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The Global World of YOU and US



Photo Credit: Karen Caxton-Smith

We are each other's greatest asset.

One look at www.besteveryou.com or www.motivationmarathon.com and you'll see what I mean by that.

It is amazing to see what can be achieved with the power of "us."

One person can't do it all.

One person sews. One cooks really well. One takes beautiful photos of sunrises and sunsets and matches magical words to each. Someone is a brilliant doctor. One is a fitness instructor. Someone just saved a life. One stays home. One teaches. One trains dogs. One runs for office....and the people and their strengths (and weaknesses) go on and on and on.

When you discover the world of people and all they have to offer without being scared, jealous, negative or fearful; but rather supportive, positive, upbeat and gracious – your whole world can change. Someone's world may light up with the gift of you; your knowledge, help, guidance and more.

Appreciate each other. Discover the people around you. Learn. Grow. Connect. Mentor. Teach.

We can be each other's worst enemies. Be the greatest asset to yourself and others. Looks fade, \$200 pairs of jeans wear out, expensive shoes wear down, purses get stained, furniture wears out, your house gets old, cars break down and even you, at some point will break down also. In all that is you, your personality and how you treated yourself and others around you will shine through.

Life isn't meant to be lived in I, I, I . . . me, me, me . . . or you, you, you mode. It's all about US and WE.

Be the asset. Be a friend.

All My Best to You,

Elizabeth Hamilton-Guarino, B.A., CPC
The Best Ever You Network
Founder & CEO

Come home to Maine.



Home is where the heart is, and it's time to make Maine your home. As you enter into Maine, a sign welcomes you, saying "Maine, the way life should be." And it's true. So few places offer the amenities that Maine does: beaches, mountains, lakes, pastures, quaint country villages, and cities brimming with opportunity are all within your reach.



Liz Foley, of Town Square Realty Group in Sanford, Maine, is ready to bring you home to Maine. When you partner with Liz and Town Square Realty Group for your housing needs, you have partners that will work on your behalf to find you the best house, at the best price, and you can make that house your home. Whether you are a first-time home buyer, or a seasoned seller, Liz's experience in customer service, teaching, and real estate is the perfect blend to get the job done. Call today and give Liz your criteria, and be in your new home in time to enjoy spring in Maine!



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Facing the End the World

I am going to be really bummed if the world really ends in December, 2012. Not just for the obvious reasons, though! See, I had a bit of a scare when my lab work back in January came back. My cholesterol levels were beyond safe at 337. By definition, this means “A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dL”, according to the American Heart Association.

So since then, I have made a number of changes. I am attempting to eliminate white flour and only eating whole grains and wheat. I haven’t had a slice of sandwich bread in the last two months, opting to go with Hungry Girl flatbreads or wraps or pockets if I need a sandwich. I am drinking far less diet soda, and NO full-fledged sodas. Sugar is down to almost nothing; I have switched to baked potato chips if I need that fix (and

boy, are chips a downfall for me!); I have a new dog, and am walking her a minimum of twice a week; and – drum roll, please – I am adding exercise to the mix.

Most of you only know me behind the scenes – a photograph and an imaginary red pencil that adds commas and fixes your misspellings. So only a few of you know just how much all that really means. Here I am, working behind the scenes at a magazine called, of all things, “Best Ever You.”

Seriously? Am I my best ever? Have you seen me? I am five foot two and a half, and that’s on a good day – and I am, sadly, beyond overweight. Dare I say it? I am DOWN to 229 pounds. Yes, I said “down to.” I started this adventure in January at my highest ever, at 240 pounds.

So, facing facts: I am obese. My cholesterol was at a dangerous level, my sugars were borderline diabetes, and my blood

pressure was running high, fluctuating from 130/90 to 160/112. I have fibromyalgia from a sports injury about 12 years ago – which incurred damage to the sympathetic nervous system. So exercise is not my friend – pain is a constant companion, and one companion I would gladly shake.

Yesterday I had my annual physical. We are changing my meds, working towards eliminating some of the eight different meds I’ve been on for almost a decade. Why? Because, finally, some things are looking up – and my blood pressure is now at 110 over 80 – almost perfect. I’m down some weight, and I’ve added exercise to the mix. Now that I am working towards being my best ever; if the ancients are correct in saying this is the end of the world, then all this change I’ve brought about will be for naught. So here’s to the future! What have you done to elicit your best ever future?

Liz Foley, Editor-in-Chief



Listening From Your Being

Listening is not simply a matter of having an ear for what someone is saying. The questions really are, “Does the other feel heard?” and “What were you hearing?” A squeaky, high-pitched voice? A hushed sound? Words? A message? Their feelings? Think about it, did you really hear? The well-known phrase, “It went in one ear and out the other,” applies all too often! It’s most likely due to a lack of congruency. Without your mind, body, spirit, intention and purpose in total alignment with what your ears hear, hearing can be meaningless; and could actually be offensive . . . when it is obvious you did not care enough to be “present.” Yes, this places a completely different spin on listening and true hearing!

So what will it take to make 2012 the Year that Listening took on new meaning?

Did you ever take a listening course in school? Do you know anyone who did? Listening is critical to your success and is still not a part of the present day school curriculum. For example, can you verbalize the components of listening? So, here is the challenge: “If people don’t know how to listen, is learning to speak actually relevant?”

It’s not too late. We can still learn, and when you learn to be an active listener, listening becomes a whole mind/body experience. Your life will change dramatically with a totally new way of communicating and being.

Instead of superficial or selective listening, hearing only what you want, you can transform your communication and effectiveness to a completely

new and elevated level. This level has the potential of endearing others to you and significantly enhancing your bottom line. Until you have given it a real shot, you won’t know and feel its power.

So, how do you begin?

- **Decide on your purpose for listening.** Why are you listening, and what are you listening for? Is it for information? To learn about the person so you can be of assistance? To decide if you can work together? To see what common elements you can find to build the foundation of a relationship? To teach what you are learning in this moment? These are just for starters. Gaining clarity around your reasons will open your mind to the possibilities of how much you can really learn by having a purpose.

- **Prepare yourself.** If you are the outgoing type, mentally prepare and force yourself to listen. Remember, this is not about you. If you are shy, ground yourself, assert yourself and practice making declarative statements. For both styles, learning as much as possible about NLP (Neuro-Linguistic Programming) and body language could prove to be enormously helpful. (While I am outgoing now; it was not always that way. Doing research into behavior styles and body language opened a whole new world for me and my ability to connect and influence.)

- **Be “present” by giving the other person your full and undivided attention.** Intensely focus on the other person. This means not looking around to see what else is going on or thinking about all the things you have to do. And it definitely means not preparing your next response while (s)he is speaking to you. If you only catch the gist of something, your response may be inappropriate and, if that happens, you could destroy the rapport, the momentum, and your credibility.

- **Position yourself.** Whether standing or sitting, respect people’s “personal body space” (this is often culture-dependent). Just make sure you are not too close. (There are a couple of good ways to test how

close is too close. The first is to stand next to someone and SLOWLY move closer. When the person starts moving back, you will know you have gone too far! The second still amazes me. The scenario: You are in a restaurant sitting at a table waiting for your food to arrive. You are both engrossed in conversation. SLOWLY, you move closer to the other person {along with your silverware, plate, water – whatever is in front of you}. At some point, the person will suddenly become uncomfortable . . . not really knowing why . . . maybe even flustered, then pick up whatever is sitting in front and move it away. You have just intruded into their personal space/comfort zone.)

While we are on positioning yourself, keep your arms and hands in an open, unfolded position. It is a welcoming signal. Position your eyes on the person with whom you are in conversation. Place your feet towards the other person, NOT in the direction of an exit sign, which might be interpreted as you not really listening and are ready to flee as soon as possible.

- **Give others the opportunity to speak.** You learn more from active listening; you already know about yourself and really don’t need to hear yourself talk! People like to talk about themselves; encourage them to do so. Ask questions, especially open-ended ones that require more than a yes or no response. This gives people an opportunity to open up . . . and for you to learn more about them. Listen to the answers and comment when appropriate. As the other person’s interests begin to unfold, ask more in-depth questions. When appropriate, paraphrase to verify the point the person is making, followed by asking if you had understood correctly. When you hear something positive, pick up on it and continue in that direction.

So why listen? To learn, understand, make a friend, create a foundation from which to serve, to make money, build a business, find a better way of doing something, to influence – and this limitless list goes on. The rewards really are too numerous to mention. It’s all about whom you are being, connection, synergy, building trust and making a difference.

Heshie Segal, author, professional speaker, trainer, consultant and executive coach helps top executives, managers and individuals grow their business through building solid connections and lasting relationships. She is the creator of JetNetting, an innovative and highly specific system that eradicates cold calling, awkwardness and relationship tensions. For over 15 years Heshie has dedicated herself to understanding and sharing the secrets of human connections. Heshie is the author of “Blink: You’re Judged; How to Create a Powerful, Positive First Impression;” her columns on both JetNetting and Networking have reached millions of people. She has interviewed global personalities as a radio show host and is known as a champion of Children’s rights. She is currently working with children in the US and helps care for 800 orphans in Africa. www.JetNettingConnection.com



QUALITY YOU CAN DEPEND ON

The quality of your life depends on the quality of your relationships, and the quality of your relationships depends on you. How do you create solid, authentic relationships at home, at work and in your community? By being a person of quality yourself.

Quality depends on 3 factors – your attitude, your willingness to strive and your ability to accept people for who they are, while showing your authentic self at all times.

How You Are is Who You Are

Attitude is born from our view of the world, and rose-colored glasses aren't necessary to see experiences from a positive standpoint. Life can be challenging at times, and when we focus on the minutiae of our troubles we can lose sight of our bigger purpose, missing out on the lessons that challenges naturally present. Just as you can enhance the joy in your life by being joyful, you can also enhance the pleasure in your life by being pleasant. It's all a matter of choice.

You actually are in control of your life, though it takes practice to develop a real belief in that fact. You can become known as a person who is cheerful, helpful and thoughtful by simply deciding to be that way when you open your eyes in the morning. Don't believe me? Try this: Put a notebook and pen beside your bed tonight. Tomorrow morning, as soon as you wake up, write a declaration. Affirm, in your own words, that you will do 3 things differently for the entire day. For example, you could write that you will greet every single person who crosses your path with a genuine smile, willingly offer to help anyone who looks like they could use it, and brush off comments and behaviors that would normally irritate you.

This practice takes a concerted effort and can make a world of difference in how your day turns out. You have to do more than just write the affirmation, though. You have to commit to following through by doing those 3 things all day long. At the end of the day, jot down a few notes about how you felt, how challenging or easy it was, changes you noticed, and how committed you are to keeping each of those behaviors up. The next day, write 3 more declarations.

Aim High

Another way to enhance your relationships is to raise your standards. You can begin by amplifying your expectations of yourself, and then let that new standard trickle into your other dealings – with people you know as well as those with whom you unintentionally cross paths on a daily basis.

Our general standards as a society have lowered because we've allowed them to. Not wanting to rock the boat, we don't say anything when we hear others speaking offensively, turn the other cheek when we see others show up for work looking like they just rolled out of bed, and allow frustrated people to get away with driving maniacally on our roads. Schools, places of worship and political forums are not immune; our tolerance for disrespect has hit an all-time high.

So what can you do about it? Find your voice and change your actions. The trick is to speak up with diplomacy and lead by example. Show people how you wish to be treated by treating others well, and lead towards a new level of professionalism by demonstrating quality in everything that you do. When you go to work, look like you mean business. When you're on the road, drive as though your life depends on your safe arrival. And even in casual conversation, stay away from obscenities, gossip and other inappropriate and unnecessary language.

Let It Be

It's natural to want to see the people we love succeed, because we can so often see potential that they can't see in themselves. But that doesn't mean we have the right to cut them down and criticize every move they make if it isn't in alignment with what we think they should be doing. Everyone deserves an opportunity to figure things out their own way and in their own time.

A common problem in today's relationships is that we meet people whose company we enjoy, develop a close relationship with them, and then allow the characteristics that drew us to them in the first place to become quirks that drive us crazy. When someone's impish grin morphs into a permanent smirk, it's usually because we've changed, not them.

Let people be themselves. A friend of mine was recently bemoaning the fact that her husband, who loves a bowl of ice cream every night, always leaves the dirty spoon on the counter, even though he puts the bowl in the dishwasher. Each morning when she saw that spoon she would get more and more annoyed, and for years she frustratingly put it in the dishwasher, grumbling all the while. This was becoming a big deal for her, until I said, "I bet you'd miss seeing that spoon if he was gone." In that moment it hit her – the spoon on the counter represents the man she loves. Him leaving it there is an endearing symbol of his personality. If she continues to complain about the spoon, she realized, she'll be compromising something special between them, and it's simply not worth it. Now she sees the spoon through the eyes of love.

Every one of us has qualities that make us unique, and how we choose to view those qualities is what makes our relationships unique. By choosing to be yourself, aiming high and letting things be, you can add more quality – and character – to your relationships.

Sue Jacques is The Civility CEO™, an executive consultant who helps individuals & businesses gain confidence, earn respect and create courteous corporate cultures. Do you have a conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com

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It's less about what you do and more about HOW you do it

One of the wonderful things I am doing lately is teaching college. It really is a joy to work with college students, teaching Organizational Psychology. They are working on a semester-long assignment of forming work teams for a fictitious new gym.

One of the students came up to me at the end of the class last week and asked me if I wanted them to do something theoretical or something real. I told her that I wanted them to be practical and work together, as the team process is one of the very important things that organizational psychology is all about. She replied, "I don't care about what the others think or say, I just care about my grade." In response, I smiled and told her the team process was paramount. She simply could not understand the concept.

She really isn't very different from many people in the day-to-day work world. They often just are focused on their individual results and don't really care or contribute to the team/division/departments results. This particular student probably believes that my discussions about emotional intelligence and cooperation within the workplace are just a bunch of hokey.

She is sadly mistaken. In the long run, it is more about how you get your work done than what work you do. In other words, it is extremely critical to have successful interpersonal relationships with those you work with. Yes, I am sure you can cite examples of people who are bullies, or isolationists at work who are successful. That works, sometimes, depending upon company culture, for the short term, but not in the long term.

Managers who don't give their teams the appropriate credit lose team members at a much faster pace than those who share kudos with their subordinates. Note this - 11% of employees who like their bosses say they will look for another job in the next year, while 40% who don't like their bosses say they will look for another job in the next year.

In government, where it is often viewed as more difficult to fire someone, people who don't get along with others are often isolated and pigeon-holed. In business, people are fired more often because they don't get along with others than getting fired for not having the appropriate skills necessary for the job.

What does this all mean? It matters very, very much how you get your work done. It matters if you leave a trail of "victims" in your path, or if you leave "fans" who sing your praises of being a superb team player. Of course, knowing your work and having the skills is critical, but two people with equal (or almost equal) skill levels in times of layoffs -- the one who doesn't get along with others is much more likely to be cut.

There is a fine line between being a collaborative, productive employee and one that too easily gives in to the needs of others. Make sure that you never sacrifice your values, and always make sure that others know your value. You don't have to toot your horn loudly, just ensure that you get credit for what you do, and that you shine as much as possible.

Next week, when I see that student again, I intend to have another conversation with her and the entire class. I want to ensure that everyone knows that the 20% of their grade that derives from class participation, incorporates how they function, and not just what they answer.



Dr. Diane Katz has worked with organizations and professionals for over 40 years. She holds a Masters Degree in Organizational Psychology from Columbia University and a Ph.D. in Conflict Resolution from Union Institute. Her consulting company, The Working Circle, provides organizational development, human resources, teambuilding, training and coaching to organizations of all sizes. Her newest book, "Win at Work! The Everybody Wins Approach to Conflict Resolution" is now available. www.TheWorkingCircle.com

FIVE SENSIBLE STEPS FOR TAKING CONTROL OF YOUR FINANCES

One day it hits you like a rock. You're knee-deep in financial quicksand with no savior in sight. Maybe it comes as a declined credit card purchase, or a minimum payment higher than your bank balance. Maybe it's just the realization that you really are mortal and will need funds to support you when you're working days are over. The bad news is you've got to dig out of the hole before you can build for the future. The good news is that with commitment and time, you can gain control of your finances.

Start with these five sensible steps:

- 1. Pay yourself first**
 - Start a cash reserve fund with the intent of building it over time to at least three months worth of fixed expenses – rent or mortgage payments, utilities, auto payments, credit cards, food, and gasoline. Start today, even if you can only save \$10 a week in the beginning.
 - If your employer offers a retirement plan, enroll immediately. Since women outlive men and often take time out of the workforce to care for both children and aging parents, it is important for women to save more than men.
- 2. Respect Money and Control your Debt**
 - Pay your bills on time, and pay off your credit card every month, if you can. If you are in debt and able to make only minimum payments, stop spending and get help immediately.
 - Buy a small journal and document every penny you spend for one week to identify your “spending leaks.” Typically, leaks are things like late fees, movie rentals, overpriced coffee, fast food, and anything else you don't need for survival. These are the dollars you will use to begin paying off your debt and building a cash reserve.
 - Saving \$4/day at age 20 at 10% could potentially build to \$1,000,000 by age 65. Wait until you're 30 and you will need to save \$11/day. At 40, you're up to \$30/day and by age 50 its \$95. So get serious and start now!
- 3. Assess your job or career path**
 - How is your income affecting your life and your finances?
 - Are you passionate about your work, or is it “just a job”? Would you still do it if you won the Lottery, or had a magic wand? If not, then why are you still doing it?
 - Are you utilizing your unique talents and skills?
 - Are you earning what you are worth?
 - Stretch – take charge of your career, and you'll take charge of your income.
- 4. Create a game plan**
 - Write down your goals for the next 12 months.
 - Make your goals clear, measurable, and time-specific so you can track your success.
 - Tape the list to your mirror, on your refrigerator, or on your bedroom wall, where you can read them and focus on them every day. We really do attract the things on which we focus, so keep your focus on what you want in your life!
- 5. Find support and hold yourself accountable**
 - Surround yourself with positive, supportive people.
 - Hire and meet regularly with a financial planner.
 - Find a life coach or mentor.
 - Read self improvement books and learn how to be smart about money.
 - Get help on the internet with a virtual community or forum group.
 - Take a tele-class or seminar focused on money, career or starting a business.

Money and financial growth consciousness doesn't come in flash. It may take months – maybe even years – to gain total control of your finances. But if you consistently follow these steps, that day will come. And when it does, celebrate!

Katana Abbott is a Certified Financial Planner®, Prosperity Coach, author and co-host of Smart Women Talk Radio with over 90,000 iTunes subscribers. After selling her business for 7 figures at age 48, Katana retired with the dream of helping women find their passion, create true wealth, and live the love they love. She is the founder of the Smart Women's Coaching Cafe – a global online community where smart women can go to learn, grow and connect. The Coaching Cafe provides live group coaching, resources, awesome events and support. Visit www.HowToCreateProsperity.com for your FREE membership and gifts, including your free Smart Women's Prosperity System.



The Faith Factor



A goal without faith is like a Mercedes without gasoline. It's nice to look at and talk about, but it's not going to get you anywhere.

As a child, I struggled with learning challenges. Even in my late high school years I painfully plodded through reading assignments, sounding out each word as I went. Imagine how much faith it took for me to write a book—and now 12.

It took even greater faith for me to believe I could successfully homeschool my children since I'd barely graduated from high school myself and had no college degree. But faith prevailed and I did it! Each child went on to college and we are all best friends.

What is your “big dream” for 2012? Can you envision it? Faith enables us to see and experience things before they exist. That emotional engagement with our dreams accounts for the biggest difference between wishful thinking and goal acquisition.

Passionately envisioning your success releases vibrations that serve as “work orders” to your subconscious mind and the universe. To generate an adequate level of communication to these unseen forces, you must apply enough faith to actually feel how you'll feel when you've attained your goal.

Once your conscious and subconscious minds are in agreement, and your emotions are positively passionate as if you've already achieved it, you'll begin to move toward it.

But even those with the greatest faith face giants along the journey. The bigger the goal, the bigger the faith required to forge forward toward it despite the roadblocks.

In my Success Principles Intensive Coaching Certification Program I teach an “open hand” approach to goal acquisition. As I explain it, I am often asked, “But isn't that the opposite of faith? Wouldn't holding goals loosely like that be like not fully believing?”

The answer is no. A goal must never become your god. You must never insist on achieving it but continually view it as a gift you are receiving with gratitude.

Let me share three scenarios that will help you see why you should never hold your goals too tightly.

1. Imagine driving cross-country to a vacation destination. Along the way you hit detours and slow-downs due to road construction and have a bit of car trouble, causing you to arrive a day late. By this time, the goal-getter who requires goals to be achieved perfectly has already been miserable for quite a while, ever since the first moment perfection in acquisition was no longer a possibility. This same person has been ruining the trip for himself and everyone else and will probably spend the rest of the vacation feeling disappointed. This is so unnecessary. Life happens. Choose to embrace the good and release the bad. Hold the timing with an open hand.

By Marnie Swedberg

2. Have you ever booked a particular hotel because of its great pool, only to find, upon arrival, that the pool is closed for maintenance until the day after you leave? Goals can be like this. Once again, if your entire focus is on the perfection of acquisition, you'll miss the beauty of the alternatives provided by the challenge. In Japanese, the word “challenge” consists of two words: crises and opportunity. Choose to enjoy the journey! Learn to value the surprise blessings like a nearby beach or the chance to meet people you wouldn't have met at the hotel pool. Hold the specifics of the goal with an open hand.

3. Do you know anyone who has experienced a miscarriage? By faith she'd believed and conceived, but in the end, she did not receive a child to love. Letting go of a goal involves grief, and grief is painful. But like a miscarried child, when a goal is terminated before you can enjoy it, there is a reason. If you ever lose a child, or any dream for that matter, allow yourself to grieve the loss, but also embrace the grace that assures you that it was the best thing and there are better days ahead. Hold the goal itself with an open hand.

Faith believes its dreams, pursues its goals and celebrates the fact that God cares far more about you than about anything you'll do in your life. But God's book, the Bible, also says, “Faith, without works, is dead.”

So, define your goals, apply your faith, hold it all in an open hand and get to work! 2012 is about to become your best year yet!

Marnie Swedberg is the online mentor to thousands of leaders from over 30 countries sharing B.U.S.Y. – Best Unique Strategies for You. To learn more about faith, goal-setting and ten other life zones, visit www.Marnie.com.

Moving *Beyond* Stuck – How YOU Can Too!

No matter where you are feeling stuck in your life, there are a number of simple steps you can take to break free of feeling stuck and disempowered. I'm not basing this on theory, but on my own actual experience of The Dark Night of the Soul at the end of 2010 when my health, finances, business, relationship and dreams all came crashing down in just a few days. It is my wish to inspire you by sharing four of the most powerful steps I found to lift me up vibrationally from being stuck in abject despair and into a place of profound joy.

1. Surrender Completely

My very first step was to surrender completely through all levels of my being – not an intellectual surrender, but a real emotional letting go of trying to work it all out by myself. In other words, I got out of my own way. I admitted to myself that I had no idea where to go from here! Sobbing on my knees, I prayed for help from a higher power and was guided to spend more time in meditation and prayer, just being rather than constantly doing. In the stillness answers would appear in my mind – call it my higher self, guides, angels, Spirit or God if you like – and these answers brought peace. Surrendering allowed me to tap into higher wisdom and let go of the busy-ness and negativity of the ego mind.

Exercise: Imagine yourself lying like a small child curled up in the arms of the Divine Nurturing Mother, resting your head on her nurturing breast, feeling completely safe to let go and surrender. You can even ask the angels to let you experience what total Surrender feels like while you are lying in her arms.

2. Release the Victim Mentality

Slowly I began to understand that there is a higher spiritual learning in any experience, even if right now you don't have a clue what it is. I started to release the need to be a victim of my circumstances, as being stuck in victim mode carries a very low vibration and is usually accompanied by anger towards yourself and others, including feelings of disempowerment and of having no control over the direction of your



life. I started to take responsibility for having unwittingly co-created the situation and for the choices I had previously made. I now saw I DID have choices and the potential to change my circumstances. Others had not taken my power from me, rather I had willingly given it to them, so I stopped blaming others.

Exercise: For every major choice you have to make, ask your heart how it feels about each of the available options. The heart is the doorway to the soul. A "Yes, this is the right choice" answer will make your heart feel open and expansive. A "No, this is the wrong choice" answer will cause your heart to feel heavy, constricted or closed down.

3. Forgiveness

The more I practiced in my mind forgiving others in my life drama for their perceived imperfections, the calmer and more accepting I became. Even more importantly, the more I forgave myself for having allowed myself to be caught up in the dramas of blame, negative self-talk and powerlessness for so long, the happier and more liberated I began to feel. The gift of forgiveness of myself and others was a gift for ME and an expression of self-love and permission to release the past and move forwards.

4. Gratitude

Instead of focusing on everything that was wrong with my life, as soon as I started to feel the Gratitude in my heart for all the good things I already had in my life, my vibration raised even more. Each day I would journal at least 10 things I had to feel gratitude for and really feel this gratitude, even if it was for something as simple as a soft, warm bed to sleep in, a roof over my head or two kittens to cuddle.

A neat trick I learned from Dr. Wayne Dyer is to be thinking of those things you feel grateful for as you are going to sleep, so your subconscious mind can hold that high vibration and attitude of gratitude all night.

A beautiful daily affirmation, really feeling it as you say it is, "I love and accept myself exactly as I am." Try placing your hand over your heart as you say it. Experience the relief and release that comes with knowing that in any given moment you are doing the best you can.

Practicing all of the above on a regular basis, not only when you are feeling stuck, will help to lift you vibrationally to your natural state, which is Joy.

Michelle Mayur, 'The Healer for Healers' is the visionary founder of the Heal the Healer global community with members from 71 countries. She helps healers and Lightworkers reach more of their healing potential. Become a FREE Member at www.heal-the-healer.com. Check out Michelle's new hypnosis audio program at www.8StepsToConsciousLiving.com. Private consultations globally in person or via Skype. Contact: michelle@angelwings-healing.com

6 SIMPLE STEPS TO IMPROVE COMMUNICATION SKILLS WITH YOUR TWEEN

Of all the things we parents hope to accomplish, one thing is certain ... without great communication, almost everything else is a bigger struggle. Isn't life challenging enough without getting constant resistance from our kids?

The good news is that if we master great communication skills, everything else will be easier. I did say easIER, not easY! Of all that you do, parenthood is most likely the role you take most seriously, and justifiably so! We are molding lives here, right? Yet, those lives come with their own agenda and free will; it is our job to guide them so they fulfill their agenda, and make the best possible decisions along the way.

The problem is, if we don't know what they're thinking and feeling, it's pretty much impossible to guide them. And, most often, parents don't know how to get their kids to open up and freely express themselves. Again, without this, you not only have to guess what they are thinking and feeling, guiding them is that much harder.

When you try to talk to your child, do they roll their eyes, suck their teeth, shut down and walk away? If you said yes to any/all of the above, it's likely because you are trying to have a 'talk' with them. That alone is intimidating and daunting. Would you lend your ear to someone if every 'quality' moment you spent together was built around them lecturing you?

No matter how well intended our actions are, sometimes we have to pull back and take in an aerial view. I understand what it's like to try and get your point across to your child; it's frustrating, but bear with me...we can make this fun! Give this formula a try, and soon, instead of wondering what's inside your child's head and heart, you'll be wondering why it ever seemed so difficult to get in there!

Practicing these 6 steps can bring you to the treasure map you've been searching for!

1. **Levity**—Humor engages, raises mood, increases desire to stay with the moment.
2. **Brevity**—Know when to give yourself the hook; ensure a 'no drilling' zone.
3. **Casual approach**—Setting up time for 'a talk' sets a negative tone right up front and you will either get nowhere . . . or into an argument.
4. **Common everyday chit-chat**—When you practice small chatter daily, it's no big deal, and those moments of 'benign' chatter can roll into a deep conversation before you know it . . . voila, the key just unlocked that steel trap!
5. **No punish zone**—If your child knows you'll punish him for what he tells you, he probably won't tell you. It's much better to agree upfront that you won't overreact; you agree to listen, talk, and think about it (cooling down if necessary) before reacting.
6. **Love zone!**—Whatever it is you might discover, ask yourself, 'Will it make me love my child any less?'

Chances are, no matter what, even if it makes you madder than you've ever been, you'll not love him any less, so it's important for him to know that upfront. In fact, if he doesn't already know, I mean REALLY know that, perhaps you should tell him today. And, it's a good time to put the first 3 steps into practice: use levity and brevity in a casual fashion.

For instance, instead of interrupting a video game while they are just about to get to the next level, and saying, 'I want you to know that you can tell me anything, and I will not ever love you any less!' . . . you might want to plan it out. Perhaps when they come home from school you bring up something you heard about a neighbor kid, and you casually say, 'Wow, she probably really struggled with that, but felt like she couldn't talk with her parents about it. That must have made it more difficult to handle. I don't know what I'd do if that were you, but I do know that no matter what happens, one thing is certain, I would never love you any less. You do know that, right?'

Depending on the situation at hand, you might follow up with something funny to let him know that although you wouldn't love him any less, it doesn't mean you wouldn't ground him until he's 45! Then drop it . . . even if there's more to say, you'll find another moment just like this to practice levity, brevity and a casual approach.

Congratulations, you're on your way to steps 4 & 5. Once you have the levity, brevity and casual approach nailed, you can slowly build the frequency until it becomes common everyday chit-chat; that's where the floodgates open up!

You'll most likely find that your child starts most of the conversations now; if not, look for tools to start up conversations if you run out of ideas. Check out my website: gettoknowmykid.com for books and audio downloads loaded with tips, tools and strategies!

Oh, and if you used the exercise above, you've already tackled item #6; doesn't it feel great to have the last step under your belt before you're even out of the gate? Did you notice how I snuck it in there? That's pretty much the same approach you'll be taking with your child; they won't realize that there is a hidden agenda to your chit-chat, and a target at which you are aimed!

Booh-Ya! Now you've got permission to do the 'Happy Parent Dance!' . . . Carry on~



By Debbie Mancini-Wilson



A little bit about Debbie:

- Family Creativity Expert for NBC and CBS morning shows
- Best-Selling Author of 'Color My World'
- Award-Winning Poet
- Parenting Coach
- Self-Esteem Coach
- Professional Speaker
- Workshop Leader
- Most Importantly, Mom



Claim the FREEDOM You Desire— TODAY!

It's in the air. You know, the opportunity to live life on YOUR terms. To spend your time pursuing those things you desire rather than what your current circumstances or bank account demand you to spend your time doing. The ability to live the way you've only been dreaming about living for years. Does this sound too good to be true? It's not!

Freedom is available to you at any time . . . even now. When you decide to pursue a lifestyle full of freedom, you make a commitment to be successful in your life dealings; to W-I-N at all you endeavor. Like everything, it begins with you.

The ability to attract wealth is the starting gun in the freedom race. Why wealth? Because . . . while money does not guarantee happiness, it does pave the way over the bumps that cause many to stumble. It helps eliminate the stress and worry associated with bills and debt, and takes away the "shoulds" and "musts" that accompany thoughts of lack.

What follows wealth? The freedom of Time. Does just the thought make you sigh? Imagine the time to do what you would like to do, not what you feel pressured to do. To have the time to pursue a hobby, spend unlimited amounts of time with your loved ones, or to go

on a trip or for a walk for the sheer enjoyment of the experience? To have the chance to pursue your passions because you no longer come from a place of not enough money or time? Are you beginning to feel the energy of freedom? Intoxicating, isn't it?

Next, there is health. While good health is vital to the pursuit of freedom, without money to ease stress and time to put good healthful practices into place, the ability to achieve the best possible health is often impossible. Would you enjoy the freedom to have a home gym and the time to devote to training for a marathon? Or the ability to schedule child-care for a session with a personal trainer or to hire a dietary nutritionist for meal planning and cooking lessons? Health freedom when coupled with wealth and time is the most valuable form of freedom there is. To have the freedom to do the best that you can for yourself for the rest of your life, and to help those around you do the same.

What about spirituality? The time to explore your beliefs, pursue them and integrate them into your life. Beliefs, no matter what they are, are important. It's one of the things that many never have time to pursue due to daily demands and pressures. Some-

thing that lives in hearts, but is not allowed to blossom outside of the person. Wouldn't it be wonderful to be able to embrace and unleash your spirit too?

When you have the freedom of wealth, time, health and spirituality, you experience ultimate freedom. What does this term mean to you? Close your eyes and imagine a life with all of these freedoms already present. Can you feel it and embrace it? Are ideas for new projects, experiences, and concepts bursting forth? Are visions of happy faces and feelings of contentment filling your heart? Ultimate freedom provides you with all of the core tools necessary to propel you towards your passion and destiny.

Stake your claim in your life right now. Not tomorrow, not sometime in the future or down the line . . . today! Trust the Law of Attraction to catapult you toward the freedom that calls to you; to your soul. Begin taking those steps today. No step towards the life you want is too small to start with. The important thing is to take a step, any step, in that direction! What is waiting for you, both in your journey and when you reach your destination, is unlimited wealth freedom and overall freedom. It's right at your fingertips. You can soar to freedom.



Eva Gregory is America's Divine Guidance coach, speaker, author, and conscious channel. Her latest book *Life Lessons for Mastering the Law of Attraction* co-authored with Jack Canfield of *Chicken Soup* fame and one of the featured teachers on the blockbuster DVD, *The Secret* can be found in bookstores everywhere. In her work, Eva brings through her loving, non-physical guides, known as Theos. Theos is a stream of consciousness whose mission is to integrate our understanding of how we can embody our Higher Selves and begin to live from the highest point of consciousness NOW. Please accept her complimentary audio recording, "How to Connect with Your Own Divine Guidance and Get Answers Now!" <http://www.yourguidanceondemand.com>. To learn more about her other products and services, visit <http://www.YourGuidanceonDemand.com>

How Do You Say Goodbye?

Many people ask me where I get the inspiration to write, and I tell them I almost always write about what happens to me. Sometimes it's funny things, sometimes crazy things you'd never believe, and once in awhile it's the sad things. This is one of those once in a while. And this is probably the hardest article I've ever had to write, which I've learned over time, means that it will probably be one of the most important ones I'll ever write.

The time had come where we had to make the decision to have our beloved greyhound, Nikki, leave this world and we did so with our amazing vet at home where she could be the most comfortable. I've never had to do this before, so for me, it is almost unexplainable. Part of it is so beautiful, to know you've released an animal from an old, tired body that doesn't work anymore and to wonder where they are off to on their next soul adventure. And part of it is heartbreaking, to know you'll never see them again, never look into their beautiful eyes, never caress their beloved head, and you wonder how you can ever say goodbye. I read somewhere recently that the reason we have grief in our lives is so we can know and experience love. Without one there couldn't be the other. In other words, like day and night, you have to experience darkness to know what daylight is. For the most part, I understand that and I appreciate it. But it doesn't mean I like it. I wonder if we could just experience love without having to know the opposite. I know there is possibility in this and that it is all about managing my thoughts, because in the brief moments when I'm not thinking about it, I'm okay.

But then I think about this. Some people and animals come into your life to crack your heart wide open so you can feel every kind of emotion there is, including pain. They come with a purpose so clear to make you love them unconditionally, beyond belief and then when they leave, they strip you of all of your disguises and masks, leaving you raw and exposed. Leaving you vulnerable to things you would never be vulnerable to if all was right in your world. So I ask, why does this happen?

I believe there are times in your life when things are going really well and you become complacent about your growth as a spiritual being. You're happy; life is great . . . why work harder on yourself? It seems many times in my life when this has been the case, not long after; I've lost something or someone I truly loved. Sometimes it was a great job, sometimes a family member or a pet passed away; sometimes it was a breakup of a relationship. But every time it stripped me raw of emotion and literally made me wake up to my complacency. And every time I made a major jump on my spiritual path. It's almost as if the Universe is giving you a big kick in the butt and saying, "Ok . . . time to get moving . . . life is short... here's your reminder!" And it opens your eyes to what's going on around you, and you realize in some cases that life is passing you by. For some of us, we start a new career, we find a new love, we become more in tune to our intuition, we feel our physical body, we find passion again. The most heartfelt stories for me are the ones where a person started a non-profit or a fund or some way to give back in honor of their loved one. And I truly believe that is why that person or animal left their world – because as heart-wrenching as it may sound; they needed to leave in order for the person left here to make a difference in the world.

Nikki was that special animal that can never be replaced. The one you fall in love with at first sight. The one you could gaze at for hours. The one that would curl up in bed with you and put her long, skinny nose right up next to yours. The one that looked at you with those soulful eyes and you could just see the love for you pouring out of them. I loved everything about her. And if you're a greyhound lover, you know what I mean. I loved her lean, muscular body that many would call skin and bones. I loved her "butter soft leather" underbelly that was so soft because there was no hair on it. I loved the way she would chatter and get louder and louder so we'd feed her earlier. I loved it when she howled, or roo'd as we call it. I loved to see her romp around the backyard, although she was never much of a runner. And I loved it when she walked by the dinner table a couple of Thanksgivings ago and nonchalantly took a bite out of the carrot cake that was too close to the edge and just kept on walking like nothing had happened. I just loved her.

I believe she was sent to me to teach me how to be in my physical body and feel every emotion possible. Those of you, who know me well, know I live mostly in my head. That's why I write about what our thoughts do to us so much. But with Nikki, she brought me back into my body. She made me feel. And now she's making me feel even more. So, if I try not to think about her and I try not to feel the grief, then her work here was for naught. So, I must honor her no matter how much it hurts. And deep inside, there is a part of me that understands why she came into my life and why she left. And I wait with anticipation to discover what amazing things I will do because she left. I love you Nik – thank you for being the most beautiful, special princess...ever.

Dr. Diane Hindman is the publisher of Connecticut based Natural Nutmeg Magazine and founder of Dr. Diane Speaks. Her work as a speaker, writer and workshop facilitator focuses on inspiring individuals to learn about the power of thought and belief and how it shapes their lives. For more information, visit www.naturalnutmeg.com or www.dradianespeaks.com.



How to Write a Book: *The First 7 Steps*



Have you always wanted to write a book? Or are you just starting to think about the things writing a book can do for your life and career? Writing a book could make it your best year ever. Your book can help you:

- Attract new and ideal clients to your business.
- Quit your day job and start a whole new career—like my client Pat Hastings did when she retired from being a substance abuse counselor and, with the help of her book, became an international speaker and spiritual coach.
- Earn more money and passive income.
- Get high profile speaking opportunities.
- Get paid to travel.
- Get on national TV and spread your message to millions.
- Open the door to opportunities you never even dreamed of.

According to some polls, something like 80% of Americans wants to write a book. Even if you can't get on Oprah anymore, becoming a published author brings amazing opportunities into your life and often makes your dreams come true.

Case in point: by the time you read this, Pat Hastings, author of the award winning book *Simply a Woman of Faith*, will be in Hawaii for a six month stay to write her second book, hold workshops and other opportunities that came out of publishing her first book. Hawaii was one of her big dreams and this is her third trip. Pat loves to travel and her book also opened the doors to lead retreats on cruise ships and in Bermuda.

Dr. Ellen Weber Libby had been connecting the dots in her psychotherapy practice and made exciting observations about favorite children—information she hadn't seen anywhere else. Her dream was to write a groundbreaking psychotherapy book that would change the way people understood favoritism in families. While her agent pointed out that she could get a bigger advance with a how-to book, Dr. Libby stayed committed to her vision—and her agent stuck with her. The groundbreaking ideas in *The Favorite Child* struck a chord—273 people commented on Dr. Libby's first post on the Huffington Post and a dialogue began about how favoritism affects all children in a family—in childhood and into adulthood.

Amy O'Brien wanted to help women get out of bad relationships. She'd had one of her own and realized she could use a movie metaphor to make it fun, inspiring and empowering for women who were stuck. I remember when an early reader said, "I gave the book to my mom and sister and now they finally understand my life." Can you imagine what a difference *Stuck with Mr. Wrong* made for that one woman alone? And the satisfaction of making a difference like that? Perhaps that's why *Stuck with Mr. Wrong* has won four national awards.

And, of course, a book can be a powerful investment in one's financial future. Evana Maggiore, founder and author of *Fashion Feng Shui: The Power of Dressing with Intention*, has told me that people often find her on the internet, order her book, read it in a sitting and sign up for a \$3,500 seminar. The book also inspires many women to find a Fashion Feng Shui® consultant near them for a consultation—creating more demand for the people Evana trains.

If a book can do so many things for you—from the power to change people's lives to the ability to dramatically improve your success and income, why don't more people do it? Well, yes, it takes work and persistence, and it also takes a plan. Most people are just too overwhelmed to start, or too disorganized to complete it.

If you're like many people, you may find the idea of writing a book overwhelming. Where do you start? Here are seven steps that will get you going:

1. Clarify the WHY? Why do you want to write this book? What will it do for you, your readers, your business and the world?

2. Make the time. We're all busy. The biggest difference between those who succeed and become published and those whose books languish is that the former cut things out of their lives to make the time for their book. What will you cut out or limit (phone calls, shopping, e-mails, video games, TV)? Now commit the times in your schedule by writing them in your calendar or putting them in your blackberry.

3. Get clear on your audience. A successful book is written with a particular reader in mind. Especially if you don't already have a big platform, you'll want to target a core audience, knowing it will reach others too. This is sometimes the hardest thing for writers who often see that their book can help everyone, but it's a pillar of marketing success. Think about what your readers most want and focus on providing your material in a way that helps them see they can achieve their goals and desires.

4. Organize your book. Many of us creative types loathe structure. Yet, many people have come to me with bits and pieces hoping I can help them make it into a book. They often have to throw most of it out because it just doesn't fit. Create the structure first. This is something a book coach, developmental editor or book writing class can help you with if it feels overwhelming to you.

5. Get support. It's easy to think you can do it alone, but getting support will keep you on track when you falter. You may find a writing buddy who's also writing a book, a close friend, an editor or coach or a book writing program, like my Bring Your Book to Life Program. The people who tend to succeed with their books are often the ones who get expert help to write and complete their books more quickly and to write a better book.

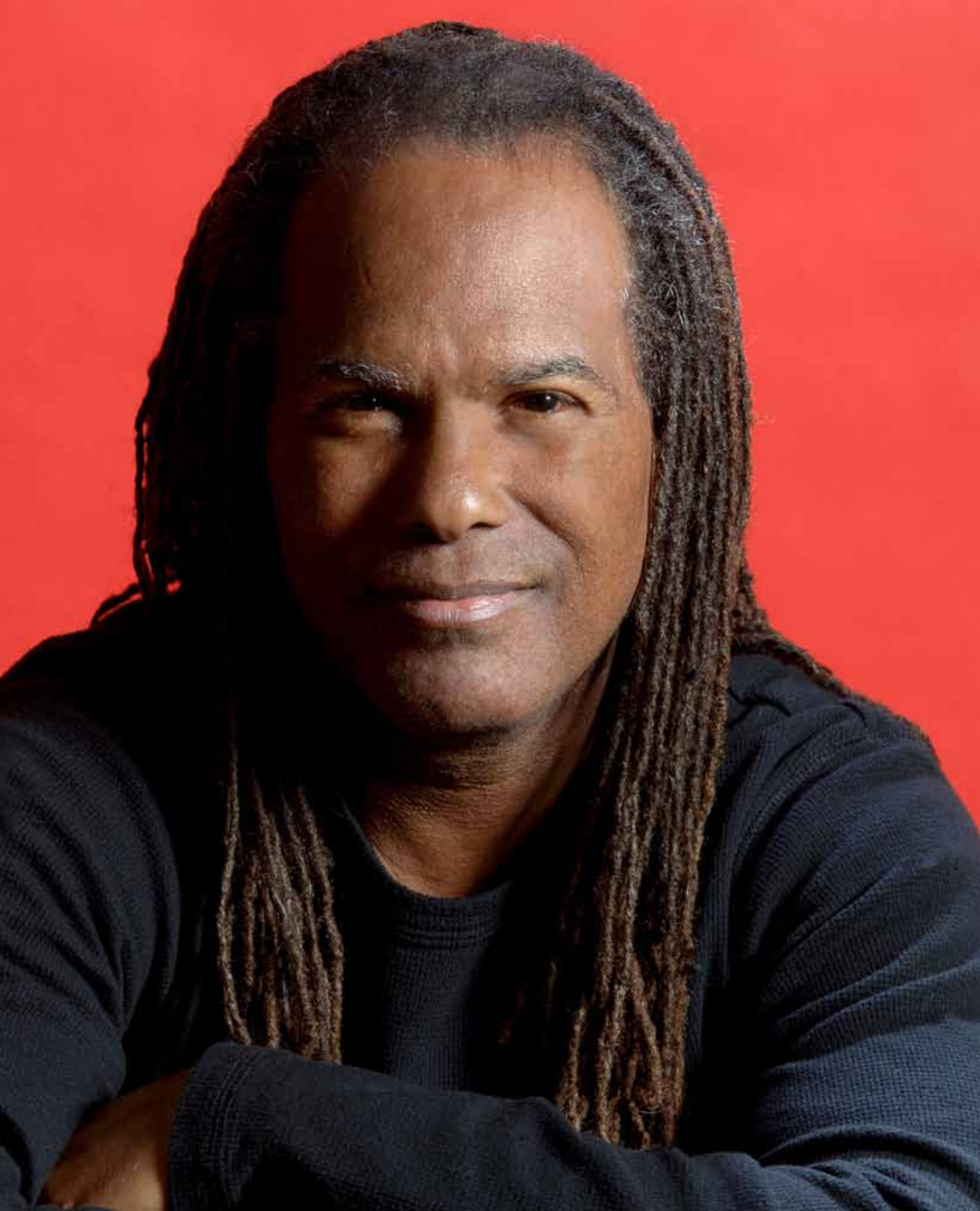
6. Make a plan. Yes, another anathema to us creative types, but it works. Have you ever been to a meeting that had no agenda? Was it mostly a waste of time? When you know where you're going it's much easier to get there.

7. Intention is key. Intend to have fun. Intend for it to be easy. Intend for your book to be magnificent. And enjoy the process.

Okay, now, go write that book!



Lisa Tener is a book writing coach. She helps people write and publish their books. She serves on the faculty of Harvard Medical School's publishing course and speaks nationally on the subject. Her book writing clients have appeared on Oprah, Montel, CNN, Discovery Channel and much more. Ask your book writing questions on her blog: www.LisaTener.com/blog or find out about her courses and coaching at www.LisaTener.com.



Michael Bernard Beckwith - A Being of Rhythm and Joy

By Elizabeth Hamilton-Guarino and Deb Scott
(With special thanks to Gary Kobat, Pina De Rosa and Brianna Brown)

Michael Bernard Beckwith, visionary founder and spiritual director of the Agape International Spiritual Center in Los Angeles, spent a full hour with us in January at our “Happy You Year Motivation Marathon” tele- Seminar. His gift for taking complex spiritual principles and practices and teaching how they may be applied to everyday life issues is a genuinely transformational experience. Visit www.motivation-marathon.com to listen to the full interview.

“We are here to grow, develop and transform so that we may deliver our gifts, talents and skills on the planet. Stagnation is hell. Awakened mind is heaven. We are here to create and nurture new horizons for ourselves and become a beneficial presence on the planet. In other words, to live our soul’s highest potential,” says Michael Bernard Beckwith. His message couldn’t be more clear and vital to our times.

I first came to know Michael through our Motivation Marathon event in January 2012, where Pina De Rosa said she had an idea for a featured guest speaker. As you can imagine, Deb Scott and I got goose bumps when we heard the name “Michael Bernard Beckwith” as her suggestion. Well, he jumped right in with us on our mission to motivate. Deeply personable, just like his message, our conversation with Dr. Beckwith was sprinkled with humor, humility, practical “how to” applications and overall life-changing wisdom. After sixty minutes of learning Dr. Beckwith’s recipe for living an abundant life, his zeal empowered thousands of participants and our total team of 46

diverse guest speakers. And now we would like to share that experience with you, our readers.

Personally speaking, it’s now 10:30pm on this April 4th Wednesday and I just hung up the phone and completed this interview in time for our April magazine. One of the more personal questions I asked him is, “Have you had some of those moments where you just can’t believe you have grown to a point where you wonder how it all came to be?” As it turns out, Michael has.

“I remember sitting with His Holiness the Dalai Lama and other revered spiritual leaders and silently thinking ‘How did I get here?’ The same thing happened just a few weeks ago when I was addressing the General Assembly of the United Nations along with 5 other representatives of the world’s religions.”

Even though Michael and I were communicating by phone, I felt as though I could “see” his smile because of the way it energetically penetrated his words. I was thinking how amazing it was how a simple smile, when aligned with the spoken word, can light up one’s spirit. Michael’s enthusiasm for life and his love of people is contagious—definitely a good thing to catch!

Just as I was thinking that, he reminds me, “You know, Elizabeth, the Universe is ready to support you in every way. You might say it ‘mothers’ us. Seemingly everyday people can do extraordinary things when they surrender and let that which yearns to emerge through them have its way. But most people don’t know that great

secret so don’t ask the Universe important questions such as, ‘How can I further the presence of love, joy, peace and creativity on the planet?’ Or, ‘How would it feel to effortlessly catch a bouquet of hope and love?’ Imagine if you could awaken the inherent inspiration and motivation throbbing in our soul and instantaneously refresh your life purpose as a spiritual being having a human incarnation.”

During the interview, a listener posted to Facebook this question for Michael: “What is one thing we can all do easily to make each day start off in a positive way?” Once again, I could feel the smile in Michael’s voice as he responded, “When we first open our eyes upon awakening, express gratitude for another day of precious life. Let your first awareness of the day be one of gratitude. Then the Creator of the universe, through universal law, will give you more and more to be grateful for throughout the day.”

The good news is that Michael Bernard Beckwith doesn’t believe any of these ideas and practices are a distant, intangible dream too enormous to reach, but a promise as close as the beat of your very own heart.

“Many years ago a spiritual opening penetrated my soul and led me to a destiny of awakening and activating this same experience in others,” he explained. “No human being is a castaway. There is potential within everyone despite anything that has occurred in the past. All it takes is the first taste of our true nature and then we want to sit at the entire banquet

About Michael Bernard Beckwith

Michael Beckwith's life is a living testament to building spiritual community. In the 1970's he began an inward journey into the teachings of East and West, and today teaches universal truth principles found in the New Thought-Ageless Wisdom tradition of spirituality. In a personal letter to him Coretta Scott King wrote, "I greatly admire what you are doing to bring about the Beloved Community, which is certainly what my dear husband worked for and ultimately gave his life."

In 1986 Dr. Beckwith founded the Agape International Spiritual Center, located in the Los Angeles headquarters of the Agape Movement, a non-sectarian community which today counts a membership of tens of thousands locally, a world-wide community of live video streamers, and hundreds of thousands of global friends.

Agape's local community outreach programs feed the homeless, serve incarcerated individuals and their families, partnership with community service organizations active in children's schools and homes for youth at risk, support the arts, and advocate the preservation of our planet's environmental resources. Agape's global humanitarian programs provide food programs, retraining programs, schools, libraries, orphanages, hospitals, clinics, homes for unwed mothers, micro-loans, financial support during natural disasters, and human advocacy. Locations range from eight African countries to Afghanistan, Bosnia, Columbia, Ecuador, India, Iraq, Kosovo, and Sri Lanka.

Dr. Beckwith is a sought after meditation teacher and facilitator of conferences and seminars on the Life Visioning Process™ (LVP), which he originated. He is the author of Life Visioning—A Transformative Process for Activating Your Unique Gifts and Highest Potential, Spiritual Liberation—Fulfilling Your Soul's Potential, The Answer Is You, Inspirations of the Heart, Forty Day Mind Fast-Soul Feast, and A Manifesto of Peace. He has appeared on The Oprah Show, Larry King Live, Tavis Smiley, and in his own PBS Special, The Answer Is You. Every Friday at 1 pm PST, thousands tune into his radio show on KPFF, Wake up – The Sound of Transformation, and his Wednesday Hay House Online Radio Show at HayHouseRadio.com. Most recently he released a musical CD titled Transcendence.

Dr. Beckwith's humanitarian activities have attracted to him accolades from many organizations, a few of which are:

- 2010 The Light of God Expressing in Society, Unity International
- 2009 Ebony Magazine, Power 150 Award
- 2009 Celebrity Society Magazine, Power in Spirituality Award
- 2009 Gamble Tree of Life Award
- 2009 BraveHeart Award for Inspiration
- 2009 Hollywood Note Foundation, Visionary Spotlight Award
- 2008 The Maharishi Award

To learn how you may become a "Love Streamer" and hear

Dr. Beckwith's Sunday and Wednesday services and special events live, as well as his upcoming appearances, please visit www.agapelive.com.

Please also visit www.agapemediapresents.com for a special offer for all Best Ever You Network and Motivation Marathon supporters.

table of our essence which is love, peace, beauty, creativity, joy, compassion."

It seems that Michael fully caught his personal path to awakening. He is world renown as one of the featured teachers in the best-selling book and film *The Secret*. His own award winning book *Spiritual Liberation – Fulfilling Your Soul's Potential*, won a Gold Nautilus Award in the category of spirituality and has been translated into 10 languages.

About his spiritual community Michael says, "When I founded the Agape International Spiritual Center in 1986, we envisioned it as a movement that would take a stand for love, for peace, for being a beneficial presence on the planet. That's why it was named 'Agape,' which in Greek means 'unconditional love.' Agape's vision and mission are fueled by the love of God, the One, indefinable yet unmistakable Presence whose vehicle on earth is the human heart and soul. My aspiration is that every individual who is touched by the vibration of Agape is inspired to cultivate a heart of love as wide as the world."

Since its doors opened in 1986, Agape's teaching and practice of the New Thought-Ageless Wisdom tradition of spirituality has expanded into a trans-denominational community of 9,000 local members and thousands of live video streamers [called love-streamers] worldwide. Through Dr. Beckwith's weekly services, Agape's University of Transformational Studies and Leadership, ministries and outreach programs, the heart of Agape reaches deep into local and global communities, teaching individuals about the transforming, healing power of meditation, affirmative prayer, visioning, and selfless service.

Recently, on March 6th, Michael's beloved mother, Alice, G. Beckwith, made her transition into a new dimension of living. The life-force behind Agape's Quiet Mind Bookstore, Alice was a co-founder

of the bookstore. In fact, the first "store" was the trunk of her car!

"How are you doing with your mother's passing?", I asked.

"I'm okay," Michael responded.

"I heard you had a big musical tribute for your mom," I added.

"We had what you would call a 'non-service' at Agape" he said, in a tone of laughter. "My mom didn't want a traditional service, so thousands came to celebrate her life's legacy of selfless service. We had a major musical tribute to her with the Agape International Choir and special guests including Stevie Wonder and others," he informed us. "Then, two weeks later we went to Washington, D.C. and held a service for her. Afterwards, my kids, Rickie, some cousins and I carried my Mom's ashes on a tour of places that were special to her, like the spot where she first caught sight of my Dad and said to her friend—who just happened to be my Dad's cousin—'He's going to be my husband!' We went to the Lincoln theatre where her water broke when she was about to give birth to me. We visited the steps of the house where she was born, drove by the home she grew up in and one of her favorite D.C. restaurants. It was all very sweet."

Speaking of music, it is a huge part of the creativity Michael and his wife, Rickie Byars Beckwith, share. Married for 12 years this coming December, they have been creating music together for over 24 years, since Rickie first attended Agape. "Music is a soundscape for transformation," he explained, "and the Sound of Agape is not rhythm and blues – it is rhythm and joy!" he enthusiastically exclaimed.

Deb Scott and I, and everyone at the Motivation Marathon and Best Ever You Network, would like to express our deep gratitude and appreciation to Michael Bernard Beckwith for his participation in our event.

Listen to the entire interview with Dr. Michael Bernard Beckwith and all the 46 Motivation Marathon speakers at www.motivationmarathon.com.

Visit Dr. Beckwith at the Agape Center at www.agapeinternational.com

www.besteveryou.com

In loving tribute to
Alice G. Beckwith
A life lived to the fullest...

*On March 6, 2012,
Alice G. Beckwith moved in the LIGHT.*

The beloved wife of Francis; mother of three sons – Michael Bernard, Akili, and Anthony; 3 grandchildren - Kiilu, Micaela and Gibran; and 3 great grandchildren - Tyler, Chief Siah and King-Che Fela, Alice was the founder of the Quiet Mind Bookstore at the Agape International Spiritual Center in Los Angeles. Her extraordinary love, wisdom, vision and dedication to her family and to her extended Agape family touched the lives and hearts of tens of thousands.

Intuitive, resourceful, with an incomparable style, Alice has been the quintessential Spiritual Mother to the Agape family. With open arms she welcomed Agape friends and family and made them feel at home. She gave support and sometimes just an old fashioned scolding. Her commanding Spirit permeated the corridors of Agape. Everyone who crossed the Agape threshold knew, without exception or excuse, that Alice held you to the highest standards of conduct. More than a store, The Quite Mind Bookstore was paradise and a place of refuge for anyone who was committed to Spiritual growth and unfoldment.



A memorial fund has been established in her honor.

Tax-deductible donations may be sent to:

Agape International Spiritual Center
Attention: The Alice G. Beckwith Quiet Mind Bookstore
Beautification Fund
5700 Buckingham Parkway
Culver City, CA 90230
310.348.1250

Or visit the Agape website:

www.agapelive.com

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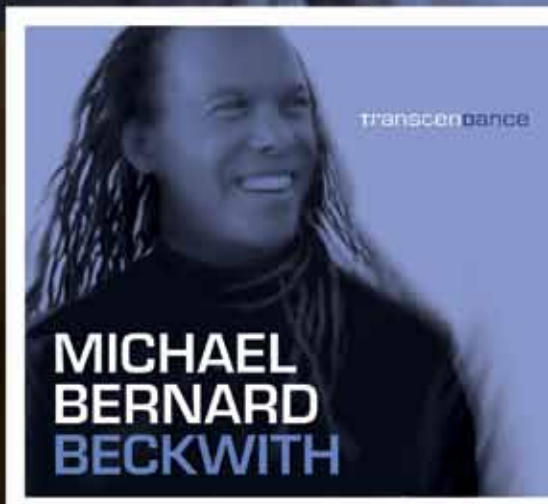
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Turning YOUR Talents and Passions into Success

Do you want to be a success? Of course your answer is a resounding YES! The more difficult question to contemplate might be: how do you define and measure your success? Is it having a specific amount of money? Being a certain weight? Traveling around the world? Receiving recognition and accolades at work? Experiencing a rewarding relationship with your partner, spouse or children? Is it an emotional feeling of peaceful well-being? You can't turn your talents and passions into success, if you don't have a clear definition of what success is for you.

Write down your personal definition of success below.

The next part of the equation is identifying your talents and passions. You may have a talent which you are not passionate about using, and a passion for something you are not talented to manifest, and you may have some talents and passions which directly overlap. For example, you may be passionate about drawing, but you might not be particularly talented at it. You might be very talented at singing, but not particularly passionate about it. You could be a talented teacher and also very passionate about teaching.

Take a moment to write three things you are talented at, and three things you are passionate about.

Talents

- 1.
- 2.
- 3.

Passions

- 1.
- 2.
- 3.

A recent study by Dr. Martin Seligman suggested happiness can be broken down into three separate and measurable categories.

a) The Pleasant Life

Having as much positive emotion and as little negative emotion as possible.

b) The Engaged Life

Being completely absorbed by the challenges you face at work, love, play, etc.

c) The Meaningful Life

Knowing what your highest strengths are and using them to belong to and serve something that is bigger than you are.

Combining your talents with your passions in the context of what gives you positive emotions, and powerfully absorbs you in a meaningful way, will inevitably give you true success in being your most authentic self.

One of the best ways to achieve something you want is to find a good mentor. Who can you think of who has already accomplished what you want? What did they do to get it? Who do they associate with? What types of activities and hobbies do they engage in? What types of people do they associate with? What books do they read? What associations do they belong to? What are their daily habits like? These are just some of the questions you can ask.

Name two people you admire who already have what you want.

- 1.
- 2.

The Texas Medical Association identified eight characteristics of happy people. Characteristics of Happy People . . . They . . .

- devote a great amount of time to family and friends
- are comfortable expressing gratitude
- are the first to offer a helping hand
- express optimism when imagining their futures
- savor life's pleasures and live in the moment
- make physical activity a daily habit
- are deeply committed to lifelong goals
- show poise and strength in coping with crises

Do you notice a trend, that happiness is developed by nurturing your talents and passions, which ultimately leads to personal success?

Doing what you were designed to successfully accomplish will give you more energy, not less. You will be better at making decisions, leading others, and more resilient in adversity. Your health and immune system will be stronger, and you will enjoy a more satisfying life.

Another psychological study by Chris Peterson indicates truly successful and satisfied people tend to have the following 6 virtues in their character:

- Wisdom
- Courage
- Humility
- Justice
- Temperance
- Transcendence

Which one of these do you identify with most powerfully? Which one of these do you admire in other people? Which ones do you want to experience more frequently?

Once you have clearly defined what success is for you; understanding what talents you have and what sets your heart on fire with passion, you are able to deliberately feed your soul in each area. Ideally, you will be activating one or more of the virtues listed above to reinforce your overall success.

So how can you strategize for success?

Implementing the following three elements into your action plan will result in success:

1. Focus on learning new skills to reinforce your talents and passions.
2. Consistently cultivate what you already do well and enjoy.
3. Eliminate unnecessary stressors which are not a priority to your value system.

You can't do it alone, and you weren't meant to! We all learn, grow, and succeed with the help of others. Surrounding yourself with people who inspire your soul to free your talents and passions will carry you with momentum not possible on your own power.

We are here to support your success, and keep you going and growing to be your best!

“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go and do that. Because what the world needs are people who have come alive.” - Howard Thurman

For more information, listen at www.blogtalkradio.com/besteveryou/2012/04/16/elizabeth-and-deb--turn-passions-and-talents-into-success

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NEW YORK TIMES BEST-SELLING AUTHOR

TOSCA RENO

WITH KIERSTIN BUCHNER

At 40 author Tosca Reno knew she had to change her life. After years of yo-yo dieting – topping the scales at 204 pounds – and stuck in an unhappy marriage, her self-esteem was at an all-time low. But by 41 she had lost all the excess weight, had gotten out of her bad relationship, gone back to school and was on her way to becoming the motivational writer, speaker, and fitness celebrity she is today!

So many people wrote to her through her inspirational column in the popular women's fitness magazine *Oxygen*, asking how she accomplished what she did, that she decided to write a book about it. *The Eat-Clean Diet®* ended up one of the top-selling books of 2007 and is still a bestseller. Thousands of requests from readers convinced Tosca to write *The Eat-Clean Diet Cookbook* next, and that was followed up with a series of books with sales now in the millions. In 2010 Tosca released *Your Best Body Now*, which rocketed her to *New York*

Times bestseller status! Tosca's newest releases is *Just the Rules*. This is Tosca's pocket guide to eating right wherever you are.

A popular guest on radio and TV programs, Tosca has appeared on numerous shows such as *Good Morning America*, *The Doctors*, *CBS Early Show* and *Fox and Friends*, and appears regularly as a lifechanger on *Extra*. Her Gemini award-winning reality show, *Tosca: Flexing at 49*, is now featured on Canada's *Oprah Winfrey Network (OWN)*. When Tosca isn't on TV, radio or contributing numerous health and fitness columns and articles for magazines such as *Oxygen*, *Clean Eating*, *Maximum Fitness*, and *People*, she is giving fitness and motivational seminars at businesses, conventions and women's groups across North America. She has dedicated her life to following the Eat-Clean lifestyle and helping others do the same. Tosca lives just north of Toronto, Ontario, Canada with her husband, children and dogs.



Photo Credit: Paul Buceta

Tosca is a strong woman with strong views.
Her credo is taken from Goethe;

“Whatever you can do or dream, you can begin it.
Boldness has genius, power and magic to it.”

For more information on Tosca Reno visit: www.toscarenos.com | www.eatcleandiet.com



Photo Credit: Donna Griffith

Spinach Fettuccini with Golden Chanterelles and Lacinato Kale

Prep: 20 minutes | Cook: 10 minutes | Yield: 5 x 2-cup servings

Lacinato kale, aka Tuscan kale, boasts blue-green leaves and a sweeter taste than its curly cousin. Pairing this mild kale with golden chanterelles creates a dish that is as visually appealing as it is tasty. A word of warning: Wow your guests with a meal this good and you might have them knocking on your door unannounced!

1 x 12-oz (340 g) package fresh spinach fettuccini, made without eggs
 3 tsp (15 ml) extra virgin olive oil, divided
 1 bunch lacinato kale*, about 8 oz (225 g), cut crosswise into 1-inch strips
 1 lb (454 g) golden chanterelle mushrooms, brushed thoroughly to remove any dirt and cut into large bite-sized pieces
 1 clove garlic, minced
 1 tsp (5 ml) minced shallot
 1 tsp (5 ml) minced fresh thyme
 1/2 tsp (2.5 ml) each sea salt and freshly ground black pepper

Cook fettuccini according to package directions. Drain, reserving 1/4 cup (60 ml) cooking water, and set aside. In the meantime, in a very large skillet, heat 1 tsp (5 ml) olive oil on medium high. Add kale and cook until wilted, about 2 minutes. Transfer kale to a bowl and return skillet to heat. Add remaining 2 tsp (10 ml) olive oil to skillet and add mushrooms in a single layer. Let cook without moving for several minutes to brown on bottom. Once mushrooms are browned, stir in garlic, shallot and thyme, and continue cooking mushrooms until soft and cooked through, about 2 more minutes. Add cooked pasta and kale to skillet, season with salt and pepper and toss to combine. Stir in reserved pasta cooking water a little at a time until sauce reaches desired consistency. Serve mounded in large pasta bowls. If you have access to truffle-infused olive oil, add a few drops on top of each serving.

Option

*If you can't find lacinato kale, use red kale.

nutritional value per serving:

Calories: 333 | Calories from Fat: 47 | Protein: 14 g | Carbs: 58 g | Total Fat: 6 g | Saturated Fat: 1 g | Trans Fat: 0 g | Fiber: 4 g | Sodium: 52 mg | Cholesterol: 12 mg



Photo Credit: Donna Griffith

Mediterranean Breeze Bowl with Lemon Garlic Tahini Sauce

Prep: 5 minutes | Cook: 15 minutes | Yield: 4 servings

... because it's a breeze to make and it makes you feel like you're sitting at a Mediterranean seaside café when you eat it! The pepperoncini adds a delightful spicy, pickled kick.

1 cup (240 ml) quinoa
 1/2 tsp (2.5 ml) ground turmeric
 1/2 tsp (2.5 ml) ground cumin
 1/2 tsp (2.5 ml) dried oregano
 2 cloves garlic
 1/4 tsp (1.25 ml) sea salt
 Zest and juice of 1/2 large lemon
 1/4 cup (60 ml) tahini (sesame seed paste)
 3 Tbsp (45 ml) low-sodium, gluten-free vegetable broth or water
 4 cups (950 ml) fresh baby spinach
 2 cups (480 ml) shredded purple cabbage
 2 cups cooked or 1 x 15-oz (440 ml) BPA-free can no-salt-added organic chick peas, drained and rinsed under hot water
 1/2 cup (120 ml) deli-style sliced golden Greek pepperoncini, drained

In a small pot with lid, combine quinoa, turmeric, cumin, oregano and 2 cups (480 ml) water. Bring to a boil on high heat, cover and reduce heat to simmer until all water is absorbed and quinoa is plump, 10 to 15 minutes. Fluff, cover and set aside. On a cutting board, mince garlic, then sprinkle sea salt over minced garlic and use side of a chef's knife to press it into a paste. Scrape paste into a bowl, add lemon zest and juice, tahini and vegetable broth. Whisk together until smooth. Divide ingredients among four bowls, layering spinach, cabbage, quinoa and then chick peas. Drizzle with sauce and top with sliced pepperoncini.

On the Go

Can be assembled ahead of time and packed in a container to go. The ingredients will hold up very well and not get soggy. When ready to eat, simply stir together.

nutritional value per serving:

Calories: 282 | Calories from Fat: 96 | Protein: 11 g | Carbs: 37 g | Total Fat: 10 g | Saturated Fat: 1 g | Trans Fat: 0 g | Fiber: 8 g | Sodium: 231 mg | Cholesterol: 0 mg

Recipe Credits: Tosca Reno with Kierstin Buchner



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Beyond the Law of Attraction

Can the Law of Attraction help you manifest what you want whether it's success, money, health or even love?

You Are A Creator:

We're already creators – and co-creators, so the Law of Attraction doesn't manifest anything for us. We do. We create with our minds and hearts and through vibration and energy, it becomes manifest in reality.

It's true that the Law of Attraction can help you, but it won't kick in without you. Whatever you think about and focus on with your mind, your words, images and emotions is what you're creating now and in your future. But, you can change what you choose and be a conscious creator.

Conscious Attention:

Now is the time to be fully conscious and pay attention to what's in your life at this moment. What messages and pictures do you repeatedly send out to yourself or to the Universe? They have energy and draw in what's sent out and what you create.

Here's your wake-up call to shift whatever isn't working in your life. Forego the blame, shame, drama and excuses and give yourself new input. The Law of Attraction operates on all the messages and beliefs we harbor. Beliefs such as "we're capable or incapable of success and abundance" have energy and get played out in our reality.

Belief:

Know what you truly believe. Your beliefs are at work every day, even when you're not paying attention. They can be about anything from sealing a business deal to rebooting a love relationship. If you don't believe, doubt and fear override any desire you have. They'll pull in more of the same.

Maybe there's a great job you desire, but your mind says you can't or won't have it. Your thoughts and belief are instant-messaging "impossible" to get that ideal job.

When you think about that job and career, your feelings and beliefs tell you that you can't have it or you don't deserve it. Or, it's just wishful thinking. Your mind invents a mountain of reasons as to why you can't have it. Most of them are imagined or excuses, but they are filled with energy – the energy of disbelief.

BEWARE! That's the BELIEF you're sending out. And that's exactly what you're attracting to yourself, despite your burning desire.

Change Your Default Setting:

Right now your default setting may be at "Unbelievable." So how can you change it? Override beliefs of lack and doubt with contrary affirmations and beliefs. It is possible and is already happening in the Now!

Convince yourself no matter what the current situation is that you can. Don't let anything get in the way of your new belief and upbeat feeling about it.

Intention and Possibility:

Be aware of what you put out in the world of intention and possibility. Choose your thoughts carefully and overthrow the doubting ones. With your thoughts changed, you shepherd in thoughts of "I can" and "I will."

Creative Visualization:

Create an image or a short film of what you desire on your inner screen right now. Just imagine what all that wonderful success and abundance look like, feels like, tastes like, smells like . . . You get the picture. **WAKE UP YOUR SENSES.** Most importantly, feel it. Remember, this is a movie; anything's possible in a movie. Why not get the girl or boy, get the mansion you want, and be prosperous. Nothing is stopping you!

You are the Star, starring in your own movie. Be convincing, although the only one that needs convincing is you.

Now is your time to go beyond the Law of Attraction. Believe in who you truly are – a wondrous creator, capable of creating the miracles you desire.

Never let fear and doubt win, and don't abandon your goals. Star in your own life and envision your own success.



Dr. Jo Anne White is an International Author and Speaker, Certified Professional Coach, Business Consultant and Energy Intuitive who specializes in Innovation, Transformation and Energy Medicine. Known globally as the "Success Doc," Doc White gets to the heart of what matters most to businesses, organizations and people. She's helped millions of individuals and organizations shape their own dreams, master their own success and triumph in business and life. Host of the popular "Power Your Life" Talk Radio Show, Dr. White's been featured online and in national and international publications such as CNN.com, Good Housekeeping, More, and WebMD. www.drjoannewhite.com www.blogtalkradio.com/jo-anne-white

BALANCE YOUR BODY WITH SLEEP

When you are exhausted, do you admit it, or do you power through your day in denial?

Are you the bringer of love and compassion to yourself when self-care is needed or are you hard on yourself and take self-care opportunities for granted?

We enhance our path to happiness by taking care of ourselves first. One of the most loving things we can do for ourselves is to listen to our bodies and respond with compassion to create and hold space for recharging and rejuvenating our “inner-batteries” with sleep.

Not only is sleep as necessary as air and water, but sleep is a spiritual practice—a gift from our creator, a surrender to something outside ourselves, and a willingness to let go.

Sleep allows us to enjoy our peace and awareness, to be awake and step into our real power, and to fully live life the way it was meant to be no matter where we are on our journey.

In today’s modern and ever-shifting world, sleep is commonly taken for granted or even discarded—a consciousness that actually subtracts years from life by many who are consumed with the stresses of balancing work, relationship, finance, family, and everyday personal growth.

We spend one third of our lives sleeping, and many think that taking a day off or sleeping more is a sign of weakness. In fact, it is quite the opposite. Sleep, rest, and recovery are signs of physical and spiritual intelligence.

Without sleep, we suffer severely, as sleep-debt represents a personal show of disregard and disrespect. We damage the integrity of our consciousness, and lose our sense of wholeness, vision, intention, and desire. Without sleep, we do not work or communicate to our full potential because we don’t function properly. As a result, we do not excel. But when we practice self-care and learn how to honor ourselves consistently with sleep, we recover and rejuvenate fast, maintaining a steady state of our highest best-self.

By understanding that sleep is a time to allow the body to recover, we learn that a good night’s sleep will rejuvenate energies that will not exist for someone who chooses sleep-debt.

For the world’s best; whether Mom, CEO, or Olympian, life’s podium starts with rest and recovery.

Why is it that we pay careful attention to our vacation, work, and exercise plans, but forget the driving force behind all of those formulas—sleep?

Remember, sleep is nutrition. Sleep equals optimal health and performance. Sleep’s greatest benefit is to the most important organ in our

body—the brain. After getting the appropriate hours of sleep, our minds return to a renewed state of mental and physical consciousness.

When we start to consider sleep as a part of our daily exercise and wellness routine, getting through the week is not about how much energy we have, but more about how much energy we have left. Fatigue and exhaustion disappear.

Remember that fatigue accelerates every aspect of the aging process, setting off a cascade of events including fat storage; increased risk of heart disease, diabetes, high blood pressure, and even brain degeneration. Chronic fatigue impairs the body’s ability to use insulin and break down fat, decreases endurance due to glucose inefficiencies, and causes poor muscle recovery due to high cortisol. In addition, people living in a state of sleep-debt will take more time to discover, process, and integrate information, which will compromise reaction time, communication, and overall performance. So if a person required eight hours of sleep and achieved six, it would only take fourteen days to incur a sleep-debt significant enough to degrade communication, awareness, and cardiovascular and mental performance—creating a feeling similar to that of someone adding bricks or biology books to his or her backpack throughout the day.

Optimal health is a choice. It is a choice of self-worthiness.

Sleep also is a choice. And the amount of sleep we honor ourselves with also is a choice.

Not everyone wakes up in the morning desiring to be average. Some desire to be their best by staying physically active, maintaining optimal nutrition, and living with a sound and healthy lifestyle that includes optimal sleep.

A significant amount of today’s workforce is led to believe that their work is only about production and showing up on time. But when you really think about it, society’s workforce actually gets paid to sleep. In fact, when we enhance our sleep, our work performance soars due to our love for and communication with ourselves and others. This takes the definition of sleep to a whole new level.

Exercise still remains one of our best sleep aides. And sleep still remains one of our best anti-aging ingredients. As a result, making optimal decisions about our sleep ensures that we gift ourselves the best chance for a healthy, awakened, healed, fun, long-living, youthful, and well-balanced quality life.

Want to step into your real power? Want to discover who you really are? Start by asking yourself: “Are you loving yourself today?” Start by allowing yourself extra sleep.



Gary Kobat, World Class Athlete and Olympic “Mentalist,” is on a heart-felt mission to inspire millions of people to reveal their vibrational highest best self: mentally, physically, and spiritually. The author, international speaker, and Integrative Performance Coach mixes ancient wisdom with cutting-edge trends in human performance to focus his teachings and practice on the importance of self-love and self-worth.

To listen to a recent conversation with Gary, please visit this link: <http://www.blogtalkradio.com/besteveryou/2012/02/14/gary-kobat-integrative-performance-coach>, or visit www.garykobat.com for more information.

Bubble Gum Brain and the Power of Possibility with the Mynd Healer

One of the interesting things about the brain is that among its many functions . . . is "cognitive" function. The ability to know, understand and figure things out. And yet, with that very brain, we know, understand and have figured out so very little about . . . well, "it," the brain itself and of all that is possible there.

The exciting thing is, of course, that when it comes to the brain, then, literally "anything" is possible!

Now, some of us have become fascinated with the notion of brain "plasticity". But what does that mean, exactly? To some, the word "plastic" brings to mynd the concept of imperviousness. Now, I don't believe that is what we really have in mynd. Plastic is also considered artificial, something that does not occur naturally. Something that is unchanged by most every day circumstances? Nope – that rules out possibility.

Perhaps we might appreciate the word "elastic" when it comes to describing the mynd. More like bubble gum - forgiving, flexible, accommodating and responsive to every day stimuli. Really, with such a malleable and flexible manner, the bubble gum brain is open to and capable of any possibility.

So the exciting thing about the bubble gum mynd is that everything it does or responds to reshapes it, and its brain. If, the happy owner of the brain/mynd is so inclined . . . one could actually expand the bubble gum. Imagine a piece of bubble gum, say . . . 1 inch x .5 inch x .25 inches. On first glance, it would seem to have a limited reach, correct? That reach represents the fraction of the brain that we use without trying to stretch our mynd. But what if we tried? We could conceivably stretch that piece of gum, aptly worked and lubricated, to length of an entire room . . . even a large stately room like one might find in a castle.

Exercises in thought and perception, feeling and attitude go beyond cognitive development to actually work and lubricate the mynd, expanding the brain's neuro-firing capabilities and possibilities.

This means, it is simply not enough to work Sudoku math puzzles. While cognitive problem-solving is great, emotional and energetic exercises also play an important role. They expand possibilities.

Certainly, very little of this exercise is possible if the basic chemistry and physiology (physical) is not entirely intact. For example, you wouldn't take a broken exhausted body to the gym for a kick-boxing session and expect to come out stronger, now would you? No! You must start with a strong body in order to make exercise an expanding possibility of strength for that body.

The same can be said for the mynd and the brain. Adequate levels of neurotransmitters are a must for optimal emotional and energetic conceptual exercising. And because this spider-web of chemicals is inextricably connected to the adrenal and reproductive hormone chemicals, and to digestive health, they must all be optimal and balanced. This is your foundation of possibility, of course.

What about brain-wave activity? The same nutritional building blocks necessary to construct some of the neurochemicals also provide opportunity to enhance alpha brain-wave activity. As we know, alpha brain-wave activity is important for certain stages of restorative sleep and dreaming during the night, but also a calm sense of alert "well-being" during the day. It is possible that it is all connected.

My recommendation? Nutritional building blocks to nurture the body's natural ability to produce adequate levels of the brain's neuro-transmitting chemicals, nutritional, herbal and lifestyle support for quieting down the adrenals' over-production of stress hormones, optimizing reproductive hormone levels in their native state, facilitating best digestive health . . . all supporting brain-wave activity that facilitates a calm, alert sense of well-being. And that is just the physical foundation of possibility.

Next we move on to the imagination. What if every great thing we could ever imagine were possible? Who says it isn't? Imagine it! All at once... or slowly... one delicious thought at a time, savoring every divine detail. Carry it with you through your busy day or create a meditative space where you can relish the notions of possibility.

Let's move into the present, into the physical world. Begin by committing and also watching out for "random acts of kindness." Through the study of psychoneuroimmunology – the powerful science

underpinning mind-body medicine – we know that the thoughts and emotions associated with simply witnessing such an act of kindness will change neurochemistry to such a degree that it alters immune function. What else does that neurochemistry possibly change? Probably itself! It is possible that our thoughts, emotions, intentions and our energetic states actually alter and expand the capacity to enhance neuro-firing at synapses that would otherwise lie dormant. It is possible that this expansion would feedback to the actual production, bioavailability and bioactivity of that very neurochemistry, creating a self-feeding upward spiral: of health, well-being, expansion and possibility.

These simple notions clearly demonstrate the tip of the iceberg of possibility.

Now - what if these possibilities were placed into the gentle yet powerful hands of a Mynd Healer? Now imagine the possibilities!

Careful and thoughtful guided notions, renewed meaning, richtering re-frames . . . upgraded imagery, updated intentions, fully-ignited positivity . . . magnified perspective, heightened perception, re-personalization . . . amplified possibility, intensified expansion . . . the list goes on. Orchestrated like a symphony of healing and development all at the same time, with you back at the epicenter of your universe; synergistically realigning the chemistry, expanding the physiology, balancing emotions, healing thoughts, enhancing cognitive function and supporting exponential problem-solving skills, raising the energetic frequency of the happy owner of this bubble gum brain and its mynd... facilitating, hope, forgiveness and infinite possibility for that happy owner.

Like putty (bubble gum) in the gentle and powerful Mynd Healer's capable and divinely-guided "hands."

Certainly we know that there are very special skilled, experienced, educated and gifted healers that walk this planet. Certainly we would benefit from sitting on the receiving end of their healing. However, it is possible to actively engage our own healing. Imagine the possibilities when we become that gentle, powerful, capable and divinely-guided Mynd Healer for ourselves. Now, anything is truly possible.

Dr. Alex Concorde has a BSc, PhD, MD, and MBA, and is the creator of CruX®: The New BrainGain Theorem for less stress and greater human capability in health, medicine, business, intelligence, individual potential and happiness. Dr. Concorde guides transformative healing at a quantum level for those motivated to move their body and mind forward toward achieving optimal wellness on all levels. Learn more about the New Brain Theorem at www.xplus-MYND.com.

Dr. Carrie Louise Daenell, ND is a licensed Naturopathic Doctor, and is an internationally recognized expert in nutritional supplement formulation. Co-Author of Better Breast Health for Life! you may have seen her on PBS or local/regional TV talk shows or News Programs. You can learn more at www.DrDaenell.com.

STRETCHING WITHOUT STRESSING

MORE TIME FOR YOURSELF, YOUR FAMILY, YOUR BUSINESS & NO OVERWHELM!

Wonder Woman to Soul Woman Permission to be Great

What's driving our need as women to take on so much and do so much? And most importantly, how can women tap into their own power to rebalance their lives?

A recent "American Express OPEN" report shows that the number of woman-owned businesses has grown by 50% between 2007 and 2011. With woman-owned businesses generating approximately \$1.3 trillion (yes, trillion!) dollars in annual revenue, work-life balance is essential for any female entrepreneur who wants to maintain her sanity in our go-go-do-do-NOW society. It's become harder and harder for us to maintain a high quality of life. Women are visionary by nature and they see the gap between now and 'how good life could be' and they feel compelled to fill it.

For those of us who are a Wonder Woman, whether a busy entrepreneur or a busy mom (or both), having the desire to transition to a more balanced way of being, where do we start?

There is a simple yet powerful tool that I share with my clients that ensures the transition from doing too much to regaining balance. Women (and the men in their lives) can easily implement what I call the "SKS Factor". SKS stands for **S**tart, **K**eeP and **S**top. Simply ask yourself:

What is one thing I can **S**tart doing right now?

What is one thing I can **K**eeP doing right now?

And what is one thing that I can **S**top doing right now?

Imagine taking on one daily habit. It does not need to be rocket science. It can be as simple as **S**tarting drinking ½ gallon of water every day. If you did that daily for the next 50 days, or if you took on a specific daily action in your business, or with your family, or in your fitness, what would your year look like if you finally took on that one thing that you've been thinking about doing all year?

If you are not sure which action to choose, I invite you to look at the one area of life that has the most pain connected with it. Apply the SKS factor to that area for the next x number of days, and then be willing to be pleasantly surprised with the outcome. When I took this on last year, not only did I lose 40 pounds, going from a size 10 to a healthy size 4, I also doubled my business revenue.

Then, in that same area of life, look at one thing that you are going to **K**eeP doing every day. Finally, what is one thing that you are going to **S**top doing daily that would make the biggest difference in the area you are working to regain power? You can make anything happen if you put structure to it. Structure is there to support you, not to limit you. Imagine how powerfully you would be able to complete the year as a result of applying the SKS factor to your life.

Often times, even when we know the right thing to do or the next step to take, we don't do what it is our best interest and we end up self-sabotaging. What's the remedy to that?

Even with the best intentions and the finest tools, if those tools are used in a yard that has weeds, the results will be hit and miss at best. When we get in the way of our own greatness, it feels like an internal push-pull; part me going in x direction and part of me is going in y direction. As a Results Coach, my processes leverage a deep understanding of neurological pathways to empower people to operate at a new level of effectiveness. This occurs at *both* the conscious and the subconscious levels which is where the shift needs to take place: that is THE key to deep and lasting results!

I've known Pina for a number of years and hosted several of her seminars at my office where I witnessed her unique ability to bring out people's greatness. Pina's approach gives you a range of tools and techniques that are immediately applicable in the moment and when there's an issue to address in the future"

-Pat Finn

TV Producer, Los Angeles

"I have done more than \$20,000 in sales this week, this means that since I started working with you, 2 sessions ago, my sales have increased 100x, 20x over the first month!"

-D. G. Taylor

Think big Magazine, Sydney,

"With the action plan we created, you have generated extra £31,200 for my business"

-Mark Benn

Director Midland Group, London



How can people reach you?

I have a gift for your readers.

When you are ready to find clarity in your vision, or if you are already clear on your goals but you need support in clearing the internal blocks, self-doubt, anxiety, fear or overwhelm, I offer you a one hour session with me (by phone or Skype) at no cost to you. I invite you to go to PinaDeRosa.com to request spending an hour with me. We'll do a Strategy Session, which is a 1-to-1 private complimentary hour that is designed to get you into action in an area of your life that is important to you. Perhaps this is an area where you feel stuck or not living to your fullest potential. Fair warning... you will be in action by the end of the hour, so this is not for the faint of heart.

Go to PinaDeRosa.com to request the Strategy Session and this hour together will be my gift to you.

**A SPECIAL GIFT FOR OUR READERS:
a one-hour complimentary strategy session with
Pina De Rosa, visit:
PinaDeRosa.com**



GRATITUDE INTERNATIONAL
VISIONS AND DREAMS FULFILLED

ATTITUDE IS EVERYTHING!

Attitude...It makes a world of difference to the success in all areas of your life. Did you know that the word pessimist is from the Latin word: Pessimus meaning WORST? Pessimists believe that the world is bad and getting worse and that evil will triumph over good. They resign to defeat and expect the least favorable result in everything they do. They expect a bad day, failure, bad service, illness, and even bad hair days! Stay clear of them for they could drag you down with their negativity and energy draining mindset.



I'm reminded of something I heard author and speaker, Joyce Meyer, say recently and it's so true. She said, "Deadly emotions buried alive...never die." Now that's a powerful statement! How often have you noticed that you're in your current situation due to the emotions that you've attached to it? Maybe you've never thought about it, but I want to encourage you to take notice and take on those emotions with new feelings and actions that are positive. This will begin the shift for positive change to occur in your life. How so? Well, the brain is wired with tiny neurons that connect together. The way you are "wired"

is the way in which your attitude and actions will be delivered. In order to change the way you're "wired" you must sever the neurons that are currently keeping you stuck and generate new wiring that only occurs by new actions and new thinking. This takes practice and persistence, but it scientifically works. This is how new habits are formed, by creating fresh positive neurons that wire together within your brain that will offer new emotions regarding certain situations.

Now, let's move on to the word optimist. It's from the Latin word: Optimus meaning BEST! Optimists believe people and events are inherently good and the world is a positive place. They expect situations to work out for the best. They expect a good day, a good parking spot, promotion, good health and good humor. Find an optimistic person and you will enjoy their company. They are the ones that in my mind resemble a lit match in a room of darkness . . . they beam and allow others to see clearly!

Studies prove that optimistic people live longer, happier lives. At Mayo Clinic, in Minnesota, a study found that 50 percent of people lower their risk of dying early than those that are negative. Optimists don't allow situations and circumstances to define them and they tend to let life "stuff" just roll off their backs; like a duck in water. They are perfectly content, happy, and see the silver lining no matter what life brings their way. Because of this, the studies also tell us that happy people typically live 7 years longer than their "Negative Nelly" friends. So, if you don't think that your attitude matters – think again!

Oh . . . and did you know that the mind and spirit must be in a positive, loving place before your physical self can ever transform? It's true. It's pretty difficult to stay sad, angry, and depressed with an authentic and genuine smile on your face. Slap a smile on your old emotions and watch your circumstances change and give new light to press forward. This can be the first step in changing your physical well-being. Next, get that smile and body moving to release positive endorphins in the brain as another natural way to become optimistic and happy. If you're looking for motivation to become your best, it comes from within. But it sure helps to surround yourself with optimistic people that also believe you can be your Best Ever You! And you can . . . just change your thoughts and your life will follow!

WENDIE PETT is a nationally renowned fitness expert and coach, mother, speaker, author and creator of the Visibly Fit™ exercise program. Wendie's Visibly Fit™ instructional DVDs teach wellness maximization through the balance of mind, body, and spirit while using one's body as a gym (and saving hundreds in membership fees). To learn more, visit www.wendiepett.com and www.wakeupwithwendiepett.com.

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Go ahead...skip the gym today and tomorrow. Save money and time!

PAM ROLAND CANCELLED HER GYM MEMBERSHIP AND FINALLY FOUND FREEDOM FROM THE BONDAGE OF 100 EXCESS POUNDS! SHE'S NOW VISIBLY FIT!™

WANT TO LEARN HOW TO SHED FAT, GAIN MUSCLE, AND GET IN THE BEST SHAPE OF YOUR LIFE WITHOUT EVER STEPPING FOOT IN A GYM?

Receive 7 **FREE** videos that reveal how Pam lost 100 pounds and 46 inches without a gym membership or any exercise equipment.

In the **FREE 7 Video** series I'm going to reveal the simple *fitness and lifestyle secrets* that my clients have been using for years to finally achieve the results they desire.

For years I've trained professional athletes, chained-to-their desk-professionals, and back-to-work Moms. And now I'm making everything available to you through a simple, easy to follow series of videos. If you make the commitment to follow what I'm going to share with you, you will...

Lose weight faster than any other program you've tried before
Lose inches in your "trouble-zone" areas
Dramatically increase your energy level
Build muscle while shedding fat and
Discover a strong, healthy balance of mind and spirit

PAM RELEASED OVER 100 POUNDS IN TEN MONTHS BY CHANGING HER HABITS INTO POSITIVE ONES. SHE IS NOW VISIBLY FIT!



PAM "THEN"

PAM "NOW"

When you sign up **TODAY** for my 7 Video series **Wake Up with Wendie Pett** I'll send you my free electronic **Meal Plan Builder** as a bonus so you can schedule and print out a unique and customized 5-day meal plan with the click of your mouse. It's my gift to you! Now give yourself a gift and go to...

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Get **Visibly Fit™** at wendiepett.com and enjoy **FREE** videos at wakeupwithwendiepett.com



THE 5 LIVING PRINCIPLES FOR GROWING A SUCCESSFUL BUSINESS

Have you ever wondered why the 5 Principles are described as “Living”? It is because when you embrace them as your guide and conscious, you are making them a part of everything you do; they “live” with you. The Principles are just a normal part of being in the moment and the accompanying process of contemplation and decision making. Hopefully through the pall cast by this sluggish economy you still can see a bright light. It is not a surprise then to consider the Principles as a catalyst and directive for your entrepreneurial dream.

WHAT DOES IT TAKE TO GROW A SUCCESSFUL BUSINESS?

VISION: It all starts with a vision. Example: Did you know Military Veterans Are Finding Success in Small Businesses? Former Marine Corps Major Robert Dyer, together with some Navy and Marine buddies, came up with an idea to develop a nutritional supplement designed for the rigors of war. Instead of toting around various products, they came up with the concept for RuckPack, a single, power-packed nutritional supplement that would serve the needs of soldiers and others whose minds and bodies need considerably more sustenance to power their performance to meet

the extreme demands placed upon them in the field.

Your Vision is the Dream you want to make a REALITY. I believe you need inspiration and motivation. However, this alone will not be enough. You need Commitment.

COMMITMENT: The First Living Principle of Well-Being

Commitment is about making a promise and signing a contract with yourself that you plan to keep. You are fully focused on honoring your contract by keeping your commitment to yourself. It is not something you are just wishing or hoping to do, as this kind of thinking will only make you fail. Commitment is about succeeding and seeing it through at any cost. As an Entrepreneur or a small business owner you, must have the passion to see your vision succeed. Remember: Success is a process not an event. When you are committed, you are able to design an unstoppable blueprint to accomplish what you have been dreaming about. This is beginning of seeing your reality take root. Don't count the days you work, but make the days count.

WHAT POWERS YOUR “WHY”: My good friend and business expert Bill Walsh says, ‘If your “why” is strong enough, you’ll figure out the “how.” At the root of your “why” will be a strong commitment. We all face challenges along the way to building any business. My “why” factor is inspired by my family, friends, and students; and helping

them to find good health and wellness and the quality of life that comes with it.

Successful businesses start with determining their “why” and then figuring out the “how.” I believe the “how” should be inspired by giving valued service. How we accomplish that is by examining our offering and making sure it is in balance with service, pricing, marketing and return on investment.

PERSEVERANCE: The Second Living Principle of Well-Being

Perseverance is the perpetual belief that if I try I will succeed. It understands that when things get tough you don't give up; instead you just try that much harder. We all know Rome wasn't built in a day, and neither are businesses. Everything of value takes time, reaching higher levels achieving any goal, building any business takes a strong attitude. It takes persevering through the bumpy road along the way and sticking to your plan. Remember the bigger the challenge, the bigger the opportunity - and thus the reward. Be consistently persistent and power your why.

BUILD A STRONG TEAM: There is no “I” in team. You need help because you can't do it alone. In business it is essential if you want to succeed and build a strong team. If you don't know how to do something, find someone smart who does know how to do it. Find people that share your vision first so that they come from a place of service. It also takes energy and

effort. If you don't take care of yourself and set good examples and make good choices about your health, you will make it harder on yourself to build a strong team. Your team looks to you to set the example; without YOU there is no business, there is no team and the opportunity withers. Your health comes first so don't put it last. Take time to workout at least 3 times a week for a minimum of 30 minutes, try to eat healthy, and keep the junk, like donuts out of reach.

SELF-CONTROL: The Third Living Principle of Well-Being

Self-Control is the realization that you are responsible for everything you do, for every decision you make and for how you choose to live your life. How you react to the events that happen in your life is the only outcome of any event you can consciously determine. In a business setting how you conduct yourself is how you will be seen. Finding self-control when you are anxious, stressed, or at the brink of losing it, isn't easy. As you find the calm from within, it will enable you to think clearer, respond appropriately and feel a sense of accomplishment. Your team needs a leader with vision, clarity and stability to perform consistently well.

GIVE BACK: We know how empowering it is to "Pay It Forward," and perhaps you have even seen the movie. It is about one person making a difference by proactively passing something positive along. Unfortunately, in business you often see the opposite, when someone takes your idea and gets the credit, or a promotion that you should have for all the wrong reasons. Yes, life is not always fair but that doesn't mean you have to buy into that concept; in fact, that is when it is even more important to Give Back. Oh sure, there are times you still need to stand up for yourself. However, what I am talking about is doing the right thing when the opportunity presents itself. I am

convinced that in business and in life we are rewarded for the good we do. Giving Back does pay off.

INTEGRITY: The Fourth Living Principle of Well-Being

Integrity does not examine the result – only the effort made. It is the level of honesty in the quality of effort you give to the execution of whatever you strive to do. Building a business or working in a business requires having integrity. This applies to everything we do, to everything we say and equally important to how we present ourselves to others. Any labor of work is more valuable when integrity is at the base of its formation.

PROFESSIONALISM PAYS: If our message is clear, our intent is clear and what we stand for is clear when we do it with an open door practice of integrity. Honesty has always been the best policy. When we bring this simple concept into our work place productivity goes up, moral is restored, and you are able to celebrate the hard work you have accomplished. There is no greater gift than the gift of giving. Sometimes stepping back and allowing someone else to be strong, giving credit, or offering a compliment that is truly deserved, especially when it is not expected, can be priceless to employees and clients alike.

LOVE: The Fifth Living Principle of Well-Being

Love is universal – a language of its own. It shares an open mind and loving heart and the hope that we can all live together the life we deserve to live. It is openness and respect for others, and for life itself. It is the willingness to explore and interact with people, to listen, learn, share, and to always set the best example possible. In business, without love, we cannot prosper. It is the critical component to the proper functioning of the social fabric of our lives and completes our existence.

Love is the wind beneath our wings that helps us fly.

LOVE WHAT YOU ARE DOING: As the saying goes "if you love what you do you will never work a day in your life." If you really want to elevate your business, think of three people that you would like to help and go out of your way to help them. Don't waste time thinking about it, do it now. Growing a business is not always about talking about you, but instead it is about listening to what others have to say. Ask others what they do, what works for them, and listen for ways you can create value first without expecting anything in return. You never know when another connection will open a new door and bring opportunities you were not expecting. Wake up with a renewed enthusiasm and see how contagious it can be. Put on your "Can Do" attitude and watch everyone rally around you and support your dream.

When we apply the 5 Living Principles to our business as well as our lives we have the tools that help us find the answers and the solutions to open doors. We are not met with adversity but instead with clarity. The blueprint is here to follow; just apply these Principles to everything you do and every connection and decision you make, and discover the results you seek.

Disclaimer and Notice: Always Consult Your Doctor Before Beginning Any Exercise Routine. The entire contents of this newsletter are based upon the opinions of SheaNetics and Shea Vaughn, unless otherwise noted. The information in this newsletter is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Shea Vaughn and her community. SheaNetics and Shea Vaughn encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. All rights reserved.

Shea Vaughn is an author, fitness expert, wellness coach, motivational speaker and a recognized spokeswoman for creating well-being at any age. Ms. Vaughn is also the founder and CEO of SheaNetics®, a revolutionary East-meets-West lifestyle wellness and exercise practice that delivers a powerful mind-body experience and ignites your potential to look and feel your best on the inside and out. Shea has appeared on The Ellen DeGeneres Show, is a regularly featured health and fitness expert on Chicago's Windy City LIVE and The Best Ever You Network and is a frequent wellness commentator for other TV, radio, and print media and corporate events. Her SheaNetics DVD/CD Mind-Body Collection offers dynamic one-of-a-kind full body workouts and along with her new book, Shea Vaughn's Breakthrough – The 5 Living Principles to Defeat Stress, Look Great and Find Total Well-Being, invite you to live the life you deserve!



Living in Courage Daily

“Courage is the most important of the virtues, because without courage you can’t practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.” – Maya Angelou

Being a Courage Advocate is most meaningful to me on my particular journey. Life can throw us curve-balls. It’s how we handle them that I find fascinating. Every one of us has had major challenges to overcome. Those challenges can make or break us. I choose to grow and become strengthened by them, which has led me to talking about courage with others.

The reason why is, that over a 6 year period, I lost my 21 year old son Wade, my unborn baby girl in my 8th month of pregnancy, both brothers to AIDS, and my father to prostate cancer. The loss of other friends occurred during this time as well. I could have given up, but instead I asked myself what each of them would have wanted for me. I knew deep in my heart the answer was to live a life of courage, to encourage others, and to be happy. I have to say I have become a better person for knowing them and a stronger more courageous person in their absence. I choose to love and honor each one as I carry them in my heart as a precious gift. Throughout these many challenges my husband Cody and I supported each other, growing stronger and more resilient together. I feel so much compassion for people going through loss and grief, so I decided to become a Courage Advocate and created a website called Living in Courage Online – “A Spiritual Oasis for Overcoming Life’s Biggest Challenges.” The original definition of the word courage came into the English language from Old French corage, derived from the Latin word cor, meaning heart. To tell the story of who you are with your whole heart.

We’re incredibly powerful beings, and yet, as Sting sings, “how fragile we are.” There’s a bridge between being broken and living in power. We get to choose which side of the bridge to be on and who we’ll assist to the other side. It takes courage to believe in ourselves, to be our true authentic selves, never apologizing for who we are. If we can create a spiritual space inside ourselves, a place where we can overcome life’s biggest challenges, we’ll truly begin to live in courage. By navigating the bumps in the road wisely, joy becomes a very good travel partner.

Living in courage is a big, broad subject. I see courage as the will to act from the strength and power within the heart. Courage isn’t something we have; it’s something we become. Living a courageous life happens when we allow the true essence of who we are to rise up and shine for all the world to see – FEARLESS of other people’s opinions. Courageous individuals who are true to themselves feel a powerful resolve that’s unshakable, a true conviction of purpose, and a willingness to carry on in the face of any challenge.

Standing in the power of purpose is a pure point of courage, available to everyone who cares to utilize it in their life. That brings forward the power that’s alive within. If that power has been diminished greatly, when awakened it can shatter the fear of moving forward toward an intention or goal. Greatness arises from mediocrity. Lives are altered as awareness shifts to possibility and progress. The union of courage and honor is a great gift within the heart of every human soul.

My deepest wish is for us all to live courageously from the heart. I can’t think of a better place to live from. Can you?



Quotes about Living in Courage:

“Have the courage to love your humanity free as it seeks to balance the mind and heart. In this balance you will find your freedom.”

– Debra Oakland

“Courage is required, down to the very fiber of our existence. Use your will, desire and persistence to develop the qualities you need to materialize your dreams, whether they are mental, physical, or spiritual.”

– Debra Oakland

“Use Courage to expand each and every day. Smile more often, be kind and loving to others, gossip less, let criticism of yourself and others go, be the joy you want to experience. Life WILL respond back to you.”

– Debra Oakland

“Challenges are put in our pathway not to discourage us, but to call up the qualities of courage that are required to find the opportunity in the challenge.”

– Debra Oakland

“Courage can take us to the deepest part of our soul where we find levels of reserve we did not know we had.”

– Debra Oakland

Elizabeth's Picks

BLUE RIBBON AWARD WINNERS



**For the most part we could do a far better job of relating to other people.
This book shows you how.**

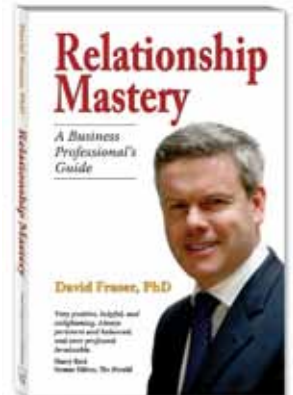
"Very positive, helpful and enlightening. Always pertinent and balanced, and even profound. Invaluable." Harry Reid, former Editor, The Herald

The ability to relate to other people is the most critical skill a person can ever have—at work, at home, or anywhere else—and strong relationship skills simply make everything else easier. *Relationship Mastery: A Business Professional's Guide* provides a reliable route to success you can apply over and over to improve your life in every area.

Drawing on practical psychology, Neuro-Linguistic Programming (NLP), ancient wisdom, and first-hand experience of organizational life at all levels, David Fraser, PhD, reveals his powerful, systematic formula for transforming your results with people—as used by the best in the business.

Packed with real-life examples and practical, tried-and-tested steps to take, *Relationship Mastery* will help you:

- * Win more business
- * Keep your job, or get a better one
- * Connect with people quickly and easily in a lasting way
- * Collaborate effectively
- * Resolve disputes and handle conflict with ease
- * Be confident and resourceful with people
- * Enjoy your relationships at home



Some books claim they will change your life. With this one it's true.

"Extremely practical and relevant to everyday situations. Absorbing and fun." Michael Leathes, Director, International Mediation Institute

"I would highly recommend David's new book to anyone looking to improve business efficiency and effectiveness through improving relationships." John Hanlon, Estates Director, HM Naval Base Clyde

"Simply fascinating stuff." Lindsay Scott, Arras People

"This book will cause your career to skyrocket, help you resolve more conflicts, and live a fuller and richer life in every way." Wayne Hurlbert, business blogger and radio show host

"Where we end up in life ultimately depends on the quality of our relationships, therefore, David Fraser's book, *Relationship Mastery*, is essential reading for anyone who wants to enrich their lives and their day-to-day experiences with other people." Steven Mitchell, 6 Degrees Networking

The Best Ever Way to Handle *Divorce*

Sometimes we need to look for the exit. It's a fact of life. Too much has changed; we've "grown apart" or, perhaps more likely, it just wasn't right in the first place and it's time to face reality. For one reason or another, some marriages, instead of enriching our soul, somehow drain us of our vitality, try as we may to improve them.

More often than some might imagine, people get married even when they have doubts, like they were on a train they somehow couldn't get off. I for one have done it and I've been round the rest of the block too.

So what can we do to make the best of it?

Well, there is a big difference between a divorce that scars all involved and saddens everyone else, and one where somehow the parties are released to be the best they can be in new circumstances and everyone can see it was the right decision, handled in the best way possible.

Separation and divorce is without doubt one of the toughest things in life to deal with, though it can also sometimes be a relief. Much depends of course on whether it's mutual, or just one partner wants out, which can be particularly sore for the other, much like bereavement. It was like that in my case. I did the leaving. She was inconsolable. In fact, my ex-wife landed on her feet more quickly than I did and later said I was right; it wasn't working.

For some couples, it's a clear-cut thing. For whatever reason, it's over. For others, it's much more nuanced. Can they afford to get divorced? What about all the practical implications? What about the children? How will they be provided for? In a family situation, for many, the reality is it's about the best compromise all round.

Sometime it's only when you walk right to the edge you realize the true cost of splitting up and it might be time to reconsider. Assuming minds are made up; here are some ways to make it easier on your partner, your children, and yourself...

1. In a divorce, there is a lot of fear around. What specifically are the fears—your own, your partner's and your children's especially, other family members, friends even? Talk about them. Look to allay them as much as possible. Sometimes the fears of the wider family are as hard to deal with as those of the directly involved.

2. As well as fear, in many cases there will be anger, maybe a lot of it, especially perhaps at a third party getting involved with such apparently uncaring intent—actually just another human being trying to make their way in life. They probably do care. Let the anger vent.

3. You'll need to talk, talk and talk. Much more than you probably expect. It'll take time.

4. Remember you and your partner will see things differently, and you may be surprised just how differently, based on what you think are the same facts. In the heat of the situation, words get twisted. See past the words to what really matters.

5. In what may be anguish, people say things they don't really mean. Forgive them. You're probably doing it, too.

6. It's sometimes said people shouldn't take their personal problems to work, and that would be handy. However, that's really a nonsense idea, because the need to belong is so fundamental to our basic make-up. If we mess with our relationships, our effectiveness at other things is likely to take a dive. Plan accordingly.

7. Get as clear as you can about what you both want life to be like when things settle down—what the best possible future looks like. Connect in your minds with that future state as much as you can. See it. Feel it. Hear it. The more you can hold onto that experience, the more it will help you move through the upset of the present.

8. If you have children, sort out what's going to happen with your partner before involving the young ones. Then be clear about how it is going to work for them. Children are adaptable and will probably adjust more easily than you will, but take care.

9. You're likely to come to terms with what's happening before the people around you are. Be ready to handle what will seem like delayed reactions from them. You may be past the worst; just at the point where the implications dawn on them and their emotions come to the surface.

10. And finally, forgive yourself for things not working out. The well-versed in human understanding will often remark that everyone is doing their best, however it might seem. That goes for you too. And you are having the courage to deal with the situation in the best ever way you can.

Someone once said to me that when a relationship "ends," it doesn't really end, it just continues in another form. If you believe we're all just part of one energy, that will make perfect sense to you. I have found that to be an incredibly helpful thought, both with parents that have passed, and the ex-partner I am in touch with but rarely see. You don't have to be with people to be connected to them.

Stay focused on a best ever future and be kind.

David Fraser, PhD, is a leading authority on relationship skills in professional and personal life and author of the well-regarded book "Relationship Mastery: A Business Professional's Guide." He is an international speaker with a senior professional background and deep insight into the human side of life gathered from a wealth of sources. David applies his unusual blend of expertise to supporting disparate groups working together in complex circumstances. He also runs workshop and coaching programs on personal mastery and relationship skills for both organizations and individuals, focusing on the potential to leverage results. The effects are profound—quite simply, life-changing for the individuals and their organisations. David also finds the approach set out in his book to be extremely helpful in the home and family environment. For more info, visit www.drfraser.com



8 Spring Cleaning Ideas for Less Clutter & More Cash

Spring has finally sprung and with it, the powerful desire to de-clutter your life. Spring cleaning doesn't just help you get organized; it can save or make you money, too.

1. Coupons

If you spent the early months of 2012 clipping coupons in resolve to save more money, you likely have overwhelming stacks of vouchers spread through kitchen drawers that go unredeemed. Clean up that coupon clutter with the mobile app from CouponSherpa.com, where you can easily browse for paperless coupons on-the-go and even download digital grocery deals directly to your store loyalty card so you never miss a discount.

2. Wardrobe

Spring is a great time to reorganize your wardrobe as winter clothes can be swapped with warm weather essentials. It's also a good time to unload the unworn stuff. Since we tend to wear only 20% of our wardrobe 80% of time, you likely have clothes that can go. Try putting away items at one end of the closet after each time they are worn so that at the end of the month you will have a visual reference of what you can part with.

Though donating is great, consider selling the designer stuff at a local consignment shop for extra cash, or check out online consignors like CovetShop.com.

3. Wallet

Unwanted gift cards add unnecessary bulge to your wallet. Instead of spending them just to spend, consider selling those gift cards for cash via GiftCardGranny.com, a website that allows you to choose the highest offer from a variety of reputable resellers.

4. Bookshelf

Swap, sell or donate used books and consider investing in an e-reader to reduce book clutter altogether. For online trading, try sites like BookMooch or Swap.com so you never have to pay for a new read again.

5. Linen Closet

Donate or toss extra linens that haven't seen the light of day -- let alone adorn your bed -- since you first stowed them. Same goes for towels and rags.

6. Pantry

Take an innovative approach to cleaning out your pantry by actually using the items with Gojee.com, an interactive website that instantly creates recipes based on items you have in your kitchen.

7. Home Goods

If you have closets or a garage full of unwanted home decor, accessories and furniture, it's time to host a yard sale. Prepare ahead and post advertisements in both the local newspaper and online at Craigslist for the best turn out. Otherwise, consider donating to organizations like Goodwill which will net you a tax deduction -- just make sure to hold onto your receipts.

8. Filing Cabinet

Sift through your filing cabinet and recycle or shred unnecessary documents. Create a digital archive of important documents to serve as a backup for hard copies. Smartphone scanning apps like TurboScan and CamScanner turn paper documents into digital files instantly.



Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available to write guest posts or articles, or contribute to stories about savvy shopping and saving methods. As a nationally recognized media source, Andrea has been featured among top news outlets such as Good Morning America, NBC's Today, MSNBC, New York Times, Kiplinger Personal Finance, CNNMoney and many more. To view recent interviews or for more savings tips visit AndreaWoroch.com or follow her on Facebook and Twitter. Feel free to share "8 Spring Cleaning Ideas for Less Clutter & More Cash" with your audience, giving proper attribution to the source.

“Are You Kidding, There are 3?”

When you think about clutter, what comes to mind? You might think it's just the physical stuff—on your dining room table, or stored out of sight in your attic and taking over your car. Or maybe you think about the paperwork piling up on your desk that needs to be filed. Have you spent way too much time to look for something that you knew you put down, but had not a clue WHERE it was placed? I think we all have. What about those kitchen surfaces; how clutter-free are those?

The truth is, clutter shows up in our lives in three ways—mentally, physically and emotionally—and each affects our well being and none of them stand alone. Like it or not they have a triangular relationship. So if you are feeling disorganized and/or unproductive, which form of clutter do you start with first? Is it your emotional clutter that stops you from letting go of your physical clutter or is your physical clutter responsible for the mental clutter? Sounds like what comes first the chicken or the egg, right?



When I work with clients on their clutter issues, here are some of the questions I pose to have them zero in on how their clutter is affecting them:

- What is it like to get up in the morning and face your clutter?
- Where do you have clutter in your life?
- Where do you see your clutter?
- Where is it spinning in your head?
- Where do you feel your clutter?
- Where do you feel you are the most disorganized?
- We know clutter works from the inside out, how is it affecting you?

Finally, I'll ask them, "Which form of clutter is the most difficult for you to begin clearing?" The response, 9 times out 10, is, "All 3." To find real balance, we have to look at all facets, including clutter and the various ways it shows up in our lives and our psyches.

It's no wonder—we live in an era that moves at warp speed. From drive-thru and pick-up windows to

Skype, and smartphones, we have an abundance of information at our fingertips, in seconds. So it's also assumed or implied that just because information comes in at the speed of the light, we'll respond to that information the same way—in seconds. What do you think this does to your body, mind and spirit? It's a recipe for an over-stressed, over schedules, over-exhausted and over-stimulated self. Throw all of these requests, demands and obligations into the blender, puree at high speed and what's the result? Dis-ease.

Mental, physical and emotional stresses have to go somewhere and if we don't find outlets for them, we'll direct them inward, unconsciously. As amazing as it sounds, we actually do get to control what comes into and goes out of our lives. What a concept!

**"I believe if you stir up mindful clutter,
You will have a recipe for a potent stew.
By learning which herbs and spices to use,
You create a gourmet feast."
— Sallie Felton**

I believe mental clutter is the "what I didn't do", "what I need to do" and "what I should be doing", running on a non-stop loop in our heads. Multi-taskers are skilled at clearing mental clutter. Surgeons in disguise, they thrive on deadlines, dissecting every task that needs to be done, checking each item twice before crossing it off their list. Their tools of choice are Blackberries, calendars, day planners, notebooks, pencils and pens; the process they follow is backed by a strong sense of organization. For the rest of us, it's more like we're waging battle against a never-ending flow of information streaming into our minds, where it gets stuck. If this sounds like you, take heart. Recognizing that you've got a problem with mental clutter is the first step in beginning to rid yourself of this excess baggage before it begins to seep into the rest of your life.

The second form of clutter is the one we all think of when we hear the word. It's our physical clutter, all that extra and VISIBLE stuff that piles up around us and takes over our work and living environments. It's easy to identify: newspapers, magazines, mail, catalogues, paperwork, pile of clothing, overflowing closets, shoes on the floor, tools laying which way and that all over the basement or garage, mixed in with holiday decorations, etc.

**"You will find it easier to do a single, small piece
of a large project then to start on the whole job."
—Brian Tracy**

When you read that description of physical clutter, how does it make you feel? Anxious? Overwhelmed? Shameful? Have you ever stopped to think what the emotional price of having physical clutter costs you? I know for me, if my office is not somewhat tidy, I feel fragmented and my productivity decreases; my thinking gets cloudy, I start to lag behind on my to-do list and I'm definitely not firing on all cylinders. Physical clutter affects different people in different ways. What happens when you take a good look at all that stuff? Do you feel a pit form in your stomach? Does it grate on your nerves? Maybe you just want

to close the door and run. Out of sight, out of mind, right? Wrong. What takes up space in our physical environment naturally takes up space in our head (cleaning and organization need to get done) and in our hearts (negative self-talk).

The third form is emotional clutter comes straight from the heart. It includes the feelings surrounding past and present issues we haven't yet processed, worked through, nurtured or released. Emotional clutter is judgment (of self and others), expectation, unresolved conflicts (with self and others) and self-defeating behaviors, like perfectionism. I believe emotional clutter lives in the very center of the heart, affecting our sense of self and our self-esteem.

**"I think we all have a little voice inside us
that will guide us . . . If we shut out all
the noise and clutter from our lives and listen
to that voice, it will tell us the right thing to do."
—Christopher Reeve**

Symptoms of emotional clutter can range from feeling over-stressed, over-structured, over-whelmed and overburdened. These symptoms manifest into conditions like low productivity, inefficiency and lack of effectiveness. They can also show up as fear, pain, sadness, frustration or anger. When you're trying to determine if you're dealing with an emotional clutter issues, ask yourself:

- Is there someone you feel needs forgiveness or you feel you can't forgive?
- Are you avoiding confrontation?
- Have you let a personal or professional issue go too long unaddressed?
- How strong a grip do they have on you?
- What role do they play in keeping you from being at peace?

So when you feel yourself wanting to begin and have no idea how, here's a tip. Begin with SMART goals:

- Make them simple and specific
- Make them measurable
- Make them attainable
- Make them realistic
- Make them time-oriented

Start small and make yourself accountable to a friend to finish the job. Do a little bit at a time. So how do you start. . . . START RIGHT WHERE YOU STAND.

Sallie Felton, CMC, PCC is a Life Coach/Transition Specialist, International Talk Radio Host, #1 Best Selling Author, and Motivational Speaker. Her books include: Stepping Stones to Success with Deepak Chopra et al.; GPS for Success with Stephen Covey et al.; Start Where You Stand, Finding Your True North in Life/Work Balance and Clutter Free and Clear, Take Charge of Your Time and Space with Tara Sheldon et al.; and IF I'M SO SMART, WHY CAN'T I GET RID OF THIS CLUTTER? (the 3: mental, physical, emotional). Visit www.salliefeltonlifecoach.com

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If you're Happy and You Know It Clap Your Hands. . . .

**"When I was 5 years old,
my mother always told me that
happiness was the key to life.
When I went to school, they asked me
what I wanted to be when I grew up.
I wrote down 'happy.' They told me I
didn't understand the assignment, and
I told them they didn't understand life."
— John Lennon**

Lately I have been asking the question, "How truly happy am I? And what makes me happy and why?" We all grow up wanting to be happy right? Haven't your parents said to you, "I just want you to be happy?" From an early age, society on the whole teaches us that happiness is something we achieve, that we go after. Well, what if it's our birthright—if it's our true natural state of being, and, in fact, it is our own habitual behavior and ways of thinking that interfere with what our True Bliss is?

When we are happy the body responds. Happiness is function of constant information moving through the cortical and subcortical—conscious and subconscious brain systems. So can we control happiness neurologically, psychologically and physiologically?

The fact that there are subconscious "happy" neuro-pathways fascinates me. This fascination comes out of recently learning about Vedic meditation* a month and a half ago. The benefits of this meditation are vast, but the main one I want to convey is the role meditation plays in stress relief. Meditating regularly allows the body to slough off immense amounts of stress chemistry that builds up in our brains and psychosomatic responses. It helps us interact and cope with the constant swinging pendulum of life, rather than react and manage when the going gets tough. Literally we can realign and reprogram our internal neurological pathways through a consistent meditation practice.

So what's the point of all this meditation talk? Well, as we become less stressed and

in touch with our true blissful nature by consistently meditating—we connect to a deeper, more authentic state of inner contentment and interconnectedness. This kind of happy place is not because the guy you like texted you back or because you got a raise, it's because your body is in a deep state of rest, and in this place everything becomes lighter, more charming and happy! Why, you ask? Meditation calms the mind and gives the brain a chance to do what it knows how to do to get us back to our true bliss state. It subconsciously begins to release all of the negative stressful neurotransmitters and triggers the hypothalamus (the portion of the brain that is a crucial anatomical part in determining the emotional state) to secrete the necessary hormones that create that happy feeling. Therefore, happiness can be created. It is both subconscious and conscious, which leads me back to my original question: "What makes you happy?" Researchers have measured happiness using these three components – pleasure, meaning and participation in life:

- find pleasure in everything—big and small—in the moment
- discover meaning, whether it's through work, family or self
- commit to and participate in life

These three aspects are all things each of us can actively DO to be happy. It is the doing that influences the thinking, and thus the brain functions in the way it is designed to—to keep us in that zone of feeling good even when things go awry. Now, this doesn't mean you don't ever experience those negative feelings, but it only takes 90 seconds for an emotion to physically travel through the body. The famous neuroanatomist and stroke survivor, Jill Bolte Taylor, explains this in her book, *My Stroke of Insight*.

"It takes 90 seconds from the time we have a thought that is going to stimulate an emotional

response. When we have an emotional response it results in physiological dumpage into our bloodstream. It flushes through and out of our body in less than 90 seconds. From the time I think the thought to the time I trigger the emotional circuitry to the time I have the physiological response come and go is all less than 90 seconds. It's totally amazing.

We can stay angry longer than 90 seconds, but what we're doing is restimulating the physiological response. We have the ability to say, 'Wait a minute; I'm restimulating this. I feel it in my body. I recognize I am running it. I can choose to observe instead of engaging it.' As soon as I do that, I am stepping outside of just running on automatic, and I actually have a say in what is happening in my brain."

And after a few months of meditation while going through a major personal life change, I can answer my own question in this way: Everything makes me happy. The sound of a baby laughing makes me happy. My best friend's smile makes me happy. The sound of my own breath makes me happy, and the warm sun on my face makes me happy. There are people, things, places, activities, books, and communities all around us that create a possibility for happiness. It is all there to remind us to smile, laugh, and to be awake to every moment in our lives. In this way we create our own happiness no matter what.

**"Follow your Bliss and the
Universe will open doors
where there were only walls."**

— Joseph Campbell

*For more information on how to learn this type of meditation and its amazing benefits please visit <http://thevedacenter.com> or my teacher's personal website, <http://thomknoles.com>.

Alexis Carra is an actress, dancer, choreographer, producer and writer in Los Angeles. She is member of The New Hollywood Group*, a women's goal group dedicated to helping women achieve their goals, creating a community who support each other and are committed to enriching and donating to the world at large. For more information on Alexis please visit <http://alexiscarra.com> and "like" her Facebook page <http://www.facebook.com/pages/Alexis-Carra-Actor-Director-Choreogra...>



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