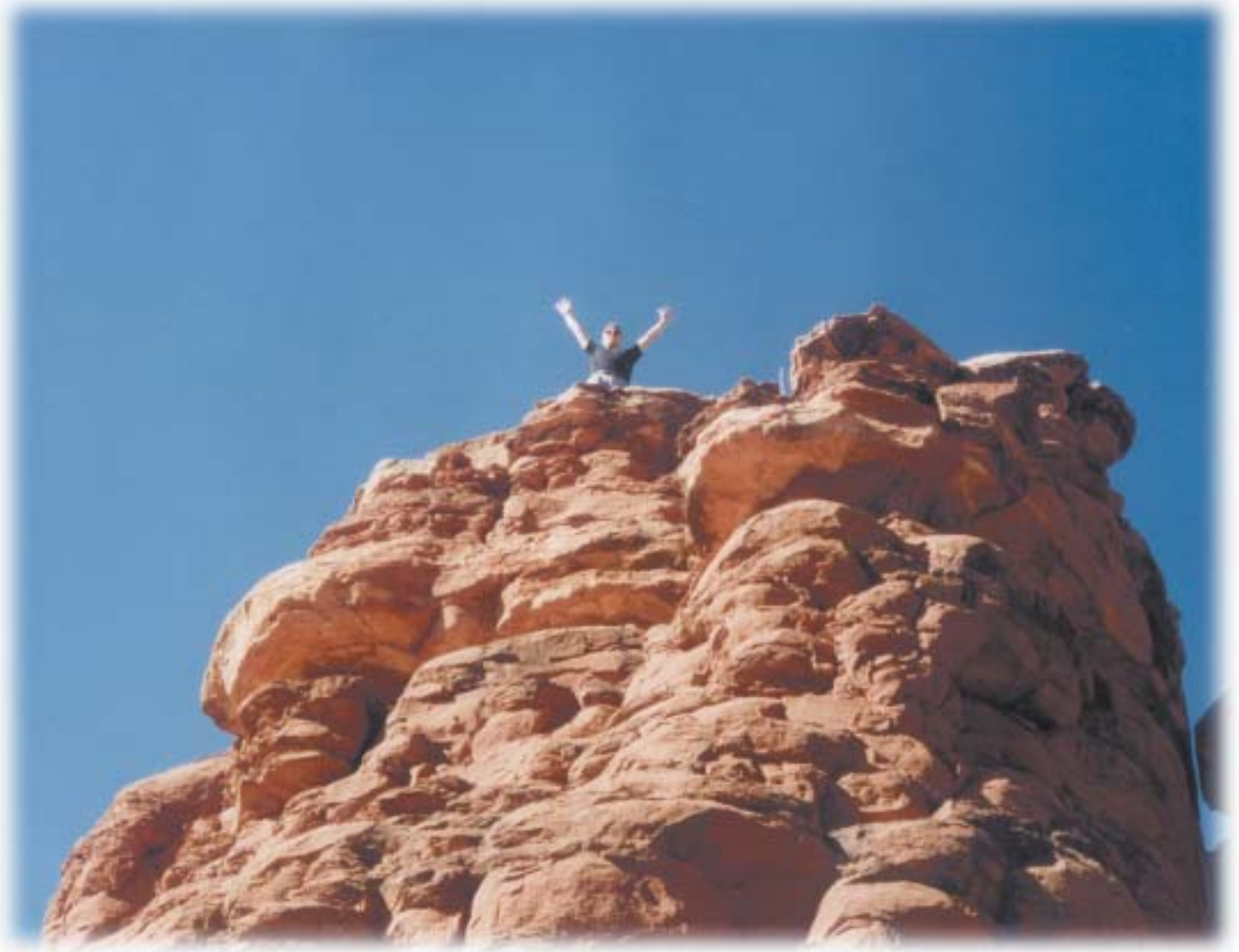


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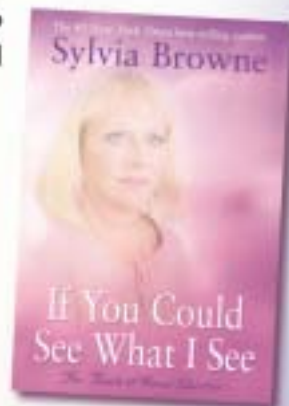
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WORDS FROM THE PUBLISHER.....

In a twelve step recovery program one of the clichés is “you have to surrender to win.” The first time I heard that said I thought the person saying it hadn’t quit drinking soon enough. The gentleman that said this to me had been sober for about 12 years and had turned his life completely around. He had become a very productive member of society. Of course I was newly stark raving sober and had lived in a fog of fear for many, many years and thought I was much more together than him. I was still fighting my alcoholism and he could see that. I believe what he was trying to say is let the fight go. Quit living in the problem and start living in the solution. It’s been amazing to me when I step aside or “surrender” to my dramas in life how quickly things will change. Putting my attention to the problem will manifest more of the same. Surrendering the problem and living the solution is foolproof. I found this true back then when I was fighting the drinking problem. I tried controlling my drinking by limiting how much I drank – didn’t work. I tried changing what I drank – didn’t work. I tried to not drink on certain days – didn’t work. The only thing that ever has worked was surrendering and realizing that I can’t drink. Over the years I found this to be true in so many other life experiences. When I attempt to control situations that are beyond my control it never works. Surrendering to what is really inevitable helps me to realize it is foolish to hang on to self destructive habits, or even thoughts. Funny how we will hold onto toxic habits and relationships believing we can make them healthy. In my yoga practice I find that many times I will hold back on a pose and refuse to release. It’s as if I am scared to let go and release the stress and tension that is accumulated in day to day life. I have found when I surrender in a pose in the physical sense the residual effect helps me to release emotionally. Letting go of unhealthy physical and mental habits takes me to a new plateau to give me the opportunity start fresh and take another step towards my true purpose in life. May our surrender be not just an end, but a beautiful beginning in our life experiences. – Namaste’, Clyde

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Our Theme for the Next Issue...

inspiration

The Struggle with Surrender

By Joan M. Gattuso

This past November, in the middle of a three-month sabbatical, I traveled from France to California with a brief stop in Ohio. It was difficult to leave France and my studies there, but the commitment had been made to participate in a 10-day Buddhist retreat with Sogyal Rinpoche in Northern California.

I was told that reaching that location from Santa Rosa would be a two-hour trip. It took four and a half on mountain switchback roads. While en route, night fell. I became lost and there was literally no place to stop and ask for directions – not a gas station, not a convenience store, not a home of any sort that I could see. It was an inky black night. I have driven switchbacks a few times in the past but never in total darkness. My cell phone got no signal. My mind raced. What could I do?

I pulled off the road, stopped the car and prayed. I practiced letting go of my mounting anxiety, the fear of being lost in the void. Stillness descended upon me and I surrendered into God, knowing I was hopelessly lost.

I rested in God until clarity filled my mind. It came to me where my driving mistake had been made. It meant retracing over 40 miles to take the correct turn and then find the retreat lodge. It was quite a night!

Being exhausted from the travels and travails, I skipped the opening session of the retreat and went directly to bed. I did not learn until the next morning that Sogyal Rinpoche was not present, but had fallen ill and was hospitalized at some unknown location. The retreat, however, was going to continue without the author of The Tibetan Book of Living and Dying. I had longed to meet and study with him and just simply be in his presence.

In place of Rinpoche we would be shown videos of him on a jumbo screen. This was not what I had anticipated and not what I had looked so forward to experiencing. Then the memory of the last night arose and I knew it was time to surrender . . . again. Surrender became my personal theme for those 10 days. The substitute leaders of the conference said that Sogyal Rinpoche would arrive “tonight” or “tomorrow” or “the day after tomorrow.” He never did. So I had opportunity after opportunity to let go. The end result was okay, perhaps even perfect.

To surrender to “what is” does not come easily to most of us. It is the way to break out of a stuck place where our energy is not moving into something new. It most likely will never be what we had programmed in our heads as the experience and the outcome.

On a spiritual level there are various degrees of surrender. We learn to “give it up” to our higher power, God, when we have exhausted all other options. We learn our way is not working (i.e. my driving to the retreat). We learn we have no control over a situation, and it is not in our domain to change what is happening. So we release, let go and surrender. When we surrender, we can perceive it as an act of empowerment, rather than something that is robbing us of our power.

Spiritual surrender is not about acquiescing, rolling over and playing dead. It is about being wise and knowing when we have explored all of our options; when it is time to trust the Universe and have faith in God.

When we are spiritually centered, we can surrender. When we are disconnected and our lives are disjointed, we tend to think we’re the one keeping the world spinning. Then out of fear we plod on, never achieving

peace to allow the miracle to happen through our act of surrender.

Making the decision to stay the course of the retreat, I made a new friend, had several spa treatments and gleaned an enormous amount of material for future lectures, workshops and Sunday services. In that act of surrendering I was able to rest and further renewal followed. I could find the blessings in the experience and accept those gifts. I didn’t dig in my heels, insisting it had to be the way I had envisioned.

In our practicing of surrender we need to be awake and ever mindful that in this act we are surrendering into God, into a higher plan. We do this when it becomes obvious our plan is not working, not bringing forth the highest possible outcome. We do not surrender to another person’s will – that is an act of the ego – but rather we surrender into the will of God.

Be aware enough to not give your power to another person or group where in time you shall become disempowered, but rather surrender to God where in time you shall become fully empowered. This is a very important point.

When we insist that a situation conform to our preconceived image and it does not, we can make ourselves quite miserable. Surrender truly means we trust God to see that we experience a good outcome, perhaps a serenity that could never have happened had we not let go.

The more we learn to let go, the more our lives can flow. Here’s how to powerfully affirm that thought: “The more I let go the more my life flows with the Divine.” Use this affirmation as a mantra. Use it to lead you in and out of meditations. Rest in the very idea that it is *safe* for you to let go.

If a lot of fear is rising in you at

just the thought of letting go, use an affirmation, something like, "This is a safe thing to do. It is safe for me, (your name), to surrender." Write this affirmation over and over, following it with any negative head chatter that declares you must be loony to think it's safe. Keep writing the affirmation with the responses until you can write it 10 times with no negative chatter, truly believing it is safe to surrender.

Then move on to an affirmation such as, "The quicker I learn to surrender, the happier I'll be." Follow the same procedure with this affirmation and once again write out the negative responses until they have been exhausted and you can honestly say you agree with the affirmation's message.

Surrender means you no longer have to control all outcomes. Surrender means you are willing to allow God to be God in your life. Surrender frees you from constantly exhausting yourself. Surrender offers you peace, ease and joy in your life.

Examine the situations you think dominate you in your life. Isn't it time to surrender, to let God take the lead? Perhaps surrender is the answer you have been seeking.

Joan M. Gattuso is the best-selling author of A Course in Love and A Course in Life. The Minister of Unity of Greater Cleveland for the past 21 years, she has just completed her third book, The Lotus Still Blooms: A Practical Guide to Buddhism. It is based principally on her personal studies with His Holiness the Dalai Lama.



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There is a current of grace available to you. It is directed by your inner feelings of wholeness, your ability to connect with infinite love. When you flow with it, you feel euphoric; when you resist it, you feel miserable.

Surrender is not a concept of giving in, giving up or handing over your power to someone else – this is only appropriate for military surrender or enslavement. Spiritual surrender is a conscious practice which requires enthusiasm, constant inquiry and a willingness to open to your higher guidance.

I have heard people say they are “surrendering to God’s will” when things don’t work out the way they want. Surrendering in this way enshrines powerlessness. Surrendering to love does not mean resigning yourself to a world you don’t like. Surrendering to love is a joyous opening to who you already are.

Perhaps surrender is not the right word – *flowing with grace*, or *finding ease of heart* or *doing what you love* might be better terms to express this process, because they indicate both the *letting go* and what you are letting go into.

Current of Grace



The teachings of Abraham-Hicks (www.abraham-hicks.com) explain how your overall feeling of well-being reveals how closely aligned you are with your higher purpose. Things and people that make you feel good, open and expanded are probably in line with your higher purpose; conversely, situations that make you feel constricted, suffocated or down-and-out are probably not aligned with your inner direction. Doing more of what you love increases the energy of love in you. Flowing with love and grace is the ticket. It is as easy as lying in the lap of Divine Mother and receiving Her blessings.

John Friend, founder of Anusara yoga (www.anusara.com) puts it this way: “As we deepen our alignment with the Divine, we step deeper into the flow of Grace. It is through the revelatory power of Grace that we awaken to the truth that this Divine flow is our essential nature. This higher knowledge naturally fuels our deepest desire to lov-

ingly serve the creative flow of life through each breath and [every action].”

Healers surrender to the divine current when they ask the masters of light to work through them. They ask for alignment between their own personal energy and the current of grace flowing through all things so that they can precipitate healing. And what is healing? It is the recipient’s realignment with divine energy, a return to natural and inner directed guidance.

When you surrender to inner guidance, the Universe arranges or rearranges your life to support it. After all, the information is all coming from the same place; your guidance and the energy of the Universe are made of the same stuff. Heaven and Earth are intertwined through you and your incarnation. As you make love, create happiness and open into light, you share the delight of your divine nature. One opening leads to another, one act of kindness leads to more kindness and so on. It’s a strong current.

So what does it look like when you feel terrific and act empowered? What is the best possible outcome for your current situation? Express it, explore the possibilities, experiment with its manifestation. Surrender wholeheartedly to your fullest, most generous expression of self. Flowing with grace means you expand and move forward with love. As you create it for yourself, you inspire that pathway for others.

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest CD **Savasana*2** is designed for deep relaxation and healing. www.wahmusic.com*





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"Surrender"

By Joyce Varona

My first thought about surrender was Marianne Williamson's prayer from her book Enchanted Love – The Mystical Power of Relationships,

Dear God,
We surrender this relationship to You
and ask that it be used for Your purposes.
May our resources and love
be pooled
and lifted up in Your service.
May we become together
even more than we are apart.
May the light around us
forever shine.
May the space of our love
be a space of healing
for ourselves and all the world.

Then I looked up the word in an online dictionary:

surrender (su-ren-der)
v., -dered, -dering, -ders.
v.tr.

1. To relinquish possession or control of to another because of demand or compulsion.
2. To give up in favor of another.
3. To give up or give back (something that has been granted): *surrender a contractual right*.
4. To give up or abandon: *surrender all hope*.
5. To give over or resign (oneself) to something, as to an emotion: *surrendered himself to grief*.
6. *Law.* To restore (an estate, for example), especially to give up (a lease) before expiration of the term.
v.intr. To give oneself up, as to an enemy.
n. The act or an instance of surrendering.

SYNONYMS – *surrender, submission, capitulation.*

These nouns denote the act of giving up one's person, one's possessions or people under one's command to the authority, power or control of another.

What struck me was how the word surrender in the prayer left me with a sense of calm and peace. A noble and dignified feeling, as though to give oneself or one's relationship over to a Higher Force was natural, comforting, a relief. The dictionary definition left me feeling defensive, defeated, forced against my will to give up something that belonged to me.

When I was in my teens to early '20s, I had wanted to join the Peace Corps and go to some remote place ...I had absolutely no idea what I was going to do... but I did know I was going to do something idealistic, important and meaningful. I thought I was surrendering my life to a Higher Power. But now I realize that was not surrendering – it was ambition disguising itself as a do-gooder.

As time went on (I never joined the Peace Corps – got married and had five children), I found myself being battered by life as happens to everyone. There was a point I felt that I was in a series of boxes with thick walls. I always thought I could do anything if I just put my mind, my ingenuity and my strength into it. And for a while I managed to break through, dig under or climb over them. I started to feel really tired.

One day, I remember reading the phrase on someone's bumper sticker "Let go and let God." I don't believe in coincidences so I took it as a response from a Higher Power to my prayers as to how to handle my life situation. It became my motto for a while and I thought that this time I had really surrendered my life to that Higher Source. Now I realize that it was a conditional surrender filled with skepticism. Yes, I surrendered as long as money came on my schedule, things went my way and people did what I wanted them to do. When things didn't go my way it proved that "Letting go and letting God" wasn't the smartest thing to do because He/She obviously didn't realize that the mortgage needed to be paid on the 1st and it was the 15th and that money hadn't arrived yet.

By then, life no longer occurred as a series of boxes with thick walls that I had to break through – it became more like a maze – a series of paths that led nowhere, or backward or forward. Of course I would regress to my old ways when I found myself at a dead end wall. I pounded it, pushed it, kicked it, tried to climb over it, dug under it, even reasoned with and yelled at it to not be a dead end but it was what it was. Then I realized if I just turned back and surrendered to the wall I would eventually find an open path. However, I felt confused in the maze. I needed clarity. Where was I going and what was my life meant for? Ah, the question asked and to be asked by millions upon millions of people before and after me...

One night I came home very late from work and everything came to a head. My husband was battling prostate cancer, the bills were piled high, all my children wanted or needed something from me all at the same time, I had a deadline to meet, the house was in disorder and I still had to cook dinner. I had enough. I blew up and told them to make sandwiches for themselves, that they were all old enough to take care of themselves and a lot of other things which probably are better left not printed. I changed out of my work clothes and walked down the block to "my pier" that overlooked Lake Michigan. I always went there when I needed to just get away from it all.

It was a beautiful moonlit night and the water looked

like sparkling diamonds. The stars were winking in the dark violet sky. I felt the warm summer breeze softly blowing my cotton dress against me sending a delicious feeling of being caressed all over my body. I heard the water gently lapping against the concrete walls of the pier. The air was pungent with the smell of sand and fish. There was no one around.

I walked to the end of the pier and kneeling on the concrete I began weeping. "Okay! I give up! I surrender! I have no idea what I am doing, where I am going, how to handle any of this. The burden is too great so please take it all because I can't anymore." In that moment of my deepest despair, I felt a warmth that crept over me and without words I received a feeling of grace. I thought to myself, if this is what true surrender is then I willingly give up all that I have.

Today, life occurs to me like a spiral labyrinth. Step-by-step, day-by-day, moment-by-moment I move in and out of the circle of Beingness, delving deeper into the Mysteries of Life. I come closer and closer to the edge of where I think "I" stop and where the Higher Source starts and I find a blurring of the edges. There is no definitive location, distance or separation and I become the channel I have so longed to be.

When I stop to think of that beautiful, surreal moonlit night, I visualize myself in the ultimate act of trust and surrender – arms out, eyes closed, I fall back into the deep violet of the night sky...

Joyce Varona is a Classical Feng Shui consultant and teacher based out of Chicago, Illinois. joycevarona@hotmail.com



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From Caesars Palace

To the Emerald City



By Evsttarr

Surrender is something I do each and every time I write an article. I meditate in my usual rattan rocker in my home office, surrendering my brain, my typing fingers and my word count to the powers that be. In my case, the powers that be include an extended list of my angels, guardian angels, God, the Holy Spirit,

the Ascended Masters and all the dead boyfriends. Then I walk over to my computer and let my fingers do the walking. I forget what I wrote a day or so after I write it. By the time *The Journey* magazine comes out, a month or so later, not only have I forgotten what my article is about, I've completely forgotten the theme. Then I flip the pages, find my article, read it and say, "Wow, I wrote that? Damn is that good." You see "I" didn't actually write it. Oh yea, sure, I did the research, I meditated but then I surrendered everything to spirit. It's much easier that way, less stressful. See, then you have an out if somebody doesn't like it, then you just say spirit must have had an *off* day that day.

Surrender can be interpreted in various ways. I used to be a poker player. Back in the '70s, when my first husband was still alive, we used to meet with a few people every Sunday afternoon in somebody's basement and play nickel dime poker. The dealer would always have the option of calling the game. My favorite was Follow the Queen, where the card that followed the Queen as you were laying the cards down on the table was wild; and, of course, the lady always won.

Surrender is a blackjack option that's rare in the Midwest but not at all uncommon in Las Vegas. The option is offered at such places as the Tropicana, Caesars Palace, Mandalay Bay, New Frontier, Harrah's, Rio, Bellagio and other casinos. It gives the player a way out when stuck with a horrendous hand. The mechanics are simple...the surrender option is offered only after the dealer checks to see if he has a blackjack. If he does, players who don't also have a blackjack lose and their chips are swept away. However, if the dealer does not have blackjack, the player may surrender half his bet in exchange for not playing out the hand beyond the first two cards. (Excerpt from [Don't Give Up on Surrender](#), by John Grochowski)

Most of you are probably familiar with the spiritual

meaning of surrender. "What exactly is surrender? To give yourself entirely, unconditionally and absolutely to God is surrender." – Sai Baba

I was going through a tumultuous divorce back in 1990. I had *given up* everything I could possibly have released at the time, including my oldest daughter, who was 12. She chose to stay with her step-dad. I also relinquished the home I lived in, remodeled, wallpapered and decorated; all assets, insurance, pensions, etc.; child support for my youngest, who was about nine months old; alimony; all the material goods, furniture and appliances. What was left of my life?

A good friend and mentor at the time said to me one night, "You know Evelyn, you need to surrender everything to God." Looking puzzled I said, "Are you kidding me, I've given up everything." She then said, "No, you haven't given up Shayna." "My baby," I said. "I can't possibly give up my precious baby, she's all I have left."

"To truly surrender is to turn everything over to God, including the baby."

So that night, as I lay awake in the still of the night, darkness surrounding my bedroom like a heavy blanket of doom, I prayed. Crying silently, listening to the echoing throbbing of my heart, but knowing what *must* be done, I spoke quietly into the night. "God, if it is your will, then so be it, I release my baby to you, for the highest good of all parties concerned, if you think someone, anyone else shall have her, then so be it." I remember that moment as if it were yesterday. Never in my life could I imagine such a heart-wrenching moment as to give up the very thing I lived for. Well, once you surrender, it's like a boomerang – whatever is meant to be yours *cannot* be taken from you. The court's decision was in my favor, my daughter shall reside with me. She is now 16 years old; sometimes I ask myself, "What was I thinking?" No, seriously, I love every minute of it, the teenage years less than some.

One of my most beloved movies of all time is watching *The Wizard of Oz*. Now, there is a girl after my own heart, Dorothy. Out to explore the world, rescuing Toto, running away from the crabby Ms. Gulch, heading off to the Emerald City in search of the Wizard, only to come across the wicked witch of the west who had it in for Dorothy and the ruby slippers. However, Dorothy was a woman with a mission and a mind of her own, regardless of what the rest of the world thought she should do.

"To be one's self, unafraid whether right or wrong, is more admirable than the easy cowardice of surrender to conformity." – Irving Wallace

As Dorothy, the scarecrow, the tin man and the lion are

finishing their beauty treatments in the Emerald City, the wicked witch reappears on her broomstick, etching a warning in black smoke across the sky: "SURRENDER DOROTHY." The people in the Land of Oz scatter about wondering who is Dorothy. Dorothy and her entourage insist on seeing the Wizard but the guard will not allow it, until the scarecrow chimes in "but she's Dorothy." So the story goes on and after a series of events, Dorothy wakes up back in Kansas, thinking it couldn't have been a dream; it was so real. The story ends with Dorothy saying, "There's no place like home." Dorothy had the power all along; she just needed to surrender to it.

So, whether you're playing black jack, yielding your control to a higher power or following the yellow brick road to the Emerald City, remember it takes more energy to swim upstream and fight the current than to let go, let God and go with the flow.

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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'm doing affirmations for more prosperity, but they don't seem to be working! Every time I take a few steps forward and money starts to flow, an expense shows up that I have to handle (such as a medical bill), and I feel like I just took two steps backwards. What do you suggest I do to keep the prosperity coming? Thank you.

J.M., Ohio

Dear J.M.,

Your prosperity is doing fine. It's your deservability that's the problem. So let's work on that. The money starts to flow in, but then your old-thinking patterns come forward and say: "You don't deserve this money; let's find some expense to take this away from you."

So, begin to do mirror work three times a day. Stand in front of a mirror and say out loud: "I release old, limiting thoughts. I release all guilt. I accept permanent prosperity. I deserve to prosper. I am worthy of a good life now. I allow my bank account to grow. I am grateful for all the good in my life."

Dear Louise,

I love your Morning and Evening Meditations tape, but my husband and I are concerned about the effect it may have upon our two-year-old daughter, who sleeps in the same room with us. We play it on our tape recorder every night. Is it okay for our little one to hear this tape? Thank you for all you do in the world!

K.T., London

Dear K.T.,

It's wonderful that your daughter's subconscious mind is hearing the tapes. The earlier we start with positive affirmations, the better it is. She'll have fewer problems as she grows up. Teach her affirmations and mirror work as soon as you can. Children love to talk positively to themselves in the mirror. (*My Adventures with*

A Monthly Column from Louise Hay

Lulu book series is written for very young ones and includes this exercise.) May you and your family have a healthy, prosperous, loving, and joyous life for the rest of your days!

Dear Louise,

I have thoughts of pain, frustration, and doubt about affirmations working because I don't see my life turning around. How do I overcome the pain, and at what point is enough, enough?

G.A., Miami

Dear G.A.,

No matter what you're doing or not doing, you're thinking. Your thoughts shape your life! This is why it's imperative to take control of your thinking. Stop choosing thoughts of pain. Author Sonia Choquette, in her new book,

Trust Your Vibes at Work, offers this wonderful exercise, which will turn this problem around for you: Once a day write down ten things that you love. Do this first thing in the morning and last thing at night. Verbalize the things you love. Also, if during the day you find yourself thinking thoughts of pain or saying "I hate [fill in the blank]," take a breath and say, "Enough of that. *This* is what I love."

Try this for a month and your life will explode with good experiences. Remember to be grateful, and be sure to say, "Thank you! Thank you!"

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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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Sincerely, Clyde Chafer

CALAMITY OF CONTROL: A SATURDAY TO SURRENDER

By Mary Ann Reiger

I have seen her before but I'm not sure where. Impatiently, she paced in front of our old brick office building, repeatedly ringing the doorbell. "These doors need to open *now*. I must be at work. Where is the guard?" I thought this was an easy excuse not to work on a blissfully sunny Saturday morning. "Take off, enjoy the day." I suggested. Ignoring me she rang the doorbell then started to knock loudly on the glass. She swept a key card across the door's security box. The gold framed glass doors did not open. She stomped her feet but the doors did not open. No one heard her.

Mesmerized, I watched as the bright morning sun gleamed off the gold metal door frames momentarily blocking her from my sight. How many doors had I tried to open that were shut tight I wondered, like the times I believed that if I tried hard enough I could fix the unfixable, like a broken marriage, bad poem or cracked cup. Surrender isn't easy for us problem-solver types. We pride ourselves on our survival instincts. When does determination turn into control, desire become obsession or hard work turn into stubbornness? If I surrender does that mean I settle, give up or I am not able to achieve my goals?

She stopped knocking on the door momentarily, looking around angrily for someone to blame. Dialing her cell phone her words turned into accusations with each new call. I waited absentmindedly scrambled my key ring staring at the useless keys. How many keys did I still carry to doors that had long been slammed shut? Did I hold on hoping that I could relive the past, make

amends or was it denial? Occasionally, she would glare back at me as if to blame me for the locked doors. Blame is the refuge from the responsible self, handed out like useless keys.

A homeless man walked up. "Can you spare a dollar?" Out of my pocket I handed him a handful of change. He saw quite a few pennies, so he argued, "But I needed a dollar!" Begrudgingly, he pocketed the change, grumbled and walked away. Among the pennies were several dollar coins he had not seen. When we demand control do we miss out on more?

The woman leaned against a gray stone wall. She looked up at the sun in a new way, noticing its brilliance. Her shoulders drooped as she snapped her cell phone shut. "I don't know what to do. My reports are due and I can't be late." She sighed. The heart wants what the heart wants and usually for valid reasons. Do we only surrender when we have worn ourselves out trying?

When I stopped controlling my life's keys I began to succeed. Whenever I practice gratitude doors do open. I work to achieve my highest potential while recognizing I am part of the wholeness of spirit. I no longer wait to surrender. By surrendering I become a co-creator of an evolving life. Surrendering is not easy for me as it takes trust. Refusing to surrender creates the calamity of control. When I do surrender doors open and unimagined possibilities become realities, dreams are fulfilled in surprising ways or I learn my dreams can change. Surrendering allows me

permission to change and grow.

The homeless man walked past while counting his change. Often we do not realize the many gifts we continuously receive until we surrender. The woman relaxed and smiled as I walked up to the golden doors. I offered to help her call the building's office. As I did, I noticed how well-polished the doors appeared. Patience to surrender when gleaming doors appear closed can be daunting. We can see our prize on the other side of the glass door but can't reach it.

Soon we knew someone would arrive. Patiently we joked about the silliness of being indoors on such a sunny Saturday. Maybe things would turn out fine if we left... Sometimes we surrender together.

A guard suddenly appeared. "This way," he motioned, then apologized for being late. Excitedly, he said, "Look at my daughter!" He pointed to a newborn baby picture on his cell phone then thanked us for being patient. The woman, embarrassed, rolled her eyes. Easily, he opened all the locked doors. When we stop creating calamity from our need to control we learn what newness can be created.

At last, I recognized the woman because there were times I have been her. The guard grinned as he leaned back in his chair gazing in awe at his newborn baby's pictures.

Most importantly, surrendering returns us to the innocence of a child.

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'NO MAS' THE IRONY OF SURRENDER

By Thomas K. Ockler P.T.

Surrender always carried a negative connotation in my book. It has always signaled that one has "given up" or "thrown in the towel." My years of devout cartoon watching taught me that the tattered white flag usually indicated one of the characters got the hell beat out of him and couldn't take it any more. Ten years later, as I watched boxing on the television, I witnessed Roberto Duran's famous fight against Sugar Ray Leonard, when Roberto could not go on any more he told the referee, "No mas." It's easy to see how surrender became synonymous with giving up, being defeated. I have recently come to know that sometimes surrender is a just and noble thing to do.

One of my best friends and professional colleagues is quitting practice this month. He has long advertised in this publication and even had a booth at the Journey Expo. After over a quarter century of alternative thinking in the practice of medicine, he has quietly uttered "no mas." Was he weak and inferior? To the contrary, he was neither.

What events led up to his decision?

First, a little background on this outstanding practitioner. After graduating from Harvard and then Stanford Medical School and practicing within the traditional medical model, he, not unlike Dr. Andrew Weil, concluded that our sick care system is flawed. He then went back to school, this time to become a Doctor of Oriental Medicine. He opened a very modest practice, treating with Oriental Medicine yet having a full understanding of all the Western Medicine train-

ing and expertise.

(So to review; Harvard for undergrad, Stanford for Medical School and then on to Santa Fe New Mexico for His Doctor of Oriental Medicine. Can you say genius?) By the time this publication hits your hands, he will no longer be in practice.

The tragedy here cannot be understated and the cause of this tragedy is growing larger each day. This gifted doctor, who did not admit patients to hospitals, who did not prescribe medications and who has **never been sued** received a statement from his Malpractice Insurance Company that they were raising his rates by a ridiculous amount.

So much so, that it was no longer possible to stay in practice. Why did they raise his rates? Because they could, that's why!

The decision to jack up his rates was made somewhere in a corporate office, by an individual with much less education. By an individual who is not qualified to judge my friend. The rate hike was made by looking on actuary charts of data. My friend and colleague was caught up in a wave of rate hikes that were meant to target those practitioners and institutions who deserved to have their rates hiked.

Not my friend. He didn't deserve that letter. He deserved a commendation and refund. You see, he saved the very company that is forcing him out of business money. By never getting sued, by giving patients an alternative to the traditional system of sick care and keeping them from being harmed he saved the insurance company thousands and thousands of dollars.

Don't misunderstand me, there are so much fraud, abuse and malpractice in our sick care system that it is no wonder that malpractice rates must rise. Institutions that routinely screw up yet do nothing to correct the problem drive the rates up and deserve to have their rates jacked sky-high. But not my friend.

The irony of this tragedy is, if he was to stay in business and pay the huge rate hike, he would have to spend significantly less time with each patient while seeing many more patients at once, thus increasing the likelihood of making a mistake. This would in turn increase the likelihood of harming someone and getting sued. (Note: Highly unlikely with

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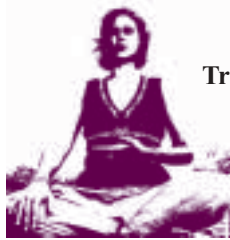
acupuncture and Chinese herbs but you get the drift.)

You see, it is the profit driven model of traditional medicine that emerged in the mid '70s (allowed by an act of the U.S. Congress) that breeds poor care, increased risk of harm, infection, medication errors and death. This forces doctors, nurses and all health care providers to do more with less. To become more efficient. To streamline the operation. A great thing if you're making automobiles or sewing machines but a horrible idea if your task is to cure disease.

Humans are much more complex and less precise than cars and sewing machines. That's why we call it "practicing" medicine.

So rather than see quality of care suffer, the only option left for this good doctor was surrender. His surrender was an honorable one to be sure.

Continued on page 20



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Oakler...Continued from page 18

Somewhere in Northeast Ohio there are people grinning ear to ear at the news that one more of those "mutant doctors" has bitten the dust. Rubbing their hands together while uttering, "Those patients will just have to come back into the horribly flawed traditional health care system and behave like the herd again." "Why, just who do they think they are? Wanting a choice in their health care? The nerve!"

As each month goes by, we slide further and further toward the collapse of our sick care system. Soon the health insurance companies, on the brink of bankruptcy from greed, waste, internal fraud and abuse will wave the surrender flag and vote their board of directors million dollar parachutes as the front page of the Plain Dealer reports the news. The headline will decree, "United Mega Mutual Declares No Mas." The subtitle will read, "CEO takes up residence on his yacht in the Bahamas". However, this surrender will not be an honorable one.

Northeast Ohio has lost a grand resource and practitioner. And I have lost a once-in-a-lifetime colleague. Fortunately, we still have our friendship.

What of the subscribers who counted on the insurance industry to be there for them? Where is the money they have poured into the fund over the years? ... I give up! Maybe somewhere in the Bahamas.

Good luck, hang on tight and don't you dare get sick.

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PLANETARY PATHWAYS

By Evsttarr

ARIES

You're coming into your element in March, Ram...Spring is here, it's time to plant those seeds, do what you do well Aries, *start* things...Dream *BIG*...& I'm talking whales...no more playing small for you...see yourself in the big league, nothing but success, can you smell it?

You took me seriously & now you're bigger than big...WOW...powerful is an under- statement for you in April...you took the Ram by the horns...& now no more playing victim for you...you've reclaimed your power...use it in the service of *love & light*

TAURUS

Venus, your ruling planet went direct last month...so come out of hibernation & look up those friends you haven't seen in awhile...it's time for you to get out & make a play date...too much laying around in your home pasture isn't good for the Bull in March...get out...charge through that fence

OK, now that you've taken your play time, that soul of yours is feeling rejuvenated, alive & full of enthusiasm in April...jump on the entrepreneur train & ride, baby ride...there's magic in the air...and you're ready to take full advantage of the opportunities heading your way

GEMINI

Did someone say Mercury Retrograde? Yes, indeed...your ruling planet will be Retrograde for almost the entire month of March...but that doesn't hold the twins back, now does it? Surround yourself with all that positive energy, but remember...to double check, & *triple check* all those details, communications, deadlines, schedules, & meeting times

You made it through the Retrograde with hardly a bruise, good for you...because now it's time to gear up & ride the big wave of success that the Universe has conjured up for you in April...that's right...don't let the lion's roar scare you...*you're* Mr. Big this month, April is screaming for you to step up to the plate & show them what you're made of...

CANCER

OK Crab, it's March Madness Month, but for you that spells M & M...March & Morning affirmations...yes, I know you're riding February's wave, but the bigger the wave the bigger the wake...keep on your toes, by mediating & affirming every single morning in the month of March your positive affirmations, the celestial heavens are opening up their pearly gates to those who do the work, no more side step-

ping Crab

You did your work Crab, well done...April's planets are shining on you a new dawn, Mars moves into Cancer mid-month & that fiery red ball in the sky is all about action, get ready, set, go...come out of that shell & open your arms WIDE to all the good the Universe has to offer you this month...the energy is with you

LEO

Is March showing re-runs of the Wizard of Oz in your life...feeling a little like you need some courage...having worthiness issues are you? Come on Lion, take the yellow brick road to the Emerald City, & muster up all that courage you can...give that jungle a big 'ol roar, you *DO* deserve to receive good in all ways, snap out of it!

OK...feeling better, now that you've regained control of your jungle...it's time to explore your options, there's more than one jungle out there, you do *NOT* need to stay in the same one, come out of your comfort jungle, & take a walk on the wild side, April's planets are calling change, change, change, it's a good time, *DO IT!*

VIRGO

Feeling a little topsy turvey are we? Is Mercury Retrograde having its way with you...I know it feels like the bottom just got pulled out from under you...but quit analyzing everything to death, & look for the blessings that March wind is blowing your way, there *really* is a rainbow inside of this major change...just look for it!

We know you're your own worst critic...so stop beating up on yourself, look into that looking glass & say I deserve, I am worthy, step out of your own way & let Heaven help you in April...just keep saying thank you, thank you, thank you...& watch the *worthiness* train pull right up to your front door, get ready to hop on

LIBRA

Do you need the Goodyear blimp to carry a banner that says "*pay attention*" & fly by your home...March is all about *messages* for you, start listening to that inner voice, along with conversations in your outer world...how many bells do you need ringing...these are all *signs* meant just for you...*pay attention*

OK Libra, you've turned a corner in your life, it's time to release all the negativity from the past & look straight ahead to a bright new dawn...Yes, April is lining up new experiences for you...no more turning back, grab it while you can...& by the way, don't spend too much time weighing everything out, you may miss an opportunity

SCORPIO

Watch that Scorpion tongue in March, Mercury is Retrograde, a time for us to watch the tendency to open mouth, insert foot...but you especially have a tendency to mark your prey with that vicious sting of yours...think twice, maybe for you three times, before you speak this month...also, watch that you're only thinking & speaking what it is you desire, *NOT* what you *DON'T* want

You're still riding the wave of Jupiter, the Santa Claus of the Zodiac, being in Scorpio...right now everything you touch in April drips gold...that's right, you've got the *Midas* touch...you can turn cubic zirconia into diamonds...keep on thanking the Universe...for gratitude is what got you here in the first place...you're on a roll

SAGITTARIUS

Put down your bow & arrow, hunting season will still be there when you return...it's time to hunt down those friends of yours that you've been ignoring recently because you were too busy chasing castles in the air...spend some time in March with loved ones & friends that have fallen by the wayside...you'll have plenty of time to return to the hunt later

Ok Sag...it's time to make a decision...no more hemming & hawing...use that intuition of yours, April is asking you to decide on what it is *you* want...yes, that's right, make a clear cut decision, no more vagueness, get it down right to the last intricate detail, then put your order into the cosmic kitchen, & see what the Universe is serving for dinner

CAPRICORN

Saturn, that cold, dismal planet known as Father Time is still Retrograde until April...so spend the extra time in March seeking out expert advice from one who knows...it will be well worth the time & effort...more information is needed at this time, meditate, then follow your guidance, you'll know *who* to ask & *when*

Saturn has finally moved direct mid-month in April...hallelujah...let's party, something a little out of the norm for you workaholic Capricorns...but you've earned it...it's *PLAY* time...as you take time away from your way overloaded schedule, you'll not only feel refreshed, but taking play time will raise that creativity to the surface, miracles manifest

AQUARIUS

Someone wants to help you in March...think about whom that may be & initiate contact...it takes a strong individual to ask for help...the Heavens are just waiting to put on its waitress cap & apron & serve you in any way you desire, but if you don't call in your order, breakfast is going to be much later than you care to think about, *start asking*

OK, it's time to take off that thinking cap Mr/Ms inventor...to much time inside your head, spinning the wheels of your mind slows down your creativity...*stop*, get out there

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& have some fun, allow your heart chakra to open up...which in turn will get the creative juices flowing once more in April

PISCES

With Mercury in Pisces during the month of March, I think you're spending too much time day dreaming in that fantasy world you love to escape in...it's time to swim outside of your comfort zone & break free of the tried & true...no one's asking you to dive right in head first...just see how the other fish in the sea live & *test the waters*...when you come back to shore, you'll have grown from the experience

Now that you've seen how the other fish in the sea live...increase your standards, set your sights higher, move on up to the big pond, then swim on over to the lake...you guessed it...now you're ready for the ocean...expect more for yourself, why be a guppy when the Universe is calling for Moby Dick...*you can do it*, April's planets support you

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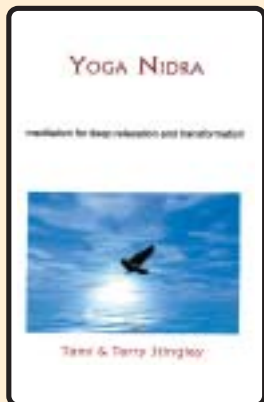
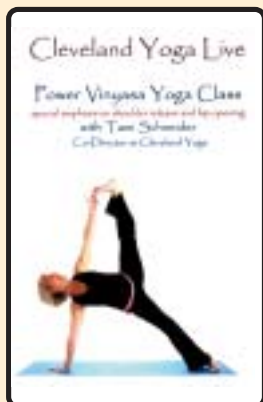
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THE YOGA PAGES

YOGA & SURRENDER

A Yoga Teacher's Perspective

By Parker Bean

“Something amazing happens when we surrender and just love. We melt into another world, a realm of power already within us. The world changes when we change. The world softens when we soften. The world loves us when we choose to love the world.”

- Marianne Williamson

The opposite of fear is faith and the opposite of separation is union with the divine. In order to surrender we must choose to have faith. If choose to have faith and we surrender our will, we see that we are a part of a force that will take care of us because it is us. We need to open our eyes and our hearts and see the ultimate truth. The truth is that we exist in nature and the nature of nature is change.

Everything around us, everything that we think, everything we touch, see and smell is changing. We don't create this change: this change is divine and imperative. Our senses are divine; we don't create or control them. We will never control nature. We can just see it for its magnificent splendor of which we are a part. When we truly understand and know this law then we can trust and move away from fear.

Our fear is the driving force that causes us to believe that we are separate from this divine nature. When we have faith we see the tremendous power that the world holds and the power that we have within. When we see this power within us and around us we tend to fear less and resist less.

In the illusion of separation we believe that we have control or that we are responsible to fix things that are not in our power to fix. When we take control we rob ourselves of our birthright: the truth that we are whole. The western way of healing looks at an individual as someone who has problems that need to be fixed. We are trained to constantly look at what is wrong with us and see how we can meet the

standard. The eastern method of healing is based on the belief that we are already whole; we shift our vision and live from what is right within us. It is like flowing with the current as opposed to trying to swim upstream. Our current in life is one that leads us to the core or the ocean of ultimate truth. If we try to force or will our way upstream into our authentic selves we will never be satisfied, just like we will never be satisfied with the job, the car, our bodies or anything else that will inevitably change. We believe that we are broken and that we will never be good enough; but, if we try hard enough or resist the flow of life enough someday we might achieve our way into being in the state of “happy”. What is “happy”? Happy is a product of nature and nature changes. We fight and resist but what would happen if we were to surrender? Would we lose the battle and fall into the abyss or would we find our power?

Our reintegration with the self is not forced or fought; it is surrendered into: It is a slow process of unlearning and



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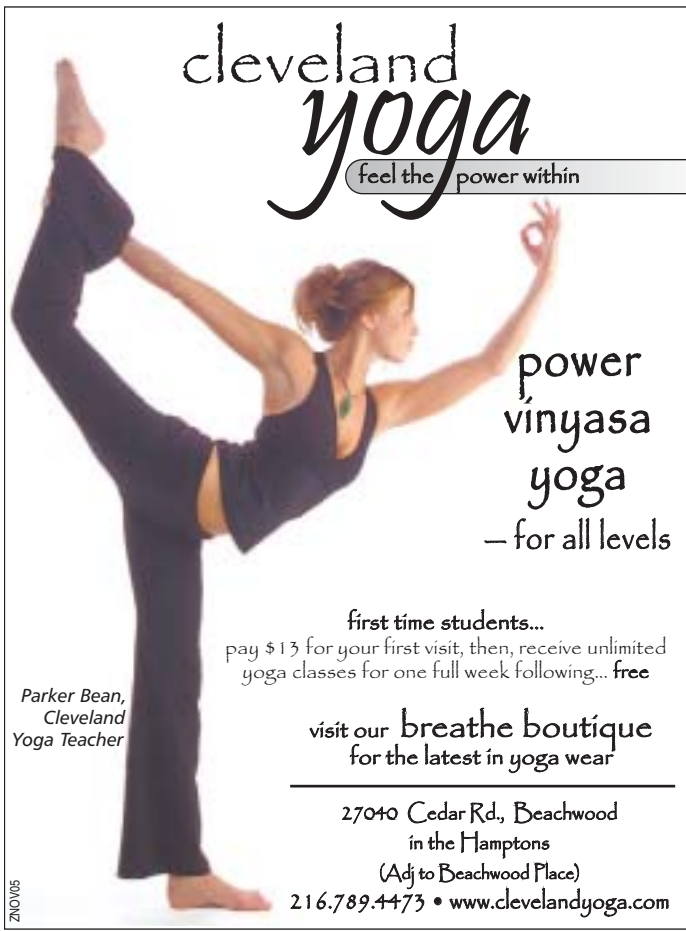
melting the insatiable winning and fearful will of the mind.

Surrender is the miracle of a simple shift in perception. We don't have to force anything. All we do is realign the truth. The truth is that we will be taken care of in this stream of life. We will end up ok and we will learn the lessons that we need to learn if we fight less, fear less and surrender more. When we detach from needing to be better than we are in the present moment or believing that we would be better off if we just had this one thing, we then enable ourselves to be living in the reality of the moment.

The reality is that we simply are. We are beautiful. We are loved. We are whole. We are divine. No matter how hard we resist, no matter how hard we try, we will always be divine nothing more nothing less. Surrender is our faith in the realization that we are not separate: we are one with this stream of ever-changing life. We are divine.



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Sweet Surrender

By Shakthi

The vast majority of people perceive Surrender as a form of weakness; on the contrary it's an attribute of Power! It requires enormous courage and trust in the Divine Providence to be able to relinquish control and let go. We rarely surrender, but when we do the results are amazing, beyond logic! Surrender brings in a divine grace that permeates the situation and transforms it into a cosmic dance of joy.

On a trip to California last year, my dear friend, Clyde Chafer, offered to teach me rollerblading, which is a passion of his. I was not too keen on it but he convinced me that he would teach me. So, I rented a pair of rollerblades, a helmet, gloves and knee pads, eagerly put them on and was ready for my lessons!

All I got was one lesson. Clyde's sage words were, "Bend your knees and push off on your back foot like this." Off he took, that's the last I saw of him that day. It was a little bit of a struggle to assimilate that teaching. Bhakthi Yogis may be forgiven for thinking that I had found the divine in that asphalt, such was my zeal and ardor as I pranamed (prostrated/fell on the ground) many a time.

Then this beautiful woman glided past me. I was lying on the path as if that was what I had intended to do all along. She stopped, turned around, came up to me and

said that she had some time to spare and would be willing to teach me. By then I was a little skeptical of people willing to teach me! But, I figured it could not get any worse. Moreover, she was a stunning beauty and because I can't resist the influence of a beautiful woman yet, I gladly accepted her offer.

She happened to be a Yoga Teacher from New York City (the mysterious ways of the Universe) and kept telling me to focus on the breath and to relax; the same things I say, but sometimes forget! I was learning fast and doing really well with her advice. I took a few more falls, some of which she was able to break. As we continued to rollerblade, there was this one moment when I lost my balance, my instincts were primed, expecting a fall. My hands were up and ready but I decided to focus on my breath instead and not worry about the imminent danger!

As I took a deep breath in and breathed out. I "miraculously" came back up without my body hitting the ground. A moment of total trust and the result of it...sweet indeed! I realized what it means to surrender; the Universe did not want to see me suffer any more than I did. When I let go, it took over and embraced me with love!

I also realized that rollerblading was just about "bending your knees and pushing off on your back foot." Focusing on the breath allows the rest of the techniques needed to simply flow into our body with amazing grace! I have continued to use that lesson from that warm summer day in California to beautiful and peaceful results.

Om Namah Shivaya

Yoga Teacher Feature

Each issue we feature a different Yoga Teacher

To be featured in an up-coming issue of The Journey, please call Clyde Chafer at (440) 223-1392

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Surrender in Kriya Yoga

By Rudra Shivananda

Surrender is not a word that normally has a positive ring to it. We're not taught by family or society to value surrender. It is better to win than lose – we're taught never to give up. So how can we resolve this material need to win with the often heard and repeated, but seldom practiced advice to surrender spiritually?

A great sage Patanjali has given "total surrender to the Divine" as the most important part of the definition for the science of Self-Realization called Kriya Yoga. What are we to give up? It is our negativity. This may seem like it should be very easy, since no one should want to keep their negativities. However, this actually flies in the face of reality. In our day-to-day experiences, we see people holding on to their angers, fears, hatred and desires, rather than giving them up. We see daily the venting of frustrations in road-rage and discourtesies perceived in public areas, and privately with family and friends. There are those who advise the expression of one's negative emotions, rather than holding them back! Now, if we keep in our frustrations, we run the risk of psychosomatic illnesses, but if we give vent to our rage, then we can harm others. There is a third option, which is to give them up to the Divine, releasing them back to the Source of all.

Now, if it seems that we can be reluctant to give up

our faulty habits, imagine how we might feel about surrendering our hard-earned virtues. In order to achieve higher states of consciousness, we are advised by the yogis to surrender our good works, achievements and positive habits as well, to the Divine. If we hold back anything, we cannot achieve perfect attunement with the Goddessence.

There is an instructive story to illustrate the surrender of even our dearest wishes and achievements to Divine:

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At one hermitage, there were a number of very advanced yogis who practiced day and night. One old servant dutifully took care of their needs. Since the old servant was not able to practice any advanced techniques, all he did was to repeat the name of the Lord – 'Namashivaya', and he was content.

While Lord Shiva was visiting them, each yogi came to him and asked him about their progress and how much longer they must practice before enlightenment. To all of them He would praise them for their efforts, and to one, he would say, three more lives, to a second, two more lives and to a third, one more life...however, all the yogis felt unhappy and wished that they could achieve



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liberation in that life-time. However, they kept quiet.

At last when the Lord was leaving, the old servant humbly approached Him and also asked about his own progress. The Lord saw that it would take another thousand lives before the old man would achieve Self-Realization, but did not want to discourage him, and only said, "My son, you are making good progress, and sooner or later, you will be with me."

The old man then began to dance about, repeating the Lord's name and giving thanks. No sooner did he do this, that the old man suddenly become young and was transported to the abode of the Lord in a blaze of light.

Parvati was puzzled and asked Lord Shiva what had happened. The Lord then responded that the old man had given up all attachments, even that for liberation, and was totally single-hearted surrendered to the Divine, and by trusting totally in His words, was instantly transformed.

Such is the power of devotion and total surrender.

In Kriya Yoga, we even strive to surrender our very breath to the Divine, to realize that it is the Divine who is breathing through us. Even if we forget to think of God our whole lives, it would not be a problem for God, but if even for an instant the Divine forgot about us, we would instantly blink out of existence.

We also teach that we should develop our faculties, including our will-power, concentration, and visualization to higher levels, and purify our sub-conscious minds through techniques of meditation. The greater the development and transformation, the more we can surrender to the Divine.

Babaji's Kriya Yoga is a systematic program to develop constant awareness, inner purity to burn away all negativities, and total surrender to the will of the Divine. It is the actualization of Jesus' injunction in the Lord's Prayer: "Your will be done on earth, as it is in heaven," uniting the macrocosmic to the microcosmic, the Divine with the human soul. It is Self-Realization for the human soul, and total bliss in the higher consciousnesses of samadhi ecstasy.

Of course, we must first take the first steps in letting go of some of our negativities. There are step-by-step practices which enable this to be done. Everyone can learn them and with sincere, consistent practice, achieve surrender.

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Beginners workshop with Katie O'Leary Saturday, April 15 at Karma Yoga, 1382 West Ninth St. (second floor) Downtown 1-3:30pm, \$30. To register, please call 216- 621-7085.

Anusara Workshop with Ann Greene. Align With The Divine. March 17-19 2006 Chagrin Falls Area. For more information visit Ann's Website: www.deepeaceyoga.com. For workshop schedule/registration information contact Polly Manke at 440.543.5220 or 5mankes@adelphia.net

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We've talked before about nudity in dreams, now let's take a look at clothing and the symbology associated with it. "If most of us are ashamed of shabby clothes and shoddy furniture, let us be more ashamed of shabby ideas and shoddy philosophies...It would be a sad situation if the wrapper were better than the meat wrapped inside." –Albert Einstein

Albert Einstein wasn't too far off with what clothing represents – our ideas, attitudes, beliefs and emotions. For the best interpretation, recall *what* you associate with the particular item of clothing in the dream and go from there, i.e. jeans may be work apparel to some and relaxation to others. It is not *what* is done, but the *attitude* behind it. A few clothing descriptions:

- Favorite- beliefs we feel comfortable with
- Old-fashioned – out of date attitudes, living in the past
- Used – taking on other people's opinions, not thinking for yourself
- Formal – refinement, or the outer appearance of having it all

Hats represent the attitudes you show others most, aspects of yourself, how you cover up or display what you *really* think to others. Trying hats on would indicate trying out new ideas to see if it fits you. Types of Hats:

- Bonnet – old-fashioned out of date
- Cowboy hat – a go-along with the crowd look
- Helmet – protection, you don't want to get too close
- Straw hat – a light care-free attitude

Shoes symbolize the basis of our beliefs, what we *stand* upon. Look for how you *feel* when wearing the shoes. Different shoe symbology:

- Barefoot – uninhibited, or could denote poverty, (look at the feeling)
- Losing shoes – losing your freedom, or a loss of understanding
- Tying shoes – tying up loose ends
- Moccasins – following a belief in the native American life style, walking softly

QUESTION:

What if you're always wearing somebody else's clothes?

ANSWER: It could imply your need to release any harsh feelings about this person, or if you were borrowing their clothes, I would look at *borrowing their beliefs*.

Dear Duchess:

Old Shoes: I've had three dreams in a short period where I go to put on my shoes and they don't fit. I find myself saying "these are my shoes, I can't believe they don't fit – I just wore them." Signed, *Used to fit*

Dear Used to fit: I would look at what *used* to work for you that doesn't serve your purpose any longer. It's time to quit trying to shove your feet into a pair of shoes that you knew were yours but no longer fit. Get rid of those old belief systems!

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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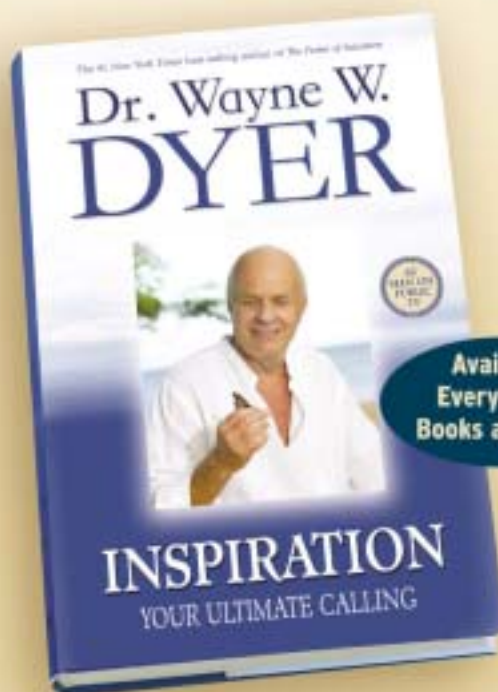
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