

# Body, Mind & Spirit

Discover Your Identity

Deena will be giving a lecture entitled *Discover Your True Identity* at the Whole Life Expo on Saturday at 3 PM in Room 5.

Learn how to evaluate and expand upon your beliefs, letting go of stagnating preconceptions, and allowing yourself to recognize your true identity. Power lies in knowing. To know is to experience. To experience is to participate and have unwavering joy, peace, and total self-actualization.

Limiting thoughts create blockages and don't allow energy to vibrate at a frequency necessary to truly experience.



Deena Jones is President of Merging Worlds Spiritual Centers, Inc., Jones is the author of *Evolving Into Knowingness*.

## WHOLE LIFE EXPO Debuts In Portland

In the market for an ancient healing stone? A stress-relieving massage? Information from a nationally-known holistic healing expert? The Whole Life Expo, the nation's premier event for natural health, personal growth, spirituality and global change, will provide this and more when it comes to Portland for the first time, December 4-6, at the Oregon Convention Center.

The Expo in Portland includes workshops by more than 20 nationally known speakers. Thinkers, explorers, authors and counselors discuss topics ranging from personal development and addiction recovery, to angelic experiences and spiritual transformations, to cosmic truths and understanding the ongoing transformation of Earth.

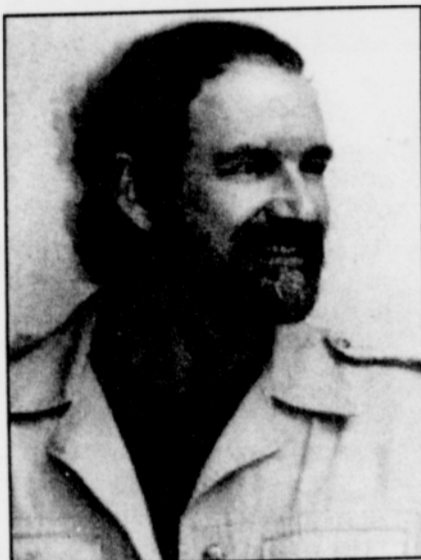
In addition, the Whole Life Expo features lectures by more than 100 presenters. Lecture topics include *Aging is Not Inevitable*, *Find Health Through Spiritual Power*, *Socially Responsible Investing and Intuitive Decision Making*.

The Exhibit Hall will feature over 200 exhibits of a wide array of products and services ranging from the latest herbal and homeopathic supplements to handmade jewelry and clothing.

For complete information on ticket prices and outlets, please call 1-800-551-EXPO (3976), or visit The Whole Life Website, [www.WholeLife.com](http://www.WholeLife.com). To volunteer at the Expo, or for more information about volunteering, please call 1-888-764-EXPO (3976).



Tibetan lamas will perform at the Whole Life Expo in the Convention Center. In this two-hour concert, the monks begin by invoking creative awareness within themselves and the audience, and end by sending for the smoke of incense, which the wind carries into the 10 directions as a subliminal force invoking peace, harmony and the ways of creative living.



Hank Wesselman will be giving a workshop at the Whole Life Expo on Saturday, December 5th from 11 AM-12:30 PM in Room 2.

Hank Wesselman is an anthropologist working with an international group of scientists in the fossil beds of East Africa's Rift Valley in search of human origins. His fieldwork in Hawaii and the Pacific Islands has led him into the evolution of consciousness, shamanism and the writing of his autobiographical book, *Spiritwalker*. His presentation is entitled *Spiritwalker: Search for the Secret Garden*. Wesselman will offer you an opportunity to find your personal place of power and healing in the dreamworld. He will examine the nature of health, illness, and healing in the traditional perspective, and conclude with a healing ritual.

## Conscious Communication

BY KEILISI GYAN FREEMAN

Conscious Communication arose from moments spent sharing with my wife in finding different avenues of communication to learn more about each other and strengthen our intent to be together in our relating.

It appeared to us that soon after our marriage, we began not to "communicate with each other." Another beautiful couple had offered as a wedding present, a chance to participate with them in developing their Couple Counseling program. Along with four other couples, we shared in seeing the art and skill of a married couple who fully listened to each other and who were present for each other being able to reflect what was previously shared.

From those sessions we sat down together one evening and put together our ideas to develop a way to bring our experience from "new age jargon" and retain the simple message that we got. We put our plan into action in Christina's home town of Australia. The results have been astounding.

Several people that we shared our energy with ended up in tears. Mainly because they felt heard. I

was touched by Steven Covey's masterpiece, *The Seven Habits of Highly Effective People*. In chapter 5 Mr. Covey stated, "that listening is one of the greatest gifts one person can give to another." I practiced with Christina the art of listening and placed my attention on keeping myself out of the way which allowed me to fully hear her. I would say that increasing that skill has been the greatest gifts to our relating and I can give this aspect of myself to all I meet.

We decided to stop inside a conversation meaning to detail the patterns that sometimes we automatically fall into and develop a program from that exploration. It will be hard to go into the full detail that we go into during our two-day workshops, in a forty-five minute lecture. My intent is to bring awareness to some areas where something as small as, not saying yes too soon, can mean so much in the success of a conversation. I will also have a one page hand out of the topics that I will cover and brief solutions.

These and other skills such as being clear in the intent of statements in any conversation. Learning to identify the different speaking styles and being able to



Keilisi Gyan Freeman

reply in the style of the speaker. Speaking to include or exclude with short unfinished statements between one or more in any conversation.

Part of our workshop also includes undoing of belief systems. We use "The Work", a process brought from the awakening of Byron Katie. This process asks one to take ownership of the beliefs that have been so much a part of personal make-up and asks one to reflect "Who would you be without your story?" In that reflection, beliefs are bound to be peeled away as the layers of an onion.

Keilisi Gyan Freeman is a poet and co-founder of Conscious Communication. He will be giving a lecture at the Whole Life Expo entitled *Conscious Communication* on Saturday at 3 PM in Room 4.

## Walking The Time Lines

Maurice Attie is a practicing Holistic lawyer, Agni Yogi and author.

He will be giving a lecture at the Whole Life Expo entitled *Walking The Time Lines* on Friday at 5 PM in Room 5. Attie will be offering simple tech-

niques that are a gift from nature that is available to all of us. According to him, the exciting part is that once you perceive your own probable future, you can change the parts you do not like.

Another approach he

teaches of *Walking The Time Lines* is to forecast the future for communities, countries, planets and beyond.

He can help you live life more fully in the present and create a more positive future.

# WHOLE LIFE EXPO

the nation's premier event for natural health personal growth spirituality global change

250 exhibits

- alternative therapies
- natural products
- expo bookstore
- performances
- bodywork pavilion
- intuitive readers
- exotic imports
- visionary art gallery
- natural foods dining
- tibetan sand mandala

VOLUNTEER OPPORTUNITIES AVAILABLE: 888/764-3976

DECEMBER 4-5-6 PORTLAND

FRI 5-8 2PM-9PM • SAT 12 10AM-9PM • SUN 12 10AM-7PM

OREGON CONVENTION CENTER

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120 speakers

- James Van Praagh  
TALKING TO HEAVEN
- Wayne Dyer  
WISDOM OF THE AGES
- Kenny & Julia Loggins  
THE UNIMAGINABLE LIFE
- James Redfield  
THE CELESTINE VISION
- Bernie Siegel  
PRESCRIPTIONS FOR LIVING
- John Bradshaw  
THE FUTURE OF THE FAMILY
- Terence McKenna  
FOOD OF THE GODS
- Barbara Marciniak  
FAMILY OF LIGHT
- Dannion Brinkley  
SAVED BY THE LIGHT
- Nick Bunick  
IN GOD'S TRUTH
- Wallace Black Elk  
LAKOTA VISIONARY
- John Robbins  
RECLAIMING OUR HEALTH
- Doreen Virtue  
DIVINE GUIDANCE
- James Twyman  
EMISSARY OF LIGHT
- Mystical Arts of Tibet  
SACRED MUSIC/SACRED DANCE

WILLAMETTE WEEK

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