

# Unseen Forces

It was a deja vu experience. It was elusive, like the distant seagulls floating in the mists, and yet so familiar, that I could be that seagull. This was significant, but I didn't know how. One moment I am just sitting there on the beach and the next moment I am transported into another reality. The beach and the ocean are still there, but now something much greater is making its presence known to me. I am completely swept into a realization and a homecoming.

Consciousness is not just about the individual, but for all and the whole. It is about all of us and every living thing. Even though we are many on this earth, there are more in spirit and more in consciousness. Those in spirit are part of that vast sea of all-knowing, where we are all joined as "one mind." This is one form of consciousness. Before you became "you the

individual," you were also part of the vast sea of all-knowing consciousness. Now, you the individual seeks to heighten your consciousness, to gain perspective, compassion, and merge with the divine.

We as spiritual beings seek through incarnation a fulfillment of the "is there anything more" question. Individuality, free will, experience, and knowledge, all define the human life, the human being. In a larger sense though, we are thus redefined as spiritual beings. For it is, in just this circumstance as we become human beings, that we also become greater spiritual beings.

As I sit at the feet of this vast sea of all knowing consciousness, I am both humbled and inspired. I feel its unseen force within me and yearn to connect, to merge with the oneness – is my search for wholeness. In truth, I am still and always will be within the ocean. I can leave the ocean, but it never leaves me. This understanding motivates us as individuals to come together and make use of our inherent "one mind" instincts. When you let your mind connect with the "you" in the eyes of the "other," that's the bottom-up pyramid you are building. When you open to divine consciousness, you bring in the consciousness of the top-down pyramid. Either way works to expand you and your experience of reality.

I know I am both. I am me, the individual, but I am also there in the ocean. My yearning to connect – to merge with the oneness – is my search for wholeness. In truth, I am still and always will be within the ocean. I can leave the ocean, but it never leaves me.

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## Arts In Dublin: Community Forum

On Saturday, July 22nd from 4:30 to 5:30 p.m., panelists Sarah Bauhan and Henry James will speak on local art in Dublin, both past and present. For more details, call 603-563-8080.

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with Rosie Carey 

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As human beings, our desire, our passion, our will and intention, all become a force of consciousness. This activity develops an integral core of consciousness that registers in our physical and spiritual bodies. In fact, this core defines us as individuals. When we as people all believe in one way, or desire for one outcome, it unifies us in consciousness. Our hearts and minds, our cores, become aligned. We see this phenomenon in families, in communities, and in the larger society. It is how consciousness works. This is

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## Did you know that the Monadnock Region is home to some of the healthiest worksites and schools in the nation?

Local employers and schools, like you, are recognizing that a healthier workforce and students leads to a healthier community and economy. The Healthy Monadnock Organizational and School Champions program supports this by offering a free worksite and school wellness program to make the healthy choice the easy choice available to employees and students. Through this program, organizations and schools earn healthy designation badges awarded based on accomplishments in areas of wellness. Badges can be displayed on Organizational and School Champion banners, marketing materials, around the office or school, or as a workforce recruitment tool. **New badge earners since January 2017 are highlighted.**



- Organizational Champions**  
Antioch University of New England  
**Bensonwood-Unity Homes**  
Bragdon & Kossayda, PC  
Burlington Labs  
**C&S Wholesale Grocers**  
**Cedarcrest Center for Children with Disabilities**  
Cheshire Medical Center/Dartmouth Hitchcock Keene  
Clark Mortenson Insurance  
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**DEW MacMillin Company**  
**Fall Mountain Regional School District**  
Frazier and Son Furniture  
Global Round Table Leadership  
Greater Keene Chamber of Commerce  
Hamblet Electric  
Hannah Grimes Center  
Keene Family YMCA  
**Hinsdale School District**  
**Home Healthcare Hospice and Community Services**  
**Insurance Source**  
Keene Housing  
**Monadnock Community Hospital**  
**Monadnock Family Services**  
Monadnock Food Co-op  
Monadnock Humane Society  
**Paragon Digital Marketing**  
Planned Parenthood of Northern New England  
Ready 4 Kits  
**River Valley Community College**  
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Southwestern Community Services  
Ted's Shoe and Sport  
**The Inn at East Hill Farm**  
The Melanson Company  
The Timken Company  
True North Networks  
Welnak Dental  
Westside Animal Hospital  
**School Champions**  
Alstead Primary School  
**Chesterfield School**  
Franklin Elementary School  
Gilsun STEAM Academy  
**Hinsdale Elementary School**  
**Hinsdale Middle/High School**  
**James Faulkner Elementary School**  
**Marlborough School**  
**Monadnock Waldorf School**  
**Mt. Caesar Elementary School**  
N. Walpole School  
Vilas Middle School  
Walpole Elementary School  
Walpole Primary School  
Westmoreland School  
Winchester School

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Greater Keene Chamber of Commerce  
Hannah Grimes Center  
**Hinsdale School District**  
**Insurance Source**  
Keene Family YMCA  
Keene Housing  
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Monadnock Humane Society  
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RiverMead  
Smiths Medical  
Ted's Shoe and Sport  
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- Organizational Champions**  
Antioch University of New England  
Baudelaire Fine Imported Soaps and Body Care  
Bragdon & Kossayda, PC  
Burlington Labs  
**C&S Wholesale Grocers**  
**Cedarcrest Center for Children with Disabilities**  
Cheshire County  
Cheshire Medical Center/Dartmouth Hitchcock Keene  
Clark Mortenson Insurance  
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**DEW MacMillin Company**  
**Fall Mountain Regional School District**  
Global Round Table Leadership  
Hamblet Electric  
Hannah Grimes Center  
**Home Healthcare Hospice and Community Services**  
**Insurance Source**  
Keene Family YMCA  
Keene Housing  
Lynn Rust, CPA  
Monadnock Collaborative, Service Link and Pilot Health  
**Monadnock Community Hospital**  
Monadnock Food Co-op  
**Paragon Digital Marketing**  
Planned Parenthood of Northern New England  
**Savings Bank of Walpole**  
Smiths Medical  
Southwestern Community Services  
Ted's Shoe and Sport  
**The Inn at East Hill Farm**  
The Timken Company  
True North Networks  
Westside Animal Hospital  
*Schools are family friendly too, but the Family Friendly designation badge is limited to worksites.*

- Organizational Champions**  
ABTech  
Antioch University of New England  
Baudelaire Fine Imported Soaps and Body Care  
**Bensonwood-Unity Homes**  
Bragdon & Kossayda, PC  
Burlington Labs  
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**Making Community Connections (MC2) Charter School**  
**Marlborough School**  
**Monadnock Waldorf School**  
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The Healthy Monadnock Champions program is based at the Center for Population Health at Cheshire Medical Center Dartmouth-Hitchcock

Ready to earn some badges for your worksite or school?  
Get connected with a Wellness Advisor by emailing: [worksitewellness@cheshire-med.com](mailto:worksitewellness@cheshire-med.com)