





*Outrageous  
Living*



# *Outrageous Living*

*Tips and Secrets to  
Thriving in the 21<sup>st</sup>  
Century*

Charles and Melissa  
Leath

*Note:* The information in this book is solely the opinion of the authors and meant for resource substance only. Making decisions to change lifestyle, spiritual path or life directions lies only in the hands of the individual. These decisions are not the responsibility of the authors in any way.

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*Do not deny Life, because Life is God  
passing through you!*



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## About This Book

Since the day Charles and Melissa met, they have always lived life on the edge, never doing what was expected of them.

By following their hearts they have uncovered what they consider Six Tips and Secrets that have worked for them to bring about happiness and success in their lives, even though society does not necessarily accept these ideas as viable.

Now, in the new energies of the Twenty-First Century, their look at life actually fits into the scheme of things. Radical thinking and bucking the system is exactly what will see you through this new age.

The old way needs to be removed to make way for life in the new energies of light and love. Accepting your own heart-thoughts is much more important than living in the safety of the 'box'.

The hippies of the 1960s opened the door (even if it was in an irreverent way) to Love and Aquarian Energy. Now, it is up to you to embrace the aspect of yourself that may seem foreign, or has been in hiding. That part of you has waited patiently for recognition.

The Leath's share their irreverent views of life, how their way is working for them and how you may be able to use it too.

You may hear them talk about their view on a certain topic and how they used it to accomplish a specific outcome. Then, in a seemingly similar circumstance, they may use a completely different approach.

This is just the way Life seems to be unfolding in the Twenty-First Century! You can't count on just one idea to see you through all circumstances. You must be open and ready to listen to your higher self.

This book is an experiment in communication. It is in no way a novel or fictional work done by story line. And by the same respect it really does not follow any non-fiction description.

It is, rather, a written oral presentation. They actually will be talking to you, in the form of a seminar or an extended conversation. Each section of this book is not a chapter, per se, but a topic of discussion: An essay in thought.

Each topic will be addressed as A Tip rather than a traditional chapter. Don't expect one tip to lead into the other, although, it could happen that way. Charles and Melissa have very different energies:

**Charles has always been a strong willed, dominant personality; very easily heard. His vibration is very large and very brightly colored. Everyone sees or senses him immediately.**

*Melissa's vibrations are smooth, fluid, gentle and pastel in color. She is very docile and quiet, never raising her voice.*

When they move together, physically, their colors (or vibrations) merge into a completely different energy, with the frequency changing into one whole, new unit.

In order to make things very clear as to who is speaking in the text of this book, we will use the **bold type for Charles' thoughts**, *italics for Melissa's thoughts*, and regular type for their shared, or blended, energetic conclusions.

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### A Secret Plan of Action:

- Sit quietly for a few minutes. Remember there are wonderful memories in your mind from other times. It's all right to bring back one of those memories to help you in your present situation.
- Remember a time when you were young and happy. There was a special event you can bring back to your mind that is so funny you have to start laughing again. Keep this memory close to you and use it whenever you need to be uplifted.
- If you don't have a painting of someone with a halo, go on a search for one. It may be in a thrift store, or yard sale. But it will remind you that others have a light within.
- Go to have your aura photo taken. If you have one already, then pull it out and put it somewhere in plain sight. It will remind you of your own light within.

*Outrageous Opportunities: An Exercise in Life*

Turn off your television. You don't have to leave it off forever. But after you see how much you can get done in a day without television, you just might never watch it again.

It's no fair just turning down the sound. You have to actually turn it off. In fact, don't even turn it on in the first place.

Try it just for one day. You'll find yourself actually speaking to the other people that live in the house with you. You will concentrate on your projects more easily. Your meditations will be deeper.

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## Introduction

*“To Thine Own Self Be True.”*

*So many people have looked at our life together and marveled at it. They may even say that we are courageous souls to work together the way we do. Since we have no 9-5 job as much of society does here in the Western world, many of our friends think we are crazy, irresponsible, and at the same time they envy our carefree attitude.*

*It must seem like there's no rhyme or reason to what we do. We simply look at the circumstance we are in, evaluate it in the present moment, and act accordingly.*

*Sometimes, it is not accepted as being the 'right' thing to do, or the 'right' response.*

**But we do it anyway! We decided a long time ago to do things that make us happy. We've seen too many of our friends and relatives doing what was expected of them, not because they wanted to, but because it was expected.**

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**Too many people these days are unhappy, and I didn't want that to happen to us. I don't really care what anyone else thinks anyway.**

**I'm going to do what MY heart says is right. And not worry what someone else thinks.**

*I know, many of you may think that is a very crude way to be. But hear us out. If we aren't happy with our own lives, content in our own thinking and beliefs, or productive in our Creator-given talents, then how can we possibly help anyone else?*

*If we aren't first true to ourselves, how can we be real when relating to someone else?*

*As we have grown together in our relationship, we realized we just had to do what we felt was right for us. The best way for us to help others was to be a beacon: A Light on the Path of Life.*

*You may not always agree with us, but I'll guarantee you'll enjoy hearing about what we think. And you'll have more information to consider when making decisions for your own well being.*

**Hey look, let me tell you how we met. This is what got the ball rolling.**

**I'll start off with our chance meeting in 1972. I can look back at it and still wonder what in the world happened?**

**I had plans, and meeting Melissa was not one of them. That day, I was going in a totally different direction. Sometime that day, I guess I stepped out of my known reality and into the Twilight Zone!**

*It was New Year's Eve. I didn't plan on going to a party. In fact I didn't even want to go out for New Year's Eve. (The truth be told, I was a very shy and scared person then...about 23 years old.) But I let my co-workers talk me into going to dinner with them.*

*One thing led to another, and I ended up at a party. --- The same party Charles wasn't supposed to go to either. But there he was.*

*And there I was. My life has never been the same since that day! Don't get me wrong, I'm not complaining. I wouldn't have changed anything from that moment on.*

**All of a sudden we were on a different path. Nothing stayed the same. No matter how I tried to keep things constant, it didn't work. So I stopped trying to make it work.**

**Don't ever get comfortable in one way of thinking in any particular moment. Truly understand what it means to say nothing stays the same. Know there will always be change. We decided to embrace the change and not fight it.**

**Melissa and I had no idea how drastically our lives would be changing as we met for the first time on New Year's Eve.**

**Those early first hours of 1972, we each ended up at the same party we had no knowledge of earlier that day. We had no idea of how our lifestyles were going to be impacted. That New Year's Day I realized nothing I had planned would come to pass. My life was about to move into a new dimension.**

**I thought I was already living outrageously. Being pretty much a free spirit, even that New Year's Day, I really had no idea what was about to happen.**

**We were together every moment after that party and our relationship moved along quickly. We married less than a year later.**

*Well, talk about going against the grain! Back in those days, inter-racial marriages were not common. And it certainly was not a popular thing to do. (These days are much different.)*

20.

*Even though my younger sisters loved Charles (to them he was a novel idea), my parents and their families really hated the thought of me marrying a Black man.*

*After finally being able to talk to my dad, he made me realize how backward his generation really was. He said he didn't even want me to marry an Italian, Frenchman, Canadian, or anything else but true blue white American.*

*He went so far as to say I would be disinherited if I went along with 'this farce'!*

*I believed to find love and embrace it was the important thing. Needless to say...I did it anyway. That kind of is the story of our lives. We just decide what we want to do, and do it!*

**From the beginning of our relationship, we didn't watch the popular television shows, ball games or soap operas. We were more interested in public broadcasting, documentaries, and science fiction/stranger than life shows, if we watched TV at all.**

**Melissa and I had lengthy conversations since the day we met concerning our thoughts on life.**

**We talked about life after death and ghosts, the Bible, if we really believed in God, or a higher power.**

**Many of our talks were about metaphysics, and the relationship of mind, body and spirit.**

**Those conversations were not the type I had been able to share with anyone before. No one else wanted to listen to what I had to say...especially on these subjects. (Everyone thought I was crazy anyway.)**

**Our greatest strength lies in our ability to communicate with each other and express our feelings, always investigating our thoughts.**

*Not too long before we got together in 1972, a movie came out called "Chariots of the Gods." It was a German documentary attempting to co-sign the speculative bestseller by Eric Von Daniken.*

*It was quite an eye-opener. We really loved it. It gave evidence that proved the ancient civilizations had been visited by extraterrestrials. It explored pyramids, crop circles and obscured-origin artifacts. It was later expanded into the television special In Search of the Ancient Astronauts.*

**After seeing that movie, we saw a connection to the discussions we had from the moment we met.**

The movie really sparked our interest. We wanted to know just what our universe was about. We thought this was extremely interesting and wanted to share the information with friends. But most of our friends and relatives wouldn't talk about this movie, except for the entertainment value of it.

We found it more and more difficult to understand why people didn't feel a connection with this information. We started to alienate family and friends from having in depth conversations with us. They didn't want to talk about such things.

In 1979-80, my mother introduced us to a spiritualist church. This opened up a whole new area of life and was another moment of realization that things constantly change.

The church experience re-enforced many of the ideas we discussed between ourselves: about life, religion, and life after death.

We have a great thirst for knowledge and understanding. So many people have knowledge but don't have the understanding to go with it. We have tried to implement the information we received into our lives.

*We never have been gullible when it came to new information and we always discussed what we were hearing and what we were being taught between ourselves. We picked it apart and dissected it.*

*And we didn't always agree with what we heard. I think that's important to note.*

**After a certain length of time that source of information became stagnant. We needed more. The more we searched, the more we learned.**

*We were destined for the road less traveled. I guess we didn't even have a choice in the matter. I can remember looking back at some of the events when we first met each other.*

*There had been a large galactic event that same year (a special alignment of planets). And something strange with our astrology charts, too. I am convinced Universe had special plans for us.*

*I know Charles and I were guided in some way into meeting. We certainly were not looking for a relationship.*

*But there we were: stuck together like glue. And a whole new life had formed: One life between the two of us---completely new energy.*

## The Honey Bee

The honeybee is quite a mythical creature. It is endowed with riches and abundance, always depicted as royalty.

There are many by-products of the bee that provide beneficial holistic treatments for the physical body, such as bee's wax, royal jelly and honey, not to mention the collection of pollen, which is positive pollination of fruits, vegetables and flowers.

However, the bee represents so much more than merely the physical benefits. Symbolically represented by the French fleur-de-lies, it speaks in ways of co-operation. The flower is giving of itself for use by the honeybee. The bee honors the opportunity to assist the flower's sustainability.

Every bee in one particular hive goes out, day in, day out, collecting the precious pollen.

That pollen sustains the unity of the hive. All bees are working towards the good of the whole: the one unit.

Never thinking for one minute that the act of collecting their vital food may actually influence humanity's well being, the bees just do it out of instinct, acting as a part of the whole: doing what seems natural to them.

They never re-act to outside stimulus, unless it is life threatening to the unit. This way, all goes well with their world. It is preserved and perfect.

And yet, just by preserving their unity naturally, it has beneficial results in the larger scheme of things.

The fleur-de-lies represents three aspects of our being: Father, Son and Holy Ghost (or, mind, body, spirit). The triune being, represented in such a small package as the bee, stands for the total, full knowledge of Self.

To heed our smaller brothers is to learn from nature that we could use the idea of co-operation to work towards the good of the whole. Humans could possibly influence the larger picture by using this principle.

*This is the way I see the two of us together: As Honey Bees. We are always working together, instinctively. But we are also influencing the greater good by doing so.*

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## A Secret Plan of Action

- Sit quietly with your eyes open. Take a few even breaths and get comfortable. What do you see around you? Just look at things with your eyes wide open.
- Spend one whole day being totally aware of everyone around you. Look at them; see them, perhaps for the first time.
- If you have a pet, don't just mindlessly interact with them, but be totally in the moment while you are petting them or grooming them. Don't think of anything else but their well-being.

### *Outrageous Opportunities: An Exercise in Life*

Driving in heavy traffic, especially in town, can be very nerve racking. Sometimes you may loose touch with your adventurous spirit in these situations. Try doing something outrageous.

Charles loves to bark at any dogs that are in cars near us, or walking down the street we happen to be on. We have always loved dogs and feel a special connection to them. It isn't something devilish, but it is something that makes everyone laugh---even the pet owner in the car. This is really a loving gesture. The dogs even get excited when he does it.

Another loving adventurous gesture to do in these same situations is to put on a big smile and wave at the person in the car next to you.

## Tip # 1: Make a Change

*"Does your life support your happiness?"*

**We had been strongly contemplating a major change in our lives. We'd always thought we were living fearlessly. But here we were, trying to keep things stable. Ha!**

**In order for us to continue to grow, we had to take what we had learned and make a 90° turn. For us to continue to grow on our spiritual path, we had to make the decision to change.**

*For many years we explored new ideas and studied metaphysical principles. But we were not using it in our lives. At least not fully.*

*Oh, we could talk about it very well. For some reason, it was interesting to look at, but difficult to put in action.*

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*Some part of us said, "Don't worry. You've got plenty of time to implement this stuff...You don't have to use it now.*

*"When the time is right, you'll do it. Keep on studying and you can do it any time you feel like it."*

*Somehow, we never really made any changes. We kept putting it off.*

*I guess we kept trying to rationalize it...or make excuses for not following the principles we learned. There could have been many reasons we didn't act on change.*

*One reason could have been that sabotaging subconscious ideas kept coming up. Maybe we really weren't ready for change. Maybe the critical mind just couldn't agree on what direction was right. Or it could be something a friend or relative said to us early in our lives that kept us stagnant.*

*You know, the subconscious mind can keep us in a box. Or maybe we just believed it was impossible to change effectively, so why bother?*

**After finally realizing we were stalling, we decided to be diligent about what we really wanted. We put all our effort into stricter discipline.**

30.

**You see, in today's society, you are coddled into letting life pass you by. As long as you are a good consumer and can be pacified with religion or getting ahead in a career, then your true self just gets lost.**

**We actually got caught up in all that, without even realizing it. We thought because we were aware of deceptions, we were different. But being aware of it and doing something about it were two different things.**

**We were ready to 'buck the system' once again. It was our responsibility to use what we had learned. This brought us to a drastic change in thinking.**

**We started to realize only *we* could make a difference in our own lives. We could do one of two things: either continue to sit on our hands, letting life pass us by, or we could finalize a decision to action.**

*Here's something to think about: You might consider making a decision for a very long time. But once you agree to decide on something, then the change is implemented. There is a split second when you put your mind in decision mode, and come to a certain conclusion. That being done, you are on a new path.*

*So for example, you may be thinking about eating a healthier diet. To say you are deciding to eat healthier means you are thinking about it. Once you weigh the pros and cons of the idea, you make a decision. Either you eat healthier or you don't.*

*Deciding is the planning and evaluating of a certain outcome. But the actual decision is the turning point.*

**It was time for our decisions to be implemented. That meant responsibility to see it through. That was when we took our lives into our own hands and directed the outcome. As far as society was concerned, this was outrageous!**

*Not only do we have a responsibility to ourselves to use what we've learned, we have an awesome responsibility to use what we have learned as a teaching tool.*

*Everyone we come into contact with looks at us as role models. I don't mean they are putting us on a pedestal, or thinking that we are so great, or have all the answers...but that is just the way it is in society. Everyone looks to others for answers, clues on how to live their lives, and receive acceptance in their decisions.*

*Since we've always presented a positive attitude and high integrity, people have always thought we were living at our highest potential.*

**It was time for us to put action into our lives and truly live at our highest potential.**

*Now, as far as I'm concerned, I go along with don Miguel Ruiz in his teachings about Agreements we may implement in our lives. I think the most profound Agreement he suggests we adopt is: Don't take anything personally. What people may think of you really has nothing to do with who you really are or what you choose to do. I have seen so much change in my life and my spiritual growth since I have embraced this concept and looked at it in my daily actions.*

*But even if you did not judge others, or comment on their decisions or opinions, you still are aware of them. You still take in information and process it.*

*There is a very old saying that a little piece of everyone you encounter becomes a part of you. That is a huge statement. You are a composite of all the hundreds of thousands of people who have entered your life.*

*It makes you start to look at what you do that may influence another person. How do you affect things in this world for other people?*

*As we pursued our spiritual path and understanding, was it just for the knowledge? Had we searched for the truth just to squirrel it away? We pulled it out once in awhile to look at it, marveled at it, discussed it, questioned it and then put it away again.*

33.

*Don't we have a moral responsibility to put the teachings into action? Shouldn't we actually live it---model the new-found inspiration, try it on for size, walk up and down the runway with it on, so others can see it?*

*Maybe a small piece of us will make its way into others. Maybe we can be of inspiration to someone who is looking---searching---wanting help.*

*Stop and look at your life. Look at the thoughts you have---Do they support you in your happiness? Abundance? Relationships? If not, then erase it and replace it with a supportive thought that will work with you, not against you.*

While putting together this particular essay, Tom Joyner, host of The Tom Joyner Morning Show on radio was discussing with the Reverend Al Sharpton a commencement speech given to 500 graduating women at Spelman College in 2006, by entertainer Bill Cosby.

Cosby says, "people have been waiting to hear the truth; they don't want to be coddled...They want these issues talked about."

He is interested in convincing black males of the importance of embracing their roles as fathers. At the same time, he says women have to take control.

34.

Cosby challenged the graduating class of Spelman College, a historically black college for women, "to take charge" in the black community. He said it was time for them to 'step up.'

"Who's running the show?" asked Cosby, "It appears that the male is, but I have news for you. It's your turn."

Some of Cosby's critics say his view is too simplistic, ignoring institutional and societal forces, such as government neglect and racism that have helped create conditions in poverty-stricken neighborhoods.

Tom Joyner said to Sharpton that many people were saying 'who did Cosby think he was to talk to them like that?'

Cosby later told Sharpton he was not lecturing or criticizing the young women, but was talking to them like he would talk to his own daughter.

We believe that anyone who has the influence on society that Bill Cosby has had for so many years, has the moral responsibility to lift up his fellow humans whenever the opportunity arises. However, sometimes our passion comes in a way that is not always understood by others.

35.

You may want to go back to 1965, when the NBC Network debuted the television program "I Spy," starring Bill Cosby as the first Black actor in a lead role of a regularly scheduled weekly program.

Cosby has not only proven himself to be a successful comedian, but also a very capable actor, and gained respect from all actors as well as those of us watching at home. He not only gained respect for himself and his trade, but for all Blacks of that era.

He has taken his responsibility seriously, always taught love and fairness in his presentations, whether it is in cartoons, stand-up comedy, written programming, or social action.

You begin to understand he could not have said anything else to the graduating class of women at Spelman College.

You may agree or disagree with what Cosby said. But he stood up and said what he believed in, no matter what we may think. This is Outrageous Living.

## A Secret Plan of Action

- Embrace change. Don't spend your life being fearful, because you'll miss important stuff.
- Your friends and relatives may have a certain impression of you. Don't worry about it; they have their own issues.
- Take your time when coming to a decision. So when that decision is final, you'll be comfortable with it and take action in it.
- If the decision you agreed to honor doesn't serve you any longer, change it.

### *Outrageous Opportunities: An Exercise in Life*

You remember the old saying, “When in doubt, do without”? Well, let’s take it a little further: *When unsure, do nothing*. Being outrageous means knowing when to move and when to stay put. If you are unsure about a certain project or plan of action of any kind, simply wait until you *are* sure. Being outrageous does not mean to plow full steam ahead into something you have no grounding in. If the feeling is not there, then your intuitive forces are telling you no action is the best.

There will be circumstances that need extra time to see the full plan, or the extended view. Perspective may not always be available at the time you think it should be. There may be some other situations dealing with this project that have not culminated. If you just wait two more hours or two more days, all will be clear, and you will have the information needed to take action.

## Tip # 2: Use Righteous Thinking and Wise Words

"Words are the vibrations of nature. Therefore beautiful words create beautiful nature. Ugly words create ugly nature. This is the root of the universe." ---By Masaru Emoto.

*Thinking and speaking go hand in hand. One thing leads to the other, of course. But it's amazing how we can have such lack of control. Our own minds tend to rule us, instead of the other way around.*

Let's look at the word 'righteous'. It is doing that which is upright or equitable; virtuous, moral excellence. It's all about right thinking.

**Being righteous is just right thinking. It includes non-judgment.**

39.

*The Way of Righteousness is a phrase I use to explain the whole concept of right thinking. It simply means to do something in the 'right' manner, to be unmistakable, and have well being in the physical body, mind and spirit.*

**You've got to really pay attention to the things you're thinking. Every thought that comes into your head doesn't always come from your mind. There are plenty of other thoughts floating around you and you can be influenced by other people you are around.**

*When you watch what is really coming into your head, ask yourself some questions:*

- *Is this someone else's opinion?*
- *Is it your own opinion?*

*Look at the thought again and see if you can see it in a way that does not offer an opinion or judgment.*

**When you know it's only truth, let it stand on its own. If the thought isn't truth, then throw it out.**

**If your thinking is influenced by someone else's opinions and not your own true thoughts, it's time to really take a look at where these thoughts are coming from.**

**It's too easy to let other people influence you. But when you start to become aware of that influence, then you empower yourself, and start making decisions that are in harmony with the way you really want to be.**

**Another way of righting your thinking is to pay attention to the words that come out of your own mouth. Do they uplift the people you are talking to or about?**

**Or, are they words that are meaningless? Are you saying things that cut and bite? Or do the words sooth and heal?**

*Sometimes it's better to just be quiet and listen, than to speak words without loving energy.*

**Choosing your words can be an exciting way to get in touch with who you are. It makes you slow down and really pay attention. You just might be surprised at what you find out!**

**But believe me; it might not be easy at first to monitor your thinking.**

**Once you decide to change your thoughts and the words that come out of your mouth, it's almost overwhelming to see how you have really been thinking.**

**U. S. Andersen, in his book, "Three Magic Words," came up with a way to restore the proper balance to your mind. He called it a 30-Day Mental Diet.**

*For 30 days, you are not to accept or dwell on any negative thoughts. Now, negative thinking has become a habit for many people. And as soon as you start to monitor your thoughts, all kind of negative stuff will come into your head.*

*But Andersen says it's okay if that happens. Just don't continue to think about it. Don't accept it. The negative thought is only fictional and has no truth to it.*

**You now have a choice. You can decide what you will think! Andersen says that after 30 days of making choices and having power over your thoughts, you have planted seeds of positive thinking---righteous thinking.**

Mr. Masaru Emoto has conducted an astounding research on water and healing. He, along with Dr. Lee H. Lorenzen, demonstrated that the physical condition of people could be improved by the subtle conscious energy of water.

By using a Magnetic Resonance Analyzer to create 'micro-cluster' water, they could photograph frozen water crystals.

This was originally created to express differences in water related to pollution, contamination or prayer effect in cleansing.

They also tested water after music was played to it, and special words were said, such as, 'You are beautiful,' or 'You are ugly'. You can see the effects that words and music have on water, as photographed by Masaru Emoto. You may purchase his books, *The Message from Water, Vol. I and Vol. II*, or see some of his information in a movie called, *"What the Bleep Do We Know?"*

*Since the human body is made up of more than 70% water, I feel that this information is highly important. Words spoken, affect not only the person they are directed to, but the one who spoke them.*

**If the Creator only brought positive things into existence through Love, and we are all co-creators, then how could anything else than Love Perfection be created?**

**However, habits come easily. The most recent saying or fad-like terminology seems to take hold, and subtle energy changes around the body. It only follows what is presented to it.**

43.

**The best way to conquer this impulse is to always be conscious of your thoughts. Living in the moment presents the best way to watch your thoughts.**

*Words can be so dynamic! They can set the mood for any occasion. A young wife, whispering sweet nothings in her husband's ear, can keep him home from the baseball game every time. Politicians can sway the citizens of a country by the way they speak. "Ask not what your country can do for you. Ask what you can do for your country."*

*That speech given by President John Kennedy, approximately forty years ago still rings in our ears.*

*The "I Have a Dream" Speech, by Rev. Martin Luther King, Jr., still speaks to the hearts of Americans. He took action by speaking what he was thinking. His words took action.*

**Words can also be swords. Not only can they negatively influence others in their path in life, words directly affect the person who speaks them. "Why did I do that?" "I must be crazy!" "I can't get the job done." "I don't understand why it happened." "I hope it'll work." "I gotta go to work."**

*A very dear friend persuades me to think correctly and speak with positive results. Whenever I see her, I suddenly am aware of the choices I have. Choices in life begin with the choice of words. They can be empowering words, like: I CAN, I LOVE, I AM, I WILL.*

*Watch what you are thinking and your words automatically come out positively. Then you can maintain your God-like integrity. Then your whole being (body, mind and spirit) holds a healing energy.*

**Know how powerful you are to bring about the highest good into your life. Settle for only the best.**

"Understand first that you have choice in all matters on the Gameboard. You are more powerful than you imagine, and you can as easily manifest your fears as your passions. ...You are in full control now of your reality, and if you are not happy with your reality, we invite you to think and to choose again...Expect a miracle and you will create it! Such is your true power. It is with the greatest of honor that we ask you to treat each other with respect, nurture one another and play well together."  
-----From *The Group*, channeled by Steve Rother

## A Secret Plan of Action

- When you speak, practice listening to what you are saying.
- Do the words that come from your mouth feel good?
- Make conscious choices and find uplifting thoughts.
- Notice what particular words you are using excessively. Write them in a journal. Become aware that these words might be controlling your thoughts.
- Listen carefully to the conversation of your friends. Seriously listen. Do those words make you feel good?
- Pick a special day that you will decide not to speak. What happens differently that day?

*Outrageous Opportunities: An Exercise in Life*

This exercise can be quite challenging. Commit to a full week of breathing before speaking. I know, you are always breathing, so how is this different?

For a full week, before you say anything, take a deep breath. Don't just blurt out words before you have considered what they are and how they will affect the person you are speaking to.

Talk is cheap; but speaking commands discipline. It requires a mind that evaluates. It requires a spirit that has compassion. It requires a mouth that is clean.

48.

Tip #3 ----Take Action by Living in the  
Moment (or Am I Just Being  
Irresponsible?)

**J**ust by getting married, we were defying  
society.

**We have lived many lives before and will  
probably live more lives in the future.**

**But we figured this might be the only life we  
have together as Charles and Melissa, so we might  
as well live it to the fullest.**

**Because of that, I think many people, over the  
years, probably think we have been very  
irresponsible.**

**We decided the best way to honor this life  
would be to live it to the fullest and live it totally  
in the moment.**

*By being in the moment, it means we are not going to worry about the future. We know it will take care of itself. And we have stopped living in past situations.*

**We have forgiven any negativity we may have perceived (people, situations and ourselves).**

*Living this way, we find it challenging at times. People we know and work with try to engage us in conversations that bring up past problems, or events they want to worry about. We know we don't have to live in the past anymore or worry about the future. By letting it go, we come into our personal power.*

*This can be a scary thing for some people who live their entire lives totally in past situations, never coming to terms with the past or able to associate with the present. They will go on and on about something that happened to them, and we either listen politely for a few minutes and change the subject or, if need be, we close the conversation.*

**It's important to us to maintain the integrity of our decision. It takes dedication and practice. But the more we follow the path of present moment living we find life moves so much more smoothly.**

*Being aware of present moment gives us a chance to really feel the third dimension. If our shoes are too tight, we loosen them. If the chair is too hard, we lay down a cushion.*

50.

*We listen to the sounds around us; touch each other.  
We acknowledge and honor the moment where we are.*

**There are many people that think we are not taking responsibility in our lives because we don't worry about our future anymore.**

**We aren't concerned with what others may think. We make our decisions based on our own desires at the time rather than someone else's opinion. On the flip side of that conversation, comes the concept of reincarnation.**

**It may seem strange to talk about reincarnation in the same breath with living in the moment. But they really are working in tandem.**

*We believe the soul lives on and into other lifetimes. But we also believe that the soul houses all those lifetimes. Bits of the soul or spirit essence are what come into incarnation as different personalities.*

*I remember giving a reading several years ago. Without giving details of a personal nature, I can explain a section of the session with my client, since she has given me permission to do so.*

*She asked if her grandmother, who had passed away, was all right. I connected with the grandmother's vibration, on the spirit side, and I told my client that yes, her grandmother was fine.*

51.

*I gave specific information that confirmed her grandmother's personality. And a message was relayed to her, as well. Then a strange thing happened. The grandmother told me that she was already back, in the physical world in a new incarnation.*

*I had a puzzled look on my face before I told my client this information. I just couldn't figure out how I could be contacting grandmother if she had already come back, newly incarnated in a physical body.*

*But I had been taught many years before if I trusted my spirit source, not to question what has been given, but to honor it.*

*My client looked at me and asked what was wrong. I said that nothing was wrong, but that I was confused. As I told her the information about grandmother, more details followed.*

*My spirit doctor explained the essence (personality) known as a loved one continues existing in the spirit.*

*A more expanded energy known as the soul contains this personality, along with all the other personalities from its other lifetimes.*

*As different lifetimes are experienced, part of the soul (or the personality from a past life) comes back to help the current incarnating soul.*

*They may present themselves as a guide, or just a kind of knowing about a particular aspect of life. It is having knowledge that seems to come from nowhere.*

*It's the only way I find easy to understand the past. The more you can be in the moment, you are totally aware of your inner self. You then can be in touch with the part of yourself (soul) that wishes to be of assistance.*

*That's why I know I don't have to worry about the past. It can only be part of me and assist me when I need it. And as far as the future goes, I'll be there as well, in some form, experiencing it on perhaps another level.*

*Living in the moment, being aware of your higher guidance, gives you the ability to be in charge.*

**It's always best to take charge of the situations you're in. Over the years, it has been a challenge for me. Believe me, I'm doing much better!**

**Being in control is being responsible. That means standing back and observing the situation. It even means to surrender. When you surrender, you're opening yourself to see the possible ways you can act responsibly.**

**The answer or solution comes that will satisfy everyone that's involved. Only then can you be in control: after everyone involved becomes satisfied, by your own unselfish solution.**

53.

**Often just standing back, giving up visible control allows others a chance to be responsible and take charge. Sometimes the Universe can take charge of things making them appear to be out of your control, just to show you it might be the wrong direction for you. This is a sign for you to stop analyzing what it is you're dealing with.**

**I'm learning to see and listen to these obstacles. They're telling me to stop and reevaluate the direction I'm going.**

**After all, when you're in control, you're on the path of least resistance. This is what's liberating about it: you can release the grip of a situation after it gets to the point that you feel you're losing control. You are actually taking control by letting go of it!**

**I always had to be controlling: partly because of my character, but partly because my father died when I was only 14 years old. The last thing he said to me was, "You have to be a man now. You are in charge of the family."**

*What a heavy thing to say to a child. But he was doing the only thing he knew how to do. Charles' father was afraid of leaving his wife and other younger children alone. So he instantly helped Charles to grow up.*

*Because of the emotional circumstances, Charles' subconscious leaped on that statement. And he spent most of his life trying to control situations...especially things that made him feel out-of-control. That need to be controlling came from the emotional upset of his father passing away.*

**But Melissa has helped me a lot with that. And like I said, I'm doing much better.**

*Experiencing feelings to life's situations gives a chance to act within the situation. Becoming emotional about it prevents understanding in a deeper way to know what it is all about. It robs you of your personal power and the ability to respond in a reasonable way. This is when reaction to the situation takes over instead of acting within the situation.*

**One can empower you; one can take your power.**

## The Heart Response

*Emotional recognition is knowledge of how you feel in circumstances. You can recognize the difference between emotion and feelings. It's what I call The Heart Response.*

*Everyone can become angry or upset during the day. Some situations create hostility, resentment and emotional upset.*

**Holding onto anger, fear and hatred can be a very dangerous thing to do.**

*There are ways of seeing and correcting it before any damage is done. It's all right to feel experiences, and learn from them. Then they must be released.*

*Emotions or Feelings*

*Society has misunderstood the meaning of these two words. Most people think of 'feelings' and 'emotions' as meaning the same thing. I believe they are different.*

*'Feeling' is a sensed action to a life experience and a totally honest response. It is something meant to be realized, or acknowledged, through the physical existence. Perhaps, it is even an awakening to understand a situation much more deeply.*

*Feelings should never be denied. They need to be experienced, looked at, worked through and released. Physical experience comes through the lower half of the body--in the areas called the physical, emotional and mental energy centers (chakras). This area represents and controls the third dimensional aspect of the whole being.*

*It is called the seat of the emotional body, containing feelings. So, 'emotional body' actually should be called 'feeling body', in reference to the physical part of being.*

56.

*'Emotion,' on the other hand, is something much different. And for lack of a better understanding, many have accepted emotion and feeling as one meaning. Allow me to explain:*

*The heart chakra, being the next level beyond third dimensional existence, is the first chakra of the astral body. It actually cushions or bridges the material and spiritual worlds.*

*Rosalyn Bruyere, Founder/Director of Healing Light Center, in Glendale, California, is a healer and teacher.*

*In her book, *Wheels of Light: A Study of Chakras*, Bruyere states the heart contains 'second feelings', which are quite often different than the first. The heart also contains transformation.*

*The heart area of the astral body, which connects the physical and spiritual realms, gives a second chance to see through the eyes of Creator, with love for the Universe.*

*The only true emotion in this life is that of Love. Universe created the Spirit through pure love. And that is the only driving force of life---Love.*

*There is no such thing as 'unconditional hate' or 'unconditional envy.' All prophets and great spiritual leaders taught love not hate. When a small child is asked about God, he will say, 'God is Love.'*

57.

*The heart has long been the symbol of love. But it is more than a feeling for your parents or spouse. It also includes joy, ecstasy, compassion, happiness, satisfaction, gratitude and honor. These are all cousins of love.*

*Every human is a part of the Whole Universe. Universe is always growing, expanding and becoming All It Can Be. Spirit Beings in human form (**that's us**) are put into place to share their life experience with the Universe. Creator cannot experience life on Earth as a physical form in any other way. We are that extension of Mother-Father God.*

*The human experience is connected to Creator by a pure silver cord of love. This is the only way life experiences can be directed back to the Universe---through love. It's the only language that Spirit understands.*

*The love emotion is the only way to put all earth experiences and feelings into correct perspective. Whenever you experience life actions, those feelings need to be pulled up into the heart, seen through love, and released.*

*Love helps put everything in order. It softens the feeling and the degree of intensity. Universal Creator then easily assists in resolving the situation. Through love, there is surrendering and allowing God to have it. All obstacles seem to move out of the way. The resolution appears.*

*Dis-ease from Emotion*

**Many people don't know how to regulate feelings through the heart. Society uses misdirected emotional issues to control feelings. The only gain to this is division and manipulation.**

*As a result, many children grow up in many unfeeling atmospheres, laced with only fear, anger, intimidation or unworthiness, by many aspects of society. When these feelings are not experienced with love, but encouraged to become emotional, they are pulled too close to the physical body and it becomes manifested as dis-ease.*

**Feelings are a natural response to the situations in life. It's normal to be angry with someone pulling his/her car out in front of you. When anger is allowed to build up, then it becomes emotional.**

*It becomes more difficult to think about it rationally. Soon, rude remarks and judgment cloud the real issue. Negativity is added, and the result of action is lost or hidden behind emotional energy.*

*By holding onto an emotional issue too closely, it becomes blocked or clogged in the energy field. The energy flow is stopped.*

**In fact, it is being stubborn to not let go. It's just like saying to Creator, "No, I don't want you to have this. I can do it myself." That stops the natural flow of the Universe.**

*Emotional energy begins to control the mental, spiritual, and sooner or later, the physical bodies. A large portion of the population is living life through the emotional energy of feelings, never allowing the element of love to filter that feeling into the proper place.*

*The mind is not able to make rational decisions, the body may become sick due to dis-ease and the spirit actually is suppressed by muddy auras and unaligned charkas.*

*After many years of this abuse of human feelings, your body, mind and spirit suffer greatly. You must tend to the physical by activating holistic practices; the mind has trouble functioning and needs psychological self-help groups to muddle through to the root causes; and, the spirit needs much work to rectify all the damage.*

**There is a much better solution: prevention.**

60.

### *Releasing the Emotion*

*The best way to deal with any negative problem is to let the situation just go on by---after the result of action is felt. If it builds up, then the emotions get in the way. Action is not possible, only re-action. **That's losing control. It gives power to the emotion.***

There are several ways to release emotions that may be ruling you, to put the feeling in the proper place. These **emotional cleansings** can be facilitated by creative visualization.

- Relax. Close your eyes. Imagine sitting on a beach. The waves are rolling in, washing over you and then rolling back to sea. As each wave comes to you, see it as a certain upsetting situation you have experienced recently. The situation washes over you. Acknowledge it, feel it, but do not hold it.

As you see the water move back into the sea, release the experience from your thoughts. You may have to do this several times until you are able to really visualize it. Continue experiencing it over again until you really feel able to release it.

61.

- Another visualization: As you hash over a frustrating day, play a special selection of music. Make sure that the tone or rhythm of the music fits the frustration. Start feeling the situation; allow the vibrations to drift the feeling into the 'feeling' body. When the music ends, know the frustration is released.

Every time you think of the frustration, play the music and allow it to take the feeling to the correct level. After a period of time, you will reprogram the placement of that feeling.

- Visualize a cleansing by blowing it into perspective. Bring back the feeling into your vision. Think of the pain, take a big breath through your nose into the lower abdomen.

Hold the breath and the feeling in your solar plexis for a moment. Then blow the air and the feeling out of your solar plexis, straight out into the 'feeling' body. There it can commune with the heart and astral body, to evaluate and deal with it.

- The Pink Bubble of Love: See the person or situation that affects you and blow a pink bubble-gum bubble around that person.

Seeing pink all around the person is seeing love all around them. When there is love, there can only be harmony. All is seen in better detail and understanding.

*The best time to do each exercise is just as the situation happens. But if your day is too busy and hectic, then be sure to take 10 minutes out at the end of the day. Do the Emotional Cleansing Techniques with all honesty. Go through the entire day's events and clear all emotional upset from it.*

**After putting these cleansings into action, you will take action in your life again. Your mind, body and spirit will find new life and vigor. You will be living outrageously.**

## A Secret Plan of Action

- Look at what is really important. Sometimes it's different than what you think.
- Recognize how you feel. Honor the feeling of the experience.
- Let the emotion of love take care of the situation after it is felt.
- The Universe knows best.

*Outrageous Opportunities: An Exercise in Life*

When you have a wild idea and everyone tries to talk you out of doing it, step back. Take stock of the whole situation. Look at all angles. If there are no glaring blocks in your path and your heart still speaks of this wild idea --- DO IT ANYWAY!! No matter what anyone says.

This is not an impulse or irresponsible spur of the moment decision but a well thought out response to a passion-driven desire placed in your heart. (You may even recognize it as inspiration---always act on inspiration.)

66.

## Tip # 4: Observe Thyself, Maintain Your Sacred Body

"Everything I think about and do is animated by the Divine Presence, sustained by the Infinite Power, and multiplied by the Divine Goodness."---A Treatment for Prosperity, Ernest Holmes

*These days have been extremely challenging for everyone in the world. And when you think about it, the Universe gives these challenges to help define each roll in Life. I have always thought of myself as a spiritual-minded person. I like to think that I am always intending Peace.*

*But, it seems the harder Life throws her punches the tougher it is to maintain what I know is the path of right thinking. Several years ago I reacquainted myself with someone who seems to easily spread peace as a matter of fact.*

67.

*A friend forwarded an email to me. It was from James Twyman, who is known the world around as The Peace Troubadour. James shares peace songs and lectures with the United Nations and war torn countries.*

James introduced, in his email, the psychic children, whose main focus is holding a peace vibration. They have been communicating with each other telepathically from all over of the world.

They said that no one should judge what is going on in the world. They encouraged not judge the leaders of the countries involved with confusion and discord.

*Everyone should hold love in their hearts for those who are making decisions concerning people of the world. It's very easy, and I imagine one of those human qualities, to find fault. Just by watching television and the news coverage of the war in Iraq would cause the best of us to question and lay blame.*

**But that is not the spiritual understanding that should be used. As soon as you hold a negative thought, it can grow. And sooner than you realize, it is consuming you. Then you become engrossed in conversations about things that you should be holding in Light.**

68.

## The Simple Path

James says, "Every moment provides an opportunity to practice the simple path that leads to the realization of not only our own enlightenment, but the enlightenment of all beings." So as you hold the highest thought of Love for all, you actually change the vibration of the world.

No one promised it would be easy. But, I know, it is important. It requires constant focus. But Spiritual Peacemakers have a work to do. It's time to get to the work that must be done.

**Man, the hardest thing I've ever had to do is look at myself. Melissa was a very quite person when we started seeing each other. She wasn't much of a talker. But when she did say something, I really paid attention.**

**It was hard, especially when it had to do with something I did or said. But I had to pay attention, because I honored her opinion.**

**It seemed like she was constantly showing me how I acted. (Not something I really wanted to look at), but she had a way of making sense.**

69.

**After awhile, I could look at the information she was sharing with me, and start to use it. I started to see that I was dealing with life, friends and family from an offensive point of view. She was living in a defense mode. She was looking at how things could work and I saw how they couldn't.**

*I guess I had always lived from spirit rather than physical awareness.*

*Have you noticed how everything seems different these days? The way you relate to your friends and family. The way you hear questions. The feeling you have when you get up in the morning. All these things have to do with the heightened energies of the world.*

*By moving through these higher energies, you will need to recognize things differently. Life really is different than it was before. And this gives you a chance to practice relating to it.*

*What is really happening now is being aware of what the third dimension is really like. Acting and movement in this limited space is quite a trick.*

*As multi-dimensional beings, humans tend to ignore the physical body and anything that is limited through the third dimension. (Do you tend to trip over or run into things? Do you have problems with depth perception? Do you surprise yourself every time you look in the mirror?)*

70.

*Now is the time to become very familiar with what you are really working with. You have been trying to get back to the unlimited self that you remember before earth school. Since your spirit decided to experience the third dimension, then it's time for you to get about that business. There is a way to blend these two aspects, but only after you have first recognized the limitation.*

*Have you ever walked down the sidewalk, while shopping, and looked in the window of a store? But instead of seeing the clothes on display, you actually see yourself in the reflection of the glass.*

*What was your initial response? Did you know who that was? You probably looked different than you thought you did, right? And if you continued to watch, you would see yourself doing the strangest things. The way you walk, the way you move your head and laugh or smile...it all looks so strange. That must be someone else. "I don't look that clumsy."*

*But you don't ever continue to watch yourself like that, because it would be too 'self-serving', or 'full of yourself.' Some people would even suggest that you were conceited and arrogant.*

*However, if you were to continue to watch yourself, you would be able to witness how you really acted. This is the main concept of observing yourself.*

71.

*The idea here is to recognize who you really are! This is a big one! And many of you may have thought of this before, but dismissed it as being too 'out there'. That thought couldn't be further from the truth.*

*The part of you that has always been, is now and will always be is the spirit. This spirit continues to exist after the physical body deteriorates, dies and fades away. The person that inhabited the body will always exist within the memory of spirit and in the space of All That Is.*

*As soon as you can recognize yourself as being spirit first, only living in a human body, things start to look different. Instead of a human being, you are actually spirit being human. The human body is merely the container for the spirit to be in.*

**We're spirits living in what I call an 'earth space suit' in order to feel what it's like to live here. It's the only way you have of getting around in this heavy, slow dimension!**

*Spirit has decided to experiment in the third dimension and see what that feels like for a while. In order to do that, you must have some kind of third dimensional vehicle to maneuver around in while you are here on the Earth.*

**So you manifested a physical, human body.**

*Finally you can see that you are really indestructible. Being so, it immediately gives you more options in life.*

72.

*The decisions you make now can be so much more expansive. You suddenly have more alternatives you never considered before. Your choices are more varied.*

*If nothing can harm you, then you have nothing to fear. Your belief system starts to grow and expand and the way you act in situations is changed.*

*You now have a chance to see your physical bodies differently. Taking better care of them becomes a priority. After all, if you are going to exist on the Earth for awhile it's much better to do it in a vehicle that works properly and is comfortable. You begin to get more pleasure out of spiritual pursuits rather than food pursuits.*

*The addictions of the flesh take a different place in your thoughts. Craving sugar goes away. Cigarette smoke becomes sickening, and light, natural, and green foods all of a sudden become the main course.*

*While all these things are going on, the mind starts to acknowledge and perceive the body and the spirit. The whole package becomes apparent: body/mind/spirit. The three need to work in harmony, while allowing each one to be independent.*

**While body, mind and spirit are working hand in hand, then the mind is able to actually see what the whole person is doing. The mind can be detached, but aware. And that is when you are able to observe yourself.**

73.

**It is the same as looking into the glass window of the store you walked by. You will be more aware of the things you think and have the opportunity to change those thoughts.**

**You will be able to make better decisions since you will see things the way they really are instead of how others wanted you to see them.**

**Try to think of your eternal body as spirit. You are spirit being. With that knowledge, you know that spirit is everywhere all the time.**

**Your spirit flows through different dimensions: it is multi-dimensional. It has no limits. It can be in the past, present or future at any given time.**

**But what happened when humans decided to inhabit the Earth Plane? Well, they had to put on this Earth Space Suit to move through the Third Dimension. All of a sudden, the spirit body is limited to this constricting suit.**

**That's frustrating. But the more it adapts to it, the human body can be very comfortable.**

*If I'm going to live here as Melissa, I want to be able to get around as easily as possible. That means treating my human body with some respect. Rodney Dangerfield coined the phrase, "I can't get no respect!" And I imagine that is what my human body has said from time to time.*

74.

*As soon as I grew up---well, was of voting age, I suddenly realized I could do anything I wanted to do. At the grocery store, I started picking up candy bars along with the other things on the list. I started sleeping later in the mornings, instead of getting up and going for a walk.*

*Needless to say, my human body started to get sluggish and didn't perform as well as it did when I was in high school and more active.*

**Years ago, I was very active in sports and I was in the best physical condition of my life. After I was consumed in being domesticated, all those muscles just melted down into fat. My body started to reposition itself. And I didn't like the way it felt.**

**But I was trying to control the situation. I thought I knew what I really wanted. Physical satisfaction to me meant eating whatever I wanted, because it tasted good.**

**After Melissa and I moved in together, she cooked me dinner. I'll never forget that first meal.**

*Before he tells you his version, let me explain something: I've always been very organized and methodical, especially when it came to buying and preparing food. I used coupons and kept in my budget.*

*And I planned my meals out according to the specials the grocer had that week. Believe me; I knew what I was doing!*

**Yeah. She had this little tiny rib-eye steak on my plate. It wasn't any bigger than the palm of my hand.**

*I had two rib-eye steaks...one for me and one for him. They were marinated in a blend of Teriyaki, Worcestershire and bourbon. It was a recipe I'd learned at a restaurant I worked in.*

**Well, I was used to having a full plate when it came to my steak. And I just sat there and looked at it for a few minutes. But out of politeness, I ate the dinner.**

*He didn't even tell you what else I had with the meal! There was baked macaroni and cheese, a fresh salad and green beans. I even had fruit cocktail for dessert.*

**This was just a joke to me! How was I going to eat like this little bird? After I ate it all and raved about how good it was, I said, "Let's go for a ride?"**

**We got in the car and I headed straight for McDonald's. And I was so hurt. I went to a lot of trouble to plan, shop and prepare that meal.**

76.

*Well, we seemed to find a happy medium. Actually, I gave in and started cooking like he wanted. Do you know he used to have almost a whole pound of bacon for breakfast, with half dozen eggs and at least four pieces of toast? And what was worse, I started eating like he did.*

**It's funny how hindsight is always 20/20! If I had eaten just like she cooked in the first place, I would have never gained all the weight I did.**

**It took many years of learning before we got to the place of actually doing something about it.**

**You know, you can get pretty tired of the way things are before you finally decide to do something about it.**

*Some of the things we looked at were drinking the proper amount of water; eating organic, unprocessed foods; exercise; breathing properly; meditation. The list goes on.*

*The first thing we really took a look at was water.*

**We came across a book many years ago called, *Your Body's Many Cries for Water*.**

*The author is Dr. Batamanghelidj. He talked about many different things when it came to the need for water. For the first time we realized the organs, systems and even the cells in the body need water just to function.*

77.

*It finally dawned on us what we learned in science class back in school: our bodies are at least 90% water. When the cell doesn't have enough water to function, it will just shut down. If too many of them shut down from dehydration, the whole organ shuts down.*

*Sooner or later, if it constantly is lacking in water, the body has a way of shutting down all systems it has to just so the most vital organs can continue to function. That means the body is in survival mode.*

*Now, the thing that really is an eye opener is this: What we used to think of as one of the first signs of dehydration, such as a dry, cotton mouth feeling, really is one of the last signs.*

*The body was struggling to maintain the proper water level for life functions and we have been ignoring it.*

*So our mission became one to give our sacred bodies plenty of water. It was something we loved ourselves enough to do. It isn't a drag to do it. It is a pleasure to provide what our house needs to maintain itself properly.*

**I've known for a long time that I was going to have to change my eating habits. Everyone seems to like calling it 'diets' but that just doesn't feel right to me. It seems too rigid and fanatical.**

**This isn't something I'm doing for a month or so. This is a lifestyle change. I knew my habits when it comes to how and when and what I eat had become really poor.**

*So we looked at natural food and what it does for the body. And we looked at junk food and snack foods and fast foods. And found out what those foods do to the body.*

*It's amazing what different foods can do. If it is a natural, raw food, it will assimilate into the body perfectly.*

*The body processes know how to work with nature. The raw foods have their own enzymes in them to assist the body in metabolizing.*

*But if a processed food with additives and artificial color comes into the body, then it has to go into overload to try and break it down and digest the food. After all that work, there really isn't anything left to nourish the body, and it all must be expelled.*

**Then the physical body goes into distress. After it is distressed for a long time, then it creates disease in the body's functions.**

**It only makes sense to take care of this sacred body. And that means using the fuel designed for it: natural food.**

*We spent so much money on exercise equipment. I guess we thought the better the equipment, the better the exercise would be. But if we didn't ever get on the equipment, then it didn't make any difference.*

**We used that equipment as very expensive clothes hangers, and dust catchers. But we very rarely used them to exercise. The motivation wasn't there. We just didn't get up and move! We must have forgotten how it felt to be active and healthy. It just seemed easier to sit around and feel miserable.**

*Well, I'll tell you. This has all changed. We have been using our mind to create that good feeling of health and well being. And that has given us the motivation to move, to breathe again and to live to the fullest.*

**This is what we call honoring your life. Stop and look at these things. Look at how everything around tries to keep you from seeing how you can empower yourself by taking charge.**

**Just because everyone else is doing it doesn't mean it's right for you. Use your head. See how it feels to you. Connect with your intuition.**

## A Secret Plan of Action

- Take a really good look at yourself---or how you feel about yourself. How is it? Do you feel the way you would like to feel? Is there something you could do to change it?
- Is there something from your earlier living style that needs forgiveness? Pick just one thing. And then forgive that part of your life.

### *Outrageous Opportunities: An Exercise in Life*

Let's say your day is really going badly. It seems everything you start or plan just never works out, no matter how hard you try. You could keep pushing and pushing and insist that it happen.

But instead of pushing and making it work, just take a break. Go for a drive out in the country; stop for an ice cream; stop and watch some children playing soccer; drive so far away from home you have to stay at a motel for the night and head home in the morning.

I know. This falls under the heading of "Am I living in the moment, or just being irresponsible?" But I'm here to tell you from personal experience, if you don't take a long, clear break from what you were experiencing, it could really take a toll on your emotional health. Besides, when you clear your mind of the problems, all of a sudden the answer is there for you when you come back to it.

## TIP #5: Change Your Mind to Create Success and Prosperity

“I believe in my own divinity - and yours.”  
---One of Elbert Hubbard’s famous ‘credos’.

**H**onoring others is taught in many ways. But how often are you taught to honor yourself? This must be one of the most powerful thoughts you could have: to believe in your own divinity.

**If you can see yourself as a spark of the Divine--a piece of the creative universe, then you can accept yourself as a creator. Quite an awesome responsibility!**

*If I am divine, then I am a creator, and can manifest my own future. I can create the love I want in my life and so can others. I can create the perfect career for myself, and so can others. I can bring into my life, all the supplies and sustenance needed to survive in this remarkable world, and at the same time, see it for others. Whatever is needed for me and others, must, by all rights, be manifest.*

83.

*Together, through all divine creators, Peace can come into reality. I can allow it to be, can you? I believe in my own divinity – and yours.*

*Some time ago, Charles and I went to the theater to watch the movie "Radio," starring Cuba Gooding, Jr. "Radio" is one of those wonderful stories that can define Divinity on a personal level. The young man nicknamed Radio, who was challenged in many ways, was able to see everyone as being divine. And in doing so, he was able to create a fantastic future for himself.*

**You have the ability to bring that aspect into your own life.**

*But sometimes it is so easy to get stuck in negative vibrations. Sometimes I find myself wallowing in them big time!*

*After many years of researching and experimenting with manifestation and positive thinking, Lynn Grabhorn wrote about a very simple view in her great book, "Excuse Me, Your Life is Waiting". There she has fantastic information we have used to help pull ourselves out of negative thinking. Grabhorn says that by holding a joyous, positive thought and feeling for at least 16 seconds, the energy we are emanating actually changes.*

**So when we consciously find ourselves thinking in negative ways, or can't understand why our life isn't working, we pull out a fun, exciting memory that kick starts high vibrations.**

*By changing the vibrational energy around us, we are able to bring more positive aspects of life around us. This is when things actually shift. We can feel a change take place.*

*That word 'feeling' comes up again and again, doesn't it? Grabhorn also says it's not enough thinking of the happy situation. You have to really feel it. Remember when it really happened and relive that feeling. That feeling of excitement or joy implanted a special signal in your energy grid.*

*By accessing it again, it is like putting in an old tape into the cassette player. The music you loved so long ago is still there. The dance steps come back naturally and the part of your life you thought had disappeared returns.*

*It all is through the feeling that took place the first time it was experienced. It was indelibly implanted into our energy system to access anytime you would like to.*

*Life may have moved into more sophisticated aspects over the years, using CD's or DVD's. The tools may have changed. But the implanted energetic pattern is always there.*

*There are many other ways to successfully access a shift in your energy field. The first one listed here is the Light and Love Visualization.*

## Light and Love Visualization

Sit quietly for a few minutes and get as comfortable as possible. While you are sitting, imagine in your mind a beautiful candle. It may be one given to you as a gift. Or it may be one you picked out yourself. You can remember it as any color you would like it to be.

When you feel ready, take a match and light the candle. Watch how the flame starts up with a flickering light. Just relax and watch how the light of the candle glows.

Now, imagine the candle is inside your heart-spirit. It is resting so nicely right inside your heart. The flame from the candle begins to feel very comfortable and warm. You can feel the light growing and glowing inside your heart center. Just sit and enjoy the feeling of the light inside you.

The longer you sit the more you become one with the light of the candle. It fills your body and spirit. You get so full of light that it begins to penetrate through your skin.

86.

You can feel it shining through and it feels like there is a big spot light shining on you. The light is not shining on you, but it is shining from you. And soon, the light is emanating all around you for everyone to see and feel.

This is your Light. This is your connection to Universal Spirit. You are one with it.

*You can access this special moment any time you like. The more you practice this visualization the easier it will be to access the Light.*

*Here's another exercise we use especially when we are preparing ourselves for our spiritual work or giving sessions for clients:*

## Running Energy Practice

There are two fundamental energies available to humans: the feminine, magnetic, "Earth-Mother" energy and the masculine, electric, "Spirit-Creator" energy.

This exercise will help you become grounded in the Mother Earth energy and at the same time open to Creator's Spirit energy.

It also activates a clearing of the body's major energy centers, balancing the subtle life-force energy you can use for creative activities.

Become aware of your body. Pay attention to your breathing and other physical sensations around your space. Wiggle your toes, and settle down into your chair.

Sit up so your spine is straight, keeping your feet on the floor. Imagine yourself as a tree with a very large and extensive root system going down from your lower body through the chair, through the floor, through the crust of the earth, all the way to the center of the earth. Feel yourself totally connected from your body into the earth.

Imagine Mother Earth cradling you as you breathe in the magnetic feminine energy of the earth. Each time you take a breath in, fill each energy center, until all seven chakras are full of earth energy.

Say in yourself, "My first chakra is opening now and filling with Earth energy", and so on for each chakra. It's good to feel the Mother's energy as warm, smooth, healing and nurturing.

88.

When Earth energy is running up through all the centers, allow it to flow out through the top of your head, so your body is like a fountain of Earth energy. This Earth energy is now running upward.

Imagine Spirit energy from above as a stream of clear golden light. Bring it down through your crown. It may actually feel differently. It's more electric, crisp, sharp and outgoing.

Using your breath, but this time on the exhale through your nose, bring the Spirit energy down, feeling it in each energy center, just the same way you brought the Earth energy up. When you get down to the first chakra, send the Spirit energy down your grounding cords, and ground it in the center of the Earth.

After you have both Mother and Spirit energy running, take a moment to check each chakra and notice the relative flow of energy. If there are any blockages, release them using intention and visualization to get the process started. You'll end with all your centers open and vibrating and feeling balanced, and your Earth and Spirit energy running in a smooth and even pattern.

*Both of these exercises can be done each day, or when you feel the need to connect with your higher power. When you first start using them, it may take five-ten minutes to do properly. But this will enable you to become familiar with the procedures and know how they feel and what they are supposed to do for you. After a few times of practicing them, it goes much more quickly.*

Now you are more connected with ways to change your energy. They all can be done by intention. You are empowered.

*Many years had gone by while we tried to understand how to be successful and prosperous. We allowed society and religion to keep us in a poverty-mode.*

**Our environment keeps us all in the same mode of thinking. Everything you come into contact with helps to create this way of thinking.**

*We were right there: Thinking we were not worthy to be successful!*

**We knew this was an area we needed to work on. But just didn't have a clue where to start.**

*Intellectually, we knew it couldn't be true. But it took so much to work through: reading, searching, workshops, subconscious investigation, rationalizing... We spend a lot of time feeling bad because we were not being successful!*

90.

**If you decide you want to make a change in your life, such as preferring to be successful, you'll first have to listen to what you're thinking. That's a conversation that many people don't pay much attention to. The thoughts you entertain are jailers who are keeping your mind locked.**

**You first have to understand the words that are going through your mind. Understand the meaning of the words.**

**You have to start changing what you think and how you react to situations in your minute-to-minute life.**

*The first real clue we came upon was a book by U. S. Anderson called, "Three Magic Words," mentioned earlier. That book helped us to understand how the subconscious mind works. From an early age, you start to log in certain thoughts, or 'prompters' that stay with you locked in the mind. And these become what you subconsciously believe to be true.*

*The conscious mind doesn't always believe the same thing the subconscious mind does. For all intents and purposes, it doesn't really matter what you want to think.*

*The subconscious will keep bringing the firm (but illogical) hidden belief system to the forefront. It has this crazy way of preventing you from being or doing the things you really would like to.*

91.

*I think of it as my sabotaging self. It was really doing what it felt it must. But I had to do something about it – I had to redirect it.*

**Phrases like: 'You know, it's rough out there'... 'It's becoming harder and harder to make a living'... 'The politicians are causing all our problems'... 'I'm saving my money for a rainy day.'**

**Continual use of these words in your conversation is the thing taking away your power.**

**I'm not saying it's going to be easy to change your way of thinking. It's going to take a great deal of work and dedication.**

**After a while, if you are doing it consistently, you will start paying attention to the conversations you have with other people. And you'll notice how it may be leading you right back to the negative thoughts you were trying to change. Now these people may not be interested in changing their lives or their thinking. But you still have to encounter them every day.**

**The more you understand about making changes, the more you will isolate yourself from these people. Their conversations are always leading in the very same direction.**

**They hold very little positive thoughts and they will not embrace your new way of thinking. It's just too hard to take responsibility (or so they think). It's much easier to give it to someone else, or have someone else to do it for them.**

**If you're serious about changing your direction in life, it's almost like becoming a fan. You will need to have fanatical drive in working on your subconscious mind and freeing it, filling your mind with new positive ways of thinking.**

**As you make this change, your environment will change around you. Your interest will change; you'll be involved with what makes you happy.**

**The majority of people around you won't accept the fact that you are changing. Family and friends won't understand who you are any more.**

**The easiest way around this --- the only way --- is to take responsibility. Of course you must honor their opinion. But it is just that: their opinion. You must also honor your own opinion. The more you change your thinking the happier you will be. As you do this, you will see the illusions around you.**

*Once we recognized why that part of ourselves was reacting the way it did, we had the opportunity to change it. Maybe a better term would be to reform that thought.*

*There are many different ways of actualizing what you would like in your life. All of them work. But I've found out they work better if used together instead of separately.*

*The main objective is to help the subconscious mind recognize what the truth really is. The subconscious mind picks out certain patterns of thought according to the level of emotion and presentation at the time. It then decides to believe that statement.*

*It may not be a true representation of reality. But because of the emotion evoked at the time it was presented, the subconscious says, "Wow, we better put that thought into action."*

*So statements like, "What's wrong with you, do you think money grows on trees?" and "We just don't have enough to get those shoes for you" could become part of your subconscious belief system.*

*What your subconscious mind believes basically is your belief system and is exactly how you live your life. You don't realize it consciously. You may not even believe consciously what your subconscious is playing back into your life.*

*The subconscious kicks in when you aren't even looking to ensure the emotional aspect of these statements becomes truth. The thing to do is somehow overcome those unwelcome prompts.*

*Over the years, we tried everything possible to overcome the subconscious mind that kept getting in the way of our prosperity. Everything we learned makes sense. But doing only one thing just didn't make any difference.*

*We've come across many metaphysical techniques over the years that help us to set a certain thing into motion in our lives. Here's a list of Metaphysical Tools:*

1. *Belief Declaration:* *A valid statement, bringing a sense of truth or positive thought to your mind. Louise Hay has written much about the use of affirmations to help change thought form habits. I prefer to call them 'belief declarations'. You must create a believable statement. Sometimes you may have to use a sequence of statements to take you to a believable place.*

**You just have to believe what you say to yourself.**

2. *Visual Affirmation:* *Visualizing the positive outcome of an event impresses your mind by picturing an activity you wish to bring into your life. It is used as another method to validate declarations, or affirmations. It is important to see it as if it has already happened.*

**After you say you believe it, see it that way.**

95.

3. Power of Emotion: By feeling the emotional level of your desire – actually feeling it--, it adds to the methods in which you can manifest action in to your life by implanting a signature grid.

**Your emotions are very powerful---use them.**

4. Breath of Actualization: There are many uses of the breath, since this is the way of creation. We like using the more indigenous methods, but total focus on the breath is essential to manifestation.

**In other words, breathe your thought into reality.**

5. Better than 50% Use of these Tools: It's important to be able to over-ride your present thought processes, or the subconscious mind pattern. In order to do that you must be able to employ these tools or techniques better than 50% of the time, to manifest change.

**So, we have added the special technique on the next page to use with the subconscious mind.**

96.

Subliminal Thought Visualization

Your subconscious mind works the involuntary organs of your body, such as beating of the heart, breathing into the lungs, etc., without the conscious mind directing it. Using this same manner, you can use the subconscious mind to 'impress' a certain thought into action with each involuntary response. The mind affects the body and the body affects the mind. You can literally program a statement similar to the one below into your mind each day.

After going into a light meditative state, set this Subliminal Thought Visualization into your mind by saying this statement:

"With every beat of my heart, each day of my life, my sub-conscious mind accepts a visual picture of myself as a person with \_\_\_\_\_ (peace in my heart, acceptance of others, love for others around me, a successful business, etc.)"

*You are using meditation (which calms your conscious mind), a declaration of belief (that helps you make sense of the manifestation logically), a visual affirmation (which satisfies another powerful sense), your emotion – or feeling the sense of it (which stamps the impression), the breath (which helps move energy into manifestation) and the subconscious mind (which accesses use of the involuntary processes).*

97.

*The more you can use these tools in creating your prosperity (or anything else you're wanting in your life), the more empowered you become.*

**The interesting thing about empowerment is this: you actually start to believe it. By believing it, you start to act like it. By acting like it, guess what? It actually happens.**

*There is an old saying that the best way to get what you are wanting is to thank the Universe as if it had already happened.*

*That seems so silly. Of course it hasn't already happened. I wouldn't 'want' it, if it had already happened.*

*But believe me, it works. A focused intention of something in particular actually puts it in the Universal Mind (Mind of God). When God has it, it is created in spirit. You may have heard the words 'as above, so below'. They refer to something happening in the Heavens first before they are manifested in the Earth Realm.*

*By thanking the Universe ahead of time (since there really is no time), you bypass the subconscious prompters and the logical conscious mind, and go straight to the Source – the Higher Self.*

## A Secret Plan of Action

- Sit down and have a serious talk with yourself. What is it you really want? Consider what life would be like if you really did get what you wanted.
- Spend some time each day visualizing a specific desire. See yourself really doing it. Imagine how it would feel if your desire was true.
- Create your own declaration of belief. Make sure there is nothing in that statement that is difficult to believe.

### *Outrageous Opportunities: An Exercise in Life*

We are living more and more in the field of synchronicity. That means Creator is showing you the most interesting direction or path. You may be looking for something in a computer search, but end up on a website that a friend was talking about yesterday. The two things would not normally have any connection. Two minutes later the phone rings and your sister tells you about the same website.

Don't think it is just a coincidence. All things are planned. But you are working in the energy of miracles. This is the perfect time to take action. Pay attention to everything around you. Opportunities abound.

## TIP #6: Step Out On Faith - Surrender

“Only those who dare to fail greatly can ever achieve greatly.”

---Robert F. Kennedy.

“Your integrity is who you really are, what you really are; the totality of your authentic self. Spend a few minutes everyday to get in touch with the memory of what you are. Allow yourself to imagine the possibility that you are made by a certain frequency of Light. Light is the messenger of God; it contains all information, all possibilities, and all power. Imagine that you are made of Light, of Spirit. There is nothing you need to do. There is nothing you need to be except what you really are. Remember what you are, and the dream of your Life will have no limits.”

---Taken from *The Four Agreements Companion Book*, by Don Miguel Ruiz.

101.

*I suppose the idea of my life having no limits is really very intimidating. Children are brought up from the moment they are born being told 'No, you can't do that.'*

*You must limit what you eat, limit the noise you make, limit what words you speak, limit your time at recess, or the office break, limit the money you spend. Don't be seen in that part of town, don't associate with that person, stop---don't---can't.*

**Very soon, you could get very frustrated. Just by the act of limiting myself into the third dimension, speaks volumes about my ability to even consider myself Light--or Spirit.**

*I realize that I'm here to experience the physical world, and report back to the Divine, so to speak. But I do tend to get caught up in it all.*

*Perhaps, just perhaps, if I could just start with one moment... And only imagine the possibility that I was made by a frequency of Light (like don Miguel suggests) for only a moment.*

*Then maybe I could move that thought around in my mind once in awhile. Yes! I believe I could do that. The more I do it, the easier it might be to realize the Light within me has all information, all possibilities, all power.*

*Yes, that's it! I will only consider myself Light, one moment at a time. Then it will not be so overwhelming.*

*"The Four Agreements Companion Book" by Don Miguel Ruiz is an excellent way of exploring the original book. Create a study group that will dedicate a few weeks or months and use it during the sessions. What started out as a wonderful book turns out to be one of the best teachings of this era.*

The meaning of each agreement becomes deeper and more strongly engrained after it is shared.

**If you let fear into your life then you give away your power. By looking the illusion of fear in the face and realizing that it has no substance, then you can confront anything. And in the confrontation, you become a stronger, more liberated being.**

*Being confrontational is being outrageous. Society doesn't like any one or any thing to rock the boat or venture off into an expanded power. It doesn't fit nicely into the box of created norms.*

*By confronting your fears, your spirit recognizes the bounty of gifts and opportunities available for the asking. That strength leads you into the most amazing areas of living.*

103.

**Always recognize the fear. Then recognize your strong spirit. You are not in this experience alone--the whole universe is with you!**

*Faith is an inner knowledge, not an abstract belief. It is an unwavering certainty radiating from the deepest parts of your being. Know Creator exists and will help you to your highest good.*

*Faith is a feeling. It can't be proven, disproved or researched. It is the expectation of miracles. Faith resonates in your heart and becomes a living presence there.*

## **Own Your Dreams**

*Stepping out in faith, and going after the seemingly unattainable events in your life is the most effective way of owning your dreams. This time in human history is so important.*

*To fully move Earth into a higher dimension, you must act on your goals, inventions, aspirations, and final destinations.*

*You must go boldly, where no man has gone before. You must do the thing that you fear to do. Robert Bresson said, "Make visible what, without you, might perhaps never have been seen."*

## Take Empowerment Where You Can Get It

*Beatrice Richards was a very famous actress, dancer and spiritual teacher. You may remember her as the mother of Sydney Poitier in the 1970's movie, "Guess Who's Coming to Dinner?" More recently, in Oprah Winfrey's movie called "Beloved," she played the part of the matriarch of the family/community, and brought the group together in a woodland setting and inspired them to themselves.*

*Recently I became intimately acquainted with her while Charles and I were traveling to Denver on one of our trips. We stopped for the night in Hayes, Kansas.*

*While Charles was checking the oil, and taking care of other upkeep on the car, I turned on the television in the hotel. An HBO broadcast was airing.*

*"Beah: A Black Woman Speaks" was a documentary on the life and accomplishments of the activist, actor and empowerment teacher.*

*I was immediately fascinated with the information presented. She had led a wonderful and inspiring life. Not only was Ms. Richards an accomplished actress, she also taught acting to others. She was an accomplished dancer/teacher. She was a social activist in the 1960-70's, and spent her entire life empowering others.*

105.

*The program was put together by LisaGay Hamilton, journalist. She had known Ms. Richards for many years and was fortunate enough to be able to conduct extensive interviews with her and record some of the things that she had done in her later years.*

*At the end of the program was a very intimate interview, one-on-one. She asked many questions of Ms. Beah about her life and how she saw the future. Ms. Hamilton was holding the microphone and Beah was talking to her into the microphone.*

*All of a sudden, Beah stopped looking at the interviewer, turned her head directly to the camera and said, "The world needs to hear what you have to say," then turned to Ms. Hamilton and continued.*

*Beah Richards stopped this interview and talked directly to me. I had the most overwhelming feeling I've ever had, when I saw her turn toward the camera and make that statement! I know it was directed to me.*

*All of a sudden, I knew I had to really start sharing information with people about spiritual empowerment and the things I've learned in life, by experience and from my guiding forces. It was time for me to acknowledge being outrageous.*

*Beah Richards passed away shortly after that interview. But I thank her for telling me truth. And at times, I feel her around me, inspiring me.*

106.

*I now follow my dreams. I do the thing that I'm afraid of. I boldly step into the future not worrying where I'll put my foot. I know there will be support for me. If I can think it, I can do it.*

*So, take courage, have faith, step out in the world and do the thing you may fear. You'll never be sorry.*

### ***Be Truthful***

*Being bold truly is the order of business these days.*

**This includes truthful statements. Many people have avoided looking at the way they deal with the truth. They have become too afraid of hurting other's feelings. So, instead they agree to do things that they really don't want to do. They make decisions based on what some one else wants.**

*Truth comes from within. It has to do with what your heart says, not some one else's heart.*

### **It is being truthful to your self.**

*These are the things you should be aware of now. Everything feels different, because it is. Life challenges you to forge ahead. Believe that your inner self is all knowing. It will always lead you in the right direction, to make the correct decision.*

107.

*The more you are aware of your true self, experiencing life in exciting times of change, you will be empowered. You can forge ahead in your dreams and you can take advantage of the higher vibrations of the times.*

“You must look within for value, but must look beyond for perspective.” ~~~Denis Waitley.

*You may remember the musical/movie called “Jesus Christ, Superstar.” It was wonderful. But sometimes, I think society is trying to influence everyone too much when it comes to stars. Too much effort is put onto stardom and it creates a separation from the ‘regular folk’.*

**The entertainment industry makes it’s living because they are able to advertise these movie and sports stars so well that people become ‘fans’ or fanatics about them. The movie is a ‘must see’ three times...or you gotta go to buy a certain kind of sports shoes.**

**They make their living – and a good one too – by creating in the mind of the public something needed or wanted. They puff up these stars so much that they could not possibly be real.**

*When the stars are more revered than your own talents and abilities, your true spirit is not honored.*

108.

*You may perceive there are other people in the world that are better than you are. And that simply is not true. By rushing to value certain talents more than others, it encourages many to drop the natural talents that make them special. Every one and every talent is needed for success.*

**Everyone has a special ability or purpose in this world. The artist cannot create the masterpiece if he only uses one special color he considers better than the rest. He has to use them all. Each one is just as important as the other.**

*The greatest symphonies are created with all instruments involved. My favorite example of this is "The 1812 Overture." This is the one that is usually played on the 4<sup>th</sup> of July...You know, the one with the cannon being shot at the end.*

*Cannons are almost always thought of as a negative item. But with out the cannon, the whole symphony would not be the same.*

*The good; The bad; The ugly. You may not want to acknowledge what you consider negative aspects of your self or others. But they all add up to perfection. It actually polishes everything to perfection.*

**St. Francis of Assisi was a person that was born to superstardom.**

**He belonged to a very wealthy and aristocratic family. But he found much more solace through a simple life, giving away all his possessions and riches. It was certainly not a popular thing to do in any time frame---but he was able to hold a positive intent of peace, by doing so. It was so strong that the energy is still very much alive in our culture – hundreds of years later.**

*Don't look outside yourself for star qualities. You have a chance to make yourself a superstar in your own right. Find and honor your own talents and dreams. Then follow them. It helps others who are watching you to look for their dreams. This way everyone will live harmonious lives, excelling in the area that is unique only to each one.*

**People used to call me conceited. But I'm not...I've just always been a confident person. Being conceited is being a 'know it all' and needing to control.**

**Being confident is to have a knowing and being able to relinquish control. I've always been very sure of myself.**

110.

I know when I work with others I am doing my very best at that moment. I know that God works with me – through me – and God is sitting right in front of me, cloaked in the body of my client.

It is my duty to treat that person with all the reverence and respect and love that God deserves.

Quite often when I work at expos or other events, there may be other reflexologists or energy workers doing their thing too. Once in awhile, someone will ask if I'm concerned that there are too many other reflexologists that could interfere with my share of the work.

You know? It never entered my mind to be concerned about such a thing! I'm the only reflexologist who works in the manner I do. And if there are 10 others at the same event, then there are 10 other ways of presentation.

I know that I'm good at what I do. I know that others can see it too. But in the same respect, the other 10 reflexologists are good at what they do, too. I know they get their reward just like I do.

Besides, Universe has me in Its Heart. As long as I reside there, I am totally taken care of.

It's an issue of surrender...allowing the universe to take care of me. Surrender is probably the most difficult thing to do.

111.

**We are continually taught while growing up to be in control. Society, parents and teachers, all encourage us to be in control of our lives.**

**The more we try to control, the less we surrender. But the only way Universe can take care of us is if we allow surrender to happen.**

*I like to think of it as allowing rather than surrendering. I feel like I can allow the Universe to work in my life. Maybe that is just a way of getting out of complete surrender.*

*If so, then I can accept that. Sometimes we must gradually move into things to feel comfortable with them instead of moving too quickly. But we certainly encourage everyone to think about surrender.*

*I usually have a pretty good connection with my Spiritual Guidance System. By that I mean I usually receive information intuitively. While working with a client, I can 'see' what is going on in their life, and 'feel' how it became that way, and 'perceive' the most beneficial way to address the situation.*

*It's easy for me to tell them what Spirit says. That's my job. As close as I get into their vibrations and lives, there still is a certain amount of separation between us. So it is not difficult for me to just tell them.*

112.

*So, you would think it should be easy to do that for myself, huh? But I've had resistance to it.*

*Charles and I have been traveling for years, working body, mind, spirit conferences and expos. As I work with different clients at these events, I am very often required by Spirit to use a quartz crystal that helps boost the vibrations. I can always find a great crystal at the events we attend.*

*Several weeks will go by, and I'll be giving a reading to a client who has major self-esteem issues or a difficult relationship problem. Before I know it, I've handed them the quartz crystal. They admire it and try to hand it back to me. "Spirit wants you to have it," is the statement I give – or should I say, Spirit gives.*

*We were working our booth at a huge Whole Life Expo in Atlanta, Georgia, years ago. About a month earlier, I had found a beautiful rose quartz. It took the place of all the other quartz crystals that had been given away by Spirit.*

*It was not polished, but still it was smooth. It fit into my hand perfectly, and I just knew it was my crystal. There was no doubt in my mind, and so, I became attached to it.*

*Shortly after the beginning of the event my attention was drawn to two women standing at a booth across from us. They were talking with the vendors at that booth.*

113.

*As I watched them, I noticed one woman was wearing an interesting t-shirt about an organization dealing with a disease called sarcoidosis. At that time, it was a relatively unknown disease, but I knew it all too well. Charles' sister had passed away with complications of that disease, after many years of dealing with it.*

*Needless to say, it struck a chord in my heart. And Thea's familiar vibration was very intensely around me. Then I heard it. Something I'll never forget. "Give her the rose quartz."*

*"No!!" Was my reaction, and I literally picked it up in my hand and pulled it close to my heart. "This is MY rose quartz."*

*Again, the spirit voice said, "Give her the rose quartz."*

*I got up, with it in my hand. I started pacing back and forth. I really struggled with it. That rose quartz really had become part of me. It fit into my hand perfectly. This one was mine!*

*Thea connected even stronger, and I couldn't deny the connection. I knew that I was, once more, the conduit connecting energies. I walked over, and introduced myself. I told the two women about my sister-in-law, how she passed away as a result of having sarcoidosis, and about the rose quartz. I told them about my struggle of letting it go, but that Spirit had said to give it away. I handed it to the one wearing the t-shirt.*

114.

*As I let go, the other woman said, "It's good to be obedient."*

*That statement struck me very strangely at first. The word obedient always reminded me of being controlled by people or religion. It was not a word that I liked. I stared at her with a blank look on my face for a second.*

*Then I got it: Obedience. Trust and Obey. Trust. Willing to do the thing you are told. I trusted Spirit. I trusted my Spiritual Guidance System. Yes, I was willing to be obedient. I surrendered to it.*

### A Secret Plan of Action:

- Come to an agreement with yourself that the next time you hear that still, small voice inside you will follow through with it. The more you do, the easier it becomes.
- Be ready, willing and able to give away anything that you might have become attached to. It really wasn't yours anyway.
- Breathe. Always remember: breathe.

*Outrageous Opportunities: An Exercise in Life*

It was a daring act just being born into this world, you know? I believe it was Helen Keller who said, "Life is a daring adventure, or nothing at all." And I guess she would know if anyone would.

What I'm getting at here is this: Why aren't you doing something adventurous? Why aren't you living your life? Always scared to move, never going a little further, or taking an extra step, afraid to look up.

Pick up the bat. Step up to the plate. Take your stance. And swing.

118.

## \*THOUGHTS AND INSPIRATIONS\*

In this section of our book we have added a couple of things we think you will be able to use in your life. They are taken from articles I wrote several years ago. I think they are very necessary to put in this whole work to add to the idea of living in a right manner.

### Faith, Hope and Love

*"In the end, these things matter most: How well did you love? How fully did you live? How deeply did you learn to let go?"*

*---Author Unknown*

Some time ago, a friend of ours wanted to provide a special kind of service to the community: a way of helping those who were in a difficult time in their lives. She remembered a time when she needed help and the minister of her church reached in his pocket and gave to her with no questions asked. He honored her need, and gave from the heart.

119.

Shortly after that, under her directorship, an outreach program was created through that church. The project was called Gifts from the Heart.

Donations were made of clothes and food, as well as financial help, for anyone who needed it. Many people were helped over the years with that project.

Many years have passed since that project was started. She now has her own church. She still offers the same service to the community.

Gifts from the Heart has continued through her. Who ever needs assistance receives it. There are no questions asked or directions as to what to do with the gifts. There is only the giving of it.

True charity comes only after faith, hope and love are integrated into our beings. A full understanding of each of these concepts must become a basic core belief.

## Faith

Faith is a knowing within the deepest part of your self that all is well and right with the world. Knowing everything is done in divine order - not necessarily the way or the time you think it should be done. Free will, given by the Creator, takes you to perfection. It is holding the belief all of humanity will do the thing that is good for its own growth.

120.

Having faith gives you the opportunity to allow. No one has the right or obligation to comment or judge what another person does. You know nothing about someone else's situation. Obviously you cannot be in their shoes. You don't know what led them into their situation. You must have faith knowing their soul is leading them in the correct direction for their own growth.

It's easy to look at someone else's situations with a very limited view. Instead, look with the inner sight of the whole, universal one. It is impossible for anyone to see in that way, of course. Each one is only part of the whole. The only one that could look at the situation of others and offer judgment would be the Holy One. If we were fully composed in the knowledge of the One, then it would be easy to see the whole picture! And know there is no need for judgment.

## Hope

The hopes and dreams that you imagine for yourself keep you strong and powerful in your life. Living to the fullest should be your ultimate goal as spirit. Knowing hope may be the only thing that some people may have left, you can be there, spirit to spirit, to assist in any way you are able. You can be put into a place or situation to be a conduit for someone else's hope.

121.

Hope is the stuff that dreams are made of. If you have none, you can give none.

## Love

Love is the ability to overflow the things you have, simply because there is a need. Where there is a void, what you have automatically flows in that direction. It is given freely and without dictating what must be done with it. If it is given with stipulations, then it is not given in love. To love is to give and then let go of the outcome.

There are many reasons to give. They are all valid and good. You may feel sorry for someone, or want to help in their situation. You may want to look important in society, or impress someone. You may need to control, or retain power over someone or some situation. Or you may give simply because it makes you feel good. Honor the different reasons that people give and know that giving does help.

## Charity

However, Charity can only be fully and truly expressed in the way it is intended: When there is a sincere overflowing of faith, hope and love for the individual, organization or situation. That is true Charity.

122.

In my understanding, *'anoint my head with oil,'* means to open my crown so that I may be present in spirit. *'My cup runneth over,'* means the spirit of faith, hope and love grows to such a point that it gushes out through the physical, and can be seen, heard and felt by those around us.

And, *'surely goodness, (faith, hope and love), and mercy, (charity) shall follow me all the days of my life.'* After all these things are there, it is possible to *'give from the heart.'*

## Keep Your Dreams and Hopes Alive

Sometimes it's important to look at things through the eyes of a child. That way, you are able to see life and your experiences in a simpler way--without being complicated. If you search too deeply and try to explain concepts philosophically, you can get lost and forget what you really want to know.

A child has the eyes of innocence, and sees things as they could be. A child is not worried about making an adult decision. Fantasies, wishes, hopes and dreams guide the young ones through life.

123.

It's only after they have grown to adulthood, they have been clouded and blinded from that innocence. Then decisions are made through logical evaluations and not through the heart of spirit.

Fantasies are a part of spiritual life, believe it or not. Fantasies, hopes and dreams are the same as imagination. Imagination is creative visualization. And those hopes and dreams lead to manifestation.

Of course you recognize the words "As a man thinketh, so is he". Thoughts, as well as things imagined, can manifest in your world. Your imagination is only limited to your third dimensional mind. That's why you should be letting your hearts and spirits lead you--not your minds.

There is a fanciful movie that addresses this whole idea of hopes and dreams--and, yes, manifestation. It is called, "*The Neverending Story*." It tells of a young boy named Bastian, who always has his head in an adventure book.

His father is worried that he never has his feet on the ground, because he lives in a fantasy world. And here is the first step being taken, by a well-meaning father, to turn an innocent child into a third-dimensional-thinking person.

124.

Don't get me wrong. The third dimension is where souls have come to experience life this time. But being in the third dimension doesn't mean forgetting about spirit. Access to spirit whenever we wish is always there, and learning to use both mind *and* spirit when experiencing life.

Bastian is led to a library, and finds the most interesting adventure book ever: The Story of the Land of Fantasia. This land is in trouble, because the "Nothing" is starting to destroy it.

The princess calls for a warrior to find the person who can help. That person is beyond the boundaries of Fantasia. The warrior called to help is named Atreyu. He experiences battles and frustrations. He comes to a large wolf, named Gamalk.

The wolf has been sent by the power behind the "Nothing", to conquer the warrior, so that Fantasia will be destroyed. Atreyu tells Gamalk that he is looking for the boundaries of Fantasia.

Not knowing who Atreyu really is, Gamalk says, "Every part of Fantasia--each one, is a piece of the dreams of Mankind. It has no boundaries...People have begun to loose their hopes, and forget their dreams.

125.

"The emptiness and despair are destroying this world. Those with no hope are easy to control. Whoever has the control has the power."

Atreyu and Gamalk battle and Atreyu wins. But the land is destroyed. Atreyu goes back to the princess to apologize for the failure. There is still one grain of sand left of Fantasia. The person he has searched for has been reading the story of Fantasia.

Bastian realizes that he is the one. He has become part of the neverending story. He agrees to give the princess a new name and saves Fantasia.

The princess tells Bastian, "Fantasia can rise in you...through your dreams and hopes. All you have to do is make a wish. The more wishes you make, the more Fantasia will grow."

Take the lead from a child. Keep your hopes and dreams alive in your world. By naming the princess, Bastian put vibrational power behind his hopes for Fantasia. He spoke his vision into existence.

By holding onto your hopes and dreams, and pursuing them, you are able to live life through your spirit. And in doing so, keep your Power.

126.

### A Secret Plan of Action:

- Remain Pure
- Trust someone you have no reason to trust.
- Make a promise to someone you have just met.
- Love someone who already loves you.

*...Taken from the movie The Golden Child, as the short path to Enlightenment. If you can do the first three, the last one is simple.*

*Outrageous Opportunities: An Exercise in Life*

Over Tipping: The movie *My Blue Heaven* had a character that loved to tip people. Steve Martin played the part of Vinnie Antonelli so well. He said that it was one of his beliefs that people should over tip. He tried to give a stewardess a tip for bringing him a drink on a plane flight he was on. She refused and said she couldn't accept the tip. But he snuck it in her side pocket when she wasn't looking. I'm a firm believer in tipping especially when the service is good. But try tipping big when the service is terrible. How outrageous! You will be showing the Universe that you are not withholding Love.

QUESTION & ANSWER FORUM:  
\*YIN/YANG STYLE\*

QUESTION: Explain how you work with energy when you give a session?

*When I work with someone in a consultation, I am working spiritually. By that, I mean that I am not in the third dimension. I transport myself into what I call "in the spirit". Then I am able to work with the client's vibrations.*

*Everything in the world is alive with energy. All things and beings have atoms that move to a certain speed of vibration. This allows it to be what it is...that could be a flower, metal table or person.*

*The speed of these atoms moving creates a frequency that is actually measured by scientific means. The frequency causes a vibration that I and many other people who work in intuitive ways are aware of.*

*I perceive these vibrations in an ultra sensitive way, much the same way that we use our physical senses. So I am able to see, hear and feel in a much deeper level.*

129.

*By connecting with my client, while holding an object of theirs, or hearing their voice, I am able to move into their auric field, and connect with their spirit energy. Then, I receive impressions that I share with them.*

**I can't really tell you how I work. All I know is that when I am giving a healing session, I put my hands on your feet, step back out of ego, and allow the universe to flow. I only consider myself a channel or conduit for unconditional love. I don't try to intellectualize it--I just do it.**

**QUESTION: What can I do to increase my intuition?**

*There are so many things that you can incorporate into your life that can enhance your intuition. But there are two that I will suggest for you to try. Be aware of your environment. Be aware of nature, all the things around you in your life. The more you stop and experience what is there right now, you are in the moment.*

*Being in the moment will awaken you to the spirit within you. That spirit part of yourself speaks to you all the time. Start paying attention; you will recognize it.*

130.

*The second thing that you may like to do is to set aside some time every day to meditate. I know that some people are intimidated by meditation, but it is extremely easy, once you decide to pursue it.*

*Slow your thoughts for a few minutes each day regularly. There will be a space in your meditations that you will start to see colors or feel sensations. Focus on those experiences and breathe.*

**I've given so many people so many different answers to this question. And whatever hits me at the time (intuitively) is what I say. I've been known for being quite blunt in my answers. They range from..."Have you ever daydreamed?" ...to..."Just shut your mouth and listen." It's something that I think is different for everyone, and you can't really give one answer.**

**QUESTION: How can I tell if I can get back with my girlfriend, or is she really cheating on me?**

*This is a very delicate situation, and comes up very often in my readings. Look at how you feel when you hear her name. This is the best gauge for any one to use. If you get a warm feeling inside, then it is a good sign that there can be reconciliation with your girlfriend.*

131.

*However, there could be much work involved ahead for you. Make sure that you and she agree to work it through, possibly with relationship counselors.*

*But, if you get a hurt feeling, or even an exploding feeling, it would tell me that she has hurt you on purpose and you deserve better than that. You will do much better, by working through your feelings and connecting them to your heart.*

*It may sound strange now, but it will be important for you to deal with your hurt feelings with love in your heart for yourself. Don't concern yourself about her. She's already long gone.*

**I don't usually mince words when it comes to answers like this. If she's gone, then just face that fact and get on with your life. She's not giving you any hints; she's just gone. Now it's time to deal with the situation.**

## A Secret Plan of Action

- Stand in front of the mirror for five full minutes just looking at your self. Notice your hands, shoulders, and hips.
- Imagine what it would be like to be living in the world only as a Spirit Being, without the body.
- Honor your physical body by eating only raw foods at least one day out of the week.

### *Outrageous Opportunities: An Exercise in Life*

Do something special for yourself just because you want to do it. There does not have to be any special reason behind it, except you want to do it. Some people may have to start small on this exercise: such as seeing a movie by yourself because no one you know likes that kind of movie; or skip down the sidewalk like you did when you were eight years old. (What's even fun with this kind of thing is the reaction you get from other people!) Then you can graduate to bigger special things like taking flying lessons, or visiting a relative you haven't seen in a long time. Be bold; make your self happy.

## RESOURCES FOR THRIVING IN THE 21<sup>ST</sup> CENTURY

*The Four Agreements* by Don Miguel Ruiz, Amber-Allen Publishing, © 1997, ISBN: 1878424319,  
[www.miguelruiz.com](http://www.miguelruiz.com)

Hallelujah Acres, Rev. Malkmus. Teaching God's original plan for health and healing.  
[www.hacres.com](http://www.hacres.com)

*The Body's Many Cries for Water* by Fereydoon Batamanghelidj, M.D., Global Health Solutions, © 1995, [www.watercure.com](http://www.watercure.com)

*The Power of Now* by Eckert Tolle, Namaste Publishing, © 1999, ISBN: 1-57731-162-3,  
[www.namastepublishing.com](http://www.namastepublishing.com)

*Excuse Me, You're Life's Waiting* by Lynn Grabhorn,  
[www.lynngrabhorn.com](http://www.lynngrabhorn.com)

*DreamWeaver Magazine*, Informative Articles on Integrative Therapies, Expanded Horizons and Conscious Choices, [www.dw-magazine.net](http://www.dw-magazine.net)

*Three Magic Words* by U. S. Andersen, Wilshire Book Company, © 1954

## About the Authors

Charles and Melissa are known nationally as spiritual teachers and holistic providers. They assist others in their quest to remember being whole.

*Charles* has always known about working the feet. He grew up with the natural (indigenous) way of working pressure points in the feet to maintain good health and address symptoms of dis-ease in the body. It was something that was always done for family members.

Learning from his grandfathers during his early years, it wasn't until the mid 1980's that Charles learned this technique had an 'officially scientific' name in the Western world: Reflexology.

Charles is a Certified Reflexologist, Energy Healer, Certified Spiritual Healer, Ordained-Licensed Minister, and a Teaching Reiki Practitioner. He teaches workshops on reflexology and transformational healing across the country.

*Melissa* has been teaching meditation for around 20 years through conferences and expos and enjoys sharing her ideas of life and living. An intuitive, visionary and metaphysician, she has been on a spiritual path most of her life.

She is a Certified Spiritual Medium, Ordained-Licensed Minister and Teaching Reiki Practitioner. Author of *Meditation, Plain and Simple Workbook* and *The Go-Between: Bridging the Gap*, and writer for DreamWeaver Magazine, she teaches many self empowering topics, such as, Meditation, Intuition, Spiritual Symbols, and Komara: Consciously Moving from One Dimension into Many.

[www.OutrageousLiving.net](http://www.OutrageousLiving.net)  
[www.123SpiritualGrowth.com](http://www.123SpiritualGrowth.com)  
[www.MeditationWarehouse.com](http://www.MeditationWarehouse.com)

#### Intensives Available

*A Weekend Intensive: Living Outrageously*---Includes many topics from the book, much more in depth. Very experiential, plenty of exercises/techniques to incorporate in your spiritual practice.

- Embracing Change
- Honoring Intuition
- Spiritual Symbols in Your Life
- Emotional Recognition and Release
- Children and Meditation

Taught by both Charles and Melissa, you get the best of all energy: the Yin/Yang Effect. The Intensive will include a combination of the following seminars.

## Seminars/Workshops:

*Personalized Meditation Intensive*---This seminar helps you find directions for your own personal practice. You will experience subtle energy patterns, Oriental Tea Ceremony, labyrinth walking, intense tribal-energy rhythms and meditation +.

*Inner-Balance Work*---Connect with and accept your True Self by looking at the shadow parts to balance the whole being, journaling and self-regression.

*Subconscious-Spiritual Symbols*---Find intuitive messages in the memories of your life. Mind-brain connection. Understand conscious and subconscious patterns and how it all relates to intuition.

*Open to Self-Healing*---The road to healing on any level---body, mind, spirit---is paved with Love; Experience visualization, positive affirmations, confirmations to realize who you are.

*Inter-Relative Skills*---Learn to listen, receive and communicate with unconditional love. Counseling skills, joy of knowing that everyone is perfect.

*The Heart Response: Emotional Recognition*---Don't let emotions rule your life. Stressful situations become part of your belief system; Experience 'how-to un-do' exercises and emotional cleansing techniques.

*The Windows of Opportunity*--Life always offers us such wonderful opportunities. But you don't always know when to jump through the hoops or to run the other way! Learn the best way to recognize a positive direction. The Universe has clues for us to see and pay attention to. Experience spiritual exercises to use so you will be more aware of your opportunities.

*The Art of Surrender*

Be totally connected with your Divine Source. When you obey the inner voice of your Higher Self, you are in total alignment with the Universe.

*Meditation: A Beginner's Guide*

Meditation is an easy process, you only need to know what to expect, and allow. Learn what it's all about and how to prepare your mind and body; Experience subtle energy patterns and relaxation techniques. Landmarks will be introduced so you'll know what to look for. Several 'mini focusing sessions' and ends with a guided meditation.

Course Intensives Available

*Holistic Healing Practitioner Intensive*--Intensive includes Reiki I Attunement, foot reflexology techniques and energy work principals, approaches to natural eating, and healing ethics. Learn to address the metaphysical being: body, mind and spirit.

Personal Growth/Metaphysical Counselor Intensive---This study consists of different types of meditations, prayer treatments and philosophy of spiritual concepts. Included will be individual and family dynamics, self-esteem issues, and state of prosperity.

[Pre-requisite for Mediumship-Intuitive Counseling Intensive]

Mediumship/Intuitive Counseling Intensive---Learn a Spiritual Practice with psychic and intuitive unfoldment. Mediumistic Understanding is explained along with ethical areas addressed. Development exercises and practice will be taught.

[Personal Growth-Metaphysical Counselor Intensive is a pre-requisite for this Intensive]

## Book Cover Design ~ Jeremy Simmons

You know, it's really kind of odd that someone who makes their living writing and creating visual promotions for other people is so panicked at the thought of doing so for himself! The idea of being informal and talking only of yourself is a daunting one to us all (remember those horrifying moments when you had to stand up and talk in front of the class?)

I'd say that I digressed but...I hadn't even begun to make a point yet had I?

My name is Jeremy Simmons, and I am a professional graphic and web designer, and am sometimes lucky enough to earn a few bucks or maybe some magic beans from my writing. I've been creating artwork since I was old enough to deface the walls of my home and now it only seems right that I continue to add my graffiti to the world's canvas.

Charles and Melissa offered me the job of designing the cover of this book and, hopefully, more in the future and I've genuinely enjoyed it. As in any business, it is the clients that make the difference and the Leaths are no different. It was a genuine pleasure working with them and I hope we do so more in the future. -J.S.

[www.jeremynet.net](http://www.jeremynet.net)  
*(everything's there, a sort of centrum for me, creatively)*  
[www.fourtowersdesign.net](http://www.fourtowersdesign.net)  
[www.dungeonartist.com](http://www.dungeonartist.com)

141.

## Author Photos ~ John Ford, RBP, FBPA

John Ford has devoted his photographic skills toward Nature Photography and Photomicrography, and has exhibited in numerous galleries throughout the Ohio area.

He is well known for his candid personal shots and has designed the covers of two of Melissa's books, *THE GO-BETWEEN: Bridging the Gap* and *Meditation, Plain and Simple Workbook*.

John has served as an instructor of Biomedical Photography at the Ohio Institute of Photography & Technology, and has given presentations and workshops on various photographic topics, as well as, published papers on photographic techniques.

John Ford is a Registered Biological Photographer and a Fellow in the Biological Photographic Association. He studied photography at Wayne University in Detroit, Michigan, and served the US Army as combat reconnaissance Photographer. He later studied medical Photograph at the Rochester General Hospital in Rochester, New York, and was then accepted as medical Photographer at Miami Valley Hospital in Dayton, Ohio.

You may reach John by emailing him at: [jfordfbpa@yahoo.com](mailto:jfordfbpa@yahoo.com)



