

Subject: Happy New Year!
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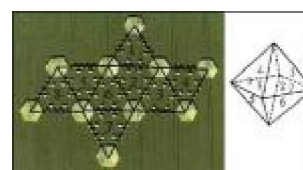


Happy New Year one and all ... with a few messages from my heart to yours ...

Wishing you many blessings of love, joy, abundance and more ... it's a wonderful time of awakening!

A Love and Healing Altar for Haiti

For the first newsletter of 2010, I'd like to make a request ... a dear friend, Phyllis, asked what kind of crystals would be good for sending love and healing to Haiti and I told her what came to mind. After pondering a while longer (several days), I'd like to add to that advice and make a request for all of us to set up a small (or large - up to you) altar to send love and healing to the people of Haiti and Mother Earth. What I told Phyllis to use is rose quartz and golden healers, but any crystal you have that wants to help, allow them to contribute their energies. The crystals are feeling the rift in Mother Earth very strongly and they want to assist with their 'people' as much as we do. Green stones, in particular, are a nice addition to the altar as the green ray is well known for its multi-level healing effects.



The shape of the crystals (double terminated, points, clusters, chunks, polished, etc.) matters now, only that they want to participate. Honor the Spirit of Mother Earth in each and listen to how they want to be arranged. If you get nothing clear from them, a suggestion is to place a cluster (for broadcasting) in the center and arrange the rest in a spiral around the cluster. Play music, burn incense ... whatever makes the energies the kind you want to send. Add your good intentions and blessings and know that others are doing the same. The more of us that do this will reinforce the degree of love and healing we want to send. And we don't have to worry about "distribution" ... it will all get where it needs to go. This is a global, holistic approach that everyone can do easily ... *we can* make a difference!



Power Animals

Now, over the years that I've been working with and selling crystals, there have been many questions about Power Animals. It may seem unrelated to the request above, but isn't. And this may seem unrelated to crystals, but there are occasions when I sense an animal energy in a crystal and these become powerful totems indeed!

With the release of the movie, Avatar, people are seeing a society, albeit fictional, with a

core belief of honoring Nature and Earth Spirits. This is consistent with many native peoples who honor the Earth Spirits ... and in fact the Spirit in all things. Honoring is very different from worshiping. The Chinese named their version of the Zodiac after animals (this is the Year of the Metal Tiger) and the western Zodiac includes many animals ... as do the constellations. The Aborigine carefully studied all of the plants and animals in their environment and knew precisely what to do with each. Their knowledge was so thorough that it surpassed what researchers could glean from their own field work. Native Americans have many legends of animals and certain are considered to bring abundance and luck ... like the white buffalo. And so it goes ...

Many years ago, I read something about Spirit Animals and went through the exercises to identify mine. Although I have several, my main one is Shabu, the Lynx. For decades, I have run all over the world in the pre-dawn quiet and Shabu has been companion and protector. Never have I had an incident - not in the streets of Detroit, Philadelphia, Amsterdam or Tokyo ... and I certainly don't worship Shabu, but I do honor the Spirit within him and that which he shares with me. Plus, it is a great source of relaxation to go to Shabu's meadow and "chill" ...

Now, to many, a lynx is a predator and may attack a human ... like a lion, tiger or wolf. All animals have defense mechanisms and I don't think of Shabu as a predator - again, it is not his physical being that I am honoring. Shabu has asked that I not reveal much about him, but suffice to say that there is no one book or course or webpage that comes close to what he represents. And that is how it should be about your own Spirit Animal ... each relates on a very personal level. To one person, a bear represents repressed fear ... to another, power and might. And to yet another, he might represent the ability to transcend conscious states through hibernation. The key thing is to be open to that relationship and allow ...

To determine your Spirit Animal, sit in meditation and ask that he/she come to you. Often it will be an image in the mind's eye and other times, it will be a physical presence ... like a hawk flying outside or a ladybug landing on you. Generally this will happen more than once (three times is telling) and this is how you will know for sure. Do not judge ... everyone wants the strong eagle totem while no one wants the worm ... but think about it. If there were no worms, there would be no rich soil for things to grow in. Remember honor the Spirit within, whether it be an insect, a herbivore, a carnivore or even a single-celled organism. Each offers you an aspect of your Self that needs work or strengthening. We all can't have ... or need ... powerful totems. Sometimes, it's the lowly worm that reminds us that there is an important role for everyone at every level ... and that we are all a part of the web of life that frames this planet.

So that's it ...

That's it for this newsletter ... a request and enjoyment ... may the balance of this amazing yin season bring peace, contentment and joy to you ...

Jan

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