

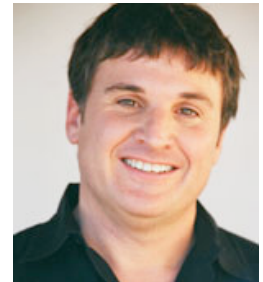


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Please see **TRANSFORMATIONAL NEWS** below for important updates!

### ***Embracing the Contrast***

There is a lot of talk about contrast in applying Law of Attraction, or Law of Allowing as I prefer to refer to it. Contrast in this context refers to the opposite of what you desire and it is a vital part of the manifesting process. Contrast is often about the 'dark side.' It is about debt and unhappiness and about misguided efforts and about loneliness. There is a lot about contrast that you might rightfully wish to disown, but is this really desirable?



Contrast is also what brings you to the place of fully appreciating those things that you do want. Without hate, you cannot know love. Without pain or loss, you cannot fully understand the beauty in what you manifest. Without contrast you have nothing to compare your desires with and no way to understand what they really mean.

Jung and others talk about opposites - contrasts - as being different sides of the same coin. Any effort to disown one side of the coin effectively leads to a loss of the other side as well. The sides cannot be separated. Indeed, without owning that you are capable of prejudice, you cannot fully embrace positive attitudes towards another in all of its manifestations - *allophilia* as the Greeks called it. That is not to say that you must practice prejudice! It simply means that you must know - and accept - that you are capable, like each of us, of making decisions without knowing all of the relevant facts, whether about a person or a situation. For many of us, this probably happens more than we care to admit.

This holiday season, make it a point to take a look at the contrasts in your life. Not as an opportunity to identify and eradicate them but in order to embrace them for the richness that they add to your every day experience. Once you do this, you will be able to move completely toward how you would rather be in the world and to a place of fully knowing the things that you want to have. You will position yourself to bring things into your life more quickly and with less effort if you embrace their contrasts, because you will tune in to the frequency that contains those things in yet another way, allowing for a richer experience. In the end, that is what manifestation is all about!

Blessings and Abundance, in all ways,

[drmark@arcuri.org](mailto:drmark@arcuri.org)

[www.arcuri.org](http://www.arcuri.org)

### ***TRANSFORMATIONAL NEWS!***

**UPCOMING TRAVEL:** *South Florida* (current and ongoing), *Phoenix/Scottsdale* (January and

ongoing), *Santa Fe area* (home base), and *Your City* by arrangement!

**DECEMBER 1st IS THE DAY!** *A Life Aligned: The Journey to Allowing the Magic in Your Life* is in hand and will begin shipping this Saturday. Thanks to all of you who have placed preorders!

There is still time - until Saturday - to order a **signed copy** with **free shipping**) at [www.alifealigned.com](http://www.alifealigned.com).

CURRENT WORKSHOP AND SEMINAR LISTINGS can be found at [www.arcuri.org/workshops](http://www.arcuri.org/workshops). The list is currently changing quickly as Ray negotiates engagements in support of *A Life Aligned* and other ventures. Check back often for updated listings.

[Contact Ray Reese](#) to discuss CREATIVE VENTURES of all kinds!

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