



Welcome to the inaugural edition of The Inner Voice. I am so delighted that this publication has found you and that you are taking a moment to explore what it has to offer. My deepest hope is that within these pages and future issues you find whatever it is you are looking for.

Inspiration, support, ideas, community, resources, a moment of peace...

As a life coach, the essence of my work is to assist my clients in connecting with their inner wisdom. To release the swirl of limiting thoughts that have been shaping their lives so they can hear that pure, true voice that guides them to joy and ease in all of their pursuits. Since the moment this newsletter was inspired, I have been effortlessly connected with wonderful and gifted contributors. A path has revealed itself and I have simply followed it. This is what The Inner Voice is all about. It is an opportunity to explore the mind-body-spirit connection, to become aware of what resonates for you, and to take action that improves and enriches your life.

Life can be complicated and overwhelming, we all struggle, we all fall short. And, every moment is another opportunity to step into a life that pleases you and receive all that is meant to be yours. In this moment I wish you wellness, abundance, fulfillment, peace and love.

Best,
Marilyn O'Leary

A Financial Reflection and Forecast for 2008

Prepared by Demetrius Felder, The Felder Group



As we prepare to usher out 2007 and welcome in a great 2008, I would like to introduce you to the holistic approach to living. Throughout this article we will cover one of the four key areas that we believe will assist you in living a holistic lifestyle. The four key areas to holistic living are: understanding the spiritual, emotional, mental and financial aspects of your life. We assist all of our clients by using a holistic approach to financial planning and bringing a sense of calm to their lives.

Review, Reflect, Restructure

The first step to a more prosperous 2008 is to review your 2007 financial scorecard. A financial scorecard is simply a reflection of your financial life and spending patterns. A review should start with completing a scorecard chart that categorizes your spending patterns into two categories: emotional (impulse purchase) or mental (analytical purchase). *Make sure you provide a date by any major purchases, i.e. anything over \$2,500. This process will allow you to better understand your spending patterns and bring to light corrective actions that may be necessary.

Reflect

Reflect on all the items, trips and gifts that you spent your financial resources on. Take a moment and think about how you felt after each major purchase. (Take at least five minutes to sit in silence to reflect on these purchases.) Make a tally of all your emotional purchases versus mental purchases. Our position is that the ideal scorecard should reflect one emotional purchase for every five mental purchases. Reflecting on your financial life and spending patterns allows you to begin to gain a sense of ownership of emotional purchases that may have an impact on your long-term financial future.

Restructure

Restructuring your financial life may seem daunting, but quite often it is one of the most rewarding things you can do for yourself and your future. Restructuring your finances can be as simple as understanding your relationship with money. Your relationship with money can be as important as your income, monthly expenses or your current liabilities.

Listed below are a few statements about money that can help you understand your current money relationship.

Emotional - Bad relationship with money

I enjoy spending more than saving.
I deserve the finer things in life.
I use credit cards even though I don't have the money in the bank.

Mental - Good relationship with money.

I pay myself first.
I use my surplus income for a loved one or myself.
I only use credit cards in emergencies.

*If we can reduce our desires, we automatically reduce our spending, leaving us more money for the things we deem essential.

WHAT MONEY CAN BUY: house, services, food, books, clothes, jogging shoes, face-lift, health care, experiences

WHAT MONEY CAN'T BUY: home, service, fulfillment, wisdom, style, self-discipline, youth, health, experience

When all parts of your financial life - spiritual, emotional, mental and financial - work together in unison, the result is much greater financial and self awareness. With this newfound financial and self awareness, we are more able to follow our visions, our path in life. I hope this article will assist you in beginning a new holistic lifestyle.

Congratulations in advance on a great 2008 and beyond!

Demetrius Felder is the founder of The Felder Group with office locations in Rockville, MD and Waldorf, MD. To contact him call 301-645-9407, or email him at dfelder@holisticplanners.com. To find out more about his approach, workshops or to schedule an appointment, visit his website www.holisticplanners.com.

Feng Shui Yourself a Great Holiday

by: Annie Pane

Be it Christmas, Easter, Thanksgiving or a long weekend with family, this little tip will quickly evaporate those testy words between siblings, parents and grandparents at family gatherings. Guaranteed. All you need do is give it a try.

(excerpt from Chapter 20 of Annie's book: The Dance of Balance: Feng Shui for Body, Mind & Spirit) Mention this newsletter to receive free shipping on your book order! www.anniepane.com



One of my advanced students recently asked the question, "How can I keep the Thanksgiving Day holiday from becoming another major meltdown?"

In her home it seems that the combination of adult children plus grandparents often makes for a soup bowl of prickly emotions for the entire family. The teens and college age adults pick on each other and everyone else gets in the way of the battle lines. No one ends up happy, and the turkey's not well digested.

In her words, "It's too much work to have it turn out so wrong." I agree.

I assured her she was not alone in her dilemma. The holidays are hard for many families. But there is something you can do to make it better. Here is a summary of her story, blow by blow from two days before Thanksgiving to the Saturday after!

In that initial call, Janie said, "Well, it's already started. They aren't even here yet and they're fighting. I told you Annie, for the last few years Thanksgiving is always a meltdown!"

After consoling her, I asked Janie if she could smooth over the immediate crisis of getting everyone home for the holiday by doing something different herself. I suggested that she drive 1 1/2 hours on the day before Thanksgiving to get her stranded son rather than use guilt to persuade her daughter to wait for him to finish work and pick him up. She agreed to that, and one problem was solved.

Next I asked, "Did you remove all those childhood pictures of the kids from the main foyer wall?" She actually called it the "Wall of Children." It documented each one from the age of infant through high school, but displaying no current age pictures.

"No," she replied, "I told you in class I love that wall. It's been my life. I love my babies. I don't really want to take it down."

I explained again to Janie that those pictures could represent something very different to each of the kids. And certainly they were not demonstrating very mature attitudes and behavior when they came home for the holidays for the last few years.

"They see those pictures and immediately revert back to the emotional state of 10 or 13 or 16 or whatever the ages were!" I reminded her.

I again suggested she remove the pictures, even if they were only put in a box until after the holiday and then re-hung after everyone went home. She agreed to do what I asked. The following week I received this message on my voicemail from an ecstatically happy Janie.

"I'm officially declaring a Thanksgiving Day Miracle! It was great Annie. There was no fussing or bickering. There were a couple of close moments; however, it seemed as if they miraculously blew over."

She continued, "The kids came in like little puppies, sniffing around each room to see what was different. It was amazing. They even sat in the living room and civilly discussed the difficulties of modern day dating!"

This was music to my ears. She had listened to me and was able to change an established destructive pattern in her home by a little manipulation of the environment. Taking down the pictures of the kids at an age that no longer represents them had a positive effect on them. In their minds, subconsciously, those old pictures affected how they saw themselves or how they wanted their parents to see them.

This theory worked yet again!

"In fact, it took hours for them to even notice the 'Wall of Children' was down!" she said. "And then each of them asked, 'Where did you put me?' Annie it was so interesting, that's all each one said. Once they found out I put them in the basement near my desk that was the last of the comments!"

CALENDAR

December 15
Film Premiere: Asha Goes to India!
Join us for the world premiere of *Asha Goes to India*, a beautiful film about one woman's spiritual journey through India. Follow Asha as she studies yoga and meditation, meets gurus and stays in ashrams. The film features beautiful cinematography and soulful music. Producer/director in person, as well as the main character, Asha. Live music! 7:30-9:30pm. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton, VA. Tickets \$10 in advance, \$12 at door. Buy your tickets now on the website! www.ashagoestoindia.com

December 20
A Moment of Peace Tele-Seminar
Release holiday stress and reconnect to your inner wisdom in this 90-minute facilitated discussion with personal coach, Marilyn O'Leary of Youtopia Coaching. 7:30-9:00pm. FREE. Register at www.YoutopiaCoaching.com

December 31
Annual New Year's Eve Candlelight Labyrinth Walk
This beautiful candlelit walk is always the highlight of the year! Live piano and harp music by Meg Baker. Celebrate the turning of the year with meditation, prayer, music and calm reflection. No pre-registration needed. Single walk takes about 30 minutes. Last walk starts at 8:30pm. Please wear socks to walk on our outdoor canvas labyrinth. No charge, but donations welcome. 6:00-9:00pm. Cedar Lane UU Church, 9601 Cedar Lane, Bethesda, MD. Info. contact Chris Mauro (703.847.5820) or chris.mauro@baesystems.com or Cedar Lane UU Church (301.494.8300), www.cedarlane.org.

January 8, 15, 22, 29
Goal Setting Workshop
This four week tele-seminar is your opportunity to release internal blocks and clarify your commitments for 2008. Our focus will be on tuning into your inner wisdom to ensure that your choices are aligned with your heart's desires and that your path unfolds before you without struggle or force. 12:30-2:00pm. Cost: \$290. Register at www.YoutopiaCoaching.com. Mention The Inner Voice and get a 50% discount!

February 7
Healing Drum Circle
First Thursday of each month. 7:30-9:30pm. Please call or email before attending in so that we may ready a space for you. RCGW Center for the Inner Healer in Rockville, Maryland. Cost: \$5 for RCGW students and clients, \$10 for others. 9059 Shady Grove Ct, Gaithersburg, MD 20877. 301.963.0787

February 28
Holistic Wellness Dine and Learn Workshop
Contact The Felder Group at 301.638.9407 for more information.

March 28-29
Holistic Wellness Weekend
Contact The Felder Group at 301.638.9407 for more information.

Acupuncture Pathways

by: Linda Lloyd

Everything in Chinese medicine is either yin or yang. Yang pertains to that part of the body facing the sun which means the back and sides of the body since China was an agrarian society and farmers' backs and sides were what were exposed to the sun. Yin, of course, is the opposite; all the pathways not facing the sun. Twelve of the pathways are named after the organs in the body. Points on these pathways affect the organs they are named after. Of these twelve pathways, there are six yang pathways: three begin on the hands and ascend up the arms to the head, and three begin on the head and descend to the feet. There are also six yin pathways: three begin on the body and descend down the arm, and three begin on the feet and ascend up the body.

Yang pathways descend to the feet. The one yang meridian that covers the majority of the back belongs to the Urinary Bladder pathway. This pathway is the longest on the body and actually begins at the corner of the eye next to the nose and runs over the head, up and down the back and descends down the back of the legs and out the little toe of the foot. The other yang meridian that is on the side of the body belongs to the Gall Bladder meridian, which starts at the outside corner of the eye, runs up and down the side of the head, down the side of the body, over the side of the buttocks, down the side of the leg and out the fourth toe. The last yang meridian is actually an anomaly in that it covers the front of the body and belongs to the Stomach pathway. It begins under the eye, runs down the side of the mouth, down the side of the throat, descends down the sides of the body, through the nipple, down the middle of the leg and out the second toe.

Yin pathways ascend to the head. Yang cannot exist without yin. Therefore, each of the yang pathways has a yin partner. The Kidney pathway is the Urinary Bladder's partner. It begins on the bottom of the foot, ascends up the interior of the leg to the trunk of the body and close to the middle of the trunk where it ends next to the collar bone. The Liver pathway is the Gall Bladder's partner. It begins on the inside nail bed of the big toe up the interior side of the leg ascends to directly below the breast. The Spleen pathway is the Stomach's yin partner. It begins on the outside nail bed of the big toe and also runs up the interior of the leg, ascends up the trunk of the body and ends under the armpit.

Yang pathways ascend to the head. The Large Intestine pathway begins on the nail bed of the index finger, runs up the outside of the arm, over the shoulder, up the throat and ends on the outside of the nostril. Next to the Large Intestine meridian, starting on the outside nail bed of the ring finger is the Triple Heater meridian. This runs up the middle of the arm, in back of the elbow, ascends up the side of the head and ends on the side of the face, near the eye. The Triple Heater meridian pertains to the endocrine system of the body. The last hand yang meridian is the Small Intestine meridian that begins at the nail bed of the little finger and ascends up the side of the hand and arm, crisscrossing the shoulder, up the side of the face and ends in front of the ear.

Yin pathways descend the arms. The Lung pathway is the yin partner of the Large Intestine. It begins in the lungs, crosses the heart, down the inside of the shoulder and elbow and out the outside of the thumb. The Pericardium also begins at the heart, runs to the side of the body, up to the armpit and down the center of the interior of the arm, through the middle of the palm and out the middle finger. It is the partner of the Triple Heater meridian. The Heart meridian begins at the heart, crosses over to the armpit, down the arm, over the palm and ends at the interior nail bed of the little finger. Its partner is the Small Intestine.

Two pathways remain. There are two other meridians that ascend up the middle of the front and back of the body. The Conception meridian starts at the perineum and runs up the middle of the body ending at the body of the lower lip. The Governing pathway also begins at the perineum and runs up the middle of the back, ascending up the middle of the head, down the middle of the nose ending inside the mouth on the inside of the upper lip. The Conception pathway is considered yin to the Governing pathway's yang.

The most powerful points are those from the elbows and knees down to the hands and feet. The majority of the points I use in my practice are on the lower arms and legs because of their effectiveness. For example, for a toothache, I may use a point on the stomach meridian close to the second toe because the stomach meridian actually runs down the side of the mouth and out the middle toe. The points closest to the second toe are so powerful, a toothache can be stopped very quickly, within seconds. That explains why many points used in acupuncture treatments may be completely opposite of where the problem lies and, hopefully, explains to you why they are selected. It's all in the power of the points!

Linda Lloyd is a Licensed Acupuncturist and owner of the Acupuncture Center of Northern Virginia located near Landmark Mall in Alexandria. Visit her website at www.acupuncturenova.com and her blog at www.froman easternperspective.blogspot.com.



Coaching Corner

by: Marilyn O'Leary

YOU ARE MY HERO

This time of year can be an emotional roller coaster. Moments of celebration are followed by feelings of overwhelm and accented with glimpses of nostalgia and melancholy. We get colder and want to retreat to the warmth of our beds while we are also pulled to savor the delights of the season. We begin to reflect on the past year and take inventory of our successes which undoubtedly leads to an awareness of where we fell short. And in the midst of all of this we are reminded constantly to "Be Happy! The Holidays are here!"

Many of us do not even realize the immense amount of pressure that is put on us physically, emotionally and spiritually as winter rolls in. I see so many people unconsciously accepting the extra weight placed on their shoulders and walking steadily forward as best they can. They manage the heroic feat of not only shouldering extra responsibilities while their bodies are campaigning for hibernation, but they commit to something beautiful, they commit to finding joy for themselves and sharing it with others.

The next time you tap into the essence of the Holidays

even if it is only for a second, I want you to acknowledge yourself for a heroic act. The next time you extend that energy outward, I want you to stand tall and know that you have accomplished a great thing.

Perhaps you allow yourself child-like enthusiasm when you drive by a brightly decorated house or maybe you take time to bake cookies for your neighbors. Do you tune your radio to the all Christmas music station or do you gather canned goods for the local food drive? Maybe you host a party or help organize a community event or maybe you give yourself and your family a little extra space to love and appreciate each other. Whatever your act, large or small, it is worthy of acknowledgement and it is transformative. Be kind to yourself, you are changing the world.

Marilyn O'Leary will personally performance coach who will work one-on-one with you to clear the blocks that limit your joy, successes and wellbeing. Schedule your FREE 45-minute sample session today!

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