

ONE HOLISTIC WELLNESS



body, mind, spirit... ONE



320-250-9402

### Upcoming Events:

#### Introduction to Intuition

October 2 & 9

This class is offered by Community Ed. Please register online

[www.isd742.org](http://www.isd742.org)

#### ONE Whole Weekend

November 8 & 9

Co-sponsored with Kelli Spencer.

Come join Kelli and I for a weekend of learning and laughing your way into your bliss.

#### Just in time for the holidays!

##### Meditation 101

This two hour intro class will give you options and inspire you to get started.

November 20th  
7 - 9 p.m.

For more information on classes, please visit the website or call 320-250-9402

### GOING INSIDE – September, 2008

As lazy summer days turn into the coolness of Fall, it's natural for us to be spending more time inside.... And I'm not just talking about the indoors. This month I'm asking you to pay attention to what's going on inside YOU. As our outer world becomes more chaotic and stressful, too much talk about recessions and political banter, it's easy to become cynical, even negative in our own minds. This negativity, of course, only further separates us from our true and divine nature and all that we desire for ourselves in this life experience.

Negative thoughts are like stones in the bottom of a river. When your vibration, your thoughts, are low, or negative, everything becomes a stone in your path. You, the river, run endlessly into obstruction after obstruction trying to find success, happiness, health, whatever it is that you desire for yourself, only meet one obstacle after another just as the water rushes up against and then has to navigate around every single stone in the river. BUT, at the surface of the water, where the water level is higher the river doesn't even notice the stones on the bottom. The river has direction, it has a focused attention on where it is going, and it has the momentum of enormous volumes of water behind it moving more and more quickly and assuredly towards its destination. In the same way, when your thoughts are positive, your vibration is higher. When your direction and vision are clear, you move towards your goals without obstruction, you build the momentum to create greater change the longer you hold these positive thoughts and maintain your direction. Your positive thoughts allow you to flow freely towards that which you desire. Naturally, what you desire comes to you more quickly, more easily and more completely.

What we desire for ourselves we often imagine on a timeline out in front of us, with our present near to us, and our future further away. I encourage you to change this vision to one in which your future surrounds you in a spiral with you at the center. From this perspective, what you desire for yourself is as close as opening your hand to receive what is around you all the time.

Enjoy your time inside, use it to your advantage to create whatever it is that's important to you, and like the rushing river, let the momentum carry you onto your heart's desire.

Peace & Light

Anne Brady

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