

NEW Spirit 411

In this column, we share information you might find interesting. If you have a piece of brief news for us, please send it to Krysta Gibson at Krysta@newspiritjournal.com.

- **David Spangler, author and teacher, has a great website,** www.lorian.org. David is best known for his work at the Findhorn community in Scotland. His website offers books, self-study course, card decks, and a chance to sign up for his newsletter. Lots of great information here and his current newsletter has a great call to action.
- **No matter your age,** here's a great website one of our readers told us about: www.eldergadgets.com. This website addresses many issues about seniors and electronics, which ones might be good and which not so good. They even have a list of the cell phones that emit the least radiation. Also, games for seniors, articles and even an iPhone application that helps you go to sleep.
- **Have you heard about Fire the Grid?** It is an ongoing process that has a history dating back to 2007. There are global events that are aimed at helping the planet and those who live here. Go to www.firethegrid.org for the complete story and information on the next event, Nov. 11, 2011, at 11:11 GMT.
- **The beautiful Spirit Journey store in Issaquah** will soon have an online Galleria where you can shop from the comfort of your own home. Watch their website for updates: www.spiritjourney.com.
- **And if you enjoy online shopping,** Crystal Voyage has an online shopping feature. Go to www.crystalvoyage.com. This great Tacoma store now also has some stock in their online store.
- **The Washington State Astrological Association** has a new website and has rebirthed their newsletter. To find out about the newsletter, their workshop schedule, and participation in NORWAC 2010, go to www.washingtonastrologers.org.

- **Not sure what to believe about Health Care Reform?** One reader suggested reading House Bill 3200 for yourself. This is the 1,000-page document being discussed and debated. Go to: www.energycommerce.house.gov/Press_111/20090714/aahca.pdf and you can download the entire document as a PDF file. You can also use your search engine to find HR 3200.

- **Watch your local bookstore** for The Secret to Teen Power. The ideas explored in the movie and book, "The Secret" has been written specifically for the teen audience. Imagine if you had had those tools in your teen years?

- **We found some fabulous flower essences from Australia.** www.lifes-naturalcatalyst.com. The energy is sweet and the owner, Christiana Rose, is delightful. They offer a newsletter and other information you'll enjoy. You can figure the exchange rate for the prices by going to Google.com. The U.S. dollar is strong right now so the prices, even with postage, are good.

- **Seattle Men's Chorus is celebrating their 30th anniversary season,** 1979-2009. The Chorus has grown to be the largest gay chorus in the world while weathering the AIDS pandemic, hate crimes and countless political and social battles. Now, SMC is 365 members strong. Under the 28-year leadership of artistic director Dennis Coleman, Seattle Men's Chorus has traveled throughout Washington State. They have thrived and this is a season to celebrate. Go to www.seattlemenschorus.org for show and ticket information.

- **Love dogs?** Check out Bark magazine at www.thebark.com. They also have a print edition and it is always full of great information and articles about living with our canine pals.

- **Sharon Riegie Maynard** is asking people to join her in an energy experiment to help balance the energy on the planet. Read her blog for more information: <http://sriegie.wordpress.com/>

- **For some inspiration and a healing meditation** for all the money in the world, go to www.morningmessages.com. You can also sign up to receive the messages through your email account.

Got a tip or know of an interesting website or store? New business or changes in your current one? Send the information to Krysta@newspiritjournal.com and we'll print information on a space available and content appropriate basis.

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Discover What You Have Always Been

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a quality of happiness and joy in life, and a level of deep relaxed simplicity, that allows your life to really thrive and flourish beyond the level of pure survival. The happiness and joy in your life that you move into is no longer based on external acquisition but on your discovery of what you have always been and what you are growing into more and more. You become more of who you authentically are.

Judith: So the process happens by developing your authenticity.

Anamika: My work transmits an energy through my body. This energy is at a higher frequency than where the person currently is, so that they stretch into this and realize that the new higher frequency really is them.

The transmission acts as a catalyst which simply invites the person to connect with the higher frequency of who they already are but were not aware of being. The transmission of energy gently guides them to become aware of who they are. Once they realize this, they can live from that higher place.

This is a process of awakening to more of who you are, then gaining self-realization and actualization.

A person goes through an endless number of stages throughout life, but this work turbo-charges and speeds it up, giving people a gift so that they can move into actualization more easily.

Mariel: Anamika holds a higher frequency that you don't yet recognize in yourself. She sees that you are of this frequency and guides you towards it even though there are times when you feel that you're totally in the unknown. She holds the space for you to rise to who you already are.

One of the key things that I took away from the very beginning of this work was to discontinue seeing myself as right or wrong. We tend to be so judgmental, especially with ourselves. One of the powerful things I experienced in working with Anamika was how she disabled the voice that is constantly finding fault and that is never good enough. She has the ability to undo those energetic patterns that we have held onto for so long.

Judith: Anamika, does your work change the energetic field in a person, or change the way they perceive things?

Anamika: It changes the energetic field and the genetic programs. You perceive things differently

because they actually are different. You meet yourself at a place that you always hoped you could be, but you just didn't know how to reach. It's a gift of love that's given to people to help them become more of themselves, and then they can stay in this place on their own. The work doesn't create dependence. It's a gift that helps elevate people into their greatest self.

Judith: I can certainly attest to that. Just by talking with you during this interview I feel different. The way I feel right now is actually a realization that there is no lack and no limit to anything, not even myself.

"Hand in Hand with Mariel Hemingway and Anamika" is happening Saturday, Nov. 7 from 1 to 4 p.m. in Seattle. For reservations, call (866) 260-6032 or email info@anamika.com. Mariel will be doing book signings on Friday, Nov. 6, 4 p.m. at Fort Lewis and possibly some other local bookstores. For more information about Anamika, go to www.anamika.com. Listen to Anamika and Mariel on the Conscious Talk radio program, 1150 AM in Seattle or streaming live, at 7 a.m. on October 15. www.conscioustalk.net