

Yes, We Will!

If you are like a lot of people around the world, you have been feeling a great sense of relief after the presidential election last month. Not only are people glad to be free of the negative ad campaigns, most of the people I talk to are feeling hopeful

that the mess that has been created will begin some sort of healing process. No one seems to think it will be easy or a cakewalk. No one seems to think that president-elect Obama has all the answers, just the right attitude to be open to finding them and the know-how and courage to implement them.

There are also a lot of very unhappy people who had wanted to see John McCain voted into the office of president. From the

Living The Good Life

by Krysta Gibson



beginning of an election, we always know there will be a winner and a loser, we just don't know which way it will go. Now that the process is over, it is time to get to work. It is time to put aside differences and work together for the good of everyone.

Ultimately, we all want the same thing, we just don't always agree about how to get to where we want to go. That is the beauty of our election system, imperfect though it may be. We all get a chance to vote on the way we think things should go and one of the ways wins. We've all been on the winning team and we've all been on the losing team. No matter which side we fell on this time, it is now time to focus on the goals of getting this country – and the world – back on its feet.

As Obama said in his speech on election night, he didn't win by himself and he can't make changes by himself. Everyone needs to step up to the plate and do their part to heal the economy, our world reputation, our health care system, and equal rights for all citizens of

the country.

One of my thoughts is, "What are people going to do to support the necessary changes that need to happen?" Are we willing to commit to some course of action that will provide support to our communities?

I put this question to you the same way I put it to some of the supporters of New Spirit Journal the day after the election. I asked them to send me a few words about what they are willing to commit to in order to support this journey of healing for our country and the world. Their answers accompany this article.

I encourage you to enjoy the afterglow of

success, but also to roll up those sleeves and join in the process of making this a better world for our children, grandchildren, and great-grandchildren. If you believe in reincarnation, who knows, maybe you are making the world better for yourself when you come back! Happy holidays to one and all!

Krysta is the publisher of *New Spirit Journal*. She is the author of books, CDs, and teaches classes. Information about this and her blog can be found at www.krystagibson.com.

What will you do to support the changes needed in our country and our world?

Here is what some in our community have committed to doing. To have your commitment printed in the January issue, send it to krysta@newspiritjournal.com.

- In a former life of mine as a political consultant I had the great good fortune to work with many outstanding women of color on their early campaigns for elective office. Dawn Mason was one of those stellar examples. She used to talk about how white folks would drive through her neighborhood but never get out of their cars. The key, she said, was to stop, park, get out of the car and start a conversation with someone who doesn't look like you.

My commitment to changing America begins with my promise to get out of my car, figuratively and literally, to start conversations with people from all kinds of ethnicities, ideologies, political persuasions, cultures and value systems. I will seek common ground and discover what we can do together to make the world a better place. I will work to take down barriers of ignorance and misunderstanding one conversation at a time. — Kathy Baxter

- I will support the changes needed by our world by continuing to work toward more balanced and just healthcare and educational systems where all people, regardless of socioeconomic status, race, gender, or preference, are given equal opportunity and ample resources to achieve and maintain a healthy mind, spirit, and body. — Patrick Martin Jr., Holistic Health Counselor (253) 831-1226, www.patrickmartinjr.com.

- I pledge to help others (and myself) find and listen to our inner wisdom. Only when we are in the flow of our soul-chosen direction can each of our unique contribu-

tions be fully expressed. Like a great jigsaw puzzle, we can then put the pieces together, so all can play their part in this new symphony of joyful living. — Arlene Arnold, 1-877-607-0350 www.TransformationalTools.com,

- I will hold the intention of "pay it forward" by connecting with kindness and compassion to the people I am in contact with each day in hopes that they will feel it and give it to others. — Julie

- I commit to volunteering my time and services to women's shelters and disadvantaged youth organizations, teaching them the skills to create the life that they desire through the Law of Attraction and through reconnecting with their core selves and supporting them in their journey. — Donna Townley, 1-800-763-1904, Donna@MindYourWellness.com, www.MindYourWellness.com.

- My commitment to help bring healing and unity to our country is to hold those who are fearful of the higher vibrational and energetic changes that the Obama presidency represents in love and compassion and to see that love softening their hearts so they can release the fear and embrace the joy of this time. — Linda Baker

I commit to becoming bilingual in Spanish so that I can work with and support more people in a positive way. — Krysta Gibson

An Invitation from Energy Dowzers

We are open to everything that relates to the energy fields around us. Dowzing takes many forms and is not limited to traditional or popularly understood techniques. By opening our understanding to the power of resonance, we reinforce our abilities as dowzers. We invite recognized presenters to our meetings, held every other month. Our mission is to educate and to share information so as to open or expand portals as an entree to our intuition to better appreciate the "mysteries of the universe, our world and self. Our goal is to reinforce our connection to the dowzing tools available to all of us and its interconnection to other disciplines. How each of us implements the information which we share is up to us. Join us every other month at our "open to the public" Sunday afternoon gatherings in the Lynnwood area. Go to www.energydowzers.com for details about us and upcoming events/meetings/workshops. energydowzers@gmail.com

IF YOU SLEEP...

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

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