SELF-CARE ARTISAN

IYANLA VANZANT

JACK CANFIELD

BARBARA MARX HUBBARD
Welcome to 11:11

A Magazine Devoted to the Journey of the Soul

BY SIMRAN SINGH

Have you ever been one of those people that daydreamed about winning the lottery? How would you spend your winnings? Would your life remain the same? Would you keep your job, your home, lifestyle or would you trade it in for something else? Did you think about whom you would share it with and how you would share it?

Often times when we get what we ask for, we do not know what to do with it. We spend so much time planning and dreaming about what we think we want, we are not anchored in what really matters. In the end, are those things we fantasize about what we really desire or representative of what we want to feel? Are they fillers of some need that actually is asking for a deeper experience of us?

Congratulations! Today is your lucky day! You are winning the largest lottery you could imagine! You are being given the opportunity to decide what to do with it, how to use it, and how to apply the greatest treasure ever known to the human condition...SELF CARE!

Our riches and our richness correlate to the degree of self-care we have in our experience. Self-care is concerned with self-value, worth and the depth of love with which we view ourselves. Is it possible to be abundant and wealthy if deep down there is a feeling of unworthiness? How are you to be cherished and deeply loved if beneath the surface is a raging ocean of self-doubt and self-criticism? How can you expect others to serve you, comfort you or be compassionate when you do not give any of this to the self?

I think a new saying is in order, 'Do unto the self as you do after others. Although we may not always treat others as well as we could, we certainly treat them better than we do ourselves.'

How are you...

• Nourishing your body?
• Giving it the exercise it needs?
• Taking care of your skin?
• Providing the water that the organs require?
• Resting? Sleeping? Dreaming?
• Playing? Laughing? Creating?
• Speaking to and about you?
• Staying present to what is truly important to you?

Self-care requires the deepest degree of self-responsibility. It is acknowledging that you are a Divine Being walking the planet. Self-care raises the flag against all injustices from anyone or anything that goes against the needs of the sacred body temple, anointed heart, elevated mind or spiritual being.

Self-care is also the place of gentleness, discipline and understanding of the process required to achieve deep love of self. This is probably the greatest lesson we all must learn. It is the true path of the spiritual evolutionary warrior. It requires recognition that no one can stand strong, steady or balanced unless they have committed to the sacredness of themselves. No one can love another, have real empathy or support another without, co-dependant motives, unless they have released their own manipulation of self.

This is your lot... and your lottery? What will you do with it? How will you use it? Who will you share it with? Will everything remain the same or is it time to change? What do you consider most important in this life experience?

Take a moment to be with YOU and ask yourself, ‘What do I really want out of myself, my life, my experiences, my friendships... the rest of my days?’ Self-care is creating life in exactly that way. It is not about the cars, the bank account, the house, the career, or the trips... it is concerned with taking in experiences, making connections with the heart and realizing the depths of the self. The moment has come to take care of the self...to take care of the soul. In doing so, you will discover how to share that soul and its life purpose.

Warmest Respectful Regards,

Simran Singh
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‘Evolution is becoming more conscious of itself through us. Evolution is shifting from evolution by chance to evolution by choice. It’s shifting from unconscious evolution to conscious evolution.’

Jack Canfield | By Simran Singh | 15
‘True success is more than cars, money, advancement and prestige. It’s about making the commitment to lose 10 pounds and seeing it through. It’s about learning how to make your significant other feel intimately cared for and loved. It’s about celebrating the fact that in questioning the inbuilt assumptions of a challenge, you found a solution that no one else explored.’

Iyanla Vanzant at Peace | By Simran Singh | 27
Getting Through What You Are Going Through
‘None of us is immune to the challenges of life. No matter how famous you are, how much money you make, or how “big” you become in the eyes of the world, none of us is immune to the challenges, difficulties, and pain of life and being human.’

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Millions of people right now are experiencing a yearning and desire to awaken to their unique gifts and offer them in service to the world—while living a life of joy and fulfillment. It’s a surging of the human spirit, a virtual global awakening, at a scale that no one has ever seen before.

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Cheryl Safren uses what is intrinsically existing, allowing it to flow naturally into becoming its own work of art through the use of elements, energy, time and space. Witness a beautiful blend of science and spirituality.

The Art of Allowing Happiness | By Valerie Rene’ Sheppard | 19
The problem today is that many of us are stuck in the old DO-HAVE-BE paradigm for deriving happiness. This belief system teaches that happiness comes from success, and so we get energized in the here-and-now by the promise of something happening at some point in the future.

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Life responds to “yes” and fear subsides. When I claim “Yes!” as my mantra, my enthusiasm for life increases, my ingenuity increases, my rigidity decreases, and doors do open. Spontaneity resounds with yes. Adventure? Yes! The cup is half-full? Yes!
ENERGETICS

Frequency | By Penney Peirce | 4
Your personal vibration—the frequency of energy you hold moment by moment in your body, emotions, and mind—is the most important tool you have for creating and living your ideal life.

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Do moments of calm really exist? The good news is that you have the power, in the very next minute, to reverse the overstimulation, excessive activity, constant planning, and anxiety that keep your brain in overdrive.

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The novice seeker determined to “get spirituality right,” presents a veil of holiness or peacefulness, often glossing over the inner turmoil that most likely set them on the path to awakening. The maturing seeker lets go of appearances and begins the intricate dance of lifting the veils to their fears.

IN EVERY ISSUE

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The focus of this issue is Self Care. The human incarnation was gifted so that we engage, create, and experience ourselves in manifestation. We are here, not for the sake of everyone else, but for ourselves and every desire known and unknown. Are you caring enough about the Self?

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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.

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Till Death Do Us Part - Share in a personal story of growth and insight as the founder of 11:11 shares an experience of challenge, courage, strength, and service. Through Simran’s dialogue, discover how human beings are mere reflections of one another by recognizing a piece of yourself.
Release Toxicity: Keep the Doctor Away
An Interview with Dr. Rashid Buttar

By Simran Singh
“To blame a book, doctor or TV show for advice that may not be accurate for you is just an excuse to shift responsibility to someone else. By doing so, you are essentially giving your power away to someone else. When it comes to your own health, don’t blindly believe everything you read or see on TV. In fact, don’t believe most of it. Always challenge the source of the information and trust your instincts when it comes to the validity of the message being presented. Never be afraid to question a doctor. Even me! If a doctor is offended that you questioned them, here’s a little advice: Find a different doctor! As physicians, we may be wearing the white lab coat and carrying the big title, but you are the expert when it comes to your own body. Only you know how your body reacts and feels “inside”

– Dr. Rashid Buttar

SIMRAN: As we move towards 2012 and what is termed the “Golden Age”, why would the release of toxicity from the body be an integral part of evolution?

DR. BUTTAR: That’s a very intriguing question and one I haven’t been asked before, but I have spent some time contemplating that very issue. I believe the most distinct answer would be, as you release toxicity, as your body becomes cleaner, it allows higher vibrational frequency to be achieved.

In quantum physics, it’s referred to as “zero point”. Zero point can be described as ‘achieving the highest state of efficiency with the most reduced cost or expenditure of energy’—so the highest output for the least amount of input. As you achieve that ideal balance, where you get maximum energy output, out of minimal input of energy—that’s referred to as the zero point.

The body is nothing more than the temple for the soul, if you want to think of it that way—but the body is essentially the carrier mechanism of our thoughts, how it allows us to manifest ourselves in our current state. If you can improve your current state, so that the mind can achieve its highest potential, to achieve closer to that zero point efficiency will help the thought process - will help the mind, will help the soul, will help the spirit achieve higher states of awareness—which is actually higher states of vibrational frequency. That release of toxicity helps our systems get as close to zero point as possible, which in turn will allow us to achieve a higher level of spirituality and awareness.

SIMRAN: When we think about the biology of belief, and how strong our beliefs are and how strong our feelings are about our beliefs, does that help to create the toxicity in our body? Or, is that a step that will keep toxicity from building back up, once released?

DR. BUTTAR: That’s a loaded question; so let me preface that first by saying that each one of these toxicities are not mutually exclusive. A person can have all of them, one or two of them, or different combinations of them. Most people have to some extent, all of them. So when you get rid of toxicity, you can get rid of a heavy metal toxicity or organic toxicity but the emotional-psychological toxicity can be more or less still there.

When talking about the emotional aspects and some of these other things you may not be conscious of, what’s important to understand is that you have to work on all the seven different toxicities.

As an example, I’ve had patients that are suffering from cancer that have come to us. They come in regularly and have things they’re supposed to be doing at home. Some believe, ‘as long as I’m going to the doctor, getting the treatment, then I don’t have to worry about all this other stuff.’ There are certain things that a person must do at home because there is no chemical, nutritional supplement or anything that the doctor or therapist can do. The person has to work on themselves, on their emotional and psychological aspects.

We have techniques that help a person get through all of the stuff. A simple example will be forgiveness. An individual that has a terminal condition such as cancer, for example, does not have the luxury to retain emotions of anger, bitterness and hatred.

They must let go of everything because that emotional baggage they are carrying is nothing less than an abscess, an infection, that’s festering inside their bodies. Not literally an infection, it is the detrimental effect that is greater than an abscess or infection inside their system. I’m speaking figuratively, but it is just as damning, if not worse. It festers and grows; that animosity continues to linger and perpetuate itself, like a cancer that continues to grow.

SIMRAN: Was toxicity part of the evolutionary process to self-correct?

DR. BUTTAR: What a good question! On a higher level, perhaps toxicity did have that role. In other words, you have to go through that whole self-response to get that clean, bring the new in, and get the old, damaged out—perhaps that is part of the evolutionary process. We as a species have created the problem and we have no other choice but to go through this process in order to continue surviving as a species. If we don’t, we’re going to annihilate ourselves. When you talk about the evolutionary process, perhaps you’re right, that it is something necessary, in order for us to take the next leap forward.

Maybe the toxic aspect wants to get rid of that portion of society that doesn’t adhere to sound principles that will allow the species to continue. Perhaps that is what’s happening. I honestly haven’t thought of it from that perspective, but it does make sense that it’s an evolutionary process.
SIMRAN: We often don't realize how uncomfortable we truly are because we've gotten so used to being that uncomfortable. Why do people have to get to the worst point to actually seek help? How does someone achieve a level of discipline if they don't even realize how bad they feel?

DR. BUTTAR: This is an interesting question because it actually characterizes one of the most common types of cancer out there—that's breast cancer. The commonality aside from the fact that they're female with breast cancer is that their prioritization for themselves is absolutely the last.

They're constantly worrying about something else, or someone else and as soon as that problem's solved they replace it with two other problems. They always put themselves last. I think that that may be the case for all types of cancer but specifically in breast cancer.

How are we supposed to help them not put themselves last on the priority list and then make them aware, especially because they may not even be conscious that they need to do this. That becomes more of a challenging question to answer because I think this comes out of human nature. Humans tend to do an eccentric look at the quick fix. That's one of the problems of our society.

The answer to that question, we have to let go and just do. Like Nike's commercial — Just Do It — I think it's one of the most powerful from a symbolism standpoint, one of the most powerful messages for humans. 'Just do it' and that means, you just go out for a walk, just simply open yourself up and do it. If people would just open themselves up, they would know what to do.

The inertia we have to overcome in the beginning, is an inertia that was created by our minds. So if we can come up to our mind to stop and open up and become receptive to the infinite possibilities, the rest will actually follow relatively quickly—but it's the mind that holds us back.

It is almost like walking to a door and opening it; there's another door. If you look at a global image of this house, there is door after door after door. You might say, 'I've got to go through 100 doors!', but if you stand in front of that door, you only see one door. If you open up that door and get to see the other door, it's one door at a time. That's what we have to focus on; just go through that one door. Live in the moment. Live in the now. Open that first door and you see the next door; then deal with that door. Don't worry about the door, just action forward.

"While I'm happy to see this paradigm shift, you can't take a squirt gun to put out a five-alarm fire and expect to be successful. Only when the body is properly detoxified will probiotics and other interventions become consistently effective."

The great news is that the lining of your intestinal tract, where the good bacteria (probiotics) live, is one of the fastest-regenerating tissues in your body. In fact, the rate of regeneration becomes faster in people who have been sick recently. The GI tract is just an example of one of the major areas that must be addressed in systemic detoxification. Once effective detoxification has been completed with a reduction of the toxic burden in the entire system, the immune system will remodulate itself and you'll be well on your way to getting back on track to good health.

When the most sophisticated biological organism gives us a message that something harmful needs to be moved out immediately, does it make sense to block the process? In our arrogance of going against the natural design of the human body, we claim to be more intelligent than the One who created it, and in response, we suffer from the consequences of our meddling. More accurately, the patient suffers the consequences. In a situation where the symptom would last only three to four days before the body “self corrects,” we arrest the process of correction, forcing the body to keep the toxins inside where they do more damage over a longer period of time." – The 9 Steps By Dr. Rashid Buttar

Dr. Rashid A. Buttar is a graduate of the University of Osteopathic Medicine and Health Sciences, College of Medicine and Surgery. He trained in General Surgery and Emergency Medicine and served as Brigade Surgeon and Director of Emergency Medicine while serving in the U.S. Army. Dr. Buttar is board certified in Clinical Metal Toxicology and Preventive Medicine; is board eligible in Emergency Medicine and has achieved fellowship status in three separate medical societies.

www.the9steps.com
www.dr.buttar.com
Simran Singh, "Leading Voice for the Journey of the soul", is the #1 rated, syndicated 11:11 Talk Radio Show host with 2.5 million listens annually. Thursdays LIVE 4PM PST/ 7 PM EST & Archived Shows are archived and podcast ready on I-Tunes.

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