

Pathways to Spirit Institute

Centre for Spiritual Development & Growth



Namaste – Newsletter

July 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”**

Science Finally Confirms That People Absorb Energy From Others

A biological research team at Bielefeld University has made a ground-breaking discovery showing that plants can draw an alternative source of energy from other plants. This finding could also have a major impact on the future of bioenergy eventually providing the evidence to show that people draw energy from others in much the same way.

Members of Professor Dr. Olaf Kruse’s biological research team have confirmed for the first time that a plant, the green alga *Chlamydomonas reinhardtii*, not only engages in photosynthesis, but also has an alternative source of energy: it can draw it from other plants. The research findings were released this week in the online journal *Nature Communications* published by the renowned journal Nature.

Flowers need water and light to grow and people are no different. Our physical bodies are like sponges, soaking up the environment. *“This is exactly why there are certain people who feel uncomfortable in specific group settings where there is a mix of energy and emotions,”* said psychologist and energy healer Dr. Olivia Bader-Lee.

Plants engage in the photosynthesis of carbon dioxide, water, and light. In a series of experiments, Professor Dr. Olaf Kruse and his team cultivated the microscopically small green alga species *Chlamydomonas reinhardtii* and observed that when faced with a shortage of energy, these single-cell plants can draw energy from neighbouring vegetable cellulose instead. The alga secretes enzymes (so-called cellulose enzymes) that ‘digest’ the cellulose, breaking it down into smaller sugar components.

These are then transported into the cells and transformed into a source of energy: the alga can continue to grow. ‘This is the first time that such a behaviour has been confirmed in a vegetable organism’, says Professor Kruse. ‘That algae can digest cellulose contradicts every previous textbook. To a certain extent, what we are seeing is plants eating plants’. Currently, the scientists are studying whether this mechanism can also be found in other types of alga. Preliminary findings indicate that this is the case.

“When energy studies become more advanced in the coming years, we will eventually see this translated to human beings as well,” stated Bader-Lee. “The human organism is very much like a plant, it draws needed energy to feed emotional states and this can essentially energize cells or cause increases in cortisol and catabolize cells depending on the emotional trigger.”

Bader-Lee suggests that the field of bioenergy is now ever evolving and that studies on the plant and animal world will soon translate and demonstrate what energy metaphysicians have known all along - that humans can heal each other simply through energy transfer just as plants do. “Human can absorb and heal through other humans, animals, and any part of nature. That’s why being around nature is often uplifting and energizing for so many people,” she concluded.

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The Path of Progression Course

Are you searching for answers in your Life? Do you feel like there is more to life than what you are seeing? Do you yearn for more peace, more balance, more joy, more happiness, and more spirituality in your life? Do you intuitively know that you have a purpose to fulfill in life but don't know which direction to go?

Are you asking yourself, "**Where Do I Begin?**" in your spiritual search?

If you seek a higher level of understanding, if you suspect there is a greater purpose for your life, to your journey on this planet, then join us for this intensive course.

The journey of self discovery is the most rewarding adventure anyone can embark on. We offer many classes and programs that can give you answers and help you in your spiritual expansion. However there is a "hidden" progression of knowledge in our classes that will really help you advance in your spiritual understanding.

By following this "Path of Progression" Intensive Course you are able to take all our classes in a specific order. Each class builds upon the last. Within a two (2) to four (4) months period you will reach a new depth of understanding about your Soul's Mission in this lifetime; and you will begin to transform your life and manifest your dreams.

If you are ready please give us a call or email us. We will build this life changing journey around your schedule. The Path of Progression is not for the faint-at-heart. We are looking for sincere students who are ready to make a commitment to their spiritual growth and want to be of service for humanity's evolution and transformation.

If this resonates with you...let's talk!

Science Confirms People Absorb Energy From Others

Here are five energy tools to use to clear your space and prevent energy drains while releasing people's energy:

Stay centered and grounded. If you are centered within your spiritual self (instead of your analyzer or ego) you will sense right away when something has moved into your space. If you are fully grounded, you can easily release other people's energy and emotions down your grounding cord with your intention.

Be in a state of non-resistance. What we resists sticks. If you feel uncomfortable around a certain person or in a group, don't go into resistance as a way to protect yourself as this will only keep foreign energy stuck in your space. Move into a state of non-resistance by imagining that your body is clear and translucent like clear glass or water. This way, if someone throws some invalidation at you, it will pass right through you.

Own your personal aura space. We each have an energetic aura surrounding our body. If we don't own this personal space we are vulnerable to foreign energy entering it. Become aware of your aura boundaries (about an arms length away from your body all the way around, above and below) as a way to own your personal space.

Give yourself an energy cleanse. The color gold has a high vibration which is useful for clearing away foreign energy. Imagine a gold shower nozzle at the top of your aura (a few feet above your head) and turn it on, allowing clear gold energy to flow through your aura and body space and release down your grounding. You will immediately feel cleansed and refreshed.

Call back your energy. When we have our energy in our own space there is less room for other's energy to enter. But as we focus on other people and projects we sometimes spread our energy around. Create an image of a clear gold sun several feet above your head and let it be a magnet, attracting all of your energy back into it (and purifying it in the gold energy). Then bring it down through the top of your aura and into your body space, releasing your energy back into your personal space.

Originally written by Michael Forrester and published on Prevent Disease



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.*



*The Key to Abundance
Join us in our monthly
Intenders Circle
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dates:
pathwaystospirit.net*

Research shows complaining physically rewires Brain to be Depressed and Anxious - By Elizabeth Williams

It's a fact that nobody's life is perfect. The truth is that indeed everyone has ups and downs and everyone is waging their own battle most aren't aware of. However, there are those who keep up the positivity and know that life is tough no matter what; and there are the complainers.

While it's natural to vent your stress when things get tough, these people choose to turn a blind eye to the positive things in their life and obsess over the odds they face. Hence, they use every possible opportunity to vent their stress over these things by complaining to whoever is willing to listen.

Complaining won't help, though. On the contrary, not only will it eventually chase away the person who is forced to listen, but it will rewire your brain to be depressed and anxious. Because of this, it's best to see why people tend to complain, the way it affects the brain, and how the negative thoughts behind complaining can be reversed.

There are 3 types of complainers:

- Those who complain to get sympathy
- Those who ruminate over all their problems
- Those who want to vent, but don't really search for any real solutions to their problems

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*"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.*

Mindfulness & Meditation Part Of The Curriculum In Schools In UK

Mindfulness and Meditation will now be part of the Curriculum in 370 Schools in England

Most of the time, when children act out by kicking and screaming expletives, it is because they do not understand what they are going through and cannot find a better way to release their feelings. When a child acts out, know that it is most likely because they are struggling to understand complex emotions that they are feeling for the first time in their lives.

Schools in England have started to tackle this problem in a new way, and that is by teaching mindfulness and meditation in the classroom to improve the youth's overall mental health. In 370 schools across the country, children will be taught how to meditate, techniques for muscle relaxation and breathing exercises for mindfulness. The secondary school students will also get a more hands-on education to learn about awareness and how to increase this in their everyday lives. This program is being done under the mental health study that the British government is running up until 2021.

Apart from the increasing number of young children that are showing signs of early onset depression and anxiety, NHS reports have also shown that 1 in 8 British children have mental disorders. Despite these facts, only 1 out of 5 children with mental issues are able to get access to treatment.

England isn't the only country that has added mindfulness as a subject among schools. In 2016, a school in Baltimore decided to replace detention for an area where the children could go to a practice some breathing and stretching exercises instead. This is a way to keep the students calmer in order to increase their focus within the classroom.

A student that was sent to the 'mindful moment room' for pushing and name-calling a fellow classmate describes it to CNN as: "I did some deep breathing, had a little snack, and I got myself together. Then I apologized to my class."

The school believes this is an improved manner the problem, rather than punishing and embarrassing the child in front of their peers, which was probably the cause of the problem from the very beginning.

Teaching children how to deal with emotions will most likely be very foreign and uncomfortable, but it will reap the benefits in the end. The goal is to have the children master the habit of clearing their mind from stress and anxiety and being present and more focused in class.

Do you think all schools should teach mindfulness and meditation?



Trust in Your Emotions By Monica Berg

Our emotions range from joyousness to abject despair, and everywhere in between. We may see our emotions as random and uncontrollable, but they are an incredibly attuned guidance system, giving us valuable data if we stop and examine their sources. Simply by bringing awareness to what is happening when the feelings arise, we move away from being ruled by our emotions and instead become empowered by them.

Our emotions are one of the greatest assets we have in creating our most fulfilled life—that is when we know how to use them. It wouldn't be a stretch to say that most of us see negative emotions as something to be avoided at all costs. We enact all sorts of self-care practices and elaborate avoidance techniques to ward off feeling "bad" in any way about anything. But what a missed opportunity! Our feelings, even the ugly, uncomfortable, and downright infuriating ones are only here to help us. The same goes for our positive emotions. Like a giant feedback loop, our body and soul communicate with us through a broad range of emotions.

For example, unhappiness is often an indication that something needs to change, while feelings of joy or delight indicate that we are on the right track. Analyzing our emotions from this perspective shifts us into a more empowered position. Through the lens of evaluation, we inspect our emotions; we do not become our emotions. For instance, one can be angry without being an angry person. With this perspective we are no longer at the mercy of whatever feeling may arise, now we are working together with our emotional body, keenly aware of internal and external factors that contributed to the emotional state.

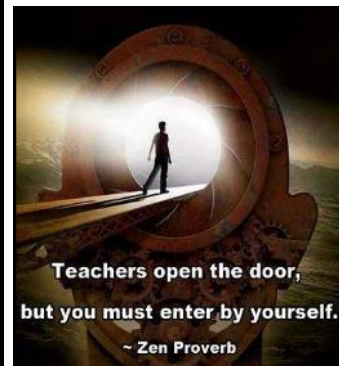
Give it a try: throughout the day, notice what feelings arise. What thoughts or actions preceded positive feelings? Conversely, what was happening when negative emotions surfaced? Emotions can be powerful, so if needed, wait 10 minutes, then revisit. There is no right or wrong answer; it's just an exploration.

It is how we begin to use our emotions as data. When we spend time compiling the data, we then can look for patterns. We can see where we're in alignment and where some changes need to be made. The goal is not to eliminate bad feelings, which is an impossibility, but rather to change where we spend our time and energy to bring more happiness into our lives.

An argument with a loved one or a difficult day at work can take us from joy to frustration in an instant, destroying our levity and perspective. We are humans, and we will always experience a broad range of human emotions. In difficult situations, we will still feel powerful emotions, but stepping back and making an assessment of our emotional state gives us the opportunity to choose a new perspective and take positive action. In assessing why a scene was so upsetting, begin by asking questions, did it feel personal? Did it feel like the conflict was unfair, and if so why would that person have responded in that way? Many times conflicts come down to miscommunication. Perhaps, there is something that can be easily clarified. Other times we are simply in the proximity of someone who is not having a good day. Rather than attack them, a healthier approach may be to respond in kindness. A simple act of kindness can dispel even the most charged of situations and can completely alter our own emotions.

Begin by taking a few minutes every day to bring awareness to how we're feeling. Noticing how we spend our time, whom we spend it with, and how our environment affects our mood. What patterns stand out? What relationships energize and support us? Which ones make us feel lacking or exhausted? How do we feel after each activity in our day? Do we feel inspired? Do we feel numb? Starting a journal or tracking notes on the phone is a great way to see patterns of emotions. Do this for a week and study the data.

Instead of seemingly random feelings rolling in and out, emotions become clues, assisting us in our growth. By starting to see our emotions as the data that they are, we set ourselves on a path to a lifelong friendship with our feelings.



A place where Knowing & Consciousness thrive

Pathways to Spirit Classes & Workshops:

*Metaphysical Intensives
Spiritual Empowerment
Finding your Soul Mission
Spiritual Intuition
Development Series
The Hierarchy of Light
Angels & Archangels
Ascended - Masters
Meditations
Sacred Geometry Series
Crystal Magick
The Chakras
Astral Travel
Dragon Magick
Path of Progression
Pendulums 101
Protection & Boundaries*

Intenders Circle

Ancient Wisdom Study Group

Vibrance & Relationship Coaching

Goddess Ritual and Celebrations

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Jikiden Reiki Healing
Energy Balancing
Chakra Balancing
Crystal Healing
Telepathic Healing*

Special Services:

*Emotional Cord Cutting
House Clearings*

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

Research shows complaining physically rewires Brain to be Depressed and Anxious - By Elizabeth Williams

Whatever the type of complainer, the psychology behind complaining goes to early childhood, with the child learning this habit from someone in the family. Living and growing up with a person who constantly sees the worst in everything is something that affects the child's perception of the adult world.

In other words, the child will learn this negative behavior from a parent or a relative as something which is normal to do, and they will perpetuate the habit later on.

What complaining does to your brain

Constant complaining trains your brain to behave in the way it has been used most. Neuro-psychologist Donald Hebb explains that complaining, like any other activity, activates the neurons in the brain and trains them to remember the pattern.

So, in a way, the complainer teaches his/her brain to fire the same cognitive pattern every time they complain, and this negative set of emotions and recollections eventually triggers depression and anxiety.

As a result, any effort to change the mindset to a more positive outlook will be difficult, and the person will be stuck in a loop of negative emotions and attitudes toward life, as their brain is most familiar with this pattern.

How to retrain your brain to be more positive?

Luckily, every habit can be changed and all the negativity can be reversed. This process does take some effort at first, but it gets easier with practice and constantly reminding yourself that not everything is as dark as it seems.

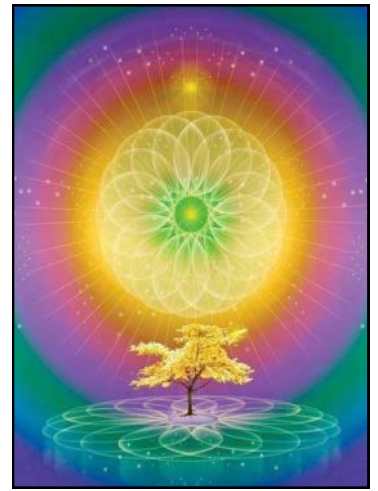
The aim is to adapt your brain into creating patterns of thoughts other than the negative set which it's so used to. However, one needs to want to change in order to change. And who wouldn't want to get out of that grim loop of dark thoughts?

You can start off by focusing on these 5 things:

- 1. Be aware of your attitude** – complaining can come as a default reaction to any thought. You need to become more aware of your attitude toward things and understand that everything has its positive and negative sides.
- 2. Let go of all the bad stuff** – some things can't be changed, it's just the way they are. Letting go of the negative things is better than holding on to them and this is all for your own sake. Instead, focus on what cheers you up – all things come to an end, even the bad ones.
- 3. Focus on the positive** – of course, there is something positive in everything! If you can't see it, look closer. Focus on what makes the true virtues, such as honesty, love, the positive lessons out of it, your personal growth out of the experiences.
- 4. Be grateful** – always remember that you have been blessed with many wonderful things in your life – you just need to look and see just how many there are. Be grateful for those things, not resentful of the challenges that come.
- 5. Be humble** – arrogance and the thought that everything should belong to you are a poison to the mind. Instead, focus on your true values and don't put yourself on a pedestal for anything. Focus on your happiness instead.

And then – when you are obsessed with negativity and you can't let go easily, take a quick trip to nature and relax. Nature, sport, and any creative activity serve to vent out all the negativity you have gathered. It's natural that we all face negativity in our lives, and it's important not to get caught in a negative loop and rise above it.

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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how we can be of service.

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