

Victory of Light Holistic Health Expo

Brand New! One-Day Only!



February 12, 2006

11am-7pm

Sharonville Convention Center
Cincinnati, Ohio

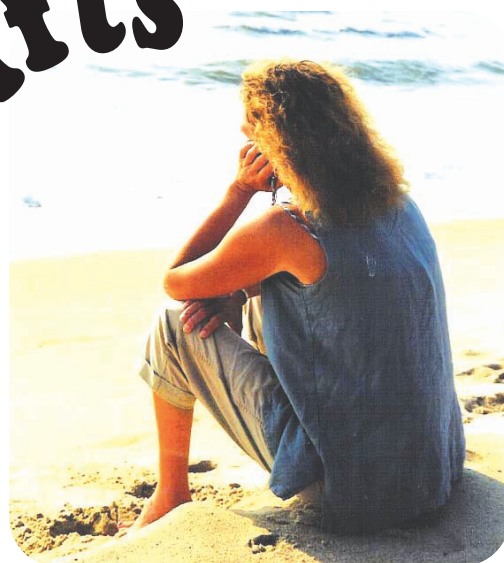
Healers ~ Medical Intuitives ~ Exhibitors
Free Seminars

Experience the latest healing modalities!

www.VictoryofLight.com

Admission: \$10. Children 13 & under FREE! Free Parking! 513-929-0406.

Uplifts



IS THERE SOMEONE in your life who causes you irritation, anger or even pain? To rid yourself of this unsettling feeling, try this:

First, think about someone or something you love dearly and allow your heart to open wide. Hold this thought until your heart feels expansive and full.

Now, super-impose the image or thought of the problematic person over the feeling you just conjured up and allow your heart to wrap itself around the uncomfortable feeling. Let the feeling of love open you to this person. Relax...remember that you are playing with thoughts. Remember, people who hurt other people have learned that behavior from being hurt. Tit for tat—who has time for that?

Give up your righteousness and hurt as you play with this image each day for a month. What do you have to lose but your hurt and pain?

Q: How do you spell *freedom*?

A: L-O-V-E (corny, but true)

About the author: Gini Maddocks, LMT, the email therapist, has a degree in sociology from Miami University and has worked as a holistic practitioner for 23+ years. Drawing from her book, R&R: Rescue and Relief for Computer Users, Maddocks has developed a series of workshops and seminars bringing holistic thinking into our everyday lives. Sign up for her work-week newsletter for self-care tips at www.holisticmatters.net



Make-It-Yourself

Enjoy these simple, non-toxic tips to keep cut flowers fresh longer and to keep clothes smelling and looking fresh as a daisy.



FRESH BLOOMS

Keep fresh cut flowers blooming longer by adding two tablespoons of vinegar plus three tablespoons of sugar to each quart of warm water. Keep flower stems in 3 to 4 inches of this solution.

BLEACH SUBSTITUTES

These two substitutes work great for keeping your clothes bright and clean. Add 1 to 2 capfuls of hydrogen peroxide or ½ cup distilled (white) vinegar to the wash water *before* adding clothing.



TO SET COLORS before the first wash so they do not bleed, fill the wash basin with cool water and add ½ cup distilled vinegar. Rinse the garment in this solution, then rinse again in cool, clean water. Do not soak clothing; just rinse.