



Welcome to Spiritual Compass Connection Newsletter!

<http://spiritualcompassconnection.com>

Free Articles, answered questions, tools and tips for you! We will explore topics that feed your soul and help you in creating a new version of you! You create your reality and The Connection Newsletter can be a beacon of light to help you on your path. Topics such as Synchronicity, Angels, reality shifting, Auras, Vibration, Law of Attraction and more! Please click below for this months Newsletter. Also online, for your convenience, will be links to previous months newsletters as they are written. Don't forget to sign up to be notified when the next monthly newsletter is available!

Welcome to Spiritual Compass Connection Newsletter

!

Quote of the month:

"So, why am I who I am, and why am I born to who I am born to, and why is it set up the way it is set up?" We say, "For the fun of it. For the joy of it. For the expansion of it. For the growth of it. For the difference in it. For the desire producing value in it."

Excerpted from a workshop in Tarrytown , NY on Saturday, October 17th, 1998

All Is Well ~ Abraham

Welcome to my new newsletter!!! :) I plan to have this newsletter monthly and, of course, FREE! :) The articles will flow with what message is meant to be heard. If you have a topic you'd like me to discuss, please do let me know! :) Or you can also submit to my new "Dear Maggie" column below and get your questions answered that way!

Also up and coming are three new classes I've added to my classes selection!

- [Awareness for Kids \(ages 7-13\)](#)
- [Manifesting Parties!!](#)
- [Reiki for Kids - Level 1 \(ages 7-13\)](#)

Go to my classes section to find out more!

Movement Meditation and The Connection to My Seven

Just using the word "meditation" for most that have not meditated brings up a lot of assumptions and ideas that don't truly fit the act of meditating. Meditating is not just about sitting in the lotus position chanting " OM ", although this is a wonderful form of meditation in itself. For today, however, I want to talk about another form of meditation that takes place with millions on a daily basis: Movement meditation.

You can meditate quietly, yes. And you can also meditate while you are moving. Usually, this is for a more consistent movement that doesn't require too much thinking on your part. Most common forms of meditation while moving are Tai Chi, Qui Gong, Karate and (I kid you not) Exercising of any sort. You CAN do this during your normal exercise routine; swimming, jogging, running, even playing any instrument (like drumming), etc. You can even do movement meditation while standing in line at the grocery store or during a time that you might otherwise consider wasteful or boring. (However, even these moments can be enjoyed as you live in the NOW as well!)

During my routine, I will connect prior to my workout. Then as I get into my warm-up and workout I zone out a bit. The act of stretching and warming up releases the icky's of the prior day(s). As I get more rigorous in the workout and depending on what is going on in my life I may need more time to just let loose. This is an excellent release for our physical body, as well as our emotional, mental and spiritual selves! Once I feel ready, I will attempt meditation while moving.

I have effectively meditated while using the Elliptical machine, as well as partially during my Aerobics routines with Denise Austin. When you are doing repetitive motions you can let your mind wander to other realms of existence. As you work through the motions, your conscious mind will take over and you can drive it to a more subtle frame of mind. Breath deeply a few times, slowly. In through your nose and out your mouth. (Breathing this way also prevents dehydration.) Visualizations are extremely beneficial to get you into a wonderful state of bliss. Try walking your spirit through the woods, up a path (as long as it takes for you) and see yourself coming to a wonderful clearing where a beautiful quaint lake awaits you. Sit by a rock and see the small waterfall flowing into the lake. Even get under the beautiful blue water and feel the cleansing effects of the sun-soaked water. Come the other side of the waterfall and meet your Spirit Guides, Angels or other beings! If you find yourself in mindless chatter, become aware of it and bring yourself back to the meditation. You can even chant something over and over again to bring you back to that state. From " OM " to even the 4 Ho'oponopono healing phases: "I'm sorry, please forgive me, I love you, thank you" over and over again. Anything you can think of that is easy to get you into a state of harmony.

Magic awaits you as you drift into movement meditation. Not only is exercising releasing wonderful happy edorphines, you add to the benefit with movement meditation. Messages will come to you during this state of mind. You can even set an intention before starting to have a question answered. If your question isn't answered during the meditation, the act of intentionally receiving an answer will come after the meditation too. You will find answers and meaning to whatever you seek!!

Four years ago I was riding my elliptical machine and had just read a book where the author meditated while swimming. I realized I was doing the same thing! While riding the elliptical, four years ago, I met for the first time My Seven Angels. I made a conscious effort to

meditate and get into a blissful peaceful state of mind. Then the main Angel of the Seven came to greet me. He (though he came as non-gender, it is easier to describe and talk about him in that sense, since he seems more male than female) came to me and rested his head on his hands on the elliptical machine. Very easy going! A smooth entrance that they knew I'd like and feel at ease with. How he choose to look for me is also amazing to what I am comfortable with! He came with black shoulder length straight hair, barefoot in blue jeans with holes at the knees. He was sooo bright white that I couldn't tell if he had a white shirt on or not! The wings were also so bright they were hardly defined. Mostly I just saw him, or his essence. Then the other six Angels formed around him and I. All Seven formed an almost Diamond around me. The others were all bright white. The main angel who came to me is like a spokesman for all of them. Amazing!

Now fast forward four years. Wonderful experiences, lessons and transformations took place within me during this time. I realize now it accelerated as I made my first contact with my Angels. They were, are and always will be preparing me for transcendence, raising my vibrations for easier contact with them in order to follow my truest passion: helping others transcend from old to new and follow their passions! A new version of you! :) I was reminded of my contact with these main 7 Angels recently and again started contacting them and realized I am to channel with them for communications in this Newsletter, my Website, classes and more! :) I'm so happy to have more conscious communication with them again.

The last message they leave me (and you) with today is: In my latest communication with them I was handed 7 gold coins from my **My Seven** (as I call them now). Each coin represents one Angel and what that Angel's expertise is to assist me with:

1. Love
2. Prosperity
3. Health
4. Peace
5. Teaching Passion
6. Legal
7. Friendship

For me, these are my current main lessons. I feel that many have "Love", "Health" and "Peace" Angels and depending on the person and their mission in life other Angels will vary in specialty. Each Angel will change depending on what lessons ***you*** are needing to progress in. But you each have ***at least*** 7 main Angels with you at all times, assisting you with your day-to-day life. **Believe, have faith and call on them whenever you need them.** Angels cannot assist you further until you ask! However, they always and will always send you subtle positive guidance that you can choose to listen to or not. We have free will. They can, however, interfere when your life is in danger if it's not a lesson you are supposed to go through. Other than that, you must ask (in your mind is a fine way to do it) and tell them you are ready to hear them, listen to them and follow their guidance as best you can! Angels act like a silent partner that you give advice. They will do what they can as guides in your life! :) If you listen to that still small voice in your mind (many messages will come from your guides in the form of your own thoughts and "imagination"/creation). And I will say it again: **Believe, have faith and call on them whenever you need them.** Their sole purpose for existing is to assist you and they love it!

~Spiritual Cheerleader

Dear Maggie Column:

Dear Maggie,

I am hearing a lot lately about how quantum physics are merging the disciplines of both the physical and the metaphysical. I was listening to a gentleman named Stan Tenen on Coast To Coast AM the other night and he was saying how the computations of a quantum computer may have results in this dimension which may differ in others. Can you speak to this and with regard to ho'oponopono, would you say that the vibration created from both the vocalization in saying the name, tied in with the vibration emitted from the feeling in the intention is akin to how the vibration in the kabalistic nature of the ancient Proto-Hebrew language deals with the vibration and the meaning of the symbolism as well as the Sacred geometry embedded in the language and symbolism itself and of the Talmud?

The reason I ask is that with all of the manifesting that we do, we tend to do it in the language which we understand. When the Bible (derived from the Talmud and Kabalistic tradition) is translated into the modern King James version (in English), it was suggested by Mr. Tenen, that the stories and verses have no real meaning in themselves compared to the vibrational nature of the patterns sited in the traditional language.

My question is, as Ho'oponopono has its meaning emitted when spoken in native Hawaiian, does language have anything to do with how the intention manifests (like the way a Tibetan monk chants a certain timbre or pitch for a certain purpose) or do you feel it is strictly rooted in the meaning or feeling of the individual?

I believe that ancient languages served these vibrations in spoken words and in written symbolism. We are now beginning to understand this again as a culture. I feel that these vibrations, as with music, affect the outcome of our intentions on a quantum level.

~Anonymous

Answer:

Dear Anonymous,

I do feel vibration is the key to remember. Sound vibration gets us there, feeling (emotions) gets us there, Love and happiness are the ultimate vibrations that release us from the "ties that bind". If we can keep those vibrations up and alive within us as often as possible, then our vibrations are at their peak to not only receive all things good (including the blissful state of this Love and happiness vibration) but also to spread it to others! In sharing our love with others we raise our vibrations as well as others vibrations. As we are in our highest of vibrations, just our mere presence in this state causes a shift in the positive direction.

Yes, I feel that sound, music, language that emits different sound frequencies and vibrations will and does affect in ways we still may not fully comprehend. But, like you, I feel we are getting there and fast! [Tom Kenyon](http://tomkenyon.com) [tomkenyon.com] (who also channels the Hathors) is an excellent example for using his voice to emit frequencies that aid us in our vibrational transcendence. He has recently also brought together a large following to meditate at the same time on the same day of July 8, 2007. This act of just feeling peace within all at the same time aided in raising the vibrations of the world. I felt the affects of this just 24 hours prior to the start of the meditation and in weeks later! I didn't find out about this meditation

till days *after* it started. I'm amazed at how truly awesome it worked through us all! There are **many** examples of those using their musical talents to raise our vibrational frequencies that are in the mainstream and many who are not as easy to find. But as we are ready the right sound/vibration/experience presents itself. You can also put your intention out there to receive the proper guidance, music or talents that best fit you and what your new goal is in order to progress. Set that intention out to the Universe and be amazed at what comes your way.

Also, important to keep in mind is that vibrations are in everything. Everything is energy and vibration. The ocean holds its own very high vibration. Just going to the ocean, seeing the waves crashing and hearing the ocean waves uplifts your soul. Just as being in the vortices of Sedona, Arizona will do the same. The higher vibrations of this spot on the planet emanate through you and raise your vibrations. The stones at Stonehenge also hold a higher vibration. You get the gist. There are some things that hold a vibration just in the visual, some in the sound and the combination of the vibration within seeing, hearing/sound bring about the vibrational emotion/feeling as well! These combinations all contribute to your vibration. It is your choice whether you expose yourself to higher or lower vibrations. And for me, I have been on a spiral upward in choosing higher vibrations. Choose what feels good to you! Our emotions are our internal guidance system! Ask yourself in every moment: "Does this truly make me feel good?" If so, then you are on the right track! Follow your bliss.

Regarding computation results differing per dimension. (Do note that I am not a scientist and have not actually participated in these experiments myself, so I can only speak to what I feel regarding this.) At this point in my awareness level, it makes sense to me that the ending result will differ per reality/dimension. I do feel reality shifts in many other realms/worlds/dimensions. The outcome of anything observed is going to take on the results/expectations of the observer. Or so we're told so far from research results (watch the awesome movie: "[What the Bleep do we Know!?](http://www.whatthebleep.com)" [[whatthebleep.com](http://www.whatthebleep.com)] for an excellent and more indepth explanation on this). And I've witnessed this myself with my life experiences and working with the Law of Attraction. Just by merely observing an experiment we change the outcome with our very own energies/thoughts/vibrations/expectations. So what our expectation/vibration may be in this dimension may differ in another dimension, thus changing the results in that dimension. Make sense?

In the end, however, I feel we are all one and are all contributing to the collective consciousness and making our impact on the world in this way. I say, let's use our powers for good and feel, expect and be in our state of love & bliss and affect the consciousness in a positive way. This is my segway to Ho'oponopono. In [Ho'oponopono](http://hooponopono.org) [hooponopono.org] we say the four beautiful phrases: I'm sorry, please forgive me, I love you, thank you and we are then cleansing/cleaning not only ourselves but ALL. We are taking 100% full responsibility for the creation of whatever it is we are focusing on cleansing, and asking for forgiveness through the ages back in time, and then transmuting to wonderful "God"/white loving energy in our loving gratitude state of mind. I am still learning and working with this beautiful healing method, though so far have seen some wonderful results. I feel that Ho'oponopono, reiki, and other energy healing ideas, as well as other spiritual ways, such as Tao, Buddhism, etc. are ALL PATHS THAT LEAD TO THE SAME. :) Whatever stepping stone leads us up in our vibrations to get us "there".

While reading your question I received this message from My Guides for you: Use your intuition. It knows deep within what feels right to you. We each vary in the way that works best for us. We each have our way that works in perfect divine order. Where

Ho'oponopono might work for one, the Tao way will work for another. All paths lead to the same. Feel your way. It is in your bliss that lies your answer.

Follow your Bliss, I'm sorry, Please forgive me, I love you, Thank you, POI and EWOP,
Maggie | Spiritual Cheerleader

Have a question for next month's Dear Maggie Column or would you like to comment on this month's question to the reader (to be posted in next month's newsletter), please submit it online at <http://spiritualcompassconnection.com/contact.html>



[The Adventures Club](#)

Free daily Notes from the Universe

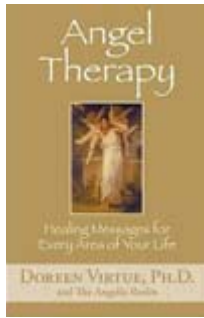
This website is amazing! Their notes from the Universe in itself are daily miracles I receive in my inbox that seemingly comes at *just* the right time for me! The teachings of thoughts, manifestation and creative visualization being the key ingredient of this wonderful website makes their site Number One in my book! :) Check it out! Here is one of the many notes from the Universe:

"Do you know what happens to wildlife when left alone from intellectual minds? It thrives, because thriving is its default setting. Just look at a forest.

And do you know what happens to wildlife when given just a little direction by intellectual minds? It still thrives, because thriving is its default setting. Just look at a rose garden.

And do you know what happens to wildlife when there is too much thinking? Yeah, what wildlife?

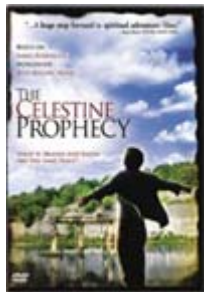
Same for human beings.



Angel Therapy: Healing Messages for Every Area of Your Life

by Doreen Virtue

I can't say enough wonderful things about Doreen Virtue and the mecca of books in her library!!! They have all been tremendously helpful to me in my spiritual transcendence! This book is a wonderful book that goes along with the theme from this month's article! Check it out, you will be uplifted!!!



The Celestine Prophecy

by James Redfield

This amazing movie takes you on a thrilling fictional adventure that shows you the spiritual happenings within us. There are examples of Aura's, not just around people but plants too! The lessons of life progress throughout this excellent must-see movie! :)
I love it!!!

Promotions:

If your advertised website, book or class fits the spiritual criteria of this website and aids in uplifting others in their higher vibrational pursuits, please contact me in regards to promoting your advertisement in this newsletter! Your advertisement will be placed either at the bottom of this newsletter or along side the newsletter on the right.

Maggie | Spiritual Cheerleader
Cumberland, RI 02864
(508) 369-9967
<http://SpiritualCompassConnection.com>
<http://Fireflywebsite.com>