

Are you just



Getting Juicy?

by JoyRae Freeman

If you were a fruit, which one would you be? A standard variety like an apple, pear or orange, or something exotic like a kiwi or persimmon?

Which describe you:

• On a branch or vine? In an orchard, private garden, meadow, jungle?

• Thick skinned or exposed like strawberries?

• Sweet, tart, smooth, rough?

• Lots of little seeds or a big pit?

• Green, getting yellow, fully ripe? Shriveled/wrinkled?

Were you:

• Planted in fertile, pure soil?

• Exposed to chemicals and toxins in the environment, either physically or emotionally/psychologically?

• Nourished as you grew, with plenty of wholesome food, clean water and sunshine?

• Provided with love, nurturing, and harmony, or hostility, violence and neglect?

As a fruit, are you rotting or ripening?

In the garden of life, are you, the fruit, fulfilling your purpose? Fruit, much like humans, is brought to life starting as a seed, comes in many varieties, then grows in a range of conditions. The ultimate purpose of fruit is to nourish another — a bird, a person, an animal, an insect — and then ultimately to return back to the soil. Who or whatever benefits from that fruit's bounty, the fruit passes through the consumer's body and ultimately ends up as soil enrichment. Even a fruit that falls to the ground or decays on the vine, taking the fast track back to the source, is recycled and utilized by the larger ecosystem.

Fruit stays alive as long as it continues to grow and ripen. When it's used, it stays alive through providing for the other. When it is ripened and not used, it begins rotting or shriveling. So do we.

We humans do, however, have more input and influence over our rate of growth, the environment in which we stay once we reach adulthood, the degree of our wellbeing, how we relate to others, our occupation, in what activities we participate, with whom we spend time, what good we do in the world, how fast we age.

What if your ultimate purpose on this earth is to do good for others, for the planet?

• Are you ripe and ready for picking?

• Are you worried you won't be picked?

• How many lives are you touching?

• Are you saving yourself for later, for something or someone?

• Do you ensure the essentials: water, sunshine, nutrition?

• Do stay fit and strong so that your mind and emotions function properly?

• Can you envision yourself juicy, ripe and luscious, bringing your unique spark of life to some special cause?

You may recall this quote by Voltaire: "Every man is guilty of all the good he did not do." Can you imagine being on your death bed, reviewing your life, and realizing all the good you did *not* do? Then you may yearn to go back and do things better. Well, here we are in the now and it's not over yet, so start.

Where to start? What can I possibly offer? you ask.

Let me tell you about two women who were in despair about two different issues:

S.C. was very frustrated, to the point of feeling depressed

and helpless, regarding the harmful health effects of the toxic environment. She is very intelligent and articulate and I encouraged her to start doing talks and to write about these concerns. She did a lot of research and contacted local markets with meeting rooms and then started doing talks. Later, when I spoke with her after she'd been doing something about this issue which was so important to her, she told me she'd never felt better, or more aligned.

M.D., who is another very intelligent woman, was overwhelmed by the war, the pending "end times," and daily was living in fear, which paralyzed her and affected her health. I encouraged her to do something about her concerns. I reminded her that we are not helpless, but that we, the people, have the unique opportunity to influence how our world unfolds, to create our own reality.

I suggested some local activities I thought she would enjoy, and now she is a very active "peace activist" with some of the boldest signs. She's also very involved with helping create sustainable communities. She is much happier and worries are not taking up all of her vitality.

Then, of course, there is Norma Menzies, who turned lonely Saturday nights into the awesome Blue Bird of

Happiness Club, which currently has five active chapters.

All of these amazing women turned a problem into a solution and at the same time added a magical component to their own lives.

So, here's a simple quiz for you:

• Locally and/or globally, which aspect of our world are you concerned about? The environment, children, medical insurance, healthy food supplies, education, peace, violence/gangs, teen pregnancy?

• What skills do you have that you could use for something about which you are passionate?

• How aware are you of your strengths and challenges?

• Have you had a good astrology, numerology, or other reading lately?

• Are you willing to use your ripe, juicy self instead of just rotting?

• If you still feel "green," are you ready/willing to work with empowerment resources or participate in activities that will help you ripen?

You see, without you joining in, a very

important part of the puzzle is missing.

JoyRae Freeman is a writer, master healer, workshop/retreat facilitator, matchmaker, radio producer, business consultant and spiritual warrior, dedicated to helping create a better world. www.joy2u.org, 206-417-8778, joyrae@joy2u.org www.reikigong.net, www.womanawaken.net, www.givemebackmybody.net, www.theprojectearth.net

Needing A Reading?

Psychic readings from master fortune teller, "The Palmistry Lady." Specializing in Eastern

& Western methods of palmistry, numerology, and tarot. \$2 per minute.

360-799-2420 www.thepalmistrylady.com



Lee Crawford, B.S.
Brennan Healing Science Practitioner 425-828-9794

Graduate of Barbara Brennan School of Healing

Brennan Healing Science is a gentle but profound multidimensional spiritual healing modality. Overall benefits include: Increased feeling of health • Physical and emotional well-being • Increased energy • Increased self-awareness. It complements all traditional and alternative therapies.

11232 120th Ave NE, #105, Kirkland, WA 98033 leecrawf@gmail.com



"Become aware of the power to heal yourself,
and of the guides and energies available
to assist you on your journey."

Charles Lightwalker

Channeled • Shaman • Medical Intuitive • Healer

509-389-7290

www.thefamilyoflight.net • charleslightwalker@yahoo.com

FREE

A Path to the Heart

Opening your heart is the most sacred of all journeys. Remove obstacles to opening your heart, experience love, joy, peace, abundance, and prosperity.

Sessions are available in person or by phone, at 206-933-5899, e mail richarddupuis@juno.com First session free.

Richard Dupuis is the author of the books: *Creating Your Light Body*, *Ancient Wisdom*, and *From the Mouth of God*, and the forthcoming book, *Prosperity Boot Camp*.



Sponsor a workshop in your area

Psychic & Healing Arts Fair

Saturday, June 7

BEST WESTERN HOTEL IN MONROE

19233 Highway 2
(Behind Burger King)

Get clarity and inspiration with angel readings, runes, jewelry, tarot, reconnection healing, animal communicator and more.

Free admission!

For more information, contact Krysta Gibson 425-356-7237

Bente Hansen
Distance Healing and Clearing
Soul Readings
Medical Intuitive (253) 951-7223
E-mail: bhansen9@hotmail.com
Website: www.dynamicenergyhealing.net

Subscribe to

NEW Spirit JOURNAL

Have New Spirit Journal delivered to your front door!

Fill out this form and send it along with your payment to:

New Spirit Journal, 14911 Chain Lake Rd. #431, Monroe, WA 98272

Name: _____

Address: _____

City: _____ State: _____ Zip/Postal Code: _____

Phone: _____ Email: _____

Bulk mail rates:

Prices include Washington State sales tax

1 year (12 issues) \$21.70 • 2 years (24 issues) \$32.55 • 3 years (36 issues) \$43.40

First Class or Canadian rates:

Prices include Washington State sales tax

1 year (12 issues) \$35.81 • 2 years (24 issues) \$60.76 • 3 years (36 issues) \$85.72

Your subscription begins with the next issue after we receive your information and payment. Thank you for supporting New Spirit Journal.