



INSPIRED THINKING

Freedom's Promise

July is that wonderful month when Independence resonates within the collective consciousness. We can thank our Founding Fathers for this part of our heritage. We are encouraged to be grateful for the freedoms that afford us the chance to live the life we think we want, we're sure we're entitled to, and so it goes... until we find ourselves connecting to a larger heritage that encompasses all generations and holds the question "Is this all there is?"

As if torn from the pages of the most romantic fairytale ever written, "NO!" cries Spirit on her great white horse! "There is so much more! Wait 'til you see!" And with that she shakes loose the sand that has obstructed our inner vision, and away we go! Whisked into the great beyond, Inner Emancipation takes the lead and floods us with the memory of being given Personality, Character and E... G... O... O...o... o..., a powerful threesome indeed. Their task is to stir up trouble or spill forth delight; either way a safeguard is put into place for the moment we recognize the limitations of our creation, good or bad. Using it when we deem necessary it will remind us of our inner flexibility, of our power to manifest by choice, not chance, and to explore every corner of our personal universe. Free Will is the gift that completes the set of tools necessary to navigate at every turn. Its existence reminds us of our choice to listen and pursue the inner urge that loves the art and play of discovery, because life doesn't begin and end with biology. To live into a state of oneness, to be infused with joy and feel enlivened... it breeds the same innocent excitement as does digging for the next chocolate chip in mint chocolate chip ice cream!

The essence of Freedom is so innate that we struggle through layers of emotional and mental gymnastics to hear and heed the call. In freedom there is vibrant space beyond the rules of the culture. There is space for things to grow, shift, change, and move. It overflows with peace, grace, and possibility, and even erasers and make up exams! When we fully grasp (an irony in itself) the magnitude of how tremendous a force it is, we are powerful... free to live freely, to really stretch and exercise our Will, play with Divine Will and partake in the bounty of health, wellth, vitality, abundance, and prosperity. We can be spontaneous and roll around in the **Richness** that life offers.

Class begins early in this physical world as we make our exit from the womb, crawl out of the crib, and walk away from one thing while looking towards something else, even if the 'something else' lacks form. Innately we are driven to explore and test the limits of existence. Massaging us with the consciousness of hope, Spiritual Freedom is seductive, a bit unnerving and completely unapologetic for her methods. Death, destruction and loss are always accompanied by the next gift. It's the rhythm of blessings and challenges, one right next to the other in a repeatability study that even science would envy. If we really exercise our Free Will we can choose to see everything as a blessing and life becomes one, big, bahama mama celebration! Not because we're happy all the time but because we can choose how long we will be sad and depressed and lonely. The call to spiritual liberation requires that we release anything and eve-

rything that limits or restricts us from becoming our highest selves and fulfilling our divine destinies.

Whether we are held hostage by our thoughts, feelings or fears, or some unique combination thereof, the choice of how we respond, react, or create, is ours and ours alone. The boundaries we create serve a myriad of needs (defining space, clarifying strengths, a way of nurturing, protecting, and/or preserving,) yet after a time they can limit and strangle (powerless) the very life force that inspires and dares us (powerful) to peek around the corner. No matter what the internal and external landscaping looks like (walls, fences, tall trees, a critical nature, a righteous heart, or the labels we attach to ourselves,) no matter how stuck we are in those creations, when we recognize that we can (fill in the blank) and that we don't have to (fill in the blank again,) we are free. We are free to choose and feel in whatever direction we wish. All the more reason to Dream in whatever diameter we like.

He gets on a table once or twice a week for his Ahhhjustment; he's done it for nearly 10 years. It's his transition time between work and home. Warm and fuzzy wouldn't necessarily be his choice of words, but you can see it in his eyes. Maybe bliss would best describe it. Yeah, bliss works.

Her curiosity was so strong that she had to go home with bottle #100, Clear and Deep Magenta, from the Aura Soma System of Color Therapy. Excited and bewildered, she shared that after using it she recognized that she hadn't slept that deeply in a long time.

During her Certainty Session she reworked her definition of leading a spiritual life and a tremendous weight left the room as 'should and have to' fell away. Mountains moved as she sealed the deal with one inhalation of Angelica Root essential Oil from Nature's Soulutions.

A Master Level Reiki student was able to use her skills on a family member whose heart procedure was delayed to unstable heart rhythms. The rhythms returned to normal within minutes of receiving Reiki Energy. There's nothing like being surprised by, and witnessing, the wonders of healing.

While it looks a little suspect for me to 'plant' the success of a few of the tools used in the office, each of them could describe all of us at one time or another because life happens to everyone, regardless of the storyline. As a collective they demonstrate ways to get **free**, to break up crystallized patterns of behavior enabling us to move on when the time is right. There is tremendous freedom in recovering our awareness of inner harmony. It's a chance to experience renewed breath, come into alignment with fresh and inspired action and ultimately say YES to the unquenchable and innate calling to participate. We are reminded that security and safety lie in the heavens of one's heart, that the ties that bind us can only be untied by us and that our grip can only be loosened when we give the order to lighten up. When the heart is freed the journey toward that perfect moment where we find the Soulution to our own inquiry is at hand. As an advocate for Spirit, Freedom's promise is to use whatever means necessary to touch us, move us, disturb us, encourage us, and love us... to free us into our best selves.

With an abundance of blessings for continued discovery,



Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 18 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness.

She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher,) Aura Soma Color Therapy and Nutrition. Whether you are in transition or merely wish for a smoother wave, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit to her sanctuary in Mechanicsville, PA., minutes from Doylestown.

