

Spreading The Message of Wellness For The Greater Good!

LIFE
DYNAMIX

WELLNESS MESSENGER

Fall 2008



DVD Inside

- ★ Interview with Wayne Dyer
 - ★ Eco Friendly Tips
 - ★ Vegetarianism is it healthy?
Dr. Ferrel answers this question
 - ★ Fashion with Compassion
- And many more messages of wellness

MY SHELTER PETS ARE

MY BESTFRIENDS

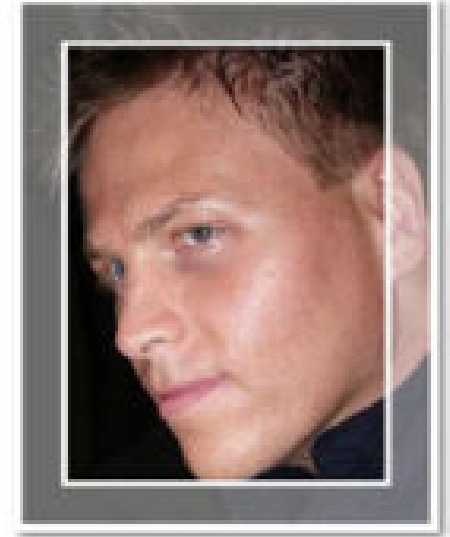
#AdoptPureLove



OLIVIA MUNN WITH FRANKIE AND CHANCE: ADOPTED 2016 AND 2014.
They're a little bit of a lot of things, but they're all pure love.

Spreading The Message of Wellness For the Greater Good!

Welcome to the 1st issue of the Wellness Messenger Magazine. The Wellness Messenger is **dedicated to making a difference for a better world** by helping people feel better and spreading the message of wellness for the greater good!



The more aspects of wellness we implement the easier it is to access healthy energies. **When people feel better they are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well.** Healthy energies emitted from one individual generate the possibility of positively influencing thousands of others. I hope the messages from Life Dynamix and the Wellness Messenger help many unite with this healing magic.

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. **And when we unite with other like minded individuals with similar passions what we build will be Brilliant and Beautiful** for when we unite we can truly make a difference!

Please join me on my quest to make a difference and spread the divine message of wellness for the greater good!

Steven Ferrel

www.lifedynamix.com/community/Steven



THE SHELTER PET PROJECT.ORG

WELLNESS

For A Better World!

2 Things That Make A Big Difference

1. Keep Your Pet Cool

The hot weather can be extremely deadly for your pet. Please provide plenty of shade and water during the hot summer months and remember not to leave your pet inside a car. The temperature inside a parked car will quickly become much hotter than the outside temperature during the summer months. Anything over 110 degrees Fahrenheit is dangerous to your dog or cat. A 90 degree Fahrenheit day can reach 110 degrees inside a car in less than 10 minutes.

2. Get Your Pets From The Pound

Many pets are killed daily because of over population. Be part of the solution and spay or neuter your pets. Please get your pets from the shelter rather than a breeder discourages breeders and puppy mills from adding this challenge.



2 Things That Make A Big Difference

1. Look For The Good

When we look for the good in people it allows us to see the beauty in others and helps to bring out the best in them.

2. Send Kindness

People have been taught different things that encouraged their beliefs. The location of where an individual is raised has a tremendous impact on belief systems such as religion.

Send kindness to all locations encourages kindness to be returned.



Planet

2 Things That Make A Big Difference

1. Toxic Free Pest Control

Pesticides put toxins in the air and earth. They are some of the worst toxins known to man. Pesticides were developed when creating biological weapons to kill people. Rather than pollute the air we breathe and soil we grow our foods...utilize natural alternatives. One natural pesticide alternative is Citronella oil candles. These candles are natural and repel many insects such as mosquitos and flies.

2. Choose Canvas Bags

"Paper or plastic?"... neither. When grocery shopping bring your own cloth shopping bags to help eliminate the destruction of trees and plastic takes over 1,000 years to decompose.



You

2 Things That Make A Big Difference

1. Practice Active Appreciation

Practice daily appreciation. Ask yourself periodically throughout your day what you appreciate in life and marinate your mind in that magic for a few moments.

2. Meditate

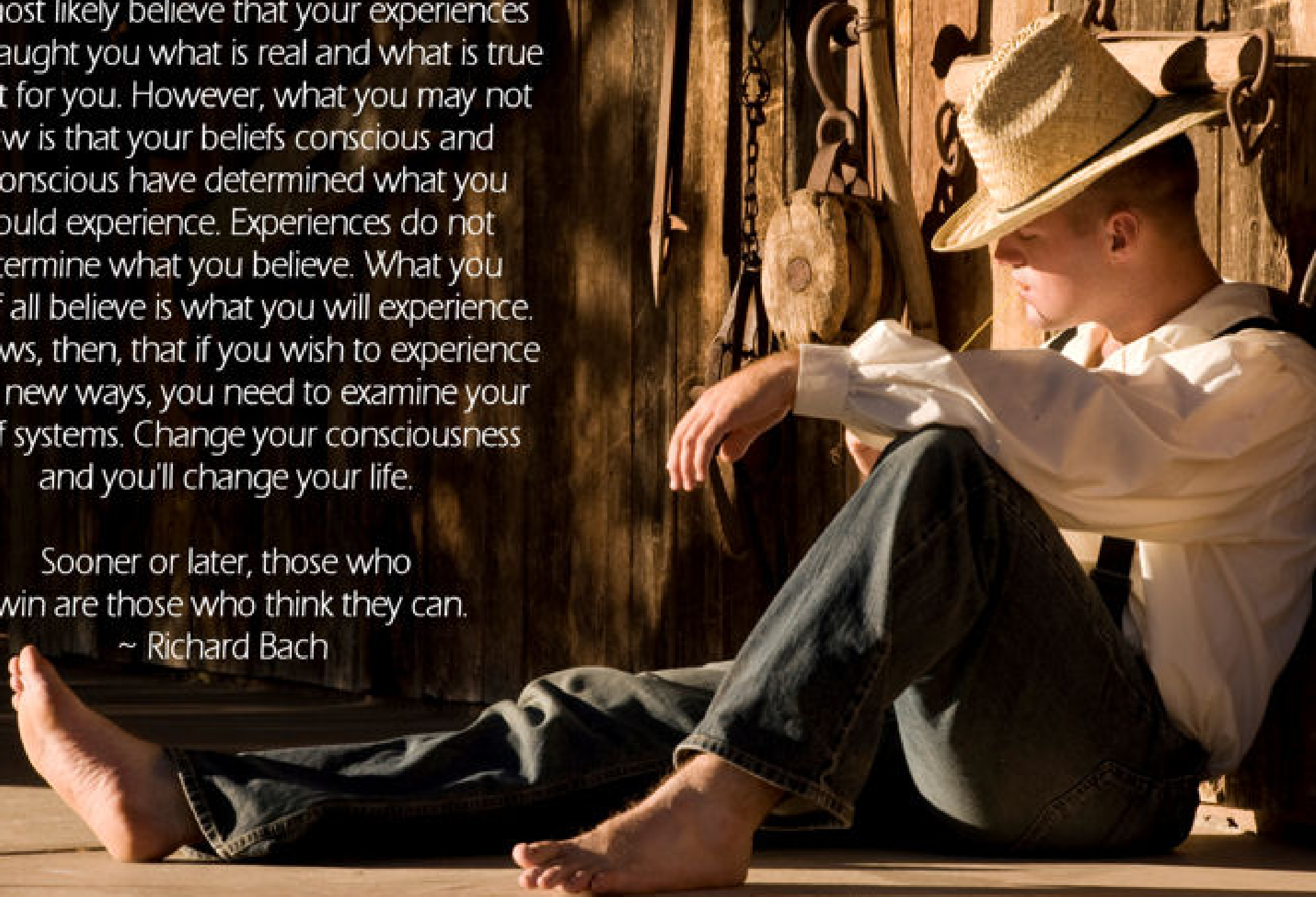
Meditation helps build the muscles of the mind that calm and make it easier to filter thoughts.

Implementation of this beneficial practice will help the mind develop healthy thought patterns.



You most likely believe that your experiences have taught you what is real and what is true at least for you. However, what you may not know is that your beliefs conscious and unconscious have determined what you would experience. Experiences do not determine what you believe. What you first of all believe is what you will experience. It follows, then, that if you wish to experience life in new ways, you need to examine your belief systems. Change your consciousness and you'll change your life.

Sooner or later, those who win are those who think they can.
~ Richard Bach



Member Messages

The following are some of the magical messages shared on the Wellness Community at www.lifedynamix.com/community



Life is so poignantly beautiful that every second is a wonder and a delight--but when death comes, nothing. This is why i try to make every moment count. All personal accomplishments come to nothing with death. It is only the friendship and the memory that remains. If i can make use of this borrowed life making others happy, joining worthy causes, loving friends, and making the world a better place, then my life would not be in vain and in the end accept the welcoming arms of death.



www.lifedynamix.com/community/Bodhi

I planted a few trees this week with my nieces and we had a great time. My niece looked at me and said, "It feels good to do something good for the earth". Something so simple and it was so much fun. It really is easy to give back, to take an hour out a month and give back to the earth. And if we can teach our children and ourselves to try and do just one thing each month imagine the impact it could make. This was the conversation that I had with my 7 and 10 year old nieces. It really got me thinking just how much it could catch on. Do it with your children, spouse, or that special friend. It boosts the spirit, makes memories and gives back and requires minimal effort. My point to this is I tried something new and a 7 and 10 year old reminded me that we had made a difference that day. It is a great memory that I will carry with me and wish for everyone to feel that great feeling in whatever they choose to do!!!!

Love,
KELL



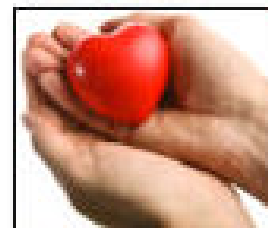
www.lifedynamix.com/community/KELLIEC



Member Messages



ONE Heart!



It all gets a start,
From the **ONE** heart splitting itself apart,
Giving rise to time and space, past and future,
According to the creative chart.
Until by chance there is a lifting of the trance,
And wherever you glance,
ONEce again there is only **ONE** heart to dance.

Ulla

www.lifedynamix.com/community/Beyond_Poetry



"Not Christian or Jew or Muslim, not Hindu, Buddhist, Sufi, or Zen. Not any religion or cultural system. I am not from the East or the West, not out of the ocean or up from the ground, not natural or ethereal, not composed of elements at all. I do not exist..."

Mawlana Jalaluddin Rumi

We enter into a different kind of dimension when we detach ourselves from defining to be someone.. and in this new world we may rather discover "who really we are inside"... the same, the original , the only essence within all of us...I hope that we all meet within our true selves which is where we don't exist anymore.

www.lifedynamix.com/community/kirtis



Member Messages



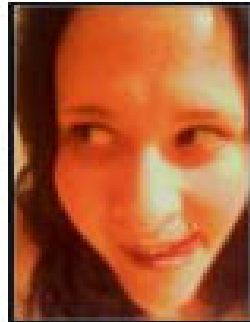
A Hearty Reason To Go Vegetarian



A vegan diet reverses heart disease. On the American Heart Association (AHA) diet, which includes meat, patients' arteries continue to clog, while Dr. Dean Ornish's vegan diet unclogs arteries. In one study, AHA dieters experienced a 28 percent average worsening of clogged arteries, while dieters on Ornish's program experienced an 8 percent improvement in their arteries.

www.lifedynamix.com/community/Lynne

Your life is what you make it. so if you are feeling down...change it...if your feeling over weight...change it. sometimes easier said than done, but that is part of the growing within yourself process. The energy you give out to those around you, will be the energy you receive back to yourself. Think good thoughts and good things will happen.



www.lifedynamix.com/community/butterfly_nadine

Do You Have A Message?

If you have an important message you'd like to share with the world...please join the Wellness Community at:

www.lifedynamix.com/community

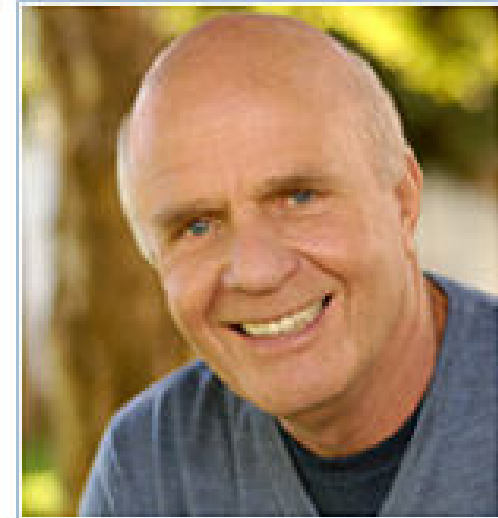
post your message in a forum or blog and let us know it's url. We will gladly add it's origin to our monthly newsletter and consider it for publication in our digital and print editions of the Wellness Messenger!



Interview

Dr. Wayne Dyer

Dr. Wayne Dyer is one of the most widely read, internationally best selling authors in the field of self-development. There are over 30 million copies of one of his masterpiece "Erroneous Zones" distributed worldwide. "The Power Of Intention" is his newest work. He has toured the world speaking on over 52,000 radio and TV programs.



Steven Ferrel: What do you feel we are here on earth for?

Dr. Dyer: We are here for a purpose, we come into this world knowing what our purpose is but we forget, just as we forget our dreams. We go from a place called nowhere to now here, which is the same it is just a question of space. And then we go back to nowhere. While we are in no where, before we show up here, we know what we are here for, we sign up for it. We come in as a spiritual being and we are here as a physical being, but we are actually still a spiritual being having a physical experience. While we are here in this physical body our purpose is to get to a higher level. To go from one level to the next isn't as if you're walking up the escalator. It isn't a simple thing of declaring that I will go from level A to level B. In order to be able to go from one level to the next you need to generate energy, an incredible amount of energy. It isn't something you do by meditating and getting to know God.

The way the generate the energy to go from one level to the next is by first of all understanding that you are more than just a physical body. You have a physical body that is made up of energy and you have an energy body that is with you that all times. This energy body is like your double and it is assembled around you in what Konstinata calls an assemblage point of energy. The assemblage point of energy is around 18 inches away from your form at all times. Where it is assembled determines your perception of reality and what your world is going to be like. The only way to get to a higher level is to move the assemblage point of energy. You need to literally shift your double in order to do this. Now I know this will sound strange. When you understand that you have an energy body and when the Kabala talks about being able to move from one level to the next, it says, now this is a very important part. That in order to move from one level to a higher level and to generate the energy for this you have to take a fall. The thing that proceeds every step of growth in your life is a fall. It is as if you are a high jumper. I was in high school. You don't just run-up to the bar and go over it, you have to go down real low and the process of going down low you're able to generate the energy to propel yourself over the bar. The same thing works metaphysically. Now the falls of our life are really generated by your higher self. They are not generated by your ego. The ego is terrified of you having a fall because generally when you have a fall you find God. You become more spiritual, more caring, more gentle. A fall can be many things such as a breakup in a relationship, a bout with drugs, an accident, a heart attack, a bankruptcy, a trauma of some kind. Whatever it may be. What you need to know, not believe, but know is that right when you take a fall you're generating energy to a higher level.

Instead of putting mental energy into negative emotions, be grateful for the opportunity to be a better person and to go to the next level. When you know this every time you experience a fall you can become thrilled. This is why monks and really enlighten beings have these lives of austerity, giving everything up. It isn't an accident that Gandhi had little around him. Gandhi was probably the man of a century. He never held public office and he changed the fate of one billion people. He got the English to leave India by only using his consciousness. As you let go of all attachments, I mean really let go, you will propel yourself. When you get to this level God will take care of the details for you. You need to know that you are not alone, that this is all part of plan. When you get to the higher levels you won't be attached to the outcomes. That is what heightened awareness is all about, detaching yourself from the outcome.



In my book "Gifts From Eykis" the Eykis talks about love in terms of the higher self and a love of the higher self requires nothing in return, nothing. It is the hand that gives gathers. In higher awareness you'll love and ask nothing. Your ego is that part of you that believes you are separate from other people and therefore significant, in competition with, better than, better looking, all those kinds of things. Your higher self knows there is no separation. It doesn't exist.

Once you get to this point you are so free that you are excited. Once you become excited and not attached to the outcome of how this thing is going to work out, the irony is that what you want will show up. It is really about getting to know your higher self and allowing it to rule your life rather than your ego. Once you allow yourself to do that you are truly free. In our dreams we are not attached to anything and you create whatever it is that you need for the dream. In this larger dream you are doing the same thing. The trouble is that you have an ego in this dream, and you have doubt, and in the other dream you don't. The other dream whatever it is that you need you don't go and get it, you through the power of your intention create it. So that you bring things to you. In other words when you are dreaming tonight and in your dream you wanted to see that cactus more closely, you wouldn't get out of bed and go over and try to find it, you would bring it to you. If you can take that awareness in this state you can do the very same thing. You can bring to you whatever you need for this dream through the power of your intentions.

Steven Ferret: You seem to be at such a high level in your techniques for life enhancement.

Dr. Dyer: I am in some ways in and others I am not. My falls are different from your falls. I've had to go through these falls to get to the place I am now. I've had bouts with addictions, I've had divorced, I have lived at an orphanage. So my falls are my falls and your falls are your falls, mine aren't any more painful than yours and vice versa. It is the ego that tries to convince us that I'm at a higher place than someone else when truly I am not. I'm not saying that to be self-effacing and to say the right thing. Truly we are all one. We are all the same. I share the same divine intelligence that you share.

Our egos would like us to believe that some of us are spiritually superior than others. In the end we are all the same.



Steve Ferret: You seem to be able to access this power easier than most people.

Dr. Dyer: Yes, but I can't find my keys, I can't fix my radiator when my car breaks down. When your car breaks down in a bad neighborhood, you're much better served to be able to fix your radiator. Everybody has a divine purpose. Some of these homeless people on the streets signed up to help make us more compassionate. That is what they are here for. When they were in nowhere they said, "sure I'll walk the streets and have nothing and when someone walks by they will have more compassion in their heart, that's enough for me, I'll do that for a lifetime." If you understand the concept of eternity, that is no beginning and no end, endlessness. This is hard concept for us to grasp because we're always thinking about the outer edges. If you can grasp that concept then you get a chance to be everything.

Steve Ferrel: You must feel wonderful knowing you have touched the hearts of so many people.

Dr. Dyer: It is a good feeling, but I don't take any credit for it. See the reason I don't take any credit for it is because the people whose lives are not going well and read my books. I don't want to take the blame. If you are going to take credit you had better be willing to take the blame. Have you ever seen the bumper sticker that says if you can read this thank a teacher? You never see one that says if you can't read this blame a teacher.

Steve Ferrel: But it is all up to each and every one of them. You have planted the seeds out there. It is their responsibility to water those seeds and allow them to grow. You have done something wonderful.

Dr. Dyer: I do it because every so often I have to write, and have to go out and speak. I mean, I certainly don't need any more money, and I don't need any more attention, or accolades, I don't need any of that at all. I do it because of that deep, burning desire that inspires me in my life and that is what my purpose is about.

Steve Ferrel: What has inspired you the most in life?

Dr. Dyer: I've never been inspired by outside people. I can go through a list of people's books I have read that have been very influential such as Abraham Maslow, Albert Ellis, the Bhagavad-Gita, New Testament, the Course in Miracles, Kabbalah, and William Blake's poetry. But what truly inspires me is something that burns within, an inner candle flame that doesn't flicker ever regardless of what ever goes before me.

I am sort of the observer to all of this just as you are. We think that we are the participants making choices, but what we really are is the witnesses. You and I are sitting here now, but there's a part of each one of us watching this take place. I'm watching and you are watching this take place, and that's really what we are, and these bodies are just the actors. Once you become the witness in life rather than that which you are witnessing, in other words who I am sitting here with you is not the person who is sitting here but is the person who is witnessing. I am not what I witness, I am the witness, I am the witnesser. As I place my attention there that's what the mechanics of creation is all about. That is what inspires me, being able to be the witness. That is where God is, this is what I think of as God. God is the compassionate witness, the loving presence that is always with you and it is not in form. The part of me that witnesses never ages, it is eternal. It is watching this body go through whatever it has to go through. Just like you are watching your body go through whatever it has to go through. Your body is on the path and just like a tree it has treeness in the seed. Youth is in the seed that was planted when you were conceived as well; yet, the witness has always been there.



Steven Ferrel: May I ask what your religious beliefs are?

Dr. Dyer: My belief is that the truth is a truth until you organize it, and then becomes a lie. I don't think that Jesus was teaching Christianity, Jesus was teaching kindness, love, concern, and peace. What I tell people is don't be Christian be Christ like. Don't be Buddhist be Buddha like. As soon as you get into the Orthodoxies you get into power plays, right or wrong, some people get into heaven and some people don't, my God is better than your God. No spiritual master who has ever walked among us has wanted that. To imagine Jesus, Buddha, and Mohammed all sitting at the table trying to come up with a solution for the world's problems, building tanks and making somebody wrong and somebody right just wouldn't be their way. They were all about love, unconditional love for all things and all people. That is my religious belief. I don't put down other people's religions.



Steve Ferrel: What are some of the biggest challenges you have faced?

Dr. Dyer: I've been married three times, each one about 10 years. Going through divorce is a huge challenge especially when you have children. I have a daughter and I was her best friend and the closest thing in the world to her. Not to be with her on a daily basis was an incredible challenge. It has worked out getting me to another level, it allowed me to get in the marriage I am in now which is a very good marriage. I have a wonderful wife, I have a wonderful family.

Steve Ferrel: What is your formula for success?

Dr. Dyer: The formula for failure is trying to please everybody with everything that you do. So the formula for success must be opposite of that which is not being consumed with what other people are thinking, and listening to your own inner voice. Those inner voices of your higher self that want you to be at peace and want you to feel love, compassion and so on. Listen to that still voice of God that is within you at all times



Vegetarianism Is It Healthy?

By James A. Ferrel MD, CNC



Question: What are the positives and negatives of a vegetarian lifestyle?

Answer: We must respect other's diet choices, because ultimately they are responsible for their health. My view is that we are different as individuals, and our nutritional needs and beliefs will also differ. Often diet customs have a teleological foundation and merit. The vegetarian diet has its roots of origin in historical social customs. It is time tested, modified, and adapted to meet the nutritional needs of the people living in particular environments. Its evolution represents a refinement in the nutritional knowledge of what foods work to benefit the health of the group members. Clear examples of this natural process having been perverted are:

1. The Pottenger's Effect resulting from the "White Man's" foods introduced to certain Native American tribes retained on

reservations. Tragically, this resulted in what has become an epidemic of obesity, diabetes, and kidney disease for these people.

2. "SAD" (Standard American Diet) that introduced new pharmacologically active chemicals. Through processing, preservation, and improved efficiency much of the nutrient value of our foods has been removed. We are burdened by the adverse health affects of those perversions. Unfortunately, in both these examples, the food customs have become engrained in these societies. In general, vegetarianism is a MUCH less perverted diet custom. (It's inescapable perversion is that which is shared by almost all foods available now--MANMADE CHEMICAL CONTAMINATION OF THE FOOD CHAIN AT ALL LEVELS.)

When adhered to with proper tradition and good knowledge it is superior for vegetarian's orthomolecular nutritional needs. My opinion is that vegetarianism in our modern age requires one to be more selective and disciplined in one's diet choices. This attitude of discipline reinforces other positive lifestyle choices by association. A vegetarian is more likely to be concerned about and carefully consider what he/she is putting into their body and what impact it will have. This results in better health outcomes. **Vegetarians are less likely to become obese.** Obesity is quickly becoming a major risk factor in most life-limiting diseases. It is well documented that **vegetarianism lessens one's risk for having hypertension and heart disease.** **Protein deficiency in vegetarians is an unlikely scenario** since even fruits and vegetables contain the recommended ratio of 10% - 15% protein from the World Health Organization. **In fact, most Americans consume protein in excess which can contribute to a variety of ailments.** Most likely a major reason that vegetarians enjoy less health issues

reservations. Tragically, this resulted in what has become an epidemic of obesity, diabetes, and kidney disease for these people.

2. "SAD" (Standard American Diet) that introduced new pharmacologically active chemicals. Through processing, preservation, and improved efficiency much of the nutrient value of our foods has been removed. We are burdened by the adverse health affects of those perversions. Unfortunately, in both these examples, the food customs have become engrained in these societies. In general, vegetarianism is a MUCH less perverted diet custom. (It's inescapable perversion is that which is shared by almost all foods available now--MANMADE CHEMICAL CONTAMINATION OF THE FOOD CHAIN AT ALL LEVELS.)

When adhered to with proper tradition and good knowledge it is superior for vegetarian's orthomolecular nutritional needs. My opinion is that vegetarianism in our modern age requires one to be more selective and disciplined in one's diet choices. This attitude of discipline reinforces other positive lifestyle choices by association. A vegetarian is more likely to be concerned about and carefully consider what he/she is putting into their body and what impact it will have. This results in better health outcomes. **Vegetarians are less likely to become obese.** Obesity is quickly becoming a major risk factor in most life-limiting diseases. It is well documented that **vegetarianism lessens one's risk for having hypertension and heart disease. Protein deficiency in vegetarians is an unlikely scenario** since even fruits and vegetables contain the recommended ratio of 10% - 15% protein from the World Health Organization. **In fact, most Americans consume protein in excess which can contribute to a variety of ailments.** Most likely a major reason that vegetarians enjoy less health issues

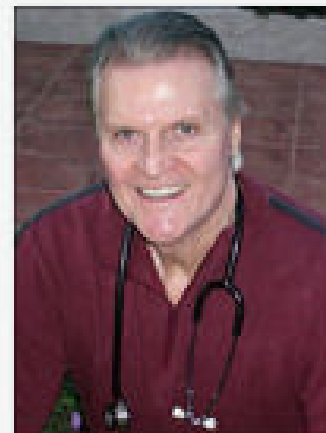
and live longer healthier lives than meat eaters.

An extensive research study by Loma Linda University found that vegetarians live, on average, 4 - 7 years longer than meat eaters.

From a negative view, adequate nutrition for a vegetarian requires more nutritional knowledge not always possessed by all. This makes the uninformed vegetarian more vulnerable to some deficiencies such as B-12. A deficiency in B-12 however, is rare in individuals who have no difficulty storing B-12 and it can take up to five years to develop a deficiency in these individuals. It also requires more effort in discrimination for food choices and locations to eat that provide their preferences. Also, since vegetarians are in a minority in our society, there are subtle social pressures on them to deviate from their healthy customs. In a neutral view, regardless of what food strategies we employ, we are all becoming more nutritionally challenged. There is increasing food chain contamination, perversion, and depletion in both animal and vegetable sources.

There is no safe haven from "The Insect", only an "Empty Garden" in Elton John's "Johnny come out to play".

Dr. Ferrel is a board certified family physician, certified nutritional consultant, and author of the innovative wellness book Neogenesis. He specializes in preventative and environmental medicine. He currently resides in Phoenix, Arizona.
www.lifedynamic.com/community/JFerrel



My New Covenants



I am my Essence which I can feel and connect to yet ultimately is transcendent of my 'knowing'. I am not my body. A portion of my Essence inhabits this form on many multi-dimensional levels so that I may experience occurrences in time and space. Though these experiences primarily take place in the third dimension this holographic device allows me to have feelings and experiences on many dimensional levels and planes. Yet even on the Highest plane my Being is so vast that I cannot accurately be identified in any way.

There is nothing I can achieve, acquire, consume, conquer, create, lose, win, destroy, marry, divorce, defeat, or partner with that will alter the fundamental Essence of Who I Really Am. Linear life, no matter what the circumstance is merely a vehicle to reveal one small aspect of my greater whole to That Which Already and Always Is.

I need nothing to be completed or complete.

I Am. Every event no matter what its context, unfolding, outcome, or manifestation is the expression of Absolute, Supreme; Infinite Conscious Intelligence. Thus it is always perfect exactly as It Is. We are free to create in relation to any event or free not to create yet the event still remains perfect.

Every person is exactly as they are and should be accepted in their Divinity As Such. Love them and let them Be as they May.

People's opinion's and thoughts about us are 100% projected illusion as seen through the prism of their own unconsciousness. Whether they are positive or negative thoughts they are still an illusion. These illusions hold no power over us unless we decide through our egoic mind to take them on as part of our illusionary identity.

Free people you encounter from the weight of your own judgments so that they may exist in peace. Release the need to control the actors of the Divine Drama Show.

I am complete, whole, and perfect in every moment regardless of the level of my Limited Perspective Interpretation Experience which comes through the filter of my own illusionary mind.

My Essence is Limitless so that means I am Infinite and all encompassing.

Life is not really about the ephemeral experiences (be

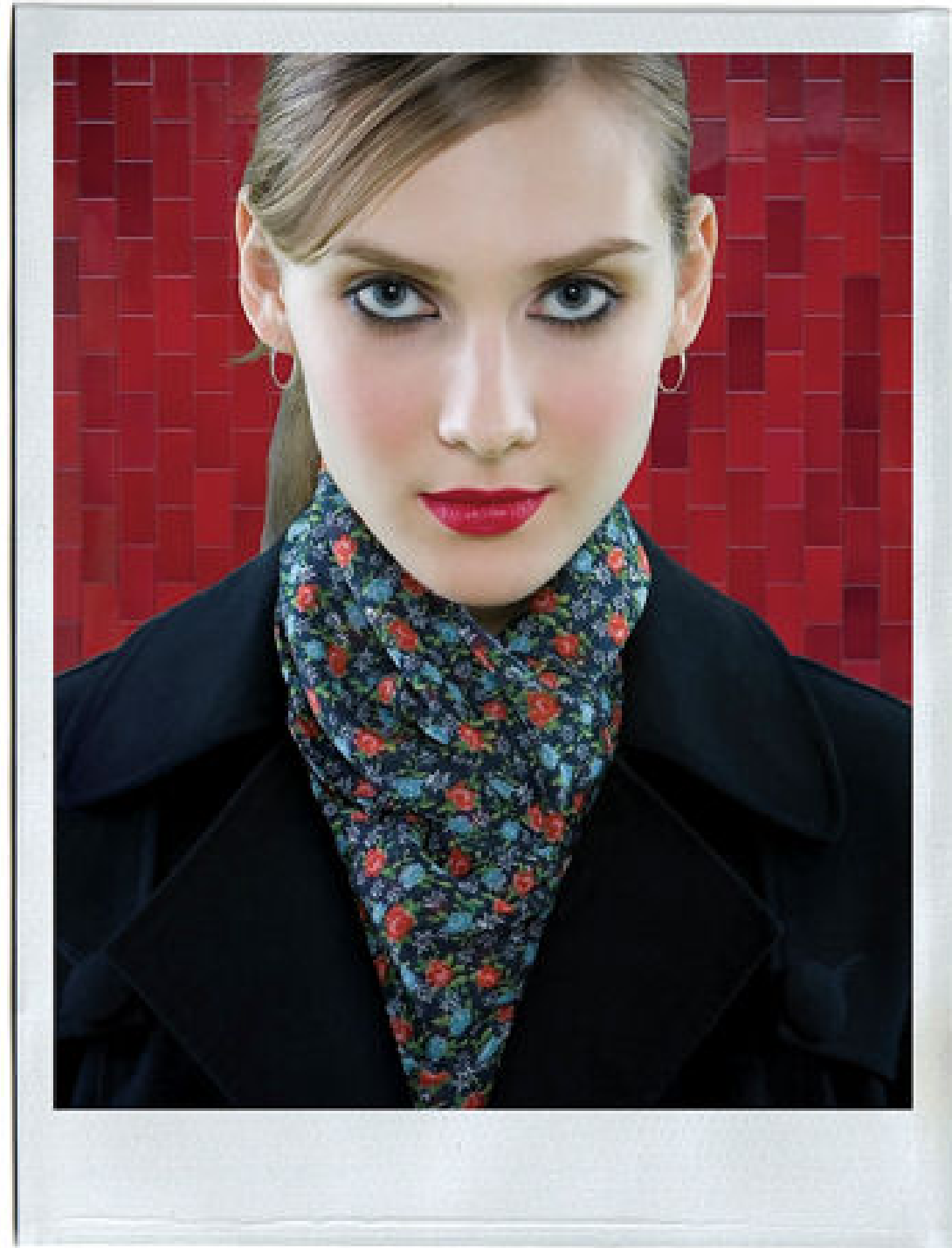
Fashion With Compassion

Lily + Jae
xoxo..

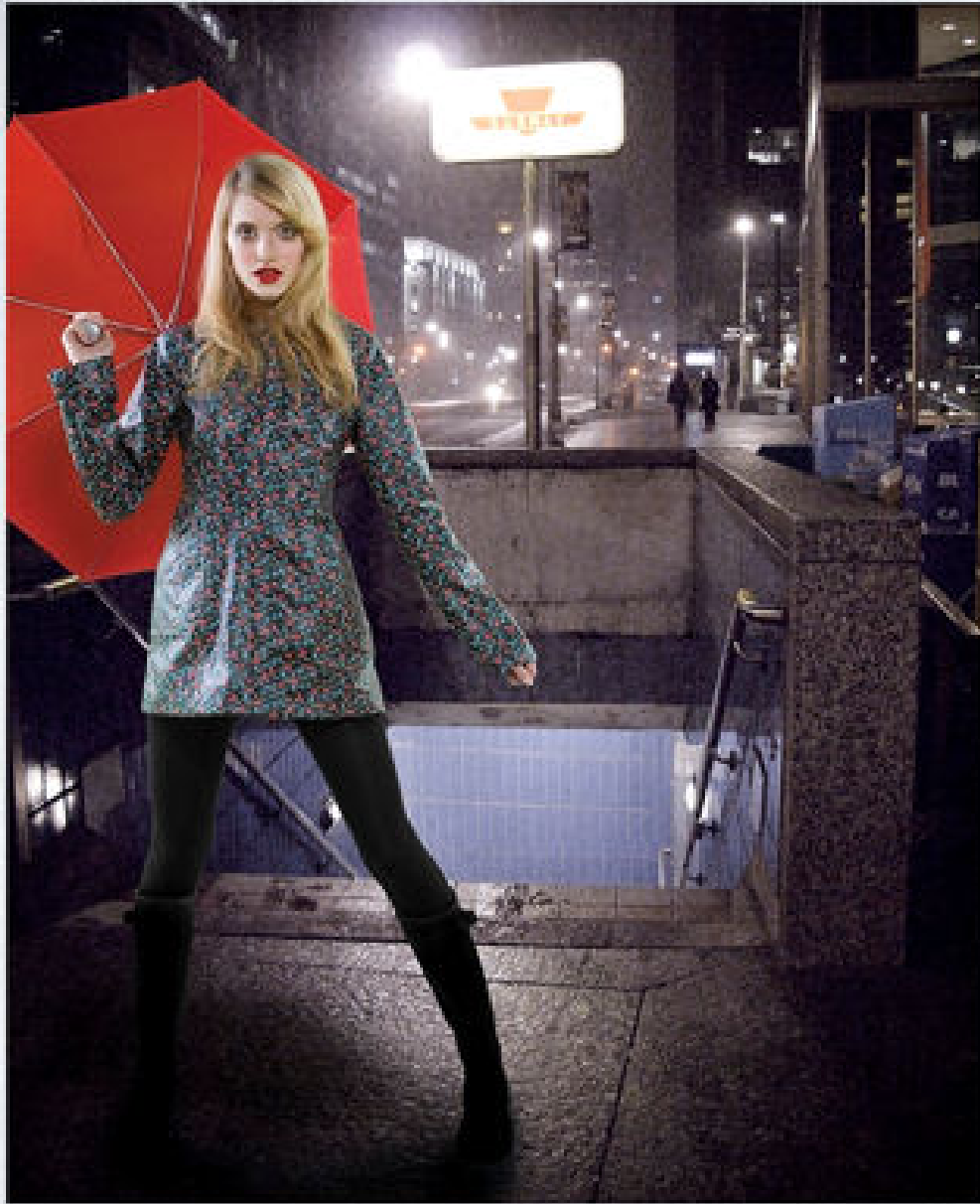
Lily & Jae Fall 2008 fashions feature animal and eco friendly quality fabrics. Lily & Jae currently limits their manufacturing to Canadian facilities, where they personally oversee production and quality control, ensuring that each individual piece is of the utmost quality. They will continue to support the economy in Vancouver to help reflect on a healthier environment. For more information you can visit their site at www.lilyandjoe.com.

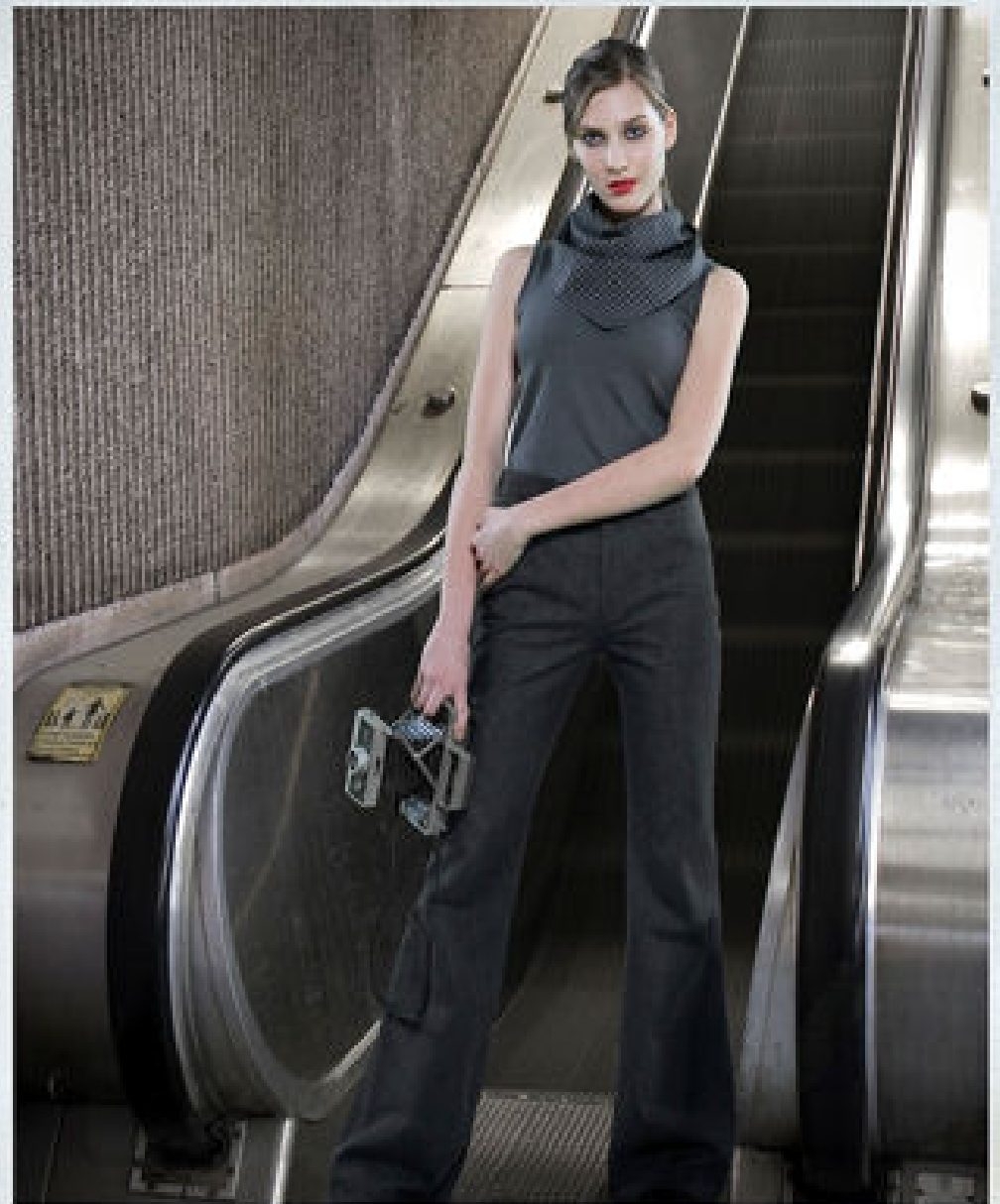










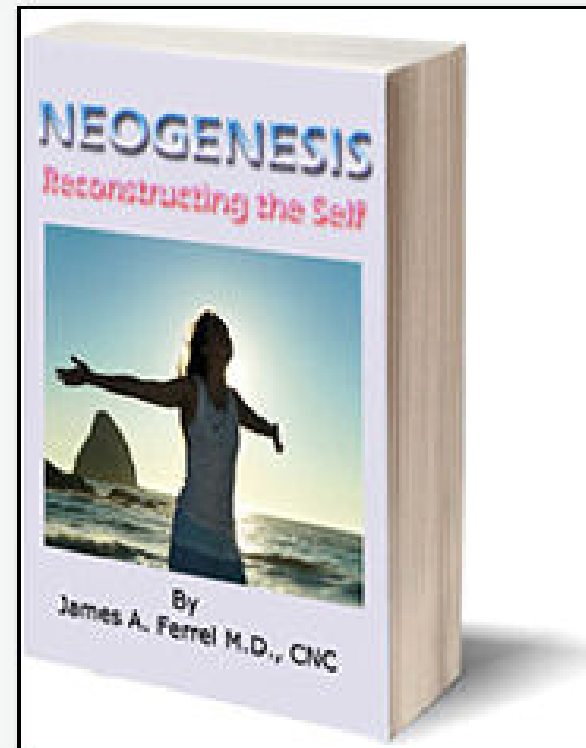






NEOGENESIS

Reconstructing The Self

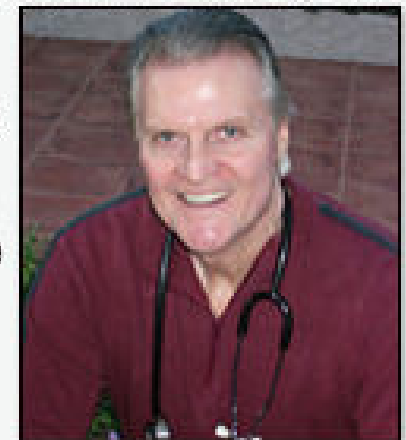


Download the most innovative wellness book of the decade by Dr. Ferrel For Free when you join the Wellness Community at Life Dynamix!

www.lifedynamix.com/community

James A. Ferrel MD, CNC

"Neogenesis encourages the reader to obtain superior health, contentment, and longevity by making better choices. It is not about self sacrifice. It is about taking advantage of the wonderful health opportunity we have been given by virtue of our magnificent design dynamics. I have termed these growing and healing dynamics Neogenesis."



www.lifedynamix.com/community/JFerrel



FALL 2008

Ask A Wellness Expert

Dream Interpretation



Question:

I had a disturbing dream. In my dream I was a prostitute meeting a man in this house. My children were there in a different room. I left the man alone for two minutes and when I came back I went to check on my children. They were covered with a blanket except for their faces. I lifted the blanket and their bodies were gone. He had removed all but their heads. I woke up from this and immediately sobbed. That was last Thursday night and I haven't been the same since. As a little bit of a background I am going through a divorce right now, haven't been back to acupuncture or massage in a few months and have recently met someone .. I'm wondering if these things kind of factored into the crazy nightmare that I had. ...
Your thoughts?

Response:

Hello my friend, I am not skilled in dream interpretation, however, I think that the subconscious plays a large role in the manufacturing of dreams.

I have discovered when I continually plant beautiful images into my subconscious that I am happier and that brilliance flows into my dreams. For example...throughout the day and before bed I think of what I am grateful for, add vibrant colors to those thoughts, and paint beautiful images in my mind. When conditioned with daily practice the mind becomes developed in the areas to see beauty making it easier to experience its magic.

My dreams are generally brighter and happier scenarios since I've implemented these daily mind exercises.

I will welcome any members who maybe experts in dream interpretation to comment and see if you will receive some helpful information. Bliss, blessings, love and light!

Your Friend,
STEVEN



www.lifedynamic.com/community/Steven

Hi, from what I understand about dream interpretation from the reading that I've done, some believe that our current life events will alter what we dream. So, if this information is correct, then I will make a few guesses - and, that's all these are - just guesses:

The prostitution thing: This might be your mind's way of telling you that maybe you're not ready for a new relationship yet? That you're maybe worried about how the new person is going to treat you and the children?

The missing children thing: Could this be concerns over a custody or visitation situation?

The nightmare: Divorce situations are often nightmares. I can see how one might disrupt your happy thoughts at sleep time while you are stressed out.

Steven is wise in what he is suggesting that you do. If you fill your mind up with only happy thoughts, there will not be any room for the bad ones.

Happy thought suggestions: Look forward to your new beginning with happiness. The divorce stuff will pass. It is not often in life that we get to choose a completely new path to follow. You can become anything that you want to be when you start off on a new life road. Have fun planning your new life.

Pick a fun sounding goal to work towards for yourself. Something that will make you feel very happy and proud of yourself. You may want to check out your local college classes for ideas. Those are sometimes free if you qualify for financial aid. Although, you do not have to take any class to enjoy the fun ideas that the catalogs give you. If the art pages have you reaching for a Q-tip to try painting. That's great! That's a happy thought.

Smiles! Catherine



www.lifedynamix.com/community/Catherine

Thank you for sharing Catherine...your interpretation and suggestions sound very beneficial!



www.lifedynamix.com/community/Steven

Hi Steven,

Thank you for welcoming me to the group. Dream interpretation is something I am very familiar with. I have worked on my own dreams for about 10 years and have been a member of an internet dream group, an in person dream group and also facilitated a dream group.

First of all some dream group ground rules I go by. You are the only one who knows if an interpretation is correct. When someone makes a suggestion and it resonates that is a valid interpretation, if it doesn't resonate then don't accept it. Usually the characters in the dream represent some aspect of yourself, not always true but usually. So if you have a dream your sister gets in a car accident you may want to warn your sister to be careful but more often than not it represents the part of you symbolized by your sister. You also want to look at the emotions you feel during the dream, this will reflect emotions you are having in waking life. If you pay attention to the dream then you change your emotional course before something unwanted manifests in your life.

"In my dream I was a prostitute meeting a man in this house." Prostitutes typically symbolize doing something unethical for money or other gain. Houses typically represent states of consciousness. This sounds like you are referring to a strange house, not your own so you're not owning this particular state of consciousness. The man would most likely represent some masculine aspect of yourself that you also do not own.

"My children were there in a different room. I left the man alone for two minutes and when I came back I went to check on my children. They were covered with a blanket except for their faces. I lifted the blanket and their bodies were gone. He had removed all but their heads. This is pretty tough to get without being able to talk to you and get feedback. Here's my guess, heads typically represent thoughts, so your children are in your thoughts but you are concerned there bodies will no longer be with you.

I hope this helps, please let me know if this resonates with you.
Namaste,
Jeff



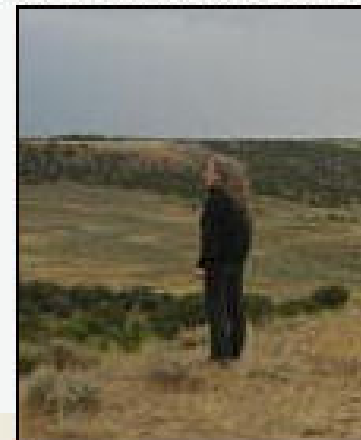
www.lifedynamix.com/community/ahimsaguy

Wow Jeff...thank you for sharing your wisdom! I'm sure that our dreamer will look forward to the expertise that you have shared :)



www.lifedynamix.com/community/Steven

Cool stuff, Jeff. Big Smiles! Can you start another thread on this forum board and maybe tell us some more about dreams meanings? If you have time someday? I'm probably not the only person here who would like to read more about what dreams are made of. Happy thoughts to all!
Catherine



www.lifedynamix.com/community/Catherine



Thanks Catherine for the request and I would enjoy sharing my understandings of dreams but it might be better if someone had a question or dream he or she wanted to know about. Otherwise, it would be like me trying to write a book here. The book I used as my guide to get started and still use as a

Cool stuff, Jeff. Big Smiles! Can you start another thread on this forum board and maybe tell us some more about dreams meanings? If you have time someday? I'm probably not the only person here who would like to read more about what dreams are made of. Happy thoughts to all!
Catherine



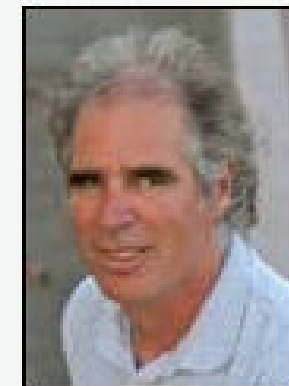
www.lifedynamix.com/community/Catherine



Thanks Catherine for the request and I would enjoy sharing my understandings of dreams but it might be better if someone had a question or dream he or she wanted to know about. Otherwise, it would be like me trying to write a book here. The book I used as my guide to get started and still use as a

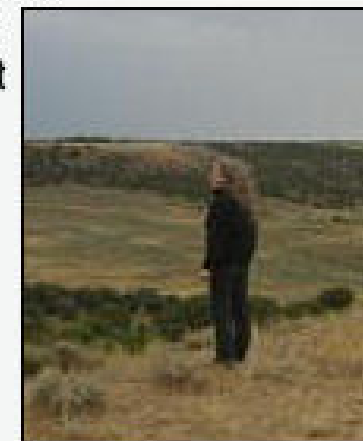
reference is *The Mystical, Magical, Marvelous World of Dreams* by Wilda B. Tanner. If anyone has a question or dream and wants to start a new thread I'm game. I have no formal training as in a psychology degree but I have read a lot and have quite a bit of experience. My favorite sources are Edgar Cayce, which Wilda based her book on, Carl Jung and Abraham-Hicks.

Namaste,
Jeff



www.lifedynamix.com/community/ahimsaguy

Thanks Jeff :) I will have to start sleeping with a feather and ink bottle under my pillow to scribble down dreams as I remember them or get a plan going somehow. I'm always good to remember dreams when I first open my eyes, but then they fade away pretty quickly. Have a wonderful day!
Catherine



www.lifedynamix.com/community/Catherine

You are the only one who can interpret your dreams. Ask your subconscious again what it means. However, by making your dream public, it means you are open to alternative explanations and is looking for an interpretation you will agree on. Here are my random reflections:
* look into your fears of your children adjusting to your

prospective partner.

- * look into your fears and apprehensions on how your new partner is going to adjust to your children.
- * look into the current relationship of your new partner with your children. Are they just relating on a shallow level--just for the sake of acquaintance?
- * look into your relationship with your new partner--Is it shallow, just beginning, just for need and comfort?
- * look into your fears of your children growing up in light of your divorce.

Remember, all the characters in your dream is also you. I hope I was able to help a bit.

www.lifedynamic.com/community/Bodhi



It is very true that we become what we fill ourselves with, so beautiful images are great to fill yourself with...however, if your inner self needs to get a message across to you, it will use symbols you understand to try to convey the message. All of the symbols in your dream will depend on what that imagery means to you....some people may or may not have a problem with prostitution, etc..that will taint the meaning on your dream

Prostitution - an exchange, a transfusion, flirting around with... considering doing business with this 'person' or 'thought'.. everything represents a thought..thought process..or collection of thoughts.The dreamer here is the female....the prostitute....the man is to be received by the dreamer.

Children - projects or parts of yourself that are very important to you.

House - state of consciousness, or a mind...mental place that

contains thoughts.

Head - dreams, contain thoughts, children's heads: the thought out version of your project/goal/dream - still in the planning/dream stage - not yet brought forth to physicality (body: the part of a being tied to physicality everything is made of thoughts..

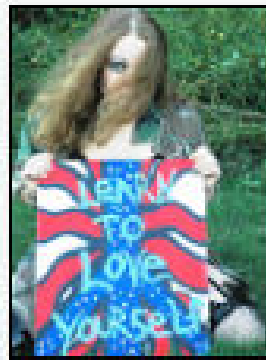
As others have said, this is something that can only be interpreted fully by you, but here is my understanding:

There is a thought that you are entertaining ..you are receiving this thought into your consciousness and considering 'sleeping with it' (becoming one with it...allowing it to become a part of you)- you are only considering accepting this thought into yourself and who you are because you think it will benefit you or pay off in some way. It is keeping your attention and the blanket represents not being able to see or visualize your dreams or a part of you becoming a reality. Because you can't visualize them, they are not there. However, under your radar, this thought will move in and block some of your dreams/ efforts you are making progress on from manifesting in the physical....this thought will stop you from bringing your goals into physical reality. It will keep them in your head as just dreams.

What in your life seems like it will help you care for your children (goals/projects/offshoots for yourself)? Even just accepting this thought into your 'home' (heart) and beginning to believe in it will detract from the path of dream realization that you were on ...

It may be that a fear you are accepting into yourself and then left alone/not dealt with/not removed is what is keeping you from making progress. are you afraid to go forth on your own without

Take a good look at your surroundings and see who/what you are doing, interacting with, thinking, accepting....how much of it is because you think you have to or need to? Those are the very things standing in your way to realizing your heart's desires.



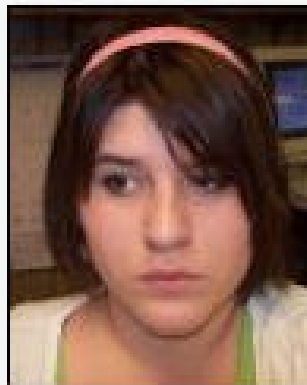
www.lifedynamix.com/community/DivinityRose

I notice that when I go through major changes in my life I have some weird dreams. That's probably what you can attribute this to. I wish I still had my Tarot deck because then I could be of more of a help to you.



www.lifedynamix.com/community/AHealthyFriend

This dream hasn't reoccurred since that night. I understand that it is an extension of myself in my subconscious. I'm assuming that I had this dream out of fear for my new relationship and how my lover reacts to my children. They get along great and he seems to genuinely love them. All is well in this house now, thank you so much for the responses.



www.lifedynamix.com/community/hannah421

Healthy? Get with me in email. I can grant that wish if you'd like. All I need is a shipping address... and poooofffff!!! You'll have cards. Smiles! I have an extra set looking for a home.



Hannah,
That's great news! Happy Thoughts to You!
Catherine



www.lifedynamix.com/community/Catherine

To view or contribute to this forum thread
click on the link below:

www.lifedynamix.com/community/forums/display_topic/id_1190/

Life Is But A Dream

By Divinity Rose



Merrily, Merrily, merrily, merrily life is but a dream. Sure, most of us have heard the jingle, but what on Earth does it mean? Seriously. As we walk Earth, do you know what that implies? Holy kid tunes! It means we can analyze our lives the way we do our dreams! It means the question "are we awake or are we sleeping?" is a moot point. The answer doesn't matter! "Hogwash!" you might say. Well, sure. I'll wash your hog. I'll admit I'm a bit baffled by the demand and I don't think it changes the implications of a continuous dream of existence, but I'll play along.

Playing along is exactly what many of us are doing. We are dreamers in this world, friend, and those who are aware they're dreaming are setting the stage while the rest of us play along with the props and costumes given us.

Perhaps the better question is "Are we aware?" What really matters in either state of being is that we are aware of what we

are experiencing and able to make adjustments to ourselves where necessary.

We take things in all day, every day. We record data. That's what we do. Humans are like probes: vehicles to collect information about ourselves and the world around us through experience. When we go to sleep, our consciousness doesn't just stop. Energy can't be destroyed, and consciousness never stops. Consciousness is a busy little Bee. When we become aware that it's all experience, we drop the veils between "this world" and "that world". Everything becomes a moment of experience. Symbols and experiences are given to us, allowing us to understand where we are. If you are truly asking, ye shall receive.

For example: I found myself falling into the trap of feeling like I needed to be constantly DOING something to make my dreams happen. I suddenly found myself plagued with grasshoppers.

At a bus stop, I had one hop on me. I gently removed it, but it kept returning to me, as if it wanted to go along for the ride. The next day, I saw one on the wall behind my computer at a hotel. Then, in an entirely different city, there was one that jumped out at me in the basement of our temporary abode. Finally, I got the message. It was time for me to seek out the relevance of grasshoppers. There was some information found in dream symbol meanings, but what really hit me loud and clear was a scientific article I found about grasshoppers. The big focus was that grasshoppers spend most of their time doing nothing. I was reminded to relax and BE myself without trying so hard to be me.

We feel a gentle tugging at other times and are asked to follow without knowing why. This tugging is also guidance.



About a year ago, I was enjoying some music and uninterrupted time writing while my son was gone for the day. However, I soon found my consciousness constantly interrupted from a voice on the street. Due to an art fair, I kept hearing "Parking, five dollars! Five dollars! Five dollars! Parking! Five Dollars"

A voice popped into my head. "He must be thirsty by now" I kept trying to ignore it, because I was actually getting some work done. That didn't work too well. I finally found myself pulling on my shoes after giving up on telling the persistent voice to go pork itself. When I got to the kitchen to get a drink for him, I heard the voice again. "I bet he's hungry, too".

Slightly bickering with myself, I found myself making a sandwich for the stranger obviously gifted with lung power. It didn't stop there. "GOD! Chips, too?...And fruit??"

I complied and went down the three flights of stairs and

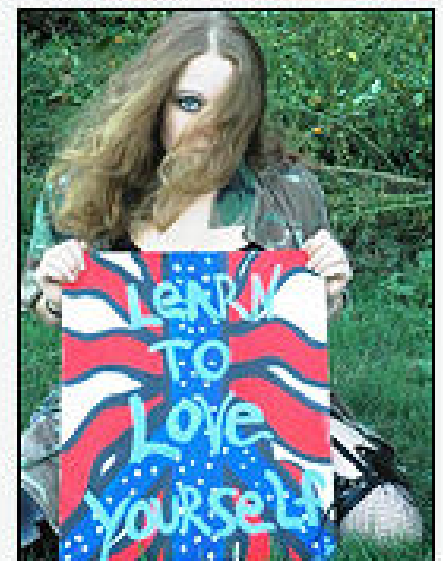
over half a block. I handed him the bag full of food that started as a drink . With a smile, I said, "Someone told me you were hungry."

"Who? I am!" he said in surprise as he took the bag. He wouldn't let me leave without taking the \$5 he had pulled from his pocket. FIVE BUCKS! WHOO HOO! I was pretty darn broke at the time! So, all that shouting of "five dollars" was like an advertisement for me to come and get five dollars! Just think, I was so busy trying to be me and write, I almost missed out on it!

We find our self in experiences that we learn from during the day and then on through the night. It never stops. We truly are walkers of worlds. Here or there, our consciousness is constantly experiencing. If we take a moment to examine where we are, we can learn from the many experiences at our disposal.

Learn what? To transcend the dream and become the creator of the dreamscapes we FIND OUR SELF in. We learn to consciously choose what part of our self we want to examine next. Then we can say, "Oh, that's how it feels," before choosing another experience.

So, are we awake or are we sleeping? Either way, we're surely dreaming, and you're getting a freshly washed hog out of it. I hope you're happy.



Destiny isn't a matter
of chance,
but a matter of choice.



Beauty Without Cruelty

Natural Sun Protection

By Erin Hughes



Skin Cancer is the most prevalent form of cancer in the world, so it is important to protect the skin. Sunscreen formulas have drastically improved since they first came out, however, there are still some important facts that you should know before choosing a sunscreen.

Chemical sunscreens protect the skin by absorbing the light particles. When this energy is absorbed, the molecules of the sunscreen are destroyed, rather than a skin component.

This still results in chemical reactions and the process generates free radicals that produce the same type of secondary free radical damage that unprotected sun exposure produces. Subsequently, chemical sunscreens are not the most complete or effective form of sun protection. They prevent a larger degree of the initial sun damage but allow secondary free radical damage, which adds to sun damage and can result in a chemical reaction on more sensitive skins. Chemical reaction can include redness, rashes, tiny bumps or lesions on your skin.



Physical sunscreens such as titanium dioxide and zinc oxide work by reflecting the photons of light off the skin so there is no absorption of energy. Therefore, no chemical reactions or free radicals are produced.

Unlike chemical sunscreens, the physical sunscreen type of photo protection does not produce free radicals and cause secondary skin damage. This is why dermatologists and skin care therapists recommend the combination of titanium dioxide and zinc oxide from the sun's harmful Ultra Violet Radiation.

Most Physical Sunscreens are water resistant up to 90 minutes. It is always recommended to re apply your physical sunscreen every 2 to 3 hours when you are in direct sunlight.

Unlike chemical sunscreens, the physical sunscreen type of photo protection does not produce free radicals and cause secondary skin damage.

Good quality mineral makeup is a great way to wear your sun protection on a daily basis. Good quality mineral makeup will be in a loose, dry formula that can be applied with a brush. You want to make sure that there are no fillers or ingredients other than the pure minerals of titanium or zinc oxide. The minerals will not only give you a flawless complexion, but they will allow your skin to breath. To your health and beauty!



www.lifedynamix.com/community/spagirlerin

Smokey Says...
**DON'T KEEP IT
LIT,
EXTINGUISH
IT**

FOLLOW THE RULE, STAY  UNTIL ASHES ARE COOL

SMOKEYBEAR.COM

Ad Council U.S. Forest Service