



# I am awake!

THE INDEPENDENT FORUM FOR YOUR WHOLE LIFE

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## Happy New Year!

Here at the end of January, we can't help but wonder – "How are your New Year's resolutions?" If you are like most people, they have gone to the way side in the rush of your busy life. The Open Grove plans to continue our resolution to Awaken throughout the year by continuing to remind you to awaken to your life this year. We hope that you continue to grow, and awaken, this year.

This newsletter is designed to help you continue your journey toward awakening with a few interesting audio segments as well as some quick thoughts on awakening.



## "I am awake"

As human beings, we have a limited capacity to comprehend everything that is going on around us. Our biology mandates that we literally can not see and hear certain light and sound. Our brains are also unable to understand certain sensations. We also have a tendency to focus on things in the past or future rather than the present. Further, we tend to feel safer when we experience familiar situations so we avoid experiencing anything that are different.

How can we get past this human tendency to avoid the present? Louise Hay, in her book *101 Power Thoughts*, encourages us to say, "I am awake", a few times a day. Saying "I am awake" helps you draw in more stimulation such as sights and sounds. You'll also feel surprisingly energetic if you begin to simply say the statement, "I am awake", a few times a day. You also might discover some interesting things about your regular route to work or your morning workout. There's a whole world for you to awaken to. ✨



## Energize with Feng Shui

Gabrielle Alizay, author of *Feng Shui For The Rest of Us*, states that clearing clutter from your household and office is the best way to awaken your life and energize your life.

[Click here to listen \(1:59\)](#)

## Stabilize your finances!

Addison Wiggins, author of *Empire of Debt*, encourages us to pay off our debt, save some money and stabilize our finances this year.

[Click here to listen \(1:23\)](#)



## Wake Up with Yoga?

Bryan Kest uses yoga to awaken in the morning. Right? Actually, Bryan awakens with coffee. He discusses awakening in this audio segment.

[Click here to listen \(3:08\)](#)

## Deciding to Continue....

Have you had a chance to hear Dr. Eric Pearl's story of awakening to healing frequencies? ([Dr. Pearl's Segment in the Awaken Audio Magazine](#).) He tells a chilling story of discovery and transformation. Why does he continue? Listen here to how he decided to continue on this path.

[Click here to listen \(3:24\)](#)

## What are we reading?

We have gone off the mystery book deep end. Everyone here is reading a mystery. My favorite? I am a sucker for Kinsey Malone so [S is for Silence](#) has been my favorite so far.

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