

Divine Gifts

By Linda Baker

Isn't it fun to give a gift to a child? Children love to receive gifts. Watch a child at a birthday party, and you will probably find that s/he will not be saying things like, "Oh, you didn't have to," "You spent too much money," "I don't deserve it" or "You shouldn't have." Most likely the birthday child will be joyfully in the moment tearing off the wrapping paper and opening boxes in anticipation to find what wonderful surprises they hold.

Divine intelligence enjoys giving to the same kind of people you enjoy giving to. Would you rather spend your energy giving to someone who complains that they wanted what you gave them sooner, wanted more of it or something better or different; or would you rather give to the one who expresses gratitude and whose smile fills you

with joy? Divine intelligence responds to our vibrational field and gratitude is one of the highest vibrations in existence. Dr. Masaru Emoto, author of "Messages from Water and the Shape of Love," says that water bottles labeled with the words love and gratitude develop the most beautiful crystals. Dr. Emoto is convinced that the life-phenomena of nature are based on love and gratitude. He says, "I believe these two emotions are the highest vibrational phone line to the source."

Divine intelligence desires to give to us, and it does. "Ask, and it shall be given you; seek, and you shall find; knock and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." [Matthew 7:7-8] Since we are intelligent beings with free will, we are always given what we ask for and we

are all continuously asking for things consciously or unconsciously every day and during the night as we sleep. To be conscious and to direct our communication with divine source energy is to tune our vibrational energy to the frequency that attracts what we desire.

To do this:

- Clearly define what it is that you desire.
- Notice if any part of you speaks out about your not being worthy to receive this that you desire and if so, connect with the part that says no and find what it has to say. Send it love and let it know that this is a new day, and today you are worthy.
- With your desired goal clearly in mind bring the feeling of having this desired thing already in your life. Make it real. Imagine what you would be doing, how you would look, what you would be saying and most importantly feel how it would be. Activate all the senses to make the imagining and feeling as real as possible. Remember imagination with feeling together create the energy that magnetizes your desire to you.
- Live in this state of reality during the day whenever you do not need your mind to be actively engaged.

These times could include times when doing household chores, showering, walking the dog and especially when lying in bed at night. Imagine and feel yourself living in the reality of the wish already fulfilled.

• Feel the gratitude that you already have for this desired thing being in your

life

• Know that the stronger your feeling is and the more you live in the reality of already having what you desire, feeling the joy and thankfulness for it, the stronger the magnetism is.

Linda Baker has taught and practiced the art of

hypnotherapy for nearly 30 years. Through spiritual hypnotherapy and cellular housecleaning she facilitates present and past life healing. She may be reached at lindabak@hotmail.com. Watch for her coming website at www.innersourceseattle.com.

The cause of Restless Legs Syndrome is inflammation

By David Wimble

"The person that says it cannot be done should not interrupt the person doing it."
-- Chinese Proverb

Introduction

Restless Legs Syndrome (RLS), that unbearable twitching that prevents a person from sitting or lying down for any great length of time, is caused by a flow of energy streaming through the legs and touching small patches of inflamed tissue.

How do you get RLS?

Energy continually flows through each of us. Some people's legs are affected by this flow, which results in small patches of inflammation. Because the flow is continual, these small patches become increasingly more irritated, until the irritation becomes physically noticeable and eventually, unbearable. This unbearable level of inflammation is what is now called "Restless Legs Syndrome." In some cases (in people such as myself who have had RLS for many years) the inflammation gets so bad that the nerves become raw.

"The sensations are unusual and unlike other common sensations and those with RLS have a hard time describing them. People use words such as uncomfortable, 'antsy,' electrical, creeping, painful, itching, pins and needles, pulling, creepy-crawly, ants inside the legs and many others."

The sensations that these Restless Legs Syndrome sufferers are all trying to describe in the above Wikipedia excerpt (en.wikipedia.org/wiki/Restless_legs_syndrome) is the sensation that occurs when that energy flow touches an inflamed area of their legs.

It's like a sunburn on the inside of your thighs.

To understand what is happening inside your body, imagine if you had a really terrible sunburn on your back. If the Invisible Man walked around with you through the day, the whole time blowing on your back, you might notice a bit of irritation, but not enough to get upset about. You're distracted by the noises of the world around you.

However, at night when it's quiet and you're lying in bed and trying to go to sleep, and the Invisible Man is still blowing on your badly sunburned back, you would find that highly irritating. The pain is not intense like someone dropping an anvil on your foot... but it is enough of an irritation to prevent you from sleeping, or even lying still. As the irritation continues, night after

night, you now are moving into the realm of emotional and mental pain.

How do you get rid of the inflammation?

To put an end to your restlessness, once and for all, what must be treated is the inflammation and raw nerves that have been created by the steady flow of energy moving through your legs. Fortunately, it is very easy to get rid of by using natural herbs and minerals.

Try the curcuminn test.

Curcumin is a component of the popular Indian curry spice turmeric. It has been used for thousands of years as a natural anti-inflammatory. For those of you with RLS, I suggest that you test out my claim by running out to your local health food store and purchasing a bottle of curcumin. Take the suggested amount with each meal, and one capsule before bed.

Please make sure to consult your health-care provider before trying any new treatment especially if you are pregnant, on anti-depressants or any other pharmaceuticals.

If you're not taking any pharmaceuticals, you should start feeling relief within a few days.

If your experience is similar to mine, for the first couple of weeks you'll experience a great deal of relief. Some of you may even feel like your RLS has left for good.

Here it comes... the hard part.

The two weeks or so of relief is what I call the "honeymoon" period. It's the calm before the storm. At some point the body's natural resistance to change is going to wake up to the fact that you're trying to change something "major" in your life. It will start pushing back in a big way. A very big way. This is when the real work begins.

There is a survival mechanism within all of us that resists change at any cost. There are tips and exercises that will enable you to calm down that resistance and move beyond the grip of your RLS, as well as a daily intake of herbs, vitamins, minerals and supplements that will heal the inflammation and raw nerves that are causing the irritation in your legs.

David Wimble is the author of, "The Absolute Cure for Restless Legs Syndrome," an e-book chronicling his discovery of both the cause and the cure of Restless Legs Syndrome. To learn about the combination of herbs, minerals and supplements David used please visit www.RLcure.com or e-mail David at: david@RLcure.com.

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