

A Call For Love

by Brenda Michaels

As I write this article my heart is aching for change. As many of you know — at least those of you who listen

to Conscious Talk, "radio that makes a difference" — my co-host Rob and I introduce information about animal rights and animal abuse, giving out websites where

one can sign petitions. Some of these petitions even ask that we call our representatives and senators to voice our desire for better laws that will help in this plight.

But more can be done. Not just for the animals but for our planet and every sentient being that lives here.

My highest vision for the world is a world where love is the order of the day, and animal cruelty and abuses of all kinds are a thing of the past.

We are in a time of great change. There are energies upon this planet now that are pushing us to take our rightful place and embrace within ourselves the God-beings we truly are. The time is now to stand in our truth. And, I believe with all my heart that our truth is centered in love. Sadly, many people think that to be the love that we are is to show weakness. Some think that by loving yourself, loving others, loving this beautiful planet, and loving all God's creatures is idealistic and impossible. But I know in the depth of my soul that this is the only way out of the structures and problems we've created that will end abuses of all kind.

It is a known fact that how we treat our elderly, animals, and children is a reflection of what is going on inside us. This begs the question then: when and how do we abuse ourselves? What do we withhold from

ourselves? How often we say yes when we mean no? How often do we rationalize with ourselves that we don't have time to play, to slow down, to sign petitions, to make a phone call that can save the life of an animal, or to take care of ourselves and the planet?

This kind of habitual behavior favors the mind and not the God of us. When love is present, taking care of ourselves, this planet, the animals, and each other lifts us up. This kind of action

inspires us, opens our hearts, and gives us more energy that we can imagine. When we don't act in our best interests there is an energy present, although not always felt, that zaps our energy and pulls us down. Every being that is not living in accordance to its highest good and the highest good of all other beings is in pain because living this way stifles the God presence.

So, I am putting out the call for love. A love so strong and true that it asks that you stop pretending to be something you are not. It asks that you stop the insanity of believing that you

are less than anything but God presence in human form. It asks that you stop rationalizing your life away and stand.

Stand for your magnificence. Stand for love no matter what. Stand for what your heart truly desires for you. Stand for those who can't stand for themselves regardless of why. Stand and let your light be known. I promise you that when you do, your life will never be the same again.

Your love is what the world is waiting for. You are what the world is waiting for. So please, for your own sake and the sake of this planet, don't keep the world waiting a moment longer!

Brenda Michaels is the co-host of Conscious Talk, radio that makes a difference. You can hear Conscious Talk live Monday through Friday on KKNW 1150 AM, Seattle's Alternative Talk Station, and on the weekends in Spokane on KSNB 1230 AM. Conscious Talk also streams live and podcasts at www.conscioustalk.net.

A Relaxing Nose Warmer

by Jim Nagle

Like so many people today, I face many hurdles to proper rest. I've worked as a firefighter/EMT in the Seattle area for the past 13 years, and the combination of stress and sleep-depriving shift work has motivated me to seek help with relaxing. About ten years ago a psychologist showed me a self-hypnosis technique that really works. Follow along with me as I take you through it.

A big part of this exercise is to talk silently to yourself in a calm, soothing self-voice, very much the way a hypnotist sounds. The italics are my self-talk.

Here goes: I am in a comfortable position (lying down or sitting). For about the first 30 seconds, I focus on my breathing. I am taking slow, deep breaths through my nose. Next, the breathing pattern continues; however, the focus is now on the feeling of cold on my nostrils with each inhalation. I do this for another minute or so.

Then, I again shift my focus. It's no longer on the cold sensation on inhalation; rather, it is on the warming sensation I feel with each exhalation. *Feel the warmth, the soothing warmth in my nose. After about a minute of this, I imagine the warmth*

enlarging, creeping circumferentially on my face. I imagine my nose is a glowing ember and that each exhalation stokes it, causing the glowing warmth to creep into more of my face. *Feel the warmth spread into my cheeks, eyes, chin.*

I continue this way, each exhalation pushing the warmth, slowly spreading it into my face, then my head, neck, shoulders, all the way down my body. As each body part fills with warmth, I tell it to relax: *Shoulders, feel the warmth and relax.*

Try this yourself for a rejuvenated afternoon or a peaceful night's sleep.

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