

My apologies for the late message, there was an unexpected death in our family on November 3rd that affected us deeply.

Many thanks for the outpouring of love, healing energy and prayers sent to me and my family, it truly has been sustaining us through this sad time, and is so greatly appreciated.

Blessings and Happy November!

I hope all of you have been well and have been enjoying life and its many blessings. The thanksgiving holiday is just around the corner and there could be no better opportunity to gather with our families and friends. It is a time to enjoy each others company, catch up, and show love and gratitude for all that we have.

My experience earlier this month makes me appreciate this holiday even more, and stirs me to reflect on my family and my relationships with them. Busy lives often prevent us from connecting with our loved ones regularly and there is nothing like a death to bring this, abruptly, to our awareness. In the moment that this news is received, especially if it is one close to your heart, you cannot help but let your mind wander to those lost opportunities. All the reasons used to justify why we were unable to spend time suddenly seem so petty and ridiculous now that the individual has passed from this existence to the next. The grief we feel is often overwhelming and confusing. The rollercoaster of emotions seems to be unpredictable, fueled by lower energies of guilt and remorse for past actions, or simply *the lack of action*. Thankfully, because of my beliefs and training, I know that these dear ones are not gone from me forever. I know that life is eternal and that I can connect with the energy of my loved one whenever I want, but it is just not the same as being with them in physical form.

I am reminded at this time that all relationships can be fragile. We need to put effort into maintaining ties with family and friends, if that is something important to us.

Thanksgiving is one of those times. So, enjoy the blessing of your family. Have gratitude for each person and the gift that they bring to your life. Look around and give thanks for your warm home, fine food, and the comfortable life we live.

The story of Thanksgiving seems to have been greatly "romanticized", and is not really very appreciated by "Indians".

The bottom line is that the Native Americans had compassion for the plight of the colonists, (no doubt many of our ancestors) and reached out to help them, otherwise they probably would have perished. They didn't have to help them. I am glad they did...although many of them most likely wish they had not. Our history shows us that many, not all,

did not show appreciation for the life saving skills and food that was shared with them.

So, give thanks that they didn't kill us off when they had the opportunity, and lets share our own compassion, time, knowledge and resources with others as we are able.

It may be what "saves" them!

We truly are all "ONE" under God, Creator, Great Spirit and what we do to or for others is also done unto us!

So eat, drink, be merry and.....HAVE GRATITUDE!

Wishing you all a wonderful holiday,

Namaste, Beth

Upcoming Events

November Clinic: This Sunday the 19th 6-9 pm

Deliberate Creation Workshop Classes:

Beginning Nov. 29th 7-9pm....only a few openings left, register soon!

My website, www.bethcrawford.com was launched this past weekend and has more information. The October newsletter does have an error regarding the date for the Deliberate Creation Class. A correction notice had been sent previously, but may have been overlooked.