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A Magazine Devoted to the Journey of the Soul

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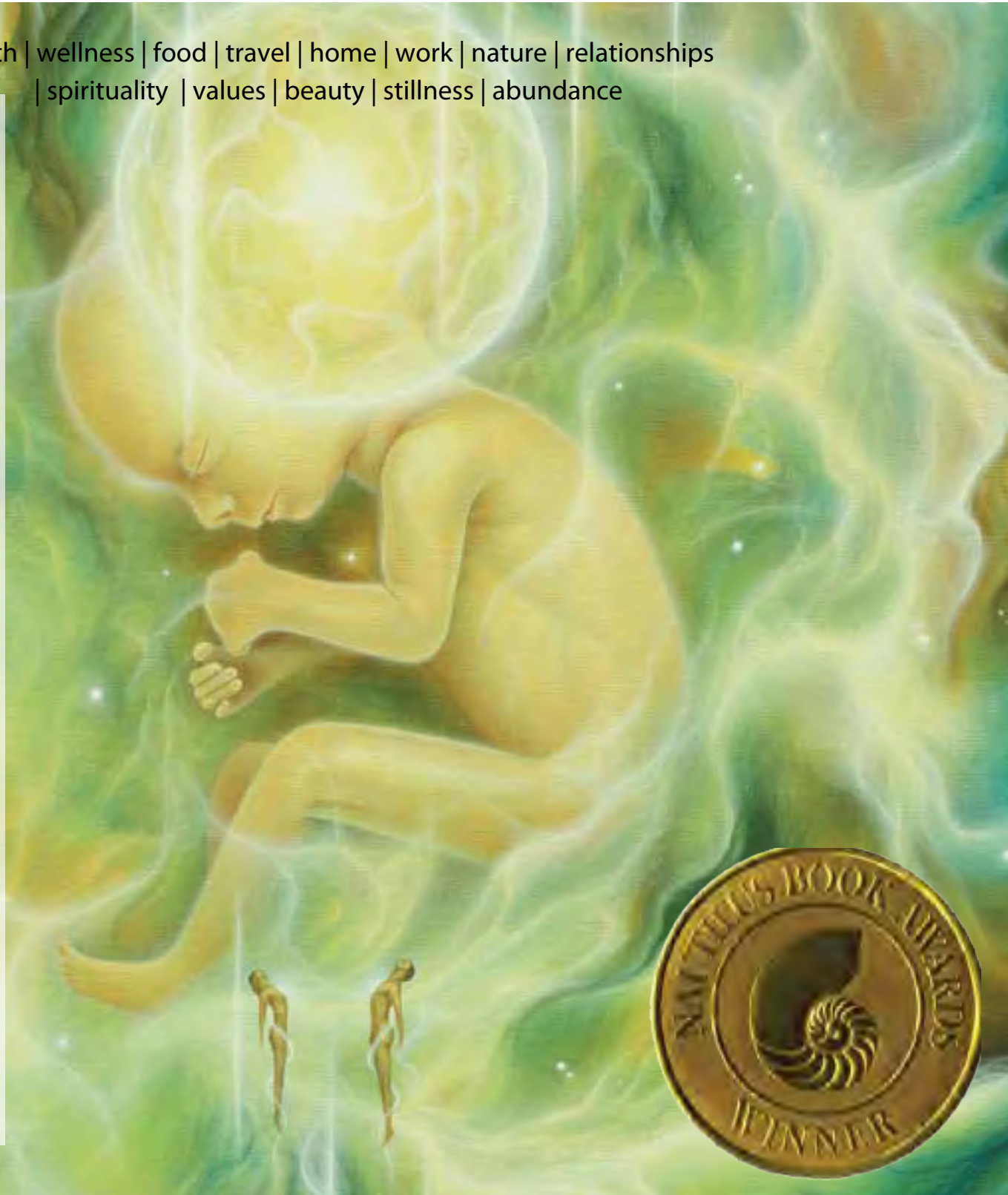
Dan Millman
Finding Meaning



Mykal Aubry
Visions



James Van Praagh





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Welcome to 11:11

A Magazine Devoted to the Journey of the Soul
BY SIMRAN SINGH

Do you operate out of perception or possibility?

The limiting factor surrounding everything we see and do has to do with perception; how we view things from our wounded orphaned selves, the perceptions taken on from others, the identity mask worn and the projections of the world at large.

We are quite hypocritical in nature. On the one hand we pray and 'believe' that all things are possible. Yet, on the other hand we sink into states of numbness and lethargy, settling for less than we deserve and seeing ourselves as limited

beings...in many cases victims of others actions, world happenings, life circumstances, and our own behaviors. We play the hand dealt rather than strategically creating a winning hand.

The limitations that we create are not dealt to us but accepted by us. We are at a place of choice and possibility in every second. All experiences are opportunities to move out of perception and into possibility. The life journey phenomenon is made available to discover who we are as we remove the trappings that shield the unlimited possibility we have always been. It is the grand stage of not only remembrance, but also expression of that power. The truth is, we are playing a role and have gotten too involved in the settings and circumstances of our characters, rather than developing our character. We have forgotten that we are really 'care-actors'.

We are characters (or 'care actors') on life's stage. In living out of perception, we can have a mis-take that requires an experience the need to repeat. Sometimes the scene (seen) has to be redone... and redone. So Take 2, Take 3, Take 100 if you must. A mis-take occurs when we are not care-full (full of care) as 'care actors'. To be mis-taken is to be led down an uncharacteristic (un-care-actor-is-tic) path. These paths shrink our thinking and our view, placing in front of us walls and barriers to the infinite we are... and the infinite possibility we hold.

To be mis-taken is simply to be led down a wrong path. Often our perceptions are a mistaken jaunt to another land, still a realm of possibility... if we do not bring our perceptions with us. However, we get caught up in the mis-take, rather than recreating the scene (seen). These mis-takes are the moments we can ask ourselves, 'Did I act with care for myself and others? Am I a care-actor. Or, were the steps un-caring and leading me away from my expansive nature?'

What is required to live from a broadened mind of possibility and an open heart of infinity? The willingness to experience and receive is subject to what we let ourselves see. Perception or sight cannot be viewed beyond the attachments that we have. Hence, the horizon looks limited. As long as there is an attachment to something, it cannot remove itself from the space in front of your possibility: a house, a career, a bad relationship, weight, debt, illness, Etc... It does not matter whether it is a positive or negative attachment, you have focus on it, so it will remain in your experience and block your view. Give up the very thing you have attachment to and it will give you up as well.

So often, individuals feel as if their circumstances, problems and negative occurrences are tied to them, following wherever they tread. Yet, we do not realize we are the ones that tie them to our ankles, dragging them with us. We have gotten used to the noise and weight they give us. We think they let us feel our presence in the world. In some twisted way, we used them to bring relevance...the badges of honor we wear to prove we were strong enough to survive.

We are not here to survive, nor to just live...we are here to thrive and fly. We have been given every resource on the inside to create that. And that infinite possibility within is what activates the infinite possibility without... without restraint, angst, trauma, heartache, struggle or pain.

Will you accept that as your truth or are you still allowing an old tape to loop in your mind? Where is the 'But...' (Belief-Under-Transition) that needs to be worked with? Is there a conversation running in your head, telling you all the reasons why YOUR life cannot be different? Do you perceive the people in your experience as the obstacles to your expansive life. This is the filter of perception...the birthing of thought per, or through, the ideas of others taken on as your own. Be willing to move from perception to inception. Birth a new paradigm, NOW. Do the inner work to realize every second your mind set is not in alignment with your greatest desires. Let yourself receive... and step infinitely into your life possibilities that are waiting for you to activate and receive them.

Warmest Personal and Respectful Regards,

Simran Singh



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FEATURES

Dan Millman: Finding Meaning | By Simran Singh | 4

Dan Millman, former world champion athlete, is the 'Peaceful Warrior' who continuously creating works that evolve over time to suit the changing needs of our world. The Four Purposes of Life are bread and butter for the spiritual seeker.

James Van Praagh | By Simran Singh | 8

"I believe from a spiritual perspective and that this earth is really a schoolroom and there are many lessons here to learn: compassion, hope, forgiveness, and love, all different types of lessons; and being a human in this physical world is not an easy place to be."

CONSCIOUS LIVING

The Power of Knowing How Life Works | By Don Saunders | 11

"Traditional words that are used to describe our existing earthly knowledge as to how life works do not apply to this Phenomenon. Earthly words such as energy, vibrations and particles have kept scientists from discovering the Phenomenon."

Decoding The Code | By Johanna Paungger and Thomas Poppe | 14

THE CODE represents an ancient system and an aspect of secret "Celtic" knowledge passed down to Johanna from her grandfather and her family of Tyrolean farmers for many generations. This knowledge was kept hidden for centuries as her family feared potential repercussions from the church.

What Matters To You? | By Heather Marie Wilson | 22

"I planted a garden and along the way learned valuable lessons about my own life. In my garden, I needed to make sure that all the elements were present—earth, water, air, fire (the sun), and spirit—to keep things alive in the garden."

Being The Change | By Toberxara | 26

"Do not wear yourself out in a futile attempt to manipulate the outside world, for that is exerting force, which has no lasting effect. By going outside to create change you're choosing to engage in an endless process, as the unacknowledged source will keep creating more of that which you're trying to change and control."

Mykal Aubry: Visions | By Simran Singh | 27

The inspirational and mystical creations of Mykal Aubry... "We are always at choice no matter what. We are always completely empowered no matter what is happening. Our greatest weakness is our greatest power."

Today is the Best Day of Your Life | By Shannon Kaiser | 35

"I made a promise to myself, to always follow my heart and make no apologies for who I am. I am 'me' and I choose happy. So here I go ready to jump in to my future."

The What Book | By Christopher Ross | 44

"That I wish I'd discovered it much earlier and so by now would be an "expert" is the usual waste of time and energy in which my ego delights. The truth is that when this student was ready, The Urantia Book appeared, forever dividing my life into "before" and "after," because everything is different now.



ENERGETICS

The Sound of Silence | By Wes Milliman | 17

"We need to always keep in mind the immortal question of who we are, for at various stages of life our purpose may be different. At one stage, it may be to grow alone; at another it may be to raise a family. All levels and varieties of human effort and contributions are necessary to consume karmas--bearing children, raising them, letting them go, studying art, or composing music."

The Center In Infinity | By Donna Savage | 20

The novice seeker determined to "get spirituality right," presents a veil of holiness or peacefulness, often glossing over the inner turmoil that most likely set them on the path to awakening. The maturing seeker lets go of appearances and begins the intricate dance of lifting the veils to their fears.

Rethinking The Law of Attraction | By Andrea Mathews | 32

"This idea that we might get it wrong, especially the idea that there is something wrong with us if we can't push the energy of the Universe into alignment with our compensatory or other outsourced desires, is just another experience we must have to bring us, even through its very struggle, to a full awareness of who we really are."

Who Are We? | By Ben Bolt | 38

"When we lower the curtain of our awareness to focus our new 'conscious' minds, the shock is very much like abruptly plunging into cold water. Our new infant physical body invariably begins to cry ... loudly. I suspect that for many of us our first thought immediately after our 'birth' is, 'OMG, now what have I done?'"

Divine Assistance | By Amy Tang | 41

"Faith comes with knowing that you are not alone on your journey. 'Blind faith' requires you to trust that Heaven is working behind the scenes to extract the highest good for all. Whether or not you are able to intuitively see, feel or hear messages, Divine Beings are always by your side, assisting you."



IN EVERY ISSUE

Editor's Letter | By Simran Singh | 1

The focus of this issue is Infinite Possibilities. Are you limited or limitless? Are you investing in perception or possibility? Are you going to stay where you are or ready to soar into exactly what you deserve?

Intentional Living | By Simran Singh | 31

Inspired life requires a conscious effort to pull ourselves up by our own bootstraps. In every issue, 11:11 creates affirmations and intentions that can be collectively embraced to create an individual shift in consciousness that can result in global change.

Believe...Beyond the Illusion | By Simran Singh | 50

Share in a personal story of growth and insight as the founder of 11:11 shares her own experiences of challenge, courage, strength, and service. Through Simran's dialogue, discover how human beings are mere reflections of one another.



Rethinking *the* Law of Attraction

By Andrea Mathews



She came in, sat down and began crying inconsolably. After a few intermittent apologies and grants for more tissue, she finally settled in, looked at me for just the briefest flicker, and launched into her story. She didn't like to use the word depression because it had an energetic pull to it, and she just didn't want to create her own moods that way. She'd been studying this stuff for a long time and she knew that words have the power to create. The bottom-line question, after all of her tearful story-telling, was this: What was wrong with her?!

She'd read all the books about how this Law of Attraction was supposed to work, and she'd followed it to the letter. But nothing. Was she carrying around some old shadow material that was getting in her way? Was she doing it wrong? What was it about her that made this thing not work like it was supposed to work?

She went to see a healer. She'd had some old, unresolved anger at her mother and the healer helped her cleanse that anger. But then she met another in a long line of lovers who treated her the same way her mother had. So, what was wrong? Why had she continued to "attract" these abusive people? She'd created the vision boards, and meditated on them every day. She'd repeated her affirmations constantly throughout the day. She'd imagined herself with the man of her dreams many times during her meditations and even as she walked through her day. All of that, and she still kept meeting emotionally abusive men. Why couldn't she make the Law of Attraction work for her?

Here was a spiritual dilemma and she needed a therapist who could speak to her in spiritual terms, to teach her what she was doing wrong with the Law of Attraction.

'He' also been to a healer last year, who told him that he was not going

to be able to attract his dream job, until he forgave his father, who had sexually abused him for years when he was a child. After receiving some energetic healing, he was instructed to go the prison that now housed his father and tell his father that he forgave him, and he was told that after he'd done that he would feel a sense of cleansing relief and would be able to attract his dream job. But that's not what happened. Instead he came away from the prison feeling immense anger at his father, anger he'd never felt before. He went back to the healer, who told him that until he "got rid of that anger" he was never going to attract his dream job. Now he was feeling that Dad had control not only of his past but also of his future.

These fictionalized composite stories are a blending of a multitude of different narratives I've heard over the years since the Law of Attraction became popular. They are told by persons who are utterly frustrated, not with the Law of Attraction as we've come to understand it, but with themselves, for not being able stop sabotaging their own dreams. We dare not question the authority of the Law of Attraction, because if we do, we might be creating our own downfall. But it is time that we dare it, for questions might just give us answers.

And we don't have to debunk the Law of Attraction altogether to question our understanding of it. The Law was supposedly given to Esther Hicks by a group of spirit guides known now as Abraham. Esther and her husband Jerry then wrote a series of books about "His law that took off like wild-fire." The same information was also given to us by the movie and book called *The Secret*, by Rhonda Byrne. Basically what the Law tells us is that we attract what we think. Our thoughts are like magnets, bringing home the material essence of the thought. So, if we think we'll never find anyone to love us, then we run the risk to attract unloving partners. Or, if we

think that we can't ever have the job of our dreams, then we continuously attract bad jobs.

As folks have attempted to utilize the power of this Law, however, they have run into considerable blocks. And so, in an effort to ameliorate these issues, people began to pinpoint the shadow as the source of the problem, for there could be found all of those unconscious blocks that get in the way. The shadow, once a relatively ambiguous and arcane term, known only to a few who were generally students of Carl Jung, then became a New Age term. The term, once considered to be the entirety of the unconscious, was reduced to a collection of bad thoughts of which we were unaware. But if the shadow is the entirety of the unconscious, then it contains repressed material along with several collective archetypes, such as the anima and the animus, the mother, father and child archetypes and many others, as well as many aspects of our own truest authenticity that we have yet to accept as valid. But when it is reduced to its common New Age understanding, then it is merely all of those things that sabotage us and keep us from attracting our dreams.

And so, because of this reductionist view of the shadow, we now have many healers out there informing people that the reason that they cannot utilize the Law of Attraction, is because they have some dark sabotaging thought or feeling—yes feelings have also now been included in the equation—that forbids the attraction. So, they go to the healer in hopes of having the nasty thing removed, only to find themselves in the same spot again later.

But what if the Law of Attraction isn't working, because the soul was never meant to work that way? What if we are not supposed to be removing things, but accepting, receiving and loving the things of the psyche? What if our current understanding of Law of Attraction needs to be revised to reflect a deeper understanding of the soul and its intentions?

When, for example, we try to control our thoughts, what other thoughts are we repressing which only build more shadow material to have to wade through later? When we push ourselves to think in certain affirming ways, what emotions are being neglected that might just need our attention? From the perspective of the soul and its intentions, isn't it just possible that our emotions are actually messages that inform us of unresolved issues, or perhaps even put us in touch with our authenticity, and give us direction for how to solve problems or implement new strategies for attaining our goals?

A further complicating factor in determining the true meaning of Law of Attraction is this notion of desire. Many of those who request help to do a better job of utilizing the Law of Attraction believe with all their hearts that their desires are soul desires and that if they are not able to fulfill these desires, they are somehow betraying their own souls. But if we explore these desires, we will often find that they are actually compensatory in nature. For example: I must be a wealthy Doctor, because I came from a family of abject poverty and lived most of my life in shame. Becoming a Doctor then compensates for that poverty and shame with prestige and wealth. Often the discovery of these compensatory desires brings people to a deep sense of relief that they don't have to become something to erase something else, rather they can take the gifts, found in the past, home to their souls and create a life that more readily meets their deeper needs for fulfillment. Perhaps, for example, because of the poverty and the shame they felt by comparing themselves to others with

more wealth and prestige, they have become more closely bound to their family—their love is deeper and more profound and the connection one that allows for self-revelation; or perhaps they have learned not to trust the values of a society that won't help but only criticizes; or perhaps they have developed a keen empathy for others as a result of this upbringing. These are just a few of the potential gifts that we might find in difficult, traumatizing or shame-based pasts. And they can all be brought to the table when trying to decide what to do with the rest of life. But if these things are ignored in an attempt to undo the past, then they can offer nothing in the way of soul fulfillment. Desires come from a variety of sources and should be explored for their deeper meaning before attempting to fulfill them.

There are some who tell us that our sacred texts actually espouse our current understanding of the Law of Attraction as a primary principle of spirituality. But a deeper exploration of these texts reveals another truth entirely. Not only do these explorations inform us that our current understanding of Law of Attraction is not found in these sacred texts, but a much deeper truth, which connects all of the sacred texts of the world, begins to emerge. That truth is this: We are all One with the Divine. There is not now nor has there ever been a separation between us and the Divine. But because we think there is, we've built a world in which such duality reigns. As it reigns we live as if existence in which we see and believe ourselves to be entities that operate unattached from the soul and its truest Divine nature. Finding the soul and its desires is then thought to be an arduous journey that only the so-called holy can take. Rather, it is the soul's deepest desire that we recognize our Oneness with it—that we become aware of ourselves as already fulfilled and begin to live from that fulfillment.

From that perspective the Law of Attraction is simply one in the midst of several other equally powerful laws, such as the Law of Projection, the Law of One, the Law of Duality, the Law of Visibility and Invisibility, the Law of Choice, the Law of Now, the Law of Karma—which is found to be very different from our common understanding of it—the Law of Love, and the Law of Life. And these laws all operate in harmony with each other so that our evolution is based on our journey through duality to the central core individual and collective place in which we recognize ourselves as Divine essence. And it is this goal that the Law of Attraction has in mind, so that it operates continually to attract and be attracted to all of those things, situations, persons and events, which will bring us closer to that ultimate goal.

In other words, the Law of Attraction wishes for us to know our own deepest authentic nature and it is operating at all times to bring us to that full awareness. All of our efforts then to utilize the power of the law are in vain, for it needs no utilization. It operates with or without our approval or assistance.

We are in a process of becoming. Everything, even our mistakes, even our wrong turns, even our "sins" are bringing us closer and closer, incarnation after incarnation, to a full awareness of who we really are. The Law of Attraction allows us to take the gifts from each of these aspects of living given in each incarnation and put them all together, creating a Mandala of wholeness and ultimacy. This means that the Law is much wiser than we've previously understood it to be, for it brings us to just the right order and alchemy of people, places, things and external and internal events to offer us a steady flow of ever evolving awareness of

who we are as Divine Beings. Do we sometimes get stuck for many years, perhaps even many lives, repeating the same dramas? Probably. Does that mean we are not evolving? What if we have to go over the same material enough times to finally get all of its subtle nuances? And what if we are measuring evolution in terms of gulps rather than sips?

This idea that we might get it wrong, especially the idea that there is something wrong with us if we can't push the energy of the Universe into alignment with our compensatory or other outsourced desires, is just another experience we must have to bring us, even through its very struggle, to a full awareness of who we really are. Everything we experience is having the same exact result, because there is no way that the Divine mission we are participating in here on planet Earth can fail. We are Divine Beings, we just don't know it—and our journey here is to bring us through duality to the conclusion that there is no duality. In this way, we will resolve the creative issue originated in the question—natural to any creative effort—as to what happens to a creation once it is created. Does it become separate from its creator? No, of course not, for it carries the essence of the creator in its very form. And so it is that once we have completed the creative process started at the onset of our journey here, we will recognize the Divine essence we are, and the Divine will not only operate in the ether world but in the world of form and substance as well. Therefore, everything we do here in an attempt to prove duality is going to ultimately end up proving only Oneness.

So, if we want to utilize the Law of Attraction, all we need do is raise our consciousness to the level of awareness at which we begin to experience the natural flow of our own Divine essence.



Andrea Mathews, host of Authentic Living Radio, is the author of *The Law Of Attraction: The Soul's Answer To Why It Isn't Working And How It Can* and of *Restoring My Soul: A Workbook for Finding and Living the Authentic Self*. A licensed psychotherapist offering both Transpersonal and Cognitive Therapy, Mathews, previously editor of two small literary magazines, has an ongoing blog on Psychology Today entitled *Traversing the Inner Terrain*.

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