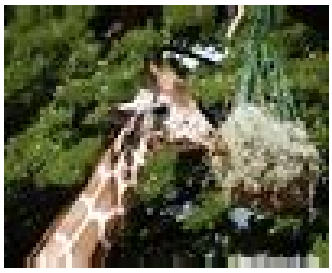

Creating a Life and World of New Possibilities
A Project of 'To Go Beyond'
August 2006 Issue

Separation crumbles,
Love resides.
The heart abides,
In Oneness inside.

We are living in extraordinary times. I find myself stretched more than ever before – to listen closely to my inner guidance, to take risks, to feel all of my feelings and to know that beneath the headlines in our newspapers, something wonderful is beginning to take place in the world.

We would like to share with you a little about the purpose of our newsletter and website, To Go Beyond. Our purpose is to help create a world of peace and prosperity for all people. We invite you to share your poetry, dances and songs, learn how to have better health and a sustainable world, and to how to have more joy, love and peace in your life.

We would like to know how we can best serve you. Call us at 520-349-1348 or email dhimot@yahoo.com.

Warm Wishes to You,

Oshana

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Inviting Animals and Plants to Help Us Heal

At this time, many of us are remembering our deep connection with plants and animals. This may take the form of gratitude in their presence, feeling a deep connection with them, talking with them and perhaps even hearing them answer as well.

Long ago, humanity had this kind of connection with plants and animals. We are now beginning to regain it.

One way to deepen this connection is to bring an issue in your life to an animal or a plant for healing.

You can do this in your imagination or in real life.

The more we embrace the animal and plant kingdom as a part of ourselves, the more they appear in our life and are available to help guide us.

Here is an Exercise you can use to deepen your connection with an animal or plant you feel drawn to working with in this way.

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Exercise for Deep Healing with Animal or Plant Assistance

Close your eyes, go deeply within yourself and focus on your heart center, which is located between your breasts at the breastbone.

Choose something in your life you would like healing for – a situation, relationship, etc. Ask for assistance from the plant or animal kingdom and for the Highest Good to be done.

An image may appear, or you may hear something or receive the sense of an animal or a plant.

Share your healing intent with this helper now.

You may feel their support right away. Their support can be given to you in many ways – through a feeling, sound, vision, an inner knowing…..

Thank your helper for their support and when you are ready, slowly come back into the room and open your eyes.

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You may have received new insights or a new perspective about your situation. It is a good idea to write down whatever you received after this Exercise.

When I did this Exercise, I clearly saw the image of a rabbit in front of me.

I researched the meaning of a rabbit totem and found that the rabbit wants us to learn how to face our fears, to know when to defend our space and when to walk away. He teaches us to listen carefully to what is going on in our environment so that we can use our intuition when in danger.

I had been dealing with a situation in my life in which I felt danger – not physical but emotional. I choose to remove myself from this situation because of the harm it was having upon my life.

Now I know that the rabbit is one of my totems, I will continue to work with it for the next 90 days. Feel free to write us and share about the experiences you are having with plants and animals.

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Sustainability Corner

It was a pleasure interviewing Paul Munsen from Sun Ovens International in Elburn, Illinois. Sun Ovens is presently introducing solar ovens to people in many developing countries. This is assisting them to be free of the health problems they encounter when using wood and charcoal for cooking.

Sun Ovens was founded by Tom Burns, the owner of a restaurant chain, in Milwaukee, Wisconsin. Tom did a lot of international traveling through the Rotary Club. He saw women cooking over an open fire, inhaling smoke equivalent to smoking 3 packs of cigarettes per day! He also saw children dying of respiratory diseases from indoor air pollution.

Even though cooking over an open flame is traditional in many developing countries, it is problematic for the environment and for the health of the individual. Did you know that each person using wood and charcoal in this way consumes ½ ton of wood per year? For every ton of wood burned, 1.85 tons of carbon dioxide gas house emissions are released into the air. This contributes greatly to global warming. In addition, deforestation creates drought as well as soil erosion.

Sun Ovens International is currently assisting many developing countries, including Haiti, the Dominican Republic and Ghana. They will be in Uganda and Nepal before the end of this year.

How does the food cooked in a solar oven taste? Many say that it tastes much better. Meat comes out moist, and you can put a whole dinner – like potatoes, chicken and vegetables - in a Sun Oven outside of your house in the morning, go off to work and return home…to a delicious dinner waiting just for you.

If you would like to make a donation to this ongoing work, contact Shareholdercircle.org.

(In a future issue, we will share with you how recipients of Sun Ovens in developing countries are enjoying their new cooking experiences.)

This is Oshana Himot, of To Go Beyond, dedicated to creating a life and world of new possibilities for everyone. Thank you.

We are selling Sun Ovens. An Oven sells for $229 plus $21.85 for shipping. To order one, send your payment via Paypal to: dhimot@yahoo.com.

Note: In our next issue, we will share about how recipients of Sun Ovens in developing countries are enjoying their new solar cooking experiences.

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SPECIAL OFFER

Our wonderful new workshop, 'Creating a Life of New Possibilities', helps you create a life filled with joy, abundance, and love and achieve your goals more easily. In this Workshop, you receive these benefits:

1. More self-love and self-confidence
2. A formula for solving any issue that comes up in your life
3. A clear, action plan for creating a wonderful life

This is a 2-day Workshop. We teach it to groups of 10 or more people. If you would like to host this Workshop, please call Oshana at 520-349-1348.

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For deep healing, private sessions are available.

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Our website is at: **http://www.togobeyond.com.**

You are part of our subscriber list. To unsubscribe, please email dhimot@yahoo.com.

Wishing for you a life of love, abundance, health, peace and joy.