

POWERFUL CONSCIOUSNESS

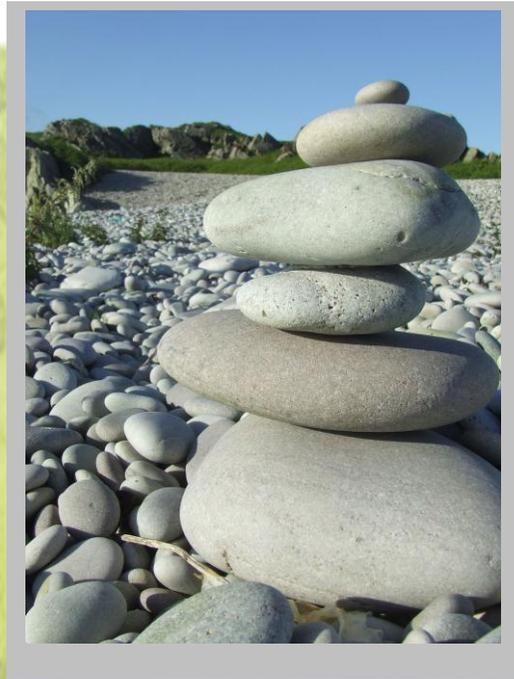
Aiding you in your personal journey to Empowered Fulfillment and Spiritual Growth.

Mental Meanderings on:

BALANCE

My son stood unsupported for 15 seconds the other day. For most 4 year olds, that would not be a reason for celebration, but for him and for my family that 15 seconds of good balance was a moment of great joy. He has cerebral palsy and is unable to walk without assistance—yet. He wants to walk and gets frustrated by his inability to do so. As I told him that day—before you can walk you need balance. Balance is what he achieved that day, and it is the first step towards walking. I realized that the same idea applies to life. In order to walk forward in life, we first need to be balanced. Walking without being properly balanced leads to many falls, stumbles, and pains as we flop around like fish on land trying to move towards something better in our lives. Balance is a fine tuning process, and how balanced we are in different areas of our lives shows by where our successes lie. If you are balanced in your career, you will find fulfillment, pleasure, and an invigorating sense of challenge that makes your job so much more than just a way to earn money. If you are balanced in your love relationship you will find joy at being with your significant other, peace when completing tasks with or beside them, and satisfying, loving resolutions to conflicts between you.

...Continued on page 3...



<http://www.everystockphoto.com/photo.php?imgId=2964968>

Daily Affirmations for this week:

- *Every day I achieve greater balance between my thoughts and my actions.*
- *I honor my values and this keeps my life in balance.*
- *All areas of my life are harmonious and balanced.*
- *I am creating a harmonious life.*
- *I easily balance all aspects of my life*
- *I love living a balanced, harmonious life.*

*Focus on only one affirmation each day, feel the affirmation as you say it to yourself throughout the day.

In Review:

Getting in the Gap: Making Conscious Contact with God Through Meditation

By Dr. Wayne Dyer

Wayne Dyer is a profound and prolific writer focusing on improving your life through improving your relationship with yourself and your Higher Power. His book, Getting in the Gap, is a short but powerful book detailing the importance of finding the space between the multitude of thoughts that keep us busy but unable to consciously connect with God. It details a sound rationale for the method that he discusses, and introduces a couple of exercises for entering a meditative state. The type of meditation that Dr. Dyer focuses on in this book is Japa meditation, which is amazingly calming, invigorating, and powerful. As you read through the book, you find yourself reaching a new understanding of the importance of getting into the gap between your thoughts, and having direct experience with God. The CD that comes with the book is a guided meditation, a practical application and guide that is great for beginners and intermediate meditators alike. Through the power of sound and allowing yourself to get between your thoughts, a real spiritual, balancing, conscious connection with your Higher Power can be achieved and experienced. I wholeheartedly recommend this book to anyone serious about finding a new level of balance and peace in their lives.



Silhouette of a man meditating on a rock

Photo by : markuso http://www.freedigitalphotos.net/images/view_photog.php?photogid=1913

Girl in Prayer
Photo by: Christwark <http://www.sxc.hu/photo/378898>



Laughter, the Best Medicine: A kindergartner was practicing spelling with magnetic letters on the refrigerator: cat, dog, dad, and mom had been proudly displayed for all to see. One morning while getting ready for the day, he bounded into the room with his arms outstretched. In his hands were three magnetic letters: G-O-D. "Look what I spelled, Mom!" with a proud smile on his face. "That's wonderful!" his mom praised him. "Now go put them on the fridge so Dad can see when he gets home tonight." The mom happily thought that her son's Catholic education was certainly having an impact. Just then, a little voice called from the kitchen: "Mom? How do you spell 'zilla'?"

-- from www.basicjokes.com

Cont'd from page 1--Balance

In all areas of life we can be in balance or out of balance. Stopping right where we are and looking closely at our current mental, physical, emotional and spiritual state of balance is a necessary step in our journey to a better life. Being aware of the parts of our lives that are unbalanced can help us focus our energy on those sections of our lives. As we gain balance in one area, often other parts of our lives will be improved as well. Balance is a large topic, and this article barely scrapes the surface, but every little bit helps.

Here are some easy exercises to help you create balance in various areas of life.

Physical—Walk! Walking increases blood flow, improves breathing, and increases the flow of energy through your physical being with a gentle, natural motion. It's not about exercise or meeting some cardio-vascular or weight loss goal, it is about giving balance back to your physical system. It's not just the physical activity that helps, it is the freedom of movement, so even if you are challenged by disability or injury, move your body as much as you can, alternating the right and left side, this type of motion increase flow through your body—flow of blood, energy, and consciousness. Even 5-10 minutes a day can be very beneficial and balancing.

Spiritual—Breathe! It is said that God BREATHED into our form and gave us life. Be conscious of your breathing; see each breath in as the breathing of God's Spirit into your being, bringing life, strength, and all good things. As you breathe out, feel your tensions, doubts, angers, and resentments flow gently out of you. Each breath replaces our toxic spiritual blockages with the gift of life from and connection to our Creator.

Emotional—Let go! Resentments and minor hurts that you are carrying around, whether they are from an hour ago or 3 decades ago, keep you out of balance. Choose one resentment or hurt a day to focus on letting go of, remind yourself that it IS in the past, and nothing you



Walking in Leaves

Photo by: Mattox <http://www.sxc.hu/photo/1097124>

do or feel now can change what happened. Look at what you can do with your own choices to keep it from happening again, and gently release it, focusing on a future that is clear and free. Some issues may take many days to let go of, but for proper balance you need to leave the past where it is, learn from it, but leave today clear for the present and aim for a brighter, more balanced tomorrow.

Mental—Clear the clutter!! We all have those areas of our house that are cluttered, but are we aware of the mental clutter? With brains that can process more information faster than any computer, we often do not realize how many things our minds are processing. For the sake of balance, find 10 minutes a day—turn off the background noise (music, TV, radio, video games, fans, etc...), intentionally let go of the to do lists in your mind, forget about work, cleaning, kids, and other demands, and for 10 minutes just focus on one mental activity. For example: Work on a puzzle, examine closely the picture of someone you love, watch the way trees or flowers move in the breeze, explore the pattern in a dish or piece of fabric, or trace the pattern of the palm of your hand, paying attention to each line. Focus your mind in some way that is not connected to the clutter of thoughts that muddle your mind daily.

Interesting Tidbits

Garlic is an amazingly beneficial food and medicinal herb.

We have all heard that garlic is a beneficial dietary supplement in treating high cholesterol, heart disease, and high blood pressure, but it has many other great benefits for supporting health and balance. According to the National Cancer Institute, preliminary studies have shown that garlic may reduce the risk of certain cancers, particularly stomach, colon, esophagus, pancreas, and breast cancer. Historically and today garlic is recognized as a potent medicinal herb, but there is a great deal of inconsistency in the scientific evidence of what it can and cannot do. It has been used medicinally to treat diabetes, lower triglycerides, relieve chronic bronchitis, and has amazing antiseptic properties have been used to treat small pox, typhoid, cholera, anti-biotic resistant Staph, and a host of other infectious diseases. From my reading, it appears the best dose is 1-2 raw cloves daily. Raw garlic appears to have the most benefit –the smelly part (a compound called allicin) IS the most active part, so odorless garlic is lower in the beneficial part of the garlic. Adding garlic to your daily cooking routine may improve your overall health, and give you an edge in moving towards better balance for your life.

Disclaimer: The information in this newsletter is intended for educational purposes only. It is not the intention of the editor to advise on health care. Please see a medical professional about any health concerns you have. These statements have not been evaluated by the FDA. The information here is not intended to prevent, diagnose, treat, or cure any disease.

Related Links and Resources

To Further Explore Balance Start with these:

- www.selfgrowth.com ---The Online Self-Improvement Community is a great place to visit for articles, websites, products, and events that can help you on your journey.
- http://www.matrixbookstore.biz/spiritual_soul2.htm is a wonderful article on spiritual balance and some tips to help you on your way.
- <http://www.drwaynedyer.com> is a link to Wayne Dyer's website, with books and other products listed, including Getting into the Gap and a book I have not yet read called Being in Balance .
- <http://www.wholesomebalance.com/index.html> is an INCREDIBLY thorough website dedicated to the subject of balance in your life.
- For more info about garlic see: <http://www.garlic-central.com/> and <http://www.amazingherbs.com/meduseofgari.html>

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