



### Mark Your Calendar:

#### December 8

The Gathering Place Winter/Spring schedule available on website

#### January 1

New Year Day's Party

#### January 8

First Thursday

#### January 15

Fourth Quarter Customer Appreciation Program awards mailed

#### January 24

Restore Your Spirit Day

#### February 10 – 24

Heart's Desire Week: Take 15% off any item you purchase off your Wishlist or the Wishlist of your special someone

#### February 21

S.N.O.W. Party

#### February 26-28

The Present Moment Slidewalk Sale

### Flat Shipping Rate:

We'll ship anywhere in the continental U.S. for \$8.95 (UPS) plus a \$2.00 handling fee.

Please send your comments and ideas to: [sopeka@thepresentmomentinc.com](mailto:sopeka@thepresentmomentinc.com)

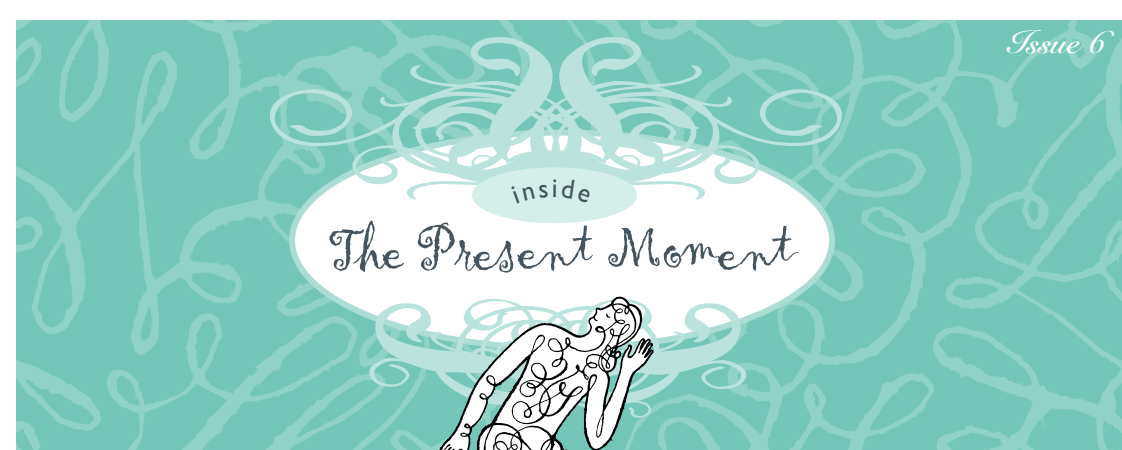
## The Present Moment

521 N. Milwaukee Avenue  
Libertyville, IL 60048  
phone: 847-367-1581  
fax: 847-367-1591

### Store Hours:

Monday closed  
Tues/Wed/Fri: 10 am - 6 pm  
Thursday: 10 am - 8 pm  
Saturday: 10 am - 5 pm  
Sunday: 12 - 4 pm

Credit cards accepted:  
Visa, American Express,  
MasterCard, Discover



We're thrilled by the response we've received about this publication. So many of you have told us that you look forward to receiving each issue of *Inside the Present Moment*. As you may recall, last time we announced we'd be switching to an online version of this newsletter as part of our initiative to "go green." Since then, some of you have told us you prefer getting a printed copy in the mail. If you'd like to receive the printed newsletter, see page 11 to add yourself to our mailing list. Our *green-friendly online version* will still be available on our website. But don't forget to check out all the great things in this issue! We've got great tips on some of our *Newest Items in the Store* and details about our holiday services and store hours. You'll also get updated on our in-store programs, including our staff-wide effort to go *Complaint Free*, and one of our most popular workshops in *The Gathering Place*, the *Gong Meditation*. Take a look inside, and see how *The Present Moment* can help make your holidays bright!



My 22-year-old son recently said to me, "Everyone else is worried about the recession, and you're saying 'Recession? What recession?'" It's not that I'm naïve, or that I haven't heard the dire reports about the economy we're bombarded with every day. Like the rest of you, I've seen the toll this downturn has taken on our country and, closer to home, our community. But as a student of the Law



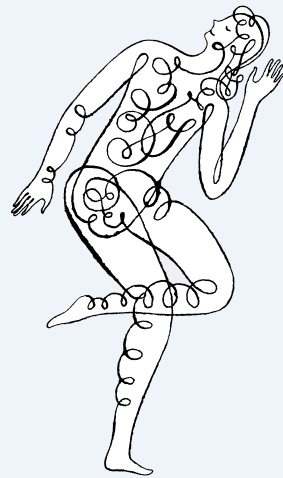
of Attraction, I choose not to put my energies toward the negative. I believe that when I focus my attention on the abundance in my life, I attract more abundance. Here's a simple way I do just that: Every night I make a practice of gratitude.

Before I go to bed, I write down a minimum of five things from my day that I'm grateful for. When I first started doing this a year ago, I often struggled to complete my list. But now it's an easy and joyful task! Opening my consciousness to all of the blessings that manifest each day has given me a new perspective on just how abundant the world continues to be. And I'm happy to say that part of that abundance is the success of The Present Moment. We've continued to thrive and grow, and my hope is that as we focus on our abundance, the entire Libertyville downtown community will share in the blessings the universe has to offer.

Sue

*If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome. - Anne Bradstreet*

Come In.  
Breathe.  
Relax.  
Think.  
Feel.  
Laugh.  
Cry.  
Be.

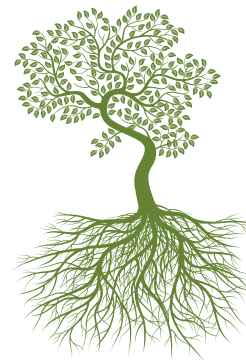


The Present Moment

## "Going Green" is Going Strong

We'd like to thank everyone who has participated so far in our "Going Green" shopping bag program. If you're new to the program, here's a quick recap: When you shop at The Present Moment, you can choose to purchase a re-usable non-woven shopping bag for \$.99. You can use the bag every time you come into the store—or anywhere else you shop. Along with the bag, you receive a raffle ticket for a quarterly drawing for a \$20 gift certificate. Each time you use the bag, you receive another raffle ticket.

We're happy to announce that our very first Going Green \$20 gift certificate was awarded to Colleen Lawler of Kenosha, Wisconsin. Congratulations, Colleen!



## Holiday Hours

### From November 28 through December 23:

Monday	12:00 a.m. – 7:00 p.m.
Tuesday and Wednesday	10:00 a.m. – 7:00 p.m.
Thursday	10:00 a.m. – 8:00 p.m.
Friday	10:00 a.m. – 7:00 p.m.
Saturday	10:00 a.m. – 6:00 p.m.
Sunday	12:00 a.m. – 5:00 p.m.

### After December 23:

Wednesday, December 24	10:00 a.m. – 3:00 p.m.
Friday, December 26	10:00 a.m. – 6:00 p.m.
Saturday, December 27	10:00 a.m. – 5:00 p.m.
Sunday, December 28	12:00 p.m. – 4:00 p.m.
Monday, December 29	10:00 a.m. – 5:00 p.m.
Tuesday, December 30	10:00 a.m. – 5:00 p.m.

Closed: Thanksgiving, Christmas Day, New Year's Eve

## Holiday Gift-Giving Help

**So much shopping to do, so little time! At The Present Moment, we're here to help make finding the perfect gift just a little easier with:**

**\* Call-Ahead Shopping:** Need some inspiration? Call ahead, describe the kind of gift you need, and we'll pull together a great selection of items from the store. When you arrive, we'll have them ready for you to choose from.

**\* The Wishlist:** Want to give your loved ones a little hint about what you'd like to receive? Fill out a Present Moment Wishlist with your favorite items from the store, and we'll keep it on file to share with your friends and family.

### \* Shipping

Skip that trip to the post office. We'll ship anywhere in the continental U.S. for \$8.95 (UPS) plus a \$2.00 handling fee.

## New in the Store

Check out these great new items that are making their debut at The Present Moment.

### Vintage Libertyville Signs from Flavia

Whether you're greeting a new neighbor or saying goodbye to a friend who is moving, these vintage wood signs, proudly emblazoned with "Libertyville, IL" on them, are a great gift. Of course, we have to include a quote and you can choose from two designs to accompany our town name: "Families are strength and hope" or "Living the Dream".

### French-milled soap from Baudelaire

Every soap from Baudelaire has three key features: a vegetable base of palm and coconut oils which are a renewable resource; French-milling which makes the bars last longer, lather better and keep their fragrance; and the use of shea butter, which is a natural moisturizer that comes from the nut of an African tree. All of this makes for a soap that you can feel good about using and makes you feel great when you use it.

### Jewelry from Chain Reaction Jewelry

Designed to delight and inspire, this collection features unique, affordable and fun yoga, lotus, om, and chakra jewelry. You'll find creative and expressive designs featuring mandalas, inspirational words and more.

### Foaming Hand Wash and Bath Teas from Deep Steep

Rich and creamy is the only way to describe the luxurious lather of Deep Steep's hand wash. An instant foam gently cleanses your hands, while organic extracts leave hands feeling soft and smooth. The Bath Tea infusions are the perfect antidote for a busy mind. Sea salt softens bath water as botanicals and essential oils impart their natural healing properties.

### Peace Sign necklaces from Iridescent Dreams Glass

A dichroic glass charm hangs gently below a sterling silver peace sign, making this the perfect way to add beauty to your intention.

### Wynnspiration Necklaces from Julie Wynn Designs

A Swarovski crystal cosmic ring hangs from a 100% silk cord and is beautifully displayed on a color-enriched card with an inspirational quote. The Present Moment is the exclusive merchant for these necklaces, created by local artist Julie Fitzgibbons, who now resides in Long Beach, CA.



### Relaxation Gift Packages from Do Not Disturb

Do Not Disturb brings you wellness for your skin. The relaxation collection made from replenishing ingredients along with the purest, essential oil of Provence lavender, was created as a way to help women buy 30 minutes of their time back. All gift packages come with removable door hangers to let others know that this is private time.

### Abundance Soy Candles from Ebba Los Angeles

This line of candles features heavenly, inspirational scents with its own mantra that complements the theme of the fragrance. Each candle is 100% hand-poured pure soy wax.

### SETTLing Stones™ from Peace Waters

These stones are a simple, effective way to release the harmful energy to which you are exposed in order to restore your body's vibration, harmony and balance. Each stone is cleared of all accumulated energy through a process using Celtic Sea Salt. As you use the stones, they will attune to your individual vibration. The result is an actual sense of calm and well-being.

### Word Expressions Pottery from Primitives by Kathy

Say a mouthful! Whether it's a graduation dinner, celebrating a promotion or entertaining favorite guests, Word Expressions Pottery says it all. In basic white with black lettering, it is designed to go with any décor.

### Mirror Stories from The Grandparent Gift Co.

The perfect woman to woman gift with a simple beautiful message: Carry this mirror with you and each time you see your reflection, remember how much I love you. An engraved heart-shaped compact wonderfully packaged in a contemporary gift box is accompanied by a letter and story reflecting on the life and love shared between two women.



### Magnets from Kate Grenier Designs

Whimsical magnets made from recycled bottle caps and filled with witty snippets, both retro and modern, are packaged in reusable six-pack tins with peek-a-boo covers.

### Beach Cairns "To-Go" from (inner)Focus

Rock cairns are pathway markers for journeys taken by land and by sea. The delicate balance of rocks weather many challenges, yet stand to remind us of where we have been and all that is yet to be. Each cairn is made of rocks from lakes and oceans around the United States and is individually balanced before being bonded. Then a unique neck tag is added to personalize each cairn.

### Original Small Canvases from Jackson Designs

The artist refers to these small, inspirational hand-painted canvases as "moment maker", displaying uplifting sayings along with brightly colored images.

### Journals from This Is It! Creations

Handmade journals with textured Nepalese lokta paper inside, come with a card that explains the paper's origins and what makes it environmentally friendly.

### Glass Angels from Ran La Roca

Several sheets of clear fusible glass are stacked together and enameled, creating colors from a unique pallet. The glass is then used to make these delightful angels, which are perfect as an ornament, wall hanging or just propped against something in your sacred space.



### Fl!p Your Thinking™ Flash Cards for the Soul

How would your life change if you released your old, tired, negative thoughts and replaced them with clear, fresh new ones? Fl!p Your Thinking™ flash cards are a fun, portable practice tool that supports change in any area of your life. Each deck package contains 28 fl!p cards, 3 blanks for making your own, a snap ring, and instruction booklet.

### Embroidered Pillows from Pillow Quotes

A note to call home for a college-bound student, a request for guidance, a touching reminder of our many blessings — this collection of embroidered pillows has something for everyone. Presented on linen or faux suede, each pillow features an uplifting and thoughtful message.

### Bookmarks from Symphony Handmade Seed Papers

These artistically created, handmade seed papers are made from 100% natural, biodegradable and recycled fibers, seed and plant material. You can plant them and grow beautiful flowers, vegetables, trees, or herbs.

### Penny Stones from CMD Gifts

Glass stones imprinted with questions like "superpower you'd like to have" and "what you'd love to try", Penny Stones create lasting memories and improve conversation skills. Toss them on your dinner table for some family fun!

### Meditation Bowl Boxes from The Tibet Collection

Each handmade lokta paper box comes complete with a high quality hand-cast meditation bowl, pad, wooden ringer and instructional insert with information on how to meditate with the bowl.

### Decoupaged Tiles and Plaques from 3 Hip Chics

We're intrigued by the "Angel Story" plaque. At first you see what appears to be three painted angels, but as you look closer you'll see mineral deposits flowing from drainpipes to form "angels". A heavenly image of an extraordinary occurrence!



## The Present Moment Has Gone Complaint Free

It's so easy to get into a negative frame of mind: criticizing, complaining, gossiping. At The Present Moment, we're doing our part to move toward a better, more cooperative attitude by going "complaint free." Using the methods described in the book *A Complaint Free World*, by Will Bowen, the entire staff of The Present Moment is working to cultivate a habit of gratitude and a more positive outlook toward others.

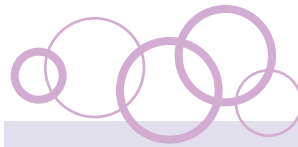
Here's how it works:

- Each participant wears a purple bracelet.
- When you catch yourself complaining, gossiping, or criticizing (and we've added criticizing yourself!), move the bracelet to your other wrist.
- Your goal is to go 21 days without having to move your bracelet. Be patient! Re-training your attitude can take a while, but the effort will be well worth it.

We'd like to invite all The Present Moment customers to join us in the challenging but rewarding effort toward creating a complaint free world! Stop by the store to get a free bracelet to get started. We're also offering Bowen's book, *A Complaint Free World*, as our Open Book Choice, so members of the Customer Appreciation Program will receive 10% off.

An excerpt from **A Complaint Free World**, by William Bowan

*Many people are an "ouch!" looking for a hurt. If you cry "ouch," the hurt will show up. If you complain, you'll receive more to complain about. It's the Law of Attraction in action.... As you leave complaining behind, as you are no longer an "ouch" looking for a hurt, your life will unfold for you like a beautiful spring flower.*



**The average person complains 15 to 30 times per day.**

**Studies have shown that complaining about one's health actually tends to make a person's health worse.**

**Scientists believe it takes 21 days to form a new habit—including the habit of not complaining.**

**More than 5 million complaint free bracelets have been distributed worldwide.**

## Techniques for Living: The Surrender Box

Wouldn't it be nice if a little elbow grease was all you ever needed to fix a problem? Just work a little harder, and the answer will come.



But as most of us have found, that's often not the case. Sometimes life's most nagging issues can be resolved only by letting go and giving your inner voice a chance to find its way to the surface.

Recently, I came across a great technique for releasing the need for control and inviting new solutions to present themselves from best-selling author Lynn A. Robinson. For situations like this, Lynn recommends a tool she calls the "Surrender Box."

Start by writing out your concern on a card or slip of paper. Describe the problem you're having, and summarize it with a question, such as "How can I develop better communication with my spouse?" Close your eyes and meditate on the question. Take a few deep breaths, and imagine being surrounded by a presence of light, love and wisdom.

Ask your question silently, and listen to your inner voice for words, images or sudden insights. Imagine releasing your question into the universe, and trust that you will receive further information.

Place your card in a box—your "Surrender Box"—and put it in a place where you'll see it often. When you begin to brood on the problem, remember that you have released the concern and will receive guidance.

Listen for guidance daily, and you'll find insights given one step at a time. Pay attention to inspired ideas, dreams, and fleeting notions. Consistently ask, "What path should I take?" and you'll find that your fear will begin to drop away as you move forward with confidence.

As Lynn says, "Go with what your inner guidance directs you to do. Begin with small steps. As you continue to trust this insight, you will come to understand that your life is on purpose and your mission is unfolding."



## Turn a Negative into a Positive through Prayers for the Planet

Bolster your own positive energies by contributing a blessing to our Prayers for the Planet program. Submit a written prayer or affirmation to the carved box located in the store. Each month, we'll deliver your affirmations to a local spiritual organization that will serve as a focus for prayer and meditation by volunteers.

# Pay It Forward Program for Girls

Through this in-store program, we inspire girls to discover the rewards of committing random acts of kindness. To date, we've given out over 1,600 Pay It Forward kits. Our goal was to distribute 1,500 kits by the end of 2008 and we are so grateful to the girls who have agreed to be a part of the program.

This fall I've had the opportunity to speak with several Brownie and Girl Scout troops from many of the communities surrounding the store. The word just seems to spread from troop to troop! And I was delighted to participate in two school assemblies at Woodland Intermediate in Gurnee where the program was launched for all of the 5<sup>th</sup> grade girls – approximately 350. Woodland is rolling Pay It Forward out as a connection to its ten core values and as a demonstration that girls can make a positive difference in the lives of others.



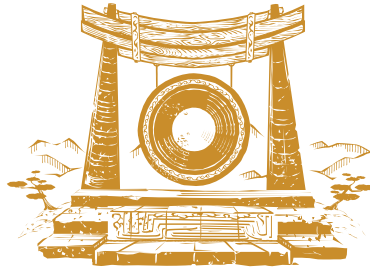
**Watch the Kindness Spread**  
The Pay It Forward Program continues to grow!

Our goal is to distribute 1,500 kits by the end of 2008.

	PIF KITS DISTRIBUTED
	1600
September 2008	1070
March 2008	800
January 2008	650
September 2007	580
June 2007	450
January 2007	240
October 2006	
Program launched	

I recently had the opportunity to be interviewed by a journalist from the Reuters group. He was very interested in speaking with an independent retailer who is doing well and has a positive outlook on the future. I spoke about the importance of having unique merchandise, staying focused on the vision and being firm in my belief that being of service to our customers sets us apart from other stores. Speaking with him reminded me again of how blessed we are to have customers who continue to support us and help us to keep on growing. Thank you.

*When you have a chance to be right or to be kind, choose kindness.*  
- Wayne Dyer



## Spiritual Journeys: The Gong Meditation

Many of you have discovered the power of one of our most popular offerings in The Gathering Place: The Gong Meditation.

From the outside, the experience is deceptively simple. Participants take their position on mats on the floor, as in preparation for meditation. But in the place of a personal mantra, the participants tune in to the tone, harmony, and rhythms of the meditation gong.

At The Gathering Place, these meditations—or “gong baths, as they’re sometimes called—are led by Kenny Kolter, who employs an instrument specially designed for this purpose. “The gong produces wonderfully deep harmonics,” Kenny explains, “People are amazed by the array of tones that can come from this single instrument.”

It's the depth of the sound that is the secret to its power. “The vibrations are so deep, they're hard to escape,” says Kenny. “The mind just settles in, and the physiology follows.” Kenny also employs a frame drum to accompany the 30-inch gong, and uses a variety of mallets to produce many different types of tones. After a brief introduction to the idea of the gong meditation, Kenny devotes about 50 minutes to the meditation itself in each session.

The effect is powerful. Many participants describe a sense of floating or moving involuntarily. Some have conversations with old friends they haven't seen in years. Others go on journeys deep inside themselves.

For Kenny, the experience is just as rewarding. “I am joyful and humbled by what I do,” he says. “I keep getting indications that this is my dharma. I'm going in the right direction with this work.”

## Kenny Kolter: Finding One's Purpose

When Kenny Kolter was first invited to attend a gong bath, he didn't know what to expect. What he found was a culmination of his life's journey.

“I started playing drums when I was about 9 years old,” Kenny recalls. “I was always attracted to music on the level of its texture and energy; I wasn't as interested in its technicalities.”

He began practicing transcendental meditation at age 12, and later studied comparative literature at Maharishi University. It was there that he was exposed to the Indian musical style of Gandharva Veda and its concept that sound and music can have an effect on consciousness.

“It was like rockets were firing off in my head,” he recalls. “I knew that someday, I wanted to be dancing in that world—that space where sound and consciousness came together.”

It was at his first gong bath that he saw these elements come together completely in his life. “I knew it was what I want to do,” he says. “It's a blessing to live and share this passion.”

## Book News

### Mary Anne Radmacher's Upcoming Releases

Once again, we were delighted to welcome author Mary Anne Radmacher to the store. She stopped by for a visit in September to discuss her second book, *Live Boldly*. I had the honor of endorsing her book, in which she uses her vivid and moving combination of words and images to inspire readers to progress in the direction of their dreams. And happily, we'll be seeing more of Mary Anne very soon. She has a new book due out in March, *Courage Doesn't Always Roar*, and we're looking forward to another visit from her in the spring. Stay tuned for more info!



### Download This Song!

Title: "Move Along"

Artist: The All-American Rejects

Why listen? I love the empowering message in this song: No matter what happens, no matter how bad it gets—just keep going. Even if it's just a baby step, keep going. Find that one, small glimmer of hope, and keep moving along.

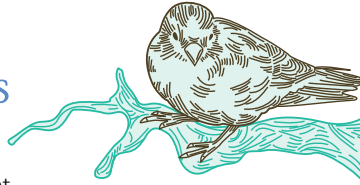
### Memorable Lyrics:

*Go ahead as you waste your days  
with thinking  
When you fall everyone stands  
Another day and you've had your  
fill of sinking  
With the life held in your  
Hands are shaking cold  
These hands are meant to hold*

*Speak to me, when all you got  
to keep is strong  
Move along, move along like  
I know you do  
And even when your hope is gone  
Move along, move along just to  
make it through  
Move along  
Move along*

## Holiday Stress-Busters

It's easy to get caught up in the whirl of holiday preparations and forget that this is a time that is supposed to be fun. Here are a few tips to help you keep your holidays bright:



**1. Decide what you can and can't do.** It's hard, but sometimes, we just have to say 'no.' So don't try to attend every party and event. Plan ahead, prioritize and decide in advance what will make you happy.

**2. Let go of the idea of perfection.** We don't live in a Norman Rockwell painting. Expect that there may be tensions, and family gatherings may not be Martha-Stewart perfect.

**3. Slow down.** Know that stores will be crowded, and tempers may be thin. Stop, breathe. Give someone else the right of way. And think "Happy Holidays" as you do it. It'll help keep your spirits light.

**4. Take care of your body and your mind.** If a half-hour soak in the tub means you won't be making your famous sugar cookies, so be it. Attend to your needs first, then you can head into each holiday event relaxed and energized.

**5. Spread the cheer.** Whether you volunteer at a local shelter, donate to a worthy cause, or simply check in on an elderly neighbor, doing good for someone else will lift your mood and help you keep focused on what the holidays are really about.

## In Praise of You

Usually we feature comments made by our customers about the store. In this issue we've turned the tables to pass on the thoughts of our staff about you.

"Thank you for choosing to shop at our store and providing us with the opportunity to serve. I believe we are at our best, as human beings, when we are helping one another, and I am grateful for the chance to experience the joy that comes from such an exchange. The following quote by Flora Edwards reflects this beautifully:

*In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."*



"It's a real pleasure meeting our customers and getting to know you. So many of you have told us you enjoy and appreciate the store and The Gathering Place workshops as much as we do. We thank you for sharing The Present Moment experience with us."

"Thank you for choosing to come to our store and for sharing your stories and making me laugh."

"Thank you for everything. You make this store what it is today. The energy you bring here makes this an amazing place."



### Newsletter Mailing Options

This newsletter is now available as a downloadable PDF on our website at <http://www.thepresentmomentinc.com/>. Printed copies are also available at the store. If you wish to have a printed version mailed to your home, please go to our website and sign up for the newsletter mailing list.

## We've been "Yelped"!

We recently discovered this 5-star rating of The Present Moment on [yelp.com](http://yelp.com). Our grateful thanks go out to Lynn S. of Reston, VA.

"Totally by chance, I discovered a hidden treasure of a gift shop catering to those of us who appreciate the importance of spiritual journeys and meditation. While on a hectic trip I chanced to pass by the window of this delightful store and could not resist entering. The calming music and soft spoken salespeople did not breach my half hour of wandering past symbolic gifts, beautiful cards, items inscribed with messages to fuel hope and encourage inner strength, or the many books available to support people along their road to self discovery and peace.

The music, the attractive décor, the beautiful items for sale were like a balm to my frayed nerves. I have never seen a shop such as this, totally devoted to individual growth. In an environment that was the antithesis of stress, I found the time to clear my head and purchase a new journal. Many things lovely and inspirational can be found here, in the present moment...."

