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With January now in the rear view mirror and the first month of 2014 already gone, it's time to take a quick look at where things are.

Did you take last month and set a great foundation for the rest of the year?

Are you on track to have 2014 the best year ever?

If you did, congrats!

If you didn't, it's certainly not too late.

Whether you need a little cleansing physically or energetically, some clarity in your entrepreneurial efforts, or maybe just a little inspiration to get things moving in the right direction, we've got you covered in this month's issue.

And of course, a very exciting event coming up fast that just might ramp up everything you're doing courtesy of Harrison Klein. If you haven't checked out the cover interview yet, you'll want to do it now. It's not our normal type of cover story, but had to do it just this once - you'll see what I mean when you get there.

No matter what strikes you as helpful this month, as always - put it into action!

Make this month a great one and we'll see you next month,
Getting to the Heart of True Freedom

By Carolyn Gervais

What does true freedom look and feel like? Would you be free if you had every worldly thing you desire? The relationship you long for, the free rein to go where you want when you want, fame, money, power, that big-shot job.....would having any or all of these make you free?

True freedom isn’t something that can be bought, borrowed, or stolen. True freedom lies in understanding that the material world we have become addicted to is nothing but a construct of the illusion of separation we have bought into and manifested here on Earth- a false truth. So there is no fear in losing our attachment to anything in the material world that does not serve our true Self. Your true Self agreed that if and when the material human aspect imbalanced your real purpose and hindered the breaking of the shell of false truths that you on a soul level would transform your human life in order to bring balance between your body, mind and soul. In doing so, the illusions you created between those aspects would gradually fade into the nothingness from which they came.

Signs that that imbalance and transformation is at hand- both globally and personally- are evident everywhere. The strain of living in the world, especially at this pivotal time in history when everything is going through a metamorphosis of sorts, is peaking. Many people are feeling the heaviness of that in their lives. Some people feel trapped by their society, government, or culture. Others are facing more personal challenges and constraints. This is all a part of the process that is bringing a deeper spiritual need to the human consciousness. Weak economies and war are symptoms of untruths mankind has bought into. Those symptoms are bringing challenges that are forcing people out of their comfort zones. With each challenge come previously unknown fears and obstacles to be faced rather than denied.

No matter our circumstances- what culture we live in, what family we were born into- we have to choose from the opportunities that human existence brings our way. It is our birthright to experience and use the opportunities we choose in order to find our heart’s inner most freedom. Not all opportunities, however, come packaged with a bow. In fact, the challenges we face in life are actually our greatest opportunities and our greatest gifts because they force us to face our fears.

Can fear stop you from finding personal freedom? If you choose to deny it, it can. But it’s only a matter of further life experience before you will eventually come to the place in consciousness where most fears, which are false truths, can be overcome. The less you know yourself inwardly, the stronger your denial is, until the need to push through what is ignored becomes so strong it can no longer be denied, contained, or put off. Let’s say the fear of surviving becomes so emotionally painful that the mind feels it will go insane if it doesn’t let go of the fear completely. You come to a place where you are willing to accept whatever you must to survive. In that moment of surrender, a sense of peacefulness and inner strength frees you from the ego, shame, and guilt that have hampered your inner guidance. What you now feel is a sense of empowerment. You accept that whatever the outcome of
this experience, you now have the powerful energy of acceptance, surrender and inner guidance to push you through the fear and the unknown to a more aware you that awaits you as you move through your learning experience. When the need to overcome your fear overpowers the fear itself, real inward and outward changes take place. This is true freedom.

Many of you have had to give up homes, jobs, and/or relationships and live more modestly than before. There is no shame in that. In fact, these seeming sacrifices are a gift. These are the kind of challenges that are helping humanity to break through the shell of fear, separateness and self-denial to new experiences, jobs and relationships that will continue to enhance who you have become and will continue to become as you move into an ever expanding awareness of self and the purpose of life.

It is difficult for humans to lose or seemingly give up what they have worked so hard to acquire, to be, to do and accomplish in a world of duality. But those human aspects of life that have been inwardly outgrown have now become stumbling blocks to true inner freedom. Isn’t it time to let them go? You who are reading this have asked, consciously or unconsciously, to understand the purpose of your life and, possibly, human existence. The material world is addicting, but there comes a point where it can prevent the true freedom of self-knowing and soul growth.

Balancing body, mind and soul means living in the light of your inner being through the purification of the heart. True freedom doesn’t come with closed minds and hearts or over used misunderstood beliefs and teachings. True freedom doesn’t know greed, selfishness, fear, hate or separation from each other.

It takes deep searching and challenging inner work to see through and beyond the false beliefs this duality has given power, but with that comes true freedom.

Carolyn Gervais is the author of I Dreamed I Was Human: Awakening from the Illusion, an eloquent explanation of complex metaphysical concepts that describe how human life connects with soul and spirit. She is an ordained spiritual psychologist, certified hypnotherapist, has a Masters in holistic nutrition, and has been a professional singer for more than 20 years.

http://www.IDreamedIwasHuman.com
http://www.awakeningyou.com
In Zero Limits, bestselling author Joe Vitale revealed the secret of the Hawaiian art of Ho’oponopono, which instantly clears those unconscious programs, even if we don’t know what they are! In his new book At Zero: The Quest for Miracles Through Ho’oponopono (Wiley), Vitale takes us the rest of the way—showing how we can realize our infinite potential and even experience enlightenment with new advanced techniques of Ho’oponopono. This is an excerpt from At Zero.

Excerpted from
At Zero: The Quest for Miracles through Ho’oponopono

Ho’oponopono—Housecleaning for the Soul
New Clearing Methods

By Dr. Joe Vitale

After practicing Ho’oponopono for almost 10 years, it’s clear to me that the Hawaiians have a wonderful tool for clearing the data so that we can hear that still, small voice within, whether we call it God, the Divine, or Nature…As you practice Ho’oponopono, you clear the data in your sub-conscious (Unihipili), which frees you to hear the path the Divine has waiting for you. The more you clear the lower self of its programming, the more your higher self (Aumakua) can guide your way. …

The more you clean, the more you receive inspiration from the Divine. The only thing to clean is what you feel inside. The only goal is freedom—to be at Zero. The world is made up of data, and it’s that data that needs to be cleaned. But we can only perceive all that data from within. In other words, there’s nothing out there. It’s all inside you. That’s where you experience problems—and that’s where the cleaning needs to be done.

But what is the right way to clean? If cleaning is the number one most important thing to do and the core of the entire Zero Limits process, how do you do it accurately? Although there’s no one right way to clean, I’ve found these five ideas work well for me and for others who’ve followed them:

1. Notice something wrong. This can be triggered by a thought, another person, an event, or anything else. This is the stimulus. Before Zero Limits, you notice a problem you consider out there. After Zero Limits, you realize the problem is inside. No one can make you mad or upset; you do that inside yourself from what you perceive outside yourself. Whatever the case, the first step is to notice you don’t feel good. You’re angry, upset, worried, scared, or any other of a wide range of emotions and feelings that could be labeled as unhappy.

2. Start to clean on the feeling. It’s not about cleaning on the other person, the thought, the situation, or anything out there. Again, the problem
is inside. I’m the one aware of a problem. I’m the one who has to clean it. Saying, “I love you,” “I’m sorry,” “Please forgive me,” and, “Thank you,” is the way to clean. You can say them in any order. I say them nonstop in my mind while feeling the problem as I perceive it. And I say them to the Divine.

3. You can use other cleaning methods. For example, my mentor Dr. Hew Len explained blue solar water and how it could help us: “Take a blue glass, any color blue, and pour regular tap water into it. Put the bottle in the sunlight or under a light bulb (not fluorescent light) for 15 to 60 minutes. It will solarize the water. You can add it to your drinking water, or any way that you use water. It’s wonderful if you have pets, and in any cooking you do. I love to put it in my laundry. I even spray my car’s tires before I go on a trip. Blue solar water is a cleaning tool. Drink it or use it any way that you’re using water.”

4. Let go until prompted to take inspired action. Dr. Hew Len once told me that he cleans on a decision three times. If the answer is the same after those cleanings, he takes action on it. This means that if I get an impulse to do something to resolve the perceived problem, I might clean on it three times before I actually take any action. This is a way to ensure the action is coming from inspiration and not memory.

5. Repeat.
Everyone wants a shortcut to cleaning and reaching Zero. I do, too. But that very impatience needs cleaning. Wanting something right now is memory playing out, urging us to get instant gratification. It’s data. The Divine has no time and no urgency. Wanting things to unfold faster than they unfold is a wonderful opportunity to clean. I keep cleaning because it makes me feel lighter, happier, and healthier. It’s a fast-track way for me to remove the data in my being so that I can get closer to the Divine. It’s also easy, effortless, and free.

There is more insight into how to make Ho’oponopono work for you, in Joe Vitale’s new book At Zero: The Quest for Miracles through Ho’oponopono (http://tinyurl.com/o4np5j8), the sequel to his international bestseller, Zero Limits.

Joe Vitale is the author of At Zero: The Quest for Miracles through Ho’oponopono (http://www.amazon.com/At-Zero-Secrets-Miracles-Hooponopono/dp/1118810023/ref=sr_1_1?ie=UTF8&qid=1389642886&sr=8-1&keywords=joe+vitale+zero) and Zero Limits, The Secret Hawaiian System for Wealth, Health, Peace, and More. He is a globally respected bestselling author, speaker, musician, healer, and star of such blockbuster films as The Secret. Dr. Vitale is an authentic practitioner of modern Ho’oponopono, a certified Reiki healer, certified Chi Kung practitioner, certified clinical hypnotherapist, certified NLP practitioner, ordained minister, and holds a doctorate in metaphysical science. He has written more than 50 life-changing books, including The Attractor Factor and Life’s Missing Instruction Manual. For more on At Zero and Ho’oponopono, go to http://www.MrFire.com
The word “fusion” has been popular for some time. It has been used to refer to the combination of two different categories or groups to form something new. For example, “jazz-fusion” is the blending of jazz elements and the heavy repetitive rhythms of rock. In the culinary world, “Asian fusion” refers to the combination of Asian foods from different countries or cultures. The fusion concept always produces the same result – a unique combination of elements that create something bigger and better than before.

Fusion is a flexible word that has been applied to music and food. But it has never been used to bridge the gap between science, the psychic community and consciousness teachers.

Enter Harrison Klein, a transformational coach, spiritual leader and info-preneur. He is a gregarious, friendly gentleman with a twinkle in his eye and a smile on his lips. He has taught thousands to lead more purposeful lives and to change their destructive patterns of thinking. Harrison loves people and he loves to talk about his favorite subjects – personal development, transformation and spiritual growth.

As he explains it, “Many years ago, I had a conscious dream that one day I would lead a mass movement of awareness, truth and lightheartedness to return the body to source consciousness.”

Sounds like a grandiose vision, doesn’t it? But Harrison is also a pragmatist. As he continued to learn, grow and teach others to lead fulfilling and adventurous lives, his vision continued to grow. During his studies and through his connections in various communities, Harrison discovered the 7th Sense – intuition.

As Harrison explains, “Our entire human species is evolving from the mind-state of Homo-sapien into a higher blazing state of Homo-luminosity. To get there, deliberately/consciously…the first step – the gateway so to speak – is to refine your intuition and to access the subtler levels of higher energy.”

But how do you learn how to access and use your intuition on a daily basis? Harrison knew that it would take the world’s leading luminaries, mediums and psychics to teach people how to recover their 7th Sense. But he wanted to accomplish more than that...

He tapped into his connections in the scientific community. People like Edgar Mitchell, former astronaut and founder of the Institute of Noetic Sciences or Gregg Braden, internationally renowned as a pioneer in bridging science, ancient wisdom, and the real world. Or Dr. Don Miguel Ruiz, a neurosurgeon and best-selling author (The Four Agreements) who realized that healing occurs not only in the physical brain, but the human mind as well. All well-known scientists who have discovered, mastered and taught about the power of the intuitive.

Harrison wanted one more group to be represented in his movement, especially masters in the consciousness arena. Luminaries such as John Asaref, a two time New York Times bestselling author, lecturer, business growth expert and entrepreneur. Or Dr. John F. Demartini,
one of the teachers featured in the inspirational hit movie, *The Secret*.

Fusing psychics, scientists and consciousness teachers together has never been done before.

Called The World Intuition Summit (http://www.TheWorldIntuitionSummit.com), these celebrities and teachers will show you how to hear the voice of your intuition, discern its truth and follow its guidance. Participants will also be part of an active FaceBook group, a 7th Sense Boot Camp, monthly Q & A calls, written course work and much more.

Harrison believes that at this moment in our evolutionary history, we are standing at the edge of a new beginning of conscious awareness. Energy is bursting forth from diverse disciplines, including science, spirituality and mysticism. His inspiration to start a movement to learn more about the 7th Sense through the lens of these disciplines is the ultimate fusion of knowledge, wisdom and awareness.

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**Groundbreaking fusion of Spirituality Psychic Activations Consciousness Boosters and World-Renowned Teachers!**

**LYNN McTAGGART**  
Speaking On: Intuitive Research Science

Lynne McTaggart is an investigative journalist and author, and a sought-after public speaker whose talks and workshops have transformed the lives of the thousands around the world who have heard her.

She is also an accomplished broadcaster, who has appeared on many national TV and radio shows, including Oprah Winfrey and Deepak Chopra shows.

The hallmark of her work is exhaustive research that produces science-based discoveries in the worlds of science, spirituality and health.

She edits the monthly health journal What Doctors Don't Tell You.

And was also the editor of the 48-lesson part work, Living The Field, perhaps the most definitive work yet to bridge the worlds of physics and spirituality in its 768 pages.

**Dr. SUE MORTER**  
Speaking On: Practical Intuition for Wealth, Relationships and Career

International speaker, Master of Bio-Energetic Medicine and Quantum Field visionary, Dr. Sue Morter teaches and utilizes the embodiment of high frequency energy patterns to activate full human potential.

Through her seminars, retreats, excursions and presentations, she illuminates the relationships of quantum thoughts and energy medicine; and the elevation of human consciousness and life mastery.

Dr. Sue is nationally published and has served on professional licensing boards, providing guidance to health care practitioners on integrative approaches to health care leadership.

She is a member of the Transformational Leadership Council.

In addition to her private practice, Morter Health-Center, she is founder and visionary of the Morter Institute, and Soulful Science Productions.
JOHN ASSARAF
Speaking On: Practical Intuition For Wealth, Relationships, Career

For over 25 years, John Assaraf has been seeking and finding the secrets to success—both in business and in life.

John Assaraf is a two time New York Times bestselling author, lecturer, business growth expert and entrepreneur.

His expertise for achieving the psychology and strategies for success in life and business has him as a frequent guest on Larry King Live, Anderson Cooper 360, The Donny Deutsch Show, Ellen DeGeneres and numerous radio and print media worldwide.

John appeared as one of the featured experts in the movie “The Secret” which he helped launch into a worldwide phenomenon and in the PBS special “Quest for Success” with the Dali Lama and Richard Branson.

In the past 25 years, he has grown four multimillion dollar companies and his current company, One-Coach, has helped over 5000 small business owners’ increase revenues profits and value.

EASING INTO YOUR CLEANSE

By Chara Brooks

Feeling challenged about doing a cleanse? It can be kind of scary, if you’ve never done one before. Some cleanses are pretty radical. And especially if your health is not great, you generally feel weak, or your digestion is dicey, you may have concerns about doing something so extreme to your body.

These are realistic fears and should be considered. At the same time, you probably know that by doing a cleanse, you will likely feel a whole lot better afterwards, no matter what your state of health is.

You just need to know how to do a cleanse in the way that is right for you. And you may need to ease your way into it so it isn’t so challenging.

Finding the Right Cleanse

If you’ve searched for cleanses online, you’ve probably found there are tons of programs and products out there you can use. Some programs just require 2-3 days; others continue on for weeks.

The important thing is to realize that cleanses don’t have to involve starvation, deprivation, or a complete lifestyle change—unless that’s what you’re looking for. You just need to find one that suits you and your particular body.

Ease into Your Cleanse

If you’re feeling hesitant about doing a cleanse, move toward it slowly, really paying attention to your body at each stage. Be careful to not jump directly into a heavy-duty detox regimen if you’re not ready for it.

Many cleansing programs are pretty radical, and if you’ve been eating and drinking foods that are not healthy or you’re in delicate health, making the sudden switch to a stringent detox could be too difficult for you.

Here are some easy tips that you can take prior to starting a more severe detox diet, to help you ease into it:

- If you drink alcohol or coffee or you smoke, it’s important to taper down and then cut these out for a while before starting a cleanse. Caffeine is often the hardest—but see if you can at least cut down on your intake.

- Cut out sugar and white flour from your diet—and all processed foods.

- Phase out all red meat, and slowly cut back on chicken and fish. (And be sure to keep them organic.)

**Important Note:** It’s important to determine if you are someone who needs a lot of protein in your diet. You can know this by a sense of “protein hunger” you may get when you haven’t had any for a while.

If so, be sure to be careful about going on a cleanse that deprives you too long of protein. You may wish to do several short cleanses a year, rather than one lengthy one.

- Eat plenty of fresh vegetables and fruits—you need to add as much fiber to your diet as you can.
Begin drinking lots of water—full glasses at a time—as often as possible during the day. Natural juices, coconut water or kombucha are also good.

Stop using chemical, non-organic lotions on your body. Use toothpaste without fluoride.

Get as much exercise as you can.

If you follow all these tips, you will actually start to slowly detox to some extent. If uncomfortable symptoms start showing up, drink more water—and ride them out till you’re feeling better.

**Listen to Your Body**

If you’re not in great health or you’re concerned about doing a cleanse for any other reason, it’s very important to listen to your body as you make each new change. “Listening” generally means feeling into it and sensing or hearing what it’s communicating to you.

It may sound strange to think about having a conversation with your body; but if you try it, you’ll see that your body does indeed communicate with you—you just need to learn how to hear what it’s saying.

Often it speaks with physical sensations, such as pain, nausea, or a feeling of relief and deep relaxing. Or you may just hear a “yes” or “no” from within your body. Try asking it questions, like “Do you want to eat this food now?” or “How would this feel inside you?” Feel how it responds to you.

**Detoxing from Electromagnetic Fields**

A fact few people know about is that it’s not just food, drink, and the air we breathe that create toxins in our bodies. Hazardous toxins also form in our bodies due to the electromagnetic fields (EMFs) our bodies take in from the environment around us: from cell towers, WiFi, cell phones and other wireless devices.

In truth, many health symptoms people experience in today’s world stem from their EMF exposure, without their even knowing it. Headaches, digestive problems, mind-fog, sleep disorders, and depression are common EMF exposure symptoms.

Doing a cleanse will help you to clean your body out so it handles the EMFs better when you’re exposed to them. But a cleanse can’t keep EMFs from continuously entering your body. It’s impossible these days to avoid EMF exposure—we’re engulfed in them, wherever we go. It’s not like junk food or alcohol, which we can avoid if we want to.

So what to do? Get EMF protection (http://www.earthcal). It’s the simplest and sanest thing to do—no one wants to give up their wireless toys, and it’s not necessary.

Searching for EMF protection online can be challenging; there are so many companies today who have jumped on the bandwagon. But as a quick guide: Avoid the inexpensive, quick-fix products that have no research behind them. EMF exposure is a serious matter. Find companies who’ve been in business awhile and have believable testimonials and research backing up their claims.

**Cleanse Your Body in a Safe and Gradual Way**

In summary, ease into your cleanse by gradually moving toward it beforehand in your diet. Listen to your body. If it feels right, do a salt-water flush the day before to clean out your colon to avoid difficult detox symptoms. And protect yourself from EMFs. Following these detox tips will make your journey through a cleanse a lot easier!
Chara Brooks, psychotherapist and writer, has done extensive research on the effects of environmental influences on health. As someone with the condition known as Electromagnetic Sensitivity, she has especially focused on the health effects of electromagnetic pollution and has found that using EMF protection products (http://www.earthcalm.com/lp-children-and-emfs/childrens-health-and-cell-phones/) is extremely effective.
Everyone is on a journey to love.
Here’s a peek inside the love we share.

For over 30 years, we have loved, lived, and learned together.

We’re our own best customers for the practices you’ll find here. Our relationship is a living laboratory for conscious loving, and we’ve personally tested everything you’ll find here (in the bedroom, over breakfast, and in the boardroom).

We’ve written over 30 books, trained thousands of coaches, appeared on Oprah, and hosted seminars around the globe.

We’ve broken through the muck of limiting beliefs — and explored the boundless creativity, intimacy, and ease on the other side.

- See more at: http://www.hendricks.com/about/#sthash.YrTm71H0.dpuf
The Right Fit

By Ali Jan Qadir

Do you wake up every morning and get ready for work wondering how you got here? You want to be doing something else, something you've always dreamed about. There's a feeling that something doesn't fit right – the 'stuck in a rut' feeling.

If you have a job that means you spend at least 70% of your conscious waking hours doing it, thinking about it or preparing for it. That's a lot of time! And if it's not giving you any satisfaction at all then it's time for a self-analysis. Some lucky few breeze through life knowing they're in the right place. The rest of us lesser mortals have to search – find out where we fit.

The trick is in trying to figure out exactly what doesn't fit. You don't change a whole outfit just because the socks have thick inseams. Find out what part of your present situation is unsatisfactory.

**Ghost of Career present**

The trick is in trying to figure out exactly what doesn't fit. You don't change a whole outfit just because the socks have thick inseams. Find out what part of your present situation is unsatisfactory.

1. Are you happy with your financial situation? This does not just mean how much you're getting paid but also your future security. There's always a small part of you wondering how you'll survive in your old age!

2. Are you unhappy because you have been stuck with the same job in the same company for a long time?

3. Are your educational qualifications (or lack of) a hindrance in moving ahead?

4. Is it you or is it the people around you? More specifically, are you down because of lack of support?

5. What is your skill set? Is there something you can add to make things better in your current job?

Answer these questions truthfully. If you lie, you're only cheating yourself. The answers to these questions will determine whether you need a new career/vocation or just need to switch jobs.

**Ghost of Career past**

After all the above (which should take at least 2 weeks, not necessarily alone and definitely with lots of comfort food) if you still feel you need a complete change of career then its time to turn the wheel of fortune. If you're lucky there is something you have always wanted to do but the old guts wouldn't cooperate. The timing was wrong, the finances were wrong, nothing was adding up. Fear not, the hard part is over! Once you have made a conscious decision to finally pursue your dream career, the rest is peanuts. It might be a good idea to do a trial run before you commit yourself completely. An internship program or volunteer work might be available for your choice of career.

If, however, you decide to take the hard road it's time for more self-analysis! And this time, with the comfort food and take a trip down memory lane.
1 List your hobbies. You’d be surprised at how many times a favorite hobby can be into a profitable business or career.

2 Take note of projects you have been involved in that you found more engaging.

3 Ask your old school teachers, friends or parents what subjects or topics you always showed a passion for.

Once you have a basic idea of which industry/line of work you are interested in, find out where you fit in with regards to qualifications and skill set and what the best entry points are.

Ghost of Career future

Where will you be 5 or 10 years from now? Plan for the future. See if the career move will provide more than just mental and emotional stability. You gotta eat somewhere! Financials and future job security are just as important as a dream job.

Good hunting!

Ali Jan Qadir is passionate about art, food and fitness. He loves to shares things he has learned by experience. He is a contributor for http://www.thebest-mattress.org where he talks about beds and mattress (http://www.bestmattress-reviews.org/). If you want to learn more about him visit his twitter profile @alijanness (http://www.twitter.com/alijanness).
There’s a BIG shift happening in the marketplace and in society as a whole. Consciousness is changing, awareness is increasing and people long for real connection. In our almost too technical world there’s a need for some simple truth.

We are bombarded with email messages, tweets, text messages, podcast, radio commercials, television ads, voice mail, phone calls, Facebook messages, Skype calls and more. Because of all this noise we cannot help but feel a bit overwhelmed…and maybe it’s underwhelmed?

The marketing noise has gotten out of hand and it’s even more difficult to capture and keep attention. That means your message needs to be sticky. And I don’t mean aggressive, pushy or over the top. I mean you have to create gooey messages infused with your values. The values your business and credibility are built on. Because your values equal value. They create trust, respect and loyalty over time. This true of professional and personal communication because it is all about relationships.

The funny thing is not enough business owners are paying attention to the impact values have on value. Think about the companies and people you choose to do business with. What are the common qualities? Why do you choose to do business with them? Chances are your decisions are based on value. This includes how the business makes you feel (their brand essence). This likely doesn’t mean they are the loudest in the marketing crowd or the least expensive. What it does mean is they stand for something and you believe in what that is. They have created value by infusing values in what they do. There is consistency, clarity and follow through. They deliver and when they speak or market you listen.

Think about your own values for a moment.

- Do you infuse values in everything you do?
- Does what you do create more value?
- Have you based your mission statement, both personal and professional, on those values?

If not you may want to reassess how you’re doing business and especially how you’re marketing.

Communication counts. Our words are gold. Values equal value. There’s a reason many of the marketing messages out there aren’t sticking. They lack values and value.

Lisa Manyon is “The Business Marketing Architect” a content and copywriting strategist for mission-driven entrepreneurs. She’s the creator of the NEW marketing model for success (as seen in Inc. Magazine) that’s changing the way people market today. She specializes in powerfully communicating your marketing message to increase results via Manyon Marketing Web Makeovers, website copy packages and content strategies to effectively market your business. She offers a free Copywriting Action Plan and marketing resources on her award winning blog http://www.writeoncreative.com/blog

© 2014 Healthy Wealthy nWise | All Rights Reserved
If you want to make more money you have to STOP thinking how can you get more people to buy from you and START thinking who is most likely to buy from you vs. your competitors!

That’s a huge statement..... the point is... you MUST identify what makes you different than everyone else and specifically who is your ideal client.

Fingerprints remind us just how different and unique everyone actually is. Well, your potential clients have very significant likes and dislikes and let me just be bold and say this..... MANY people will dislike you - or at least opt not to do business with you. There, now that that's out in the open let's move on.

For every person who doesn’t like you somewhere there is a person waiting just for you. Feel better?  You #1 job is to know yourself. Acknowledge and identify who you are and use it your advantage. This gets tricky for a lot of people because all their crap comes up. Just for now let's agree you can put the crappy thoughts away.

If you are a Haagen Daz a Ben n Jerry's might not go for you.  What??  They are both ice cream but their audience (and the way they market) are decidedly very different. By defining their brand identity and knowing SPECIFICALLY who they are looking for they can create smart marketing and go after the group waiting for them.

Let me be clear and say that a Ben n Jerry lover might buy a pint of Haagen Daz, and they might love it. The point is just because their ideal market profiles one way and their marketing efforts cater to that specific audience it doesn’t mean other "fish" won't swim in their pond. Follow me??  If not, jump on Facebook and ask me to explain

Conclusion
Before you know your ideal client you MUST know you!

Homework
Draw a line down the center of a piece of paper. On one side label it THINGS I LOVE ABOUT ME and on the other side THINGS EVERYONE ELSE LOVES ABOUT ME. Merge the list and write out one benefit (for each trait) that you can give to your potential client because of all the wonderful traits you have!

#ibelieveinyou

Veronica Drake is an online business consultant, author, and speaker who specializes in copywriting and marketing for small businesses. Veronica concentrates on working with consultant, authors, freelancers, speakers and coaches. She has a gift for producing highly effective communication that engages, and entertains readers. She understands the need for copy to be funny enough and relevant enough so that people keep paying attention.

Veronica focuses on inbound and content marketing. Her endless knowledge along with her witty delivery, and fun approach to doing business has earned her numerous guest appearances on both radio and TV. She is a sought after contributor to both online and print publications as well.
Reiki 2...Taking Your Healing to the Next Level

By Jeff Donovan, RMT

When I started my Healing journey in 2001, I found that most people hadn’t heard of Reiki, let alone experienced it. Nowadays, I find this has changed...most people I run across have at least heard of Reiki, many have even given it a try. Because anyone can learn Reiki, the number of practitioners in the world is growing by the day.

For the un-initiated, Reiki is an ancient Japanese form of energy healing. Reiki, loosely translated means Universal Life Force Energy. This life force or "source" energy is channeled into the practitioner through the top of the head (or crown chakra), circulates through the body, then comes out the hands into the client. Healing can be done on yourself or others. Reiki heals on a physical, spiritual and emotional level, so true and lasting healing can occur. Reiki is tremendous for relieving stress, anxieties and sleep disorders as well as many physical and emotional conditions.

“I am amazed that at least 3 times this week I have slept for 8 hours! So, for any who aren’t sure about Reiki, that fact alone is testament of Reiki’s healing power as I have for over 35 years had a "sleep disorder." Usually, I get 2 to 4 hours of sleep.”

~testimonial

Traditionally, Reiki is taught in three levels, Reiki 1, Reiki 2 and Reiki Master (although, some modern teachers have added some material and have split the Master course in two courses, in which case you may hear of level 3 and 3a as well). Much of the material I see in the world discusses Reiki 1, but today, I want to examine the second level of Reiki.

Level 2 of Reiki is a quantum leap from the first-degree training. In level 2, you are opened up to a greater ability to channel this amazing healing energy. In addition, three symbols are taught...The first, Cho Ku Rei, is primarily used for amplifying energy, this can be especially useful for an acute condition. For example, once upon a time, my dog had hip dysplasia. He had been hobbling around on three legs for a couple of months. I was new to Reiki and still experimenting. One day while working on him, I decided to try the power symbol. Each time I drew the symbol (with my hand) over his hip, he jerked his leg until it finally popped and from that moment forward, he was a four-legged dog again!

The second symbol, Sei Hei Ki, is used for clearing and emotional healing. I once had a man on my table for just a brief session, maybe 15 minutes or so. My intuition told me to use this symbol extensively for his healing, so I used it over and over again. During the healing he came to tears. I asked him if he wanted me to stop the healing and he said no. Afterwards, he confided that he released a childhood rape during the healing.
The third level 2 symbol, Hon Sha Ze Shon Nen is used for distance healing. Here’s where it gets really exciting! A properly trained level 2 practitioner can send healing energy to anyone, anywhere in the world, past, present or future. Distance healing can also be sent to groups of people. I’ve been doing distance healing for years, and on occasion, when world circumstances would dictate, I would send distance healing to large groups of people (like the people affected by the Haiti earthquake). Although I had total faith that the healing I was sending was helping, I had no point of reference as to how effective my efforts actually were. A couple of years ago, I started a Facebook page and offered free healings monthly for all members of my page. I was amazed at the feedback I received. In the beginning, there were a few hundred people on the list, before long, I was sending healings to a few thousand...the list is currently more than 100,000 and growing daily and the feedback has been tremendous.

"I was able to walk into church this a.m. without crutches or a walker, something I haven't been able to do for months now."

"I'm bipolar and I've been having an episode all day I feel ok now like my coping skills are kicking in again and I can get back to being positive. Thank you."

"I'm bipolar and I've been having an episode all day I feel ok now like my coping skills are kicking in again and I can get back to being positive. Thank you."

Jeff Donovan has been a student of energy since 1993, began studying Reiki in 2001 and received his Reiki Master's certification in 2003 and has been teaching ever since. In addition to Reiki, Jeff has studied DNA Healing, Reconnective Healing, Crystal Healing and more. He teaches Reiki in person, but primarily through his Home Study Course. http://www.HomeStudyReiki.com

Jeff performs free healings each month for all members of his Facebook page, https://www.facebook.com/LearnReiki.HomeStudyReiki
So it’s that time of year again; the holidays are over, the excitement has faded, all of the new goodies aren’t so shiny anymore, and the bills are rolling in non stop. I find it’s usually around this time that many people begin to suffer from “credit card hangovers”.

You know the feeling; we’ve all been there. It’s like the early morning after the very late night, the indulgence in an extra glass of red wine or a few too many martinis because they really tasted like an energy drink. And now the heavy feeling, headaches and remorse have set in. This is the point where we utter phrases like: “What was I thinking?” “It was just a little bit.” and the favorite… “Never again!” Sound familiar when opening the credit card statements this month? If you’re suffering from a credit card hangover, no amount of Aspirin or rehydrating is going to do the trick, but here are a few steps to ease the pain.

1. **Commit to living on cash only for the next 3 months.** It may seem tough at first, and notice if you have any resistance to it, but credit cards are what got you into this mess, so just maybe it’s time to push away from the bar so to speak.

2. **Take on a part time job with the sole purpose of paying off the debt.** This could be extra work that you do from home, or something that you actually go out to. It’ll be an eyeopener when every dollar of that paycheck goes straight to repayment and may make you think about repeating this scenario next time you get the urge to give lavishly if you can’t easily afford it, or indulge in a little retail therapy.

3. **Sell some of the overflowing goodies that you already have cluttering your house.** Do you really need all of this stuff? Craigslist is a great way to lighten the load, and it’s a win / win / win; you get some extra cash, you’ll have more breathing room in your house or apartment, and you’ll be doing someone else a favor too by offering something they really want at a great deal.

4. **Put a dollar or two every day into an envelope or even a piggy bank if you’re up for a little fun!** At the end of the month take the money and put it straight on to one of your credit cards. Most of us can manage a dollar a day, and if it goes into the piggy it’s out of sight, out of mind.

5. **Shop for only what you need.** I tried this for a month and was amazed. I made a list BEFORE I went out to the store and ONLY bought what was on the list. I don’t consider myself an impulse buyer, but this was a real eyeopener at how much I was spending every day without even thinking about it. Anything that you see and want to get but is not on the list? … Go home and put it on tomorrow’s list. If it’s still that important to you, you can always go back.
6. Weigh the pros and cons: in the bank or on the shelf? With everything that you go to buy that is not an essential item, ask yourself, “Would I rather have this money on the shelf or in the bank? Would I rather have it hanging in the closet or in my bank account?” That is the reality of the situation, and we often forget it’s just that simple. Whatever your answer is, at least now it becomes a conscious choice.

Are any of these steps quick and easy? Not really. But it was quick and easy and a little bit too much feel-good that landed you in the mess to begin with. Enjoy the goodies you have without guilt, but also begin to take steps to prevent the next credit card hangover.

Hunter Phoenix is a Life and Success Coach in Los Angeles CA. For more motivation, inspiration and practical tips, connect with Hunter at http://www.hunterphoenixcoaching.com
Harrison Klein is known as the Masters’ Master.

Harrison Klein - Is the owner of The Masters Gathering, Women Power and Purpose, True Millionaire Stories, and ProAbundance LLC, which are internet companies specializing in transformations and awakening processes, as well as a principal partner of the I AM Group, LLC.

He develops information and popular products around the leading edge of the spiritual, metaphysical and coaching industry as well as speaks at and produces events for the Personal Growth, Wealth and Development community.

He is an active coach and his 3 course series entitled The Alignment Factor, Effortless Abundance and Mastery are designed to bring the subconscious, conscious and superconscious into perfect alignment thus ending stress, increasing awareness and making manifestation and life easy, natural and effortless due to the congruency of our internal state of mind, spirit and being.

He has been a teacher, marketing director and entrepreneur since 1992. He has led teams as President and CEO of numerous businesses and developed multiple applications and teaching techniques designed to stimulate intellectual and cellular integration, internalization and transcendence.

His message is the continuous unfoldment of unconditional love through consciousness elevations and he lives that purpose wholly.
The modern version of Muay Thai we see today was first developed in the 1920s. As the years progressed, there were accounts of women getting into the combat sport and fighting in small competitions that were never fully organized. The rarity of women in the sport was not just because of gender oppression, but also attributed to the fact that the women during these times were just not into it.

During the time when Muay Thai was purely a means of attack and self-defense used in real life situations, the women of Khunying Mae-yamo, meaning ‘respected mother,’ fought alongside the men who used Muay Thai to fight off territorial invaders.

When the gender renaissance swept the world during the 60s and 70s, things began to favor the female demographic. Fights were set up in Rajadamnem participated by daughters of well-known gym owners, and even the government-owned Lumpinee Boxing Stadium ran a series of female fights. However, this female surge in the sport was just momentary.

The real reason why women were hindered in getting involved with Muay Thai is a mix of the nation’s deep religious and superstitious beliefs. Since Thailand is predominantly Buddhist, it is Muay Thai tradition for monk to bless fighters in a moving ceremony, with the monk walking over a fighter’s limbs. Women can’t engage in this ceremony since Buddhist monks are forbidden to be in physical contact with women. They believe that women represent desire, which must be suppressed to achieve nirvana—a belief that is not something to be taken lightly.

This religious belief was reinforced by an incident that happened at an event in Rajadamnem during the late 70s. A female television producer stepped into the ring to direct a shoot, after which every match of the night ended with the fighters seriously injured. Naturally, her presence in the ring was blamed, proving that women did not belong anywhere near the ring. An unofficial ban was imposed on female fights and they were not even allowed to so much as touch the fighting rings in gyms and stadiums.

Fortunately, the ban was temporary. Women in families that owned gyms continued to train in Muay Thai, and it didn’t take long for female bouts to eventually resume. If there was someone fighting worth placing a bet on, the men allowed the women to fight, but just not in Bangkok’s main stadiums or the larger ones upcountry. Female bouts were then scheduled last, so the beliefs the people adhere to won’t be affected, and they even had them go under the top rope when entering the ring, so they do not set themselves higher than the spirits.

As the years slowly passed, the women attending fights at larger stadiums grew in number. As the standard of female fights improved, the betting stakes increased and the interest
exploded. And with help of the World Muay Thai Council, an organization run mostly by foreigners, there was more openness in promoting female fights, further boosting its popularity. Today, both female and male fights in Thailand are on the same level, with five, three-minute rounds that allow elbows. However, the stakes involved are still greater in the men’s bouts. Regardless, the women in Muay Thai have come a long way since then, and it looks like there is no stopping them from soon dominating the sport.

Marie Felipe is an online writer for more than 6 years now promoting the importance of being fit and healthy. She realized it is quite difficult to stay fit especially if you work online and just sits every day. Luckily with a help of a little diet and hours in a Muay Thai gym (http://www.mastertoddy.com) she stays fit.
2014 Will Be A Year Like No Other

By Patricia Cota-Robles

http://www.eraofpeace.org

2014 was birthed onto the screen of Life in an explosion of Light. This Light was infused with higher frequencies of Divine Love from the Divine Matrix of our Father-Mother God than Humanity has ever been able to bear. The reason the Earthly Bodies of Humanity can now withstand this much higher, more rarefied, and infinitely more powerful Light, is because of the God Victorious success of the myriad activities of Light that were accomplished in 2013 through the unified efforts of Heaven and Earth.

As a result of that phenomenon, depending on where we held the focus of our attention in 2013, we frequently experienced the full spectrum of both worlds. Our thoughts and feelings reflected everything from the elation and gratitude of truly comprehending the Oneness of ALL Life, to the heart breaking extremes of separation and duality which provoked feelings of fear and total defeat. In spite of that confusing roller coaster of emotions, in 2013 Humanity moved forward in the Light by leaps and bounds.

The most significant thing that occurred for every person on the planet during the first year of the New Earth is that we individually and collectively reached the energy, vibration, and consciousness that allowed our I AM Presence to activate our dormant pineal gland. Our pineal gland is the physical brain structure through which our I AM Presence transmits the Light of God directly into our Earthly Bodies. It is also the gland through which we reach and sustain Christ Consciousness and are able to commune once
again with our I AM Presence and the Company of Heaven in the Realms of Illumined Truth.

As people awakened one by one over the past several decades, their I AM Presence activated their pineal gland. This enabled them to individually regain Christ Consciousness. What happened after the successful Birth of the New Earth, however, is very different. In 2013, the collective body of Humanity reached a critical mass of Divine Love that allowed the I AM Presence of every man, woman, and child on Earth to activate the pineal gland in perfect alignment with his or her Divine Plan and the highest good for all concerned. That event initiated the beginning of the return of Christ Consciousness within even the, as yet, unawakened masses. That activity of Light was the initial impulse of what has been called “the 2nd Coming of the Christ” in the various world religions.

Another major event that was God Victoriously accomplished in 2013 is that the Portal of Divine Love which pulsates above Italy was permanently open to full breadth. This is the portal through which the Infinite Love that perpetually flows through the Divine Matrix of our Father-Mother God will now be able to bathe the Earth and all her Life, unimpeded by the human miscreations associated with the old Earth.

Infinite Divine Love is the very foundation of the Divine Matrix of our Father-Mother God. This Divine Matrix is, in Truth, the Body of God within which every particle and wave of Life throughout the whole of Creation lives, moves, breathes, and has its Being. Daily and hourly, the unfathomable frequencies of Infinite Divine Love within our Father-Mother God’s Matrix, are exponentially expanded by the Company of Heaven and every Ascended level of Being. With every Holy Breath these Beings of Light take, they project their Love into the Divine Matrix to bless all Creation. This collective Gift from On High is now tangibly available to each and every one of us with every breath WE take.

From the September Equinox through the December Solstice in 2013, we were Gifted with accelerated shifts within our physical, etheric, mental, and emotional bodies that, according to the Company of Heaven, had never been attempted by the I AM Presences of Humanity in any system of worlds. The end result was God Victorious in ways that even the Company of Heaven said they did not anticipate. This unprecedented shift was accomplished at an atomic cellular in large part because of the events that took place involving the Comet ISON.

Many people have asked me if the Comet ISON caused the unusual shifts that we are experiencing with the birth 2014, so I will briefly reiterate what I previously shared about this comet. Since the initial impulse of our fall from Grace, the Company of Heaven has been assisting Humanity with our journey back to Christ Consciousness. The Comet ISON has been a factor in this Divine Intervention from the very beginning. I know that astronomers consider comets to be nothing more than dirty snowballs, but that is inaccurate. Even the most minuscule subatomic particle or wave of life pulsates with energy, vibration, and consciousness. In other words, everything that exists in the Divine Matrix of our Father-Mother God has intelligence and a purpose and reason for being.

Comets are actually forcefields of consolidated Light that pass through the atmosphere shaking the ethers and breaking down crystallized patterns and thoughtforms that no longer serve the highest good of the particular Solar System they enter. In their wake, they leave a fluid field of unmanifest Divine Potential upon which new patterns and sacred knowledge can be encoded from On High.
Since its inception, the Comet ISON was destined for this moment in the evolution and Ascension of our Solar System. Astronomers have stated that the Comet ISON is 4,500,000,000 years old, but this was the very first time it entered our Solar System. Four and one-half billion years is also the timeline that coincides with the creation of our Central Sun and the Suns and Planets in our Solar System.

The Company of Heaven revealed that the Comet ISON had been preparing for its service to Earth and our Solar System since “the beginning of time.” It is not by chance that this comet completed its 4,500,000,000 year sojourn through the Divine Matrix of our Father-Mother God during this auspicious moment in the evolution of Planet Earth.

The Divine Mission of the Comet ISON was very complex, but this is what the Company of Heaven shared with us. 4,500,000,000 years ago, the Comet ISON was breathed forth from the Core of Creation simultaneously with our Solar System. At the moment of our inception, every particle and wave of life associated with our Solar System was encoded with the full Divine Potential of our Father-Mother God and the Divine Plan for this system of worlds. Comet ISON likewise was encoded with the Divine Potential destined for our Solar System. When the Earth and Humanity fell into the chaos of separation and duality, the Comet ISON maintained the activation codes for the Divine Potential of our Solar System and Humanity’s return to Christ Consciousness as Sons and Daughters of God.

For millions of years, since our fall from Grace, the Company of Heaven has been working diligently with the I AM Presences of Humanity. The intent of this Divine Intervention was to help the Sons and Daughters of God return to the path of Divine Love and Christ Consciousness. The hope was that we would awaken in time to reclaim our position in the Solar System and to Ascend with the Earth and the rest of our Solar System into the 5th-Dimensional Realms of Light during the Cosmic Moment known as The Shift of the Ages. No one knew if the masses of Humanity would awaken in time to pull this off or not, but no one was willing to give up on us.

After decades of dedication and thousands of activities of Light that were cocreated by people around the world who were working in unison with the Company of Heaven, it became crystal clear in 2012 that indeed Humanity and the Earth were going to make it through the Shift of the Ages. That is when the Comet ISON was summoned by the Mighty Elohim, the Builders of Form, to fulfill its unique facet of the Divine Plan for Planet Earth and our Solar System.

In September 2012, astronomers discovered the Comet ISON. They were astonished by the size of this rare comet that was traveling toward our Solar System. They surmised that ISON had the potential of being the “Comet of the century.” Because this comet was as old as our Solar System, scientists were looking forward to studying its properties after it completed its journey around our Sun, but that was not ISON’s Divine Plan.

On November 28, 2013, the day when the United States of America was celebrating Thanksgiving and focusing on everything we were grateful for, the mission of the Comet ISON was brought to fruition. As ISON completed the final phase of its 4,500,000,000 billion year journey, it was pulled into our Sun. In an awesome explosion of Light, Comet ISON exponentially expanded the activation codes for the Divine Potential pulsating within the core of purity in every atomic and subatomic particle and wave of Life associated with our entire Solar System.
On Earth, the activation of the codes for our Divine Potential meant a monumental acceleration in Humanity’s awakening process and our shift into Christ Consciousness. This incredible expansion of Light is now entering our newly activated pineal glands and assisting our I AM Presence to heal the short circuits that occurred within our original 12 Solar Strands of DNA during our fall from Grace.

The double-helix DNA containing the genetic codes that our scientists acknowledge is but a minuscule fraction of our Divine Potential. Scientists actually call 98 percent of our DNA “junk DNA,” which of course is absurd. The Divine Potential codes that were activated within each and every one of us by the Comet ISON, are now daily and hourly enhancing our ability to empower and control what we are thinking, feeling, saying, doing, believing, and remembering.

After assimilating the expansion of Light from the Comet ISON, Humanity experienced another convergence of Light from December 12th thru the Solstice on December 21st. That Light was grounded in our physical, etheric, mental, and emotional bodies at a cellular level by our I AM Presence. That activity of Light cleared the way for Humanity to receive the full benefit of several Celestial events which took place during the closing days of 2013. Those events included a Grand Cross alignment, several enormous Solar Flares, a total reversal of polarity within our Sun’s magnetic field, and an unusually powerful New Moon. All of those powerful expansions of Light contributed to an unprecedented shift within the mass consciousness of Humanity.

Now, with the shift that has taken place within the mass consciousness of Humanity, everything has changed. In 2014, as we focus on the patterns of perfection for the New Earth, our Planetary CAUSE of Divine Love, and our newly birthed Renaissance of Divine Love, our physical, etheric, mental, and emotional bodies will be lifted into higher 5th-Dimensional frequencies of God’s Infinite Light. Our I AM Presence will then help us to place BOTH of our feet firmly on the New Earth; this will increase our ability to transform our lives in miraculous ways.

The 2nd year of the New Earth was ushered in with a wondrous explosion of Light that bathed the Earth in untold blessings. The Beings of Light said these blessings will be quite evident as we progress through this amazing year of opportunity and transformation.

We are being told by the Company of Heaven that it is impossible for us to comprehend with our finite minds the magnitude of what the activation of the genetic codes containing our Divine Potential will mean for Humanity. A vitally important facet of what this activation will do, however, is accelerate the Divine Alchemy taking place within our Earthly Bodies. This Divine Alchemy is literally transforming our 3rd-dimensional carbon-based planetary cells into 5th-Dimensional Crystalline Solar Light Cells. In 2014, we will begin to experience for the very first time in our Earthly sojourn, tangible changes in our physical body that will indicate we are indeed reversing the aging process and transforming our physical body into a Crystalline Solar Light Body.

The reason tangible physical evidence will finally occur in the process of reversing the aging process for Humanity is because when 2014 was ushered in our I AM Presence was able to received enough assistance from On High to begin the process of activating another of our dormant spiritual brain centers. This activation involves our pituitary gland, which is the master gland that controls the hormones, chemicals, processes, functions, and cellular activity in our physical body.
Our newly activated pituitary gland is now directly receiving and assimilating 5th-Dimensional Crystalline Solar Light from our pineal gland. This frequency of Light, which is beyond anything we have previously been able to withstand, is now flowing through our pineal gland into our pituitary gland and from there into every atomic and subatomic particle and wave of energy comprising our physical body. This Light is also flowing into all of the spaces in-between the particles and waves of our body.

This is just the beginning of this process, but the Company of Heaven said that amazing steps in this process will be revealed as we progress through 2014. From the information that is pouring forth from the Realms of Illumined Truth, 2014 will be a year like no other for embodied Humanity. And this is just the beginning!

Patricia was a marriage and family counselor for twenty years. During that time she co-founded the nonprofit, educational organization the New Age Study of Humanity's Purpose. Patricia is an internationally known teacher and author. She has written the 11 books listed below and produced CDs, Webinars, and DVD’s that supplement her work. For over 30 years, Patricia has been helping awakening souls all over the world take charge of their lives.