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Spring, 2015

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To Our Valued Readers

Spring is the season of new beginnings and growth.

In this edition, we look at the beliefs that limit or enhance our growth. Our authors have written about dreams, nutritional supplements for pets, suffering, knowing your limitations and the paradox of self-delusion.

Your participation in this publication, either through advertising or reading the articles, adds to the collective consciousness of our community. We invite you to reflect on your experience of our magazine by sending email to iamwisdom@attglobal.net or by calling us at 614.888.1240.

Thank you for your interest and share the wisdom of this publication with others.

In Love and Light,



John McMullin, HC, CHt



Look for our Summer, 2015
SelfGrowthWisdom.com
issue,
coming in June

Submit your article for the
Summer issue.
See page 8.

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"Everything we do is infused with
the energy with which we do it.
If we're frantic, life will be frantic.
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And so our goal in any situation
becomes inner peace."
(Marianne Williamson)



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Bionetic Scan

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Bionetic Practitioners

Bionetic Practitioners have a working knowledge of multidisciplinary relationships, and the means and skills for measuring the biodynamic responses within the body. They are able to provide their clients a solid foundation for a Holistic Approach to Optimal Wellness. Through education and experience, they are on a path of continued learning and awe regarding the miraculous vessel that our spirit inhabits. Sessions are available at the Expo, at the Journeys of Wisdom office, or can also be done remotely.

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DREAMS AS A PATH TO YOUR SOUL

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Leigh Randolph is retired both from the clinical practice of dentistry and teaching Ohio State University, combining a life time of left brain science with the intuitive and spiritual of the right brain. She has been fascinated by dreams for decades. Her work includes Archetypal Dreamwork and Visionary CranioSacral Work. For more information, contact Leigh at 614.581.8703 or journeywithleigh@aol.com or visit www.inmydreams.org



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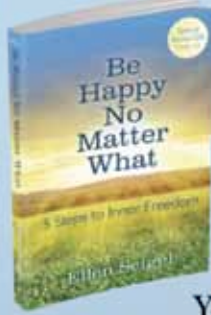
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- Please meet the deadline for related publication dates: January 15 (Spring), April 15 (Summer), July 15 (Fall) and October 15 (Winter).
- Include a concise biography, 2 to 3 sentences, to be used following your article.
- We cannot use as an article, any manuscript which can be classified as advertising.
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Dream ADCs . . .

What Are They and How Can They Improve Your Life?

MARK PITSTICK, MA, DC

Sometimes dreams are just the brain's processing of recent events. Others may be meaningful communications from your sub- or unconscious. Dreams can also be after-death contacts . . . visits from departed loved ones. Each type of dream can improve your life, IF you pay attention and use the information.

After-death contacts—ADCs—have been reported across recorded time and in many cultures. Famous people like President Abraham Lincoln, Sir Arthur Conan Doyle and General George Patton claimed to have received visits by departed loved ones. These visits from “the other side” are especially common during dreams.

The phenomenon of after-death contacts is a fascinating category of evidence that humans survive bodily death. The term ADC describes contact with a deceased person who is in a nonphysical dimension. Such reports used to be considered weird and many people did not share them for fear of being considered crazy. Now more people are openly sharing these surprisingly common experiences. After-death contacts have been reported by 25 percent of Americans, 66 percent of widows and 75 percent of parents, whose children have passed over.

ADCs probably occur during dreams so frequently because the person receiving the communication is deeply relaxed and the usual hectic brain activity is dampened. These dreams seem more vibrant and real than usual. The dreamer awakens with a strong sense that actual contact was made with a departed loved one. The eminent psychiatrist Dr. Carl Jung related a personal dream ADC: “Six weeks after his death, my father appeared to me in a dream... It was an unforgettable experience, and it forced me for the first time to think about life after death.”

Later in his life, Dr. Jung dreamed that he was talking with his next-door neighbor who had died earlier that year. As described in Jung's book *Memories, Dreams, and Reflections*, the man described a book, the title and exactly where it was in his library. He suggested that Jung visit his house and ask his wife to let him search the library. The wife agreed and, despite never having been in his neighbor's extensive library, Jung went directly to the correct row, shelf and book—just as described by his “dead” neighbor in the dream.

This type of dream ADC is called evidential because information that was not known was accurately conveyed. Sarah, a schoolteacher in my town, had vivid dreams in which her departed son Aaron was visiting her. Aaron had recently been killed in the Iraq war and Sarah was devastated about his death. Sarah also saw Aaron in her peripheral vision several times but, when she focused her gaze, nothing was there. She thought she was losing her mind until a friend shared my *Soul Proof* book and movie with her. From those, Sarah learned how common ADCs are, especially while asleep. That information helped her release her fears and realize that her dear son was letting her know he was alive and well in a different place and time.

This type of dream ADC is termed transformational because, although lacking verifiable components, it was personally meaningful and reassuring to her.

Recently, I dreamed that I was a youngster living in our childhood home and looking through a box of old records with my brother and sister. On the cover of one, we were amazed to see a picture of our dad, all dressed up and holding a microphone. Just then, dad walked in and I said, “I didn't know you were a famous singer!” Humbly, dad

mentioned it was one of the things he did before meeting mom. We asked him to sing something for us and he belted out, “On a Clear Day,” a song popularized by Robert Goulet and Barbara Streisand.

The next morning, I recalled the dream that seemed so real. I looked up the words to that song since, having a partial hearing loss, I could never understand more than the first four words. I was amazed at the lyrics that are, in part: “On a clear day, rise and look around you and you’ll see who you are. On a clear day, how it will astound you, that the glow of your being outshines every star...”

The dream was very vivid and the spiritually themed lyrics were personally meaningful to me. I felt that dad was describing our true natures and assisting me to remind others about this good news.

Dream ADCs are just one of many categories of evidence that help you know, without a doubt, that no one really dies. Some of this evidence includes documented clinical and scientific research. The benefits of knowing that you are an infinite being of energy/consciousness/spirit include:

- You are an integral part of Source/God/Universe, right now
- There is a meaning, a rhyme and reason, to all life’s events, even if you can’t see them from a limited earthly perspective
- You have unique gifts to share and others need them
- You’re here for loving service, adventure, growth, enjoyment
- You will see your departed loved ones again and can now
- You are not a failure or sinner since we learn by “mistakes”
- There are no eternal hells; just temporary, self-chosen ones
- A more heavenly state of being is always available, here and now
- Optimally caring for your magnificent body/mind allows it to operate more congruently with your inner light
- You have everything you need to handle life’s changes and challenges with style . . . even if it doesn’t seem like it.

As always, let me know if I can assist your earth-experience in any way. You deserve to be happy, healthy and harmonious. Input from your dreams can be a key to creating the greatest life you can imagine.

Mark Pitstick, MA, DC—author, chiropractic physician, and workshop leader—helps others know and show their magnificence in body, mind and spirit. His website contains FREE radio shows, articles, special reports, e-newsletters and notice of workshops in your area. Contact him to schedule a Soul Proof Experience workshop at your church or club. www.soulproof.com • mark@soulproof.com • 740-775-2189



**From *Life is Really That Simple*
by the late Harry E Eisel, PhD,
On the topic of “mind/body.”**

There is probably little doubt in the minds of most people that we have the ability to make ourselves ill. Worry can cause ulcers. But that worry does not come from outside us. The worry and the ulcers are the result of our response to something external, or our interpretation of something external. If I believe someone is cheating me, perhaps an employee stealing from me, I can allow that concern to worry me. I can have sleepless nights trying to decide what to do about the situation. That worry together with other worries that I allow into my life can cause my health to deteriorate and eventually I have some physical illness. Yet, the fact may be that no one was stealing from me. There may have only been an accounting error. Thus, I created my illness based solely on my perception of reality, even though my perception was incorrect. We are able to give ourselves headaches, back-aches and numerous psychosomatic illnesses.

If we have this ability to cause pain in ourselves, to develop illnesses that destroy part of our bodies is there a way to utilize these same abilities to bring health to our bodies? When we are in unison with God, we are able to function at a higher level. At this level, we are able to utilize abilities and inner strengths to heal ourselves, and others. My personal experience with this form of healing suggests that it involves the exchange or alteration of energy fields in and around the pain or illness.

I believe that many physical illnesses are the result of a build-up of emotional energy in our physical bodies. We have all experienced the physical energy associated with anger, sadness or joy. When these emotions are overwhelming, there is usually a physical response, e.g. wanting to hit something, crying or jumping for joy. There is a physical energy associated with these emotions. If we are not permitted to express these feelings, we have to deny or bury these feelings and in doing that, we also bury the energy within our body. This concentration of retained energy may cause headaches, backaches or even cancer. By releasing that energy, we would be able to reduce the pain or discomfort.



**From “*Holistic Insights*” by
John A McMullin, HC, CHt and
Leigh Randolph
On the topic of “dreams.”**

Although many believe a dream is about acquiring joy and happiness, many great dreamers realize they are searching for the satisfaction of living their passion. We are in search of giving our best effort without using ego chatter to distract us from the dream. Satisfaction includes the ability to value our best effort and be surprised at how our passion ultimately expresses itself. We become aware that we are a unique vessel to create, manifest and express life in the dream. Great dreamers have learned the power of expressing gratitude for being the vessel and have learned how not to carry the responsibility of being the source of the dream. Dreams feed our soul. They fill us with passion to express life in a unique way, ideally leading us to actions which help others experience and express their dreams. Often we discover our original dream is a portal to other dreams, and thus enjoy the experience dreams creating dreams.

From “*Liam’s Lessons*” by Lori Fina Jennings, on “dreams.”

One night Liam had a dream. His daddy knew Liam was looking for him. In the dream, his daddy told Liam to put his hands on his heart and close his eyes so he could feel daddy inside his heart. His daddy told Liam that as long as he could keep his heart open and feel his daddy inside, he would know that daddy was with him...that wherever he went, his daddy went with him. Liam realized his daddy was in his bear...the closet...under the bed...around every corner...in the woods...under bridges...on the road. If he could go there, daddy could too, because he was inside Liam’s heart. His daddy told him he felt free like a bird flying around and was happy. His daddy explained that just because Liam couldn’t see him didn’t mean he wasn’t with him. Daddy could still touch Liam, but now it would feel like cold chills, instead of daddy’s hand. Liam was still a little confused but felt better since daddy talked to him in his dream. It was nice to see daddy again.

The Paradox of Self Delusion

JOHN A MCMULLIN, HC, CHT and LEIGH RANDOLPH, DDS, MS, HC

Why is self delusion important for self growth? The answer is a paradox. Perhaps it becomes a powerful tool to trap self into dysfunctional beliefs and experiences that keep us stuck and frozen in our stories. Some tools of self delusion include: disassociation, rationalization, suggestibility, deflection, distortion, exaggeration, righteousness, self sabotage, and becoming pathetic/arrogant. Why does part of our ego play tricks and deceive us by creating the necessary rationalization to justify our emotional needs? Self delusion typically starts at a very early age where we use fantasies, stories, and martyrdom to provide the illusion of power when we feel helpless. The paradox is: When we felt helpless these techniques offered a survival tool of feeling in control. Otherwise, we could not have survived. Thus, we discover that self delusion has a light and shadow, a blessing and curse.

When we find our self judging the behavior of others critically can it become an invitation to become curious about their reactive behavior rather than projecting critical judgment? Can we stretch our own ego limits and boundaries by wondering about our own reactive behavior in various circumstances yet to be experienced? Finally, are we willing to explore who we are by noticing the behavior of those we choose to have near and dear? Perhaps one of the most notable forms of delusion appears in our judgment of other people's judgment of us. Our self critical, judging voice is projected onto others and we assume their judgment of us is as critical as our judgment of self. This experience creates an insecure complex that we attempt to hide from others by becoming an over-giver or pathetic. We actually create a righteous belief that we are enough to save other people from themselves through nurturing them or becoming

... a paradox: we seldom see our own foibles until we have recognized them in others.

The journey toward minimizing the delusion of self is to acknowledge that each of us uses hidden control dramas that make us feel strong when we feel weak, valued when we're dismissed, and projecting blame when we feel shame or fear. Maturity is often defined as the ability to be responsible for our beliefs rather than project passive or aggressive anger outward. When we externalize the loss of control then we create internal control dramas of delusion to help us feel powerful when we feel helpless. Our challenge is to increase the sensitivity and awareness of our own participation in our delusional perceptions by noticing them in others so we can discover them within our self. This in itself is a paradox: we seldom see our own foibles until we have recognized them in others.

Healing our delusions begins with learning to question everything respectfully. We must find the courage and curiosity to be introspective; ask our self about the values we have formed, and how we apply limits and boundaries within self and toward others.

pathetic enough we believe they feel empowered by nurturing us. This plays out later in life when we create the delusion we are seeking an equal partner when in fact part of our ego is seeking someone pathetic for us to nurture or someone delusional enough to believe they can nurture us.

Healing our delusions of emotional needs from external sources begins with noticing how we have tricked our selves or others to participate in passive/aggressive control dramas. The second step begins with becoming aware of the internal seduction of our own stories and dramas. Then we learn compassion for self and others, understanding the stories we created were necessary at the time. We learn to minimize our projections onto others. The nature of the human ego is to attach shame and fear to our own seductions, which seals the experience within to keep us from processing the delusion. This process gives parts of our ego the illusion of power over other ego parts, keeping us circling in an endless cycle of victim/

punisher/rescuer. The third step of healing occurs when we recognize the delusion of self was a necessary process to create humiliation and suffering so we could lift our consciousness above the threshold of those old belief systems. Ultimately, we begin to understand the paradox that every delusion and seduction the human ego used to take us into shame and fear was necessary to learn a humble wisdom of compassion and acceptance of self and others.

John A. McMullin Sr., publisher of SelfGrowthWisdom.com magazine, is an international speaker, Holistic Coach and author. John is founder of Journeys of Wisdom, Inner Achievement Methods and Director of Holistic Coaching Institute.

Leigh Randolph has been fascinated by the world beyond our five senses for decades. That has led to working with clients and their dreams through Archetypal Dreamwork, as well as being a facilitator of Visionary CranioSacral Work for over a decade.

Hayley Grace Wu, age 9, painted this horse picture for her friend, Lexie Tyus, HC, who recently had a stroke. Lexie wrote the poem, inspired by the painting, as she begins to heal.



*When I can ride a wild blue horse,
I'll know that I am well...
We'll leap across a soft pink beach
Her sharp hooves will create bright sparks of light
to show the way home as that is where she's from
Her wild dark eyes will see things that I cannot.
When I can ride a wild blue horse
through the shadows cast by beautiful purple blue mountains,
I'll know that I am well.*

Why Is There So Much Suffering?

MINOO CAMPBELL

People throughout history have been suffering with sicknesses, relationships, finances, intelligence and more. All sicknesses and all challenges are related with soul, mind and body blockages from past lifetimes and this lifetime.

Soul blockages are negative karma.

Mind blockages are negative mind-set, negative attitudes, negative beliefs, ego and attachments.

Body blockages are energy and matter blockages.

Soul blockages are the key and root blockages in a person's life. Soul blockages could affect health, emotions, relationships, finances, business and more. In fact, soul blockages are the root cause of major challenges and failure in every aspect of life.

A human being, a system, an organ and a cell all have a mind, which is consciousness. These minds could have blockages also. Mind blockages also cause sickness.

A body, a system, an organ and a cell all have a body. All bodies include energy and matter. The important sacred wisdom to know is that matter blockages occur mainly inside cells, while energy blockages occur mainly in the spaces between cells.

There are two kinds of spaces: bigger spaces and smaller spaces. The bigger spaces are the spaces between the organs. The smaller spaces are the spaces between the cells. Energy blockages in the spaces and matter blockages in the cells and organs also cause sickness.

Soul, heart and mind are within a soul. Soul has a leading position. Soul is a light being, the essence of life. Soul is the vibrational field that everyone and everything has. Soul determines the information, energy, matter and every aspect of everyone and everything.

The heart houses the mind and soul. The heart's function is to be aware of, to resonate with, to receive the message from and to respond to the soul. Our heart is crucial for manifesting our reality. Our actions of seeing, feeling, sensing, touching, moving, knowing and other observations are all part of our heart's function. What our heart sees, feels, hears, senses, touches, moves or knows, determines our physical reality.

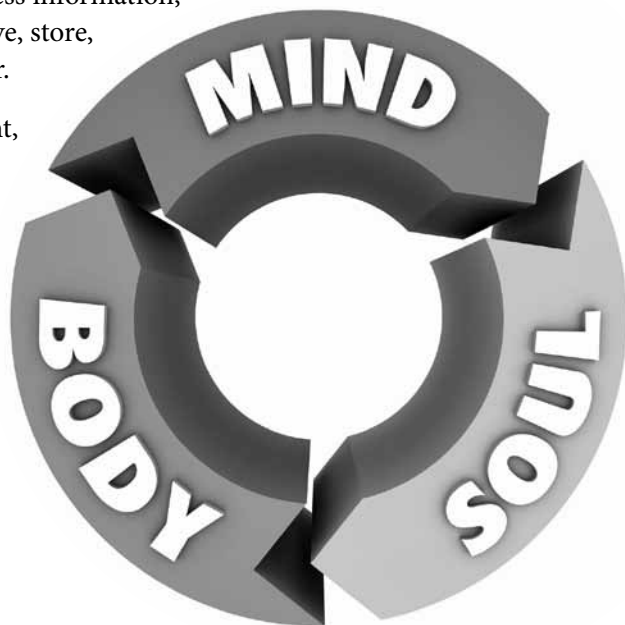
Mind is consciousness. Mind is the abilities and activities to process information, energy and matter, which include the ability and the process to receive, store, process, transfer, transform and send information, energy and matter.

Energy expresses how much physical work, such as lifting a weight, and object or system can do.

Matter relates to physical quality about an object or system, such as the mass content, the frequencies, wavelength, charge, spin and other physically measurable quantities.

The one sentence secret is:

"Heal the soul first; then healing of the mind and body will follow." - Dr. and Master Sha



Before a person became sick, the soul became sick first.

So, what is karma? Karma can be defined in one short sentence:

“Karma is the record of services.” - Dr. and Master Sha

Karma can be divided into good and negative karma. Good karma means that one and one's ancestors have offered good services, with care, love, compassion, generosity, kindness, purity, integrity, grace, sincerity, honesty and much more. Good service is to make others healthier and happier. The good karma from this record of good services will bring one rewards in health, relationships, finances and every aspect of life. Negative karma means that one and one's ancestors have offered unpleasant service through killing, abusing, cheating, stealing, taking advantage of others, complaining and much more. Unpleasant service is to hurt or harm others.

The negative karma from this record of unpleasant service will bring one lessons, including sickness, difficult relationships, financial challenges, issues with one's children and blockages in every aspect of life.

In July 2003, Dr. and Master Sha was chosen as a divine servant, vehicle and channel. He was given the divine honor and authority to offer Divine Karma Cleansing. He had created more than thirty Divine Channels who offer Divine Karma Cleansing services. Together, Dr. and Master Sha and Divine Channels have created nearly six thousand Divine Healing Hands Soul Healers around the world. Over the last eleven years, about one million, soul-healing miracles have been created by him, his Divine Channels, Divine Healing Hands Soul Healers and students, applying his self-healing and self-clearing karma teachings and techniques. These soul-healing miracles include transformation of many physical, emotional, mental and spiritual sicknesses, as well as of many relationship and financial challenges.

I am one Divine Healing Hands Soul Healer and Teacher. I am honored to offer Divine Services to people in order to make them happier and healthier. www.SacredSoulServices.com • Divine Servant, Minoo Campbell

Meet Cindy in this Journeys of Wisdom video.

“Processing Trauma” introduces Cindy who visited the Journeys of Wisdom booths at the 2012 Universal Light Expo.

Cindy meets John McMullin, HC, CHt. John helps Cindy discover an old wound from her past – a trauma. Cindy accepts the opportunity to heal her perceptions of that trauma.

Watch the video now.

Visit www.JourneysofWisdom.com or scan this QR Code.



All classes held at Journeys of Wisdom
 6161 Busch Blvd, Suite 316; Columbus, Ohio 43229, unless otherwise indicated.
 614.888.1240 • 800.889.1976 • iamwisdom@attglobal.net • www.JourneysOfWisdom.com
 Register online at www.JourneysOfWisdom.com/ecommmerce

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Sherri Stephens "Faster EFT"	6	7
8	9	10	11	12 Susie and Otto Collins "9 Communication Skills for a Lifetime of Love"	13	14 Gift of Light Expo
15 Gift of Light Expo	16	17	18	19 Debbie Keri-Brown "Amazing Stories of Divine Intervention and Synchronicity"	20	21
22	23	24	25	26 Linda Coate "Earthing"	27	28
29 Enhancing Intuition With Hypnosis John McMullin	30	31 Anticipation and Expectations John McMullin	Weekend Workshops 10:00am-7:00pm, Lunch on Your Own One Day \$100 (JOW Members \$90) Two Day \$200 (JOW Members \$180)		Evening Classes 7:15pm-9:30pm \$25 (JOW Members \$20) Thursday Free Classes Guest Speaker 7pm - 8pm	

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Holistic Coaching Intensive with John McMullin
 5 Days - April 23-27, 10am - 7pm each day.
 See back cover for details.

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekend Workshops 10:00am-7:00pm, Lunch on Your Own One Day \$100 (JOW Members \$90) Two Day \$200 (JOW Members \$180)			1	2 Consuelo Cassotti "I Am Sensitive"	3	4 Healing From The Holy ARC John McMullin
5 Easter	6	7 Living A Passionate Life John McMullin	8	9 Minoo Campbell "Why Is There So Much Suffering"	10	11 The Anatomy of Manifesting John McMullin
12 The Anatomy of Manifesting John McMullin	13	14 Resolving Undesirable Habits John McMullin	15	16 James Brittan "Vibrational Energy"	17	18
19 The Power To Change John McMullin	20	21	22	23 Maria Renner "Introductory Talk About Maya Abdominal Therapy"	24	25
Holistic Coaching Intensive with John McMullin 5 Days - April 23-27 10am-7pm each day See Back Cover						
26	27	28	29	30 Kristen Pears "Physical Healing Using Your Playfully Creative Mind"	Evening Classes 7:15pm-9:30pm \$25 (JOW Members \$20) Thursday Free Classes Guest Speaker 7pm - 8pm	
Holistic Coaching Intensive with John McMullin 5 Days - April 23-27 - See Back Cover						

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Connecting With Bliss John McMullin	4	5 Finding Harmony Within Self John McMullin	6	7 Charlina Hubbard "Angels and Creativity "	8	9 Healing The Inner Critic John McMullin
10 Mother's Day	11	12 Healing Co-Dependency John McMullin	13	14 Minoo Campbell "How The Universe was Created"	15	16 Balancing Body Energy John McMullin
17 Balancing Body Energy John McMullin	18	19 Healing the Core Issues of Self-Esteem and Self-Worth John McMullin	20	21 Susie Drum "Past Life Regression"	22	23
24 When Willpower Is Not Enough John McMullin	25 Memorial Day	26 Making Relationships Work John McMullin	27	28 KC Matronia "Messages In Healing"	29	30
31			Weekend Workshops 10:00am-7:00pm, Lunch on Your Own One Day \$100 (JOW Members \$90) Two Day \$200 (JOW Members \$180)		Evening Classes 7:15pm-9:30pm \$25 (JOW Members \$20) Thursday Free Classes Guest Speaker 7pm - 8pm	

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Can Dreams Improve Your Life?

**LEIGH RANDOLPH, DDS, MS, HC
and JOHN A MCMULLIN, HC, CHT**

Perhaps you are aware of the healing dreams can provide, and yet uncertain of how to use dreams in your everyday life. What if you could tap into the healing power of dreams that awaken us to new realities and bring resolve to our uncertainties? Many people are confused by the few dreams they can recall and choose to ignore the deeper messages and gifts that can enrich everyday life.

In the same way nature connects to our heart, dreams connect to our soul. We allow our curiosity to rise above the reasons we dismiss the insightful and liberating messages that come to us at various stages of sleep. Dreams offer a message of inspiration and validation that give us purpose, passion, compassion, feelings, insight, and profound consciousness. Making dreams part of everyday life begins with understanding they come not to affirm what you already know, but to open a new lens on a pattern of life that is a blind spot in daily life. Dreams can be a powerful gift for those willing to invest their heart and mind in the imagery of dreams offered for exploration.

We begin with a desire to invite dreams through the intention of using a journal to record whatever brief or detailed imagery about a dream can be reclaimed upon awakening. Realizing there is information that ego parts find threatening or shaming, notice that the dream begins to lose coherency often within 90 seconds of awakening.

Since the ego is invested in self preservation, it denies anything it cannot control, including the deep messages of a dream. Sometimes people get discouraged because they don't remember dreams, aren't aware of dreaming, or only recall 'bad' dreams. Many people feel consumed by their dreams that are expressed as nightmares, rather than using dreams for piercing the illusions of our own shame, fear, or trauma. Because ego patterns are trauma based out of the need for emotional or physical survival it doesn't want us to look at those beliefs or the powerful healing available and the deeper purpose of the nightmare, is ignored. That applies as well to any dream that makes us a little uncomfortable and we want to dismiss it.

We all dream and if you don't recall dreams the process requires setting an intention, keeping paper and pen or a recording device by the bed, and beginning by writing any fleeting memory or feeling upon awakening. Keeping a journal allows us to begin to see the continuity of themes that show up in our dreams. Because the ego mind is resistant to change it is important to embrace the dream from the place of the heart, noticing body sensations and

UPDATED LISTING!!

Audio Presentations for Self Growth and Healing

Available for Download 24/7 from www.JourneysOfWisdom.com/ecommerce/

All of these audios were recorded live at a workshop or class of the same name.
MP3's begin at \$2.99. Prices vary by the number of chapters from a class recording.



John McMullin, HC, is the founder of Journeys of Wisdom, an organization dedicated to personal and professional growth.

For over 25 years, participants have benefited from the compassionate insights and teachings John delivers through presentations, workshops and individual Holistic Coaching™ sessions.

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Anger: Resolving the Hidden Fear and Shame
Anticipation and Expectations
Appropriate Parenting of Self and Others
Attracting Healthy Relationships
Balancing Body Energy
Balancing The Trinity of Ego Parts
Behavior Soft As Water Or Hard As A Rock
Belonging Without Attachment
Blending of Logical and Intuitive Decisions Into My Life
Body Energy Balancing
Can You Find Your Partner's Treasure?
Caring Or Care-Taking: Which are You?
Changing Relationships Into Partnerships
Changing the Shaming Filter
Clarifying Your Purpose in Life
Clear Light Healing
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Coaching Insights and Strategies
Compliance and Defiance
Conflict Resolution: A Holistic Approach
Conscious Creation From Head and Heart
Creating Healthy Limits and Boundaries
Creating Intimacy Through Loyalty and Respect
Deeper Aspects of Healing Self
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Depression: Healing it When I Cannot Feel It
Deserving The Blessings of Light and Love

Diffusing Learning Disabilities
Diffusing Triggers
Discovering Your Unique Gifts
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Do You Know How to Play?
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Fighting Fair
Finding and Healing Destructive Beliefs
Finding and Healing Ooey, Goey Stuff
Finding and Healing Our Greatest Fear
Finding Harmony Within Self
Finding Inner Light When It Feels Like I'm Stuck In The Dark
Finding Reverence for Self
Finding the Choice to Compete, Compare or Challenge
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Freedom From Judgment of Self
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Holistic Weight Control	Standing Wave of Love
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Inner Wisdom: An Exploration	The Nature of Masculine and Feminine Energy
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Living Without Shame	What is Love by Invitation
Living Your Full Potential	What Makes Anything Sacred
Low Self Esteem: Its Hidden Source	When Willpower Is Not Enough
Loyalty: Understanding the Creative and Destructive Power	Where is My Father?
Meditation: A Guided Journey of Wisdom	Why Am I Afraid of My Divine Existence?
Meeting Your Emotional Needs	Why Are Habits Hard to Break?
Midlife Crisis Into Self-Harmony: The Journey	Why Do I Deserve To Be Loved?
Moving from Anger to Forgiveness	Why Do I Feel Conflicted and Confused?
Piercing Illusions	Why Do I Give Myself Away?
Power of Integrating Mind-Body-Spirit	Why I Don't Meet Expectations
Prosperity: Feeling Worthwhile	Why is the Chatter Always in my Head?
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Relationships: The Purpose of Polarity	
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DREAMWORK



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Dreamwork with Leigh Randolph, DDS, MS, HC

The landscape of our dreams opens to a depth of beauty, wonder and connection we often seek in the outer world but don't find.

The journey of Archetypal Dreamwork brings us closer to our soul and into a personal relationship with the divine. Engaging in the work through our images and feelings opens the dreamer to hidden beliefs and ways of being in the world that have kept us from that deeper longing. New realities open as the work unfolds toward an open heart with our inner and outer worlds.

Many believe a life without noticing our dreams is a life half lived. If you desire to journey deep into your soul through the landscape of your dreams and awaken to who you really are, this may be the path you have yearned for.

She is retired both from the clinical practice of dentistry and teaching Ohio State University, combining a life time of left brain science with the intuitive and spiritual of the right brain. She has been fascinated by dreams for decades. Her work includes Archetypal Dreamwork and Visionary CranioSacral Work.

Sessions can be in person, by Skype or phone. Contact me at 614.581.8703

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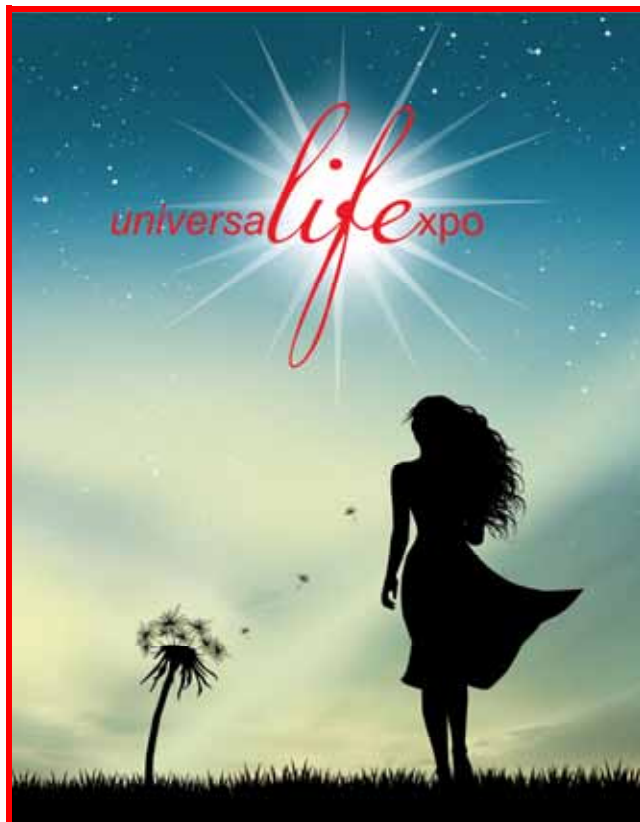
As an inspirational speaker, consultant, teacher, mentor, life and business coach, Ellen provides uniquely tailored approaches to accessing and utilizing hidden strengths and talents in those who want assistance. Ellen earned a M.A. in Social Work, acquired advanced hypnotherapy training and received an advanced Spirituality certification.

Be Happy No Matter What (November, 2012) is for people who have been emotionally steamrolled by the challenges and pressures of everyday life, who race around to accomplish ever changing priorities, meeting everyone else's needs, barely keeping their heads above water as they struggle through divorce, family problems, job loss, and health issues. They are people who are exhausted, worn down, and feel spent, dull and lifeless.

Ellen's philosophy: the key to the recovery is recognition of self-worth. In *Be Happy No Matter What*, Ellen welcomes you into a new kind of preparation and openness to receive new information, and then focuses upon these Five Steps to Inner Freedom:

- Centering in My Self
- Appreciating Me and My Self as a Work of Art
- Hearing My Own Inner Wisdom
- Honoring My Self: Following My Inner Inclinations
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See page 27 for locations.

Try Something **New**, Be **CREATIVE**, Dream **BIG!**

You can do all of this with a Vision Board

JASON DUNCAN

Maybe some of those New Year resolutions just didn't pan out like you thought they would. Spring is another time of newness and rejuvenation; do some Spring cleaning! In other words, un-clutter and rid yourself of the things that don't work in your life and do some soul searching!

The purpose of a Vision Board (aka Dream Board) is to help you focus on your dreams, goals and aspirations in life. Some say it's a magical process. Start with a poster board or old cardboard – reusing will bless your board with good karma!

All you have to do is take pictures (from magazines, your phone, the internet, etc.) which depict your goals or things you want to obtain. If you can't find the right pictures, you can also spell it out with words. Just cut out whole words or letters from publications and attach them to your board. You can add backgrounds and more things for inspiration. Pick a theme like sports, your career, education, hobbies or leave it all inclusive like most do.

The board will continue to grow and expand as you accomplish your goals and think of new ones. You can also make a stack of books that inspire you or use your cubicle wall as a Vision Board. There are no wrong ways to create your Vision Board. Enjoy!

*Jason Duncan is a poet, blogger, and student of spirituality. Read more at:
goodgenerousgratitude.blogspot.com*



My Vision Board started with hopes of Obama's administration, my college education, career goals and moving to Columbus.

I added animal rights, more traveling and more about work and education. About 7 of these items have come to fruition.



Here, I took a digital picture of my Vision Board and began to add digital pix to it through a software program.



Books and magazines decorate my work space.



"Shelfie" – inspiring, spiritual and motivational books

How to Choose a Safe and Effective Supplement

DONN W GRIFFITH, DVM, MS



In a word, trust is the most important consideration. Each of the more than [estimated] 40,000 supplements is unique. That means that each needs its own investigation.

A February, 2015 report in the New York Times stated: “The New York Attorney general conducted tests on top-selling store brands of herbal supplements at four national retailers — GNC, Target, Walgreens and Walmart — and found that four out of five of the products did not contain any of the herbs on their labels.”

“The investigation came as a welcome surprise to health experts who have long complained about the quality and safety of dietary supplements, which are exempt from the strict regulatory oversight applied to prescription drugs.” How do you and your pet avoid being the victims of this potentially dangerous fraud?

When I recommend a product, I am risking my veterinary license and reputation. I approach the recommendation, as I should, like a treatment, which requires having knowledge of the pet, a physical examination, a diagnosis, and a treatment rationale. It would require a small book to list all the considerations needed to judge the 40,000+ supplements on the market. Where do I begin to evaluate manufacturers and supplements?

Soil and Growing Conditions: If we are what we eat, we are what the soil provides the plants we eat or the animals that feed on the plants that we eat. The soil is depleted in many parts of the world. Water and soil are contaminated also. For example, if you pick herbs near a highway, you might get a lot of undisclosed lead from auto exhaust.

Plant Processing: The plant is picked, processed, stored, shipped, and then the manufacturer incorporates it in a product. Every step should have its own optimal conditions. The manufacturer should visit the farm to monitor and inspect the supplier of raw ingredients. Independent laboratory testing of the product should be one of the safeguards. For some of the supplements I sell and/or recommend, I have visited the manufacturer or distributor.

Labels: Reading the label is not enough information to make a decision. Information that may not be included on the label includes: what part of the plant is used (root, stem, leaf); each ingredient's percentage of the final product; when it was picked; who formulated the product; the rationale for the formula; undisclosed substances; health claims; research findings; dosage; and chemical analysis. All these are important considerations for a veterinarian who is evaluating a nutritional supplement.

Human Testing: I greatly reduce the possibility of fraud and harm by only buying supplements from manufacturers who produce products that I know I would personally take or would administer to my pets or patients. I try to use companies that make nutritional supplements used in humans by licensed health care practitioners. Not only do they evaluate and monitor the use, their human patients can verbalize any experiences with the use of that specific supplement. I prefer companies that have health care professionals available for consultation.

Clinical experience should guide what to expect and whether results are meeting expectations. Individualizing treatments with clinical knowledge is important. The study of each supplement should require the equivalent of a PhD thesis to assure that you get what is advertised and that it helps your pet as it has helped others.

Part of the benefit of getting nutritional supplements from your veterinarian is that you are getting the veterinarian's careful analysis of the product and his/her monitoring of the pet's progress, including guidance in changing dosage or changing the supplement.

Donn W. Griffith, D.V.M., M.S., Ohio Holistic Veterinary Hospital, <https://www.facebook.com/DrDonn>, 614.889.2556, <http://www.DrDonn.com>

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Celebrate Local	(614) 471-6446	3952 Townsfair Way, Columbus 43219
Clintonville Community Market	(614) 261-3663	200 Crestview Rd, Columbus 43202
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Know Your Limitations (Build Upon Your Strengths)

JIM SCHNELL

We live in a society where it seems anything is possible but nothing is certain. We are blessed in that we can work and develop our potential to the point where we can excel to achievements we might not have previously thought possible. This capability for achievement needs to be tempered with the question “Is this achievement really worth the sacrifice?” Such goal setting should also consider if the objective is really within your limitations.

Hollywood movies might lead us to believe we can achieve anything we want to if we pull up our sleeves and work at it. It is true that we can achieve a great deal and hard work will lead us to achievements previously unattainable but to think we can do anything doesn’t square with the realities within which we live. We do have limitations based on our individual strengths and weaknesses. It is admirable to work hard and seek a difficult goal but it is wise to do so with a sense of realism.

There are so many hours in a day and to invest our time, resources and energy into a goal that is clearly out of our reach can be counterproductive in the long run (even if I achieve the goal). If I want to build my own house with my own hands and set about learning how to do each step (laying a foundation, framing the house, doing the electrical work, installing the plumbing, etc.) I may eventually get the job done but the massive amount of time invested could make the project self-defeating. Time spent on such a project, over a period of years, could detract from time spent with my family, progressing in my job and being able to provide for my family, and other more fundamental issues.

However, it is a different matter if I am skilled with construction matters and can incorporate such a project with my other goals for a given period.

Thus, even though I can achieve many things that may be nearly out of my reach, I need to consider what am I gaining and what am I losing? Is the gain really worth the sacrifice? When I received tenure at the university where I work, I realized I had the ability to purchase a larger (much larger) house. Such an asset struck me as a worthy goal given the societal emphasis on owning a large impressive home. I really didn’t think it through given my intrigue with even considering such a move.

I bought the house and quickly realized, even though I had developed the potential to own such a house, that it really had not been a wise move. I was single at the time and clearly didn’t need the space. I got married shortly thereafter and found an inordinate amount of our time together was spent working on our house. It was apparent to me the prospect of having a child would make this effort even more problematic. I had broken through the limitation of being able to own such a home but found it actually detracted from my quality of life.

A couple years later, we sold the house and moved into a much smaller two-bedroom apartment, had a child and invited my in-laws to come live with us for six months. It was crowded but comfortable. I was able to focus on things that were really important to me. Thus, the lesson I learned was that just because I can work hard to develop my potential to achieve a (previously unattainable) goal does not mean it is really good for me to do so.

My brother is a minister and has told me that, in his work with the elderly, he has heard many people lament that they spent too much time working to make money to buy things but he had never heard anyone regret spending too much time with their family. There are times when it is wise to consider our limitations, not based on what we can achieve, but based on what is really good for us as individuals. There are only so many hours in a day and we should consider investing our energies in areas that can bear fruit for us in some desirable regard.

As a young teenager, I knew I wanted to go to college after completing high school. I enjoyed playing various sports but came to the realization I probably would not be competitive enough to earn any kind of college scholarship. This led me to the understanding that if attending college was my primary goal, I should really forget about participation with athletics and focus my time and energies on working to make money and give ample thought to saving and investing.

Looking back, I'm sure I could've worked hard to develop my skills with a sport and excelled with it but, in the long run, I had to question whether that really put me closer to my major goal or not. Such an approach would've actually been a gamble. I might've invested much time and energy into some sport but not excelled enough to gain a worthy amount of financial support at a college. Working at a job and saving wisely was much closer to a sure thing.

Now I don't want to discourage anybody from pursuing a sport but I do want to illustrate that what is good for one person is not necessarily good for another person. Each of us is different. We have different aspirations and different strengths and weaknesses. Knowing yourself is the key consideration.

During my college years, I was a member of a fraternity that many of our football players belonged to. Living among them, I could see how much they enjoyed the sport and what they got out of dedicating themselves to it. I applauded this dedication. At the same time, it reiterated for me that I could make similar gains by excelling in other areas of life. Realizing our own potential often begins with long-term goals and a realistic appraisal of our limitations; not that we have to be bound by those perceived limitations but that we can merely consider them in our planning.

Jim Schnell, Ph.D. (Ohio University, 1982) is a Professor of Communication Processes at Ohio Dominican University. His teaching and research focuses on the relevance of vision with our realization of self-potential. He is a Fulbright Scholar and retired from the USAFR, at the rank of Colonel, after serving 30 years in the military intelligence community—with his final 14 years as an attaché in China.

Video Lessons on Youtube.com

Watch and listen as John McMullin presents these video lessons. Only about 10 minutes long, each video covers topics including: relationships, intimacy, fighting fair, dating, sexuality, holistic coaching, prosperity and abundance.



Simply scan the QR Code to visit <http://www.journeysofwisdom.com/youtubelinks.html> for links to each of the following mini-lessons by John McMullin. Or visit [youtube.com](https://www.youtube.com) and search [journeywithjohn](#)

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- Holistic Coaching
- Intimacy
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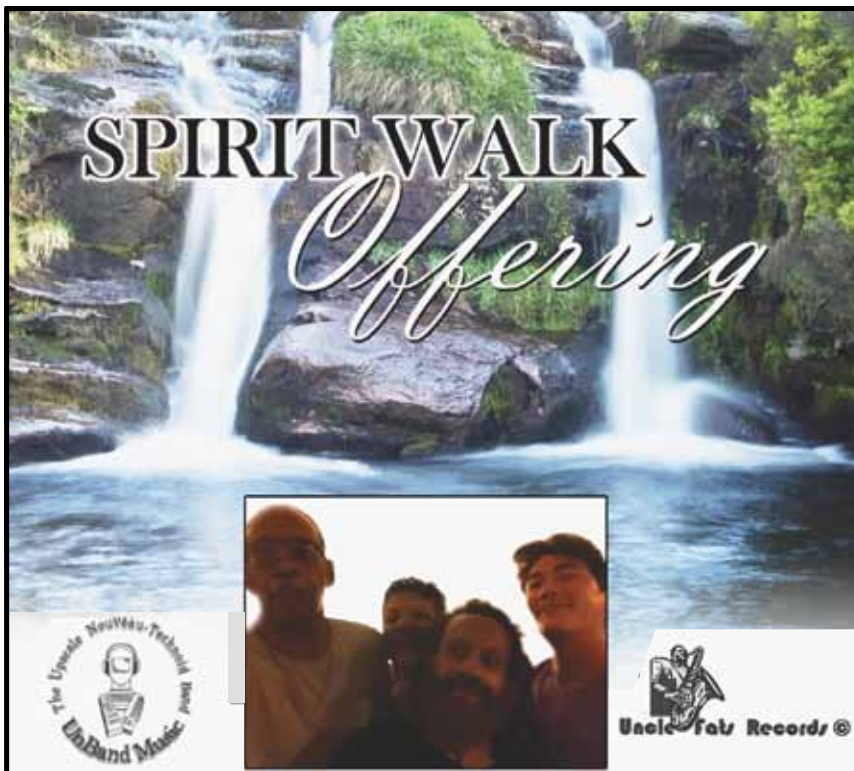
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Embracing the Four Levels of Healing Consciousness

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Saturday: Embracing Three Powerful Healing Rituals

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Sunday: Embracing the Four Levels of Healing Consciousness

In this class we will learn the process of becoming the participant and observer of our sacred journey through the higher consciousness of the literal, metaphoric, paradoxical, and creative realms. We will rewrite our ascension and descension into life experiences that can be practiced every time life presents challenges that overwhelm or disconnect us from a sense of self.

Location: **Tamarack Beach Resort and Hotel**
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Cost: Friday, Saturday and Sunday – \$450
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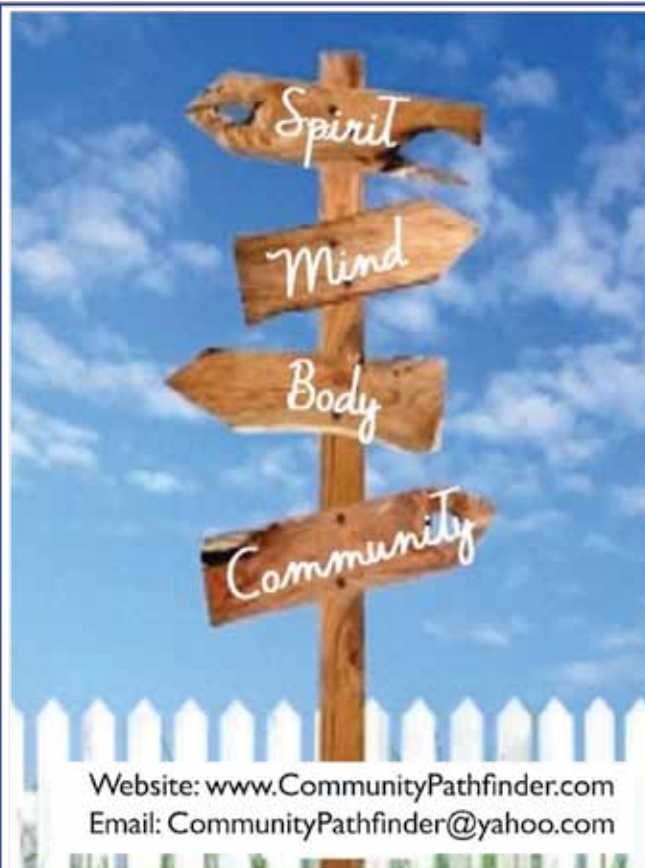
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* Individual Internet access and computer speed may have an effect on the download time



Website: www.CommunityPathfinder.com
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CommunityPathfinder.com is a website, a Directory, a Calendar of Events and Classes and it blends of all of the energies that have contributed to it.

And because it is fun, as all creations should be, there's a lot of the kind of information that binds a community together... festivals and places to see, a spotlight on local businesses, children's pages, healthy recipes and a whole lot more.

Community Pathfinder's content will be continually evolving, but at the core will be its reason for being, to provide a comprehensive Directory of metaphysical practitioners for Central Ohio.

Community Pathfinder is the place to find what you didn't know you were looking for. Come see if there's something for you – recommendations for future content are welcome, and the door is open if you'd like to add your own class to the Calendar, or your gift or talent to the list of resources in the Directory.



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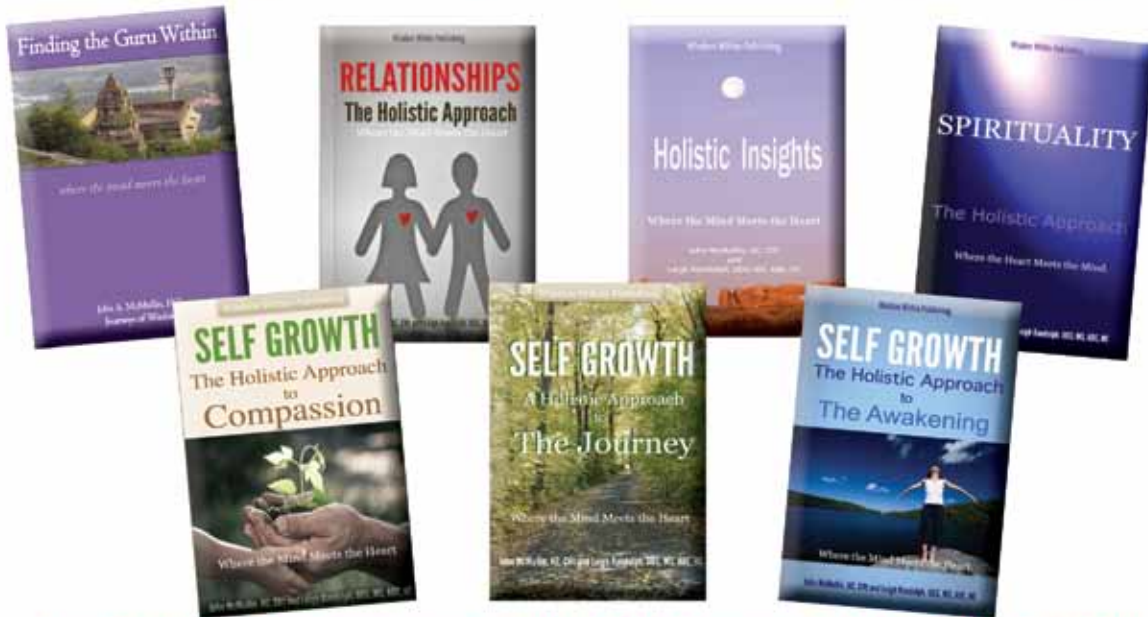
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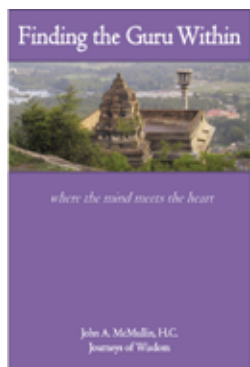
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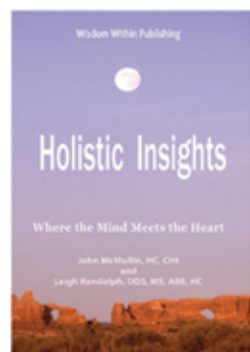
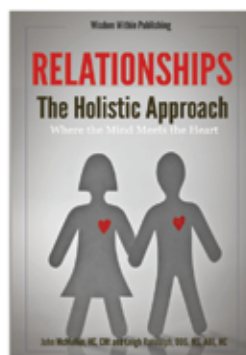
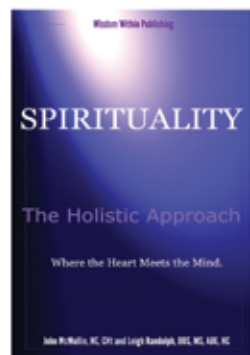
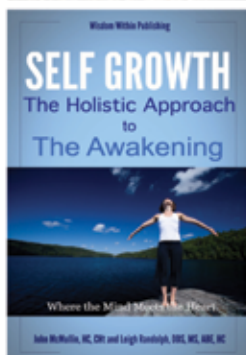
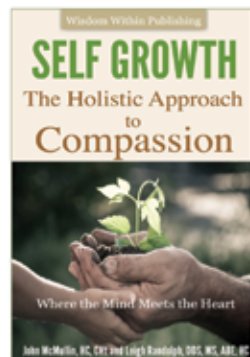
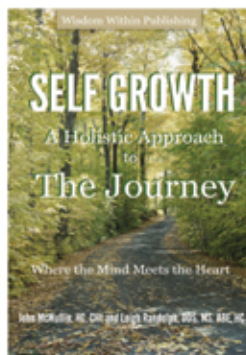
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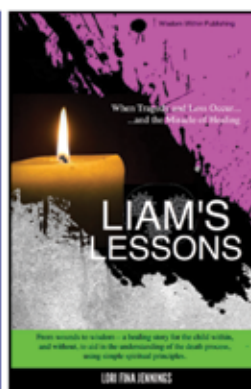
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- Maria Rippo - The Green Smoothie Challenge Companion
Available in January!

For more information, technical and marketing support and to get started on publishing your print and ebook, contact John McMullin at journeywithjohn@aol.com or 614.888.1240 or online at www.WisdomWithinPublishing.com. All books shown are available now for Kindle and in print at www.Amazon.com.



John McMullin, HC and the Holistic Coaching Institute Present:

The Holistic Coaching Intensive

5 Days - Thursday through Monday

April 23-27, 2015

10:00am - 7:00pm each day

Whether you are a novice or an experienced practitioner, this event is for you!!

Five days of workshops and intensive classes – all in one place. Attend all or any number of days.

The Somatic Connection of Mind/Body

If everything we believe is stored in and around the body, how do we change the functions on a physical level through intention from emotional, mental, and spiritual levels? Participants will learn how to map beliefs that create physical challenges. We will discover the relationship to eye movement, and how the eyes express the soul's desire.

Reframing Anger

If the primary source of anger emerges from fear, shame, and hurt, then how can we use these intersections in life to change our passive/aggressive angry behavior? We will explore the four dynamic control dramas that hide us from our true source of beliefs and behavior. Participants will discover their reactive behavior and why it shields us from a connection of true intimacy.

Detoxing the Mind/Body With the Energy That Comes Through Dreams

What if we could discover the encrypted messages of a dream to help us heal and navigate our life? Through intuitive coaching we will discover the events in our life that represent a metaphoric and paradoxical insight about the challenges in our waking life. Dreams can be a powerful tool to help us grow beyond deceptive rationalization of our own ego.

Healing beyond Forgiveness

Many folks believe we can heal our anger, sadness and mistrust through forgiving others. Another perception includes the process of forgiving self. What if we could connect to the Divine purpose and realize every expression is necessary to awaken us into compassion for our own judgment?

The Magic of Homeopathics

Although homeopathic remedies have been used in many countries since the 1800's to heal issues around emotional, mental, physical, and spiritual aspects, they are now becoming accepted for naturopaths and other alternative practitioners. In this class, participants will learn how to find remedies for many symptoms through intuition and muscle testing.

Hypnosis and Holistic Coaching

Simple hypnotic techniques can be used to help people recover from various forms of emotional and physical attachments. We will discover the process of de-hypnotizing people who are attached to various habits of self sabotage and false comfort. We will also learn self hypnosis to reduce stress and promote self growth.

All classes held at Journeys of Wisdom, 6161 Busch Blvd, Columbus OH 43229

Cost: 5 days \$750 (\$700 if paid by March 22); includes a scheduled session with John McMullin.

Each Single Day: \$150. Select the number of days to fit your schedule.

Register online at [http:// www.JourneysOfWisdom.com/Special_Events](http://www.JourneysOfWisdom.com/Special_Events)

or call Bonnie at 614.888.1240 or 800.889.1976

