

NEWSLETTER

BY THE AUTHOR - L.M. BLANCHARD

Awareness | Oneness | Wellness

First Meditation CD

I'm excited to announce that the script for my first meditation CD is almost complete. I've recently had the opportunity to record some guided meditations for the Health & Wellness program for a Government of Canada agency and now with that experience, I'm ready to make my own recordings. I have a sound engineer ready to record, I just have to complete the meditation script which should be done within the next two weeks. The first CD will be focused on connecting with your divine nature, the second will be based on my book "The Golden Link to Oneness".

Publisher News

Here's the new logo of my publishing house. They are getting set up and will be ready to get the ball rolling soon!



New Venture

I've started a book award program with the goal to promote books of all genres that are life-enhancing. This program is geared towards authors and publisher who write and publish books containing a theme and message that highlight a principle that contributes to better living. There are two award programs:

"**The Awakened Book Award**" is awarded to a book in a specific category that rises above other entries in the same category. The winning books stand as an example of outstanding contribution to life-enhancing literary works.

"**The Lotus Book Award**" is an ongoing physical book assessment program that distinguishes excellent quality books regardless of country of origin or publication date.

Call To Action!

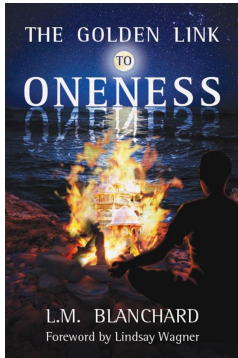
**75% Off
Entry Fees**

I need your help to promote this venture. If you know any authors, writers, or publishers, please send them this newsletter or direct them to the website where they can get more information and take advantage of a promotional **75% off** the award entry fees! Visit, like & SHARE the Facebook page!

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The Curious Investigator, excerpt from "The Golden Link to Oneness"



Detachment is an exercise of the mind, one that engages thoughts and behaviours and that can be learned and easily practised in everyday situations. The way in which you can begin to shift your perspective and to remove the possibility of creating suffering should the results of a situation not materialize to your liking, is to consciously place yourself in the role of a witness. By acknowledging to yourself that your "role" is to see your life situation unfold with a sense of curiosity and interest, you'll become more disposed to "going with the flow" of the situation rather than "swimming against the current." By taking the approach of the "curious witness," you become an "investigator" of sorts. You see as an observer, plus you become inquisitive as to the nature of the event that unfolds before you as you live it in the present.

In consciously taking the role of the "curious investigator," you take on an objective role in your life, observing your life events with interest and wonder, eager to see where they will go and what revelations will arise in you and which discoveries will be unveiled. The training of the mind that is needed to attain this shift in perspective requires a conscious effort to willingly cease placing your desires onto how the situation unfolds and how it ends. Becoming aware of the impulse that rises in you that leads you to want to control the situation is the first step. Once you realize that you are being placed in a situation that will have an impact on your life, you need to become aware of any desires or fantasies that your mind may be generating and yield to the following possibility that "you do not know what will happen next, nor where it will lead you."

You can follow the example from the archetypical "pure child" perspective and tap into an innocent, childlike sense of curiosity and wonderment in the face of new discoveries. When young children are engaged in new and exciting experiences, they are naturally curious about them and are kept in amazement at the discoveries they make. In this state, you do not project beliefs or desired results, nor do you try to control the experience--you live it! You can live it and experience true amazement in the experience of discovery and fascination with how it all came to be.

Save Your Eggshells!

Here's a novel idea...save your eggshells to make environmentally friendly pots to germinate seeds. I've been giving it a try and it works wonderfully. Fill an empty eggshell with potting soil, bury your seed and watch them grow. When it's time to transfer the plant into the garden, simply breakup the shell into the ground with your newly sprouted plant! Use the plastic egg containers as a greenhouse by placing it in a sunny windowsill and observe nature work her magic. Once you transfer you plant into the garden, recycle the plastic container or save for next year!



Tip: for more space for the roots, crack your eggs in a way to leave as much of the shell intact.

BLESSINGS TO ALL!

Please share with you family & friends!