



11:11™

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PRICELESS

A Magazine Devoted to the Journey of the Soul

LIVING KNOWING BEING

health | wellness | food | travel | home | work | nature | relationships
| spirituality | values | beauty | stillness | abundance



Dr. Sue Morter



Inna Segal



Linda Francis

Untie The Strong...



ENERGETICS

The Next Generation and New Truth | By Jake Ducey | **38**

"Earth has contracted to hold a container for certain souls that have not yet mastered self-love and self-respect, to work their issues in the physical dimension. She has only allowed the beings that have not yet mastered self-love and self-respect to occupy one dimensional reality of her being."

I BELIEVE... It is Never Too Late | By Eldon Taylor | **10**

What is too late? What is this "immeasurable distance" and how does it relate to the idea of waiting till its too late? Distance is actually a misnomer, for the idea is more one of time or action than of physical space.

Julie Renee: Living Miraculously | By Simran Singh | **36**

You were born a happy, healthy little person, ready to bring on your biggest, best ever life. You progressed through your life and at some time the glow and happy enthusiasm faded and your health began to deteriorate.

The Like Mind Series | **42**

Writings resonant of the collective, for the collective and in the highest good of the collective.

Loving Yourself... A Pathway to Loving Others | By Julie Klutonoty

The Economics of Well-Being | By Bruce Nixon

Customer Service! | By Barbara Khozam

No More Drama: The End of Narcissism | By Dr. Robert Milstein



CREATIVITY

CREATING TIME | By Marney Makridakis | **33**

We are tied to schedules, watches, datebooks, computers, and keeping up with the latest gadgets. It seems like time is going by faster than ever these days, and we're all exhaustively trying to find, chase, save, and manage time.

Quantum Affirmations | By Monte Farber | **12**

The most successful people have a core belief system that works for them. They know they are going to succeed and they try and try again and keep on trying until they do, never taking no for an answer from anyone, including themselves.

Visualizing... Children of the Future | By Dr. Lynn Hellerstein | **40**

Relaxing is one of the key ingredients to great visualizing. Did you ever take a very important test; one that counts for your entire grade for your report card? You study, intently, and then you get to the test; you are so stressed that you can hardly see the test, but you run out of time ... and you really do know all the answers

IN EVERY ISSUE

Editor's Letter | By Simran Singh | **1**

The focus of this issue is Untie the Strong. It is time. It is time for the world's people to stop trying to save each other; their friends, children, families, strangers. You only have the power to save yourself and in doing so... you shift the world.

Intentional Living... Sheddings | By Simran Singh | **9**

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.

Believe...Beyond the Illusion | By Simran Singh | **51**

Emerging Strong - Share in a personal story of growth and insight as the founder of 11:11 shares her own experiences of challenge, courage, strength, and service. Through Simran's dialogue, discover how human beings are mere reflections of one another.

Visualizing... Children of the Future!

By Dr. Lynn Hellerstein



Visualization: The ability to imagine, sense, become aware of, move, manipulate and expand the pictures in your "mind's eye" and the feelings or senses in your body, thereby developing new perspectives and creativity.

- Does your child struggle in school?*
- Is your child less than enthusiastic about learning?
- Have you noticed how stressed your child becomes when it is time for test taking?
- Does your child lack self-esteem and confidence? Is he bullied?
- Do you feel that your child may not be reaching her highest potential?
- Would you like to empower your child to develop his or her own easy and fun strategies for learning?

Welcome to the world of visualization. Visualization is easy to learn; we all have the rudiments of it and already are visualizing to some degree ... even the youngest of children.

Children are naturally curious, and they want to learn and explore. As toddlers, they are enthusiastic and love learning. Just watch a two-year old getting into everything in the cupboard, pulling things apart, laughing, questioning. He's having a good time.

YOUR CHILD IMAGINES ALL THE TIME

Some of the games that your child already plays can be used to practice visualization. Take jumping rope. Before your child goes in to jump, tell her to watch the turners turning. Tell her to pretend she is going in and feel her body jumping. Have her imagine bopping back and forth trying to time the turn, and the height of the arc. How high will she have to jump? Can she see and feel herself bouncing and clearing the rope? Until she can do this ahead of time, planning to be successful in this way, it's simply trial and error each time she jumps, along with several stumbles as she misses her "jump window."

Proceed then from this motor planning, through visualization, to

taking action. And the "rule of the playground" is that once a child is successful keeping up a pace or rhythm, the turners will turn, "faster, faster." This, too, can be anticipated and visualized.

Proceed then from this type of "gross motor," to a fine motor board game such as checkers or chess, checkers being the simpler way to understand visualization. In checkers, all the pieces are equal until one of the players gets a King. Or, remember the scene in the first Harry Potter book when Harry, Ron, and Hermione enter "The Chamber" and encounter a giant chess game? Neither Harry nor Hermione have the skills that Ron does. He immediately visually assesses the situation, tells Harry and Hermione to go to a certain spot on the chessboard. He then mounts one of the knights and proceeds to instruct the chess pieces to move to other spots. Ron gulps, sweating as he declares the final movement that will enable Harry and friends to proceed.

The important point of these games is to visualize where to move; determine what the consequences of the move will be; determine the mental manipulation or rotation of the move that the other person will make and what you need to do next, until there is a conclusion to the activity.

If your child is not able to jump rope or play checkers, then choose a simpler activity, one that she can already perform. Make it a very easy task. Have her imagine herself walking up and down the stairs. The important lesson here is taking a few seconds to visualize before the activity starts.

ENHANCE YOUR VISUALIZATIONS: RELAX, BREATHE, BUILD AWARENESS RELAX

How do you feel when someone yells at you, "RELAX!" Are you relaxed? Or are you startled, tense, and holding your breath?

Relaxing is one of the key ingredients to great visualizing. Did you ever take a very important test; one that counts for your entire grade for your report card? You study, intensively, and then you get to the test; you are so stressed that you can hardly see the test, but you run out of time ... and you really do know all the answers. You know how difficult it is to concentrate on a task when you are harried or

CONSCIOUS LIVING

tense. Teaching your child how to relax carries a life-time benefit in all areas of her life.

BREATHE

Remember the last time your child had to have a shot? How about you? "This won't hurt," is what the nurse says—but you or your child knows better! What happens? Maybe you gasp; clench up; hold your breath? Almost anything but breathing and relaxing.

When you breathe deeply and teach your child how to do it, it creates calm, which is part of the relaxation process. And that aids visualization.

Most people don't pay attention to their own breathing. I notice that many of my patients hold their breath at times throughout my examination; whether it is due to fear of the procedure we're going to do, tension or anxiety. And I don't give shots!

Watch your child when he is angry or upset. Does he sometimes hold his breath, perhaps during a stressful situation? Does he sometimes breathe too fast? Or perhaps even hyperventilate or become winded?

Breath holding interferes with our ability to function normally and automatically. Breath-holders often have chronic tension as well. This is of course not only true for children; it is true for adults as well.

There are two main ways you breathe; either from your belly or your chest. Belly breathing is the act of breathing deeply into your lungs by using your diaphragm, rather than breathing shallowly through your lungs and rib cage. This deep breathing is marked by expansion of the belly, rather than the chest when breathing. It is generally considered a healthier and fuller way to bring oxygen into your tissues.

Chest breathing is usually seen when someone is anxious, distressed or scared. You can tell when someone is breathing this way because the breaths are shallow and often irregular and rapid. The shoulders often rise up towards the ears. In contrast, belly breathing is like the more natural breathing of babies and sleeping adults. This pattern of breathing is more even and non-constricting. It is the easiest way to relax.

Belly breathing techniques on their own are very helpful in reducing anxiety disorders, panic attacks, irritability, muscle tension, headaches, and other stress related conditions.

Dr. Hellerstein is known for her electrifying presentations and workshops for parents, educators, therapists, athletes, optometrists, and physicians. She is now utilizing her 30 plus years of vision work to consult with businesses and organizations on how to improve workplace performance through integration of their internal and external vision.

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MEANING OF 11:11

and Symbolism of Sacred Circles Logo

Sacred Circles Logo

The following are sacred geometric symbols from ancient times. Their importance and vibration have been long held throughout history. They are the platform upon which 11:11 Magazine stands.

ENERGY



We come from energy. Everything is energy. It simply changes form. After we leave earth school, we will still be energy, only in a new form.

TRUTH



There is only one truth. It exists for all time. Truth is ever present regardless of religion, society, creed, race, or consciousness. Only truth remains.

GROWTH



Growth is our natural inheritance. We continue to evolve in a manner that suits time and space. We do have a hand in what speed that may be experienced. It is called free will.

WISDOM



The greatest gift of the journey is wisdom. It is revealed through the energy of living, the recognition of truth and individual personal growth.

UNIFICATION



In combination these sacred symbols signify unification; the ultimate goal of the soul's journey. Unification occurs with the reconciliation of all things.