

The Spiritual Path

with Diana Rankin



September-October, 2014

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 Forward to a Friend

If this Newsletter...

A Word About *The Spiritual Path*

Thank you to those who noticed there was

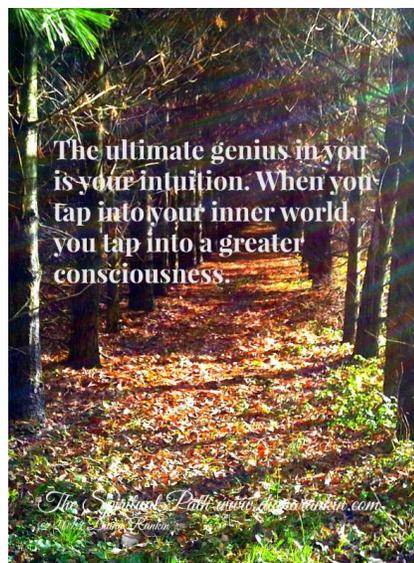
no September *The Spiritual Path* newsletter sent. I appreciate you asking about it. This newsletter is my gift to you. I love offering it to those who want it. I love the hours it takes to write it, I love hearing that something in the newsletter

helped you to be able to make your life better, I love taking the time to put it together.

I also have to be practical, which means I have to put my energy where it will do the most good for myself and the greatest number. I am deeply grateful to those of you who have told your friends about *The Spiritual Path* and urged them to sign up and to those of you who have made donations to help offset the cost of preparing the newsletter and the cost of the service that mails it.

We are going through changes and making decisions as to how to best continue bringing you *The Spiritual Path*. Your feedback is important and most appreciated.

For now, here is September-October's newsletter, which is about intuition. Be sure to read Phillip's Wisdom when he speaks of what intuition is, and keep on scrolling down to find ways to use your intuition in service to your life and others. To help you develop your intuition, read my article "Seven Ways to Awaken Your Intuition." Then scroll down to find out where you can hear me speak and possibly



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.



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](#)

"You have gotten me through so much. You're a great coach. Not sure what I would have done without you. Thank you!"

Mary M.

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.



receive a free psychic message about your life. Enjoy. Thank you.

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



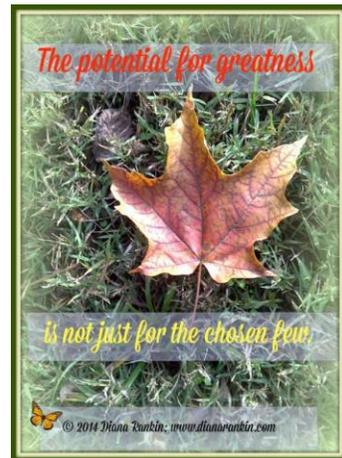
As with all the articles in *The Spiritual Path* you are encouraged to share them, as well as to share the entire publication. Please do be kind and fair and adhere to the copyright laws and credit the *The Spiritual Path* and its author Diana Rankin. Thank you. Love and blessings to each of you. Diana

Thank You

for subscribing to

The Spiritual Path. We so appreciate your comments, which you can send through www.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.



Be sure to read more articles on my blog

Did You Know?

We now have nearly 400 subscribers. We'd sure like to grow that number, and we need your help. Unlike other newsletters, we do not sign up anyone just because we know their email address. We only send this newsletter to people who want it. Please tell your friends and encourage them to sign up. You know how easy it is to do so. Thank you for helping us grow!

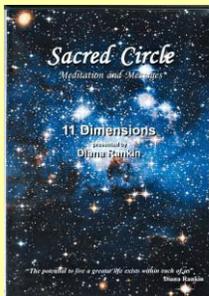
Sign up at:
<http://www.dianarankin.com>

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.



"I listen to one of your meditations every night as I'm falling asleep."
Patricia K.

A link is at the bottom of the newsletter, on the left side. Click on "Diana's Blog."

Phillip's Wisdom

Intuition, the innate ability to tap into your inner world, was given to you to help you guide your life from a higher perspective. Your intuition has greater insight than does just the knowledge held in your

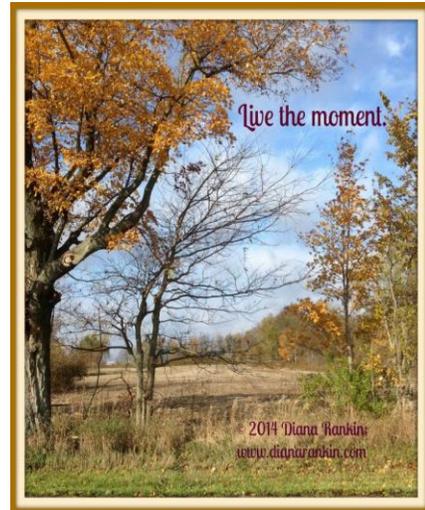
mind. This is not to say you should not gain and respect knowledge. You most certainly should. Knowledge actually adds to your intuitive awareness; however, knowledge alone is not enough.

The greatest achievements, the greatest understanding, the greatest advancements all come from gathering the knowledge, and then taking an intuitive leap. It is not a leap of faith for intuition is a knowing, a certainty of the direction or a deep understanding that goes beyond knowledge, beyond faith and into a space of non-reasoning, non-logical, but complete correctness.

This is intuition, a place of non-judgment in the logical sense; a place of being where the direction or situation is clear if only for one more step and with intuition you are able to take that step knowing that as you do your intuition will safely guide you to the next step.

Intuition is your innate ability to live from a higher consciousness. It helps you tap into the collective consciousness and combine your knowledge with the energetic stream of all knowing, which allows you to perceive from a greater perspective.

Phillip is Diana's Spirit Guide and communicator.



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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--

"Beautiful and so well said!"
Carole D.



Latest Blog Post

Please visit Diana's website, and while there, be sure to read her latest article.

[Diana's Blog](#)

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.

Order now at

www.dianarankin.com/books

at Amazon.com, at Barnes and Noble, or at your local bookseller. Available as a paperback and e-book.

More and more people are writing to say that Phillip is working with them, helping them answer the questions of their lives, as they work with the answers in this book.

We'd love to hear your story of how *The Master's Book of Answers* by Phillip has helped you. Please drop us an email and let us know. The email link is at the bottom of this newsletter. Can't wait to hear your story!

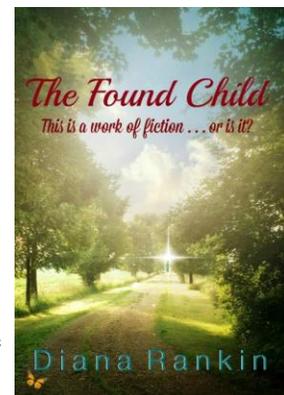
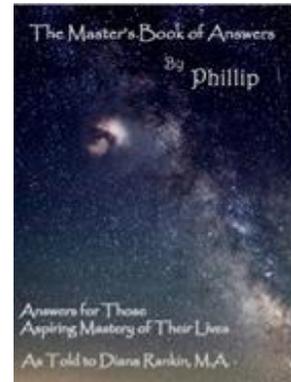
"This book is a fun and insightful way to gain insight through tuning your intuition. I am not even sure that that is but it exists and this book is a definite help. It is more personal and 'easier' to use than the I Ching, and has more options than the magic eight ball.:). I give it four stars only because I am a tough grader! Try it and begin a conversation with your deeper self." Majik

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

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

The Found Child

Since moving to the country, I've become accustomed to picking up people's half eaten fast food sandwiches, beer bottles, and pop cans tossed out of car windows. I've even taken in the dogs and cats





Stay Connected

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



Back Issues of *The Spiritual Path*

can be downloaded at

<http://www.dianarankin.com>



August, 2014

Illness and Its Gifts

July 11, 2014

Freedom of Spirit

June 11, 2014

Intuition and Nature

May 11, 2014

Finding What's Right When It All

people have abandoned, but none of this prepared me for the day I found a child. There he was, a blue-eyed, blond-haired little boy at the end of my gray-graveled lane. He just stood there looking down the long lane, a child waiting like the great stones on this land wait for eternity.

Coming Soon!

Ways of Service

You can use your intuition to make your life better and also to help others. Properly tuned into, intuition is a channel from our higher, spiritual self, and should be treated with respect. It is an awesome, sacred function of who we are. Here are a few guidelines you want to adhere to as you develop your intuition:



- **Do** use discernment. Not every thought you have is coming from your intuition. Check in with yourself to learn the truth of the thought. If it doesn't come from love, if it is harmful to you or anyone else, it is NOT coming from your intuition.
- **Do not** offer your intuitive hits to other people unless you are certain doing so is the right thing to do. Make sure the message is coming from your higher self, not just your ego showing off.
- **Do** be kind to yourself and others in the wording of any messages you give to yourself and/or to others.
- **Do** listen and follow your intuition if you are guided to turn left, leave a location, or any other directive. Always stay calm and, if possible, include anyone with you. You may not know why you are being asked to move. That's not important.
- **Do** tap into your intuition to learn where you hold stress and other non-life affirming emotions in your body, and then ask yourself how to respond differently to that which triggers the emotion.
- **Do** practice intuitive games (which line is the quickest, etc.) to help you develop and check your own intuition.
- **Do** use your intuition to guide your life for its highest purpose.

Seven Ways to Awaken Your Intuition

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

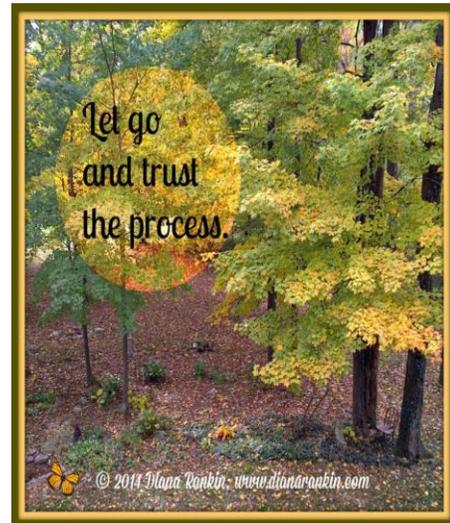
May 11, 2013

Violence and Peace

April 11, 2013

New Beginnings

Developing your intuition is a healthy way to take charge of your life and use your own inner psychic powers to guide your life to greater happiness and fulfillment. Following are seven ways to awaken your intuition and activate your psychic powers. Each is designed to help you get past the brain patterns you've created with your normal thinking. These methods mix up your thinking process in order to help you reach deeper of your intuition and find your psychic powers.



1. Open to Spirit and develop an awareness of your own inner world through meditation, prayer, and a loving desire to live a life of service to all living beings and the planet. You'll be amazed at the richness and joy you'll experience as you tap into your inner world. Children are especially adept at exploring their inner worlds, so take your child-or your inner child-on an exploration of the wonders of meditation and deep prayer.

Begin with the intent that you wish to explore the place of love within you. Use a guided meditation CD, music, or meditative breathing. As relaxation spreads throughout your body, allow yourself to experience the love that you are, the truth of who you are. Begin deep prayer work by thanking Spirit for your life and that which is in your life, then relax and ask that it be revealed to you the ways you can be of service to life and live a greater, more expanded and exalted life.

2. Build up the pathways between the left and right brain hemispheres with easy-to-do crossover exercises. Cross the right hand over the front of your body and tap the left foot seven or eight times. Then, cross the left hand over the front of your body and tap the right foot seven or eight times. Repeat the exercises, but this time cross your hand over the back of your body.

Practice doing things with your non-dominant hand, such as opening doors, brushing your hair or teeth, or even writing. In addition to opening more pathways in your brain for intuition, you're also creating more brain power for problem solving and critical thinking skills.

3. Heighten the awareness of each of your five senses. Intuition may be called the sixth sense, but if our five senses are dull, we can't expect the sixth sense to be sharp. Our lives offer an endless playground for our five senses. Mix

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 of the story, meditation, and messages and CDs of the meditation are available.



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

up your five senses. Begin by holding an object, any object, such as a stone or piece of cloth. Become intimate with that object. Look at it until you can see it with your eyes closed. Then ask yourself what the object tastes like.

Use your imagination. You don't actually have to put the object into your mouth and taste it.

Once you've gone through all five senses, mix it up and ask yourself questions such as:

What color is the taste? or What does the object's sound feel like? Then go to the next level and ask yourself questions such as: If this object could speak, what wisdom about my life would it tell me?

4. Become aware of the whispers from Spirit by becoming more aware of life in each moment. Be open to receiving information and guidance to help make your life better.

Nature is a wonderful teacher for intuition. Pay attention to the animals that cross your path and the winged ones who grab your attention. If you live in the center of the Midwest and a flock of seagulls dip and dive all around you, listen. Are they asking you to let go of your worries and soar with them?

Nature is alive with stone people, cloud people, tree people, and a myriad of others who speak to us all the time. We only need to listen.

5. Journal and dialogue with that which is greater than you: God, Goddess, a spirit guide, an angel, the highest self of someone you love and trust who has passed over. Choose a regular time to meet. Following morning meditation is ideal. Use your favorite blank journal, and just start writing, or if you're a visual learner, draw. It doesn't matter what you write, just write, or draw, and keep on going for about three pages. It usually takes about three pages to get past the objections in your mind that keeps you from accessing your deeper nature.

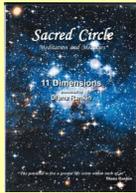
You'll feel the shift, and once you do, write a question, then write the answer. Don't judge the answer as you write, just write down the words that come to you. This is a subtle process.

Don't expect shouts. Trust what comes. Later, go back and read what you wrote. You'll be amazed at the wisdom that comes through your inner world.

6. Play intuitive games with yourself and others. Before getting into line at the bank or market, ask yourself which line is the quickest. Gather a group of photographs of different people that are all the same size, turn them upside down, and then guess whose picture is on the other side of each photograph. Use your intuition to stay safe. I live in deer country. Every time I feel the deer near, I slow down. Sure enough, deer will be around the next corner or over the next hill.

7. Let go of control and surrender to that part of yourself that is connected to Spirit. None of us are in control of life, but we are in charge of our lives. We can choose to experience life to its fullest. Or not. We can choose to be

: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 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.

grateful for what we have. Or not. We can choose to live a life of service to our own lives and to all humanity. Or not.

Trying to hold control is like trying to stop a river from flowing. Taking charge of your life is becoming the master of your own destiny, flowing with the river and laughing all the way, and allowing your intuition to guide you to a greater, more fulfilling life.

These steps to awaken to your deeper intuition and activate your psychic powers take time and practice. Be patient and loving with yourself. Tapping into your intuition comes in its own time, but comes only after you take the steps toward your own greater self.

Diana's Events 2014

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; click on one of the links at the bottom of this publication.

Victory of Light

Saturday, November 22 at 1:00 pm, Cincinnati, Ohio
<http://www.victoryoflight.com/>

Sacred Circles

6:30 - 8:30 pm

Friday, Oct. 17, at Sunshine Therapeutics, 277 Miami St., Waynesville, Ohio, 45406

Tuesday, Nov. 4, at Really Cool Stuff, 5 N Miami St., West Milton, Ohio

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

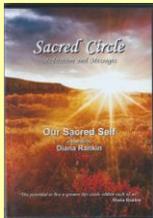
Radio shows and archives, click [HERE - Press & Media](#)



The Generous Heart

DVD: In Ancient Egypt, each heart was weighed against a feather. A light, generous heart, which is needed as we move into a new dimension, spent eternity in bliss. Let your heart be transformed into a generous heart in the guided meditation. Includes psychic messages for personal and planetary healing.

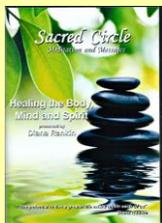
CD: Relax in this guided meditation and let your heart be transformed into a generous heart.



Our Sacred Self

DVD: We create our experiences through our human self, our soul self, and our spirit self. Our human lives flow with greater joy and happiness when we live from the spirit self. In a guided meditation, heal an old pattern from a past life connected to this life, and then hear healing psychic messages.

CD: In this guided meditation, heal this life by getting in touch with a past life connected to the repeating pattern.



Healing the Body, Mind, and Spirit

DVD: Follow the story of

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

Love & Blessings,

Diana

Diana Rankin

Author, Psychic Medium, Transformational Life Coach and Public Speaker

Forward *The Spiritual Path* to a friend.

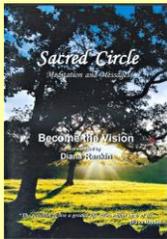
Click here:



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

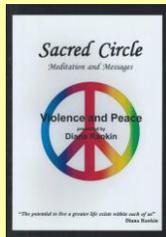
heal your body, refresh your mind, and soothe your spirit.



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.



Violence and Peace

DVD: Violent thoughts within our minds - anger, fear, feelings of lack or not being enough - add to the violence in our world. Learn ways of peacemaking, and during the guided meditation, change old harmful patterns to ones of peace, love, and harmony. Hear psychic messages filled with sage

advice.

CD: Unwind with this guided meditation that helps you change harmful patterns for those of peace, love, and harmony.

shamanpoet@earthlink.net

<http://www.dianarankin.com>

Technical Adviser

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