

# ELEVATED EXISTENCE

DECEMBER 2008

Discovering the divine in body, mind and soul

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**Attraction**

## No More Excuses

In his live seminar,  
*Excuses Begone!*,  
Wayne Dyer previews  
his latest work.

## Searching for More

**R**aised catholic, I often asked “what makes Catholics right and Protestants or Jewish followers wrong?” It just didn’t make sense to me that God would only love and save people who believe a certain way and not others. For this reason among others, I longed for a belief system that would resonate with my soul.

For years I searched for something more — reading books on Buddhism, the Kabbalah, the I Ching — but nothing felt completely right. I prayed God would lead me to the right answer, and then I turned on my local PBS station one night, and there it was.

Dr. Wayne Dyer was talking about his latest book, “The Power of Intention,” and suddenly I knew this was my answer. To me, it was the basis of all religion and faith, and it struck a chord in me. To this day, I credit Dr. Dyer for starting me on this path, and will be forever grateful to him for his work.

In October of this year, I had a chance to see Dr. Dyer speak about his latest work, “Excuses Begone!” during a seminar he gave in New York. His newest teachings help dismantle and discard limiting beliefs and will be the basis of his new book coming out in May 2009, and we are giving readers a sneak peek in our cover story this issue. As Dyer explained in the seminar, it is one thing to learn what we should be thinking, but another thing entirely to learn how to stop and change what we have been thinking for years.

Also in this issue are a number of new columns by contributing writers I am proud and honored to announce, and I hope their wisdom will help you in your “search for something more,” as well. Paul Goldberg’s new Law of Attraction column debuts this issue, and will be a new staple column for *Elevated Existence*. Also, Matt Kahn, a spiritual teacher from True Divine Nature contributed a column called Divine Guidance, in which he guides us to find peace amidst the chaos. And *Elevated Existence* is partnering with Evolution Revolution Radio with Dulcinea, featuring excerpts from radio interviews with some of today’s best spiritual and evolutionary authors.

Lastly, Dr. Laurie Ann Levin, Psy.D. and medium, who is the founder of Moonview Sanctuary in Santa Monica, Calif., will also be contributing a column each issue on her concept called Soul Communion™. I first met with Dr. Levin in September of this year, and can say from personal experience, she is a gifted and loving medium. Imagine sitting down in a business meeting and hearing from your deceased mother! That is what happened to me, and I should tell you, I had no idea she was a medium before meeting with her, which made the visit from my mother even more surprising! I knew at once that Dr. Levin had a great deal to share with our readers about how utilize the resources that surround us, both physically and non-physically. She contributed an article called “So Fresh From Heaven,” which shows what we can learn from infants and toddlers who are “fresh” from the non-physical realm.


I continue to be grateful for all of your comments and letters, and our latest contest will reward you for sending them. Simply send us a comment on what you like (or dislike!) about our magazine, or something you would like to see covered. It can be an article you enjoyed, a question or an overall comment. E-mail it to [editor@elevatedexistence.com](mailto:editor@elevatedexistence.com), and you will be entered to win our “New Year, New You” gift box filled with goodies — books, DVDs and more!

*Happy Holidays and a Blessed New Year to you all!*

*Tammy Mastroberte*



Tammy Mastroberte  
Publisher & Editorial Director

 **Congratulations!**  
Sharlene Bristow  
from Clarksville,  
Tenn., is the winner  
of the Law of Attraction Gift  
Box from the September  
2008 issue.



## ► So Fresh From Heaven

Newborn babies and toddlers can be our greatest teachers, reminding us of our constant connection to the Divine realm

By Dr. Laurie Ann Levin



**WHAT SPIRITUAL SECRETS CAN WE LEARN BY WATCHING** infants and toddlers who are so fresh from heaven? They seem to have a contentment, peace and wisdom, while we as adults find it so difficult just to meditate. Little children let you know pretty quickly who they want holding them. How do they know? What do they know?

At the same time, have you ever attempted to hone your intuition or see people's auras? Were you then left scratching your head and muttering to yourself "huh?"

As an adult, you might find yourself blocked to the spiritual knowings of the freshly born because when you were younger, a well-meaning parent or caregiver did not validate or understand your

connection to the unseen world containing vibrations, electricity and spirit.

As you observe infants, you might catch them cooing to an invisible energy in the room. As they get older, sometimes they giggle and carry on with sustained interaction. By the time they are toddlers and speak, they may even have an imaginary playmate and/or an unusual connection to a deceased grandparent or other relative. As I have indicated, many parents or caregivers, having not had anyone confirm or validate their sensibility to an unseen world, likely will have continued the family pattern to rupture their own child's connection. You may have experienced your family's spoken or indeed unspoken messages that were resistant to the



*Laurie Ann Levin,  
Psy.D. and Founder &  
CEO of Moonview  
Sanctuary in Santa  
Monica, Calif.*

intangible world through presumed practicality or even inbred cynicism.

Babies are not yet grounded in just this tactile realm. Sublimely, their consciousness flows back and forth between the seen and unseen. They are more permeable. In a profound way, babies in their purity stay bounded and connected to an invisible umbilical cord, interacting with their pre-birth being and all the encompassing realms. If we, too, could just not be so attached exclusively to the concrete world, we might be able to invite more of a connection to our divine self (that which is with us in all states and realms).

While I was attending the 2008 Congress for the International Association for Near-Death Studies in Durham, N.C. this October, I heard Jayne, a near-death experiencer, share her short flight to the other side. Jayne had died on the delivery table and been revived during the birth of her newborn. Both Jayne and her daughter are now fine.

Having had a patient who also had a near-death experience on the delivery table, I asked Dr. Bruce Greyson (a noted authority on near-death research at the University of Virginia) about this apparent trend. He explained that he had interviewed hundreds of women who had a near-death experience in delivery and many of the mothers reported seeing the spirit of their baby entering into their newborn's body as they returned to their own bodies. Many who have out-of-body-experiences as a near-death experience report a feeling of still being intact and whole as they look down at their carnal body.

Even as a metaphor, this is a beautiful testament to the majesty and mystery of a mother's connection to her baby. But this is more than a metaphor of motherhood. It represents scientific research's recognition of the spiritual significance of childbirth.

I want to draw your attention to my family photograph (see photo above), where you can see me

smiling on the left with my hand on my husband, Jerry. Note particularly the orb, which is remarkably over my third-eye chakra. If you look to the right of the photograph, next to the guitar, you will see my daughter, Jessica, directly across the table from me, and she is six months pregnant. So this is not only a photograph of my entire immediate family, but also of the mother of a soon-to-be-born baby boy, whose orb is hovering over me!

At the first World Congress on Orbs, in Arizona, scientists — after studying hundreds of



Dr. Levin (left in pink) is sitting across from her pregnant daughter while the orb of her unborn grandchild hovers over her third-eye chakra.

thousands of photographs with orbs — concluded these clear figures are not caused by dust particles, flash anomalies or water particles on the lens.

Professor Miceal Ledwith has a collection of more than 100,000 photographs and was a member of the International Theological Commission at the Vatican. With respect to orbs visible to the camera, Ledwith, a professor of Theology and former president of Maynooth College at the National University of Ireland, said: "I believe they could be many things. They may turn out to be the spirits of those who have passed on, or as some spiritual teachers state, they might be spirits waiting to be born into a physical body."

## Ways to Reconnect

Here are some tips on how to reestablish connection to the unseen world. In the process, don't doubt yourself or your sanity!



**Try on new beliefs outside your comfort zone.** For instance, in honing your intuition and trying to improve your understanding of another without verbal conversation, imagine them in front of you. In fact, imagine walking into them, feeling into them (much like when you enter a car and wrap your fingers around the steering wheel, feeling the upholstery and putting the key in the ignition).

**Try now to enter someone unseen.** Ask the conjured individual (living or deceased) a silent question from a stance of love and light and also ask them to come to you from love and light. Stay still inside and see if you receive a response. Be completely open to receiving a response from an unexpected avenue.

**Close your eyes and say a short prayer of love and light for your guidance realm to surround you (be that God, Universal Consciousness, Mother Nature, guides, deceased ancestors, saints, angels or whatever is comfortable and consistent with your belief system).** See if you have an electrical pooling around you. Do you feel chills, or do the short hairs of your arms stick up in goose bumps? Is there a ringing in your ears? Inquire silently what or who is this energy? Remain still and see if you get a response. Take comfort in the fact that this response can come in many forms beyond our normal five senses reception, so that it may not sound like a voice in our ears or a traditional image before our physical eyes.

Professor Klaus Heinemann, a researcher for NASA, conducted his own experiments around orbs in his wife's photographs taken at a gathering of spiritual healers in addition to other photographs he researched<sup>1</sup>. Heinemann's conclusion was these orbs were a form of paranormal intelligence, since they would appear if "asked" to make themselves visible, presumably confirming the belief of consciousness that guides us.

Professor William Tiller, a theoretical physicist who spent 35 years researching consciousness and matter at Stanford University, found that what we see with our physical eyes is less than 10 percent of our known universe. Our human vision picks up a very limited range of the electro-magnetic spectrum. For example, we cannot see radio waves, which carry huge amounts of information, yet we are certain they are there.

At some toddler classes, the teachers will blow bubbles. Notice how the little ones are fixated and joyous as the bubbles blow about. From those who have reported being able to witness and indeed see consciousness or souls, the shape, luminescence and flight of the bubble is much like the orbs of spirit.

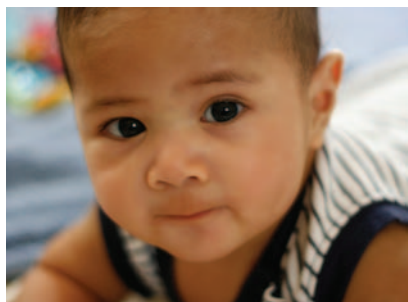
In the study of dolphins, we know they will often swim around a pregnant woman, much the way they circle in protection, in energetic healing and guidance for their own at birth. Many of the women swimming with the dolphins are so newly pregnant even they were not yet aware of their condition. (At Moonview Sanctuary, we have dolphin healing packages for our clients, and our dolphin experts have shared these fascinating stories.)

My views have been fashioned by so much of this, and my own intuitive abilities, that I am comfortable in concluding that our loved ones who guide and serve us from the other side, as well as those about-to-be-born spirits who linger close to get acquainted with their new lives, are especially more accessible to newborns. In adulthood, years of having been yanked into grounded practicality stymies our intuition, our "knowings," our sense of divine protection and our ability to be connected to the ALL.

In my view, each consciousness is an electro-

*"Our loved ones who guide and serve us from the other side ... are especially more accessible to newborns."*

magnetic field. When I was able to “read” or feel consciousness, it was reminiscent of the palpable field around a switched on television set. Because consciousness is electricity, it is conducted easiest when we are around water. Perhaps that is why dolphins, submerged in water as a constant, are found to be more telepathic than humans. This may also explain why we sometimes receive communication or have our best meditations in the dew of dawn, in the rain, by the



shore, in the tub or the shower. While we are always connected to the ALL, our ability to receive from the Divine may be heightened by or in water.

In the process of watching babies, ask yourself if they are worth examining beyond the simple cliché

“out of the mouths of babes comes the wisdom of the ages.” Study and closely monitor their actions; maybe, just maybe, they will open you to a new understanding of the unseen realms of Spirit, where those so fresh from heaven underscore, “thy kingdom come, thy will be done on Earth as it is in Heaven”.

When you then begin to really understand how guided, protected and connected we are in Soul Communion,™ we can find ourselves less attached to material outcomes or traditional barometers of success. We can begin to experience increased self-esteem, with more compassion for others, a greater appreciation for life, confidence and flexibility with resilient coping, all with renewed purpose.

<sup>1</sup> From the article, “Is This The Proof That Spirits Do Exist?” *Daily Mail*, July 22, 2007 (CDT) by Thoth

#### ABOUT DR. LAURIE ANN LEVIN

Laurie Ann Levin Psy.D, Founder and CEO of Moonview Sanctuary in California, which grew out of the practice of mixing traditional psycho-analytic theories with a newer understanding of intuition, practices Soul Communion,™ or the expression of one’s highest sense of self connected to all other souls, past and present.

She first discovered her psychic abilities at age 16 when, alone in her room, the name of a football star at her high school popped into her head. As a 10th grader, existing in a totally different world than this popular senior, Levin was surprised when he called the next night to ask her out on a date. She realized the boy must have been thinking about her at the exact same moment he crashed into her consciousness. Around the same time, she picked up a magazine with an article on Elizabeth Kubler-Ross, the famed psychiatrist who dealt with life after life. By the time she had finished it, Levin’s perception of the world around her had been altered forever, realizing the exploration of that which she couldn’t see would become the direction of her life. EE