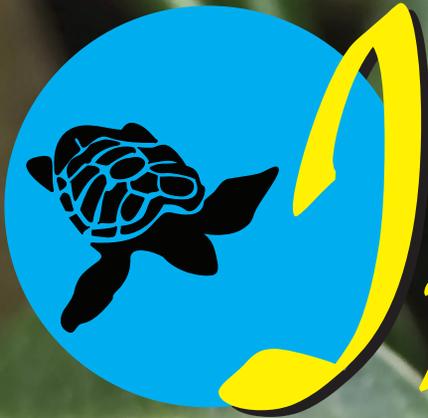


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**A Health & Wellness Publication
Southwest Ohio's Leading Health Magazine**

**Feb / Mar 2014
Vol. 54**

LETTER FROM THE EDITOR

Dear Readers,

Love is the beauty of the divine in all that is. Love is tender as the dewdrops form a tear of joy on the face of every flower.

Is Love knocking at your door? Are you opening the door to Love or turning it away? Do you feel worthy to accept Love or is it that your quest for true Love leaves you alone on cold, dark nights.

What is the requirement for real Love to exist in a happy heart? Is it not the acknowledgment of the divine spirit within our soul, connecting us all to a higher realm of existence?

At one time or another in our lives, we have all been led down paths of the unknown, only to find ourselves in a pit of darkness and fear.

Seek that of your hearts desire with integrity and faith, Love may catch you by surprise. Regret nothing that did not belong to you in the first place.

Allow space for new Love to emerge, do not deny Love in its truest form. Love stirs the emotions and can leave a powerful impression on us to transform to a more complete and fulfilled individual.

Cherished Love is kind, a gentle Love that knows no boundaries. Honor is the true value of Love, without honor Love cannot exist at all.

Unconditional Love is reaching out to others with kindness and good intention expecting nothing in return, this is a mere reflection of one's soul.

Profound Love can be imperfection in the highest form, we all are flawed human beings with quirky ways stumbling through the many facets of Life. We can choose to demonstrate acts of Love in everything we do.

Proclaim Love, it begins by looking in the mirror. Put a smile on your heart. Connect with all the life force of the Universe and declare pure Love for humanity.

All we ever need is pure and abundant Love, now and forever.

Happy Valentine's Day, everyday!

Yours in health,

Jane Phillips

Editor in Chief

Publisher



On the cover: Rejoice with the First Signs of Spring!

The Crocus flower is regarded as one of the first signs of Spring. It is the time of year to awaken our spirit and breathe in new life. With great anticipation let the gentle Crocus welcome us to the season of Spring!

WELCOME TO *Infinity*

Welcome Readers to Infinity magazine's Feb./March issue! This issue is packed full of innovative ways to improve one's quality of life. Read valuable information and proven methods that will enrich, enhance and create a healthy lifestyle. Be inspired, with each article, let Infinity magazine guide you every step of the way to improve your well being, physically, emotionally and spiritually.

We are committed to bring to you the latest in health and wellness technology, and we will continue to keep you updated on exciting events throughout the year.

The Infinity staff would like to thank all our readers, writers and supporters that make each issue possible.

We wish you a Happy Valentines Day, Feb.14th, may everyday be a celebration of Love! The first day of Spring is March 20th, let us renew and awaken to the first signs of Spring!

MISSION STATEMENT

Infinity Magazine is dedicated to those individuals who are searching for a healthier, alternative way to enrich their lives while embracing the sacred healing heart within.

Contacting Infinity

866-243-6900

infinity@sednamarketing.net

<http://issuu.com/infinitymagazine>

"Infinity Health Magazine" on Facebook

1710 Maplewood Dr. Lebanon, OH 45036

Editor in Chief / Publisher

Jane Phillips

Creative Director & Design

Nina Covington

Executive Assistant to the Editor

Michael McAdams

Editorial Consultant

Cynthia M Brown

Advice Columnist

Pastor Wayne Holmes

Associate Graphic Designer

Debbie Limpach

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Cover Photo Courtesy: Nina Covington

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CONTENTS

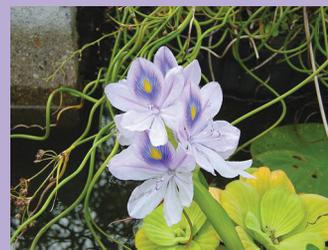
- 4 The Secret Language of Thoughts
by William Molitor
- 5 Perfectly Imperfect
by Pastor Wayne Holmes
- 6 Unconditional Love of the Heart
by Marcia Cantrell
- 7 Happiness and Fulfillment:
Make it a Choice!
by Kathy Vaske
- 8 Other Than Talk Therapy
by Brian Eastman
- 9 S.O.S. Spiritually Oriented Solutions
by Pastor Wayne Holmes
- 10 With All That We Must Endure;
And This Too Shall Pass
by Michael McAdams
- 12 Creating Happiness
by Cindy Huff & Terri Noftsker
- 13 Allowing Love
by Cynthia M. Brown
- 14 You are Love & Loved
by Olivia Pierce
- 14 Baker Chiropractic Testimonial
- 16 Awakening to the Psychic Soul
by Judith Pennington
- 18 Almonds
The Powerhouse Nut
- 19 Recipes
- 20 How Bowenwork® Can Help
Your Body to Heal!
by Leslie Burt
- 21 What About Monosodium Glutamate?
by Dr. Paul F. Fulk
- 22 Create a Heart-FULL of Happiness
and FULL-fillment!
by Lisa Pratt
- 23 Mindful Eating for The Soul's
Vital Life: Part I
by Marti Jackson
- 24 Edgar Cayce's Deep Meditation Method
by John Van Auken
- 26 Water Element
by Dr. Tommy R. Thompson
- 28 Bi-monthly Horoscopes
by Mary Bauer
- 30 Eternal Knowledge: Events & Classes



Signature Profile

Think Spring!

Visit Krohn
Conservatory



Spring is closer than we think, officially Spring begins March 20, but we can experience beautiful spring landscapes and gardens at the Krohn Conservatory, which is located at 1501 Eden park Drive, Cincinnati, 45202.

Awaken your senses with the Spring show, Avant Garden, now at Krohn through March 30, opening daily 10 a.m.-5 p.m. Admission is \$4.00 adults, \$2.00 ages 5-12, free ages 1-4.

This unique and creative Spring show is highlighted with Spring annuals, shrubs and bulbs not typically displayed in a Spring garden. Recycled materials such as tomato cages, basket frames, glassware, and cans are modified and transformed into beautiful flower sculptures.

A peaceful day at Krohn will consist of strolling through a rainforest with spectacular views of exotic flowers, trees and plants from around the world, the waterfalls are refreshing and can easily chase the winter chill away!

In addition to the Spring show, mark your calendars to see the amazing butterfly display. The butterfly display will be featuring butterflies from Costa Rica at the Krohn Conservatory April 12-June 22.

Thousands of colorful and brilliant butterflies will arrive from Northern Africa, they are in free flight throughout the showroom and it can be a photographers delight to be able to capture the rare beauty of the many species that will be available for photographing.

For more information, Call Krohn Conservatory, 513-421-4086 or visit their website, www.cincinnatiiparks.com/krohn.

THE SECRET LANGUAGE OF THOUGHTS

*by William L. Molitor,
BCH, C9*

Like most people you may have wondered why you do things in your life that you clearly do not want to do such as smoking, nail biting or emotional eating. Or perhaps you wonder why you don't do the things that you want to do: exercise, eat healthy, get out more and explore your talents. Many people have said to me that the habit they want to change seems to have a mind of its own. They feel that they don't have "power" over it.

The truth is that you hold all of the power. The secret to this power is in your language. Not just the words that you chose to speak or write, often referred to as "social language", but also in how you choose to carry yourself, your "body language". However, the most important of all the languages is your mental language called "thoughts". Nothing happens without a thought. Before you move your finger a thought has to happen on some level. It could be on the conscious level, you simply want to count or poke something. It could be on the subconscious level such as texting or typing without looking at the keys. It could be from the unconscious level when your hand is cramping or twitching. Whatever the movement is it begins in your brain, with your thoughts.

Since there are endless possibilities for the creation of new thoughts you are virtually unlimited. So how do you tap into this seemingly endless potential? The simple answer would be that you learn to talk to yourself in a way that activates the actions to achieve your desired outcome.

In hypnosis you are in a heightened state of awareness which enable you to communicate with that part of your mind that holds all your habits, your subconscious mind. When you are communicating with your subconscious mind correctly you are actually reprogramming the thoughts that generate the actions or habits. Some call this "will power". I call it utilizing "the secret language of thoughts". This is a language that uses words, emotions and imagination. This is the language that creates the blueprints that your conscious mind will follow to build your success. You cannot become a non-smoker if your blueprint clearly shows you as a smoker. You will always have a fear of public speaking if your blueprint builds fear instead of confidence.

While in hypnosis you are able to create a new blueprint that your conscious mind can follow as well as attach powerful motivators that come from your emotions. This new blueprint when void of doubt can easily become your new reality. Hypnosis cannot make you do anything; instead it creates the opportunity for a fast and permanent change to take place. The seemingly instant changes occur from the new blueprint and positive emotional drive established by you during a hypnosis session. The talent and skills of a hypnotist gives you the opportunity to create this new plan without the distractions of your conscious mind.

One of the ironies about hypnosis is the concept that it overrides your control. Dr. David Spiegel, professor and associate chair of psychiatry at Stanford University School of Medicine and a leading expert on the practice of hypnosis says, "It's actually a way of enhancing people's control, of teaching them how to control aspects of their body's function and sensation that they thought they couldn't." This is significantly different than someone being controlled by a hypnotist.

A hypnotist, through hypnotic induction techniques, teaches you, the client, how to achieve and maintain a specific state of mind that is referred to as "trance" while at the same time using the language that is clearly understood by your subconscious mind. This empowers you to change by creating a mental dialogue within your mind that supports your continuing success.

An actual hypnosis session conducted by a hypnotist that is experienced by advanced hypnotic techniques can last about thirty to forty five minutes in duration. The importance of a follow up session, normally scheduled within five to ten days from your first session, is that it creates the positive reinforcement necessary for permanent results. Although there is much controversy around the length and number of sessions it is overwhelmingly agreed on that the language that is used during the session is paramount.

Make 2014 the year that you quit "trying" to quit and take the steps to create the change that you want. When you decide to permanently take back control of your life take a serious look at the use of hypnosis. Chances are you will find a professional hypnosis facility such as the Tri-State Hypnosis Center that can offer you competent services.

About the author: William L Molitor BCH. CI, is a Board Certified Hypnotist, Hypnosis Instructor, Hypnotherapist, and the Director of the Tri-State Hypnosis Center an Ohio State Registered School for Hypnosis and Advanced Hypnotherapy Training located in Cincinnati Ohio. He is certified by and is a member of the National Guild of Hypnotists (NGH). For information or to contact William Molitor call (513) 943-1444 or email william@tri-statehypnosis.com

PERFECTLY IMPERFECT *by Pastor Wayne Holmes*

My childhood religion had a strong focus on perfection. This was based in part on a passage of Scripture which states that we are to be perfect as the Father [God or Higher Power] is perfect.

I tried. Believe, me I tried. But I failed.

The problem as I see it, was that I was trying to follow a lot of religious guidelines that would bring me to the appearance of perfection, but without inner perfection, I could never reach the goal. My childhood religion had an answer for that as well. According to my understanding of their teachings; No, we cannot always behave perfectly, but we can be perfected in love.

I like that, and it makes more sense to me, but recently I've discovered something I like better. According to lesson 162 in the book, *A Course in Miracles*, "I am as God created me."¹ The first time I read that sentence, it strongly resonated with me. I don't believe God (or The Divine as I prefer) makes mistakes. Therefore, I am not a mistake, and neither are you. *A Course in Miracles* gives added strength to this sentence by following it immediately with this one: "This single thought, held firmly in the mind, would save the world."

Some of the ramifications of those two sentences didn't hit me until months later, and I'm certain there's even more insights to be gleaned, but even the initial understanding set me free from some old beliefs that were not helping me—in fact some were actually hurting me.

"I am as God created me," doesn't mean I can make excuses for bad behavior. It's not the idea that, Oh well,

I am the way I am and I do the things I do because this is how God made me. That is childish thinking. Instead, the sentence is a confirmation of value, of worth, and of a different kind of perfection. A perfection in that we are perfectly imperfect. My mistakes are simply mistakes. Not sins that separate me from The Divine. Not character flaws because "I am as God created me." That doesn't mean we can't overcome our mistakes. Part of how we were created gives us the desire to be better, to do better, and, more importantly, to close the gap between us and The Divine.

As we go throughout our day, let us try to hold these thoughts. "I am as God created me," and "I am perfectly imperfect." Let's see if it doesn't make a difference in our world. And, from time to time, when we struggle for perfection from a worldly or religious viewpoint, let's remember that it's okay to make mistakes.

You are as The Divine created you!

Celebrate, and be happy!

¹ Schucman, Dr. Helen (Scribe) (2008-08-01). *A Course in Miracles* (Kindle Location 16022). Foundation for Inner Peace. Kindle Edition."

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UNCONDITIONAL LOVE OF THE HEART

by Marcia Cantrell

February could sort of be viewed as the month of Love as Valentine’s Day is the 14th of February. The heart has become the symbol of love for this occasion. There are heart shaped boxes of chocolates, heart shaped valentines, heart shaped balloons, and so forth. This is a booming time for retail.

So, if the heart is the symbol of love, what does this really mean? We understand the physical purpose of the heart, but is there more? What role does our heart play in our spiritual growth and being?

When we look inside of our heart, we can see all there is. It contains all we need. We can see our true self; our higher self. If we connect with our heart energy we have the ability to understand the power of this energy. If we embrace this energy with intentions of the highest good, then we can experience love in its purest form.

The purest form of Love is Unconditional Love.

Unconditional Love for each of our brothers and sisters regardless, as Creator loves us. We are all one, and one with Creator. When we choose to do this, we bring love energy and light to the world in the form of Pure Love.



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HAPPINESS AND FULFILLMENT: MAKE IT A CHOICE!

by Kathy Vaske

Always chasing our dreams and never really fully living in the moment, assures us of feeling like we are always waiting for that really big thing to come about in our lives. When we always have our sights set on maybe something better showing up for us we miss a lot of the good things life is already bringing to us. We need to slow down and learn to enjoy the moment. Take in all the happiness and fulfillment that we have already created in our lives. Focusing on what is right in our lives brings more happiness in for us. We always get more of whatever we lend our energy to. Fulfillment comes from a life well lived, not from racing from one major accomplishment to another. We need to take time to enjoy our small day to day successes in between.

We want to be the catalyst for change for the better in other people's lives and spirit will be sure we always have what we need to continue to do that. Opening our hearts to see and enjoy other people's accomplishments and successes allows us to enjoy our own. Being the best person we can be and getting our own thinking straight is what helps us draw in that new relationship or new set of circumstances that is meant just for us. We want to always stay focused on the best possible outcome of any situation we happen to find ourselves in, it helps set up the perfect vibration to draw what's best for us in. Always see in our mind's eye the best possible outcome for all involved, it gives spirit something to work with.

Happiness and fulfillment are created in our own lives when we share whatever we already have of those with the people we are surrounded with daily. We simply find that the positive energy that each of us exudes feeds off of the energy of the other. Life is one continuous moment that we all share. We can make things better in our own lives and others by focusing on the positive end result that we know spirit is so capable of creating. Think of it as an allowing process not a trying process that gets spirit to work in our lives. This can be the year that we each create a heart full of happiness and fulfillment in our own lives and allow that to ripple out to all those around us.

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OTHER THAN TALK THERAPY

EXPLORING 3 DIFFERENT APPROACHES TO HEALING DAMAGE FROM ABUSE

*by Brian Eastman, Director,
LIIFT.info*

"I was abused as a child," she said to me on her first visit. "I have worked hard to get past it and create a good life for myself. But it's so hard. Everything I try seems to fall apart on me."

We'll call her Gloria. Gloria is in her mid-thirties. "It seems that for every three steps forward, I slide back two. I feel mostly sad. I have been to a shrink but I ran out of money before I ran into any good results."

She clearly sees how the trauma and abuse have warped her life expectations and dimmed the results of her efforts. If only Gloria had known earlier about the other ways to heal . . .

While there are many practitioners of emotional healing, all promoting varied healing ideas, to my mind they all reflect three different approaches:

Physical manipulation: Reichian therapy, Rolfing and Structural Integration work to create releases of damage by changing the physical body. These processes involve deep physical manipulation and can be painful. In my own experience, they can be effective.

Wear it out: Re-evaluation Co-Counseling, E-Therapy, some forms of Transactional Analysis, and hypnosis seek to release the damage by allowing the memories to surface and be re-experienced until their power over one's life is gone. Those modalities also can be very effective, as I have also experienced.

Just heal it: LIIFT (Life Improving Internal Focus Technique) – the modality I use and teach to other healers – works very differently and much more quickly and more broadly than the other two. One important difference: the client never has to talk about or even remember what was done to him or her. The client simply releases the pain . . . and the emotional burden is usually gone or almost gone in less than 15 minutes. And – another difference – then the client moves on to re-write his or her life. So that Gloria, for instance, could now be walking through life "three steps forward and none back."

So what did happen to Gloria?

About six months ago Gloria discovered there were alternate approaches for removing the damage and emotional pain from our lives and our futures. She ultimately decided to work with LIIFT and with me.

Coming in for her fourth session, she reported to me that she is "smiling all the time, and feeling happy all the time too". And she has just gotten a promotion at work as well.

An Invitation

LIIFT is very effective at healing the scars left by abuse, PTSD and other kinds of emotional damage. One new client, who has a long history of depression, told me "After so many years of every kind of therapy and stays in psyche wards, I'm having trouble believing that something as simple as {LIIFT} could have me feeling so happy so fast."

It is specifically because LIIFT heals so differently that every LIIFT practitioner offers a no-cost demonstration healing session to anyone who is interested, so they can experience the LIIFT difference themselves.

About the Author: For over 25 years, Brian Eastman gathered information about various concepts and practices for healing lives damaged by emotional distress, abuse, trauma, and dysfunctional families. From that information he created the LIIFT healing program. His private practice has offices in Cincinnati, West Chester and Indianapolis, and he also works with people world-wide via Video-Skype. In addition he conducts seminars nationwide to train people to become LIIFT Practitioners. His organization, LIIFT.info assists people to find an appropriate LIIFT practitioner to help them heal. He is also working to develop inter-connected communities of healers in Ohio, Indiana and Kentucky.

For additional information on LIIFT training seminars, or to locate a nearby LIIFT practitioner, contact office. staff@LIIFT.info or phone 513-853-6180.

S.O.S.!

SPIRITUALLY ORIENTED SOLUTIONS HEALING HEARTS, CONNECTING LIVES

with Pastor Wayne Holmes

Infinity Magazine has designed this feature for our readers who may be facing a situation, or dilemma in their lives and are seeking Spiritually Oriented Solutions. It may involve a job or relationship. Just simply state your question briefly, and email to Wayne@sednamarketing.net. or mail to 1710 Maplewood Dr. Lebanon, OH 45036. Pastor Wayne is eager to assist and will help you find a solution to your question. Infinity will print Pastor Wayne's answers in upcoming issues. You may remain anonymous or you may use initials if you wish. Not all advice is applicable to all situations, Infinity magazine has the right to refuse any information that would not be in accordance to our Mission Statement and standards of our publication.

Our next issue is the April/May issue, the deadline to participate and ask your question is March 10th.

Dear Wayne,

"I make plans and have goals, but they never seem to turn out right. What am I doing wrong?"

—G. D.

Dear G. D.,

You might not be doing anything wrong. You might just need to be a little more patient. I read an illustration once that said a diamond cutter might strike a stone a thousand times or more before he makes the first cut. The cutter knows that the work is slow, deliberate, and intense. The cutter also knows the time he spends preparing and striking are not wasted.

You might, however, want to let go of your expectations. We can plan, scheme, and work hard to shape our future, but the future is unknown and unknowable.

I've heard and read about the Law of Attraction. People claim that this is an unbreakable law, and that whatever you send out into the universe will come back to you. Some liken it to karma. But, what the law does not define is the exact way in which karma works. Some would say that if you give money away, you will get money back. Not only in the amount you gave but multiplied many times over.

Let's consider this. When we give money away, what is our motivation? If we give in hopes that the universe will give



more back, isn't that a selfish motive? So, we send selfishness into the universe, and according to the law of attraction, we will get selfishness in return. But, if by sending money into the universe we are actually sending kindness and love, then we will receive kindness and love in return.

Another thing to consider is whether our expectations are in keeping with the divine plan. Since we don't always know what that plan is, we might not know if the results we hoped for are what is in our highest and best interest. I believe, however, that The Divine knows best, and if our plans and goals are not fulfilled, it may be simply The Divine's way of saying we're not ready, or that The Divine has a better idea that we will find more rewarding and fulfilling.

When we check our motivation and make sure it is absent of selfish motives and egotism, when we work patiently toward the desired goal, and when we leave the results in the hands of The Divine, ultimately we will not be disappointed. Yes, today we may not get what we wanted, but tomorrow or some time down the road, we may get something even better. Release the future and live in the present.



About the Author: Pastor Wayne Holmes is an ordained minister with Divinity Spiritual Church and Revelation Spiritual Church. He is the Editor/Contributor of "IStillDo.info" — a site dedicated to helping you create happily-ever-after. Pastor Wayne officiates weddings and has been involved with marriage and pre-marital counseling. He is the author of six books; his latest book is, "Every Path Leads Home: A Guide for Religious Recovery." Wayne is married and has four children. For more info visit www.WayneHolmes.com.

WITH ALL THAT WE MUST ENDURE; AND THIS TOO SHALL PASS

by Michael McAdams

Circumstances, situations, and events portray for us challenges that test us in ways we do not fully understand yet preserves our ability to overcome in spite of all difficulties as we prepare ourselves to commit effort with faith and the strength to persevere allowing us to engage with confidence that which we are presented. Personal choices and decisions made on a daily basis direct the path upon which we walk. On occasion we find ourselves in situations that may be beyond our control yet we endeavor by the grace of God to rise above discord that is in opposition to our chosen goals. Perseverance with strength and the determination to accomplish allows us to carry the day and fulfill the destiny of our purpose in this existence. Our own personal thoughts and the intentions of our heart are the driving force that brings us much that we encounter. When in doubt ask and you shall receive. Strive always in thought, and word, and deed to be beloved sons and daughters in whom our Heavenly Father is well pleased.

From the collection of messages and teachings received directly from spirit teachers/angels that compose Wilma Jean Jones' upcoming book "An Angel Told Me So" comes this message of encouragement and support. This was a most personal and loving message. Note these spirit teachers repeated references to themselves as "we", our, and "us". This message was received by Wilma on her birthday, August 28, 1977, and the spirit teachers presenting this teaching acknowledge this special day.

"There is a time when all good things must come to an end. When you believe in what is right and know that justice follows your actions, then you will realize that all that has been done in the past was for a reason and you are not to continue along a path that leads you to emptiness. When you come to know the fullness of God's great love you will be able to encompass many experiences that will bring to you the rewards that you deserve. This promise is not given to you to be taken lightly. When good is given then good should be expected by you. This is not the way that most people live their lives. Many people are concerned with receiving but do not realize that by giving of themselves truly without expecting a return that more will be given them. Comprehend what you are

receiving today and interpret its meaning to allow you the freedom you so desire without any demands or strings attached as you are doing your best in the best way that you know how. You are not giving to receive anything. This is not your motive or intention and therefore what you allow yourself to experience is truly yours to have for the moment and to enjoy without feelings of any regret. While you are giving in this manner more is being prepared for you."

"Close the door to the past. Upon this door write the words, 'I have surrendered all to God with love.' When you finally do surrender all to God and know that your steps are now ordered and directed for your own best interests, you will not regret the sacrifice because in store for you are glorious experiences and fulfilling relationships and marvelous adventures that will take you to heights unbelievable in your present state of mind. Release from pressures will enable you to be in a position to accomplish greater things. Remember nothing is taken away but what that place is filled with more than what was thought possible."

"We give to you from the storehouse of God many treasures. Bliss follows the man who can walk in the footsteps of God. Whatever you need to enable you to stand will be given to you. Search your heart to find your true self. When you come to the realization that you are truly God's child know that with this knowledge also comes all the responsibilities of being one with Him and also sharing a part of all He is. This means that you are to experience His love and protection and divine guidance in your life. Concentrate on this point that God shares His kingdom with those who acknowledge Him believing that He will grant to them all that He has promised. You are like a flower that has begun to blossom and lift its face toward its creator. Given the light from God's goodness you too will bring forth in all your glory all that you have been given to express in this lifetime. As the flower so reaches full bloom so will you. This will be accomplished by the faith that you are showing by accepting what is being given to you now."

"Always we have watched you in anticipation of the day that you would acknowledge our presence and reach out to us as a child reaches for it's parents secure that there will be found comfort and security from life's problems.

We welcome the opportunity to serve you in this way. Accomplishments have already been recorded and by way of speaking to you we have found an instrument that we value very much. We will not let you suffer as a result of what you are doing for us. Watch yourself and see the great changes that are taking place. This is our gift to you. When enough time has passed you will be able to look back and see where we have been at your side. We are grateful for you. Be careful that you do not allow any room for self doubt. It is not a part of you. You are a special person and there will continue to be outstanding circumstances that you will encounter and will bring you much joy and love. Keep our love close to your heart as we are always aware of you. Continue on your way now. We love you and send you special greetings this day."

Your Spiritual Guides

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About the author: Michael offers a set of his own writings called Spiritual Parchment Prints as a fundraising item for youth groups, churches, and to the public. He and his mother, Wilma Jean Jones, worked closely together as she received these messages and teachings dictated from spirit teachers over a 22-year period. This collection of messages and teachings is being published as the book "An Angel Told Me So." Michael owns Starpath Satellite, performs satellite and digital off-air antenna service, and owns Aqua "Doc" Spa and Pools. Learn more about Michael's work and view Wilma Jean Jones television interview at spiritspeaks.com.

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CREATING HAPPINESS *by Cindy Huff & Terri Noftger*

The theme of this issue is creating a heartfelt of happiness and fulfillment. I'd like to just focus on creating a "heartful" of happiness. What a great definition of happiness – "heartful" – when your heart is full of joy, glee, bliss. Our animals model this for us so well, and they help create it for us in our lives... sometimes in the most unexpected ways.

We had a client last month whose dog slipped her collar on a walk because she was frightened. This dog was very frightened of people, other dogs, and strange situations. Her human did everything she could to find her dog – she did all the right practical things, and she also consulted communicators and other non-traditional practitioners to help her. She went out and looked for her dog almost every day, changing her search area based on information she was getting. This happened during some of the worst cold and snowy weather in late November and through December. She kept trying, because she loved her dog. She lost hope, was ready to give up, but the connection with her dog was still there, faint, but still present. She didn't give up. Over a month after her dog had been lost, she was turned in at a shelter miles away from where they lived. The dog was

thin and dehydrated, but she was otherwise fine. They are now together again. I am sure that both of their hearts were full of love and gratitude.

Throughout this whole process, one of the things we asked the human to do was to take brief moments, especially when out looking for the dog, to stop and fill her heart with love for her dog, to visually see herself and her dog reunited, to believe that her dog was going to come home. She created what she believed in her heart full of love. It became reality.

Another opportunity to create happiness comes in times of transition – when a beloved pet goes home to the Other Side. We had another client who just lost her 8 year old Basset Hound unexpectedly. What we suggested is that, though she misses him terribly, she could choose to focus on the fact that he is still with her. All she has to do is fill her heart with love for him and remember him every day, and he will be right there with her in a new and wonderful way. Terri and I joke sometimes that our house gets quite crowded when we start talking about all of our animals who have transitioned. They all come crowding in to visit, and

our cat Simba gets a little overwhelmed by all of them. What fun and what love we feel then!

Sometimes when I sit and worry about stupid things like when the house is going to get cleaned, I stop and look at my dogs and cats. They are usually sleeping in the sun, or sitting contentedly looking out the window, or curled up next to someone on the couch or bed. They are not worrying about a clean house; they are enjoying their lives and feeling happy. Their simple approach may be the key to their happiness. Maybe we humans just make life too daggone complicated!

When we see the power of what love and belief can create, such as in the situation with the human and her lost dog, we are reminded of what is possible for us and for our animals to create together. Makes cleaning the house just a little less important, doesn't it??

The days are getting longer, the sun a little warmer. Celebrate the coming of Spring!

ALLOWING LOVE

by Cynthia M. Brown

I have written in this space about my beloved dog Ruby and how much she reveled living here at Hope Springs. This past December, my four-legged companion died quite suddenly. My partner and I were stunned by the loss and by how deeply we grieved, and continue to grieve, for this amazing creature.

When Ruby came into my life, three years after my dog Samantha died, I determined not to become so attached. I trained her; went to obedience classes with her and cared for her but I did not spend a lot of time BEING with her. When she was 14 months old, I was diagnosed with cancer. Ruby and her cat compatriots, spent much time on my treatment days, sleeping near me or on me. I walked Ruby as a means of disciplining myself to get outside and exercise for short periods of time. Slowly, she wormed her pink nosed way into my heart.

Over the years Ruby became my chief advisor, confidant, playtime and naptime co-conspirator and, when I came to Hope Springs to work, my sole companion until my partner could move out here. On our many walks, we solved the world's problems; elected great leaders, created schedules conducive to a dog's needs; many nap times and plenty of time to play ball. I told my partner many times that Ruby was the best dog ever. She was not perfect; she begged, silently and intensely; she jumped up for an eye to eye greeting... Yet she minded;



she was gentle with everyone; she alerted us to guests at the door; she was always loving; always ready to play; and mostly, she was available and devoted.

As I buried her in December, I declaimed over and over that I would NEVER again have another dog because the loss is too painful. Part of me really believes that. I am older now. Dogs, all four-legs, are a big responsibility. And yet, I am allowing myself the space to have a future moment when I believe it is the right thing to have another animal in my life. I have to allow for the possibility. I know, even though I was determined not to get close to Ruby, that I would not change a moment with her, except maybe more rolling in the yard together...

I believe all of love is that way. If we allow the possibility of new friends, companions, family, life partners, we open ourselves to the possibility of great joy. Life is full of joy and sorrow. I know that even though I have lost many people and creatures I love, I am richer for having them in my life. Every day, when I see the sun dappling the yard through the trees, I can close my eyes and see Ruby rolling with complete abandon and smile through my tears of loss. She was a grand creature and I am a richer person for having spent time with her. May you find joy and love in all your relations during this special time of year.

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YOU ARE LOVE & LOVED

by Olivia Pierce

There has always and in all ways been an abundance of love from All for All/us. It is the internal perception of life that portrays the divine desire to love and to accept love in return. Life is the classroom.

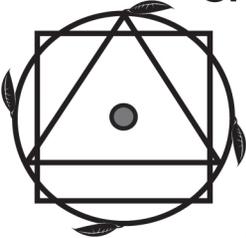
There is no separation between love and life. The very ancient native nations knew this to be Truth. There really is not any separation, segment, division in life/love; there is only One/Oneness. Love shows in life even when no one, that we are aware of, is looking. The inside perception reflects to the outside world and brings light to the mirror(s) of the eye, mind, heart, etc. Human kind expressions, behaviors bring love/life energy from the thought form out into the open. It is here that the sayings of “know thy self,” “to thy own self be true,” “love thy neighbor as thy self,” “you will know me by my love” has meaning.

Now that it is known the real world is within and not without the accountability or empowerment is ours to own; our birth right. Let each set the notion in motion that love does make the world go around! Actions, intentions and thoughts/prayers of love, compassion, joy, peace and gratitude are as radiant circuits that flow in, around and among us All. God is everywhere.

Olivia Pierce can be contacted at sunhawk@fuse.net or (513) 863-8903. If you are interested in exploring meaning and healing in life’s classroom please contact Olivia.

Readings Chakra Alignment Light Color Theta Healing Energy

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Olivia Pierce
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BAKER CHIROPRACTIC TESTIMONIAL

Pain No Longer Steals My Active Lifestyle



My name is Juli Gordon and I’ve been receiving chiropractic care from Dr. Patrick Baker for 5 weeks.

What has Dr. Patrick done for me? He has done something no other orthopedist, chiropractor, spine specialist, massage therapist, physical therapist or medication could do. He has given me back my life.

For the past 2 years, pain has robbed me from living an active lifestyle. 2 years ago, at the age of 46, I was an avid marathon runner and triathlete. Over the years I’ve had some back pain, hip pain, and SI joint pain, but nothing that could ever keep me from enjoying a very active lifestyle. Life isn’t worth living if I can’t be on the go.

Due to my own stupidity of running a marathon on an injured foot, I found myself in an air cast and crutches on and off again for about 4 months. Although my foot healed, somehow by hobbling around in a boot, I developed excruciating lower back pain that left me completely incapacitated. Now instead of running, biking and swimming, I found myself unable to do even the simplest tasks around the house without experiencing a stabbing pain in my lower back.

Turning to look out a car window, picking up heavy objects, even sitting up in bed were very painful. Sleeping became an impossible feat. I could only lay on my back, literally unable to roll to either side due to pain. The stiffness and inflammation that would build up in the nighttime would leave me barely able to get out of bed and walk in the morning. I became very unsteady on stairs. With the exception of walking, my beloved daily exercise became a thing of the past. I couldn’t understand how I went from being in peak physical condition to a

feeble state in a matter of months. No MRI, specialist or therapist could identify and treat the invisible bullet in my back. I sadly resigned myself to the fact that I would live with chronic pain for the rest of my life.

That all changed when I met Dr. Patrick Baker. Dr. Patrick, using the Gonstead approach to chiropractic, immediately identified the problem. He was confident, even when I wasn't, that he could restore my body and eliminate my pain.

After 2 years of failed attempts by other providers, in only 5 weeks, Dr. Patrick has eliminated much of my pain and allowed me to return to a normal life. Not only can I do simple things like rolling over in bed, turning in my car, and picking up heavy items, I am now able to do intense gym workouts – performing exercises I haven't been able to do for 2 years! I'm so confident that I am on the road to recovery that I am already planning for my next, most challenging marathon yet, in just 6 months.

I am totally sold on corrective chiropractic. I will continue to do my home therapy and receive consistent chiropractic care forever. If I feel this good in only 5 weeks, I can't wait to see what's in store for me 6 months

from now. I'll let everyone know how I'm feeling AFTER I finish that marathon!"

- Juli Gordon

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A WAKENING TO THE PSYCHIC SOUL

by Judith Pennington

Even as we struggle to stay balanced amidst the hustle and bustle or worries and concerns of daily life, the psychic soul finds ways to guide us; and indeed, when we are at our worst, the soul does its very best work. It speaks to us in the “languages” we speak best and in a “voice” that is crystal-clear. Here are some examples:

Perhaps you thought about a long lost relative or friend and, completely out of the blue, that person telephoned or knocked at your door. Or perhaps, when you phoned someone you hadn't talked to in a while, the person exclaimed: “I was just thinking about you!”

You might have been driving a car when suddenly you had an overwhelming impulse to turn left. The impulse turned out to be the correct choice, although you had no logical way of knowing it. Or you may be one of the many people who, while driving along on a highway, instinctively obeyed an inner voice that shouted an unmistakable warning like, “Switch lanes now!” By doing so, you narrowly avoided a tragic accident.

Perhaps your soul awakened you in this way: needing help, you asked for it inwardly. Shortly thereafter, the name of a bookstore repeated itself in your mind until you went there, whereupon a book or magazine containing exactly what you needed to know jumped into your visual field and leapt off a shelf into your hands or fell at your feet. (This phenomenon is so common that it has a name: bibliomancy, meaning divination by books.)

Or perhaps you have had a spiritual experience like that of my very logical and pragmatic chiropractor, Terry Hafer. While practicing stop-and-go landings in her airplane, she heard through her headphones a strangely metallic male voice that knew her call numbers, telling her that she had a visitor waiting for her in the tower. Terry landed her plane, and moments later the engine catastrophically (meaning irreversibly) failed. Shaken but safe, she climbed the steps of the tower to greet her visitor. The two air traffic controllers on duty, both women, knew nothing of a visitor and had not contacted her in the air.

Dr. Hafer told me that story after hearing from me about an angel communicator featured in this book. She confided a startling angel story of her own, which she has shared with very few people until now. One day, she accompanied her husband on a visit to his eye doctor. A typically courageous man, her husband admitted to being afraid: for the second

time, a long needle would be inserted in his eye to relieve glaucoma, and the pain would be unbearable. Terry reassured him and prayed with all her might. The room grew very quiet, and when she looked up, to her utter astonishment she saw three tall angels with their wings folded around her husband and the ophthalmologist. She had not previously believed in angels, nor had her husband. But during the treatment, he had felt no pain at all. They changed their minds about believing in angels.

Sometimes when we ask for help, it shows up in an outer experience, such as an unlikely coincidence or a snatch of conversation heard from a passerby. At other times, helpful insights arise out of the quiet inner depths of the subconscious mind.

Perhaps you are a soul writer and listen intently to lyrical words of wisdom that spill into your fingers with guiding insights that you use in every aspect of your life. Or perhaps you are so intuitive that people look to you for wisdom that wells up on its own.

Dreams awaken many people to the genius of the psychic soul. Have you ever awakened with a dream fragment that flickered across your mind until you sat down, closed your eyes, and received its symbolic message, which brilliantly spelled out your next, most favorable steps in life? Perhaps you have awakened with crystal-clear insights into a work project or relationship.

There is nothing magical or mysterious about psychic abilities. In everyday life we “pick up” the thoughts and feelings of other people. Business people act on hunches all the time, and police officers live by them. So do most parents, who are in telepathic touch with their children's unspoken wants and needs. Everyone has psychic abilities, although their power and accuracy depend on how often and how consciously they are used.

Intuition is the ability to sense or know information that is not available to the logical mind. Where does it come from? Brainwave mapping shows that our intuitive abilities reside below ordinary awareness in the subconscious mind—the boundless realm of the psychic soul.

Excerpted from *Your Psychic Soul* by Judith Pennington, copyright 2012 by 4th Dimension Press, an imprint of A.R.E. Press. Judith will be appearing at the *Your Psychic Soul: Tapping into Your Inner Guidance for Creativity, Insight and Healing* workshop March 15 at the Hilton Greater Cincinnati Airport. For more information go to EdgarCayce.org/FieldConferences or call 800-333-4499.

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Almonds are a great source of many vitamins and minerals and consuming just a handful a day can improve your overall health.

This heart healthy nut helps to provide balance to the levels of LDL (bad cholesterol) and HDL (good cholesterol) which is vital for a healthy heart. Almonds contain unsaturated fats, protein, and potassium, which is very effective in regulating blood pressure and preventing heart disease. The flavonoids in the skin of almonds combined with Vitamin E can form a shield against artery wall damage.

Almonds contain folic acid which stimulates healthy cell growth for newborn babies, almonds are an excellent choice for pregnancy and for children.

Consuming almonds to lose weight is possible because they are high in fiber and protein, they can help you to feel full and satisfied throughout the day.

Research has shown that eating almonds can reduce the risk of developing Alzheimer's disease. Almonds have a positive effect on neural activity in the brain, producing new neural passageways and connections for healthy brain function.

Almonds are good for the digestion, it is important to drink water while consuming them to help speed up the process, they also help regulate dangerous blood sugar spikes after eating a large meal or a meal containing a higher level of sugar. Diabetics can benefit from this because almonds help with the absorption and processing of glucose.

It is best to use raw organic almonds that can be soaked, although roasted almonds are quite tasty but will contain salt. There are many ways to enjoy this amazing little nut, unsweetened almond milk is delicious and contains more calcium than cow's milk, it is a healthier choice for children and adults.

Almond butter is a great way to create a healthy and easy snack to prepare when you have a busy schedule. The oil of almond is used for cooking and is very healthy for the skin, hair and nails, it has been used for massage therapy as well.

For optimum health, supplementing your diet with almonds is the best choice to make, they can be crushed, chopped or sliced and added to salads, they are used in main dishes and desserts. Almonds pack a powerful punch of nutrients to enhance your well being and provide important benefits to your daily diet.

MIXED NUT LOAF

INGREDIENTS:

- 2 Tbs butter
- 2 cloves garlic, minced
- 1 large onion, diced fine
- 3 ribs celery, diced fine
- 1/2 cup almond slivers, toasted and ground
- 1/2 cup pecans, ground
- 1 cup walnuts, ground
- 2 cups fresh bread crumbs
- 1 egg, slightly beaten
- 2 tsp. thyme
- 1 cup vegetable stock
- salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350 degrees
2. In a sauce pan melt butter and sauté garlic, onions and celery
3. Remove from heat
4. Stir in nuts, eggs, bread crumbs, spices and stock
5. Pour into foil lined and greased pan
6. Bake 30 minutes or until toothpick inserted comes out clean
7. Let stand for 5-10 minutes
8. Invert pan onto platter and slice

CRANBERRY SAUCE: (Optional)

1. Heat 1 pound of cranberry relish with 1 cup of apple juice and 2 cinnamon sticks
2. Reduce heat and cook down until mixture reduces by 1/3
3. Remove cinnamon sticks and serve

Recipe Submitted by Cynthia M. Brown

ALMOND BUTTER COOKIES

INGREDIENTS:

- 3/4 cup Almond butter
- 1/2 cup Safflower butter or butter
- 1 1/4 cup Sucanat sugar
- 1 large egg
- 1 tsp. Vanilla extract
- 1 2/3 cup Spelt flour
- 1 tsp. baking soda
- 1 tsp. sea salt
- 1 cup chopped, roasted Almonds

DIRECTIONS:

1. Preheat oven to 350 degrees. Grease 1-2 cookie sheets.
2. In a large bowl, cream Almond butter, butter, Sucanat, egg, and vanilla.
3. In a separate bowl, mix flour, baking soda, and salt. Gradually stir the dry with the creamed ingredients. Mix in chopped Almonds.
4. Make into balls and place 1 1/2 inches apart. Bake approximately 15 minutes. Cookies are done when tops crack, spread out and slightly brown.

Note: To roast your own raw Almonds, coat raw nuts in 1 tbs. safflower oil; spread on cookie sheet and bake in 350° oven until light brown. Turn and roast until light brown on second side.

Recipe adapted from *The Candida Diet Cookbook* - Dr. Paul Fulk ©2001



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How Bowenwork® Can Help Your Body to Heal!

by Leslie Burt

In a world filled with instant gratification, where the cure for any and all medical problems lies within a tiny pill, it's easy to see how people can often overlook the most effective healing power known to man – the power that lies deep within one's own body. The body has the ability to completely heal numerous conditions, from minor to severe. However, daily wear and tear, stress, or traumatic injury, often causes the body to misalign and leaves it incapable of unleashing its healing power. There is a therapeutic technique called Bowenwork that will allow the body to realign and, in turn, to initiate healing. Because this technique is so effective and non-invasive, it has been widely embraced by a broad spectrum of people worldwide and people from all walks of life can benefit from it.

By performing gentle, precisely located moves over soft tissue structures (muscles, tendons, ligaments), the body relaxes and muscular tension is decreased. A key element in the treatment is the prescribed wait periods between each set of moves. These wait periods give the nervous system a chance to process the sensory information and make adjustments in the body to help the energy flow, releasing restrictions, re-setting patterns, and allowing the body to balance and heal itself.

These gentle moves are performed by gently pushing away the skin slack over a muscle, tendon, or ligament with the fingers or thumbs. After a brief pause the muscle is challenged and moved in the opposite direction. It's like strumming a guitar string where the move sends a vibrational frequency throughout the body to where the body begins to balance and heal. During this time clients sometimes report feeling sensations such as tingling, radiating heat, pulsing and even twitching in some areas. The body can continue to adjust to these moves, thereby promoting self-healing, for a period of as long as 7 to 10 days afterward.

Misalignments commonly right themselves – yet there is no manipulation of joints and bones, as in chiropractic. Muscle tensions and strains are relieved and normal lymphatic flow is restored – yet muscles are not squeezed as in massage. Meridians show immediate improvements – yet the work is not based on meridians, and does not resemble acupuncture or acupressure. Fascia rehydrates, adhesions release, and scar tissue softens – yet there is no heavy pressure, as in Rolfing or deep-tissue work. Internal psychological shifts are common – yet it is not necessary to evoke emotional response, as in mind-body therapies.

The pivotal point in a Bowenwork session is when the body shifts from a “state of emergency or fight or flight” to a place of relaxation where it can rest, reset and heal. Nearly everyone reports a pleasant, relaxed state, and a deep sense of well being and ease.

Bowenwork is completely safe for all ages from the newborn to the elderly. It is typically done over loose fitting clothing with the exception of several moves being performed over skin for optimal effect. Many conditions such as neck and back pain, shoulder problems, headaches, sciatica, carpal tunnel syndrome, TMJ problems, knee and ankle problems as well as pregnancy related back pain, and much more are helped with Bowenwork. Actually you do not need to be sick or in pain to benefit from Bowenwork! It is a great stress reliever!!

Sessions last at least an hour, maybe a little more, and are generally scheduled once a week and, maybe later, every 2 weeks. Many conditions see improvement within 2-3 sessions with optimal healing, especially chronic conditions, taking possibly 4-8 sessions or more. Once the issues are resolved, some clients do once a month tune up, maintenance sessions. There are really no set rules as to how many sessions a person may need. It truly depends upon a person's body and what is going on with that body. Remember.....we did not get to this point, to where we are, overnight, so it may take some time for the body to respond and heal completely.

After 3 sessions a week apart, my client Anna says, “I have seen some significant relief from years of pain from unknown origin. Although I am not completely out of pain in some areas, I am very pleased with the results and will continue with Bowenwork sessions.”

Let Bowenwork assist you and your body to begin its healing process today! Call Leslie to schedule an appointment!

About the Author: Leslie Burt has been a Professional Bowenwork Practitioner with The Bowen Therapy Academy of Australia for 6 ½ years and a member of the American Bowen Academy, formerly Bowenwork Academy USA, for 10 years. Leslie is based in Fairborn (Dayton area), OH. She is also a Reiki Level II Practitioner and a Professional member of Associated Bodywork & Massage Professionals. For information or to contact Leslie Burt CALL (937)361-2601 or EMAIL leslieburt@sbcglobal.net

Also visit www.bowenwork.com - the Bowenwork International website.

WHAT ABOUT MONOSODIUM GLUTAMATE?

*by Paul F. Fulk, D.C.,
F.A.S.A.*

Is this silent killer lurking in your kitchen cabinets? A widespread and silent killer that is worse for your health than alcohol, nicotine and many drugs is likely lurking in your kitchen cabinets right now.

“It” is monosodium glutamate (MSG) a flavor enhancer that’s known widely as an addition to Chinese food, but that’s actually added to thousands of foods you and your family regularly eat, especially if you are like most Americans and eat the majority of your food as processed foods or in restaurants. MSG is one if the worst food additives on the market and is used in canned soups, crackers, meats, salad dressings, frozen dinners and much more. It is found in your local supermarket and restaurants, in your child’s school cafeteria and amazingly, even in baby food and infant formula.

MSG is more than just a seasoning like salt and pepper, it actually enhances the flavor of foods, making processed meats and frozen dinners taste fresher and smell better, salad dressings more tasty, canned foods less tinny.

While MSG benefits the food industry is quite clear, this food additive could be slowly and silently doing major damage to your health.

You may remember when MSG powder was called “Accent” first hit the US Market. However, it was many decades prior to this , in 1908, that monosodium glutamate was invented. The inventor was Kikunae Ikeda, a Japanese man who identified the natural flavor enhancing substance of seaweed.

Excitotoxicity is the pathological process by which nerve cells are damaged and killed by excessive stimulation of neurotransmitters such as glutamate and similar substances. This occurs when receptors for the excitatory neurotransmitter glutamate is over activated by a glutamateric storm. This excitability happens when a high level of glutamate is ingested. This excitotoxicity may be involved in spinal cord injury, stroke, traumatic brain injury, hearing loss (through noise overexposure or ototoxicity) and in neurodegenerative diseases of the central nervous system such as multiple sclerosis,

Alzheimer’s disease etc. Other common conditions that cause excessive glutamate concentrations around the neurons are hypoglycemia and status epilepticus.

It does not give the use of MSG a very good picture, but it continues to be used particularly by oriental restaurants as a final addition to your food. Your food could be bad tasting, but MSG will make it taste good, regardless.

Besides the excitatory characteristics of MSG, it is one item that should be avoided by those who are looking to keep their sodium intake down. If you are eating out, request that no MSG be added to your food and that you should not eat anything that already has MSG in it.

So be it good or bad, you have to be the judge whether to use it or not.

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CREATE A HEART-FULL OF HAPPINESS AND FULL-FILLMENT!

by Lisa Pratt

How do we become happy and fulfilled in our lives? It seems most of us are on the same journey of finding “IT” – the final piece – and believing “IT” will finally bring us happiness and fulfillment. So, how do we do that? How do we find it? Is it possible that fulfillment and happiness are already within us and all we have to do is learn how to tune-in to it?

I venture to guess that most of us want to be happy and fulfilled in our lives. In order to have happiness and fulfillment, I believe it's easiest to create when we first define what those words look like to each of us uniquely. Each and every one of us is uniquely the same and this means that every word in our vocabulary can be defined differently by each of us. When we define the words “happiness” and “fulfillment,” and we know what they mean to us specifically, we can then go out into the world and live our passionate and authentic life, thus, creating our fulfilled life and self.

It's common for us to not even know what those words mean or look like to ourselves, and defining those words can be a journey all in itself. To discover those answers, we must take a journey inside of ourselves (tune-in) and pay attention to how we feel. We must listen to our body, mind, emotions and inner guiding voice. In other words, we have to get to know ourselves.

On this journey, we can go out into the world with a sense of exploration and observe with awareness as to what is happening around us. We can then take a journey internally to see how we feel about each situation. What fires us up and fuels us? What are we drawn to? What repels us? What makes us angry, sad or giddy? Just pay attention.

When we are living our fulfilled life, it can naturally inspire those around us and transcend to the entire world. The hope is to become so FULL-filled within our own selves that love naturally overflows to the world. There is no longer a need to have things or other people in order to fulfill us - we are fulfilled from the inside-out. From there, we can be truly appreciative of the people

and things in our lives and no longer need them in order to bring us happiness or fulfillment – we can just enjoy them. This leaves us with the time and ability to be open to creating our authentic and fulfilled life.

The hardest journey we can take is in realizing it's our authentic selves that we've truly been looking for all along. Our authentic self wants us to LIVE our FULL-filled life and that requires tuning-in. When we live from our heart (we are heart-FULL) – first completely fulfilling ourselves and allowing our heart to naturally overflow to others – we live a life of authenticity – of happiness and fulfillment.

Lisa Pratt, January 2014

About Lisa:

YINtuitive Connections Life is based on a realistic and balanced approach to LIFE and INTUITION. Lisa views the intuition as a personal GPS system (inner guiding light and voice) that is guiding each of us in living our life authentically and fully. She is passionate about working with you to create your custom, authentic life.

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MINDFUL EATING FOR THE SOUL'S VITAL LIFE: PART I

by Marti Jackson BSN, RN

I used the computer's thesaurus to bring meaningful definitions and dialog to the title. Mindful eating: watchful, aware, heedful, attentive, and careful. Soul's Life: The Soul is the non-physical aspect of an individual. Where does the soul live? Does it share the space of the physical body? Is there a particular space? Is it the air we breathe, or the space of the conscious or unconscious mind? But where does the 'alert' signals from the pit of the stomach come? Does both the physical and non-physical body use the nervous system? Why are we called the 'Body Temple'? We continue to have questions. If the soul lives there, are we to be responsible caregivers for our body's health promotion to enable vitality (energy, vigor, strength) for soul growth? Vital: very important, fundamental, imperative, essential, critical, crucial, central, necessary; is The Soul's Vital Life a shared experience?

What does 'mindful' eating have to do with the soul's life? How does the soul experience growth? Is it here for growth - to learn what it still does not know or has not experienced about itself? It does not know dark until it turns the light out for the first time. It does not know compassion until it experiences intense coldness, or callous, unfeeling behavior from another or witnesses the tipping point of this behavior toward others. When negative health occurs not only to one individual, but also in larger populations, this newer evolving 'unhealthy' culture begins to rob other qualities of life from a community or nation. The cumulative effect causes a tipping point to begin to bubble and erupt from many directions leading more quickly toward positive health solutions from many sources/forces including researchers, private and government bodies, educators, spiritual communities and even the media. The soul prefers positive health. The present evolving 'disease-laden' culture has led to waning of energy for physical activity or community involvement. We are tired of being tired. We crave energy. Our soul is happiest when we have energy to reach out and do for others.

Are our choices directed toward the care of the Body Temple? Are we eating for energy or simply settling for comfort food to massage our stress? How sick does a community need be before the tipping point is reached either through personal, or collective knowledge of experiencing others' negative health events, and the ramifications of those situations as it affects others? Are we too busy in this noisy world to hear the nudges of the soul as it tries to direct our path for our combined growth? To grow, the Soul needs expanding adventures. Stagnant is not the soul's goal.

Does your choice of ever expanding participation in life activity bring drudgery, or excitement and joyful glee to your thought patterns? If the first, you are on the wrong pathway for your soul's growth. You will feel exhilaration when on the correct path. If you have no energy to even think about any pathway, Part III is for you, (or a sleep disorder could also be the culprit).

In the next edition, part II; I will discuss the many influences from last century that unconsciously had a cumulative but negative impact on our present health. Part III, I will address 'mindful eating' of nutrient dense foods and how to add them to your diet, then watch your energy barometer begin to soar in 4 weeks!

Participating in lifestyle change? Add two additional veggies per family member four days per week. (Try low sodium V-8 Juice to fill the gap.)

Join Marti Jackson, Wellness Coach, on February 23, 2014 at Agape Journey of Awakening for a workshop "Food is More than You Think!" This will contain informative, refreshing but compelling information, including a video about the food we eat and how it affects every cell of our body. We can decrease the dreaded diseases, heal faster and help our children have a healthier future. We have painted ourselves into a corner unwittingly and without malice, but we need to get out of the corner. Individual action is key.

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EDGAR CAYCE'S DEEP MEDITATION METHOD

by John Van Auken

Of all the meditation techniques I've learned and practiced over these many years, none has been as effective as Edgar Cayce's passage-in-consciousness technique. With a little practice we can deeply attune ourselves to God and retain that essence, energy, and vibration in our daily lives.

Our free online meditation course at EdgarCayce.org/meditation has diagrams of some of the steps listed below. Here is a step-by-step guide:

1. Select a daily place and set aside time for the practice. Allot a minimum of 30 minutes, preferably an hour.
2. Begin with stretching exercises. Stretch by reaching up high with your arms and hands while on your tiptoes. Alternate reaching to the ceiling with one hand then the other, like a cat stretching on a carpet. After a few of these stretches, bend over and touch your toes, stretching your joints, limbs, and spinal column. Now, do gentle head and neck rolls. The key is to feel the stretching all the way down your spine.
3. Now inhale through the left nostril; exhaling through the right, you should feel uplifting and opening of the

spiritual forces of the body. It's good to have fresh air in the room, to bring more oxygen into the circulatory system and brain.

4. Next, settle into a relaxed position that you can maintain for the whole session. If you decide to sit up, just place your hands where they are most comfortable. If you decide to lie down, the readings suggested that you cover your solar plexus with your hands (440-8).

5. From here on you will need your imaginative forces: Remove your "earthly portions" (Cayce's term) and personality from your body. With your mind's eye, see your mental hands moving these earthly aspects out of your body to a place in front of your body. Hold them there. Your body feels lighter and open, ready for your soul to come forth.

6. Now, subjugate (Cayce's term) control to your soul and subconscious mind. See, feel, and know that your soul and subconscious mind are taking control of the system. An indication that this is occurring is a shift in your breathing, toward deeper, steadier, slower breathing.

7. Once you feel the subjugation and deeper breathing, inspire your soul to ascend and expand into the mind and spirit of God, the Universal Consciousness and Infinite Spirit. Use a suggestion such as: Arise my soul and enter into the presence of God. Imagine and feel yourself rising; feel the expansiveness and the buoyancy of the spirit of the Source of all life. Become universal and infinite. See it. Feel it. Know it is happening.

8. Draw your head back slightly and allow your soul to expand through dimensions of consciousness – upward and outwardly expanding into God’s infinite presence. Keep the “movement” upward and outwardly expanding until you feel yourself becoming a part of the whole of the universal consciousness, like a drop of water becoming aware of the ocean of water within which it exists. When you sense the infinite presence of God, connect with It. Plug into It. Hold on and maintain a connection with It. Attune yourself to the Infinite Oneness. Then, shift from aggressive seeking to receptive openness to God’s will. Use an affirmation, such as: Not my will, but Thy will, be done in and through me. Feel God’s will, God’s Spirit, flowing into you.

9. Once your body, mind, and soul are fully imbued with this Life Force, abide silently there. Attempt to stay conscious but if sleep overtakes you, awaken slowly, sensing your deeper mind’s perceptions. Losing consciousness, like falling asleep, is a natural tendency. Your breathing is likely to become very shallow, almost not moving. Cayce says that there is magic in this silence. Allow that magic time to do its work.

10. When you sense that the session is concluding, gradually begin to make your way back into physical life, bringing with you the essence, energy, and vibrations of this attunement, this oneness with the Infinite. Feel yourself moving back into the body. Take a deep breath to aid you in drawing yourself back into the body. But bring the essence, energy, and vibes of the attunement. Take another breath and draw the higher self back into the body and this dimension of life.

11. Now, begin to balance the energies for proper functioning in physical life by equally distributing the energy throughout your body, not leaving supercharged energy in the upper portions (the head, neck, and shoulders). Imagine moving the energy to every portion of your body and mind—balanced, equally distributed. Cayce said that the internal organs of the body play a role in this balancing. Feel the energy in your lungs, liver, kidneys, intestines, glands, and skin. Let the energy now move from the brain to the other organs. This is an important

step. Cayce suffered physically when he did not do this rebalancing. Take time to do it well.

12. Now, let your daily actions, thoughts, and words reflect your attunement, not in a pious or superior manner, but in a natural, loving, cooperative manner.

You’ll want to watch your dreams and intuitions. This practice will ignite dreaming. It will also generate intuitive glimpses from your deeper mind and the great collective mind that all souls are connected to. It’s a good idea to carry a small note pad to record insights and ideas—because, your outer, conscious mind (if it’s anything like mine) will not be able to remember them. Like dreams, they are knowings of the deeper mind that creep through the veil to consciousness but are hard to hold onto. A note pad and dream journal help keep them in this dimension, this outer life.

This technique does require time. Cayce advised setting aside an hour for the practice. In the first year that I practiced this, it would take me about 30 minutes to see, feel, and know the first 9 steps. The more you practice, the more you develop your body, mind, and spirit to know and understand the finite condition and the infinite condition, and the transition from one to the other. The overall experience is quite natural and normal when balanced and integrated into our lives and the whole of our being.

One can be individual or expanded into the universal. Even when being individual, you feel universal. It’s wonderful but much more natural and normal than I expected. Cayce always taught that that’s how it would be, saying that we were in the infinite, universal condition prior to incarnating. Therefore, returning to the other condition will not feel supernatural but natural and familiar.

This meditation method allows the “magic silence” to better imbue us with the vitality, peace, and clarity of God’s spirit and mind. It also brings out our better selves, which Cayce identified as one of the main goals of meditation: “let your better self come through.” Cayce’s readings often instructed us to let God come through us into this dimension and into the lives of people around us.

About the Author:

John Van Auken, a director at the Association for Research and Enlightenment, is an acknowledged expert on the Cayce readings, the Bible, ancient prophecies, world religions, meditation, and ancient Egypt. He conducts seminars in the U.S. and abroad, is a tour guide to sacred sites around the world with A.R.E. Travel, and is the author of numerous books.

WATER ELEMENT

by Tommy R. Thompson,
DC, NMD, LAc

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Wintertime is the time of the year in the "5 ELEMENTS", when the cycle is moving from Metal element into "WATER ELEMENT". Last issue we talked about the TCM (traditional Chinese medicine) and the 5 elements. We saw how the Lung and large Intestine were affected when the days were rapidly getting shorter. The fall, the emotion is grief, the organs related to metal, this represents the Bowels, lung symptoms and sinuses. Allergies will be amplified; all old problems can arise this time of the year. Metal element is also elimination, the lung and large intestine time of day is early morning, and this is meant to eliminate the work from the Gall bladder and the Liver that has been done in the very early morning. As the cycle turns, symptoms of weakness will appear.

Now we see the days getting shorter and snow begins to fly. The water element has begun. It is the deep yin time of the year, energies contract. Imagine the fire element in full swing. Summer time highest Yang, the body is in full energy mode, we are out and about, days are long and hot, the emotion, Joy, it sometimes represents overzealous energy without foundation, fire represents expanding energy. The winter is opposite the energy and its contracting organs are Bladder and Kidneys. If the water element is involved, then we can see low back pain, knee pain, ankle and foot pain, also the head of the hair can fall out, and kidney stones can manifest. In the west this can resemble the hypo-adrenalism. This is why old arthritis areas tends to flair because of the water elements, damp cold plays a huge role in arthritis, invasion of cold will attack the neck area. Cold invades the bladder channel on the back side of the neck affecting vertebral alignment and blood supply to the brain.

Cover your neck when you go out into the cold damp wind, use a scarf or turtle neck. Some other symptoms can be feelings of being burned out; mornings are rough when days are cold and dreary. Traditionally the sages look to the winter as a time to shut down and conserve energy. The sages of old stayed warm by the fire, meditating and conserving their Chi thru the winter. We can't live this way so readily, in the west we push ourselves too much, some may drink 10 hour energy drinks, so we can make deadlines, worry and stress can become prevalent. The emotion of the WATER ELEMENT is FEAR!

Fear of change, fear of loss, fear of whatever, and some people think they need to pound their bodies out, with the mind frame of "more is better mentality". They will try to remain thin, in shape and young. There is fear and they may find it difficult to embrace change. Many people are on anti-depressant meds their entire adult lives, they get sick and run down very easy. Some are diagnosed with depression. Some people believe the strategies of staying well are to get flu shots to avoid getting sick, even after their flu shots they get sick any way. Their immune system gets trashed out, they add antibiotics when they get very sick, and then they develop autoimmune problems later in life. Next, people keep having surgery on beat up joints and replace the worn out joints with more medications to hide symptoms, there are safer and better alternatives to a healthier lifestyle.

Winter is important, Kidneys represent the batteries to the body, and all the other elements are directly or indirectly related to kidney and water energy. The Yuan CHI source comes from the kidneys.

This time of the year is necessary; we have seasons in our life, Changes! We have time of abundance and times of winter where we can begin anew if the mind set is right.

Remember the only constant in life is change. You can be in the winter of your life and remain there because of mind set, remember cycles are about change. There is springtime where planting is important, summer where you need to nurture the growing, then comes the harvest, and the cycle returns to winter. This cycle can be reflected in many areas in your life. What cycle are you in?

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Astrology by Mary

♊ Aquarius January 19 – February 18

You have a lively beginning here, as the new moon on January 30 is in Aquarius, and will stir up your sense of new experiences, freedom, individuality, etc. Very likely this will come about because of some major Pluto energy, plus Venus which have been working in the background actually for quite some time, but with the addition of Venus (love and money) then the background research and development is more imperative than ever. There appears to be much discussion, paperwork and contracts between you and others. You may feel that monies will have to be spent for a good cause, but it will balance out when all is said and done.

♋ Pisces February 18 – March 20

If you are a typical Pisces, then you recognize that you can feel blessed one moment and then crucified in the next. Possibly this is going on, but your sense of a new you is building strength, and with the blessings of several other planets in water signs, then you are looking at some new talents, a feeling of spiritual enlightenment, and some breakthroughs in understanding the larger process at work behind the scenes. Especially important is the joint work that Pluto and Venus are making to help you develop new goals. You are becoming more aware of what you really want, and will take issue with those who oppose you.

♈ Aries March 20 – April 19

As the saying goes – “it’s not easy being me!” But then, Aries never expected to just drag along, and will be the first to move into action. However, this period has you feeling a bit “crucified” because there are other planets all demanding your time and attention. Matters that reflect home, either as dwelling or your role as a parent, and other matters which relate to “significant others” will all be front and center right now. It does look overall as though everyone wants to be the boss, and the planets keep talking about you as “making adjustments.” This is not your usual stance, and you might feel as though the

“powers that be” have taken time out for lunch, but don’t give up, as you always come back big time!

♉ Taurus April 19 – May 20

Especially good news for you, Taurus, is that your ruling planet, Venus is turning Stationary Direct on Feb 1 and this usually means that “love and money” matters will begin to move more comfortably along, especially since it is in an earth sign that supports you and in an area of life that represents learning, travel, and/or decisions. Of continuing importance is the house of significant others where Saturn is bringing in money matters that affect all of you. Fortunately there is support for these situations from other planets, which will provide a much-needed sense of having some order back in your life, and the ability to move quietly but gracefully forward. Again, watch your health.

♊ Gemini May 20 – June 21

Your ruling planet is Mercury, and as this period begins, it is about to turn Stationary Retrograde, in Pisces. As usual, you already know to check the fine print, because mistakes are easily made during this time frame. This affects mainly your career house (position in life), and/or your parents or your role as a parent. There may be matters beyond your control, and all you can do is pray about it. This is offset by a new moon in Aquarius (Jan 30) which will bring in a new lease in life and sets you to checking out the potentials for new friends and enjoying some fun times. The money houses seem to be relating mostly to income or outgo that is determined by family needs.

♋ Cancer June 22-July 22

Cancer, you get the lion’s share of lunar energy, inasmuch as your ruling planet, the Moon, moves more rapidly than any other planet. The marvelous planet Jupiter is in your

Scorpio October 23 – November 21

sign for yet another half year, so enjoy all that it suggests. Right now it is affecting your self image, and you may be projecting yourself more, with lovely aspects coming from signs and planets in areas of travel, learning, sibling matters. Not to be outdone, of course, is the good news that Saturn may bring you from the area of love, romance, children, recreation, and the potential of a serious commitment. Career may be a bit erratic, and some of you may be moving on to more lucrative positions.

Leo July 22 – August 22

This period begins for you with an emphasis on the house of significant others, relationships, which can include marriage partners or others who might be short term relationships, i.e. possibly lawyer, doctor, therapist, etc. Some of you will be very pleased with the information that they give you. In quieter areas of the chart, there are subtle energies building up about possible health issues, yours or others, plus the obvious connections with money houses. There may be very sudden and interesting travel plans, and the feeling is that you are putting a lot of time and effort into the working pattern. Home base (or parent figures) may be going through an overhaul.

Virgo August 22 – September 22

As this time period begins, your ruling planet, Mercury, decides to go retrograde and can bring some unusual information forward to you which could be either confusing or very full of high hopes and great expectations. For some of you that will register as sudden changes in the work situation, and could require extra effort to learn some new techniques. A more interesting area of the chart deals with children and/or romance, with the possibility of enlarging the whole family picture. Mercury comes forward on the first of March but it will take a couple of weeks to make you feel more comfortable.

Libra September 22 – October 23

Of great significance for you now is that the planet Mars, (your natural enemy) is actually in your territory, and can be seen as stirring you up with some unexpected but necessary efforts to put on the battle uniform and declare war yourself! Much of this conflict seems to be provoked by situations having to do with family units – i.e. who is in charge, who gets to decide, etc. Not an easy time, but Librans have an exceptional skill at determining what the fairest outcome will be for all participants. Show them what you are made of!

For those Scorpios in the last 10 degrees, they are feeling the weight of Saturn holding them to the task at home. However, there certainly is support from the other two water signs, which really take the apparent heaviness of Saturn away, and rewards all efforts made, particularly in areas of self expression and greater understanding of life's processes. Don't let anyone tell you that Saturn is an enemy, for you are truly learning how to cooperate with the "teacher." Work patterns seem to be somewhat erratic, but you know how to rise to whatever is demanded by changing situations. You are truly living and learning!

Sagittarius November 22–December 21

As the curtain opens for you, Sag, your ruling planet shows up in the major money house. The tone of the aspects suggests that there are family conditions and matters that take a seat in this money area, and the implication is that you are re-addressing what you do with the available funds. This issue has been in the background for a year or so, and now you seem to be making decisions that will satisfy all parties involved. You will be pleased with the full moon in February which supports your need for recreation, good times and self expression. You deserve some cheers for putting the effort into remaking yourself.

Capricorn December 21 – January 19

Well, Cap, it is a good thing that your finest quality is endurance, because that is what is being required of you in your solar chart. All of the cardinal areas of the wheel (you, significant others – good or bad, career and reputation, and home) are occupied with planets which are all demanding their time and attention. You will be making slow but sure decisions (which involve money), and you are more thorough than the rest, so you will eventually win. Just hang on for the ride. This one doesn't come along often!

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• Hope Springs

February 21-23, 2014 Women Couples Retreat. Hope Springs Institute, Peebles, OH. Reconnect with that special resilience that a relationship between two women can hold. Led by Caroline Marvin and HSI Executive Director, Cynthia M. Brown. www.hopespringsinstitute.org/womenloving.html

February 14-17, 2014 Enter the Quiet. Hope Springs Institute, Peebles, OH. Experience the renewal and peace available to you in silence amidst a community of women. Facilitated by Mary Manera. www.hopespringsinstitute.org/quiet.html

March 8, 2014 9 a.m. – 4:30 p.m., Wild Design Your Life. Hope Springs Institute, Peebles, OH. In just one day learn how to achieve your goals and desires utilizing the law of attraction. Use guided meditation, wild writing, collage, beading, aromatherapy and affirmations to start on the path to manifesting the life you want. Led by Trish Breedlove and Lara Radkey. <http://www.hopespringsinstitute.org/wilddesign.html>

March 1, 2014 9a.m. – 12:30 p.m. , An Introduction to SoulCollage Hope Springs Institute, Peebles, OH. SoulCollage® is a delightful yet powerful creative process that gently enables you to hear deep wisdom of your own soul and to honor all aspects of your life. In the process you find yourself becoming ever more whole, ever more at peace, and awakened to the joy of simply being your true self. With only images, glue and your own willingness to be open to the journey, you truly can “discover your wisdom and change your world”™. Facilitator Julie Henderson, MS, LMT. <http://www.hopespringsinstitute.org/soulcollage.html>

• LIIFT

Every Tuesday, 7P-9P - Class - Learn to Heal with LIIFT. Students become Certified LIIFT Practitioners, able to help folks heal their emotions and their lives. Northside area of Cincinnati. Soon in Dayton too. For information or to enroll: Lisa.g@LIIFT.info. Or 513 708 0563.

• Mills Pharmacy Holistic Health Center

Bach Flower Remedy Consultations-by appointment the first Saturday of the month
February 9th 2:00pm-5:00pm Pranic Healing (registered trademark superscript) Meditation and Free Clinic
March 9th 2:00pm-5:00pm Pranic Healing (registered trademark superscript) Meditation and Free Clinic
Please arrive by 2:00. Clinic begins with a 40 minute meditation to generate healing energy.
The entrance will be locked during the meditation.
640 Wessel Dr Fairfield, OH (next to the Fairfield Post Office)
For additional information call Joanne Miller at 513-687-7465

• Public Library of Cincinnati & Hamilton County

YOGA WITH ROSALIE
Saturday, February 08, February 22, March 08, March 22, at 10:30 AM ANDERSON BRANCH, 7450 State Road, (513) 369-6030 Adults will have the opportunity to share their yoga practice with instructor Rosalie Sovilla. Registration Required: NO
RELAX, RENEW, AND RESTORE WITH A RESTORATIVE YOGA SESSION Saturday, February 22, 2:00 PM SHARONVILLE BRANCH, 10980 Thornview Drive, (513) 369-6049 Join us for a candlelight restorative yoga session to relax our bodies, peel away tension, and release stress. Sarina Newstead is a certified yoga teacher and Holistic Health Coach and will use essential oils to indulge your body and mind! Please bring a blanket, a firm pillow, and a yoga mat or towel. Registration Required: YES

HEALTHY EATING WITH FRESH GREENS & HERBS
Monday, February 10, 7:00 PM HARRISON BRANCH, 10398 New Haven Road, (513) 369-4442 Join Beth Harnist from

Adopt-a-Plant Garden Center, for some tips on eating healthy and how to grow and harvest salad greens and herbs. Registration Required: YES

HANDMADE LIP BALMS, SCRUBS AND BATH FIZZES
Saturday, February 15, 2014 2:00 PM FOREST PARK BRANCH, 655 Waycross Road, (513) 369-4478 Learn to use everyday household items to pamper yourself. Registration Required: YES

• Religious Recovery

Religious Recovery: Healing for those Hurt, Disappointed, or Abused by Religion. Religious Recovery is a free mutual-support, nonprofessional 13-step program loosely based on the concept of traditional 12-step meetings. The meeting is open to all religions but is not affiliated with any church or religious organization. Atheists and agnostics are also welcome. We meet on Tuesday evenings from 7-8 PM. The location is 4800 Holiday Drive in Fairfield, Ohio. For information contact Wayne: Wayne@ReligiousRecovery.org or (513) 755-0560.

We also have meetings in Dayton and Indianapolis. For meeting times and locations go to: <http://religiousrecovery.org/meetings.html>. We are planning to start a meeting on the west side of Cincinnati. If you are interested contact Lisa Gerard at lgerard@fuse.net.

• Spirits of Light Holistic Expo & Psychic Fair

March 15 & 16th Saturday 10-6 and Sunday 10-5 Wyndham Garden, Miamisburg, Ohio for information call Marcia, 765-914-6741

• Valley Chiropractic Center

Dr. Fulk - Valley Chiropractic Center 7865 Paragon Rd. Dayton, Oh. 937-434-8066 March 6th – All 25 seats have been sold, unless someone is unable to get to the class. The class time is 7:00-8:00 PM Call to see if there is any possible openings. “If you are sick and tired of being sick and tired,” call to see if any spots are available.

• Victory of Light Psychic Fair

April 5 & 6, 2014 Sharonville Convention Center, 10:00 am to 7:00 pm, Saturday & Sunday Admission: \$14/single day - \$20/ weekend Children 12 & under FREE, Seniors (60+) & Students with ID \$2 off Readings \$20-40 - Parking is FREE

• Whatever Works

Whatever Works Center and Gift shop 7433 Montgomery Rd. Cincin. Oh. 45236 Ph. #(513)791-9428
At Whatever Works Wellness : Mondays 6:30 to 8:00 pm
Manifestation Class: Hands on training from the material of Abraham - Hicks. Wayne Dyer, Sonia Choquette & others. Understand the universal law of attraction, the art of allowing & power of emotions that can help you create the life you desire. \$10.00 per class - call (513)791-9428 for info or to reserve a seat. Wednesdays - starting in Sept. - 6:30 to 7:30 pm Wellness Wednesdays. Ongoing support group dedicated to sharing natural holistic ways to maximize your health & well being. Call (513)791-9428 for info or to reserve a seat. Other fun studies and services offered for your daily life: Crystal & Stone readings, Numerology readings & chart printouts, Dream & symbol interpretation & Energy Cleansing. For Center's future events, check out www.whitewillowtaichi.com or www.accessingangels.com

GREAT NEWS!



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