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Ron Reid is co-owner and Director of Downward Dog Yoga Centre in Toronto, Canada. Ron is one of Canada's top yoga teachers. He has been practicing yoga for 25 years, and teaching since 1988. Since 1995 he has studied Ashtanga Yoga with Shri Pattabhi Jois in India and North America. He approaches teaching in an inspired, informed and non-dogmatic way, placing the needs of the student ahead of the demands of the practice. He endeavors to blend tradition with innovation, and to balance precision with grace. He is a highly accomplished musician and thus bridges Hatha Yoga and Nada Yoga (the yoga of sound) effortlessly. Students will find his refined approach to practice both challenging and rewarding.



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WORDS FROM THE PUBLISHER.....

Funny how sometimes we keep ourselves so distracted with what was and could be that we miss the simplicity and the beauty of what is. Several years ago a dear friend lost her husband to cancer. My friend was left with the care of two young children, an 8 year old daughter and 4 year old son. About a year after her husband's passing there was a father-daughter dance at the young girl's elementary school. Sarah wanted to go to this dance, and being that her father had passed I volunteered to take her. When Sarah and I got to the dance I sensed she felt a bit out of sorts. She basically kept herself joined at my hip. Being at a father/daughter dance may have brought up some memories of her father. A couple of her friends who were out on the dance floor enjoying themselves both spotted Sarah and came by to greet her. I think they both sensed how uncomfortable Sarah was and when they came to her they both had big smiles and one started rubbing her back and the other stroking her hair. It was as if some power had whispered in the ears to these two little angels and said "please go minister to my little Sarah and help her in her uneasiness." Sarah started to lighten up and became comfortable and I told her go out and dance and have fun with her friends. She ended up having a great time. Witnessing this was experiencing a feeling of absolute love. I tell this story because I feel that it ties into our theme of "Being Present." I was 100% present to the love that was experienced through these little angels to Sarah. Not quite six years later I still feel the strength of the love brought forth that day. The key to this was letting any and all walls down and allowing my heart to open and be present to what I believe to be God-Godding through his little angels. If I open my eyes, ears and heart these incidences are there 24/7 to experience. Bringing my attention to each moment and living in the now helps me to be receptive to such random acts of kindness and love. I had a friend whose favorite saying was "Yesterday is a history - tomorrow's a mystery and today is a gift. That is why it is called a present." May we all gift ourselves with being present.

Namaste' Clyde

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acrylic painting entitled Shanthi ,
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Our Theme for the Next Issue...

Living Your Purpose

If You Can't Be With The One You Love...

"Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment."– (Buddha)

Wow, *being present*, my mind was flooded with visuals, a gamut of emotions, mind-boggling intellectual snippets, not to mention leaving *the present* countless times and going to yesteryear and futurewhere. So where does that leave me now? Trying to get a grip on this article without sending Bill (The Journey's layout man) into a grammatical frenzy trying to put the pieces of my article into some semblance of form instead of a newspaperman's worst nightmare, a 750-word article turned into a wordy 1500-plus with no direction. Well, just because I have Aries rising and tend to jump all over the place like a game of leap frog doesn't mean I can't stay *in the present* long enough to focus on the theme, does it?

Scores of things came up for me with this issue's theme...the first of which is doing dishes. Yes, you see my dear readers, for me doing dishes is very much a *Zen* thing. I like the therapeutic effect it has on my being, while I'm focused for the moment trying to get burnt oatmeal out of the bottom of a pan. Because while cooking the oatmeal, my *being present* eluded me while taking a two minute shower thinking there was no way the oatmeal could cook that fast. Some of my peak inspirations come to me while I'm doing dishes. It's such a mundane task that most of us do it without thinking, ah, that's the ticket, *without thinking*, which hence allows the right brain to do some of its highest work. Same kind of creative genius happens to me while I'm in the shower. Now, taking a shower isn't rocket science, so what happens? For me, the little Picassos come out of hiding and deliver a similar caliber of inspiring ideas...like the ones I receive while doing the dishes. But then, that

leaves me pondering this next thought...if these are some of the times we're experiencing moments of *Zen* and *being present*, did we leave the focused moment to come up with these creative revelations?

In the Louise Hay work that I do, I continually emphasize one of Louise's main philosophies, which is "the point of power is always in the present moment." New thought authors were by no means the first to explore this phenomenon. Various early sages spoke of this thing we call *being present*; "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."– (Buddha)

Being present offers a myriad on interpretations depending on which side of the esoteric spiritual merry-go-round you are on. There's an exercise we do in my Louise Hay groups where I go around and ask everyone, "What is the one thing you've always wanted to do, but haven't for one reason or another?" Then the fun begins, I have everyone tell me what that" elusive thing is; then I have them try and give me a reason *why* they haven't done it. Well, they tell me one reason after another, and I ask them *why not* for each and every single reason they come up with. The bottom line is when you get down to the bare essentials there is NO reason why. You see, we spend half our time or most of our time, depending on how obsessive-compulsive we are, worrying about things that usually never come to pass. So, in essence; we spend all of our time in the *future* and not in the *present*.

The same thing goes for the past. Now listen closely, because I'd be willing to bet you'll find yourself somewhere in this paragraph. I know I've taken the what *if* stroll down memory lane more times than not. So, when we're not growing new gray hairs worrying about what will never be, we're spending the other half of our time fretting over what could have been, mutually a colossal waste of time! Time is such a fleeting thing these days, don't you find it's moving faster and faster as the months and weeks go by? It reminds me of watching a movie when they move forward in the plot and the calendar pages start flipping furiously. So ask yourself, do you spend time playing the blame *game* and staying stuck in the past, still focused on Aunt Millie's remarks at Thanksgiving dinner back in 1999? Or are you in the land of *what if* causing one anxiety attack after another over what will never come to pass? Now, it's time to come



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out from behind door #1 (your scary future) and shut door #2 (your past) and live in the present moment of NOW. Do me a favor, take out pen and paper and write out your most cherished desire. Now list everything that's stopping you from accomplishing this, and for each and every single reason ask yourself, "What's the worst that could happen?" Now, answer yourself on paper, write it out and keep going down the list until you realize there is absolutely nothing stopping you except fear, which is living in the past or worrying about the future.

Let me sum it up for you like this, remember way back when you were about sixteen and out on a date, and you really didn't care for the guy or gal you were with, and you spent the whole time fantasizing about Mr. or Ms. Wonderful? Wouldn't it have been better for the two of you if you stayed in the *present moment* and followed the words of this song, "If you can't be with the one you love, love the one you're with"?—(Stephen Stills)

Time is moving fast my friend, don't waste precious moments; revel in the gift of the present.

Eustarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups, Treasure Mapping workshops, Angel Card Readings at Goddess Blessed; Seek the Unique and Karma Kard readings at Journeys! Contact her at eustarr@yahoo.com to be added to her mailing list, check out her website reachforthemoon.net for latest class listings.

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BEING PRESENT

By Wah!

You have somewhere to go. But you've never been there before. So, how are you going to get there? You'll get directions and follow them: go down this street, take a left, at the second traffic light, make a right, look for the second building on the left, enter door #2. Spiritual development is not different from this. We are given directions, road maps and techniques to follow. We follow them and find wholeness. But what if you are given two sets of roadmaps? At the same juncture, you might want to take both a right and a left. You cannot go in two directions at once. Splitting your energy makes it harder to reach your goal. You have to take one path and follow it with all your heart.

Any path will take you there. The macrocosm of the universe exists in microcosm within each one of us. What you do inside is reflected in what happens outside. The changes you experience in your heart and mind project outwards and rearrange your life. The life sequence you are in is carefully tailored to you, to create a change in your heart. It is not important which job you have, which Guru you have seen, or who your life partner is. What matters is, are you growing? Are you allowing yourself to change based on the experiences you are having? The view from the outside makes no difference. You could be a priest or a volunteer at a soup kitchen, and your inner dialogue might be the same. You could be a yoga teacher or a politician, your lessons might produce a similar outcome: a change of heart.

The first step in being present is to fully and unconditionally accept who you are. Take out who you are and start looking at it. Share the stories of your life, start uncovering what made you the way you are. And be present with it. Allow the presence of shame, joy, guilt, contentment... it is all there. What's there is you. Being present is uncovering the essence. You are holding the essence of all life – in you, your teachers, your family, friends, in everyone you have met. You hold their gifts, their struggles and disappointments. The entire human experience is sitting inside you.

Giving full permission to yourself to be yourself is an all-important first step. When you give 100% to whatever it is you are doing, all your energy flows in the same direction. Your heart can't be flowing in one direction and your mind in another. One pointed concentration is necessary. But you can't just subdue your mind and follow your heart. Your mind has unlimited potential as a psychic, intellectual and analytical tool. Your heart forgives, loves, goes with the flow. Both heart

and mind must be united. They must be in harmony and flow in the same direction.

Everyone has distractions. The mind is attracted by achievements and knowledge and possibilities. One way to be in harmony is to dedicate everything you do to your object of devotion – your chosen deity, teacher, or loved one. Dedicating your efforts to God and not worrying about the outcome is a core theme in yogic texts. It moves all your energy in one direction.

“Though attracted by objects of desire and though he has not yet gained control over the mind, my devotee is not overpowered by them, being shielded by his devotion to me. Just as fire steadily grows from a small flame to a blazing fire and burns fuel to ashes, so does devotion to me blaze forth and consume all obstacles,” says Krishna in the Uddhava Gita.

Another way is loving kindness. Applying love and kindness to every thought that arises in the mind can help move your energy in a direction of love. If you have any doubt that your thoughts affect everything in and around you, you owe it to yourself to read Masaru Emoto's book, “The Message from Water.” Emoto has documented how thoughts, words, ideas and music affect the molecular structure of water. Just putting a glass of water on the table and thinking “love” can change ordinary water molecules into beautiful crystal-like patterns. If you can send loving thoughts to a glass of water and change its molecular structure, just think of what your loving thoughts can do to your whole being. Your intention becomes everything. You can heal or hate in a single thought.

Perhaps it is harder to release habitual thought patterns which have had years to settle and calcify in the body. And perhaps it is easier to forgive other people's mistakes than forgive our own. But it can be done. For example, if you are practicing yoga and you remember a tragic incident, your mind will naturally split - beautiful poses and expansive breathing on one side, and tragic memories on the other. You will have two energies flowing in opposite directions. It is hard to be present in such a moment.

Forgiveness is offered to the sorrow. Light is brought in on the inhale, letting go is given to the exhale. Accepting all that has brought you to this moment. Sitting in love. Offering love to the part of you most needing it. You can align with love; your body will respond and heal. Body mind and spirit are held together by the magnetism of one powerful thought of love. Being present in a loving way is a trademark of saints and sages.

I am comforted knowing that I have chosen difficult experiences to develop my strength as a person. But if I can't forgive myself and allow unconditional love for all that I have become, I follow the example of the yogis and resort to total immersion in Presence. For me, Presence is the void, a loving memory of my teacher, an experience of a deity, or the Universe itself. It is an all-ness that I understand and feel comfortable in. Connecting to the breath and moving into meditative stillness allows me to be present for both myself and everything around me.

Still not connected? Try mudras and bound seated postures. You might not feel present simply because your attention is scattered. With so many activities in a day, you may find yourself pulled in divergent energies. Sealing the fingers together in gyan mudra will help you get present. Try it – in each hand, press your first finger and thumbtip together. You now have a sealed energy. You are no longer getting information from the outside world, nor are you extending energy towards it. The energy that would normally exchange between you and the world is sealed off. Don't just sit there. Sit on your heel and seal off the base of the spine. Press all your fingertips and thumbtips together and make a ball of energy between your hands. Or join your wrists, make a lotus flower at your heart. Create an architecture that can hold Presence. And then give yourself full permission to be there. Be present for your own higher experience.

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



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We Are Stardust, We Are Golden

By Ted Lardner

At the recently-opened Sisters of Saint Benedict monastery back home, Mom's been going to oblate meetings. Her table holds a stack of readings. "I'm working on the Centering Prayer," she explains. Showing the workbook, she asks, "Is this what you do in yoga?"

Once, in college, my roommate and I hitchhiked to Oregon. The first ride carried us half way through Utah. Where it left us, we got stuck. It was midnight, the middle of nowhere, nothing around. Up under the girders of an overpass, we unrolled our bags. Head to head, we lie talking. As the last, lost traffic thinned away, the intervals of silence lengthened, deepened. Over their abyss hung the sound of my friend's voice. Today, I remember the comfort of his presence.

I think of the comfort of presence, remembering a story my mom told me. The story is how one night, in the thickest part of a family tragedy, she left our house and drove to the old Villa de Chantal where another order, the Sisters of the Visitation, had run a school. For a while growing up my mom attended school there, but by this particular night, the night in her story, the school had since closed, and the order would soon be moving.

"You guys were all out of the house," Mom said. "Your dad was back working. I got in the car. I hadn't called. I hadn't been there for years, but I didn't know what else to do, where else to go. When I got there, it was rainy and kind of late. At the residence I could see the windows were dark. I stood at the door and I wasn't sure. As I was about to knock, the door opened and Sister _____ was there. She looked at me. She looked at me and very quietly said, 'Marion, come in. We've been thinking you would come and we are ready for you.'"

Diana Eck says, "Staying awake and keeping watch is a serious and difficult spiritual discipline." In this context, being present means, "We do not busy ourselves changing the course of events. We are not able to use our cleverness,

our strength, our connections, to alter the circumstances, for moments of fear and grief are often unalterable." At the moment my mom is telling it, I don't realize this is a healing story. I'm starting now to understand that it is. My first clue comes in realizing how edgy I felt listening. It wasn't easy just to sit, to be with it, feeling neither greedy for more nor in a big hurry to move on. I had only to listen to her tell it. She had waited a long time for me to be present.

The story ended with my mom saying, "I don't remember anything we talked about that night. The room we sat in, yes. I remember specifically the company of those old women. The company they gave me I cherish."

The point my mom was finding was they were there for her, to sit with her, to keep watch like Diana Eck describes. They weren't going to fix anything. If they were talking "God's plan" and "better place," what my mom took away was more primary: their being present with her, her broken heart. I mean broken. There's more here I can't say. The part I don't know how to say, that's what puts the flash in the air.

The new monastery with the oblate meetings stands on a hill. Below it winds a creek. You can guess the creek, with 13,000 years behind it since the last ice age, has lots of practice being present. Its patient efforts have opened a way to the river, opened these 93 acres of old oaks and new construction with a path for walking and benches where Sister Mary Jane, my mom's friend, likes to sit, and pray—and drink coffee.

Visiting the sanctuary, we pause before the baptismal fount. Wide around, its body draws us deeply in. An image of presence: the water that fills it wells, sliding silently over the rim, flowing evenly down the sides. "To remind us where we come from," says Sister Mary Jane. The Benedictine Spirituality Center describes Centering Prayer as "A way of opening our hearts and minds to the presence and action of the God whom we love...It is a method...that leads us to 'being' rather than 'doing.' We open our awareness to God, whom we know by faith is within us, and bring our intention to be open to [God's] love for us and to return that love."

To answer my mom's question, I guess I would say: My teachers talk about the back body. The back body is said to represent our past, including family and the teachers that stand behind us. An important part of practice is how breath by breath we call to presence our whole self: past experiences, everything that makes us who we are—none of it is forgotten. Being present doesn't mean being amnesiac. We swim in simultaneity. Past and present intertwine. That night under the bridge is in me, as is my friend's voice. Both are felt memories, as close to the texture of my core self as anything I think of. My mom's story is in me too. It traverses like a Jacob's Ladder and the tragedy it springs from. On it together, we are crossing that dark night still.

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Visiting Hell...

But Choosing Not To Stay There

By Jessica Robertson

And From the Darkness came Light

What is hell if not our own concepts born of our individual experience. It is not hellish fire that burns, but the sting of a love gone sour. Hell's wrath is not served from the biting of whips and chains but from the holes in consciousness or justice that we witness without warning in all-pervading media surplus. Hell doesn't stop you and hold you there. The gates are translucent, often we aren't aware of which side we are standing upon. This movement from dark to light does not stop. Duality shapes our very existence. It is magnetics, physics and the power play of gender. Nothing exists if not for its opposite. It is from this understanding that I tell my story.

As a little girl I started to experience tension around my temples. The tension turned to pain and the pain spread with each passing year — lower back, neck, shoulders. Flare ups became the norm. The headaches were so bad I remember my mother reading me bedtime stories from outside of my room because I couldn't stand the light.

I was diagnosed with a scoliosis curvature. The doctor at Sick Kids Hospital (nurturing name!) in Toronto, Canada stood with what seemed to me like a small audience of interns and told me with cutting and confident indifference that I was one in one thousand. When referring to the likelihood of the rate of degeneration of the spine, this was not a positive statistic. He said that my back would most likely give me trouble my entire life. There was nothing I could do to change my situation and I would most likely be in pain for the rest of my life. If I was lucky I would be able to avoid the surgery which would take me out of school for six months and limit all the activities I loved— swimming, riding my bike, gymnastics, running. He told me he knew a few good surgeons renowned in their fields that may be able to help.

He set me to a regime of bi-monthly x-rays to track my rapidly curving spine and nearly drowned my mother and me with worry. I was 8 years old. I spent the 45 minute ride home from the city to the farm where I grew up comforting my mother as we wept together. We were so scared. The questions were unspoken and yet flowing. What was this going to mean for us? What did this mean for my future? What did this mean for our family? I felt our fear fill the car like thick smoke and even at that very young age, all I wanted to do was turn back the clock to the time where I was just a little kid with a sore back and some really bad headaches. I didn't want to know any more.

As I grew up pain was an embarrassment, something to hide. Physically, I wanted to fit in. Having been raised with Hebrew prayer songs I remember asking God

why I had to be born with pain. I wanted to be noticed for the right reasons. I didn't want to be the child with the back brace at sleepovers, the child that my mom spoke about with worry (even if from deep love).

At sixteen I remember having tickets to a big Neil Young show slated to be my first big driving experience with my friends. I had a part time job and paid for the best seats with my own hard earned money. The days preceding the concert were seeped in worry as a sciatica spasm started to come on. I missed the concert and spent a week bed-ridden. I lost jobs because of pain. I've spoiled relationships with my pain; and because it was always there, I would even use pain as an excuse, experiencing it twice-fold when I judged myself for doing so. Held captive by pain I hid, so well that I denied this captivity to my own consciousness. This imprisonment was my darkness and from within that darkness came the big lessons.

Pain seeks pain. When pain is flaring its causes erupt in abundance. Stressful situations abound, there are more uncomfortable chairs in waiting rooms, longer line-ups *everywhere* and staircases popping up unpredictably. It is easy to hide from pain, easiest to hide its reality from oneself. When denial ends there is a collapse, like a sigh, into the stabbing here and now (sometimes being present is not the easiest place to be) and pain envelopes like a tragedy. Sadness seeks company but pain is lonely and like an anchor it pulls you towards the darker side. At twenty-one, true acceptance came with the realization that I had been in constant pain for as long as I could remember. It was then that I learned my biggest lesson. I wanted a change.

In a routine check-up with a new orthopedic specialist I was given shocking news. Up to that point I had spent the greater part of my childhood being told that scoliosis was the source of my pain. I had been braced in hard plastic for many years nightly from underarm to thigh. There were bi-weekly visits to the chiropractor from ages 10-17, weekly acupuncture, shiatstu, naturopathy, homeopathy, re-birthing, anti-inflammatories...When I asked about pain treatment the specialist replied "Why? Scoliosis doesn't cause pain." I was dumfounded. All at once I was confronted with the idea that not only had pain always been with me, but that I had no reasoning, or logic behind its presence.

If there is no darkness there can be no recognition of the light. With no source for my pain to work with I had to step back and look at pain as a symbol. I 'came out' to my family and friends about chronic pain. I cried a lot. I practiced yoga or meditation as close to daily as

possible. Slowly, with much struggle, it all started to lift. The fear around spasms started to ease and I came to my first month pain free in my life. When pain comes now instead of reacting to it or trying to solve it, I watch it. I have come to feel that living within the realm of duality is not a choice. In heaven we do not meet hell gladly. Even in darkness we are not ready for the light. This is Arjuna's struggle in his epic discussions with Krishna in the Bhagavad Gita.

I am now a co-director and owner of two yoga studios. Everything in my life has come either directly or indirectly from my pain. Despite our likes, our favors and preferences life serves up a full portion of demands and responsibilities. It is living within this dualistic realm that makes life beautiful. I am grateful to say with full conviction: life IS beautiful.

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DEAR LOUISE.....



Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*. Since beginning her career as a Science of Mind minister in 1981, she has assisted millions of people in discovering and using the full potential of their own creative

powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Website: www.LouiseHay.com

Dear Louise,

I've been at my job for many years. I've earned my education, received two years of specialized training, and recently completed a six-month developmental assignment. However, my supervisor put someone else in the job so that I couldn't be promoted. She took the duties off my desk and gave them to higher-graded employees. When a position became vacant, which would have been a promotion for me, she placed another person in it. I don't understand it. I haven't done anything wrong. I'm a good employee, just old. Please tell me what to do.

C.M., Charlotte, NC

Dear C.M.,

First, bless the supervisor with love. Begin to appreciate everything about her that you possibly can. Bombard her with love and appreciation. You want to change the energy around this situation. This way you're telling Life what you want, and giving thanks for it now.

Second, turn away from the problem, from outer appearances and from society's beliefs. Age may be a problem for others, but it doesn't have to be one for you. You're far more than outer reality. Universal Mind can do anything—give it a chance.

Finally, turn to Spirit and trust Life to take care of you in miraculous ways. We can get caught up in the problem or we can rise above it and let the Universal Mind find the perfect solution.

Use these affirmations: *I am happy, healthy, and loved. I enjoy all of my life. I am appreciated at work. I have loving relationships with everyone I work with and for. I am in my right place. Life opens ways for me to prosper and succeed. I love and adore myself. All is well in my world.*

Dear Louise,

While reading your book **The Power Is Within You**, particularly Chapter 6 ("Letting Your Feelings Out"), I realized that I have a problem with speaking up. Every time my friends hurt my feelings, I keep quiet. Sometimes I think that keeping quiet is the right choice, but other times I feel stupid. The thing I don't understand is that when my boyfriend hurts me verbally, I speak to him immediately, and we solve the problem and things turn out all right, but with my friends, I don't utter a single word. Am I normal?

L.M., South Africa

A Monthly Column from Louise Hay

Dear L.M.,

Of course you're normal! You just give your friends more power over you than you do your boyfriend. The next time someone says something, just picture your boyfriend and reply to them as you would to him.

Affirm: *I am comfortable and at ease with everyone. I lovingly speak up for myself. I am lovable and loving. Everybody loves me!*

Dear Louise,

I'm a gay man who's lost ten jobs in the past ten years for various reasons. And I've also lost many lovers. At first, all of these relationships were blissful and loving, but they quickly turn sour, as if the guy was Dr. Jekyll and is now Mr. Hyde. I believe my inability to maintain either a job or a relationship for any significant length of time is metaphysically related. How can I change things in order to create the right job and right relationship for me?

W.A., Washington D.C.

Dear W.A.,

Forgive your father. That's the first place to start. When you release this resentment you may have for him, your whole attitude will change and people will react to you differently. I'll list some affirmations at the end of this letter for you to use.

I'm glad that you realize that it's *you* that needs to change, not anyone else. Begin with your own thoughts. Watch them and your self-talk. Be very vigilant about this. Remove every critical, judgmental thought you can find, and listen to what you say and how you say things. Refuse to judge any person, place, or thing. Develop a growing sense of love for yourself. Look into the mirror and say, "I love you. I really love you." Don't be concerned if you feel foolish. Do it anyway. You're breaking old patterns and becoming a dearly lovable person.

To your father and to your old lovers, affirm: *I bless you with love and I release you. To the old jobs: I release you with love and open my heart to new opportunities. And a new affirmation for work is: Everybody loves me at work, and I love everybody there. I am loved and respected by everyone.*

Do what I suggest and get the energy moving!

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The experience of *being*

By Agnes J. Thomas, Ph.D.

I will always be grateful for my ability to communicate with animals, for it was they who taught me the art of just “being.” Animals are not aware of time, they just “are.” As such, animals are fully aware of the *experience* of life. Love, joy and peace are deep states of *being* or aspects of awareness of the interconnectedness of all life and its source, the creator which animals call “All That Is.” Animals live their lives in the present moment, the eternal NOW, fully experiencing life unfolding before them.


Research shows that humans spend 70% of their waking time worrying about the future, 20% of their time thinking of the past, and only 10% of their time experiencing the here and now. What accounts for this deficit? The ego. The ego remembers, processes and rehashes over and over events of the past, which have no relevance to what is happening now. The ego also edits, enhances and transforms past experiences into new desires and projects them into the future with the anticipation that something wonderful will happen. This compulsion to live almost exclusively through memory and anticipation creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and *allow it to be*. The compulsion arises because the past gives you an identity and the future holds the promise of salvation or fulfillment in whatever form. Fear is the basis of the ego’s preoccupation of attending to past and future events because within the NOW lies the possibility that something unpleasant may be experienced. Both are illusions, because life only exists in the NOW. Eckhart Tolle, in his book The Power of Now says the key to experience the NOW is to “end the delusion of time.”

Ending the delusion of time precludes the experience of true meditation, in which one can slip into the gap between thoughts and experience one’s unity with all life and the divine. It involves using your *heart* instead of your mind to join with all that is around you from a oneness perspective. Animals call this the “heart connection,” that is, an energy which connects all things so that your experiences become mine and mine become yours. Herein lies true

understanding and compassion, and is the true source of every benevolent thought and act. In reality, time does not exist. Everything that has ever happened or will happen is happening in the NOW. The concept of time is merely used by the mind as a frame of reference to verbally communicate events in sequence from one being to another. Nothing has ever happened in the past. The past is just the brain regurgitating events that happened in the NOW. The future is the brain regurgitating prior experiences and projecting them into the future in an attempt to avoid painful events and to maximize the possibility of the occurrence of successful or pleasurable events at some future NOW.

Consider a beautiful field of daisies growing on the hillside. Presence of *being* is needed to become aware of the beauty, the majesty, the sacredness of nature. Have you ever climbed a mountain or entered a rain forest to experience the deafening sound of silence? To be aware of such things, the mind must be still. In full conscious awareness, time stands still. There is more here than meets the sensory organs of hearing or vision. The something which cannot be named; something deep and ineffable will shine through somehow. Can it be that this inner essence and your presence are one and the same? This is the *experience* of presence; the full communion of your spirit and all of creation. It is the way of sages and saints alike. It allows for detachment from painful events and also anxiety over future events. It obliterates suffering, because suffering requires time and interpretation of the past, if only the past few moments. Suffering does not exist. It is a property of past experiences over time analyzed and judged by the ego to be undesirable. Anxiety is an excitement of the nervous system over the brain’s anticipation of a future event, which is not real, because it has not yet happened and may never happen. It robs us of our peace of mind and is the root cause of suffering and illness.

Animals are remarkable creatures. They know how to live, and they know how to die. In between, they experience life as the wondrous sensual experience that it is meant to be. They simply live in the present.



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Elementary Information on Being Present

By Ric Schumacher, Minister
Unity Church Centre, Girard, Ohio

As a child in elementary school I remember how the teacher would call the roll and how each child would respond. The one-word questions and answers sounded something like this, "Billy?" "Here!" "Sue?" "Here!" Ric?" "Present." In truth I was present only for a moment, as my mind would quickly wander to subjects other than those offered in the classroom. My body was in my seat but I was not present. Being present is not about showing up; it is about how you show up.

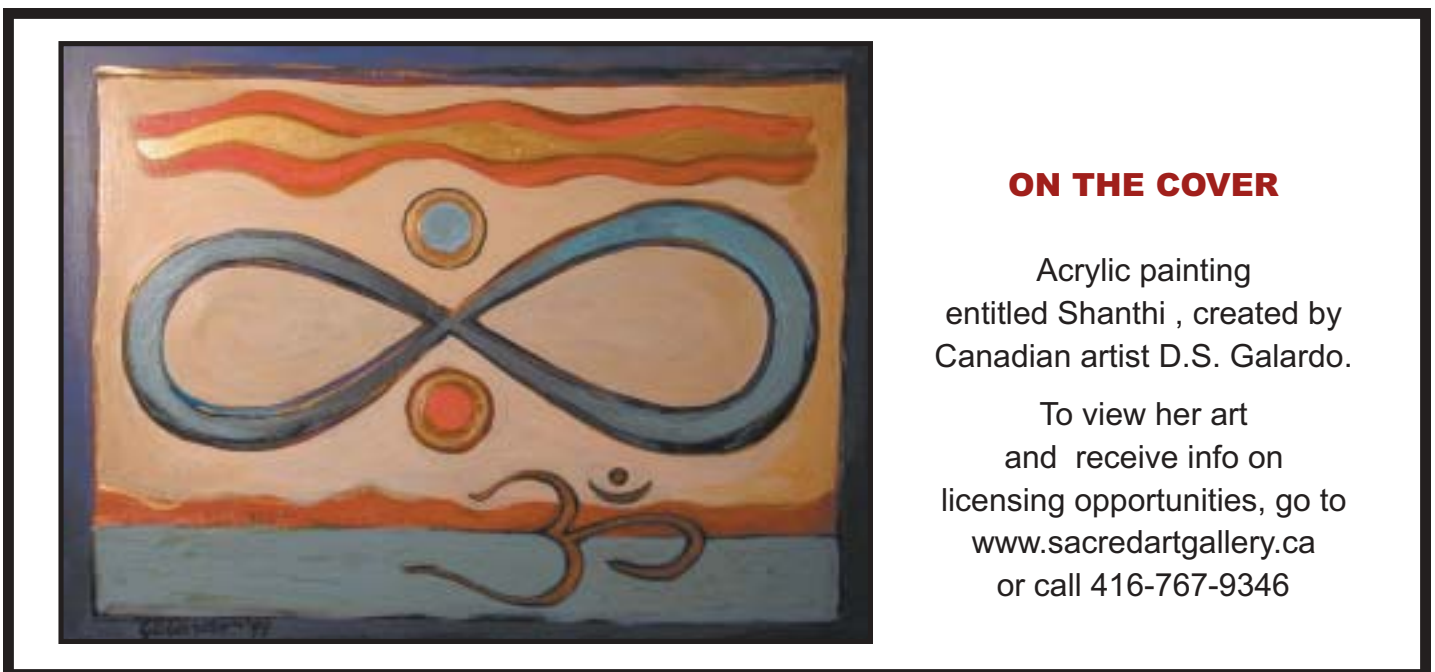
To be present is to show up fully. It is to have your mind and heart engaged with your body as you do what it is that you do. The art of being present is easily learned, but can be difficult to practice. Here is why. The mind is pivotal in nature. One can only focus on one thing at a time. How easily the wandering mind drifts to sweet memories of days gone by, or leaps ahead to hopes and dreams yet to be fulfilled. Being present is mindfulness. The concept of mindfulness is rooted in eastern thought. In western thought it is paying attention to what is in front of you at the moment. Paying attention is an oversimplification of mindfulness but it leads us in the right direction. Being present is not multi-tasking.

I have become a Master Multi-Tasker. I drive and talk on the phone while eating a cheeseburger and drinking a cup of coffee. At the same time I change the radio station and check the mapquest download on my PDA. I am engaged in many things but present to nothing. I need to seek the teaching of a higher mind. Some might choose the Christ Mind others

the Buddha Mind, I choose the Casey Mind. Casey is my calico cat and she is always fully present. When she eats, she eats; when she sleeps, she sleeps. When she wants attention she jumps in my lap, and when she wants to be alone she gets down and walks away. She expresses pure presence of being.

When you and I express this pure presence of being we are open to Spirit. In that moment we have instant access to the inspiration of Spirit. Now we can experience the blessing of the moment. The blessing of the moment comes with our interaction with common folk: the cashier at the grocery store, the women in line in front of you, the child in her cart and the teddy bear with the shoe-button eyes in the child's arms. Each of these offers us a blessing if we are being present while we do what we do. How then do we become present?

The following exercises in being present will help you establish the "Casey Mind." One, commit yourself to doing only one thing at a time. I have always been a fan of the television program M.A.S.H.. In one episode Major Charles Emerson Winchester said, "I do one thing at a time. I do it very well, and then I move on." Good advice for being present. Two, pay attention to what you are doing. Bring your mind and heart to experience before you. Three, ask yourself, how are you showing up? What are you being while you are doing what you are doing. So, you see, being present really is as elementary as C-A-T and 1, 2, 3.



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The New World Beckons

By George Catlin, Ph.D.

Since the dawn of time humanity has sought to know itself and master the considerable challenges of life. These two themes, self-understanding and mastery of all the perils of daily existence, have run through every chapter in the long history of our race.

Today we are in a new chapter of this story and both themes are poised for new turns. On the side of self-knowledge, we are now truly a global community with access to one another throughout the entire world. We can now see, hear and talk to our brothers and sisters everywhere on Earth. This unprecedented change brings with it tremendous opportunities to meet the basic challenges of life. We can now see that all humanity struggles for the same things: life, security and relationships with one another. We can also see that all have approached these basic needs through varying structures of finance, government and religion.

All this tells us two important things about ourselves: We aspire to common ends and we get there through different routes. These basic facts provide the foundation for the New Time that is directly before us. It will surely be a time in which we learn to respect different approaches to common ends. It will also be a time when we think very clearly about those ends. What do we really want and how can that best be achieved?

Today two fundamentally different answers to this question are being advanced. One group suggests that material wealth is the most desirable goal and that it is best realized through global capitalism. This group controls most of the raw materials and assets of the planet and would like to control them all. They believe that only when they have such "access" to all natural resources and every potential consumer will we actually reach the de-

sired state of well-being.

A very different goal is advocated by a less well organized group of men and women from every corner of the Earth. This group seeks sharing, justice and right human relations as their goal. They know that this can be achieved only when all people acknowledge the common needs and diverse methodologies of humanity. They know that no one system serves all people equally well, and they advocate allowing local differences to flourish in a world with so many different kinds of people – all with different backgrounds and destinies.

This second group longs for the opportunity to be recognized on equal footing with the first, but they lack the wherewithal to achieve that goal. They know they need coordination, resources and access to the hearts and minds of humanity in order to make their case before the capitalists have dominated everything.

Into this fray now comes a group of individuals who know the heart of humanity and who offer their wise counsel to all who seek it. They are our Elder Brothers, people just like us who have gone far ahead on the spiritual path into realization of the divine nature that lives in all. They bring their gifts to a world desperately in need of reconciliation, peace and justice.

This group has been known to the western world since 1877 when H.P. Blavatsky first published her groundbreaking treatise, *Isis Unveiled*. In that she revealed the existence of a brotherhood of service that had existed for all time quietly serving humanity as best they could from mountain and desert retreats throughout the world.

These Great Ones have always sought to reach and aid humanity however they could, but the efforts were severely limited by our need to find our own way through the challenges of life. Like an adolescent species, humanity needed to flex its own muscles, make its own mistakes, and learn its own lessons. Today, however, we are more mature, more aware of the dangers before us, and more able to receive the guidance of those who know our struggle.

We have an unparalleled opportunity in the coming years to build a new civilization: one in which all have enough to meet their true needs and all know their fellow human beings as brothers and sisters within a single family. This time, this opportunity, this chance to re-form our basic approach to life comes exactly when we need it most and are best able to take advantage of it. We will respond positively to it because we are a species that has always met every challenge with our best effort. Today, now, this year and this time call to the very best within us. May we all find that God-given power and love that will enable us to build a world fitting our divine origin and destiny.



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HEALER FEATURE

Debbie Craven



Over the last 15 years Debbie has been involved in a helping profession in one form or another, first working with abused and abandoned animals at a local animal shelter, later as an Instructional Assistant for students with special

needs. She is currently involved in alternative healing as a Reflexologist, Reiki Master/Teacher, Ethical Massage Practitioner, and Reconnective Healing Practitioner.

About 9 years ago, after traditional medical treatment for a severe whiplash did not eliminate the pain or restore full range of motion, the physician treating Debbie's condition referred her to a Reflexologist. Within

a short time after starting this alternative therapy, noticeable healing occurred on many levels and over the next several years Debbie was reminded repeatedly that she has a healing touch and encouraged to pursue the study of Reflexology. In 1998, she had a spiritual awakening after a life-changing trip to Sedona, Arizona and began in earnest to study alternative methods of healing and wellness.

She began study with the International Institute of Reflexology in 1999 and received her certification as a Reflexologist in 2001. During that time she encountered Reiki and began working with local Reiki Masters. She has since become a Reiki Master/Teacher. It was through her own Reiki Master/Teacher that she learned of Eric Pearl and the Reconnective Healing work he is



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doing. She traveled to Toronto, Canada and New York City this year to work with him, learning his method of spreading healing light and information. In addition, she recently graduated from the Cleveland School of Massage.

“At the time of our initial creation, there was no technology. We only had ourselves and each other, so it is

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likely that the body was intended for simple fixes. Health is multifaceted and our emotional, mental, social, and spiritual states contribute directly to our physical state. This is empowering because it means we have a lot of control over our own health status. I am delighted to be able to offer a variety of modalities by which to help people on both a physical and energetic level to create a state of ease, thus providing the body with an en-

vironment where it can do what it does best – strive toward a balanced state. I am blessed to be a part of this process.”

To schedule a session with Debbie please contact her at 440-567-3156 or through her web site at: www.peacefulpathways.net

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- 2. The heart of humanity is sound**, open and loving. Given the chance, we will respond positively to the opportunity to remake society along more just, equitable and uplifting lines.
- 3. All creation yearns for this change**, and the power of Life itself is behind all who work for the common good.

Free talk by Dr. George Catlin - Thurs, May 19, 7 pm
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Shaker Heights (216) 751-1198
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A Preview



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SEPTEMBER 9, 10 & 11

Lakeland Community College • Kirtland, Ohio

The EXPO will feature over 100 vendors in 23,000+ square foot of space with everything to stimulate your Mind, Body & Soul, plus feature speakers, mini-workshops and lectures.

Headline Speakers:

Bryan Kest - World-Renown Yogi
Laura Lee - Your Guardian Angels Revealed

LIMITED VENDOR SPACE AVAILABLE

For information on both events, including vendor space available, go to www.thejourneymag.com, or call 440-223-1392

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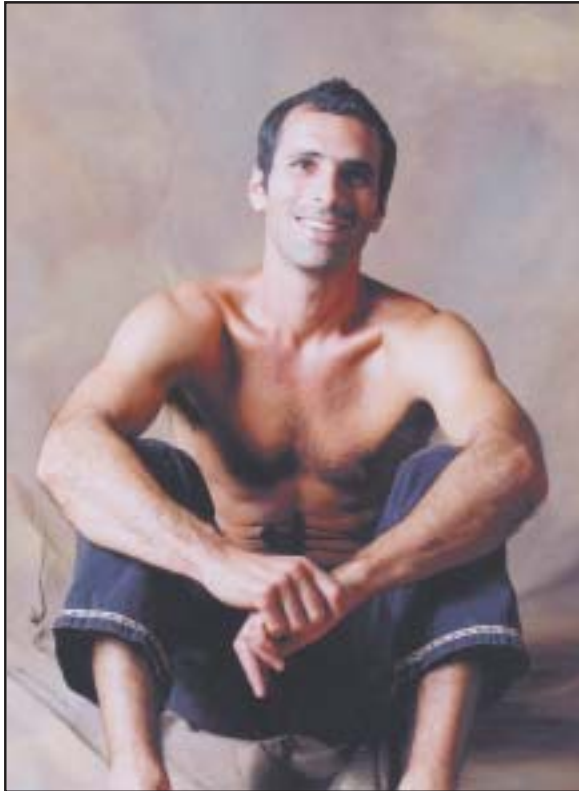
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Contact Your Guardian Angel With Laura Lee

What if you knew that it had been preordained for you to live heaven on earth and all you had to do was tune into the right radio station to receive operating instructions? Sounds simple, doesn't it? It's not complex. The truth is that we all have this built in receiver to receive guidance from our angels. Angel Medium, Laura Lee shows you how easy it is to contact your guardian angel. Learn methods for communicating with your angel, techniques to open your heart to receive their messages, and practical exercises that enhance contact with heaven. This is an experiential workshop where you will actually have contact with your guardian angel.



EXPO DEMOS/WORKSHOPS



Tantra - Shakthi

Intimacy & Spirituality

In this 3 Hour workshop you will learn techniques to

- To move from Sex to Superconsciousness.
- To love yourself and discover the divine within.
- To create Loving relationships in your life.
- To live in Freedom & Celebrate your existence with JOY.

Shakthi – Is a certified Ipsalu Tantra Instructor Co creating Space for the abundant flow of Love. Has been practicing Tantra for years learning from different Divine Masters of the Spirit.

Why Raw Foods - Janee Kuta

Find out why raw vegan cuisine is today,s hottest new trend. Learn how to prepare raw vegan foods that are sure to awaken the most stubborn of palates. Discover how to Cleanse & Detoxify your body with these life-giving foods. Join us for this food demo and taste delicious raw foods such as: Italian Style Living Lasagna, Double Chocolate Cheesecake with Fresh Berry Coulis & Savory Almond Spinach Salad.



Feng Shui - Joyce Varona



Joyce will give a brief talk on what is Feng Shui, how it works and what are the major differences between Classical and Western Feng Shui. Western science has begun to prove that energy is measurable and real and that when energy is harnessed in the correct way it can forward life. Look at electricity, for example. Prior to its “discovery” it was only something that was made up. But when Benjamin Franklin and Thomas Edison channeled it correctly a new age opened up. We now have electric light bulbs, commuter trains, stoves

and computers that run off this energy. In this same vein, Feng Shui is the ancient Chinese metaphysical art and science that harnesses the beneficial energy and shields you from the negative energy that surrounds you in your natural environment so you can forward your life’s goals. This lecture will explain what feng shui is, how it works, how you can use it in your everyday life, why it has become so popular and what the different systems are that are currently being used.

Treasure Map your way to the Stars - Evsttarr aka Evelyn White

In this 2-part workshop you will come away with the time-tested secrets to living the Life you were meant to live, doing the work you love while being richly rewarded. and how to love yourself and others... based on the works of Louise Hay and Shakti Gawain.



More EXPO Demos/Workshops on Page 26

EXPO DEMOS/WORKSHOPS

CONTINUED



Act To Attract! - Sandra Taylor

Are you tired of waiting for your dreams to come true? Learn how to take Quantum Action in the direction of your goals right now! By using the unseen powers of excitement, intention and energetic action, you can finally create the personal, financial, and relationship success you have been looking for. The Laws of Attraction are already at work in your daily life, responding to your own Personal Energy Field which you broadcast every moment. Your future is right now being created in the energetic realm, determined by the action of your mental, emotional, physical, and spiritual energy. This is the dynamic source of all that you

draw into your experience. When you harness this power, you open your life to the limitless joy, love, and financial abundance the Universe has to offer.

Messages From Beyond - Sharon Klinger

Sometimes the experience of spirit seems so "unreal" that it's difficult to be sure we're actually connecting. In this workshop you will receive messages from your spirit guides through Sharon's dynamic clairvoyance and through powerful processes that help you make the connection for yourself. Discover the methods that allow your spirit guides to share their insights with you. Receive the guidance you need about your work, relationships, path and purposes in this compelling workshop experience.



For more information on the 2005 EXPO - go to www.thejourneymag.com

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Friday, May 20 • 1-9 pm

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Also coming: Friday, July 15

Presented by ATOS Productions

Messages of Love

Questions Answered by Laura Lee



Laura Lee

Q. I was wondering if it is in my interest (jobs, finding a new guy, and happiness) to move within the next few months to Boston or to San Francisco, or somewhere else not mentioned?

Wonder

Dear Wonder;

Moving to a new location won't necessarily bring forth opportunities in love, career, and happiness. This can happen anywhere. The most important thing to remember is that your happiness is not found outside of yourself.

It lives at the core of your heart. Search right here, right now...in this moment...which is called the PRESENT. It is your gift. This is your inherent nature waiting to be discovered. And this is where you will find WONDER - full riches; where peace, love and joy reside. This powerful magnetic force draws things, people, resources, prosperity and new opportunities towards you. Then there won't be any question where you need to live, because it won't matter.

Q. What threat to my health, if any should I be concerned with right now? **Threat**

Dear Threat;

The biggest threat to your health right now is actually thinking that there are threats! Why invest your precious time in this effort? In truth, you are already whole and in perfect health. To believe anything less than this promotes dis-ease in your body. Surrender any destructive thoughts immediately. When you hear them chattering - affirm "CLEAR!" firmly and confidently. Reclaim your perfect health to the heavens. It is immediately restored. Then have faith.

Your state of mind is directly correlated to your physical well-being. Redirect your attention to positive alternatives that promote healthier states such as meditation, physical activity (i.e. Walking, yoga, swimming, etc.) and eating a balanced diet. These things lead to your well-being and keep you preoccupied from thinking anything other than feeling good. Make a commitment to YOU....because you're worth it

Q. I saw a product on television for weight loss and detox. Would it be the right product for me to use? **Detox**

Dear Detox;

If you have to ask question, then the answer is NO. It is another restrictive plan...one you know so well. Only this time, it is in another form. Why spin the cycle again? You already know that this isn't about the food. So get at the depths of what is really eating at you....and detox that.

Acceptance of self is REALLY important here. You

deny your greatness by degrading your beautiful being as it really is. Whenever you resist this beauty (inner is the reflection of outer), the same cycle persist. Surrender negative thoughts, anytime they clutter your mind, that may indicate otherwise. They are not your truth. An effective method for doing this is channeling your energy into something positive and uplifting for yourself...such as writing. The more you do things you enjoy, healthier habits will establish themselves replacing the old.

Angel Medium, Laura Lee shares messages she sees, hears, and feels from your guardian angels and deceased loved ones as heard on LA's popular KBIG 104.3 "Angels In Waiting" show. She is profiled on radio, television shows, and a leading speaker at conferences throughout the country. If you would like to have your question answered, please go to her website at www.MessagesOfLove.com and go to Messages of Love Q/A. We recognize that your question is a very private matter and is not published without your permission. Laura Lee will be presenting a workshop at the 2005 Journey EXPO at Lakeland Community College September 9, 10 & 11.

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PLANETARY PATHWAYS

By Evsttarr

ARIES

May has you examining your feelings toward your mother... whether on this plane or above... it's time to take a look at unresolved issues and let the healing work begin... only then, will the gates open up... then it's full speed ahead for the Ram manifesting those desires

You're still working on bringing those desires to manifestation in June... allow the Universe to accelerate them for you... wake each morning and say your positive affirmations out loud... write them down... Treasure Map... do what you need to do to start your day on a positive note... it's time... desire plus action equals Aries manifestation

TAURUS

OK birthday child, your ruling planet Venus is showering its blessings upon you in the romance department... be open to invitations that come your way... get out and about... your soul mate is about to appear... put your best foot forward and dance to the music in May

June brings up healing issues with Dad... how apropos with Father's Day coming... all that's needed here is a willingness... the stars will align with the planets to allow the necessary healing to occur... bury that *Bull* stubbornness along with the hatchet and watch the Universe shower its blessings upon you

GEMINI

Put a Doberman at the gate of your mind in May dear Gemini... it's time to start watching your thoughts, giving energy to what you truly want not what you don't want... when we focus our energies on what we fear, we attract... program that Doberman to allow only positive visitors

Rest assured that your Doberman did his job... even though you're not seeing the results of your prayers as of yet... June has the Universe working behind the scenes... just like the sailor who sees signs of life when he approaches shore... port is nearing... your ship is about ready to dock

CANCER

OK Crab... you've asked for help, now get out of the way in May... Heaven hears your prayers of "what should I do next?"... Use your waiting period to go within and contemplate your desires... ask for very specific guidance... and then just rest assured the planetary energies are taking care of the rest

That patience paid off... miracles are blooming... extra divine magic surrounds you now... allow Heaven to open its gates and be ready to receive... every time you look at the moon in June... know that it's shining its light upon you

LEO

Nobody does front and center stage better than you Leo... bring that lion or lioness forward in May... you're a born entrepreneur this month... your business is surrounded by magical opportunities... it's time to step out on your own... the heavens support you

You took that step, now pay attention to the synchronistic events happening all around you in June... those *chance* meetings are not coincidental... there are no accidents... look closely at everything coming together... the more you notice the serendipity... the more the pieces of the puzzle fall into place

VIRGO

OK Virgo... it's time to slow down all the criticisms and judgments... you can analyze a situation to death... May has you taking a look at your thoughts... Mercury ruling the intellect and mind matter wants you to take a closer look at how much negative you spend your mental energies on and flip the switch... get out of the dark and into the light

June has you doing some deep-sea diving... delving into the options surrounding you... exploring the world of opportunities... you've just been granted a wish by your magic genie... take that first step toward it... the planets are favorable for a change

LIBRA

As if it isn't tough enough for Libras to make a decision in the first place, May has you once again exploring your options and weighing everything out... take a good look around you, possibilities abound... take that first step toward your desires... change it is a comin'

You've explored your options, now set sail... raise the bar... no more compromises... it's time for you to climb aboard the deservability express... you're worth every cent... reach for the moon... the heavens support you and your higher standards in June... go for it

SCORPIO

May has you digging out that journal and recording all the chance happenings that are filling your world... there are no mistakes... the more you recognize the *so called* coincidentals in your life, the more you can shape your destiny in a manner that reflects your *higher self*

June has you swooning over a soul mate relationship... the natural rhythms of the Universe are dancing your beat... a partnership with a spiritual basis is here for you now... slow the dance down, don't try to force matters... the music plays to a warm and relaxed demeanor

SAGITTARIUS

The Universe hears your prayers for safety and protection in May... the colossal planet Jupiter has you enfolded in her arms... you, your home and your loved ones are protected... no need to worry... go direct your energies toward creative endeavors that only you do best

June has you listening to the synchronistic ballet and each beat and step is in rhythm... no note is out of place... take heed of the do, re, mi and follow the scale to your heart's desire... it's your orchestra... listen to the music, it's trying to tell you something

CAPRICORN

Pay extra attention to the days in May... your mind is working overtime... and you want to be sure that you're only planting flowers in the garden of your mind... the Universe is watering your thoughts big time this month... be careful what you are thinking... there are *no* neutral thoughts, watch those seeds to make sure you're not planting weeds

The goat is usually too busy grazing to notice the signs all around him/her... June asks that you put your intuitive feelers out... look for the common threads... notice repetitious signs... things coming to you three times or more... then plod toward the guidance

AQUARIUS

Good work Aquarians... you've set your sights on some big dreams... now trust, and have the faith that your crops are about ready to push their way through the soil in May... the hard work is done... sit back and relax and let your faith produce the harvest

You're no stranger to unconventional and radical... June gives you the chance... break free... go ahead, test the waters... experiment... try things you've never thought of before... if there is such a thing... you'll come away a much better person even if you don't dive in

PISCES

A resounding *yes* to Pisces... in May you can trust that uncanny intuition that the fish is blessed with... don't drown that intuition with fear of making the next move... the planetary energies are with you... move swimmingly ahead

You're still doubting your capabilities Pisces... you have nothing to fear but fear itself... June is the month where you swim with the whales... dream big... there's nothing small about you or your dreams... act accordingly

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. New Astrology classes starting soon. Contact her at evstarr@yahoo.com to be added to her mailing list, also, be sure to check out her website reachforthemoon.net for upcoming class listings and to get your requests in for the ever so popular Solar Return charts.

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Words from the new owners of Goddess Elite

As many may know, Iron Bear transitioned this earthly plane about two years ago. His wife kept the store open during this time, and his friends watched and worked the store in his honor. After nearly a year of negotiations we, and Universe, agreed that the time was right for him to release the store.

The store name, location and telephone number are staying the same, and soon people can visit us on line at www.goddesselite.com.

So, who are we? We're Patricia and James Sievert. We are also the owners of Personal Growth School of Hypnotherapy (a state licensed School of Hypnosis), Personal Growth Hypnosis Center and Personal Growth Holistic Center located in Strongsville. James is also the Tai-Chi instructor for the Berea and Strongsville School System Community Education Program and for LifeWorks at Southwest Hospital. Patricia does the group Stop Smoking and Weight Loss with Hypnosis programs for Fairview Wellness Center and LifeWorks. She also teaches HypnoBirthing (a natural childbirthing technique).

We hope to have our Grand Reopening on May 2, 2005, after we give the store a face-lift. We're currently open for business with store hours of 12:00 - 7:00 M-F and 12:00 - 6:00 Sat and Sun. As many may know, the Goddess Elite has an excellent selection of quality crystals† and music and more.



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Jackie Anais Lalita

If you have ever lost yourself in an Alex Gray painting or been swept away at a concert listening to your favorite musician, you've experienced the splendor and euphoria of being present.

When I sat down to meditate on the transcendental power of art and all its incarnations, my spirit danced away into a realm of passionate artists in the midst of creation in a lush green park. To my right, a goddess sculptor with a long grey braid worked her clay into the mold of Venus, the goddess of love. To my left, a gleeful painter with a curly mustache colorfully captured the ducks waddling in the pond and the reflections of surrounding pine trees on his easel. In front of me, a group of senior citizens practiced tai chi together, floating their arms and hands around the air with gallant grace, ease and fluidity. Their gazes revealed to the world that there was nowhere else in the universe they'd rather be. Behind me, a guitarist filled the spring air with Bob Dylan songs as his head and feet bopped and he plucked at his instrument endearingly.

The breeze picks up, sending my gardenia oil floating into the air. Suddenly, without thought, I am dancing bare-foot on the grass with wild limbs and hair flowing in the wind.

Here in this park, in the realm of artists immersed in

their passions, there is no past or future, no ticking clocks, no regrets, no future longings... just an abundance of bliss, love and presence. If you are an artist you know this feeling well and if you appreciate art in any form, be it films or books, music or painting, you too know this feeling well.

Art is synonymous with passion and passion is synonymous with presence. So if we are pouring our time, energy and hearts into things we are passionate about, we are being present to life and all its subtle beauty.

This reminds me of an email I received this morning containing Wayne Dyer's 10 secrets to inner peace. Secret #2 is the only one I remember and probably always will after the way it jumped out of my screen and into my heart: "Don't die with the music still in you." Since none of us know when we are going to leave our physical bodies that is a profound invitation to let our music pour out of us now and always.

We all have endless unplayed notes and rhythms rushing through us just yearning to be played out. We all want to make music somehow, whether it's with our instruments, our bodies or our words. So accept this invitation to let your music out loudly and proudly into the world and dance with me in the lush green park of artists, where time does not exist and presence and passion prevail. Carpe Diem!

SAVE THE DATE

What: Ride the RAINBOW
Where: Legacy Village, Lyndhurst OH
When: Father's Day, Sunday June 19th
Time: Registration 9:00-9:30 a.m.
Ride 10:00-11:00 a.m.

Why: 100% of proceeds will benefit Rainbow Circle of Friends of Rainbow Babies & Children's Hospital



Fun for the whole family! Enter to win great prizes!

1st Prize for the most creative & decorated bike

2nd Prize for the best essay, "Why my dad is #1..."

Plus fun activities to enjoy Father's day with the whole family.

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Rainbow Eagle - April 29th 6:30-9:30pm Native American Wisdom: Ancient Peace Shield Teachings - Book Signing too!! - Love Donation - All Welcome

Paul Nison, Author, Educator, Raw Food Chef- May 1st 2-5pm & Lunch w/Janeel

Metaphysical Garage Sale! Sat, May 21st 10-5pm \$15 for a table.!

Dan Chesbro - Ordination Class - & Warren Grossman, COMING SOON...!

May 22nd Movie – Somewhere In Time w/Christopher Reeve June 5th – Into Me See!!!!!!!!!!!!!!!!!!!!!!

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Hours: M, Tu, Wed, Thurs -10:30-7pm , Fri, Sat. 10:30-5pm Sunday Special Events

www.atouchofserenity.net



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Cinema of the Heart

Sunday May 22 - 5 PM [Somewhere in Time](#) - a classic movie starring the late Christopher Reeve. Time travel and star crossed lovers. Tissues provided.

June 19 [Into Me See](#) and workshop on Divine Relationships: Healing the past and moving into the future. Call for details

Shown at: **A Touch of Serenity**
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Call for details and to reserve your seat

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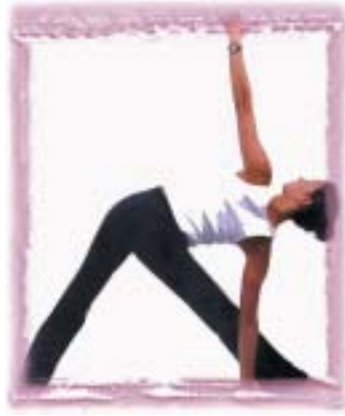
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THE YOGA PAGES

BEING PRESENT A Yoga Teacher's Perspective

By Jonny Kest

Once, a young professor was making a sea voyage. He was a highly educated man with a long tail of letters after his name, but he had little experience of life. In the crew of the ship on which he was traveling was an illiterate old sailor. Every evening the sailor would visit the cabin of the young professor to listen to him hold forth on many different subjects. He was very impressed with the learning of the young man.

One evening after several hours of conversation the sailor was about to leave the cabin and the professor asked,

“Old man, have you studied geology?”

“What is that, sir?”

“The science of the earth.”

“No sir, I have never been to any school or college. I have never studied anything.”

“Old man, you have wasted a quarter of your life.”

With a long face the old sailor went away. “If such a learned person says so, certainly it must be true,” he thought. “I have wasted a quarter of my life!”

Next evening, again as the sailor was about to leave the cabin, the professor asked him, “Old man, have you studied oceanography?”

“What is that, sir?”

“The science of the sea.”

“No sir, I have never studied anything.”

“Old man, you have wasted half your life.”

With a still longer face the sailor went away, “I have wasted half my life; this learned man says so.”

Next evening once again the young professor questioned the old sailor, “Old man, have you studied meteorology?”

“What is that sir? I have never even heard of it.”

“Why, the science of the wind, the rain, the weather.”

“No sir. As I told you, I have never been to any school. I have never studied anything.”

“You have not studied the science of the earth on which you live; you have not studied the science of the sea on which you earn your livelihood; you have not studied the science of weather which you encounter every day? Old man, you have wasted three quarters of your life.”

The old sailor was very unhappy. “This learned man says that I have wasted three quarters of my life! Certainly I must have wasted three quarters of my life.”

The next day it was the turn of the old sailor. He came running to the cabin of the young man and cried, “Professor sir, have you studied swimology?”

“Swimology? What do you mean?”

“Can you swim, sir?”

“No, I don't know how to swim.”

“Professor sir, you have wasted all of your life! The ship has struck a rock and is sinking. Those who can swim may reach the nearby shore, but those who cannot swim will drown. I am so sorry, professor sir, you have surely lost your life.”

You may study all the “ologies” of the world, but if you do not learn swimology, all your studies are useless. You may read and write books on swimming, you may

debate on its subtle theoretical aspects, but how will that help you if you refuse to enter the water yourself? You must learn how to swim.

From the book The Art of Living-Vipassana Meditation as taught by S.N.Goenka

The Present

“Be here now,” “live in the present moment,” “let go of the past.” All the great self help books have given the same advice, all the great spiritual teachers have said the same thing. Yet there seems to be something largely missing from these profound words and teachings...an actual way or practice that cultivates this art of living in the present moment. One of my favorite spiritual books, The Way of the Peaceful Warrior by Dan Millman, is an epic story about the power of being present and conscious in every moment. Like after any inspirational reading, I made a strong determination to be present in every moment of my life. It took less than one minute to fail. I read the book over again hoping I could find the secret formula to living in the present moment. Reading after reading, book after book, spiritual discourse after spiritual discourse, it was not until I found the courage to attend my first 10 day Vipassana Meditation Sit that I found my way and dis-

covered the secret formula to living in the present moment. Vipassana is an ancient practice of meditation where you develop insight by observing your bodily respiration and sensations. Yes, the secret formula was hiding right underneath my nose! By training the mind to concentrate on your breath you begin to break old, blind habit patterns of the mind that keep you from enjoying real happiness in the present moment. When you practice this technique regularly, the entire pattern of your life changes. You no longer look outside for the causes of your problems, you no longer blame or try to change others. You begin to purify your mind and the pure mind is full of positive vibrations, full of real peace and harmony.

Jonny Kest is the founder of Michigan's Jonny Kest Center for Yoga and the Midwest Yoga Conference. Jonny has been a student of Ashtanga Yoga and meditation for over 23 years. His compassionate, yet disciplined teaching style, has helped establish Metro Detroit as one of the largest yoga communities in the Midwest, where he teaches classes that are both therapeutic and challenging. Jonny's teachings awaken the healing power of breath and the sensuality of being, to find true alignment with our hearts and spirit. He can be reached at www.jonnykest.com

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

Name: Susan Smola

Where do you teach?: I have my own little place in Akron, The Yoga Studio. In addition to teaching classes there I also am at Karma Yoga Cleveland, 1-2-1 at Case and I'm teaching to a lovely group of retirees at Tri-C.

Teaching Experience: I've been teaching yoga for three years and studying for about six...it's been a transformational experience! I've been blessed be able to study with my beloved teacher, Marni Task, and I'm in the process of finishing my 200-hour yoga teacher training with another incredible woman, Jan Hauenstein. Their combined feminine energy is extraordinary!

Styles of Yoga Taught: At this point in my life I'm quite drawn to an athletic and vigorous style of yoga, a.k.a. "power yoga". Most of my classes follow along this venue with a bit of Pilates for "power house" inspiration added into the mix. Recently I've added to my teaching repertoire a gentle class for a more mature population and I've been studying and including the practice Yoga Nidra (deep relaxation) into my classes.

Do You Offer Workshops?: Yes I do! I've have taught workshops at my studio in addition to hosting workshops that other wonderful teachers have presented. Jennifer McMullen shared her extensive knowledge of meditation techniques with my students and Tom Smith from the Tom Smith Pilates Studio taught an incredible Pilates workshop. The talent that we have in the Cleveland/Akron area is phenomenal!

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Mission Statement: I am honored to be able to share my love and passion of yoga with others. I feel I learn as much from students as I share with them and for that I am truly blessed.



Being Present

A Yoga Student's Perspective

By Diana Kampinski

"We are either now here or nowhere." - Baron Baptiste

The present moment is the only thing that is real. Our growth happens in the Now. My emotions and past experiences can take a hold of me and pull me out of the present moment. I get caught up in the stories of my mind, missing what's really happening right in front of me. This moment won't come again. When I'm in my head, the voices pull me like a wild horse taking me wherever it wants to go. I lose control. When I'm in the present moment, in a gentle way, my heart and body lead me to where I need to go. When I'm in my head I feel distracted, scared, doubtful and sometimes even angry. I feel like I'm on the edge of insanity.

Being present is not an easy task for me. As a student of yoga, I am learning, growing and beginning to trust that it is the only way to live. It's in the moments when I feel the most distracted and overwhelmed that I feel the most resistance to come to my mat or my meditation cushion. I feel so much

resistance to stop what I'm doing, breathe and feel. I know the resistance means I need yoga now more than ever. I force myself to do the work. I stop and close my eyes. I take a few deep breaths. I ask the voices in my head to step down. I have a million different stories going on in my head. I take a walk outside, I come on to my mat or I sit down. I start to come to my senses. A thought comes right back into my head and I'm in a story in my mind. I begin again, bring my awareness back. I open my ears and hear the sounds of this moment. The answer is listening. Listening to my body, listening to what it has to say. I feel whatever I'm feeling on an emotional and physical level and become a witness. I keep coming back to the breath. I start to notice the things around me. I hear my breath and stay still. I find myself in another story in my head. I notice it, and begin to focus on my breath once again. Nothing is more important than this moment. This dance continues until I feel clear, centered and grounded. I feel a tear stream down my face. I am so grateful; I am blessed. I feel love and my heart is open. My spirit and body become one.

Being in the moment is really and honestly looking at what is real, not some made up story in my mind. That is one way that yoga and meditation have transformed me; I have become aware of the present moment. I can now see and identify my feelings, take ownership of them. This allows me to deal with my feelings easier. If I can feel what's really going on inside me, I know that I am healing. I can stop, ask myself questions. Am I taking care of myself or am I not taking care of myself? Am I in my head or can I be in this moment? Can I relax more, try less and give up control

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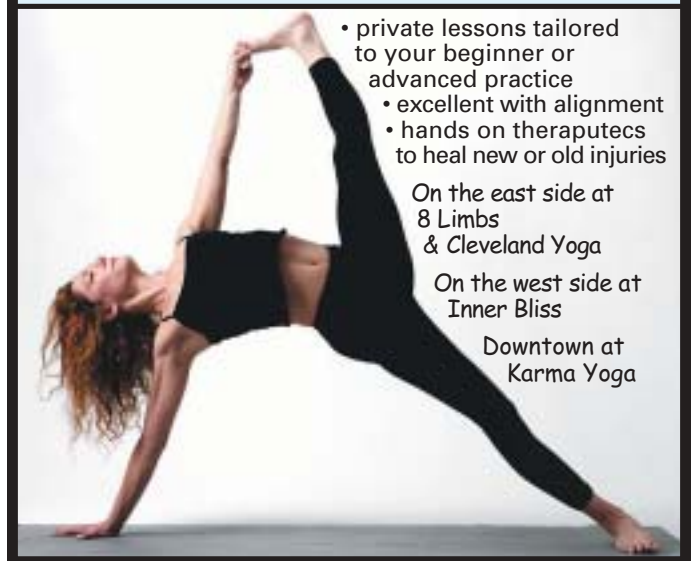
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to let the universe guide me?

Through the 5 years on the mat, I have had to feel a lot of things on a physical and emotional level. A lot of toxic stuff has come up. A committed yoga and meditation practice forces you to do that. With the discovery of yoga, for the first time I felt like I had permission to feel whatever it was that I was feeling and not have to hold it in. I felt safe and supported by just feeling, no questions asked. I began to just sit with things, instead of distracting myself with the next thing; I can stay in the moment and come into my breath. On each breath out I deliberately exhale stress, fear and anxiety. I let go of anything and everything that isn't a part of my highest self.

Growth happens moment by moment. I know that it's okay to just be where I am right now. Acceptance is so important. I remind myself that I'm moving a little bit at a time. When I'm on my mat I can have my whole world swirling around in my brain and I just tell myself to breathe, now. It's when I come into that moment that something in me shifts, energy moves and I know the universe is taking care of me. When I'm in my head wondering what tomorrow is going to be like or how sad yesterday was, I am ultimately no where except my own hell. I can trust that what I'm feeling in the moment is real, the doubts in my head aren't. Noticing and really feeling what I'm feeling, seeing my mind and body's reactions and learning to stay calm is a gift. Being able to take a step back, stop, breathe, smell and feel are also gifts. Being still in meditation has allowed me to clear my head and it pulls me into the present moment allowing for calmness and relaxation. It helps me hear my voice of intuition so that I can live by it. I realize once again the present moment is the only thing that is real.

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Tantric Path To Enlightenment

Being Present

By Shakthi

What is the big deal about being present? Why are most of the Swamis, Saints and Gurus so caught up in this thing? If not this moment there is always another moment, right?

I read a lot of books on this and intellectualized it quite a bit, until I figured it out mentally. But, I was still in my analytical mode of existence and did not experience the present moment. It happened much later, this knowing finally seeped into my heart through the “timeless” teachings of Ipsalu Tantra Kriya Yoga and The Power of Now, a guide to spirituality by Eckhart Tolle. Before Tantra’s advent into my life I was more in my head than my heart, after Tantra I am more heart than head! Now I realize that all of Yoga and every Sacred spiritual teaching is based on BEING PRESENT. This is the simple essence of Spirituality; all teachings and techniques differ only in the way that this truth is conveyed.

Tantra has taught me that wherever I am, whoever I am with, what ever I am doing, I have the chance to use the circumstances, to connect with the timeless now, the “present moment” and find joy and peace within.

Tantra says —if you are angry—be angry; if you are sad – be sad; if you are hungry – be hunger; if you desire things – be desire. Being present with your feelings rooted in the moment brings your salvation. Denying our feelings will only reinforce the ego and prevent us from realizing the beauty of existence as it is. When we are present in this moment, we act from love as opposed to reacting from fear! The floodgates open and love pours forth to wash away our mind-created illusions and carry us towards divinity, towards our own Self. Being present denies the mind the drama that it craves for its existence. It enables us to lose our sense of individuality, it’s no longer me and mine, it just is!

I recently was in a situation that gave me the opportunity to be either in my mind and create drama or act from love. I chose drama for a few minutes, trying to blame someone else for my self inflicted predicament, then I realized that the stuff bothering me did not exist in that moment and had nothing to do with this wonderful being. I let go. I came into the present moment, to the Now, and things started flowing. Love flowered and I had a wonderful experience, one of the best I have had in recent memory. (This is the mind again, comparing stuff. It’s not bad, if I didn’t have one, you would not be reading this!)

The issue is not desires; the issue is our attachment to the objects of our desires says Tantra. Siddhartha (The Buddha) might differ! I can’t please everyone.

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being in this moment, surrendering to our natural urges, to our desires and drama but not getting attached to it. As we totally surrender to the moment and become present, something beyond the mind takes over and then operates through us, transforming and healing us. This universal intelligence/Love can be felt through many wonderful techniques. The session helps the participants' co-create space for the joyful journey of the spirit from the unmanifest to the manifest. As you are reading this you are almost enlightened, almost complete, almost self realized...attend the workshops for Completion, Enlightenment and Realization! (Just a commercial... not to be taken literally!)

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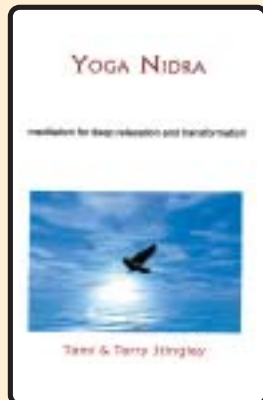
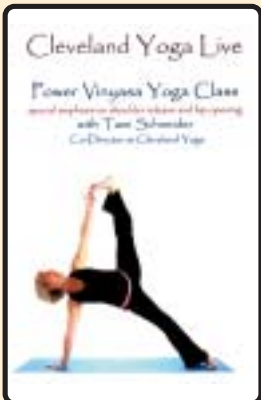
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Yoga teachers, studio and workshop listings are available for this section. Cost is only \$20 per listing for each issue. Please keep each listing to 35 words or less. Call 440-223-1392 for more details.



Spring is here and *LOVE IS IN THE AIR...also* June is the month for weddings, so we're going to take a little trip on the *Love Boat of Dreams*. We shall touch on matters of the heart, the emotions. Upon awakening and remembering your dream, it is of utmost importance that you note the *feelings* associated with the dream. Are you feeling elated, confused, angry, determined, frustrated, uneasy, or just plain scared to death?

The emotions we feel during our dreamtime and upon awakening lend great insight to the overall meaning of the dream. Getting a ring, a marriage proposal, or walking down the aisle can take on a whole different meaning depending on how you "feel" during the dream and immediately afterwards. Weddings denote the merging or bringing together of two opposite parts, it may imply a spiritual integration or a long-term agreement to name a few. Rings place the emphasis on the fingers and the creativity associated with the hands. Wedding rings symbolize bonds or something you are wedded to like a career, or project. A kiss may indicate affection or deception, (Judas). The interpretation lies in the *emotions* felt in the dream and *immediately* upon awakening.

QUESTION: Can the same type of dream have different meanings for different people?

ANSWER: Absolutely, without a doubt! Dreams are

very personal to the individual, which is why the emotions felt during and after the dream are so crucial to the dreamer.

Dear Duchess:

Roses from God – I was in my home with a friend of mine and I received two separate deliveries, each of a single long stemmed red rose. The name on the card was that of a church. *Signed, Heavenly*

Dear Heavenly: The rose is a symbol of spiritual love, red representing personal love. The separate deliveries could represent our separation from our Divine, hence the calling card. Somebody up there loves you!

DREAM TIP OF THE ISSUE: Pay particular attention to the "feelings" emoting from your dreams. As you are journaling, make side notes to yourself noting the different emotions felt in each dream; you'll be amazed at the insight received from doing this. Sweet Dreams!

Evstarr, aka "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. Visit her website www.reachforthemoon.net for upcoming dream workshops, send your dreams and questions to evstarr@yahoo.com.

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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, 9557 Tamarin Court, Mentor, OH 44060. (440) 223-1392.

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Sincerely, Clyde Chafer

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