

◆ Full-Spectrum Living ◆

... illuminating and calling forth magnificence!

Volume 1, Issue 3

Spring 2003



SOUL MISSION + LIFE VISION ARRIVES IN BOOKSTORES

Greetings! I am incredibly excited to announce the publication of my new book, *Soul Mission + Life Vision*, and the launch of the Soul Mission + Life Vision

Mentoring Program. The book is available in stores everywhere and on amazon.com beginning April 1st. The Mentoring Program will be launched with a 4-day intensive workshop May 15-18 in New York City. (See article on p. 2)

The process of writing this book was an amazing gift from Spirit. I feel honored to now bring this gift to you. You might think of *Soul Mission + Life Vision* as the manual for living that you never received when you entered this world.

It offers both the theory and the practice that can lead you to getting the most out of your life—physically, emotionally, mentally, and spiritually. Its four major sections are:

- How Life Works: Understanding the Human Experience—Part I takes you on a journey toward deep self-awareness, using chakras, universal laws, and meditation as the primary tools for discovery and understanding.
- Identifying Mission, Creating Vision—Your soul mission is what you came into this world to do—your passion, that which you *have* to do in order to feel fulfilled and at peace. Your life vision is the way you are going to live out your mission. It includes your greatest hopes and dreams, what you want your life to look and feel like. Soul mission gives your life purpose; life vision gives it shape and direction. Mission is your calling, vision is your creation.

- Paradigms, Mind, and Thought—Once you have identified your soul mission and created your life vision, Part III takes you into the world of mind and thought. Here you explore your paradigms—belief systems which, consciously or unconsciously, shape your life. You learn how to use your mind to create the life you desire.
- Manifestation—In Part IV you learn to use the Manifestation Wheel, a powerful tool adapted from the ancient Lakota Medicine Wheel. Through the Manifestation Wheel you gain clarity, work through resistance and fear, de-

“Soul mission gives your life purpose; life vision gives it shape and direction. Mission is your calling; vision is your creation.”

—Soul Mission + Life Vision

velop confidence and a strong sense of self, step into transformational co-creation with Spirit, and bring your life vision to reality.

Soul Mission + Life Vision takes you from self-discovery to self-

knowledge and wisdom, from identifying mission to creating a life inspired by that mission, from a seed idea to the full flowering of your dreams. It is your personal guidebook for recognizing your gifts and sharing them with the world. *Soul Mission + Life Vision* will help you manifest the magnificent life you were born to live!

Many blessings,
Alan

Pre-Publication Endorsements for *Soul Mission + Life Vision*

“*Soul Mission + Life Vision* is an accessible, beautifully written spiritual manual. It is infused with the loving authority and humility of one who clearly knows his own mission and has the rare gift of being able to guide others in manifesting their soul intentions. Alan Seale has woven together three golden threads: the seasoned teacher’s awareness of the questions, challenges and promises of seekers; the mystic’s intuition and ability to channel Spirit; and thirdly, the scholar’s penetrating understanding of ancient wisdoms. I will certainly be recommending this book to clients, students, and friends.”

—Gloria Karpinski, author,
Barefoot on Holy Ground and
Where Two Worlds Touch

“a comprehensive, in-depth guide for life-alignment.”

—Rick Jarow, author,
Creating the Work You Love and
The Ultimate Anti-Career Guide,

“A wonderful, empowering, and inspiring work that will help you turn your greatest dreams into reality. Alan Seale is a gifted teacher who truly walks in the light.”

—Rosemary Ellen Guiley, author,
Breakthrough Intuition

“I like the clear, logical way Alan Seale goes about presenting his excellent insights. Seale imbues us with a powerful sense of self-faith and potential. Not only do we see what needs to be done, we know we can do it.”

—Hugh Prather, author,
The Little Book of Letting Go
and *How to Live in the World and Still be Happy*

The Melt is On!

In each issue of Full-Spectrum Living (monthly e-mail and periodic postal mail) there is an article by a Full-Spectrum Living Team member. This month's article comes from Shari Garrett.)

For many months here on top of Gould's Mountain, below several feet of snow, the earth has been in a state of quiet stillness. Not stagnation-stillness. But now, in the bright early spring sun, the melt is on! Now, that which was buried deeply is rising to the top; pushing through the old to bring forth the new.

This "rising to the top" is mirrored in our daily lives as well. Often the winter months can be long, dark, and depressing. We go inside ourselves in reflection, or spend our energy trying not to! And all the while, whether we realize it or not, we are preparing for spring. Preparing for that seed deep inside to push up into the light. The layers above us are melting now and we are pushing through the old to bring forth the new.

What seeds have you planted? What vision are you holding for yourself and for the world?

Many would argue that nothing has changed in our world—that it seems as if we are going backwards in our thoughts and actions as individuals and as a human race. But that's what pushing through the old looks like. Is it not the darkest moments that lead to the brightest?

In the five elements used in Chinese medicine, spring is associated with the element of wood—plant life. The shoots of new plants are pushing through the dirt, pushing past the layers of last fall's leaves. They truly can't wait. They don't need to think about it. They just do it! They are always seeking the light! Spring is about seeking the light. And it's also about creating and holding vision. It is the season for planting, working the soil, and holding the vision for that which will come forth through the growth and action of summer.

What seeds have you planted? What vision are you holding for yourself and for the world? What goals have you set? Now is the time! This is the moment when the seeds deep inside you push up and out into the light.

Concerned that you don't have any great seed deep down inside you? Trust me, you do. You were born with it. We all were. We all have the seed inside of our true authentic selves. Every choice we make or don't make affects the growth of this seed. How do you choose to call forth the seed of your authentic self—of your greatness—in this season of new birth?

Create the vision you desire from your complete authenticity. In all your courageous magnificence, hold the vision of the full, authentic *YOU* pushing through the old and bringing forth the new. Push through to the light! It's time! *For the Melt is On!*

Blessings,

Shari Laene Garrett

Soul Mission ✦ Life Vision 4-Day Intensive Workshop

The Soul Mission ✦ Life Vision Mentoring Program, based on Alan Seale's new book, will be officially launched May 15-18 with a 4-day intensive workshop in New York City.

The Soul Mission ✦ Life Vision Mentoring Program is for anyone who is ready to get really clear about what they were born to do, and then get on with doing it!

In the Mentoring Program, you will:

- Learn about how life works according to the Laws of the Universe and your body's energy system
- Develop your inner intuitive voice
- Identify your soul's mission—what you were given birth to do
- Create a vision for your life that fulfills both your soul's mission and your greatest hopes and dreams
- Recognize self-imposed restrictions and limiting beliefs and transform them into a belief system that supports fulfilling your greatest potential
- Learn about thought, the conscious and subconscious minds, and how to discipline your thoughts to create what you desire
- Learn the Manifestation Wheel, an incredibly powerful tool to bring your dreams into reality!

Join Alan and the Full-Spectrum Living Team for the first part of the mentoring program, "Soul Mission ✦ Life Vision: Soaring into Full-Spectrum Living." This 4 day workshop, is one of the greatest gifts you could give to yourself—4 days of claiming the inner freedom to create the life you desire!

Thursday-Sunday, May 15-18, 2003

The Wellness Center,
The Riverside Church, New York City

Registration before April 30th—\$750
Registration after April 30th—\$900

(Fee includes 32 hours of workshop, 3 meals, extensive workbook, 2 follow-up coachings.)

**Information/Registration:
(212) 749-1817 or
info@full-spectrumliving.com.**

Classes/Workshops/Retreats Spring/Summer 2003

Our new website, www.full-spectrumliving.com, is up and running! Please visit us for full descriptions of Alan's work, as well as offerings by other Team Members, and for updated calendar listings. And if you would like to save trees, please sign up on our website to receive this newsletter monthly by e-mail!

Internet Radio Interview

Wednesday, April 30, 2003
www.mbsnetwork.com
 9-10:00 p.m.

4-Day Intensive Workshop: Soul Mission ✦ Life Vision: Soaring into Full-Spectrum Living

New York, NY
 Thursday-Sunday, May 15-18, 2003
 See article in this issue.
 (212) 749-1817 or info@full-spectrumliving.com.

Lecture & Book Signing—Greenwich, CT

Tuesday, May 20, 2003
 Greenwich YWCA, 259 East Putnam Avenue
 7-9:00 p.m. \$25 members/\$30 non-members
 (203) 869-6501, ext. 261

Lecture/Workshop: Soul Mission ✦ Life Vision Newport, RI

Tuesday, May 27, 2003 7-9:00 p.m.
 Newport Learning Connection
 (800) 432-5520

Lecture/Workshop: Soul Mission ✦ Life Vision Needham, MA

Wednesday, May 28, 2003 7-9:00 p.m.
 Boston Learning Society
 (800) 432-5520

Lecture/Workshop: Soul Mission ✦ Life Vision Providence, RI

Thursday, May 28, 2003 7-9:00 p.m.
 Providence Learning Connection
 (800) 432-5520

Bring A Friend Discount Program

Community is so important in all of the work we do at Full-Spectrum Living. Therefore, we have developed the Bring a Friend Discount Program to encourage groups of friends to come to selected workshops and retreats together. You will get to share a powerful experience together, and then be able to continue your focus and work when you return home from the workshop. Through this Program, we hope to create Soul Mission and Intuitive Living communities all over the world! And the discounted prices make attending the events more possible for everyone. Groups must register together and pay in full by credit card (VISA/MasterCard) upon registration.

Lecture/Workshop: Soul Mission ✦ Life Vision Danbury, CT

Tuesday, June 3, 2003 6:30-8:30 p.m.
 Connecticut Holistic Health Association
 (203) 740-0007

Residency in Wakefield, RI

June 4-8, 2003—All That Matters, 315 Main Street
 (401) 782-2126

Wednesday, June 4—Lecture & Book signing—
 7:30 p.m.—Free

Thursday, June 5—Workshop: Paradigms:
 How Your Beliefs Create Your Life—7:00 p.m.—\$35

Friday, June 6—Spirit Circle—7:30 p.m.—\$25

Saturday-Sunday, June 7-8—Workshop: Intuitive Living:
 The Dialogue with Spirit—10-5:00 p.m.—\$250
 Available for private consultations.

Spirit Circle—New York, NY

June 20, 2003
 7-9:00 p.m. \$10 Upper West Side, Manhattan
 (212) 749-1817 or alanseale@full-spectrumliving.com

Workshop: Paradigms: How Your Beliefs Create Your Life New York, NY

Saturday, June 21, 2003 10-5:30 p.m.
 New York Open Center, 82 Spring Street, Manhattan
 (212) 219-2527

Soul Mission ✦ Life Vision Book Tour—California

July 9-13, 2003
 see www.full-spectrumliving.com for final details

Residency in Greensboro, NC

July 20-26, 2003—Southeastern Conference—
 Guilford College

Monday, July 21—Keynote Lecture—7:30 p.m.

Monday-Friday, July 21-25—Workshop: Paradigms:
 How Your Beliefs Create Your Life
 (717) 761-5428 or deb.mitchell@verizon.net
 For Private Consultations with Alan, contact him directly at
alanseale@full-spectrumliving.com or (212) 749-1817

Workshop: Soul Mission ✦ Life Vision Chautauqua Institution, Chautauqua, NY

August 11-15, 2003 1-3:00 p.m.
 (716) 357-6255
 Available for Private Consultations—e-mail alanseale@full-spectrumliving.com or call (212) 749-1817 before August 1st.

Full-Spectrum Living offers many learning and transformational opportunities led by Alan Seale, Shari Garrett, Johnathon Pape, and Devin Wilson. We are now creating our 2003-2004 season of workshops and retreats and would love to come to your area! Please call us at (212) 749-1817 or e-mail us at info@full-spectrumliving.com and let's talk about the incredible possibilities!



Full-Spectrum Living
P. O. Box 709
Jeffersonville, NY 12748

In This Issue...

The Melt is On! Classes/Workshops/Retreats for Spring/Summer 2003!

“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

Life Coaching with Alan Seale

*Shift Paradigms . . . Manifest Dreams . . .
Soar into Full-Spectrum Living!*

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!

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@full-spectrumliving.com