

AUGUST  
2009

# LIVING WELL

*Body, Mind & Soul*VOLUME 2  
ISSUE 8

## The Loop

### Spirit

#### Lewis' Home Page

Check in for daily motivational quotes, Living Well Newsletter, Dear Lewis and much more. Click on [Spirit](#)

### Reading

#### Online Booking

Take advantage of our brand new online booking program. You can see when Lewis is available and pick the appointment time that you want.

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CONNECT HEAL &amp; LIVE

## NEW CONCEPT ISSUE

MOVING FORWARD WITH INFORMATION

If you already haven't noticed, there has been some significant changes to my monthly newsletter. The new layout reflects my vision.

### A NEW DAY - HAPPY 1ST ANNIVERSARY

**W**e are going for a new look and vibe for the Newsletter including a new name "Living Well". Additionally, there are major changes coming up at [www.lewismabee.com](http://www.lewismabee.com)

As in everyday life, I want to simplify. Therefore, we are bringing you a more simplistic layout which hopefully, you will find is much easier to navigate around.

The focus for this monthly newsletter has always been to inspire and to bring you information in regards to your Spirituality. Through previous newsletters we have brought a body, mind & soul vibe to the information

passed on to you. Seems like a good time to update.

We will be using the term "spotlight" throughout this edition which means standing in your truth, joy, abundance, prosperity, integrity & love. You are encouraged to stand in your own spotlight every moment of everyday.

Enjoy the new layout and have a happy summer!



# A Personal Enlightenment

*This is a personal story of Bunni's Tomlyn. Read what is presently unfolding and what is yet to blossom. The story that follows is Bunni's spiritual journey. You will find out where she was in life and how she knew that there was more to life than what she was getting.*

## Ego Vs. Higher Self - Quick Guide.



Although we would like to think we have many options when it comes to deciding upon a course of action, in truth there really are only two—that of the ego and that of the higher self. I was drawn to [www.dimensionalbliss.com](http://www.dimensionalbliss.com) the other day, in my attempt to differentiate between the two, and I found there a page entitled “Ego Vs. Higher Self – Quick Guide!” Wow! If there were to be a list included with “The Game of Life”, I think this would be the one.



Like so many, I have experienced the sting of divorce—from both mine and the experience of others in my family. So I'm well aware of the resulting confusion and stress surrounding the many decisions to be made, the many possible courses of action. It's at times like this that a “how-to” guide would come in especially handy. It's at times like this that the higher self should be given the upper hand.



It is ego that promotes severing of relationships during difficult times like divorce. It is ego that promotes fear and negativity. It is ego that loves



Even through the darkest of times... Spending time in your “Spotlight” will help you overcome any obstacles in your path. Enlighten yourself and find the strength from within to shower yourself with the loving white light of solutions.

upon condition. The higher self knows better. It is inclusive, fearless, and steadfast in its love. It doesn't take sides. It knows that everyone matters always—the self, the ex-spouse, the children, the parents and parents-in-law, the extended families, and the friends.

Love should not be fragile, but it does need to be handled with care. So I will strive to hold my ego back and allow my higher self to lead the way. I'm also going to copy and paste that list, print it off, and keep it close. Hope you'll do the same.

Much love in “The Game of Life”.



Jack Canfield - born August 19, 1944 is an American motivational speaker and author. He is best known as the co-creator of the “*Chicken Soup for the Soul*” book series. He appeared in the DVD “*The Secret*” and wrote “*The Success Principles*”.

## Inspirational Quote

"Remember that your thoughts are the primary cause of everything. So when you think a sustained thought it is immediately sent out into the Universe. That thought magnetically attaches itself to the like frequency, and then within seconds sends the reading of that frequency back to you through your feelings. Put another way, your feelings are communication back to you from the Universe, telling you what frequency you are currently on. Your feelings are your frequency feed back mechanism!"

# Joseph's Spiritual Journal

*Joseph Bell shares his life history with you. Joseph's experiences with his spiritual side started at a young age. Like many other people who had some sort of an experience with the Spirit World, it frightened him so it was suppressed. The events you're about to read are from Joseph's personal diary.*

I have always had another reoccurring dream for many years but this one became more prominent around this time in my life. I have discussed this with some friends and relatives and find this dream to be somewhat common. The dream included flying. I would soar up in the sky and fly over beautiful land, it was a wonderful feeling. They weren't always nice dreams however now it seemed whatever dream that I had, I could always fly. Sometimes it was trying to get away from someone or some thing. This dream was continuous to the year 2000, although I did not realize the relevance then of course but things started to become more frequent.

**2000 - 44 Years Old** I had now been separated for 6 years. It was a very difficult time of my life during the actual separation however I have maintained a good relationship with my ex-wife. We had agreed not to bring the children into our differences and I as their father had a loving and supportive relationship with both of them. We had joint custody which worked because we both made it so. I always lived close to them, so access for all of us was not an issue.

**One night I felt myself** leave my body for the first time and it was the most serene and peaceful experience I had ever had. I believed when I was out that I must have died. It was such a wonderful and euphoric experience that to me nothing mattered even

though I thought I was dead. It was no good being concerned about something that had already happened. It seemed that I did not suffer in death. My concern was for my loved ones being left behind so my spirit visited my children in their sleep. I caressed them and tried to tell them that everything was ok, that I was ok. I find it hard to believe today but I also visited my mother in her sleep and tried to tell her the same thing. When I completed what I thought I had to do, I returned. The next thing I knew I was waking in the morning, I was very surprised to find that I was still alive.

**I told my partner** what happened at the time and we discussed it. I was convinced that I had died sometime during the night and somehow my heart must have come back to life. The feeling of euphoria lasted for about two weeks. The feeling that that I had when I was out of body was like nothing else I had experienced before. For 2 weeks the trials and tribulations of everyday life did not even bother me, it was very calm period for me and I was at peace. I guess at the time it felt similar to someone who underwent a near death experience. It tends to change your perspective on life and the way you see all things.

**Unfortunately those trials** and tribulations of everyday life came back and I resumed my typical daily life. I however will never forget this profound first experience. Sometime later after this experience I then began having more unusual things happen to

me while sleeping. I would find myself out of bed and lying on the floor quietly and comfortably. I could feel the hardwood floor underneath my body. When I realized I was on the floor I would be startled. I would then wake up to get back into bed but I found myself in bed lying very comfortably and not on the floor at all. Over a period, this kept happening over again. Finally I realized I was going out of body and when I would be on floor I would stay there and enjoy the feeling. When one is out of body there is an incredible sense of peace and it feels real good. After awhile I became more comfortable with this and I began to start feeling my spirit leave my body. When in bed and I could feel myself lifting up and the covers felt like they were being dragged off my body. The feeling was very unusual but very pleasant. I soon began experimenting when these out of bodies kept reoccurring. I realized that I could will myself to float around in the bedroom and actually look down and see myself sleeping. One night I went out of body and decided I wanted to look at my hands. I put them in front of me, moved them from side to side and I could see them but they had a transparency as I could see through them. *(At that point I heard a little girl loudly laughing at me. I was kind of freaked out and scared so I went back into my body. Many years later I told this story to a Medium who asked when I was married if we had lost a baby. I never talked about this to anyone because it was a difficult period in our lives. He told me that that little girl laughing was the little daughter I could have had. No more on this.)* Over the next 7 years I had many out of body experiences and always enjoyed the ride so to speak. At this point in my life there were only a couple of friends that I ever mentioned this topic to.

# Dear Lewis

Have a question you want answered? Read Lewis' responses to questions that he has personally answered from readers. Click [Q&A](#) to view.

## Question

**Signed: Mia**

Lewis, I feel very lost. My spirit feels broken, every area of my life is a struggle...I could really use some insight. Thank you



## Question

**Signed: Jo**

I went to see you recently and you told me not to move permanently across the ocean as I had planned. I am however still taking a trip there for the next few months. I was wondering if there's any major bumps along the way that I should watch out for or if everything will go relatively smoothly. Thanks a billion!



## Spirit Message

**By Dori Roberts**

Change the world by changing yourself. The world is a result of the way people think and how they treat each other. Refuse the darkness & negative attitudes. Shine and your world will become a place of love and peace. The Creator oversees all. Any desires that you have; walk in love and peace. You won't change the world by trying to fight darkness by being dark yourself. Remember the dark cannot remain in the face of light.



**Fabulous Fur Mist**

Does your dog's fur coat need a smell upgrade? Just "schpritz" Fur Mist all over your dogs coat for a naturally fabulous smell. Each bottle of Fur Mist can be customized with the aromatherapy blend that will suit your pooch's needs. Get all the neighbourhood dogs wondering how your pet's fur is so fab!

LBMS8051      **\$16**



**The Harmony Blue Glass**

Dubbed the "Harmony" Pendant - These pendants have been the cause of many inspiring comments! The black silk cord measures approximately 18" and the clasp is a silver plated toggle clasp.

KAN6202      **\$25**



**Gem Essence - Divine Will**

There are times in our lives when we feel that we are without direction and purpose. Are you unsure which way to go or what you should be doing in your life? You do not have to be without direction. This ESSENCE works to help you find your true path in life and strengthens your will to follow that path every day.

29ml bottle  
LL1617      **\$19**

**Smoking Bottles**

The newest and coolest accessory for incense burning. You will be mesmerized! Watch and enjoy as the scented smoke rolls and surges around. Great for meditation. Best of all, the hot, spent ashes are safely contained inside the glass bottle.



AI4010      **\$20**

"I have personally researched and selected only the best products to enhance your general well-being. Enjoy your shopping experience. Giving you the best"

Lewis Mabee  
Mabee It's Here



# The Circle of Caring My Compass

**W**hat a summer in Ontario it has been so far! Many people have been saying how cool it is for a summer. I personally enjoy this kind of weather as I like to have cooler nights and pleasant days. It's perfect for moving.



**My directional compass** has taken me to a new and larger living space. I was very excited for this move for several reasons.



**My compass** was pointing towards a much more scenic view. I overlook a park with many mature trees. It is simply gorgeous. The old place overlooked a shopping plaza. Even though I've been in my new place for a

couple of days, I feel grounded. I have more space to live in and the layout really works for me. I have a few friends who are also intuitive and everyone has commented on the positive energy of my new living space (even though some have not seen it yet).

**A big thanks** to my Mom, Taylor, Patty, Rachel, Dillon, Ron & Betsy for assisting me with my pre-move and post-move activities. I have a few friends who will be moving into the same building.



**My compass** is pointed to friendships, manifesting a peaceful living space and a more productive, active life.



A view of my new home taken from Victoria Park, Kitchener, ON.



“By giving you messages in a reading, I hope to inspire you to stand on your life path and shine under your ‘spotlight’. Your journey starts today.”

Lewis Mabee  
[www.lewisabee.com](http://www.lewisabee.com)

## BREAKING NEWS

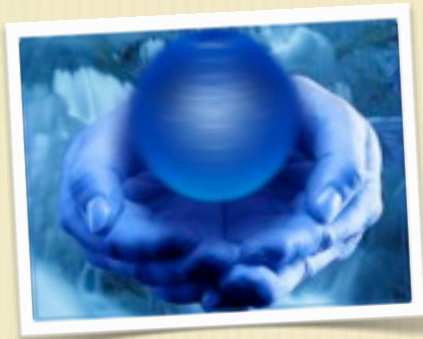
### Service's

- Private Reading - one hour or half hour
- Energy/Soul Healing - half hour
- Angel Card - half hour
- Spiritual Counseling - one hour
- Past Life Regression - two hours
- Group (non-private) - two hours
- Group (private) - 6-8 people half hour or 4 people for one hour each



As of September 1, 2009 I have new fees.

Please refer to [www.lewisabee.com](http://www.lewisabee.com) for a price list of service's.



“We all need a source to express our hopes and dreams. By saying a daily prayer, our guides and angels are always in contact with our direction in life.”

Lewis Mabee

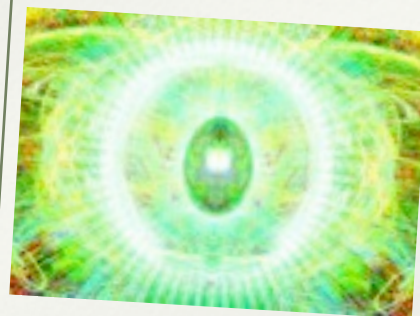
## INTENTION PRAYER

### Manifesting

**Dear Mother Earth & Father Spirit;**

Surround me with your loving white light during my time of moving towards new and better situations. Give me a clarity to know that all the opportunities in front of me are for my best interest. I move forward with a positive and abundant attitude. The future is mine to shape. I will accept all positive changes and live in my “Spotlight” and encourage others to join me.

Amen



Art work by Walter Bruneel

## LIVING WELL

*Body, Mind & Soul*

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### SIGN UP [NEWSLETTER](#)

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