

# ◆ Full-Spectrum Living ◆

Volume 1, Issue 1

Fall 2002

Welcome to *Full-Spectrum Living*! I am incredibly excited to bring you this fall's newsletter in a brand new format. So much is happening—new classes, weekend workshops, intensive retreats, a new book, a new website, awards—and I look forward to sharing it all with you.

In this issue, you will find a brief excerpt from my new book, *Soul Mission ◆ Life Vision*, due out in April 2003. You'll find news about the award that *Intuitive Living* won this summer. And you will find the schedule of upcoming fall and early winter events.

Thanks for taking time to read. I hope to see you soon!

—Alan

## Personal Transformation

What we care about—our hopes, dreams, values, and aspirations—are often buried deep in the unconscious. Most of us were raised in a society that supports making deals with ourselves and others in order to survive. We trade what we care about in order to get what we perceive that we need on a survival level. Or we trade what we care about for what we are told we are supposed to want. We are socialized to place a title, recognition, or a position above that which might give us pleasure, satisfaction, or fulfillment. Yet deep inside so many people are asking, "Is this it? Is this what I've been working so hard for? Is this what I really want?"

You begin to answer those questions by first uncovering your true identity from a soul level, your true sense of self. This leads you to discover and accept openly and fully your personal gifts and talents, your wildest hopes and dreams, your personal sense of purpose, and the gifts you wish to share with the world. It

involves a totally honest look at your life, what works and what doesn't, which of your paradigms are serving you and which keep you from achieving what you desire. At its core, this is a

journey of personal transformation.

Personal transformation does not necessarily mean "doing a better job," moving into a higher income

bracket, getting a promotion, or improving a skill. Any of those things and much more may happen as a part of your journey, but those things are all part of your "outer" life. Personal transformation is an "inner" life process that begins at a very fundamental level. It is not about becoming a new person, but rather your *true* person. It means re-evaluating who you are, what you do, why you do it, and with whom or for whom you do it. It is the greatest gift you can give to yourself *and* to the world, because ultimately you are giving the gift of you in your highest and most fully

(Continued on page 2)



## Intuitive Living Wins Award

At the International New Age Trade Show in Denver in June, Alan's first book, *Intuitive Living: A Sacred Path*, was awarded the prestigious COVR Visionary Award for Best Book in Spirituality for 2001!

## New Book— New Opportunities

Alan's powerful new book, *Soul Mission ◆ Life Vision*, is due for publication by Red Wheel in April 2003. You will be able to find a preview on his new website, *Full-Spectrum Living*, later this fall. The new site, which will replace *The 21st-Century Mystic*, will bring together all of Alan's work, from life coaching and intuitive soul readings, to new Development and Mentoring Programs for Intuitive Living and Soul Mission ◆ Life Vision, to his work with singers. The site will be found at [www.alanseale.com](http://www.alanseale.com). Watch your e-mail for an announcement of the site once it is up and running. Stop by to learn about the many new opportunities for learning and growth coming in 2003!

If you are not on Alan's e-mail list and would like to receive monthly newsletters, send your request to [alanseale@mystic21.com](mailto:alanseale@mystic21.com). Thanks!

## Personal Transformation (continued from p. 1)

developed form. It's the gift of stepping out of the mindless rhythm of daily life to see the bigger picture, the hidden agendas and meanings behind all that you are and do as you present yourself to the world. It's about recognizing all that you are capable of as a divine creation. It's about knowing yourself completely, and through that knowing, being able to harness all of your power and love. It's about living as a dynamic and creative being in the universe.

Transformation means shifting paradigms. Paradigms are belief systems or structures which, consciously or unconsciously, shape every aspect of your life. James Ray, author of *Science of Success*, defines paradigm as "the sum total of our beliefs, values, identity, expectations, attitudes, habits, decisions, opinions, and thought patterns—about ourselves, others, and how life works. It is the filter through which we interpret what we see and experience."

Because our paradigms influence everything we think, feel, and do, they shape every aspect of our lives. They begin forming unconsciously from life experience during infancy and early childhood. Through adolescence and early adulthood, those paradigms begin to shape life. As time goes on, new paradigms form as outgrowths of the original ones and the life experiences they have shaped. It becomes a circular process. Experience leads to paradigm formation, which leads to more experiences, which lead to new paradigm formation.

We can easily go through life oblivious of the whole process, wondering why we are where we are and why things didn't turn out the way we thought they would. Transformation, however, is a *conscious* process—one that demands our intention and attention. Personal transformation means change. And if you want to change your life, you must first change your paradigms.

Gandhi said, "We must be the change we wish to see in the world." Ultimately, we cannot change anyone or anything outside ourselves that does not wish to be changed. However, we *can* change ourselves and our perceptions and attitudes. By disciplining our thoughts to create new paradigms, we free ourselves to construct a world we wish to live in. If we want our world to change, we must first change ourselves.

Personal transformation begins with an *inner* journey. Our outer lives are constantly changing. People come and go. We move from place to place. Circumstances change. Inside, however, our essence remains the same as it has always been. It's just that we keep uncovering and discovering who we really are. We may think we are changing at the soul level, but actually it is our *awareness* that is changing. It is our awareness that is evolving so that we recognize our true nature. As our awareness develops and we know ourselves more fully, we more easily recognize our path in the world, and the gifts we wish to share.

Working intuitively, you pass through many levels of conscious awareness at once. At first you may feel that it is all you can do just to be aware of your immediate circumstance, what is apparent to your outer senses. However, the more you develop your awareness of multiple levels of consciousness, the more your inner senses come alive. Whatever you may be experiencing in your life at any given time is mirrored at both deep personal levels, as well as at expansive universal levels. As a shift occurs on one level of awareness, all other levels are affected.

Personal transformation is about developing awareness. The more we become aware of who we are at a soul level, the more we are able to know others at this same deep level, and the more we begin to transform our lives and our world into a global community of beauty and peace.

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Seale

(adapted from Alan's new book, *Soul Mission ♦ Life Vision*, to be released by Red Wheel/Weiser in April 2003)

***"Personal transformation is the greatest gift you can give to yourself and to the world, because ultimately you are giving the gift of you in your highest and most fully developed form."***

## Classes/Workshops/Retreats Fall 2002

Friday, September 20—New York City

### Spirit Circle

7-9:00 p.m. \$10 Upper West Side, Manhattan  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Tuesday evenings in October—New York City

### “How Life Works” Class Series 2002-2003

#### Part I: “Paradigms: How Your Beliefs Create Your Life”

4 Tuesdays, October 8-29, 2002  
7-8:30 p.m. \$125  
Wellness Center, The Riverside Church  
Riverside Drive at 120th Street, Manhattan  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Thursday-Sunday, October 17-20—Livingston Manor, NY

### “Manifestation: Living the Vision NOW?”

Pre-requisite: “Soul Mission ♦ Life Vision” retreat or  
workshop, Paradigm Shifting classes, or life  
coaching with Alan Seale or Shari Garrett  
Dawn Manor Country Retreat House  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Friday-Sunday, October 25-27—Wakefield, RI

### Alan in residency at All That Matters

Friday, October 25

### Spirit Circle

7:30-9:30 p.m. \$25

Saturday-Sunday, October 26-27

### Intuitive Living Development Series—Part I “Intuitive Living—A Sacred Path”

Saturday 12-6:00 p.m.; Sunday 10-5:00 p.m. \$250  
Package price for Spirit Circle and workshop \$260

All That Matters  
315 Main Street, Wakefield  
Information/Registration: (401) 783-3925

Friday, November 8—New York City

### Free Lecture: “Intuitive Living— A Sacred Path”

#### Introduction: Intuitive Living Development Series

7-8:00 p.m. Wellness Center, The Riverside Church  
Riverside Drive at 120th Street, Manhattan  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Friday, November 15—New York City

### Spirit Circle

7-9:00 p.m. \$10 Upper West Side, Manhattan  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Saturday-Sunday, November 16-17—New York City

### Intuitive Living Development Series—Part I “Intuitive Living—A Sacred Path”

Saturday 10-6:00 p.m.; Sunday 1-7:00 p.m.  
Wellness Center, The Riverside Church  
Riverside Drive at 120th Street, Manhattan  
\$295 before November 1st; \$350 after November 1st  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)

Tuesday, November 19—Greenwich, CT

### Workshop: “Paradigms—How Your Beliefs Create Your Life”

YWCA of Greenwich  
259 East Putnam Avenue  
7-9:30 p.m. \$30 members/\$35 non-members  
Contact: Monica St. Clare at (203) 869-6501, ext. 261

Thursday-Saturday, December 12-14—Myrtle Beach, SC

### Alan in residency in Myrtle Beach

Thursday, December 12

### Lecture: “Full-Spectrum Living: Stepping into the Power of YOU!”

Wisdom of the Ages Speaker Series  
Holiday Inn West  
Highway 501, Myrtle Beach  
7:30 p.m.—no reservations necessary—donation  
Contact: Susan Boles (843) 651-6325

Friday-Saturday, December 13-14

### Private Consultations/Intuitive Soul Readings

Contact: Susan Boles (843) 651-6325

Thursday-Sunday, January 23-26, 2003—Myrtle Beach, SC

### “Soul Mission ♦ Life Vision”

#### 4-day intensive retreat

Thursday, January 23, 1:00 p.m.-Sunday, January 26, 3:00 p.m.  
Sea Island Inn and Resort (right on the beach!)  
\$750 before December 15, 2002; \$900 after December 15, 2002  
Fantastic hotel package available, starting at \$66 per person!  
(212) 749-1817 or [alanseale@mystic21.com](mailto:alanseale@mystic21.com)  
for full brochure and registration



Alan Seale  
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 12748

**In This Issue...**

Excerpt from Alan’s forthcoming book; Classes/Workshops/Retreats for Fall 2002!

## Life Coaching with Alan Seale

***“Alan Seale is a master catalyst for opening each individual to his greatest creative and spiritual potential.”***

—Dr. Arlene Shrut, Founder and Artistic Director, Triad Foundation

### *Shifting Paradigms . . .*

### *Manifesting Dreams . . .*

What’s missing in your life? Confused about next steps or how to achieve success? OR are you really flying, but know there is more?

**Life coaching is:**

- ◆ a new, accelerated process of personal and professional development
- ◆ a safe place to work on the most important issues of your life—career, relationships, finances, spirituality
- ◆ an honest place to identify and let go of limiting beliefs
- ◆ a dynamic, step-by-step system to help you be, do, and have whatever you wish!

### *Soaring into Full-Spectrum Living!*

**As your coach, I will help you:**

- ◆ identify your reason for being, your soul mission, and then create a life vision that fills you with passion and excitement
- ◆ transform fear into courage, anger into power, and pain into unconditional love
- ◆ develop the tools and confidence to create the life you dream about—to be all that you can be!

**FREE INTRODUCTORY SESSION**

Sessions by telephone

***What are you waiting for? Let’s do it!***

Call (212) 749-1817  
 or e-mail [alanseale@mystic21.com](mailto:alanseale@mystic21.com)