

Dear Springeagle:

We have been told by many different institutions to call Children's Aid if we see a child being abused. This request to report has been on many talk shows, TV. News pieces, commercials, in the new papers everywhere and so on.

In fact you have written this in many essays yourself. I have also heard that it is actually a law that if you do not report and someone can report that you did see things and you refused to report, you can be fined \$1,000.00.

When I reported it was ignored, I was treated like a liar. Why???

In disbelief **Mary**

Hi Mary:

Please take no disrespect in the way I wrote this answer, as I mean none. I understand pain, addiction and the hells of having to live on the fringes far too well so I am not in judgment at all, just stating what I truly have come to believe since I founded LoveCry.

There seems to be an entrance cost for getting The Authorities of Toronto to listen. This past while we see clearly that the only way to be heard by Children's Aid, the Police or City Politicians are Violence Offenders, Thieves, Drunks, Crack Heads, Methadone Users and Heron Addicts.

It may be about time for all people {addict free or otherwise} to actually be listened to but being believed should be held back until they have been clean and proven trustworthy.

We who live with them know that bullshit and gossip is the king of any drug addict. We who have been there know first hand, {we also know how we have suffered and bled for our mistakes and selfishness while partaking in the substance and thus proved ourselves to those who were decent enough to forgive us}.

I personally quite chemical drugs and booze over thirty years ago and I remember all too well the life I lived to this day. I would never want to go back to it. We would all love to be able to say "hey my bro dropped drugs last week and he is completely trustworthy now," but the truth is that the recently cleaned up addicts have to work to stop sealing, cheating and lying. That is a great deal of work. Addicts also have to earn the trust from others, not just expect it to be given. But the ones

Springeagle

who are still using are still living the life and the truth is nowhere to be found. The stories they weave are self-made and whatever they feel like telling that will suite their purpose, they will tell, at the time.

The problem I see is that these Authorities are handing out this trust {to people proven not to be trustworthy by virtue of their life style, addictions or recent addictions} at the expense of people who at least work hard to live relevantly clean lives, our families and children. They listen to gossip when they choose but deny the truth. I've been treated very badly by many of them, {not all} and still do to this day. All due to street kids who at the time were on crack, booze and anger at society and the fact that I had the audacity to say no or disagree with them. Most of them cleaned up and earned their trust back as I do believe in forgiveness.

It makes no difference as we are still to report for absolutely no reason and we will witness this crap forever it seems. Every one is complaining, not just you, so don't fell alone Mary. We all get treated like crap by those we pay to work for us within our government. None of us can figure out just why yet.

Hang tuff

Blessings and Love **Springeagle**

Dear Springeagle:

I have a Spiritual question for you. I have read some of your web sites and see information on many different belief system. A great deal to learn but which one do you actually believe?

Thank You **Sandie**

Hi Sandie:

Thank you for asking this particular question. That shows you pay close attention and that is a great skill.

I believe:

All are equal and all belief systems have equal importance to Humanity.

Thus meaning that we all have an equal place on this planet. Each to travel upon different roads all leading to the same end and thus beginning.

There is equal importance in all beliefs and that Our Creator is known under many names all being the same.

Sex is earthly {a part of the material world given to us to use to create and heal each other}.

Our Creator, not being earth bound nor in a physical body is a much higher being than us who still have the needs of the Psychological realm. Therefore sex becomes a very important part of our realm and has only a place within our creator to give to us as a physical gift to be used in a sacred manner. Neither Female nor Male is of greater importance and our creator is all.

We are living within this realm to learn, learning takes growth, growth takes pain, strength comes from the endurance of lives pains and gentleness comes from lives loves.

Our greatest lessons will be Unconditional Love and Forgiveness.

Forgiveness will be the key to Unconditional Love.

Love Is The True Healer!

Blessings

Springeagle

Dear Springeagle:

It has been a while I have contacted. So in I was ponder this question and thought I put it out for your consideration.

My opinion:

We are all energy of course. But have been calling our self-spirits in the physical. I thought about energy and how it was present before we were. The EARTH IS MASS OF ENERGY. We have heard of many ways we began this activity we call life. It is not the answer I seek. I want to know what is your perception of what is God?

Thanks **BRENDA**

Hi Brenda:

In my mind God is the main energy source and we are fragments he has sent out into the universe to represent whatever job or life we have come to represent.

Each lifetime is different but connected Karmic ally. The fragment of light energy that is our selves is our spirit and this is the part of each of us that is God.

Therefore I believe the spirit is our God self-striving to work the body or form we were borne to be.

Our Spirit maintains all the personalities of the entities we have ever lived within.

Blessings

Springeagle

Dear Springeagle:

I have a question in reference to my families' problem.

Whenever someone states a problem with someone else, the problem is ignored and it seems to escalate not just tension, but new problematic scenarios. Is there any remedy?

With love **Roda**

Dear Roda:

Many families have this problem. When I was a kid, my family just kept yelling louder and louder. Nothing ever got solved.

You all have to learn to take one problem, deal with it to the end then work on the next one. Learn how to be more objective and use less emotion when doing this. Proper communication skills, patience, tolerance and understanding is the best way to work out problems.

Blessings

Springeagle

Blessings and Love

Angel

<http://spiritual-majic.com>

<http://lovecryheals.com>

<http://angels-wings.net>

<http://lovecry-2008.tripod.com/>

<http://lovecry.org>

<http://angell18.tripod.com/>

thejoymissionofgod/

<http://lovecry2007.tripod.com/>

<http://angel-light.tripod.com/>

smile inwardly to your organs and glands, you can make your whole body feel loved and appreciated. This is a very powerful way to counteract stress and tension.

Simple Solution:

In this meditation you will feel the energy flow down the energy flow down the entire length of your whole body like a waterfall.

Directions

1. Sit on the edge of a chair with your hands clasped and eyes closed.
2. Begin the Inner Smile by picturing a radiant, smiling face in front of you.
3. Imagine spiraling energy coming into the mid-eyebrow area.
4. Slightly lift the corners of your mouth.
5. Sense a coolness in your eyes to attract and absorb the warm energy. Inhale the energy through the mid-eyebrow and spiral it.
6. Smile down to the thymus gland and the heart. Feel the heart open with love, joy, and happiness.
7. Smile down to all the organs: the lungs, liver, pancreas, spleen, kidneys, and sexual organs and reproductive system. Thank them for their work.
8. Return your attention to your eyes. Create a big smile and draw in more spiraling energy.
9. Smile down the intestinal tract: the esophagus, stomach, small intestine, large intestine, bladder, and urethra.
10. Return your attention to your eyes. Create a big smile and draw in the spiraling energy.
11. Smile to the brain and the pituitary, thalamus, and pineal glands.
12. Smile down the spinal column.
13. Return your attention to your eyes.
14. Smile down to the whole body.

Starting at the navel, men should spiral the energy outward in a clockwise direction, making 36 revolutions. Once you have completed the clockwise revolutions, spiral inward in a counterclockwise direction 24 times, ending and collecting the energy at the navel.

Women should make the same action, but begin by spiraling the energy out from the navel in a counterclockwise direction and spiraling back to the navel in a clockwise direction.

Forgiveness The Real Reasons!

When we can stop blaming other people for our problems, take responsibility and realize that we are human, bound to make mistakes in life, we will learn to Forgive Ourselves!!! Thus opening the door to forgive others!!!

How many people do you know with what we refer to as chronic migraine headaches, or one of the many other unanswered sicknesses such as chronic fatigue syndrome. My family was filled with these diseases.

Through learning and doing the things I was taught during my therapy and training sessions, I was finally able to completely rid myself of the headaches, and other ailments. I also was able to learn and comprehend that these headaches and more than half of the sicknesses we humans suffer from are primarily caused by ourselves holding resentment towards ourselves, and others.

There are quite a few doctors and healers that have come to this same conclusion. Dr. Joseph Murphy has several books on this subject. One of his books I use daily is entitled? The Miracle Power of Infinite

Riches.? Within this book, is example after example where Dr. Murphy learned that his client was resentful, he taught them to forgive and the illness disappeared as my headaches did years ago. Our spiritual and religious leaders have known this on the Spiritual level for centuries. Christ talked about forgiveness a great deal.

Being raised in an unforgiving atmosphere, I was not taught what forgiveness truly was until I started studying with my first mentor in 1981. To this point I had suffered years with these horrid pains. I would wake up and go to sleep with this pounding of my brain. There were times I could not move, as the thunder would explode inside my head. All resentment built over the years of abuse and neglect.

Joan (my first mentor, and close friend) took one look at me and began to talk about forgiveness. Of course I believed I had forgiven all those whom had hurt me but I did

not go deep enough to truly reach my goal. I had not let go of the pain nor had I forgiven myself. The resentment and guilt I had stored inside myself for so many years, was causing my headaches, chronic fatigue and fiber Malaga in my muscles.

Joan, made it very clear to me that if we are sincerely true to ourselves, love ourselves and always forgive we tend to be a great deal better in both the emotional and physical health department. It took a many hours of talking, thinking, learning and practicing of these lessons, for me to

grasp the understanding and accept this as truth, so I did this work and the results are amazing. Of course this was almost twenty years ago and I have not suffered with any of these chronic sicknesses since.

To truly forgive we must first and foremost forgive ourselves as well as:

1. Realize that we must forgive in order to love.

Forgiveness is the key to love. When we do not forgive we build an emotional wall against love itself, therefore we are not capable of giving or receiving love.

2. Build a deep desire to love and heal.

Sometimes forgiveness seems so very hard due to the importance of the pains and loss. Therefore we must build a healthy desire to love ourselves and others to find the proper strength to forgive all the wrongs done on all sides.

3. Face, deal with and let go of all past issues and pain from such.

Open our minds, {all the blocks must open}, deal with all the old horrors, memories and emotions attached to them, and resolve these issues in order to put them behind us.

4. Forgive all those who we believed has ever hurt us in any way.

Forgiving others is not needed in order to help them but more so to help yourself, even though the positively and healing helps all. If one is unable to forgive others until one forgives oneself, then we are truly forgiving others in order to help ourselves.

PHILOSOPHY by Angel Femia/LoveCry

You don't ever have to tell this person they are forgiven, it is and can remain between you and your Creator. No matter what was done to us within our lives, forgiveness is possible if we truly wish to forgive.

Nothing is unforgivable.

We need to understand why, and once we have found that, it becomes so much easier.

In order to forgive others we must forgive ourselves first. No different then respect or love unless we attend to our own back yard and give these things to ourselves we are incapable of sharing them with others. Once we have done this, we must extend this forgiveness to all those whom

have hurt us.

5. Collect all the learning from all painful experiences.

In every experience we go through in life we are given what I refer to as a jewel. No matter how hard the situation was to endure there is always a learning experience within.

6. Let it go!

Put the experience behind you and go forward with love.

The Good in Meditation

LoveCry

Self relaxation is very important in this world of stress and anger. Many are searching daily for solutions.

At LoveCry we do a great deal of work in this area and have found that even with the super high stress levels that we are working with helping the homeless and dealing with families that have more stress than a body should endure we can relax.

Below is a short meditation exercise you can try at home.

blessings

Angel

The Inner Smile Meditation

More Self-Help Solutions

Adapted from Chi Nei Tsang: Chi Massage for the Vital Organs, by

Mantak Chia (Inner Traditions, 2007).

A genuine smile transmits loving energy that has the power to warm and heal. By learning to