

# Being Alive

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**January 15**

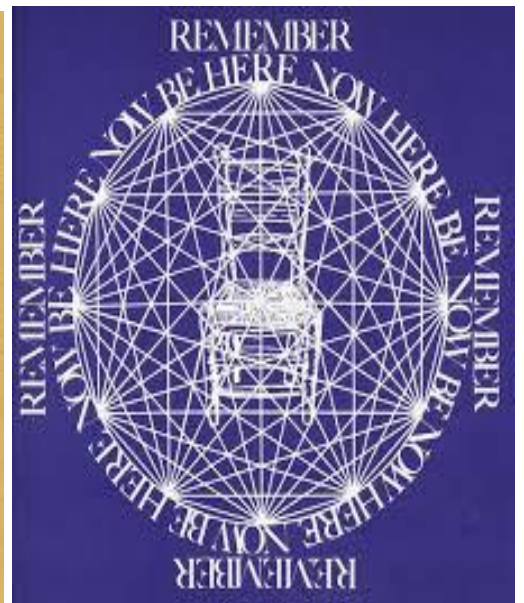
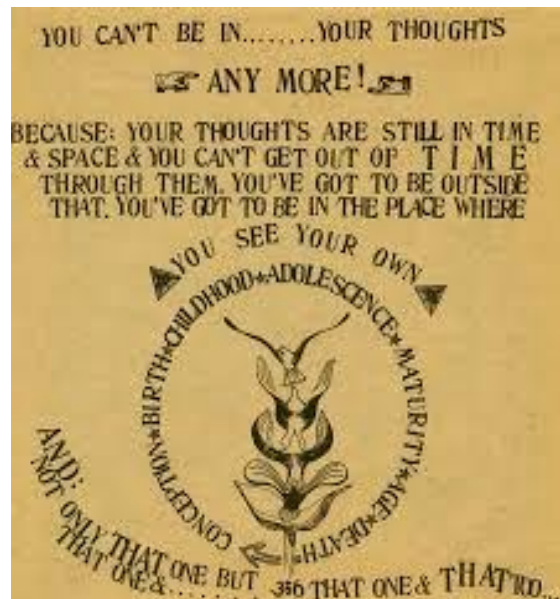
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*Ram Dass, 1970s*  
*Guru, Dies at 88*

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Ram Dass, the American spiritual teacher, academic, and clinical psychologist who did much to popularize LSD in the 1960s and '70s, has died at the age of 88. Born Richard Alpert, he was a colleague of Timothy Leary in Harvard University's psychology department, and the two later lived together in Millbrook, New York, where they pushed the limits of psychedelic experimentation. In 1967, Alpert, traveled to India, met his guru, the Hindu sadhu Neem Karoli Baba, known as Maharaj-ji, and returned renamed Ram Dass, or Servant of God. In 1974, turning away from psychedelics, he started a new life based on meditation, and his own synthesis of Buddhist, Hindu, Advaita, and Sufi teachings, and later, Jewish mysticism. His most famous book, [Be Here Now](#), has sold over 2 million copies since publication in 1971.



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*Quotes From  
Marianne*

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“Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life. Meaning does not lie in things. Meaning lies in us.”

– Marianne Williamson

“Joy is what happens to us when we allow ourselves to recognize how good things really are.”

– Marianne Williamson

“We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present.”

– Marianne Williamson

“There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do.”

– Marianne Williamson

“Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others.”

– Marianne Williamson

“Everything we do is infused with the energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful. And so our goal in any situation becomes inner peace.”

– Marianne Williamson

“Whenever we feel lost, or insane, or afraid, all we have to do is ask for His help. The help might not come in the form we expected, or even thought we desired, but it will come, and we will recognize it by how we feel. In spite of everything, we will feel at peace.”

– Marianne Williamson

“Just like a sunbeam can't separate itself from the sun, and a wave can't separate itself from the ocean, we can't separate ourselves from one another.

We are all part of a vast sea of love, one indivisible divine mind.”

– Marianne Williamson

**SIX PILLARS FOR A SEASON OF MORAL REPAIR**

- 1. AN AGENDA FOR ECONOMIC JUSTICE**  
*We will repair the damage done by trickle-down economics.*
- 2. U.S. DEPARTMENT OF CHILDREN AND YOUTH**  
*We will repair the damage done to millions of traumatized children.*
- 3. MASS MOBILIZATION TO REVERSE CLIMATE CHANGE**  
*We will repair the damage done to the earth.*
- 4. U.S. DEPARTMENT OF PEACE**  
*We will repair the damage done to America's moral authority around the world.*
- 5. REPARATIONS**  
*We will repair the damage done by historical wrongs.*
- 6. THE WHOLE HEALTH PLAN**  
*We will repair the damage done by an obsolete healthcare system that treats symptoms but not the root causes of disease.*

Paid For By Marianne Williamson For President **MARIANNE2020.COM**

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*The Simon &  
Garfunkel Story*

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Date: January 26, 2020 at 7:00 PM

An immersive, concert-style theater show, *The Simon & Garfunkel Story* chronicles the amazing journey shared by the folk-rock duo, Paul Simon and Art Garfunkel. It tells the story from their humble beginnings as Tom & Jerry to their incredible success as one of the best-selling music groups of the '60s to their dramatic split in 1970. The production culminates with the famous "Concert in Central Park" reunion of 1981, where the pair saw more than half a million fans in attendance.

Using huge projection photos and original film footage, the show also features a full live band performing all of Simon & Garfunkel's hits, including "Mrs. Robinson," "Cecilia," "Bridge Over Troubled Water," "Homeward Bound" and many more.

With more than 100 million album sales since 1965, Simon & Garfunkel's perfect harmonies and songs poignantly captured the times. Over the years, they won 10 Grammy® Awards and were inducted into the Rock and Roll Hall of Fame in 1990. In 1977, their "Bridge Over Troubled Water" album was nominated at the 1977 Brit Awards for Best International Album. In 2003, Simon & Garfunkel were awarded a Grammy® Lifetime Achievement Award, and the following year "The Sound of Silence" was awarded a Grammy® Hall of Fame Award.

Tickets are \$28, \$38, \$48 and \$58 depending on seat location. Discounts are available for members and groups of 10 or more. Please contact the box office at 877.571.SHOW (7469) for more information.

[https://www.discovercentralma.org/sp/the-simon-garfunkel-story/?utm\\_source=Discover+Central+Massachusetts+Newsletter&utm\\_campaign=6cfc007ad7-EMAIL\\_CAMPAIGN\\_2017\\_09\\_13\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_101e2ecbf8-6cfc007ad7-288196773&ct=t\(Y\\_COPY\\_01\)](https://www.discovercentralma.org/sp/the-simon-garfunkel-story/?utm_source=Discover+Central+Massachusetts+Newsletter&utm_campaign=6cfc007ad7-EMAIL_CAMPAIGN_2017_09_13_COPY_01&utm_medium=email&utm_term=0_101e2ecbf8-6cfc007ad7-288196773&ct=t(Y_COPY_01))



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*Achieve Your  
Resolutions! How to  
Manifest Your Ideal  
2020! (Plus, videos  
to help you on your  
way!)*

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by Dr. Jean Paul (JP) Amonte DC, CMT, ChT

**Happy New Year!** What an exciting time to live in, with many different opportunities and experiences to be had! Time to set some new resolutions, intentions, and ideals. You may be asking yourself, “what’s the difference between these terms”? For this article, think about resolutions as changes you are creating, intentions as specific goals in your mind, and ideals as your “big picture” mission statement.

So...what do you want to achieve in 2020? Are you thinking about trying a different diet? Or maybe starting up a new exercise routine? Perhaps you want to make amends with past relationships or begin a new one? Maybe you are thinking about a different career? Excellent! Can't wait to begin!

The challenge is...are you really going to do it? Seriously. Are you REALLY ready to make necessary, positive changes in your life to create new patterns that will ultimately lead to you achieving your highest self?

With the dawning of 2020, here we all are, together, on this momentous occasion, entering a new decade, thirsty for hopeful inspiration, setting another round of resolutions and toasting to our new intentions! Indeed, it is this elixir of ever-flowing intentions and resolutions that nourishes the Spirit and renews the Soul. It is my intention to help inspire you to achieve your resolutions, conquer your challenges and crush your goals!

So what are the most effective ways to manifest an intention?

**Step #1: Write it down, NOW!**

Write out your ideals, resolutions, and intentions on a daily basis. By putting your thought energy onto ink and paper, you literally are manifesting your mind into the physical dimension. Keep a journal at your bedside, create a vision board for your office, paint a wall with an affirmation, stick post-it notes on your fridge or wherever you will see it. Now you have a daily, regular reminder that will stimulate your mind. You see, your mind and heart emit electromagnetic fields (the heart's is WAY stronger, so that's why it's important to ground your intention in a loving, heart-centered context) and when you are regularly focusing and concentrating the mind on something, it creates a subtle magnetic field that begins to attract that possibility into your reality. So the more often you write and read an intention, the more likely you are to manifest it.

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*Achieve Your  
Resolutions! How to  
Manifest Your Ideal  
2020! (continued)*

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**Step #2: Take one step at a time.**

The mind is often overwhelmed when given too many choices. If you make too many demands on yourself, you are less likely to achieve any of them as opposed to focusing on one. Stick to a few simple goals at a time. Make sure to be very clear about your intentions and, especially, the WHY behind them. By understanding the emotional and spiritual source of why you want this in your life, you will gain a deeper awareness of your Self and what you are here to accomplish. Ultimately, every action throughout the day should support your overall ideal and align with your resolutions. Therefore, keep your resolution simple and clear!

**Step #3: Be open to daily opportunities.**

Every day we have the chance to meet new people and receive new information and experiences. If you want to create new, positive changes, then you must remain open to receive new information and positive interactions. Be mindful of the people you're around and the environments you put yourself in every day. Be sure they match the emotional and spiritual vibration of your resolution. When those frequencies match, there becomes an increase in the harmonic resonance and a greater likelihood of attracting your intention. It could happen in many different ways: a person's recommendation, a stranger's comment, a "random idea" from a friend, or my personal favorite, through dreams. Many great companies and fortunes were created and developed from seemingly random ideas, so be OPEN to the possibilities! Trust your Self! You know what feels right for you, and which opportunities to follow.

**Step #4: Get out of your own way.**

You are your greatest ally, but also your worst enemy. Self-doubt, being over-critical, and allowing the mind to tear you down into pieces is one of your greatest setbacks. Those negative thoughts will stifle and destroy your resolution faster than Usain Bolt. A Mayan Shaman once described the mind as a beautiful garden, and the goal of mastery was to become a vigilant gardener. The Shaman warned that negative thoughts are like weeds that will quickly take over and suffocate the other plants. These weeds must be pulled out and eliminated (by the roots = past traumas and patterns) every single day. The plants are our intentions, hopes, and dreams, and if nourished everyday (through meditation, prayer, affirmation, exercise, etc.) they will grow and produce bountiful flowers and fruits. So be ever mindful of your thoughts (i.e. your garden) and, every day, pluck out the weeds of negative thoughts that are getting in your own way. Then come back to your resolution, set a clear intention, trust your Self, and DO it!

Wishing you all the best in achieving everything you desire! Cheers to your 2020!

Dr. Amonte has created a series of videos titled, *Heal Thyself*, in which he shares information and tips about topics such as Home Massage, Foods that Heal, Detox Juicing, Healing Meditation and more! He also shares morning and evening exercise that are good for the body, mind, and spirit. He wanted to share these with you to help you on your journey in 2020. <https://www.edgarcayce.org/on-demand-content/achieve-your-resolutions-how-to-manifest-your-ideal-2020/>

### Solidarity and the Immigration Justice Movement

Numerous international human rights documents firmly establish the principle that can be “illegal” or outside the protection of the law. Despite that, U.S. governments continue to sanction human rights violations against migrants and immigrants - many women who are disproportionately affected. This session will gather, educate, and Women's Marchers in advance of the 2020 March to build joint analysis about key 20 opportunities as they relate to Immigrant Justice.

### No War With Iran - Remove Trump!

Women's March and our allies are joining together to demand that Congress stop Trump to war with Iran, and we need your help. We know Trump's actions speak louder than words. We have to be vigilant with this administration.

Take non-violent direct action in D.C. on Thursday, January 16 to call for peace and end the cycle of endless war. Meet on the East lawn of the Capitol, across from the Supreme Court, NE and Maryland Ave NE, Washington D.C., DC 20543.

### Why Women Lead on Climate

Across the world, women are feeling the impacts of climate change on their families, communities and taking action. This gathering will lift up stories from women leaders in their country who are bringing policy solutions to their communities. Join us to hear why women are leading on climate justice and how you can get involved in fostering a Feminist Age of a New Deal.

Featured panelists include: Tamara Toles O'Laughlin, North American Director of 350.org, and Nazar, co-founder and co-executive director of Zero Hour

### Yes! I will be marching in D.C. on January 18, 2020.

Three years of marching, training, organizing, and building power - it's all been leading up to this. In 2020, we have the chance to strengthen the movement we started three years ago, and march together in the face of continued attacks on our bodies, our rights, our immigrant communities, and our planet.

**This year, we aren't just marching.** We're putting our bodies on the line hand in hand in these mass movements.

With your help, we can make this the largest day of action the country has ever seen. Let's ensure that our leaders be held accountable, protect our planet, and fight for our rights.

<http://womensmarch.com/2020-march-info#2020-march-events>



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*Release Stress. Heal  
Your Heart. Master  
your Mind.*

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# Evolutions in Being

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