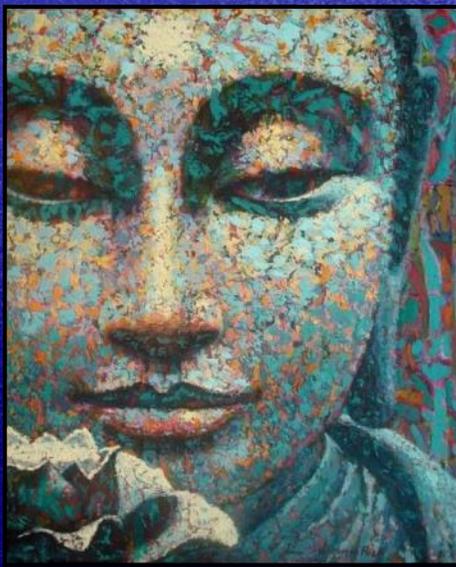


Pathways to Spirit Institute

Centre for Spiritual Development & Growth



Namaste – Newsletter

April 2019

*“In these changing times
the only investment worth
making - is in yourself.”
“The purpose of our lives
is to be happy”
Dalai Lama*



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**“When you truly
realize your worth,
you cannot help
but shine”**

Identify Your Creative Block and Thrive!

By Lien Potgieter

Untapped creativity is detrimental to your life, relationships, business, and career. If you believe that you are not creative or that there is no need for creativity, you could even become obsolete. According to the World Economic Forum, the Future of Jobs report creativity will be third on the list of the top ten critical skills by 2020. In the short space of just five years, creativity has moved up seven places from ten to number three.

You can increase your creative intelligence (CQ) despite the outdated notion that people are either right- or left-brain dominant. New research shows that we need to use both sides of the brain to be successful.

Unconventional paths often lead to brilliant solutions. Color, which you find all around you, could act as a catalyst to identify what exactly is causing you to feel, think or believe that you can't connect the dots. Many problems can be solved, and challenges overcome with the help of these vibrational energies.

How can color help?

By becoming aware of the colors in your environment, you can pinpoint your creative block. It is a simple yet powerful method. Your color attractions and rejections demonstrate where you are stuck: Physically, emotionally, mentally, or spiritually. Only when we know what the heart of the matter is can you take action, unblock your creativity, and live a life of success and happiness.

Tell-tale signs of a creative block and how to overcome it

How do you know where the block is? Here are a few signs to look out for.

Body: If your block has a physical nature, you come up with great ideas, but nothing ever materializes. You don't act on your ideas to make them real, or when you do, you don't finish a project. You have too many fingers in too many pies.

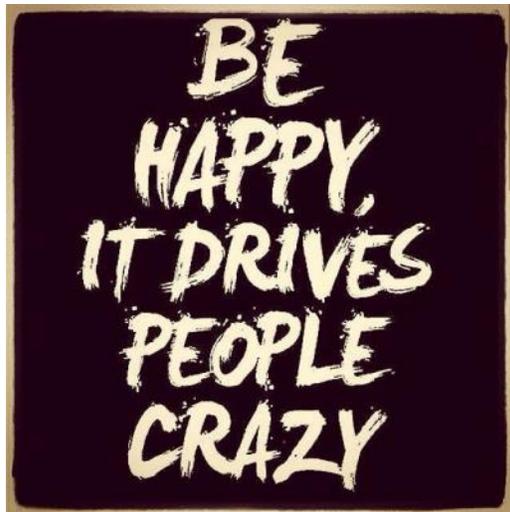
How to fix it: You know the old saying, “A change is a good as a holiday?” That's what you need: a vacation or at least a change of scenery.

Feelings: Have you been taking on others' stuff lately? Do you get too involved in the lives of other people? Have you become too dependent on the opinions and advice of friends and family? If you have been spending too much time with negative people or people whom Dr. Christiane Northrup describes as energy vampires, you must take stock. Remember, these drainers are all around, and creative people are more susceptible to negative vibes.

How to fix it: Pick your battles and choose your friends. Let people sort out their problems. Spend time with positive, uplifting people only.

Continues page - 3 -

Timely Reminder...



Namasté

(nah-mas-tay)

*My soul honors
your soul.
I honor the place in you
where the entire
universe resides.
I honor the light, love,
truth, beauty and peace
within you, because it
is also within me.
In sharing these things
we are united,
we are the same,
we are one.*

Transform Your Life

By Sivarama Swami

We all know nothing comes easy in life. Warren Buffet said, “We don’t have to be smarter than the rest. We have to be more disciplined than the rest.” And with so many distractions like the internet, social media, smartphones, fashion, and so on, discipline is usually the last thing on our minds. But self-discipline is the foundation upon which skills, professions, and life-choices are built. Think of where you would be now if you didn’t go through the discipline of driving lessons and learning the rules of the road. Probably six feet under.

Similarly, self-discipline is necessary for all other aspects of life, whether it’s education, health, marriage, business, or raising children. The result of all activities depends on how committed we are to be practicing the disciplines that come with that activity. In other words, in any endeavor, the rule of thumb is that as much as you put into it, that much you get out of it. You can’t withdraw money from a bank account you haven’t put money into. But we often face obstacles to discipline like a lack of motivation or just plain procrastination.

Here are 4 tips to help you on your path to transform your life – tips you can add to your life right now.

- 1. Wake up early!** Benjamin Franklin said, “Early to bed, early to rise makes a person healthy, wealthy and wise!” As a practicing monk for 50 years, it is my habit to rise before 4 am. Rising early may require adjustments and rescheduling, but the benefits of being more focused and more “ready to go” are extraordinary.
- 2. Add a spiritual dimension to the day.** This is a must to reinforce your foundation. Every day of those 50 years as a monk, I’ve been practicing mantra meditation. Chanting a sacred sound vibration for two hours every morning brings me to a space free of anxiety and stress and connects me with a deeper dimension — my innermost self. Start with just 10 minutes a day, but just start.
- 3. Stick to your path.** A lack of discipline can be due to not knowing where you’re going, not knowing your nature, and not knowing your purpose. Don’t get swayed by details, distracted by fads, or derailed by peer pressure. Instead, do things that are in line with who you are. And keep life simple! Stick to what is fulfilling to you and use that as your anchor.
- 4. Self-Control.** You need to remove the temptations in life. For example, if you’re trying to cut out alcohol, you stay away from bars, right? Similarly, if you want to be a better person, then priorities whatever it takes to get there. That means to detach from things that get in your way. Those things may be bad habits, or an unfavorable social circle, or a challenging environment. Identify those barriers and eliminate them. And that’s it. Or at least, it’s the beginning. Implement these 4 steps and see how regulation can transform your life. As you start to experience the results, then you can build on it further. And sure, it may be hard to change or establish new processes in life. But here’s the thing: avoiding pain or suffering is a myth, it’s pie in the sky.

So, we either suffer the pain of discipline, or we suffer the pain of regret. The choice is yours.



*The Key to Abundance
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Identify Your Creative Block and Thrive!

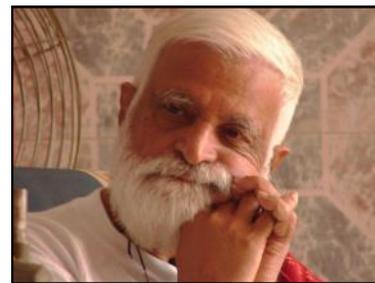
Thoughts: You over-analyze every single thing. You have become a perfectionist of note. Nothing or no one is ever good enough. You are critical and filled with self-doubt, yet you arrogantly and stubbornly believe that you know best and will solve the problem.

How to fix it: Stop planning your day to the last minute. Stop taking yourself and life so seriously. Do you know that we are not getting out of it alive anyway? Watch a stand-up comedian and laugh your heart out.

Spirit: You do things automatically and robotically, but there is no real joy. You don't day-dream any longer. Everything feels like a huge uphill battle.

How to fix it: Perhaps the Universe is taking you gently by the shoulders and trying to shake you awake. You are done with this part of your story. It is time to write the next chapter. Give thanks and say goodbye. Now take on that new creative challenge!

Are you ready to increase your creative intelligence even if you think that you don't need to be creative or that you don't have a creative bone in your body?



*"There is no you, no me.
We are one.
That is the truth.
Love brings people together.
So respect love.
Do not degrade it with anger,
violence or lust.
Love is worship."*

*~ Sri Amritananda Natha
Saraswati ("called Guruji"),
he was Devi Parvati's Teacher.*

Is The Law of Attraction Real?

By John Holland

You are what you think. Most people don't realize how powerful thoughts are and how each thought has its own unique energy signature. You're a magnetic energy being – so that when you have a thought – it's immediately lodged in your magnetic field, which is more known as your aura.

When that thought remains in this field for any length of time, it often radiates out and projected into the Universe. It's easy to imagine what's likely to happen to someone who constantly fears certain things will happen in their life. They're consciously thinking about it, dwelling on it, obsessing on it, feeding their precious energy into it. The net result is that they end up sending that stream of fear-based thought out into the universe. It's like they're holding up a sign above their head with a giant arrow saying: "Hey, come to me!" So, it usually does. Then you'll hear them say: "I knew this was going to happen!" It's not rocket science to see that 'we attract what we vibrate.'

It's all about the frequency! You've heard the saying: like attracts like – well it's more about frequency attracting the same frequency.

Everything is energy, which includes you and me. Since we're energy, it's we will tune into and attract the same frequency that we resonate. So, it goes without saying that if you're afraid – you'll attract fear; if you're kind – you'll attract kindness; when you're grateful – you'll attract prosperity. As we think, we begin to feel.

As we feel, we vibrate. When we vibrate, we start to attract. So remember, you'll attract exactly what you're resonating.

I was always aware of how thoughts create reality, even in my teenage years. I remember to this day when a friend said: "John, nice guys finish last." Even today, I refuse to believe that statement. People live their lives by the rules and conditions that they imposed upon themselves by their parents, society, media, government, religion, and other influential people. Such rules, behavioral patterns, and conditions are instilled into us while we are young and impressionable. My family's all-time favorite saying while I was growing up was: "We never have any luck!" So, I grew up believing that luck didn't come my way. For me, I learned to reprogram that thought! So, is the 'Law Of Attraction real? Yes!

John's Lesson on the Law of Attraction:

Check in With Your Thoughts Throughout the Day

This week try to become more aware of how and what you're thinking. A great way of doing this is to ask yourself: "How are my thoughts today?" You might be very surprised that they reflect exactly how your day is going. I also believe that if we all realized how powerful our words and thoughts are, we would never say or think a negative thing again!

One of the most important things to acknowledge in this life is the power of thought and the law of attraction. It's worth remembering that you're always certain to find what you're thinking or looking for.

Live a Soul-filled life!

8 Signs Your Guardian Angel Wants Your Attention

Is your Guardian Angel trying to get your attention?

We all have at least one, from the moment we are born, a Guardian Angel who is always by our side and spiritual guides who are with us in the most delicate phases of our life. Learn to identify the signs that your Guardian Angel – or your spiritual guides – are trying to tell you something important.

Our Angels and spiritual messengers are always around and are willing to communicate with us in different ways. Usually, they inspire our thoughts, which come to us as “sudden ideas,” as if someone had whispered them in the ear. Sometimes, because we are in an especially important point in our life (often without being aware of it,) The communication should start. It may not be a difficult period nor a crisis, but there is a subtle transformation within us, or being in a period of change, of the which we are aware of only a few months later or because we really need help, our guardians seek more direct contact with us, leaving messages ready to be deciphered by us. Learn to (re) know them and know how to use them for what they are: precious help!

Here Are the Signs Your Guardian Angel is Trying to Tell You Something

1. The room temperature changes

Has it ever happened to you to be in a room of the house and, suddenly, to feel cold or, on the contrary, sudden access of heat? Unless weather conditions are particularly wobbly on that day, your Guardian Angel, or a friendly spirit, is likely to want to make you feel that you are close to you. This happens especially when we are in a new situation or when we go to a place for the first time, being particularly noticed when it happens in an interior space, where the changes of temperature are improbable.

2. Repetition of number sequences

It has certainly happened to you to look at the clock and to mark a repeated sequence, such as 11:11 or 14:14. When that same sequence begins to appear more and more times, signs, written on the walls, etc ... then there is a message that you NEED to receive.

3. Unexpected odors and smells

If you are at home and suddenly smell that cake your grandmother used to make, or the tobacco your uncle smoked, or smell a place you do not even know, there is a strong chance that a spiritual guide is trying to communicate with you. Smells compel us to notice them through scents for they have the immediate ability to evoke memories or to surprise our senses, making them realize that there is something different happening.

4. Domestic animals begin to act strangely

Dogs, and especially cats, can perceive spiritual presences and see what we cannot usually see. For this reason, if your pets begin to behave differently, for example by staring, static, a wall, they may have detected the presence of an Angel or Guide that you cannot see.

5. Being saved from a danger

Some situations become dangerous without us being able to predict the outcome that may come from them. When we escape unharmed to a situation that resolves “as if by a miracle” we are undoubtedly accompanied by our Guardian Angel and by the protection of our spiritual guides.

6. Finding Feathers

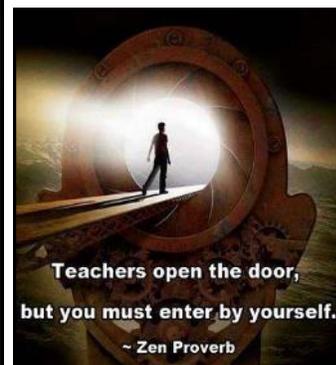
The Angels like to leave feathers, especially white ones, in the way of their protégés, so that they know they are being accompanied. If you notice the appearance of feathers in places where there are no birds, remember that your Guardian Angel is looking for you.

7. Finding Cards

Each playing card has a meaning, interpreted through Cartomancy and or Tarot. Finding lost playing cards can bring messages that are associated with the meaning of each card.

8. Feelings in dreams

Even if you do not remember your dreams, when you wake up with a sense of lightness and happiness, your Guardian Angel may be bringing you positive and uplifting messages during the night.



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***As you start to walk out on the way, the way appears.
Rumi***

Is The Past Going To Determine Our Future?

by Leigh Burton

We tend to live in the past or in the future. If we don't commit to the present moment we rob ourselves of the respect that our dreams deserve.

We all have hopes and dreams that the future will hold a place for us to be happy and free from that which we know makes us uncomfortable. We have hope for our children to experience life with every opportunity to have greatness and love in everything they have and do. We dream that we will make it to a later stage in life where we will know peace and that what we had accomplished along the way will have been enough to leave a meaningful legacy.

That's what we do...**DREAM.**

Dreams are healthy in that they give us something to look forward to, something to work towards and, every step of the way we analyze our position so that we can feel our efforts are fruitful. This lends to our desire to inspire others to do the same and is an integral part of continually moving forward.

However, we all have a past. While there are pleasant memories for all of us, there are those that muster shame and the knowledge of what we are sure we don't want in our future. These are experiences that show us who we don't want to be and what we don't want to witness others experience. These are the moments that remain integral in who each of us has become, in that they were a part in shaping what we desire.

The past is filled with memories that we may fear letting go of. If we aren't the person, who survived a situation or circumstance then who are we? If we are not the person who grew through a shameful experience, then who are we? The alternative is to be a person with a fresh start among all of the resources we have collected through the past. We all have the freedom to be who we dream of, free of the chains that keep us in moments gone by. While we can't rid ourselves of where we have been, we can respect it for what it is. A memory. By standing on top of the circumstances that have fueled the dreams we have for an alternative life, we permit ourselves to be free of the suffering our past has allowed.

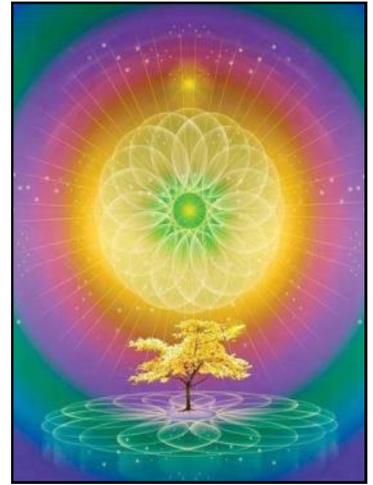
That's what we want...**PEACE and FREEDOM.**

The only moment that will ever impact our future is the one we are in right now. With a blink of an eye, it too becomes a moment gone by and is filed in the cabinet of the past. Each moment will come upon us with the opportunity to understand that it is the past moments future and if we do not choose to embrace it with the gratitude of moving past another segment of the story that once was, we will forever be using our past to define who we are instead of who we want to become. We must offer respect for the lessons and blessings but, we need to close the cabinet door with faith in what we dream. This is the ultimate sacrifice and offering to not just ourselves but those we share our lives with.

To witness a person standing on their story, rather than in it, is nothing short of inspiring. To see the riches that come as a result is motivation to do the same. We can teach each other to have peace with the past and the freedom to dream of the future. A continuous practice of allowing a deep connection to the present moment offers the respect that our dreams in the past deserve. To honor the dream is to permit the freedom to continue through life without it being an argument with ourselves.

That is what we should do...**LOVE LIFE.**

Devi and Dietmar Dombkowski are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.



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