

## DEBORAH'S BLOG 2007

November 26, 2007

The other day in the shop, a lady came in looking for Himalayan Singing Bowls. We went to the Eastern Section together only to find that we were out of bowls. That presented a real difficulty, as I like to test the bowls before I buy them (usually at a Trade Show). At that moment the telephone rang. When I answered it, a Nepalese gentleman announced that he sold singing bowls, was coming through St. Louis that evening, and would I like to meet with him. WOW, there's the Universe talking to me, I thought. So, sure, I'll meet with him. When he came into the shop we recognized each other; Mel & I had purchased silk clothing from him several years before at a trade show. How great to reconnect with Suren again. Then he unpacked the bowls and I started testing them. They were the clearest, most sustained bowls I had ever heard! Then he said he used them for healing work and had me lay on the floor. He put the large bowls, tuned to the chakras, around me and began playing them in various combinations and orders. The effect was phenomenal! My chakras, even to my palm and fingertip chakras were humming! Ken was there and I asked him to get my camera and take some pictures. He said his chakras were buzzing just by being in the room. (The pictures and more information are on the "News" page of this site.) Suren shared that he taught interactive classes on this technique of working with the Himalayan Bowls and did private appointments. So, you guessed it, I've invited him to visit us late February, early March.

As an aside, my shoulder was bothering me but after the mini-session with the bowls it's so much better. I can only imagine what an hour session with Suren and the Himalayan bowls would be like, but I'll find out in February.

Also, I've shared the bowls with others after Circle of Light service last night and everyone agreed, these are the most phenomenal bowls they've heard. Check the news page and I'll keep everyone updated on his visit.

Blessings to all,  
Deborah

November 19, 2007

Once again Mom has impressed me with the beauty of Autumn color. The trees, blazing in glory then "dying" for the year, only to return in the Spring, reminds us of how we also return in the great cycle of life. Each season has so many lessons for us, if we but keep our eyes open and observe the transformative changes occurring in Mother Nature all around us. Enjoy the beauty, fading now as colder weather approaches. Mother Nature demonstrates to us that now begins a time of turning inward. Resting from outward work and focusing on inner growth as the time of hibernation approaches. As we take our fill of a bountiful harvest this Thanksgiving, let us remember to thank Mother Earth from which our food, our homes, our bodies, our world have arisen. Let us remember to use this life, this body-temple, wisely; making the most of this great gift of life in the third dimension. Blessings to all and Happy Thanksgiving,

Deborah

October 9, 2007

Greetings everyone! Once more the rain has passed St. Louis by. I heard on the weather that Imperial, MO, just a few miles south of here is 10 inches short on rain, that's a CLIMATE zone everyone! Please remember to water your trees, shrubs and perennials. Mom needs our help right now, step up to be the responsible stewards that becomes our role for climbing to the top of the gene pool. Remember that if we expect the Masters and Higher Beings of Light to extend help down towards us, we need to be extending help down to the evolving kingdoms below us. It's all part of the Cosmic Dance, the

Universal Law that's echoed in all religions in similar wording "do unto others as you would have done unto you". Did you think that just applied to people? How egocentric would that be? A drink of water, that's life. Someday you may need help to live. Create the positive karma now. Be a steward to Mother Earth this autumn.

May you never thirst,  
Blessings,  
Deborah

September 21, 2007

Happy Autumn to everyone! On Sunday September 23 at 4:52 a.m. the Sun moves into Libra and autumn begins. If you're up that early, you can balance a raw egg on end at the exact time of the equinox. There're pictures in our Photo Gallery of previous egg balancings.

I love autumn. The cooler temperatures and the changing foliage are so inviting for outdoor activities. One of my favorites is to take a drive into the National Forests in Missouri and enjoy the autumn colors. Hiking at the numerous springs in southern Missouri is always enjoyable, but after a first frost when the trees are striking it's especially wonderful. Get outside and enjoy the beauty of Mom this autumn.

We've been busy around here. Observant Mel (Melina) noticed that a shop was closing with fixtures for sale. I went by and found 5 large full glass display cases for a really good price. Jon, Ken and Bill spent a day moving them to Pathways. We smudged and cleaned them well and placed them strategically in front of our large windows, to let in the light and give us more display space. (If you've been in recently you've noticed that the "Gods & Goddesses" case was filled to capacity. That happened quickly.) We have stones in storage that we haven't had the room to display. Our "New Arrivals" case proved to be too small to hold our new arrivals as they came in the door. All in all, we really needed the cases. Well, now they're in and filled. One has clear quartz clusters and wands in it that hum with the afternoon sun. We moved the phantoms to that case and now the numerous phantoms are easy to see; I can remember why I chose each one of them.

I still have LOTS of stones in storage, so many mines close or the vein runs out that when I see something unusual I buy all the top quality choices available. Frequently we never see it again. I don't think many people realize how many stones are a one-time purchase. Take zincite for example. If you bought it when we had it several years ago, your piece is now worth probably 10 times (at least) what you paid for it at Pathways. That's remarkable, better than most stocks.

We just found someone with Larimar jewelry. The only place Larimar is mined is in the Dominican Republic. That mine closed. Larimar was getting really scarce. Then a manufacturer came by with Larimar jewelry. I was floored. I asked about the source and it appears that he bought all the rough out of the mine several years ago, kilos of it. He's now the source for it. We had a great time picking out the best of his collection for our customers. Watch this stone skyrocket over the next few years. Given the size of the planet, many of these new stones are really rare. The veins are small and limited. If not for our more globalized economy we'd never hear about them. When you see unusual beautiful stones in jewelry at Pathways, pay attention, they might very well not be back.

I'm sure many of you haven't looked at your stones or jewelry as investments but they are exactly that. It's not only the large carved jades or fantastic museum pieces that appreciate in value; many of the smaller specimens and jewelry do as well.

So enjoy your autumn, get outdoors and let Mom know how much we love Her and how beautiful She is dressed in her vibrant colors. Spend a day in nature, get revitalized and nourished by the energy of autumn. Have fun!

Blessings to all,  
Deborah

August 24, 2007

The heat and dryness have been incredible here. I'd like to encourage everyone to water their outside plants, bushes and trees. We're over 3 inches short on rainfall again this year. Our plants need our help to survive. Also, please remember the birds and small animals in the neighborhood. Please put water out for them. Take care of your pets and help them to keep cool too. Wearing a fur coat in this weather is tough! Check on your neighbors, especially the elderly. Hopefully the cool of autumn will arrive soon, but as of now we're on our way to the hottest August on record. Stay cool (on oh so many levels).

Blessings,  
Deborah

July 28, 2007

As usual, much has happened since my last entry. Mel, Ken and I went to an International New Age Trade Show in the end of June. We found so many great items that we had to plan shipping so they would arrive over the next two months or we wouldn't have room for everything in the store. So items have been arriving and we've been busy unpacking, pricing and setting up displays. Hopefully the "New Arrivals" page will be up within the next day or two so that you can see some of the new items.

I know I said I'd talk about India, but actually I'd like to share something a bit closer to home. As you know, we had a momma duck lay eggs and hatch her babies at Pathways this Spring. We even closed off two parking places and posted "Be Careful, Ducklings" signs on the lot. Well, when we came back from Denver there was only one duckling left. By that time she was almost as big as mom. Mom would leave her at night and she'd camp out at the front door of the shop, literally. When my classes were over she'd be sleeping at the front door. She'd quack softly to her own reflection in the door glass. I started going out and feeding her some bread in the evenings as she was settling in for the night. One morning, when I was outside watering the flowers at 7 a.m., she and mom enjoyed the water with me. All was well, but after the last big storm they haven't come back.

Okay, here's the essence of that experience. When meditating on the topic the other day, I received that much like the way we interacted with the ducks throughout this Spring and Summer, that it's also the way that the Masters interact with us. They overlook and protect our journey as much as possible without interfering with our free choices. When we show up and attract their attention asking for something, we get some crumbs of wisdom sent our way. We're pleased with what we get and frequently ask for more. But, most of the time, something on our plane of existence calls us away and off we go. The Masters, I'm sure, just smile and wish us well, knowing that we know where the nourishment can be found, if we find that we're hungry again. So, we all wish them well and hope to see them again in the Spring of 2008.

May we all be aware of the work of the Masters and may we be ever ready for more bits of Eternal Wisdom as we learn to digest what we've been given.

Blessings Everyone,  
Deborah

June 17, 2007

Wow, quite a bit has happened since that last blog. Four ducklings hatched but only one duckling is left, definitely a female, and still at mom's side.

I've been to India for three weeks with most revered mantra instructor, Namadeva, Thomas Ashley-Farrand. In the upcoming weeks I'll share some of those incredible experiences with you. It took me two weeks after my return to get my days and nights straight, India is 12 hours opposite us on the

globe. After that I was called to jury duty and served for a few days. I have other duties that are currently calling me, but promise that I'll get a longer correspondence out within the next two weeks. Lots of great new items in the shop. I shipped back some incredible thankas that will be displayed in an art showing within the next month, and will be available for purchase. These are some of the most beautiful ones I've ever seen, many have gold and silver paint highlights. It will be announced on the news page, so watch for it.

Blessings to all and thanks to all for the prayers of safety sent to me during the journey to India. Craig, our massage therapist, was my roommate and we had many long discussions on the energetics of the temples. Many of you were remembered in my prayers at the numerous temples we visited.

More soon, I promise,

More Blessings,

Deborah

April 17, 2007

Hello everyone! Spring is definitely here now. The birds are busy laying eggs, and needing lots of seeds for the energy to do that! We have our own special guest this Spring. A mallard has decided to make her nest and lay her eggs next to our building. We've closed off two parking places so that she'll have some privacy and not be stressed by customers walking close to her all day. I bought some Wild Game Bird Seed while I was in the country a couple of weeks ago to feed her, but she seems to like the Hawaiian Sweet Bread more. Two drakes were up by the front door of the shop on Saturday. Perhaps they heard about the sweet bread and wanted their share. They found the area with the bird feeders and ate some of the seed on the ground, so now I've started feeding them the dry feed in that area. Mom has laid at least 8 eggs, as of a week ago. She's spending more time on the nest now, so hopefully we'll soon have babies to watch. Here's a picture of her. I'll keep you posted with news of the births.

Blessings to all,

Deborah

April 5, 2007

Spring WAS here! The tulips bloomed and the Bradford Pear joined in the display. But now, tonight, it's going to be down into the 20s. We've covered lots of the new growth, hoping to keep the losses to a minimum. I'm saying my prayers for the fruit growers, especially the orchard owners. I think that perhaps one of the most stressful jobs would be to own an orchard in our climate. You have one window, if frost kills off the blossoms there's no crop this year. Now that's pressure. Once upon a time about 20 years ago, I planted an orchard of miniature fruit trees in my back yard. My stepdaughter and I would cover the little limbs with bread bags when a frost was threatening the blossoms. It worked! Those branches got fruit where the higher ones that we couldn't reach to cover didn't. Just sharing with everyone, in case you've got a dwarf fruit tree in your yard.

Well, it's blankets around the banana trees this evening. They've grown a foot up out of their mulch mountain last week with the warm weather. They survived the winter, let's see if they can survive the spring.

Remember to put food out for the wild birds. It's hard this early in the year for them to find food. Our birds have been especially hungry, emptying all the feeders in a day.

Blessings to all,

Deborah

March 21, 2007

Greetings Everyone! Spring has arrived! At the time of the Equinox last evening we balanced raw eggs on end to the amazement of our customers. How incredible that Mother Earth is so completely balanced at that exact moment.

Our crocuses have almost finished blooming out by our ðPathwaysö sign. The daffodils are beginning to fill in with their bright color and the tulips are up out of the ground. The Bradford Pear is all budded; I expect it to open up in the next day or two. I just purchased forsythias and French pink pussy willows to plant on the edge of our rear lot. Iøve uncovered most of the Cannas and Elephant Ears, difficult to tell if theyøve made it through the winter. If they have, weøll have some bulbs to give away. We should know within the next month. If we do have free bulbs to give away, all we ask is that you give them a good home.

Spring is here. Plan your garden, get ready to help something to grow. It will do your heart good!

Bright Blessings,

Deborah

March 4, 2007

Hereø a thought to share with everyoneí

The energy that we put out comes back to us. We all understand this, but letø look at it in a bit more depth. If we are argumentative or quarrelsome, we draw argumentative or quarrelsome people to us. If we persecute or deride others about their belief systems, our beliefs are in turn persecuted. Thereø no way to avoid this Universal Law (hence the term ðUniversalö). Loving tolerance and acceptance will bring those qualities to our door as well. There are probably as many variations of paths to Infinite Source as there are people on our planet. Pathways was created to honor all paths. Everyone is exactly where theyøre supposed to be on their path of spiritual growth. To criticize anotherø path is tantamount to saying that you know what is best for another person, how youøre right and theyøre wrong. The worst injustice we can do to another person is to minimize their choices, seeing ourselves as øbetterö or ømore advancedö. Actually, thatø one specific way to show just how much further we need to travel on our own path. Why am I addressing this now? Because I heard several remarks in Pathways this weekend that prompted it. Until we realize that we are all sisters and brothers on spaceship Earth, and show honor to others, we will not be promoting the highest of energies for our peaceful co-existence. I am currently entertaining approaches to take with these types of situations, and several new options have opened to me. Suffice it to say that we are all a øproject in progressö and that tolerance, respect and compassion are qualities that we would all do well to incorporate into our daily lives.

Blessings,

Deborah

February 15, 2007

The last piece of store fixtures that I really wanted for the shop has arrived! Itø a large beautiful all-glass case that weøve put in front of a huge glass window. (Check out the New Arrivals Page for more information.) Now our available area for statues has doubled again. Itø where the long sale bin was located in the front of the shop. And that bin is coming in even handier now. Iøm using it to separate recyclable goods. Thanks to my truck Iøm really able to get into the recycling mindset. Itø now SO much easier with that truck bed to haul my cardboard, paper, glass, et cetera to the recycling center. While there were lots of items that I didnø want to put into the back seat of my car, theyøre just fine traveling in the bed of the truck. And the Universe has certainly cooperated with my recycling efforts by providing me with a sturdy way to separate everything. Now Iøm looking for something to use to make compost for the flower gardens around the store. With all my weeding and trimming, I generally fill 2 5-gallon buckets a day in the summer. A way to recycle that back into my garden would be great. So thatø the next quest.

Have a wonderful week everyone!  
Spring is on the way.  
Bright Blessings,  
Deborah

February 4, 2007

In one of my Basic Development Class Series sessions I cover the concept that as we grow and develop spiritually our nutrition choices change as well. I have seen people go from being a ðmeat and potatoesö person to a ðpotatoö person in just a couple of days. And, although I talk about the levels of food acceptability, I have not, until now, committed that list to writing. But, in response to the request of a delightful young man, I am now doing so. Some of these criteria are adapted by various religions, such as Hinduism and Jainism. The underlying thought to remember is that as we change, we change. Our bodies may readily begin asking or even demanding more pure (karmically and chemically) foods, wanting water instead of soda, wanting raw foods instead of cooked foods. Observe yourself and delight in the changes that you see unfold in your dietary habits. Frequently it's an accurate barometer of spiritual progress.

This list ranges from the vibrationally lowest to the highest. Enjoy!

At the base level is the eating of organs of animals: liver, kidney, brain, and heart are examples.

Also at this base level is the eating of pig as their meat truly requires a longer digestive tract than we have to completely digest it. Hence there is a strong tendency for pork to literally rot in our gut, as the bowel movements of those who eat this meat make readily apparent.

Next is the eating of animals in our own class, mammals, in the form of processed meats. This would include lunchmeats, hot dogs, and ground meat. These are listed here not only because of chemicals added to many of them but because of the high level of bacteria allowed in such products.

Next is also the eating of animals in our mammal class, but here it's cuts of meat, actually the muscles of cow and lamb, for example.

Next is the eating of birds.

Next is fish. As a side note, in some foreign countries fish is thought to be part of a vegetarian diet when consumed in small amounts.

Next come dairy products. These people, although not eating the animals do consume their by-products hence keeping them in captivity for their food production. Examples here would be eggs, milk, cheese, ice cream.

Next are the ðvegansö. These people consume no animals or animal by-products.

From here we move into the more esoteric divisions:

Next are people who will not eat the vegetables if the plant had to die in the process. Hence they would not eat root crops like carrots, onions, beets. (This is true with pure Jainists.)

Vibrationally fruit has a higher vibration than vegetables, so the next level is composed of ðfructariansö, eating only fruit.

Of the fruits, the highest vibration is lemon. Please note that lemons are key in many fasting-for-purification programs.

ðBreathairiansö are the highest level, adapting the energy of light and prana directly into their systems without need for food at all.

As a side note I have only met one such person during my life. He was very thin and totally absorbed in his spiritual journey. He has since passed into spirit.

When we look at the vitality of foods, much more is present in raw foods. However if we want vegetables or fruit that is out of season, frozen is better than canned.

This is just a basic breakdown on foods. Most important is to eat only when you're hungry and stop as soon as you're not. Chew slowly and completely break down the food before swallowing it. Fried foods are not healthy, regardless of the food. Remember to say ðGraceö over your food, cleansing it

(especially if cooked by strangers) and charging it with positive energy to meet both your physical and spiritual needs.

Pay attention to your body. If you get sick every time you eat a hamburger, quit eating hamburgers. If you reach for antacids every time you eat fried foods, don't eat fried foods. It's that simple.

Love your body. It's your temple until you drop it at the end of your life's journey. The best way to keep well is to stay well. The best cure is prevention. Realize that there are nutrients in foods that your body wants and needs, not only for your physical health but for the health of your finer bodies (emotional and mental) as well.

Blessings to all,  
Deborah

January 21, 2007

Well, January's been a very busy month. But even with orders and current classes I've been spending time preparing new classes to present over the next few months. One, in particular, is in the forefront of my work. As we move towards a new solar year, beginning in March as the Sun appears to move into Aries, we begin a yearly cycle that provides us with great opportunities for our spiritual growth. With this to consider, I am creating a new class on the "Esoteric Full Moons". Based on the material of Alice Bailey, Torkom Saraydarian, and Carol Parrish-Harra, this will be a class with information that will help one attune to the great amount of energy available from each of the full moons. I have researched and studied this material over the years, employing some of the information in Full Moon Meditations that I have presented for the last 13+ years at Circle of Light Church. I feel that now is the time to put this material into an approachable, easily accessible format, providing the foundations and some ideas for practice that could be valuable adjuncts in assisting others to gain the most from full moons. So as I devote my time and energy to this endeavor, the blog may be shorter and less frequent, but the results of this work will hopefully save others time and open doors to new possibilities.

I will still do my best to keep up with the weekly affirmation, mantra and quote on the "Resources" page. Who knows, they may become inspired by the results of work on my current project.

Blessings to all,  
Deborah

January 9, 2007

Greetings everyone! No, I did not fall off the planet. We've been very busy with holiday sales and then inventory. It was so good to see everyone over the holidays including customers who have moved away coming back to St. Louis to visit relatives. Wonderful customers brought us treats to keep our sugar levels high while we were helping everyone. Next on the list will be "thank-you" cards to everyone. I've also been busy doing some work for my dear friend and mantra instructor, Thomas Ashley-Farrand. He's planning out his year as well and is making plans to visit us again this year. While focusing on the season, my most beloved car, a 1988 Mazda 626, that I bought new 18 years ago, died on me. I really mourned the loss of that car. That car carried Pathways to psychic fairs and festivals while my business was still just a room in my home. It got me to my nursing jobs through all kinds of weather. It took me on long over-the-road camping vacations to the Southwest United States. It took me on countless trips to Chicago, Indiana, Arkansas and throughout the back roads of Missouri. But as the Universe would have it: "When a door is closed, a window opens". Being the holiday season I didn't have the time to be focused on getting a different vehicle. Enter now the mysterious workings of the Universe. My son Jon connected me with a most perfect pickup truck. Now I've never owned a pickup truck, nor did I see the need to do so, but here it was, available, affordable and brought to my door. And so, I bought it! Now the wonder is, what's next? I've learned to listen to the Universe and allow myself to flow easily towards my greater good. So, I'm certain that something

wonderful will happen, and the truck will be key in helping it happen. I'm ready for an enlightening 2007!

Okay, we're back on track with classes returning and booking another busy year with visiting authors. Happy 2007 everyone!

Blessings,

Deborah, a first-time truck owner, who'd have ever thought!?!