



Design by: Stella Levi

FREEDOM

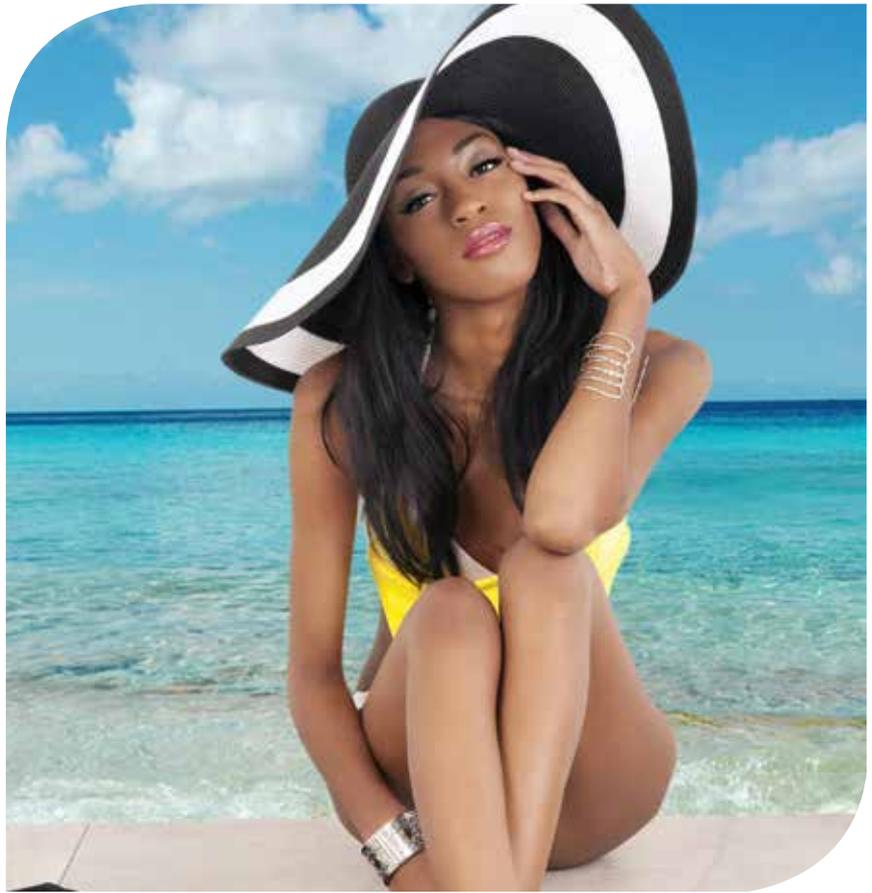
The power that makes us sick is the same power that makes us well. That power is your power. We all hold the keys to creating the lives we desire, but most of us have forgotten. Instead of building palaces, we've placed ourselves in prisons. As painful as that may be, we needn't stay sick, broke or alone any longer than we choose. We hold the keys to our own freedom, but we must make the choice to use them. We can use our thoughts, intentions and energy to liberate ourselves from the limitations we've unconsciously created. No one has imposed them on us. We can be like the canary whose cage has always been open but never flies free because she doesn't turn around and take a new perspective on her situation. It's all about how we see things. Your healing power is infinite. Let it fly!

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Soulful Sexiness

Can spirituality be sexy?

By Dr. Habib Sadeghi The Old Soul Doctor™



I was cruising the internet recently and came across an article about what makes someone sexy. Its black and white approach got me thinking. The point of the article was that men and women are subconsciously drawn to faces and body types that have specific ratios. Women are apparently attracted to men with a specific waist to chest ratio (one that creates the classic “V” torso), eyes that are squinty and just the right distance apart, as well as a height greater than their own. Women are supposedly required to have strict bust/waist/hip ratios (creating an hourglass shape) and even specific lengths for their arms and legs. In addition to this laundry list, it was said that both genders are attracted to a potential mate who has perfectly symmetrical facial features at the ideal distance apart. The idea was that humans are unconsciously drawn to potential mates with these measurements and characteristics because they symbolize physical health and fertility. Like all creatures in the animal kingdom, we seek the healthiest mate with whom to procreate and pass on our genes. That gives our genetic line the best chance of survival.

This paint-by-numbers approach to relationships got me thinking. Is that all it’s about, roaming the earth to find an appropriate mate with whom to pass on our genes like some BBC nature documentary? I have my doubts. While I don’t deny the power of instinctual

drives or that we are in fact, human animals, we have something no other creature on earth has. We have self-awareness. That changes everything.

Same Difference

The thing people, and even the “experts” get wrong about relationships is that they confuse physical beauty with sexiness. They assume that just because a woman has perfectly balanced facial features, full lips and the right size bust, her phone is ringing off the hook. It’s not. In fact, I know several gorgeous women who can’t get a date to save their lives. If physical beauty is what makes someone sexy, these women wouldn’t be sitting home alone on Saturday nights.

So what is sexy? It’s obvious beauty comes from the gene pool, but where does sexiness come from and how can it help you have a more fulfilling life? To answer that question, we have to talk about music.

Spiritual Software

I was listening to the radio several weeks ago and heard a song that I really liked. As usual, the DJ talked over the introduction and didn’t mention the title when it was over. Still, I was lucky enough to grab my cell phone and record a few bars before it ended. I wracked my brain for days trying to figure out the title. Finally, I went to my wife with my conundrum. Since she’s the one with the Ivy League education, she has the answers to

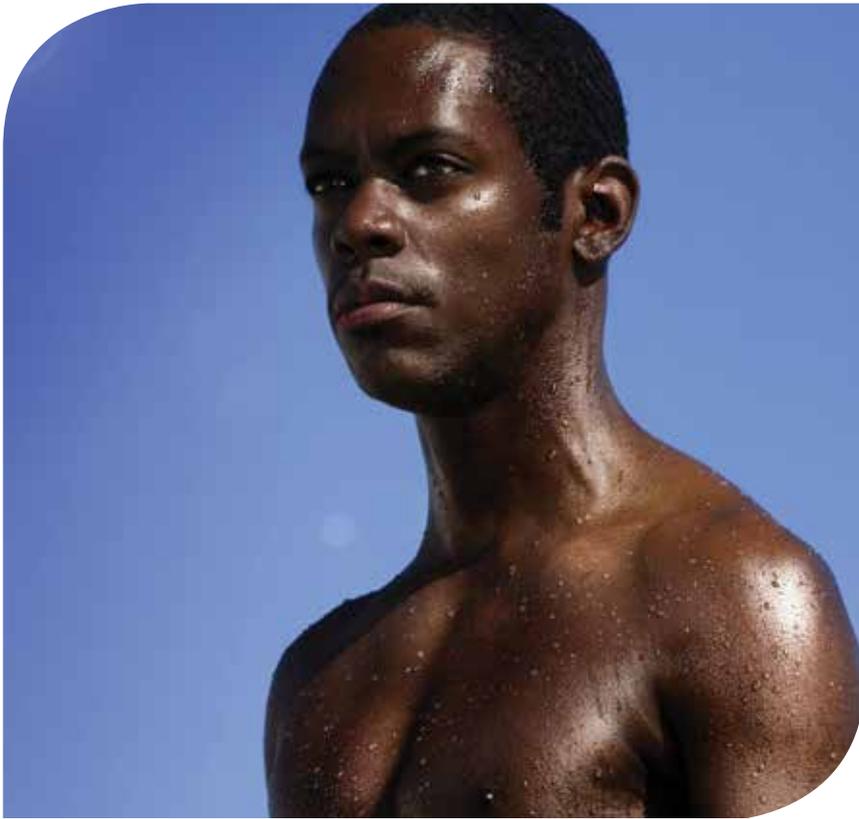
practically everything. I’m not embarrassed to admit she’s the brains in our marriage and I’m grateful that she loans them to me from time to time.

As I played the recording for her, she took out her phone and hit an application called, Shazam. Within seconds it had the answer. I was thrilled, but also amazed that with just a few musical passages, it had searched millions of tempos, rhythms, titles and composers to come up with the exact answer in a flash. Strange as it seems, it was that experience that reminded me that sexiness isn’t linked to our instinct. It’s connected to our spirit. While textbook beauty might be what catches our eye, what captures our heart goes much deeper.

Are You Feeling It?

Like a cell phone, the human body is a bioelectrical mechanism that’s always sending out a signal based on our thoughts and feelings. It never stops. Like a radio antennae, our frequencies or channels change based on what we’re feeling at the time. I’m sure you’ve experienced someone who had a great “vibe” or someone else who gave you the creeps. That was your personal energy frequency either matching or clashing with another person’s. These frequencies are very real and can be measured.

The most important frequency we emit is the one that comes from how we feel about our-



selves. Do you think you're sexy? Do you feel attractive? Do you just like or love who you are? Why or why not? Did an old boyfriend make negative comments about your weight and you've never been able to get them out of your mind? Was your sister always the pretty one in the family? Even subtle assumptions can change how we view ourselves. Why is that important? It's because how we view ourselves is how others view us. We have the ability to change how others feel about and react to us based on what we're projecting. While physical beauty may turn heads and spark the mating dance, sexiness is what brings people together in a way that lasts.

With the smallest amount of information, Shazam brought back the perfect match for my song. We can only project or broadcast the frequency that matches how we feel about ourselves. Just like the software, it will bring to us potential partners that match our unique signal. That's what really brings people together. Beauty isn't what relationships are built on. Don't believe me? How many times have you seen a couple walking through the mall and said to yourself, "How on earth did that guy end up with that gorgeous girl?" These seemingly mismatched couples were brought together for a reason they probably can't even explain, but it's actually what they're projecting. It's their frequencies that match, even if their outside appearances don't.

Changing Channels

This is also the reason we find ourselves suddenly attracted to someone who isn't normally our physical type. Confidence, cha-

risma, ambition, compassion, sensitivity and sense of humor are intensely sexy energies and those come from the spirit of people who love themselves. Those people light up a room just by being in it. They're the people we all want to be around because their energy is so great! When we love ourselves, we can be exactly who we are, our best sexy selves. I can guarantee you that when you change your channels and fall in love with yourself, others will fall in love with you, too. They have to because that's the signal you're sending out into the software of the universe...love! Yes, love is about sexiness, playfulness, confidence and long-term relationships while beauty is about short-term satisfaction and procreation. Don't believe me? Your brain does.

A Little to the Right

The brain clearly distinguishes between physical beauty/sex and a deeper love/sexiness. Research performed at the State University of New York at Stony Brook showed that the parts of our brain linked to recognizing physical beauty and sexual attraction overlap only slightly with completely different areas that are associated with intense loving relationships. In fact, all the parts of the brain that were involved in romantic love were on the right side, while those that were associated with facial attractiveness and beauty were on the left. Physical attraction is a logical, ordered and mechanical function of our left brain, while real love and sexiness live in the creative, free-thinking and emotional right side. If our brains can tell that sex is momentary but sexiness is forever, why can't we? Our hearts know, too.

Because our right and left brain are in a constant struggle, it's always best to listen to your heart in matters of love. If that sounds cliché, consider this. The Institute of HeartMath has discovered that the electromagnetic signal your heart emits is 5,000 times stronger than the one from your brain. Sexy characteristics are all heart-centered. Live from your heart, not your head and your sexy rating will skyrocket!

Getting Sexy Back

To be sexy, we have to be spiritual because all the sexiest traits are heart-centered. They come from love and that's where spirit lives. To get our sexy back after years of self-doubt, we have to relearn to think with our hearts and love ourselves again. That's hard in a left-brained world. Negative thoughts can make us more than unsexy. They can make us sick. When I found myself fighting for my life against cancer, I realized that regaining my sense of self-love was a key to my physical healing. Through a process I call Integrative Psycho-Synthesis (iPs), I learned to love myself again. When I healed emotionally, I healed physically and the love I felt for myself drew the love of my life right to me. That's how I know sexiness isn't just physical. It's also spiritual, emotional and essential to a fulfilling life.

Dr. Sadeghi is founder of Be Hive of Healing Integrative Medical Center in Los Angeles. For more information on Integrative Psycho-Synthesis or other services visit: www.behiveofhealing.com