

ONE HOLISTIC WELLNESS



body, mind, spirit... ONE



320-250-9402

Upcoming Events:

ONE Book Club

Please join us for the ONE Book Club meeting at ONE Holistic Wellness. This month we'll be discussing the book "The Shack", by William P. Young. Everyone is invited, come if you can. There is no commitment to being at book club every month, I'm simply looking to create a space for sharing.

Thursday,
March 26th
7:00 – 9:00 p.m.

For more information on classes, please visit the [website](http://www.oneholisticwellness.com) or call 320-250-9402

Living JOY – March, 2009

We incarnate with a purpose. That purpose is, quite simply, to experience this human existence to our fullest capacity. We are divine energy taken to form for the intention of living that divinity through our humanness. We came here with the intention of creating a life that was joyful and for the fulfillment of our wildest desires and imaginations. Yet continually, we fall short of what our soul knows to be its truth. We confine ourselves to the stories of our culture, our society, even our family. We adopt others words as *our* truth and we begin to question our sacredness. In doing so we lose contact with our path that is guided from within us. We are taught to take our cues from the external world, to "belong" to "fit in". With greatest apologies I must convey to you that you were not EVER designed to "fit in", in fact, you were designed to "fit without". Without limitations, without boundaries, without the shame, guilt or suffering this world seems so gifted in handing out with the expectation that we should take it and put it on like a gilded robe. Well, my dears, the Emperor has no clothes. It's time for our eyes to open to our own truth and our gifts that are innate and unique within us. It's time for us to no longer put off our happiness and joy until "the kids are through school", or "someday when I retire". PLEASE, I beg of you, do not delay your joy another day. It is futile to take your guidance from a world that has no sense of itself, which knows only the external temporal existence that is confined within our conscious minds. Our guides and angels ask us to live through our divine love and walk it out onto the planet through our joy. When our vibration rises, the vibration of those around us raises as well. As Gandhi said, "be the change you wish to see in the world". The time for this has never been more urgent or more necessary as we sit spinning in a world that speaks to us only of fear and deprivation, but forgets our love, and our ability to create through our divine nature. I see people struggling so much with their emotional and physical health all because they've allowed themselves to become part of the perpetuating problem instead of remembering who they are in the light of their soul and living in happiness and health through that light. It is in this time that we are called to reclaim this experience as the playground and to stand in the light of our truth and live out our joy. WE are the examples that so many others need in order to make changes within themselves. Lead, do not follow, the proverbial "they" have no idea where they are directing this world to go. In these times when all we see are challenges, lead others to their grace, help them remember their sacredness. I will end with a quote from Nelson Mandela's inaugural address: "who am Iwho are you NOT TO BE. You are a child of God and in your allowing you give permission for others to allow as well. I am asking you to touch this sacredness that is the true essence of you, and live through the guidance that comes from within, to choose joy over fear and abundance over deprivation. Be the unique and beautiful gift that you are to this world."

In Joy,

Anne Brady

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