

## Spiritual Living Newsletter ~ ~ July 2009

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Articles, Products and Services for Spiritual and Holistic Growth



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### SPOTLIGHT ON:

#### Vision Board Site!

Finally, a tangible tool that will  
 EMPOWER YOU To Achieve All the  
 Desires You've Ever Dreamed of..



~ **Click on the EYE!**

Now You Can Learn the Secret used by Top  
 Achievers! ...and the BEST part is: It's Easy  
 & it only takes a few minutes per day!

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### TODAY'S QUOTE:

**DETERMINATION:** *Some succeed  
 because they are destined to, but most  
 succeed because they are determined to.*

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### LEARNING CORNER:

### RECENT NEWS:

#### *What We've Been Doing Lately*

This newsletter helps us stay in touch  
 with you, and let you know what's up  
 with us.

They say the world is ever in  
 movement. So I guess that means  
 there is always change.

Our life seems to have changed. And  
 we are not trying to fight it. (Although,  
 there was a time we might have.) But  
 we have learned to go with the flow.

As many of you know we are not  
 traveling as much as we did five years  
 ago. But we are still active in the Ohio  
 Valley Area, with some trips sprinkled  
 in there just to keep Charles happy!

This  
 has  
 given  
 us  
 more  
 time  
 at  
 home  
 to  
 clear  
 out  
 the  
 mess  
 that  
 has  
 gathered  
 around  
 here  
 those

travel years. It's amazing how much  
 stuff you can accumulate without



How do colors influence you?

A Lesson on Wearing Your Emotions, By Phylameana lila Desy.

[Color Therapy and Your Wardrobe](#)

Have you taken inventory of your closet lately? You may be in a fashion rut and need to introduce some different colors into your wardrobe that will better reflect your day-to-day moods. Unless your mother is still dressing you or you are a slave to following the latest fashion color trends, why not become a mood dresser? Mood dressers are people who are in-tune with their emotions and dress accordingly. Do you feel pink today? Or, do you feel blue?

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#### **VIEW OUR SISTER WEBSITES:**

[123SpiritualGrowth.com](http://123SpiritualGrowth.com)

Charles and Melissa Leath share spiritual and holistic articles, services and products

[MeditationWarehouse.com](http://MeditationWarehouse.com)

Melissa is quickly becoming known as Meditation Maven. And she is blowing the lid off all meditation myths.

[OutrageousLiving.net](http://OutrageousLiving.net) Charles and Melissa have been living an outrageous life ever since they met. Their newest book takes you on the ride they have been on and the spiritual concepts they have come to embrace.

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#### **GUEST ARTICLE:**

### ***What Is Truth? By Tom Murasso***

How can we know truth? Is truth something we know or something we believe?

When we start asking questions like, 'how it all began', 'what's really going on', or 'how's it going to end', it's difficult to know

even knowing it.

I was talking to a friend just the other day who was amazed and relieved to find out that my house was not a spotless showplace. No, we are comfortable here, and certainly not ready for HGTV to showcase it. But I am excited to do a little work here and there and clear out the corners.

But all that was on hold for awhile. Our daughter came to visit for a few days from Tampa. It was great to spend time with her and the rest of the family. And now things are going back to a calm flow.

We are planning on sending this newsletter out more regularly as promised (monthly). So Charles will just have to fend for himself while Melissa gets it done each month.

We have a great surprise to announce towards the end of August, so stay tuned!

Until then, be sure to enjoy the summer and your friends and family. Peace!

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#### **THIS MONTH'S ARTICLE:**

### ***"The Man in the Mirror", By Melissa Leath***

You have to admit it, Michael Jackson surely did change things in this world. Not matter what you may think about his private life and seeming idiosyncrasies, he only sang songs with positive lyrics.

I think of all the songs Michael Jackson recorded, The Man in the Mirror, written and composed by Siedah Garrett & Glen Ballard, is my favorite.

And those words really make so much

the truth, or believe something to be true, because we have no proof. Sure, we have religion telling us one thing and science telling us another, but intelligent design or chaotic random events require the 'believer' (us) to accept something on faith – faith in God, the Bible and religion, or faith in scientific theory. Whatever it is, truth becomes a belief – or said another way: 'truth' is what is true for the believer.

As my curiosity brought me to different sources of information over the years, I had to develop a way to make sense of what I was learning and exposed to. Basically, I was comparing information amongst various sources and if I came upon something I resonated with, I would continue to research it until I could validate it against similar beliefs before storing it in my belief system. Thus the information became my truth.

The trouble with this system of checks and balances was... [Click Here To Finish Reading What Is Truth](#)

This article is taken from, *The Manuscript: Awakening Into Oneness*, Copyright © 2008 Thomas Murasso

**Tom Murasso** is a self-development author/trainer. He has studied religion, metaphysics, spirituality and the teachings of the ancient mystery schools for well over four decades. He believes we're riding the crest of an accelerated cosmic energy wave that is raising the consciousness of humanity. His current activities includes personal consultation, tele-classes, and working on his next book.

[TomMurasso.com](http://TomMurasso.com)

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### CHECK IT OUT:

[Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life](#)

By Judith Orloff, M.D. (Harmony Books, 2009) ▪

sense. You cannot change anything... or even have the right to comment on anything... unless you have worked on yourself first. When you are working at being the best you can possibly be, then you don't have time to be meddling in other people's business.

I'm Gonna Make A Change, For Once In My Life. It's Gonna Feel Real Good, Gonna Make A Difference Gonna Make It Right . . .

As I, Turn Up The Collar On My Favourite Winter Coat, This Wind Is Blowin' My Mind. I See The Kids In The Street, With Not Enough To Eat Who Am I, To Be Blind?

Pretending Not To See Their Needs A Summer's Disregard, A Broken Bottle Top And A One Man's Soul. They Follow Each Other On The Wind Ya' Know 'Cause They Got Nowhere To Go. That's Why I Want You To Know:

I'm Starting With The Man In The Mirror. I'm Asking Him To Change His Ways. And No Message Could Have Been Any Clearer. If You Wanna Make The World A Better Place. Take A Look At Yourself, And Then Make A Change.

I've Been A Victim Of A Selfish Kind Of Love. It's Time That I Realize That There Are Some With No Home, Not A Nickel To Loan Could It Be Really Me, Pretending That They're Not Alone?

A Willow Deeply Scarred, Somebody's Broken Heart And A Washed-Out Dream. They Follow The Pattern Of The Wind, Ya' See Cause They Got No Place To Be. That's Why I'm Starting With Me.

Take A Look At Yourself And Then Make That . . . Change!

*Need I say anymore?*

Blessings until next time.

Or~~~

Try the audio version of Emotional Freedom!  
(Click on cover)

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Feel free to send a link to your friends who you feel will enjoy this newsletter...they might want to subscribe too!

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***Life! Consultations*** by Rev. Melissa by phone, or in person (if you live in Ohio) can be arranged. **[Follow this link for details on consultations.](#)**

There will be some changes soon concerning her consultations and more workshops and classes that prove to be very interesting in the near future. Check back often.

### **LOOK FOR US IN THE NEAR FUTURE:**

Charles and Melissa will be doing many different things in the next few months. To get the full picture and information, **[Click Here for the Tour/Events Page](#)**

#### **Here is a quick overview of their events:**

##### **July, 2009:**

- Springfield, Ohio, Introduction to Meditation, a Three-Week Course
- Springfield and Dayton, Ohio, Melissa's Spiritual Awakening Course (Exploring Symbols)

##### **August, 2009:**

- Cincinnati, OH, Private Sessions of Reflexology and Reading Consultations
- World-Wide: Publishing of Melissa's new book (look for more info soon!)

**[Go to 123SpiritualGrowth.com](http://123SpiritualGrowth.com)**