



Balanced **LIFE** magazine

A Conscious Choice Resource

SERVING THE
HEART OF CALIFORNIA

FREE

WINTER 2010



BODY - MIND - SPIRIT - WELL-BEING



EXPANDEDVISIONS.COM

Online Author & Book Promotion

Presents

THIRD THURSDAY SPEAKER SERIES

7 - 9pm
at

Christ Unity Church
9249 Folsom Blvd
Sacramento, CA 95826



Tom Lumbrazo

December, 16th

Author of "When Angels Touch: A Journey To The Clouds" and "Faces Of The Universe: Sacred Images"

Speaking on Messages From The Clouds - As revealed to him after his life changing, near death experience



Michelle Paisley

January 20th

Author of "Yoga for a Broken Heart: A Spiritual Guide to Healing from Break-up, Loss, Death or Divorce" and "All In Her Head"

Speaking on Journey to Self-Love, Living A Spiritually Surrendered Life – Offering insight and tools for allowing self-love to flow freely



Rahasya Poe

February 17th

Author of "To Believe Or Not to Believe: The Social & Neurological Consequences of Belief Systems"

Speaking on Moving Beyond Our Divisive Beliefs – Challenging our limiting beliefs, for the sake of living more in balance in these rapidly changing times

Call to reserve your seat **916-965-7751** Credit Card Payment Accepted

Visit **WWW.EXPANDEDVISIONS.COM**
for additional information on Speakers and their Books



Living With Beanie

Michelle Paisley

There's a joke I like to tell at the beginning of my book lectures that whatever I write about comes true.

After the proposal for "Yoga for a Broken Heart" was accepted, I went through a divorce. As I was writing it, my house went into foreclosure. When it was published and I was marketing it, I discovered both of my parents had cancer.

Perhaps the next one should be "Yoga for Winning the Lottery"?

I switched gears and decided to write fiction. It can't come true if it's all made up, right? Of course, all writers, including novelists, write from what they know, even if their characters are 'made up.' "All In Her Head" is about a middle-aged woman who is obsessed with her weight and her spiritual journey to find peace, love, and creative fulfillment.

After that one was safely written and another contract gained, I thought to myself, "Holy Crap, now when I tour everyone will be judging me as the fat author who writes about food addiction and doesn't walk her talk!"

So, during the course of publication, I joined a 12-step program to end my own compulsions with food. I lost 40 pounds in 6 months, and finally felt confident enough to speak in front of large audiences.

Without the weight, though, I felt raw, exposed. I had mistakenly believed that when I was thin that I would have no problems whatsoever. Instead, all my old demons came out of the closet to say hello, unburdened by the layers of cookies I tried to cover them with. My relationship with my boyfriend suffered. Believing he'd be eating his heart out with my new sexy body, I switched my obsession of choice from chocolate to winning a marriage proposal.

The magic sequel, then, would be "All Over It," because my main character, who also happened to lose weight, would now find inner peace and prosperity, and live happily ever after when her own commitment-phobic partner finally popped the question.

In the end, though, instead of proposing, my 'prince' declared he might not ever be willing to marry me and, that I was living in a 'fantasy' world.

We broke up.

Like Elizabeth Gilbert in "Eat, Pray, Love," I found myself in the ugly cry in the bathroom, only instead of blowing snot into the toilet, I found it safer to do so in the shower. Naked, skinny, wet and broken, I called out to God to make the pain go away, to help me find a new place to live, to lead the way because, frankly, I knew I didn't have the answers anymore. This wasn't a novel, and I was not the omnipresent source.

As if I was Moses, I heard clearly that I should call my friend Sandra.

Continued on next page...

DRAGON'S CREATIONS
HANDYMAN SERVICES
COREY DRAGON (530) 210-3368

HOLIDAY SPECIAL!
Interior Facelift
House Painting:
A Room or the Whole House
Laminate Flooring:
50 Colors of Wood to Choose
SPRUCE UP FOR THE SEASON
SEE HOW FAR YOUR DOLLAR CAN GO

PAINTING • DRYWALL • PLUMBING
CARPENTRY • MINOR ELECTRICAL • TILE AND WOOD FLOORING
MOVING AND HAULING SERVICES

corey.dragon@yahoo.com

...continued from Page 38

Sandra had found a broken-down crack house the year before and renovated it top-to-bottom for her adult disabled daughter. Luciana, who everyone called Beanie because of the way she shot up like a string bean when she was a child, is a 26-year-old mentally retarded woman with cerebral palsy and a heart of gold. Sandra wanted her only daughter to live an independent life, so she founded a non-profit agency, lived in a motor home on the property with her 7-year-old son, while she used her many skills to create a cozy cottage on a huge gated property, complete with a garden and IKEA kitchen.

Beanie mostly sat in her favorite corner rocking chair, drooling heavily into her always matching scarves and bandanas, flipping through magazines, grinning ear to ear.

Her radiance was contagious. Despite my relationship fears, my inner attachments to the way my own romance would play out, I found that when I was around her, instead of being all in my head, I was all in my heart, because that's the way Beanie lives.

I can dream up all kinds of happy endings to this story, and I'd be satisfied with any one of the outcomes. My books could sell big and I could end up purchasing this adorable cottage that has now become home, or I could find an even bigger and better one of my own. Now that I've learned to truly let go, my boyfriend could indeed come back, and I may or may not want to return there. I may find another true love, one that appreciates my magical, "fantasy" life. I may even begin to write books that don't have to come true.

*Names have been changed. **

Michelle Paisley is the internationally-acclaimed author of *Yoga for a Broken Heart: A Spiritual Guide to Healing from Break-up, Loss, Death or Divorce* (Findhorn Press, 2007), *All In Her Head* (Eloquent Books, 2011), and *All Over It*. She owns Flow Massage and Yoga Therapy in Sacramento, where she lives with her family. To reach her, please visit www.flowmassageandyoga.com



Holistic Living Expo

**Psychics, Mystics, Healers & Artists
Metaphysical Marketplace
Rejuvenation & Wellness**

**60+ Exhibitors, Free Lectures
& Workshops**

SUN, DEC 12, 2010	SACRAMENTO
SUN, JAN 9, 2011	CONCORD
SUN, JAN 16, 2011	STOCKTON
SUN, FEB 13, 2011	SACRAMENTO
SUN, FEB 20, 2011	FRESNO
SUN, MAR 13, 2011	WALNUT CREEK
SUN, MAR 27, 2011	SAN JOSE

Booth Space Available
Call 831-239-6835
ADMISSION \$10
HALF OFF WITH THIS AD
For Complete 2010 Schedule,
Directions, & Exhibitor information, visit:
www.HolisticLivingExpo.com
New Online Expo
Visit Website - Click Online Expo
To purchase Products, Services and Music