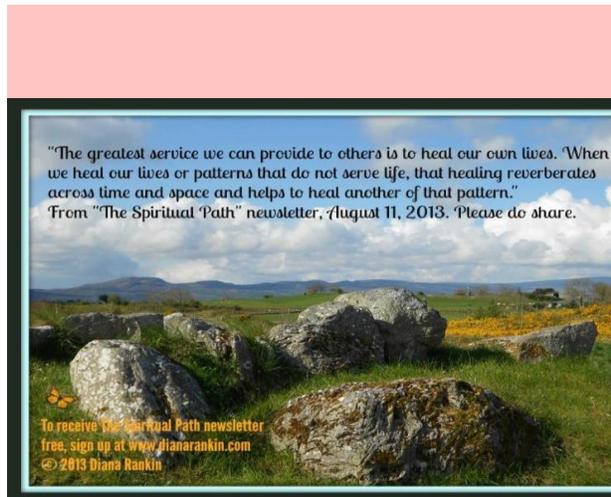




March-April 2015

**In This Issue**

- \* Self-Talk
- \* Phillip's Wisdom
- \* *Awakening Intuition.info*
- \* *The Found Child*
- \* *The Master's Book of Answers*
- \* Did You Know?
- \* Ways of Service
- \* Countering Negative Self-Talk
- \* Diana's Events
- \* Back Issues of The Spiritual Path
- \* DVDs and CDs available



**Self-Talk**

A reader requested we address self-talk, so this issue of *The Spiritual Path* speaks to how we speak to ourselves and how we tame and change our inner bully.

Be sure to read "Phillip's Wisdom" to know what my spirit guide has to say. Read "Ways of Service" for suggestions to help you rewrite thoughts that are harmful to you, and keep on scrolling down to read "Countering Negative Self-Talk." Don't miss "Did You Know?" for the link to a fascinating radio show on the history of thought.



Forward to a Friend

### 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.

*"Do keep these newsletters coming. Wish they were still 12 times a year instead of 6, but please don't stop. Each newsletter is filled with such helpful information. After reading *The Spiritual Path* I feel so much better."*

Elaine



May I help you to step into the greatness of your life? To schedule a psychic



You can find me at a couple of places in Ohio where I'll be offering Sacred Circle in April and May. I'll be in West Milton in April and in Columbus and Waynesville in May. Everyone is welcome at Sacred Circle and everyone

receives a psychic message. Details are in "Diana's Events below.

To read an excerpt from my novel *The Found Child*, click here [dianarankin.com/books](http://dianarankin.com/books). There are more details about the novel, so please keep reading and scrolling.

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 is now online. Yea!

Back issues of *The Spiritual Path* are available. Scroll down for a list of topics, and then click on my website -- [dianarankin.com](http://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.

reading/life transformation coaching session or animal communication with Diana click here: [Readings & Transformational Life Coaching](#)

*"Thank you for being so helpful. I can't wait to talk to you again. You are so right on and helpful. You always make me feel loved."*

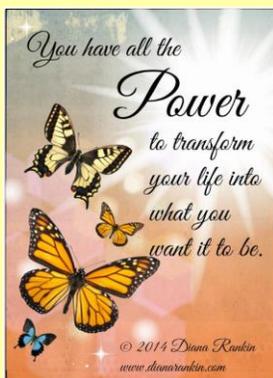
Sondra

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: [dianarankin1111@gmail.com](mailto:dianarankin1111@gmail.com).

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## Did You Know?

There are three schools of thought about thoughts? Learn more by listening to this engaging and fascinating story as NPR's Invisibilia's Alix Spiegle walks us through the secret history of thoughts, and introduces us to a man who is tormented by his own violent thoughts.



To listen to the program, click here: <http://www.npr.org/2015/01/09/375928124/dark-thoughts>

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## Sacred Circle DVD/CD

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.

## Thank You for subscribing to *The Spiritual Path*.

We so appreciate your comments, which you can send through [dianarankin.com](http://dianarankin.com), click on Contact.

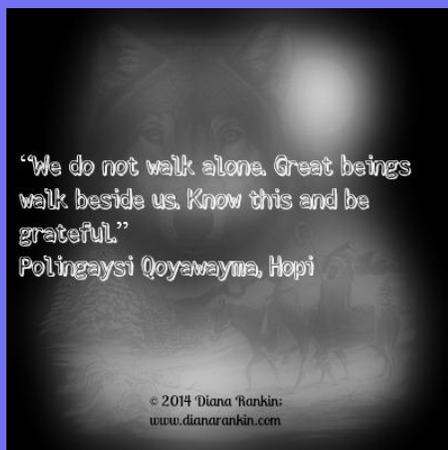
**And thank you for showing your appreciation for *The Spiritual Path* with your donations so we can continue sending you this newsletter.**

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## Phillip's Wisdom

The love of one's self is of necessity if one is to fulfill one's destiny. If one is not speaking kindly to one's

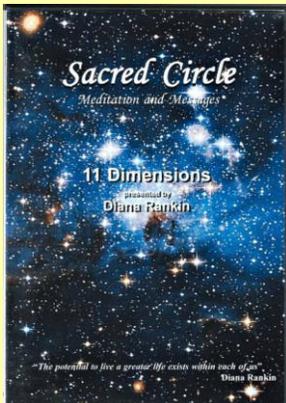
self, the spirit suffers. When the spirit suffers, the human is unable to obtain the fullness of the human experience in a joyful and contented manner. Instead one gets lost in the mundane, forgetting the true



Sacred Circle DVDs include the story, meditation, and messages and CDs are just the meditation . [CLICK HERE](#)

to go to our Store and then click on DVDs or CDs to make your selection. DVDs are also available for rental at [Amazon.com](http://Amazon.com).

For more selections, scroll down.



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to your friends and help us reach more people.

nature of each being, which is spirit.

When lost in the formed world (the human), the unformed world (spirit) is not heard or used for the benefit of life.

Each thought contributes to whether one is living from the formed or unformed world. If living from only the formed world, thoughts are self-deprecating and are non-life affirming. If living from the unformed world of the energy of one's spirit, thoughts are affirming of the truth that all is love.

The importance of each human to live from the spirit self and bring that into the human self grows more important as the world becomes more split. This then is the work of the individual that should be emphasized for the healing of the planet and her inhabitants.

*Phillip is Diana's Spirit Guide and communicator.*



It's here! You asked for it and now it's finally up and ready for you. Announcing my new site Awakening Intuition. info, which is all about helping you develop and refine your intuition. Go check out the new Awakening Intuition site, click here: <http://awakeningintuition.info/>. If you are already signed up for The Spiritual Path newsletter, you will receive as my gift of all the latest updates for Awakening Intuition.

## Thank you!

A reader writes about the last issue--

*"Your newsletter answers so many questions."*

**Sandy S.**

---

For more articles on spirituality, please see my blog posts at [dianarankin.com](http://dianarankin.com).



## Stay Connected

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



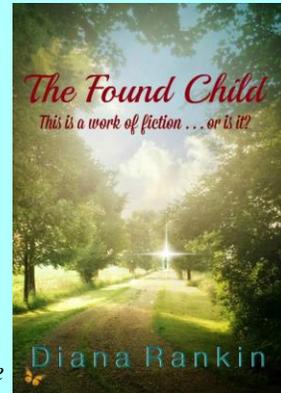
## Back Issues

can be downloaded at

<http://www.dianarankin.com>

## The Found Child

### 5 out of 5 Stars on Amazon



*"Powerful book. The story pulls you in and makes you think deep."*

Ann Sargent

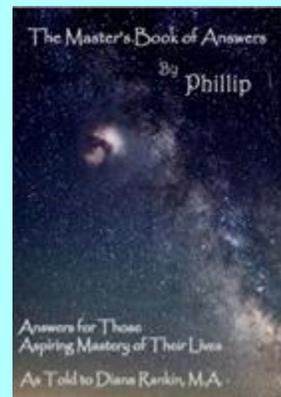
*"The Found Child is not just a book. It's a vehicle for the Universe to upregulate Itself."*

Dr. Tom Daubenspeck

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

[www.dianarankin.com/books](http://www.dianarankin.com/books)

## 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."*

Annie J.



### January-February 2015

How to Stay Positive Around Negative People

### November-December 2014

One Way to Stress Free Holidays

### 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 Seems Wrong*

### April 11, 2014

*Death, Dying, and the Afterlife*

### March 11, 2014

*Love, Sex, and Spirituality*

### February 11, 2014

"Thank you Phillip and Diana. Your book makes me think."

Josh S.

Available online 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.

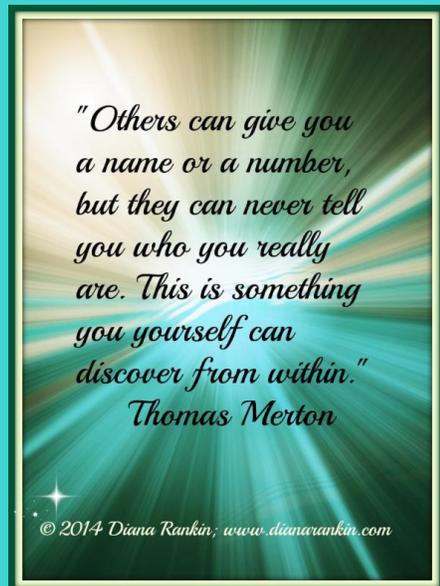
## Ways of Service:

### 6 Ways to Change Your Thoughts

Bullying ourselves is never helpful, but how do we stop?

We begin by paying attention to our moods. If we are stressed or depressed, we are most likely engaging in negative self-talk. Once we learn to

listen to ourselves and identify any negative self-talk, we need to take the next step. Here are six different things to try:



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*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**

*Violence and Peace*

**April 11, 2013**

*New Beginnings*

**March 11, 2013**

*Living the Vision*

**February 11, 2013**

- Do not try to push the thought away. Instead just look at it, allowing it to be the stepping stone for a healing process. Ask yourself questions such as, "What is beneath this thought?" or "Since I know I'm a good person, why am I having this thought?" or "What is this thought trying to tell me?" You might find a surprising quick answer or you might want to take out a journal and write the question and then add the answer.
- Counter the negative thought with a positive thought. For example, if you catch yourself saying, "I'm not good enough," counter with "I am good enough, I am!"
- Imagine the thought as a cloud on a sunny day and watch it slowly slip away. It is just a thought that you are not attached to. You are just watching it drift away.
- Use neuro-linguistic programming and imagine pushing the thought down and to the left, which puts it into the past. Tell yourself that this kind of thinking no longer works for you and is in your past.
- This is based on the [Heart MathT<sup>M</sup>](#) process Freeze Frame. Look at the negative thought, and then move your attention to your heart for about 10 seconds. While focusing on your heart, relive a positive moment in your life, and then ask your heart what a more positive response would be.
- Start dancing or singing and move the body. Become the star of your own Broadway show. Sing and dance positive self-talk. Tell yourself how great you are.

*Intuition*

**January 11, 2013**

*Welcome to 2013*

**December 11, 2102**

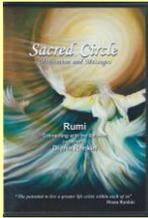
*It's Finally Here!*

**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 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.

### **Countering Negative Self-Talk**

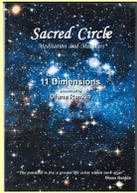
Usually I'm a positive, optimistic person, but it hasn't always been so. It's been a long and often difficult road to this inner joy that I now am grateful to experience.

There was a time, however, when I felt I was at the bottom of a deep well where the light was so far away I couldn't see it. There wasn't anyone walking past the well, so it wouldn't do any good to even put my hand up and scream for help, yet scream I did, at myself until I finally got my attention. It was then I started listening to myself, started listening to my inner talk, that self-talk that either destroys or creates.



Here's what I heard myself say to myself:  
*"You're not good enough. You're not smart enough. You're not successful enough. You haven't done enough. You're not enough, etc., etc., etc."*

You've heard it all before. Unfortunately most of you are saying some of the same things to yourself, and it's time to stop. Yes, easier said than done, but we have to start somewhere, right? So let's get going, together, today, right now. This very minute.



### 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.

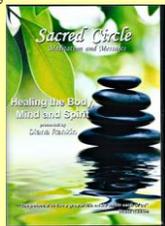
**CD:** Guided meditation where you travel to other dimensions to meet other yous and expand the possibilities open to you in this life.



### 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 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

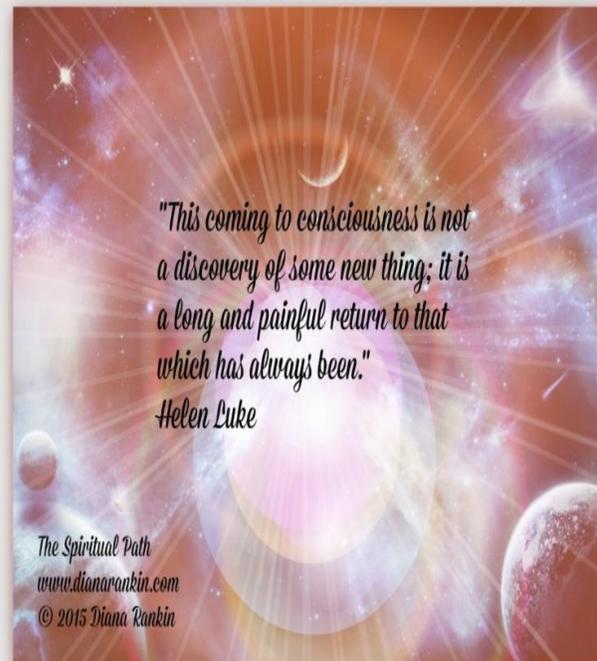
**DVD:** Follow the story of Asclepius, ancient Greek god of the healing arts, and be transported to 4 BC in a guided meditation to the curative temple of

Let's make the promise - come on now each of us - to listen a little more carefully to our inner voice so we can tame that inner bully and turn it into a voice of loving kindness toward ourselves.

This isn't a one day activity that once we make the commitment all our self-talk will be loving, encouraging us to be the truth of who we are. This is a lifelong commitment to be our best and live our best life. It may not always be easy listening to ourselves, but it is well worth the effort. Even when that self-bully slips back into our thoughts, it's worth the effort to ask it to leave.

On the other side of negative self-talk is joy and the creation of the life we want. We will have the life we want because we will self-talk ourselves into knowing we deserve it . . . and we do!

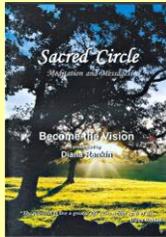
Come on now, who's with me?



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, click here:  
[dianarankin.com](http://dianarankin.com).

## **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 at [www.dianarankin.com](http://www.dianarankin.com)

or at her email [dianarankin1111@gmail.com](mailto:dianarankin1111@gmail.com)  
You can also click on one of the links at the bottom of this publication.

### **Sacred Circle**

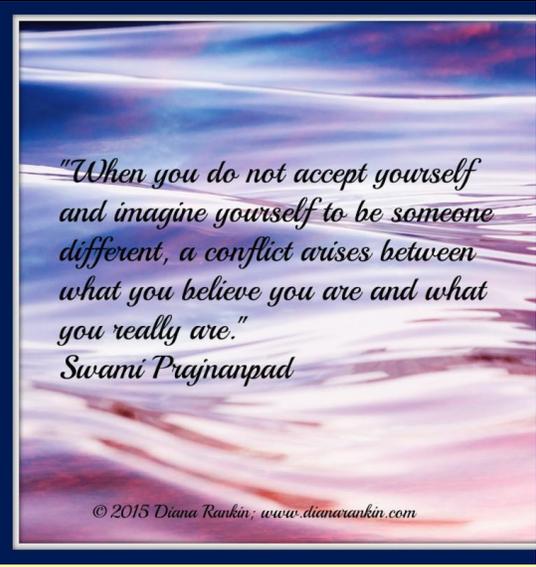
**April 7, Tuesday**, Sacred Circle Meditation and Messages, 6:30 - 8:30 p.m., **West Milton, Ohio**, [Really Cool Stuff](http://ReallyCoolStuff.com), 5 North Miami Street, West Milton.

**May 6, Wednesday**, Sacred Circle Meditation and Messages, 6:30 - 8:30 p.m., **Columbus**, at [The Reike Center](http://TheReikeCenter.com), 1540 W 5th Ave, Columbus, OH 43212 (614) 486-8323

**May 15, Friday**, Sacred Circle Meditation and Messages, 6:30 - 8:30 p.m., **Waynesville, Ohio**, Miami St., Waynesville, Ohio 45068: [Sunshine Therapeutics](http://SunshineTherapeutics.com).

**June 9, Friday**, Sacred Circle Meditation and Messages, 6:30 - 8:30 p.m., **Waynesville, Ohio**, Miami St., Waynesville, Ohio 45068: [Sunshine Therapeutics](http://SunshineTherapeutics.com).

**July 17, Tuesday**, Sacred Circle Meditation and Messages, 6:30 - 8:30 p.m., **West Milton**,



Ohio, [Really Cool Stuff](#), 5 North Miami Street, West Milton.

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

**Radio shows**

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

Thank you for being with us, and thanks for letting me know how this newsletter helps you. And thanks so much for sharing *The Spiritual Path* with your friends.

Love & Blessings,

Diana

Diana Rankin

Author, Psychic Medium, Transformational Life Coach, Animal Communicator, and Public Speaker

Forward *The Spiritual Path* to a friend. Click here:

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