

January VISION FOR THE ANIMALS FOR 2006

Dear friends of the Healthy Animal Update,

3 months have passed since I last sent out a newsletter and a very few of you have asked where the newsletter is and have said you missed it.

What do you want for health for your animals? What do you want to hear about? Remember that Brighthaven Cat Sanctuary has cats living to 27 and 30, I know of big dogs living to 20 and many people have had different animals live without the progressive diseases that are so rampant these days. Set your goals high for health and longevity for your animals. For you and your family, set your goals high for health, wealth and making a positive impact on the people and animals of our world.

My goal is to continue to discover and communicate ways that you can know you are making the best health choices for yourself and each of your animals. Are the early warning signs enough if we pay attention to them? Do we each need to find ways to become intuitives or empaths? How often do we need to have an intuitive scan our bodies?

This year I will try new ways to educate and empower people. I will continue a regular newsletter about animal health (Healthy Animal's Update). I will offer a more personalized service for those of you committed to taking actions to keep your animals healthy and be a part of discovering how to prevent health problems. I will also offer more specialized newsletters on dogs (Healthy Dogs), cats (healthy cats), health for people (Health for You), wealth for people (Wealth for Everyone) and making a difference in the world.

The following is from an organization I respect that inspires me and may inspire you. First, as an introduction, I share my personal thoughts in reaction to what you will read.

1. What personal transformations will you make this year that will help you, your animals, the world and the universe?
2. One of my goals is to transform the pessimism and sadness I feel when I see our land poorly developed and animals being abused. As I forgive people I will have energy to look for new avenues to make a difference.
3. What is your personal mission? Are you sharing it with everyone? My mission is to empower people to heal their animals and themselves in a way that heals the planet. My goal is to share that on TV, Radio, Internet, books, articles, seminars and more.
4. I will remind myself to listen to the healing voice within me when I see disaster inside me, out in the world or in others. I will be compassionate with myself so I can be compassionate with others. I will ask for support when I lose that compassion. I know that what happens inside me is mirrored in the world. I know that my progress is the progress of the world. I look around myself to see what is happening inside myself. Just as we identify the energetic pattern in an animal by looking at the physical symptoms now and in the past so we can find a healing homeopathic remedy, you and I know our deepest thoughts by what is happening in our lives. My messy office reflects unfocused thoughts.

Here, then, is a great New Year's Message from Jim O'Dea.

Visionary message from the President of

the Institute of Noetic Sciences

For friends and members of IONS. Please feel free to share with your friends and family.

Dear Christina,

The year 2006 is upon us, and it will be a year when you and I and conscious people everywhere will need to advance the transformation of our institutions, communities, nations and the world. That transformation must begin with you, but it must extend out from there to the whole world. The transformation we are speaking of shifts both the inner and the outer; as we shed limited identity and experience greater wholeness and health, we are given the grace and vitality to help shift the world.

As you enter 2006, IONS invites you to participate in the shift.

Reach directly into your own deepest knowing about how to activate transformation in your own life. Use the light of your own awareness to transform any seeds of pessimism or numbness that have been gathering around your vision for yourself and your passionate longing for a more equitable, sustainable, peaceful, and love-centered world.

Call upon your own power to bring forth into this critical time a magnified and heightened sense of personal mission and let others hear and see what you are giving birth to. From the silent places of your own inner exploration and quest, from your heart's core and your mind's greatest clarity, write it down, rehearse it if you must, and then share with others how and where you intend to foster transformation.

Affirm the true nature of your work, whatever form it takes in the world. They say the longest journey a human can take is from the head to the heart. Many of you have discovered that this journey is full of tests, and that the heart can be broken wide open in the process. Yet the heart has such transformative powers that it can expand beyond the confines of every form of hurt and hatred to embrace violently paired opposites and transmute every schism with love and compassion.

Ask yourself, where are you in that journey to the heart and how will it become visible around you? Set your heart's assignment. Then be prepared to dialogue with your mind as you open fully to the power of your intuitive and emotional intelligence. Dialogue with every atom and cell of your own doubt and disappointment. Hear the sometimes muffled, but always potent, voice of your deepest spiritual intelligence and its compassionate dialogue with you. It is asking you not to stunt your development with self-persecution or self-judgment. It is offering you templates of support, forgiveness, healing, and renewal.

The dialogue with Self seems to invite us into the contemplation of a universe designed for Love and tragically diverted by Fear.

You know that planetary life calls for a new heart-centered awareness in every sphere of activity; whole system transformation is required because now the whole planetary system is in danger. It has been said that those of us living today must give birth to an Integral Age where inner and outer life reach a higher synthesis and resonance; where heart and mind are integrated; where education, medicine, business and politics reflect a new science of conscious life that has the power to harvest our highest intentions.

This is a time when what is on the inside is mirrored on the outside. We see in the current social and ecological breakdown the accurate reflection of worldviews that are based on notions of competitive advantage rather than collective benefit, material existence as something to throw away, and a perpetuation of the myth that what we think in our minds and feel in our hearts can be disconnected from the truth we declare to others. We have reached the pinnacle of the evolutionary moment that reflects back to us our fundamental self-deceptions and lies.

I ask you then to enter 2006 prepared for the great work that is now the work of every conscious citizen and organization on the planet: the work of speaking the deepest truth of our nature, the work of revealing our power to heal and to reconcile virulent conflict; our power to transform every dysfunction and limitation that stops us from living sustainably, peacefully and yes, even, joyfully on this beautiful blue jewel of Earth.

This is the work of the Institute of Noetic Sciences: exploring the frontiers of consciousness to advance individual, social, and global transformation. I ask you to pour all the inner and outer resources you can into this work. If you are able, please consider supporting us through one of the following ways:

- [Make a donation](#)
- [Upgrade your membership level](#)
- [Become a member](#) if you're not already

This can help activate the next level of our shared work in 2006. I also invite you to go to www.ShiftinAction.com and Declare to the world your intentions for the coming year.

Whatever your final act of generosity to the world and its transformation in 2006, remember (if you live in the U.S.) that 2005 has a window for your giving that is totally unique. The Hurricane Katrina Tax Relief Act suspends the 50% deduction limit for certain gifts of cash made between August 28 and Dec. 31st, 2005. Such gifts may be deductible up to 100% of adjusted gross income (AGI). This applies to any public charity, regardless of location and mission. [More details.](#)

Great thanks for the work we do together,

James O'Dea

P.S.

We just found out that IONS research into the effects of prayer on healing will be featured nationally on ABC News this Sunday (Christmas Day). Times vary with local schedules but it should air sometime between 5 and 7 pm. Tune in and see the influence we're having on the practice of healing.