, we need to have the kind of balance and direction that sees, far into the future, what our possibility is. Just like driving a car fast on a racecourse, the further you look into the curve, the more you can control the vehicle. Humanity's immune system is kicking in. There's a planetary immune system taking the form of an emerging thrive meme for billions of people on the planet.

You are teaching about thriving and about patterns. What was that early point in life where you decided to thrive because of the patterns appearing?

FOSTER: I found myself ducking under a desk and covering my head to protect myself from a nuclear explosion, in elementary school. I realized I better start thinking for myself, because the big people don't seem to understand what's really going to work. I was somewhat traumatized by that event and that started a process, inside of me, of looking for the answers to questions like "What is energy? How does it work? How can we align with it?" That took many paths. One was a scientific path; actually studying what energy is, from a science point of view. It also took a path of intense consciousness studies - Aikido to self-hypnosis, yoga, meditation, and brainwave biofeedback - to find out about my own energy and this consciousness that I am a part of and unique within.

I grew up in a family that was blessedly harmonious. I thought that's what everybody's family was like. In the world, I realized that wasn't the case at all. I began to explore conflict resolution; if someone is being abusive to another person or to ourselves, how do we defend ourselves? And particularly, how do we defend ourselves non-violently, such that we don't lose touch with universal power. That led me to 15 years of study and teaching in the non-violent martial art of Aikido, which has set a lot of a framework for the things I depict in the movie.

Throughout the movie, a lot is based on science. Is God in this conversation?

FOSTER: I'd have to get your definition of God, but I can go more

easily with Source. There's not only a place in the conversation of Thrive, but absolutely at the core of my life. It's a fascination and a source of listening for me. As I say near the end of the movie, it's nice to consult with experts, because it's going to save you time. It's nice to get independent media where you can get the data you're not going to get from the corporate media, because of their own agendas. But ultimately, our most important compass is tapping into that still quiet place at the center of each of us, where we are a part of cosmic consciousness and we are, in fact, being guided by a very deep cosmic knowing. Whether we respond effectively to that listening or not, each day we're each involved in the process of learning how to listen to that and then becoming one with that voice, so that our thinking, speaking, and acting all become one.

In looking at the torus, is there a still, quiet place in that? You described it as "pockets of wholeness".

FOSTER: You can't have a sustained torus without a point of absolute stillness, as well as a spin axis of absolute stillness centering the whole thing. You have to find the center if the system is going to be able to establish itself sustainably. One of the most intriguing things in finding out that the torus is a doughnut-shaped whirlpool vortex is not only universal at all scales, but it's really the only pattern that sustains itself in a homogenous medium. It's what the universe does to sustain a healthy system. It was intriguing to me to have that blueprint for how we can actually align our systems with that and end up thriving, but also recognize that the centers of all the toruses, not only every electron, every atom, every cell in our body, but that the torus that surrounds each one of us as individuals, are not only where consciousness comes into the system, but all of those centers are connected with one another and fundamentally one so that you have your distinct consciousness connected with all of the consciousness in the universe.

The torus shows a spark in the very center, the initial beginning point of that shape or does it have no beginning and no end?

FOSTER: Well, I made a point of putting that spark in there to remind people of exactly this, I think that each one of us is what the physicist call a monad or a spark of consciousness that takes on different form. When tracing the history of evolution, we can go back to pure potential, then sub-atomic particles, atoms organizing themselves, enclosing into molecules and the molecules grow into plants, then animals, and humans with new power being gained accumulatively at each stage. It's really important to me that people get in touch with the fact that they are that spark of consciousness, though it may take different forms, is ultimately formless and will continue to evolve in more complex and aware form, but that spark itself is non-material. It's literally metaphysical. We each are that spark and that spark is a part of the infinite flame of cosmic consciousness.

If we are the self-organizing system, something that is here to continue to know itself, then this is self-realization and expansion occurring on an ongoing basis?

Foster: I agree with that. It's fascinating; just look at a human body. If

you look closely into the body, you will see that it is made up of cells, which are made of atoms, which are made up of these tiny, tiny so called particles. If you could actually go down into an atom, I'm firmly convinced you would find these particles are whirlpools in a vortex, in a sea of infinite energy. If we realize we're made up of a sea of energy, organizing itself through process of consciousness into a body with trillions of atoms all operating coherently and then go outside the body, you will find you have an electromagnetic torus around the body. And, you've got your emotional torus, your etheric torus and all the different spiritual traditions have their different names for these energy toruses. We're all in the process of discovering it and harmonizing with.

I agree with you that as we expand our sense of who we are, to realize that we're not just a body, we're not just a field, that we're holograms embedded in a field and fully connected with both a large scale and small scale continuum of other entities, we begin to relax our consciousness, our identity, and continuously expand to include everything we can become aware of and ultimately open like a flower expanding into horizon. This is what Bucky Fuller called the Vector Equilibrium, where it is boundless and you simply experience yourself as metaphysical awareness that can include all of the symmetry groups, the geometries of form that we see as crystals and flowers, atoms and galaxies and human beings, but don't have to be limited by the boundaries of any of that which we observe.

As we are moving from third dimension into fourth, fifth, sixth dimension, are ETs something that we're more able to connect to because of rising and expanding recognition?

FOSTER: It was helpful to let go of the idea of dimensions, which are mathematical constructs where you arbitrarily give yourself an X, Y, and Z axis and then mathematically add more. If you have ever seen a dog respond to a dog whistle that you can't hear, you know there are beings who perceive things that we don't. Some people can see auras, others can see glowing orbs where other people can't. UFO researcher, Jack Kasher, has claimed that that probably 80% or more of ET contact is not physical at all. It's actually telepathic on an interdimensional plane. There's a lot of footage of various UFOs literally just blinking in and out of existence. They're just changing their frequency to a frequency that we can't see, because our senses were designed to cope effectively with the material experience on planet Earth. We see certain colors and hear certain sounds, but if you've looked at the electromagnetic spectrum, you see the tiny little bands that we can actually see, touch, smell, feel, etcetera.

Many beings that were probably more advanced than we are, have simply been around evolving longer in their own realms, aren't necessarily on a material planet and flying around in some sort of advanced metal ship. But actually, they are flying more like the torus of the navigator in the movie THRIVE where it's an energetic torus that allows you to travel in consciousness itself and move through space and time in ways that would dramatically transcend what Physics says.

In the crop circles that appear, do you think other beings are supporting us in a way that still allows free will but is giving us clues as to what can help us?

FOSTER: I really do. From the lot of information that I've looked into and just many years of investigating this, there seems to be some sort of prime



directive like they refer to on Star Trek. What I've heard from people who supposedly have had contact with these advanced beings is they are watching; we are in some type of benevolent quarantine because of our nuclear technology and our attempts to potentially destroy ourselves.

They're actually turning off silos and disarming what is sent up towards the moon in nuclear warheads. They are not only helping us keep from destroying ourselves, but also coaching us; They are sending us messages telepathically and through messages crop circles. They're giving us lots of clues as to what we need to know to survive and thrive; basically how energy works and how we can align with it so that we can become a sustainable civilization rather than destroying ourselves and threatening the cosmos.

Do you think that humanity has always known about these select elite families that have controlled everything? Has this been a co-dependent relationship for a certain unconscious payoff that hurts too badly so now we're ready to fight back?

FOSTER: People have certainly noticed that there are a few people who seem to control an inordinate amount of resources. What's happening now, through universal access to the Internet, we get shared information without it being filtered through our government, through the corporate media, through our schools, through our churches. We experience information directly and start to think for ourselves. People are getting informed about history in a new way. They're getting informed about the dynamics of what's really going on behind the curtain.

It can't be hidden anymore. The exoskeleton of this old form of domination is crumbling through people becoming aware and saying, "No, you can't do that to me now that I know what's going on." But

fundamentally, the whole 'New World Order' is based on a pretty simple but deceptive banking scam that started about 400 years ago and most people on the planet didn't know about it until the last 3 or 4 years. The cat is out of the bag on that. We're getting to the source of it and it's not that these are evil people. They're people who have been abused, they've been diluted, and they've been coerced into positions of control in an agenda that's very destructive and unnecessary.

As I was watching the film, there came a point where there was this deep pit in my stomach and hopeless feeling, which of course, I came out of. It does take you to a place of really seeing everything and feeling it. Is that part of what needs to happen for people to initiate the change?

FOSTER: A lot of my training was in the martial arts, especially in Aikido. In all the martial arts I studied, the first imperative was to accurately assess your reality. I think that applies to the rest of life as well. If you're not aware of your finances, you're going to go broke. If you're not aware of a disease, you're more likely going to get sick. If you're not aware of the global domination agenda, you're more likely at least to get damaged by it, but also not able to help protect others. My wife, Kimberly, says in the movie, 'it's like finding out you've got a tough but treatable disease.'

As I was learning this information, it was very challenging, not only intellectually but deeply emotionally and physically, just to process that there are other human beings who want to do nasty things for their own agendas. My biggest concern in putting out the movie was 'how are people going to do, being exposed in two hours to what it took me decades to collect and to process myself'.

I am thrilled to report that the response is joverwhelmingly positive. But even those who find it very shocking or didn't know about a lot of this

information before are finding it deeply empowering. People are reporting that it gives them some traction where they can see where to put their efforts. There's plenty of fact check information in the film and on the website to handle issues for people who want to explore further. People are seeing the movie multiple times. They're sharing it with their families and communities. There are Thrive groups, self-created groups in towns, cities, states, and even countries around the world. We're in touch with a lot of them and the conversation they want to be in is "How can we organize effectively around solution?"

We had done a lot of thinking about that before putting the movie out. It's in the 'Solution' section of the website. We're beginning to offer tools to people as to how they can organize by sectors. This is not some endless, unsolvable problem. You can identify the critical issues in the 12 sectors which cover all of human endeavor. People can choose which ones they are most interested in and which ones they are most skilled at. They can organize their community by sectors and take on issues independently in subgroups, but then come together periodically to have all the sectors coordinated as a whole system. Not only can a community be effective in addressing the critical issues in their local environment, but they can also participate online and in critical mass actions with other groups. They can link up electronically with similar local groups all over the country and all over the planet. That's what's beginning to happen. People's energy are getting organized like a very coherent laser, but at the same time, people can relax into doing what their calling is.

What could happen if every congressman, governor, and major political official, was able to watch THRIVE? Are these people the type that would make the change or is that an establishment that needs to change completely for new types of people to come in?

FOSTER: I love that question. It brings up several issues. If somebody wants to sponsor getting this to all the politicians, just let us know. People are sponsoring different groups and I think that the Senate and Congress would be a great one. I think that it would be very powerful for political leaders to understand what's in the film because I've talked with some of them, and a lot of them don't know. People who've been in Washington for longer tend to know that there's something very deceptive going on and those who do know are unwilling to speak up, because they think that they'll be considered weird, they'll lose their political base, they'll be threatened or killed by the powers that be. If they are aware that constituencies are now becoming aware of what's in the way of our thriving and things we can do about it, I think that's really going to help the people demand a thriving agenda from any elected politician.

THRIVE just helps to educate both the politicians and the constituents about these things. But in the long run, I wouldn't look to the politicians to change the political system. That's up to us.

www.thrivemovement.com



MEANING OF 11:11 and Symbolism of Sacred Circles Logo

Sacred Circles Logo

The following are sacred geometric symbols from ancient times. Their importance and vibration have been long held throughout history. They are the platform upon which 11:11 Magazine stands.

ENERGY



We come from energy. Everything is energy. It simply changes form. After we leave earth school, we will still be energy, only in a new form.

TRUTH



There is only one truth. It exists for all time. Truth is ever present regardless of religion, society, creed, race, or consciousness. Only truth remains.

GROWTH



Growth is our natural inheritance. We continue to evolve in a manner that suits time and space. We do have a hand in what speed that may be experienced. It is called free will.

WISDOM



The greatest gift of the journey is wisdom. It is revealed through the energy of living, the recognition of truth and individual personal growth.

UNIFICATION



In combination these sacred symbols signify unification; the ultimate goal of the soul's journey. Unification occurs with the reconciliation of all things.

Maureen Moss: The Conversation Continues

By Simran Singh



The more we can release, the more we ascend. This is very purposeful and is being orchestrated by the Divine. It was always part of our Divine plan, the Divine plan. This particular time will be the ending of the twenty-six thousand, I believe, five hundred year cycle of what I call the human experiment. Now comes the Divine experiment, if you will, without us having to drop our bodies... without us having to start from the beginning. The energies are so strongly being impeded into our physicality and into this planet, that it has caused such pain and it has caused so much of what was familiar, even if it were uncomfortable. We were uncomfortable in our uncomfortability and it's all being forced to leave us. Even if we're stripped naked, we are then lost with ourselves. And we will ask, 'what will make me happy now? What will bring me peace now? If I were building my life from the very beginning, what would love look like to me now? What would loving myself look like now? How will I steward this precious vessel of mine forward now? How will I steward my life in such a divine expression of myself?'

SIMRAN: Discuss the strengthening of the divine, feminine shifting the roles within men and women and shifting the energetic within men and women.

MAUREEN: The divine feminine has always led with the heart. The divine masculine has been a matter of head over heart. The new world, the Golden Age is pure by our heart. We will be thinking with our hearts. We will be feeling with our hearts. We will be making choices from our hearts. It's a much easier switch for a woman to make than a man, simply because the man has been the hunter, the fisher, the thinker, and the problem solver. He is the one who was taught to show emotions is not manly. I believe that we women have to remember how to nurture men, to feel safe in allowing the softer side of themselves to be exposed. We have to be willing to not hop to judgment so quickly, so that we step more deeply into our divine feminine role. And yet, be this beautiful soft powerful example of being a woman; power that by love, not power that by force.

Most men, through millennia, have thought of power backed by force. And that again is another switch, a big switch that is happening with the divine feminine, power backed by love.

SIMRAN: If we switched to the perspective of humanness, what is it that men most need from the divine heart and what is it that women most need from the divine heart? Men have really had a history of war, and women have had a history of suppression. So what do we need to give each side?

MAUREEN: Love, nurturing, understanding, and patience; not the set up situations to betray ourselves, because there are many upon this planet that are making their own choices not to change. It's not for women to put themselves in a situation where they're going to suffer ever further. It's a new dance that we are being asked to learn. How do we love, support, nurture and make safe for each other the expression of who we really are, our authentic nature?

There are very few men and very few women that are walking this planet authentically, with the inside of themselves and the outside of themselves in harmony. They have been comfortable enough to strip down their layers, their labels and are walking bare. 'This is me. This is me that I am. I'm not going to try to be this to please you and that to please you, and this to please myself, and this to show a face to the world this way, and another mask to be put on to show some of my parents something else.' God, bless our hearts; each and every one of us for being so courageous to say we would do this or 'I'll give it my best shot'.

In knowing that, every one of us can look at each other and recognize each other as the many 'ME's walking around. Rather than separating myself from someone because they seem so uniquely different and odd, that's a part of me. That's me in that role. We've all played all the roles.

When we choose partnership to demagnetize to us, based

on the frequency that we're holding, we have the same divine purpose - walking together, shoulder to shoulder, having communicated well with each other what we choose to be the expression of the divine as one.

Fifth dimensional living is simple. But, to go from complex to simple is not always easy. That's the process in this next year ahead of us, of 2012 that we're really getting to the last pieces of our reconciliations with ourselves. And a massive part of that is learning how to love ourselves.

SIMRAN: There are three groups of people. There are those totally oblivious to the fact they need inner work, the group that is actively seeking and working on themselves, and a group of wayshowers, who are trying to support those individuals on the planet.

MAUREEN: There's two levels of the wayshowers. There are wayshowers that go to such extremes they burn themselves out. It's not about giving one's self up in order for the rest to be able to get through. It's about honoring one's self as the wayshower, in equal measure and proportion to those you are showing or helping to lead. That is critical and that has not been the case. There have been wayshowers and 'trench diggers' and 'path cutters' and many have done so until they have bled from the inside out and there's nothing left of them anymore.

Now, it's about doing it with the lightness of spirit and about extending a hand without expectations and without insinuation. If someone comes and asks, they can show and give love everywhere you are. Just give love. There are so many ways that don't have to deplete any longer.

There are people that are slated not to wake up in this lifetime, and so be it, and we've left them. There were other like times that we chose the same. Do not judge them, bless them; and don't try to turn them into something that would please you. They have their soul's journey. That goes for a lot of parents that are trying to push their children into a part of the journey that they experience much later on in life. As parents, we need to also give their children the room to have their souls' journey as well. Those that are working on themselves, balance it with what makes them happy, what makes them peaceful.

What does peaceful look like to you? What does happiness look like to you? What makes you dance with joy? What are the aspects that you've given up to work on yourself and have you gotten out of balance? This balance needs to be restored and if so, what does that look like? Then, take your own love and move that into action, so that while you're working through the other parts of yourself that need your love and support, you're also bringing back the play and the enjoyment and the happiness.

SIMRAN: Can you talk about what self-love truly is?

MAUREEN: You know, very simply, it is 'To love yourself so much that you will never, ever, set up any circumstances that would betray yourself again.' You set out to find love and then you keep stopping;

'spirited roadhouses' along the way. What does 'spirited roadhouse' mean?

- Your own self-critic.
- Your judgment about everyone else.
- Your belief that you're not good enough.
- Your belief that you're not worthy enough.
- Your belief that you will fail.

Those are all mean-spirited roadhouses. Each time you set out to find more of yourself, you are setting sails to find more of your own love for yourself. That's really the key. It's not about how many more people can you love. That will come.

You know, a miserably failed commandment – 'Love thy neighbor as yourself.' We couldn't love our neighbors like ourselves, because we didn't love ourselves. So how are we going to love our neighbors properly? How can we love another properly unless we know how to love ourselves? How can we do that?

We really need deep, deep love and respect for ourselves, to learn the ways that we can steward our lives, so we make choices from love and not fear. In every case, whether it's your job, whether it's your relationship, when it has to do with your children, we only make our choices one of two ways – out of love or out of fear. And they share a very thin metal of the same coin. So which way are you going to flip it?

Slow down the phase, so that you're really considering your choices for yourself, for your new life, with thoughtfulness, with reverence, with self-respect. So slow down and be certain that you don't make that choice until you know you've made the choice out of love and not fear. No matter how scary that might be for you, that's the way the pattern will begin to change.

Take your own self to heart and start to reverse the habitual patterns of your life, making choices out of love and not fear. If you fix your old choices and try to move up into a higher fourth or the fifth bandwidth of energy, you will be able to get there.

If you continue your patterns and old choices, you will find yourself suffering even longer, and more, because you'll see other people that have done it. You'll say, 'What's wrong with me? Why can't I do this?' Because, you didn't love yourself enough, that's all. If you can turn that around, everything will come into your reality for you.

The time is now to make intelligent choices. Go get a packet of seeds and a window box where you put your plants. Put that inside of your kitchen window or near sunlight. Every morning, take one of those tiny little seeds and hold it in your palm. That seed represents a portion of your new life. What are the intentions that you're going to put into it? What are the blessings? How are you going to nurture it? When you feel clear that you have made a clear intention for the seed, a clear choice for the seed, and prepared yourself to nurture this seed, put it in your planter box. Make a little sticky note with that intention so you can watch it grow and be reminded of what you're going to do inside of yourself.

SIMRAN: What is the greatest life lesson you have had thus far?

MAUREEN: Making sure I'm walking my talk. Making sure I become a



credible source of information for people and that what I speak, is my authentic life. That's my greatest life lesson.

This came to me probably about 25 years ago. I was really struggling at that time, in many aspects of my life. She said, "Just read this everyday" and I read it. It's called Abundance. And I said, "I don't believe a word of it". She said, "It doesn't matter. Read it anyway and say it every day until you do believe it".

I think I remember it well enough to say it. And when I say abundance, I do not mean just money. I mean the abundance of all of life – the abundance of happiness, peace, joy, love, money, relationship, health, all of it. It goes like this...

"I dwell in the midst of infinite abundance. The abundance of God is my infinite source. The river of life never stops flowing and it flows through me into lavish expression. Good comes to me through unexpected avenues and God works in a myriad of ways to bless me. I now open myself to receive my good. Nothing is too good to be true and nothing is too good to have happened. With God as my source, nothing amazes me. I give freely and fearlessly into life and life gives back to me with fabulous increase. I am indeed grateful and so it is". -Unknown Source

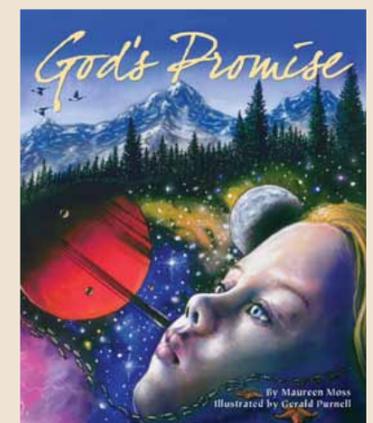
I said that decree for years until one day I felt myself merge with it. I started to really believe it. It sits on one of my altars, because it held a lot of wisdom for me.

SIMRAN: I felt an emotional opening when you said 'On that one day that I truly felt it.' What shifted that you knew it was your divine timing?

MAUREEN: I could feel the Divine coming into me. I could feel myself becoming so much more than my little self that was so abused as a child, that was told would never amount to anything. I could feel the Divine coming into me and saying, 'now let me show you something about yourself. Let me show you the truth about yourself.' And, I finally opened up. I unsealed the box that I thought I was protecting myself inside of and I just opened up.

"I have said this often too, we've all been chosen but few choose because it's not an easy journey. And, it's not the end of the journey either. It is beginnings and endings, all merging at the same time. We're beginning a completely new cycle of time, but the majority will be babies, learning to crawl, learning to walk and growing up. So now, not taking our lives cavalierly, in this brand new glorious opportunity to really nurture and care for ourselves and understand our feeling nature, not shutting down and burying our feelings, but to understand the frequency of vibration and what it means to come and merge with our advanced self, because we don't just live here. It's like learning to live again, stepping out of the old nature – the human temple, with all of the distortions, drama, chaos and complexity, because it has no place in the new world. And we have to be willing to.

It can be very scary or we can just look at it as learning to dance with mystery. Wherever there's mystery, spirit is. We're not alone in the dark. We're just in transition. Rather than choosing to be afraid of it, be open to embrace it and more will come in a graceful manner. We don't need to be hit over the head anymore for lessons. We're past that. We really are. We only need to really understand what it means to live from the center of our beings, which is our heart." – Maureen Moss



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SKIN OFF MY BACK

By Donna Savage

"If I could take my skin off and get much closer to nature, I'd do it." I was watching a documentary about William Morris, world-renowned glass artist when I heard these words. I hit "pause."

Morris wants to take off his skin! Me too! His narrative addresses how being in nature affected his art. "... I just let myself absorb and be absorbed by everything that is around me. ... I am not looking for or hunting for an idea, or something that's going to be on the surface conscious level—its always just dumping itself in and I am just absorbing it, I can't help it."

This is a good description of what it feels like to be empathic. This is beyond intuition. It is a deep knowing. It is the ability to feel no separation between oneself and others. The gift of the empathic experience is to be able "to shed the skin" and join in a unified field of consciousness.

In contrast to the degree the empathic quality is developed, there is an equally opposing and potentially detrimental aspect to be reckoned with. The challenge is to learn how to stay expansive in a closed system. The empathic sense must be explored and trained, honed like any other natural talent in order for it to enhance the life of the empath.

Think of an empath as being like a radio station with a very wide bandwidth. She (or he) may pick up the programming of 100 channels, when the person who is not tuned this way may only pick up 10. When all the channels are pouring in with no filters, the empath who does not know how to close down their "bandwidth" cannot select one channel over another. It all becomes much like static noise when one cannot tune into a particular station.

The angst of the greater world pours in through television, computers, etc., compounded when people who listen to those broadcasts add their fears and anxiety about the state of the world to the stream. "Big things" and "little things" jumble together and the empath who is overloaded cannot discern the difference. Even the simplest decisions become virtually impossible.

Many empaths are unconscious of it, especially when they are young. To absorb an indiscriminate stream unknowingly can be quite confusing, if not devastating. The empath may feel like there is an alien living inside of them. They may feel like they are saying and doing things that are out of character or out of their control. They sense something is going on but they cannot identify it. They seek ways to deal with the overload—they may try to shut down completely, even to the point of committing suicide.

A very risky coping mechanism is alcohol consumption or other substance abuse. It effectively shuts down the empath's sense of being too open. They may feel shut off when the actuality is that the alcohol creates a wide-open, numbed-out altered state, a set-up to be energetically barraged by an uninvited flow of people **and** entities.

When I discovered that my empathic qualities were very developed, that insight helped me make sense of my world. My past was cast in a new light with the realization that the realities, emotions and thoughts of other people were flowing into me. What an "ah-ha!" moment it was to learn that much of what I felt was not mine! I was an unconscious empath, seeking clarity based on a download of information that had nothing to do with me.

I was in my thirties when a gentle and direct psychotherapist clued me into the concept of boundaries. She told me that I had none. I had no idea what she was talking about. Little by little, I learned to "have boundaries," and my world became more manageable.

From that time on, when I feel an emotion come in from "out of the blue," I ask myself, "Is this mine?" The question is just as valid whether I am with someone or alone. It may be that I am sensing someone close to me or that something is happening on a global scale. Usually, it isn't details that I pick up. More often, it is the essence of someone or something that comes in. Sometimes it is mine—a sudden intuition that can be quite helpful.

All my life, people have said to me, "You need to develop a thicker

skin," or "toughen up!" Each time I hear this, it makes me feel deeply sad because I want the opposite. To tell a person whose essential nature is to flow—to absorb and be absorbed—that they must develop a thicker skin, is the same as saying to them, "You cannot be you and survive in this world."

I am happiest when I feel like I have no skin and I still feel safe! Just like Morris when he is surrounded by nature, when I am boundless, I can feel everything and everyone, and ...

Their excitement is my excitement...

Their joy is my joy...

Their love is my love...

And ...

Their stress is my stress...

Their pain is my pain...

There is the rub. Even when it is a good-feeling emotion like joy or excitement or love, one can see how this can be a challenge for the empath. How can she know if she is really in love when someone pours their loving feelings into her? How can she tell if something is really good for her own life when someone's excitement is flowing into her?

However, I wholeheartedly reject the premise that in order to thrive in the world, the empath must develop a thicker skin. It is akin to trimming a bird's wings or pulling off a spider's legs! An empath who protects with a thick skin is shutting off a major form of communication, key to their sensate nature.

Morris states it very well, "Our skin is the largest organ of our body. And it's the most immediate way to sense the energy that is around us. ... I want to experience this world as immediately as possible. I want it directly on my skin."

When I was eight years old and in the kitchen making cookies, I remember suddenly looking down and seeing the top of my head. I had a sense of floating above myself. A surreal sound filled the air, a sound that had no actual sound, yet I could sense it. The experience frightened me.

It was another twenty years before I heard the term "out-of-body" and I immediately knew what it meant. I learned to go with it and not be afraid. For me, it has been a most effective means for creating a safe space in which I can shed my skin for a while.

I recall the first time I actually realized that I was out of my body. I was hovering above the bed and I felt only minimally connected to the "me" that I observed fast asleep. I left my sleeping self behind and joined with other beings in a most celebratory experience. I was very much alive, very—everything!

Nothing compared to this feeling of spaciousness, blending with all that surrounded me. I had no interest in returning to my body. "I will stay here," was a pulsing that flowed from me outwards to the other beings. They, whoever "they" are—benevolent, loving beings of light, incessantly pulsed back to me, "No. You must go back." From then on, I knew I could return for a visit any time that I want.

For a brief physical time that feels limitless, these visits remind me that I am a boundless being. I cannot die. I do expand. I lose my ego-self. I lose identification with who "I" am. There is no "I" and yet there is a sense of self in relationship to other beings. I realize there is no "other" on the other side.

It used to be that after one of these visits, I would wake up the next morning feeling like my skin was two sizes too small. I felt claustrophobic inside myself. It depressed me to feel my movement so

restricted and in complete opposition to the limitless experience before awakening. It was difficult to be excited about my "in-body" life when I felt hemmed in by my own skin!

I wanted a way to be more grounded in the world and still feel expansive. I was guided to visualize a bodysuit that provided only as much protection as I need in any moment, a living, breathing armor. My bodysuit is luminescent white, made of full spectrum light. Its surface is permeable and I imagine that I can breathe through the pores of my skin and outwards through the bodysuit, activating my sensate qualities, and moving freely.

The bodysuit visualization reminds me that I really need no protection or filters at all as long as I allow Source Consciousness to flow unimpeded through me. Source absorbs and is being absorbed at all times so nothing can get stuck in me or on me. In fact, when I am in flow with Source, I experience a connectedness that is on measure with my out of body experiences, only I am fully awake, fully grounded, and fully in my body.

Meanwhile, for those times when I forget that I am pure consciousness, when I forget that I am boundless... I create a painting. I work in the soil. I sit with my back against a tree. I wiggle my toes in the dirt or the sand or the grass. I lay on the ground, inviting it to enter me. I take a hike.

Being in nature, especially after several days of camping with no one around, allows me to commune with all the elements. I am able to get close to many animals that normally would keep their distance. One time, a squirrel sat between my feet while I painted, and it stayed with me for entire day. It was pure joy to have its cheery company.

The more prolonged my time in nature, the more I am permeated with the sounds of wind, river, birds, and trees. What comes in, grounds me. Shortly after, the communication begins. Friends drop in from all over the world to visit in my heart and in my dreams. I send and receive messages. I am flowing. There is no overload.

I have shed my skin for a little while and I am boundless again. I am home. I shed a skin that has absorbed all its surroundings, and I leave it behind—becoming one with the place of no barriers no skin nothing between me and the other beings not even a comma!



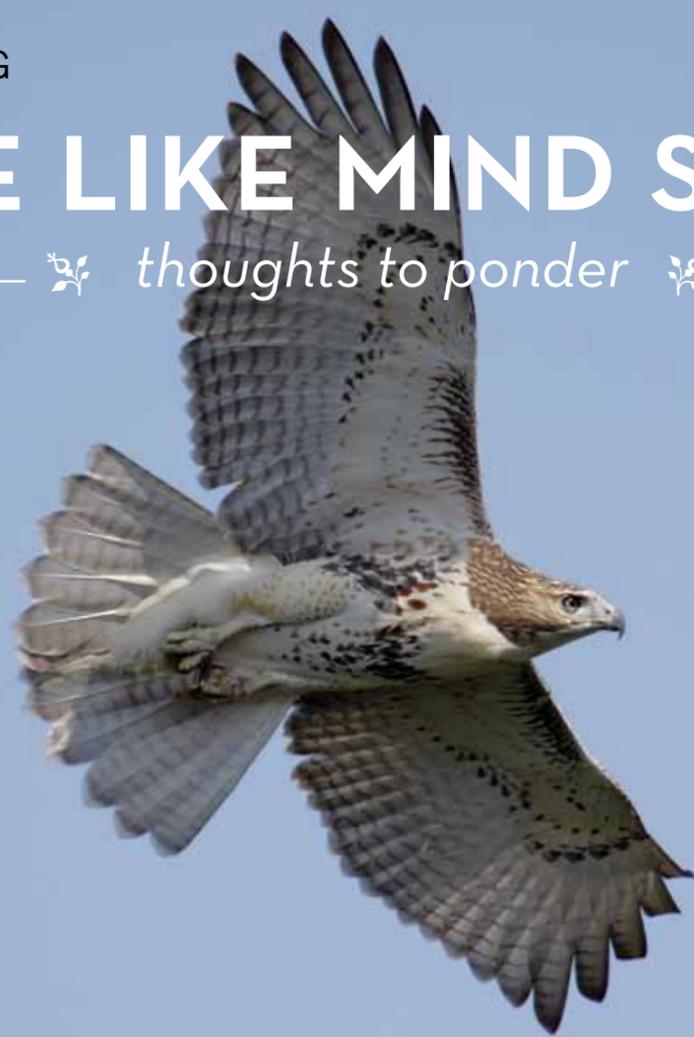
Donna Savage is an author, artist, and energy worker who inspires individuals to live their authentic lives. She has been dubbed "an energy worker for energy workers" because she holds a grounded, expansive field that supports deep transformation.

*Her book, *The Man and The Shark: A Modern Day Fable of Awakening and Rebirth* is the story of one man's awakening to his essential nature, and a metaphor for the awakening consciousness of mankind. Her contemporary abstract artwork is an exuberant expression of her love of dance, movement, and color.*

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THE LIKE MIND SERIES

— ✨ thoughts to ponder ✨ —



PROJECTION

By Sara Salam

Projection is everywhere and if you've ever seen the movie *The Matrix*, you already know something about it. There is a scene where one of the main characters, Morpheus, says, "The Matrix is everywhere. It is all around us."

For those who haven't seen the movie, Morpheus is referring to the idea that what we perceive about the world around us is really just a projection, electrical circuit, interpreted by our brain, rather than what really is around us. The movie, "What the Bleep Do We Know" states a similar theme: our eyes see much more than our brain is able to process. In fact, whatever our brain processes as "reality" is really only a very small fraction of what is truly present all around us.

Recently, I have been thinking a lot about projections, and the way we project our inner world onto the outside. I thought I'd share a little piece about projection and the way I have come to know it.

As I learn more about the world of energy and recent scientific

discoveries, it seems that our world is more like the *Matrix* than many might think. It is perhaps less dark than that portrayed in the movie; but what's so interesting is that most of us still seem to enjoy engaging with drama and darkness. And for this reason, the movie holds our attention.

That brings me to projection number one: As a society, we tend to praise stories of suffering and heartbreak. The tragic, lone hero, whose woman usually ends up dead and he often alone, is a basic tenet of many movies and television shows (Jack Bauer from the TV show *24* comes to mind). Humanity praises suffering and working hard as precursors to success; and if that's what we project that is exactly what we will manifest for ourselves.

Think about it. Why is it that we give so much praise to people who have suffered? As if somehow that makes them more special? As many of you may know, my sister died in a car accident and I was there to see her die. I had PTSD for quite some time, flash-

backs, and depression. But look where I am now! Living my dreams! And for that, I have been given much praise and I have been made to believe that somehow I am special for surviving, for making it through such a hard time, and coming out on top.

If you find yourself agreeing with what I just wrote, let's take a minute to pause and ask, what makes you agree with me? What is it that makes us give so much praise to people who have suffered? What makes us believe that somehow it makes them more special?

Often times, when things are easy for people around us, we tend to judge, and again, project. When is the last time you heard someone say, "Well, he had it easy," as if to imply that he doesn't deserve what he's accomplished because he didn't have to fight for it.

Yet, wouldn't it be great to manifest that abundance, joy, health and dreams do come easily? Why do we judge people who get things "handed to them?" Why do we project onto them that they are dumb, lazy or somehow don't deserve it?

I often look at people who "had it easy," who live a simple life, who have things handed to them, with curiosity because, somehow, they were able to manifest things magically and easily. And that just sounds nice to me. Who doesn't want a little more ease in seeking one's dreams?

Here is my wish: that people do not have to go through that kind of suffering in order to align with their life mission. My vision is that they can get interpret the signs they are getting from the universe earlier, before the big bang, and before the tailspin that often follows some traumatic event.

My hope for you is that you become more aware of your projections. For me personally, I would much rather look at people who had things handed to them and try to learn how they manifest abundance and joy, rather than looking at people who work themselves nearly to death. And the truth is, that as long as you look at and admire those who have suffered, you are, in a way, saying to the world "let me suffer, too, because otherwise I won't feel worthy or I won't progress spiritually."

Now, of course, we can and want to feel compassion for those who suffer, and help them raise their spirits in any way we can. Suffering comes in various forms and to many. Nothing I say implies a lack of compassion or a blaming-the-victim mentality.

However, the stories with which we identify must be examined carefully so that we can truly understand the belief systems behind those stories. For example, if we identify with stories in which feeling worthy and accomplished is always accompanied by suffering, then I would suggest you begin looking for stories where self-worth and accomplishment come easily and with no strings attached. The stories are out there. All you need to do is to find them, and change the way you engage with the world. Make conscious your hidden projections, and use them to create inner change.

Here's the good news: You have a choice. Of course you can manifest suffering and hard work and then feel vindicated and worthy

when you achieve something; there is nothing "wrong" with working hard or suffering. But it is a choice. As long as you are conscious about what you are choosing, projecting, and manifesting, it's really up to you. And that's what this is all about: becoming more conscious and making conscious choices.

Even knowing my story, please don't project onto me that, because I went through great suffering, I am somehow more deserving. The fact is that everyone is deserving. Everyone has a divine plan, if we listen to it; each one of us has a unique place here on earth, just like each star has a place in the sky. One star doesn't look to another and says, "You don't deserve to shine that brightly" or "You deserve to shine really bright because you had a difficult time."

The reality is, that projections are very real and are often completely ignored or unconscious, which is why I challenge you to pay attention to yours. Stay out of self-judgment and simply notice where you project. The way you see the world, everything around you, is a projection of your own inside world.

For example, when you watch the news and learn about upheaval or violence in the world, pay attention to your projections. Where is there upheaval or violence within you? How can you transform the places within you that feel upheaval or violence? And what is it that you are projecting to happen now in that part of the world? Is it a future based on fear of the probabilities? Or, are you choosing to hold that part of the world in the possibility of peace and hope?

If you see something you don't like, check where this is present within you. Shift it within and it will shift around you. You can rest assured, and become conscious of the fact, that whatever healing work you do for yourself affects not only you, but also your loved ones, family, community, and the world. However, the focus must start with your own inner work, because if you try to heal the world first, you are, again, projecting. If you want to become more conscious of projections, start with yourself. For more on becoming aware of your projections, watch for my blog post, "The Power of Intention."

My wish for you at this time is that you may become aware of your projections so that you can shift them to hope-filled, inspiring, possibility-driven visions. My hope is for you to feel yourself become more full, more whole, more complete. My vision is for us, as a community, to stay out of judgment and to allow ourselves to be vulnerable, supported, and protected to do our own healing work, and bring more intention, power, and compassion into our daily interactions.

Sara Salam, a practicing western Shaman since 2007 and founding director of Luminous Warrior is a shaman, healer, and business woman who supports individuals in getting into alignment where the heart meets the practical, how spiritual manifests in the physical, and how to clear barriers for moving forward.

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My Nature

By Damara Woodring

Ever since I was a child, the world always amazed me. While other children we're watching cartoons, and playing with dolls and other things, I was outside, running wild and free. Playing in the grass, talking to the trees, smelling the flowers, lying in the sun. I always felt so at home out in nature. So connected, as if we were one entity together. My highlight of the day was coming home from school, rushing through my homework, all so I could go sit under my favorite tree.

My parents often told me I grew from a flower, and that was the reason I loved nature so much. I used to believe them, so when I would go outside, I would call all the flowers and plants my brothers, sisters and cousins. This love of nature molded me into the flower child I am today. Strong advocate of keeping the environment as clean and as natural as I possibly can, while enjoying its many gifts it has to offer.

No, those of you reading this may be wondering why I am sharing all of these things. My love for nature was no coincidence or something that just developed. It was embedded deep within me by the creator. In all of us, I believe, there is that deep longing to connect with nature, and our natural selves. When I look at all the advancements made in medical and nutritional history, it all started from nature. Roots, flowers, fruits, seeds, plants, anything you can think of. It makes me wonder...What happened?

People now a days seek convenience, but at what price? What we think is doing us some good, is really doing more harm. It's no secret that all these pharmaceutical drugs have some sort of side effect or backlash that often masks the symptoms, instead of healing it. This is becoming a huge problem, as more and more people across the globe are becoming ill, and diseased. They take these pharmaceutical drugs, and wonder why they never get better, or why they do get better, but once they stop the pharm. products, they are ill all over again.

Unfortunately, because we, as human beings are so trusting of our providers, we assume that it's for the best. This goes for our food and bath and body products as well. We are constantly moving and depleting our energy, so our food and adequate amounts of rest of course, should help our body's natural recovery right? It seems that nothing is working any more, leading to the ever so wonderful development and demand for holistic/alternative lifestyles.

So what does nature have to do with all of this? Everything! Nature has been a remedy for billions of years. Curing a disease, speeding up the healing process of a break or sprain, colds, oils to relieve a multitude of symptoms, teas to heal and cure just about any sickness. The fresh fruits and vegetables, grown without pesticides or hormones packed full of the vitamins and minerals found in the soil. I look back to how ancient civilizations lived. They got plenty of exercise, raw organic foods, they looked to nature and whatever deities (who were often governed by some force of nature as well) for answers

and found them. They took time to just be, in nature, whether they were farming, hunting, bathing, or sleeping, they took time.

Being in nature was a time often of reflection, meditation, and focusing on the days tasks. Being in the harmonious embrace of the wilderness, quiet, yet full of beautiful melodies played by the animals and the plants and trees. It was quiet enough to hear your inner self. Quiet enough to rest, and to rejuvenate, to heal and to relax. Now, in our busy lives, we live in crowded cities where we can hardly see the stars, or hear the beautiful sounds of nature. Our air is polluted, our water is damaged, our food supply is chemically altered or covered in pesticides and who knows what else. Not to mention, we very rarely slow down, and take time to be away from all this noise. So we are more stressed and ill and the situation is getting worse.

After sitting and pondering a solution, the answer was clear to me. All those years I spent connecting to nature, learning the secrets and mysteries of life, learning from those who were well versed in herbalism, and root work, the healing benefits. Learning from other cultures to create remedies, and learning from my guides and my inner most self, how to be still and listen. NATURE! Getting back to our "roots", pun intended. Finding truly organic foods to replenish and nurture our physical bodies. An adequate amount of sleep for our own bodies. Not just going by what the recommended amount of hours of sleep are, but by getting to know what your body needs, and allowing those needs to be met. Go for walks, exercise outdoors, not just indoors. "Full" joy the scenery if you have the ability to. Most importantly, take some time alone, and sit someplace quiet and uninterrupted by the everyday hustle and bustle of the city life. Kick back and relax in your hammock, or favorite chair, or lay a blanket out at a beach over your favorite spot at the park. You could even lay right on the grass or lean up against a tree. Touch the wild world all around you, hear see smell, and taste if you have the luxury. Allow yourself to be at one with your surroundings. You will feel a great sense of rest and relaxation, and even solve a few issues that have been on your brain.

I hope that I was able to convey to you my love of nature, and the importance of it being connected to our lives. The impact and the difference it can have on our health. The connection it has to everything around us. Bringing us more awareness of ourselves and our environments, nature is a great parent, teacher, nurturer, guide, healer, and a myriad of many other wonderful things.



Love is the Answer

Wesley Milliman

On a very deep level, all living beings love one another, and they are joined in the vast process of birth, growth, reproduction, and death. Nature is a process of mutation, transformation, and change; the earth is a stage upon which we hug and caress and kiss. Like the laws governing living things, the laws governing inert nature are all contained in one universal law. All physical phenomena are one phenomenon of love. The condensation of the snowflake is one with the explosion of a new star, a super nova. Everything in nature tries to breakdown its own limits and go beyond the confines of its individuality, seeking someone to whom to give itself, into whom to transform itself. The laws of thermodynamics and electrostatics, the laws of light and universal gravity are all manifestations of one and the same law of love. Everything in nature is incomplete and offers itself to another. All beings in their most secret self and deepest depth hunger and thirst for love. This search for completeness (and perfection and love) is called evolution.

All things are related to one another, so that the whole universe is one immense being. The whole of nature touches and intertwines. The whole of nature embraces. The wind brushing my cheek, the sun kissing me, the air that I breathe, the fish swimming in the water, the far-off star and I who look up at it are all in contact. What we call empty space between the stars is made of matter, dark matter, and dark energy. The stars are merely a denser concentration of this elusive interstellar material, so that the whole universe is like one big star. We all share in this universe through one and the same rhythm, the rhythm of universal gravity, which is the force binding chaotic matter. In truth, this unseen force is the rhythm of love. We will never rest until we find God. Only he can satisfy our heart and the enormous love that is in us with all the force of universal gravity.

All things speak to us of God, because all things long for the Lord, the starry sky and all insects, the huge galaxies and the chipmunk playing all day long, startled by anything that comes near it and hiding from it (its every movement is an unconscious movement towards God). All stars

move toward the Creator, and only in the Lord can the universe find rest.

To know God is what we seek in our journeys, in science, in books, in love. This is the reason why we thirst for experience and our thirst can only be satisfied by God. Theresa of Lisieux looked forward to heaven, thinking that there she would understand how birds, and flowers, and the wind are made. In heaven, we shall not know reality in a limited way, through our five senses, as we do now. We shall know total reality, as it is, with a direct knowledge and a total love.

Our true existence lies in being known by God. We are to the extent that we are known by God. The only thing that God does not know is evil, because he is infinitely innocent. Our soul is essentially a mirror, and the soul's beauty is the beauty of God reflected in it, for our soul is like the moon reflecting the light of the sun.

We all share in the same cosmic rhythm. The rotation of atoms and the circulation of the blood and the sap running through plants and the tides of the sea and the phases of the moon and the rotation of the stars in the galaxy and the rotation of the galaxies. It is all the same rhythm, all the same song, sung in chorus by the whole universe. For all natural laws, as the Book of Wisdom says, are like the rhythm of the strings of the harp, and modern "string theory" in quantum physics substantiates this paradigm. The "music of the spheres" is God's voice speaking directly to his children every moment of the day and night.

Wes is a freelance journalist and spends part of each year working for a charitable organization to provide medical care in remote areas of India. For a free set of tapes or Cd's of Sai Baba's materialized sacred ash for meditation and healing, send 4.95 for shipping charges to: Wes Milliman, 2417 Colony Court, Ann Arbor, MI 48104



Temple of the Stars - A Pathway to Enlightenment

Peter Tongue

Many people awakening to their higher spiritual purpose are seeking a way to achieve this through a safe and enjoyable journey of transformation. Just over one year ago, we were presented with an absolutely phenomenal gift that allows us to do just that. It is called a landscape zodiac, or a "Temple of the Stars." The idea is, in different parts of the world, there are giant effigies imprinted in the landscape representing the twelve sun sign constellations. These structures are shaped by the natural contours of the land through hills, valleys, streams, ponds, and ancient tracks. Some of the effigies are huge and the entire zodiac wheel can be many miles across. The existence of such structures is mind blowing in itself, but in addition, current-day esoteric experts have determined a way to work with these landscape features – to take us on a transformative alchemical journey. In my home town of Victoria, BC, Canada, through a series of remarkable events and her own intuitive brilliance, Mary Dowds discovered and discerned the presence of a landscape zodiac in and around our city.

The twelve sun signs represent the twelve archetypes of the human condition and by gaining an understanding of the light and dark attributes of each sign, we can assimilate the positive ones while transmuting the shadow aspects. We all have connections to certain sun signs, according to our astrological birth charts, and we are also affected by each constellation as we move through that sign on the annual journey across the night sky. The great advantage the landscape zodiac provides is for us to walk with the constellations under our feet, to co-create with Mother Earth as we come to terms with our personal issues. Any pilgrimage we take requires us to go on a physical journey, to face any challenges, adventures, and interpersonal relationships that may turn up along the way.

Many will be familiar with the El Camino pilgrimage. Few will know that the El Camino is a reflection of the Milky Way galaxy and so, as you walk the trail doing your inner and outer work, you are really acting as the bridge between the heavens and Mother Earth. Every step you take is a co-creation with heaven and earth. It is a reciprocal arrangement. As you cry, Mother Earth cries, as you clear dross, Mother Earth clears, as you sing with joy in your heart, so does

our Mother. As you become more aware and conscious of yourself, so does Mother Earth. This is conscious co-creation.

As the year has unfolded, we have seen remarkable transformations take place in the people involved. Healing, greater awareness, understanding of personal situations, increased creativity, and a closer connection to both nature and spirit have been evident. The most remarkable and consistent element throughout has been synchronicity – situations that you couldn't possibly dream up in your most extreme fantasy novel! The more you engage in the journey, the more the energy builds and the greater the incidence of synchronicity. I believe synchronicity is synchronized time and space, providing us with magnificent clues, a road map to authentic truth. This is a stunning journey of balanced brain activity and intuitive insights, confirmed by follow-up research.

The person behind the emergence of the modern-day landscape zodiac was Katharine Maltwood, a highly respected sculptress living in England in the early twentieth century. She was asked to illustrate a document translated from French called "The High History of the Holy Grail." Rather than seeing this merely as a metaphorical journey, she set out on an actual physical journey that began at Cadbury Castle in south-west England, the legendary site of Camelot. Following the information in the High History, she found herself in Somerton, the then capital of Somerset County in England, and discovered a giant lion in the landscape. From there, she began uncovering other giants, spread out over the land, eventually leading to a full set of zodiac features, centred on Glastonbury Tor. Not only did Katharine discover Glastonbury's Temple of the Stars, she also outlined a process through which we could work with it, to set ourselves free from the wheel of Karma. The twelve effigies can represent any of the twelve archetypes, including the twelve Labors of Hercules, the Knights of the Round Table, the Apostles, or even the Priestesses of Avalon.

Katharine left England and moved directly to Victoria, BC, Canada in 1938, which is where I now reside. One of the most significant gifts that Katharine brought to Victoria from Glastonbury was a graft of the Holy Thorn Tree. The legend behind this tree is central to this unfolding story. Joseph of Arimathea was the hidden

disciple of Jesus. He was a tin merchant with the money and resources to support Christ's mission. He was the person who negotiated the tomb space for Christ after the crucifixion. He cut down the Lebanese hawthorn tree, which had been used to make the crown of thorns, and it became his own personal staff. After the crucifixion, when other members of the Holy Family, including some of the Apostles and members of the Essene community, were at risk for their lives, Joseph brought them to the South of France and the western extremities of the British Isles. When Joseph sailed into Glastonbury and alighted on one of the mounds above sea level, he stuck his staff in the ground and proclaimed, "We are all weary!" By doing so, he anchored the Christ energies into this site, now called Wearyall Hill and one of the fish in the Pisces effigy. This staff transformed into the Holy Thorn Tree which flowered beautiful white blossoms twice a year at Christmas and Easter.

Within weeks of us discovering the presence of this Holy Thorn Tree in our Victoria landscape, the one in Glastonbury was cut down by vandals. Our thorn tree is in our Aquarius effigy and when this happened, it felt as though a transfer of energy had taken place, signaling the end of the Age of Pisces and the beginning of the Age of Aquarius – the end of the age of the guru and the beginning of the Group Avatar, where we all bring our unique gifts and talents to the Round Table of the zodiac wheel.

So how do you work with this zodiac wheel of alchemical transformation?

We began one year ago on April 17th, which was Katharine Maltwood's birthday in the sign of Aries, the first sign – a fire sign which represents the first impulse, the first ignition. We didn't know what we were doing or where any of this was going, but we began with gusto, excitement, and enthusiasm. We held one-day workshops each month, discussing the energies of each sign, followed by a pilgrimage out into the landscape.

Our journey brought us full circle into Pisces in early March this year. The quality of Pisces encourages us to "let go." Most of us hold onto aspects of our life that help create our identity: partners, family, career, hobbies, and the old safe way of doing things. In order to be truly free, we need to release all of our old limiting patterns and reconstitute ourselves. In this way, we become transparent, our true authentic selves. We become who we really are, rather than what everyone else expects us to be. The shadow side of Pisces is getting lost in the sea of consciousness, in the mist and fog of confusion. Merging into the oneness and losing yourself is not part of the plan. Merging into the oneness, experiencing bliss, harmony, and love and returning to the Earth plane is. Our role is to bring heaven to earth through this process, not ending up in never-never land. The landscape zodiac offers us an anchor, our chord back to this reality, so that we can return fully grounded and enlightened.

The final stage of our first round was to go to the hub, to the center of the zodiac wheel, not an effigy but a virtual still point. Imagine a vertical axis to the pole star, with the zodiac disc spinning around it. Throughout the year, we had planted a Lemurian seed crystal within each of the twelve sun signs, to anchor the energies at each sacred site. Now, at the center of the hub, we planted a final one to link them all together – to integrate and activate the entire crystalline structure. This was the culmination of our year's journey and a very humbling, highly-charged moment for us all.

There are a number of landscape zodiacs across the planet and at our hub ceremony, we set the intention of connecting them all together on the Spring Equinox, 2012. All of the zodiacs are fractals of each other, wheels within wheels. Each landscape zodiac, whole and complete within itself, becomes part of the overall global landscape zodiac as well as the galactic zodiac. As we consciously co-create with our local zodiac, the celestial realms, and Mother Earth, so the Earth responds in this conscious co-creation movement towards peace, harmony, and love. This truly is a wonderful opportunity for us to individually and collectively raise our awareness to herald in a new Golden Era of Peace on our beautiful planet.

Peter Tongue is the host of "Awakening to Conscious Co-Creation" on the seventh wave network of Voice America internet radio, spending most of his time working with higher consciousness in the transformation of our beautiful earth. Peter will be co-leading a sacred feminine sacred site journey to southern France over the fall equinox.



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A MULTI-DIMENSIONAL CONVERSATION

By Elaine Seiler

Strange Bird is a multi-dimensional being newly on earth and feeling lost... but ends up in a conversation.

“SO WHAT IS THIS ENERGY BETWEEN US?” asked Strange Bird, an extra-terrestrial being, stranded on planet earth, of her human companion.

“Multi-dimensional, at the least; fun at its best,” the Human responded.

And so it was that the space was filled with all the Present Moment could hold. The

Moment let go of itself for just an instant and wondered, *“What is this?”*

Reason sat mute, feeling the sacredness of the space.

Time and Space melted the past, present and future into one and imploded the whole into the divine.

“Oh, what a delicate dance this is to see. There will be a moment when, in this space and time All will see, what it is TO BE.”

“But, what’s coming next?” asked Present Time.

And the Future said, “Stop worrying about me. For without staying in the present, there will be no future and I will be deprived of both my now and my then. Just be and all will take care of itself.”

Beingness jumped in and cried out, *“What does that mean?”*

The Universe responded with a silence so full, so pregnant and so joyous that all who heard, stopped, bowed their heads in awe and allowed the stillness to penetrate their cells, fill them with radiance and then, as the light grew, they found each other and all joined hands and danced in celebration.

Future and Beingness knew and understood. Future chimed in and reminded Present Time to pay attention to where she was residing, for only then could she make appropriate decisions, be authentic and know truth.

Strange Bird asked her human counterpart, *“Why do you wear such a bizarre costume and behave in such a weird manner?”*

The Human responded, “This is the way of the human condition. It requires strength and courage to exist and be in such a strange land. Yet the learning is great—deeper and more profound than anywhere else in this planetary system. I choose to be here to accelerate my growth, to master life in a restrictive three-dimensional body, to master the expression of emotions and to learn to overcome the limits of time and space as are known here. Is it not wonderful to be here and to be provided with such a myriad of opportunities?”

Is it not worth being a stranger in a strange land? I am happy. No, I am ecstatic to have such a chance.”

Strange Bird nodded, knowing the truth of the Human’s sharing but feeling tired of the journey and missing her home.

“I don’t know yet where truth lies. I only know I had a few pathways cleared. This physical journey is teaching me something I need to know. That is my work. It relates to time and space and cells and knowing.”

Present Time suggested that it would be nice, awfully nice, if Future Time were already present so that an in-person sharing could occur. Future Time reminded Present Time that sharing is taking place and can be known and felt, if one is open to it and unafraid.

Present Time nodded in assent and admitted she knew this to be true. How she knew, she didn’t know. But that she knew,

she knew and she was glad...

Rational Mind tried to understand the intricacies of this human holiday and could not, so it let go and allowed Intuition to take over and Feeling to be present and to guide the dance.

Being replaced Understanding. The dancers spun and circled and moved forward and back and swayed to the music of the heavens until there was only one rhythm, one beat, one being. In that moment there was understanding. Little did they realize that Understanding and Knowing had existed all along.

“How can I admit that learning to feel is my work?” asked Strange Bird. “How can we be living in such different worlds and still be so connected?”

“By breathing, by feeling, by caring,” whispered Present Time in quick response.

“Time and space are only constructs, you silly one. They don’t really exist at all.”

“Right,” said Rational Mind with disgust, as she poked at the flowers to test their reality. “They are real and beautiful and they exist in one time and space and not the other.”

At that moment Future Time intervened. “Relax, all of you. Be patient and watch the future unfold. You’re going to learn to melt matter, Jump space, Time travel and Feel deeply.

Be patient and enjoy the process. There is much to learn and what fun it’s going to be.”

Then Future winked and chuckled as she said, “The present is there to whet your appetite for the future. Consider it an appetizer to a delicious meal, an incentive to make you want to unlock the still-closed doors to the mysteries of the Universe. Fear not. You will have the keys very, very soon.”

Strange Bird smiled for she knew the truth of what she heard. Trusting...Trusting that feelings bridge those different spaces. Trusting that the other will remember. Trusting to stay open while trusting. The issue below the surface of comparison and judgment is

Trust—of oneself and of the other...

Strange Bird looked around to see whom she could trust. Because she was afraid, she didn’t trust anyone. She stayed within herself and didn’t reach out or open herself to risk.

All those around her wanted to reach out to her, to reassure her, to make her feel safe.

She didn’t let them in; she was stuck in her fear.

Then Trust came close, touched her gently on the cheek, dried her tears and handed her an iris, deep blue in color and vibrant with life. “Hold this for courage,” Trust said.

“See yourself in its beauty. See yourself in my eyes,” she added. “See

what I see and know yourself. Then you will be unafraid and able to trust.”

She looked into Trust’s eyes and saw a strange bird and knew that she had much to learn about herself. Part of her was excited and part of her was terrified. She had learned to look Trust in the face, To call her by her name, to stand firm and still. “This is a beginning”, she thought “The rest is yet to come!” Strange Bird held the iris and walked across the huge expanse of space.

Patience and Self Confidence picked up their heads and waved their wings, trying to get someone’s attention. Together they yelled, “Be still and listen. You’re not listening to the right tones. The music of the spheres can sometimes be deafening and dulling to the senses. One must be very quiet to hear its nuances, to feel its beauty and power. Trust in one’s ability to hear is paramount. If one doubts, it is likely you will miss the beat.

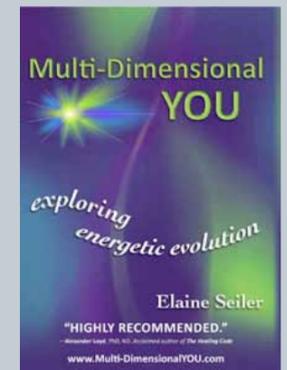
If one believes and trusts, then the tones and pulsations, the full range of celestial colors, will be present. Open your eyes, your ears, and mostly your heart and then you’ll know. It won’t be long for there is no length of time or space. It is only too long for the mind; the senses know the truth if given half a chance to be open. You can know and feel it all.”

And Spirit said, “We are all multi-dimensional beings capable of many expressions at once. Do not hinder my work by your limited comprehension of what you are capable of doing. Openness and faith are everything. Remember—miracles are really commonplace.

They are only labels for what you, earthlings, don’t yet understand.”

“A part of me doesn’t really have a clue about what is occurring,” thought Strange Bird, “and the other part of me knows it all. Boy, I wish they’d get together for the dance!”

A conversation between Present Moment, Future, Space, Reason, Trust, Beingness, Patience, Confidence, Strange Bird (a multi-dimensional being newly on earth and feeling lost) and her human companion from “Songs of Strange Bird” by Elaine Seiler, 2003.

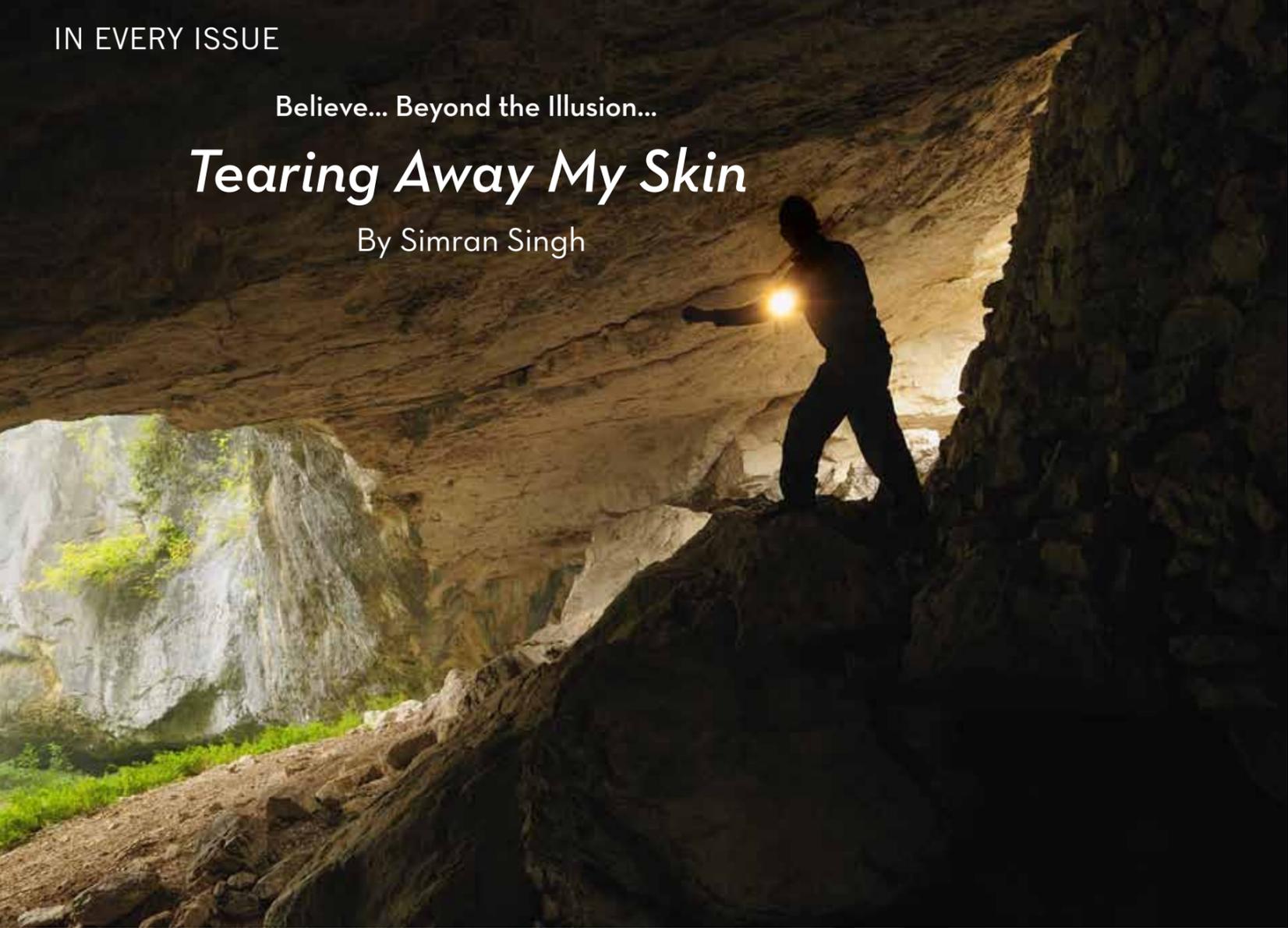


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Believe... Beyond the Illusion...

Tearing Away My Skin

By Simran Singh



“Appropriate Endings... New Beginnings... I Surrender to my Highest Good Now!”

I, first and foremost am a teacher. I will always be a teacher from my heart and soul. For that reason, I have intimately shared details of many personal life experiences with you. You need only read the final article in each issue of 11:11 Magazine to see my essence.

What kind of teacher would I be if not willing to live out lessons, so that true wisdom could be gleaned and passed on? I believe we are each here to be as authentic and transparent as light to one another. I do not attach myself to the judgments of others or how what I share may be perceived. I simply release the deepest meanderings of my heart.

I know my writings touch people at a soul level, even when they cannot be comprehended from the human perspective or

the ego mind. With this article, I stand before you bare-naked, in full surrender, vulnerable, and open for the highest good of all concerned. I remove the skins that withhold and hide the most brilliant light I AM right now... I awaken... May you awaken. So be it... And so it is...

I have felt the tightness of my skin for a while now, as if a body larger than myself was trying to break free. Each time it would happen, I would look at my hands, shoulders, feet, torso... I would wonder, what is it trying to get out? What is it, desiring to grow beyond me? What is stretching me to the point of discomfort?

I just knew that something was about to burst open. Either it would rip through, making me bleed, or I could choose to tear it away, revealing the tenderness unfurling powerfully from underneath. It still may be painful or uncomfortable, but my choice to pull at my own skin would allow me some sense of control, at a time when I felt completely as if losing control.

Where was I? Where AM I? Where will I be going now? I found myself in a place I had not been in years... Questioning... Questioning...

Everything in my world was good. I had moved to a new place, a new life. My family was thriving. My husband and I are more in love than we have ever been. We are experiencing one another in deeply sacred spiritual partnership, which is completely honoring of one another. My dear Sage is excelling in his new school. The baby will be two this month; what a joy-filled, energetic and playful being. 11:11 is reaching and supporting so many students and teachers alike. It had met my goals for personal healing and of being a place for my full creative expression to be engaged. It was also being a healing catalyst for people all over the world. But, there was something tugging away at me.

There was a feeling I have had before, several years ago. It was the sensation that occurred just before leaving my thirty-year fashion career, just before my depression, right before life crumbled into an open, empty space. Once again, I was feeling depleted and empty. I had grown weary. I felt I was no longer growing. Somehow, even in my new life... my new life purpose... my spirituality... I had repeated the same actions and patterns that completely betrayed my self-worth. Piece by piece, I gave away words, creativity, time, energy, and most importantly, moments of meaning. Someone whom had worked for me had stolen from me, lied and betrayed my trust, money, time and resources... with no care or remorse.

FOR-GIVING MYSELF

This was a huge wake-up call. If this could happen to me again, and could exist in my experience, then where was I doing this to myself? Where had I betrayed me from the emotional to the physical layers of my life? Regardless of what someone had consciously or unconsciously done to me, it was here to teach me something about me. More reflection, forgiveness work and soul searching...

11:11 is about growth and service, but I had done the very thing so many way-showers and light workers do; they give to excess. They take what is in their cup and keep giving until the cup is bone dry, rather than just giving from the excess. I thought I had been refilling my cup in many ways, but I was mistaken. My degree of service, in fact servitude, far exceeded the level of banking self-love currency, in more ways than one.

I began to question the vision. Could I have made the whole thing up? Maybe in my depression, some part of me needed a flight response and all of this had been one giant illusion! Maybe I had done all of this completely for my own healing and the side effect is that it helped others. Perhaps it was never really intended for anyone else but me, but somehow resonated with others.

No! That could not be it! There were too many synchronicities... the way the magazine came together, the manner in which

connections came through, the writing downloads, and the focused alignment of articles in each issue. No! I knew this was God's work! Every cell of my being told me so.

Yet, I was feeling profound sadness. I had mortgaged my home for this! In the course of five years, I had put in \$700,000 of our money into the 11:11 work, for the sake of others. In my altruism, I leapt forward, fully believing that if I were activating my Divine work and passion, the money would eventually come. I was not seeking a fortune; I just wanted it to sustain itself. I believed I would always be taken care of. However, I sat at a crossroads... A fork in the road...

Either I had to make a decision to walk away, close the doors, discontinue this work... or discover how to consciously thrive. For my physical health, for the sake of proper care and attention for my kids, for financial health, something had to shift. I would take the conscious steps to thrive! With the way things looked, I had to change and I only had 75 days to do it.

I new I was being forced to make a decision by June 30, 2012 whether 11:11 would remain or the gates would be closed. I knew there was just no way for me to personally sustain this any longer. Although I am a highly capable, super efficient individual, I could not continue to do everything related to 11:11 by myself. I had tried everything to make it self-sustaining. I could not continue to pour my own money into this creation.

The 'thriving road' would challenge me to stretch beyond my skin, to stretch people beyond theirs, and initiate a new 11:11 paradigm. In order to do this, I would have to take steps to become everything I had never been good at... asking for support, selling myself, and creating boundaries. It frightened me. I thought I had tried a year ago to do this very thing. However, looking back, I realize I had only exposed myself to the concepts; I had not really implemented any of them.

One of the big obstacles had been charging for my work. Every time I tried, I would receive a backlash of critical, judgmental emails, 'How dare you charge? You are supposed to be spiritual! You should be providing all of this for humanity. I thought you were different and really here to serve.'

I felt caged. I knew I had taught people to expect free from me because I would always freely give. People would seek out free coaching, referrals to other practitioners whom they would gladly pay, or answers to spiritual questions... my heart just gave, thinking 'it is only a question... just this one time... This will support them.' Now, that it was expected. But, I just can't give to this extent any longer.

- What had been my vision?
- Had I met that vision?
- What had been the purpose of it all?
- Why was I empty?
- How could this have happened?



I was doing what God had directed me to do. I had fulfilled the task that had downloaded five years ago. The voice said, 'Do this now! You will heal. Others will heal.' Why would this task, given by God, leave me emotionally and physically 'spent'? I knew God had not done this to me. I had done this to me. In my need to heal through so much personal pain, I just wanted to see and create beauty in the world. I honestly did not think of anything else. I did not think long term. I stayed fully in the moment, an open vessel for inspiration to flow through me and cleanse me of my pain. It had done that but had also become the spiritual partner that would teach me.

Is it possible to be awake, but blinded by the Light? Oh no! I had done it again! Before, I had been in love with the idea of 'love' so it had to shatter. That was how I would discover real LOVE.

This time, I had been in love with the concept of 'light'. This time, I was better than I was before... I had grown, but I had done the same thing in a new way... Dressing it all up to be pretty, too. This experience was a new lesson, a deeper lesson designed to take me to another level, where I could experience the true me... the real me, the ME that was larger than my skin... the ME whose Light was so bright that the skin could not contain it. But, I had to get beyond my own blocks to do so.

I knew the answer lay at the feet of the emotions I was currently marinating in, sadness and grief. Although part of me was in the

midst of this emotion, another part of me was thrilled to have reached sadness. My intellectual mind knew that sadness was the final emotional layer before joy. I had made it past all the dense emotions in my healing work: deadness, numbness, jealousy, rage, anger. I was finally at grief and sadness! Yeah! I knew if I would just feel through it to come to awareness, I was on the cusp of real, pure lasting joy. I had been at peace for a long time, but had not hit the heights of sustained joy. Although I had known spikes of joy, I longed for the long lasting experience of bliss. I was ready to dive deeply into my sadness and my situation.

Mind you, my sadness did not stem from the money spent, but from the degree of self-betrayal I had enacted once again. I have never been someone caught up in the material existence of life. My sadness stemmed from the experiences where I had given myself away for nothing... I had valued my time, my energy, my gift, my work and my love as nothing, by offering it generously and freely. In doing so, I taught people not to value me either. In committing time and effort to achieve what I would consider a valuable measurement of who I was, I continued to neglect me in the areas of self-care... proving to myself on another level that I have not been worth my own time. As in Alice in Wonderland, all my words and writings now fell upon me like a stack of cards.

Could I really just walk away from everything I had worked to build? Could I release the business and tasks?

Could I let go in the prestige and recognition of so many people, including the top of my industry?

Could I let go of the dreams I had, some of which had been lifelong childhood dreams of being an author, a best selling author, mind you?

Could I release the ambition that had driven me my whole life?

Could I truly do nothing but take care of myself, my family, and experience myself as enough?

I was not even sure where the intense, ambitious nature came from, other than a need to... prove value to myself. That was it! All my life, I was seeking a sense of self-value.

It had been a gut-wrenching struggle to leave a thirty-year devotion to a family business, but I finally did it. Somehow, I knew if I was faced with the choice to leave 11:11 behind, I could do this more easily. I wanted to love me completely. I am not willing to settle for less than full meaning and value in my life any longer. The first step would be to see how I could balance life even more, in that I would be my own focus... instead of being so focused on others. If 11:11 was truly meant to be here, the Universe would figure out a way. If I am truly meant to be here, I am the one who has to figure it out.

WILL YOU FORGIVE ME?

I have to ask your forgiveness. I have also realized that I have created a codependent relationship between us. That part of me that kept giving away everything was also keeping you from valuing yourself. I took away the choice to buy something, which ultimately is how you establish your own value. In addition, my need to give it for free to help people was not appropriate, because it would mean that you would not be strong enough or smart enough to access the information on your own accord. I have been denying you the opportunity to experience your own worth as well. This may be a hard one for you to stomach, but think about it.

Do you take better care of things you pay for or that are free?

If you have two books, one that you purchased and one just given to you freely, do you value one more?

Will you bother reading or finishing the free one?

When your friends, family or a coach freely gives supportive advice, do you listen?

Or, would you be more apt to listen to and value the coach or therapist you pulled your checkbook out for?

Here is a little loving 'care-frontation': the very degree I have not valued myself, you have done the same, every time you expect

things for free, get upset when you have to pay, or choose not to get something simply because it costs you, you are establishing an internal sense of value. What does this say about your money concept, consciousness of lack and degree of self-worth? I am not my sister or brother's keeper, I am my sister and my brother! It is time for both of us to heal this issue!

FOR-GIVING YOU

I had to write this article because I want you to look at your life and how you give yourself away to people, tasks, jobs, family and friends. I want you to see where you spend your time, instead of taking care of yourself. 2012 is here for two purposes. First, you will encounter the very challenge, obstacle, addiction, or pattern that was your greatest soul contract, something you have dealt with repeatedly, so it may be fully faced. Second, you are being asked to love and value yourself in a way that you have never known before. Take a moment to contemplate these questions.

Where do you do the meaningless things instead of creating moments of meaning?

What are you worth?

Would you be willing to pay that for food, clothing, shelter, gifts and growth?

Are you charging for your time, a goods and services receiving?

What is your vision and why is that driving you?

Are you surviving or thriving?

What needs to be torn away so the larger, more powerful, light of you can shine?

I have to be upfront about my journey going forward. I can no longer give everything away for free. I can give you all of the inspiration freely, but the time involved to create those means of inspiration must have value. You are going to see some changes going forward. HOWEVER, there are certain things I will always give you.

I am so grateful to you for being on this journey with me. Certain items given are truly gifts for you. I have received so much in this process, by you witnessing my healing and growth. Thank you...

THANK YOU, FROM THE VERY BOTTOM OF MY HEART AND SOUL... THANK YOU! I will continue to give you **MANY THINGS** that are **ALWAYS** freely accessible:

MY FREE GIFTS TO HUMANITY

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Again, I cannot say THANK YOU enough for letting me be in your world. I know you have a choice as to where you spend your time and just the fact that you are spending time with me in reading or accessing some of my offerings touches me from the bottom of my heart. I am so very grateful. Because of this... I want you to know how appreciative I am of you and of this change that is occurring.

I want to take this opportunity to THANK YOU

- Thank you for being on my list
- Thank you for believing
- Thank you for supporting
- Thank you for reading
- Thank you for taking this journey with me

It has been five years since I began this journey... thank you for connecting and being in relationship with me. Thank you for giving my life and purpose meaning.

To show my appreciation, I am excited to announce my '5 YEAR ANNIVERSARY GRATITUDE CELEBRATION SALE' where all of my programs are currently 40-50% off. You will get Books, CDs, Videos, and Courses, the very best of my teachings at their lowest prices ever !!! I want you to enjoy and access all that you desire... Access Discounts Plus Bonuses Below:

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I am thrilled for you to access all of my products at significant discounts, so I can make room for many wonderful new products and programs. You will be hearing of these things in the coming months. There is so much teaching and inspiration flowing in my mind and heart; I must get it out! I will release these wonderful new things in the coming year but for now just enjoy this amazing ANNIVERSARY CELEBRATION with me!

I want to thank you for allowing a safe and sacred space to share my experience and new expression. I hope you continue to gain a lot from my teachings, lessons and offerings.

Do not give yourself away or betray your Spirit. Value yourself enough to invest in yourself. Love yourself like never before. I leave you with a parting prayerful contract. I will keep you informed as to what new transformation is taking place as I evolve to my next, best step; all from a place of self-love and all-love. My vision, desire and intention is the continuation of the 11:11 work, in a sustaining and fruitful way for everyone.

Kneel down, head to earth, palms to ground...

Open the heart and say 'I do'.

Marry your Spirit... Honor, Love, and Keep it safe.

In sickness and in health, till death do you part. – Simran Singh

As you feel the tightness of your body in the skin... Stretch... Move... Grow... Expand... Beyond what you know yourself as. All you have to do is... Believe... Beyond the Illusion!

With Everlasting Love & Deepening Self-Love,
 I AM Simran



It is my Intention for each NEW Day, NEW Way, and NEW Experience of ME...

- 1 To remember to leave 'the me' of yesterday, in the yesterday, and begin anew.
- 2 To define clearly what I want, creating action steps in that direction.
- 3 To open the grandest possibility available to me in every moment, by getting out of my own way.
- 4 To embrace the coming moment and the pauses life offers, as the inhale and exhale of Divine energy activating every step.
- 5 To allow good in my life, releasing the beliefs, patterns and behaviors that block and sabotage what I truly deserve.
- 6 To have gratitude for the seconds of my life, gaining the realization that all things are for my greater good.
- 7 To have reverence for all creatures, developing deep understanding of the Divinity expressing and living through these beings.
- 8 To have discernment in all situations, using that as a guiding force for my decisions and actions.
- 9 To have compassionate reflection on every personal experience, regardless of the appearance or outcome.
- 10 To engage authentic dialogue with every individual, as a course of catalytic action and inspiration for others to model.
- 11 To create continuous positive and empowering inner change, while also activating the same on the external level in families, community and global spheres.

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The denseness of toxicity blocks many of the channels that would naturally open up. In order to move into higher functioning multi-sensory beings, we must clean up the denseness of the physical body and support it in attaining optimal health.

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