

Helping You
Create Abundance
In Your Relationships,
Finances, Health, Career,
and
Spiritual Life

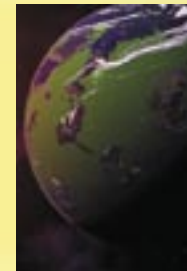
Living The
Good Life:
Here's A
Question To
Ask Yourself
3



A New
Perspective
On
Weddings
7



Animal
Consciousness:
How Does It
Compare to
Ours?
9



The
Power of
Transcendent
Planets
16

NEW Spirit JOURNAL

FREE VOL. 4, NO 1 MAY 2008
Locally owned and published in the Northwest

Rosemary Broccoli

by Judith Campanaro

The TV show host
who shares
what's best about
"Being in Seattle"

Sometimes the day-to-day process of the human dilemma can be frustrating, whether through vicarious stress or the makings of our own minds. It's often easy to forget that we are willful choosers of conscious awareness. And then someone like Rosemary Broccoli comes along, reminding us to "Look within and trust the vision that appears for your life."

Professionally trained as a healer and a teacher with masters degrees in psychology and education, Rosemary Broccoli has followed her dream. A life coach and host of the weekly TV program "Being in Seattle," Rosemary is a consistent vessel of inspiration and love.

Judith: How did you get started in doing what you are doing?

Rosemary: As I look back at my life, I am able to see how what I love has really been a big guide for me. I can see the forms in my life really came from love. I have a great love for learning. I'm a student of life. As a teenager, I only knew how to develop myself intellectually. But I always sensed and knew that I wanted to develop personally. I wanted to develop who I really was.

For one year I was a teacher at a high school for kids who had behavioral problems. They needed a reading teacher and I volunteered. I had a sense that they needed love and through love those kids were transformed. By year's end they really changed in the sense that their behavior settled down. That's when I began realizing that besides the skills that a teacher has, love is so important. I had that sensitivity to people's emotional life and that's why it is interesting to me that ever since my journey has been going from my head to my heart.

Judith: For the last 12 years or so you've hosted "Being in Seattle." How did you decide to do a TV show?

Rosemary: As I got more deeply involved in my own spiritual development I was learning all these wonderful ideas about healing and becoming more conscious and aware. I saw very little of this material being exposed to the public. I thought, "Why don't I start doing programs where I would interview authors and that would be my way of assisting this information to be made more available to people." That was in 1984.

Through the years I have persevered. I have done over a thousand interviews. Every time I do an interview and share the message of the author, I feel blessed. What I find interesting having done something as long as I have is to see how I've changed over the years. When I first started everything was all new to me. I was at the beginning of my own journey. Now it is 25 years later and what I can happily say is it really is worth the journey of embodying the principles. I am endlessly fascinated by the process of going from the intellect into actually making the information my own.

Judith: You're also giving the viewer the opportunity to assimilate the information and relate it to their own life.

Rosemary: Here's what I see in terms of my style. We look at some of the people in the field who are writing books and giving big lectures and we call them special. We have to be careful with that because each one of us is called to discover that truth within ourselves.

What I want to do with my show is make it clear to people that you don't have to be a genius or go to Harvard. Each person in their own way is being called to discover their own truth. In my humble way, I try to be as real and as authentic as I can in order to give other people permission to be with what is and be present in the moment.

Sometimes people think being present means everything is perfect but often what's present might be pain, difficulties, or relationship or financial issues. What being present really means is being able to pull from your inner wisdom so that you're learning from what is in your life.

Sometimes when you read books on spiritual growth they make you think it's so easy to believe. Even aside from tragedies, it takes a certain

Continued on page 2

Social Recession: Reconnect With Personal Values by Asking Yourself What's Important

by Connie Dewdney

Have you heard? We're in a recession. A topic for debate, I'm sure, at water coolers and coffee shops everywhere. Blame it on this political party or that one. Look at the historical context of politics, war and economics.

But in the end, the only place to look for the cause of the recession is in the mirror. Our economic situation is a result of the way our society uses its resources. Consider our history with credit. The credit card — great, great grandchild of the honor system — created in 1958 by Bank of America, has

become a spoiled brat. Credit cards were created as a form of economic stimulus after World War II. Soldiers returning home with real needs to establish an income, and find jobs, instead find credit cards in their mailboxes:

Continued on page 4