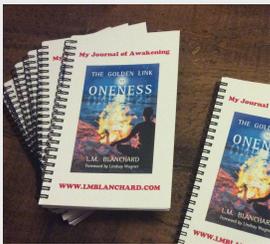


NEWSLETTER

Awareness | Oneness | Wellness

Giveaway Result

The winner of the February giveaway is **Lynn C**, who won a free copy of "My Journal of Awakening". Thanks to all who singed-up to receive my monthly newsletter. More giveaways to come! You can sign-up anytime by going to www.lmblanchard.com



Publisher News

My publisher is undergoing a name and structure change from General Store Publishing House to **Burnstown Publishing House**. More details to come about exciting new changes which will include a more dynamic approach in competing in the new digital age of book and eBook publishing. More details should be known by mid-

CANADA BOOK AWARDS

First Award

In the first award program I entered my book...to my great pleasure...an award was granted! The award serves to symbolize for me the gratitude I hold in my heart for having taken the leap in working through the fears of rejection I had in sending in my manuscript of "The Golden Link to Oneness" to various publishers. I see the award not so much as about the book itself, but rather, I see it as an award that underlines the accomplishments that anyone can achieve when fear is removed from the equation whilst in the pursuit of dreams. I have no doubt that it was only when I began to honour my true desires and started to share my dreams with others, that the energy was put into motion which enabled the universe to materialize the outcome of getting my book published. I believe that the universe is 'eavesdropping' on our dreams and desires and that



the universe is more than willing to accommodate us with the 'conditions' to make manifest our dreams...but that will only happen when we let go of fear and surrender in honouring our spirit.



"The universe is eavesdropping on our dreams and desires"

Is The Mind Ever Still?

Just as it is the nature of the sun to burn bright, it is the nature of the mind to think. The way in which the dynamics of thinking transpires in our head is much like a cacophony of disjointed thoughts rooted in the past and future. It is a constant internal dialogue that goes back and forth jumping from one topic to another by way of association. Rather than struggle in trying to change the nature of the mind, we can learn to cultivate the ability allowing us to lower the volume of the mind chatter that does occur.



The one thing that can trump the mind is intelligence. In intelligence you find awareness, and through awareness, you can make the choices you need to quiet the mind, to shift your perspective and to live in the present. If someone lacks self-awareness, their minds will be in total override creating conditions in the mind where intelligence doesn't have a chance to influence reactions to their internal and external environments. The intelligence can become overshadowed and be at the mercy of the impulses created by the mind. As you quiet the mind, intelligence will have more room to grow and flourish and to positively influence every aspect of your daily life; practicing mindfulness is one way in which you can quiet the mind.



Mindfulness In mindfulness, you can retrain your mind to keep focus on the NOW. As you become more aware of the

NOW, You will be able to reengage in 'cognitive awareness', where you can reclaim control of your thought behaviours which will foster tranquil state of being and all the benefits associated with a quieter mind. A significant tool you can use to quiet your mind is 'Mindfulness Meditation' which is basically becoming aware of the present moment in the present time and space. For more information on Mindfulness Meditation, visit my "Resource" page on my website and explore the mindfulness and mediation pages.

SPRING! March 20th, at 7pm EST, join-in on a collective Meditation for New Beginnings!

The lady bugs awaken, the icicles lengthen and the smell of thawing earth begins to arise from the ground. The time for new beginnings is here and the energy is prime for starting anew. Join me in a collective Spring Meditation to herald into our consciousness the energy of renewal. On **March 20th, at 7PM EST**, in your own meditation space, safely light a **green** candle, focus on the flame, close your eyes and allow your breath to fill you with new life. Visualize yourself inhaling the colour **green** and



'see' **green** all around you and feel the birth of renewed energy take hold of your spirit! Hold this meditation for as long as you feel inspired to do so. Send me your comments afterwards!

BLESSINGS TO ALL!

Please share with you family & friends!