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## Hardening of the Attitudes?

October 2009  
E-Newsletter

### *Greetings Friend!*

My father is a trooper. At 80 years young, he's making some new health choices including the addition of some daily raw greens and cardio workouts. Several weeks ago, we all got a wake up call. My Papa, a retired dairy farmer, drove himself to the emergency room while having a massive heart attack! Within 4 minutes of reaching the ER doors, he wasn't responsive. Later, he described it as a 'peaceful sleep' and then Source called him back. The story goes on with the amazing trauma response team in Monroe & at UW Madison, WI hospitals and his family members that swarmed in like bees with love and support. Picture this, my Dad flat-lined in the morning and then watching the Green Bay Packer game that night. Where else but in America?

This newsletter is dedicated to my father with respect to his super-hero will-power to live and the humor he continues to bring to myself & others. I love you endlessly, Papa.

Source heals. Love rules. Do your part.  
That's the topic and reminder this month.

**In Gratitude,**

~Marcia

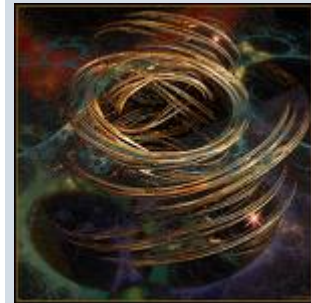
REGROUP. RECHARGE. RECONNECT.

DR. ERIC PEARL, DC.



- Do you or a loved one have a health challenge that's not responding to conventional or alternative treatments?
- Is your inner critic still working overtime?
- Do you have difficulty saying no to the increasing demands of others?
- Interested in being a kinder friend to your changing midlife body?
- Are you feeling lonely within your marriage or relationships?
- Is there an area of your life you want to expand yet

### Arteries, Attitudes, & Alchemy



The science of Alchemy is turning lead into gold. Through the ages, alchemy brings multiple levels of meaning in regards to consciousness and change.

Interested in more robust health?

**Great significance underlies every health challenge, large or small, because our body is a biofeedback system for our attitudes.**

Managing energy involves managing our relationship with our emotional self. Recognizing our emotions is the key for understanding the purpose of a particular illness or disease.

Poor health does not just land in our laps or in any other body part for that matter. When we believe that "I just caught something out of the blue", we deny the purpose and power of our body's intelligence.

In essence, our body is simply responding to our own consistent inner thinking patterns, commands and related

- you're running into resistance?
- Are you ready to make peace with your past and experience deeper daily fulfillment?

**If you answered YES to one or more of these questions, experienced help is here.**

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*Thank you for forwarding this to friends & family who may be interested in learning more about self healing & wellness. If you are a new reader, welcome! If you would like to receive my free monthly E-newsletter click on the side column button "Join Our Mailing List" or email me.*

*Happy Halloween  
May we all experience more fun and laughter!*

feelings.

As serendipity would have it, Louise Hay, BodyMind Alchemist, use to be my next door neighbor. In Santa Monica, in the early 80's, she worked with AIDS patients. I would watch her turn lead into gold.

Louise helped terror stricken men & women become free from their medical diagnosis and societal & self defeating attitudes.

Many of these courageous individuals healed themselves and eventually went on to help others to do the same.

Even those who passed away went out with more joy. Some were not physically cured but many still had their healing. They transitioned from their physical life with deeper appreciation, understanding and in peace.

**What is in your powerful mind and heart?**

**Why not tap into that part that actually attracts and creates what it believes you want?**



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