

May
2010

LIVING WELL

Body, Mind & Spirit

VOLUME 3
ISSUE 5

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CONNECT HEAL & LIVE

ENERGIZE YOURSELF

MAY - ENERGY EDITION

Like all things in life, there has to be a pay off. When you go to work, you get paid for your time. How does that principle apply when Energy is involved?

ENERGY EXCHANGE - LEWIS MABEE

I recently had a conversation with someone about exchanging energy. She was telling me she was feeling guilty about having to raise her prices to her customers because she has been offering the same service's at the same prices for years. She also knew that everything else was going up in price but she wasn't.

She bounced a few new prices around a couple of friends (including me) and the majority of us were all in synch with where she should be setting her prices. She was afraid that some clients wouldn't come back because of her new price list.

We were talking about getting your net worth out of life. She was here to preform a service that people were

coming to her and in return, they pay her for that service she provides.

That exchange of energy solidifies the transaction of job done. In the infinite Universe, there is ying and yang, good and bad, right and wrong, black and white. When these opposites work in tandem, then a balance occurs. Thus enabling the exchange of energy to happen.

Smiling at someone who smiles back is an exchange of energy. Not everything has to be sublime. Energy exchange can be as small as a greeting of "HI".

Your mission, if you choose to accept is to smile and say "HI" to as many people as possible each day. You will find your day gets that much more lighter and brighter.

Bunni's Den

The Liberation of Bunni Tomlyn

Several months ago, while wrestling with whether or not I needed to move yet again, for the sixth time in twice as many years, I sought help from Lewis. He told me that he saw me in a place filled with an abundance of natural light. I remembered those words as I stepped into this condo for the first time and instantly fell in love with its brightness. But I admit I was torn. I had already set my sights on another fully renovated, beautifully decorated, and move-in-ready condo. In contrast to that one, although this one had exactly what I wanted in terms of size, layout, and amenities, it was painted wall-to-wall and room-to-room with a shade of brown that visually screamed in unison with a very stained and depressingly gray carpet. What is more, everything was old and in need of repair or replacement. Thankfully I was able to see past all that to the hidden potential. In the end, my love for the light won out.

The gray carpet has been replaced with a pearl beige one that amazingly stopped the walls' screaming. But I decided the brown was still not for me. So it is gradually being replaced by what to me is the most soothing colour I have ever laid eyes on, Brandon Beige by Benjamin Moore. Things are also being repaired or replaced, and I am joyfully integrating my signature style with the condo's increasingly obvious attributes.

Yes, it is a work in progress and most likely will be for years. But each improvement brings with it a sense of accomplishment, something I could never experience from another's masterpiece. I admit I was hesitant at first to take up the

challenge. But now my creative juices are flowing, I know I have made the right choice. What an opportunity to exercise my mind, body, and soul! What an opportunity to hone my decorating skills, to grow in strength and confidence, and to broaden my horizons! And as I sit here in the brightness writing, or relaxing, or taking in the view,

I feel blessed to have a home with such light.



To purchase your Chart click the link: [Astro](#)

Get a detailed Natal Chart send to your email today. See what the celestial skies say about you!



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Pay It Forward: Project: Heart to Heart

by Lewis Mabee

Here is my very own pay it forward story. This pay it forward doesn't cost any money, but the value of this particular act is priceless. Enjoy!

One day I had a friend, I think it was Ron over for a visit. We normally greet with a hello and a hug. One day I remembered what someone, (I believe it was Margaret B.) told me about how she hugged people.

Margaret told me she always hugs a person heart to heart. The reason that she does this is because the energy exchanged between two people can lift one's spirits instantly. Another reason to hug heart to heart is because of the heart chakras and it's healing affect on the entire body.

I thought to myself, what a simply fantastic, common sense fact. From that point on I began to hug people heart to heart. When I hug a person who I know I haven't hugged heart to heart before I always say to them "Hug heart to heart" the person usually chuckles and does it. But, the next time I see that person, they always remind me to hugh heart to heart.

Normally, because we are living in a right handed society, we tend to embrace gallbladder to gallbladder. So at first if the hugging heart to heart feeling awkward keep



practicing, you'll get the hang of it. After all, practice makes perfect. This kind of act requires lots of practice for perfection.

When you have this level of wonderful energy being exchanged between two people it's hard to contain it. What else to do but to, **Pay It Forward!**

The feeling of the hug is being lost. Fewer and fewer people are doing it. It's time to bring the human need of connection back.

Start your own personal campaign of hugging heart to heart. Hug the people that you see everyday and give them a few second hug. The impact felt will last much longer.



[Click here](#) to send a bouquet today!
Canadian address' only

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*.

Spotlight: Stephanie Dorion

I first met Stephanie through her then fiance, Aaron at a hair salon where he was a stylist and she was the receptionist. Like most people that meet Steph, we became great friends quickly and we remain each others supporter. Here is Steph's personal story of how she went through brain tumor Cancer.

When I was 6 weeks pregnant with my son, Quinton, I ended up in the ER At Grand River Hospital in Kitchener with symptoms of Headache and exhaustion. I underwent testing in the ER, including a spinal tap and MRI, which resulted in being diagnosed with a brain tumor called a Central Neurocytoma. A shunt was placed to release the pressure on my brain and I was taken to London by ambulance.

The treatment for my brain tumor endangered the life of my unborn son. Thankfully we both pulled through with flying colours and today Quintin is in grade one and 6 ½ years old. This process was a scary and worrisome time for me and my family, which was made worse by the SARs epidemic. Aaron, my husband and dear father of her 2 boys, was a great supporter and a source of strength for me and both our families and continues to be my greatest fan and cheerleader.

My brain tumor may be gone but there are some residual effects with what I have to deal with. One of which is some short-term memory problems, in which therapy has helped me cope and deal with.

It has been 7 years since my surgery and long and slow recovery. In this time I am a loving mother, with



2 boys, and I am a strong advocate for cancer support and research. I love to help and raise funds to organize the Spring Sprint each May. Today I works part time, I am an avid sports mom, friend, wife and daughter.

My experiences have helped shape who I am today. My outlook on the world and the way I interact with her family and friends have changed. My source of strength comes from my strong family ties and the wonderful

support of close friends. I believe that without my beloved family of my husband Aaron, and 2 boys Quintin and Lochlan along with my Mom and Dad and my close friends is what helped to pull me through the hardship of cancer. I am here today to spread my love of life and support to those who are where I was with cancer those 7 years ago.

Enjoy your day and live your life to the fullest.

Motivational Quote

" Too many of us are hung up on what we don't have, can't have, or won't ever have. We spend too much energy being down, when we could use that same energy – if not less of it – doing, or at least trying to do, some of the things we really want to do."

Terry McMillan

Inspirational Quote

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

Margaret Mead

Spring Sprint 2010

Walk, run or sprint in support of those affected by a brain tumour.

The Month of May is the National focus for Brain Tumour Research. Chapters of the Brain Cancer Foundation of Canada are having walks across the country during this Month.

For Kitchener-Waterloo region, the walk is Sunday, May 16, 2010. Please support through donations and/or volunteer with your hearts to help the Brain Tumour Foundation of Canada to raise funds to find a cure for this deadly cancer.

Here are the details for the K/W Spring;

Important Details for 2010

Date: Sunday, May 16th, 2010

RAIN OR SHINE!!!!

Location: Waterloo Park

Distance: 2.5KM or 5KM walk or run

Registration Opens: 10:00 AM

Event Begins: 11:00 AM

Make it a Team Effort!

Get together with co-workers, family or friends and put together a Team for the **Spring Sprint**. The more people you have on your team, the more fun you will have and the more money you will raise! One team in each city will win a great prize for being Top Fundraiser! [Click here for some great fundraising ideas!](#)

Every year, the Brain Tumour Foundation of Canada helps thousands of Canadians affected by brain tumours. This includes finding emotional support and comfort while gaining a better understanding and knowledge of their disease.

Brain Tumour Foundation of Canada is a national, not-for-profit organization dedicated to reaching every person in Canada affected by a brain tumour with support, education and information, and to funding brain tumour **research**.

FUNDING:

The foundation is funded solely through contributions from individuals and corporations. Without this help from our communities across Canada the foundation could not continue to help Canadians affected by a brain tumour. Ways this support is used: Providing critical information through our unique Patient Resources Handbook for newly diagnosed patients, Providing educational and support programs for both children and adults to help them through their journey with a brain tumour, AND SO MUCH MORE.

Since 1985, the brain tumour foundation has provided \$2.3 million to fund research projects.



SUPPORT:

There are many kinds of support to people affected by brain tumours. Call the toll-free, Canada-wide information and support line,

1-800-265-5106: for informal, one-to-one support, to request a customized information package, including our Patient Resource Handbook, resource pamphlets and articles on current topics in brain tumour treatment.

There are **23 Support Groups** in cities across Canada. These groups meet monthly and are free to all to attend.

Volunteers are the backbone of the Brain Tumour Foundation of Canada. There are many different ways you can make a difference in your local community.

The Brain Tumour Foundation of Canada is funded solely through contributions from individuals and corporations. They offer a number of print and electronic newsletters full of information and resources.

Interested sponsors please contact Stuart Cottrell at SprintKW@braintumour.ca.

BRAIN TUMOUR FOUNDATION OF CANADA

"Our mission is to reach every Canadian affected by a brain tumour with support, education and information, and to fund brain tumour research."

To donate for Stephanie's walk, please click **DONATE** and give generously or give what you can.

You can also visit to donate:

Precision Hair Gallery

**355 Erb St. West, Waterloo, ON
519-208-7170**

The Benefits of Rebounding

By Benjamin Snider BSc. ND

The secret is out - Rebounding is one of the best full body exercises on the planet. This revelation came in the form of a small study done by NASA over 30 years ago.

The most frequently referenced journal article on rebounding was done by NASA where researchers stated, "...for similar levels of heart rate and oxygen consumption, the magnitude of the biomechanics stimuli is greater with jumping on a trampoline than with running, a finding that might help identify acceleration parameters needed for the design of remedial procedures to avert de-conditioning in persons exposed to weightlessness." This was published in the Journal of Applied Physiology 49(5): 881-887, 1980. In this same article NASA found the rebounding exercise to be up to 68% more efficient than running at equivalent workloads.

When people undertake the arduous task of finding the best way to move their bodies, they often put the type of exercise up against a demanding criteria. They scrutinize the pros and cons and ask: What is this exercise going to do for me? How can I maximize my output for as little input as possible?

For evidence of this, the next time you're awake in the early hours of the morning, tune in to the stream of exercise infomercials promising miraculous bodily transformations. Not only will you be surprisingly entertained by the charm and charisma of your host, you will be reminded again of our society's need for exercise that is quick and easy. The reason these infomercials exist is because people haven't found the exercise that meets their need. For right or wrong, many people require that their exercise is

painless, easy, time efficient, fun, and of benefit to the whole body. With this type of criteria, the task of finding an exercise can seem daunting. Enter the rebounder.

Much of the resistance the rebounder has faced is due, in part, to it's simplicity. People are conflicted by how little needs to be invested in terms of time and energy. The assumption is that if it was more complicated or caused more discomfort, then the claims would be more believable. And herein lies my confusion. It seems to me that people are looking for exercise that is exactly this, simple, but then when they find it, it's disregarded for this very reason. Many times the most revolutionary ideas are the most simple.

How it works?

When discussing the mechanics of how the rebounder works it's important to consider 3 simple forces our bodies are subject to moment to moment; gravity, acceleration, and deceleration. We have these forces at our disposal and the simple but revolutionary idea was to use these natural laws to our advantage - and this is exactly what rebounding is doing.

The key understanding, one that Albert Einstein uncovered, is that our body can't differentiate between these 3 forces - they all act with G force on the body. What the rebounder does is it lines these 3 forces up in one direction. These forces are non-discriminate - they act through and strengthen every cell of the body simultaneously - blood cells, brain cells, organ cells, skin cells, eye cells, fat cells, bone cells. When we rebound the G force increases and stresses each cell over and over again, approximately 100 times every minute.

The greater the G force or pressure applied to the cell, the stronger it becomes because it is constantly adjusting to its environment. This is why rebounding is the perfect cellular exercise.

What it works?

The reason why I am such a proponent of rebounding is because it tonifies many systems, simultaneously. The top 5 reasons I prescribe daily rebounding are as follows:

1. **Increased** metabolic rate: The people trying to lose weight, this is the simple most effective tool you can use. Ever morning I recommend 5-10 minutes on the rebounder to increase your metabolism, increasing the calories you burn at rest through the day.

2. **Lymphatic** circulation: Our lymphatic system is blood's garbage can. Unlike our circulatory system, our lymphatics are one directional and rely on exercise to move lymph from the extremities to the core. Rebounding acts like a lymphatic pump, aiding in the elimination of waste. Rebounding has been found to increase lymph flow by 15 to 30%. This is the reason why it is beneficial during detoxification.

3. **Bone** Density Builder: Rebounding is a perfect exercise for people interested in preventing or treating osteopenia and osteoporosis. The weight bearing force provided by the rebounder is not only greater than running or walking, but it dramatically decreases the impact through our ankles, knees, and hips.

Continued on next page

The Benefits of Rebounding

By Benjamin Snider BSc. ND

Cardiovascular

4. Strengthening: Rebounding increases our breathing capacity, circulates more oxygen to tissues, helps to normalize your blood pressure and lowers cholesterol and triglyceride levels. For these reasons it is the ideal exercise to prevent cardiovascular disease.

5. Immune System Tonification: Because rebounding increases white blood cell activity and the mobility of different immune cells, it is an excellent exercise for the prevention and treatment of colds and flus. 5 minutes 3-4 times each day has been found to stop the onset of colds and sore throats in some studies. For this reason, rebounding is also an excellent supportive therapy in cancer treatment.

Rebounding also:

•Helps combat depression.

- Increases the activity of the red bone marrow in the production of red blood cells.
- Stimulates the metabolism, thereby reducing the likelihood of obesity. tones up the glandular system, especially the thyroid to increase its output.
- Improves coordination throughout the body.
- Promotes increased muscle fiber tone. offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
- Enhances digestion and elimination processes.
- Allows for easier relaxation and sleep. results in a better mental performance, with sharper learning processes.
- Relieves fatigue and menstrual discomfort for women.
- Tends to slow down aging.

Rebounding may be the most underrated, and most poorly understood exercise available to us. There are only a few types of activity that will benefit you like a rebounder. What is

so shocking is that rebounding is relatively unheard of. After some popularity in the 80's, the rebounder has found itself in the crawlspace again, displaced for other, many time less efficient, forms of exercise. I have been using a rebounder regularly for many years. I have experienced firsthand the way my body rejoices after I'm finished bouncing - offering an emphatic thank you for the time I have taken to support it. Suspend your disbelief just for a moment and give rebounding a try.

Your body will thank you.

Editors Note: Rebounding can be done on a trampoline or exercise ball.



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The Fourth Eye

I was talking to a new friend from California, Kaitlyn who also is a supplier for [Mabee It's Here e-store](#). She and I were discussing this new cream that she is adding to her ever growing product line. It's called the *pineal cream*. This cream is to help awaken your "third eye". I brought up

something to her which I have been working on for a while. My discovery is of a "fourth eye" existence. I'll be discussing more on this powerful eye in more detail soon. I have kept it hushed other than two people (the other being Ron). Stay tuned! Your Exclusive Scoop coming very soon!

Tai Chi: Balance in Motion

This ancient alternative gentle workout may offer many health benefits, including improved co-ordination and a more restful sleep.

An alternative medicine practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the Chinese medicine standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

Balance. You maintain good body alignment while moving from foot to foot.

Relaxation. You concentrate on your movement while keeping your mind calm and clear.

Coordination. You learn to move your body through complex motions while maintaining good posture.

This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.



How Tai Chi Could Improve Your Health

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

Falls. Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.

Sleep disorders. A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with better sleep and less daytime sleepiness.

Stroke. A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were

beneficial for people who have survived strokes.

Knee pain. In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful meditative activity for any age group.

By Eric Metcalf, Medically reviewed by Cynthia Haines, MD, Everydayhealth.com

DIVINE SOULS

Balance, Grounding, Healthy Energy, Pain Release, Filtering EMF and Negativity. That's just some of the effects you will find with these DIVINE SOULS!



Re-Launch

Very soon you and the rest of the world will be seeing a brand new design and vibe to the website. There are some new collections being added to the website and others soon to follow. Thank you to everyone helping to make **Mabee It's Here** a success. I'm looking forward to doing business with you in the future. For those who haven't seen what there is to offer, stop by and check it out! Soon to be re opened for your business.

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: Joan

Do you believe dreams can predict future happenings? I have had many dreams that seem to predict what is going to happen and they have come true.



Question

Signed: Deb

My life feels so unsettled right now. Temp job, wanting to move & no man. When will these things change& I start to feel better about things?



Intention Prayer

By Lewis Mabee

Dear Mother Earth & Father Spirit; With all the energy that is in the air, please direct my own personal energy to good use. Allow all others who can greatly benefit from my energy absorb it. I will openly and gladly accept positive, abundant energy into my life. By taking our positive energy and funneling that energy where needed I, along with others will make a joyful difference. Amen

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Lewis Mabee
Mabee It's Here



It has been a year since I started submitting my spiritual journey to Lewis. When I decided to start to document my spiritual journey I realized that I needed to return to my childhood, especially those times that have influenced my present journey. Unfortunately, as we all age and with time, some of our powers of recollection dwindle, so I was only able to remember a few experiences. So I began by sending Lewis a story. With this format I was able to bring my journey forward to the point where I began to journal in detail; that was in January 2009. Since then and until now I have been re-reading my submissions to Lewis (as I wrote them in my journal) and something seemed to have gotten lost. I have become so wrapped up in the detail of my journey that I lost a connection with what I was trying to provide in the newsletter; a story about someone who is spiritually awakening; to help readers trying to envision what is happening with me; and perhaps, some might relate to what I am going through. Everyone is on a different journey. Along the way I have unfortunately removed the entertainment factor by being just too darn serious. I have decided to continue writing a true account of my journey however doing so with a little more personality, and dumping the detail! I will of course continue to journal for my own personal reasons.

In collaboration with Lewis and Bruce I have decided to bring my journey to you in another and hopefully more interesting format. In the last newsletter of March 2010 my journey has been left at March 2009. Well "hello" it is now April 2010. I will, therefore, put forth my best effort to bring my story up to date for the next couple of newsletters. From that point on I will summarize what has happened during the previous month

or two in story form; with personality for each submission. This way I can share my "story" with you in present time and space.

If you would like to provide any questions, comments or feedback perhaps Lewis can facilitate this in the newsletter.

I would like to thank all those readers and Lewis who have read my journal submissions during the last year and I hope you will find my future spiritual story is interesting.

Why You Need To Laugh More

Men's Health Online

Recent studies show that indulging your sense of humor can help you live a longer, healthier life. Laughing not only eases stress, promotes social bonding, and lowers blood pressure, but it may also boost your immune system. Plus, humor becomes more important for people as they age, and it's associated with a more satisfying life, according to a new Swiss study. Want to learn more about the healthy side of humor? Learn five surprising facts about the healthy side of humor—and why April Fool's Day very well may be the healthiest holiday of all.

1. You'll Breathe Easier

"Ninety percent of laughs involve deep exhalations," says Dacher Keltner, Ph.D., a professor of psychology at the University of California at Berkeley and the author of *Born to Be Good*. "When you exhale, your heart rate and blood pressure go down and you enter a calmer state. This effect may very well be the reason you feel a sense of relief from laughing."

2. You'll Bond Better

Partners who tell kind, lighthearted jokes and share laughter to defuse tension tend to have better marriages, says psychologist John Gottman, Ph.D., of the Gottman Institute, a relationship counseling center in Seattle. It could be as easy as establishing a word or phrase that's funny (and random) enough to automatically end any argument—like "pork chop!"

3. You'll Beat Stress

Just the anticipation of laughing decreases the stress hormones dopac, cortisol, and epinephrine by 38, 39, and 70 percent, respectively, according to researchers at Loma Linda University in California. And when researchers at the University of Maryland showed short movie clips to study participants, those who watched funny films experienced a 22 percent increase in blood flow to their hearts. If you're in need of a laugh, a recent *Men's Health* survey found that collegehumor.com, theonion.com, and comedycentral.com had the funniest material on the Web.

4. You'll Stay Healthier

Not only does a chuckle release tension, it also keeps you healthy. People who laugh 10-25 times daily face fewer diseases than those who laugh outside that range, according to a 2009 study in the *International Journal of Medical Sciences*.

5. You'll Do Better Work

Maybe it's a dreaded TPS report like in *Office Space*. Or perhaps your coworkers remind you of the Dunder Mifflin employees on *The Office*. Whatever the scenario, according to a *Men's Health* survey of nearly 600 men, 73 percent said that having a sense of humor made them better at their jobs.

Circle of Caring: Acceptance

By: Lewis Mabee

THe nice weather is coming for Southern Ontario and for most of the Northern Hemisphere - a vision of freshness and awakening apparent everywhere we look.

One major new worthy event is the eruption of Iceland's Eyjafjallajokull volcano and the after affects it is having around the world.

This is far from over, even though they say the volcano is calming down. Mother Nature has been busy in the last few years with water (tsunami's, typhoon's, etc.) fire (California fires, volcanic eruptions), earth (global warming, irregular season change) and wind.

It seems that Mother Nature is purging herself of all the toxins and congestion that has been built up

much like we do when our bodies become ill. This cleansing effect is going to continue, until She becomes well again.

We as a society need to accept our responsibility for damaging our precious yet strong eco system. Yes, we screwed up! Let's move forward now. We can build a better tomorrow starting today.

We need to do more then just recycle. Most people can't even get that done properly. What happened to the days of growing gardens in our backyards? I knew many people growing up who had gradens. Now, I might know a few. Cooking from the earth, getting rid of cans in our cupboard not only does the environment a just service, but our bodies as well. We are not made to put such preservatives in our body. Accept

a healthier way of living. Do what you can today! Make a conscious choice of letting Mother Nature provide us with what we need to become a strong healthy species. Fight for your life, you're worth fighting for. Reduce your carbon footprint, reduce your stress, increase your acceptance.



“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

CHANGE

I'm headed to Greece and England!

During the last part of June and beginning of July I will be traveling on a work vacation.

During my stay in Greece, I will be conducting readings. I will post my schedule for anyone in Greece wishing to have a consultation.

For a full session the cost will be 73 Euros and partial session is 43 Euros.



England still hasn't been 100% confirmed.

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

Deeksha; Permanent Enlightenment

A *divine energy transfer known as Deeksha can be obtained from those specifically gifted and trained to offer it.*



Deeksha (also spelled diksha) is a Sanskrit word, meaning benediction or invocation of divine help; in this case, a divine energy transfer. Described as a golden ball of energy descending into the head, this energy activates a shift in the brain, allowing you to realize your oneness with all creation. This is the true meaning of an Enlightened state of mind that is in constant recognition of the reality of oneness. The cause of the majority of suffering in the world is a sense of separation, from the world itself, each other, and from our source. But, the pure energy transferred through Deeksha helps you realize that the sense of a separate self is an illusion. Once this higher state of consciousness is attained, it is permanent.



To experience the divine energy transfer of Deeksha, you do not need to change your lifestyle or make any vows. It is not limited to followers of any one religion, nor does it come with rules for the practice of a set of rituals. The state of mind attained with Deeksha is not one that can be pursued or attained through personal effort. Only someone specifically trained can activate the various centers in the brain with their energy, initiating the process of change that allows an intelligent flow of cosmic energy to elevate you



into an altered state, restructuring the brain and awakening the seeker to the awareness of wholeness and oneness. Since it is a biological event, it can be experienced by anybody.



Though enlightenment doesn't happen instantly for everyone, lives have changed significantly in terms of overall happiness, a capacity for love, and a sense of peace. Those who have attained enlightenment say it is not a mystical state that takes you out of the world, but it allows you to experience the divine in everyday life. Because of this, each time another person accepts Deeksha and raises their consciousness, all of us move toward the ultimate goal of uplifting the consciousness of

humanity to one of connection and unity.

The Daily Om

I believe that the term Enlightenment has been not only over used but mis-used. In my opinion when I refer to Enlightenment, it is a state or a point where I am at my personal best. Now, considering that we are all different, so too, will our personal bests be different. Therefore, the experience of becoming Enlightened is a significant journey, closely matched to one's journey within life and being in contact with your life source. Staying 'in-tuned' to your life source has beneficial rewards. The easiest way to connect to your life source is to meditate or be still and quiet for a short period of time. Namaste



“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

WHAT'S GOING ON

New News

What do you think of the fresher look?

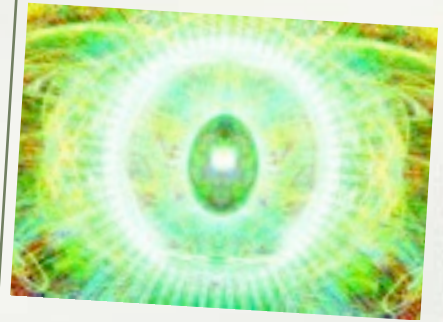
I've done some changes to this monthly, one being changing it from a newsletter to a Chronicle. I think this forum better suits the style over a newsletter.

I've added colour! I'm a huge fan of colour and use it wherever I can.

I'm giving it a modern look!

Love to get your feedback
info@lewismabee.com

Art work "Abundance" by Walter Bruneel



Lewis

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