

Welcome to the Open Grove! We have so many exciting things to share with you this month! First, we have completed our new website: www.opengrove.com . The website is designed around the Open Grove and includes all of your favorite features - newsletters, schedule of shows, links to our friends and guests, and information about the grove. We are very excited about the website and hope you enjoy it. Please feel free to drop us a line at: info@opengrove.com .

Our new website will also provide us a chance to store the newsletter on the website server. This eliminates those bulky emails. Just click on the link to the newsletter and read it on-line.

Creating your personal wish list

In our November 1st show, astrologer Jan Spiller shared ways to use the new moon to make your dreams come true. Jan discovered that each month's new moon is an astrological power day. Through her work with herself and her clients, Jan found that people could use these power days to increase the strength of any wish. I wanted to share this information with you so that you might use the full moon on November 15th to begin to work toward your own dreams. Give it a try, it can't hurt. It might help - and anyway, looking at your intentions and goals once a month is a psychologically sound way to work toward creating the life of your dreams.

Here's how you do it:

1. Each new moon falls under a particular astrological sign. November 15, 2001 will be a Scorpio new moon. A Scorpio new moon is a powerful time to make wishes around issues concerning empowerment, change, crisis skills, self-mastery, sexual or soul mates, financial partnerships, and avoiding power struggles.
2. Write down your wish list within 8 hours following the exact time of the new moon, whenever possible. You have up to 48 hours to make your wishes, however the strongest time is within 8 hours of the new moon. The new moon will rise at 1:41 am on November 15, 2001.
3. Write your wishes by hand.
4. Write between one and ten wishes on any one New Moon Power Day. Make sure to date your wish lists.
5. Only write down wishes that create harmonious feelings on the exact day of the New Moon. Trust your inner knowing when writing down wishes. Does the way the wish is worded leave you feeling harmonious?
6. Trust your own process. The Universe wants you to be happy. If a wish doesn't come true immediately, keep repeating it, or watch to see what unexpected benefit comes in its place.
7. Don't make wishes for other people. It doesn't work. Focus instead on how you would like your interactions with another person to change.
8. Believe in your dreams and pursue your dreams! Trust your ability to go through the tests of character that open the way to experiencing your own happiness.
9. Believe in yourself. Keep repeating wishes on your list until they begin coming true.

10. Make more than one wish around an area that is especially important or difficult for you.
11. Don't write down wishes that you don't feel completely comfortable with, even if they make sense logically.
12. Keep wishes separate from one another, otherwise they won't come true.

--from **New Moon Astrology** by Jan Spiller

I encourage you to give it a try. In an effort to encourage a more peaceful world, Jan suggests the following three wishes - "I want to consistently embrace the feeling of peacefulness within myself", "I want to easily find myself behaving toward others in a way that directly promotes world peace", and "I want to easily find myself experiencing ongoing confidence that peace and harmony will be established in the world".

Jan Spiller can be reached through her website at: www.cosmicpath.com.

Book contest:

The Open Grove has been able to preview many wonderful books this year. We have seen so many great books that we decided to hold a book contest. We selected 5 judges and will be awarding prizes to the authors of the winning books. We selected 2 books from each of our 5 categories - mental, physical, emotional, spiritual, and relational wellness. The finalists are:

Emotional:

Being Enough by Leigh Sanders
The Dance by Oriah Mountain Dreamer

Mental:

The complete dream book by Gillian Holloway, Ph.D.
20 minute Retreats by Rachel Harris, Ph.D.

Physical:

Allergy Free by Konrad Kail, ND
Volumetrics by Barbara Rolls, Ph.D.

Relational:

Getting the Love You Want by Harville Hendrix, Ph.D.
Man & Boy by Tony Parsons

Spiritual:

Original Self by Thomas Moore, Ph.D.
The Laws of Spirit by Dan Millman

If you have any thoughts about these books which you would like to share with the judges, please feel free to email at: info@opengrove.com. Award winners will be announced on the air November 29, 2001. Authors will receive jam from Ela Family Farms organically grown, delicious fruit and jams.