

Place your hand on your solar plexus, and visualize your center. Each individual is sacred, as is the space wherein you stand, for we each carry that spark of the Supreme Being--our life line to the Great Spirit--the eternal flame.

Any unbalance causes disease, and different organs will be affected. When balancing takes place, all symptoms move from the inside to the outside. That is why when one of my animals has a tummy ache, then a skin rash, I am not surprised. The same applies to me or anyone. You mirror your inner thoughts, and each organ pays the price.

Human kind has become far too earthbound in its thinking. Trivia, and mundane thinking have become reality, and replaced the magic of imagination--the true reality of the dreamer that knows the meaning of life, and is busy weaving his/her web, along with Spider Woman.

Our positive or negative thoughts radiate outward in waves of energy, like a pebble in a still pond. Energy is energy, whether in the solid form of a tree, or the fluid form of thought. All universes are affected by the accumulative output.

Desire, and fear have become as one in our present society. You desire a move, but are fearful of the unknown. You are in a bad relationship, and desire to leave, but fear being alone. You desire a change in jobs, but fear not having one. You desire a loss of weight, but fear you may fail. Trust the inner child that is you. Trust your guardian spirits. You are never alone. Please, trust your inner thoughts. With meditation, they, and you will become stronger. The true reality of imagination, and the dreamer (solver of problems) will surface. Be like the eagle, a spiritual warrior. Be like a shaman, and transcend the mundane. The winds of pure thought, and positive frequency are there. Listen, and really hear. Look, and really see. Feel with your heart, and really experience life as it is meant to be.

Remember the wolf. The four legged teacher, as the eagle is the winged teacher.

The wolf is driven to extremes for survival. Yet, he/she does survive. He/she mates for life under such harsh conditions. He/she is loyal, loving, gentle, intelligent, yet fierce if necessary to protect family, clan, self, or food. He/she has not given power away. He/she remains a true rainbow warrior. Spiritual and physical beauty in motion.

The UN has declared 1993 to be the year of Indigenous People. People whose ancestors were the original inhabitants of lands settled by others. A good time to remember that native people did not try to conquer the land, but respected, revered, and lived in harmony with Mother Earth.

Hospitals produce 6,700 tons of trash a day. That is over 13 million lbs. of trash each and every day. Nearly one-third of this refuse is infectious. Each year hospitals produce four billion, 891 million lbs. of waste, of which one billion 630 million lbs. are infectious (Current issue of Wildfire Magazine, Vol. 6, No. 3--Ecological Medicine by Stephen Buhner).