

unfulfilling jobs to pay her way through college, even though the jobs might have little to do with her dreams. Although working as a hostess and a waitress in various restaurants showed her that having a restaurant of her own (she is an incredible cook!) was not something she really wanted after all.

Recently, I've had the opportunity to have work that is satisfying, fulfilling, and joyfilled and that could pay more than enough – and I have discovered that my beliefs about the nature of work and money set up roadblocks to having it. For the first time, I am thinking about my work as a career. I have visualized and asked for work for a non-profit organization or institute, for a worthwhile cause, where I can indulge my passion for research and writing, for history, for Web design, for interviewing others and telling their stories, and for creative expression – having work I love that pays very well. And that is what is being offered to me now. I already do the fun parts of the work; but until now I didn't have the job title or income.

Last weekend, after yet another in a long series of delays, I felt despair and I felt discouraged. I wondered if maybe this great job just wasn't for me, if I should look for another position somewhere else. That did not feel good to me, but the continuing delays did not feel good either.

After some soul searching, some prayer and meditation, and some calling upon my Inner Being and my intuition to give me guidance, I realized that the negative feelings were just my old beliefs about work and money and what I should expect in life coming up to be cleared, healed, and released. I used Carol Tuttle's class on creating money (on CD, see her web site listed above) which includes some energy psychology techniques for clearing and healing beliefs. And I felt much better.

I felt joyful as I went back to work this week and I focused on what I love about my job (and of course I got a lot more of that – Law of Attraction). Sure enough, two more hurdles were cleared in getting the new job title and pay increase. By the end of next week, I should be in the new job. And, Oh, YES, I am still using the CD and the clearing exercises, to keep clearing layer after layer of these beliefs. After all, I've held them for 50 years now. Thank goodness for the negative feelings that showed me what was up, and where I needed to release and let go. As a benefit, I am feeling good and feeling more joyful. That is the goal. I didn't wait until I got the job offer to feel better – I started feeling better and then I got the job offer.

My youngest daughter just finished high school. Her friends have found jobs but she hasn't. I've come home with a few job ideas, but she isn't really interested in getting "a job." And I've told her I don't care if she gets a job or not, as long as she feels good about life. I've told her to use her "magic genie" (Law of Attraction – idea from The Secret movie which my teenager loved!) to attract the kind of lifestyle she wanted and all the money she would like, and to follow her intuition when she was divinely inspired to take action. I tell her that I am not her source of money or other good things. I am trusting her to live her life the best way she can – hopefully in Joy, in Light and in Love.

Life is good. It just keeps getting better and better.
Sending you Light and Love, and most of all JOY!
Sharon

Having work you love is an important form of nourishment. There are few things more rewarding than being deeply involved in exciting work. When your job is fulfilling and fun, it's not really work. It is an accomplishment that makes you feel naturally healthy and energized.

As a spiritual being in a material world, you are here to accomplish something. The work you do all day, every day, is central to your purpose. Take a moment to think about what

you want to get done in this lifetime. Is your career in alignment with your deepest values and desires? Doesn't it make sense to work on something you are passionate about?
Joshua Rosenthal, Founder and Director, Integrative Nutrition
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Affirmation of the Month

I came into this world to accomplish something. I create work that is meaningful, nourishing and pays me fairly.

Book Review: Medicine for the Earth by Sandra Ingerman

As Divine expressions of Universal Life Force Energy in physical form on planet Earth, at the most basic level we realize that we are all part of the whole, dust motes of energy in the Cosmic energy field.

This is the underlying message of Sandra Ingerman's lovely book, Medicine for the Earth. Her premise is that by healing and clearing ourselves, acknowledging our connection with Divine Intelligence or Source Energy, and living from that connection, we can extend that healing and clearing to Mother Earth, to the point of literally reversing pollution – pollution of our psyches as well as pollution of the Earth.

I want us to use our energy to create beauty and healing in our lives and on the planet. I contend that we can reverse environmental pollution through spiritual methods.

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Sandra Ingerman earned a bachelor's degree in biology, specializing in marine biology; then, recognizing her desire to work with people rather than as a research scientist, she pursued a master's in counseling psychology. While in her master's program, she took a course in shamanism which really spoke to her heart, and her life's purpose was revealed to her. She is a practicing shaman whose work entails shamanic journeying to spirit realms where she works with what she calls "compassionate spirits" who offer counseling and teaching on healing self and others, and on healing the planet.

While this book grew out of shamanic journeying on the question of reversing pollution, it is about transmutation – alchemy – "as it is defined in this book, the ability to transform poisons in the body and in the environment."

Transmutation is always a fascinating subject. Many mystics speak of transmuting the energy we hold in our bodies and psyches from the dense energy of guilt, shame, lack, and depression into innocence, Oneness with All That Is, and Joy (Patricia Diane Cota-Robles; The Violet Flame Meditation for transmutation). The dream of the ancient alchemists to transmute base metals into gold is one image that comes to mind. Why not transform and transmute poisons in our bodies, minds, spirits, and in the water, air, and soil of Mother Earth?

Transmutation, as I present it in this book, is learning how to merge with your own divinity to change what the alchemists call heavy leaded consciousness into gold, light consciousness. My intention is to use this ancient knowledge not to teach you how to literally create gold, but to help you bring out your own divinity, thus transmuting your life into a gold that yields greater wealth than the metal would ever bring you. I will teach you the importance of creating the space that allows change to happen instead of trying to make change happen.

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This book lives up to her promise. There is beautiful explanation and theory, followed by concrete examples and experiments or exercises. She not only gives the concepts behind her theories, using examples from other writers as well as her own observations, she gives tools to use that can actually guide the transformation process.

I have found the book to be a good complement to my own spiritual practices. It emphasizes, like I do, connection with Source, with All That Is, and using emotions and feelings as guidance systems. These concepts are not new, but they are presented with a freshness that is appealing. Sandra's writing style is comfortable and easy to read, yet mystical and beautiful at the same time. She brings clarity to those concepts, such as shamanic journeying, creating sacred space, and receiving the gifts of our ancestors, that are not mainstream.

Her methods for connecting with Inner Guidance are not the same ones that I use routinely, and as an occasional different path for the sheer joy of it I find them renewing and invigorating.

The final section of the book is on Ceremonies for Transmutation. Sandra distinguishes between a ritual ("healing work that will be repeated again and again over time") and a ceremony ("work the group will do once for healing and honoring ourselves or nature").

**Ceremonies and rituals are used to honor, celebrate, heal, and transmute. In performing ceremony and ritual, we take an active role in creating our lives.
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Sandra offers beautiful suggestions for ceremonies of releasing, calling down support, transformation and healing, and honoring ourselves and others. She also gives guidelines for creating our own ceremonies and rituals.

This is one key element in this book: while Sandra gives some quite specific guidance for transformation and healing, she also gives guidelines that we can take and develop with our own creativity for experience that is meaningful for our selves.

I read through the book as a whole, and now I am going back and indulging in the exercises leisurely. I appreciate the roadmap for journeying into greater knowledge of myself and greater appreciation of connection with All That Is. There are many ways of finding Joy in this book. And by living in Joy, and in Love, and in connection with All That Is, we can transmute our selves and our lives, and contribute toward the wholeness of Mother Earth.

A Quiet Moment Meditation:

Take a quiet moment for yourself.

Sit comfortably or lie flat on your back and relax. Be aware of your body resting and make a conscious effort to straighten your spine to ease the flow of energy through your body, all bodies, all selves.

Breathe deeply and relax.

Let go.

Allow the cares of the day to drift away.

And breathe.

If you are in a situation where you can close your eyes, then allow them to close. Allow your eyes to rest and relax. Imagine the soft warmth and gentle sunlight of a lovely

spring day fills your eyes, bathing them in health, relaxation, and comfort. Imagine that you can see clearly, that your “vision” is crystal clear and that you can clearly see the beauty all around you in your life.

[And breathe.](#)

Think of a place of quiet beauty, of peacefulness, either a place you have been or a place you dream of being one day. Breathe in the beauty and the peace. Know that you are at peace, at rest now.

[And breathe.](#)

Breathe in Divine Love in the form of White Light, beautiful sparkling white light that fills every cell of your body, heart, and mind with radiance, with Love.

[And breathe.](#)

Know how much your Higher Power adores you, as you allow this Divine Love to fill every cell of your body. Experience this feeling of being loved through and through. Now focus your attention on your Heart and imagine the white light expanding and radiating out from your Heart, expanding into every area of your life. Feel your connection to All that Is. Realize that in this Universal Life Force Energy, you live and move and have your being. Acknowledge this connection and feel gratitude for it.

Realize that every cell in your body, mind, and heart is absolutely perfect now. Realize that your heritage is perfect, radiant, joyful health and beauty – pure positive energy. Love every part of your physical body, your toes to the tip-top of your head. Love and appreciate every part of your wonderful body-temple that serves you so well in this life. Send the beautiful Light of Divine Love to every part of your body, to every cell of your body, in Joy, and in appreciation.

As you breathe in this beautiful Light of Divine Love, say to your Self, “I Love You.” Say to your Inner Being, “I Love You.” Imagine flowing this beautiful Light of Divine Love to someone you love. Let the Love flow from your heart center and radiate into your world. Imagine sending it to surround someone you love and cherish, someone you adore. Now, let that someone be you. Allow your Self to breath in this Love, this unconditional loving creative Light energy, and say again, “I Love You.”

[And breathe.](#)

Experience the Joy and happiness that accepting your own unconditional Love and acceptance allows. Feel the bliss, feel the peace that connection with Universal Mind, with Divine Love gives. Breathe deeply and allow your entire being to expand. Hold loving, beautiful thoughts about your Self now. Accept your own Love. Let it in. Just for now, allow your Self to be perfect, beautiful, most beloved in your own eyes. Allow your self to be supported by All That Is. Rest and be Peace.

[Remember the feeling of soul-deep, heart-level joy and reconnect with it by lightly resting your palm against your heart center. Remember who you are and remember how loved and cherished you are by All That Is. Remember to open to this Divine Light and remember to accept your own Love and approval as you go through every moment of your Life, living your best Life, being your Self, loving your Self, and appreciating your connection with All That Is.](#)

[And so it is.](#)

