



Being Alive

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Worries and Anxiety

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So many people are concerned and anxious today. It is with good reason of course. COVID-19 is a disease as concerning as any we have witnessed in most of our life times. Cancer is a disease that concerns so many. Violence in our society is a disease of the heart.

We have the power to relieve our own anxiety. We of course must change the narrative of fear in order to succeed at this.

Sister Jayanati of Brahma Kumaris has a gentle way of encouraging a release from Anxiety.

<https://www.brahmakumaris.org/wisdom/essential-spirituality/a-spiritual-perspective?view=video&nodeRef=workspace://SpacesStore/8ed721c1-e051-4e6b-809e-414244be36d7&ctg=all>

Worries and Anxiety

July 30, 2018



*Cold Cucumber
Soup*

Ingredients

1 large cucumber (sliced)
1 large avocado
½ cup water
1 clove garlic
1 medium lime (juiced)
1 tsp apple cider vinegar
1 tsp cumin
¼ tsp salt (optional)
¼ cup cilantro (optional)
1 tbsp jalapeno (finely chopped, optional)

Directions

1

Add the cucumber, avocado, water, garlic, lime, apple cider vinegar, cumin and salt, cilantro, and jalapeno (if using) to your blender or food processor.

2

Blend until creamy.

3

Chill in the refrigerator for 1-2 hours.



delish

Fruits With The Lowest Carbs

5 CARBS

Raspberries
Blackberries

6 CARBS

Lemon
Coconut

7 CARBS

Watermelon
Cantaloupe
Strawberries
Plums

8 CARBS

Clementines
Kiwi
Peach

*per 100 grams

MORE REASONS TO EAT FRUIT!

Cherries help calm
your nervous system



Grapes relax your
blood vessels



Peaches are rich in
potassium, fluoride
and iron



Apples help your body
develop resistance
against infections



Watermelon helps
control your heart rate

Oranges help maintain
great skin and vision



Strawberries can
potentially fight against
cancer and aging



Bananas are great for
athletes because they
give you energy



Pineapples help
fight arthritis



Blueberries protect
your heart

Kiwis increase
bone mass



Mangos protect against
several kinds of cancer



SEVEN

SPIRITUAL

LAWS OF SUCCESS

#1 Pure Potentiality

Understand that we are pure consciousness and therefore full of potential. When we are aware of our Self, and align with the Universe, the possibilities are endless.

#2 Giving & Receiving

The Universe operates in a dynamic exchange of energy. What you give, you receive. Give unconditionally and show gratitude for what you receive. It will multiply in time.

#3 Cause & Effect

"No debt ever goes unpaid."
Become conscious of your actions and thoughts so you'll sow good seeds and reap good rewards. Practice mindfulness and listen to your intuition.

#4 Least Effort

Learn to let nature's intelligence unfold itself. See Law #2 on energy. Be in the moment, take responsibility in difficult times, stop ruminating on the negative (energy).

#5 Intention & Drive

What you put your attention on, you attract. Take active and massive actions on your intentions to achieve your desires. Don't forget to let things flow on its own.

#6 Detachment

By giving up attachment on the outcome, you subdue your Ego. Without being critical and vexed, you allow yourself to be creative and flexible. Be spontaneous!

#7 Law of Purpose in Life

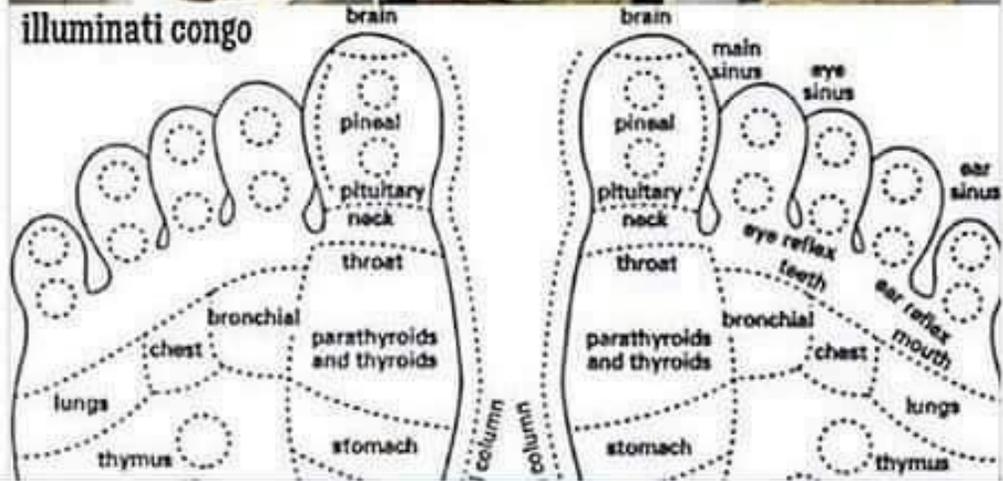
We all have a purpose in life when we arrive. Learn to seek within and discover your potential and purpose. Ask yourself: "If money was of no concern and I had all the time in the world, what would I do?"

One of the most powerful poses unique to #kemeticyoga directly stimulates all the glands in the brain simultaneously through feet reflexology points. #reflexology #footreflexology #kemet

Sitting on the Toes stimulates Pineal/Pituitary/Lungs



illuminati congo



*Sweden has
Become the
World's
Cautionary Tale*

By Peter S. Goodman,

The New York Times Company

July 8, 2020

LONDON – Ever since the coronavirus emerged in Europe, Sweden has captured international attention by conducting an [unorthodox, open-air experiment](#). It has allowed the world to examine what happens in a pandemic when a government allows life to carry on largely unhindered.

This is what has happened: Not only have [thousands more people died](#) than in neighboring countries that imposed lockdowns, but Sweden's economy has fared little better.

“They literally gained nothing,” said Jacob F. Kirkegaard, a senior fellow at the Peterson Institute for International Economics in Washington. “It’s a self-inflicted wound, and they have no economic gains.”

The results of Sweden's experience are relevant well beyond Scandinavian shores. In the United States, where the [virus is spreading](#) with alarming speed, many states have – at [President Donald Trump's urging](#) – avoided lockdowns or lifted them prematurely on the assumption that this would foster economic revival, allowing people to return to workplaces, shops and restaurants.

In Britain, Prime Minister Boris Johnson – [previously hospitalized](#) with COVID-19 – [reopened pubs](#) and restaurants last weekend in a bid to [restore normal economic life](#).

Implicit in these approaches is the assumption that governments must balance saving lives against the imperative to spare jobs, with the extra health risks of rolling back social distancing potentially justified by a resulting boost to prosperity. But Sweden's grim result – more death and nearly equal economic damage – suggests that the supposed choice between lives and paychecks is a false one: A failure to impose social distancing can cost lives and jobs at the same time.

Sweden put stock in the sensibility of its people as it [largely avoided imposing government prohibitions](#). The government allowed restaurants, gyms, shops, playgrounds and most schools to remain open. By contrast, Denmark and Norway opted for strict quarantines, banning large groups and locking down shops and restaurants.

More than three months later, the coronavirus is blamed for 5,420 deaths in Sweden, according to the [World Health Organization](#). That might not sound especially horrendous compared with the more than 129,000 Americans who have died. But Sweden is a country of only 10 million people. Per million people, Sweden has suffered 40% more deaths than the United States, 12 times more than Norway, seven times more than Finland and six times more than Denmark.

*Court Orders Shutdown
and Reoval of Oil From
the Dakota Access
Pipeline*

A federal judge has ordered the Dakota Access Pipeline to shut down and remove all oil within 30 days, a huge win for Standing Rock Sioux Tribe, the Cheyenne River Sioux Tribe, and the other plaintiffs.

In a 24-page order, U.S. District Judge James Boasberg wrote that he was “mindful of the disruption” that shutting down the pipeline would cause, but that it must be done within 30 days. The order comes after Boesberg said in April that a more extensive review was necessary than what the U.S. Army Corps of Engineers had already conducted and that he would consider whether the pipeline would have to be shuttered during the new assessment.

“Following multiple twists and turns in this long-running litigation, this Court recently found that Defendant U.S. Army Corps of Engineers had violated the National Environmental Policy Act when it granted an easement to Defendant-Intervenor Dakota Access, LLC to construct and operate a segment of that crude-oil pipeline running beneath the lake,” said the opinion from Boasberg.



*Keep Kids Safe:
During Covid-19
and Beyond*

The COVID-19 pandemic has exacerbated the existing silent pandemic of sexual violence, exploitation, and abuse against children. Timely action by Congress can #keepkidssafe.

[Four Ways To Take Action Now](#)

Staying at home and being online doesn't always mean staying safe.

Because of the COVID-19 pandemic, many families are now facing disruptions in routine, isolation from society, more time spent at home and online, financial insecurity, stress, and anxiety, and as a result, the risk of violence against women and children in all forms is on the rise.

Many children are now hidden from the caring adults, community members, and mandated reporters who would have protected them: friends, neighbors, family members, teachers, doctors, dentists, and even child protective service professionals. Additionally, large numbers of children are spending unprecedented time online, increasing exposure to online violence, sexual exploitation, and abuse.

Our national response to COVID-19 must keep kids safe from the virus and also #keepkidssafe from violence at home and online.

Led by a group of adult survivors of child sexual abuse and national leaders, we are calling on Congress to take urgent action. Join us and help #keepkidssafe during COVID-19 and beyond.

We need to ensure that the most marginalized and vulnerable kids can access services.

The COVID-19 pandemic is having a devastating impact across the United States, and the data shows COVID-19 has disproportionately impacted communities of color, further exposing longtime racial inequities. We also know that longstanding structural barriers have made it more difficult for Black and Indigenous communities to access a variety of critical services focused on prevention, healing, and justice to end child sexual violence. In some cases, the systems designed to protect individuals and families have actually caused harm and exacerbated existing inequities.

This is unacceptable. We must work together to dismantle these barriers and ensure that these systems work to protect every child and serve all families and communities during COVID-19 and beyond.

We can help do this by strengthening programs that not only prevent child abuse and protect kids but also provide trauma-informed services that help abused children heal. In particular, we need to expand existing funding to grassroots organizations at the frontlines of child protection with programs that effectively serve diverse racial, ethnic, and religious communities, and that provide care for survivors and support for professionals who work to protect children. We must also work with allied organizations to ensure women and other at-risk populations are safe from violence.

<https://www.keep-kids-safe.org/>

<https://www.d2l.org/>

*Foods to Eat in
Summer*

If you're looking for hydration superstars, here's a list of foods with exceptionally high water content:

- Watermelon
- Cucumber
- [Celery](#)
- Berries
- Cantaloupe
- Tomatoes
- Peaches
- Oranges
- Lettuce
- Bell Peppers
- Cauliflower
- Cabbage
- Grapefruit
- Pineapple

Foods with Electrolytes

When it's hot outside, and you're sweating, you need to hydrate not only water, but the electrolytes you lose through perspiration. Some foods that are high in electrolytes (especially, but not exclusively, sodium and potassium) include:

- Leafy greens
- [Avocados](#)
- [Potatoes](#)
- [Beans](#) and other legumes
- Seeds (pumpkin seeds, flaxseeds, etc.)
- [Bananas](#)

Olives

"But if ye are attempting to have thy physical body doing just as it pleases, thy mental body controlled by "What will other people say?" and thy spiritual body and mind shelved only for good occasions and for the good impressions that you may make occasionally, there cannot be other than confusion!"

Edgar Cayce reading 1537-1

". . . do not be afraid of giving self in a service--if the ideal is correct. If it is for selfish motives, for aggrandizement, for obtaining a hold to be used in an underhand manner, beware. If it is that the glory of truth may be made manifest, spend it all--whether self, mind, body, or the worldly means--whether in labor or in the coin of the realm."

Edgar Cayce reading 1957-1

"In the manner, the way ye attend, ye treat or ye hold--in thy mental self--thy brother's position, or thy neighbor's or thy friend's as thy own, that is the manner, the concept ye hold of thy Creator!"

Edgar Cayce reading 1603-1

The Power of One

Friday, June 19, 2020

[Anne Jobbe Hall](#)

<https://www.edgarcayce.org/about-us/blog/blog-posts/the-power-of-one/>

Spiritual Growth

Each day brings more challenge, more hardship, more suffering. Our hearts are breaking, our patience is waning, and there is no end in sight. Events appear cosmic, beyond our control. Yet, we are far from powerless. When we come together as One, we have the power to transform our world.

A single act of kindness, like a single drop of rain, might have little noticeable effect. But millions of raindrops falling together can form a channel capable of breaking through the strongest dam. In the same way, the accumulated grace of a million acts of kindness, channeled by shared intention, can break through the barrier of ruthless selfishness, flooding the earth with new life. That is the power of One.

What then can we do to exercise this power? How can we come together at a time when we cannot be together physically?

“Come together in ONE mind, as ONE purpose, ONE designated, as one,...”

-Edgar Cayce reading 281-2

To intentionally come together in spirit, mind, and purpose, attune yourself to the Divine within, as you do in meditation. Surrender to your longing for wholeness. Know you are One with each other and with all Being. See and feel the light of love. This is your sacred place.

If you are among those who have found peace within, despite the turmoil without, this can be a time of spiritual growth. Do not feel guilty if you experience beauty, love, or happiness; if you sing, dance, or have fun. Feeling good does not mean you are indifferent to the suffering of others, or that others will suffer in your place. You do not help others by being depressed and without energy. You help by raising positive vibrations; beautiful, happy, bright vibrations.

“As life is the manifestation of the Creative Forces, and as the beauties of same manifest themselves in nature, in all of its songs and in all of its beauty of every character, so may the song of the heart find hope and peace!”

-Edgar Cayce reading 1641-1

The Power of One

Continued

Although apart, we can come together in purpose through united prayer. Praying from the Divine within us to the Divine within others, we can encourage one another to manifest our best selves, even in horrendous circumstances. By praying together with one mind, one spirit, and one intention, we can feed the hungry, care for the sick, comfort the grieving.

People feel isolated and afraid. Send them light and love. The energy and vibration of love is the energy and vibration of creation. The energy and vibration of light is life itself. What more powerful support can we offer than countless souls vibrating with light and love as One?

“Whether in the spiritual or physical, ACTION is necessary to put cooperation into operation - thus those who would come together for a common cause must have UNITED ACTION in pursuit of, and even the realization of, a common end.”

-Edgar Cayce reading 262-5

What kind of world would you like to create? Use your imagination to envision a better world, a world in which people bound together in love live in accord with all creation. If you cannot imagine such a world, think of a picture, song, or poem that expresses universal love.

An image that touched many of us in the 1960s came from a Coca Cola commercial. It showed people from all over the world on a mountaintop; with joined hands and smiling faces, they blessed the world with song. The feeling of communal love images like this evoke helps us trust such a world is possible. With only a few word changes, the song expresses universal love:

“I'd like to buy the world a home and furnish it with love,
Grow apple trees, and honey bees, and snow white turtle doves.
I'd like to teach the world to sing in perfect harmony;
I'd like to fill the world with hope and keep it company.

“Oh, love, it's the real thing.
What the world needs today, love's the real thing.

Use whatever inspires you to envision a better world, whether it's firemen honoring doctors and nurses on the streets of New York, mass demonstrations for social justice, or a rocket carrying humans into outer space. By imagining a world in which people joyfully come together for the good of all, we can make our shared vision real, for “mind is the builder.”

“People come and keep coming and some, ‘the chosen,’ stay and start helping to make the dream come true of a better world with caring, sharing, aware people in it. We have come with stars in our eyes - may they keep shining.

- Edgar Cayce reading 254-20

The Power of One

Continued

Our world is shaken, crumbling. We will build something new from the rubble. Until then, use the power of One. Establish a ritual to pray with others in your sacred place. Raise your vibration through meditation and joyful living. Envision a better world. There is no need to fear; we do not face the darkness alone. We stand together as One in the Divine light of love, and angels have our back.

“Be not afraid, ever surrounding self with His presence of love; for He hast given His angels charge concerning thee, that they bear thee up, that thou stumblest not when thou wouldst aid.”

-Edgar Cayce reading 281-12

Anne Jobbe Hall is a retired librarian and museum director who happily resides on the central Oregon coast. She is a longtime Edgar Cayce follower and member of the Association for Research and Enlightenment. Ms. Hall is currently writing a fictional series about Atlantis, the story inspired by Edgar Cayce’s past-life readings and her own Atlantean memories. Book One, *Atlantis: The Isle of Horses*, explores the metaphysics of Being. Book Two, *Atlantis: Hesperia*, asks what it means to be human. For information, book descriptions, and excerpts visit <https://www.annejobbehall.info/>



*I'd Like to Teach the
World to Sing (In
Perfect Harmony)*

I'd Like To Teach The World To Sing (In Perfect Harmony)
[The New Seekers](#)

I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow white turtle doves
I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms
And keep it company
I'd like to see the world for once
All standing hand in hand
And hear them echo through the hills
For peace through out the land
(That's the song I hear)
I'd like to teach the world to sing
In perfect harmony
I'd like to teach the world to sing
In perfect harmony
I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow white turtle doves
I'd like to teach the world to sing
In perfect harmony
I'd like to hold it in my arms
And keep it company
I'd like to see the world...
I'd like to teach the world to sing
In perfect harmony
I'd like to teach the world to sing
In perfect harmony
I'd like to teach the world to sing
In perfect harmony, that's the song I hear

Without the Coke of course, but these are great fun!
Click the link!

https://www.youtube.com/watch?v=C2406n8_rUw

<https://www.youtube.com/watch?v=miPcx5mi3Rs>

Original : <https://www.youtube.com/watch?v=ZWKznrEjJK4>

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