



Spirits Evolving Ltd.

SPEAKING SPIRITUALLY ~ JULY 2007

A Letter from Lee

Welcome to my monthly publication, *Speaking Spiritually*. Beginning this month, this publication will be available without cost through my website (www.SpiritsEvolving.com). It just feels like the right thing to do at this time. I have so enjoyed creating this (since 1999) and evidently even the small subscription fee can be an obstacle for some. Now anyone who feels this information will offer guidance and support can receive it on a monthly basis. Please feel free to share it with like-minded people, and let me know if you have ideas and suggestions for its continued evolution. I will occasionally recycle some of the areas (Did You Know, Suggested Reading, Monthly Visualization), but, of course, the intuitive forecast will be new each month. I hope you will enjoy this publication as much as I enjoy its creation. I'd also like to invite you to listen to my weekly radio show, *Spirits Evolving*, airing on 7th Wave Network each Friday at noon Eastern time. Please listen in and feel free to call in at 1-866-472-5795 with questions or comments. Further details are available on my website.

The energy for July is leaning toward the overly emotional side, so take care to keep yourself in emotional balance. This can be a tricky process since others tend to take joy in knocking you off balance. Take full responsibility for your emotional well-being and the month will be manageable and enjoyable. Make certain to take time for yourself when necessary, and don't be lured into dramas that are not yours to endure. As we go through the month, feminine energy will be very important so all of you (even the men) need to explore your feminine sides. Balance of yin and yang - yes, that's the goal this month. As you explore the two sides of yourself, decide which major issues in your life fit into which side of your energy - an interesting avenue of exploration. Each week this month will vary more than usual, so you will need to check the weekly forecast below at the beginning of each week.

The energy color for July is green. Thankfully for those of us in the Northern Hemisphere, we are surrounded by green this time of year. The leaves on the trees, the grass, the crops are all offering us lovely shades of green. Green is associated with the heart center - check your blood pressure regularly if you have a problem with it, breath deeply to keep your lungs clear, and build up your immune system with a good diet. Whenever the heart center is activated as it is this month, your sense of touch is more sensitive than usual. This would be a good time to get a massage or other bodywork if it feels necessary. The emotional issues associated with green are what you would expect

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from the heart center: Love, harmony, spontaneity, and stability (it is the center of balance). Unfortunately, you will also be more apt to wander into resentment, guilt, and jealousy. So, take care to maintain your emotional balance at every turn. If you'd like to try a very simple deep breathing visualization, inhale while visualizing the color green and exhale while visualizing the color pink - can only help you find more balance.

The energy hint for July is (as noted above) to maintain your emotional balance at all costs. There will be some of you who have no idea what is meant by "emotional balance" because you feel you're already in perfect balance. If this is your sense of your personal energy flow, take some extra time to check with those closest to you - maybe they can offer you some ideas of parts of your life that could be readjusted. I will admit that a few people I've met are in pretty good balance all the time, so don't question yourself too hard, but just take a bit of time to recheck before assuming all is well emotionally. Occasionally, emotional imbalance hides discreetly in your mind - check it out.

Relationships: A powerful, if somewhat frustrating, time in many relationships. If your friend or mate is out of balance he/she will try to pull you into the insanity. Don't do it. Find time for yourself and keep your balance no matter what you're subjected to. Your emotional balance is just that, **YOURS**.

Finances: This month is a good time to buy high-ticket, much-needed items. If you need a new car, a new home, etc., this is a good time to let your emotions help in the choice. Don't buy things you don't need, of course, but go ahead and make your life more enjoyable if you can afford it.

REMEMBER

ACCEPT THE CHALLENGE OF THE UNKNOWN.

Glossary of Terms

Respect

Webster's: 1. to feel or show honor for; think highly of; look up to. 2. to be thoughtful about; have regard for.

Lee: My belief is that respect is the main ingredient in all healthy relationships and that self-respect is the most important tool that one can possess to build a strong base for personal growth. Respect is recognizing the spirit in another even if there are

differences in your behaviors or belief systems. Respect is allowing others to find their own paths, helping to light the way when you can. Self-respect is recognizing your own spiritual power and your deep connection to all other beings. By honoring your own growth, you empower yourself and develop an inner strength that serves you well. We are all spiritual beings, powerful beyond belief, and if we can learn to respect that awesome power of spirit, we can create healthier personal lives, stronger relationships, and a better world.

Your Questions

Q: I have asked you many questions over the past few years, and need some input now. I'm from Australia, but am currently living in England while looking for a job. I thought I wanted to be here for a while, but I've been offered a job in Paris. I'm getting confused. Where should I go?

A: I feel like the job in Paris is tentative at the moment. England is a good place for you (at least for now), so if Paris doesn't work out, enjoy the time in England. You'll want to go back to Australia, but don't go too soon. You have been seeking time away and time alone for your personal growth, and England offers that to you. I know you miss your family, but you can reconnect easily. You have lots of energy - try to stay relaxed and accept the lessons as they pass. Make sure you don't get stuck in worry mode too long - that won't help. So again, relax and enjoy your days.

We welcome your questions, which will be answered in our monthly column. Please visit our website or send to:

Speaking Spiritually
Post Office Box 648
Ivy, Virginia 22945

July Forecast

JULY 2

This is a good week to consider being inconspicuous - don't bring up issues at home or at work unless you really need to discuss them. With the energy giving extra weight to emotions, you don't want to create a disagreement without cause. You may wish to take some extra time off and spend it alone - just blend into your environment observing others

without making them self-conscious. Take time to evaluate your emotional health - seeking guidance if necessary. When working with others, listen more than you talk, and watch body language. If you can observe the acts of others more readily than the words of others, you'll learn much about your relationships. You may wish to simply disappear from your life, but don't disappear from your own growth. Take a break if needed, but do not give up on your lessons.

Relationships: Even though this is a good time to be alone, you may need to be a protector of your family. If necessary, support others who need it without judgment. Keep your emotional boundaries in place and all will go well.

Finances: Start looking for that special something you've worked so hard for - if you're looking for a new car - start now and enjoy the process, same with a new home or vacation home. This is a good week to begin the process.

JULY 9

A good week to travel - whether taking a long vacation or day trip won't matter, you'll feel rejuvenated by just getting away. Spend extra time this week exploring the colors that surround you. Ask yourself a few questions: What colors are most of the clothes in my closet? Am I looking at new and different colors or the same ones? What color foods do I like best? What color are my sheets and towels? What color cars attract my attention? Try to find a pattern and that will show you some of the lessons you're working on. Check out my website for more color information. Whatever you do, do not allow yourself to get bored this week - stay calmly active (yes, that's possible).

Relationships: Keep your personal boundaries in place this week. So many people don't even know where their boundaries are - check it out, it's worth it. If you can keep your space sacred, you'll be much happier and healthier.

Finances: As you're looking for something new for yourself, don't be pressured by anyone (salesperson, relative, friend) to purchase something that isn't perfect for you. Many people will buy homes and cars this week - bargains are out there, but make sure it's exactly what you want.

JULY 16

The energy this week is solely focused on the feminine side of humanity. Yes, even you macho guys have a healthy feminine side so examine it. Ask yourself how to nurture your feminine side (spend extra time with children and animals - volunteer at your local summer camp or animal shelter). Also, to nurture your feminine side, you need to focus on your

intuitive self - admit that your intuition is on target more often as you mature - you didn't leave it all behind as a child. Everyone is intuitive - embrace it. Allow your curiosity to flourish in all areas. Question, question, question any and everything in your life without being too suspicious of others. Just be playful and allow life to unfold in perfect harmony.

Relationships: Jealousy is a dangerous and unnecessary emotion - don't let it sneak into your life this week. If someone else develops a jealous attitude, confront it and make certain it doesn't grow to infect your relationship. I repeat, jealousy is never healthy.

Finances: You will find yourself drawn to what you need both in the material world (cash and gifts to yourself) and the spiritual realm. Trust the energy flow toward financial gain.

JULY 23

This will be a magical week if you allow it to be so. By trusting in your own intuitive self and your own innate wisdom, you can create a week filled with joy. Pay particular attention to the evening hours - powerful for all this week. How do you feel in the silence, in the dark? A good time to get to know yourself better. You must, however, be willing to see the total and complete truth about yourself. Accept yourself as an amazing spiritual being and see what you can do to create a human life that you'll enjoy (and that offers the healthiest energy flow). Much energy will be dancing around this week - take advantage of it and don't be intimidated by it - enjoy the flow.

Relationships: Relationship energy this week is a bit out of touch with the general energy flow. You may become a mirror for another (deal with it but don't get stuck in that mode). If others ask your assistance, help without dragging your own emotions into the situation. Others may try to deceive you - just pay attention and you'll know the truth.

Finances: Financial transactions will have to ring true to you. Make sure you recheck contracts and read anything that you sign. You may be somewhat confused in the short term, but everything will be clarified quickly. Simply ask questions about anything that isn't totally clear.

JULY 30

Give, give, give. This is a week for sharing. Share your love, your joy, your laughter, your time, your money, share it all and you will receive much in return. There really is little effort needed to find yourself in the position to share with others. Abundance will flow. Simply keep your heart center open and you will find the balance and the support you need (to give or receive). If necessary, venture into the unknown - be brave and vulnerable and you'll find yourself face to face with powerful personal realizations. The search for truth

helps you grow each day. Remember no map is necessary to find your way down your own personal spiritual path.

Relationships: Trust yourself to move into or out of close relationships. Be truthful with yourself (and others) about whether or not a relationship is healthy. Unhealthy relationships cause much damage - move on and find more balanced interactions.

Finances: Trust applies to your financial arena this week too - be truthful with yourself about your career and potential career choices. You need to be content with each day (not work a job you hate). Remember to enjoy life.

Brian's Corner

Human conflict, corporate scandal, political subversion, global climate change - the plight of the world seems to be ever increasing. And yet, I asked a spiritual teacher recently where this was all going to take us. I asked about the disconnect between the apparent rise in spiritual thought and action when contrasted against world events. To my dismay, the response I got was that the cycle of change and contrast needs to become even deeper and more rapid before permanent change (positive change) can be achieved. I live in a relatively safe area where I am not exposed to any real danger, hunger, or world crisis, but my heart goes out to those millions who are exposed to all of these things and worse every day. It's hard for me to imagine what the world will be like a decade from now if the current divide continues to deepen, and yet, it seems to ring true... before a paradigm shift can take place, the failings of the old system must be plain to everyone and the promise of the new system just as compelling. And so, while I await the changes that seem imminent on a global level, I continue to embrace my personal understanding of and strength of spirit. While we are individually too small to affect global change, if we each embrace the power of our spiritual selves, that energy, multiplied by millions, will help bring about a future time of peace and respect that the world so desperately needs.

Visualization

Creative visualization is a simple, amazing tool for growth. In each issue, we include a visualization for you to enjoy. You can share the visualization with another - taking turns reading it to each other, or you can tape it and play it back at your quiet times. These visualizations are created to relax and to stimulate, to provide insight and enjoyment.

Since the color for July is green, I'd like for you to practice this visualization each day - the heart center needs extra attention when it's the focus of the month. The visualization, *Clouds of Green and Pink*, will help you rebalance and calm your emotions. Enjoy this little visualization both in the morning and the evening and you'll be more apt to sense your emotional balance.

Suggested Reading

Instead of suggesting a book for you to read this month, I'd like to invite you all to subscribe to Dr. Andrew Weil's monthly publication, *Self Healing, Creating Optimum Health For Your Body and Soul*. This amazing little monthly newsletter contains so much helpful advice - advice from a trusted M.D. who is also well versed on alternative medical treatments. Dr. Weil writes a number of short articles and also answers readers' questions in his "Ask Dr. Weil" column. He also gives his readers up-to-date research information and offers his take on various natural treatment plans. For instance, in the January issue he discusses home genetic testing and gives his advice on the process.

You can subscribe by contacting Customer Service at 1-800-523-3296 or by visiting the website at drweilselfhealing.com - subscriptions are \$29/yr. US; \$36 Canada with back issues available for \$4.95 each (888) 3DR WEIL. Send your letters or health questions to Self Healing, 42 Pleasant Street, Watertown, MA 02472. Do yourself a favor in the new year, subscribe and read this great newsletter.

* You can order this book as well as others suggested by Lee Channing through Spirits Evolving's website. From the homepage, simply follow the link for Suggested Reading.

Did You Know . . .

Did you know that inner peace truly comes from within your own being? Many people don't understand that pattern of energy, and it is so easy to feel like you are a victim to the actions of others. Ways to find your own inner peace:

- Find quiet times regularly and create your own form of meditation.
- Think positive thoughts no matter your circumstances - attitude counts.
- Take good care of your physical body; eat well and get moderate exercise.
- Surround yourself with compassionate, supportive people.
- Interact with nature - take a walk or a drive to your favorite place.
- Adopt a companion - a dog, a cat, or another being in need of a home to share your life.

- Read inspirational books, magazines, and articles.
- Ask for help and guidance when you need extra support.
- Have FUN and LAUGH regularly.

About Spirits Evolving, Ltd.

Spirits Evolving, Ltd. offers individual, group, and business consultations, seminars, and presentations on a variety of subjects including general energy awareness, intuitive color awareness, animal communication, past-life regression, and intuition.

With business manager Brian Chase, Lee Channing co-founded Spirits Evolving, Ltd. in 1993 to promote greater understanding of the personal and universal energy affecting our lives. Using self-awareness, color, creative visualization, meditation, and other practices, Spirits Evolving helps clients open the door to their own energy source.

An Intuitive Consultant and Certified Hypnotherapist with more than 25 years' experience, Lee Channing creates *Speaking Spiritually*, a monthly newsletter. *Speaking Spiritually* is a powerful tool for spiritual growth and intuitive living where Channing publishes her perception of universal energy flow, her creative visualizations, and more.

Reaching beyond the realm of individual readings, which Channing has performed since 1974, Channing and Chase see their role as a unifying one.

"Increased awareness of the natural flow of energy from our body, our mind, and our spirit enhances not only our own lives, but the lives of all those around us," Channing says. "We are here as spiritual beings having a human experience. The desire to support each other and promote respect for all beings is great. When we cherish our own spirits and all life, we nurture our personal balance and open the door to more growth, insight, and joy in our lives."

Through the award-winning Spirits Evolving® Website, which Chase designed and maintains, Spirits Evolving connects with spiritual seekers from around the world. The website is host to Channing's International Intuitive Advice Column and many other tools for personal growth including Channing's Suggested Reading List and Intuitive Color Awareness guide.

Based on sound business principles, Spirits Evolving holds to "the highest ideals of integrity, professionalism, confidentiality, and respect," Chase says. "The company exists to help each individual in his or her own growth process."

With Spirits Evolving as their willing guides, clients are encouraged to step boldly forward on the path to personal growth and a life of balance.

A publication of Spirits Evolving, Ltd.

P.O. Box 648

Ivy, VA 22945

(434) 984-8550

www.SpiritsEvolving.com

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Clouds of Green and Pink

Here is a short visualization that will help balance your emotional response to any situation. Sit quietly, close your eyes, and take three deep breaths. As you inhale through your nose, imagine you are inhaling a calm shade of green from a misty, green cloud. Feel this cool green air as it passes through your nostrils and gently moves down into your lungs. Feel your lungs expanding and then hold the breath there for a few seconds. As you exhale through your mouth, imagine the exhalation is pink, as if you are exhaling a warm, pink cloud. After three of these breaths, allow your breathing to return to its normal rhythm and instruct the physical body to relax. In your mind's eye, quickly visit each area of the body. If tension is felt, try to release it. When the body is as relaxed as possible, bring an emotionally-charged situation into your mind. Make a mental note of each emotion created by this situation. Now, push the emotions aside and look at the situation in a clear, unemotional light. When you have seen the situation clearly, make a mental note of what you can do to resolve the situation. When you have done this, once again turn your attention to your physical body. Ask yourself if any stress has appeared or reappeared. If so, once again tell the body to relax. Spend as long as you like evaluating various emotional situations in your life; then take a deep breath and slowly open your eyes. Use this simple exercise as you meet new emotional situations throughout the day.

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