

NOVEMBER
2009

MONTHLY NEWSLETTER

LIVING WELL

Body, Mind & Soul



CONNECT HEAL & LIVE

ARCHANGEL ISSUE

ARCHANGEL RAPHAEL

As we continue to take a closer look at our Archangel series... Raphael takes the spotlight. Let him guide you with healing.

VOLUME 2
ISSUE 11

The Loop

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ARCHANGELS - HOW THEY HELP

The name Raphael means "God heals." Along with Gabriel and Michael he is one of the three archangels who are mentioned by name in the bible. While Gabriel is the Messenger and Michael the Defender, Raphael is said to be the one who "healed the earth" after it was defiled by the fallen angels.

Raphael is also believed to be the angel who moved the waters of the healing sheep pool in Bethesda. Described by the poet Milton as "affable," he appears to know the value of good humour as a healing quality.

Raphael touches the mind and the thoughts, for he is the bringer of Faith, and his sword represents the notion of

Peace in spite of a troubled world - as in just the same way we may wake after a restless night and see things in a different light, giving us Faith that everything will turn out all right with the birth of a new day.

The sword cuts away the debris from our minds, and it also represents our mental will to overcome. It is not a symbol of attack, but only protection.

Raphael is often seen with the image of Aquarius embroidered on his breast, which indicates insight and truth, everlasting life, and the eternal belief in all humanity.

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[forkloricarts.com](#)

Andreas Moutsioulis

I want to introduce you to a great friend of mine. Andreas is an excellent musician and has an extremely sensitive ear for fusing different genres of music together. The Spanish guitar is his instrument of choice.

Born in Salonika, Greece 1981. Andreas Moutsioulis knew he wanted to play music from a very young age. His passion for the Spanish guitar is re-known in Greece.



Andreas first teacher was A. Amiridis. With Amiridis, Andreas completed his guitar diploma in 2001 receiving the highest mark in his class. Andreas then continued on with his education obtaining a Bachelor and Master degree in music from Ionian University, Greece. He also has a postgraduate title from Mozarteum University in Austria. Andreas is also working towards his PhD in C



There have been many famous & distinguished guitarists that Andreas was either worked with or studied with. Some of these men include; E. Fisk, R. Gallen, J. Morel, M. Tamayo, C. Cotsiolis, D. Russell and his mentor L. Brouwer.



Andreas is no stranger to the Winners Circle. He has accomplished many goals within his musical career. He has won National and International contest prizes. He was invited as a



Andreas choose the guitar because of the quality of sound that it has. It's the only instrument that is played close to your heart, depending on the way that you hold it. The guitar makes you feel that you're within one with the music. The music passes through from his heart and into the heart of the guitar to become life.

soloist in many festivals. His appearances in festivals like *The 4th Congress Association of Southeastern Guitarists & Naxos Guitar Festival* has won him many a supportive fan base. He has preformed as a soloist guitar player as well accompanied by Chamber music and with Orchestras. One of Andreas career highlights came

in October 2006 when he played in *Athens Concert Hall* with the *Athens Camerata-string Orchestra* in front of *HRH Princess Christina* of Spain.



Here is one sample of Andreas musical talent. [Click here](#)



Paracelsus (born Phillip von Hohenheim, December 1493 - September 24 1541) Einsiedeln, Switzerland. He was a Renaissance physician, botanist, alchemist, astrologer and general occultist. He took the title of Paracelsus, meaning "equal to or greater than Celsus" His credits are for giving zinc its name and the first systematic botanist.

Inspirational Quote

"The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind."

Philipus Aureolus Paracelsus

A Personal Enlightenment

This is a personal story of Bunni Tomlyn's. 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 living.

TAKING OWNERSHIP – OUR SOUL'S PATH TO REPAIR

If someone suggests to you to let go of your past, or of your roots, be wary. But, if someone advises you take an objective look at them—to find the lessons and the love—be ready! Be ready also to take ownership. That is our soul's path to repair.

I had been reviewing my life so far—Not so much as a retired lady reminiscing, but as a soul's caretaker looking for need of repair. What came to my attention was a pattern of behaviour of mine. It was so obvious and consistent. It amazes me why I had not recognized it before. How could I have? I had been so busy scrutinizing other people's behaviours, so busy blaming or trying to fix them, that I had been ignoring what needed fixing in myself.

Why now the difference in perspective? Ownership! Instead of pointing fingers and passing the buck, I had finally begun to take ownership. Instead of viewing my life as one riddled with difficult and controlling people, I could finally see it shot full of fear and submission. And, I was the shooter.

So, armed with this admission, I headed for a reading with Lewis. I told him about the weakness I had seen in myself, and I asked him if he could give me some input. That's when my jaw began to drop. I listened in awe as Lewis described in detail two past lives in which I was at the mercy of a tyrant, and again later in the reading as he revealed to me the tyrant's identity in this lifetime. I recall saying little more than, "Wow!" Even though I seemed next to speechless on the outside, the dialogue on the inside became mind-altering. I came away from that reading with such clarity of purpose and such a sense of urgency. It not only reminded me of who I am beyond this body—and beyond this lifetime—it fingered me as savior of my soul. There is no way out of my tendency to submit—save owning it and repairing it myself. No one else can do it for me. Others may be able to show me the way to repair, but I must make the repair myself. I must change the voice within or I will forever fall victim to the tyrant—in this lifetime and in lifetimes to come.

I don't expect to be able to repair the damage overnight, but I am working at it constantly. And I now pay careful attention to my inner voice. If I hear me thinking about needlessly putting someone else's needs or desires before my own, or if I hear me thinking fearful thoughts of loss or rejection when I refuse to meet someone's unrealistic demands, I soon put a stop to it. That is not to say I no longer wish to consider anyone's needs but my own. (I do not want to end up the tyrant.) But I do want to remain the peacemaker. So I will always be open to hearing all sides of a situation—so long as they are presented in a loving and respectful manner—so long as the goal is achieving integration and not control. I also constantly pray for the Holy Spirit's guidance in speaking my truth with love. It took me sixty-two years, but I finally realize what a heavenly support system we have, just for the asking. All it takes is a quiet mind and an open heart to clear the proper channels.



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.

The next day I contacted Nancy by email and described what had happened to me. I thought she could provide some incite. She emailed back quickly saying something to the effect that "man you were lucky, you came up against the devil and you almost died *(I will say at this point for those reading this journal that it was not the devil, but I knew no different, at this point in my development.)* She stated that my brother had come and saved me. She then went on to say that I had to stop going out of body immediately. After digesting what she had told me I then became panicked and fearful.

I made another appointment with Nancy and because I was now in a state of panic it could not soon enough. I talked to a friend at work, one who has the same interests as me, and she directed to 2 Wicca Witches who ran a spiritual store in a small community close to where I lived. In my panic I told them the story and their response seemed to be, "well this seems to be your fault because you forced the issue of going out of body and unprotected". I felt stupid for not knowing. I really could not force the out of body because at that point I didn't know how to. I ended up buying more stuff like copper bracelets and stones etc. These two also told me that these items would prevent me from going out of body again. I swore to them that I would never go out of body again but they said I would. I really didn't like them much and I never went back.

For a few weeks the "out of bodies" stopped because I felt more comfortable and thought I was now protected.

Then one night in bed I was sleeping on my right side and I got a hard poke on the shoulder. I opened my eyes and in front of me, floating horizontally and parallel with my body was a fully formed spirit. Since I had gone through so much already and also that I was drowsy, I took my hand and

waved it away, it sort of shimmered. I then turned over and went back to sleep. The next day I phoned Nancy for another appointment and told her that I had a spirit hanging around me last night. Her response was "of course you do". When I got to the appointment she said yes he was hanging around and his name is Peter, he is about 73 years in age, white hair off to the side and a good looking man. I know now that she had known Peter was hanging around me besides my 2 Life Guides and did not tell me. She said that he was a good spirit and was there for me. I then started having strong feelings that something was not right. I however bought another stone from her for stopping out of body occurrences once again.

When I felt myself leaving my body I would say out loud "no, back in body" however after weeks of quiet sleep I finally left my body again. I was standing upright in the bedroom with my spiritual eyes open, a shadow was standing upright in front of me. I was angry because of what had happened recently so I approached it and grabbed what I thought was its neck. I started going around in circles trying to throw the spirit out of my room. During this action of circling I realized that I was going through the bedroom wall and then it dawned on me that I was out again and willed myself back inside my body.

On another night I left my body and was standing upright over it. In front of me there was a spirit still in dark form. I made an angry look with my face to indicate that I was not pleased. The spirit flew way up and I watched it came back down in front of me. It was still dark but then started forming into a man, one of about 73 years old, white hair off to the side and handsome. I recognized him from the description told to me so I asked him if he was Peter. When he said yes I knew that he would protect me and I excitedly asked him if I could hug him. He said yes and we did. He then

started talking to me and because I was so overwhelmed all I really heard him say was "I am a Storm Trooper". I then went back into my body.

I finally realized that "all the stuff" I was buying wasn't helping me control anything. Over the next few months I went to her several more times and she would sell me more stones saying these were the latest ones she knew about and they would help.

The journeys (out of bodies) stopped for a few weeks as I did not want to come across the negative apparition that attacked me before. I was really trying to fight the urge of my spirit wanting to go out of my body. I seemed to now have the ability to be attuned to the feel when my energy started flowing and then the ability to stop it. Over time following several nights of fighting these situations, my own spirit finally got out, but not far. I remember having my spiritual hands and arms behind me holding onto the back of the mattress not wanting to let go. I fought the urge of flight literally kicking and screaming for Steve, my brother and Peter my guide to help me. I managed to get my spirit back into my body with some effort. I then turned over to my left side. Since I was scared of the spirit world now I had been turning a night light on at night. I opened my eyes and in front of me was an apparition that was so thick it blocked the light emanating from the night light. It was a woman in a huge flowing gown. It was like a huge thick gown made of silk and all in strips layered and flowing like it was under the water. Upon witnessing this, my eyes got huge and I quickly closed them. I also quickly re-opened them however the apparition had now disappeared.

To be continued.....

WE ARE FAMILY

When it comes to our families, we sometimes see only our differences. We see the way our parents cling to ideas we don't believe, or act in ways we try not to act. We see how practical one of our siblings is and wonder how we can be from the same gene pool. Similarly, within the human family we see how different we are from each other, in ways ranging from gender and race to geographical location and religious beliefs. It is almost as if we think we are a different species sometimes. But the truth is, in our personal families as well as the human family, we really are the same. Applying pressure to the acupuncture point between the thumb and forefinger can release blockages causing pain, tension, and fatigue. You can relieve a headache naturally by squeezing for 20 seconds and releasing for 10 seconds, without letting go, four times.

A single mother of four living in Africa looks up at the same stars and moon that shine down on an elderly Frenchman in Paris. A Tibetan monk living in India, a newborn infant in China, and a young couple saying their marriage vows in Indiana all breathe the same air, by the same process. We have all been hurt and we have all cried. Each one of us knows how it feels to love someone dearly. No matter what our political views are, we all love to laugh. Regardless of how much or how little money we have, our hearts pump blood through our bodies in the same way. With all this in common, it is



Take the time to enjoy all the nuances that life is offering you. Be vitalized! Be Energized! Most importantly be happy.

clear we are each individual members of the same family. We are human.

Acknowledging how close we all are, instead of clinging to what separates us, enables us to feel less alone in the world. Every person we meet, see, hear, or read about, is a member of our family. We are truly not alone. We also begin to see that we are perfectly capable of understanding and relating to people

who, on the surface, may seem very different from us. This awareness prevents us from disconnecting from people on the other side of the tracks, and the other side of the world. We begin to understand that we must treat all people for what they are—family.

www.dailyom.com



I know, I know! It's too early to start thinking about *that* time of year.

Book your group functions with Lewis early. Space has already begun to fill up. Let Lewis help entertain your office holiday party or home party.

Book Your Group Party with Lewis

Part of Lewis' service's away from his office consultations is the "Group party". There are two ways that Lewis offers these fantastic favorites. The most common that Lewis has been doing for several years is the home visit. Within a certain geographical area of where he lives, Lewis will travel to your home to conduct private one-on-one sessions for you and your guests. This is a popular way to have a get together with your friends, family and coworkers.

Another group function that Lewis has recently added to his service list is the "Group Non-private Reading". In a group session with a minimum of 20 people, Lewis will answer questions that attendee's want answered. Over the two hour session, not everyone is guaranteed to have their personal questions answered, but Lewis will do his best to answer as many questions as possible.

Check out Lewis' website for further details. Click [Information](#)

Getting Back To Wellness

The signals our bodies use to tell us we need to cleanse ourselves physically, mentally, and emotionally are multifaceted and often mirror symptoms we associate with illness. If we heed these signs, we not only feel better quickly but also stave off poor health before it can start. These quick fixes for common ailments can get you started.



1. **Applying pressure** to the acupressure point between the thumb and forefinger can release blockages causing pain, tension, and fatigue. You can relieve a headache naturally by squeezing for 20 seconds and releasing for 10 seconds, without letting go, four times.



2. **To breathe freely**, irrigate your nasal passages with a neti pot and warm salt water. As you clear and soothe the sinuses, congestion associated with allergies or infection will gradually disappear.



3. **Apple cider vinegar** is a powerful purifying and detoxifying agent. Soaking for 20 minutes in a warm bath infused with two cups of apple cider vinegar pulls toxins from the body and can clear blocked energy.



4. **The foods you eat** can have a profound impact on your outlook and mood. Eating a small yet satisfying meal rich in complex carbohydrates can lift your spirit and help you let go of feelings of anger, irritability, and depression.



5. **Anxiety and fear dissipate** quickly when countered with conscious breathing because

concentrating on the breath enables you to refocus your attention inward. You can ground yourself and regain your usual calm by taking a series of deep belly breaths as you visualize your feet growing roots that stretch miles down into the earth.



6. **Though tuning out** can seem counterproductive, a few minutes spent lost in daydreams or listening to soothing music can help you see your circumstances from a new angle when you feel frustrated.



7. **If you feel ill health** coming on, brew a wellness elixir. Simmer three sliced lemons, one teaspoon freshly grated ginger, one clove freshly minced garlic, and one quarter teaspoon cayenne pepper in five cups water until the lemons are soft and pale. Strain a portion into a mug and add honey by tablespoons until you can tolerate the taste. Drinking this potent mixture of antibacterial, antiviral, and antifungal ingredients three times each day can ensure your symptoms never progress into a full-blown illness.



It is important for all of us to take care of our health the best we can. With a busy season ahead for everyone our stress levels can increase and our energy can plummet. By taking care of ourselves and using preventive measures such as these simple seven steps, we can all benefit from the effects of wellness.

More and more these days we are finding super strains of virus' that are attacking our bodies. Here is food for thought. Why are these strains only coming to the surface now? Our ancestors didn't have to deal with most of these illnesses.



Our ancestors ate from the earth. Good pure food with no preservatives, pesticides or chemicals. They knew how to work but they also had a better core believe system within the family that kept them in much more of a balanced state than today's extremely over stressed lives.



In my case; I notice a tremendous difference when I don't use my microwave to reheat things up. I also try to limit canned food as much as possible and I go to the farmers market to buy from vendors that I know take care of their livestock and produce. By making subtle tweaks to our busy lifestyles such as cooking and preparing foods from scratch, we can preserve our own health and let our natural defense system of our body take care of the viruses, infections, etc. The way it was programmed to do.

Wellness is a state of mind. We need to provoke the 'image' of wellness within ourselves in order to become well. Take a few minutes each morning while you're in the shower to visualize yourself living in your optimal healthiness. Breathe in deeply through the nose and exhale from the mouth. Each breath that you take fill your mind with the state of consciousness of being in health. Visualize a happy activity that you enjoy doing such as running, painting, scrap booking, yoga, whatever it is you enjoy or want to enjoy to bring your wellness into balance. Then do it!

In no ways do I want anyone to ignore the doctors or treatments that you may be currently subscribing to. Use these simply seven steps and incorporate them into your daily living.

Lewis Mabee

Daily Om www.dailyom.com

Dear Lewis

Body Scrub

This invigorating scrub exfoliates and softens; leaving you with fresh, smooth skin. Vigorous scrubbing action helps stimulate circulation and enhances the appearance of your skin.



Click [Vision](#) to order yours today



Purifying Ear Cleanser

This formulation of the Purifying Ear Cleanser will gently remove dirt and excess ear wax without irritating and can be used to prevent ear infections. Great, natural care for your pooch.

\$17 CDN



Healing

Raphael will heal you when you're hurting. A sense of regeneration and unity will give you a sense of wholeness. Allow yourself to repair all of your broken wounds and start to mend.

29ml bottle

\$19 CDN

Sandalwood Incense

Helps make dreams more vivid. In India it's said to promote the awakening kundalini



\$6 CDN

For more exciting incense scents visit the online store ~ [Mabee It's Here!](#)

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: Jacque

I have been having the wackiest dreams and can't sleep at night. Weird dreams, sometimes it feels like there is presence in my room with me, I can feel it. Two nights ago I told my sister about this and 1 night ago my sister's father in law past away. Today I was major loopy (and no, wasn't drunk or on something lol) feels like my mind was split up in diamond dimensions. Any light on this please?



Question

Signed: Nance

My boyfriend has been offered a position at his old place of work with a substantial pay raise. Many of the reasons why he left (in the first place) are no longer a problem. Is this a good move in the long term for him or should he stay where he is?

Hope you have a great weekend and thanx!



Intention Prayer

By Lewis Mabee

Dear Mother Earth & Father Spirit;
Archangel Raphael; Allow myself to heal from the inside out. Protect and guide me through decisions that I need to make. Through your energy, allow my body to be a vessel of healing. I give and receive healing freely. I walk only in *The Light* with you. Give me the courage and faith to face all of life's challenges. I believe in myself to overcome any obstacles that I may be presented with. 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



The Circle of Caring Compass - Moving Forward

Can time heal? Do I even need to be healed? Recently I had a situation that I needed to deal with and deal with it now!

I couldn't believe that I was hanging onto something that I knew in my heart wasn't worth hanging onto. I fell into a familiar bad old habit.

Even though I had seen the writing on the wall; I thought perhaps if I waited out the situation then it would fix itself and life would continue the way I wanted it to (even though I knew it was to end). HA! I needed to put the nurse uniform away and let someone learn their own lesson

without my intervention or by holding their hand to walk him through it.

Every person in your life comes towards you for one of two reasons (perhaps even both). Either to teach you something or to be taught something. With every lesson, you must learn it then move forward. Just like completing a grade in school and continuing on to the next level. Sometimes you get the same teacher but most often, you get a new one.

I've learned to say farewell to some teachers because they have simply completed the lesson. In this case I needed to learn and I am a better person to myself for honouring myself.



“Stay true to your own intentions and don't let someone cloud your better judgement. Live your life and stay true to yourself.”



“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

- Private Reading - In office, Phone or Skype
- 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.lewismabee.com for a price list of service's.

Archangel Raphael

The Healer

Archangel Raphael is heaven's physician. His name means "Whom God Heals," and he is readily willing to take your worries, fears, and concerns about your physical body and transmute them into love, health, and positive energy.

You can ask Raphael to surround your body in general or a specific area with his loving, emerald green energy to promote wellness and heal imbalances. Archangel Raphael also works with healing professionals to assist them in their careers and life purposes.



Raphael also seeks to help us get in touch with the shadow side of ourselves so that we may bring it into the light. The shadow is nothing for us to fear, especially when we have this mighty Angel by our side! Raphael knows that the shadow exists because we all fear that is what we really are and not the goodness and light that he knows is our true nature. We reinforce our shadow side when we ignore it, pretend it doesn't exist and allow it to fester and grow. The shadow though is really nothing more than parts of ourselves that feel unlovable and what a painful way that is to feel! No matter how hard or how long we try to ignore it, the shadow is always present until we muster the courage to send it love and compassion which brings it into the light. Nothing cannot be healed through the light of Spirit! Raphael seeks to encourage each one of us to spend some time simply getting to know our own shadows. Talking to it, asking why it feels the way it does, asking where it sprang from. Then we can go back and work to heal these bits of ourselves because we understand that it arose from a deep hurt or wound. We can strive to forgive anyone who has hurt us and thus contributed to the creation of our shadow. We can also then begin to strive to ask forgiveness of others, those we ourselves have wounded. Each of us has done something to another that



caused them pain, sometimes even tremendous pain! When we look at the need to forgive from that perspective it can make it much easier to forgive others for we would want others to forgive us as well! It is through forgiveness that all true healing occurs. Raphael seeks to teach us that forgiveness does not mean that the action or deed that was done to us or others was right, but that forgiveness really means we refuse to carry such a heavy load of anger, resentment and pain any longer. Raphael asks "Is it really worth it to you to carry this when you know that all it is doing is impeding your own progress of joy through life?" He also stands at the ready if you need help with the forgiveness process, especially when we find that sometimes the hardest person to forgive is ourselves.

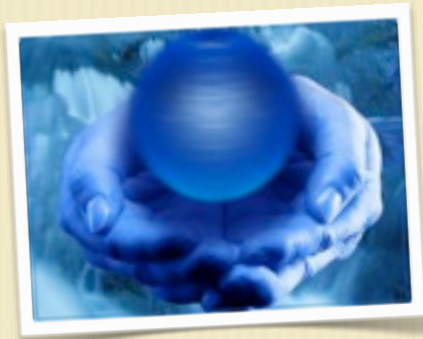


Archangel Raphael is the Patron of Healers . nurses . Health Care Workers . Counselors . Therapists . Happy Meetings Lovers . Singles . Travelers . Young People Leaving Home for the First Time.



There are many ways to work with this Angel. The most important is always to ask for what ever healing is needed. If you fear you cannot possibly heal what is happening in your life, ask Raphael to help you have the courage and faith to face it all head on and to help you find the great reserves of strength and power you carry within. Ask to be shown what healing tools would most benefit you at this time. Remember that the true power is within you, always and in all ways.

Credits: www.morningstar.net/firms.com ,
newage.suite101.com , folkloricarts.com



“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

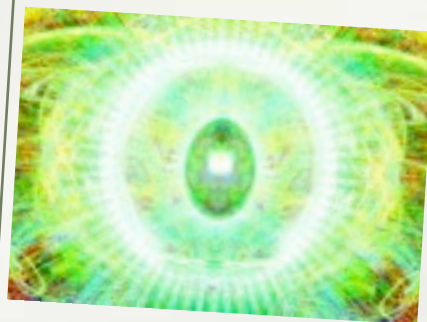
WHAT'S GOING ON

New News

I am constantly thinking of ways for you to be able to connect with me. Sometimes people don't need a full reading, but only a couple of questions answered.

I am offering a “**3 Question Reading**”. Fill out the form on the readings page at www.lewismabee.com and submit your 3 questions. I will answer these questions through email. No visit required!

This service is be offered to you for \$40 CDN.



Art work “Abundance” by Walter Bruneel

LIVING WELL

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