

April 2009

THE

Free

WHOLE PERSON

Calendar of Events in Southern California



*Spring
Cleaning*

Our Homes
Our Bodies
Our Minds

Choosing a Light-filled Path

Your world is in financial crisis, and you are likely wondering how long the instability will last. You may already feel the impact on a personal level, or perhaps you have concerns about how you might be affected in the future.

Regardless of how the world's economic predicament affects you, you should use this situation to develop a new approach to money. After all, the world's financial situation is in devastating disarray due to the need to change humanity's relationship with money.

Changes are necessary on a large scale, but also on a very personal level. You can explore your own relationship with money in order to positively impact the greater planet. Part of this process involves updating your DNA-level programming.

Every person is affected

Each person on the planet — regardless of culture or income level — carries limiting belief systems relating to money. It doesn't matter whether you have one million dollars in the bank or whether you live paycheck to paycheck. The beliefs are in your DNA and all it takes is a catalyst to render them operable.

For many light workers, the current economic chaos is indeed that catalyst. Examples include concerns about where the economy is headed, personal financial losses, and fears about coping with unknowable factors. Any of these things can trigger limiting belief systems about money.

Where do these beliefs come from? Many of them are inherited. They come from ancestors who perhaps lived during a time of depression or famine. Some beliefs come from your past lives. These may include spiritual lifetimes when you took vows of poverty. Other beliefs may come from mass consciousness, meaning that a great number of people collectively believe the same thing.

In their DNA, all humans carry

outmoded beliefs representative of old-world perspectives about money and a host of other topics. Most of the limiting belief systems involving money are fear based. They include ideas of lack, struggle, and never having enough.

These old-world views of money are outmoded and unworkable. That is the reason for the collapse you are seeing now. Revolutionary approaches will be needed to

everywhere are affected on countless levels, including ways that cannot be sensed or seen. Whether you live in America or another place across the globe, you are part of the change.

As society reconfigures to the new paradigm energies, you will discover how to embody and forge a new way to experience success and prosperity. The changes that you want will come about through efforts of



create new paradigm models for working with money.

All of humanity is connected

The key is to remember that all of humanity is connected. There are links between countries, markets, diverse populations of people, and businesses that provide the services and products you consume.

Humanity and the earth are in the midst of a massive paradigm shift, the likes of which have never been experienced before. People

individual people, like yourself, who are focused on creating an enlightened world. Some of these individuals will be elected to office, and others will be found at the helm of businesses and institutions that take an aggressive approach in pursuing this new world.

Each person has a role to play. There is much at stake on the planet right now. The world's economic crisis is not something you want to leave in the hands of bureaucrats, elected officials, and other authority figures.

During Crisis *by Selacia*

What you can do

First of all, embrace your role as a Divine change maker; move into your power and look at what is going on, and then take actions based on what you find. Instead of complaining and viewing circumstances as something unfortunate, you can use the opportunities of the chaos to create what you want. Trust that you can do this, and refuse to buy into doubts that



tell you otherwise.

In order for humanity to shift into a higher vibration, people must be willing and able to learn from the past. Educate yourself about the big picture. Look beyond the mainstream media newscasts, and into the underlying reasons behind what is happening. Learn about what has worked and what has failed during past cycles of financial turmoil. When investigating this, look beyond the oftentimes incomplete historical data that's presented

in the media. You will become educated about the history of humanity's experiences with money, power, and control.

Secondly, become aware of your own self-sabotaging patterns involving money. Awaking to your subconsciously limiting programs is the first step in becoming free of them. One way to get in touch with limiting beliefs is to pay attention to what you say (out loud or inside your own head) when you are worried about money. What you say during these times clues you in to the themes of the belief systems in your DNA.

For example, how often do you say to yourself that you never have enough money to pay your bills? What do you say to yourself when contemplating your cherished dreams? Do you think that you will be able to achieve what your heart tells you is your life's work?

Thirdly, begin to confront your fears and doubts involving money, prosperity and success. That includes fears about your personal financial stability as well as fears about the world's economy. Refuse to let these life-defeating thoughts determine what you say and do next.

When fears and doubts aren't challenged, they begin to take on a life of their own. Remember that what you focus on and give your energy to — over and over again — you create more of.

If you allow yourself, for even brief periods of time, to buy into the fear and allow it to fuel your thoughts, feelings and actions, you join the ranks of the masses that unknowingly are creating more suffering for themselves.

Your challenge, as a light worker, is to remain positive and reinforce within your own mind the new kind of world you want to create, have, and live in.

How can you do this when your world tells you that everything is falling apart?

Success in remaining positive when others focus on doom-and-gloom requires:

1. Persistence
2. Patience
3. Believing in yourself
4. An ability to screen out society's fear-based negative spin
5. A willingness to change
6. Ongoing inner work to clear your own self-sabotaging patterns in the DNA
7. Surrounding yourself with others who also are focused on creating the new paradigm world

Fourthly, you can ask yourself daily what it is you want to create. This question is not just about today. Think long term. Keep your imagination alive by contemplating the brand new world that you know will feel like home.

Don't try to make your dreams fit in with society's doomsday mindset. Reach beyond that rigid view and into a higher way of thinking. Trust that you can create something brand new.

Decide daily what kind of energy you want to experience, setting your intentions for what you will manifest and how you will treat yourself and others. Visualize yourself experiencing what you have intended. As you do this, connect with the feeling of this experience, as though it's happening right now. Acknowledge how this makes you feel.

Fifthly, give yourself permission to express yourself in an empowered way. This includes giving your gifts — whatever they are — without hesitation and without being attached to the outcome. Remind yourself that the gifts residing within you are meant to be given. Let go of concerns that your gifts aren't enough. Give them, even if no one understands their value. Remember that when you allow your precious light-filled energy to circulate in everyday activities, you are helping to create the kind of world you want to inhabit.

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Timing of the Shift

Collective humanity can evolve quickly in a seemingly brief span of time – just as individuals can. The quantum shift into higher consciousness can be achieved when a critical mass of aware individuals holds and acts upon enlightened views.

Because of the unique configuration of who is incarnated on Earth today, humanity's range of creation probabilities is greatly expanded. A significant number of these incarnated beings have chosen a path of light. Earlier historical periods lacked this unique combination of factors, so humanity's progression was more limited.

Due to the unique configuration mentioned above, once a significant number of people embrace the same probable future, that outcome is more likely to happen on a planetary scale.

It's very useful, therefore, to focus on the more enlightened world you want to birth. Keep in mind that there are plenty of people who focus on doomsday views involving terrorism, devastating Earth changes, mass starvation, and government oppression. You, as a light worker, can create a much different probability with dramatically softer effects, bypassing the alternative harsh realities.

Trust that humanity will find a way to reconfigure the unworkable into something very effective!

This is a precious timeframe for you as a spiritual being incarnated now. Decide each day that you will utilize this to progress spiritually, and to live up to the principles you have spoken about for so long. The ideas of the new world must be more than words. You must incorporate your cherished principles into your being, and act on them. You have an abundance of assistance from your own Higher Self and your spiritual teachers to achieve what you have come here to do.

*This is an excerpt from Selacia's forthcoming book on 2012 and the great shift in consciousness. An author and pioneer in DNA intuitive healing, she works with individuals and groups all over the world. Contact her at: (310) 915-2884
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Cleaning (continued from page 15)

new beliefs will support and help to get you moving onward, upward and forward, ultimately fulfilling your goals and dreams.

Robert M. Williams, M.A., the originator of the program, created PSYCH-K™ in 1988 as a response to his frustration with typical counseling techniques that seldom created real and lasting change. He is the author of the book, PSYCH-K™... the Missing Peace in Your Life!, and also serves as co-host of the popular DVD/Video, The Biology of Perception...The Psychology of Change with his colleague Bruce Lipton Ph.D.

Dr. Lipton's book The Biology of Belief is groundbreaking work in the field of New Biology. Dr. Lipton is a former medical school professor and research scientist. His profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics is hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking through our beliefs.

It is imperative to identify beliefs that limit and sabotage us in order to change them into beliefs that support us. PSYCH-K™ helps you communicate directly with the conscious and the subconscious mind and increases the "cross-talk" between the two brain hemispheres, achieving a "whole-brained" state of being.

Many of you have probably tried affirmations, talk therapy, positive thinking but still are not where you want to be. These modalities do not work long term because they are not getting to the core root of your issues in your subconscious mind. PSYCH-K™ reaches the deepest layers of the subconscious and re-patterns your deepest negative limiting beliefs, to make substantial positive changes in your life.

So this spring isn't it time to start fresh where it really counts in the conscious subconscious minds and clear and clean these old limiting beliefs- If you are ready for a better you. Please call me to schedule an appointment. It would be an honor and privilege to assist you in realizing your true potential. It is time to re-create your life without limitations. You will see the real you come into bloom!

For more information or to schedule a session contact
Camille Mancuso at her
Orange County/Riverside
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Nutrition (continued from page 34)

3. Monitor the quality and quantity of your carbohydrate intake by keeping your carbohydrate count of the following foods between 100 and 150 grams per day: green vegetables, beans, berries, apples, and small amounts of whole grains (if you are not sensitive to them), squash, and sweet potatoes. These low-moderate glycemic carbohydrates will help to re-establish proper insulin response.
4. Drink at least one ounce of water per day for every two pounds of body weight.
5. Include shilajit in your program. Shilajit is a mineral-pitch that has been used for thousands of years in Ayurvedic healing. It is extremely high in trace minerals and is a superior source of fulvic acid. Fulvic acid facilitates nutrient delivery into the cells, as well as helps with the removal of impurities from the body.
6. Consider supplementing with a good multiple vitamin and mineral supplement that includes enzymes and beneficial bacteria.
7. Include herbs that are known for their cleansing properties. Some good ones include aloe vera, pau d'arco, and burdock root.
8. Make sure that you are getting at least 20-25 grams a day of a blend of soluble and insoluble fiber. This will help to ensure proper elimination of what your body is ready to release.
9. Use a blender to make your life easier! Many nutritious and good-tasting "meals" can be made easily and quickly with the help of your blender.

Contact me for more detailed information about Nutritional Cleansing. To your health!

David Kamnitzer, D.C. is an expert at helping people achieve high levels of health and well-being -- far beyond what is available simply through drugs and surgery alone. He combines his 20-year clinical experience and extensive knowledge in structural, nutritional, and energetic balancing to offer individuals cutting-edge approaches to healing.

To learn more, visit: <http://drdavid.smmsite->