

FINDING PEACE THROUGH SILENCE + THOMAS MOORE SPIRITUAL PARENTING + BEST GIFT BOOKS (PAGE 64)

Spirituality & Health

The Soul/Body Connection

DR. OZ FINDS HIS TEACHER

HOW TO FALL IN LOVE WITH YOUR FAT

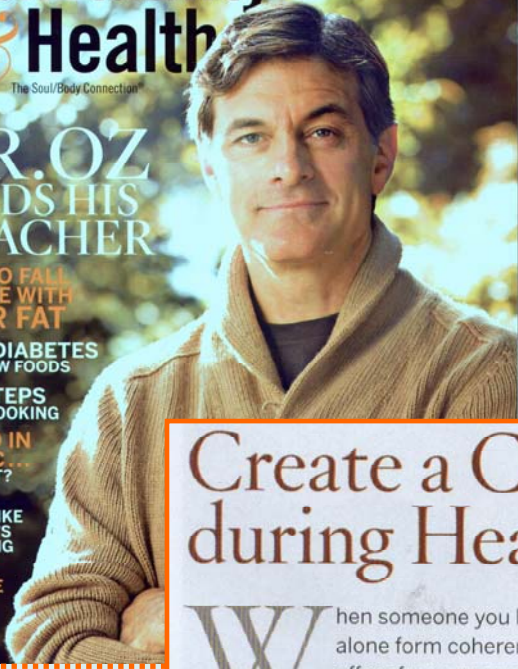
CURE DIABETES WITH RAW FOODS

10 STEPS TO UN-COOKING

NAKED IN PUBLIC... WHY NOT?

NIA DANCE LIKE NOBODY'S WATCHING

SAFE INCENSE HOW TO AVOID TOXIC STUFF

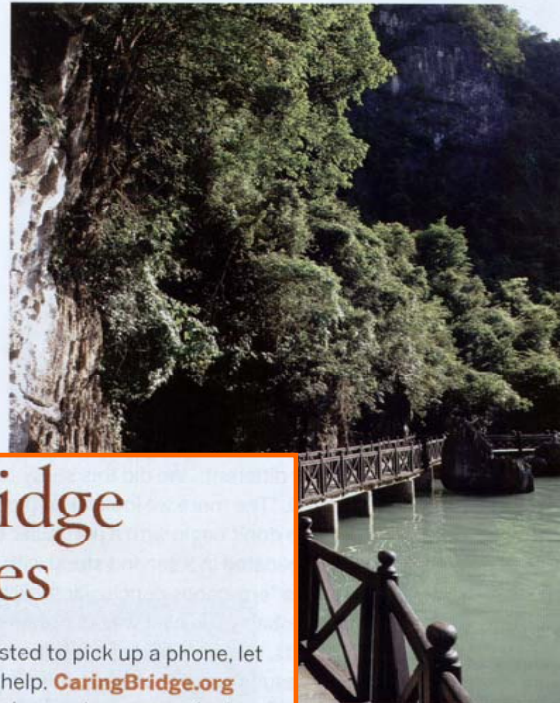


Create a Caring Bridge during Health Crises

When someone you love is too sick or too exhausted to pick up a phone, let alone form coherent sentences, here's how to help. CaringBridge.org offers free personal websites to those who need a way to communicate with family and friends during an illness. Following three easy steps, you can create a patient care journal to update family and friends, a guestbook for messages of love and support, and photo galleries. CaringBridge's 51,000 websites receive more than 250 million visitors each year. Says Sona Mehring, executive director and founder, "At some point, every individual will experience illness or loss. CaringBridge allows people to communicate with and support each other during these critical times."

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What We Pray For

"Prayer is a way of life," says Silent Unity, an interfaith ministry that has prayed for anyone who requests it for more than 100 years. Unity's 24-hour-a-day prayer ministry receives more than two million prayer requests each year and, through its parent organization, Unity, helps 3.8 million people of all faiths in their spiritual journey. For anyone in need, they offer affirmative prayers. "True prayer goes beyond words," they say. And here's what people request them to pray for:

- Healing 30% (physical, emotional, spiritual)
- General/Multiple requests 24%
- Divine Order 9%
- Peace of Mind 5.6%
- Guidance 4.7%
- Harmony 3.3%
- Prosperity 3%
- Success/Achievement 2.9%
- Employment 2.6%
- Protection 2%

To submit your own prayer request go to unityonline.org or call 1-800-NOW-PRAY.



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