

Body, Mind & Spirit

1010 AM

Inspiring Radio Talk Show: With host Jean Boucher

This show is about moving stories and challenges, experiencing pain and dealing with relationships, plus books which will change your life.

The following excerpt is from a previous radio show session.

Jean Boucher: Any thoughts about the Thurston High School shooting?

First Caller: Instead of pointing a finger and saying, "Oh this boy, how terrible of him," we need to pray deeply for his healing as well as our own.

I believe there's a child in each of us whether we are in our mother's womb or 99 years old. To tap into that child and heal the wounds of the past is what Spirit is asking us to do.

Second Caller: We can feel the pain as individuals and as a society. People are asking why there have been so many of these shootings.

There was a rash of shootings at the Post Office and now in schools and problems with gangs.

The closer we get to a personal and societal transformation (the lighter side), the darker some of these things will be at first. I think that means there is a wake-up call for all of us and we need to listen. If people didn't go completely off the wall, we wouldn't know there's anything wrong.

Third Caller: We live in an Adolescent Society and we seem stuck in it. Adults are reverting back to adolescence while kids stay in it. Collectively, we don't mature well. And so, you have these generations where our pop culture encourages that. And, there's a casualness to all this violence, apathy and sarcasm. It's very adolescent behavior. There isn't enough of an influence to get beyond that.

Eric Vormanns: Master Healer From Ghana



Eric Vormanns is shown practicing Etheric Healing on Linda Huff at the House of Umoja.

"If we really want to help children, we need to work with them in their inner process of Self-discovery. When they understand their True Selves, they don't become afraid and can enjoy their natural talents to serve humanity.

Providing a spiritual education to children is important. That means showing them how to tap into their intuitive knowing and the healer within. Everyone has the gift of healing and children have that naturally. Healing is simplicity, love and caring.

I teach children by working on their level. Inwardly, I view their "energy" as it is changing and use my intuition to lead them to learn. It is an experiential process to connect with their inner knowing. When they get it, they have it forever.

Humanity is suffering on a deep level. When I do healing work, I get to people's "root" problems and teach them to find their "center". That "center" is their source of peace and tranquility. They get a good taste of balance and never forget it."

LISTEN

When I ask you to listen to me and you start giving advice you have not done what I asked. When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings. When I ask you to listen to me and you feel you have to do something to solve my problem you have failed me, strange as that may seem.

Listen!
All I asked was that you listen, not talk or do - just hear me. Advice is cheap; you can get both Dear Abby and Billie Graham in the same newspaper. And I can do for myself; I'm not helpless.

Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

But, when you accept as a simple fact that I do feel what I feel, no matter how irrational, than I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

So, please listen and just hear me. And, if you want to talk, wait a minute for your turn, and I'll listen to you.

Anonymous

MUTANT MESSAGE FROM DOWN UNDER

INTERVIEW BY JOY RAMOS

Mario Morgan, author of "Mutant Message Down Under" and "Mutant Message From Forever" is an internationally renowned figure. Her books have been on the New York Times bestseller list and has sold more than a million copies. She is an American woman that was summoned by a remote tribe of nomadic Aborigines who call themselves the "Real People" to accompany them on a four-month-long walkabout through the Outback of Australia. While traveling barefoot with them through 1,400 miles of rugged desert terrain, she learned a new way of life, including their methods of healing, based on the wisdom of their 50,000-year-old culture.

Q: Why are you called a Mutant by the Aborigines?

Marlo: It was used in reference to the tribe of people I was with. They called themselves "Rebel", "Unchanged", "Thinks in Oneness." When they referred to me, they said, "You're no longer like First People. You've changed. You think in Separateness. You've mutated."

They believe that mankind originally thought in Oneness. That they were connected to each other. They were connected to the Earth, to the elements, to the planets and animals.

Through time and changes in

lifestyle, we have lost that and now we think in Separateness. We tend to think that there's not enough to go around; limited. We each have to get our own.

Q: Are children equal in the Aborigine society?

Marlo: Yes. They look at a child by looking into his eyes, behind the eyes. And, when they speak to a child, they speak to the Forever (Spirit) part of the child. To them, all Souls are equal. They are all bright and beautiful light.

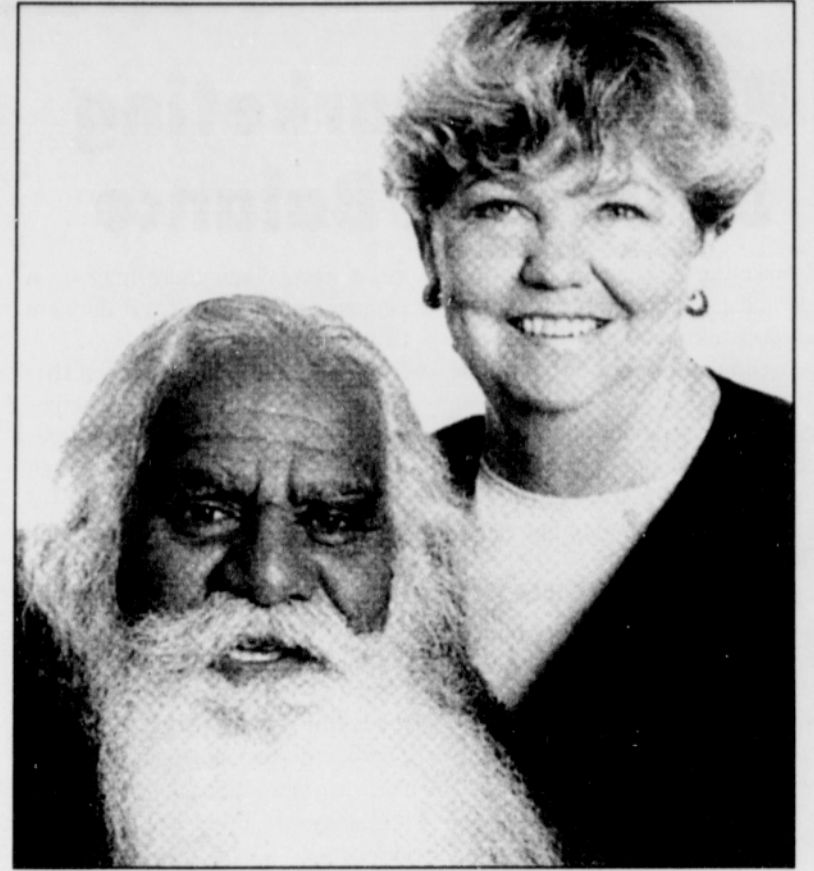
Q: How important is the spiritual education of a child?

Marlo: Aborigines differentiate between knowledge and wisdom. To them, knowledge is how you learn something through experience. Someone shows you how to make a boomerang, how to throw it, how to select the wood.

Wisdom to them is entirely separate. They believe that we can go to the library and read every book that's in the library and come out very knowledgeable, but not have an ounce of wisdom.

Wisdom to them is how you apply knowledge regardless of how you obtain the knowledge.

Their lives are spent obtaining wisdom. How do you wisely deal with intruders? How do you wisely deal with the Outside World when they're polluting the sky and water? How do we do what's best and in the highest good for all concerned?



Marlo Morgan with an Aborigine elder from Australia

Q: Why are dreams important to Aborigines?

Marlo: Dreams are for guidance. The Aborigines don't ask for guidance from an angel or guru, but they would say that's perfectly alright. They get their guidance from their own Higher Self.

Dreaming to them is their Soul talking to them, giving advice

and telling them of things to come.

They dream during the day. They become quiet and still and their systems actually go into alpha wave length state.

I've seen them with the fluttering of the eyelids. Dreams are very short. I'm talking about a minute to one and a half minutes.

ABORIGINE MESSAGE FROM FOREVER

BY BEE LAKE

The following message applies to souls everywhere. This is a standard that has been held by my people in the Outback Nation (Australia) since the beginning of time.

1. You should express your individual creativity. When one rises up against the odds, when we strive to release our creative consciousness, it carries great merit.

2. Realize that you are accountable. This rule goes hand in hand with creativity. You are held accountable for what you create and share with the world, for safeguarding others and not harming life.

3. Before birth, you agreed to help others. The human existence is not one meant to be spent as a sole traveler. We are designed to support and care for one another. Everything we do should be done with the thought in mind, "What is the highest good for all of life everywhere?"

4. Mature emotionally. As you mature and gain insight into what it is to be human, the goal is to grow, to discipline and select your emotions.

Relationships and incidents are circles. They start, continue, and stop at some point. If you mature emotionally, there is no difficulty in closing each circle, leaving no frayed edges, no negative feelings.

5. Entertain. The challenge comes in partaking only in positive entertainment and not always remaining in the role of one being entertained.

6. Be a steward of your energy.

Every word, every action, every thought you focus carries with it energy. Collective energy that results in what we see, and in unseen layers of consciousness that surround people and places.

Our words are never captured, never corrected, never retracted. They become a portion of the layer encircling the planet. Over time, the layer has become so filled with victims' screams, with violent actions; with selfish, limited thoughts that a layer of victim consciousness has now formed. People on earth find it easier to tap into that negativity than to bore through it and reach above it.

More than half the souls visiting earth today are in victim consciousness mode. We created it, and we must dispel it. This can be accomplished by each of us becoming aware of our stewardship and setting an example.

7. Indulge in music. Music is your soul speaking. It is the voice of our planet communicating to the universe.

8. Strive to achieve wisdom. Wisdom is a very separate issue from knowledge. Wisdom is how a person uses knowledge. It is a show of wisdom to honor the purpose of all things and to do that which is in the highest good for all life everywhere.

9. Learn self-discipline. It is necessary to develop self-discipline to experience any inner connectedness of body and soul. Learn the difference between what your head says and listening to the message from your heart. Head talk is a prod-

uct of society. Heart talk is from Forever.

10. Observe without judging. Observing without judging is sometimes called "Unconditional Love." Each of us was given the same one gift, the gift of free will, freedom of choice. We were created spiritually perfect and have re-

mained so, but our gift lets us believe and act otherwise. If you judge, you must also learn to forgive.

There are no mistakes in terms of Forever. You can't make a mistake because human life is your gift and you are exploring.

INSPIRING RADIO TALK SHOW

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UPCOMING GUESTS:

June 21st. Lynn Peabody & Michael Doud of Eco Team

June 28th. John Poling, publisher of Community ConneXion.

July 5th. Delmar Martin, Unity of Gresham Minister talks about Healing.

July 12th. Brad Smith, a Business Coach/Intuition & Enlightenment Trainer.

July 19th. Bob Berg, author of "Winning Without Intimidation."

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WITH THIS AD



ERIC YAO VORMANNS MASTER HEALER/TEACHER FROM GHANA

Opening To Life: Friday and Saturday, June 26 and 27 from 7-10 PM. This is an introduction to Etheric Healing. A free public healing will be offered. Opening To Life Center is located at 532 SE Ankeny.

Etheric Healing Center: Saturday, June 20th, 10 AM-5 PM. This is an introduction to Etheric Healing, Level I. Contact Donna Selby at 675-9809.

Reflections Bookstore: Sunday, June 21st, 1:30-3:30 PM. Eric's topic will be "Healing Simplicity." Reflections Bookstore is located at 446 NE Killingsworth.

Oregon College of Oriental Medicine: Thursday, June 25th, 7:30 PM. Eric's topic will be "Healing the Natural Way." The Oregon College of Oriental Medicine is located at 10525 SE Cherry Blossom Drive.