

# LightSong News

Cultivating A Thriving Community of Well Beings



April 2007

## Welcome to LightSong News

### In This Issue

[Experience "The Secret"](#)

[The Miracle on the Capitol Lawn](#)

[Spirit Quest](#)

[Focusing Your Mind](#)

### Quick Links

[www.LightSong.net](http://www.LightSong.net)

[Lightsong Calendar](#)

[LightSong Classes](#)

[Books & CDs](#)

[Sweat Lodge Information](#)

Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

[Join Our Mailing List!](#)

### Upcoming Classes

- Focusing Your Mind starts April 9th
- Pre-Quest classes start April 7th - 12-3 p.m.
- The Secret Revealed workshop - June 16th.

Private sessions and coaching are also available regarding "The Secret"; see the article below for more information.



Welcome to LightSong News! There is no mistake that Easter aligns with Spring, the season of renewal and rebirth. Flowers are bursting forth, trees are blooming, and the light of day is lengthening. Birds sing the joys of new life, and spring rains refresh

Mother Earth. With all of these wonderful sights, sounds, and smells, it is no wonder that love is in the air!

Enjoy the season and this issue of LightSong!

Heart to Heart  
Jan

### Experience "The Secret"

You've probably heard a lot lately about the amazing DVD movie, "The Secret". Oprah was so moved by the message it contains that she has done two programs on its topic in the past month! "The Secret" is selling worldwide and the demand for more information about its core message-the Law of Attraction and how to apply it in life-is creating a stir in all areas of personal development and human potential disciplines.

You've also probably sensed that this is a time for huge change for individuals and communities throughout the world. In many ways, the message in "The Secret" is part of a wave of self-empowerment. By applying what it says to your everyday life, you will be part of that wave.

My first exposure to the truths outlined in "The Secret" occurred in 1985 after I did a life-changing workshop with Dennis Waitley, one of the guests in the movie. After a week of emersion with this man and other team members, I fully embraced the idea that we are the creator of our own reality, and that we can learn to manifest in a powerful way by becoming empowered in our lives.

In 1998, after years of working with these concepts, I wrote my own book, *Becoming Yourself*. In *Becoming Yourself*, I explain how to create change in your life using the same universal laws of energy and change that are discussed in "The Secret". However, I go beyond their discussion to include the Spirit Realms as wonderful resources to help you in your change process. I believe that to truly benefit from the resources of the universe, a knowledge of, and relationship with, the Spirit Realm is necessary.

As we move into the spring and the natural rhythms of "new beginnings," I invite you to explore yourself and your beliefs, and how they affect what you are manifesting in your life. If you want to make changes and start something new, or if you are searching for a greater vision of yourself, this is a great time to put this in action.

To support you in this process, I am offering three ways to help you put these concepts into action:

- One-on-one calls - Contact me at [jan@lightsong.net](mailto:jan@lightsong.net) if you would like to set up a time to talk individually.
- Teleclass - I will be using a technology that uses a telephone bridge line that allows a group to be on the phone at the same time. Watch for the announcement in your email and at LightSong classes.
- Workshop - On Saturday, June 16th, I will be presenting a workshop on *Becoming Yourself: Advancing the Energy of "The Secret"*. I will be sending more information in future newsletters about this new workshop. However, mark your calendars now.

Regardless of which of these you choose, I would like you to watch "The Secret". The information will provide you with an understanding of how to create change in your life. The discussion in all of these platforms will expand on "The Secret's" message, because, although I love the information in the movie, I feel there are more questions to answer:

- What about the Spirit Realms and how do they play into the overall life experience?
- What if you have tried and tried but still feel unsuccessful with applying the Law of Attraction to your life?
- What if you are still not able to manifest what you ultimately desire?
- Can there be other factors involved?

The teleclass and workshop will be venues to explore these questions. My intention is to help you use all of the universe's resources to attract what you want into your life. My hope is that you will ride the wave with me and create the change you would like to see in your life.

## **The Miracle on the Capitol Lawn**

The community of healers at LightSong are advocates for the power of prayer. I thought you might find this article intriguing.

The miracle of the peace sign appearing on the lawn of the US Capitol continues. If you haven't heard the entire story, on Sunday, March 25, James Twyman focused a peace ceremony commemorating the Season For Non-Violence in Washington, DC. During the ceremony, which was held on the west lawn of the US Capitol, the "Children's Cloth of Many Colors" was laid gently on the grass in the form of a giant peace sign, and the ceremony took place in the center. The cloth stayed on the grass for about 15 minutes.

The next day the sponsor of the event, Gerry Eitner, received a concerned phone call from the US Capitol Police saying that the grass where the cloth had been placed was now discolored, it was greener in discoloration, leaving an enormous peace sign on the lawn.



This morning the police department called back with more information. They believe that some type of fertilizer attached to the quilt caused the discoloration. In reality, however, there was nothing attached to the Children's Cloth except the prayers of those present at the ceremony, as well as thousands of people from around the world. Subsequent calls to professional lawn care companies indicated that there is currently nothing on the market that would cause such a sudden overnight change. In fact, witnesses reported that the "peace sign grass" is actually longer and greener than the rest of the lawn.

### **PreQuest Class Starts April 7th!**

This summer, the LightSong community will be gathering in support of people seeking to deepen their connection with spirit through the Spirit Quest.



The Spirit Quest offered by LightSong cultivates a variety of powerful skills and promotes a tremendous amount of spiritual growth. The core of these teachings focuses on our ability as humans to telepathically communicate with each other, and with the spirit realms. This ability has been muted through the process of our "civilization". During the Spirit Quest, we make time in community to reignite our telepathic ability to communicate and explore our divine interconnectedness-with each other, and with Spirit.

#### **Participation and Quest Details**

Quest Dates: Quest/Support camp begins long before the designated date; it begins as soon as each of our intentions to serve is formed.

Pre-Quest Training starts April 7th,

Support camp begins July 31 and goes through August 5.

All questers need to identify a primary support person by April 7th, if their primary person is outside of the class structure and needs instruction.

### **Focusing Your Mind Class Starts April 9th**

How long can you hold the Now? A second? A minute? An hour? The masters say that if you can hold it for more than six hours you have reached Samadhi, which is an enlightened state of being. The Focusing Your Mind class starting April 9th helps you be in the Now, heightening your ability to be awake, direct energy, feel connected with creation, and find your song (the poetic term for your truth, your magnificence).

Your song lives in the Now, it is not a function of the mind. To be awake, you must be in the Now. To feel connected with creation and all beings, you must be in the Now; to direct energy with intention, you must be in the Now; to discover who you are, you must be in the Now.

Every time your mind wanders into a past wound, you lose power. Every time you review an argument or a dispute you lose power. The mind literally knows no difference between a past or future event and something that is actually happening in the present moment. Your mind is held in an illusion that the past event is actually happening again. You have lost your joy, clarity, and balance all because the mind took you out of the present moment. You are held captive by these illusions until you learn how to harness and control your power by stilling your mind.

Focusing your Mind teaches and helps you practice having power over a mind that is so run by masks that it continues to make mistakes. Focusing Your Mind starts April 9th. Sign up today: [www.LightSong.net](http://www.LightSong.net)

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

**Heart to Heart!**

Jan Engels-Smith  
LightSong School

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