

◆ Full-Spectrum Living ◆

Volume 1, Issue 2

Winter 2003



2003—YEAR OF CHANGE

The Winter Solstice has just passed—the longest night of the year. Here on Hust Pond, the winter nights are definitely long and dark! But that darkness brings such a stillness

and peace. Walking outside into the blackness and the stillness is truly amazing. The silence is deafening, and the stars gleam as pinpoints of light in the crystal clear, winter sky. In that dark silence, there is a magical feeling of rest and peace mixed with anticipation. When you listen deeply in that kind of silence, you move to a whole new level of hearing. You can hear the universe speak. You can hear Mother Earth humming and the cosmos ringing. And in that moment, it is as though you can touch all of creation with your heart.

Imagine a world in which every person took the time, even just once a week, to step into the deep, crystal clear silence and listen to the universe. Imagine if every person took the time to focus their beingness and hear Mother Earth share her wisdom. Imagine if every person took the time to peer out into the darkness of the cosmos on a clear night and see the incredible Light in that darkness.

These imaginings, and much more, can all become realities in the year 2003. Perhaps not every person would participate, but a "critical mass" could accomplish unprecedented shifts in our global consciousness. "Critical mass" means that when a certain percentage of the population, often considered to be 10%, has a shift in conscious awareness around any issue, that shift will then occur for the entire population. Sometimes it is referred to as the "hundredth monkey" phenomenon. Studies have shown that when 100 monkeys in

one region adopt a certain behavior pattern, then monkeys in other parts of the world begin exhibiting the same behavior.

This is the Law of Vibration in action. For thought is vibration. *Your thought* is vibration. And your thought vibration dances out into the cosmos to influence the universal thought vibration. Every one of us plays a significant role in creating and shifting global consciousness. In fact, as we expand our individual awareness, it is our *responsibility* to consciously choose our thoughts and proactively create the global dance in which we wish to participate. The Law of At-

Will you have the courage to focus your thoughts and energy toward a new world order?

traction says, "what you think about, c o m e s about." Where is the focus of your thought? How are you choosing to create your reality? And how are you choosing to create the *global* reality?

The upcoming year, 2003, holds a numerological vibration of "5." The number "5" represents unexpected change, breaking down of

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"Enter the Silence, Embrace the Power" *Weekend Retreat in March*

"Silence is golden." We've all heard that saying, but how often do you partake of the gold? Join Alan for 2 days of meditation and stillness, exploring the golden silence of your heart and soul. The retreat begins on Friday evening at 10:00 p.m. with an opening ritual and meditation, inviting Spirit into the Circle and into your dreams. Then Saturday and Sunday will be spent in structured periods of guided meditation alternating with periods of silent reflection and communion with Spirit. This is a perfect way to usher in the beginning of spring, reflect on where you have been, gain clarity about where you are going, and lay the groundwork in your thoughts and intentions for your next steps. Give yourself the amazing gift of your inner wisdom and peace! See the enclosed flyer for more information.

Soul Mission ◆ Life Vision Mentoring Program **Launch in May**

In May 2003, Alan will launch the Soul Mission ◆ Life Vision Mentoring Program with a 4-day intensive workshop in New York City. The first workshop, "Soul Mission ◆ Life Vision: Soaring into Full-Spectrum Living," will be held May 15-18 at the Wellness Center of the Riverside Church in Manhattan. See the enclosed flyer for more information.

2003—YEAR OF CHANGE (continued from p. 1)

structures, and major shifts on all levels. It is the half-way point through the 9-year cycle—the time when things need to be shaken up, when we need to be awakened to some reality in our lives, when we are challenged to question and re-evaluate. As we enter into this somewhat unstable vibration, we have the opportunity to take advantage of the instability, harness the energy, and be catalysts for major shifts in global consciousness.

As we enter 2003, the overwhelming fear and assumption among many people is that we will go to war, that the world economy will continue in a disastrous downward spiral, and that the environment will be destroyed. Their fears are justified when you consider where things are in the world at the moment. However, the constant focus on those fears and assumptions increases the probability of their worst fears becoming reality. Again, "what you think about, comes about."

Few people are expecting peace, prosperity, and a healthy environment for 2003. But the number "5" is telling us that unexpected change is around the corner. How do you want to influence that change? What is your gift to the global consciousness? Imagine if the unexpected change for 2003 was that war was averted and people with opposing views began talking to one another—from their hearts. Imagine if the breakdown of structures was the disarmament of military forces in all

countries. Imagine if the shift in consciousness on all levels was an awakening to the possibilities of peace, and healing the pain within every human heart.

Is this all a fantasy? Have I lost my mind? Do I need to "get real?" From the perspective of the accepted mass consciousness, the answer to all those questions would be a resounding *YES!* But I believe

that this is a perspective of sanity—a perspective borne out of understanding how the Laws of the Universe play out in our lives, of *knowing* that with a "critical mass" shift in consciousness, all things are possible. And I hold that vision, every day. Each morning at the close of

my meditation, I hold a vision of peace and ring my Tibetan bells to carry that vision out into the cosmos. *Unprecedented shifts in consciousness are possible!*

At the moment of the Winter Solstice, the sun's light began returning. The days started to get longer. We can work actively with that metaphor and see the Light that is the highest consciousness also shining brightly in our world. The Light never went away. It just got covered over for awhile in our fears and conflicts. As you move through this holiday season and into the New Year, I invite you to join me to create a new world order. Thousands of others around the world are doing the same thing—focusing their thought to create a new way of thinking and being in our world. We, too, are needed to help create the "critical mass." It is not enough for only spiritual leaders to

be holding a vision. Everyone must hold the vision. We must all shift our focus away from fears and assumptions of gloom, and focus our thoughts on seeing people of all countries, religions, races, and creeds opening their hearts. We will never all agree with one another. There will never not be conflict. That would mean no growth as a human family. However, we can learn to meet one another in our hearts rather than in our solar plexus power struggles. Through our hearts, we can find safety and peace with one another.

Will you have the courage to focus your thoughts and energy toward a new world order? Will you have the courage to shift conversations away from anger and fear about war, economy, and environment, and toward a vision for peace, prosperity, and clean air and water? Watch your words and thoughts closely. Discipline yourself to create the world you truly want to live in, not the reality you most fear.

May you know the Light that shines brightly within you. The greatest gift you can give to your family, your friends, your community, and your world in 2003 is a powerfully focused vision for heart- and soul-centered living for all. No words are necessary—just powerfully-focused vision. May your Light shine out for all to feel, so that they in turn may recognize the Light in themselves.

Blessings to all,
Alan

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We would love to come to your area for a workshop or retreat. Contact us at alan-seale@mystic21.com, and lets talk about the incredible possibilities.

Classes/Workshops/Retreats Winter/Spring 2003

Spirit Circle

New York, NY

March 21, June 20, 2003

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

Soul Mission ♦ Life Vision Intensive Retreat Myrtle Beach, SC

Thursday-Sunday, January 23-26, 2003

A few spots still open!

Join Alan for 4 extraordinary days of self-exploration and discovery. Writing soul mission and life vision statements and claiming them as your own are some of the most empowering steps you can take. Give yourself the gift of this intensive retreat and watch your life transform!

Sea Island Inn and Resort (right on the beach!)

See www.mystic21.com/schedule.html for full description.
(212) 749-1817 or alanseale@mystic21.com for full brochure and registration

Intuitive Living: The Dialogue with Spirit New York, NY

Saturday-Sunday, February 1-2, 2003

Through this workshop, you will gain invaluable experience in developing your intuitive skills for guidance in your life, and learn to live in the constant awareness of the interactive presence of Spirit.

The Wellness Center, The Riverside Church
Riverside Drive at 120th Street, Manhattan
Saturday 10-6:00 p.m.; Sunday 1-7:00 p.m.
\$295 before January 23rd; \$350 after January 23rd
Fee includes lunch on Saturday.

Bring a Friend Discount:

- 2 friends together—both receive \$30 discount
- 3 friends together—all receive \$60 discount
- 4 or more friends together—all receive \$80 discount

See www.mystic21.com/schedule.html for full description.
(212) 749-1817 or alanseale@mystic21.com

The Essence of You: Your Spiritual/Emotional Body New York, NY

4 Tuesday evenings, February 4-25, 2003

In this experiential class, you will learn who you are at your essence, how God or Spirit moves through your life, and how you can open more fully as a channel for Love in your world.

The Wellness Center, The Riverside Church
Riverside Drive at 120th Street, Manhattan
7-8:30 p.m. \$125

Bring a Friend Discount:

- 2 friends together—each receive \$10 discount
- 3 friends together—each receives \$20 discount
- 4 or more friends together—each receives \$30 discount

See www.mystic21.com/schedule.html for full description.
(212) 749-1817 or alanseale@mystic21.com

Enter the Silence, Embrace the Power—2-Day Retreat Livingston Manor, NY (Sullivan County, in the Catskills)

Friday evening-Sunday, March 14-16, 2003

Dawn Manor Country Retreat House
\$250 includes 4 meals and 2 nights lodging
See enclosed flyer for more information.

Intuitive Living: Practicum New York, NY

Saturday-Sunday, April 5-6, 2003

This workshop is dedicated to refining your intuitive skills. Through intensive practice with fellow class participants, you will continue to develop your ability to live in constant awareness of Spirit's guidance in your daily life.

The Wellness Center, The Riverside Church
Riverside Drive at 120th Street, Manhattan
Saturday 10-6:00 p.m.; Sunday 1-7:00 p.m.

\$295 before March 23; \$350 after March 23rd
Fee includes lunch on Saturday.

Bring a Friend Discount:

- 2 friends together—both receive \$30 discount
- 3 friends together—all receive \$60 discount
- 4 or more friends together—all receive \$80 discount

See www.mystic21.com/schedule.html for full description.
(212) 749-1817 or alanseale@mystic21.com

The Laws of Creation: Living in Harmony with the Universe New York, NY

4 Tuesday evenings, April 8-29, 2003

Through this illuminating workshop, you will learn how your outer world is a perfect mirror of your inner world, and gain tools to make change in your life. Join Alan for a mind-opening journey into the greater universe of possibilities.

The Wellness Center, The Riverside Church
Riverside Drive at 120th Street, Manhattan, New York City
7-8:30 p.m. \$125

Bring a Friend Discount:

- 2 friends together—both receive \$10 discount
- 3 friends together—all receive \$20 discount
- 4 or more friends together—all receive \$30 discount

See www.mystic21.com/schedule.html for full description.
(212) 749-1817 or alanseale@mystic21.com

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 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/Discover) upon registration.

Be sure to look under each workshop description for the Bring a Friend Discount for that particular event, and invite your friends to join you in your journey of transformation and personal/spiritual growth!



Alan Seale
P. O. Box 506
Jeffersonville, NY 12748

In This Issue...

2003 Year of Change; Classes/Workshops/Retreats for Winter/Spring 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@mystic21.com