

KINDRED SPIRIT

6 **STEPS TO
CONNECT
WITH YOUR
ANGELS**

LEARN HOW
To Play with Your
Creative Energies

Discover
your destiny
With Nature's Wisdom

PLUS Dancing with Cancer...
EMPOWER YOURSELF TO HEAL
OVERCOME ANXIETY & INSOMNIA
...using Natural Cures

GABBY BERNSTEIN
On Taking a Judgment Detox

**HOW TO USE
YOUR INTUITION**

4 WAYS
To Pursue
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A note from your editor

March is the month in which Spring officially starts and the vernal equinox of 21 March has been

celebrated for millennia. A more recent development involves the clocks going forward on Sunday, 25 March. Both ancient and modern events herald the start of longer days and better weather. This changing of the seasons has brought our attention here at *Kindred Spirit* to the rhythmic cycles of Nature and its effects on our bodies and spirits.

So, one of the main themes of this issue is how we can tap into the immense power of Nature. We start with how we can use Nature in our divination practices (p.17) and natural cures for anxiety and insomnia (p.21), and then we look at traditional Earth wisdom teachings (p.36), wind magic (p.38) and how our body cycles change with the seasons (p.45). We hope you will join us on this reconnection with Gaia, mother earth.

Spring is also the time when we emerge from our winter retreats and inner reflections, and start to re-engage with the world and a more outward looking approach. If you are feeling keen to start back on your path, then we have a host of self-development delights for you. Following your dreams through the stars (p24), developing your intuition (p30), connecting with your angels (p62) and using your emotions to fuel your spiritual growth (p65) all offer practical steps to follow. While articles on how light can unlock the art of living (p32), the use of the etheric body for healing (p.42) and embracing our fear-selves (p.48) introduce thought-provoking insights into ways to reconnect to our perfect state.

And, don't miss *New York Times* best-selling author and teacher Gabby Bernstein on why she believes we can all benefit from going on a Judgment detox (p12).

Claire Gillman



MISSED AN ISSUE?

Visit www.kindredspirit.co.uk, or turn to page 75 to order from the Watkins Bookshop

Contributors



Dr. Jacob Liberman's discoveries in the fields of light, vision, and consciousness have been endorsed by luminaries in the fields of health, science, and spirituality, including Deepak Chopra, Bruce Lipton, and Eckhart Tolle. His new book, *Luminous Life: How the Science of Light Unlocks the Art of Living*, reveals how light guides our every step, so we may fulfill our reason for being.

BEST ADVICE:

Life doesn't give you what you want, it gives you what you need.



Pia Orleane Ph.D is the author of *Sacred Retreat*, which offers a template of how we can restore balance to our driven, radically unbalanced society. Founder of the Pleiadian-Earth-Energy Astrology system and a respected intuitive and channel for wisdom from other realms, she is co-author of three other books on human evolution.

BEST ADVICE:

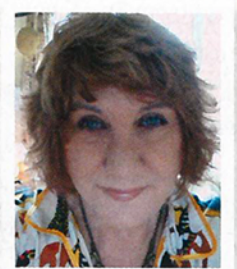
Be kind to everyone, for you never know how much they are suffering; this is what it means to be love and to spread light.



John Nelson is a novelist of spiritual fiction and the author of two nonfiction titles on the metaphysical arts. He has been a practicing yogi and meditator for some fifty years, and has trained in energy medicine with a Hawaiian Kahuna.

BEST ADVICE:

Stop talking and start listening. Others have something to say.



Atasha Fyfe is a writer, past life therapist, speaker and workshop facilitator. Her books, *Past Lives* and *Magic Past Lives*, published by Hay House, are about positive new ways to discover and explore your past lives.

BEST ADVICE:

Listen to your intuition.

HONOURING THE CYCLES OF NATURE

*Dr Pia Orleane tells us we can
maintain a healthy body and
mind by tuning in to our body cycles*

While many people may not recognize the dysfunction of society's patriarchal rules for living, most of us can easily feel the stress and pressures of living in driven and radically unbalanced societies. Every day we witness great imbalances, reflected collectively in higher divorce rates, increase in stress-related diseases, child and spousal abuse, famine, and war.

The problem is that we are out of sync with Nature. The evidence is all around us. We schedule our days according to a business calendar or clock, rather than in harmony with our bodies, often working long past the time we know we need to rest. We push to accomplish more than is realistic, wanting to achieve more, and then we feel discouraged if we do not accomplish everything we set out to do. We have simply forgotten that to live well requires periods of rest and retreat as well as periods of productivity to be balanced and whole.

All of life cycles. Everything is interwoven into a living system of cycles, from Earth's seasons to the enzymatic pathways that provide energy to a cell. Life itself is a process that waxes and wanes. Cycles

map the most auspicious time for everything in life, yet modern humans seem to have an abysmal disregard for the importance of cycles in our own lives. By becoming more aware of our own cyclical nature, we can use cycles to have more well-adjusted, healthy and productive lives.

TIME OF RETREAT

Patriarchal societies dismiss human cycles. The currency of patriarchal culture is progress, which assumes continual advancement. Retreat, the opposite of advancement, is often considered failure. By this standard, both women, who have a natural biological urge to retreat once a month, and men who are attuned to their own biological requirements for cyclical rest, are considered failures in our culture if they choose to honour a time of retreat. Reliability is defined by the patriarchy as constancy.

However, such artificial standards disregard the very nature of our makeup. We are not simply part of Nature – we are Nature. Like everything in life, we are governed by circadian rhythms (defined as inner cycles connected to the Earth's cyclic periods) >>



of day and night.) These rhythms are important for human health, safety, performance, and productivity. The circadian clock not only regulates our 24-hour rhythms, but is also involved in the regulation of rhythms of much longer durations, such as monthly hormonal changes and seasonal sleep changes.

Seasonal changes in night length induce parallel changes in the duration of melatonin secretion, causing the human sleep cycle to be longer in winter and shorter in summer. These changes in duration of nocturnal melatonin secretion, in turn, trigger seasonal changes in behaviour. And yet, modern cultures make no provisions for honouring our changing needs. Rather we rely upon technology, which has no nature-based cycles, to determine the rhythm of our living.

Technology-driven humans are literally not running on all cylinders. Because they are disconnected from their own life rhythms, they may lack depth. Often, they cannot relate to others because they are disconnected from their own natures. If you wonder if your participation in a technologically driven society is affecting you, stop and notice how much you rely upon (or are addicted to) caffeine, sugar, or other artificial stimulants to recharge your already overly burdened system. The natural signals for rest and retreat are clearly there when you absolutely must have a cup of coffee to get your day started.

Find out more

• Pia Orleane, Ph.D., is the author of *Sacred Retreat*, which offers a template of how we might restore balance to our driven, radically unbalanced society. With penetrating insight, Dr. Orleane, worldwide lecturer and former practicing psychologist, gives us another way of seeing the world. She offers talks on the value of the divine feminine and natural cycles.

• piaorleane.com

BODY CYCLES

Every part of being human includes a cycle of some sort. More than one hundred functions and structural elements in humans oscillate between maximal and minimal values once a day, including our breath, our blood, and our hormones. Every day our body produces more than 300 billion new cells. We take over seventeen thousand breaths every day, and we average thirty thousand blinks of the eyes. Our hearts beat more than two and a half billion times in an average lifetime. It is difficult to find any aspect of being human that does not include some kind of cycle. However, we seem to do our best to ignore these natural cycles, abandoning natural human rhythms for the more controlled technological rhythms of life.

The technological acceleration of rhythms in day-to-day living is an affront to the human nervous system and contributes to our separation from Nature and from each other. We are seeing evidence of nervous systems that cannot handle the constant overload of technical stimuli in the increased prevalence of autism in children today.

Even when we have awareness of or pay attention to the presence and importance of cycles in Nature, modern societies seem rather determined to override these cycles, trying to control Nature. Additionally, patriarchal cultures usually think linearly and place a strong value on progress, which is defined as moving in a linear direction toward something that is viewed as an improvement. Every parent is proud when her child learns to talk or walk, indicating progress toward growing into adulthood. Yet this same progression ultimately leads to death, and unless it is considered part of the life cycle, the arrival of death can make our progress seem meaningless. When seen as part of Nature's cycles, death is perhaps the ultimate act of renewal!

Honouring our natural biological cycles of growth and renewal is necessary

for healthy bodies and minds, yet most physicians are painfully ignorant about the importance of honouring our most basic hormonal cycles. Additionally, medically prescribed pharmaceuticals can have a cascading effect of deteriorating health because such treatments focus on singular issues rather than on cycles within the entire system.

In disease etiology and treatment, physicians recognize the importance of some but not all biological cycles. Western physicians take advantage of the rhythmic regulation of cell division in the treatment of cancer, and they recognize the importance of the need for regular sleep and proper nutrition, yet other cycles are completely ignored. Immune, endocrine, hormonal, and nervous system cycles are part of vital information processing that makes a total functioning system in humans.

To achieve health, we need to move away from perspectives of causality that focus on separate issues and move toward a deeper investigation of and respect for the information gained from examining all cyclical systems and the wisdom and harmony they provide. Self-retreats promote a more holistic view of ourselves.

NATURE'S TIMING

Although cycles are evident throughout the universe, it is curious that one of the most obvious cycles on Earth (women's monthly bleeding) is often minimized, controlled, or even ignored in the West, as are natural hormone cycles in men. Ignoring these cycles, or trying to control or suppress them (as with birth control pills or lack of rest), is an act that removes us from Nature and from the balance that is inherent in cycling as part of life.

Breathing is also a cyclical process. Exhalation and inhalation are both necessary to sustain life. However, in our stressed societies, many people today are experiencing an increase in anxiety that can be partially attributed to the simple fact that they are holding their breath



rather than honouring the full, natural breathing cycle. Both breathing cycles and women's bleeding cycles have merit in showing the relevance of honouring the timing and versatility of Nature.

If one cannot breathe out strongly and deeply enough to allow a proper in-breath, the breathing cycle cannot function optimally. The carbon dioxide-oxygen exchange necessary for life is thwarted, and life becomes a struggle from the deepest core of existence: our breath. Carbon dioxide is the master hormone of life because it regulates all activity. If our breath does not flow in and out in its natural cycle, we stress the entire system. This understanding illustrates how deeply we are connected to the basic cycling of life within our bodies.

We become out of balance when we argue with or ignore Mother Nature. Our relations with others can also reflect whether we are in balance or not. We are social beings, constantly interacting with others. In relationships, attachment and separation are part of the cycle of human life. When we disregard our own cycles, we often find women experiencing disconnection from their inner guidance and increased depression. The same disregard for men's natural cycles finds more and more men experiencing impatience, an increased need to control, and unbound rage. We need to create and honour times of retreat for both genders to rest, process their experiences, and regenerate so they can once again contribute to their families and communities.

To return to a societal state of harmony, it is necessary to acknowledge just how imbalanced we, as a society, have become. We have lost our ability to listen to our intuition. We ignore our bodies' needs for rest and regeneration in favour of the mind's impersonal demand to "get things done." To change this, we must turn and look at the continual push for progress that we allow to govern our lives. We must recognize that we have been conditioned to stop listening to our bodies or our inner voices when they tell

us what we need. We must stop our rationalizing minds from dictating how we schedule our lives. We must also learn to honour and respect others when they tell us that they need to rest or retreat.

Women, who have a natural biological cycle that governs times to retreat, can lead this return to a more natural way of living by beginning to honour the body's need for rest during specific times in their cycles. Men can contribute and make necessary changes by paying attention to their own emotional or physical signals that they need to retreat and rebalance themselves. A retreat from progress is not failure; it is success because such retreats allow us to work with our own natural cycles for more fruitful and creative lives.

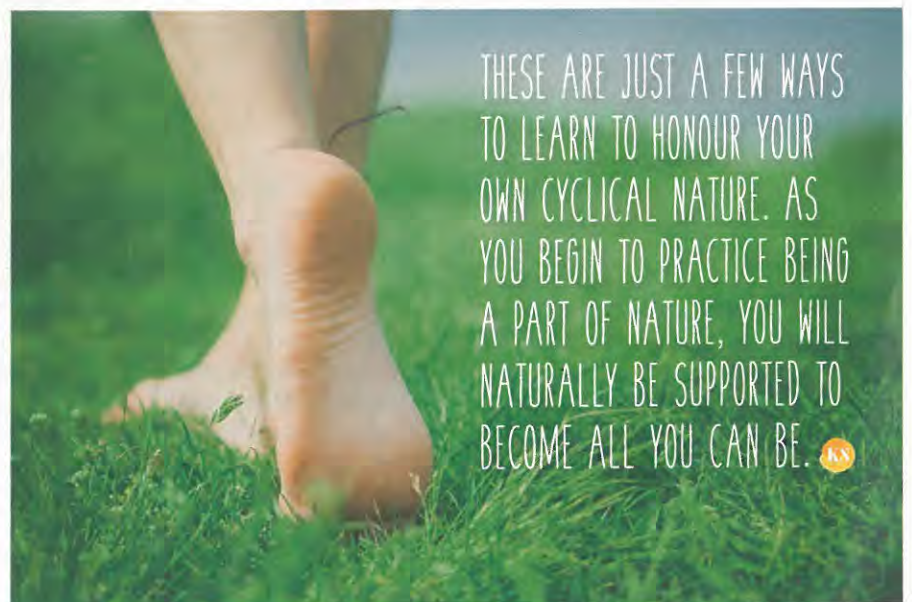
I recommend to anyone who feels the stress of modern life that you begin to create retreat time for yourself so that you can listen more deeply to what is required in your own life. When we continually move from one thing to the next without a pause to rest, we forget how to listen to our bodies and to each other. If you feel guilty for putting yourself first (which most caring people do), remember the instructions of a flight attendant when you fly: you cannot take care of someone else until you take care

of yourself first. So many of us are struggling under the illusion that we must take care of everyone else before we pay attention to our own needs that this misaligned belief system is causing major disruptions in marriages, family harmony, and in the workplace.

A happy and balanced person makes a better partner, parent, and co-worker. A stressed and overly tired person loses the emotional, mental, and physical balance necessary for listening to and interacting with others in a peaceful and pleasant way.

A FEW TECHNIQUES FOR CONSTRUCTIVE CHANGE INCLUDE:

- 1 Begin to look at what is not working in your life and imagine how it could be different.**
- 2 Stop believing in old ideas and accept the wisdom your heart provides to imagine new possibilities.**
- 3 Follow through on changes your heart leads you to make; it will be better for everyone if you do.**
- 4 Balance the time you spend in Nature with the time you spend in the artificial, technological world of Internet and cell phones.**
- 5 Add sacred retreat as an important part of your life, and practice slowing down to better listen to yourself and everyone else.**
- 6 Learn to respond rather than react to circumstances. Retreating teaches you how to manage your emotions in order to respond.**
- 7 Chart your own moods and physical well-being. Notice when you are out of balance and begin to make corrective changes.**



THESE ARE JUST A FEW WAYS TO LEARN TO HONOUR YOUR OWN CYCLICAL NATURE. AS YOU BEGIN TO PRACTICE BEING A PART OF NATURE, YOU WILL NATURALLY BE SUPPORTED TO BECOME ALL YOU CAN BE. 