



*Spirits Evolving Ltd.*

***SPEAKING SPIRITUALLY ~ AUGUST 2012***

### **A Letter from Lee**

This month is the perfect time for everyone to get away - literally get away from it all at every opportunity. Whether it's for two weeks, two days, or two hours, find time away from your everyday life. Even if all is going well, get away and enjoy some new energy.

The overall energy for August is fluid, flowing, and will react to stagnant energy. It's important that you flow with the energy of the moment. Keep things in your life (body, mind, career) moving or suffer the consequences. If you're sitting quietly on that fence (about any issue), please just jump off - choose one side or the other and get things moving.

The energy color for August is green which means the heart center is wide open and that you need to strive for balance and emotional awareness all month. When the Universal energy settles in the heart center as it is now, you need to be very aware not only of your emotional well-being, but also of your stamina and stability, your organizational skills, and any tendencies toward guilt and jealousy. Above all, of course, you need to be aware that this will be an emotional time, a time demanding you tend to your emotions.

The physical areas most affected are your heart, your lungs, your blood pressure, and your immune system. You will either be very healthy and avoid catching the bug of the season, or you'll catch everything that goes around. Eat well, exercise in moderation, and get your sunshine (Vitamin D) everyday.

The energy hint for August is to find the natural rhythms in your life. Look for patterns in everything (even your dreams). Seeing patterns is a powerful tool that can help you rebalance your life. We all have patterns - ask yourself which patterns help you move in a healthy direction and which aim you down the painful path to self-destruction. Many people jeopardize their own growth by continuing those old, hurtful patterns/habits. Do you drink too much too often? Stop now. Do you pick arguments with your mate? Stop now (and apologize). Do you forget to eat or exercise appropriately? Begin new patterns now.

**Relationships:** A good time to evaluate each and every close relationship in your life. If you can put judgment aside, you will make healthier choices for yourself. Most people have

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at least one relationship that is out of balance, even draining. When you find that one, please work toward releasing it in every way possible. If you can't literally remove that person from your life, at least learn how to protect yourself from any energetic harm they may cause. Try to relax into all emotionally charged situations and be part of the solution.

**Finances:** Try very hard to keep your emotions out of your financial transactions this month. If you're buying a big-ticket item - house, car, etc., make sure that your emotions don't make the final decision. If you can afford something big now, great, but look toward the future as well and don't make rash decisions. Love what you buy.

## REMEMBER

BE TRUTH.

## Glossary of Terms

### Totem

**Webster's:** 1. an animal or natural object, taken by a family, tribe, etc. as its symbol, especially among certain North American Indians 2. an image of this, often carved or painted on totem poles. (Totem pole: a post carved and painted with totems, often placed in front of the dwellings of certain North American Indians.)

**Lee:** A pretty obvious word, but one that deserves a description. Every individual has his or her totem. Ask yourself what it is that represents you and/or your family. Is it your home, your dog, your car, etc.? Interesting concept to contemplate. Everyone "should" (okay I hate that word) know what their animal/bird/reptile totem is, and, yes, everyone has one. What resonates with you? Some people collect their totems, some just know there's a connection to the great buffalo or the enlightened eagle. Give it some thought (and have fun with it).

## Your Questions

**Q:** I am considering a major move. I've lived on the East Coast all my life, and feel a powerful pull to move elsewhere. The problem is I really don't know where to begin my search. It's just time for completely new surroundings. I'm bored, not connected to anyone that I can't leave, and my family isn't that important. How do I begin this process?

**A:** When I tune into your energy, I can sense why this is so important to you. You've entered a new energy pattern, a pattern that demands change, major change, so you're right on schedule. I do, however, suggest you move slowly for at least a few months. Begin by making a list of what type of new environment you'd enjoy - mountains, ocean, dessert, etc. Also consider your favorite weather (not least favorite). Do you want warmer weather, cooler weather, lots of snow or rain? All these factors are important. If you want moderate weather and rain - Seattle. If you want hot, arid, desert, Phoenix. If you want active energy and warm weather, San Diego. If you want calmer energy and humid conditions, Miami. If you want blizzards and tornados, St. Paul (that's harsh - I lived there for five years and it's a wonderful area despite the weather). You get the picture. As you hone your needs, a place will appear easier than you may think.

Timing feels very important. You still need to release your family ties maybe more than you think. Plan on moving in a year or so - that will give you enough time.

We welcome your questions, which will be answered in our monthly column. Please visit our website or send to:

*Speaking Spiritually*  
Post Office Box 648  
Ivy, Virginia 22945

## **August Forecast**

### **AUGUST 6**

Revitalize yourself this week. Release stress by ridding your heart and mind of unwanted/unnecessary emotions and worries. If you can simply tap into your higher self (yes, it's simple), you'll feel stronger and more alive than ever and solutions to various life issues will present themselves almost effortlessly. Take some extra time to breath and relax - eat well and monitor your physical body carefully.

Begin a month-long process to examine the patterns in your life. Ask yourself what natural rhythms you recognize and how you can change those rhythms to feel stronger and more alert. A healthy exercise for this process is to practice taking very deep breaths. Breathe into the very bottom of your lungs and exhale completely at every opportunity.

**Relationships:** Do not allow yourself to become overly emotional in any life situation. Let irritations or insults roll off your back and keep your energy intact. This can be a very well balanced week if you can practice that detachment.

**Finances:** Dream your dreams and put words to your financial goals. Solutions will become visible.

### **AUGUST 13**

Acknowledge your true destiny. Some of you just said "impossible" but it's not. Greet the new dawn of your growth with joy and enthusiasm and don't sit back and complain and suffer. Remember that you are in control no matter how it seems. Free yourself from ties no longer healthy, release old habits, plan for your future. Allowing your energy, your very spirit, to sit by and watch you stagnant isn't a workable choice for anyone at this point. There is much energy available for change. The evening hours are strong for almost everyone. Try very hard to make some, if not all, of your major life decisions in the evening. Embrace the dark and find peace there.

**Relationships:** Continue to evaluate your relationships and move into a healthy space in your own life. Be the person you'd like to share your life with - give that a lot of thought.

**Finances:** Become your future. Make new plans for today and tomorrow. Find that new job; invest that extra cash. Much can be done at this time to secure your dreams.

### **AUGUST 20**

Your self-esteem is high on the list of what's important this week. How do you feel about yourself personally? Professionally? Do you project respect? If not, start today. If you show no self-confidence, no one else can help you. Remember, however, that showing confidence and self-respect is far from allowing your ego to rule. Keep your ego in check at every turn.

You will be absorbing more emotions than usual this week. Do not be a sponge for others at home or at work. Carefully "see" a light around yourself if you begin to feel the anger or sadness of another. Everyone will have a tendency to feel jealous this week. Do not allow yourself to become jealous of another's success - bless them and move on.

**Relationships:** Be your own best friend and do not play games with others this week. You will lose the game and the friend if you do. And, carefully watch the body language of others - what are they subtly telling you? As always, actions speak louder than words.

**Finances:** Do not allow anyone to step into your financial world. Make all your decisions from a place of personal awareness.

## AUGUST 27

Ask yourself if you've become so complacent living in your own bubble that you are repressing your own vitality - have you given away your own power? Take back your power, revitalize yourself, and get moving (literally). If you've felt tied in knots due to stress, untie. If you've let your dreams dissipate, rebuild. This is a week for action and freely circulating energy. It's time to walk your talk and find a new level of personal enlightenment.

Find extra time for meditation even in your hectic life. Take a five minute stroll counting your steps, sit quietly for a few months. Do everything you can to maintain a calm, flowing energy. There are many healing outlets available to everyone - find yours.

**Relationships:** Ask no one to follow you, but be a good example of how to live a flowing, spiritual life. Be the master of yourself and none other. Much joy lies within.

**Finances:** Freely share with others expecting nothing in return. A wonderful time for seeing new investments through sharing. A very active week in the financial world for everyone. Get that new job, make that good investment, etc.

### Brian's Corner

How much is enough? How much is too much? These are a couple of important questions that will serve us well when applied to the substance of your life. Some of that substance is represented by the time and energy put into spiritual growth, physical health, relationships, finances, and career pursuits. Finding a balance of power between these aspects of life can be challenging, but the benefits are well worth the effort. As you think about the role that each of these aspects plays in your life, keep in mind that what was balanced and healthy in the past may no longer be balanced and healthy today. As we grow and change, there will always be shifts in how we feel, and we will want to place more (or less) emphasis on certain things. Seek answers to these questions from today's perspective with an eye on where you want to be tomorrow.

Meditation is an excellent tool for considering the balance of power in your life. Use your meditation time to consider your spiritual growth, relationships, career, etc. How important is each in your life? Are you spending too much time on one? Not enough on another? Consider your answers, and then consider what sort of changes you can make to strike a healthier balance in your life.

The fast pace of life today makes it difficult to keep things in balance without some dedicated effort. When taking time for yourself, know that the more you cherish yourself, the more others will cherish you. There is magic in the world when it is faced with love, respect, faith, and trust. Now is a wonderful time to let the magic in.

## Visualization

Creative visualization is a simple, amazing tool for growth. In each issue, we include a visualization for you to enjoy. You can share the visualization with another - taking turns reading it to each other, or you can tape it and play it back at your quiet times. These visualizations are created to relax and to stimulate, to provide insight and enjoyment.

Use this month's visualization about being aware of color in your body as a powerful tool for growth. If you can learn to sense which color is most important to you at this moment, you have an amazing tool you can use each day to feel more relaxed and aware. Find your colors - nurture your body and your spirit.

## Suggested Reading

Periodically I recommend one of my favorite books/cards. For many years, I have turned to *Medicine Cards, The Discovery of Power Through the Ways of Animals*, by Jamie Sams and David Carson, illustrated by Angela C. Werneke when I need insight and inspiration. These cards speak to me and will speak to you as well. The authors have done an amazing job combining Native American cultures and sharing their words. You can pull a card for the day or for a specific issue in your life, and you will be surprised at how much support you will receive. Enough said - I love this book and my cards and respect them greatly.

\* You can order this book as well as others suggested by Lee Channing through Spirits Evolving's website. From the homepage, simply follow the link for Suggested Reading.

## Did You Know . . .

Did you know that the heart center is located in the middle of your chest? Of course you did, everyone knows that. But, did you know that's where your overall balance is located? Your organizational skills? Your stamina? Your feelings including love? Your connection to nature? Yep, it's a crowded center. On top of all those "good" feelings, guilt and jealousy also live there in the center of your chest. It's so important to keep this center open and healthy. Practice breathing in through the center of your chest and exhaling through your

nose - sound weird - just try it and you'll be amazed at how relaxing it can be to sense yourself breathing in through that space around the heart.

**BREATHING EXERCISE:** Inhale while expanding your chest; inhale as though the air was entering through your heart (actually inhale just through your nose). Allow yourself to visualize the color green as you inhale (paint the heart center any shade of green you like). Then, exhale completely through your mouth while visualizing the color pink. See a nice pink cloud of breath leaving your mouth and dissipating into the air in front of you.

### **About Spirits Evolving, Ltd.**

Spirits Evolving, Ltd. offers individual, group, and business consultations, seminars, and presentations on a variety of subjects including general energy awareness, intuitive color awareness, animal communication, past-life regression, and intuition.

With business manager Brian Chase, Lee Channing co-founded Spirits Evolving, Ltd. in 1993 to promote greater understanding of the personal and universal energy affecting our lives. Using self-awareness, color, creative visualization, meditation, and other practices, Spirits Evolving helps clients open the door to their own energy source.

An Intuitive Consultant and Certified Hypnotherapist with more than 25 years' experience, Lee Channing creates *Speaking Spiritually*, a monthly newsletter. *Speaking Spiritually* is a powerful tool for spiritual growth and intuitive living where Channing publishes her perception of universal energy flow, her creative visualizations, and more.

Reaching beyond the realm of individual readings, which Channing has performed since 1974, Channing and Chase see their role as a unifying one.

"Increased awareness of the natural flow of energy from our body, our mind, and our spirit enhances not only our own lives, but the lives of all those around us," Channing says. "We are here as spiritual beings having a human experience. The desire to support each other and promote respect for all beings is great. When we cherish our own spirits and all life, we nurture our personal balance and open the door to more growth, insight, and joy in our lives."

Through the award-winning Spirits Evolving® Website, which Chase designed and maintains, Spirits Evolving connects with spiritual seekers from around the world. The website is host to Channing's International Intuitive Advice Column and many other tools for personal growth including Channing's Suggested Reading List and Intuitive Color Awareness guide.

Based on sound business principles, Spirits Evolving holds to "the highest ideals of integrity, professionalism, confidentiality, and respect," Chase says. "The company exists to help each individual in his or her own growth process."

With Spirits Evolving as their willing guides, clients are encouraged to step boldly forward on the path to personal growth and a life of balance.

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P.O. Box 648

Ivy, VA 22945

(434) 984-8550

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

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## Color and the Body

This visualization will help you associate certain colors with certain areas of your physical body. Becoming more aware of the effect of color in your environment as well as in relationship to your physical body will provide you with another useful tool for growth. Every color, whether it is a color found in nature or in your clothing, has its own energy flow and that flow is shared with you. Let's begin. Sit quietly, close your eyes, and take a few deep breaths. As the physical body continues to relax, send your attention to the base of your spine (you may wish to gently touch the various areas as you visit them). As you focus on the base of the spine, imagine this area red in color - visualize a red rose or a red apple if you would like to bring the color into your mind more vividly. Continue to focus on this area and with an imaginary paintbrush, paint the entire area red. This large area should include the pelvic area, the spine up to the base of the neck, and the legs and feet. Take as long as you like to create this mental picture. Now, leaving the area red, move up the torso and stop several inches below the navel. Paint this area orange (front and back), and allow the orange to wrap around the red of the spine. If necessary, imagine a large, juicy orange in front of you. As you work with the orange, think about the color flowing through your kidneys. After you have completed orange, move several inches above the navel and paint this area bright yellow. Feel the color as it permeates your body and passes through the digestive system. Next, focus on the center of your chest - the heart center, and paint this area a beautiful, healthy green (use a natural shade of green like grass or leaves). Now see the base of the throat where the neck meets the chest and paint it a calm shade of blue. Allow the blue to move all around the neck, down into the lungs, and up to the ears. Allow the blue to stream down your arms to the tips of your fingers. The next area is located between the eyebrows and includes the eyes and the nose - paint this area purple. This is a good area to touch - you may wish to put gentle pressure on this area to stimulate it. Finally, go to the very top of the head and visualize a pink light emanating from that area and encompassing the entire body. After spending a few moments relaxing with these energy colors, deepen your breaths and slowly open your eyes.

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