



LETTER FROM THE EDITOR...

Welcome to the Fall/Winter issue of CS MAGAZINE! In this issue not only will you find our fascinating regular columns and stimulating features, but we are also thrilled to have added some exciting additions to our Look, new writers and plenty of surprise for your enjoyment. You will also be treated to a frenzy of fabulous fashion, at-home spa treatments, suggestions on how to Green your Fall, experience Color Therapy, finally understand your dreams, read about Chemical Romance-The science of bonding, meet our unstoppable COVER GIRL, Mindy Burbano Stearns and SO MUCH MORE!

I want to kick off this issue by talking about something that is near and dear to my heart and a great way to start the Holiday season and every day of your life: The importance of LIVING IN THE MOMENT and welcoming ABUNDANCE into your life.

Now, let it be said, I'm not saying planning's a bad thing, or dreaming for that matter. In fact it is an essential fact of life as we know it. As the Publisher of CS Magazine and owner of a Public Relations business, I am my harshest critic and I give myself insane deadlines! However, it doesn't escape my notice that a lot of the future "projecting" that I do isn't peaceful or healthy.

How are YOU doing with staying in the present moment? Drawn any ABUNDANCE lately?

Here are some tips I've learned that help me linger a bit longer in the present, "NOW" moment that I would like to share with you. Not only will they take years off your life, but they will also improve your mental as well as your spiritual health.



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1. When you find yourself imagining fearful scenarios ask yourself, *“Is this really the only possibility?”* Search for what else could be true, rather than what you fear. Visualize the positive. Don’t try to deny the “poison” or fearful thoughts as they will never go away until they are dealt with. Instead, breathe them in with the wish that you and the entire world could be free of pain and confusion. **LET YOURSELF FEEL WHATEVER IS TROUBLING YOU.** Then, as you breathe out, send yourself and others whatever kind of relief you think will help. Awareness is the key to staying in the present moment.

I also encourage this kind of thinking in Children as early as possible. In fact, my ten year old daughter and I have this fun little “ritual” (or as she calls it, a “game”) that we do. Each time we feel pressed for time or stressed-out over something, we take some soap bubbles and go out into the garden or to the beach. We lie in the grass, bubbles to our



giggle and blow hearts content.

As we blow the bubbles out into the air, we visualize each beautiful, iridescent bubble as a little worry or troublesome thought and we resolve it in our mind, get back to the present moment and blow it away. The positive imagery of all your troubles gently being encapsulated and contained in a protective bubble, being resolved and floating away in front of your eyes is intensely powerful. I keep a bottle of bubbles in my car just for emergencies!



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2. Remind yourself that worrying about the future or regretting the past isn't going to change what has or is going to happen. Perceive what's in front of you with intent.

3. Do you have a fundamental trust that whatever happens you're going to be ok? Can you recall times from your past that serve as evidence that this is true? Of course you can, so draw on those experiences for strength and have implicit trust in yourself and the Universe.

4. Are your basic needs met (food, shelter, love...)? Does your life "work"? Often we move into the future because we think it to be a greener pasture, a better place. Consider addressing what ever in your life that you feel is not in balance so that the NOW will become your ideal magical pasture that you run and frolic in.

5. Practice the power of the present. Focus on something or someone positive or beautiful right here in front of you. Don't laugh...but a very wise and dear friend of mine suggested something so simple that really works. Wear a rubber band around your wrist, and whenever you feel yourself slipping into that "What If" thinking snap that rubber band. Trust me! It will bring you back to the present moment...FAST!

6. Most importantly, be willing and flexible to let go of a moment when the time comes and allow yourself to move on to the next one. It is waiting for you with open arms and a warm embrace.

7. Look around you. Really look and absorb everything. Pay attention to the beauty in the world without labeling everything. Labels strip all the magic away.



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Really take it all in. See the colors around you. Connect with the people in your environment. Yes, this means having to break your vacant stare as you pass them on the street and actually speak to them (say it isn't so!). Perhaps a gesture or eye contact would be a start. We rush so fast through life that we don't even notice what's right in front of our eyes. Feel the breeze in your hair. Close your eyes and let the sun beat down on your face. Stand in the cool ocean water and let the waves wash over your feet and the sand tickle your toes. Stick your tongue out and dance in the rain. Just let things BE.

Life passes by so quickly that we forget to pay attention to what is going on around us NOW. Children grow up before our eyes, we get older and then we hear ourselves say that thing that I hear everyday that drives me nuts... *"Where does the time go?"* Well, isn't the bitter fact that we have to actually ask that question and that we DON'T KNOW where it went a wake up call?

Wouldn't it be amazing to actually be able to ANSWER that question in beautiful, vivid detail? Recall each moment with clarity and graciousness?

We live in a fast-food, neurotic, high-strung, frenzied society where work and superficial indulgences absorb most of our time. I don't know about you, but I do not want to be the kind of person who is so obsessed with "tomorrow" or memories of "yesterday" that I miss the beauty of "today". I want to cherish every moment as it comes.



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The essence of time is so fleeting and we will never get to experience each unique moment again. When you actually contemplate this simple fact it is frightening just how much time we spend wasting our precious NOW moments.

With Thanksgiving and the Holidays rapidly approaching, we also desperately need to focus on giving thanks for the bountiful harvest in our lives as well as giving back. Here are a few easy ways to welcome abundance into your life and share it with others as well.

1. Play with a child. Live through a Child's eyes. Children live in the moment. They don't worry about tomorrow or what deadlines or reports need to be done. They are too busy LIVING LIFE and having FUN doing silly things. Remember that word...FUN? Let your Inner Child come out for a change.
2. Hug someone today. There is nothing more important to us as sentient beings as a human touch. We often only tell people the "negatives". Try surprising someone and shower them with verbal love, flattery and appreciation. Tell them how wonderful you think they are and how much they mean to you. Say what you want to say in the NOW and be open and generous with flattery and kind words. If you live this way, you won't have any regrets.
3. Forget about "what if" and concentrate on the "what is." You have abundance in your life if you can say that you have a friend or two you can truly count on and who unconditionally loves you. Appreciate what you have and forget about what you wish you had.



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4. Look for the good in people. You can find positive and negative in every situation, every thing and in every person. But, opt to look for the positive and you will find it. Take off the armor. Put down the shield. Practice compassion. Realize that through our hopes, fears, pleasures and pains...we are all interconnected.

5. Let go of hate, anger and guilt. These are the three wasted emotions that just drag you and everyone you touch down. Embrace love, happiness and gratitude.

6. Reach out and help someone today. It will make you feel alive and make them feel good. We have some great suggestions in our *GOOD WILL HUNTING* column in this issue. Check it out.

It's YOUR life...imagine the possibilities!

Peace and Light-XO, DOROTHY

