

MARCH
2010

LIVING WELL

*Body, Mind & Soul*VOLUME 3
ISSUE 3

The Loop

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REACHING FOR GOLD

MARCH - THE WINNING ISSUE

CONNECT HEAL & LIVE

Can you feel it in the air? That warm wonderful change? A sense of things that are to happen and yes a little bit of excitement thrown in for good measure.

CHOOSE YOUR WINNING ATTITUDE

Kudo's to Canada for putting on a spectacular Winter Olympics. Not only was it an International event, but it still remained truly Canadian. You saw it all in the 2010 games... victory, defeat, heartache, personal best, a loss of family and a gaining of new friendships. What can we learn from these games? A few things come to mind. One is "The show must go on" or "No matter how many times you fall, pick yourself up and give it your best each and every time". Finding that courage to face adversity takes determination, stamina and training. If athletes can learn to sacrifice for their passion of their sport, then we can find the same qualities to take "the gold" in our own lives.

It starts first thing in the morning for me. The moment I recognized that it's morning I say to myself "Today is going to be the best day ever". By saying that simple phrase, I set into action the events that will unfold for the rest of my day. In the evening while I'm resting to fall asleep, I do a quick recap and say "Thank you for today, tomorrow is going to be my best day ever". I can't recall when I have had a bad day. Sure, there are things to deal with but, this way those issues are dealt with and they don't overwhelm me or tire me out. Everyone knows that it's up to you to pick your attitude. What will your winning attitude consist of? I would love to hear from you about the small changes you make to your daily life to bring a positive vibration to you.

Treasures of Friendship

Sometimes it's hard to come straight out and tell our friends how much we love and appreciate them. We might feel awkward expressing deep feelings, even to our nearest and dearest friends, because it is not a common practice. We might get choked up or embarrassed in the process, or we might fear that we will embarrass them. Still, we all have those moments when we realize how fortunate we are to have the friends we have and we may long to express our gratitude. Moreover, it may be of tremendous benefit to our friends to be at the receiving end of our appreciation. At times like these, writing a letter can help us say what we want to say without feeling self-conscious. Additionally, a letter gives your friend the space to really take in your expression of love and the gift of being able to return to it time and again.



As you sit down to write to your friend, take a moment to consider the qualities you most value in your friendship. It might be the fact that you always laugh when you talk or that you feel safe enough to confess your worst problems knowing that you always leave feeling better about everything. It might be the new ideas and experiences you've been



People may come and go in your life but a true friend will always be cherished. If you haven't talked to someone special in awhile, get in touch with them and check in. They will appreciate your gesture.

exposed to throughout the course of your friendship. Whatever it is, really take the time to express to your friend their unique impact on your life. You don't have to use big words or fancy metaphors; all you need to do is write from your heart and your friend will feel the love in the words.

Letters, which used to be somewhat common, are now rare. A handwritten

letter makes a wonderful gift to be treasured always. You might simply send it or hand deliver it "out of the blue". Whatever you choose, your letter will no doubt be received and treasured with a grateful heart.

Credits: Daily Om
Lewis Mabec

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Preparing for Spring

With the much anticipated arrival of spring, we look forward to getting outside and 'blowing the dust off'. This also is a time of preparation for beautiful yards full of lush grass, heavily leafed trees and blooming flowers. Many communities around my area also have spring clean up. This is an opportunity to purge all the 'junk' that you have stored away or want to get rid of to make room for new buys. May I make a suggestion when you do your spring clean out? There are several community based services like [The Thrift Store](#) or [Goodwill](#) (North America) that would graciously take your gently used furniture or durable clothing. So instead of just leaving your 'junk' at the curb and waiting for a guy in a pick-up truck to drive slowly by and scavenging your items for his 'loot', think of helping the less fortunate by donating. It's the least you can do. It doesn't take much time or effort. Doing a good deed not only makes you feel great but will ensure that everyone in our community has an equal opportunity to have a sense of well-being from the kindness of others. Happy De-cluttering!!

Bruce Hare

As many of you who know me, know that I consider Bruce to not only be great friend but a life saver! Especially when it comes to me and electronics especially computers. Bruce is the genius behind both of my websites. This dedicated father of two and "life saver" is a compassionate, environmentally aware human who's scope of giving has no limits. If you need a web designer guy extraordinaire, think of hiring Bruce.

Namaste! My name is Bruce and my dear friend Lewis has invited me to introduce myself to you.

I am a single father of two children. It has been just the three of us now for about 12 years and I am truly blessed to have such wonderful children. My daughter is in her first year of university studying Media Studies. My son is in his first year of high school. Together we live, laugh and play in Guelph.

Since graduating from the University of Guelph a number of years ago, I have worked both with adults in conflict with the law and with youth at risk. I love people and truly believe in the awesome potential and worth in all people. As the saying goes, those who are hardest to love need to be loved the most. It has been a great privilege to walk with so many people for a time on their life paths. I am very grateful for the ability to be of service to those in need.

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal. ~Albert Pike

Over the past two years, I have been working on my Master of Science degree in Holistic Nutrition. This is an area that I have become increasingly more interested in and finally decided to put the time and energy into formal



Bruce Hare is currently studying to obtain his Masters in Holistic Nutrition. Bruce is also involved with many organizations around his community. Bruce's upbeat and positive energy is instantly felt by anyone who meets him.

study. I love the philosophy of life behind Naturopathic medicine and its holistic approach to wellness and healing. On graduation, which is about 1 year away, I plan to begin a consulting practice as a Holistic Nutritionist.

As for web design, I have been designing websites for about 12 years now. It started as a hobby and something I did to help out friends. My friends, happy with my work, encouraged me to move this art beyond a hobby and for the past 6 years, I have been a professional web designer helping individuals, non-profit groups and corporations develop a professional and affordable web presence. I believe this is my small part

to help them make their dreams come true. I am the web designer for Lewis' websites and we are excited to share that we are in the process of developing two new websites. Stay tuned!

From Lewis;
If you or someone you know are in need of a brilliant web designer contact Bruce.
Bhwebdesigns@rogers.com



Click on [Youbars](#) and place your order. To your health! Type in "MABEE" in the coupon field and receive 5% off your purchase.

Bunni's Den

Bunni Tomlyn is a retired elementary school teacher. One of Bunni's passion is writing poetry. In the segments of Bunni's Den, she will take us on a Spiritual Journey of her surroundings and introduce us to her poetry as well as, the poetry of others.

The Liberation of Bunni Tomlyn

February was an extremely challenging month for me. With the sale of my house closing on the 23rd, I had to focus most of my time and energy on emptying its contents. Determined to make the move from house to condo as inexpensive and efficient as possible, I wanted nothing left for the movers but the furniture. I spent day after day robotically packing and carting away box after box, carload after carload—to unload them one box at a time from car to elevator to my new 11th floor condo. So mindless did I become in the process, there were times when I didn't know if I was going up in the elevator or down without checking the number display—or my arms—to see if they were full or empty. It seemed I was literally running on empty. But despite how daunting the task, I was able to keep my eye on the target. Within a few hours of closing, the house was finally empty. By midnight I was collapsed into bed in a condo filled with stack upon stack of my boxed belongings.

What gave me the strength and determination to persevere, to stay productive and positive? Gratitude! I can't begin to express how thankful I am that my 63-year-old body is still capable of performing such a feat, given that just a few years ago Cervical Dystonia had my head turning involuntarily over my left shoulder. Every day, I feel immense gratitude for a head that is now pretty much back under my control. But of no less magnitude is the thankfulness I feel toward the fog that easily buzzed me, arms full, into the

building, the elevator that forced me to slow my pace and to rest between loads, the smiling faces and friendly greetings of those who rode the elevator with me, and the thoughtful and caring son who carried the heavier loads for me. I admit there were times when I felt I could not pack another box, when I could not lift or carry it. It was at those times I became aware of the voice inside my head saying, "You can do this!" Thank you, thank you, thank you!

Best selling author, Melody Beattie, is well known for books that provide hope during difficult times. Let us all embrace her wisdom!

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie



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Pay It Forward: Project: Ticket Giveaway

Recently, my daughter Estelle, student at Ryerson University in Toronto, Canada, told me her experience, a great Pay-it-Forward story. She was filming people entering the Hockey Stadium for a NHL game that night, as part of her school project, and it also involved interviews and then filming the reactions of the spectators coming out once the game was over.

As she went about doing her filming activities before the game, a young man approached her and said, "here are two tickets, if you care to see the game, as I have an urgent situation and cannot stay." She took the tickets, with a great feeling of excitement (she's a big hockey fan), but given all the equipment she had to carry around, and given the time frame for her project, she quickly realized she could not keep the tickets.

She told me: "I thought of selling the tickets, as they were worth over \$125, but then reflected on the fact that they had been given to me, so I decided to give them away, and keep this a worthy cause."

She then handed them to a man and his young son, looking to buy tickets. They said they could not



This story was submitted by Diane Eller. The act of her daughter just shows that no matter how old you are, you can always pay it forward. Keep those articles coming!

afford to buy them and she replied, no worry, they are free, they come from this other fellow, and it is my pleasure that I offer them to you.

Well, needless to say, the man was so amazed, he asked if he could do anything for her, and took down her name for possible student jobs around her area.

She returned home that night with a smile, knowing she had really done well to give those tickets forward. As she put it: we just never know what will come of this, but admitted she did not do it to get anything out of it. I applaud her bright decision. It's all about paying-it-forward, and I am a proud mom!



Share your own stories of "Paying It Forward". Send an email to info@lewismabee.com with the subject line "Pay It Forward".

I would like this part of the newsletter be all about the readers.

Pay It Forward

Start your own **"Pay It Forward" Campaign**. What can you do to make a difference in someone's life, and/or community? Find the strength within. Take 5 minutes out of your day to develop an idea to *Pay It Forward*. The next day, take 10 minutes to set some goals. Envision yourself accomplishing your **Paying It Forward Campaign**. Look inside yourself to trust the voice within to make a difference. No feat is too small, even at first if it goes unnoticed. Life is a journey, it can take you anywhere, but first you need to get on the road. There will be others you will meet and some will require your help where others may not. These acts which create overwhelming joy and satisfaction are priceless. These exceptional experiences are worth your time and energy. Start by doing something on your own once a month and help it grow into involving your family and friends helping you with your campaign. It starts with a decision. Decide to make a difference. Decide to contribute. Decide to enjoy a selfless experience.

Enjoy **all** the benefits of *Paying It Forward*.

Opening As Love: Refocusing Our Attention in Intimate Relationships

T This is an inspiring time to be alive. We are continuing to move up the scale of human consciousness, individually and collectively. This ascension from fear and anger, up to courage, willingness and love, is our inescapable direction. This is the movement that pervades our spiritual endeavours and is helping us reconnect with our truth, remembering again that at our *core* we are only love. Our relationships can serve us deeply in this remembering and play a central role in this movement. In fact, they are meant to. They are perfect unions to grow spiritually, opening us to the wondrous, blissful oneness that is love. It's easy to miss this special opportunity - we get set off course by emotional human drama and then close ourselves in self defense. Our intimate relationship is a fail-safe way to engage fully in our quest for love - it is a practice ground for opening in love, in every moment. *As our individual stories unfold, we can deepen our intimate relationships to help serve our return to love.*

One of the most basic spiritual discoveries that one can learn is that they will never be filled for very long or very deeply by anything in life. There are tremendous times of joy and happiness at different moments along the way, but they pass. There are many things you work hard to achieve, but they come and then they go, they are just another moment. The same is true in relationships. Our partners can love us deeply, offering us unyielding support and understanding, but this has an impermanent character. One moment they are loving you wholeheartedly, and the next, after a wrong word or inappropriate gesture, they collapse and withdraw. *When you realize that you can never be*

completely filled by your partner you are set free. This realization allows you to stop wasting energy in the hope of being fulfilled once and for all by the love of another person. You are no longer bound to the longing hope that your partner is a mandatory source of nourishment for you. He or she will never truly fulfill you, not for good. This frightening fact is soothed by the truth that you are already one with the love you seek. You can relax into the truth, in your relationship and in your life, that this moment is full and luminous regardless of the love you feel you are getting or not. At any time, in any place, even when you are brutally hurt, even when you are not being treated like you wish you were, you can be love and give love because you *are* love.

Relationships serve us by providing an opportunity to practice loving through and accepting others, even when it's uncomfortable. Resisting has become the knee jerk reaction to anything uneasy. With discomfort or hurt, hearts and minds have the tendency to seize up and check out. The same is true in our relationships. When we feel an emotional reaction like fear or inadequacy, the response many times is to resist and shut down. This is our way of protecting ourselves. We would rather numb and close, than stay open and hurt. So we resist the other, not accepting them in their fullness. Remember, your partner's anger or momentary closure is a test for you. They are testing your capacity to remain open and present with them. They are testing your capacity to offer love more deeply. See this for the spiritual quest that it is, and stay heart centered, loving freely.

Many times the drama that unfolds in our intimate relationship is directly related to one partner feeling

unloved. Shock your partner by staying fully present with them in this moment, sustaining the flow of love that dances back and forth between your chests. In the instances where you feel yourself emotionally hurt, insulted, irritated, or closed off, be reminded of this and meet your partner again, openly. If you remain closed when you are hurt, love doesn't have a chance. *To stay open in love regardless of how you are feeling in the moment is our highest calling.* Next time you feel this reaction to close or resist in response to hurt, embrace the discomfort, and practice love, literally. Let go of all your tension, especially down the front of your body. While breathing fully, relax your belly, your chest, your throat and forehead. Allow yourself to feel the sensation in the moment, yell and scream and kick and cry if you'd like, just return to a full open breath and relaxed body as soon as you are able.

Finally, view your relationship in the light that it deserves, with the reverence that it was birthed out of. Even in times when you want to lop off your partner's head, your relationship is a gift. See it as a divinely inspired contract between two souls. The next time your partner infuriates you, take a moment and breathe this truth. Take a moment and picture the two of you existing as spirit before taking your human forms. One soul says to the other: "I love you so much, I am going to come into your life and hurt you, over and over again, until you learn to access the endless source of love within". The other soul responds: "Thank you. In return, I am going to be for you an inexhaustible demonstration of heart openness".

Continued on next page

Opening As Love: Refocusing Our Attention in Intimate Relationships

The point is that in all the human drama, the hurtful words, the inexplicable actions that unfold in an intimate relationship, our partner is here *to serve us by challenging us*. It is through these tests that we grow. This is why we exist in relationships. It is imperative that you widen your perspective to include this understanding. Whether they know it or not, our partners *want* the best for us, even if they don't want the best for us. They don't *want* to hurt us, even if they want to hurt us. Our partners deserve to be seen with a certain innocence. Our actions stem out of this innocence. The next time you feel hard done by in your relationship, remember the deeper meaning and spiritual purpose underlying your togetherness.

Much of the joy and happiness, and the fear and anger we experience in life can originate from the dynamic of our intimate relationships, moment to moment. Through these times, there is a central question that each one of us needs to ask of ourselves: How is my relationship serving my spiritual directive? If your relationship is not serving you, if it is not supporting the fulfillment of your heart's desire, then why exist in one at all. You are better to be by yourself. You are no longer that little boy or little girl posturing for mommy's or daddy's love. It is completely *within you* to source the



love you desire. You don't need anything external to connect to this - no person, no place, no thing. Relax into your relationship, letting go of the expectation you hold over the other to be a certain way for you. Use your partnership to expand yourself. Embrace the uncomfortable times as wholeheartedly as you embrace the fully blissed times. Love deeply when it is most difficult. Open your eyes and your hearts to the

opportunity that rests in these perfect partnerships. Opening deeply into your partner is, ultimately, to practice opening deeply into love. This is all you are.

Benjamin Snider BSc. ND



Motivational Quote

"We leave our handprints on everything we touch. Long after the print fades, the impression made lasts forever."

Lauren C. - New Jersey

Inspirational Quote

"The great and glorious masterpiece of man is to know how to live to purpose".

~Michel de Montaigne

The Facts about Bottled Water

I magine you've just been given a choice: You have to drink from one of two containers. One container is a cup from your own kitchen, and it contains a product that has passed strict state, federal and local guidelines for cleanliness and quality. Oh, and it's free. The second container comes from a manufacturing plant somewhere, and its contents—while seemingly identical to your first choice—have not been subjected to the same strict national and local standards. It costs approximately four times more than gasoline. These products both look and taste nearly identical.

Which do you choose?

If you chose beverage A, congratulations: You just saved yourself a whole lot of money, and, perhaps, even contaminants, too. But if you picked beverage B, then you'll be spending hundreds of unnecessary dollars on bottled water this year. Sure, bottled water is convenient, trendy, and may well be just as pure as what comes out of your tap. But it's hardly a smart investment for your pocketbook, your body or our planet.

You may actually be drinking tap water

Case in point: Dasani, a Coca-Cola product. Despite its exotic-sounding name, Dasani is simply purified tap water that's had minerals added back in. For example, if your Dasani water was bottled at the Coca-Cola Bottling Company in Philadelphia, you're drinking Philly tap water. But it's not the only brand of water that relies on city pipes to provide its product. About 25 percent of all bottled water is taken from municipal water sources, including Pepsi's Aquafina.

Bottled water isn't always pure

Scan the labels of the leading brands and you see variations on the words "pure" and "natural" and "pristine" over and over again. And when a Cornell University marketing class studied consumer perceptions of bottled water, they found that people thought it was cleaner, with less bacteria. But that may not actually be true. For example, in a 4-year review



that included the testing of 1,000 bottles of water, the Natural Resources Defense Council—one the country's most ardent environmental crusaders—found that "about 22 percent of the brands we tested contained, in at least one sample, chemical contaminants at levels above strict state health limits."

It's not clear where the plastic container ends and the drink begins

Turns out, when certain plastics are heated at a high temperature, chemicals from the plastics may leach into container's contents. So there's been a flurry of speculation recently as to whether the amounts of these chemicals are actually harmful, and whether this is even a concern when it comes to water bottles—which aren't likely to be placed in boiling water or even a microwave. While the jury is still out on realistic health ramifications, it seems that, yes, small amounts of chemicals from PET water bottles such as antimony—a semi-metal that's thought to be toxic in large doses—can accumulate the longer bottled water is stored in a hot environment. Which, of course, is probably a good reason to avoid storing

bottled water in your garage for six months—or better yet, to just reach for tap instead.

Our country's high demand for oil isn't just due to long commutes

Most water bottles are composed of a plastic called polyethylene terephthalate (PET). Now, to make PET, you need crude oil. Specifically, 17 million barrels of oil are used in the production of PET water bottles every year, estimate University of Louisville scientists. No wonder the per ounce cost of bottled water rivals that of gasoline. What's more, 86 percent of 30 billion PET water bottles sold annually are tossed in the trash, instead of being recycled, according to data from the Container Recycling Institute. That's a lot of waste—waste that will outlive you, your children, and your children's children. You see, PET bottles take 400 to 1000 years to degrade. Which begs the question: If our current rate of consumption continues, where will we put all of this discarded plastic?

Men's Health Online

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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: Confused

I don't even know how or where to begin. I've been with a great guy for about 9 months now. He is separated and has the children. I've pretty much been living there the last few months... (read more)



Question

Signed: Renovating

I'm in the process of looking for a good contractor in doing a kitchen renovation and a small addition to our home. Do you foresee any problems or something I should be a ware of?



Intention Prayer

By Lewis Mabee

Dear Mother Earth & Father Spirit; Assist me to follow my true life path. By doing so, I am creating a winning attitude and life. I have clarity in seeing the situations I need to and I willingly give up unwanted thoughts and actions. My focus is precise and I have a positive outlook towards myself and others. I am able and willing to walk in my greatness with confidence and determination to be successful in all of my endeavors. Amen

“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



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.

[As of Mar 16/09](#)

A

There is a name that has been on my mind for a while, that name is "Jebidiah" I woke up one morning with this name in my head a few weeks ago. I looked up the name on the internet and found no significance historically at least. Recently, Peter has also thrown the name of King David with connection or some sort of relationship to Jebidiah. When I ask him the significance he says that Jebidiah was my father (on the internet I found King David lived around 1040 BC). When I asked about the importance of King David to me, other than the historically obvious one, he says that I was a cousin to King David. I indicated to Peter that other than that being part of my spiritual past I do not see how this would benefit me at this time in my development. I wonder if by *throwing* all these names at me whether Peter is trying to get me to investigate the historical facts as well as the Bible. Peter says he is. I will tuck this info away until the time it will have some value to me. This however, means that so far my spiritual age dates to before 1040 BC.

[As of Mar 18/09](#)

I am working around the house today. I worked on a motor home repair and then installed a florescent light in my partner's art room. During one of my breaks I talked to Peter about the way in which I was being developed. I asked him that surely there was a better way to teach me other than what I portrayed as games

which I felt involved torment and overall hardship for myself. I understand that it was my path and I said to Peter that my spirit must be a hard and demanding one. There was no comment. I asked him what he want me to do from here on out and he said "to learn". He also said that my son and I were very much alike and we were too impatient. He said to exercise more patience. I asked him to ease up on the torment and hardships and that surely there were better ways to learn. His response was to keep practicing. He asked me what I wanted or expected. At first I said you know, and then I clarified. I said that I wanted to be a better Medium.



During another break from my household chores Peter wanted me to relax and talk to him. The name Jebidiah still kept coming up, then Peter brought him to me. After confirming that this spirit was with me, Peter then told me to listen to him. Jebidiah, which was his name back then said that the time I was his son, although not a good one. He would not elaborate. I asked him if he held any resentment that I was a poor son, he said no. I asked him what he wanted me to know. He said that I was also a prophet when I was his son. His name was not to be revealed to me at this time, but will be later. I asked them both if I was a prophet around 1040 BC and as well around 9 BC as Elijah. Are they trying demonstrate to me that I could be a prophet once again? They said yes. That is my path and by telling me this, it was the way to get me to figure all of this out. I sense a future with many interesting but difficult challenges ahead of me.

[As of Mar 19/09](#)

I am going to see Lewis in a couple of hours. I am taking parts of my journal to read to him. This is my way of telling him what I have discovered.

It is Friday the last day of my vacation and I have enjoyed it thoroughly. Today, I feel great because a lot has happened to me in the short time between yesterday and today.

[As of Mar 20/09](#)

Starting with my discussion with Lewis, I read him part of my journal. He complimented me on my writing and said he would like to put this in his newsletter. I was surprised at this but said that I wanted to add some more of my past which I had intended to do anyway. I could then send it to him. He confirmed in his own way that what I have written and have learned from the spirits is what he has been told and believes as well. He also told me that I do not give myself enough credit. I think he is complimenting me on what I have accomplished so far and where I am on this journey. I acknowledged him by saying that I know that I am hard on myself. I also acknowledged that I believe that this is partially due to the strong (Elijah) spirit within me. Lewis nodded in agreement. He also said that he felt Peter was a very demanding spirit and I definitely agreed to that. Then again it was my spirit who picked him for this task so again it boils down to the very high standards of my own spirit.

The Circle of Caring Compass ~ CELEBRATION ~

Thanks to each of you that have sent me well wishes for my birthday.

This year, since it is milestone year I decided to throw myself a birthday celebration extravaganza. Some people asked me, why I am throwing my own birthday party? My answer, so I get the ambience exactly the way I want it to be. Enough said!

A lots of preparation and thought went into doing this up right. I rented a ballroom in a facility, I ordered balloons, candles, party favors, food, decorations, cupcakes, a disc jockey and entertainment.

This was going to be a party not only for me, but for all the guests that attended.

Both my mom and dad, sister and her children, Grandma Mabee and the Grandparents Dupuis attended. Some of my aunts and uncles from both sides of the family were also able to attend, along with many special friends.

Originally I wasn't going to do anything, but just let the day slide into the next. With the encouragement of friends (I think they wanted this more than me) I put on a pretty good show, if I can say so myself.

A celebration they wanted, a celebration they got. So for Paulo and the two Dawns there you go!! You got your wish!

Thank you to everyone for sharing in my day. Many friends I haven't seen in awhile and from long away made the trek to be apart of my special day. Special thanks to Ron for all his help.



One year older.... One more year better! Celebrate life everyday! It is so well worth the clink of the proverbial toasting glass.



“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.lewismabee.com

BREAKING NEWS

Service's

Many people have been inquiring about the healing that I do for others. I started to think on how I can incorporate a healing session with a consultation. So here it is.

A 50 minute session that consists of healing (25 mins.) and a consultation (25 mins.).

What a great way to start of the New Year - healing and getting the highlights of what's upcoming for you.



\$100 CDN (save \$10 off regular price)

Please refer to www.lewismabee.com for a price list of service's.

One is Silver The Other is Gold

Last year, I reconnected with an old friend, Rachel, who I met at summer camp when I was 12.

Although we were very close, a family crisis and a move separated us, and we lost touch. She finally tracked me down through my older brother, who passed on her number to me.



We met up for lunch on a brutally cold January weekend. Rachel remembered small things like the name of our family dog, and big things like my birth date. We had each brought a picture of ourselves as teenagers together, and we laughed and winced at our adolescent selves. When we hugged goodbye, 30 years had somehow vanished, and the past and present seemed to collide.



Friendships are important to most women — and scientific research offers some interesting reasons why. Having close friends can actually contribute to our good health. One large, long-term study found that the more friends women had, the less likely they were to be physically impaired as they aged, and the happier they were likely to be. Other research concluded that when women get stressed, our brains release the hormone oxytocin, which both calms us and drives us to draw closer to our friends.



That isn't to say friendships are always idyllic. Mary and I have been best friends since we met our freshman year in college. We've shared scuzzy apartments, sterile dorm rooms, and bare-bones hotel suites. We've laughed a million times and probably screamed at each other



a million more — often about something pretty trivial. (I love to remind her about the time she asked me to turn the pages of my magazine more quietly when she was trying to get to sleep.) But I know, deep down in my bones, she will always have my back, and I will always have hers.



How do you make friends? It can happen gradually over time, or more suddenly. Sometimes it takes shared experiences — you work together, worship at the same place, or find yourselves next to each other in a class. Or, sometimes you meet someone, and you have an instant connection — you laugh at the same things, share an interest in old movies or knitting or tae kwon do. And you just know you'll be friends — it's as simple and as easy as that. But many people find the process of opening up to someone new a bit nerve-wracking. You may need to push yourself a bit out of your

comfort zone to get to know others and let them know you.



Since that January lunch, Rachel and I see each other regularly. I've also been making more of an effort to reach out to other old friends. In the past month, I've been talking with two women from high school online — and I've realized that reconnecting with a friend from the past offers its own distinct rewards.



Who are the friends — new or old, silver or gold — who are important to you?

Amy Solomon

Everyday Health



WHAT'S GOING ON

Art work "Abundance" by Walter Bruneel

"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

New News

So, I've decided to take the show on the road, as a matter of speaking. So much is happening and it's like a train on the Orient Express railway line... **FAST!!!!**

There are a few changes to the Mabee It's Here website. Mainly, a totally new layout and format. Furthermore, watch for other exciting products that feature your very own personally detailed natal chart and Numerology chart. I am working with Bruce to bring you an even sleeker, more efficient lewismabee.com



website. More things to come and develop. Stay tuned! Thanks for being apart of my journey!

Lewis

LIVING WELL

Body, Mind & Soul

SIGN UP NEWSLETTER

Lewis Mabee

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