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You can hardly open a major news publication these days without seeing yet another scientific study raving about the incredible benefits of meditation.

It's been proven to extend your life... create more happiness...increase inner peace...lower stress...increase mental clarity...resolve emotional problems, including fear, anxiety, depression, anger, and substance abuse...and...

...it's one of the best things you can do for your brain!

Unfortunately, many people don't have the time (or the patience) to invest years to master the art of meditation.

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Holosync instantly (and effortlessly) puts you into states of deep meditation—**literally at the push of a button.**

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- **Effortlessly reach states of super-deep meditation—even the very first time...**
- Accelerate your mental, emotional, and spiritual growth, giving you results you **THOUGHT** you were supposed to get from meditation (but probably never got)...
- **Heal emotional trauma, even if other methods haven't worked...**
- Stimulate production of neurochemicals associated with longevity, well-being, and better health...
- **Dramatically raise your threshold for stress...**
- Increase your self-awareness, inner peace, and happiness.

If you've tried meditation but found it difficult—or just want to go **MUCH** deeper, with faster results, you've simply got to try Holosync.

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Relationships and Numerology

By Ruth Drayer



"We humans are complicated beings who may not fit into the roles society has assigned to us."

Somewhere during the 1600s John Donne, an English poet, wrote "No Man is an Island" as a meditation. In time, it became a popular song recorded by several people however, with all the ways we have to communicate now, it's truer than ever. At work or at home, our entire lives are about relationships and it is important to be reminded that our primary relationship is with ourselves. No matter how far we may roam, there we are! Numerology is a profound

method for understanding ourselves and our relationships because it clearly explains how unique and individual each of us is.

By knowing the full name at birth and birth date of a person, his/her entire life gets plotted out through numerology. It explains our talents, abilities, weaknesses and strengths and gives an overview of our life plan and purpose. Numerology can be especially helpful in explaining relationships because it does not tell us to change to measure up to the other person's hopes or expectations. A couple having a difficult time might go for counseling. A chart based on their names at birth tells immediately who "wears the pants" in the family, and that the wife was born with an unusual amount of masculine energy. However, since the husband was the man, she expected him to be the one to initiate new things for them to do and certainly to stand up for his beliefs. He knew she was unhappy and not respecting him, but it was not in his nature to change. His numbers told he had probably been a woman in many prior lives, or perhaps a soft spoken gentle man who had no desire to lead the pack. No amount of counseling had helped this couple but they had children and did not want to divorce. Since they were not fitting their "roles," it was simple to understand why they were having problems.

Going to a Numerologist was their last resort – and a good one because Numerology is completely neutral. It simply explains "okay, you are like this, while you are like this." So if you love each other and want to stay together, there are certain things that have to be accepted. Just like the color of one's eyes, or bone structure, we are born into this life with certain traits and characteristics which can be changed more easily with acceptance and humor than by nagging and bickering. We humans are complicated beings who may not fit into the roles society has assigned to us. Compassion is what is needed to make relationships work. Numerology is the most valuable tool for understanding ourselves. In fact each person was an island, in addition to pollution, the oceans would be filled with lonesome, sad people longing to relate with someone!

Tyler Numerologist Ruth Drayer is the author of Numerology, The Power in Numbers. She is available for personal counseling in person or by telephone. 903-534-4873. www.cybernumbers.com. She is currently taking reservations for classes.

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