

Creating Sacred Space

Continued from page 2

Once I am working in a sacred space, I feel the connection of the energies that the spirits bring forth. I focus on making myself that "hollow bone" through which these energies may flow and be used. It becomes the ultimate team effort with the combined efforts of energy from various planes of existence working together to be successful.

And once we're finished with our activity, I release the spirit guides, taking another opportunity to thank them and express gratitude for their help. While I use the term "release," the process

actually strengthens the bond between us and our guides. By knowing how we view their role in our lives they will be eager to help us grow and come to our aid when we humbly request it.

Wrapping it up

While all of this seems like a mouthful, if your mind and intention are rooted in your heart, the words will come.

Since I am a big believer in the power of the spoken word, I would encourage you to create your sacred space out loud, proclaiming your intentions to the universe. Even if you are by yourself.

Let's say you have been called upon to lead a meditation circle with the intention of sending healing to a part of Florida which has just been ravaged by severe weather. You might create a sacred space for all to meditate in by doing the following while remembering to be humble, grateful, and open:

- Set the intention for the meditation circle in your heart and mind.

- Create the sacred space by speaking out loud, "I call on my spirit guides, guardians, and helpers to join us in this meditation circle. I ask that you help us to understand what is most needed by our neighbors who struggle in southern Florida. And I thank you so

much for participating with us, strengthening us and guiding us. I am eager for you to join us and to hear what you may have to offer in the way of direction and guidance."

- At the end of the meditation circle, release your spirit helpers again with praise and gratitude, "We thank you so much for being here with us in this meditation circle. We felt your strength and guidance. We know that

our neighbors in southern Florida benefited from your presence, and we look forward to working with you in the future, and to feeling your loving presence."

I believe that the act of creating and releasing a sacred space around any spiritual activity surrounds it in a powerful field of energy that helps to keep all focused on the goal at hand. It's a way for us to commune directly with our friends in

the spirit realm!

Mark is a 51-year-old shamanic practitioner living in Bellevue, Washington, whose purpose and passion is human enlightenment. He can be reached at markblair@earthlink.net

Reconnect With Your Personal Values

Continued from page 1

"buy now pay later." Sixty-thousand cards were blindly issued in California to toddlers, dogs, and felons.

Instant gratification has taken the place of common sense and good judgment. We were somehow seduced into the notion that more stuff would bring us more happiness. Our country was founded on the belief that hard work and ingenuity created opportunities to become successful and prosperous. American values were defined as integrity, good work ethics, honesty, and perseverance: values that were presumed to be synonymous with being an American. Our economy is not so much a reflection of our economic situation as it is an expression of what we value.

I'm not suggesting that credit is bad. It's the way we are using our resources, the disconnection between what we earn and what we consume. The disconnection between what feeds your soul and how you use what you have. It's not just a matter of credit, it's about how we spend our time, our money, our skills, our education, our energy and our spirit. We have become disconnected from our values and allowed fear to make our decisions. The fear that we are not enough. Not pretty enough? Buy wrinkle cream. That doesn't work? Throw it away and buy a more expensive brand. That one doesn't work? Buy some cover up, surgery, or botox. This is the illusion we are paying for at 19.99% APR, and it won't change how you feel about yourself, except by adding to your feelings of impoverishment.

If you made a list of the five things that are most important in your life, would looking good be on that list? The essence of happiness is a way of being, the embodiment of your own personal values. We need to reconnect with our personal values, align our lifestyle choices with our spirit's calling. We can begin the process by asking some important questions:

What are the five things that are most important to you?

What is the state of being that you are present to when you are experiencing that?

For example, if family is on your list of values, what is it that you feel when you are with your family that is so important to you? Another way to approach it would be to answer this question, "I like to be with my family so that I can be..."

If financial security is on your list, what would you be present to if you felt financially secure? "I would be..."

The answers to those questions are your personal values, the essence of your soul, what you came here to express in your own unique flavor. Now if you take the time to refine your list of five values, you can take this exploration one step further. The next step may be to look at how you spent your time today, or your money, or your skills.

Did you use your resources (time, money, energy, skill, education, spirit) in service to your values? Did you use your resources in any ways that betray your values? What are we buying? What are we selling? Is it worth it? That's a personal question, but one worth contemplating, and while you're at it here's another: what would

happen if we all did our best to use our resources in a way that was aligned with our values? What would happen to you personally, what would be different in your life? How about your family? Your neighborhood? Your community? Our country? Our world? Can you imagine what it would be like if we made our life choices based on what is truly important to us, in our hearts?

To me, integrity means that I know what is important to me, and I live it. I screw up a lot, but I'm getting good at cleaning it up too. I'm still cleaning up my credit card debt, some of it spent on stuff so unimportant that I couldn't begin to list it, or remember it. I was trying to buy a feeling that I couldn't find within myself, those things I bought didn't enhance or empower, they kept alive the illusion that someday I would get enough stuff, and be good enough, that someday I'd be satisfied, maybe even happy. That illusion has only led to suffering and separation from my spirit.

Knowing what my soul longs to express gives me the opportunity to make choices that bring me closer to Spirit, to that place within me that remembers my purpose here, that remembers my choices affect you, that makes me want to contribute and create rather than consume.

Connie Dewdney is a spiritual life coach and owner of Be On Purpose. Her seminars and retreats are offered throughout Snohomish County. For more information please call (360) 657-7324 or visit the website at www.bepurpose.com.



Psychics & Healers Daily

485 Front St N. Issaquah
Just 15 minutes from Seattle
(425) 391-3127

Open Mon-Fri 11 am - 6 pm
Sat 11 am - 5 pm • Closed Sunday
www.spiritjourney.com
Online store

Featuring:
Bio-Cleanse Detox Footbaths Only '25
Relax and detoxify your whole body

Books • Statues • Tarot • Astro • Divination • Feng Shui • Angels • Magic



THE POLISHING STONE

A magazine about Refining the life you live into the life you love

Polishing Stone Foundation
20104 87th St SE, Snohomish, WA 98290


featuring:
food
health
garden
home
environment
books, essays
& more...

www.polishingstone.org

Special Holiday Offer!

2 Friends Free

Inspiration for Life!
mind * body * spirit



Meaningful Mother's Day gifts & cards

* Save 20% off selected bestsellers!

* 20% off bath & body products during May!

* New-Spanish titles!

Know ThySelf EAST WEST BOOKSHOP

6500 Roosevelt Way NE, Seattle 206-523-3726 / 1-800-587-6002 www.eastwestbookshop.com
Canyon Park Place, Suite 150 22833 Bothell-Everett Hwy., Bothell 425-487-8786



NEW Spirit JOURNAL

New Spirit Journal, 14911 Chain Lake Road #431, Monroe, WA 98272 www.newspiritjournal.com
(206) 799-7753 • (425) 356-7237
Publisher and Co-editor: Krysta Gibson
Krysta@newspiritjournal.com
Designer and Co-editor: Rhonda Dickson
Rhonda@newspiritjournal.com

All content © 2008 by New Spirit Journal
ISSN: 1930-370X

Columnists:
Colleen Bollen, Krysta Gibson, Louise Hay, Martha Norwalk

New Spirit Journal is a monthly publication dedicated to self-empowerment, joyful co-creation, and thoughtful Earth stewardship so that everyone can reach his or her maximum potential.

Readers are responsible for their own decisions when reading the publication, contacting advertisers, or otherwise pursuing their path through life.

Advertisers are responsible for the claims they make and are expected to operate in good faith, tell the truth about their work or products, and treat their clients and customers fairly.

Articles are due by the first Friday of the month.

Ads are due by the second Saturday of the month.

New Spirit Journal is distributed the last week of each month for the following month. Advertising rates and writer's guidelines are available upon request or can be viewed at www.newspiritjournal.com. Sample copies will be sent for \$2. Visa and Mastercard are accepted. Subscriptions are available for \$21.70/one-year bulk rate. Washington State sales tax is included.