

The Spiritual Path

with Diana Rankin



January-February 2015

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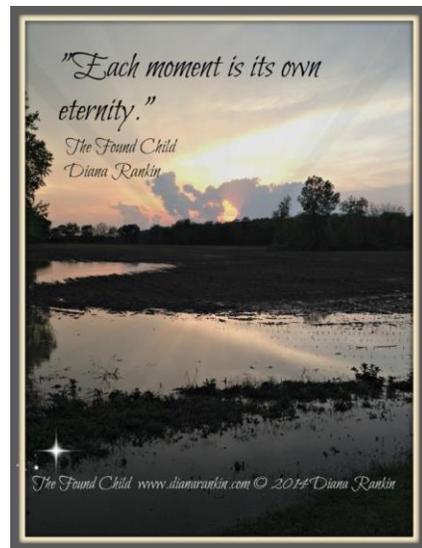
How To Stay Positive Around Negative People

Winter seems to bring out the negativity in some people. The sunshine is less, darkness longer. In this issue of *The Spiritual Path*, we offer ways to stay positive when the world around you seems to be negative.

Be sure to read "Phillip's Wisdom" to know what my spirit guide has to say. Read "Ways of Service" for suggestions on how you can change the energy from negative to positive, and keep on scrolling down to read how I caught myself in a negative treadmill, and what I did about it.

You can find me at a couple of places where I'll be offering Sacred Circle in January and February. Everyone is welcome at Sacred Circle and everyone receives a psychic message. Details are in "Diana's Events."

So many of you have asked me to write about intuition, and I have listened. *Awakening Intuition*, my new blog that will help you develop and refine your intuition, will be up and running soon. Watch for it!



If this Newsletter...

is helpful to you, and you feel moved to help support it, your donation will be most appreciated. Please mail to Diana Rankin at P.O. Box 2, Rosewood, OH 43070, or click here [Donate](#)

A huge thanks to everyone who has donated to support *The Spiritual Path*. You are so deeply appreciated!

Your donations help pay for the research, preparation, writing, and cost of the service that emails you this newsletter.

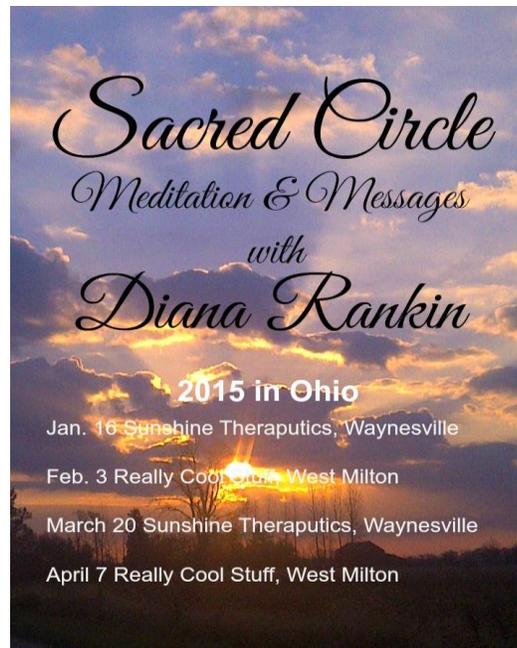
"You

are such a delightfully in-tune and insightful teacher, you do this effortlessly and with such love of knowledge and for humanity. In my interactions with you, you have lovingly and thoughtfully opened doors and provided a path to the door knowledge and patiently wait in the space on the other side of the door, arms out stretched so those who are wanting to learn know the space is safe and can enter and flourish in this next adventure of learning, whether it be intellectual or spiritual."
Shawna H.

The most exciting news of all is that *The Found Child* was released in November and sales are going really well, thanks to many of you. You read an excerpt, and/or download it from Amazon.com. The link is at dianarankin.com/books. There are more details about the novel, so please keep reading and scrolling.

Catch me on *Voices of the Earth* radio with host Carol Ohmart-Behan February 4 at 7:00 p.m. I'll be reading from *The Found Child*. The link is below.

Back issues of *The Spiritual Path* are available. Scroll down for a list of topics, and then click on my website -- dianarankin.com -- to download any issue for free. Also, you can see a few of the DVDs and CDs that are available for purchase. They are also available at Amazon.com for rental.



As with all the articles in *The Spiritual Path* you are encouraged to share them, as well as to share the entire publication. Please do be kind and fair and adhere to the copyright laws and credit the *The Spiritual Path* and its author Diana Rankin. Thank you. Love and blessings to each of you.



May I help you to step into the greatness of your life? To schedule a psychic reading/life transformation coaching session or animal communication with Diana click here:[Readings & Transformational Life Coaching](#)

"Thank you Diana. I think I got so tired being caught in what the future will be, that I lost sight of what was in the present moment. And now I'm realizing that time as we know it, truly doesn't exist, it's just the here and now. That helped when this truly sunk in. Thank you for being my gentle, loving guide. You are magnificent!"
Linda G.

Thank you for letting me know how I've helped you make your life better. Please use the link at the bottom of this publication to write me a short note or send your comments to Diana at: shamanpoet@earthlink.net.

Did You Know?



Hugs reduce your risk of heart disease, reduces stress, and makes you feel calmer and

Thank You

for subscribing to *The Spiritual Path*. We so appreciate your comments, which you can send through dianarankin.com, click on Contact.

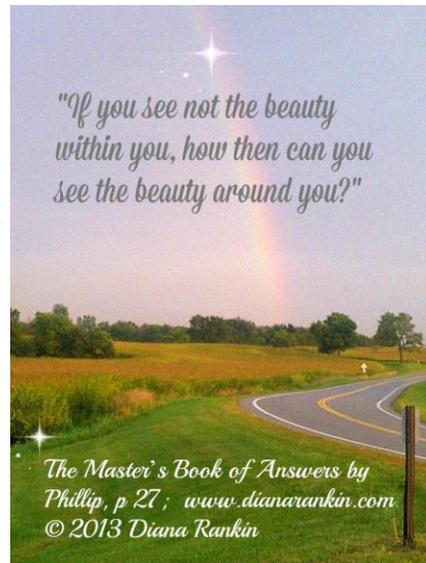
And thank you for showing your appreciation for *The Spiritual Path* with your donations so we can continue sending you this newsletter.

Phillip's Wisdom

All that occurs in your life and everyone who comes into your life is a mirror for you to see yourself. Many will balk at this statement, not liking - or not understanding - its truth, so there is need for further explanation.

Humans like to believe the best about themselves, and it is right that they should. However, all of you are within each of you. By this we mean that within every person there is the capacity - and the ability, if tapped - to experience all human emotions and experiences. You have within you the seed of the wisdom of a Gandhi, the passion of a Quan Yin, the anger and fear of a bin Laden, the hatred of a Hitler, the knowledge of a Buddha, the love of a Christ. It is your choice which seeds you water. You express the blossoming of the seeds through thought and action. Now that you have an understanding of how all of you are within each of you, let's address how everyone and every experience is an opportunity for you to see yourself.

Like attracts like. This is a basic principle, but you say, "I am a good person, so why are there so many negative people around me?" Or, you say, "Why are people mean to me when I'm always so nice?" These are



happier.

For more information:

<http://goodrelaxation.com/2012/03/the-health-benefits-of-hugging/>

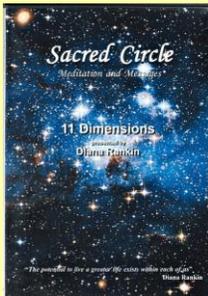
Sacred Circle DVD/CD

Sacred Circle DVDs of the story, meditation, and messages and CDs of the meditation are available.

[CLICK HERE](#)

to go to our Store and then click on DVDs or CDs to make your selection.

For more selections, scroll down.



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legitimate questions. Let's examine the answer.

Is every thought you have a positive one? Are all your actions kind? Most likely you will answer no to these questions. If you see a news report about a terrorists attack, are your thoughts to bless everyone - everyone - even the terrorists? Most likely not. We have made our point.

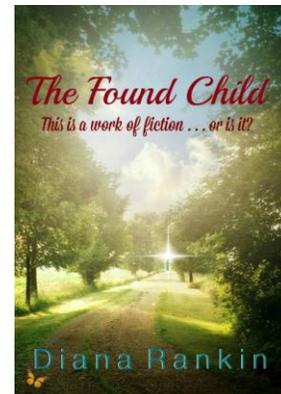
Instead of moving into a place of love where - without condoning the act - you can love each person, you move into a place of fear. You then again and again watch reports of the violence on your electronics, and you speak over and over of the violence to those around you, thus allowing more and more negativity to build up within you, adding to the negativity, fear, and violence in the world. And at the same time, crying, "But I'm a nice person. Why are people so mean to me?"

You see, to live in the grace of joy, you must look into the mirror the other holds up for you and say, "Thank you for showing me what seeds within me I am watering." Then you are able to wash away that which does not serve your life and feed that which does. As you cleanse your inner world, your outer world will change.

Phillip is Diana's Spirit Guide and communicator.

The Found Child

5 out of 5 stars
"Powerful book. The story pulls you in and makes you think deep."
Ann Sargent



"Well, only a few days after you get published, a viewer wrote me and said that she wants to add your book to their 2015 book club reading list. So how about that? :)"

Michelle Patterson of author of Metronia: The Awakening and host of Angel Souls, Angel Oracle Card Soul Readings.

Available as an e-book at Amazon.com. To download your copy, click here: www.dianarankin.com/books

Tell your friends!

Please

click  and forward

The Spiritual Path

to your friends and help us reach more people.

Thank you!

A reader writes about the last issue--

"Your newsletter answers so many questions."
Sandy S.



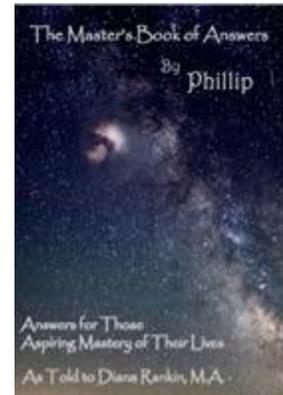
Watch for my latest adventure, *Awakening Your Intuition*, to help you develop and refine your intuition. Coming soon!

For more articles on spirituality, please see my blog posts at dianarankin.com.



The Master's Book of Answers by Phillip

is filled with wisdom to help you achieve mastery of your life. Use this book as your own private oracle. Receive your daily message or simply ask a question and open to any page for your answer.



"This is the last book I look at before I go to sleep. It gives me insight into myself."

Available at Amazon.com, at Barnes and Noble, or at your local bookseller.

Thank you for your e-mails and your reviews on the online booksellers.

To order your copy, click [HERE](#).

Available as a paperback and e-book.

Ways of Service:

8 Tips to Help You Stay Positive

Staying positive when the world around you seems to be negative isn't always easy. Here are eight tips that might help:

Change your attitude. Don't worry about the other person. You're the only one you can change, but your positive attitude



Stay Connected

The Spiritual Path is on Facebook. Please join us on the page and **Like** and **Share** "**The Spiritual Path.**"



Back Issues

can be downloaded at

<http://www.dianarankin.com>



September-October 2014

A Word About The Spiritual Path
and Intuition
August 2014

Illness and Its Gifts

July 11, 2104

Freedom of Spirit

June 11, 2104
Intuition and Nature

May 11, 2014

Finding What's Right When It All

reflects out from you and helps others be more positive.

Change the color. See the November-December *The Spiritual Path* newsletter for how to change the color, available at dianarankin.com.

Silently bless the other person, and then bless yourself. This changes the energy.

Walk away. Instead of engaging in conversation or participating in the other's negative activities, leave. You do not have to agree or disagree, simply smile and kindly excuse yourself.

Change the music or change the TV/radio to soothing and uplifting music.

Use humor, if appropriate. Laughter lightens the energy and creates a positive dynamic.

Journal about why this negativity is in your life. What are the pockets within you that this person is mirroring? Once you have received the answer, you can clear out any negativity that comes up within you. Please be very kind to yourself. This is an ongoing process. As I always say, we're not done until we look into the mirror and no one looks back.

Make two columns on a sheet of paper. In the left column, write down the negativity you feel someone around you expressed. For example, you might say someone complained about traffic. In the right column, counter the thought with a positive one. For example, you might say that you are grateful that you have a reliable vehicle that allows you to get around in traffic, or that you are grateful to be alive and safe in traffic. You might even see the traffic as exciting and have fun making up stories about the people in the other vehicles.

Seems Wrong

April 11, 2014

Death, Dying, and the Afterlife

March 11, 2014

Love, Sex, and Spirituality

February 11, 2014

Love and Our Sacred Wound

January 11, 2014

Welcome to the New Year

December 11, 2013

Radical Gratitude

November 11, 2013

Abundant Prosperity

October 11, 2013

Healing

September 11, 2013

September 11 and 11 Dimensions

August 11, 2013

Ancient Altar

July 11, 2013

A Generous Heart

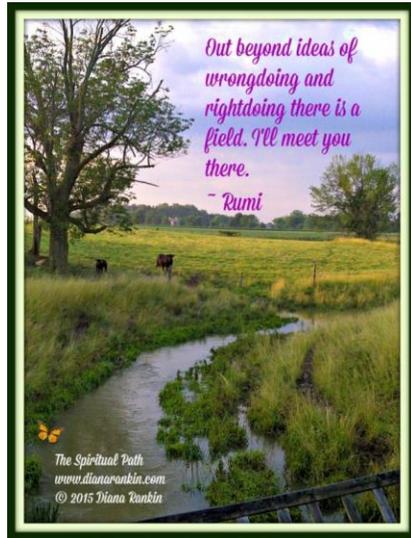
June 11, 2013

Shamans and Shamanism

May 11, 2013

Countering Negativity

The phone rang one morning while it was still too dark to open my eyes. I was too groggy to even roll over and answer it. I waited for the caller to leave a message, but none came, just the jarring and persistent ring that jerked me awake - twice. The caller didn't leave a message, but whoever it was did call back a second time. Still there was no message. I thought about why someone would call long before the sun yet had the idea of creeping over the horizon, and I wondered why they didn't leave a message and why they called twice. I didn't recognize the phone number, so I guessed someone had the wrong number. Maybe they called the second time just to make sure they really did have the wrong number.



It seemed rude to me that they didn't bother leaving a message. It doesn't take much to apologize and admit you have the wrong number, so please ignore the call. As I pondered on how rude the caller was and how polite I am because if I reach the wrong number, I do leave a message, and how rude it was to call at this hour of the night and how I wouldn't do that . . . I found myself feeling a bigger person than the caller, better than the other person. Uh oh! Then I laughed. Talk about rudeness!

Once I got out of my loop of negativity, I started asking myself when else have I been rude to another person. I didn't have to think long. Call it karma for how rude I behaved toward the customer service representative on the phone the other day. Ouch. Or how impatient I was with the shopper in front of me at the grocery, or how irritated I was with one of my cats because she wanted my attention and I wanted to read. Ouch, ouch, and ouch again. We don't always want to look at the truth about ourselves, but we need to look. We don't have to like it, but once we become aware of a truth about ourselves, it does set us free. . . that is if we take the next step.

Violence and Peace

April 11, 2013

New Beginnings

March 11, 2013

Living the Vision

February 11, 2013

Intuition

January 11, 2013

Welcome to 2013

December 11, 2102

It's Finally Here!

November 11, 2102

What Is the Spiritual Path?

Sacred Circles DVDs/CDs

Sacred Circle DVDs are the story, meditation, and messages and CDs are the meditation.



Rumi: Connecting with the Beloved

DVD: Hear the story of Rumi and his transformation from a scholar and

We do not want to get stuck in a negative pattern, beating up on ourselves once we become aware of and admit to our own negative behavior. With a strong intention that we are sincerely sorry for our negative behavior, we need to apologize and send love to the person we displayed negative behavior toward, and then apologize and send love to ourselves. This can be done by simply saying a prayer or consciously holding the other in our thought for a moment, and then turning the prayer or thought on ourselves.

This practice allows us to look at the other's negative behavior in a different light. Instead of feeling the other is wrong and we are right, we begin to thank the other person for mirroring for us those pockets of negativity we need to root out within ourselves so that we may live in greater grace and joy. As we excavate our not conscious thoughts that add negative energy to our lives and to the world, we are able to counter them with positive thoughts of compassion, consideration, respect, charity, thoughtfulness, care, kindness - thoughts of love.

In this way we evolve our own lives and we evolve our world to one of greater humanity for all.

Diana's Events 2015

To have Diana speak to

your group or organization

or as a guest on your radio or TV show, please contact her through her website

www.dianarankin.com

or at her email shamanpoet@earthlink.net

You can also click on one of the links at the bottom of this publication.



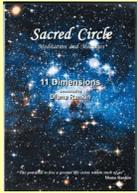
Sacred Circle

Friday, Jan. 16 at Sunshine Therapeutics, 277 Miami St., Waynesville, Ohio, 45406

Tuesday, Feb. 3 at Really Cool Stuff, 5 N Miami St.,

teacher to a mystic and Sufi poet after his encounter with Shams of Tabriz. In a guided meditation, connect with the Beloved as you dance with Rumi and the whirling dervishes. Listen to psychic messages that will have meaning for your life.

CD: Guided meditation where you connect with the Beloved as you dance with Rumi and the whirling dervishes.



11 Dimensions

DVD: Explore our multidimensional universe with Diana as you learn about the 11 dimensions physicists have discovered, dimensions long known by psychics and poets and shamans and mystics. Travel to some of these dimensions in a guided meditation where you meet other yous, and then hear messages from Spirit that have meaning for everyone's life.

CD: Guided meditation where you travel to other dimensions to meet other yous and expand the possibilities open to you in this life.



Healing the Pain

DVD: Learn why we suffer and how to heal all the layers - pain from this life, past lives, ancestral sorrow, gender grief, and even nationality guilt - and learn how your healing helps the world. In a guided meditation, transform and heal your personal pain, and then add healing to the world. Finally, hear messages from Spirit that have meaning

West Milton, Ohio

Click here for the **address of a Sacred Circle** or other speaking event near you: [Events](#)

Radio shows

From host Carol Ohmart-Behan: "As host of the internet radio program, "Voices of the Earth", I am delighted to welcome Diana back to the show on Feb. 4th, her third appearance since Voices was launched last May. We will focus on her wonderful new book, *The Found Child*, and also continue our conversation on our mutual passion for Mother Earth. The link included will connect you to the live broadcast at 7 pm Eastern and also to the recording/podcast available anytime after that date. Details on "Voices of the Earth" as well as archived episodes are here:

<http://www.goldenspiraljourney.com/VoicesoftheEarth.html>

The show link:

<http://www.blogtalkradio.com/artoflivingwell/2015/02/05/diana-rankin-returns-to-voices-of-the-earth>

Archives, click [HERE - Press & Media](#)

Thank you for being with us, and thanks for letting me know how this newsletter helps you.

Love & Blessings,

Diana

Diana Rankin

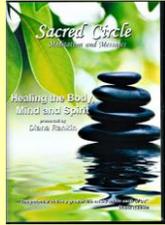
Author, Psychic Medium, Transformational Life Coach and Public Speaker

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for everyone's life.

CD: Guided meditation into the deep healing into all the layers of you-- pain from this life, past lives, ancestral sorrow, gender grief, and even nationality guilt - and then help to heal the world.

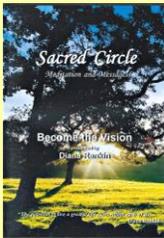


Healing the Body, Mind, and Spirit

DVD: Follow the story of Asclepius, ancient Greek god of the healing arts, and be transported to 4 BC in a guided meditation to the curative temple of Asclepius to heal your body, refresh your mind, and soothe your spirit. Includes psychic messages with wisdom of the oracle.

CD: Relieve stress in this guided meditation to

heal your body, refresh your mind, and soothe your spirit.



Become the Vision

DVD: Is the Law of Attraction not working for you? Learn how to stand inside the vision and allow it to transform you into the greatest dream you have for your life. The DVD includes Diana's explanation on how to become the vision and a guided meditation to help you become the vision and open endless possibilities for your life. Includes psychic messages.

CD: In this guided meditation you become the vision you want to manifest and open endless possibilities for your life.

For more DVDs and CDs, go to
dianarankin.com.

shamanpoet@earthlink.net

<http://www.dianarankin.com>

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