

# The Spiritual Path

with Diana Rankin



November-December 2014

## In This Issue

- \* One Way to Stress Free Holidays
- \* Phillip's Wisdom
- \* *The Found Child*
- \* *The Master's Book of Answers*
- \* Did You Know?
- \* Ways of Service
  
- \* Use Color to Change Your Mood
  
- \* Diana's Events
- \* Back Issues of The Spiritual Path
- \* DVDs and CDs available



Forward to a Friend

## One Way to Stress Free Holidays

As we approach the holidays, we often add stress to our lives, which leads to frustration and just plain wears us out. In this issue of *The Spiritual Path*, we offer color as an easy solution to change an unwelcome mood.

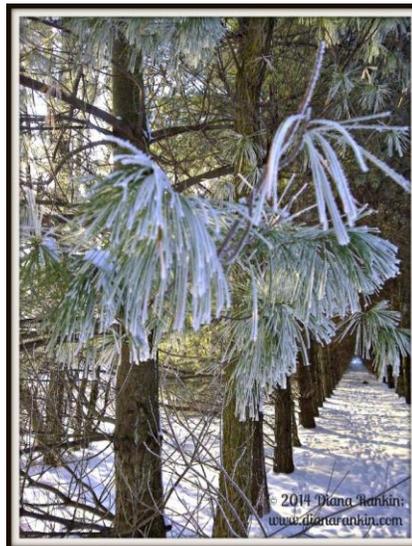
Be sure to read *Phillip's Wisdom* to learn more about why color changes your mood, and keep on scrolling down and read my article, "Use Color to Change Your Mood," to learn how.

So many of you have asked me to bring Sacred Circle back to Columbus, so that's exactly what I'm doing later in November. For details, keep scrolling. Everyone is welcome at Sacred Circle and everyone receives a psychic message. I'll also be speaking at Victory of Light in Cincinnati on November 22. Details are in "Diana's Events."

The most exciting news of all is that *The Found Child* has been released, and you can download it from Amazon.com. The link is at [www.dianarankin.com/books](http://www.dianarankin.com/books). There are more details about the novel, so please keep reading and scrolling.

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

) to download any issue for free. Also, you can see a few of



### 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.

***"With love and gratitude, I send a heartfelt thanks!! I finally took the time today to read your newsletter and found the messages wonderful and full of lessons directed at me. Knowing full well how the universe works in the giving and receiving of messages.... Thanks again!!"*** Molly J.



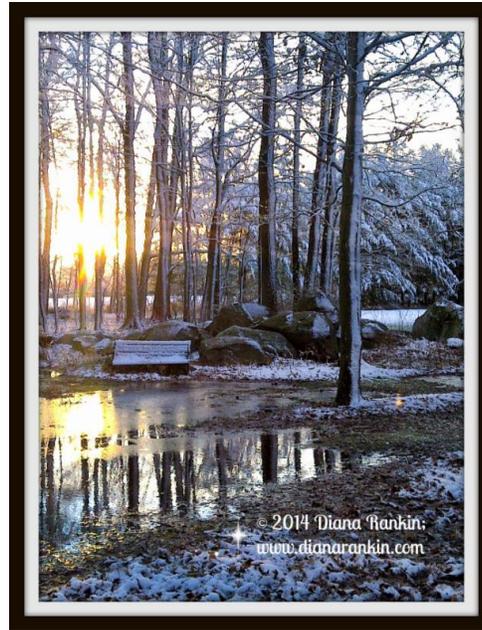
May I help you to step into the greatness of your life? To schedule a psychic reading/life transformation coaching session or animal communication with Diana click here: [Readings & Transformational Life Coaching](#)

***"Thank you, thank you, thank you. You saved my life!"***  
Jerry K.

Thank you for letting me know how I've helped you make your

the DVDs and CDs that are available for purchase.

They are also available at Amazon.com for rental.



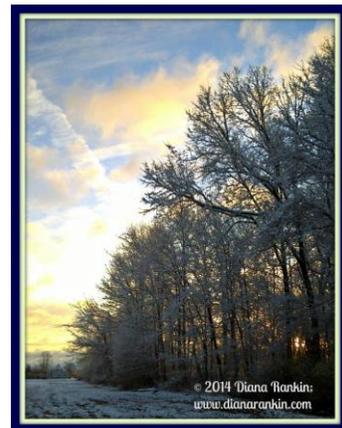
As with all the articles in *The Spiritual Path* you are encouraged to share them, as well as to share the entire publication. Please do be kind and fair and adhere to the copyright laws and credit the *The Spiritual Path* and its author Diana Rankin. Thank you. Love and blessings to each of you.

### Thank You

for subscribing to

*The Spiritual Path*. We so appreciate your comments, which you can send through [www.dianarankin.com](http://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.**



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](mailto:shamanpoet@earthlink.net).



## Did You Know?

Color therapy has been around for thousands of years. In many ancient civilizations such as Egypt, Greece, and China, color was used to treat illness. As far back as 1550 BC, papyrus has been found with a list of color cures.

For this and other interesting facts, be sure to get your copy of *The Spiritual Path* newsletter. And please tell your friends.

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

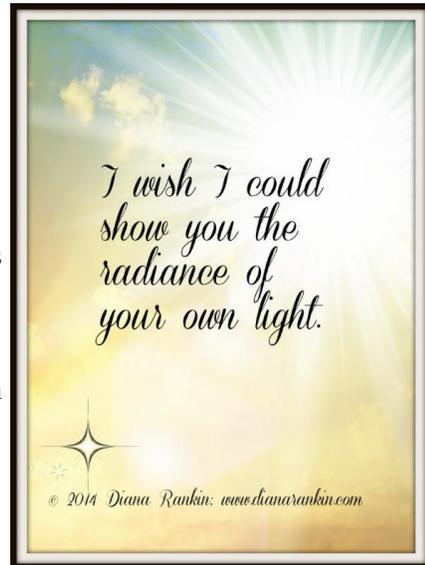
## Phillip's Wisdom

Each color family within the spectrum has its own vibration, and within that color, each hue has its own vibration. The vibration corresponds to a specific energy, which in turn produces a specific emotion in the human life. Knowing this allows the person to alter any human emotion by changing the thought of the color.

You have noticed that the majority of people experience the same emotions when having thoughts of the same color. This experience is conditional on cultural beliefs as well as the energy of the color itself. It would do well for one to study the colors of the charkas to have a basic understanding of the energy of each color. Of course, artists and others who work with color, have an understanding of the emotions that color produces.

The need to understand color in one's life allows you to use it most effectively in altering the emotional qualities of the colors' energy. Simply put, you can alter your mood by changing colors. You can do this with thought by first learning what emotions you connect with which color. Once you know the emotion you experience with each color, you can use color to alter the emotion from one of displeasure to one of pleasure.

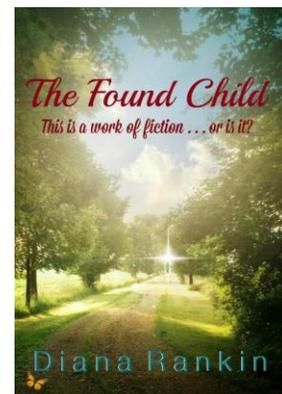
*Phillip is Diana's Spirit Guide and communicator.*



## The Found Child

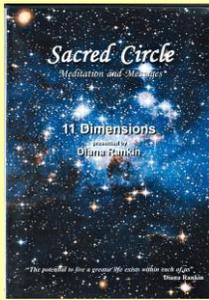
Diana is unaware she's caught between life and death after a motorcycle accident . . . until she finds a not-so-ordinary little boy, Davey, who turns her world upside down with talk of a letter from Jeremy, her long-dead sweetheart.

Her world flips over even more when a spirit guide from the *otherworld*, Phillip, shows up. He



selection.

For more selections, scroll down.



**"Your guided meditations help to make my life better."**

**Laura J.**

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## Tell your friends!

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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.**

leads Diana and Davey on a mystical adventure of spiritual truths where Diana meets her soulmates, comes face-to-face with masters and myth makers, is torn apart and reconstructed, encounters her other selves in parallel worlds, and uses her own healing powers on the killing fields of Vietnam where she comforts Jeremy and learns the truth about Davey.

Unexplainable phenomenon continues in Diana's life after she is thrust back into this dimension, even as the memory of her journey with Davey and Phillip fades. The magic intensifies when she comes face to face with the mesmeric, but mystifying Hawk, who evokes memories of ancient bonds and love's circle as Diana's life bends back on itself in the most fascinating, magical, and miraculous ways.

*This captivating tale is a must read for everyone interested in their spiritual journey and the esoteric wisdom that helps us understand how the mysteries of ancient secrets play out in our human lives.*

"The Found Child" is not just a book. It's a vehicle for the Universe to up regulate Itself." Dr. Tom Daubenspeck, chiropractor and holistic healer

"This is a must read!!!! I guarantee you won't be able to put it down! This is a journey that you will not forget!" Diane Wittick-Bauer, Healing Medium

"I am amazed and impressed with your descriptions of what I would call 'ecstatic metaphysical experiences,' especially where you refer to both color and light. These are real literary achievements. BRAVO!!" Jeff Stoner, EWH Press

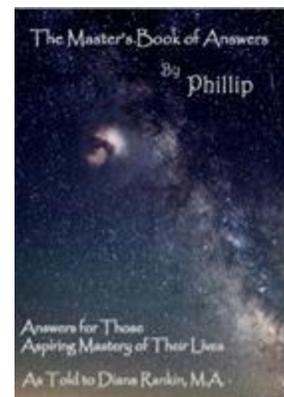
"You will not be able to put it down once you start!" Robin (Skeen) McElroy, author

*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



## Blog Post

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



[Diana's Blog](#)



## Stay Connected

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## Back Issues

can be downloaded at

<http://www.dianarankin.com>



or simply ask a question and open to any page for your answer.

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 what 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.

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

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

Available as a paperback and e-book.

## Ways of Service: Practice Kindness

There are two ways of being of service this holiday season -- one is to be kind to yourself and the other is to be kind to everyone and everything else. It's that simple and that difficult.

Every day must be a new commitment to practice kindness, and many days the commitment to kindness must be made again and again throughout the day.

When you forget to be kind to another, instead of berating yourself for slipping from your commitment, be kind to yourself. Take a breath, and renew your commitment to kindness.

The world, our world, changes one person at a time, one person practicing kindness and the next person passing it on. Today, let's make the commitment to practice



**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**

*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**

kindness. If you do, you'll be amazed how it changes your world.

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## Use Color to Change Your Mood



One night I woke in its middle and could not go back to sleep. I tried everything I know - meditation, soft music, a

relaxation technique, writing, reading, etc. - nothing worked. After a couple hours of allowing myself to indulge in worry about not being able to sleep with a busy day coming closer, I became frustrated and irritable. When one of my cats pounced on me and I jumped scared, I realized how stressed I was. Of course I couldn't sleep. Then it came to me.

Before falling asleep earlier in the night, I gave myself the suggestion that while sleeping I would work through my talk for the upcoming Sacred Circle. So this waking up in the middle of the night had something to do with my talk - as did a way to change this mood and get a few hours of restful sleep. It was then I thought of color.

I asked myself what color my mood was. It was putrefied, oozing, dark, bloody, pulpy, decaying, red. Then I thought of a different color, changing this ugly red to a soft, petal pink. Immediately I calmed down. When changing the thought of the color, my mood also changed. I was even able to sleep peacefully. What an easy way to change your mood!

Colors may have different connotations for you. Below is my list of the emotions I attach to different colors. I suggest you make up your own list, or use the colors associated with the seven major charkas. You'll most likely find what I did - that my emotional response to colors is close to the emotional (positive or negative) qualities of each charka.

Once you know how you respond to different colors, you can change your mood by changing thoughts of color. You can also choose specific colors to wear to help you. For example, if you are in need of physical healing, you might wear green. Or, if you need more energy or want to be noticed, wear red. If you need grounding, wear earth tones such as shades of brown, and so on. You can do the same with colors in your home. Think about the color of your sheets and blankets. Are they calming or exciting? Color is an easy and effective way to help you live a happier life.

*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**

*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.



### **Charka Colors**

- root red/black
- naval orange
- solar plexus yellow
- heart green/pink
- throat sky blue
- brow indigo (dark blue)
- crown violet

### **My list**

- pink happiness, joy, love, softness, compassion, healing energy
- red anger, frustration, passion, energy
- purple service, royalty
- brown grounding
- black grounding
- white spiritual
- gold spiritual, success
- blue calming
- yellow energetic, happiness

### **Diana's Events 2014 -- 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](http://www.dianarankin.com)

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



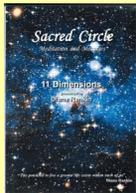
### **Victory of Light**

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

## **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.



## **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

## **Friday, Nov. 28**

at Sky Dogs, 810 Distribution Drive, 43228, 614-648-344 Columbus, Ohio, [www.skydogs.org](http://www.skydogs.org)

## **2015**

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

**Tuesday, Feb. 3** 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**

2014

**Wednesday, Dec. 10**, 9:00 - 10:30 p.m. *Celebrate You* with Judy Jewett Hansen; [www.blogtalkradio.com/celebrateyou](http://www.blogtalkradio.com/celebrateyou)

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

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

Love & Blessings,

Diana

Diana Rankin

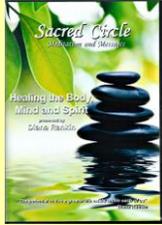
Author, Psychic Medium, Transformational Life Coach and Public Speaker

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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.

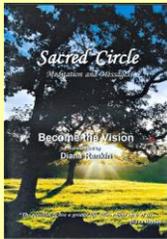


### **Healing the Body, Mind, and Spirit**

**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 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.

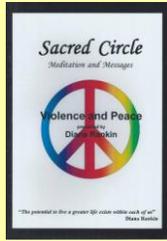


### **Become the Vision**

**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](mailto:shamanpoet@earthlink.net)

<http://www.dianarankin.com>