

## Living In The Flow

Continued from front page

moves, and the benefits it provides occur from it being what it is, in harmony with the present moment and knowing the truth of precisely how to behave.

What follows is what Lao-tzu might say to you, based upon his writing of the 8th verse of the Tao Te Ching:

*When you're free to flow as water, you're free to communicate naturally; information is exchanged, and knowledge advances in a way that benefits everyone.*

Be careful not to assign yourself a place of importance above anyone else. Be receptive to everyone, particularly those who may not routinely receive respect such as the uneducated, homeless, or troubled members of our society. Go to the "low places loathed by all men," and have an open mind when you're there. Look for the Tao in everyone you encounter and make a special effort to have acceptance, gentleness, and kindness course through you to

others.

By not being irritating, you'll be received with respect. By making every effort to avoid controlling the lives of others, you'll be in peaceful harmony with the natural order of the Tao. This is the way you nourish others without trying. Be like water — which creates opportunities for swimming, fishing, surfing, drinking, wading, sprinkling, floating, and an endless list of benefits — by not trying to do anything other than simply flow.

### Let your thoughts float free

Forget about fighting life or trying to be something else; rather, allow yourself to be like the material compound that comprises every aspect of your physical being. In *The Hidden Messages in Water*, Masaru Emoto explains that we are water, and water wants to be free. The author has thoroughly explored the ways in which this compound reacts, noting that by respecting

and loving it, we can literally change its crystallization process. If kept in a container with the words "love," "thank you," or "you're beautiful" imprinted on it, water becomes beautiful radiant crystals. Yet if the words on the container are "you fool," "Satan," or "I will kill you," the crystals break apart, are distorted, and seem confused.

The implications of Emoto's work are stupendous. Since consciousness is located within us and we're essentially water, then if we're out of balance in our intentions, it's within the realm of possibility that our intentions can impact the entire planet (and beyond) in a destructive way. As our creator, the eternal Tao, might put it, "Water of life am I, poured forth for thirsty men."

### Do the Tao Now

Drink water silently today, while reminding yourself with each sip to nourish others in the same life-flourishing way that streams give to the animals and rain delivers to the plants. Note how many places water is there for you, serving you by flowing naturally. Say a prayer of gratitude for this life-sustaining, always-flowing substance.

*This excerpt is taken from the book *Change Your Thoughts Change Your Life Living the Wisdom of the Tao*, by Wayne Dyer. It is published by Hay House and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)*



## Having An Energy Crisis?

Continued from Page 6

makes an enormous difference in how they feel.

If your case is a little more complicated or hasn't responded to treatments you've tried so far, then you may want to have a nutrition-based physical exam. An exam of this type can evaluate whether you are absorbing enough nutrients to build a healthy body, and to detoxify environmental poisons. It will also reveal the missing nutrition that allows an unhealthy body to break through the barriers and truly heal.

For more information on this topic, visit [www.designedclinicalnutrition.com](http://www.designedclinicalnutrition.com); [www.westonaprice.org](http://www.westonaprice.org); [www.mercola.com](http://www.mercola.com).

Dr. Jeannette Birnbach MS, DC, CCN, CN is the head clinician at the *Designed Clinical Nutrition Center in Redmond*. She suffered with *Chronic Fatigue Syndrome* for many years and has dedicated the last 15 years to healing people with nutrition-based physical exams and healing programs. (425) 747-2878.

## LIBBY KRESKY, PH.D.

ASTROLOGER/COUNSELOR

BAINBRIDGE ISLAND, WA. 98110

206-201-3125

## DIRECTORY OF SERVICES

### Put your ad in New Spirit's Directory of Services!

#### Here's How

1. Write up a description of the service you provide or the type of products you offer. (There is space for approximately 100-125 words.)
2. Decide on a heading or category of your choosing. (Listings run alphabetically.)
3. Provide us with a copy of your logo or photo.
4. Provide your name, address, phone, website and/or e-mail address.
5. Send it to New Spirit Journal at 14911 Chain Lake Rd., #431, Monroe, WA 98272 or e-mail to [ads@newspiritjournal.com](mailto:ads@newspiritjournal.com)

All for only  
**\$108 an issue!**  
with 12-month contract  
and payment information  
on file.

### NEW ERA TRANSFORMATIVE HEALING

#### This is our New Era!

Are you wanting to "go for it" in your own life, and be all you came here to be? There is no better time than now.



Starfeather

**You are a Being of Light here to have fun and to assist in planetary transformation.** Each of us can add tremendous blessings to the earth's transition and to our own, when we are in balance and experiencing a life that is positive, joyful, and connected.

**Starfeather's training in the healing arts and her highly intuitive nature provide you with vibrational upliftment and heart expansion.** Each private healing session is unique, tailored to your needs. Long distance is available. Retreats, gatherings, and New Era Circle.

**Starfeather**  
(425) 670-3778  
22129 93rd Place West  
Edmonds WA 98020  
[Starfeather@shimmeringpath.com](mailto:Starfeather@shimmeringpath.com)  
[www.shimmeringpath.com](http://www.shimmeringpath.com)

### THE ONENESS BLESSING

Open the doors to joy, happiness, a profound sense of connection, healing, and compassion!



Maureen and Rev Richard Levy

A blessing of Oneness Deeksha is a hands-on energy that gives an individual the wonderful experience of Oneness with all creation and with God.

**Experience The Oneness Blessing Wednesday Evenings 7:00 p.m.**

The Oneness Blessing can:

- Give you a direct experience of the Divine
- Awaken you to your higher self
- Cease inner conflict
- Bring healing to your relationships

**Seattle Unity Church**  
200 8th Ave. North  
(next to Denny Park) Seattle, WA 98116  
[www.seattleunity.org](http://www.seattleunity.org) 206.622.8475  
Offered on a Love Offering Basis

### UNIVERSAL WHITE TIME HEALING

**UWTH**, an extremely powerful force on earth since 1993, is used for healing humanity on every level, and healing of Mother Earth, animals, plants and all life situations. UWTH can be facilitated in person or remotely, and at higher levels may be used for large numbers of people, or entire regions. UWTH Gemstone Healing is also available.



**NEW EARTH TEACHINGS** are given in ten chapters focusing on tools for preparing ourselves and Mother Earth for Ascension to the NEW EARTH. Learn to open portals, clear karmic threads, work with the NEW chakras, expanding our total brain capacity with protection of the New Inner Light, raising your frequency with vibrational symbols, NEW EARTH meditations & more. Purchase NET Chapters 5-9, and receive chapters 1-4 free.

**MATANYA**  
UWTH Level 4 Practitioner  
UWTH Level 1 & 2 Teacher  
NET Level 2 Teacher and Lecturer  
**CELESTIAL HEALING ARTS**  
360-691-0320  
[matanya@celestialhealingarts.com](mailto:matanya@celestialhealingarts.com)