

February 1, 2010

Upcoming Events

- ✓ [Energy Hygiene Workshop](#),
Saturday 4/17,
Mago Healing Arts
Center, Cheyenne
- ✓ [Reiki I Training](#),
Sunday, May 2nd

Paula's Update

I think our economy is showing a few more signs of life in this new year. We can all help bring in abundance and chase away financial worries by applying the law of attraction. The following is a great exercise called the "prosperity game" from the book [Ask and It Is Given](#) by Esther and Jerry Hicks.

In this exercise, you establish an imaginary checking account. On the first day, you deposit \$1000. And spend it. You can spend all of it in one place, or you can spend it on several different things. The point is to have fun thinking about what you would like to buy. On the second day, you deposit \$2000. On the third day, \$3000. And so on. If you begin on Feb 1, by the end of the month, you will deposit \$28,000. And, you will have had the pleasure of spending over \$400,000!

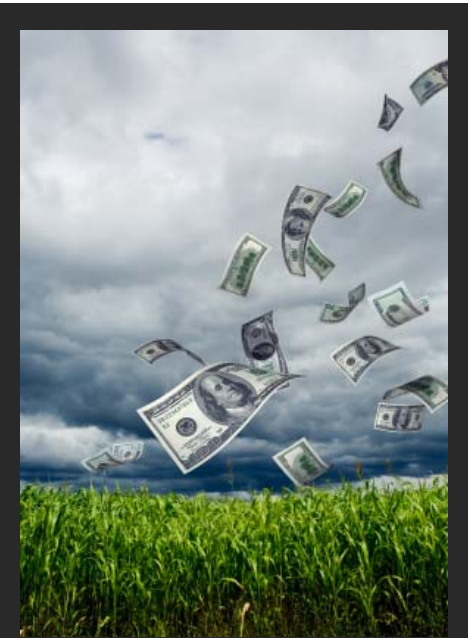
I did this exercise a couple of years ago. It was really interesting. After several weeks, I began to feel as if I were Bill Gates or Warren Buffet, having more money than I knew what to do with. I knew, with certainty, that I would have more money tomorrow than I had today. And, the need to spend that money every day caused me to examine what was important. Guess what? After I gleefully spent money on a beach vacation, a new home, car, etc, I ran out of ideas. The things I cared most about - staying healthy, doing meaningful work, having a loving relationship with my family - couldn't be purchased with the money in my virtual account.

And... I did attract abundance. We took a family vacation to Florida. I had plenty of paying work, and I lost that nagging worry about not having enough. Try it yourself and let me know how it works for you.

News on Health & Wellness

Since we're talking about money... a recent [government study](#) shows that Americans spend about **\$34 billion** on alternative medicine. That represents about 11% of total out-of-pocket spending on health care. Chronic pain, especially back pain, is by far the biggest reason that people turn to alternative treatments.

According to Josephine Briggs, MD, director of the National Center for Complementary and Alternative Medicine, "Americans turn to treatments like acupuncture, chiropractic care, and massage



*You are a creator; you create with
your every thought.
- Esther Hicks*

therapy to deal with these painful conditions. Groups like the American College of Physicians and the American Pain Society are on record as endorsing these therapies as useful options for the treatment of chronic back pain.”

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