

Co-Creating Miracles in Your Life

May, 2011



Radiant Health Greetings!

Whenever something special happens in my life, many of my friends, family or even clients and colleagues will say “Oh of course YOU did it” or “With YOUR luck, I would have expected that.”

They say this as if these miraculous occurrences were unique to me or as if I possessed some skill that they did not have. Well, I haven’t quite figured out how to break them out of this faulty line of

thinking, but I’m going to give it another try in this newsletter. I will begin with a few simple truths:

- You can co-create miracles in your life at any time, beginning right now.
- You are the unique expression of love, creativity, abundance, gratitude, service and more on earth.
- Follow the signs, and if you go “there” in your mind first, you will go “there” in your body.

Yes I’m talking about you, in this moment as you read these lines. Let’s break down each bullet point by applying them to my most recent miraculous experience. But first, a disclaimer: If you do not believe in any source of divine energy, then this is not the newsletter for you. The word “miracle” literally means “an effect or extraordinary event in the physical world that surpasses all known human or natural powers.” So by definition, I cannot talk about co-creating miracles without acknowledging a divine presence. That said I would like to share with you the details of my miracle home sale.

The Quick Facts:

- March 17th: I put a “For Sale By Owner” sign out on my front lawn.
- March 26th: A potential buyer views my house; I don’t think he is particularly interested.
- March 28th: This same potential buyer sends me an email saying he’s interested in my home.
- April 28th: We close on the home.

When I first put my house up for sale, most people said “Good luck in this market!” I could tell by the reactions of folks that no one really thought what I was doing made much sense. At this point I would like to revisit my first set of bullet points and apply *the actions I took* to co-create my miracle:

- You can co-create miracles in your life at any time, beginning right now:
 - I had to remember that I was capable of co-creating miracles in my life.
 - I had to disengage from conventional thought and stop listening to the negative vibes around me (including mass media).
 - I worked relentlessly, “acting as if” I was not limited by the economy and the declining values of homes. I used every available resource to self-market my home.
- You are the unique expression of love, creativity, abundance, gratitude, service ... on earth
 - Before I put my house on the market, I set a very specific intention. I asked the true source of the energy that created me to send me a buyer who would truly love and care for my home and garden.

- I had a dream in which a man came into my house and said he wanted all of my belongings. In a panic, I said “but I must have my drum!” The man said “OK you can have your drum but I want almost everything else.” I protested for a while and then the man said to me “You must learn to let it ALL go ...” When I woke up, I realized that I was going to have to let go of my resistances and undergo a major purge.
- Follow the signs, and if you go “there” in your mind first, you will go “there” in your body:
 - I began to develop uncomfortable sensitivities to the dry, cold weather in New Mexico that continually increased in intensity.
 - In the last 2 years, I’ve had to run my humidifier all year long to sleep comfortably.
 - The last two winters have been unbearably cold.
 - I developed dry patches on my arms and my hands and feet began to crack excessively.
 - In my mind, I began to see myself in Miami. This was a quantum leap for me because I lived in Miami before and when I left, I said I would never return. For me it was California or bust. However, all of the signs pointed to Florida:
 - I met a man, who is my soul and mind mate in Florida.
 - I began to develop unsolicited business opportunities and meet like-minded colleagues in Florida.
 - My mom, sister and especially my 3 year old niece, who needs my influence, live in Florida.
 - Whenever I flew to Florida, my skin would heal and my body would feel normal and healthy again.



I’d like to highlight something about the last bullet. For the last two years, I had been fighting a move, and I felt it coming. I was content with my current life even though it was becoming physically and emotionally uncomfortable. Change was scary to me – TO ME the person who dedicates her life to inspiring others to change, evolve and move forward. At first, I couldn’t see my own resistance even though it was right in front of me. However, I’m on the [Radiant Health](#) path just like you, and I still have a lifetime of lessons to learn (hence, the teacher and student are one). **My breakthrough came once I let go of my resistances.** Then, all that needed to happen fell into place. Instead of waiting for something to happen, I was running to keep up with all that was happening.

THE KEY TO CO-CREATING MIRACLES IN YOUR LIFE IS TO LET GO OF YOUR RESISTANCES AND GO WITH THE FLOW OF DIVINE ENERGY.

I hope my personal story inspires you. I should probably mention that the man who bought my house turned out to be a male version of me! He purchased most of my furniture, so my dream was quite accurate. In my last conversation with him, he told me that the Spanish broom in my back yard had completely bloomed, and he was pleasantly overwhelmed with the amazing fragrance that filled his new home. The apricot tree that I planted was full of apricots, and he was excited to taste them. My heart was filled with joy, because I know that all of the love and hard work that I put into my home went to someone who will appreciate it and continue to make it fruitful. *Are you ready to co-create miracles? [Contact me](#) for an appointment, and I’ll guide you on the path.*

Miraculous Marvelous Millet



What Makes Millet so Miraculously

Marvelous? Along with quinoa and amaranth, millet is a part of what I call “The Three Musketeer Super Food Grains.” Millet is a complete protein and digests ALKALINE (most grains digest acidic), which is essential for [radiant health](#). This gluten free, heart healthy grain is rich in manganese, tryptophan, magnesium and phosphorus. It is much easier to digest grains that are bio-available. Bio-available essentially means digestibility. It refers to the rate at which a food can be absorbed and utilized by the body. If you have ever had any kind of digestive issue (acid reflux, constipation, diarrhea, IBS, heartburn, colitis, indigestion, diverticulitis, low metabolism, thyroid issues, etc.) then it is even more important for you to eat more bio-available foods. To make whole grains such as millet bio-available, soak the grain for at least 4 hours or overnight.

Here’s a short summary of the many benefits of the miraculously marvelous millet:

- It supports cardiovascular health
- It reduces the severity of asthma attacks
- It helps lower blood pressure
- It helps reduce the frequency of migraine headaches
- It supports bone growth and function
- It contains nutrients that nourishes cell membranes and your nervous system
- It helps reduce the risk of Type 2 Diabetes by promoting healthy blood sugar control
- Its fiber content helps reduce the risk of gallstone development and breast cancer

How do I prepare millet? Millet is easy to prepare. It is used in sweet and savory dishes. I add ½ cup of millet and/or amaranth to my soups to increase the protein content and to create a thicker consistency without the use of dairy. You can prepare millet to be creamy like cornmeal grits or fluffy like brown rice. Rinse it well and try this simple recipe:

- Millet with a creamy cornmeal grits consistency: One cup of millet to 3 or more cups of water or broth of your choice. Bring to a boil and then reduce heat to low and simmer for 35 minutes or more.
- Millet with a fluffy rice consistency: One cup of millet + 2 ½ cups water or broth of your choice. Bring to a boil and then reduce heat to low and simmer for 25 minutes.

A [Radiant](#) Idea: The next time you make oatmeal, add a little millet to the mix. Then slowly increase the amount of millet and decrease the amount of oatmeal. You can add coconut milk, agave nectar, goji berries, cinnamon, cloves, cardamom, ginger or any of your favorite spices.

Experiment and have fun with the miraculously marvelous millet. If you have any questions about how to use millet or any other herb/grain, [contact me](#) for an appointment and I’ll teach you the basics and beyond!

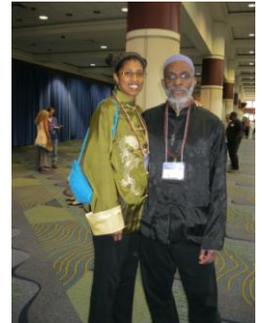
Qi Gong Miracles



Mom, Wim Hoff (The Ice Man) and me at the Orlando Qi Gong Conference

Qi Gong (pronounced chi-kung) is a 5000 year old internal martial art. “Qi” means energy or life force and “Gong” means cultivation. Qi Gong is the practice of learning to cultivate and rejuvenate your internal energy using slow, graceful movements and a variety of slow breathing techniques. The practice of Qi Gong builds muscle strength, while reducing stress and enhancing energy. Its numerous health benefits are profound, including:

- Enhancing circulation and warming the blood
- Developing reflexes and dexterity and preventing osteoporosis
- Increasing arterial circulation which nourishes the nervous system while helping to prevent a plethora of nervous system disorders
- Increasing mental focus, acuity, energy and concentration and much more!
- This slow, gentle exercise is performed by millions of people of all ages, physical abilities, religious beliefs and cultural backgrounds.



Me with Robbie Foster who certified me to teach the Qi Gong, Level 1 Form.

As most of you know, I am a Qi Gong instructor. I had an amazing time at the Qi Gong Conference in Orlando where I practiced with the infamous Master Zhou and met Wim Hoff, a.k.a. “The Ice Man.” Wim practices a type of Qi Gong breathing technique called tumo breathing used in the 9 Breath Healing Method of the Level 2 Qi Gong form. It is an advanced breathing technique, but anyone can do it as long as you start slow. I have a great deal of respect for Wim because he has dedicated his life to providing quantitative scientific research to prove that breathing can be used to raise body temperature and improve/increase immunity. I highly recommend this conference to anyone desiring Radiant Health, inner strength and peace and well ... overall self mastery. You have the opportunity to practice the 9 Breath Healing Method during a huge Qi Gong stadium event that will take place 11-11-11. I'll let ya'll know when the location is chosen (probably in Orlando or Miami). In the meantime, if you are interested in attending a Qi Gong conference near you check out www.qirevolution.com. Radiant Healing power is found in your breath. If you don't know where to begin on your path to radiant health, begin by remembering to breathe slowly and deeply during stressful situations.



Wim Hoff sat in ice practicing tumo breathing for over an hour!

Need me to walk you through it? [Contact me](#) for an appointment, and I'll teach you how to cultivate your Qi.

Are You Ready to Get Radiant?

THE BODY HEALS ITSELF. Through the implementation of this philosophy, I've helped my clients recover from a wide variety of ailments including:

- **Chronic digestive disorders**
- **Chronic pain, mobility restrictions and soft tissue injuries**
- **Weight loss, chronic and adrenal fatigue**
- **Infertility, menstrual disorders and hormonal imbalances**
- **Cancer and autoimmune diseases**
- **Emotional distress (including depression, bulimia and more)**

Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease". The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps are covered in great detail during our initial consultation, and once implemented, will push you out of your conventional box and on to a new way of thinking and being. So, with an open mind and a willingness to investigate new strategies, I invite you to embark upon the journey of a lifetime ... YOUR path to Radiant Health. [Contact me](#) for an appointment today.

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CranioSacral Therapy ∞ Healing with Herbs and Whole Foods
Qi Gong and Cooking Instructor ∞ Whole Body Workshops
Organic Health and Beauty Products ∞ Cholesterol Reduction ∞ Weight Loss Strategies
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THANK YOU for joining me on this journey. Stay tuned as we continue to delve deeper and travel further down the path to Radiant Health.



LOVE THYSELF

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