

# 11:11™

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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

## RAISING OUR VOICES



Dr. Jean Houston

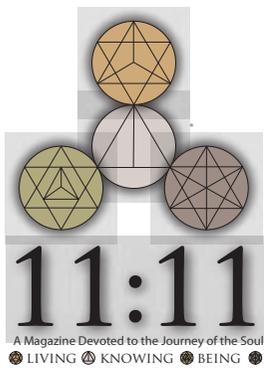


Shakti Gawain



Xorin Balbes





Publisher—SIMRICK, LLC  
Editor—Simran Singh

#### BUSINESS OFFICE

Contact: [simran@1111mag.com](mailto:simran@1111mag.com)  
Believe SC & 11:11 Media Resources  
P O Box 13795 - Charleston SC 29422  
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# Welcome to 11:11

A Magazine Devoted to the Journey of the Soul

BY SIMRAN SINGH



*Are you listening? What are you hearing? What is repeating? What is the tapping, humming, vibrating, nudging sound that keeps reverberating from within?*

It is you. It is the voice within asking to be acknowledged, heard and commended with. It is that which is your essence. The energy of you, from all time, is cutting through the muck to say, 'It is the moment... to rise... to speak... to express... to allow the voice a platform upon which to be heard.'

You have known it for years. The voice has been calling. It has told you what it wants and you have done everything in your human power to make it happen. You have tried, pushed, pulled, agonized, worked, toiled,

dreamed, desired, wanted, begged, prayed, sat, moved, slept, run, lived, died, reborned, and began... again and again and again.

But this has been a never-ending walk... the ego's path. You have taken the long and winding road. You have let your ego tell you that it had to be hard, challenging, painful, filled with obstacles, and requiring many different steps to create the desired result. You came to believe, 'the dark night was necessary. You had to experience loss. There needed to be regret. Guilt was your traveling buddy, and the story required drama...' all to be the hero of your own journey.

But now you know, all of those steps were unnecessary, as ultimately... you could do what you always wanted to do, say what you always wanted to say, be that which you dreamed to become, and play in the field that has been awaiting you... fresh, flirting, flowering and free. Now you know, you simply need only step into ALL that has been available.

Are you ready? Don't you understand that your journey no longer requires you to be broken. You have been broken open and now only need ooze forth the gifts and blessings that you are. They dwell inside of you, bubbling with excitement to be expressed, cheering you on to have the courage, begging you to be committed to yourself and the service that is awaiting you. It does not require your doing because that IS your being... That is your voice. The 'doingness' of its expression is the gift of experiences that life has been patiently waiting to grant to you. Open your eyes! Open your ears! Open your hands! Open your body, mind, spirit, life, and ability to be loved! Set LOOSE this VOICE...RELEASE this SPIRIT! FREE yourself to the POSSIBILITY...

You have wanted to deserve... have even courted the deservedness. You never truly believed, that you deserved ALL that acknowledging the Divinity within you bequeaths. Now is the time. This second... THIS MOMENT... This OPENING GATEWAY OF TIME... YOU are the holy expression of the Divine. You have been the Master in waiting. You are deserving!

The world is awaiting your Mastery! Raise ALL of 'your voices' that they express their frequencies to the fullest, integrating the fragmented pieces and parts that you are. Bring back those aspects of you that have been forgotten, banished or punished. Re-cognize the powerful blessings and sentiments those parts of you have held. Forgive yourself for what you did not know. This is the moment for-giving back unto you the many pieces of your being. Let those voices return to become the chorus that celebrates YOUR BECOMING. Your song is to be sung...your dreams are to be more than dreamed... your blessings are to be how you bless the world.

Raise your ONE voice! See the MASTER within rise up! Let the world know the true expanse and fullness that you are! Bring forth your desire to experience yourself to the fullest...allowing talents to shimmer forth, fully manifest, in all the ways and means that are your Divine possibility. Open yourself to the 'greatness' desiring to unfold from within to without. Let your beautifulness shine... Be-YOU-To-Fullness! In this year of opening to the Golden Age of Becoming...

**BE ANNOINTED WITH THE BLESSING OF UNITY! GRANTED THE GIFT OF GENEROSITY!  
ATTUNED TO THE SONG OF SPIRIT! CALIBARATED TO THE FREQUENCY OF  
UNCONDITIONAL LOVE! ENERGIZED WITH THE ESSENCE OF CREATION BECOMETH!  
LET IT BE SO...AND SO IT IS!**

*With many blessings for the most powerful expression of you to unfold easily, effortlessly and expressively in 2012!  
HAPPY NEW YOU!*

Warmest Personal, Loving and Respectful Regards,  
Simran Singh

## FEATURES

**Dr. Jean Houston... On Becoming** | By Simran Singh | 4

“Get on with it.” In regard to the average person, historically, in times of radical crises, it is that level of radical challenge and difference that causes a kind of rising in consciousness to say, “It’s my time now. It’s my turn. It’s time to do something.”

**Shakti Gawain: Living in the Light** | By Simran Singh | 12

I found it fascinating to know all the different parts of me and to integrate them all because they all have a purpose. They’re all there for a reason.

**Dr. Rashid Buttar: Toxicity in Our World** | By Simran Singh | 34

“If you are going to talk about an onion and the entire onion represents toxicity, if you peel off the first layer of the first skin, we’re not even doing a tenth of that, so what’s being done on the toxicity level is pathetically inadequate.”



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The degree of spiritual consciousness which we attain can be measured by the extent to which we relinquish our dependence on the external world of form and place our faith and confidence in something greater than ourselves, in the transformative power of love, which will surmount any and every obstacle.

**Wake Up To Inner Wisdom** | By Nadine Perry | 16

Inner wisdom speaks through many vehicles - through dreams, synchronicities, through sudden flashes of insight and yes, even through books, magazines or a newspaper that just happens to land on your driveway when you least expect it.

**A Call For Fearless Change** | By Haydn Anthony | 22

We can no longer continue to operate in the same old patterns without deeply questioning every detail of what we believe, how we act and why. We can no longer live by belief systems that belong to the past. Belief changes but truth does not.

**Exercise Your Life** | By Aileen McCabe-Maucher | 38

Human beings are driven creatures who are programmed to act with purpose and intent. We naturally gravitate toward pleasure and withdraw from painful stimuli. We possess different preferences and aversions that make us all unique individuals with extraordinary gifts to offer the world.

**Are You Too Connected Or Not Connected Enough?** | By Krista Katrovas | 41

If we are with others and pick up our hand held computers, we lose connection with the person we are with, we leave them mentally, emotionally, physically, and even spiritually, we leave from where we are.



# ENERGETICS

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If your home is just a temporary holding pen where you leave your things during the day instead of a beautiful space that makes you feel safe and calm every time you walk in the door, something is wrong.

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“I began photographing women as Goddesses in part because I had no idea who and/ or what a Goddess was, and I wanted to learn. My journey had begun.”

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Instead of pushing against or fighting against the message, particularly when it is in great contrast to our own values, we can choose to focus on the positive aspects of the communication— positioning ourselves to find at least one common note with another.

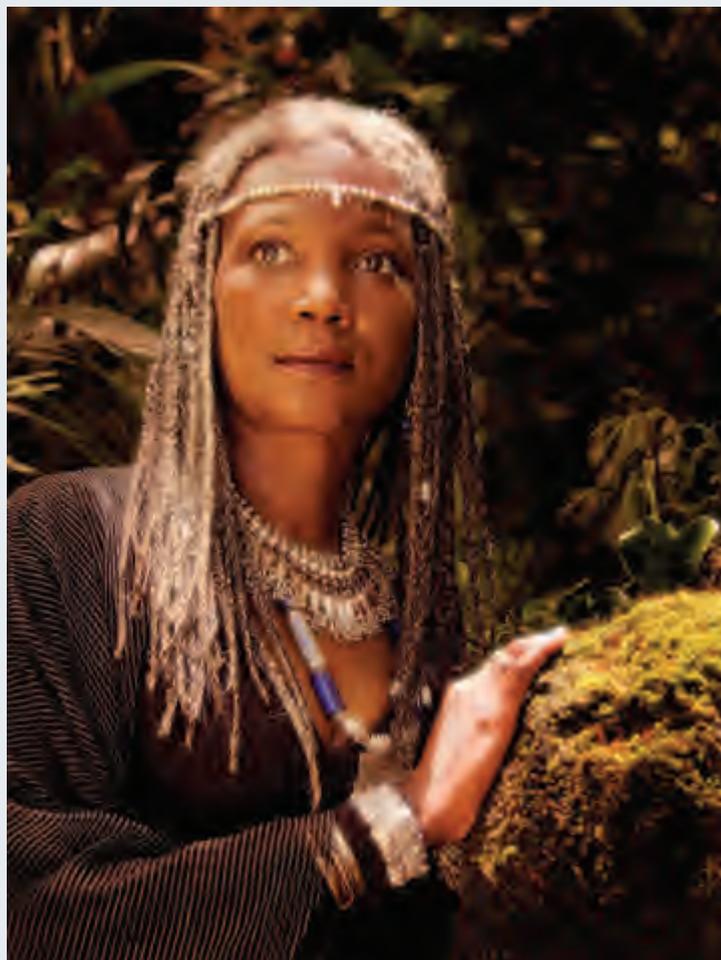
**Deconstructing/Reconstructing Humpty Dumpty, Part 2**

By Stephen Lewis | 44

In the absence of fault lines, Humpty Dumpty would have just gotten banged up, and a little dirty. He would have needed to be detailed rather than put back together. Unfortunately, *he broke exactly where he was programmed to age*. They are the weaknesses Humpty brought with him.

**Bringing the Unknown Into the Known** | By Jan Denise | 46

When we limit ourselves to believing for the known—or what we have already proven to be true—we also limit our results to those we have experienced.



# IN EVERY ISSUE

**Editor's Letter** | By Simran Singh | 1

The focus of this issue is Raising Our Voices. The human incarnation was gifted so that we engage, create, and experience ourselves. We are here, not only for our thoughts and feelings, but every desire known and unknown.

**Intentional Living** | By Simran Singh | 25

Living an inspired life requires a conscious effort to pull ourselves up by our own bootstraps. In every issue, 11:11 creates affirmations and intentions that can be collectively embraced to create an individual shift in consciousness that can result in global change.

**Believe...Beyond the Illusion** | By Simran Singh | 47

Well Up In Me...Our Voices - Share in a personal story of growth and insight as the founder of 11:11 shares a her own experiences of challenge, courage, strength, and service. Through Simran's dialogue, discover how human beings are mere reflections of one another.



# THE IMPASSIONED VOICE

By Donna Savage



“DON’T RAISE YOUR VOICE TO ME!”

I suspect that many of the world’s most influential people heard some version of that demand as a child. What if they had listened? A great leadership quality could have been cancelled out just as they were finding their passion.

Many, despite humble or traumatic beginnings, overcame adversity by responding to something that urged them to speak out and make themselves heard. Maya Angelou comes to mind. She became mute at age seven after being raped by her mother’s boyfriend. Four years later, she reclaimed her voice and grew up to become an influential poet, actress, and civil rights activist.

Angelou is also a friend and mentor to Oprah Winfrey. The Oprah Show, concluded in 2011 after 25 years, is the highest-rated talk show in American television history, having aired in 150 countries and to 44 million viewers. Oprah is not only among the most pervasive voices for self-empowerment of our times, but she is also a primary catalyst in bringing the voices of countless others to the world stage.

Powerful voices continue to influence even after they fall silent. The legacy of the late Steve Jobs, in making the computer a mainstay in modern day life, gave people worldwide a means through which they can communicate easily and make their voices known.

Now silent on the international scene, His Holiness the Dalai Lama retired from political life on May 9, 2011, and broke from 369-year old tradition of Dalai Lamas holding both spiritual and temporal powers. In withdrawing his voice from the political realm, he showed faith in the Tibetan people to lead themselves into a new era.

I wonder what motivated the great leaders of our time? Did Gandhi ever get mad and yell at anyone? Was Martin Luther King depressed? Mother Theresa, the icon of selflessness, admitted to feelings of despair. Passages in the bible indicate that Jesus, in a passionate temper, threw over the tables of the moneychangers in the temple.

Raised voices draw... Attention... Ridicule... Resistance... Change.

Rumblings are being heard in many quarters about the “fall”,

the “rapture”, or the “shift.” Be it from traditional religious organizations, spiritual leaders in the consciousness movement, political uprisings, or from Mother Earth herself, unrest is increasing worldwide.

**Demonstrations, riots, wars, poverty, movements, and chaos continue as more and more people raise their voices, demanding to be heard, demanding change. Right/left, good/evil, conservative/liberal, some in peaceful protest, many pointing fingers and making accusations at their perceived enemies as being the source of the world’s woes.**

I googled “Raising Our Voices” and found an extensive listing of activists and entertainers that use that phrase for their organization. Ranging from those for children’s rights, to gay rights, to cancer funds, diabetes, to open sexuality—one group after another raising their voices to draw attention, unify, lobby, gather together, and be acknowledged. Listed also were choirs, plays, and poetry groups.

As I surveyed the long list of organizations, it was obvious that many would be at cross-purposes with each other. What then, is the value of people raising their voices when so many are in opposition?

Perhaps the answer lies within the story of the “Tank Man of Tiananmen Square” (Beijing, June 5, 1989). Can you imagine what it was like to stand alone facing a column of tanks coming right at you? According to the reports, photographs and video footage, a man in black pants and a white shirt and carrying what appeared to be shopping bags, faced down a column of tanks near Tiananmen Square, shortly after the slaughter.

Despite the iconic status of the Tank Man throughout the world, his story and photo are relatively unknown to China’s youth due to government censorship. The man’s identity is anonymous. No

one knows what happened to him. Even he may be unaware of the global impact of his choice that day when he did not yield.

The value then, had his action not been so thoroughly documented, could have been only on a micro level, affecting only him and those present to witness. So, even the anonymous raised voice, be it known to one or millions, empowers and changes lives.

September 17, 2011 saw the onset of “Occupy Wall Street” (OWS). Whether it is gathering steam as this issue of 11:11 is released or is already past history, it is a perfect example of the value and influence of the peaceful uprising. In less than six weeks, there are copycat movements springing up in major cities across the U.S. Even in my small town of 3800 people, one man was picketing at a branch of a national bank. This morning when I turned on my computer, a headline of “Occupy London” flashed across my screen, indicating the expanding influence of the movement.

I listened to the spontaneous speech of a young woman participating in events. Her comments, sans the specifics of the OWS movement, reflect the essential power of the raised voice, and could be applied to any cause.

“The best thing about this gathering is the diversity of it. There’s children, there’s adults, people of all ages, people of all races. ... My faith in humanity is restored. ... The awareness that’s raised by this gathering—...that has a butterfly effect universally and I don’t think it will go to waste—genuine passion never dies out.” (Excerpt from Hot Chicks of Occupy Wall Street, by Steven Greenstreet.)

As she speaks out for what she believes in, she is passionate, happy, glowing, and enthused. Simply by living from this place of empowerment, she will affect others. They need not agree with her dogma or ever have a conversation with her— her state of being is infectious and will have a transformative effect.

It is the same with the images of the Tank Man. The message is universal, clear, and empowering without the viewer needing further information or forming an opinion about the facts of the incident.

So, is it possible to focus on the passion of another’s voice without getting caught up in the subject of it, especially when we disagree vehemently with them? Instead of pushing against or fighting against the message, particularly when it is in great contrast to our own values, we can choose to focus on the positive aspects of the communication— positioning ourselves to find at least one common note with another.

It seems to me that this is an important step towards living in harmony on this small planet. Besides, focusing on what we do not want tends to increase its presence in our lives. When we resist another’s passionate outpouring, be it artistic, political, or personal—in our attention to it, we give it power, and help it grow. Instead of using our energy to resist something, our most effective response is to turn our attention to what we do want.

For several years, I participated in a drum circle that met regularly on Sunday evenings. Upon arrival, the protocol for the entire evening, beyond a nod hello, was to move into the circle and find one's place within the established rhythm without disrupting the pace. All drummers would blend with the others, following the lead and the energy of the circle. As we tuned into the whole, the inevitable result was a unified sound within the sound that took over, filling the room with "singing drums."

During these evenings, no personal stories or dramas were shared, or welcomed. It was enlightening for me to experience a deeper level of connection with the people there. We communicated through the voice of the drums and we became a community whose individuals went home each Sunday night feeling uplifted, supported, and centered.

I wonder if we can hear the "singing drums" that all the voices of the people of the earth create as they drum out their calls for attention, help, causes? Can we listen beyond the rhetoric that ultimately is as diverse as the people who speak it? Can we all beat our drums and listen carefully to the common note that arises from the rumbling of all our voices?

I was sharing coffee with Lori Joyce, Emmy-nominated filmmaker, who has dedicated her career to bringing recognition to the lost voice of the Goddess. Her current film "ARISE" is the culmination of Joyce's travels worldwide seeking out and interviewing women who are creating sustainable communities in the face of great odds.

*"Our film shows how women are becoming self-sustainable, feeding their children, re-building their communities and bringing about environmental stability. We show the ancient traditions colliding with the emerging era. We capture the moments of this silent (r)evolution that is unfolding and bring it all together to show the kaleidoscope of all the amazing deeds that are being done all over the world. We tell this story not through the lens of despair and anguish but through the lens of inspiration and hope." (© Idanha Films/Mist Productions 2011).*

Perhaps you are not called to anything that appears to be of great service to mankind. Perhaps raising your voice means having the courage to ask the tough questions of your partner, your child, your friend, yourself. And, be willing to hear the answer.

The next time someone raises their voice to you in what sounds like anger— loud, shouting, cursing— try imagining them as a child, words yet formed, who is calling out to have some basic need met. Can you hear past the cursing or shouting to what they are attempting to communicate?

Can you listen beyond their "cause" to their heart? Perhaps their style of speech is offensive to you, but consider that it may be the only way that they can express themselves. Instead of perceiving them as somehow threatening, recognize their outspokenness as a passionate outpouring? Behind their words, listen for the universal chant, "Love Me. Acknowledge Me. See Me. Hear Me. My voice matters."

The Persian poet Hafiz (c.1320-1389) never fails to open my own heart and remind me that the pain of the world is transformed through love and acceptance. In that light, the following poem speaks to the value of the raised voice, the uprising, the impassioned movement.

## Every Movement

I rarely let the word "No" escape  
From my mouth  
Because it is so plain to my soul  
That God has shouted, "Yes! Yes! Yes!"  
To every luminous movement in  
Existence.

Therefore, to celebrate each other as we raise our voices is to tune to the drumbeat of empowerment that uplifts all. From this perspective, every raised voice is an expression of the passion and life force flowing through the common veins of humanity, and a movement we can all support.



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, a timely message.

[www.donnapsavage.com](http://www.donnapsavage.com)



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