

# The Miracle Body

By Lauren Skye & Penni Louise

The human body is an amazing creation. It takes just breath, water and food to create energy, renew its cells and coordinate complex vital functions. The way in which the body's systems work together is nothing short of miraculous. The body also expresses energies a person carries in their space. It is a physical portrait of their energetic vibrations. Those people who spend time appreciating their body, expressing their truth, loving themselves and their life, tend to stay healthy and vibrant.



Notice how much time and energy you spend on cherishing your body – you may also start to notice how often you judge and demean your own body. As the New Year begins and people's thoughts turn towards "resolutions" for 2011, be aware that "losing weight" is always on the Top Ten list! The media supports invalidation of our natural beauty with unrealistic images and promises to "shed those pounds" in time for summer. It is very easy to notice every bump and bulge instead of the magnificence and grace of our physical selves.

Imagine how the body feels beginning the New Year with the message that it is 'wrong' or needs to change to be loved. Perhaps this time of the year presents an opportunity to re-create your relationship with your body. Decide instead to validate every inch and element of your body and fill it with the light of unconditional love. Open up to the possibility of self-appreciation, true expression, carefree creativity and rampant bliss on this journey with your body. Enjoy this beautiful physical expression of your unique spirit on earth.

Lauren Skye and Penni Louise are with The Inner Connection Institute in Denver, a center for spiritual growth. The Inner Connection Institute offers programs in meditation, healing clinics, learning programs and workshops on a variety of subjects, as well as other services. [InnerConnectionInstitute.org](http://InnerConnectionInstitute.org). See ad page 26.

## Do You Have a Healthy Home?

Have you ever noticed how houses and businesses feel different even if the floor plans are identical? What you are sensing is the non-physical energy of the space. This energy is a key reason why you are attracted to or avoid certain places, rooms, offices, homes and businesses.



The nonphysical energy in a space can be improved, which helps increase business, sell a home or make people more productive and at ease in rooms, especially for those that work at home, even for children or adults who have trouble sleeping. Had a difficult period of life or just moved into a new home? Clear the energy for a fresh start, for a new year, for a better tomorrow.

Being at peace in your home, office or place of business is one of the best things you can do for your health.

You can explore how house healing can benefit you by watching a house healing video from the Denver Post at [YogaooftheMind.com](http://YogaooftheMind.com) under House Clearings. Questions call David at 303-668-2358 or [DavidS@YogaooftheMind.com](mailto:DavidS@YogaooftheMind.com). See listing page 24.



## Make a Difference and Buy Eco

Create healthier lives for the people you care about and a healthier planet! Solne qualifies pure products.

Make Custom Romance Gift Boxes

Happy New Year  
from [solne.com](http://solne.com)

### Eco, Green and Natural Gifts.

Clothes • Bags & Back Packs • Lingerie • Fashion • Toys  
Accessories • Cosmetics • Bath and Body • Crystals • Art

Babies • Kids • Teens • Adults

Something for every budget.

GREEN  
Forever

solne

Great  
Valentine's  
Day gifts!

303-770-3337 • [www.Solne.com](http://www.Solne.com)

## 13 FREE "Spiritual Transforming" Classes 7 pm, Thursdays at Journeys for Conscious Living!

Lani Renee

20% off 1st Reading

### Featured Services:

30 Min./1 Hr. Readings - DNA Activations  
Emotional Cord Cuttings & Neg. Energy Clearings  
Channeling - Shamanic Energy Medicine  
Ancient Mystery Teachings - Kabbalah  
Alchemy - Health & Wellness



Increase your personal empowerment  
Explore your spirituality

A practical and holistic journey to make your life better than ever

TO MAKE AN APPOINTMENT OR RSVP

CALL (303) 467-0633 - EMAIL: [lanirenee@live.com](mailto:lanirenee@live.com)  
J4CL - 5855 Wadsworth Bypass - Bldg A, Ste. 100 - Arvada - [J4CL.com](http://J4CL.com)



HEALTHY LIVING  
HEALTHY PLANET

feel good  
live simply  
laugh more

# natural awakenings

FREE

DR. DEAN ORNISH  
*on the JOY  
of HEALTH*

HIS SPECTRUM  
LIFESTYLE PROGRAM

---

PAIN FREE  
PETS

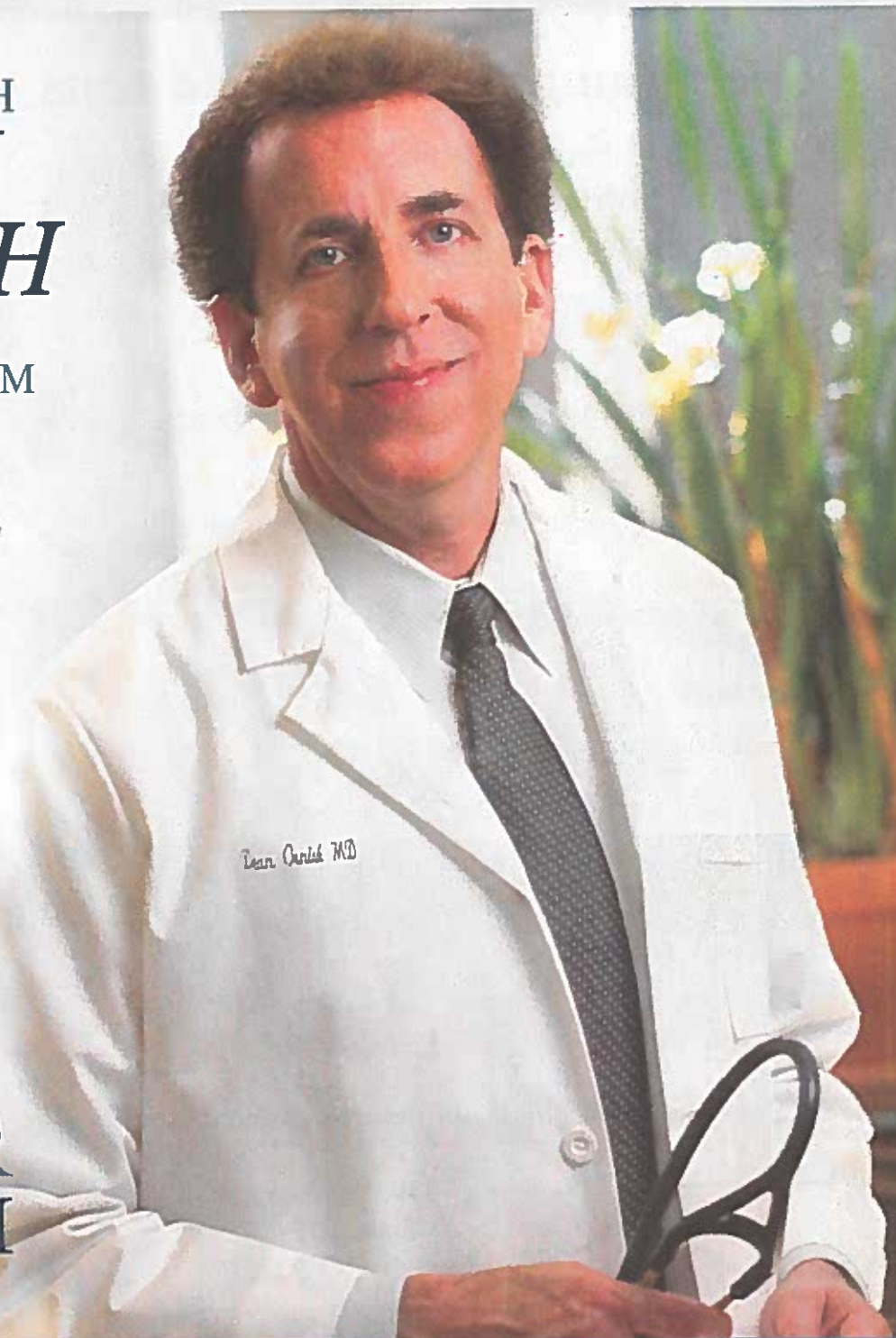
---

Foods That  
Fight Pain

NATURE'S PHARMACY

---

5 STEPS TO  
BETTER  
HEALTH



EVERY ISSUE IS  
A GREEN ISSUE

JANUARY 2011

Denver/Boulder Mile High Edition | [MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com)