

11:11™

A Magazine Devoted to the Journey of the Soul

🌀 LIVING 🌀 KNOWING 🌀 BEING 🌀

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SELF-CARE ARTISAN



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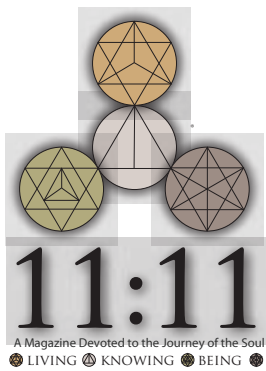


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Welcome to 11:11

A Magazine Devoted to the Journey of the Soul

BY SIMRAN SINGH

Have you ever been one of those people that daydreamed about winning the lottery? How would you spend your winnings? Would your life remain the same? Would you keep your job, your home, lifestyle or would you trade it in for something else? Did you think about whom you would share it with... and how you would share it?

Often times when we get what we ask for, we do not know what to do with it. We spend so much time planning and dreaming about what we think we want, we are not anchored in what really

matters. In the end, are those things we fantasize about what we really desire or representative of what we want to feel? Are they fillers of some need that actually is asking for a deeper experience of us?

Congratulations! Today is your lucky day! You are winning the largest lottery you could imagine! You are being given the opportunity to decide what to do with, how to use, and how to apply the greatest treasure ever known to the human condition...SELF CARE!

Our riches and our richness correlate to the degree of self-care we have in our experience. Self-care is concerned with self-value, worth and the depth of love with which we view ourselves. How is it possible to be abundant and wealthy if deep down there is a feeling of unworthiness? How are you to be cherished and deeply loved if beneath the surface is a raging ocean of self-doubt and self-criticism? How can you expect others to serve you, comfort you or be compassionate when you do not give any of this to the self?

I think a new saying is in order, 'Do unto the self as you do after others. Although we may not always treat others as well as we could, we certainly treat them better than we do ourselves.' How are you...

- Nourishing your body?
- Giving it the exercise it needs?
- Taking care of your skin?
- Providing the water that the organs require?
- Resting? Sleeping? Dreaming?
- Playing? Laughing? Creating?
- Speaking to and about you?
- Staying present to what is truly important to you?

Self-care requires the deepest degree of self-responsibility. It is acknowledging that you are a Divine Being walking the planet. Self-care raises the flag against all injustices from anyone or anything that goes against the needs of the sacred body temple, anointed heart, elevated mind or spiritual being.

Self-care is also the place of gentleness, discipline and understanding of the process required to achieve deep love of self. This is probably the greatest lesson we all must learn. It is the true path of the spiritual evolutionary warrior. It requires recognition that no one can stand strong, steady or balanced unless they have committed to the sacredness of themselves. No one can love another, have real empathy or support another without, co-dependant motives, unless they have released their own manipulation of self.

This is your lot... and your lottery? What will you do with it? How will you use it? Who will you share it with? Will everything remain the same or is it time to change? What do you consider most important in this life experience?

Take a moment to be with YOU and ask yourself, 'What do I really want out of myself, my life, my experiences, my friendships... the rest of my days?' Self-care is creating life in exactly that way. It is not about the cars, the bank account, the house, the career, or the trips... it is concerned with taking in experiences, making connections with the heart and realizing the depths of the self. The moment has come to take care of the self...to take care of the soul. In doing so, you will discover how to share that soul and its life purpose.

Warmest Respectful Regards,

Simran Singh

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‘Evolution is becoming more conscious of itself through us. Evolution is shifting from evolution by chance to evolution by choice. It’s shifting from unconscious evolution to conscious evolution.’

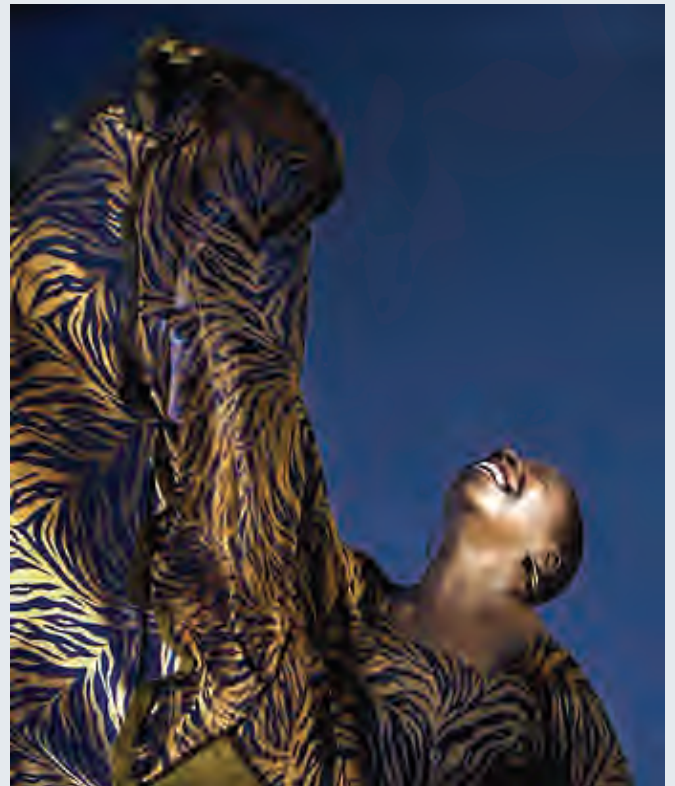
Jack Canfield | By Simran Singh | 15

‘True success is more than cars, money, advancement and prestige. It’s about making the commitment to lose 10 pounds and seeing it through. It’s about learning how to make your significant other feel intimately cared for and loved. It’s about celebrating the fact that in questioning the inbuilt assumptions of a challenge, you found a solution that no one else explored.’

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Getting Through What You Are Going Through

‘None of us is immune to the challenges of life. No matter how famous you are, how much money you make, or how “big” you become in the eyes of the world, none of us is immune to the challenges, difficulties, and pain of life and being human.’



CONSCIOUS LIVING

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Millions of people right now are experiencing a yearning and desire to awaken to their unique gifts and offer them in service to the world—while living a life of joy and fulfillment. It’s a surging of the human spirit, a virtual global awakening, at a scale that no one has ever seen before.

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Cheryl Safren uses what is intrinsically existing, allowing it to flow naturally into becoming its own work of art through the use of elements, energy, time and space. Witness a beautiful blend of science and spirituality.

The Art of Allowing Happiness | By Valerie Rene’ Sheppard | 19

The problem today is that many of us are stuck in the old DO-HAVE-BE paradigm for deriving happiness. This belief system teaches that happiness comes from success, and so we get energized in the here-and-now by the promise of something happening at some point in the future.

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When the most sophisticated biological organism gives us a message that something harmful needs to be moved out immediately, does it makes sense to block the process? Special interview with Dr. Rashid Buttar.

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Life responds to “yes” and fear subsides. When I claim “Yes!” as my mantra, my enthusiasm for life increases, my ingenuity increases, my rigidity decreases, and doors do open. Spontaneity resounds with yes. Adventure? Yes! The cup is half-full? Yes!



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Your personal vibration—the frequency of energy you hold moment by moment in your body, emotions, and mind—is the most important tool you have for creating and living your ideal life.

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Do moments of calm really exist? The good news is that you have the power, in the very next minute, to reverse the overstimulation, excessive activity, constant planning, and anxiety that keep your brain in overdrive.

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The novice seeker determined to “get spirituality right,” presents a veil of holiness or peacefulness, often glossing over the inner turmoil that most likely set them on the path to awakening. The maturing seeker lets go of appearances and begins the intricate dance of lifting the veils to their fears.



IN EVERY ISSUE

Editor's Letter | By Simran Singh | 1

The focus of this issue is Self Care. The human incarnation was gifted so that we engage, create, and experience ourselves in manifestation. We are here, not for the sake of everyone else, but for ourselves and every desire known and unknown. Are you caring enough about the Self?

Intentional Living | By Simran Singh | 44

Living an inspired life requires a conscious effort to pull ourselves up by our own bootstraps. In every issue, 11:11 creates affirmations and intentions that can be collectively embraced to create an individual shift in consciousness that can result in global change.

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Step into the insights of 11:11 readers as they share their steps along the path of growth, discovery, and healing. Discover the powerful places and things that journeys have unfolded.

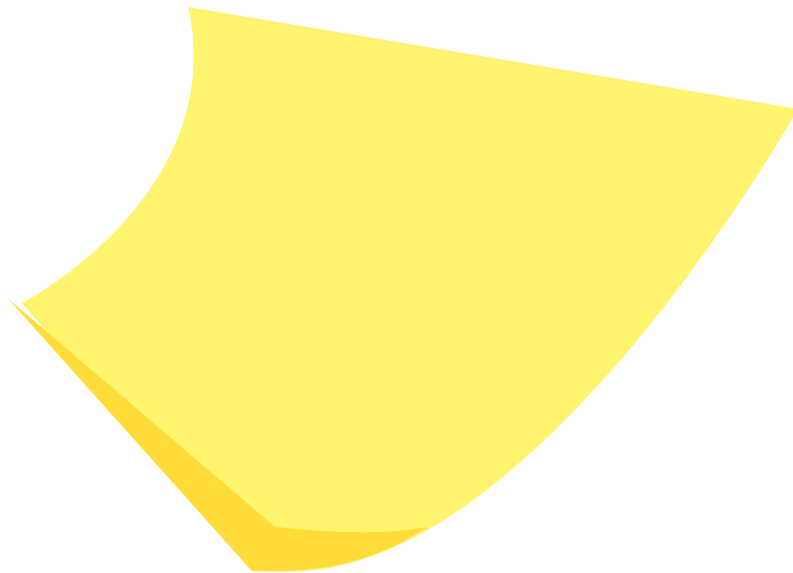
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Till Death Do Us Part - Share in a personal story of growth and insight as the founder of 11:11 shares an experience of challenge, courage, strength, and service. Through Simran's dialogue, discover how human beings are mere reflections of one another by recognizing a piece of yourself.



The Yes! Covenant

By Donna P. Savage



The “Post-It®” note is the result of a failed intention. Its developer, Spencer Silver, a scientist with 3M research laboratories in 1970, was attempting to formulate a strong adhesive, not one that would barely stick to things. Four years later, another 3M scientist, Arthur Fry, remembered Silver’s weak adhesive and applied it to page markers in order to save his place in a hymnal during choir practice. It worked—and today, the sticky note is one of the most popular office products used worldwide.

A successful architect I know takes the creation of the sticky note as a reminder to look beyond the problem when something goes wrong during construction of his designs. The issue happens and he asks, “Is this a good mistake or a bad mistake?”

The history of the sticky note is an excellent model to use as we set goals or intentions for our lives. How often do we end up with an outcome that may be quite the opposite of what we set out to accomplish? The oversight may be that we got a result with much greater potential than we ever dreamed. We set our course, made a plan, followed it up, and failed! The sticky note is a reminder to look outside the box of our intention and see what the potentiality of the “failure” is, be it a new job or career path, a mate, or a complete re-direct for our life.

Recently I watched the movie, “Yes Man” with Jim Carrey. His character, Carl Allen, was challenged to make a covenant to say “Yes!” to absolutely everything that was asked of him. He wanted to change his life from one of mediocrity to one of adventure and joy,

so he agreed to the covenant. He also believed that in making this pact, something bad would happen should he break it.

This reminds me of the email missives I receive that tout sage advice or the beauty of friends or some other wonder of the universe, urging the receiver to forward to at least 10 friends “or else” the bounty and love just forwarded would suddenly be taken away by a negative turn of events. I don’t forward. Nothing bad happens to me in the next 24 hours.

Carl Allen, however, did buy the fear tactic and tested the covenant by saying no a few times. Trouble immediately befell him. What he did not notice was that when he affirmed, “Yes!” he often had some troubling or difficult circumstances occur as a consequence. However, because he was focused on the positive outcome the awkward details that occurred did not receive his attention and had little impact on him.

Carl was learning to allow life to flow. By learning to accept others as they are, he learned to accept himself. As he stepped up to every request made of him, no matter how outrageous, he became more courageous. He learned to embrace change. He learned to say yes in spite of his hesitation or fear. He gained confidence.

Carl, the Yes! Man, experienced rapid change in his life for the better. Saying yes moved him onto and along a path more aligned to his heart’s desires.

Only in the movies, yes? Actually, the plan works. Saying “Yes!” to life, treating each challenge as an opportunity, allowing versus tolerating, will move a person much more quickly along a path that is right for them. It works even without the threat of evil lurking.

“Allowing” has a much higher vibration than “tolerance” which is still a higher vibration than “fear/hatred.” As an individual moves out of a fear frequency, it is common that they will move into a tolerance frequency and stop there, feeling they have succeeded.

Carl was tolerating his life. However, the one “tolerating” is still stuck in a downdraft emotion. The “tolerant” individual is maintaining a lower frequency because they are still focused on all that might upset their status quo and they tolerate it in order to protect themselves from something. In contrast, one who practices “allowing” will lose sight of outside circumstances as affecting them in any manner.

This comedy reminded me that I have been saying no too much lately. Saying “no” used to be my habit, developed during the years when I practiced setting boundaries so that I could become more discerning. “No” was a stalling mechanism that allowed me space to carefully weigh every choice I made. Nothing was going to catch me by surprise! “No” or “let me think about it” or “I will get back to you on that” were my armor to hold life at arm’s length and keep me safe.

The “No” does not even need to be emphatic to close a door. Two

such incidents leap to mind. The first in 1991—my household services company was called to arrange for a server at a small dinner party in honor of a high-level VIP. This last minute request was during a very busy time. All my employees were booked and I was tired, so I turned the job down. It turns out the dignitary was the Dalai Lama. I would have been the 11th person in the room had I said, “yes.”

The other incident was many years later during my career as a real estate agent. I was walking the boundary lines of a property with my client, a successful Hollywood movie producer and talking about careers, when he asked me, “Have you ever considered being in movies?” My answer, “no.”

Hindsight indicates that both of these situations were missed opportunities. I can rationalize that “it was not meant to be” or make some other excuse. However, what I know is that had I been tuned to a “Yes!” response and attitude, looking to adventure or possibilities as a life approach, I would have met the Dalai Lama first hand and been privy to his private dinner conversation. Also, I would have had a chance to work on a movie set, perhaps having a small part.

Saying “no” or exuding “no” eliminates spontaneity! Carl embraced his spontaneous side every time he claimed a “Yes!”

Life responds to “yes” and fear subsides. When I claim “Yes!” as my mantra, my enthusiasm for life increases, my ingenuity increases, my rigidity decreases, and doors do open. Spontaneity resounds with yes. Adventure? Yes! The cup is half-full? Yes!

As one becomes a Yes! Man (or Yes! Woman) it is interesting that excuses, explanations and defenses drop away. “I would love to” or “that sounds interesting/exciting/fun creates so many more possibilities than “let me get back to you.” Once it is understood that the only answer is “Yes!” then explanations or defenses as to why one cannot accommodate a request or opportunity simply fade.

For many years I have used automatic writing as a vehicle for guidance from Universal Consciousness. What I love about these transmissions is that regardless of the subject, be it a personal dilemma or world dilemma, the guidance responds in the affirmative as if everything in all of life is an adventure.

“Dear One, Yes! It’s fun to go through fear and come out the other side!” Yes! It is time to move on. Yes! It is time to stand still. Yes! You are off track! Yes! You are back on track! Yes! You avoid! Yes! You embrace! Yes! It is a difficult choice for you! Yes! You are afraid!” Yes, It is easy!

Yes! Yes! Yes! embraces every state of consciousness, every doubt, every fear, every joy, every thing ---recognizing that all are part of life experience and all are opportunities to grow and expand, responding however we choose. As we encounter people with whom we disagree, it becomes easier to recognize the fact that this is not a match without judgment or making anyone wrong. As we practice allowing others to be how they choose to be, we also will

judge ourselves less. Yes! Yes! Yes!

Yes! Affirms our power to choose our life course. Yes! Affirms our freedom. The art of allowing ourselves to go with our yes’s, even if they do not make sense, opens up the flow of our life.

Like the Yes! Man, it takes practice to change from one whose attitude is very careful and fearful to one who is open and embracing, giving credence to the old adage, “Fake it until you make it!”

Programming a life strategy of “Yes!” made Carl personally accountable for his actions and experiences. As he practiced saying “yes!” it dawned on him that he created his life and destiny through his in-the-moment choices. As he became accountable for his choices, he gained personal power, freeing himself from the stigma of being the man who would “never amount to anything.” His hindrances of resentment and helplessness fell away and were replaced by a lasting sense of certainty and self-confidence.

Finally Carl was faced with a life choice in which he wanted very much to say, “No!” but he also did not want to break the covenant. He knew that a “Yes!” would forever alter his life in a direction he did not want to go. He said, “No.”

In that moment, his external actions aligned with his authentic voice. He realized that the true “Yes!” comes from inside, aligns with life from the inside. The authentic “Yes!” is the inner compass guiding what is right for the individual.

Shortly afterwards, his mentor confirmed that Carl was not making a covenant with anyone other than himself. The “Yes! Covenant” was simply a tool his mentor used to get Carl engaged with his life. Practicing “Yes!” to everything broke him out of his habitual response. When he did say, “No,” it came from a sense of his own path and his desire for his life, not from a habit of protection.

Saying “Yes!” is the first step in the art of allowing. To get started, why not get a pad of Post-it® notes, write the word “Yes!” on them and stick them everywhere you will see them? Like the sticky note, you will re-direct to your true purpose. Like Carl, in making a Yes! Covenant with yourself, you will discover who you already are.



Donna Savage is an author, artist, and energy worker who inspires individuals to live their authentic lives. She has been dubbed “an energy worker for energy workers” because she holds a grounded, expansive field that supports deep transformation.” Her book, *The Man and The Shark: A Modern Day Fable of Awakening and Rebirth* is the story of one man’s awakening to his essential nature, and a metaphor for the awakening consciousness of mankind, a timely message for 2011.

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