



Spirits Evolving Ltd.

SPEAKING SPIRITUALLY ~ SEPTEMBER 2012

A Letter from Lee

Welcome to September. It's fall here in the Northern Hemisphere and a good time to practice your scout skills and get prepared, not just for winter, but for your future. As I say repeatedly, the power is always in the present moment, but there are times when we need to focus some energy on the future. Now is that time. This entire month, action is required, thoughtful action, but action nonetheless. If you sit quietly and wait for your life to move forward, you will suffer from stagnation of energy and that's nearly a fatal disease. It can cause such pain in our lives. You need to accept who you are, connect yourself to the Earth regularly (walk, meditate), and plan ahead. If you are prepared energetically, answers will simply come to you in response to many of life's problems.

The energy color for September is yellow. Yellow, the solar plexus area that aligns with clear thinking and possibly over thinking. It's the center of personal control (being controlling possibly), intellectual humor and stimulation, objectivity, and solitude. So, for clear thinking, find time alone to literally clear that energy center and your mind. The emotional issues that may well surface are: being either optimistic or self-critical; dealing with frustration or depression; evaluating your level of personal power; needing to find a new level of enthusiasm for your life. This center needs conversation and calming, warming foods (brown rice, oatmeal, etc.) to be more comfortable. Eat well and share with friends or therapists regularly. The healing color for the energy this month is purple - bring any and all shades of purple into your environment.

The energy hint for September is to seriously lighten your load. Get rid of things you no longer need in your life. So, what are "things?" Broken appliances, clothes that no longer fit, books you'll never read, and, the best "things" to get rid of: Stress, worry, fear, irritation, frustration, addictions, anxiety, guilt, jealousy, confusion, unhealthy relationships, stressful jobs, unhealthy diets, enough? You get the picture. Carefully examine your life and rid yourself of anything (real or imagined) that drains your energy to have around.

Relationships: A good time to think clearly (without your heart/emotions so involved) about all your relationships. You will be able to see them for what they are. If they are healthy, nurture them, if unhealthy, it is most likely time to release them, just let them go. No matter, explore them all carefully.

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Finances: You will, whether you like it or not, be forced to see the truth in your financial world. Accept things as they are and strive for a more comfortable existence at every turn. It's a good time to learn how to better yourself and your environment with your clarity of thought.

REMEMBER

NO ACTION = STAGNATION OF ENERGY. THOUGHTFUL ACTION = GROWTH.

Glossary of Terms

Obligation

Webster's: 1. the condition of being obligated as by duty or a promise 2. a contract, promise, or feeling of duty 3. something one must do because the law, one's conscience, etc. demands it

Lee: We must remember that our first and most important obligation is to our own personal spiritual growth. It's so easy to become bogged down with obligations outside ourselves (work, family, friends, volunteer organization, politics, etc.). We need to rededicate ourselves to our own deeply personal growth issues and allow ourselves to ignore the outside world even for short periods of time. We should all make a promise to ourselves, activate our sense of duty to self, and allow ourselves time to grow each day.

Your Questions

Q: I live in the Upper Mid-West and it's beginning to look like Fall around here. Soon winter will arrive, and I believe I dread the winter weather more each year. What can I do to lessen my dread and embrace each season of the year. The past few years, I have felt depressed way before winter even begins - I even feel cold while it's still fairly warm. I guess I'm slipping into the future which I find very strange. I don't feel this way in the spring and early summer. What is going on and what can I do to feel better each day?

A: Very good question. I lived in Minnesota for five years, and I still remember the cold, snowy winters and the sometimes non-existent springs (not to mention the summer tornados). Please be aware that the weather affects everyone, but some of us are more sensitive than others. You are quite sensitive (congratulations), and you will always be more affected than some by the weather - even small changes can affect your mood and

even your physical well-being. You can't eliminate that sensitivity, but you can learn to work with your own energy flow better. It's important for you, at the change of every season, to sit quietly and talk to yourself. Seriously, talk to yourself, explain to your conscious mind and physical body that changes are coming and you'd like to settle into those changes as gently as possible. Just making the changes positive (find things in each season to look forward to) and not focusing on your dread will make a huge difference.

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

September Forecast

SEPTEMBER 3

Begin to lighten your load this week - seriously, clean out desks, drawers, etc. and give usable items to your favorite charity like Goodwill or The Salvation Army. Keep up the good work and clean out your energy too. Release fears, worries and unhealthy obsessions. If you can gather all your power, much can be accomplished this week.

Recycle. As you are cleaning out items (and energy) decide how best to recycle it. If you've hoarded anything, cats, dogs, books, anger - release them now. Find proper homes for the animals, donate the books, and release your anger. It can be done. You are not helpless by any means. Feel your personal power - it should be highly visible at this time.

Relationships: Are you feeling stuck, imprisoned, by a relationship? Get out quickly, run to a safe energy place and don't look back. Relationships can drain so much from us when they're grossly out of balance.

Finances: Gather all your resources. Take a look at all your investments, all your cash, fearlessly take a look and once the picture is clear, decide how to feel better about your cash flow.

SEPTEMBER 10

A tricky week - if you take yourself too seriously, self-sabotage will sneak in. If you take yourself too lightly, you'll be living in self-delusion. Seek the truth in your life - the whole

truth and decide what needs to change. Something WILL happen this week. You may well have to dig beneath the surface of some interactions, but go ahead and get it all out in the open.

Illusions (one of my favorite books by Richard Bach) are in the energy for this week - not the book, but real illusions - is that an oxymoron? Are illusions "real" - yes, they are. At different moments in our lives, we can convince ourselves and others that some illusions are real life experiences. That is what you need to do this week - examine your life and decide what/who is real. Release the fakes/illusions.

Relationships: Have fun, laugh at yourself (and others) at every opportunity. You must, while trying to relax, be very aware of others' intentions. Watch out for scam artists and don't invite in new business partners without great exploration into their background. People may not always be what they seem.

Finances: Lessons abound. Read all your contracts and move slowly in the financial realm. If you are in business with partners, make sure they don't hide anything from you. Check and recheck everything.

SEPTEMBER 17

Make every effort to see your life from it's highest perspective this week. See the total journey from beginning to present. If your ego is in charge, calm it down and show respect for others. If you are feeling disrespected, demand that others treat you respectfully. It's time to reclaim your power. Once that power is back under your control, do not misuse it - be compassionate, aware, and thoughtful in every aspect of your life. Remember that wisdom is the gateway to balanced personal power and growth.

Color is very important this week. Ask yourself what colors you're drawn to and which colors seem off putting. Invite in any and all colors that feel warm and supportive. Avoid the harsh colors that may literally upset your energy flow.

Relationships: Laugh, laugh, laugh. Seriously, find people with whom you can share some real laughter. It's good medicine this week. If you have friends or relatives that take life too seriously, try to avoid this at least for a short time. Find new ways to have fun.

Finances: Try to avoid any major financial decisions this week. Postpone important financial meetings if possible. It's just not a good time to go too deeply into that energy. Relax and enjoy the week without worry if you possibly can.

SEPTEMBER 24

Be open to receiving energy from the Universe this week. If you can, stand barefoot on the earth each day and see how much strength you gain. Remember that you are a multi-dimensional being. You must care for your physical body, your emotional well-being, your intellect, and, on top of all that, your spiritual self and growth. Thankfully it can be done and maybe more easily than you expect. Find new wings and fly this week - let yourself feel born anew and grow in many directions at the same time.

If there is hidden turmoil (only slightly hidden if you can sense it), now is a good time to bring it to the surface and work toward release. Move slowly if necessary and be totally honest with yourself and those closest to you.

Relationships: Share yourself easily with others this week. Be compassionate and flexible. Release the idea of control - it won't/can't happen. We cannot control anyone other than ourselves. That seems to be a very difficult lesson for many. Focus on letting go and letting the Universe help.

Finances: A week of sharing. Share all you can with others - money, time, energy, etc. If you need help, ask others to share with you; don't hide in your cave of denial. Step out into the world and be part of every moment.

Brian's Corner

For many/most of us, there were new beginnings last month. The genesis of new ideas, the start of new projects, the option of a new career, etc. But, these new directions in our lives are still in their infancy, their early stages of development. This month, much energy is available to build upon those beginnings. There may still be much uncertainty about how these new opportunities will really take shape, and it is up to us to guide the process. We are the architects of our futures, and so it is important that we stay engaged in the process this month. Don't let what's new in your life wither or wallow - your constant attention and guidance are needed! Take the vision you have for yourself and your life, and project it onto your future. Now is the time. Of course, the practice of meditation and reflection - quiet times when you can quell your thoughts - will help if you are unclear about what to do next. The answers are there for us all - we just have to be able to listen. Find the rhythm of your life and spirit this month, and use what you learn to guide your future.

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.

This month's visualization is one that will allow you to move your energy between two very compatible energy centers - the third eye (purple) center, and the solar plexus (yellow) center. By moving that energy and changing your focus from one to the other, you will learn better how to release stress and become more intuitive in your daily life.

Suggested Reading

I have been thinking about the Dalai Lama and his work for sometime now - maybe because he's visiting our city, Charlottesville, in October (his third visit I believe). His books are so insightful and supportive that I suggest you choose one to read or re-read. There are many from which to choose including: *The Dalai Lama's Book of Wisdom*, and *The Art of Happiness*. I particularly enjoy this quote from him:

"I am a Buddhist and my whole way of training is according to the Buddhist teaching or Buddha Dharma. Although I speak from my own experience, I feel that no one has the right to impose his or her beliefs on another person. I will not propose to you that my way is best. The decision is up to you. If you find some point which may be suitable for you, then you can carry out experiments for yourself. If you find that it is of no use, then you can discard it." His Holiness the XIV Dalai Lama.

* 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 . . .

At least once each year, I like to share this beautiful Apache Blessing with you. Did you know that there are many beautiful Apache blessings? Here is one that I wish to share:

MAY THE SUN bring you new energy by day,
MAY THE MOON softly restore you by night,
MAY THE RAIN wash away your worries,
MAY THE BREEZE blow new strength into your being,
MAY YOU WALK gently through the world and know its beauty all the days of your life.
- apache blessing

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 30 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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PURPLE AND YELLOW BALLOONS

Set aside some uninterrupted time (5 to 25 minutes) in a quiet place. Sit or lie in a comfortable position. You will get stronger results if your spine is straight and your limbs uncrossed. As you settle into position, take a few deep breaths inhaling through your nose and exhaling through your mouth. Allow your breath to find its normal rhythm and begin to consciously relax your physical body. If your body does not relax easily, you may wish to begin at your toes and relax each area of the body to the top of your head. As the physical body continues to relax, begin to create a picture in your mind's eye. Visualize yourself walking down a peaceful path. Create an environment that you enjoy - your path may wander through a forest, a meadow, or beside a sand dune. Your body will continue to relax as the picture becomes clearer. Beside your path you will see an inviting little cottage. You know this will be a safe, comfortable place, so you enter. The floor is covered with plush, light purple carpet, and the open windows allow filmy white curtains to move gently with the breeze. The ceiling of this one-room cottage is covered with purple and yellow balloons, and in the middle of the floor, there are several large, fluffy white pillows. Relax into the pillows and look up into the sea of balloons. First, focus your attention on a purple balloon, then a yellow one; repeat this process with another pair and another until you have examined them all. These balloons are of various shapes and sizes and as you examine each one, you enjoy its uniqueness. Stay in this comfortable cottage as long as you like, then slowly return to the path and retrace your steps. When you reach the beginning of the path, focus your attention on your breath and take several deep breaths to reconnect your energy to your physical body. As you become more alert, bring the relaxation and clarity you found at the little cottage with you.

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