

Chakras and The Intangibles: What is the Value of Imagination, Creativity and Inspiration? Priceless!

By Dena Marie

This winter, I had the opportunity to witness individuals applying the law of attraction, only in reverse. The law of attraction is such that the more you believe you have, the more comes your way. However, with so much fear and a sense of panic (first chakra), people who knew this philosophy ended up doing the opposite. The less they thought there was to go around, the less abundance they found.

If you are living such a paradigm, you may find yourself stealing from those around you instead of working together (taking the next step to the second chakra) to get beyond meeting only your basic needs. I compare it to standing on someone's shoulders to keep afloat at the deep-end of the pool. Ultimately, you may both drown. The media does a wonderful job fueling the fear and panic that keeps us in the first chakra. Why do you think Fear Factor and Survivor are such popular television shows?

I realized that resorting to stealing others' resources was all too common when I attended a very interesting seminar at the University of Washington. The talk was given by two attorneys that were helping bright young entrepreneurs. These talented individuals were full of creativity and had

Dena Marie's recipe for bringing your ideas to fruition:

1 cup of inspiration (seventh chakra)

2 cups of imagination (sixth chakra)

A dash of creativity (fifth chakra)

A handful of appreciation for yourself and others (fourth chakra)

3 tablespoons motivation

(third chakra)

2 cups cooperation (second chakra)

And a whole lot of integrity

(first chakra)

Add ingredients one by one.

Secret: Skipping any step brings you back to the beginning

quit their high-paying jobs to protect their most precious assets – their imaginations – from the corporations that would have absorbed all of their original ideas for years to come if they were simply employees.

It was their amazing ideas, their inspirations, which helped fuel thousands of inven-

tions and discoveries, many of which have made our world a better place. It is these ideas which are highly sought after because they are the sparks from which so much is manifested.

The attorneys who spoke played a critical role in protecting these intangibles from being stolen, bought, imitated, contorted, or even squashed. They helped the entrepreneurs not only keep their creative ideas, but also helped preserved their spirit, thus keeping their higher chakras vibrant and healthy. This is essential in having inventive ideas. These corporations, like many people, often ride on the coattails of others' inspiration.

The term that fits them appropriately is "cleptocrats," thieves of the original ideas of others. I am sure you know a few, a boss, co-worker or a relative who always seems to be making the money but hasn't ever actually built anything, nor do they give credit where credit is due but benefit from the results of others' efforts (misuse of the power/third chakra). The biggest problem with being a cleptocrat is that the well eventually runs dry. People cease to trust them and relationships are shattered. Alone again, back to the first chakra they go.

Continued on Page 16

Yoga and a New Definition of Power

Continued from Page 11

just as a valid contribution, but also as a vital, indispensable component of a healthy society. The understanding and application of the methodology to generate and express as different from the methodology to control and acquire is not just aimed at women. Men are equally exhausted and harmed by the pathological hyper masculine that is held up as the ideal. Just as women in the last 50 years saw great gains in their socioeconomic status by developing and implementing the healthy masculine in their own nature, men stand to benefit, not by becoming more feminine (as it is culturally understood), but by having more access to their own creative and generative energies.

Yoga is one way to give people an embod-

ied understanding of how they can generate the futures they desire by harnessing the naturally miraculous forces of the feminine in the right relationship to the operative imperative of the masculine.

Cathy Jacobazzi began practicing yoga in the late '70s. She has a wealth of knowledge in this ancient science that comes from more than 30 years of experience. Her classes emphasize the mind/body connection with its inherent wisdom. Her teaching is practical and grounded, providing you with the tools you need to change patterns of limitation into fearless self-expression. She currently teaches at the Wellbeing Center for Health in Monroe, Wash. Visit Cathy's website at www.passionforthedivine.com

DIRECTORY OF SERVICES

EMBRACE YOUR DAY

Tired of the negative voices in your head? Get some positive ones to take their place in just 10 minutes a day! Embrace Your Day, Love Your Life CD Program

"Krysta Gibson's CD is a highly effective way to start your day by instilling a positive, vibrant energy into everything you do. I recommend it!" -Denise Linn, author of 15 books including "The Soul Loves the Truth."

Use this 10-minute program every day for 21 days. You will be amazed at the changes in your life. They will be subtle at first. Then witness yourself increasing your ability to be creative, to follow-through on your plans, and to be a happier and more fulfilled person.

For more information about the program go to www.krystagibson.com and click on Embrace Your Day.

Now Available at These Retail Locations:

- Stargazers (Bellevue)
- Stonehouse Bookstore (Redmond)
- The Crystal Voyage (Tacoma)
- Margot Montel-Westover Massage (Monroe)
- East West Bookshop (Seattle)

HELP FOR ANIMALS



Martha Norwalk

Martha Norwalk is an animal behavior therapist with over 35 years of professional experience and service. She also hosts her own radio show, Martha Norwalk's Animal World, Sunday mornings on Alternative Talk AM 1150. She is available for private sessions, either in your home or over the phone. With her holistic approach, Martha can help you understand your animal friends and solve any behavior, training or healing issues that they might be having. Martha's rates are surprisingly affordable and in most cases she will only need to see you once.

Martha's Canine, Feline and All Creature Counseling
(206) 525-2016
www.marthanorwalk.com
marthalight@aol.com

Practical Marketing Coaching For Conscious Entrepreneurs

Are you FABULOUS at what you DO and CARE about, but hesitant to boldly market yourself? Are you embracing Social Media? Blogging? Would support and assistance help you follow through on your best ideas?

- Marketing strategy coaching
- Extremely Productive Brainstorming
- Market Research
- Event development and strategy/schedule for marketing and enrollment
- Enrollment and Registration services
- PR/Promotional outreach efforts
- Internet marketing strategy

As coach and catalyst, I offer one-on-one personalized consultations, coaching and virtual PR/marketing support designed to help you attract your perfect customers, business partners, or any relationship that is pertinent to your success.

Call to schedule a complimentary consultation to determine what would serve you best in the next three months.

Deborah Drake
425-223-5335
www.deborahdrake.com



PSYCHOLOGY, COUNSELING, & THERAPY

EFFECTIVE EXPERIENCED PSYCHOTHERAPY WITH SPIRITUAL OPENNESS

I have built a successful 25-year psychotherapy practice out of helping people resolve a wide range of issues:

- Spiritual awakening and crisis
- Balancing emotion due to accidents and illnesses
- Anxiety • Depression • Anger • Guilt
- Childhood trauma and abuse

Let me help you open to your spiritual aspirations. I employ a variety of techniques, such as:

- EMDR (eye movement therapy)
- Lifespan Integration and Rebirthing
- Meditation Instruction (CD samples on website)
- Clinical Hypnotherapy

Sue Neufeld-Ellis, LMHC, CSAT, RN
Most insurance plans accepted
www.quantumhealing.us
Bellevue office, (425) 455-4207



Sue Neufeld-Ellis