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WORDS FROM THE PUBLISHER.....

Ah yes, the big C word! As in commitment. Not my favorite word at various times of my life. Yet as I have grown, I believe my sense of commitment has grown. At one time I thought commitment, such as in a relationship, just meant being monogamous with your partner. I have found that it goes much deeper than that. To be truly committed I believe the walls have to come down to allow our partner in completely. Commitment is easy when things are going our way, but to be truly committed means to hang in there when they aren't. Several years ago I made a commitment to spiritual growth. Commitment to spiritual growth is not always easy, in that it usually means lots of change. Change in the way we perceive ourselves and others. I know my perceptions ultimately govern my actions. If I perceive there is a problem in a relationship, person, or cause, ultimately there will be one. We can change all the relationships we want – drop one and start another. This isn't hard to do. Yet the root of the problem is always there till it is dealt with. True commitment means you are there for the long haul, and not to let the ego run your life. Commit to love, whether it be a person, a cause, or a vocation. When I became a father I made a commitment to stay sober one day at a time. There have been times it hasn't been easy to be a father. And sobriety has not always meant happiness. But I will not renege on either of these commitments. These commitments are part of my being today. I love my children and I love being sober and all the gifts that come with them. Letting go of the ego and realizing love in whatever relationship or object of commitment, makes the commitment worthwhile. We at The Journey have made a commitment to give you the finest publications that we can. We hope that you find that we are fulfilling that commitment.

Namaste, Clyde



THIS ISSUE'S FEATURE STORIES

What Is Commitment—Really? 4

By Joan M. Gattuso

Commitment To An Extraordinary Life 6

By Joyce Varona

The Chicken & The Pig 10

By Evstarr

The Yoga Pages 13-25

Yoga Teachers & Studios on Page 25

Spiritual Genealogy 14

Bryan Kest

By Clyde Chafer

Asana Of The Issue 24

Ardha Chandrasana 1/2 Moon Pose

By Marni Task

Health & Nutrition 33-41

Commitment To Recovery 33

By Rev. Justin P. Chase

Conscious Commitment 33

By Janee Kuta-Ilano

2004 Journey EXPO Preview 43-45

the JOURNEY'S REGULAR FEATURES

FYE (For Your Enlightenment) 8

Business Directory 12

Planetary Pathways 28

By Evstarr

Dream Weaver 30

Classifieds 46

Where to Find The Journey 46

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A Mind, Body & Soul Connection

Our Theme for the Next Issue...

Passion

What Is Commitment —Really?

By Joan M. Gattuso

Commitment is such a fascinating concept, because one either is or isn't. It doesn't really matter what area of life this maxim is applied to—be it intimate relationships, family matters, career, or care of self. Be it one's spiritual life or friendships, you either do what you say you'll do or you don't.

It is not possible to be 50 percent committed to your relationship or your job. You either are or you are not. Those who know about commitment and do not fear commitment will agree with this. Those who hold that you can be "partially" committed will most likely not agree.

The person who embraces commitment is one who lives out of integrity. She is the person who excels in whatever interest, goal or passion that she embraces. A fully committed person is rare, is a treasure, because you know what to expect from that individual. You know you can trust him and that his word can be counted upon.

Attempting relationships with uncommitted people, be it personal or professional, can cause us much heartache, frustration and suffering. When we attract into our lives such individuals, we need to examine ourselves as to why they are present within our sphere. We would do well to explore how we show up on the planet. Are we a person who embodies commitment and integrity, or are we at times somewhat wishy-washy? Ask yourself, "Do I stick to my exercise regime or eating pro-

gram, or do I make excuses? Do I blow off my exercise or my diet or do I stay the course?"

Being a person of commitment means being mature mentally, emotionally and spiritually. So how do we start or deepen our character of commitment?

First, it begins with you keeping your word to yourself. Set realistic goals and expectations. Don't say you'll run five miles a day by summer if you can't walk 15 minutes now. Set a realistic goal and *keep it*.

A dear friend of mine began walking ten minutes—not nine minutes, not twelve minutes—ten. Many told her that was ridiculous. No one could benefit from just ten minutes. It wasn't sound medically. She'd never get a cardio-vascular workout. She's a doctor, and she just shrugged her shoulders at her critics and kept walking ten minutes a day. It has been more than eight years now, and she has never missed walking for one day—NEVER. That includes holidays, vacations and stress-filled, overbooked days. She has never missed. As she says, "If I told myself I'd walk fifteen minutes a day, I'd find excuses why I didn't have fifteen minutes, but I always can carve out ten minutes. No excuses. I just do it."

Know yourself, be realistic and allow yourself to be successful.

Second, don't say "yes" when you want to say "no." Be honest

with others as to what you can and cannot do. Being a people pleaser often leads to broken commitments.

Third, care for others and yourself enough to keep your word, to live in integrity. If you have with all good intentions over-committed yourself, stop and renegotiate. Set a more manageable course. This way you can continue to feel good about who you are in your immediate environment and on the planet.

There are, of course, many more points that could be made, but these are enough for now. Remember, in life you are either committed or you are not. What world do you live in? One brings satisfaction, peace, honor and fulfillment. The other brings forth a life of hit or miss experiences, inner criticism and struggle. The choice is yours.

Joan Gattuso is the founding Minister of Unity of Greater Cleveland located in Shaker Heights, Ohio. She is a best selling author of *A Course in Love* and *A Course in Life: The Twelve Universal Principles for Achieving Life Beyond Your Dreams*. Joan is an International Speaker/Keynoter and writes extensively in the area of holy relationships for many organizations and publications including the Chatauqua Institute and UNITY Magazine, for which she is a columnist. She is a student of HH the Dalai Lama, Thich Nhat Hanh and Jean Houston Mystery School. She serves on the Board of Advisors for The Association for Global New Thought, and is the winner of the Enterprising Women award.

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Commitment To An Extraordinary Life

By Joyce Varona

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative [or creation] there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of incidents and meetings and material assistance which no man would have believed would have come his way.”

—*The Scottish Himalayan Expedition, W.H. Murray*

I remember the very first time I ever heard that phrase. Every fiber of my being was vibrating. It was February 1993. I was sitting in a course called The Landmark Education Advanced Course in Chicago and we were at the point of creating a new possibility for our lives.

The possibility I created was “To live an extraordinary life filled with unbridled passion, love and creativity.” And as I sat in my seat writing those words and speaking those words out loud, I felt my cynicism creeping up. Who are you to lead an extraordinary life? You’re just a good, sweet catholic girl out to change the world with your idealism. You don’t have enough money you don’t have enough experience, you don’t have enough...and on and on it went.

And as luck would have it, I was in such a space of possibility...you know, the one where you’re out of body, where time slows down and no longer exists and your consciousness expands to encompass ALL OF IT. In that moment I saw the slightest opening in my everyday voices. I saw the realm of pure creation where anything I said or wanted was made real just by speaking it – and I did. I spoke my intention into the void and it was done. And it was good. Then after the initial high of having committed myself to unbridled passion, love

and creativity, I walked out of the course thinking “What the @#(*\$& did I just do?” and my everyday voices started their ceaseless chatter again.

But once I committed to living my extraordinary life, I could never go back. It was as though the Universe listened to my heart and no longer to my mouth. An entire series of events happened to me and I got married, had three children, my mother died, I got divorced, I traveled to Europe and Africa, to the Philippines, opened up an import/export business, found a new love, opened up a restaurant, got married again, lost \$655,000, went bankrupt, had two more children, went to Malaysia, to Bangkok, got divorced again, am currently healing myself, teaching and traveling all over the world, and I live in the most exquisite 850 square foot vintage apartment with my five children that is half a block from Lake Michigan overlooking a garden that rivals that of Monet’s Giverney. I love my extraordinary life.

As I sat on the beach on the third day of spring, watching three of my children creating a farmstead in the sand using sticks, stones and pieces of branches, I

If you reread Murray’s phrase at the beginning of this article there is a promise that is given. If you claim it, the Universe will rise up to give it to you. Simple, but it is always the simplest things that are the hardest things to understand. Claim it and it is yours for the highest good of all concerned.

was struck at how truly awesome my life is. What does it mean “to live an extraordinary life filled with unbridled passion, love and creativity”? It is to commit myself to surrender and trust in that there is a higher purpose for me in this lifetime and to know that I am the indi-

viduation of the One. It is committing to always honor my Divinity and the Divinity in everyone and everything. It is committing to desire what I want and then be willing to work at and receive that which I desire. It is committing to be self-aware, to live from my center out. It is committing to BE unbridled passion, BE love and BE creativity even when I can’t, or I won’t, or I don’t want to. It is knowing, fully knowing, that I am a blessed and beloved child of the Universe and that my Mother and Father want the best for me – always, no matter what. And the Universe delights in me and I am pleasing to It.

As you read these words, you could say that’s stuff I

already know, how trite, or I've heard all this before so what is the real secret to living an extraordinary life? Commit to it. If you reread Murray's phrase at the beginning of this article there is a promise that is given. If you claim it, the Universe will rise up to give it to you. Simple but it is always the simplest things that are the hardest things to understand. Claim it and it is yours for the highest good of all concerned.


Uh, oh. I'm going to buckle up my seatbelt because I just recommitted myself to living an extraordinary life in this moment. And in committing "to live an extraordinary life filled with unbridled passion, love and creativity" I now set in motion again a life that truly is that - every day, every moment. I will commit and recommit. And when I'm eighty-eight years old, I will look back at my life and know that my life was extraordinary - because I claimed it and it was mine for the highest good of all concerned.

"Leap and the net will appear."
—Julia Cameron "The Artist's Way"
Beautiful isn't it?

Joyce Varona lives in Chicago, Illinois with her five extraordinary children. She currently works as an Executive Assistant with Ernst & Young. This is what allows her to live. What gives her life is being a Classical Feng Shui teacher for Feng Shui National Institute of Canada, being an Independent Feng Shui Consultant, lecturer and speaker. She is the author of "The Differences Between Classical and Western Feng Shui". Joyce loves virgin pina colodas and getting caught in the rain, moonlit walks with the breeze through her hair, great conversation and Chinese food - and not in any particular order, either! For more information on Classical Feng Shui please visit www.fengshuinational.org or send an email to joycevarona@hotmail.com

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Psychic Fair at A Touch of Serenity, 8785 Mentor Ave., Mentor. 440-255-1638.1-9 p.m.

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June 11

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June 12

Evstarr will be reading Angel Cards from noon until 5 p.m. at Goddess Blessed, 15725 Madison Ave., Lakewood 216-221-6238. Info, appt. call 216-221-8755.

June 18

Summer Solstice Celebration & Potluck Facilitated by Corky & Barb of Inner Harmony, 7:30 p.m. Unity Spiritual Center, 23855 Detroit, Westlake Info 440-572-3629, www.Spiritwise.info

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The Chicken & The Pig

By Evstarr

As I rush to meet the deadline once again, my thoughts are running rampant. Commitment...what does that mean to me? Wow... like everything else in my life, there is no quick answer. For those of you who know me...I don't know the "Reader's Digest" version of anything. If you ask me what I had for dinner last night I take off into an hour-long story because...there is a story behind most things I do...even the mundane things like eating.

So my friends, commitment is loads of things to me. As I ponder through the memory banks of my mind and run through all the various things I've been committed to in my life...and the things I "think" I was committed to, one thing comes to mind – "there's no stopping me now." Yes, when I "commit" to something, I mean really commit "there's no stopping me." Look out – I'm on a mission. When I look back, 15 years ago after my 2nd daughter was born I was on a mission to lose 30 pounds. Oh let me tell you, I was "committed"...there was no stopping me. I joined River Oaks Fitness Club, did aerobics, 3 to 5 times a week, rode my bike with the baby on the back almost daily, ate healthy and even went as far as going to the license bureau and making them change the weight on my driver's license ahead of time to reflect a 30 pound weight loss. Oh, I lost the 30 pounds in 3 months and kept it off. Now, 15 years later I've been trying to lose 20 pounds or so for the last 2 years. Am I committed you ask? Oh I think I am, but deep down I know it's not a number one priority and I'm not on a "mission." See, that's the difference, commitment is when you think it, feel it, breathe it, talk it, walk it, see it, hear it, smell it... and nothing gets in your way.

Four years ago, I was out of work from a social work job that closed its doors due to lack of funding. So picture this, I'm out of a job, not a penny in the bank, and no credit cards and I decide that I want to go to San Diego and take the Louise Hay 10 day-intensive training to teach her work globally. The cost of the workshop, hotel, food etc. was close to \$3,000. Crazy idea you're thinking, huh? Well, let me tell you...once I've made up my mind on something, like I said I'm on a mission and "there's no stopping me", I was committed! Did I do it? Yes, I did...and there was never a doubt in my mind that I would. You see, deep down I know the difference between something I'm committed to, and

something I "think" I'm committed to.

So what does it take you ask? Ask yourself how bad you really want it? What are you willing "to do" to get it? What are willing to give up? Then...my friends, the "big daddy" question of them all...ask yourself if you are willing to "stop at nothing" until you reach your goal? If you can answer a resounding **yes** to this last question, then I'd say you're committed.

I really take the word "commitment" to the nth degree when I'm on a mission. As many of you know, I teach "Treasure Mapping" workshops, an extensive part of my whole process once I have a goal in mind. For those of you who aren't familiar with "Treasure Mapping" let me paint you a picture. The necessary ingredients are as follows: a poster board, a picture of yourself, magazines, glue stick, a pair of scissors and you're raring to go. You visualize in as many of your senses as possible the "completed" project, trip, relationship, what ever it is you desire...then you pour yourself into it, whole body, heart and soul! Walla! Now you have a focal point to visualize and away you go, you're committed...and..."there's no stopping you now."

So my dear readers, go through the list of things you've been committed to in your lives: the relationships, (take a deep breath) some of us are more committed to sabotaging relationships than making the commitment to stay in them, (but that's for another issue); the career, or finding your "dream career"; the diet; your spiritual path, and whatever else comes to mind when you make that "list" of things you're committed to, and see if you can answer the question "are you willing to stop at nothing until you reach your goal?"

I will leave you with these words "The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' - the pig was 'committed'." - Unknown

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Treasure Mapping & Crystal Workshops, along with Angel Card Readings at the Goddess Blessed (216 221-8755). Contact her at evstarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for upcoming class listings.

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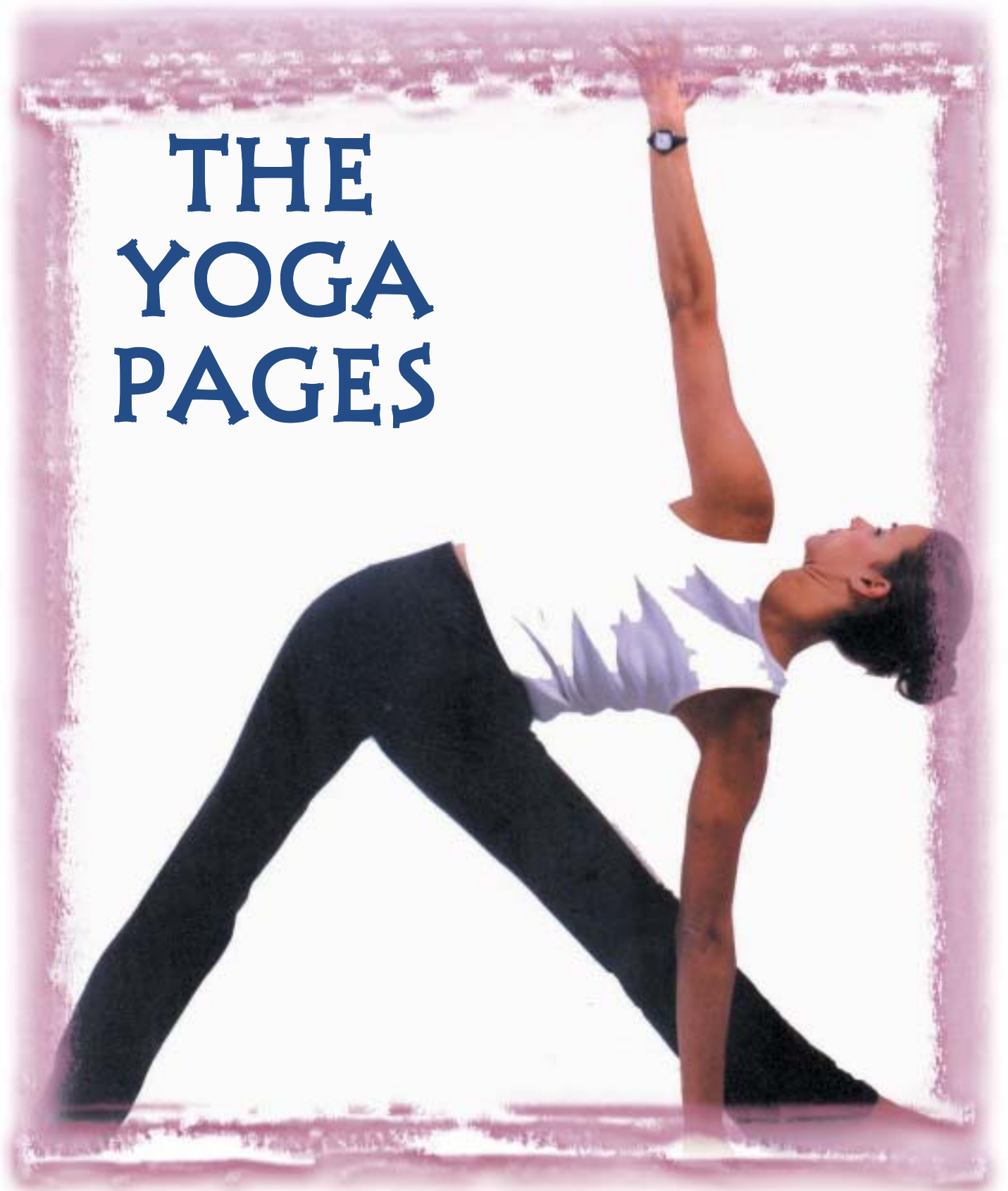
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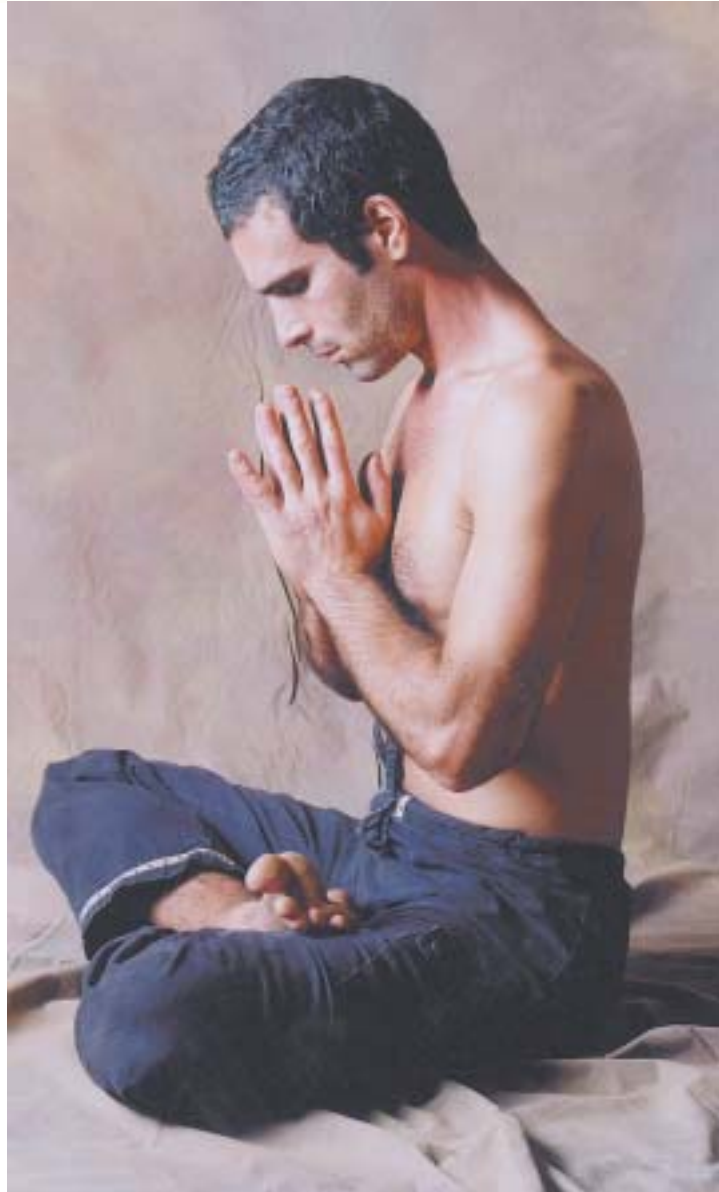
THE YOGA PAGES



**The Journey's Monthly Feature Section
Dedicated to the Practice of Yoga**

Spiritual Genealogy

The Journey of One



B R Y A N K E S T

By Clyde Chafer

Bryan Kest is very well known in the yoga community as one of the originators of what has become known as power yoga. Based out of his Santa Monica, California studio, Bryan also travels the world to present informative and enlightening workshops. Through his workshops and video and audio collection, he has introduced millions of people to his unique style and practice of yoga. We are honored to have been able to invite Bryan to share his spiritual journey with us.

PAGE FOURTEEN

Journey: Hi Bryan, thank you taking time to share with us.

Bryan: Thank you! I'm glad you asked.

Journey: Well let's begin with where you are from.

Bryan: Actually, I was born in Cleveland, Ohio. I was born at Mt. Sinai Hospital and lived in the Cleveland Heights area for the first year of my life. Then we moved to Detroit where

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THE JOURNEY

I stayed for the next 11 or 12 years.

Journey: Do you have any brothers or sisters?

Bryan: I am the oldest of four boys and I have one younger sister.

Journey: When did you leave Detroit?

Bryan: My parents divorced when I was 10 and my father moved to Hawaii and I moved with my mother and brothers to Florida.

Journey: Are your parents still alive or have they passed?

Bryan: My father is still in Hawaii and my mom is still in Florida.

Journey: Did you have any formal religious upbringing?

Bryan: I am Jewish genetically I guess you can say. Never really practiced the religion though. Actually I went to a Catholic boarding school for a while and learned some about that religion.

Journey: From what I understand you moved to Hawaii to live with your father. How old were you then and is that where you first tapped into yoga?

Bryan: Well what happened was I had quit going to school and my mom said I had to go to school or leave. This was when I was 14. My brothers and I went to visit with him for the summer and that's why I stayed in Hawaii with my dad. David Williams had just come back from India and was teaching Ashtanga yoga to people outside of India, actually outside of Mysore, and we took some of his classes that summer. That was my first exposure to any yoga.

Journey: I read somewhere once that you had to do yoga if you were to stay with your dad.

Bryan: Well that's true....it was do yoga or get out of my house.

Journey: I've not heard that one before, did that bother you?

Bryan: At first it did. Sometimes when you force a child to do something like that they rebel and you push them away. Sometimes it is a testament to our own spirituality where we understand what we are getting at our core level. For me it was hard to deny the truth of what yoga was, you know, how it made me feel and it was almost like I was continuing something I already knew about.

Journey: Had your father been doing yoga?

Bryan: He was just starting himself. He had just come in contact with David Williams. Actually when we went to visit him that summer we all started doing yoga with him at David Williams' house. Then my brothers went home to Florida and I stayed. That's when my mom said that if I wasn't going to go to high school I should just stay with my dad.

Journey: So at 14 is when you did your first yoga class. Did you connect with it right away?

Bryan: No. I hated it. Well I guess I connected with it in the way that I understood its value. It's kind of like you know if you were obese and someone tells you to go on a diet. You understand that you need it, but it's very difficult for you because you are so used to eating so much food everyday. So it was like that for me, I was stiff and I was into weight

lifting and into all this exercises that affected me aesthetically. I was incredibly stiff and the next thing you know I am doing all these stretches that were painful and it wasn't changing my body into the big buff guy I wanted to be. You know, what our American culture emphasizes so much.

Journey: Were you playing sports?

Bryan: Oh yeah. I was playing basketball, football, hockey, soccer and big into weight lifting.

Journey: So then where was the shift from hating it into wanting to do yoga?

Bryan: I still hate it. But don't misunderstand me when I say I hate it, because obviously I love it. Yoga is very, very confronting, but in that lays its power. It forces people to look at the places that they normally don't want to see. Sometimes truth hurts. I've discovered something. There is only one thing more painful than living a life with truth. That is living a life without truth. I have chosen truth as opposed to no truth. So that's what I mean when I say I still hate it, it's still very difficult and confronting. It still hurts and is hard to do two hours of meditation and an hour or two of asana every day. Say if I wake up really tired and I go to my meditation room and I'm still very sleepy. But it is intuitively correct. Weight lifting and running were not hard for me. That was actually simple and never confronting, and actually bought into my stuff. It was like giving an obese person more food. I was an egomaniac and was doing things to feed my ego. Yoga is the opposite; it is very confronting and challenging. It makes sense to me and nurtures my spirit.

Journey: Where then did the shift happen Bryan?

Bryan: The shift happened after being with my Dad for about 6 months and he kicked me out. I had been doing yoga and I remember just before he kicked me out I was doing some yard work and I remember stopping for a moment and taking a really deep breath and I felt totally alive. Then I looked at myself and I liked the body I saw. This was six months after I started the yoga. You know ashtanga is very vigorous. So it appealed to my ego. I felt so amazing – so alive. So free, so strong and so supple. So it took 6 months to break through the barrier of being forced into yoga. And from that day on I never needed to be forced into yoga. I elected to go on my own. Which was proven about two weeks later when he kicked me out. I got my own place and I just had to figure out how to get my butt to yoga.

Journey: What age was this?

Bryan: I think I was around 16.

Journey: So at what age did you start to teach?

Bryan: At age 20. I was living in Los Angeles by then and working as a bus boy. Someone heard that I did yoga and I was invited to teach at an eating disorder clinic. They asked me to teach the anorexics and bulimics yoga, thinking it would be helpful. It became so successful that I stopped being a bus boy and started teaching fulltime.

Journey: When did you go to India?

Bryan: Well I had been teaching about four years and a part of me felt hypocritical. It was like I felt like I didn't know enough about yoga. I felt like I needed to go to India to get a real hit of yoga. I needed to feel where yoga came from and

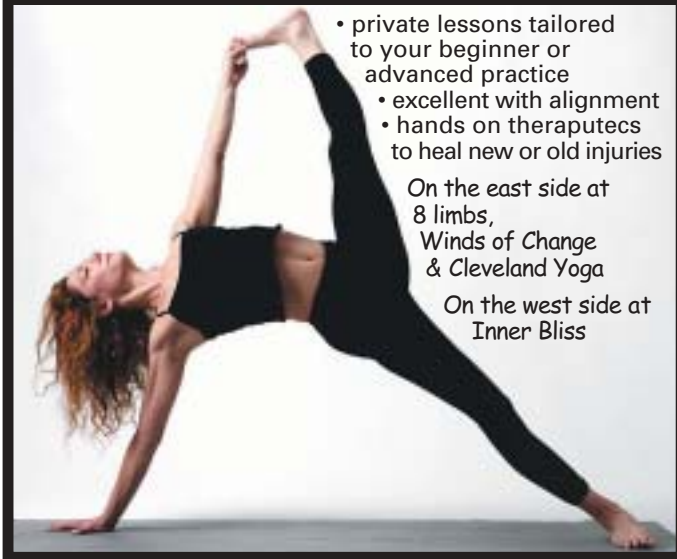
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understand it on a deeper level. So I saved some money and at the age of 24 I was on a plane to India. I stayed for 6 months and came back, saved more money and went back for another 6 months.

Journey: Did you know where you were going once you got there?

Bryan: I had consulted my teacher, David Williams and asked about Pattabhi Jois. He was the main proponent of ashtanga yoga. I wrote him and asked for permission to study with him and he replied and granted it.

Journey: Going to India did you connect spiritually?

Bryan: Totally. But not with Hinduism. I connected spiritually with myself. India kinda facilitated the whole yoga process. It will really speed things up. Whatever you learn here in a year you can learn in India in a month. India is a very spiritual place. But it also is a very confronting place. Like you would never go to India for your honeymoon. India is a place of adventure and challenge. It's really not a place of fun and leisure. Just like any challenge or adventure it's very, very confronting and difficult and in that there is a lot of spiritual growth. Like climbing a mountain or hiking the Amazon River these are all spiritual adventures. It's like you pitted against yourself.

Journey: After going to India, I suppose there was a lot of change in you.

Bryan: India was where I first got the understanding that yoga wasn't the physical movements. So up to going to India my only exposure to yoga was all physical. You know, whether it was Ashtanga, Iyengar or Kundalini all of it was really physical. Which makes sense because we are so obsessed with our bodies in this country. So 99% of the yoga we choose in this country is physical yet only 1% of yoga in India is physical. When I went to India I realized it had very little to do with the physical. The physical part was only there to get your body ready to sit in meditation longer.

Journey: One of the eight limbs is asana is that not physical?

Bryan: Well, there is a difference between maintenance and yoga. Yoga is about having a balanced mind. You will never get a balanced mind by stretching your hamstring. They are opposite. Its like would you call brushing your teeth yoga? No. But that's one of the eight limbs – you know, niyama or hygiene. If you can't take care of the outside of your body how are you going to take care of the inside? That's the first limb. The second limb is yama or morality. If you're not a moral person I don't think you will get the true effect of yoga. Then the third limb is asana or physical maintenance; in other words getting your body healthy and fit enough so you can sit still in meditation. The fourth limb is pratyahara, which is sense withdrawal. Now you are moving even deeper. The next limb is panyama which is the breath or energy movement. The next two are dharana and dhyana, which are deeper levels of meditation. The last limb is samadhi or concentration of the mind. Now with all eight limbs you have the ultimate preparation for yoga. Now you are ready to live yoga which is to live in a balanced way. None of the eight limbs are yoga in itself. The eight limbs are a system to create the most ultimate environment for yoga to happen. Because yoga is not something a person can do. Yoga is the quality of a mind a

person carries while doing something. Say if you are eating you should be eating in a yogic manner. You should be totally focused on eating. When you are talking to someone you – if you are a yogi – one who practices yoga, you are paying total attention to that person. If you are walking you are focused on your walk. Yoga is about being present and equinamous. And about being clear and connected. It's about being loving and compassionate. Being generous. So the eight limbs are about preparation for true yoga. The eight limbs are not yoga. They are just preparation to live in a yogic manner. This is what most people do not understand. When you go to a yoga class you are not doing yoga. You are practicing yoga. You cannot *do* yoga - again you practice yoga. Yoga is the quality of mind that you carry. So you are practicing carrying that mind for a certain amount of time say an hour or an hour and a half. And hopefully one day you will get so good that your yoga practice transcends the yoga room and permeates your life. Then all the sudden your practicing yoga 24 – 7. If that doesn't happen then your yoga class is meaningless. Because if your yoga class doesn't help you in your life then what the hell is the point?

Journey: So could we say yoga is being rather than doing?

Bryan: You understand it. You get it. It is very important that it is totally understood. There are a lot of teachers that don't get it. We human beings have all this stuff – this baggage we carry with us. Just because you walk into a yoga class it doesn't mean that your stuff disappears. You can't turn it off and on like a light switch. You come into a class you still have just as much crap. What happens is that a lot of

people bring their crap to yoga and their yoga turns to crap. And unfortunately they don't even know it. They bring their competitiveness, the judgementalness. And just because you are a yoga teacher it doesn't mean that you get it. People will start taking a class and they start to feel good and relaxed. The mind will stop with the incessant chatter and you start to release the tension in the body. You feel so good and they think that's it. That these are the benefits of yoga and I tell you that it is just the tip of the iceberg. Most of the yoga classes are just physical maintenance and maybe a little mental reprieve from all that chatter. It's so very much more. It really comes down to if you are willing to let go of enough of your stuff so you can see it. It's not easy to see it because it really confronts you in how you're living.

Journey: That's why you say you hate it?

Bryan: Absolutely! When you are confronted with the way you are living then comes the real pain and challenge in changing. You know, getting out of our comfort zones. Letting go of people that no longer facilitate love and compassion. Letting go of habits. Letting go of lifestyles. Turning off the television set. Looking at the way you eat. It's easy to talk about this stuff but to do it is another story.

Journey: A lot to think about. So when you went to India you learned the essence of yoga.


Bryan: I went to India and through my Ashtanga practice I became very strong and flexible. My mind started to clear. It was if I was walking down this street that had magnolia trees on both sides and it was fall and the flowers were falling to the ground. Absolutely beautiful. But then I hit a

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dead end and I said wait this is the end of the street. I just got on this street – there must be more to it than this. Is this it? There has to be more to it. And like I said about India it really facilitates things. Within three days from walking out of the yoga class and saying “now what” a guy I know comes up to me and says I just came from up north where I went to this amazing meditation camp. It dealt with what is called vipassana meditation. He said it’s this camp where you are not allowed to talk for 10 days and you have to wake up at 4 in the morning. You sit in one spot from 4:30 in the morning till 9:30 at night. It is so confronting and challenging. It’s like climbing Mt. Everest. It forces you to really look at yourself and come out the other side.

Journey: Didn’t you learn about meditation from Pattabhi Jois?

Bryan: No, all he taught was asana. So I needed to find more teaching. I got exactly what I needed at the time from him. I got prepared for meditation thru asana. And I was shown what kind of yoga teacher I didn’t want to be. Because there were so many things about his system – his teaching that didn’t feel right to me. So I was shown a lot of things about being a yoga teacher because learning things you don’t want to be are as important as learning things you want to be. Anyway this was at the end of the first 6 months that I spent in India and I couldn’t go to the camp at that time. My plane ticket was coming up. I got back to Hawaii and my father tells me about this meditation retreat that is going to be on the other side of the island. It ends up being the same thing. So I did it and that was the first time. I have since done it twice more. It was like finding your soulmate. It filled the void. I found out that I don’t need anything. I have it all. I have my Ashtanga practice and now I am developing my meditation practice. This is all I need. It is 15 years later and I am still developing my meditation practice but it keeps getting better.

Journey: Do you have a daily asana and meditation practice?

Bryan: Yes. Pretty much on a daily basis. For my body it’s very important that I do because of car accidents and sports injuries. The physical practice helps me to feel comfortable in my body. I do an hour of asana and can easily get carried away and do two hours. I actually do at least an hour in the morning and an hour in the afternoon of meditation. I do meditation first than an hour of asana. Of course this is in ultimate terms.

Journey: I noticed on one of your tapes you thanked Yogananda. Please tell me about that

Bryan: Yogananda is my guru...he is my teacher. I opened up his book *Autobiography of a Yogi* when I was 20 and I was swept away by it. Subsequently I ended up reading every single book he put out. By the way there is no physical yoga in his teaching. It is a devotional practice. He has a very, very, very

powerful message of love, acceptance, compassion and generosity. I was overwhelmed by it. I ended up seeing him in my head and I still do every single day. It was like he turned me on to the essence of yoga. I felt like he guided me to vipassana meditation. The energy he represents is what I strive for.

Journey: What do you think about the big boon in yoga all around this country? Do you think it is a fad that won’t last?

Bryan: I think it’s great! I definitely think it will last. You know most exercises are built for the young – but yoga is for everyone. There is yoga for everyone— young, old, handicapped. And it can be done throughout your entire life. There are a lot of different exercises and I feel that yoga is the most rational – that it makes the most sense. It is also the impetus for spiritual growth. A lot of times when you are practicing the physical yoga it pushes open the doors that have

been sealed closed for so long. The physical yoga also starts stimulating the need for some deeper fulfillment. And when that happens you start looking at the different aspects of yoga that you may not have been interested in. So people may be looking for the physical and they can end up with so much more. Come out to my studio and you will learn this stuff. I think it is awesome that all these yoga centers are sprouting up in America.

Journey: I would imagine a buzz you get is when someone comes to your studio to get the physical practice and they walk out with so much more.

Bryan: My job is to teach them to really understand yoga and not just give into their need for just the physical part. So I give them the physical but I slip in the things about yoga that they really need.

Journey: What about your diet?

Bryan: I would call myself a selectarian. I am very selective on what I eat. I select consciously the food I eat. I don’t eat junk food. I do eat meat, but it is free range with no hormones or chemicals. I try not to over eat. But I do not restrict myself. I was a vegetarian for 8 years and it did not work for me. I never felt right. As soon as I put meat back in my diet I felt 100% better. I don’t think one way to eat is a right way for everyone. We are all genetically different so everyone should find what works for them.

Journey: What is your mission in life?

Bryan: My mission in life is simply to turn people on to a more healthy lifestyle. That’s my mission.

Journey: Thank you for sharing with us Bryan.

Bryan: Thank you for asking.

Bryan Kest will be at the Journey Expo on September 9, 10 & 11 2005 at Lakeland Community College for a series of workshops, and at Evolution Yoga May 21 thru 23.

Commitment

A Teacher's Perspective

By Ginny Walters, RYT

The note was sitting under the door at the end of my evening class. I opened it and read the words: "COMMITMENT-WHAT DOES IT MEAN TO YOU? Find and report to Clyde." I stuffed it into my yoga bag and locked the door to the studio.

Commitment... the word circled in my head as I walked in the parking lot. I unlocked the car and sat in the front seat when my thoughts turned to last summer. My parents celebrated their 50th Anniversary with a Catholic mass on our home's deck. As I watched them renew their vows I was hit with the memory of 25 years before when my mother said she didn't feel like celebrating her marriage. It was the first time I knew of my mother's discontent. Yet, their marriage survived and we celebrated their 50 years together. The day was magical. Their commitment had affected all of us deeply. I ask myself now, what made them stay committed?

The night I was given my assignment I dreamed of Commitment. There were fears hiding like monsters, growling and showing their teeth. And as if in a western movie a long road appeared looking hot and dry. I woke with many thoughts. "Build it and they will come." Kevin Costner's wild dreams committed him to build a baseball field in his Iowa cornfield.

As a newer teacher, I can remember looking at my watch five minutes after the supposed start of my class and seeing an empty room. What was I supposed to do now? Just leave? I would think of my own practice, however, and it seemed that once I stood on my mat to begin my practice alone, one student would always show up. *Practice and they will come.*

Sipping my morning tea I grabbed the Dictionary. *Commitment: dedication to a long-term course of action. Engagement, involvement. A pledge or promise to do something.*

As I teach my morning Ashtanga class, I scan over the students and, in my own mind, question how committed each might be to practicing yoga. My eyes rest on the youngest student in the class, a petite, inflexible high school girl. She once told me she didn't realize how stiff she had become from her constant biking and running until her first yoga class. She comes to class every week and obviously makes the commitment to her practice of yoga. At the end of class I look into each student's face as we bow to each other and I see the relaxed glow about them. A new student approaches me and gushes about how good it feels to finally stretch. I look again and the biker/yoga girl has silently rolled up her mat and left. How can I help this new student make the commitment to the practice that he feels is right for him at his moment?

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Char Grossman, M.A. NCSP

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Where do you Teach? :I teach Developmentally Handicapped Teenage students at Beachwood High School. I also teach yoga to Deaf students through my School Psychology position at Beachwood City Schools. I am in the process of establishing individualized and small group classes to students with special needs at the Evolution Yoga Studio. I will be teaching a Yoga group beginning, May 4, 2004 for Cuyahoga Hts. High School students.

Teaching Experience: I have taught classes at Agnon School. I also taught three children in a private small group. One child had ADHD, another diagnosed with Anxiety Disorder and the third child was a sibling. The class was taught for sixteen weeks.

Styles of Yoga Taught: Sonia Sumar, internationally renowned pioneer in the Yoga field taught Hatha Yoga with individuals who have special needs. I use her therapeutic program and combine an integrated field of on going training from the Baptiste Power Vinyasa Yoga style,, Beryl Bender Birch Power Yoga and Rodney Yee.

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she encouraged students to continue their practice. She responded that she doesn't react to their intense first impression of yoga, which can die off. At her large studio where beginner classes start quarterly, she estimated that two students out of a hundred would continue on with the practice of yoga past the first ten-week session. Martha is the person who, for me, planted the seed of a multi-layered idea of commitment. Students of yoga need to physically recognize their joy in opening their body, as well as emotionally remember that feeling of wellbeing that comes after practicing yoga. Spiritually, they need to feel the sense of coming home to oneself and being present in the moment. It is a combination of these, plus probably many others, which creates a deep commitment to yoga. It is when they are open and receptive to the many layers of yoga that the changes/transformation will happen. When the body, mind, and soul synchronize in this way, fear of commitment is abandoned. Commitment becomes simply a natural forward movement, one step at a time. Maybe it was these many layers in the weave of the fabric of my parent's marriage that helped them to stay together through their discontent.

The most I, as a teacher, can do to foster this commitment is to create an atmosphere for my students to discover their own endless capabilities for growth at whatever stage they are in life. But maybe it will simply be my commitment to yoga that will keep students coming to class.

Our commitments can change
us and also affect those around us.

"Every small, positive change we can make
in ourselves repays us in confidence
in the future." – Alice Walker

Ginny Walters, RYT, has been committed to the practice and teaching of yoga since 1997. Her classes are held at Inner Bliss in Rocky River, and Pilgrim Church on W. 14th and Starkweather in Tremont, where she is on the Board of Directors of the up-and-coming Wellness Center.

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What Is Commitment? A Student's Perspective

By Christine Bluso LoConti

When you get into a tight place and everything goes against you until it seems that you cannot hold on for a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriet Beecher Stowe

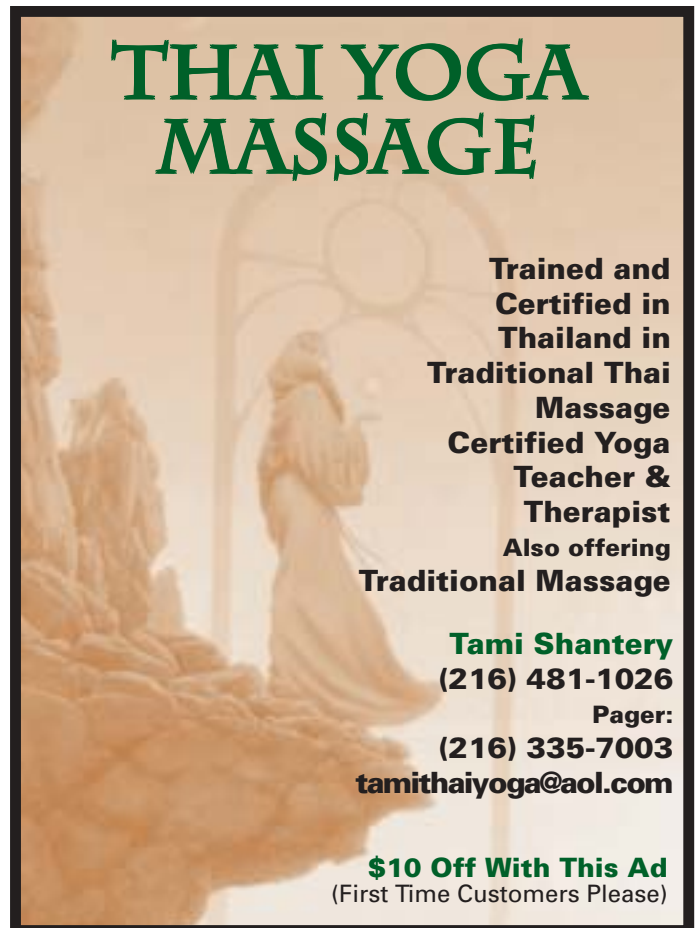
Today is the day... we will commit to change: we will not overspend, abuse alcohol or use drugs, yell at our children, be detached or ambivalent, be angry, depressed, frustrated, unkind, abuse food, obsess, blame, or live in fear. Today is the day... we will commit to growth: we will lay down what we have learned, drop our bad habits; begin again. We will turn inward, calm our minds; we will find an inherent love, we will not judge another or ourselves, we will appreciate one another's differences. We will smile, respect, and find peace. How often have we chanted these mantras? How long? Days, months, years?

As a society, we suffer from confusion for lost healthy virtues. Daily we engage in battles. We push too hard for all the wrong reasons. We learn at a young age not to speak our truth for fear of being judged. We commit to hurt rather than love. We obsess about not having material items or not being thin enough. We run away from the pain using bad habits to mask our insecurities. We commit to abusive behaviors because it's easier than facing the truth about ourselves.

Life is busy; we make excuses, we do not like being uncomfortable, we choose denial over acceptance. We're afraid to commit to whatever it takes for whatever length of time is required to heal away the past heartbreaks, the arguments with loved ones, to forgive ourselves for the wrong choices, the years of silence, repressed anger, ambivalence and sadness. We're afraid to uncover, discover, discard, regard...commit to breathing life back into our bodies, minds and hearts.

We push so hard, move too fast, and spin ourselves out of control into broken bodies and souls. Commitment is courage to slow down, take an honest look within, at our core. Make today "the" day...stay and do the work. Today, commit to seeking truth, for truth is freedom. Let go, take one step at a time and rejoice, for we have the ability to feel the earth beneath our feet.

Being present is a commitment; it takes hard work, patience and perseverance. Staying the course, confronting the demons, realizing we will have good and bad days as we unfold in this process. We will be brought to our knees... it's okay, look up ask for guidance for we are never alone. We are not perfect; what is perfection anyhow? We must commit to stumbling



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through the pain; find our breath, connect with our bodies, minds, and open our hearts to feel, truly feel, whatever comes up. Commit to uncovering our real identities: positive, healthy, happy, authentic selves.

Do not judge, just be; love yourself every minute, every day. There will be moments we will forget. Stop, breathe; clear the negative voices (especially our own) from blocking our progress, our commitment to feel, again. The emotions will be overwhelming...the fears are frightening...stay. Stay...for it is worth the effort. We will find love, strength, honesty, and good habits when we stay and honor ourselves.

For if we are not committed to seeing ourselves for whom we really are... even the weaknesses, we are not really living; we are inauthentic beings existing in our egos without compassion. We all share stories of heart-break, sadness, and pain, why not commit to sharing our beautiful stories...the stories of love and goodness? If we commit to growth and change, our bodies will support us. When we choose to stay, to flow, we find courage to do the work. Together, we will become the *caterpillars who just when they thought the world was over, turned into butterflies.*

Today, if we commit to sharing words of kindness, love, truth, faith, and respect we will be living authentically. Commit to Commitment. Today, we will strive from our hearts to find the courage to show up regardless of everything else—regardless of the fears or emotions, we might encounter. If we do not commit we cannot evolve. If we do not admit, we are denying our free

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will, our love, our lives. Growing is commitment; it's hard, it's scary and truth be told we would rather live in denial than discover we may have been doing it wrong for so long. Let the voices go. Come, feel, breathe, flow... this is yoga.

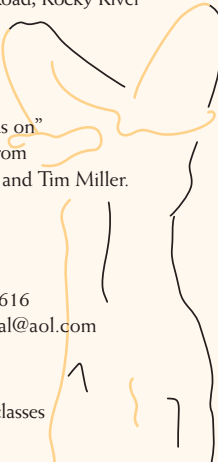
Yoga is clarity... it is truth, it is strength, it is faith. It is the sound of our child's laughter, the touch of his little fingers in our hands. It is the love in his eyes when

he hands us his favorite book to read at bedtime... it is self-love... it is universal love. It is worth all the hard work...it is commitment.

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Number of Weekly Classes: 30

Teachers: CYT & RYT Directors and Teachers, Tami

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Each issue we feature a different Yoga Studio
 To be featured in an up-coming issue of The Journey, please call Clyde Chafer at (440) 255-1638



Asana of the Issue

Is it half full or half empty??
It's all in your view

Ardha Chandrasana 1/2 Moon Pose

By Marni Task



If you are anything like me, perhaps ardha (half) chandra(moon) asana (pose) has brought out the half empty view in you. After many years of practice, I love this pose! Yet the very delicate balance of this pose can eclipse even the most seasoned of practitioners. Just like the changing phases of the moon, I wax and experience that half full perspective, as well as wane, and view this pose, or more importantly, my life, as half empty. I balanced yesterday, why not today? The shifting phases of our practice, just like the phases of the moon can be cause for that half empty feeling. Will I ever find that blissful balance? Will my bottom hip ever stop tweaking? Why do I fall when I turn my head to look up at the sky? Striving, forcing, ease out, lift this, turn that. Will I, finally, fully float like the moon? A FULL Yes!!

It is such a blissful feeling when all the elements of this pose line up. Just as the earth and moon align with one another to create night and day, if we can align our body, mind and spirit, we too can experience that glow within. The first thing to remember is that this is a standing pose, so our connection to the floor/earth is of great importance. The more we extend, shine, reach into the earth the more she will reflect her energy back to us so we can rise like the moon. In our practice of hatha yoga, which is the balancing of the sun (ha) and moon (tha) energies, the key is the play between effort (sun) and ease (moon).

A simple way to enter this pose is through extended side angle pose (utthita parsvakonasana). To begin, open to your FULL potential. Not your half empty or even half full, but FULL potential. With your divine imagination envision the moon's radiance orbiting all around you (perhaps it is night and it already is!) as well as radiating deep within you. Remember the moon is able to go gracefully through its phases because it never loses its connection to the earth. Keep your connection to the earth.

Starting on the right side, keep the right hand on the floor kitty corner from the right baby toe. INHALE. Walk the left (back) foot in a bit and take the left (top) hand to the left (top) hip. EXHALE. Prepare to move into the pose. INHALE. Lift the left leg up parallel to the floor. STAY & BREATHE. On the INHALE add moon energy, add ease and receive all the grace of the moon. Expand from within, and on the EXHALE, from that inner fullness add sun energy, actively extend from the pelvis out in every direction.

INHALE spin the chest towards the sky EXHALE, extend from the heart out through the hands and head. EXHALE. Lower your top leg down to the floor and go back to extended side angle (utthita parsvakonasana).

Now that was easy enough. NOT! Oh no! There is that half empty voice again. For some of you this may have been enough to assist you into ardha chandrasana. Perhaps you felt the opening of the hips, the toning of the legs and feet, the strength of the body and simultaneously felt the floating lightness that comes from this pose. Or maybe your concentration, grace and poise increased. Perhaps you truly felt like a conduit channeling moon rays.

If not, the following are some suggestions to get you more than half way to the moon:

- Make sure your front heel is in line with the back in-step.
- Fully extend the legs without hyper extending the knees; this strengthens and tones the legs and feet.
- Top leg and foot slightly turn in and down.
- Bottom leg and pelvis pull back and under (this opens the hips and alleviates the hip tweak/ache in the bottom leg).
- Draw the shoulders down the back and extend the arms out fully from the heart. For greater stability, you may want to use a block under the bottom hand.
- Over-arched lower back/protruding belly can cause one to topple over. Scoop the tail bone to the pubic bone and lift the pubic bone to the navel. Swell breath and awareness into your back body to open the back ribs.
- Gaze at the floor for better concentration and balance.

Be an open conduit for the flow of energy and poise and RELISH IN THE BEAUTY OF BALANCE! Then lengthening the neck, turn your gaze (drishti) to the top thumb and beyond to the moon.

Just like the moon, this pose invokes our strength as well as our lightness. Allow yourself the time to observe all the changes in ardha chandrasana. On your mat and in your life, watch yourself wax and wane through all of life's circumstances. As you balance or fall, witness your perception going from half empty to half full. Enjoy the rising and the falling. You will see that as you witness, rather than judge, the changing phases of your life, you will experience lighter and more patient flowing from one phase to another.

THE YOGA LISTINGS

Yoga Studios:

Atma Center, 2319 Lee Road, Cleveland Heights. Highly-trained teachers provide daily & specialty classes to make yoga accessible to all. Yogic Studies & Teacher Training through the Satyananda YogaTM Academy. Yoga therapy consultations available. (216) 371-9760; www.atmacenter.com.

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Kirtan:

Every Sunday at Atma Center, 2319 Lee road Cleveland Hts.; Sahadeva alternates the lead with Atmarupa and Madhuramurti. 7pm-8pm.

Every first Wednesday of the month; Bhumi's Yoga and Wellness Center, Rocky River Presbyterian Church 21750 Detroit. 7pm-8pm.

Yoga Teachers:

Janice Hanrahan, private, and group instruction specializing in teaching proper alignment. Phone (216) 849-6191 email: janiceh@ameritech.net

Jayasri (Judy Churchill), Accredited, Certified & Registered Yoga Teacher. Trained in the Satyananda Yoga Tradition. Beginning through Intermediate classes and workshops in asana, pranayama, meditation. Phone: 440-255-1629 or email: jayasri54@hotmail.com

Lynn Kennedy, RYT "Gita" Pure and simple in the Satyananda Tradition Phone 440-526-4890; email

lynnkennedy@hotmail.com Group and Private Instruction.

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Yoga Reach, Char Grossman, Certified Yoga for the Special Child Instructor. (216) 272-0352, Yogareach@aol.com A therapeutic, educational program, for children of all ages & all abilities. Private/small group classes. Workshops of yoga-based school programs.

Roberta (Bobbi) Holliday, RYT teaching Yoga since 1969. Kelley's Island June 25, 26, 27, 2004, July in Austria. Semi-annual Metaphysics Intensives at Ganesha Studio, Elyria; Yoga in Lily Dale, NY August 14. (440) 324-6373 bholliday@eriecoast.com; bholliday.com

Yoga Events/Workshops:

May 22, Bryan Kest, Power Yoga Class, 10:30am-1:00pm at Embassy Suites Hotel, Beachwood, 216-595-YOGA. Hosted by Evolution Yoga www.evolutionyogastudio.com. Weekend event is sold out. This special class is \$60 in advance, \$70 at door. Half of proceeds go to charity.

June 18 & 19. Cyndi Lee & David Nichtern, Yoga Body, Buddha Mind 2-day workshop at Evolution Yoga, Beachwood. www.evolutionyogastudio.com or 216-595-YOGA.

June 19 - 6-8 p.m. at A Touch of Serenity , 8785 Mentor Ave., Mentor - 440-255-1638- Couples Power Yoga (Seven Chakras Squared) by Tami and Terry Stingley. Tami and Terry have fine-tuned the best of power yoga into a flowing, graceful practice that will have your spirits soaring high...together. This fun workshop emphasizes the spirituality and passion for the pose, and allows couples to benefit from assisted postures. A deeper sense of intimacy and appreciation for your partner is realized.

Sept 2004-April 2005, OM yoga Vinyasa Teacher Training at Evolution Yoga. Eight weekends thru April equals 200+ hour certification program acknowledged by The Yoga Alliance. www.evolutionyogastudio.com

October 1-3 Mitchel Bleier, Anusara Weekend Workshop at Cleveland Yoga, 27040 Cedar Rd, Beachwood, (216)789.4473 or (216)906.8537, info@clevelandyoga.com. Mitchel is considered to be one of the most versed and sought after Anusara Yoga instructors in the country.

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 440-255-5301 for more details.

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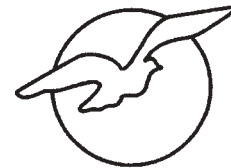
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PLANETARY PATHWAYS

By Evstarr

Aries

Tea for two is the theme for May, for doors are opening for that soul connection with your yin or yang. You will feel rejuvenated while your spirit soars with energy.

June is travel time for you; consider a few short jaunts rather than a long journey.

Taurus

Air travel is highlighted for this earth sign in May. It is an opportune time to spend with the elders in your crowd. Meditation this month comes easy for you, go for it.

Take lessons from last month's meditative time, for June will surely keep you busy as a bee with home, work and family all crying for you attention. Prioritize and fit them all in. Watch out for quarrels with a mate.

Gemini

Fourth of July comes early for you, for the fireworks explode in the relationship area in May. There is a Danger Battle Zone sign with the females in your life and you're the one lighting the fuse!

Full speed ahead in June regarding your goals, your ship has come in carrying a treasure chest for its cargo. A blast from the past comes back.

Cancer

Those money seeds you planted last month are sprouting in May, your money tree is growing. Spend some extra effort in the relationship arena.

Mum's the word for June, keep a tight lid on your future plans! Work related travel comes to the forefront as opportunity knocks. You may be mixing business with pleasure. Look for changes in the home.

Leo

Seek advice from a mate or partner in May, there's much going on behind the scenes that lure you. Take off the rose colored glasses, for you are not seeing everything.

Something or someone has you undivided attention in June as your commitment to something important which has the potential of lasting a few years. The home is the center of much activity, with children being the main focus. Focus your nervous energy on your career.

Virgo

Pamper yourself all the way in May. Your partner needs you also, but you'll be able to budget your time to make everybody happy. Don't waste all your precious time this month on needless battles with family and loved ones.

Live out one of your fantasies in June and keep it to

yourself till afterwards. Money is on the roller coaster, so keep an eye on that budget. Watch upsetting the feminine hormones at work. Your mate has travel plans in mind.

Libra

May is the time to play hermit, which will do wonders for your creative muse. Money flows in and out like the tides, so watch it. There is an opportunity for unexpected financial gains though as the waves find a sunken treasure chest. Work maintains the same status quo, which you're comfortable with for now.

"Who moved my cheese" is the theme for June as changes abound. Travel is on the agenda for you and/or a partner. Expect the unexpected. This is a wonderful time for teaching, learning and intermingling with siblings and friends.

Scorpio

Your temper has a short fuse in May related to work. Lasso that unbridled energy and put it into home projects. Short distance travel is on the agenda for you & yours. Don't ignore the little ones this month.

Back to the drawing board with you as the main subject in June. Keep a check on your emotions. Your competitive streak works for you as you shine at work; your money is on the upswing. Get back to the home projects. You may also find yourself exploring the metaphysical side of life this month.

Sagittarius

In May, the archer is on horseback and ready to ride.

Watch your emotional temperament. Responsibility beckons you on the work and home fronts, but it will be wearing a happy face. Work related travel is in the offing, which may attract a love interest.

Collect your rewards for June is the month you reach for the moon in something you've had your eye on.

Scrutinize contracts this month. Your word will be stone, so be careful what you attach it to. An opportune time to undertake a new study.

Capricorn

April showers bring May flowers, your garden is growing. Put those long-distance plans into gear. Your involvement with communications at work is at hand. May is a time of growth...plant those seeds and watch them grow.

Philanthropic ideas benefit you.

You turn into a "Chatty Kathy" in June and you need

to be more of "Marcel Marceau". "Caution Ahead" is advice you need to heed for power plays are prevalent and work and in the home.

Aquarius

Be open to discussions with your significant other in May. Secrets kept at this time may lead to misunderstandings in the financial department. You'll be tightening the purse strings and saving for a home improvement project. A bolt-from-the-blue visit from a female is on the horizon.

Mirror, mirror on the wall, will call attention to your appearance in June but also find you dealing with family matters. Discussions will allow you to find solutions; your counseling skills are razor sharp. Allow your mate to take center stage this month. The wind blows money your way, in the female form; also a woman rattles your chains at work.

Pisces

Time to go back to basics with home and money in May. Let your mate take the glory this month. Money comes in mysterious disguises. Beware of hidden expenses. Your career is also turning some "where did that come from?" corners.

It's Kismet in June with a soul mate. Money comes while traveling. A clandestine relationship is tempting you. Work still remains in the forefront. Health and healing issues are highlighted.

Eustarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Contact her at eustarr@yahoo.com to be added to her mailing list, also, be sure to check out her website reachforthemoon.net for upcoming class listings and info on charts.

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Reoccurring dreams and nightmares share the same teacher. You've all heard the expression "when the student is ready the teacher appears." In retrospect we do know that these dreams are our fears and stresses from our everyday existence. Let it be said that not all nightmares and reoccurring dreams are dealing with "outside" forces. Some of these dreams are coming to us because we need to deal with our own personality conflicts and emotions. Let's embrace these dreams with an attitude of they are here to "teach" us. Alleluia!

If you've had the same dream three times or more in a short period of time, this is a "red flag". Let's pay attention now, and not wait for that ton of bricks to come falling down, or until we get hit by that two by four!

QUESTION: How do I find out what my nightmare is trying to tell me if it's not apparent to me?

ANSWER: This is an excellent question. Identify the source of your fear, what is going on in your life at that time that is troubling you? These are questions that only "you" can really answer. Do some probing, chances are if you look around the light bulb will go on.

Dear Duchess: The Roller Coaster – I am at Cedar Point and I'm on the roller coaster. The roller coaster keeps going on and on and on. I'm not normally afraid of roller coasters but I keep having this dream and it puzzles me. The dream ends with me still riding the roller coaster and the park is closing. *Signed, Puzzled*

Dear Puzzled: I would want to look at what is going on in my life where I feel like I'm on an "emotional roller coaster". Is there something or some situation in your life where you feel like you're constantly going up and down? Maybe it's time to get off the roller coaster and leave the park. Next time you have that dream, visualize yourself on the merry-go-round. It's a lot safer.

Dream Tip:

Decide who, what, where and why you are having these re-occurring dreams and set out to slay your dragon. This is "your" dream, have fun with it. Change it in any way shape or form you'd like to see it end. Write it out, act it out and then dream it again. You can be Cinderella, just "dream it"! Sweet Dreams!

Sweet Dreams!

Evstarr

Evstarr, known by many as the "Duchess of Dreams," has been studying dreams for the past 20 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. Look for her Dream Workshop at LCCC (1-800-995-5222). Contact her at evstarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for upcoming class listings.



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Commitment to Recovery

By Rev. Justin P. Chase

When asked to write a paper on commitment I had to ask myself several questions: what does commitment mean to me? what are my truths about commitment? do I have the ability to simply commit to writing an article about commitment?

The act of committing to write an article was very simple. In the moment that I did commit, the main factor in the decision was peer pressure. A friend of mine had just heard me give my recovery talk before a group of people. He commented to me that the main message he received from my talk was that of commitment. I was initially apprehensive about writing such an article, as I have never written a public article before. My friend assured me that he believed in me, and that I can do this. So I reluctantly agreed, thus making a half-hearted initial commitment. In the next couple of days after making the initial commitment, I began to ponder what commitment actually meant to me, and I began to write down some notes about what I might write about. Then my other commitments in life began to press down on me, doubt about ability to write an article before the given deadline began to press down on me, and I wanted to call my friend and tell him that I had to back out of my commitment, but I procrastinated and did not make the call. My friend called me and asked me how the article was coming. I told him that I had written down some notes and had a basic guide line in my head. My friend reassured me of his belief in me and my ability to follow through with the task at hand. And I assured him that I would have the article to him within the next 48 hours.

Now that I had added more depth to my commitment, I had to take some massive action. I began by researching what Webster had to say about commitment. He said it "was an act of committing, pledging or engaging oneself." He said "it was a pledge, or promise, or obligation." He also said "it was our engagement or involvement in a purpose or belief." He had also referred to it as "a consignment, confinement, or an order," such as being committed to a hospital or mental institution.

Well I related to all these things, as I had pledged, promised, and obligated myself to write this article. I could also relate to being consigned, confined, and ordered under lock and key for not being able to follow society's rules.

I then decided to look at Webster's definition for the core word commit. Again Webster referred to making a pledge or engaging one self. But here he also refers to it as "to entrust for safekeeping." And "to consign for preservation," to commit one's ideas to paper. And finally,

"to bind or obligate oneself to a duty, idea, action, lifestyle, belief, or person."

Again I had to look at what my truths were about the word commitment, the action commitment, the principle commitment.

When counseling people, I have often told them, "You will know when you know." When others tell you something, it is more of their truth than yours. But when you say or write it, it takes on more depth, as you have taken ownership of it. "It", your new truth, becomes a part of your belief system. When this happens you cannot turn your back on it, for it has become a part of who you are. Let me give an example of why this is so important. For 31 years I could not keep my commitments because I did not know what my beliefs were, or who I truly was. Addiction had completely distorted my perception of who I was, of life, and my part to play in it. Everyone around me tried to tell me what the problem was, but that was their truth, not mine. Until I was able to separate myself from my addiction long enough to see the truth of where it had taken me in life, I could not claim that truth as my own.

Continued on Page 34

Conscious Commitments

By Janee Kuta-Illiano

I am a wife, sharing a spiritual commitment to a beautiful man. I am self-employed, committed to building a business. I am a sister and a daughter, committed to honoring my family. I am a friend, committed to sharing laughter, tears and time. I am the owner of two cool cats, committed to caring for and loving them. I am a homeowner, committed to paying off the mortgage and tending to all its renovations. I am this, I am that and I am truly all over the place...

This word commitment feels a lot like a list of obligations when giving it a first thought. As one sinks deeper into the true meaning of the word, however, a main current underlying all the waves and ripples begins to emerge.

There are, of course, all the concrete commitments that can be spelled out in black and white as mentioned above with house bills, marriage, parenthood, etc. However, there is this deeper commitment that we all have inside of us. A commitment that the universe, or whatever spiritual orientation with which you may resonate, commonly asks of us. It is the commitment to be of service to the world in which we live. It is thought to be our true deeper commitment that keeps us getting up each day doing what we do, even when we don't know why we're doing it.

Continued on Page 35

But once I did, then the truth became a part of me and my beliefs, and I was able to take some action.

Now what does all this have to do with commitment? Commitment involves risk taking, trust, sacrifice and faith. And unless a person has a deep sense of what their truths are, what their purpose in life is, where they're going and what they want to achieve, they will have no ability to fulfill any commitments, to their selves or others.

We seek commitment from those around us and they seek it from us. It defines the level and depth of our relationships. Commitment is a promise with passion. I have a value placed on the friendship with the person who asked me to write this article, and I have an even greater value on my own integrity today. So when I told him I would have it to him in 48 hours or less, my truths of who I was and what my values were, sparked a burning desire in me to take massive action and put my fin-

gers to the keyboard to make this article a reality .

Ten years ago some people took the risk and showed me a way of life that I never could have imagined. Whenever I try to thank them, they would not accept the thanks personally, insisting that I thank God, and stick out my hand to the next person in service to him. They demonstrated to me what gratitude in action was. So living in gratitude, as an action, is a major part of what commitment means to me today. All that I am, and all that I am becoming, I owe to God, and the people about me, who showed me the way to a life that works.

If I don't maintain my gratitude every day, then fear, doubt, unworthiness, lack, and all the negatives of the world will enter into my life and tempt me to forsake the commitments I have made. They do this by disguising themselves as small daily personal crises that try to interrupt my value system and my priorities and instill fear into my life. Every day I must remind myself that I'm here to be of maximum service to God and those about me, and my values and integrity are far more important than possessions.

I start every day on my knees asking God for the help, guidance, and direction to just suit up, show up, do what's in front of me, do the best I can, and try to do the next right thing. Remembering that the biggest room in my house is the room for improvement!

Thanks to God, and all those who have crossed my path and stuck out their hand.

Sincerely,
Rev. Justin P. Chase



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Conscious Commitment...Continued from Page 33

When we understand the importance of being of service, when we reach out to those around us and beyond, the struggles, the mental aches and pains of living seem to disappear, or at least lose their intensity. We begin to share, release, relate, and truly see that others may have the same pleasures and pains as we do. We begin to see that we are

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not alone, and that there are people who relate to us. We begin to reach a new level of awareness.

As you realize this deeper commitment of being of service, you begin to develop a sense of trust within yourself and to the world around you. It becomes a knowing, that although things aren't as you would like them to be financially, socially, emotionally or physically, you can trust that when you continue to be of service, you will be provided for and

that the truth to everything will be revealed with time.

So you see, there is the balance. Your hard work is paid back with self-understanding. You gain the keys to really knowing who you are and why you are here.

These are obviously just words and often times words sound the same. But it will be that one time reading or experiencing something, that self-realization will hit you with a ton of blessed bricks, opening another door for you to enter. Some say that often times our true meanings are revealed in an instant. Where we give up all the things that seemingly brought us down. We go into sobriety, we move out of our depression, out of lousy jobs, marriages, living situations, etc. And never look back.

It is amazing to know that we ALL can have that, that we ALL are capable of change and capable of knowing our life's purpose. It is not meant just for people who meditate

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3,5,8 hours a day or read such and such books on finding your true self, or eat a pure diet or exercise or get a PhD. It is meant for all of us void of any certain scenario in which it could happen. Just put it out there, the message will come when we remain open. We are all so beautiful and as you look around, really look at people. Especially someone who upsets you. I try to think, before my trained judgment sets in, that these are my fellow people, my global brothers and sisters who have the same emotions as I and have come from the same source as I, how can I be of service to you? When the man is flicking you off in his car for your lack of 100 mph speed or whatever, raise your hand (not your middle finger) but raise a full hand and allow yourself to be of service to this person today. (Your service may have been to slow this person down for a moment to avoid a tragic car accident ahead). Let us remind ourselves of that when we experience impatience with the elderly. Ask how may you be of service to this person or to this situation? When we face a job loss, ask what is your true calling in which you can better be of service to this world. The connection with everything and everyone is never broken. We may just think it is.

Encourage yourself to step out of the ego-driven box, to drop your mind and know that we all have an important role to play on this Earth plane. As we continue to search for ways to unite this troubled world, know that our common thread here is to share and be of service to one another, creating a true web of life. May you continuously choose and create commitments that align you peacefully with your purpose, with our whole purpose. Let us touch one another's hearts and ask, "How we may be of service to one another today?"

Namaste

Janee Kuta-Iliano is a Health Educator whose passion is to empower others to take control of their health. She is part owner of Healthy Harvest Café, a Vegetarian/Raw Foods Deli and offers Swedish Massage, Colonic Irrigations, and Cleansing & Detoxification Programs. For more information contact Janee at 440-478-9802.

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Some Thoughts on Chinese Medicine, Health, and Healing (and a Self Introduction)

By Charles May, MD, DOM

The Journey's editor and publisher Clyde Chafer has invited me to write an occasional column on "Ask The Expert", responding to your questions and sharing thoughts of my own from time to time. I have accepted his kind invitation and hope that I can contribute to the content and vision of The Journey.

Many of you readers of The Journey will most likely want to know something about me, Dr. Charles May, the person writing this column. I shall try to give you a thumbnail sketch. Please note that further information may be found at my professional website www.charlesmaymd.com.

Briefly, I am a medical doctor (MD) who currently practices Chinese medicine primarily, carrying the title D.O.M. (Doctor of Oriental Medicine) from the licensing board in New Mexico. My western medical (allopathic) training and experience includes 15 years in emergency medicine and family practice, with board certifications in both specialties. I have had a longstanding interest and practice in Asian mind body disciplines such as martial arts, yoga, Tai Qi, and mindfulness meditation, beginning more than 30 years ago. (I am getting older – how is it that I began these pursuits more than 30 years ago?).

More than a decade ago I began to further my training in acupuncture and Chinese medicine. I completed a physician's


acupuncture course followed by a Master of Science in Oriental Medicine degree from Southwest Acupuncture College in Santa Fe, NM. Further advanced level training followed, along with passing the national certification exams in acupuncture and Chinese herbology. I started my Oriental medical practice in the Cleveland area in July of 1999 and have an office in Mayfield Village, on Wilson Mills Road and highway 271. My two dogs, Patches (a companion for over 14 years now) and Will (a recent addition) usually accompany me to the office and help with greeting patients and making sure we all get outside at least a couple times a work day. My trusty office manager Denise helps keep the place running on an even keel.

Why did I choose Chinese/Oriental medicine? Basically, I think I was drawn to it. Perhaps the medicine chose me, as much as I chose it. It does feel good to me to be doing the work I am doing, and it seems that some people benefit by my work. Chinese medicine does have a lot to offer.


A few words about medicine(s) in general and particular. I believe that every well established medicine with a solid tradition that is practiced at least in part at a professional level has something to offer. Chinese, Ayurvedic, allopathic (western), osteopathic, homeopathic – all these medical disciplines can contribute to our well being and at the same time, no medicine has all the answers for everyone. Chinese medicine is great for a variety of women's, men's, and children's health concerns. Western medicine's strength lies in its diagnosis and treatment of acute and severe medical and traumatic conditions.

Let me give an example of the respective ranges of allopathic (western) and Chinese medicine. When I had a pretty severe case of acute appendicitis almost 10 years ago, I'm very happy that I had a fine general surgeon available. He did a history and physical exam and said, "I don't care about your lab work, kid, you need surgery." He was right. Three days later, when the effects of the anesthesia for the surgery were still bothering me, I was treated by Miriam Lee, one of the pioneers of Chinese medicine in the San Francisco bay area, who helped me with acupuncture and a few basic herbs. "Eat warm/cooked foods, get out in the sun, and do some very gentle Tai Qi", she told me. Good advice for the situation. Both medicines had something to contribute to my return to health.

To close this first column, let me leave you with a little knowledge from ancient and current Chinese medicine. Chinese medical treatment comprises eight treatment modalities



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known as the "Eight Branches". These modes of treatment are the following:

- diet;
- breathing/meditation (Qi Gong in China; any good rejuvenating quiet time fits in this category);
- exercise (Tai Qi and martial arts in China; here in the USA - yoga, Pilates, water exercise, walking, tennis, you get the idea);
- Cosmology (how we are connected to ourselves, nature, each other. This would include emotional/behavioral health as well as the health of our relationships);
- Feng Shui (how our environment, personal and otherwise, can impact our health);
- Therapeutic massage (while there is a therapeutic massage called Tui Na that is very effective and specific to Chinese medicine, many forms of hands on therapy can be beneficial);
- Acupuncture;
- Herbal Medicine.

The main point I wish to raise about this list of treatment modes is, I believe, simple and important. If such integral aspects of our lives as diet, how we relax (or don't), and how we connect to others and ourselves, can be used as therapy, it would follow that our choices in these matters are impacting our health and well being regardless of whether we're being conscious about these choices. Chinese medicine offers a pretty useful guide for making these choices, something that hopefully I'll be discussing in future articles.

May we make increasingly healthier choices for ourselves, each other, and the planet.

Charles May, MD, DOM (Medical Doctor and Doctor of Oriental Medicine) practices acupuncture and Chinese medicine in Mayfield Village. He may be reached at (440) 460-9401.

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the JOURNEY
A Mind, Body & Soul Connection

The Journey is a bi-monthly magazine serving the health and wellness needs of our local community. We provide articles and advertising focused on healthy living, alternative medicine, fitness, personal and spiritual growth. Our mission is to enlighten and inspire all those who are seeking something more as they journey along their personal path of transformation into total wellness - mind, body & soul. We encourage your opinions regarding our publication. Please feel free to write or call us at ATOS Productions, 8785 Mentor Avenue, Mentor, OH 44060. (440) 255-5301.

Thank you for reading the Journey and for your support of our advertisers.

Sincerely, Clyde Chafer & Michelle Mills
- Co-Founders

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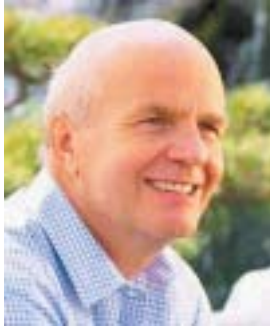
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EXPO 2004 Feature Speakers

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Dr. Wayne W. Dyer

An internationally renowned author and speaker in the field of self-development. He has written numerous bestselling books, including the New York Times bestseller *10 Secrets for Success and Inner Peace*; has created many audios, CDs, and videos; and has appeared on thousands of television and radio programs, including *The Today Show*, *The Tonight Show*, and *The Oprah Winfrey Show*.

Howard F. Lyman

A 4th generation family farmer (and vegan) from Montana. After 20 years of operating a feed lot, he sold his ranch and started working for farmers in financial trouble. He was a lobbyist in Washington, and ran for Congress in 1982. He is the former Director of the "Beyond Beef Campaign" & the Humane Society of the United States' "Eating With Conscience" Campaign; past President of both the International Vegetarian Union, and EarthSave International; and is currently President of Voice for a Viable Future.



Earnie Larsen

A nationally known author and lecturer. He holds BA Degrees in Philosophy and Theology, and a M.R.E. Degree in Religious Education, and an Associate Arts Degree in family counseling and chemical dependency. Earnie is a pioneer in the field of recovery and the originator of the Stage II Recovery process. He is known and loved for his ability to touch the hearts of hundreds of thousands of people who have accepted the challenge of creating change in their lives. His focus is on the importance of establishing interpersonal skills as the center of a healthy life.

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at age 17, studying in Europe, India and Africa. Wah! opened for Courtney Love (Hole), toured with Krishna Das, and went on to work with producer Herb Graham, Jr. on *Opium*, a dreamy collection of R&B trip-hop songs about life. Latest release, *Jai Jai Jai*, continues her unique approach to yoga and music, weaving devotion with hip production and industry talent. www.wahmusic.com

Saturday, September 11 at 6:30 pm, tickets are \$25 Advance/\$20 Day of Show

EXPO 2004 Mini-Lecture Presenters

Just a sampling of the many mini-lecture presenters at this year's EXPO

Joan Gattuso

Joan Gattuso is the founding Minister of Unity of Greater Cleveland located in Shaker Heights, Ohio. She is a best selling author of *A Course in Love* and *A Course in Life: The Twelve Universal Principles for Achieving Life Beyond Your Dreams*. Joan is an International Speaker/Keynoter and writes extensively in the area of holy relationships for many organizations and publications including the Chatauqua Institute and UNITY Magazine, for which she is a columnist. She is a student of HH the Dalai Lama, Thich Nhat Hanh and Jean Houston Mystery School. She serves on the Board of Advisors for The Association for Global New Thought, and is the winner of the Enterprising Women award.



Jane Kuta-Iliano

Jane Kuta-Iliano is a health educator whose passion is to empower others to take control of their health. It is her belief that we must all do our part towards promoting good health by making educated decisions as to the foods we choose to eat. Jane has studied extensively how to Cleanse and Detoxify our bodies and teaches how it can be implemented into our everyday lives. Discover how you can naturally cleanse your most magnificent machine for optimum health and rejuvenation.

Stephen Lewis

Stephen Lewis is the co-founder of EMC2, co-author of SANCTUARY: THE PATH TO CONSCIOUSNESS and the foremost pioneer in holographic healing which is the basis of the spiritual technology used in the AIM Program within the Energetic Matrix Church of Consciousness. The technology of healing is a vast field, in which Stephen's primary contributions are the capacity to measure any aspect of life in "units of consciousness" and the rosetta frequency, which enables people to select the energetic balancing they require in order for them to be able heal themselves.



Joyce Varona

Born in Manila, Philippines and raised in the United States, Joyce is a graduate of Yap Cheng Hai Feng Shui Center of Excellence formerly based in Malaysia studying Classical Feng Shui directly under Grandmaster Yap Cheng Hai, considered one of the top five Classical Feng Shui Masters in the world whose lineage can be traced back to 1848. Currently, Joyce is one of four instructors in the world for Feng Shui National Institute of Canada. She is a commercial and residential Feng Shui consultant, lecturer and speaker throughout the United States, and is an author on the subject of Western vs. Classical Feng Shui. For more information, please visit www.fengshuinternational.org.



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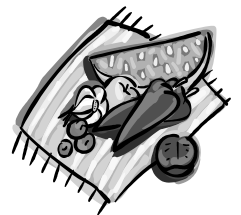
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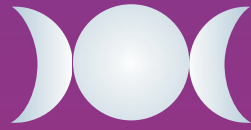
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