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Hello NEWLIFERS,

I hope life is treating you well. For me, as I start a new chapter in the Book Of Life, I have a smile from ear to ear and my heart is filled with love and gratitude as I reflect on my mission to reach as many spirits as I can and become even closer to all the souls who have helped me on my journey.

I want to thank two of those souls who have written exquisite articles for this issue as well as who will be participating in the NEWLIFE EXPO on October 25-27 in the Hotel New Yorker and sailing with us on our Cruise To Enlightenment on April 7-12—Judy Satori and Gail Thackray.

I hope that you will be so enthralled by Wah’s article on The Healing Concert and you will come to her amazing event at the expo. On the health side, I am proud to be introducing Javita to New York City, the weight loss coffee filled with garcinia cambogia. When you read the article you will see why Dr. Oz calls it the “Holy Grail” of weight loss. And I want to thank Dr. Robert Sorge for his enlightening articles on health. This issue he explains how Linus Pauling proved that Vitamin C is a great cancer cure.

Don’t forget to get tickets to see my friends Deva Premal, Mitan and Guruganesha at the Tribeca Performing Arts Center on Chambers Street in Manhattan on Saturday, September 21. It will be an evening to remember.

Please turn people on to this issue of NEWLIFE and visit us at the expo (you can find out more at www.newlifeexpo.com. Also if you want to spend a five-day journey with myself and Dannion Brinkley, Judy Satori, Gail Thackray, Sean David Morton and others come with us on the NEWLIFE Cruise To Enlightenment on April 7-12. For early discounts find out more at www.newlifecruise.com.

Please like our newlife cruise, newlife expo and newlife magazine facebook pages. For those who have been with us for the last thirty years I thank you for your support and for the newcomers----

Remember... It’s a NEWLIFE!!!!

Om Sholom

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MantraFest 2013
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Get ready to experience the beauty and bliss of the world’s most sacred mantras. MantraFest 2013 promises to be a truly historic event, bringing together for the first time two visionary musical ensembles, led by three chief architects of the sacred chant phenomenon that has energized the yoga and meditation alternative movement in recent years — Deva Premal, Miten and Guru Ganesha.

MantraFest 2013 will be performing in New York City at the Tribeca Performing Arts Center at 199 Chambers Street in Manhattan on Saturday, September 21st as part of the 25 city tour.

Miten comments: “For Deva and me, this tour is about coming together in celebration of a New Beginning — an invitation to celebrate the momentous shift in humanity’s planetary attitudes that is currently underway — a positive change in the way we view the resources we consume, a change in how we view ourselves as messengers of this transformation that is now upon us all. The direct, daily experience that Deva and I have is that mantras support us through every challenge. Our mission is to share this powerful healing tool with the world. And we know that this is a mission we share with Guru Ganesha. His music has always been remarkable for a depth of spiritual connection that has a real sparkle and twinkle.”

MantraFest 2013 will unite the soul power of mantra’s reigning couple, Deva Premal & Miten, with the mystical mojo of mantra music’s premier jam band/group vocal sensation, the Guru Ganesha Band. Both headliners incorporate a virtual who’s who of virtuoso world devotional musicians. Put it all together and you have a history-making tour that will be the crown jewel of the 2013 sacred music season. The MantraFest tour will delight audiences in 27 major cities with a rapturous evening of sacred chant.

“Deva and Miten are a shining example of the essence of the divine couple. They are very good friends of mine and there isn’t a day that goes by that I don’t listen to their music. Combined with Guru Ganesha, an incredible bright light who helped make Snatam Kaur shine, this is a happening that you will definitely not want to miss.” Mark Becker, publisher of NEWLIFE Magazine.

For information on concert locations and dates visit BrightStarEvents.net.

Be Willing To Be Amazed
With Robert Novak
www.bewillingtobeamazed.com

Be willing to be amazed… a lifestyle, if only lived in moments, confirms just how amazing moments of life are!

How does one live more open to being amazed?

I wish I could define it for you, I can’t. It is a personal...
thing, this opening. I could share something you probably have already heard, which is to live with “beginner eyes” or with “child-like wonderment.” I totally agree with doing this. What’s amazing is that it only takes a moment to open to experiencing life this way for some sort of realization or transformation to happen or begin to happen in one’s life… only a moment! Moments of just being willing to be amazed… that’s all it takes!

It only takes moments with me too. My gift is transformation, primarily, relating to one’s soul journey. I refer to it as a Sacred Space session and in reality, it is a space where two people open up with the intention of improving one’s journey. It is all about improving life, especially one’s physical potential so one can live more on purpose to one’s soul’s desires.

In sessions, there is movement, clearing away, improvements, sharing of insights and there are even gifts bestowed on us. What sort of gifts? I don’t know… that’s just another thing that is so amazing! These gifts are personal to you!

Transformation, living life on purpose, all boils down to one thing… you showing up! Our purpose is really to take action, even better… inspired action, and hopefully from a place of being willing to be amazed! Sessions will get you more able to do this!

Come experience the group sacred space session at the New York City NEWLIFE Expo. Be willing to be amazed to see what transforms in your life by doing so! Come see me at my booth too! For more information please visit my website: BeWillingToBeAmazed.com.

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Are you seeking a space so you don’t feel alone on this journey?

Mel Finnerty and Shweta Parmar’s Mission is creating Unity Consciousness through many healing modalities representing seasoned, Profound Teachers and Healers committed to raising the Vibration and Frequency of Self and our Planet.

They are excited to be hosting this fall in New York City Karen McKy of PSYCH-K, featured at the New York, NEWLIFE Expo, October 25-27. Paramahansa Jagadish, ‘Liberation in Divine Love’, September 30-October 14, and Damien Wynne, ‘Light Grids’ October 30-November 10. Shweta Parmar for Easy At-home Group Fall Cleanse, and Suraya Keating for ‘Igniting Your Creativity’


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Isn’t it amazing? Dr. Linus Pauling won the Nobel Prize for medicine for the entire world for his detailed research on vitamin C, proving it to be more effective as a treatment, cure and preventive of cancer yet, 40 years later not a medical doctor in a hundred, maybe a thousand, recommends it to their patients.

Why invest $30 a month on a sensible natural supplement, when the average cancer patient, who mindlessly chose to go the chemotherapy route will spend over one million dollars to get sicker and sicker.

Back in 1970, it was the American bio-chemist, Linus Pauling, who discovered that one of the most inexpensive and commonly used nutrient ever discovered is also one of the most inexpensive. Vitamin C has the ability to act as a potent natural form of chemotherapy when given intravenously. Has your doctor explained this to you?

If not, possibly the reason he didn’t is because the drugsters propaganda machine went to work shortly after its discovery. Big Pharma doesn’t feature anything cutting into their bottom line. They are ruthless and will stop at nothing to keep you on so-called prescription meds. They have clouded the clinical facts about Vitamin C and bioflavonoids with faulty research and clinical studies to confound the facts.

The good news is we still have some real scientists and real doctors who have had the courage to stand up to these pseudo scientists on Big Pharma’s payroll.

By Robert H. Sorge, M.D., Ph.D.
Doctor of Naturopathic Medicine Since 1964

Why Are Vitamin C and Bioflavonoids So Effective For Cancer and So Much More

Vitamin C builds collagen, an important protein used by the body to make skin, tendons, ligaments and blood vessels and its essential for healing wounds and the repair of bones and teeth.

Since Vitamin C is water soluble (meaning your body can’t store it and any excess that’s present in your blood is expelled through urine), you need to supplement it. The two types of Vitamin C that have proven themselves to be effective over the past decades are “Duo C Complex,” a proprietary formulation that is perfectly balanced with equal rations of Vitamin C with bioflavonoids and another proprietary product, “Super C Active.” This product is an extract of citrus salts. One tablespoon is equal to one hundred oranges.

We have discovered that the benefit of these two products enables us to use very large therapeutic doses working up to 50,000 mg’s a day with no downside effect on the G.I. Tract. The products are very well tolerated without upsetting the gastrointestinal state. Dr. Linus Pauling’s protocol for his cancer patients worked up to 100,000 mg’s per I.V. But the problem with all I.V. protocols is that they require the patient come into the office.
**Jug One Protocol**

The benefit of the Super C Active is it is self administered. We use it in our Jug One Protocol, which includes liquid plant enzymes and the exact minerals that each individual is deficient in, based on their test results. The most effective minerals that we discovered were ionic liquid minerals because the partial size is extremely small, enabling them to pass through the cell membrane and get into the inner cell factory.

The Jug One Protocol System is drunk over the course of the day enabling the cells to be constantly bathed with nature’s most powerful chemotherapy agents. Unlike pharmaceutical chemotherapy agents that suppress the immune system, Vitamin C with bioflavonoids and ionic liquid minerals enhance the immune system.

Vitamin C with bioflavonoids, unlike toxic drugs is a powerful antioxidant, a nutrient that blocks free radical damage. What you probably won’t hear from your medical doctor or oncologist is there is no drug that can effectively defend your body against tumor growth. The good news is Vitamin C with bioflavonoids is essential for an immune system to generate and mobilize the specialized cells that fight cancer and infections.

The challenge that we have today is the more stress we have, the more our immune systems are suppressed, the more Vitamin C is burned up. In short: Vitamin C has many important roles and since your body doesn’t make it and can’t store it long term, you need to supplement lots of it evenly over the course of the day.

The drugsters have told us that Vitamin C only gives us expensive urine. Well, guess what? We want expensive urine because the basic principle of science is: “No two substances can occupy the same space at the same time.” When Vitamin C occupies the cell, guess what gets moved out? Cancer causing toxins.

It would seem to me that the Nobel Prize winning scientist ended this discussion in 1970. He cures cancer, not with pharmaceutical chemotherapy but using 100,000 units of Vitamin C intravenously. But the drugsters refuse to let the world’s top scientist absolute proof stand.

I wonder if this has something to do with the costs. $500,000 to a million dollars is nothing these days for orthodox drug medicine treatments. Compare that to some simple health remedies like Duo C Complex and Super C Active.

**The Proof Is In The Pudding**

In 1966, Dr. Evan Cameron pointed out that the inter cellular cement that binds the cells of normal tissue can be broken down by tumor produced enzymes. In 1970 Dr. Cameron with Dr. Pauling popularized the notion that Vitamin C could stimulate normal cells to inhibit these enzymes, helping to prevent cancer. Soon after, Pauling and Cameron began their control group of 1,000 patients, in a hospital in Scotland, using 100,000 mg. I.V. of Vitamin C.

They found the average survival time was 4.2 times greater for patients given I.V. Vitamin C than it was for the controlled group. Five years later, they discovered that 16% of the Vitamin C treated patients were still living while all the controlled patients died. Most importantly was the immense difference in the quality of life.

The good news is you can do something that makes good sense now. You can help prevent cancer with Duo C Complex and Super C Active. Most Americans are severely deficient in Vitamin C and bioflavonoids.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of AbundaLife Medical Nutrition testing clinic in Asbury Park, NJ. He can be contacted at 732-775-7575, by email at abundalife@abundalife.com or visit www.abundalife.com. Dr. Sorge will be speaking at the NEWLIFE Expo in New York City, October 25-27.
DON’T WORRY... BE HAPPY...

ARE YOU FEELING everything in life coming at you right now? Like you’re inside of a washing machine being flung this way and that? From a spiritual perspective, it’s part of a Divine plan. We’re all going through it. It might feel like you’re on a rollercoaster, but in reality everything is perfect and as it should be.

Since the Earth’s shift to a faster pulsating fifth dimensional vibratory pattern on December 21, 2012, most people have not had an easy time. Our re-calibration to an altered Earth frequency has meant that old energy stuck within us for lifetimes, that in the past has locked us into habitual repeating patterns of thought and action, is coming up for us to re-experience, understand and release. These old beliefs about life that create our life experiences no longer serve us. Our soul is propelling us forward into a new way of being and all limiting, outmoded patterns of thought and behavior have to go!

Remember in the winter when the snow is on the ground? The seeds of the plants that will bloom with the summer sun lie fallow and forgotten. So it is with us. When life seems cold and frozen we cannot see the way forward. In this barren season the only thing to do is surrender and to live life with as much grace and courage as possible.

My own learning is that when I resonate with peace, love and faith, the universe delivers peace and love to me in my life. When my mind goes into chaos and turmoil, then this is what I also receive coming at me.

It has been a mission to get to this place of understanding about how creation works and let go my need to control my life. I want to share my insights with you so that you too might stop worrying and be happy.

I received a gift of greater understanding from my husband Tim. We are moving through a process of divorce, something I did not see coming and could not understand. It has been a stressful, sad and challenging time for both of us as we are guided by Spirit to go in different directions.

As I was packing up the house and crying, Tim said to me, “Listen to this song. It really helped me to trust and not go into fear.” He pressed a switch on the sound system remote and the words of Bob Marley’s song ‘Don’t worry, be happy’ resonated through the room.

The words of the song calmed me and I began to understand that we are all going through a time of soul learning and advancement in our different ways in order to reach our highest version of self. Unfortunately, soul learning and soul expansion is rarely a comfortable process.

But nothing changes in our “outer world” until our “inner world”, our heart and mind is at peace.

In my time of angst and agitation I asked my spiritual guides what to do. This was their reply:

“Stop looking outside of yourself for the answers. Stop consulting others and putting the authority and direction of your life in their hands. Learn to go within to find your truth. Listen to the still small voice of the heart, for therein lies your happiness and your peace.

“The first step is surrender. Let go and let God. Trust that God and the universe desires your highest good and that God and the universe will deliver everything you wish for.

“Understand that your world might not change overnight, but when you give up your own control and give your cares and concerns over to God and the universe, things will change.

For me the stress bubble popped when I reached what felt like rock bottom. There was so much impacting on me that I couldn’t control things anymore. I just had to let go and let God handle it all.

I made a list of short-term action steps to take in my life even though I had no idea where to be or what to do long term. Just taking daily action on ticking off one item from the list helped me feel calmer.

My spiritual guides then taught me how to go within for my answers. “Rey is making time for SELF; because making time for SELF is allowing your soul to show you the way.

“Making time for self is not about doing anything. It is just about setting some time aside to JUST BE. It is not about saying a mantra, an affirmation, or staring at a candle flame. It is not about DOING ANYTHING except sitting comfortably, placing your hands crossed over your heart chakra, the center of your chest, shutting your eyes and feeling into your heart’s love. This simple act of conscious connection creates a link to God mind, which connects you into the source of all creation. It is the preparatory state for your new beginning.

At first your mind will tend to wander. Gently bring your attention back to what you feel as you tune into your heart. Focus on the feeling of connecting to your heart, which is your soul. There are no thoughts or words that should accompany this. Focus your mind on what you FEEL.

Don’t ask questions. TRUST. Don’t get upset because you do not immediately hear answers or receive guidance. Just be and feel the love that you are as fully as you can.

Practice this technique twice daily for 10 minutes each time. Peace and trust will enter your heart and illuminate your life and anxiety and fear will fade away. The new energy that you become will attract the same frequency of vibration to you in your day to day life.”

I began to have many experiences of attracting to myself what I was putting out energetically. Magic is happening in my life as old challenges and limitations fall away.

The little green shoots of a new branch of the tree of my soul’s eternal life are beginning to grow beautiful and strong and my life is changing in powerful and positive ways.

This is my advice: Don’t worry about making decisions. Guidance will come when the time is right as you work with the tuning into soul wisdom technique. Your soul knows what you need and when you need it to manifest.

Remember that we draw to us every experience. Everything that happens in life is needed to provide the necessary stimulus for change and soul growth.

Begin today to move away from angst and upset to acceptance and peace. Become the creator God or Goddess that you are truly designed to be.

Most importantly, don’t worry, be happy. Every little thing will be alright. Say this prayer if you wish before beginning your heart connection practice.

May the love of God come into this space, into my mind and into my heart. In the stillness let the word of God speak so that I might come into the presence of my own God self.

I am peace, I am love, I am abundance. You might also like to listen to the Three Blessings for health, abundance and joy or use the programs for emotional/mental balance “Healing the Pain” and ‘Weight Loss for Body and Mind’ and other Light Language audio transmissions to help you activate your highest soul potential at www.thesoundoflight.com

Judy Satori is a spiritual activator, catalyst and way shower. Over the course of many years she has been spiritually trained and prepared to recode human DNA; to transmit the sound and light sequences (energy “words”) that are required to catalyze physical and energetic changes within the cells of the human body, and, in so doing, to spark a physical and consciousness upgrade for humanity. Judy is holding a special Event ‘Being All You Can Be and More’ and speaking at the NEWLIFE Expo in New York City, October 25-27, and will be on the NEWLIFE Cruise to Enlightenment, April 7-12, 2014.

Every Little Thing Will Be Alright!

By Judy Satori
When I was a teenager, I met a woman who was dying of cancer. She went each week to see Sri Chinmoy play his flute at St John the Divine. I went with her a few times to New York City. I was 14 years old. Sri Chinmoy played his flute. That was it, that was the program, you went in and sat, and he played his flute. There was no lecture, nothing else, just him playing the flute. The Healing Concert is similar to what I first experienced with Sri Chinmoy who simply stated, “Everything you need is contained in this music, close your eyes and receive.”

The Healing Concert is a 2-hour concert of meditative music, using vocals, keyboards, special effects and bliss lights designed to access deep relaxation (Savasana) and inspire natural healing. The Healing Concert is an invitation for healing and relaxation. The lights (hand-made by Randy Johnson) move slowly, making random patterns on the ceiling and walls. The music moves slowly too - words, songs, loops and affirmations help you relax, slow down your breathing, and slow your thoughts. You heal from a place of wholeness, so the music and lights are carefully designed to help you feel whole. You are a perfect being in a perfect world.

Audience members can sit or lie down to receive the music. The Healing Concert creates a space for participants to ease into the space of spiral energy, letting go layer by layer. In describing what inspired her to create this concert Wah! says, “Because the energy of the universe is more intense, I’m finding that people really need to slow down. They need to have a moment to just breathe and sometimes they just need to lie down. To close their eyes. When the music comes in, I’m singing to the higher frequency of who is there. As I access their higher frequency, a lot of times people say, ‘Oh my God I just had to lie down!’”

Come breathe, meditate, relax, and feel blessed. Participants may bring mats, blankets or pillows for extra comfort. I want you to understand it’s okay to be in silence and it’s okay to receive. It’s perfectly natural to rest, to reconnect with yourself, to begin again. There are many examples of it in nature but sometimes we lose connection with Mother Nature, especially in urban settings. I want you to feel your connection to life - to breathe, to dream, to appreciate the sun, moon and ocean, and to synchronize with the rhythms and natural beauty all around you.

Harmony starts within but not everyone can go right into a state of deep relaxation. It’s not like you can come into the concert straight from rush hour traffic, sit down and experience the healing of your life. There are layers that have to come off. Some people don’t even know that there are layers. You move through layers of thought and settle into a meditative place within yourself. You start with the breath because it is your inner companion, your first connection to life. It’s what you do when you shift gears (sigh), it’s what you do when you begin. After breathing for a few minutes together, you are free to sit, relax, enjoy the lights, take in the music, and be with yourself. The Universe expands and contracts, life goes up and down, seasons change, we change. At the end of the concert, we distribute flower petals you can take home, place in your garden or give to someone who needs healing.

The Healing Concert is offered in special locations throughout the year. It creates community and brings harmony to Mother Nature. It’s something we can do together; and it’s easy. We just need you to take a few moments out of your life to join with others and create it.

The Healing Concert coincides with the release of Savasana 3: Natural Beauty, my latest in a series of CDs created for relaxation. Savasana is a Sanskrit word meaning “posture of stillness.” Some people say, “I can’t relax, I can’t sleep.” I’m like, “Great, come to the Healing Concert and just breathe, be in the space.” Can you close your eyes? Yeah? Good, then you should come. It’s an honor to help people move into a state of relaxation and self-acceptance.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. www.wahmusic.com throughout the world for yoga, meditation and relaxation. Wah! — whose name means “bliss beyond description” — has been recognized as a spiritual pioneer and pillar of modern kirtan music. Her second book, The Healing Concert is due out in October, 2013. Visit www.wahmusic.com The Healing Concert is featured at the NEWLIFE Expo on Sunday October 27, 5-7pm. Tickets available at www.newlifeexpo.com or call 516-897-0900.

“Everything you need is contained in this music; close your eyes and receive.”

– Sri Chinmoy
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“I have come that ye may have life and have it more abundantly.”

— John 10:10 —
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We have found it. The Holy Grail. An herb with such astonishing effects it is hard to believe it is true. Imagine the ability to burn fat easily while priming your body for exercise, to balance your blood sugar and reduce your food cravings, and to increase your sense of vitality and well-being. We had to try it to believe it — and thousands of others tried it with us too. The results are in — Garcinia Cambogia is the real deal.

Pronounced Gar-sin-neeya Cam-bow-juh, this extract of the tamarind fruit family is becoming more widely known, spreading from its home in Southeast Asia into a global sensation. The chutney side dish, commonly eaten with Indian fare, has grown up — and is now being seen for the additional health benefits it holds for all. It is now being seen as a major and notable super food, gaining notice in the medical community with diabetes and cancer patients due to the positive effects on decreasing both blood sugar levels and muscle loss.

Perhaps the most famous Medical Doctor and health expert of our times, Dr. Oz, devoted an entire hour to this potent fat burner in October 2012. He highlighted the dual-action effects of Garcinia Cambogia. First, it acts in the liver to block the enzyme that converts carbohydrates and sugar into fat. This enables our body to be burning fat for fuel instead of carbohydrates. This is good-to-be-true, there are some drawbacks. First, Garcinia Cambogia can be pretty costly. It has been available as a supplement for decades — but most people still have not heard about it — because paying up to $15/day is a definite investment. Furthermore, the source and potency of the pills can be variable — which means results may definitely vary. Second, as with most other supplements, it takes the discipline of forming a new habit — which in the case of Garcinia Cambogia, usually means taking a pill thirty minutes before every meal. Well, you can’t have it all, right? Wrong!

Drink and Shrink

Enter Javita Weight Loss Coffee. This visionary product, called Burn + Control, is even more incredible than Garcinia Cambogia alone because it is combined with other synergistic ingredients. In their proprietary process, Javita has taken gourmet, estate-grown coffee and infused it with another all natural herb, yerba mate. As you may know, Yerba Mate acts as a metabolism booster, an appetite suppressant, and increases oxygenation in the bloodstream. The potent effects of Garcinia Cambogia are boosted and amplified by this dynamic pairing — and offers Garcinia Cambogia in the first non-pill form. That means it is easier, more affordable, and fits into your lifestyle for your lifetime. It seems that Javita wanted to make good enough Great, and make it available to everyone. Their instant coffee is FDA approved, manufactured in the United States, delicious, and costs the same as gourmet coffee — about $1.75 a cup. Drinkers are having incredible results with just one or two cups a day — simply by changing their coffee.

The Javita Coffee company offers a second product, Energy + Mind. It is another incredible combination of all natural herbs with gourmet coffee — but this time with herbs designed to give you more of what you are already seeking from coffee. Gotu Kola, Bacopa Monnier, and Green Tea are heralded for their brain boosting effects including improved focus, concentration, and short- and long-term memory, so Javita infused them into their Energy + Mind coffee, a hugely popular product in Asia and in the United States. As a health opportunity, Javita offers unprecedented products that fit your budget and lifestyle. As a business opportunity, Javita offers additional benefits as it is ground floor and growing fast. It is sold through independent distributors, and it is easy to become a Javita Business Owner. We can see why. After all, the company’s slogan is “Change Your Coffee, Change Your Life,” and that is just what it is doing for thousands of drinkers around the globe. Who knew — The Holy Grail is a coffee!

To find out more about Javita, and how to become a customer, a distributor, or find out more go to www.myjavita.com/yogiman and e-mail mark@newlifemag.com.

By Katherine Roggeveen
Evidence of spiritual healing with reports of miraculous cures comes from all corners of the world, making coincidence or wishful thinking as the explanation hard to justify. Even if it were some kind of mind over matter occurrence, if the result is greatly improved health, it is something well worth delving into. And spiritual healing is not limited to our physical ailments; a healing can include emotional, mental, or even financial issues. In fact, most physical problems actually stem from a web of underlying emotional issues.

Let us try to understand spiritual healing from an energy body point of view. Science has proven that we are really just energy; that we are made up of molecules vibrating at a certain frequency. Even the atoms that make up our body comprise only a tiny amount of substance. The rest is simply space. Yet, if we touch our arm, it feels solid. It is then, not so difficult for us to believe that around our physical body, we also have a lighter energy body. This energetic aura is a larger outer body that is invisible to the naked eye.

Our energy is fed by the Chi that runs through us, the life force energy that many say is really God. Chakras are widely accepted as fact in many parts of the world. They are of importance in acupuncture, eastern medicine, and can also be seen in various other cultures. According to this system, there are seven main chakras in the body as well as smaller, less significant ones. Each chakra is an energy center and is associated with different emotions, physical organs, and spiritual relevancies.

If we have attracted any negative energy into our aura, we may have clouded, slowed, blocked, or even shutdown our chakras. Illnesses start in our outer aura, either from energies brought over from past life karma or brought into this life by our selection of lessons. In other words, before we come into this life, we have predetermined difficult life lessons and physical illnesses that lie dormant in our outer body. Then, at some point, this energy is manifested into our lives and becomes part of our mental thoughts or thinking processes. That is, we are thinking negative thoughts, which affect our emotions, and we start to manifest this negative energy in our life through our emotional state. Eventually, this emotional imbalance is drawn further into our energy field and can even become a physical illness. If we are aware of this progression, we can start to work on our issues as we recognize them in our mental thought processes and
emotions before they ever come into the physical realm.

Our natural state is to be a clear and healthy being, but over time we collect negative thoughts and experiences, holding on to that energy which builds up around us. This is part of life. We develop negative cords and energy blockages from past relationships and experiences. All of this can slow or even shutdown our chakras. This may go unnoticed when it is in our energy body, but eventually it can manifest physically in the body.

Our negative thoughts can even attract attachments of discarnate earthbound beings. This sounds like something out of a horror movie, but it is strongly believed by many spiritualists. This is sometimes the reason that a person cannot get a clear diagnosis, has mysterious symptoms, or their test results do not match what the symptoms would suggest. Others experience serious depression, cravings, or addictions that cannot be resolved.

There are no victims. We don’t just develop cancer for no reason. Somewhere there is a lesson. You need to dig deep through meditation, therapy, or simply self-reflection. What resentments, hurt, or anger are you holding onto? Even if a cancerous lump is removed surgically, if we do not learn and integrate the lesson, thus dissipating the underlying energy, it can return in the same manner or as something different. Spiritual understanding and the release of negative energies is critical to permanent and continued healing.

Fear is our worst enemy. When we are scared, our energy shuts down and we literally cut off and lock up our chakras. Imagine being given a diagnosis of some terrible condition and a prognosis from your doctor of say three months to live. At that moment, we give up. We cut off our life force energy, which is the very thing that is needed for healing. No matter how good our doctor is and how good a treatment should work, without the energy of our own body, the body cannot heal. This is why it is so important that a person keeps faith and hope, in order to keep their energy centers running. In fact, it is critical. A doctor does not make a person’s skin grow back nor make the patient’s heart beat; it is the patient themselves. It is their own life force energy, their connection to God that heals. This is why it is imperative to keep positive and healthy on an energetic level.

So how does spiritual healing help? A spiritual healer is often called a “medium” as they act as the connection between the physical world (the client) and the spirit world. A healer is able to shift the patient’s energy. Some say that spiritual or life force energy flows through the healer from spirit doctors to the recipient. Some healers say they are able to help the person open up and connect more strongly with Divine Source, the spirit world, or God to activate their own healing. Many say that spiritual healing removes the negative energy around a person and dissolves energy blockages, negative cords, attachments, and even karma.

Although it takes a lot of trust, we can connect to the other side ourselves and invoke our own healing. We can do this through meditation and prayer. In fact, there are many examples of people who say that they received miraculous healings solely through prayer. Others believe in their medical doctors with such faith that it opens them up spiritually, whether they know it or not, because they simply believe so strongly.

Seeking the assistance of a spiritual healer can expedite one’s healing. When the healer is able to quickly remove negative energy that is causing fear, depression, and the spiral of ill health, a person has a much better chance of allowing their energy to flow and to heal their own body.

When a person receives a spiritual intervention and their energy is shifted, the person’s energy is clear and this brings about their good health. The person literally attracts to him or herself what is needed to heal. This could be that they suddenly “find” the right doctor or their doctor now knows exactly the treatment that will work. Spiritual healing can also help a person’s energy now accept a
treatment that it wouldn’t have before. For example, a drug, herb, or homeopathic remedy may not work while a person’s energy is not strong, but once the negative energy has been removed and their chakras are working optimally, this same remedy may now work beautifully with their energy.

We can all benefit from checking our energy and clearing off any negative thoughts and emotions that we may be carrying within the cells of our body or in our outer aura. We all have our blocks and issues; it’s part of life. We’d be angels if we were completely clear all the time. Whether you seek a spiritual healer or sit quietly by yourself, you can invoke help from the spirit world to clear your energy.

Gail Thackray is a medium and healer who will be speaking at the NEWLIFE Expo in New York City, October 25-27, and will be on the NEWLIFE Cruise to Enlightenment, April 7-12, 2014. In the past, Gail has given amazing readings and healings at our events. Gail gives sample healings at her free talks and people report being cured of cancer, blood diseases, and many other issues. Some report they received unexpected money after attending Gail’s event! Gail is the author of several spiritual books available on Amazon.com. She is also the host of the series “Gail Thackray’s Spiritual Journeys.” Don’t miss Gail in New York speaking about Manifesting Abundance and Spiritual Healing and giving free readings.
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