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Issue 26

January • February 2006

"The ripple of Peace began in Northeast Ohio and is transforming lives"



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WORDS FROM THE PUBLISHER.....

In my senior year when my high school yearbook came out I was acknowledged to being the "most independent" of my class. Looking back, I realize a lot of that had to do with having friends that were, on the outside, different in many ways. You know how when we are growing up we have a tendency to run with groups or cliques. The people in these groups will all dress a certain way, talk alike and of course share a lot of the same hobbies or interests. The "jocks" were the athletes. The "greasers" were big into cars. The "hippies" into getting high. So on and so on. I would hang with all of them. I think I have always found something to learn from all people. And it's funny how we sometimes cheat ourselves because we don't like how someone looks. I have been guilty of that. Years ago when I started to go to 12 step meetings I kept seeing this "biker" type dude at meetings whose name was Herbie. Right away I didn't like him because I didn't like "bikers." I had some history with bikers and figured they were all the same. Through a series of events I got to know Herbie. The strangest thing happened - we became best friends. One of the lessons Herbie taught me was that perhaps on the outside we looked different - but inside we are the same. Just really a matter of layers of ego we need to bust through. He made his transition about 7 years ago, but I will never forget what I was taught through him.

This past summer I experienced a large gathering called Starwood in New York state. This gathering has been going on for 25 years and it's a celebration of many different thoughts of consciousness or beliefs. I felt a sense of pure freedom. I believe this freedom came from setting judgements aside and just allowing my heart to open. Every 12 years in India there is a celebration called the Kumbha Mela. The last one in 2001 was attended by 70 million people over the course of one month. Each one came from a different place and a totally unique life, yet everyone was there for the same reason - spiritual growth. We have an abundance of opportunity in this world to learn from. Our whole universe is filled with diversity. No two snowflakes are the same - yet they are each snowflakes. There are many religions, races, ethnic and manmade divisions among humans - yet we are all from the same source.

The Journey magazine has always believed it to be very important to allow all people to get their truth out. May we rejoice in our diversity and honor each other. —Namaste, Clyde

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Our Theme for the Next Issue...

surrender

RHAPSODY OF THE HEART

By Dennis J. Kucinich
United States Representative



The word courage is derived from *coeur*, French, for heart. Courage is heart-centered. The capacity to stand up, to speak out, in the words of the poet Tennyson's Ulysses, "to strive, to seek, to find and never to yield" is heart-centered.. " 'Tis the best use of fate," wrote Emerson, "to teach a fatal courage." So let us sing a heart- song of praise to courage, as did Cervantes' Man of LaMancha, "going where the brave dare not go," "dreaming the 'Impossible Dream' .. finding heart-space where we journey above and beyond, becoming more than we are, better than we are, in self-conscious evolution; when spirit rises, pulse quickens, and we come in touch with what Joseph Chilton Pearce describes as a biological imperative for transcendence, as we align head with heart. Courage.

"Every clod feels a stir of might," wrote James Russell Lowell, relating the immanent power of nature on a spring day, "an instinct within it that reaches and towers."

What is this instinct within us that reaches and towers? Could it be the dream-god within? Breathing life into our soul, whispering from our eternal home: It is time to break the ancient sleep, it is time to be born, once again, it is time to break the heart-forged chains, to hope beyond hope, it is time to reach beyond our grasp, to journey beyond our fears, it is time to open wide the door of our hearts and gaze upon a world of infinite potential. Courage is the rhapsody of the heart.

Where does it come from, this divine teaching that nothing is impossible, that heart always finds what in its knowingness, it truly seeks? Following our hearts, the question and the answer are one. 'Seek and ye shall find', saith the Scriptures. Seek high things urges Unamuno. Every lonely hunter's longing is an intuition, a secret blessing containing its own destination, its own rendezvous with new dimensions, new worlds.

What is that heart-spark that moves us to write, to sing, to proclaim, to act, to join, to march into the human spirit's highlands, to believe we can change the outcome, and god-like make it so?

As an activist, I understand the practical application of following one's heart to pursue social and economic

justice. I have seen the citizens of my community unite, again and again, and achieve outcomes said to be impossible, because as our hearts merged fearlessly in pursuit of the common good, in saving a public power system, a lake, a park, a library, a hospital, a steel mill, we drew forth new possibilities which we always there for anyone with eyes to see. Physicist David Bohm's 'implicate order' hints of another reality ready to be evoked, waiting to be called forward by those with the heart and the courage to see it.

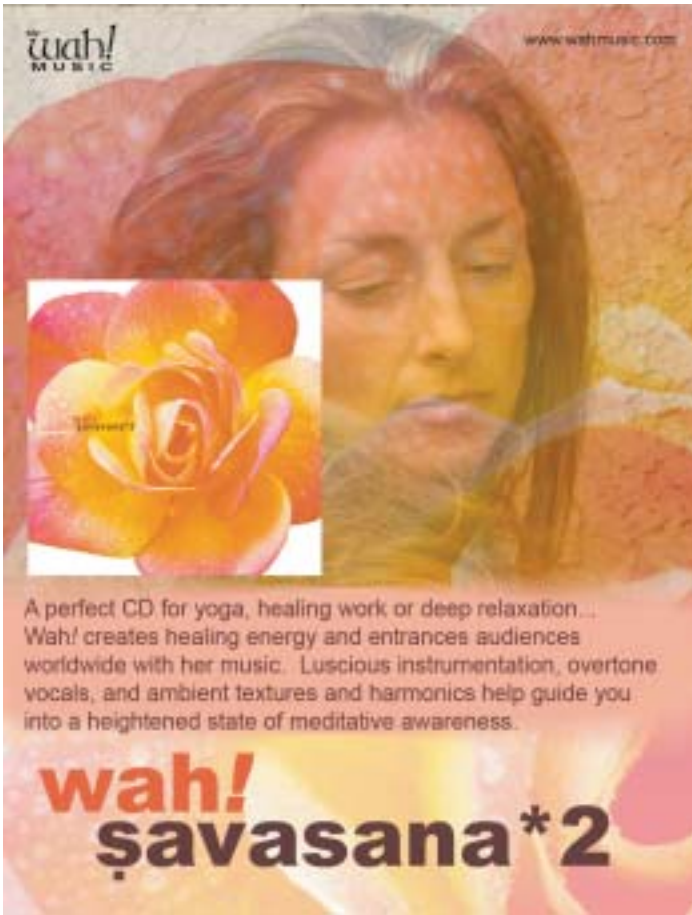
Courage is heart-vision. The vision to see the dawning of a new age where "peace will guide the planets, and love will rule the stars;" - - and the courage to act to construct it. The Department of Peace arises from the belief that we can make compassion, nonviolence, and harmony organizing principles in our society, make these principles the everyday work of our social and political structures. Embracing our interdependence, our interconnectedness, we experience the power on oneness, embracing trust and hope. With courage, we plant the seeds of the new humanity in our own heart - - cradle of the human spirit.

We co-creators, producers, directors of our own human drama open up to the power of the heart, whenever we acknowledge it is time to explore, it is time to rediscover the transformative power of courage, the transformative power of love, the transformative power of compassion and, doing so, make sacred our own hearts, radiate from our hearts - - the light of joy, stoke the fire of passion to experience love as never before, to write the book waiting to be written, sing the song waiting to be sung, take the voyage toward our fondest yearnings. Once more, Tennyson bids us: "Come my friends, 'tis not too late to seek a newer world." Courage and heart. Inseparable. Undeniable. Indomitable.

Dennis J. Kucinich
United States Representative

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Diversity celebrates Creation



by wah!

A healer I know said to me, “Wah, you carry the people you love. It’s time to stop doing that.” I didn’t realize I was doing it – an old pattern left over from childhood – holding the family together when others couldn’t. Allowing each person to walk their own path is the beginning of honoring diversity.

No two snowflakes are alike; each leaf in the forest is unique. Nature celebrates each day with a glorious display of color, sound and activity. If we are also made from this creative energy, then each of our expressions is vital and unique within the cosmos.

How my life path looks is simply how it looks. It’s not something I do; it’s something I participate in as it happens. Your path is shaped by your experiences – the ones that work for you are cherished and used, the ones that don’t are tossed like leaves onto the stream of life, carried away by the seasons. The more you allow yourself to be as you are, the more you see the diversity that arises from creation itself.

If I walk your path for you, I deny you the richness of self-discovery. If I tell you what the path is, I dampen your enthusiasm to find out. The teachings are the same; they will always be the same. Go to any sacred text from any path and you will find a way to discover inner light. What changes is not the teachings; what changes is our relationship to them. I can say, “Live in love” and that will mean 10 different things to 10 people – one person is processing the death of a loved one, the other tentatively approaching a new romance, another processing rebellion with their teenager. How you come into light within your specific circumstance is the jewel which you bring to the world. It’s a moment to moment thing, always needed, ever fresh and vital to the current situation. Opening to light is never repetitive – as your circumstances change you are forced to find new ways to be open and loving.

If I allow you walk your path, I also honor my own. When I allow you to walk your path fully and honestly, making choices which are right for you, I honor myself. I trust that the universe is nurturing and abundant in the way it brings us together. I see that all doors of light open into the same room. When I give myself permission to discover my own path of light and love, I can cherish the path you have chosen that is different from mine. Honoring you helps me honor me. Serving you shows me the way I can serve my Self. Loving you teaches me to love.

Diversity is something to celebrate – what a dull world it would be if we were all on the same path! The people I love are strong where I am weak. My high energy is complemented by a companion’s mellow serenity. My etheric nature is enhanced by the grounding of a loved one. The diversity creates an enjoyable platform to share my unique gifts, learning and taking from others and their experiences in return.

Even the bad stuff has its place. In nature, exposure to viruses and harmful agents helps you develop antibodies of resistance. The bad experiences, in small doses, give you resilience and the wisdom to navigate differently next time. Think of it like a homeopathic dose – a little bit of what you don’t want to activate healing.

Sharing the path is a wonderful experience that is softened and enhanced by moments of solitude and reflection. As I open to receive love from others, I am enriched by their unique experiences. As I travel around the world sharing my story and listening to others, I see each expression is unique, reflecting the light in so many ways. There is no creating this; diversity is an inherent wonder of creation. Each of us is a visible manifestation of the whole.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. You can reach her through www.wahmusic.com



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LIFE IS A HORSE RACE

By Evsttarr

While researching what the famous and not so famous minds have to say about diversity, what I'm left with is my perception of the whole ball of wax. There seems to be a common thread amongst the tapestry of life and the world in which we live in, which is: *no matter how different we think, look, talk, eat, pray etc. etc. etc., we are virtually all the same.*

We crave love; we have fears; we have issues, some of us are in denial and others are so far in denial that they are convinced they in fact have *no* issues. We want love, but we sabotage it when it comes a knocking on our doors...why? Because we push away the actual thing we crave. We're scared as hell to accept or go after the one thing that drives us. So, you see, just in this minuscule part of my thoughts on diversity, I've pointed it out that as atypical as you and I are, we all want the same thing.

For an example let's look at astrology. Being the Planetary Pathways columnist is yet another avenue of how I view life, not to mention a passion of mine. It's like this: your individual birth chart is exactly like your fingerprints. There is absolutely *no one* anywhere on the planet with two fingerprints the same or two birth charts the same. Identical twins have two completely different charts because they are born minutes apart. So we all have fingerprints and we all have birth charts, common denominator, yet we are all so distinctive.

Let's look at myself. I am a Cancer, similar to many Cancerians walking this planet, or floating, yet I am unique in my own right. I've always beaten to the drum of a different drummer, much to the dismay of some family members. At times, that black sheep soul of mine has cost me various things. Ask me if I'd do it all over again, damn straight I would. I like the idea of following that burning desire deep inside of me, taking risks, going where others dared not tread. A mentor of mine, Edwene Gaines, leaves an indelible mark on my soul

with her courage and words of wisdom, "The fruit doesn't grow near the trunk of the tree, you have to go out on a limb." As unique as I'd like to consider myself, I still fall down, get bruised, pull myself back up and try again. I laugh, I cry, I feel pain and I feel an enormous amount of love and compassion. I get angry, I get frustrated and I am in an incredible state of awe when I look at nature. You see, I'm no different than you; we're as alike as two peas in a pod, yet as different as peanut butter and jelly.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names and all are different colors...but†they all exist very nicely in the same box. – (Author unknown)

I live on the lake and spend a lot of time out on the point observing nature, watching the waves, watching the sunrise and the full moon rise above the water. For those of you who haven't experienced this, the moon starts to slowly rise above the horizon and is a deep red-orange and then slowly it lightens in color as it rises above the water turning pale orange, to yellow, then to white. It is an absolutely breathtaking event to behold. As I sit out there I know that the lake is full of fish, in that sense they are all the same, they swim, eat worms, bugs, or what have you and breathe through gills, but yet there are countless species of fish, same yet different.

My observations as I sit and watch the snowfall are: snow is snow, the east side of Cleveland and Buffalo get masses and it snows extra in the mountains and in Alaska. Yet, no two snowflakes are alike. What an awesome world we live in; there are so many similarities in life and nature, yet we all have a uniqueness to us; we are unlike any other.

Take art for example...have you not gone into a museum and seen that canvas *Green on Green* (the artist eludes me)? It's a light green rectangle with a dark green border on a rectangular canvas. I remember during one of my visits to the Cleveland Museum of Art observing paintings for the art history class I was taking and everybody was standing around staring at that particular painting. I missed the fascination, but then again, that's art. Not everyone is an Andy Warhol, Jackson Pollack or a Salvador Dali fan. So, you see, it's all art, but with assorted mediums: oils, clay, metals, wire, water colors, pieces and parts of what you may have in your junk yard...one man's trash is another man's treasure.

We can all assume that people like to eat; they need to eat to survive (unless you're undergoing training for your *grasshoppership* and you're sitting in a Tibetan cave, under the leadership of Buddha, chanting and drinking only water). It's safe to say that if you go to a



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Mexican restaurant most of the people there came for the Mexican food, or the margaritas. We each came for the Mexican food that we know and love, but some of us like chimichangas, some of us really go for the diversity thing in an immense way and get the combo platter of tacos, enchiladas, burritos, refried beans and rice. The Mexican food is what brought us there, we just place different orders. I'm a load-up-on-the-guacamole-and-sour cream type of junkie; you may just go straight for the Quervo.

In wrapping this up, remember, we are all connected and intertwined by past lives. We've all been here before. I've been your mother, you've been my lover. I've been a famous orator, magician and scribe, while at some other time I may have been Attila the Hun. We are all children of God from the same mold like it or not. So the next time you decide to judge someone remember you're looking in the mirror and pointing the finger back at yourself. We all share the same common denominator; we just wear different horseshoes. "It were not best that we should all think alike; it is difference of opinion that makes horse races." – (Mark Twain)


Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay group starting Jan. 3, at Unity Spiritual Center, Treasure Mapping Jan. 7, at Lakewood High School. Contact Evstarr@yahoo.com for speaking engagements for your upcoming events & to book your Angel Card parties. Check out her web site reachforthemoon.net for latest listings & to be added to her mailing list.

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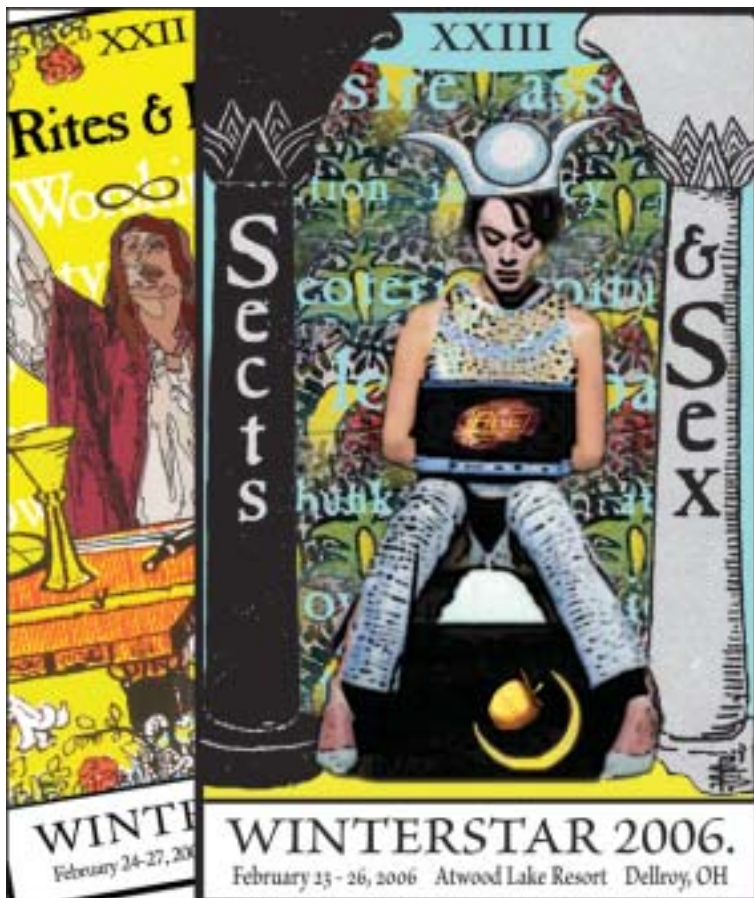
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XXII Rites & Witches

XXIII Sects & Sex

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Sects & Sex

Sexual & Spiritual (r)evolutionaries are in danger of becoming the scapegoats of a new inquisition in a culture that is increasingly repressive. A fact obscured by being wrapped in red, white and blue bunting and religious platitudes... **Expanding the frontiers of your consideration**

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Diversity

By Sierra Bender

In the dictionary the definition of diversity is distinct, assorted, different.

The first thing that comes to my mind is colorful, alive, eclectic, conflict, forever-changing but always a surprise. Sounds like the journey of life.


Boy, my journey to find my spiritual path has been all of them! I have followed an assortment of paths, like trying to choose one chocolate in a box of many. As Forrest Gump said, "My ma-ma always told me life is like a box of chocolates, you never know what you're gonna get." They look good on the outside but how do I know what is on the inside? I won't know until I taste and experience every one.

Trying to choose one can be fun. Chaotic but difficult because I do not know what I am searching for. This is exactly how I felt searching for one path, my path. I have traveled to different countries searching for the light, the source, the answers, the way. And it all brought me


back to the conclusion that there is a plethora of information and not one way or the other is right or wrong. But what was most important was what worked for me.... what felt right and tasted right in the depths of my belly. There where many paths for me but I had to choose what sorted me from the rest.

I love to hear different points of view, which is where I can see how conflict arises. What became obvious for me was that I could not just choose one, that I can embrace all of them and use them in ways that make my teachings and me distinct.

I put myself through many years of inner conflict that were filled with painful and unnecessary suffering because I listened to only outside influences. I had an inability to listen to my own inner voice. I am a yoga teacher, healer and fitness professional. I could not




“... we instantly felt at home.”
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choose one or title myself or my business as one. Although they say it is not great marketing tactics, it has worked in my favor to help myself understand that the universe has so much to offer me and if I cannot keep my mind and heart open to receive all that God has given me, how can I ever make a clear intellectual and emotional decision to use the gifts that the Universe has given me? Even in this sentence, using the word God can, for some, create a different point of view and perception which in turn can create judgment, prejudice, rigid and linear thinking. I have learned it is all how we perceive it. That being open to the assortment, the spice, the variety of life is what makes life on this planet so distinct.

Studying and traveling with many cultures, medicine men and women has led me to open my eyes and heart to see, feel and experience life, yoga, medicine and health in an expansive way. We are all creatures of God.

All assorted, diverse, difficult and distinct in our own ways.

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DEAR LOUISE.....



Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*.

Since beginning her career as a Science of Mind minister in 1981, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Website: www.LouiseHay.com

Dear Louise,

I've been reading your books since I stated learning Reiki more than four years ago in India. I'm now going to medical school in Alabama. In the last couple of weeks, and despite having worked on certain issues with my mother, I've developed a slight upset stomach, I know I haven't worked on the hurt I underwent in the last couple of months. I've taken regression therapy before this and am interested in continuing the work further, but I think I need to let go and forgive a little more . . . especially because of the past few months. Can you give me advice on this matter?

Z.L., Alabama

Dear Z.L.,

Forgiveness always feels good. It has nothing to do with the other person or situation. Forgiveness is a gift to ourselves. I don't care how justified we feel we are, non-forgiveness creates a prison around our own hearts. The door to the heart opens with love and forgiveness. Your gut feelings are telling you that you can't digest your current thoughts of bitterness. So, yes, do forgive your mother. You'll feel so much better. See yourself stepping out of prison into the sunshine of joyous living.

Dear Louise,

When I walk into a room, sometimes I can literally "feel" the negative energy. I know this may sound odd, but it happens to me so often that I'm wondering what I can do to stop or at least defuse it. I can feel positive energy, too, it's not all negative! But obviously the negative energy has a draining effect on me.

S.A., Brazil

Dear S.A.,

When it comes to negative energies and the overwhelming effect they can have on you, I suggest the use of visualizations and affirmations to protect yourself. For example,

A Monthly Column from Louise Hay

if you feel unwanted energy pressing in, immediately visualize a giant pair of scissors cutting the cords of energy around you. Use whatever mechanism works for you: an eraser, broom, whatever. In this way, you're creating your own energy to deflect that which you don't want to experience. Then concentrate on putting out positive thoughts and vibrations. Think of things, people, and pets you adore, and visualize that energy emanating from you. In this way you will be attracting to you people and situations that resonate on the same positive frequency. Affirm: As I love myself and honor my intuition, I automatically attract positive experiences into my life! I am grateful, and all is well in my world.

Dear Louise,

I read your books, and I'm working on being positive. Everything is turning around, and I've started feeling better than ever. But what should I do with very negative people whom I can't stop having relationships with? They are in-laws and my parents. I have to have relationships with them. It seems that it will work out if I affirm my relationship with them in a positive way. But my three-year old gets so much influence from my negative in-laws and my parents. She acts very strange when she's with them. I can feel that she's getting negative energy. What can I do?

D.H., Miami, Florida

Dear D.H.,

*You're on the right track, and I congratulate you for making these positive changes. Now you must take the next step and be the parent. You must set boundaries with the grandparents with respect to how and when they can be with your child. Keep her away from them for a while. And in the meantime, read positive stories to her (you might look into my book for children, *The Adventures of Lulu*, written especially for young ones) and say positive affirmations: *My daughter is always safe and surrounded by loving, supportive people. Everyone in her life brings joy into her world.**

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Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity).†Due to the volume of e-mails Louise receives, she can no longer respond via the Internet.

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The Unity in Diversity

By Shakthi

There are a lot of things to write about, after all the theme is Diversity right? But my interest is not in the diversity of life but in the unity of life. The oneness that binds without strangling our will, that sustains, nourishes and provides everything that we ask of it.

Out of the one came many – the many faces and manifestations of GOD.

Life as we experience it is all a divine play, and just like a play if you have only one character it might get boring. So we have all the different forms that make our journey so much more interesting and fun.

Exploring the rich variety of life forms and experiencing what they have to offer enriches our lives. The issues we face today are a result of us identifying with the roles we play in this play, taking ourselves too seriously. Some of us have become rigid in our thinking and thus our attitudes prevent us from learning from the other forms around us and we put ourselves in boxes. If we do that to our own selves, what chances do the other people that come into our world have? We judge them, stick a label on them and move on to the next person. It doesn't sound like a lot of fun does it? We do it all the time.

We can break free by embracing this diversity, enjoying the differences! Even in Yoga, there are different branches and hundreds of styles that all lead to the ONE

Consciousness. It's fun to practice the SAME in DIVERSE ways without trying to establish that your style is better than anybody else's. When you approach the diversity from unity, then everything flows with ease and grace, life becomes a dance and celebration is never-ending!

To incorporate this attitude into your life all you have to do is something different to get out of the pit you have dug for yourselves, change the attitude just a little bit and watch the world around you change a lot! The next time you are angry – Smile! Challenge yourself to do at least one thing different each day.

Check out a Tantra Workshop (could not resist that), read that book that you have always wanted to but haven't found the time to do so, run outside when it's snowing (not just to get away from it), have a conversation with someone you don't get along with – find out where they are coming from and not so surprisingly it might be the same place that you are coming from – the illusion of being different and separate from life!

Foremost, be aware, still and watch your thoughts so that you don't get caught up in the different roles you play. Don't let any philosophy tie you down. Stay unchained so you can take off and fly into the skies with total freedom and dive into the unknown depths of the Universe at will!

Shivo Ham!

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When Worlds Collide You Scare Me

By John Dennison

You know something? You scare me. That's right. You! Even when you're on your best behavior.

Once I thought it was just me, that I was overly concerned for my safety and lifestyle. But now I know all of that was justified, because I was right. It's not me. It's you.

Sure, I know we're supposed to love each other. And I love you, too. At least, I love the part that I know hides deep inside. But the parts you show the world, well, those I don't love so much. In fact, they strike fear deep in my heart. They raise the hair on the back of my neck and make me want to put up my dukes to protect myself.

Maybe that's why the two of us so rarely meet. Because you feel the same way as I do.

I scare you, too.

You don't like my willingness to challenge my beliefs. Or my ability to shift perspectives to see other sides of every argument. Or the way I see everything as a spiritual expression created to help us awaken to the path our souls are traveling.

See, it really doesn't matter that we live in a society where we are supposedly free to say what we want. Just because I'm free to say it doesn't mean you want to hear it. Or if you do, that it doesn't scare the beejees out of you.

So you find ways not to hear me, to go on about your life as if I don't exist. Just like you try to ignore all those other people who say or do things that you don't like. Or who are maybe just a little different from you.

Somewhere I heard our differences are what make us special. But those differences threaten our nice, comfortable views of ourselves and the world. See no evil; hear no evil, you know.

Now, don't think I'm going to try to convince you otherwise. Because I think it's okay that you don't trust me, that you don't like me and that you don't want anything to do with me. Because to tell the truth, most of the time I don't want anything to do with you either.

You don't even have to have a reason. You can hate me for any reason you please. That's your right.

And frankly, I invite you to try. Find something about me you don't like. Heaven knows I've done a pretty good job of that over my many years. Why shouldn't you take a stab at it too?

Why not hate me for my beard, as white as snow in most places. Kenny Rogers-style, like my Starbucks buddy calls me. Perhaps you were scared once when your parents took you to sit on Santa's lap. If so, that's

Continued on page 18

Humanity's Calling to Embrace Cultural Diversity

By Julene Packer

For much of 2006, Saturn in Leo opposes Neptune in Aquarius and Jupiter in Scorpio squares them both. This T-Square configuration has much to do with learning to embrace cultural diversity on a level of human evolution. Saturn is the planet that defines the social standards and traditions of society. Neptune is the planet that dissolves the boundaries and unifies all things. Jupiter is the planet of foreign exchange, cultural expansion of experience and the quest for Truth. The Leo-Aquarius axis is about integrating the individual into the collective. The sign of Scorpio brings about transformation and mergence.

Depending where these planets fall in our birth charts and what planets we have in fixed signs, we will all experience this in our own unique way. However, on the collective level, we are all being asked to take a look at the separating factors of our individual egos that inhibit us from becoming part of a larger humanity. We are also being asked to look at our illusions that may be distorting our perception of the physical world around us. This will be tested by the urge to hold on to our ego-attachments as if their truth is the very glue that holds us together.

On a universal level, the Saturn-Neptune opposition is signaling a crucial time to find a balance between our separateness and collectiveness. The idea is for humanity to become a unified spiritual whole on all levels without losing its own unique individualism: globally, nationally and individually. "What is at stake in this Saturn-Neptune cycle is one's individual capacity to respond creatively and joyously to the present need for integration of the concrete and the universal." [Alexander Ruperti, *Cycles of Becoming*, p233].

Continued on page 19

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okay. You can take it out on me.

Isn't that the way we see most of the world? If they're like us, we like them. If they're not, we don't. But what do we see when we look? All the differences of course. Diversity they call it. A plague, I say, a pox upon humanity. God just couldn't get it right, and left us to deal with His mess.

After all, what's wrong with a little fear and hatred now and then? If you ain't

with us, you're against us. Right? How are we supposed to put on a good fight if we really like each other? Or respect each other's right to look, speak, pray or live differently?

I mean, isn't that why we're here? To find things to fight over? And then do it with all the gusto we can muster?

So I'm glad you're different. And I hope you're glad I am, too.

Because now we've got something to fight about, or at least pretend to until we tire of our game. Then decide maybe we can live together after all.

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"When Worlds Collide" is a syndicated column of John Dennison, who shares insights on life and how to integrate its experiences to travel the path of awakening. He can be reached at WhisperZone.org, where those who are awakening to their spiritual journeys build community around a shared intention to create their visions of heaven on earth.

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This can be pursued by finding universal values that we all share even if social or religious values temper them differently. This is where Jupiter at the crux of the T-Square comes in.

The Jupiter-Saturn synodic cycle on a collective level is about participation in and devotion to society. The Jupiter-Neptune synodic cycle on a collective level is about the transcendence of social and religious consciousness. Jupiter, at the focal point of a T-Square with Saturn and Neptune, is activating the opposition. This year we are being asked to define and solidify our values and beliefs, to identify and transcend above those old outward programs that are no longer productive, to find our own perception of Truth from within and seek balance and fruitful meaning in our lives. We are being called upon to look within ourselves and within society for new ways to embrace universal values and accept diversity among others just as we accept our own uniqueness.

Because we can only change a nation or even the world one human being at a time, it is up to each of us as individuals to work throughout 2006 on integrating these energies within ourselves.

January through May is a good time to ground oneself in a spiritual discipline and stick with it despite set backs. Allow your spiritual practice to grow and transform as you discover new things about the inner you. Walk a labyrinth or meditate in a Zen sand garden; find a form of active meditation that balances the material world with the spiritual world. Attempt to equally integrate material (Saturn) and spiritual (Neptune) values that represent your inner truth (Jupiter).

Continued on page 20

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June through October is a good time to examine your dreams and goals. To remind you to balance in August and September, difficulties will manifest in your outer life if you are inwardly identifying too much with either Saturn or Neptune. Until the end of November, Jupiter will be in a challenging position to remind you that you are limited by your own perceptions and that reality will inevitably unveil your illusions. Growth comes from believing in yourself, seeing yourself achieving your goals, surrendering the outcome and enjoying the journey. Have faith that the universe will deliver if your goals and dreams are aligned with your soul's path.

In December, Pluto reaches the galactic center. The year ends with a collective pull toward a spiritual death and re-birth of humanity that will become prominent in 2007. We are being asked to gain consciousness in preparation through this T-Square in 2006.

Julene Packer, Dipl.OCA, NCGR-III, ISAR-CAP is a full time professional consulting astrologer with a growing clientele. Her focus is on facilitating an inner journey for self-understanding, personal growth & empowered living. Additionally, she has five years teaching experience as a professional training instructor at ONLINE College of Astrology www.astrocollege.com where she also serves as a Board Member and the Media Director. She lectures at astrological organizations and conferences in Ohio. Julene can be reached for private consultation through her website www.journeyinward.net or by email julene@journeyinward.net.



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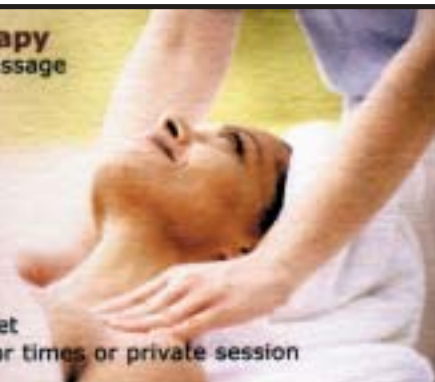
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PLANETARY PATHWAYS

By Evstarr

ARIES

January has you brining in the New Year in a enormous way...it's time to step up to the plate and do something about how great you think you are, after all nobody knows better than you, your capabilities...and you've got more than what it takes...so take those *Ram* horns of yours and charge straight toward your goals...

OK, take everything you've got and put all your magical visualization powers right into that desire...you've just been granted a magical wish...see it as if it *already is*...whether it be travel, love or money, the order you put in last month for your treasure chest has just been filled in February...enjoy Mr./Ms. Ram

TAURUS

Mars has turned direct in your sign as of mid-December...so it's time to put your thinking cap back on in January and contemplating on what your *really* want...it's time to take a break and tell the rest of the world you'll be back when you're good and ready...get some solitary time in and meditate on those dreams and make them a reality

No *Bull* about it...February may come in a little rough but by the time the month is winding up, you'll be glad you kept on plowing through the muck...all that meditating last month finally paid off...stay patient, the *miracle* is just about ready to hatch, dreams really do come true

GEMINI

As January rushes in, you'll feel like you just got washed ashore by a Tsunami wave...rest assured it's only *change*, doors closing, doors opening should be your theme song this month...remember, underneath every tidal wave is a rainbow...look for the pot of gold; it comes in various disguises...it's time to say good bye to the past...onward and upward *Twin*

Watch what you wish for, you just may get it...those words couldn't ring truer for you this month my dear *Twin*...February asks that you keep a close watch on your thoughts...keep that Doberman at the guard door of you mind...the bogey man is trying to get in...make sure all your thoughts are *positive*

CANCER

January has you doing a double-take...and a triple-take...that's right, who are you hanging with...what are you doing, where are your thoughts and your two feet taking you...surround yourself with only the positive, your manifestation work is moving along wonderfully, now you're asked to clean up the rest of your world, go on a mental diet, turn off the TV, get rid of the toxic foods, and Feng Shui your place while you're at it

February is beckoning to you to crawl out of that *shell* of yours and come outside of your comfort zone...take a risk...test the waters, try new experiences...remember the fruit doesn't grow near the trunk of the tree, you have to go out on a limb...explore new-fangled ways of doing things in all areas of your life...live a little

LEO

OK *Lion*, same thing for you...January is telling you to bust loose out of that jungle...let them hear you roar...nobody says you've got to stay with the herd...come on over to the wild side...see how the other half of the wilderness lives...did you ever think about hanging out with the hyenas...you might just learn a thing or two, swallow that pride, break free, swim with the dolphins

So, you learned a little from the dolphins, good job...now take that knowledge and give in to a little playtime in February...nothing nourishes the soul more than a little R & R, laughter creates joy, joy creates miracles, and miracles and manifestation hang in the same playground

VIRGO

Don't over analyze too much in January, but the Universe is asking you to take a long look at where you've been and where you're headed...go ahead make a list, spend some time alone contemplating on your desires and goals for the New Year...then make it happen

So you made your list, you know what you want, now go out and find someone who knows a trifling more about that particular field than you do...more information is needed before you jump into the fire in February...go ahead and consult someone with further expertise, they'll be more than happy to oblige

LIBRA

OK *Libra*, it's time to quit vacillating on whether you want this or that...January is crystal clear about you making a decision and eliminating some of that clutter in your home and your life...how do you expect to balance the rest of your world when that river is dammed...when in doubt do without...get rid of it

Now, doesn't that feel good, now that your home, your car, and your workplace are free of clutter...it's time to work on that mind of yours...surround yourself with all the Dali Lamas you can, read inspirational material, meditate, clean up your soul, and your diet, your mental diet that is...February has only 28 days this year, can you do it?

SCORPIO

So you've done some things you regret, well it's time to let go of the guilt...give it up...move on, make amends...January is

reminding you that you *are* after all a child of the Universe, stop beating up on yourself, do what needs to be done...forgive yourself, now move on

You've done the forgiveness work, now look around you, someone out there wants to help you...think of who that might be and make the phone call...Heaven helps them you help themselves...February is asking you to be open and receptive to all who avail themselves to you, it takes a strong person to work with a team

SAGITTARIUS

So, my dear archer friend, you partied a little too much in December heh? January is asking that you get a little rest and relaxation...cancel some appointments if you need to...rejuvenate that soul of yours...take your time on projects that aren't screaming urgent...it'll still be there in the morning...but will you?

Now that you're refreshed, revitalized, and rejuvenated...go for the big one with all the gusto you've got in you...nobody knows how to do it in a huge way more than you...Jupiter, your ruling planet is the most expansive planet in the Universe, that's why you always do everything in such a colossal manner...well February is giving you the go ahead, dream big

CAPRICORN

OK Mr. Goat, don't let the doom and gloom bring your down for too long...January has got the right kind of energy to allow you to spend time on what you want for the coming year...take some alone time and draw up the business plan, something the *Goat* does well...write it out in black and white, then *focus*, *visualize*, and watch it happen

All right, you know what you want, you've drawn the plans, now execute...set your sights higher, have a little more confidence in yourself, send that skeptical pessimistic side of you on a long vacation...you heard me...increase your standards and above all else February says don't settle for less

AQUARIUS

Alright you've been putting it off for too long now, that's right...it's time to work on those leftover mother issues, whether she's here on planet earth or watching over you from beyond...release the past, forgive and forget, and by the end of January you'll find that you've cleared the way for a whole galaxy of opportunities opening up for you in the way of love



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and business

Good job...February is screaming with magical moments, manifestations abound...you've just been granted three wishes by your very own personal magic Jeannie...think about what you want to come pouring forth in your life, than wish away...see how all that forgiveness work pays off?

PISCES

January is the beginning of a New Year and it's time for you to make a play date...there's some friends of yours that you've put off visiting for some time now...pick up that phone, and swim on over to their pond...there's plenty of fish in that sea of yours; take some time to explore the waters

Now, I think you've just landed yourself a whale...your ship has definitely come in and your treasure chest is filled with more than gold...your prayers have been heard and the Universe is definitely showering you with silver and gold...just remember the magic words...thank you, thank you, thank you...and expect February to be singing along with you

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THE YOGA PAGES

YOGA & DIVERSITY

A Yoga Teacher's Perspective

By Jan Hauenstein

In the conversation of diversity, we wish to honor and respect the traditions and histories of diverse communities. Places where we heal, transform and unite within ourselves and the world. A living movement that ignites the human soul with peace and clarity while discovering universal harmony in yoga and diversity.

In yoga, we experience transformation through the diverse styles of yoga that meet, unify and glorify the diversity in our human natures. For instance, a variety of some yoga methods practiced, as listed in alphabetical order are: Ananda Yoga, Anusara, Ashtanga, Baron Baptiste, Bhakti, Bikram, Hatha, Iyengar, Jivamukti, Jnana, Kali Ray TriYoga, Karma, Kundalini, Power Yoga, Prenatal Yoga, Purna, Raja, Restorative Yoga, Sivananda, Svaroop, TRY4Life and Viniyoga.

Over the years, a diverse number of Yoga choices have been formed and each is based on the foundation of Patanjali's Sutras, Eight Limbs emanating from a central core that consist of the following:

Yamas and Niyamas: Ten ethical precepts that allow us to be at peace with ourselves, our family and our community.

Asanas:

Dynamic internal dances in the form of postures. These help to keep the body strong, flexible and relaxed. Their practice strengthens the nervous system and refines our process of inner perception.

Pranayama: Roughly defined as breathing practices. More specifically defined as practices that help us to develop constancy in the movement of *Prana*, or life force.

Pratyahara: The drawing of one's attention toward si-

lence rather than toward things.

Dharana: Focusing attention and cultivating inner perceptual awareness.

Dhyana: Sustaining awareness under all conditions.

Samadhi: The return of the mind into original silence.

While continuing in the conversation of diversity, Yoga offers a platform, establishing an environment in which we can all see our common similarities and beauty in the midst of diversity. In our diversity, we choose our Yoga (Asana) practice, Meditation practice, Pranayama (breath) practice, favorite Mantra, Mudra, Chant, Yoga teacher, studio, etc. But, because of the pressures, stressors and strains on each of us due to our diversities, challenges continue and tensions mount.

Our Yoga practice gives us much support to meet our daily challenges. And, now in our new millennium, Yoga



Judi Bar, RYT, CYT
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Each issue we feature a different Yoga Teacher
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Name: Parker Bean

Studios teaching at: Karma Yoga, Cleveland Yoga

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Website and email: parkerlegume@aol.com

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Yoga teachers, studio and workshop listings are available for this section. Cost is only \$20 per listing for each issue.

Please keep each listing to 35 words or less. Call 440-223-1392 for more details.

DIVERSITY

By Mary Ann

It was years since I had last visited the church of my childhood. There I was uncomfortably sitting in the last row on a wooden pew on a cold Thanksgiving day morning. My goal had been to pick up my brother after the service for dinner, but I arrived too early and I walked in. As goals sometimes go, my brother was not there. Snowflakes clung to my coat leading me to anticipate an early exit. I spent moments staring at a single snowflake on my coat. As before, my attention span too easily wandered during church services.

The church had been expensively renovated. It overlooked a neighborhood crumbling from the weight of poverty. I shifted in my pew uncomfortable with this notion. Looking up at the ceiling of pictorial adornments, I had to admit the artistry was beautiful. From shimmering candlelight and stained glass windows sprung sentimental memories reminding me of reasons for my journey out of organized religion to the solitary path of spiritual discovery.

My path had taken me into studies of psychology, world religions, ancient earth, native spiritualities and to energy healing practices, which is where I found my center. Intrigued by these surroundings, and knowing well that random events are never random but instead usually pay-attention moments, I waited to discover why I was really here. I looked at the people who crowded the front pews. I sensed the spiritual humility of several devotees while others would look back at me quizzically as if I were an impostor.

Gazing up at the concave ceilings with a wide-eyed delight, I began to see the grandeur art from a different perspective. Did the rows of people standing behind clouds exist on the “other side?” Could the flames of light above the pious be portrayals of active crown chakras? Could the light emanating from outreaching palms be energy points emitting healing? Perhaps halos were early interpretations of glowing auras. Are our underlying beliefs really that different, or, is it our egos that separate us to define reason for existence serving to justify that rationale at whatever cost? Separation creates opposing “god” teams, certain reasoning for many wars. Do we really need these teams? Can the spiritual connectedness I feel during reiki be the same experience as the 80-year old woman kneeling in the front pew, her arthritic hands clutching her rosary beads? Are we essentially the same but clutching different defi-

nitions? Perhaps our diversity helped us to connect to spirit by creating rituals that express our heritage and community. But instead of rejoicing in diversity we build walls and cast judging eyes upon impostors.

What if it was more important not that we pray to a particular god, but that we *do pray*; not that we heal by faith healing, reiki, western or eastern medicine, but that we *do heal*; and not that we love from duty, reaction or reciprocity, but that we *do love*. Imagine people gathering to easily share diverse methods to pray, heal, love and thus connect to spirit. Imagine each of us sharing traditions sans judgment, received with appreciation.

The doors to the church momentarily blew open. A blast of cold air pushed forth doubts discouraging my hopes to see this idyllic time occur. Those doubts soon faded as this ideal that warmed my soul was much more magnificent to me than any artwork.

I wondered if my favorite childhood room remained unchanged during the renovation. I discreetly walked back to a secluded enclosure. A beautiful statue of Mary stood untouched. Roses cascaded down layers of blue and white veils as she emerged from the side of a mountain cave. Small red novena candles flickered, casting shadows hinting at the common symbolic meaning that was sadly divided by dogmatic fear. Years ago, I spent much time in meditation here, inspiring me to later study goddess spirituality itself left standing in dark corners, ignored by many religions.

As the service concluded, I realized my brother must have grown hungry waiting for my arrival. Relieved to be back outside in my own church, the natural world, my coat instantly became dotted with snowflakes. I tried again to observe a single snowflake but gusts of wind blew the snow into rising swirls. We are perhaps like snowflakes. Each snowflake is unique. It is our journey to permit the wind, our minds, to propel us upward to seek. The diversity of each snowflake balances our connectedness. We are snowflakes who dance in the wind seeking the snow. We journey far, returning to our beginning, to realize that the snow, divine spirit, is present everywhere.

If our journey teaches us tolerance then our own snowflake dance can truly become a joyous symphonic celebration of our shared spiritual diversity.

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Let's take a look at the people in our dreams...*Man is literally, what he thinks. His character is the sum of all his thoughts.* – James Allen

The people we meet in our dreams are not who they appear to be...95% of them are aspects of ourselves, we are not choosing to recognize. Especially if these people are oversized, denoting an *emphasis* for you to pay attention to that particular quality or attitude. They may also denote the admirable qualities of ourselves, we are also failing to recognize due to our limited opinions of ourselves.

In a name: Look for the obvious clues with telltale names such as Mr. Cheetham, Mrs. Doolittle, or even Mr. Niceguy. These are obvious attempts to get your attention.

People you know: These people represent qualities we have but are aware of and do not own; the good, the bad, and the ugly.

People you don't know: Females, representing the feminine qualities such as intuition feelings, sensitivity, emotions, etc. Males, depicting intellect, aggressiveness, nonsense approach, etc.

The other percent: There are times when the people who we come across in our dreams will play themselves. The entire content of the dream needs to be considered, and the frequency in which they enter our dreams. Remember each dream is individual to the dreamer, regardless of the general rules.

QUESTION:

What about the shadow figures in dreams, which appear vague, and dark?

ANSWER: A hard fast rule of dreaming is to confront & conquer fear or anger, so call forth these shadow figures, face them straight on, & ask them *who are you & what do you want?*

Dear Duchess:

The Visitor: -I frequently (at least 3 times a week) dream about a specific person that was once in my life. He is still alive, this person keeps coming to me in my dreams, and I don't understand why. It is almost heartbreaking...but at the same time...it is so nice to see them.

Signed, Bittersweet

Dear Bittersweet: I would want to look at what traits or qualities does this person possess, and the relevancy of it in my own life. Take a long look objective look at yourself, also is there a recurring theme or message that he has for you since he keeps *reappearing?*

Evstarr, aka "Duchess of Dreams," has been studying dreams for the past 25 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Visit her website www.reachforthemoon.net for upcoming dream workshops, send your dreams & questions to evstarr@yahoo.com.



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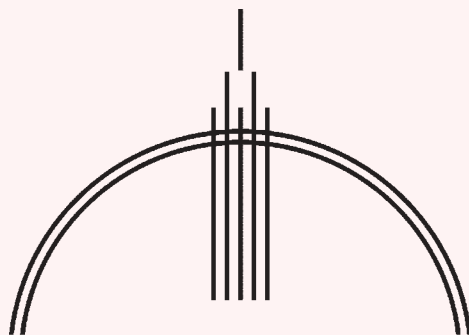
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