



by Gayle Franceschetti

Manifesting in the New Year

"You are what you believe you are."

~Don Miguel Ruiz

We live in an abundant universe. It is our thinking that creates any perceived lack. Within each of us is the ability to manifest our ideals, by starting from where we are in this moment and expressing gratitude.

Everyone of us has opinions, ideas and beliefs gathered throughout life from what we have read, seen or heard from family, friends, teachers, religions and the media. Such belief patterns often prevent us from acquiring what we truly want in our lives. By constantly observing thoughts and feelings, we can start to become more aware of the viewpoints, fears, judgments, and subconscious attitudes that affect our behavior.

Once we pay attention to the details of our personal dream and how we choose to live in the world, we have an opportunity to unlearn what does not serve us. This new awareness offers the chance to select what we believe, think, and feel in order to affect outcomes.

Everything we create begins with a wish based on an inner visualization. Some people call this phenomenon the Law of Attraction or the Law of Reciprocity. What we put out comes back to us in kind. If we believe we can, we can. If we don't believe, then what we wish for does not come to fruition.

Everything we create begins with a wish based on inner visualization.

USE THE POWER OF THOUGHTS/ACTIONS:

Choosing thoughts is powerful and can alter experience. When we choose our thoughts, we are essentially picking consequences associated with those thoughts. Selecting uplifting thoughts and appreciating ourselves and others results in gratitude and joy. If we choose thoughts or

actions that are negative, unswerving, or harmful, then we are essentially opting for unconstructive consequences.

USE THE POWER OF WORDS: Though we engage in dialogue with others throughout the day, our most active and

THERMAL IMAGING

X TO RAYS.COM

Digital Infrared Thermal Imaging
Suzanne Pyle, MS, CCT
866. xtorays 866.986.7297
suzannepyle@prodigy.net



Want peace of mind? Join thousands of women who have chosen safe (no radiation) FDA approved breast cancer screening. Meet with Suzanne, a certified DITI thermographer. Locations throughout area.

TRAGER APPROACH

TRAGER BODYWORK

Skip Short, LMT, CTP
Hamden, CT 203.623.7092
skipshort@sbcglobal.net



Gentle, rhythmic table-work relieves pain, relaxes muscular and emotional stress, and enhances flexibility. Receive wearing soft clothing. Movement exercises help you retain the benefit. Visit www.tragerus.org or contact Skip for personalized information. Practicing since 1996.

THE TRANSCENDENTAL MEDITATION® (TM) TECHNIQUE

RICHARD & GAIL DALBY

Maharishi Invincibility Center
1360 Whitney Avenue, Hamden CT 06517
203.248.3000
newhaven@TM.org www.TM.org
www.doctorsonTM.org



Scientifically shown to be the most effective meditation program for reducing anxiety/stress and for increasing self-

actualization. Fact: The National Institutes of Health have sponsored \$25 million of research documenting the TM technique's benefits for hypertension/cardiovascular disease. Over 600 published studies show that the Transcendental Meditation program promotes optimum health and happiness while developing higher states of consciousness. Free introductory talk.

YOGA

THE GRACEFUL PLANET MOVING ARTS CENTER, LLC

7 Berkshire Rd, Sandy Hook CT 06482
GracefulPlanet.com
Kripalu Affiliated Studio

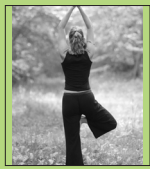


The Gracious Planet is a mind/body movement studio offering Yoga, Pilates as well as Dance.

The Gracious Planet is for all ages, with over 30 classes a week. We also offer workshops and trainings for self-development, community, and joyful gatherings.

RAVEN'S WING YOGA

19 South Main St. Branford
203.488.9642
www.ravenswingyoga.com



Rooted in the sacred teachings of yoga, Raven's Wing is an inviting & safe place for all who desire positive change. Gentle, beginner, moderate and vigorous classes offered, as well as monthly workshops, kirtan & seasonal celebrations. Ayurveda & private instruction also offered.

YOUR COMMUNITY YOGA CENTER

39 Putnam Ave, Hamden 06517
203.287.2277
www.yourcommunityyoga.com



Beautiful, serene, peaceful for Beginners to Advanced. Tantra, Ayurveda, Meditation, Vinyasa, Gentle/Restorative, Pre-Natal, Ashtanga, Full-figured, Anusara, T'ai Chi and more. Bookstore & Supplies. See ad page 32.

ZEN SHIATSU/EMEI QIGONG

PATRICIA BOLGER, LMT

Lic: 001098
Qi Artisans
15 South Elm St., Wallingford, CT 06492
203.265.0688
QiArtisans.com Emeiqigongchan.com



Restore your health and balance naturally with the energetics of Zen Shiatsu and Emei Qigong. Individual Shiatsu (sometimes referred to as acupuncture without needles) sessions and private or group Qigong classes within a safe and supportive connection. All ages welcome.



...we can transform our lives to a new experience of freedom, joy, and love that extends into the world.

consistent dialogue is with ourselves. It has been estimated that people average 60,000 separate thoughts daily. We program ourselves with more words than the total of those spoken to us by all the other people in our life. When we say what we mean and avoid using cutting or gossipy words against ourselves or others, we are using verbal power for truth and kindness, which results in more pleasant outcomes.

USE THE POWER OF INNER QUIET:

Something interesting happens when we quiet our minds. From inner silence it becomes possible to manifest anything. This quiet space within our hearts (not in our minds) is where we open to our true self and connect with the Infinite. We learn to trust ourselves to successfully guide our lives. If we spend most of our time looking outside ourselves, we tend to lose contact with that spirit, that creative source within.

USE THE POWER OF MEDITATION:

Meditation is a useful tool for facilitating inner quiet. Take time to breathe deeply, go within and pay attention to "inner knowing." This involves finding ways to enter the spaces between thoughts in order to obtain a sense of peace. Even meditating a few minutes each day can be helpful. Giving bodies and minds time to relax enables us to move into deeper self awareness. Developing a meditation practice helps to re-establish a clear channel of communication between body, mind and spirit.

Listen for the voice within.

Our ability to manifest an abundance of what our hearts desire is entirely predicated on how easily and quickly we can give old patterns and the collective unconscious the slip. It is attachment to these ideas that holds us back. Alternately, attention and intention placed within creates a domino effect that reverberates to others, subsequently contributing to the uplifting and healing of humanity. By taking the time for deep inner reflection, listening to and acting on our truth, we can transform our lives to a new experience of freedom, joy, and love that extends into the world. What we dream, what we feel, and what we really are, will all be manifested through our universe.



Gayle Franceschetti is an intuitive counselor, healer and reiki master. Founder of the L.O.V.E. Institute, (Lightworker of Vibrational Energy), she hosts seminars, workshops, learning events and power journeys. She holds masters degrees in education and counseling, is certified in hypnotherapy, past life regression and The Reconnection™, and has studied with many spiritual leaders, including Don Miguel Ruiz, author of The Four Agreements, and his mother, Madre Sarita, who consecrated Gayle as a healer in the Toltec Tradition. Gayle can be contacted at 203.265.2927, sunnispirt@sbcglobal.net, or www.return2love.net .