

September, 2005

Hi all,

I will be scheduling hour+ appointments for Emotional Release, the transforming Total Body Modification, the greatly relaxing Cranio-Sacral work or the amazing Soul Memory Discovery **Friday-Sunday Sept 2-4. Call 800-710-3450 for scheduling. I am taking Monday off and will be back on Tuesday.**



OPEN DOOR, Saturday, October 22 from 10-1. This is fast rack'em crack'en feel good through your whole body alignment for established clients. No appointment is necessary just show up with your \$40 fee in cash or check for the purple kitty, throw your shoes in the shoe basket, fill out the pink paper for me and get ready to feeeeIIIIII sooooo goooooddd!

Please be on the look out for kids returning to the school routine. They don't quite have the street etiquette down yet.

My prayers go out to any of you who have been affected by Katrina. What a BITCH! And that doesn't stand for beautiful, intelligent, talented, charming and healthy. The Emotional Release techniques work very well with this kind of trauma as many of you know from 9/11. I will make myself available to your family and friends who were directly affected by the storm. Call the service or call the house and leave a message and the best time to return a call. I can do some work over the phone. Or you can contact www.netmindbody.com for a referral in your area.

I have been active with the Long Beach Red Cross and know their work. Do contribute to them or the mission of your choice. They got plenty of practice with the tsunami. You can get to the Red Cross at www.redcross.org/donate/donation-form.asp. If you need an incentive and have a United Mileage Plus number fax your Red Cross receipt to United along with your number to 1-866-583-5943 and receive 500 miles.

Please send your blessings to my friend and colleague, Dr Tate Rolfs and his many brothers and sisters and their families who live (lived??) in New Orleans.

Please send your good wishes and blessings to Tammi and her 4-way open team call Fastrax Select as they vie this weekend at the National Skydiving Competition at Paris, Calif. to represent the U.S. at the World Competition in Greta, Germany. Tammi sent these comments if you want to check out the web site

" Here's the link....

<http://www.omniskore.com/comp/2005/nats/index.htm>

The buttons on the left side are where you can see specifics... it is 4-way Open. You may also want to check out the Tidbits. It is usually entertaining and tells more of what is actually going on instead of just looking for scores.

Blue skies, Tammi"

I have just returned from a week-long seminar of Healing The Indigo Children taught by Dr. Wayne Dosick, Ph.D., D.D. I am now officially a certified facilitator in this amazing process. This is how Wayne describes Adult Indigos.



Indigos come to this Earth retaining eternal knowledge; remembering the secrets from The Other Side; holding the God-vision of a perfect world. You were one of the first Indigos. But the world was not ready for you. Few understood your unique world-view and your special gifts. So, in order to "get along" to "make it" in this world, you had to to "go along." The only way you have been able to exist in this world is to deny the Essence of your Being. You have had to deny the full truth of who you are. You had to hide away your true Self. You have had to cover your Light. You have had to shrink from your greatness. For almost all your life, you have had to disclaim your Essence, your "I am Presence." the "you-ness of you."

You have felt the pain of the dissonance between your knowing and the everyday reality of the world that does not share your vision of perfection, and does not seem to understand or appreciate or honor you.

That pain has resulted in spiritual wounds that have been unrecognized and unhealed and that you have carried from childhood into adulthood. Those spiritual woundings can leave you feeling alienated, alone, a "failure," discomfoted and diseased with being in body and functioning on Earth. You may have used drugs or alcohol or other addictions to numb the pain, you may have been labeled learning disabled, ADD, ADHD, OOD or just plain stupid though you are actually quite brilliant, creative and capable. You may feel you as if you don't belong here or in your body. You may feel those closest to you do not know or understand the real you. You may feel as if you never experience any real joy? You may yearn for a place that feels like "Home".

The 90-minute Point of Essence Process: Pro-Claiming the Truth of Who You Are can lead to profound life-evolution and stirring soul-transformation. The world is now ready for you. The world needs you and your vision now! The 30 minute Grace Light: Weaving Harmony for the The Littlest Indigos is for children from birth to age seven. The 90 minute The 17: Spiritually Healing Children's Emotional Wounds is for those age 7 to 17. These processes celebrates our inherent knowing. Healing the woulds brings life changing transformation to attitudes and behaviors. Brings peace to the body and soul. Your child may become a model student!

In case you haven't already figured it out I am an Indigo. This stuff does make a difference. Many of you have

feared that I would let go of the truly amazing work I have done with the body. the answer is NO, of course NOT!!! For nearly 30 years I have amassed the best techniques to comfort the physical, emotional and chemical functions of the body. These helped heal some of the spiritual wounds but not like I wanted. I have finally found Soul Memory Discover and Healing the Indigo Children which masterfully address the spiritual wounds. Now I feel like I am dealing with a full deck.

Thank you for your wonderful referrals. I love meeting new people and look forward to seeing all of you "old" ones

Many blessings

KW

You are free to share this newsletter in its entirety. It is meant to inform only and is not meant to be diagnostic in any way. Offices are located at 3450 E. Spring St. Ste. 102 Long Beach, CA 90806. Scheduling is with the wonderful gang at 800-710-3450. To subscribe contact lasportandspine@yahoo.com

The following is a long explanation of what is going on these days that I gave to one of my clients. I suggest you print it and ponder it.

Yeah, we have another wonderful person in our boat. Yes, the shit is hitting the fan big time and it is coming from several directions all at the same time.

Direction number one: Katrina wasn't just a storm. Since we really can't do anything to ease the suffering of those people who lost everything we either try to ignore the psychic pain, we try to take on the psychic pain or we get frozen in the psychic pain. Katrina also represents betrayal by our parent (government) we thought would always bail us out. So WE feel abandoned. 90,000 sq miles have been destroyed in some way in the four Gulf States. Things can't get worse but they do. Is God not listening to our prayers? Now, there is Rita. The world as we knew it is out of control. The cost of plywood, fuel, perishable food grown in those areas have sky rocketed and it will get worse... Pictures and movies look like they are from a 3rd world country. This can't be the U.S.

However this is not all. In the month of September over the years we have had to **try** and deal with the shock of 9/11, Princess Diana's death, the Kennedy air crash, various earthquakes and the fires that destroyed 2000+ SoCal homes. And we are not finished dealing with the tsunami, 200,000 deaths in the China floods and the super man-made disaster in the Middle East. Doesn't our cities look like a bomb hit them? This is not a complete list of events happening during this time of year. We are dealing with the post stress of those events as the anniversaries fly by.





I think those of us who are pet oriented feel badly for the domestic and wild animals. Personally I have had a harder time dealing with their suffering than I have had dealing with the people. At least the wild ones could escape to some degree. Then there are the special-needs children who have been abandoned. We strongly identify with those who have been separated from their families, pets, homes, favorite personal possessions. What DO you take?? It is enough to break the heart. Who wouldn't want to escape into a good movie, a great drink or some other distraction? However that doesn't work. Darn! Prayers don't seem to be enough but it is all we can do sometimes.

As if that isn't enough to ruin your day we have had 7-/+ X-level solar-magnetic storms hit Earth since September 7. Under the best conditions we would feel irritated, stiff, sore, nauseous, have balance issues and can't think through a paper bag. I think we had a Gamma storm in there somewhere, too. Supposedly these kinds of storms won't affect us however our research over 20 years says otherwise.

Then when Mercury came out of retrograde there were a couple that went retro. I think Saturn was one. According to the astrologers, and I am not an astrologer so ask your own, Saturn is a pain in the butt. Mercury will re-enter retro again on November 13. Fun. You can Google for the meanings.



This is also the year of the Rooster. "Rooster can expect some conjugal or family challenges this year. To come out well, take the bull by the horns and solve these situations with lucidity and aggressiveness, instead of burying your head in the sand. Remember that nobody can solve problems by fleeing or by pretending that they don't exist. It is all a question of courage. 'It's not because things are difficult that we dare not, it's because we dare not that things are difficult,' as Seneca wrote. Even though a solution may not immediately show itself, an optimistic, philosophical attitude could soften the cutting edge of any obstacles." This definition is courtesy of Yahoo Chinese Astrology.

Sounds about right for my year. And that of the U.S. family.

In addition we are going through some other changes that I don't quite understand. Following is the first paragraph of 13 pages on channeling by one of my teachers Ellen Kauffman Dosick. She channeled this in July and August!

"Greetings Dear Ones! Have you ever experienced a crazier time? Do you ever remember being tossed and thrown, both within and without, to this extent? You, who believed that to some extent you had moved beyond the great ups and downs of emotion, are you amazed at the current extent of your grief, your tears, your anxiety,

and yes, even your fear??

Your world is rocking, and because you are indeed beyond separation, you too are rocking, as never before. We know that you are experiencing a sense of overwhelming hopelessness, as though all is coming to an end, and the very juice of life has been sucked up out of everything. We know that you are depressed in all your functions. It is hard to move, to find your way, to see at all, much less with any clarity. It is hard to gather together any passion at all, for anything, almost impossible to get yourself going, to accomplish, to move forward. It feels as if there is no "forward" to move to and that rather, all is dead or on its way to dead, and there is no rebirthing, or renewal, or possibility of "future". You weep and wring your hands, and find yourselves covered in fear. A sense of oppression and dread is a constant companion, and it would not surprise you if your world came to an end, nor would you be too upset. You would like to run away, by quitting, or exiting, or disappearing into alcohol.

Many of you are experiencing the very fabric of your lives being ripped apart. Your foundations are being shaken and shaken. Anything in your life that had cracks in it, that was not in perfect integrity with the Divine (relationships, partnering, work, path, health, money) has shattered, or is in the process of shattering. And it looks as though there is absolutely nothing that could possibly emerge out of the shattering. There is no phoenix arising from the ashes, there is nothing but ashes, there is no-thing." Then for those of us who have completed major hi-energy, team-oriented projects we feel the loss of the activity, focus, team members, purpose of being and we have not found another project because of what Ellen channeled. There is no Phoenix rising! It feels confusing, even dead at times.

So, are we on the path of destruction? Nope! Actually this is all for the GOOD. The good of what? Beats me. For one who often has the answers and can see the process I have been living in the ashes too. However I choose to believe what President Reagan often joked when things were topsy-tervy. "**With all of this manure there has to be a pony here somewhere.**" I am looking for the pony by being pro-active. Right now that looks like cleaning out the messes, closets, things from my past that don't serve me now. I am eating correctly for maximum immunity. Exercising so I am able to move with ease. I live on the 15th floor. Going down is easy but what if I end up living in a 15 story walk-up if the elevators go out? :)

If we had to give it a name or diagnosis what we experience is called Post Traumatic Stress Syndrome and there are things you can do about it. I wrote the Emotional Release protocol on PTSD. Keep your body well adjusted. The best I can say is hang in there. This too will pass. Be proactive about your health, spaces, time, activities, break your habits, form new ones. Though you may never use it, make a list of what you would take if. . .
Many Blessings

KW