

*Jan 2015 Vol 1.*

# Circle News



Visit us at [www.circleoftruths.com](http://www.circleoftruths.com)

email: [pat@circleoftruths.com](mailto:pat@circleoftruths.com)

twitter: [@iamstillnothing](https://twitter.com/iamstillnothing)

Newsletter archive:

<http://circleoftruths.com/blog/media/downloads/news-letters/>

# Circle News



[The Circle of Truths](http://www.circleoftruths.com)  
[www.circleoftruths.com](http://www.circleoftruths.com) [circleoftruths@circleoftruths.com](mailto:circleoftruths@circleoftruths.com)

## Our First Issue

By Pat Powell

Circle News is produced ongoing by The Circle of Truths.

Circle news is dedicated to the principle that all truths are true to the holder of those truths and must be respected. In every issue of Circle News we will discuss topics such as the:

- The Nature of Existence
- Why we are here
- Science and Technology supporting spirituality
- The Nature of Energy
- Healing
- Incorporating spirituality in our everyday lives
- What is spirituality

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## Core Principals

By Pat Powell

The Circle of Truths believes in a set of 5 Core Principals which guide us and server as a moral compass in this imperfect and trying world.

1. *I WILL RESPECT ALL TRUTHS THAT OTHERS MAY HOLD*
2. *I WILL ACCEPT AND CHERISH THE IMPERFECTION IN MYSELF AND OTHERS*
3. *I GIVE MYSELF THE POWER TO DEFINE MYSELF*
4. *I GIVE MYSELF THE POWER TO FORGIVE MYSELF AND OTHERS*
5. *I WILL LIVE TODAY LIKE THERE WILL BE NO OTHER*

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*"I give myself the power to define myself."*

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Please see *Core Principals* continued on page 4

## Existence Vs Life

By Pat Powell

Our lives began at our birth into this flesh, but our existence began before our births. Our existence may encompass many births and many deaths. Our lives as I wrote in my latest book [The Great Book of existence](#), is but a single chapter; one of many, in our book of existence. Our lives within that book are but chapters of a larger book of which tells the story our existence. To understand who we are we need to understand that book. [The Birth of Ego on YouTube](#)

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*“Will your character be 6”  
tall, will your character  
be born in Africa or  
China, will your character  
be born in poverty or live  
in wealth, and will your  
character be born in a  
time of peace or a time  
of unrest.”*

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### THE BOOK

It is best to describe the book this way; none of the chapters are the same. Each life or ‘chapter’ within our book builds the story.

Before we came here, we agreed to play a role in an incredible interwoven and interdependent story with others souls who are equally tied into this beautiful collection of stories.

Within every chapter in our book there is a section of each chapter that we will call the “Birth Chapter”. This is where the development of a character also known as ego is defined. The Birth Chapter combines the influence of nature (parents), the times in which we are born and the environment that we live in. Each of these factors set the stage for the development of the character that we will become. Will your character be 6” tall, will your character be born in Africa or China, will your character be born in poverty or live in wealth, and will your character be born in a time of peace or a time of unrest?

All these variables are used to define the character that you will play and how your character connects to other chapters not only in your book, but how your character connects to, and are intertwined with the stories within the books of other. When we come to terms with the notion that we are here to

Please see *Existence Vs life* on page 5



Existence Vs life

## Upcoming Events at the Circle of Truths

By Pat Powell

### **Live Interview with Lesley Mitchell-Clarke Blogtalk Radio**

When: DEC 14, 2014 9:00 PM

What: Pat will make an appearance on Contact with Lesley Mitchell-Clarke to discuss various spiritual topics

<http://www.blogtalkradio.com/lesleymitchell-clarke/2014/11/03/contact-with-lesley-mitchell-clarke>

The call in number is 888-891-3884



*Global Chat on the Topic of Energy*

### **Live interactive Chat, Lead By Pat**

When: DEC 18, 2014 9:00 PM

What: The Circle Of Truths will be hosting a live and interactive global discussion on a wide range of spiritualistic topics

<http://circleoftruths.com/blog/quick-video-chat/>

## **Vol 2. Feb News Letter**



### ***The Nature of Existence:***

What are we, from where did we come, why are we here?

Author: Pat Powell

### ***Healing:***

Why some things can never be healed

Author: Pat Powell

### ***Letting go of Anger:***

Anger is a poison we are quick to drink, first a sip, and then we gorge. We do this foolishly; all the while we ravenously gorge without pause, expecting the target of our anger to fall continuously sicker the more we consume this poison

*Core Principles from page 3*

***I WILL RESPECT ALL TRUTHS THAT OTHERS MAY HOLD***

We are all on our own incredible individual and unique journey. The nature of this journey mandates that no individual can have the exact same journey as any other.

It is a truth that our truths are forever changing and evolving as we journey from birth of our flesh to the end of our flesh form. It is also a truth that our truths are a reflection of where we are at any particular point in our journey and we must respect others who have different truths who are at different points in their journey.

***I WILL ACCEPT AND CHERISH THE IMPERFECTION IN MYSELF AND OTHERS***

We are imperfect that is why our lives are perfect, we are not here to be all knowing, we are not here to be all powerful and we are not here to be without faults. We are here to experience existence to its richest and greatest possible extent; perfection would disqualify us from having the richest experience possible.

***I GIVE MYSELF THE POWER TO DEFINE MYSELF***

We are all given the power to define ourselves we must always guard that right and not surrender the right to define who we are to no one. This power is perhaps the most important gift that we are given but yet it is sometimes the most easily surrendered the most carelessly guarded.

***I GIVE MYSELF THE POWER TO FORGIVE MYSELF AND OTHERS***

Forgiveness is perhaps the least understood power of man. Forgiveness is not a favour that you bestow on someone who you feel has wronged you. Forgiveness is a gift you give yourself to begin your healing.

***I WILL LIVE TODAY LIKE THERE WILL BE NO OTHER***

Every moment of our life is a finite irreplaceable treasure that must be cherished and honored to the fullest extent possible.

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*"I give myself the power to define myself."*

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*"We are here to experience existence to its richest and greatest possible extent; perfection would disqualify us from having the richest experience possible."*

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*Existence VS Life* from page 2

grow and to help each other grow, we have taken the first step in truly forming a brotherhood of man. When we see each other for who we truly are and the roles that we play in each other's lives, then and truly then will man replace greed with selflessness; hate and fear, with love and kindness. Then and truly then will mankind offer to each other

unconditional love and acceptance, then and only then will mankind know true peace and enlightenment. The key is we must continuously strive to measure ourselves across our existence and not solely in our present lives, or at any point in our current life or someone else's.

## Friends of the Circle

### Odyssey Books

The Courtyard In Pickering Village,  
109 Old Kingston Rd, #15, Ajax, ON L1t 3A6

Website: [www.odysseybooks.com](http://www.odysseybooks.com)

Email: [mail@odysseybooks.com](mailto:mail@odysseybooks.com)

Contact name: Debbie Purvis

Phone Number: 905-426-4823

### Origo Books

49 Lower Jarvis St. Toronto, ON M5E 1R8

Email [eugenia@origobooks.com](mailto:eugenia@origobooks.com)

Website [www.origobooks.com](http://www.origobooks.com)

Phone number 416-703-3535

### Kennedy Lodge Long Term Care by Revera

1400 Kennedy Rd Scarborough, ON M1P 4V6

Website: <http://www.reveraliving.com/kennedy>

Phone Number: 416-752-8282

### Unionville Family Chiropractic

4560 Highway 7 East, Unit 100, Unionville ON L3R  
1M5

Website:

<http://www.unionvillefamilychiropractic.com/>

Phone 905-940-8188

### The Secret Lotus

2683 Bur Oak Avenue, Unit 2

Markham, ON

Website: <http://www.thesecretlotus.com/>

Tel: 905-554-9493

Email: [discover@thesecretlotus.com](mailto:discover@thesecretlotus.com)

## Upcoming Event and announcements from Friends of the Circle of Truths



**Thursday night Chat:** Every Thursday between 9:30PM - 10:00 PM at [www.circleoftruths.com](http://www.circleoftruths.com) please email me with any questions at [pat@circleoftruths.com](mailto:pat@circleoftruths.com)

**Appearance:** *Eternal Life Spiritual Centre,*

Inspirational Talk: Mar 22 - Sept 13 Oddfellows Hall 211 Brock St South (2 blocks south of Dundas) Whitby. ON

Time: 10:30 a.m. to approximately noon

## Inspirational Quotes from the Circle of Truths for Jan 2015 [www.circleoftruths.com](http://www.circleoftruths.com)

2. What if I told you that you are God, what if I told you that we are all small discreet units of the bigger entity that some call God, would you kill each other less? Would you love each other more?

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1. Shakespeare was right, the world is a stage and we are all just actors playing roles, awareness is knowing why we choose those roles

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## Stories from our Website

<http://circleoftruths.com/blog/share-your-experiences-with-pat/>

[Tom Alexander](#) says:

[January 4, 2013 at 9:46 pm](#) [\(Edit\)](#)

I guess I should describe myself as an open minded skeptic, if I can use that contradiction in terms. I believe all is possible — but — with everyone and their brother claiming to have this power or that ability, I need to see it or experience it first hand. I guess I've grown a bit hardened over the years.

When Patrick Powell suggested we conduct an experiment, I was certainly eager to try, but I had my doubts. Those doubts came from a life of seeing hoaxes perpetrated by snake oil salesman who claim they can travel across centuries without leaving their den, or by nice, well meaning people who give it the “old college try” but come up short.

Patrick Powell is different.

In a brief sentence — Something happened.

I had never experienced this before. I was asked to relax in a dark room around 10:00 PM. I chose my bedroom. I lay on the bed at first with my eyes open. After a couple minutes, I closed them. At Patrick's request, I made every effort to relax completely and shut out any thoughts or expectations.

That's when I experienced something unusual.

I saw pulsating white wisps. At first I thought it was just eye fatigue after a long day. But this wasn't eye fatigue. These shapes I saw acted completely different than your garden variety “floaters” ophthalmologists see in their patients.

About a minute later the white wisps disappeared and were replaced by darker, pulsating black waves going in multiple directions. I began to feel my face get flushed. I couldn't help but start “thinking” and perhaps “over thinking” what was happening. After all, I had no experience to compare this to. I knew I was surrounded by some kind (or kinds) of entities. Admittedly, I was a little fearful. Again, this was new territory for me. I let the experience envelope me for a few more minutes, then I chose to stop.

When I did stop, I felt a bit buzzed. Almost like a camomile tea overdose, if that makes any sense. I had complete clarity, just a sense of heavy relaxation. I went into my office to write Patrick immediately. For about thirty minutes, I remained in that relaxed state. The flushed feeling lifted in about the same time span as well.

My father died in 1986. There probably hasn't been a day since his passing that I haven't thought of him at least once. I had a feeling it was my dad, and possibly his younger brother reaching out to me. Patrick confirmed my suspicion, as he felt the same thing.

I'd like to try again.

## Next Month's Issue of Circle News

### ***VOL 2 Circle News***

***The Nature of Existence:*** What are we, from where did we come and why are we here?

Author: Pat Powell

***Healing:*** Why certain things can never be healed

Author: Pat Powell

***Reconciling science with Spirituality:*** too often it is an either or, when it comes to science or spirituality in this article we reconcile both

Author: Pat Powell

***Letting go of Anger:*** Anger is a poison we are quick to sip, and then to eager to gorge. We do this with reckless abandon expecting the target of our anger to get continuously sicker the more we gorge on this poison

Author: Pat Powell

To book an appointment with Pat  
for either an appearance or for  
Energy Healing please visit  
[www.circleoftruths.com](http://www.circleoftruths.com)

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have any questions email  
[pat@circleoftruths.com](mailto:pat@circleoftruths.com)