

SOUL PURPOSE WITH A TOUCH OF GRACE

No matter what your higher spirit belief may be, tapping into your mind, body and spirit to be all you can be is easily manifested. This is evident when speaking with best-selling author John Holland, one of America's top psychic, medium and spiritual teacher.

Growing up, Holland knew he was different and wasn't interested in what other kids his age were doing. He was intrigued by anything that related to metaphysics. Believing that we are where we should be in any time of our life, Holland worked as a bartender and various other jobs while pursuing his passion. This is all explained in his first book, *Born Knowing*.

Holland's teachings bring students to a level where they can easily understand the difference between a medium and a psychic. He explains in his book *Psychic Navigator* that there is a fine line between the two. "A psychic can draw information from your aura, which can provide knowledge about both current and future events, whereas a medium is the conduit between the spirit world and the physical world."

What makes this psychic different from all the others? He is a teacher, guiding others through his lectures and books on how to awaken their soul, bringing the mind and soul together equally. "Spiritual energy is what healers and other natural healthy practitioners work with in the process of removing blockages in

our energy system. When you ignore this energy, blockages can manifest in the body, causing aches and pain.

This can also create imbalances in mental and emotional wellbeing. Keeping the energy flowing smoothly is essential to our health."

In Holland's new book, released in February, *The Spirit Whisperer, Chronicles of a Medium*, he candidly discusses his work with clients over the past decade and their experiences with After Death Communications (ADC). The

book explains various signs that loved ones try to send us. He also tackles how parents can help their children with their psychic ability.

Holland has been featured on The History Channel's *Psychic History, Unsolved Mysteries, Extra*, and the A&E special *Mediums: We See Dead People*, which can be downloaded on YouTube. He also has a popular weekly call-in radio show, "Spirit Connections," on HayHouseRadio.com. Books are available where ever books are sold, but we suggest you order them from his website. All books come personally autographed by the author. www.johnholland.com



Imagine what life would be like if you were tuned in to Self Care. Let's face it, we all put others first. However, think about what it would have been like to see your mother religiously practicing healthy choices and your dad working out every morning before work.

Even if your parents did have a regular plan, it was probably done while you were at school or asleep.

Stealing time for ourselves is difficult and a dilemma we all face routinely.

Breathe went to the expert to find out how we can fold Self Care into our daily lives. New York Times best-selling author of several books including *The Art of Extreme Self-Care* and life coach Cheryl Richardson told us about how easy it is to focus on our transformation with a few simple strategies.

While the whole idea of Self Care may seem a bit selfish or self-centered, doing so actually allows you to make your greatest contribution to your family, self and even the world. Practicing Extreme Self-Care forces us to make choices and decisions that reflect the truth of our soul.

In fact, Extreme Self Care is critical if we want to make a difference. It's as easy as writing it down and prioritizing a list. Many times we overeat because of a lack of control in another part of our lives. One of Richardson's strategies is to take control back by identifying three small steps of change: 1. What am I depriving myself of in my life?, 2. Why is my life out of balance? and 3. What am I hungry for?

It is clear to Richardson that the outside world is a reflection of what is going on inside each of us. Setting boundaries and taking back self control is one of the first steps.

Richardson's books are her tools to coach a wide variety of people, whether with her "laser coach" seminars, weekly radio show or with her newsletters and media appearances.

Personally, Richardson practices what she preaches, organizing her personal life to fit her professional life. "My life isn't as busy as one would think," she told Breathe. "I use my strategies to choose what fits with my goals."

For more information on this incredible book and other publications by Richardson, including *Take Time for Your Life, Life Makeovers, Stand Up for Your Life, and The Unmistakable Touch of Grace*, visit her website at www.cherylrichardson.com or listen to her live internet radio show *Coach on Call*, which airs on www.hayhouseradio.com, Mondays at 5pm ET (2pm PT) and is replayed throughout the week.

Watch as Cheryl "laser-coaches" audience members to create a shift in consciousness that will change their lives, and the lives of each audience member forever.

Holland and Richardson will hold an all day seminar, sponsored by Leaping Lizards, on April 11 at the Hilton Garden Inn in Freeport. Information is available online at:

www.leapinlizards.biz

