



Introduction

This started not as a book, but as a way to process my fears, my sorrows, my gratitude, my ideas. Journaling became a way to find balance in my life in mind, body and spirit. My ideas became thought provoking as I read them to my inner circle. To complete my thoughts, I began titling, editing, researching, dictating, quoting, and sourcing what you now see as *Adventures of a Mainstream Metaphysical Mom*.

For years my life was chaos. Very noisy. Packed full of things to do. My success criteria revolved around my next step up... raise, promotion and purchase. It was great for a while until purchases became clutter and donations within a couple of years.

There's a balance in mind, body and spirit that I have been able to (most of the time) strike with a loving husband (married since 1987), three wonderful children, a fulfilling business built from home, and a continually evolving path of mind, body and spirit fulfillment.

You will come to understand how we are life students and my attempt to live a more diverse and conscious awareness as a friend, neighbor, acquaintance, passerby, business owner, wife, daughter, sister, aunt and

mother exploring numerous alternative routes. I will introduce many concepts, refer you to other books and processes to continue your independent studies. Regardless of what ideas you adopt, the goal is to be fulfilled, find balance, peace, and love. This comes from within, not through fear of punishment from a higher or lower source. Together we will walk down the path of continuous change and explore **A Universe of Free Will, Synchronicity... Everything Happens for a Reason, Healing Concepts for Everyday Life, Revising Old Patterns and Traditions to Discover Your Soul Purpose, Your Soul Journey, Creating Your Heart & Soul Plan, Being Okay that You're Not Okay to Everyone, Balancing Yourself 24/7!**

“Adventures of a Mainstream Metaphysical Mom: Choosing Peace of Mind in a World of Diverse Ideas” is the first book of a series.



In the Beginning...

*“The aim is not more goods for people to buy,
but more opportunities for them to live.”*

—Lewis Mumford

So I'm living in the physical world minding my own business and POW... our six digit incomes and comfortable lifestyle aren't enough. Imagine my husband's dismay, with one of his karmic lesson's being to gain financial mastery in this lifetime, when I communicate through my actions "Is this all?"

By age thirty-three, I spent a lot of money to clutter my head and environment. I filled my time with "normal" things and I didn't have time to think about "the universe." I fell and stayed in love, got married, worked lots of hours to get promotion after promotion, left one job to get a raise in another, played sports, made babies, was involved in the community, was room mom at school, baked, cooked, traveled for work and fun. I was super mom, super wife, and super volunteer... Can you feel the noise?

I drove myself to exhaustion for years. There was a time when I drove more than 100 miles round trip to get to and from work everyday. Exhausted, I decided to leave work on-time one day (early by corporate standards). Part of the daily routine was to pick my children up at pre-school. As I sat waiting my turn to have my children shuffled into the van, I (just for a second) decided to close my eyes. To my amazement, I opened my eyes and looked out my driver's window to see one of the teachers lightly knocking on my vehicle window. The ten vehicles ahead me had disappeared and a long line of parents was idling behind me. Believe it or not, even when this happened I didn't "get it." I just believed this is how life was done.

At the tender age of nineteen, my economics teacher asked our class, "Do you live to work or work to live?" My classmates and I sat in silence. Was this going to be on our exam? Should we say we live to work? We were spending an awful lot of time and money to get a degree to get a good paying job. Would we be seen as less committed if we answered "work to live?" Our teacher looked at us in a relaxed scholarly way and said, "You work to live!" I quickly jotted the "correct" answer down just in case it made the final and committed it to memory.

So here I am twenty years later. Are you pondering the question? "Am I living to work or working to live?" It doesn't matter what kind of work you do... corporate job, stay-at-home-parent, construction worker, bank teller, waiter/waitress... because it is about balance, "living" with a more diverse awareness that focuses on balancing mind, body and spirit. In my case, finding my "spirit" meant exploring less traditional routes. Writing became an outlet for me and I began sharing my thoughts with a close friend who is a professional spiritual counselor and speaker. He said "Michelle, I'm seeing it over and over again, 'normal' people looking for answers on what spirituality means and how they can integrate it into their busy mainstream lives."

Many fast trackers are casually looking for eclectic spiritual answers in the “New Age” area. My definition of fast track doesn’t necessarily mean people rolling in the dough, but it does mean that creature comforts have taken precedent. These same people may attend traditional houses of worship and casually buy into a belief system because it is more convenient to follow the rules and fit in. After all, the answers to fulfillment should show up eventually, right? It’s in writing somewhere.

The fact is, many “New Age” practices are being integrated into mainstream. Alternative healing techniques, color therapy, aromatherapy, feng shui, psychics for business strategy, intuitive training for management, yoga, meditation and more. But when I got serious about this book, I had insecurities about coming out of the closet. I was at a birthday party for one of my children’s friends and one of the parents said, “I heard you’re writing a book. What’s it about?” I said, still a bit uncomfortable talking about the “spirituality thing,” “It’s about how people can express themselves in an alternative way spiritually and be okay with it.” I noticed a couple of the parents’ lips shut like a clamp for fear that I was about to get on a pulpit. The conversation ended there.

On the other hand, I was watching cartoons with my children one morning on Nickelodeon and it was titled *Chi Whiz*. The story was about kids practicing feng shui. To my amazement, the children’s program applied the theories of chi in an easy to understand way and even made the additional point of not expecting results without effort. In the story, the primary grade class had a contest. Part of the class said feng shui was for weirdoes and the other part created positive chi around them using feng shui concepts. They kept score. The story ends with the class getting their test scores and a number of the feng shui-practicing tykes receiving poor grades. They didn’t understand why... they put strong symbols in their knowledge areas! One youngster even put her book in her knowledge area!

But, alas, one feng shui team member got an “A” because she studied! Too many times we look for easy money, easy knowledge. It was great to see New Age principles and pit falls applied in a thirty-minute kids show to help them grasp a concept that many adults can’t seem to understand.

When I began educating myself, I found a number of general expressions and processes that I didn’t understand (when reading, in a classroom, or in conversation). So as I share “metatrends” from an everyday perspective, I will provide definitions and reading material recommendations that, hopefully, will provide you with a few meta short cuts. In this book you will find that I use eclectic spirituality, metaphysical, New Age and mind, body and spirit terms synonymously. Here are some additional simple definitions that will come up pretty quickly.

Angels: Multi-dimensional light beings.

Conscious: “Us” in the moment.

Ego: Information delivery system and best teacher for the moment. Negative creates destructive thoughts. Positive delivers information without judgement.

Grounded: Having obtained clarity about what it takes to function effectively in the physical world.

Guides: Multi-dimensional beings that may have been physical beings.

Higher Self: Our higher consciousness. We are a part of our higher selves and they made the decision for us to come into the physical. This is a real being and is “we.”

Inner Child: Can be fun loving and curious when it’s healthy. Exists in the moment.

Meta-: Short for metaphysical.

Past Life: A life where we have lived in another physical shell and experienced a separate physical life.

Processing: Working/thinking through an issue.

Shadow: Entity who is born when we are born into the physical which puts all our issues in a space until we can deal with them.

Subconscious: Holds our memories for this lifetime.

Unconscious: Holds all memories and experiences from all lifetimes.

Universe: All that is.

Walking through fear or facing fear: Processing a fear issue then walking through it to get to love.

Many times I experience and process things through writing. Other times the writing helps me review events for further processing in the future. Like you, I am a student for life so the following pages are my observations during my continuous journey to enjoy my physical and metaphysical spiritual life and answer "why." You don't have to be a metaphysician to find value in the messages on the following pages. But let's define "mainstream." A relative of mine (Don "Fun" Young) sent me an email to ponder one day. He shrunk the earth's population to a village of precisely 100 people. With all the existing human ratios remaining the same, it would tend to look something like this (Don is an engineer for Boeing as well as a philosopher):

57 Asians: 21 Europeans: 14 from the Western Hemisphere (both North and South): 8 Africans

52 Female: 48 Male

70 Non-white: 30 White

70 Non-Christian: 30 Christian

89 Heterosexual: 11 Homosexual

6 people would possess 59% of the entire world's wealth and all 6 would be in the United States

80 would live in substandard housing

70 would be unable to read

50 would suffer from malnutrition

1 would be near death, 1 would be near birth

1 (yes, only 1) would have a college education

So when you consider our world from this perspective the need for acceptance, understanding and integration of ideas becomes more apparent. Regardless of a particular “faith” or background, you may be looking for some integrative answers... “I go to this church or my parents taught that... I learned the hard way that..., but I also believe...” You may find some ideas here with which you don’t agree. Other ideas you will resonate with immediately. Still other concepts may make more sense to you after they sit for a while and then, over time, an idea that you didn’t agree with becomes what you call “truth.” As an evolving human being, this happens to me all the time as I do the best I can with the information that I have at the time. Then I learn some more!

Once you habitually seek information in the New Age/holistic area, after being in such a physical state for the major portion of your life, there are people, practices, and/or philosophies that can scare you away. My goal is to introduce you to (what we label as) positive and negative ideas so that we can, together, ground this diverse spiritual belief system to create a more loving, open-minded world.

Who Am I? I Am You...

“Whatever you may be sure of, be sure of this—that you are dreadfully like other people.”

—*James Russell Cowell (1819-1891)*

Why am I uniquely qualified to communicate to you about these subjects? I’m not really unique. I haven’t had a near death experience (that I remember). I’m not a famous psychic. I don’t have a Ph.D. I’m not a celebrity. I’m not one of the severely emotionally wounded (nor am I in