

OCTOBER  
2009

# LIVING WELL

*Body, Mind & Soul*VOLUME 2  
ISSUE 10

## The Loop

### Spirit

#### Lewis' Home Page

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

### Reading

#### Online Booking

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

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## ARCHANGEL ISSUE

SPREADING YOUR WINGS

CONNECT HEAL &amp; LIVE

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

### ARCHANGELS - HOW THEY HELP

**T**he first traces of Archangel Gabriel's name in a human calendar date back to the early Coptic calendar, which established his feast day on the 18th of December. Progressively, this date moved to the 26th of March, according to the first Christian bull signed by Pope Benedict XV. Since then, it hasn't moved very much. Today, for instance, it's the 25th of March, celebrating his visitation of Mary.

Archangel Gabriel is the Archangel of Communication, Teaching, and Genius. Gabriel's shields of protection help to fight against the negativity of others.

An Archangel is a supernatural being of Zoroastrian Persian, Judaic, Christian, and Islamic theology, counted among the angels.

Gabriel appears first in the prophecies of Daniel in the Old Testament. The angel announced to Daniel the prophecy of the seventy weeks.

His feast day is September 29th. Jibreel (sometimes written Jabril) is Arabic for Gabriel, who is also considered an archangel in much Jewish and Christian angelology.

Credit  
[www.quicksilvermint.com](http://www.quicksilvermint.com)



# 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.*

**L**et's be honest. We all love to cling to grievance like a dog to a pant leg. We figure that if we hold on just a little tighter or a little longer, if we pull just a little more this way or a little more that way, we will finally gain an edge. We are oblivious to the inevitable tatters and tears we make in our lives and in our relationships, to say nothing of the tatters and tears we make in others'. It is our most commonly shared pastime.



**At times we make** no bones about it cracking jokes at another's expense or rallying around a cause that discounts the rights of a minority. We all know what it's like to be discounted for not looking, dressing, speaking, or acting according to someone else's standards. Other times we're discreet whispering behind backs or silently looking down noses. But no matter what our method of choice, the results will be the same something will get chewed up, something much bigger than a pant leg. It's called humanity.



**When are we going to learn** that it's okay to be different? When are we going to remember that beneath the skin and the bones and the manner we

*Please let love speak  
Then carry her words  
To the ears of humanity*

*Pray they will root there  
In the minds of men  
And find a way to their hearts*

*Bid them bathe in her light  
And drink from her peaceful  
pools  
That they may grow strong  
And reach heavenly heights*

*Have faith they'll branch out  
To entwine one with the other  
Until life is abundant  
In the fruits of love's labour*

*May we let go and let love*



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

are the same, created in the same image: the image of Love.



**I recently read an article** by Jennifer Hoffman entitled, "Are Your Needs Being Served?" I took away from it two very important questions to ask before committing to any

undertaking to "keep our energy where we need it, for our own growth." One is, "Why am I doing this?" The other is, "Does this serve my needs?" I'd like to add a third: Does this serve humanity?



John P. Kotter (born 1947) is a professor at the Harvard Business School and author, who is regarded as an authority on leadership and change. In particular, he discusses how the best organizations actually "do" change. Professor Kotter is the author of 15 books. Business Week magazine rated Kotter the #1 "leadership guru" in America based on a survey.

## Inspirational Quote

*"Good communication does not mean that you have to speak in perfectly formed sentences and paragraphs. It isn't about slickness. Simple and clear go a long way."*

*John Kotter*

# 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.*

**W**e were really enjoying our home and freedom in the beautiful country. At this time we also had a large house trailer settled in a park where I had been since the year 2000. During the spring summer and fall we spent many weekends there.



**At this time in my life** I had been going out of body regularly and to the point where I could not stop or control the occurrences. At the park a new couple brought in a trailer for the weekend and I heard that she was a Medium. Another of our neighbours told me that he went to see her and he felt that she was really good. I had never before had any experience with them nor had any particular opinions on the topic for some reason. I just never thought about it. However I decided to see her to find out if I could control my out of body experiences. I met her, she said her name was, let's say Nancy, and she asked me to return in about one hour. After approximately an hour I went up to her and said, "I am sorry I do not remember your name but I think it was Sophie". She then paused, turned kind of white and had a very strange look on her face. She then smiled, said that was her childhood name, she was now called Nancy. I did not make anything of this incident until much later. She said many correct things about me, advised that I had a very old soul and couldn't believe how protected I was. One thing she said was that I had Medium experience. She spoke fast and I did not catch this comment until I listened to the tape afterwards. I really didn't think anything more regarding that comment. She seen no disease or major illness in my lifetime and told me I would live to be an old man of about 93 or 94 years old.

She went on for about 45 minutes. However I never heard her mention anything about the real reason I wanted to see her in the first place. At the end of the session I told her that I had out of body experiences. She said of course, and that I see shadows all the time. That is true, although I have not mentioned them yet. I sometimes use to see lots of shadows in my bedroom. After several occurrences of these I would tell them to all leave and I would see them all move out of the room and disappear. I know now that they were trying to get my attention, which of course they did. I told Nancy that I needed a way to stop the out of body experiences because they were out of control. Nancy strongly told me that I was going out too much and I had to stop. She then gave me a crystal and some stones to stop them. What did I know?



**A situation that startled** me was; one night as my spirit was leaving my body a hand would take mine and try to take me up. It felt like a very gentle hand however it still scared me and I would quickly go back into my body. This hand came to me a couple more times. I did not know at the time but this was a precursor as to what was to follow.



**There is one occurrence** that was momentous for me, which I shall now describe. One night I found myself walking across my bedroom floor heading to the washroom. I made it as far as the doorway and for some reason decided to lie down on the floor because I was tired. Although it felt like a normal walk to the bathroom I eventually realized that I was out of body again. Once settled on the floor a hand took me from behind

and lifted me up. Without looking I reached around behind me and I put my hand on his. It felt like a regular male hand, I felt up the arm, which had the usual hair on it, I got to the shoulder and all of a sudden and very quickly, something extraordinary happened.



**I was all of a sudden** in an upright position and looking at some type of spirit which looked like a dark blob with spikes coming out of its body. It came closer to me and attacked. I actually felt it biting my hands and arms. I was not scared at that point but very surprised. I kept telling it to go away as it continued to attack me. This went on for a few seconds. Then all of a sudden I was back on my bed lying horizontally over my physical body. Then another dark spirit came in front of me and started forming. It formed and formed and finally took the shape of my deceased brother, who had passed away 5 years ago. I said, "Steve is that you"? He did not say anything but broke down, what looked like he was crying. I was so surprised to see him that I went back into my body and opened my physical eyes. I seen the shadow in front of me moving and I knew it was still my brother. While he moved away I said "bye Steve" and he waved me good-bye and then his spirit left. This was definitely a night of profound surprises for me and many mixed feelings. I had met with an angry spirit and then one that loved me. I was not scared at this point, instead I was reassured because I had finally made contact with my brother, with whom I had grown up with and left us at the age of 47.



**To be continued....**

# BE ALIVE

**W**hen we are fully present, we offer our whole selves to whatever it is that we are doing. Our attention, our integrity, and our energy are all focused in the moment and on the task at hand. This is a powerful experience, and when we are in this state, we feel completely alive and invigorated. This kind of aliveness comes easily when we are absorbed in work or play that we love, but it is available to us in every moment, and we can learn to summon it regardless of what we are doing. Even tasks or jobs we don't enjoy can become infused with the light of being present. The more present we are, the more meaningful our entire lives become.



**Next time you find** yourself fully engaged in the moment, whether you are making art, trying to solve an interesting puzzle, or talking to your best friend, you may want to take a moment to notice how you feel. You may observe that you are not thinking about what you need to do next, your body feels like it's pleasantly humming, or your brain feels tingly. As you enjoy the feeling of being located entirely in the present moment, you can inform yourself that you may try to recall this feeling later. You might try this while driving home or getting ready for bed, allowing yourself to be just as engaged



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

in that experience as you were in the earlier one.



**The more we draw** ourselves into the present moment, the more we honor the gift of our lives, and the more we honor the people around us. When we are fully present, we give and receive aliveness in equal measure. For today, try to be fully present in your daily

activities and watch a new reality open for you.

Credits: Daily Om [www.dailyom.com](http://www.dailyom.com)

Lewis Mabec



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](#)

## Dear Lewis



### Nutrimoor

This specially formulated blend of 22 botanicals promotes holism (health and well-being for the entire body), and helps

achieve a healthy balance.

This liquid nutritional supplement made from a unique blend of 22 botanicals including siberian ginseng, aloe vera, juniper and green tea will help to optimize health and vitality and boost energy.

Click [Vision](#) to order yours today



### Butterfly Pendant

The butterfly animal symbolism speaks of: resurrection, transition, celebration, lightness, time and soul.

Three layers of coloured glass with a strip of dichroic green glass melted together makes this a one of a kind.

**\$60 CDN**



### Loving Patience

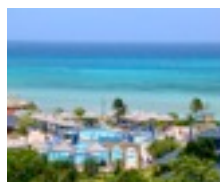
The qualities that this essence include finding your patience and being open to love. A sense of being a humble student with a generous sense of love thrown in. You want a sense of peace, you found it.

29ml bottle

**\$19 CDN**

### Jamaican Spice Incense

Jet set off to the Carribean with this floral and thick scent. This scent is exciting.



**\$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: Lisa**

My boyfriend's mother is ill. Is she going to be ok?  
Thank you



### Question

**Signed: Mo**

I'm looking for a big change in life. I currently live in Jordan and need to have something wonderful happen for me. Can you tell me what will be happening for me.  
Thank you



### Intention Prayer

**By Lewis Mabee**

**Dear Mother Earth & Father Spirit;**  
Archangel Gabriel, send me clear and concise messages that need to be brought to light during my journey on my life path. Guide me to communicate properly my needs and desires. Bring me the news of truth so that I may better prepare myself to be in my greatness. Help strengthen me to bring forward the tools that I need to complete a successful journey.  
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 ~ Patience

**M**y own personal journey isn't always as rosy as I would like it to be. I have always struggled with having patience when it comes to myself. When dealing with other people though, I have all the patience in the world.



**Over the past month** and a bit, I have really been struggling with seeing this thing called patience all the way through. I am really learning how to see things differently and not try to jump through hoops just to make something happen *yesterday*.



**Like most things in life** the old saying of "good things come to those who wait" rings true (even if I want to

ring the persons neck who invented that catch phrase). At the same time, I have really looked inward on what my insecurities are and how it is me that needs to come to conclusions that work for me without compromising my own integrity.



**Even if the answer** that I am looking for does not come to the front of the line right away, I have to decide if the situation is important enough to see it through to it's completion. Only then can I make a sound decision. But, it has to be my decision and it has to resonate from my core.



**In the end** I am responsible for me. I need to make sure that I am happy.



**"Follow your heart, but be quiet for a while first. Ask questions, then feel the answer. Learn to trust your heart."**



**"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](http://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](http://www.lewismabee.com) for a price list of service's.

# Archangel Gabriel

## The Messenger

**A**rchangel Gabriel is the exalted Messenger of God, whose name means “The Strength of God” and whose deeds are recorded in the Jewish scriptures. An important angel in the Jewish faith, Gabriel has touched the lives of those of different religions as well.



**According to Muslims**, Gabriel dictated the Koran to Mohammed over a period of 23 years and also accompanied the Prophet on his Night Journey.

Some people believe that Gabriel is a female spirit; others hold that angels have no gender.



**Because of Gabriel's** role as a communicator and mediator between Heaven and Earth, Catholics hold the Archangel to be a Patron Saint of broadcasters, telecommunications workers, diplomats, messengers, postal workers, internet and stamp collectors.



**Gabriel helped the prophet Daniel** to interpret his dreams, those seeking similar aid with their own dream work may petition the Archangel for help. Additionally, because Gabriel announced the births of both John the Baptist and Jesus Christ, women hoping for heavenly assistance in trying to conceive children have reported benefits from keeping an Angel Gabriel novena candle burning in the home.



**Within all the legends of birthing**, Gabriel has been accredited as the angel who selects souls from heaven to



Gabriel making the Annunciation to the Virgin Mary  
Greco, 1575

be birthed into the material world and spends the nine months as the child is being developed informing the new person of what he or she will need to know on Earth, only to silence the child before birth by pressing his finger onto the child's lips, thus producing the cleft below the child's nose.



**When a Divine Spirit** grants your wish, it is customary to give an offering of some kind in return. Since Archangel Gabriel, the Messenger of God, is generally depicted with white lilies or a trumpet horn, it is

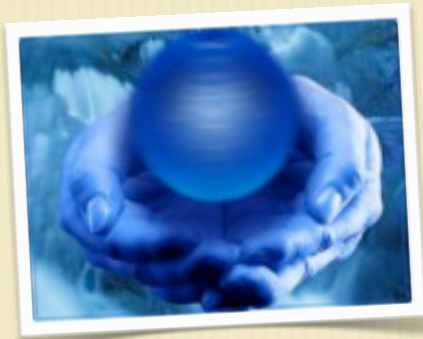
considered appropriate to make an offering of white flowers or to play music before the altar as a thank-offering.



**In Joan of Arc's court** testimony, she credits Gabriel with the inspiration to challenge the King of France.

Credits: Wikipedia, [www.luckymojo.com/archangelgabriel.html](http://www.luckymojo.com/archangelgabriel.html),

[www.sarahsarchangels.com/gabriel.html](http://www.sarahsarchangels.com/gabriel.html)



“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

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## WHAT'S GOING ON

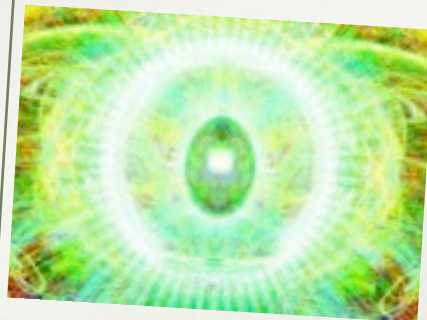
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### New News

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](http://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

*Body, Mind & Soul*

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### SIGN UP [NEWSLETTER](#)

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