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Spiritual Life

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Conscious Talk's Brenda Michaels and Rob Spears:

What you give is what you receive

by Judith Campanaro

For the last seven years, Rob Spears and Brenda Michaels have been hosting Conscious Talk Radio. They are an inspiring duo. Both are cancer survivors and know the meaning of healing through natural treatments and holistic alternatives. This dynamic couple is dedicated to giving listeners back to themselves. Recently, they have begun a theme they call "giving is receiving."

Brenda says, "The bottom line on the theme "giving is receiving" is the fact that what we give out we are also receiving. This is a consistent theme for us."

Rob added, "When you immerse yourself in something like that you tend to look at the world from a different point of view; you see that there is a gift in everything. When we can shift our consciousness to seeing the gift in everything, then we

This holiday season radio show hosts Brenda Michaels and Rob Spears ask: "What are you willing to give to yourself that you can then extend to others? Step up and be who you are. That is the cycle of giving and receiving that expands all of us."

can put consciousness into what giving is really all about."

According to Rob and Brenda, a lot of people understand about giving when they donate their time and money to charity but when it comes to helping a neighbor we often have a skewed view, and the giving becomes conditional. It is important to be able to give freely and when you do that you are expanding and the giving comes full circle.

Brenda: Be willing to look at what fears or considerations come up when the universe is calling upon you to give. Why? Because we call forth every experience in our life and we just might call forth the experience of someone needing something that might be out of our realm.

Judith: What about hesitating to give money to people on street corners because they will just buy more drugs?

Brenda: That's what I'm talking about. That's not truly giving. That's conditional. That says, "I will only give if I know that what I am giving is going to do such and such." We don't know if that person standing on the freeway is an angel placed there to teach us all about compassion and non-judgment.

Rob: It's sometimes better not to give if you can't

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Dr. Pat's Green Christmas Challenge

by Judith Campanaro

Every one of us has become aware of what's going on globally and in the environment. But many of us are aware of the things we need to do and haven't connected the dots in our daily lives. Dr. Pat Baccili, host radio's Dr. Pat Show, has decided to "roll out the green carpet" with her green Christmas challenge.

We've all seen the polar bears dying in the arctic and many of us understand about the environment, but do we have green consciousness? Dr. Pat says this Christmas she wanted to challenge people to replace just one of their gifts with something

green.

"I'm a street smart girl. I do street smart spirituality and I'm taking the same approach with green. This is not about using guilt and shame, but having some creative fun around the holidays. If each person makes just one change in the way they shop, decorate, entertain or dispose, the ripple effect would be incredible. Imagine the change on this planet if everyone who bought a Christmas gift or hosted an entertainment event decided to do one thing green," she says.

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