

July / August  
2010

# LIVING WELL

*Body, Mind & Spirit*



INSPIRATION & MOTIVATION

JULY/AUGUST - INSPIRATION

CONNECT HEAL & LIVE

VOLUME 3  
ISSUE 7/8

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What inspires you to move forward in life? Was it a something from an early age? Have you made a difference in someone else and inspired them?

### INSPIRATION - LEWIS MABEE

I Am a self motivated person. I always have been, I've always had to be. I was thinking awhile ago, what or who inspires me. What do I hold onto to get me through those moments of challenge.

One person who I probably only met for maybe 2 minutes in my entire life was Captain John. He was the owner of a local fish restaurant where I grew up. One day my mom and I went in to pick up fish n' chips for the family dinner. This tall man, with a white beard and a big belly and wearing a navy captains hat was behind the counter. I was about 11 or 12 at the time.

We placed our order and he was making small talk to his customers that where there waiting to pick up their meals. He turned to me and asked me What I wanted to be when I grew up? I was a shy kid and didn't really know how to answer him

expect to say, I wanted to own a restaurant. I remembered that he smiled at me and then gave me the best advice that I still hold onto till this day. Captain John said "Only ask people to do things, that you are willing to do yourself."

I nodded in agreement and thanked him (because I was raised to respect my elders and use my manners) for his advice. My mom picked up our order and I kept repeating his words over and over in my head (cause that's what I do) until I made sense of it.

To this day, I live by this special rule. The inspiration in Captain John's words have impacted me. Even though it was within a two minute meeting, that meeting had an effect on me more then any single moment. Through his inspiration I have several successful business that continue to grow and prosper. Who or what has been your inspiration?

# Bunni's Den



## The Liberation of Bunni Tomlyn

**Even as a child**, I knew that my personality was such that I was going to find clutter to be problematic. With both my parents working outside the home and not always able to keep our home and our lives in order, I often felt overwhelmed by the resulting chaos. So at a very early age, I took on the responsibility of putting things in order.

**As a teacher**, I would often say, "Boys and girls, it is time to clean up." Those, like me, would be thrilled for the chance to tidy their desks and help bring the classroom to order. But of course there were others who went about it reluctantly, with their hearts so obviously not in it. In fact, they actually seemed to have a hard time grasping the concept of neatness and organization. So I came to their rescue.

**Yes, over the years** I have taken great strides to keep my home and my workplace clutter and chaos free—and to try to pass that mindset on to my charges. But now I need to set my sights higher—on something with even more spiritual impact—a clutter and chaos free mind. Here's how I came to that realization:

**I was out walking** in my favourite park the other day. Majestic willows gracefully cascaded around me, artfully crafted bridges and gazebos marked my way, and the still waters of the lake glistened in the morning sun. But I barely took notice. Instead, my mind was fully occupied with its familiar chatter and concerns: my growing to do list, my lot in life, and the lot of my loved ones. People passed me by, and I them, without a look or a greeting. My mind and my

body were out of sync with each other and out of sync with the moment.

**Suddenly, I heard the words:** Quiet your mind and open your heart. The words didn't surprise me. I had heard them just a few days before during a meditation workshop given by Lyndsay Wagner (The Bionic Woman). "No time like the present" I thought, "to start putting those words to good use."

**So as I continued to walk**, I kept repeating over and over again, "Quiet my mind and open my heart." As I did, I could feel the peace, joy, and love rising within me. It felt incredible! I became once more in awe of the beauty around me. Each greeting I now extended to passersby was given with increasing heartfelt sincerity—and increasing shows of appreciation. Thank you, Lindsay Wagner. You saved the day!



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## Living Well

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**Editor - In - Chief**  
Lewis Mabee

**Executive Editor**  
Ron Petker

**Deputy Editor**  
Bruce Hare

### Features

#### Contributing Writers

Bunnie Tomlyn

Joseph Bell

Benjamin Snider BSc., ND

Tammy Chase

Daily OM

Men's Health online

### Web

#### Newsletter Design

Lewis Mabee

#### Web Support

Bruce Hare

### Websites

#### Official Websites

[www.lewismabee.com](http://www.lewismabee.com)

[www.mabeeitshere.com](http://www.mabeeitshere.com)

# Pay It Forward: Project: Stretching a Dollar

by: "Earthling"

**W**e drove over to a friend's place to load up our car with boxes full of books. After driving a short distance, my husband realized that our rear tire was flat!

**After some labor** to set up the tire change, I went over to the garage sale next door for some entertainment -- a teenager was doing tricks on a short bike in their yard. He was really good. While watching him, something caught my eye -- a beautiful blue painting with lots of fish and dolphins. "My little son would love that," I thought, considering that he had just seen dolphins in Sea World.

**Seeing my interest**, the lady said, "A dollar for that." I looked at it again. It was surely worth more to me. So I gave her the two dollars I had and when she was surprised, I told her the buck would travel farther if she wants to pay it forward. She grinned saying she surely will.

**As I was picking up** the painting, the teenager came around, stylishly of course, and asked "How much?" The lady said, "Ten. But since you showed some tricks, I'll give it to you for eight." The lad smiled and dumped all the money he had in his pocket -- it came to seven dollars even and his smile disappeared.



**The lady stepped up**, put a dollar in his hand and said, "Here you go. This lady paid extra so you can have the bike you are so good with."

**We were all happy** to be connected there and then.

**As I was walking away**, she called

after me and said, "I didn't think I'll be able to pay it forward that quickly!" We both smiled, waved and I joined my husband to finish up the tire change. The boxes felt much lighter this time around.

Article from <http://www.helpothers.org>



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## 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 self-less experience. Enjoy **all** the benefits of *Paying It Forward*.

# Spotlight: Mother Teresa

Mother Teresa was born Agnes Gonxha Bojaxhiu in Skopje\*, Macedonia, on August 26\*\*, 1910. Her family was of Albanian descent. At the age of twelve, she felt strongly the call of God. She knew she had to be a missionary to spread the love of Christ.

Article by: Nobleprize.org

**A**t the age of eighteen she left her parental home in Skopje and joined the Sisters of Loreto, an Irish community of nuns with missions in India. After a few months' training in Dublin she was sent to India, where on May 24, 1931, she took her initial vows as a nun. From 1931 to 1948 Mother Teresa taught at St. Mary's High School in Calcutta, but the suffering and poverty she glimpsed outside the convent walls made such a deep impression on her that in 1948 she received permission from her superiors to leave the convent school and devote herself to working among the poorest of the poor in the slums of Calcutta. Although she had no funds, she depended on Divine Providence, and started an open-air school for slum children. Soon she was joined by voluntary helpers, and financial support was also forthcoming. This made it possible for her to extend the scope of her work.

**On October 7, 1950**, Mother Teresa received permission from the Holy See to start her own order, "The Missionaries of Charity", whose primary task was to love and care for those persons nobody was prepared to look after. In 1965 the Society became an International Religious Family by a decree of Pope Paul VI.

**Today the order comprises** Active and Contemplative branches of Sisters and Brothers in many countries. In 1963 both the Contemplative branch of the Sisters and the Active branch of the Brothers was founded. In 1979 the Contemplative branch of the Brothers was added, and in 1984 the Priest branch was established.

**The Society of Missionaries** has spread all over the world, including the former



Soviet Union and Eastern European countries. They provide effective help to the poorest of the poor in a number of countries in Asia, Africa, and Latin America, and they undertake relief work in the wake of natural catastrophes such as floods, epidemics, and famine, and for refugees. The order also has houses in North America, Europe and Australia, where they take care of the shut-ins, alcoholics, homeless, and AIDS sufferers.

**The Missionaries of Charity** throughout the world are aided and assisted by Co-Workers who became an official International Association on March 29, 1969. By the 1990s there were over one

million Co-Workers in more than 40 countries. Along with the Co-Workers, the lay Missionaries of Charity try to follow Mother Teresa's spirit and charisma in their families.

**Mother Teresa's work** has been recognized and acclaimed throughout the world and she has received a number of awards and distinctions, including the Pope John XXIII Peace Prize (1971) and the Nehru Prize for her promotion of international peace and understanding (1972). She also received the Balzan Prize (1979) and the Templeton and Magsaysay awards.

## Motivational Quote

"Who determines the definition of a Winner? YOU! Always remember: A winner is knowing that you gave your best and that your inner-self is contented and gratified."

*Kaye Murray-Francis*

## Inspirational Quote

"I try to give to the poor people for love what the rich could get for money. No, I wouldn't touch a leper for a thousand pounds; yet I willingly cure him for the love of God."

*Mother Teresa*

# Enough Running

*Facing your Life Issue's Head On*

**A** Is there something difficult in your life that you tend not to talk about??

Is there something, buried deep inside of you, that you never want to dig it out and you let it lay there and fester and grow inside of you like a bad disease?



There are so many people who run from their problems. They run and run and never face them. They run from people that they do not like or have harmed them in some way, or avoid places that may trigger a reaction and bring up bad memories. And the big one that people run from, is the past.

Instead of dealing with these issues, people take the easy way out and ride down the comfortable path called "Least Resistance."

Do you know when you face these problems in your life and attack them head on, you become stronger and you will grow spiritually??

Do you know when you face your fears, those fears (most of them) go away??



If you want to lead a great, healthy, happy life for yourself, with values and hopes and dreams, you must first get rid of that heavy baggage you carry around inside of you...Just drop it off and never pick it back up again.

Every time this uncomfortable situation comes up in your life, do not bury your head in the sand. Greet the problem head on and with a positive mindset and you will realize that the huge problem that has been beating you up mentally, for so long and so many years, was just a figment of your imagination. It was never real to begin with and certainly will never hurt you.

Live free of mental anguish...

Live free of anxieties of what you think is going to happen...

Live free from the fears of the unknown...

Live free from something that happened so long ago and has been keeping you chained down for years, stuck from forward progression....



Let it all go...

Declare freedom from all of this and watch your life flourish with healthy positive faith filled thoughts.

Happiness is right around the corner peeking it's head out at you. Go get him and welcome him into your heart. Hasn't it been long enough??

May God bless you and every person that you touch in life.

Article Source: [www.motivateus.com](http://www.motivateus.com)

*Many times when client's come to see me, they are in the midst of facing their fears on some level or another. Sometimes it's about their career of being either downsized or being completely bored within their role, other times it's facing the ending of a relationship and not knowing what is to come after that.*

*I try to give insight into the situation and look at all the variables involved. Now of course, I work on a different level of 'seeing' then some do. Plus, I am also a third party that is not emotionally involved in the process of this personal change. Change in itself is a scary thing for most people. The mere thought of change can send people into an anxiety bender.*

*To overcome the fear of change, remember that you are still in control of your destiny. Sometimes accepting the obvious (even when you don't want to) is an enlightening and liberating experience to go through.*

*We can experience a sense of freedom from the burden that is before us with the change. Change usually means new or unknown and we like to feel safe even if it is in an unfit environment. Embrace the freedom of change and clearly see the value of making positive change. A change that will bring you many lessons and many more rewards.*

*Lewis Mabee*

# New Look

By Lewis Mabee

**I**t's finally here! The wait is over. It's the new look of my website [lewisabee.com](http://lewisabee.com)

**Bruce and I have been working** hard at streamlining and adding content to my website. The goal for the new look is to be extremely user friendly. This is what I wanted and this is what I got. Now, with just one click you have important information at your fingertip.

**To book a consultation**, to read the Dear Lewis or to view the newsletter it's all just one click. It's so simple and easy!

**You will be finding** some advertisements that I am affiliated with and some new content that I've added for you reading pleasure.

**This is a labour of love.** My goals and dreams are going into this website. Every time I open a new page and my website pops up, I smile. Finally it feels complete and nothing is missing.

**Some great features** that I'm adding to the website are RSS feeds. Please subscribe to the RSS feed and that way when I update something on the website like add an article you get a notification in your email.

**The new look is bigger**, bolder and better. I love colour and I'm not afraid to use it. There are some functions that I will be adding shortly. So keep hitting the website for those updates.

**One of the new functions** will be a community bulletin board. If you or an organization has a non profit or charity event you want advertised you can contact my office and we will get work on getting some advertising for the worthy cause.

**One feature I've added** is my public appearance "Upcoming Events". This section is where people can find when and where I will be showing up at different events and organizations.

**I am also back** in full force to start answering your "Dear Lewis" questions, so start them coming.

**Next on my agenda** is to get "Mabee It's Here" up and running. There's just a few more photos and updates that need to happen before I feel comfortable with giving you the best quality in your general well being.

**But for now**, you can go on the website <http://mabeeitshere.com> to see what you will be able to buy to enhance your life, body, mind and soul.

**Thank you for weather the storm** and sticking by me with my transitions. My intention is to bring you a better product in all of my work. I feel that I have achieved a milestone and am proud of the work that has been accomplished thus far.

**My dedication to you** is to keep improving myself on all levels so that I may have a contribution to your life, even in a small way.

## Prioritize

by Lewis Mabee

We all lead busy lives. I know. Some days I look at the clock and ask "Where did the day go?" I look around and do not feel like I accomplished what I wanted to get done. Back in late February and the beginning of March of this year, I became increasingly over whelmed with the thoughts of not getting anything done. I was working hard and long hours, but it felt like I wasn't accomplishing the daily tasks. I finally sat down on my computer and cleaned off my desk so I wasn't looking at paperwork and little pieces of paper with scribble all over it and I prioritized everything on one sheet ( or one screen) of paper. I then printed out 2 copies while keeping the master file on my computer. For one of the printed copies I individually cut out each priority and I went around my place fastening

those little tags to what I needed to accomplish. The other sheet I kept on top of my desk clear of clutter and confusion. My idea was to look at the list each day and accomplish 2 things off the list per day. If I did more great, but I HAD to complete two each day. Some priorities were small in nature and some were large like getting my receipts recorded for tax season. With my sheet I picked the two for the day and I made time to complete each one on my list. Every time I completed a task I would make a great big blue checkmark beside it (blue being my favourite colour). Before I knew it I was up to speed and able to breath again without being anxious. The once monumental pile is now a satisfied job well done memory.



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# A Home of One's Own

By: Tammy Chase

*Tammy Chase is mother of two with a passion to inspire others and to be inspired by beauty, harmony, order, spirituality, simplicity and joy!*

**S** I went to visit my friend Kelly last night who just purchased her first home with her husband Dave. (exciting!) It's an adorable little bungalow and they purchased it knowing that it needed a lot of cosmetic touches to make it their own.

**A conversation came** up about this built in bench at the door way of Kelly's new home, another friend there said if it were me "I'd rip it out." Kelly responded with something along the lines of "well I was planning on adding some baskets underneath and a nice fabric covered seat cover", "I think it adds character." I was like "Hooray! for character."

**So here they go**, on the same journey I have seen many of my friends (myself included) go through over the past couple of years. Buying that older, "fixer upper", and starting from scratch. Now this can be a very stressful process.

**When we bought our house** it was so dated, and old. We moved in ripped out all the carpet, painting every inch of walls, trims, baseboards and ceilings. Over the past couple of years we have renovated our bathroom and kitchen and ripped out a wall separating the kitchen from the living room to make it open concept. When we first moved in, like so many of my friends, we chose a neutral palette. This tends to be an easy route, especially when you are essentially starting from scratch. We chose a couple paint colours, similar to Benjamin Moores Shaker Beige throughout. Painted the cabinets: contractors white. Trim: contractors white. Couch: Beige sectional.

**Yes, I was guilty** of this boring decorating "dilemma" as I like to call it. It's like many people of my generation have lost the ability to be



My new throw pillows. I love the damask print in the centre pillow with the striped pattern.

creative and add all of those little touches that make a home a home. I see a lot of brown or black leather couches, beige walls, not too much on the walls, stainless steel appliances. Each of these houses looking staged for an open house, but who lives here?

**Slowly over the past year** or so, on my simple abundance journey I have realized some things about myself and the things that I feel make a house a home. What is character? It's the little touches. It's the cute little built in's that are original to the home.

**Many of the new houses** that people buy today "cookie cutter" houses lack these little details that they have in older homes. However, it doesn't mean character can't be added to newer homes with accessories, paint and all the little details. Of course we all want our houses to be aesthetically pleasing, we like things to match and blend.

**We do need to listen** to what makes our heart skip a beat, and think less about what matches. "Staged" homes are not for living in.

**Take yourself on a creative excursion**, and browse through a home decor store or second hand store. You don't need to buy. Take a notebook if you want. Take notes about what really calls to you. Listen to yourself, this takes practice.

**Have a browse** on [www.etsy.com](http://www.etsy.com) and have a look at the beautiful handmade items or vintage housewares. I invite all of you to begin to make your home your own. I realize that the beadboard birds may be hideous to some, and I'm not suggesting that a shabby chic style is for everyone but you need to find out what is your style. Please join me in my revolution against living in a "staged home."

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### 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: In Love

*I recently began a new relationship and even though I know my new partner is over his ex-partner, the EX still wants to try and wiggle his way into my partners life. Can you shed any insight about what this EX is trying to accomplish? The ex's actions infuriates my partner and he always tells the EX to stay out of his business.*

### Clarifying Vision



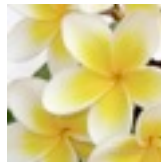
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### Question

#### Signed: Messages from Cindy

*On March 1, 2008 I was in a fatal car accident. I was driving, my mother was in the passenger seat and our best friend Cindy was behind me in the back seat. Cindy was killed, my mother and I survived.....to read the full question click on [CINDY](#)*

“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



### Intention Prayer

#### By Lewis Mabee

*Dear Mother Earth & Father Spirit;  
Open our awareness to work only with our higher frequencies from the Universe.  
This frequency includes but not limited to; love, abundance, joy, balance and manifestation of the greater good for myself and all others.  
Amen*

# Joseph's Journey

By Joseph Bonneville

**E**veryone is touched by Spirit in one way or another. The majority of the population live their day to day lives not even aware that they are being guided by Spirit.

**However, most people** at some time or another in their lives can at least recall when they've had a feeling of "Déjà Vu" but then most times as quickly as it comes it is dismissed; as well perhaps a strong sense of being compelled to do something or make a what one would call a rash decision for no apparent reason.

**Many of us reading** Lewis's newsletter would agree and recognize these feelings or situations most likely to be the work of Spirit.

**In our own individual Spiritual** journeys many of us are trying to discover and recognize what that voice, touch, signal or sense of Spirit is. Those that are well into their journeys and have learned to recognize when the contact comes.

**Depending on your own gifts** or abilities and life's path these feelings and sensations manifest themselves in one form or another; but they are just for you, in your own special way.

**They could manifest** as feelings throughout the body, hearing, sight, taste, smell and if you're "really lucky" like me you may often get prompted Spiritual touches and pokes (*some sarcasm by the way, in my experience this one you can't turn off*).

**In a social atmosphere** I usually have at least one ear open for conversations pertaining to spiritual stories a person may have experienced, especially conversations where someone has

accepted and realized that they are on a spiritual journey.

**I am intrigued** when they share their own experiences, talk about their gifts or spiritual sensations, and what they do about them, if anything. On the contrary, I have found those in a Spiritual business who use their gifts/abilities on a day to day basis can't wait to "be off work" and socialize with the "regular beings".

**For some of my enlightened** friends the spiritual "stuff" is kind of off limits, without them saying it. This is of course is understandable. I have tried to learn to respect that and because of my intense interest at times I have to make a special effort to avoid bringing this "stuff" up in conversation.

**As a medium**, and although I have done scheduled readings in the past, for the present time I have decided not to put that energy onto the Universe to do regular scheduled readings. Spirit continuously encourages me in different ways to keep on my path and continue to seek out and learn. It seems I just have not found my niche yet.

**Although, I am so ever thankful** to the Universe that my lifestyle can afford me the time to decide what I want to do and where I want to go with all of this. However last winter I did find an interest in the Tarot; I was then compelled to buy my own deck of Rider Waite cards. I investigated, searched and spent some time to learn the basics of Tarot. I also enjoyed a couple of lessons from an experienced 20 year Tarot Reader.

**Like I just mentioned**, this person just happens to be a good friend. I almost had to beg her to teach me, paid or not. After a little while I began to practice on others and had some

successful and interesting sessions using the cards. It seems to me that at this point in my journey I feel comfortable using the Tarot rather than a straight read.

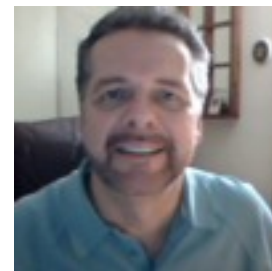
**Perhaps due to my own confidence** and limited experience with others, it is reliance on a tool but I have found that I am able to open up easier; the issues of the client seem to become clearer. The Tarot deck just fascinates me and I enjoy using them.

**The last couple of months** brought me some difficult lessons. I have been on a sort of Spiritual sabbatical and not reading at all. However now getting through the tunnel, into the light once again perhaps it is time to pick up where I left off and continue to gain more experience using the Tarot.

I say each to his or her own, it is all fascinating.

*Love & Light,*

*Joseph*



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# Circle of Caring: Getting Your Mojo Back

By: Lewis Mabee

**I**f you have been experiencing a great summer full of nice temperatures and sunny days (for the most part)...but, can't seem to find the energy to enjoy it, you're not alone.

**Before leaving on my vacation** I was hitting a brick wall for energy. I continued my daily routines and schedules and putting my best foot forward, but I wasn't feeling it. Almost like I was disconnected from what I was doing. I was always ready and looked forward to seeing clients but after when my last client would leave, there was nothing left for me. Which isn't like me at all.

**I'm the type of person** that likes to stay busy and do my running around and whatever needs to get done even

after I'm done work. But as of late that wasn't the case.

**I went away** for two glorious weeks of much needed rest and relaxation and lots all track of time and day of the week whilst I was gone. Then when I got home, something happened that I didn't expect.

**I started to feel worse!** I was going through withdrawal. I couldn't believe it. I was gone for two weeks felt relaxed and rejuvenated and now back at home I just wanted to basically hide.

**It took me about a week** and half till I started to feel like giving it the ole one, two.

**I relied on listening** to myself and body. I was working over time seeing clients because I need to catch up to my schedule and reduce the wait time

for people and I was going into meetings about expanding my business'. Through that process of listening to myself, I put myself on a sleep schedule. I went to bed at a certain time and got up at a certain time. I meditated faithfully and gave myself much needed me time to connect not only with myself but with the Universe.

**It was obvious** that I threw myself back into the preverbal 'rat race' without giving myself time to adjust.

**Once that schedule** was enforced, things started to come together nicely again. I'm getting things done, but more importantly I feel like me again.

**I definitely have my "mojo" back!** Thank goodness for that. I'm bound and determined to make sure that I keep it for now on.



*"By giving you messages in a reading, I hope to inspire you to stand on your life path and shine under your 'spotlight'. Your journey starts today."*

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

## BREAKING NEWS

### CHANGE

I'm headed to Greece

Anyone who will be in Greece on July 5 & 6, 2010 and wants to have a consultation with me, please use my online booking agent.

I will be on the beautiful island of Corfu. All the contact information and location is posted on my website.

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



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

# Random Acts of Kindness

Get Involved, Become Active

**H**ello Angels!

**I was inspired today** to seek your help. I am putting together a booklet of things that people can do for their neighbour, family, friend, community or stranger. It has a strong seed in the Pay It Forward category.

**What I need your help** in is to provide me with some ideas of simple acts of Random Kindness.

**One suggestion from each of you** would be magnificent, but more would surely be welcomed.

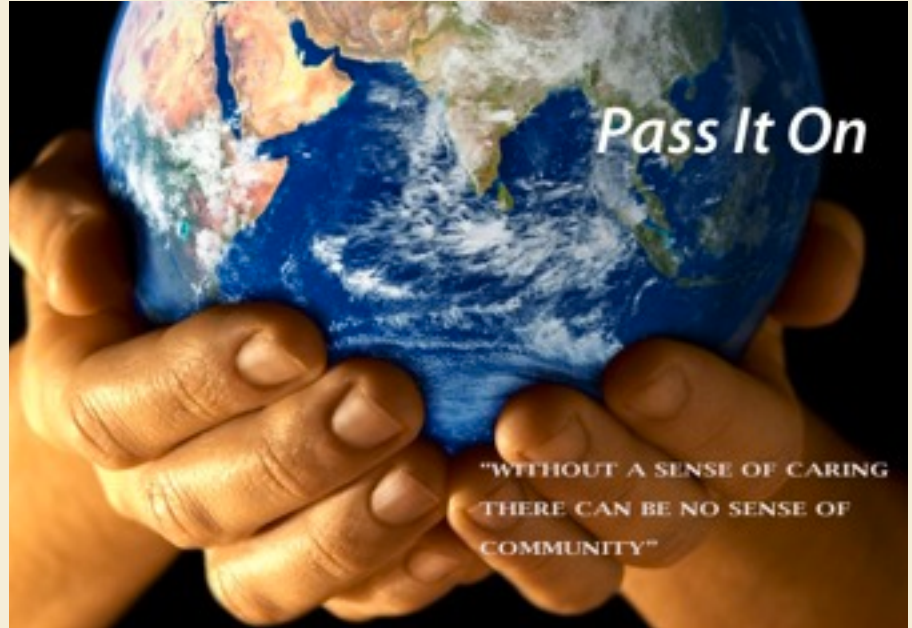
**Some things to consider** about your random acts of kindness are to make it pretty simple, please keep it under \$5 as some may be concerned about financial issues, or free (even though your valuable time may not be free as in monetary frames, but a 5 or 10 minute act of random kindness wouldn't hurt anyone).

Here are a few ideas to help you get started:

- 1 Pay for someones coffee that is in the line behind you.
- 2 Offer a person of less fortunate circumstances a fresh sealed sandwich.
- 3 Walk your neighbours dog around the block.
- 4 Offer to drive someones donation box to the local Salvation Army outlet.

**Those are just a few examples** of what can be limitless possibilities.

**My goal is to raise 100 ideas** from your brilliant minds and to reach



towards having a full years worth of Random Acts of Kindness, so please write down as many ideas as you can and email them to me.

**When it's time to compile** all the Random Acts, I will use your first name and last names first initial and the city/province/state of residence for example: Lewis M. Kitchener, ON

**Please get your Random Acts of Kindness** back to me as soon as possible so that I can get to work to putting the booklet together.

**Feel free to forward this email** to anyone you know that would love to help out our cause.

Send all emails to [info@lewismabee.com](mailto:info@lewismabee.com)

Have a wonderful and exciting day!

Lewis

**Call it a Random Act of Kindness**, Pay It Forward or the Ripple Effect. The principles are the same and the results are brilliant.

**Only you can make a difference.** Are you ready to be committed at building a stronger core within yourself and in your community?

**I'm calling on you Angels**, to make the effort and make an impact that can continue to infinity.

**Actions speaks louder then words.** Be heard by your actions and be seen by your results.

**If you need a challenge**, then challenge a friend or a group you are involved in.

**Get active, get involved.**



“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

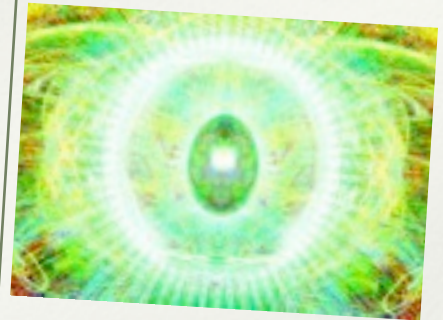
Here we grow again!

Please welcome Tammy Chase from London, Ontario to our team. Tammy is a mother of two and has taken up blogging. In Tammy's blog posts she hopes to inspire others to do well! What an amazing concept! Looks good on you Tammy, keep up the fantastic work.

To view Tammy's blog click the link;

**BLOG**

Art work "Abundance" by Walter Bruneel



Love to get your feedback  
[info@lewismabee.com](mailto:info@lewismabee.com)

Lewis

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