

Table of Contents

I.	Introduction	11
II.	In the Beginning... ..	13
	1. Who Am I? I Am You	18
	2. Will I Lose my Mainstream Drive and Worldly Stuff if I Become a Laid-Back New Ager?	22
	3. What Are Miracles? Everyday life!	24
	4. Eclectic Spirituality... Don't Expect a Coffeecake!	24
III.	A Universe of Free Will... The Key to Empowerment	33
	1. I Want Physical Proof! When Pictures Say a Thousand Words	37
	2. Meeting a Professional Psychic	43
	3. Until We Meet Again	51
	4. What is My Purpose on this Earth? Do my past lives effect this lifetime? And what are past lives, anyway?	54
IV.	Synchronicity... Everything Happens for a Reason	63
	1. So the Idea is that I Agreed to this Life?	65
	2. Your Intuitive Development... Finding a Coach	69
	3. Judgement... Punishment... Revenge... When is it Okay?	73
	4. An Eye for an Eye just Creates a Bunch of Blind People .	76
	5. Affirmations... What Are They? Do They Work?	80
	6. Doing What's "Right" at the Time	83
V.	Healing Concepts for Everyday Life... ..	87
	1. What are Chakras and How Do I Get Some?	87
	2. Forget Destructive Emotions, Remember the Lessons & Move On	91
	3. You're Officially in the Mind, Body, Spirit Mode... Some Signs of Becoming a "New Age Snob"	94
VI.	Revising Old Patterns and Traditions to Discover Your Soul Purpose	97
	1. Defining "Friends"... Your Personal Board of Directors and Inner Circle	102
	2. Achieving Perfection	106
	3. Teaching Our Children Eclectic Ideas while Keeping them Mainstream Secure	108
	4. Mind, Body, Body, Body and Spirit?	112

5.	Protein... To Be a Meat-a-Saurus or Veggy-Saurus... That is the Question	117
6.	The Best Things in Life Are Free?	119
7.	Money... The Root of all Evil or The Answer to Our Prayers?	121
VII.	Armed and Dangerous... The Soul Journey	125
1.	Following Our Hearts and Paying Our Bills	127
2.	Can the Important People in my Life Keep up with my Personal Evolution?	130
3.	Appreciating the Journey	133
4.	Everyday Celebrations, Heading-Shaking Amazement and Thanks Giving	135
VIII.	Creating Your Heart and Soul Plan	139
1.	Everything Old is New Again	141
2.	Coming Out of the Eclectic Closet... What Will My Friends Think?	144
3.	What is Love?	148
4.	Surviving Peer Judgement and the Adolescent Adult	150
5.	Forgiving Myself for my Sins	153
6.	Becoming a "Cycler"... Understanding How the Earth Changes Cycle through your Physical Body ...	156
7.	Baby Steps	162
8.	I Need to Sleep on It... Dream Processing	163
9.	Coming to Grips with Fear of Death and the Rebirthing Process	168
10.	The One-Minute Meditation... Expand, Excel, Evolve... Even with a Busy Mainstream Schedule ...	170
11.	Okay, I've Got the One-Minute Meditation Down... I'm Ready to Take it to the Next Level	173
12.	To Analyze or Not Analyze... That is the Question ...	176
IX.	Be Okay that You're not Okay to Everyone	179
1.	Balancing 24/7... Family, Business, and Spirituality	181
2.	Ready, Set, Change... Managing the Fear Surrounding Continuous Improvement	184
3.	Does Anyone Really Care if I Am Whole?	187
	Index	189
	About the Author	193