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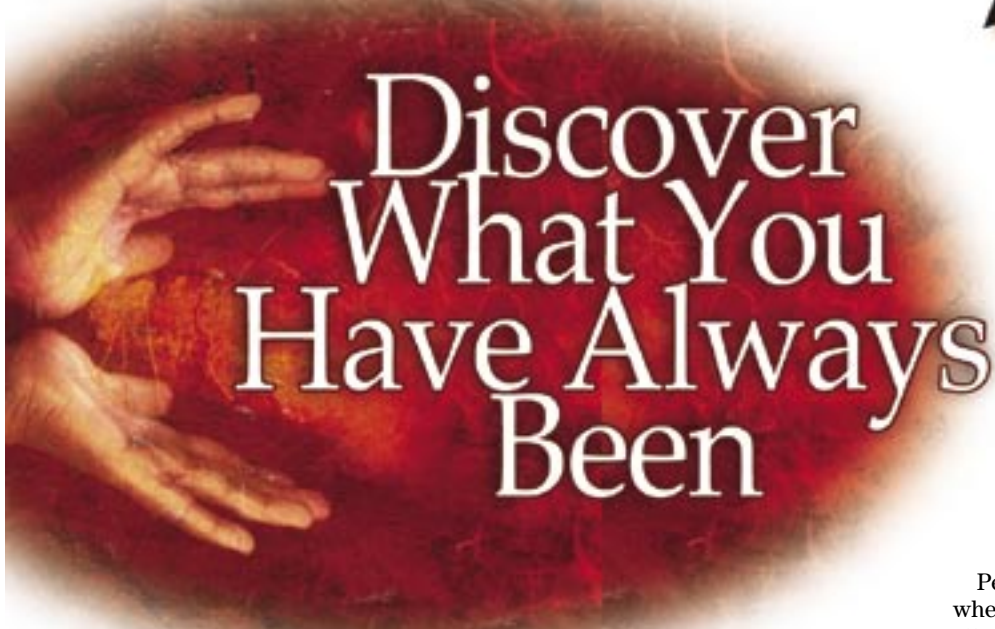
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# NEW Spirit JOURNAL

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## Anamika and Mariel Hemingway: Learning to Become Your Authentic Self

By Judith Campanaro

People report some amazing experiences when they read one of Anamika's books, attend one of her teleclasses, or have an in-person healing session with her. She is an internationally-recognized spiritual teacher who is said to have been born with gifts of clairvoyance, telepathy, channeling, mediumship, healing, and energy transmissions of divine love.

Trained academically in psychology and professionally in the healing arts, she graduated from Wellesley College with a major in psychology and went on to non-traditional education for a Ph.D., graduating from the Barbara Brennan School of Healing. She gives classes worldwide and has worked with thousands of individuals and couples, including celebrities and world leaders.

Anamika is the author of "The Old Souls Guide: A Handbook for a Joyous Existence" and her autobiography, "Into the Heart of the Beloved, a Romance with the Divine." Both are filled with inspiration and guidance.

"With the fear, heartache and confusion that accompany growth, people are seeking to experience life beyond their struggle for survival. They long for answers, security, community and a more peaceful way of life," Anamika says. "There is a divine vision for you that is even higher than your own divine dreams."

Anamika and Mariel Hemingway will be in Seattle this November to offer a healing workshop. We spoke with both of them about Anamika's work.

**Mariel Hemingway:** Anamika's work is not tangible to talk about, but it's tangible to experience. The work, energy and the focus that Anamika has put in my life has shifted me. I feel the journey with Anamika is all about becoming your authentic self and finding your own intuition and connection with the divine. Anamika has taught me about connecting with me. She is masterful at guiding you towards a knowledge of self, without ever getting in the way of your own process.

**Anamika:** There are many stages of soul development because our souls are millions of years old. When I work with someone, I take them from one stage of development



Mariel Hemingway (below) says that healer Anamika (above) holds a higher frequency for people, one that they did not recognize in themselves. "She holds the space for you to rise to who you already are," Hemingway says.



to their next stage. When you enter a higher dimension of consciousness you gain qualities of inner strength and peace that you didn't have before self-acceptance. You end up with

## Six Ways to Flip Your Thinking About Business

By Rebecca B. Cooper

Due to radical changes in the economy, many people are starting their own businesses or are struggling to keep their businesses viable. If you feel tossed about in these high economic seas, check to make sure that you are walking your spiritual talk when it comes to business. Your vibration is your business's vibration, so if you feel limited, negative, or anxious, it will constrict your business. Here are six ways you may be limiting your business and suggestions on how to turn your thinking around.

### Focus on the money.

Money is not a cause, it is an effect. Our consciousness is the cause. So when our thoughts are turned into lack and scarcity, for example, when our conscious minds are full of news reports of a faltering economy, we dial down our vibrations. What would it feel like to see abundance and prosperity everywhere you turn?

Redirect your gaze to the higher purpose.

There's no quicker way to shut down the flow than to worry and let your negative thoughts run wild. When you begin to obsessively worry about cash flow, focus on the higher purpose

### Six limiting behaviors

1. Focus on the money.
2. Worry about the competition.
3. Choose employees based on who walks through the door, or whose sister-in-law needs a job, or who will work for the lowest wages.
4. Suffer. Keep telling yourself (and others) that you're overwhelmed.
5. Dwell on your losses and know that people will rip you off if they can.
6. Doubt that your business will survive.

of your business. Why did you get into it in the first place? How does it serve the greater good? When you redirect your gaze to the higher purpose, you stop pumping anxiety into your endeavor. When the anxiety lessens, you naturally allow the flow to increase. The more you see happy, uplifted customers, enthusiastic about their purchases and telling their friends, the more you magnetize your business.

### Worry about the competition.

Fear of competition is created out of a scarcity mentality. It's a belief that if someone else wins, then there

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