

Number 16... an introduction

By Parise Ouellette



I'm sitting here in my Ottawa, Canada kitchen facing my laptop, wondering what to write. How do I introduce myself to an on-line audience? Do I write for the reader or myself? I believe some writers write for themselves in the hopes of helping thru their own learning. We are the healers of the soul.

Then I'm thinking, what has defined me throughout my life? What has stood out more than anything else since I can remember?

Number 16.

In my world, this number represented my birth "spot" in a family of 18 children. Yes, dear reader, you read that right - nine boys and nine girls, with only one set of twins. My mother is a Saint – when she decides to leave this Earth, she deserves the best room in "heaven".

I was born and raised in a small French community just outside of Grand-Falls, New Brunswick, Canada. A beautiful town known for its falls, the largest east of Niagra, Ontario. At night, I could hear the falls from my bedroom window, I felt so lucky, so energized by its majestic sound.

***Walking on the bridge I would feel the mist;
and it would automatically give me a bad hair
day even if I left the house looking my best. I
didn't care; I knew unconsciously I was
blessed to have felt the purest energy.***

Most of my life was defined as one of the Ouellette's, so and so's sister. One of the largest families around. Our picture is even in a 75th anniversary book, I was the baby in 1962. That was not enough though, as two more came after me.

How does someone define themselves, when there are so many of us, when you are compared to your brother who didn't listen in class or to a sister who was way prettier than you? Who was I within this bunch of siblings? Why were we so many? These and

other questions I would ask myself throughout my childhood and teen years – oh what am I saying, even as an adult!

To find one's individuality in the chaos is not an easy task.

I believe that was part of my purpose; I was meant this time around to live this life so I could finally find out who I really am – a spiritual being.

To realize why I would have chosen to be born in this family was huge – and a blessing. Each member of my family is a perfect mirror of who I thought I was or who I believe I still am within my thoughts and feelings. I even wrote a small poem that illustrates this fact – the Mirror.

Mirror

A mirror reflects who I am,
It shows my strong points, as well as my weak ones.
It tells me that I'm responsible in admitting my mistakes & that
I should rejoice in my accomplishments.
It gives me reassurance that I am only human.
It reminds me to keep it in front of me & not to turn it around to those I meet;
As they have their own mirror to deal with.
Finally it helps to look in the mirror to see how I'm feeling on any particular day.
Because how I feel, how I balance my life impacts on my relationships.
If you see me stressed out or tired or that I'm not pulling my own weight
Just ask me if I've looked in my mirror lately.

That's who I represent, a walking mirror for who *you* are, but I will not tell you this, that's for you to find out. It is a spiritual journey – one in which I am almost at the end I believe. I've actually felt in the past months that I was nearing my natural death – that something would happen, that I literally did not have much time.

It was a very strong feeling, and quite sad actually. I then figured it out; it is the death of my ego.

I did not do my soul searching alone; my ex-husband and I have two beautiful children. We have an arrangement of a shared custody that works out well for everyone – every

two weeks for two weeks the children go back and forth with our dog Mitzu. No other disruption, which is important – the schools and friends remain the same.

We have Jason, who's just turn 18, a beautiful soul, and a darling to have around. He has an easy laugh, very intelligent and enjoys talking about any subject. His favorite band is Tool and he's got lots of good friends, the artist types. He wants to be a games developer. He's yet to get his drivers license, I believe it is fear based because when he was two years old he told us as a matter of fact that his name was Michael and he had died with his sister while driving a red car. A hair rising moment in time, but believable to the parents nonetheless as we are strong believers of past lives.

And then there's Danika, who just turn 14 – she's also intelligent, a blessing considering we almost lost her at birth. She's gorgeous, funny, loves angels and has loads of very good friends. She hasn't told me yet, but I know she wants to be a dancer. And best of all, she has her father's fearlessness – she'll try anything once. Both my children talk to each other, they respect each other – because their parents, although separated act civil.

Everyone I know cannot understand how we've been able to secure the sense of well-being in our children. This is very simple, the day we decided to separate we made a decision that the children would be our priority and that we would not fight. It has been almost 4 years and we've kept our promise. My ex has even become a very good friend.

Life was not always rosy after my separation; I had created some rather hard times. Then in June 2006, I was "introduced" to the Secret, on the same day I had asked the Universe or God to help me out a little. Since then I've become a fan of [Abraham-Hicks](#) and numerous other teachers of the Law of Attraction. I've also worked religiously in de-programming my subconscious mind with the Louise Hay's method in her famous book/DVD, *You Can Heal Your Life*. My bedroom dresser mirror is full of affirmations which I say twice a day. I've also obtained my Reiki Level 1 in the hopes of obtaining Master in the coming year, for the purpose of healing others. I practice twice daily meditation and have level 1 in CFQ Qi-Gong.

Quieting my mind, living in the NOW is extremely important, that's where Universal Energy flows in.

You might say I'm a strong believer in the New Energy "movement". I have no other choice, my life doesn't work in the old energy anymore – I'd rather attract the positive.

One such old energy belief that is no longer beneficial for me is associating myself as one of the Ouellette's, it is best for my own sanity to bring out my individuality. Which is where I'm at now.

I believe I have made a major turn this year. One day this past spring, I walked in my office and wrote a resignation letter –

I was leaving my 17-year corporate job on pure instinct that the Universe would provide.

Without any planning, I just left an almost 6 figure salary. My soul was crying to get out, so I walked to the edge. I have visions, strong vibrations towards achieving numerous goals. You might say I have surrendered, leaving everything in the hands of God or the Universal Energy. Leaving my Soul, my Higher Self to guide me in what I truly want to accomplish – one moment at a time.

The blessing came while I was surfing the net back in April. I “met” a composer in the UK, I was attracted by his soulful sound music, and it was capturing my very soul. Believe me when that happens, you need to listen and go with the flow. He's also a very spiritual person and I needed some coaching. We therefore got to know each other. Then one day in May, as I was driving back home from work (about a week before I was to officially leave the job), I was visualizing seeing myself on Oprah with my published book; the vision was so strong I could feel Oprah's hair on my cheek as we hugged. That very same day, the Universe did provide, this new friend in the UK asked if I wanted to be his North American Marketing Manager for *Sam Joseph Music Ltd*. Whoa!

However old energy flowed in, how would I do this “job”? I don't know anything about marketing let alone the music industry.

With good intentions however, anything can be done – the 'How' is the domain of the Universe. Eventually, when the timing was right – I felt it – in the core of my Being and we made it happen.

Sam's music has healed me at the deepest level, which is the very purpose of his compositions. When you have a moment where you feel you need some mind relaxation, visit our site at www.samjoseph.com. And send the link to your friends and family. But before you do, see under contacts, you'll notice my name – where my ego was satisfied. (smile)

It was pleasure writing this; it must mean that it was meant to be written.

Until next time,

***We can never get it done we can only live
each moment towards what is most
important.***

Love & Peace

[Parise Ouellette](#)

parise@samjosephmusic.com