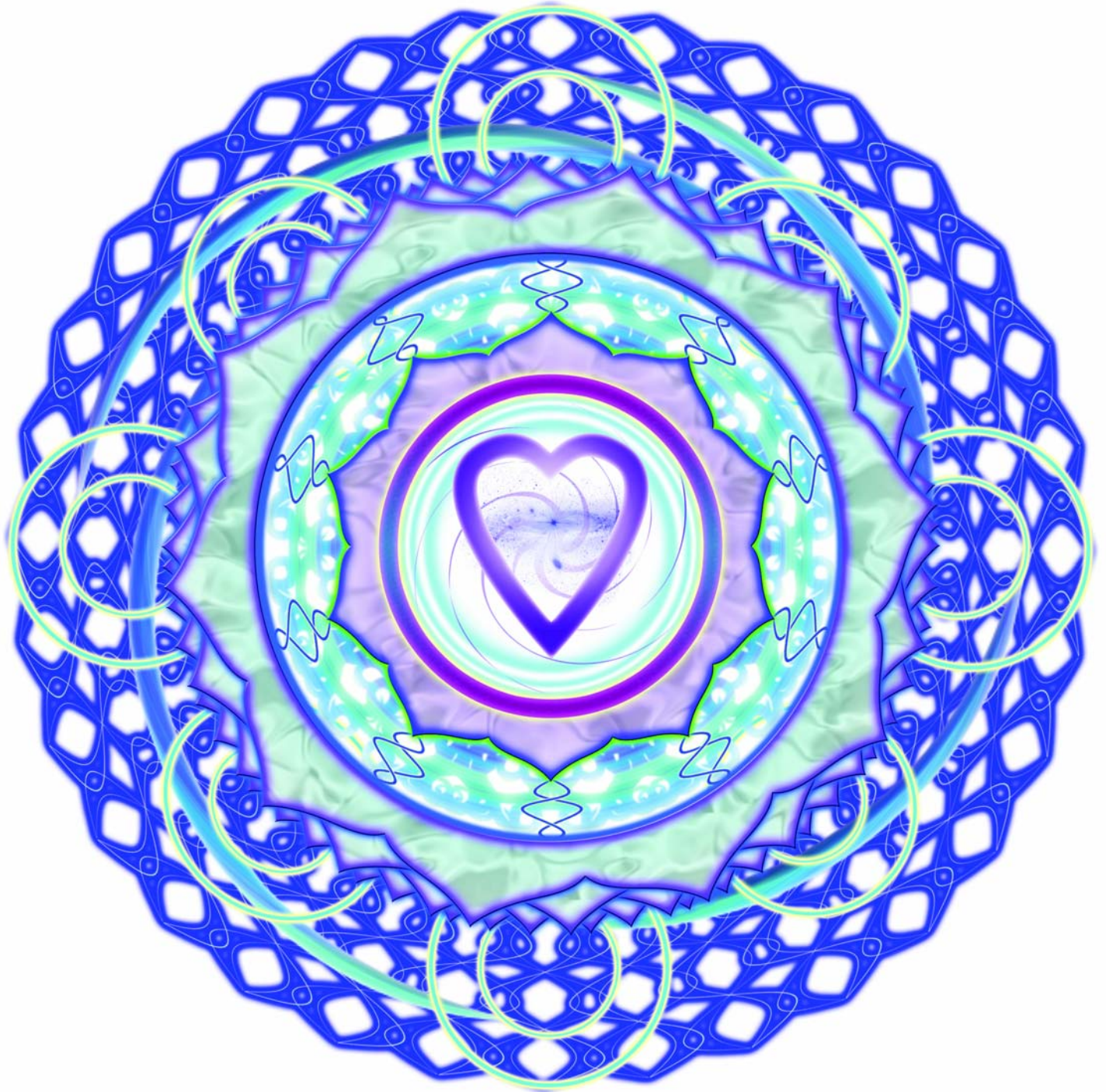


HEALTH & WELLNESS • HOROSCOPES • YOGA • PERSONAL ENLIGHTENMENT

**FREE**

# *the* **JOURNEY**

A Mind, Body & Soul Connection



## The Heart and the Mind



# Burning River Fest

Saturday, August 9, 2008

12:00pm-11:00pm

**NEW VENUE!**

Nautica Entertainment Complex

Cleveland, Ohio

[www.burningriverfest.org](http://www.burningriverfest.org)

## Teaching You How To Make Your "Green" Difference Through

**Great Live Music**

**Performance Artists**

**"Edu-taining" Kid's Activities**

**Eco-Discussion Forums**

**Appledore V Tall Ship Tours**

**Local Farmer & Chef Demos**

**Green Exhibitors**

**And More!**

Karma  
Yoga  
Creating Your Own World



the JOURNEY

all proceeds benefit The Burning River Foundation, Inc.

**Visit [burningriverfest.org](http://burningriverfest.org)  
for exhibitor information!**

Present this coupon to obtain discount

BUY ONE  
GET ONE FREE!  
SAVE 50%

Daily admission \$10 • Weekend pass \$15  
Children 12 and under are free!



July 25-27

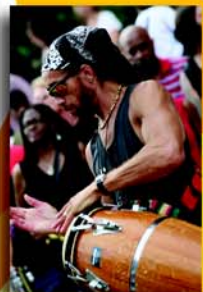
Playhouse Square  
East 14th & Euclid  
Cleveland, Ohio

For more information on  
programming and parking, go to  
[www.ingenuitycleveland.com](http://www.ingenuitycleveland.com)

FESTIVAL OF ART + TECHNOLOGY  
**ingenuity**fest  
CLEVELAND

PROMO CODE: INGJOURNEY

# AN AMAZING WEEKEND OF CREATIVITY, INNOVATIONS, AND FESTIVAL FUN!



Ingenuity 2008 is the **fourth annual festival** in the heart of downtown Cleveland showcasing the best of Northeast Ohio's **art and technology** in a weekend-long celebration, July 25-27. This year's event features **internationally-acclaimed artists**, scientists, and talent from around the world, alongside **Grammy-award winning musicians**, performers, and a full-range of music – from **hip-hop and jazz to rock-and-roll and classical**.

More than **70,000 people** are expected to **experience** a new, amazing, and multifaceted **festival** this summer,



on the **streets, alleyways**, and inside the **theatres** of Playhouse Square. From **interactive exhibitions, live music, and dazzling 3-D installations**, to a **Family Village, Tech Center/Gallery**, and expansive **festival village** featuring **continuous entertainment on three outdoor stages** plus a variety of **food and beverages** – around every corner is something the **whole family will enjoy!**

Visit [ingenuitycleveland.com](http://ingenuitycleveland.com) for more details, and **sign up for FREE email updates, special offers and exciting news** about this year's festival!



Journey Magazine is proud to support the Ingenuity Festival

The George Gund Foundation

CLEVELAND Foundation

JOE CIMPERMAN  
COUNCILMAN • WARD 12

CAC CUYAHOGA ARTS AND CULTURE

ideastream<sup>SM</sup>

insivia



Ohio Arts Council



PLAYHOUSE SQUARE CENTER  
[playhousesquare.org](http://playhousesquare.org)

RTA  
GREATER CLEVELAND REGIONAL TRANSIT AUTHORITY  
[www.riderTA.com](http://www.riderTA.com)

9557 Tamarin Court • Mentor, Ohio 44060  
440-223-1392 E-mail: info@thejourneymag.com

**Editor & Publisher** - Clyde Chafer

**Assistant Editor** - Eva Starr

**Proofreader** - Katie Krancevic

## Advertising

Advertising Manager - Clyde Chafer - 440-223-1392

Account Executive - Keith Ludwig - 216-376-1591

**Feature Writers** - Toni Bergins, Beth Gatchell, Louise Hay, Rick Hotton, Dan Millman, Shakthi Paramasivam, Roger Sams, Eva Starr, Sandra Anne Taylor, Wah! & Phillip Wilson

**Layout** - Bill Wahl 440-552-8622

## Cover Art - Aaron Pyne

**Love Lotus** - The Lotus of Wisdom is forever intertwined with the infinite cosmic Love that flows through all of existence. Within each and every molecule one can find the Spirit of Love. When you begin to realize and accept this, one awakens to the wisdom of the Lotus and finds Enlightenment. There are currently over 75 images in Aaron's online gallery. His design abilities are also available for custom designs for logos, product labels, CD/DVD covers, and for personal commissions. Visit his gallery at [www.spiritap.com](http://www.spiritap.com) or call 513-703-0495.

## WORDS FROM THE PUBLISHER.....

It's an interesting exercise to write a piece about the Heart and the Mind. My mind immediately wants to take charge and expound on so many metaphysical concepts that I have come across in the last 20 years. Such as, we are in charge of creating our own world through our thoughts and then our actions. Manifestation begins in the mind, or the "practice mindfulness" doctrine of Buddhism. On the heart end of the spectrum, the perception of only the heart knows truth. True love exists where two hearts meet, along with the sage advice that one's purpose can be felt by what makes one's heart sing. I can see validity in all of these beliefs.

Living a yoga practice has brought me to a belief that I must come to a place of no mind to truly experience and feel my heart. That yes, the mind can create, manifest, and it is important to practice mindfulness. Too often I get caught up in egocentric behaviors serving a self that finds temporary comfort in obtaining objects of desire for "my world," not necessarily for "the world."

Recently my friend Shakthi hooked me up to a device he uses to measure brain waves and energy, which helps him to teach people meditation techniques. We were at a rather busy expo with a lot of noise and distractions. Once I had put the device around my forehead, I closed my eyes and put my attention to my heartbeat. After about a minute, I looked up to the monitor to see what it was reading. The needle immediately went to a place that indicated less calmness. When I had focused on my heartbeat and let all desire of anything else go, the needle went to a place that Shakthi said he rarely has seen. It indicated peace and serenity.

The peace I experienced was by letting go of any desire of the mind for outcome and feeling my heart. Once I brought my attention, through my mind, to what the reading was, the needle changed.

Perhaps rather than looking for and attempting to obtain "peace of mind", we find the true peace lies within the heart and the peace of no mind. ~Namaste' Clyde

## INSIDE!

### Getting Off Your High Horse 6

By Phillip Wilson

### Bridging Two Worlds 8

By Dan Millman

### Opening Heart & Mind by Moving the Body 10

By Roger Sams

### Heart-Centered Consciousness 12

By Sandra Anne Taylor

### Who's On First? 14

By Eva Starr

#### HEALTH & NUTRITION

### My Heart Loves My Mind 17

By Shakthi Paramasivam

### Dear Louise 20

By Louise Hay

#### THE YOGA PAGES

### Reaching Out 25

By wah!

### Movement Soothes the Active Mind and Opens the Heart 28

By Toni Bergins

### Yoga Teachers & Studios 33

### Planetary Pathways 34

By Eva Starr

#### THE GREEN PAGES

### Rejecting Fear: Honoring the Heart and Mind 37

By Beth Gatchell

### Points To Ponder 39

### Holy Molé 40

By Rick Hotton

### DreamWeaver 41

By Eva Starr

The Journey is a free bi-monthly publication. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised.

**Download The Journey at [www.thejourneymag.com](http://www.thejourneymag.com)**

©2008 ATOS Productions • No portion of this publication may be reproduced without written consent from the publisher.

Our Theme for the Next Issue...

## The Past

# OSHO

“Life is of the heart. Life can only grow through the heart. It is the soil of the heart where love grows, life grows, spirit grows. All that is beautiful, all that is really valuable, all that is meaningful, significant, comes through the heart. The heart is your very center, the head is just your periphery. To live in the head is to live on the circumference without ever becoming aware of the beauties and the treasures of the center. To live on the periphery is stupidity. To live in the head is stupidity. To live in the heart and use the head whenever it is needed is intelligence. But the center, the master, is at the very core of your being.”

~Osho

## CONTRIBUTORS



### Dan Millman

Dan Millman former world-champion athlete, university coach, martial arts instructor, Oberlin College professor and author of twelve books, including *Way of the Peaceful Warrior*, has touched millions of readers in 29 languages. Dan's seminars have influenced leaders in the fields of health, psychology, education, business, politics, entertainment, sports, and the arts.

Millman bridges the gap between heart and mind by looking at moment-to-moment, in either a conventional or transcendental reality acknowledging each has its own truths. Millman's work addresses the realities of both the conventional and transcendental realities — keeping our head in the clouds but our feet on the ground—living with a peaceful heart and a warrior spirit. See page 8 for more on bridging the gap.



### Roger Sams

Roger trained in Gestalt theory; also, a graduate of The Ashram Project, a long-term training program in spiritual leadership through yogic philosophy is Co-Founder and Spiritual Director of the Sacred Arts & Healing Center in Lakewood, OH. Sams leads workshops integrating music and movement to reach God through the arts. “Dance helps one to integrate heart and mind by offering a way to relate to the energy of the God force throughout your physicality and beyond. See page 10 for more on connecting through dance.



### Shakthi Paramasivam

Shakthi blessed by being born into a family and culture that honors the sacredness of life has been practicing Yoga since his youth, bringing with him a sense of spirit that is both deep and playful. Shakthi returns back to the heart by letting go of thoughts and focusing on the breath. To stay in the heart Shakthi quotes the Course in Miracles “every act is from love or a cry for love...” See page 17 for more on allowing the heart to flow.



### Wah!

Wah's music flows freely through her goddess like voice encompassing a relaxing Savasana yoga like sound to a rockin' reggae Sanskrit. Wah connects with her own heart and mind by reaching out doing the things she enjoys, playing music, spending time with her daughter and seeing the light of Divine Mother in the day. Wah connects the heart and mind with understanding her own Dosha energy. See page 25 for more on the Doshas.

# Getting Off Your High Horse

By Phillip Wilson

The wisdom of the Heart.

The knowledge of the Heart, the Wisdom of the Mind. Sure sounds like an oxymoron to me.

I was pleased to hear the other day in the movie, *The Moses Code*, someone explaining that the journey to God was simply an 18 inch journey from the mind to the Heart.

I have a degree in mathematics, and have always been known for having a very powerful mind, even before I entered the world of spirituality at a young age of 22.

Over and over and over again, I am reminded, and sometimes even amused that all these realizations I have in life, all of these incredible realizations of how life works... it is really just fodder to keep my mind happy & subdued as I grow more and more into taking up residence in my heart, not just my heart but in the Heart of it all.

One of the greatest experiences of my life was when my heart actually flew out of my chest and entered into the heart of my beloved. She in turn embraced it. And then she returned it to me, purified, forever changed.

The cleansing of the heart is such a heart-rendering experience. I didn't say a mind-rendering experience, did I? The Wisdom of the Heart....

This reminds me of a common phrase in everyday life: "Getting on your high horse! "Tell me the name of any kid who loves it when an adult talking to them gets on their high horse. It was such a joy to discover what this meant to me, and what I feel is an accurate description of what is going on in life. I find it very interesting to take special note of the idioms we use in everyday language, because they offer secrets to the listener to what is really happening. Pictures are more real than you think. When you live in your heart, I believe you can see the pictures better, and can become more real.

When a person gets on their high horse, what are they doing? Why is it so irritating to kids, and aware adults? Here is how I see it. I am speaking from my heart. I am in the moment. I am listening, to the rhythms of life, as I speak, resonating with it, embracing the moment. Then, here comes the shift.

Now, the one who is starting to get on his (her) high horse... starts getting scared, insecure, or whatever have you...and leaves that present moment, that precious moment, in which he (she) was residing in God's heart, in the heart of love... and skiddles into the mind, and in the space of the mind, speaks lofty platitudes.

How atrocious... how painful... the sterility of being in the mind, the emptiness of love, speaking things or ideas learned from childhood, devoid of warmth, devoid of heart, sterile thoughts, dead in the water. No life. And these sterile thoughts are being beamed lifelessly to the recipients. Ick! Would any kid in their right mind continue to listen to this clap-trap? Get off your high horse! Become real! Tell me how you feel.

What is happening to this person? They abandon their heart, they step out of it, they look to their right (into the mind), and they plop themselves into the saddle of this horse, and pompously declare in dictatorship form the truths that have been embedded in their memory (not heart), a part of their mind. Do you see the picture? They retreat from life itself. So the street-wise kid calls a spade a spade. Get off your damn high horse, and come back to earth!

There is a great book, "Feel the fear and Do it Anyway," by Susan Jeffers. I am so uplifted by the title, because the title alone offers us a way into our heart.

One finds balance in the heart, when respecting the mind. By embracing the heart, and discarding the mind, labeling the heart as good, and the mind as bad. Nah.... Ain't gonna work! Sounds like duality to me. A trap indeed. I once said to a friend of mine back in my naive days that I had discovered the secret to life, "That all YOU had to do was feel!" My friend said to me, "I don't think so (she was a dancer) I feel too much, I need to think more." And a silent light bulb went off in my head, for me to look at many years later.

The heart and the mind. Opposites, yes they are. Linked to feeling and thinking. Yet there is a link. Picturing or becoming aware of the pictures of the mind can be a key. Then embracing with your heart that picture. Those pictures can run wild, and skitter and scatter. Sometimes, out of surrender, we simply become aware of the influences that those pictures of the mind are having on us. And we can stop, in the moment, and embrace the picture with our heart. And the mind comes to help the heart. It can give you a history. By squeezing the picture with your heart, and loving this aspect of you, you can free yourself of this unconscious influence, and feel a warmth in your heart.

Another favorite quote of mine by Paul Twitchell echoes this idea, "Thinking without feeling brings about woe; feeling without thinking brings grief. "I guess, learning how to do both at the same time might be a beautiful key. As I hinted in the previous paragraph, the mind's gift to the heart is to offer structure to unbounded feel-

ings. The heart offers warmth to a sterile thought, and makes it real. As Paul Twitchell mentions in his classic book, *The Flute of God*, "Feeling impregnates thought with Action."

A great book, *Narcissus and Goldmund*, by Hermann Hesse, (that I discovered in 1971) had a profound influence on me. Goldmund was the artist, the feeler, the one who was driven to follow his passion to create, to become aware of that image within himself that was driving him, and to sculpt that image as a climactic event in his life. And then there was Narcissus, the Abbott at the monastery who was aware and guiding Goldmund to his destiny, by serenely encouraging him to follow his heart.

Perhaps one can see the analogy, that there are not really 2 people here. Perhaps they represent reflections of us, of our own heart and our own mind, working together: You, in realizing the wisdom of the heart, can coax your mind to take a seat, to watch and admire the process, and to support it. The mind can take a subservient role, and at the same time, can be as much a hero as the heart. For in reality, when our heart and mind join in unity and become one, and sing the same song, life can indeed be sweet. And from this only more sweetness in your life can follow.

*Phillip Wilson, as a graduate student in mathematics, started having profound insights into a life beyond the mental worlds. By merging the qualities of the heart with the mind, he continued to study the art of creativity, which in reality was his true love. Mr. Wilson currently masquerades as a merchant, owing a very successful "health" store (Momentum98) in Columbus, Ohio selling massage tools, far infrared portable saunas, and herbal and other products which, surprisingly enough, stimulate creativity. His popular website is [www.momentum98.com](http://www.momentum98.com)*

Publishing arm of Ascending Hall

**j a d e w i n d s**™

**Presents Two New Titles:**

Angelic Wings

Galaxy of Phoenix  
Book I

Ascending Hall Taoist Temple also offers bodywork.

Please visit the website to subscribe to our periodical: Mountain Skylight.

[jadewinds@sbcglobal.net](mailto:jadewinds@sbcglobal.net)  
[AscendingHall.com](http://AscendingHall.com)  
216.521.9779



14419 Detroit Avenue  
Lakewood, OH 44107

*Angel House:*

*Center for Art and Creative Life Change*  
Offers for your personal and spiritual growth

- creative and healing arts classes
- Couples, individual and group counseling
- Friday night Reiki, monthly drum circles and sweat lodges
- And more - check our website for full calendar of events

14217 Mill Hollow Lane  
Strongsville, OH 44136

440-846-1789 [www.angelhousestrongsville.com](http://www.angelhousestrongsville.com)

Candles  
Oils  
Incense  
Herbs • Reiki Treatments



Gifts  
Statues  
Brassware  
Psychic Readings • Books

**MYSTIC IMPORTS & DISTRIBUTORS**

Religious and Spiritual Supplies  
Retail & Wholesale

web: [www.MysticImportsDistributors.com](http://www.MysticImportsDistributors.com)  
email: [MysticImports@sbcglobal.net](mailto:MysticImports@sbcglobal.net)

(216) 431-6171  
1872 E. 55th  
Cleveland, OH 44103

Tues-Thurs 10 am-4 pm  
Fri-Sat 10 am-6 pm  
Fax (216) 431-6461

READINGS BY

*Theresa*



**Psychic Astrology • Palmistry  
Cards • Business Astrology**

Private Consultations • Parties  
Lectures • Astrology Charts

Readings on Tuesday Nights at  
Antonio's Italian Restaurant at Parmatown Mall  
5:30 to 8:30 PM

**Theresa A. Manjas (440) 943-1814**



By Dan Millman

# BRIDGING TWO WORLDS

In any single moment, our awareness resides in one of two worlds, two realities: the conventional or transcendental. And each of these states of awareness has different truths.

For example, from a conventional truth is that death is final — we can observe that the body decomposes and life is over. Yet from a transcendent perspective, death is an illusion (because who we truly are — pure Awareness, never born, never dies).

Another example: From a conventional view, we are separate, individuated beings. After all, if I hurt my foot it doesn't hurt you; nor do we think the same thought or feel the same emotion. Therefore, we are physically, emotionally and mentally separate. But from a transcendental perspective, we are ultimately that same Consciousness or Awareness — the Witness that views the world through millions of different eyes, and are One.

Both conventional and transcendental truths apply. But one truth holds dominion in any given moment, depending upon which "world" our awareness resides in — whether we view the world from a more conventional or transcendental perspective.

Most of the time, conventional reality monopolizes our attention: the daily problem solving and task doing, the complications of experience and identity, the stories we impose upon the pure and mysterious Field of Being. We play out our conventional dramas in the theater of gain and loss, desire and satisfaction. We pursue fulfillment and success, trying to make life work out according to our desires, hopes, and expectations. Therefore we suffer from attachment, craving and anxiety.

We suffer when we don't get what we really want; that we suffer when we do get what we really don't want; and that we suffer even when we get *exactly* what we want, because in this world of mortality and change, we lose all that we love. Such suffering generates a desire for spiritual growth, a yearning to transcend the conditional world, and calls for a warrior's spirit. The realization of such suffering marks a turning point in our evolution, a search for the transcendental truth that liberates our souls from the conditional domain.

The Great Secret of spiritual life, and the peaceful warrior's way, is to develop the ability to shift awareness from conventional view to the transcendental vision at

will — to keep our head in the clouds but our feet on the ground, so that we fully realize that *Life is a game we play as if it matters*.

My work is not about abandoning the "Western Solution" to happiness (achievement, abundance, success) nor do I recommend exclusive focus on the "Eastern Solution" to happiness ("going inside"). The peaceful warrior's way involves integrating both East and West, male and female, flesh and spirit, reason and faith, left-brain and right-brain, conventional and transcendental truths.

Freedom is not elsewhere — it is right here, right now, in front of our noses. Awakening does not require us to abandon the conventional world to live in some other-worldly state. We need to bridge both worlds and all apparent dualities in order to keep our head in the clouds and our feet on solid ground. As the Arab sages advise: "Trust in God, but tie your camel."

A bridge exists between worlds. It is right in front of us, around us, inside us, in this present moment. To cross it we need only inquire into and profoundly trust our own true nature, to see the transcendental perfection of this world. When we open our eyes in this way, in this moment, we find within us the truth that sets us free.


As a transcendent reminder, I'd like to close by sharing with you a brief excerpt from the epilogue of my book, *The Laws of Spirit*. After an adventure of discovery, the ageless woman sage bids me farewell with the following words: "These are my wishes and prayers for you, all the days of your life. May you find grace as you surrender to life. May you find happiness, as you stop seeking it. May you come to trust these laws and inherit the wisdom of the Earth. May you reconnect with the heart of nature and feel the blessings of Spirit.

"The challenges of daily life will remain, and you will tend to forget what I have shown you," she said. "But a deeper part of you will remember, and when you do, life's problems will seem no more substantial than soap bubbles. The path will open before you where before there grew only weeds of confusion. Your future, and the future of all humanity, is a path into the Light, into a growing realization of the Unity with the Creator and all creation. And what lies beyond is beyond description.

"Even when the sky appears at its darkest, know that

the sun shines upon you, that love surrounds you, and that the pure Light within you will guide your way home. So trust the process of your life unfolding, and know with certainty, through the peaks and valleys of your journey, that your soul rests safe and secure in the arms of Spirit."

Dan Millman is a former world-champion athlete, university coach, martial arts instructor and Oberlin College professor. His 12 books, including *Way of the Peaceful Warrior*, *Wisdom of the Peaceful Warrior*, *The Life You Were Born to Live*, *Everyday Enlightenment*, *No Ordinary Moments*, *The Laws of Spirit*, and *Living on Purpose*, have touched millions of readers in 29 languages. Dan's seminars have influenced leaders in the fields of health, psychology, education, business, politics, entertainment, sports and the arts. A motion picture based on his first book, starring Nick Nolte, will soon be released in the U.S. and abroad. His newest book, *The Journeys of Socrates*, is getting rave reviews from readers everywhere. Dan will be speaking at the Journey Expo Sat., Sept. 6 from 1-4 pm. Visit [www.thejourneymag.com](http://www.thejourneymag.com) for details.



**GODDESS ELITE**  
 23140 Lorain Ave. North Olmsted OH  
 (440) 777-7211

- Natural Earth Crystals • Buddhas and Kuan Yins
- Jewelry • Aqua Aura and Lemurian Seed Crystal
- Mineral Carvings & Statuary • Tumbled Stones • Candles
- CDs for relaxation, meditation & Uplifting the Spirit
- Elizabeth Howell - reading every 1st & 3rd Wednesday and 2nd & 4th Saturday of the month
- Ernesto - reading every Friday and on the 1st & 3rd Saturday of the month
- Sunday, July 6 - Bus Trip to Lily Dale NY. See website!

T-F 12:00-7:00 pm  
 S&S 12:00-6:00 pm  
[www.goddesselite.com](http://www.goddesselite.com)



**MIND, BODY, SPIRIT**  
 2121 E. Market St.  
 Akron, Ohio 44312  
 330-798-0098

STRIVING TO MEET ALL OF YOUR METAPHYSICAL  
 AND SPIRITUAL NEEDS

**Crystals, Stones, Herbs, Oils, Books,  
 Candles, Soaps, Jewelry  
 Readings, Classes, Workshops  
 Wizards In Training (W.I.T.) Classes  
 Grades 1 thru 5  
 Call for more information 330-798-0098**



**Enchanted Grove**

**Gifts For The Free Spirited**

4122 Erie St. Dountown Willoughby  
 440-942-0506

All Things Fairy  
 Statuary  
 Incense, Candles, Oils  
 Beautiful Silver Jewelry  
 Wiccan, Spiritual & Ceremonial Items  
 Renaissance, Gothic & Hippie Clothing  
 World & New Age Music  
 Metaphysical Books  
 Crystals, Tarot Cards, Runes, Pendulums  
 And so much more.....

Psychic Fair Last Sunday of every month.  
 Resident Reader Doug Mead  
 Thurs & Fri by Appt.

The Theosophical Society

*World Peace  
 Universal Truths  
 Spirituality*

"There is no religion higher than truth"

Programs: *May & June*

*Sunday May 4 @ 2:30 PM - Talk: History of Christianity*  
 by Eugene Maio, PhD Donation \$5

*Thursday May 8 @ 7:00 PM - Health Talk: Spiritual Nutrition*  
 and the Chakra Diet. Donation \$5

*Saturday May 17 @ 7:00 PM - Besant "IMPROV" Nite:* All invited for open mic for music and fun.

*Sunday May 18 @ 2:30 - Group Meditation: Divine Mother*

*Sunday June 1 @ 2:30 - Talk: Levels of Consciousness* by David Hawkins, presented by Carol Fellure, Sufi Cherog

*Sunday June 15 @ 2:30 - Group Meditation: Divine Father*

*Saturday June 21 @ 2:00 to 4:00 PM - Drumming to celebrate the Summer Solstice, theme Transformation.*

[www.clevelandtheosophy.org](http://www.clevelandtheosophy.org) 216-741-2082  
 2215 Brookpark Rd. Parma, OH 44134 @ I-480 & Rt. 176

# Opening Heart and Mind by Moving the Body

By Roger Sams

People of Spirit are known for striving to live an openhearted life. While we may fall short of our expectations, most of us desire to live a life guided by the heart. We also recognize the importance of cultivating the mind through study. Yet many of us, while well-schooled and well-intentioned, have difficulty living the values of the open heart and the enlightened mind in our daily lives. Why is that? Meister Eckhart, the Catholic monk and scholar, offers us a clue with the following poem.

## Expands His Being

All beings are words of God,  
His music, His art.

Sacred books we are,  
For the infinite camps in our souls.

Every act reveals God and expands His Being.  
I know that may be hard to comprehend.

All creatures are doing their best  
to help God in His birth of Himself.

Enough talk for the night.  
He is laboring in me;

I need to be silent for a while,  
worlds are forming in my heart.

Experience teaches me that it is about more than having an open heart and head knowledge. It is about embodiment. Meister Eckhart agrees, stating that we are God's words, music and art. We are a part of the embodiment of God. The mystics of all the traditions tell us this. We are called to constantly birth the spark of the Divine that resides within us. The Christian tradition calls this being born again. In the Hindu tradition Kali slices off your head. In modern psychology we speak of killing off the ego.

In August of 2004, while camping alone in the mountains of West Virginia, I experienced Samadhi, a state of bliss and connection, for several days in a row. Having gifted myself with sustained solitude in a place of exquisite beauty, I found myself singing love songs to God and dancing my joy beneath a starlit sky. Normally a bit of a busy body, on this camping trip I did nothing each day except cook simple meals over an open fire, walk the beautiful mountain trails, sit, sing, dance and write poetry. There was no schedule to keep. I did what I wanted when I wanted. What I wanted most was to experience my God. In silence I met Her once again, within my own flesh.

Raised an evangelical Christian, I had a born again ex-

perience in my youth and have always experienced a deep longing for God. I was the kind of spiritual, geeky kid who would sneak into the church sanctuary late at night just to be alone with God. I've attended retreats with many spiritual teachers and read books by some of the brightest spiritual thinkers on the planet. I have completed long-term training programs that stimulated my mind and nourished my heart. But on this camping trip I experienced the Lifeforce, as I never had before. She pulsed through me with a joy that transcended language or thought. I was able to be in and experience the perfection of it all.

Challenges with my physical body have dropkicked me a good distance down the transformative path. Illness can be a wonderful invitation to transformation. At this point in time I found myself in a space of deep gratitude for my seemingly imperfect body and the medication that I was taking daily to maintain wellness. I realized that it was my lack of wholeness that was birthing me as whole. I wrote a poem of gratitude for my medications. A portion of it reads

Nightly Ritual.

Deadly Poisons.

Toxic Sacraments appeasing Kali's messengers,  
as She challenges me  
to Rebirth,

Her Sweet Decapitation  
insisting that I  
must be born again,

again

this

day.

In that moment I understood in my physicality what I had known in my mind. It's about the constant birthing of the Divine . . . through my body, with my body, in my body. For me, that happens most profoundly through ecstatic dance. Dancing is a form of worship that has been utilized around the world since the beginning of humanity, but was nearly lost to those of us in the west. I'm delighted to report that we are rediscovering its transformative power. There are many templates that can be used to support you in movement prayer. One that works particularly well for opening up heart and mind begins with the movement effort of *wring*. *Wring* is heavy, there is weight and resistance. It is sustained; the movement lasts a long time. It is indirect; it twists and curves. Think of wringing out a wash cloth. Put on some music that is sustained and heavy to support your

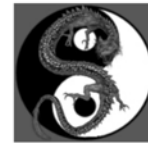
movement exploration. Start in child's pose. Experience your weight and gravity as you sink into the floor. When you've settled in, allow your hips to gently rock. Incrementally let the movement grow. Invite more of your body to join in the rocking of the hips. However your body wants to *wring* is perfect. One day your wring might be heavy with a burden that is ready to be wrung out. Another it might have a sweet sensuality about it. Eventually find your way to your feet and select some music that builds a bit. Dance freely around the room with a gentle *dab*. *Dab* is light, direct and sudden. *Dab* is how most of us danced in the high school gym. When you are ready to bring your dance to a close select some music that is slow and expansive. Move into your own intuitive yoga, reaching up and out, creating straight lines throughout your physical body. Feel the energy moving through your body . . . the expansiveness . . . the connection.

This template allows you to embrace your physicality through the hips, opening up your heart by engaging the torso and arms while dabbing around the space, finally supporting expansion of mind as you reach up and out, allowing Divine wisdom to flow through your physicality. Like any spiritual practice, ecstatic dance involves rigor. Dance your prayers regularly and support your body as an instrument of the Divine by building its capacity. Amplify the power of your dance by merging with community in body prayer. Trust me. There are others who, like you, want to open their hearts and minds and dance a piece of heaven down to earth. Come join us!

*Namaste'*

*Roger Sams is the founder of Dancing Paradox: Transformation Through the Arts. He travels throughout the US leading workshops for music and movement educators and retreats for those interested in touching God through the arts. He is Co-Founder and Spiritual Director of the Sacred Arts & Healing Center, in Lakewood, OH, leading ongoing classes and drop in events that support spiritual evolution through the arts. Each week the Dancing Paradox community gathers together for Dance Church at 11:00 a.m. on Sundays at the Sacred Arts & Healing Center. Contact Roger at DancingParadox@mac.com or visit www.SacredArtsHealingCenter.com.*

**Advertise In The Journey!  
Call 440-223-1392**



Health Preservation of Northeast Ohio presents  
Health Preservation Association 2008 Workshops  
June 28 & 29

Qigong for High Blood Pressure  
Tai Chi for Liver, Kidneys & Spleen  
For more information visit: [www.healthpreservation.net](http://www.healthpreservation.net)  
To enroll: [www.jiangtaichi.com/HPA\\_Website/](http://www.jiangtaichi.com/HPA_Website/)  
Sessions will be led by local instructor James Sievert

# RISHIS INSTITUTE OF METAPHYSICS

## WHAT IS METAPHYSICS?

Rishis Institute of Metaphysics was originated for the purpose of helping individuals to understand the laws that govern all of life. It is an outgrowth of years of experience and research in human relationship. Man is a four-fold being governed by physical, mental, emotional and spiritual laws. These metaphysical Laws of Living are as exact as the laws of mathematics. When you learn to live and apply these teachings, you can learn to solve many human problems. When you help yourself; you can, in turn, help others. Traveling the path of light is the safe road to God. Metaphysics is the study of the Laws of Life for the achievement of the greatest physical, mental, motional and spiritual advancement for the attainment of the highest goal on earth: SELF-MASTERY. It is the New Age Philosophy which will show you the way to a happier and more abundant Life.

A NONPROFIT ORGANIZATION CHARTERED BY THE STATE OF OHIO SINCE 1947

**21933 Euclid Ave. Euclid, Ohio**  
**New 8 week Introductory Course**  
**in Metaphysics**  
**on Tuesdays**

One Hour Classes • No Fees • Contributions Only  
One Night Each Week

**For Further Information and for Class Schedule**  
**Please Call (216) 486-7240**

### THIS COURSE WILL TEACH YOU:

- I.** Who you are and your relationship to the Cosmos.
- II.** How to get the greatest use of the Subconscious Mind
- III.** How to use Silence & Meditation to reach your Subconscious Mind
- IV.** The way to attain greater health & energy.
- V.** The laws governing financial success.
- VI.** The way to develop greater poise & personality.
- VII.** How to have a happy & peaceful domestic, personal & business life

**For more information about Rishis Institute of Metaphysics,**  
**visit us at our web site at: [www.rishisinstitute.com](http://www.rishisinstitute.com)**



# Heart-Centered Consciousness

By Sandra Anne Taylor

**B**alancing the activity of the heart and mind is a very important factor in your energy projection and an important step in changing what you attract to your life. So many people live their whole life in their mind, always analyzing, thinking about their problems, and worrying too much. If this is the type of energy your mind engages in most, it's time to make a shift to a heart-centered consciousness.

The function of the mind is to contemplate and analyze what is or could be valuable in one's life, yet the function of the heart is to experience value and appreciate all the value that's already present. The heart feels joy while the mind spends much of its time searching for it, and wondering why it always seems so elusive. This is the constant schism in which we find ourselves. We're always so busy worrying about how to be happy that we're dismissing our power to find happiness in our heart right now.

But you can break this pattern and start to develop a joyous, heart-centered consciousness, one that will create a much more positive and magnetic vibration in your life. An easy technique can shift your negative mental focus almost immediately. Try this process and you'll see a real difference in how you feel – and soon you'll find a real difference in the results you're attracting, too.

When you catch yourself worrying about something or when you're annoyed or dissatisfied, use your power of choice to shift your consciousness from the anxiety of your head to the peace of your heart. Take a deep breath, close your eyes, and relax your muscles. Visualize your problem lifting up and floating away like a cloud on the horizon.

Take another deep breath, and as you inhale, sense the energy of your mind quieting down; feel your awareness slowly dropping down into your heart center. Just relax, keep letting go of all concerns, and focus your consciousness on your heart.

Then, as you continue to loosen up, let yourself think about something that makes you happy, that you appreciate. Whether it's a bright memory, a person you love, or a beautiful place that you've visited, let yourself picture that now. Visualize all the details, and put yourself right in the center of the picture. Bring it up close, and make it vivid and colorful, immersing yourself in that happy situation.

Feel the joy and let yourself smile. You're so relaxed, happy and peaceful. This is the state of heartfelt appreciation, the warm feeling of grateful acceptance. Hold on to it. Know that its ultimate form is loving your life, and when you go back to your daily activities, choose to find gladness

and peace in all that you do.

Joyous appreciation is the heart's most magnetic vibration. It is such an important energy that it can't be overemphasized. It brings serenity in the release of striving and allows you to rejoice in what you already have – opening your heart to receiving even more. Every moment spent in this resonance creates a highly attractive vibration and a powerfully creative consciousness. Along with self-honoring, it's one of the most life-changing things that you can do!

I often tell my clients that there's more than one meaning to the word *appreciate*. The one we're talking about here is in the present moment – in your heart right now. But when referring to commodities such as real estate, the term means "to increase in value" – which is an absolute energetic truth. Your life will have greater worth when you choose to appreciate it. When you create a real consciousness of the quality of your days, you bring more value there. And choosing to experience joy in the present moment means that your jubilant energy will magnetize much more to enjoy in the future.

Affirmations for Heartfelt Appreciation:

- I have so much to be grateful for! I look around myself and am satisfied.
- I live with joyous and heartfelt gratitude. As I appreciate my life, I attract more and more to appreciate.
- I value my life and myself more and more each day. I deserve my own self-appreciation.
- I always take responsibility for my own happiness. I find many wonderful things to be happy about each day.
- I am choosing to increase my focus on appreciation and self-acknowledgment. I become more and more conscious of all that I have to be thankful for, and I take time to acknowledge it each day.

The *New York Times* best-selling author, Sandra Anne Taylor, speaks internationally on the power of consciousness and personal energy. She's been interviewed for several national magazines, including *Cosmopolitan*, *Family Circle*, *Redbook*, *Woman's World*, *Today's Black Woman*, and *Success* magazine in the U.S.; and *New Idea* in Australia. Her books have been published in 17 languages and dozens of countries throughout the world. Her newest book *Secrets of Success: The Science and Spirit of Real Prosperity* will be released in June, 2008. To learn more visit [www.starbringerassociates.com](http://www.starbringerassociates.com). Save the date – Saturday, September 6<sup>th</sup> – for Sandra's *Secrets of Success* workshop at The Journey Expo.

LIVE FEATURING  
MUSIC AN  
AND ECLECTIC  
MORE SELECTION  
OF  
ARTS, CRAFTS,  
ANTIQUES,  
KITSCH, AND  
THE UNEXPECTED!



# Ohio City's Open air in MARKET SQUARE

CLEVELAND'S **Only** URBAN outdoor MARKET

ALL AT THE EVERY  
CORNER OF SATURDAY  
LORAIN AND 10AM  
WEST 25TH TO  
RIGHT ACROSS 4PM  
FROM THE MAY 24  
WEST SIDE TO  
MARKET! AUGUST 23

**FREE** TIMES

*the* **JOURNEY**  
A Mind, Body & Soul Connection

  
Ohio Arts Council



OCNW  
216.781.3222



# WHO'S ON FIRST?

By Eva Starr

Since my relocation to San Diego (three months ago as I write this), my focus has switched from an immensely spiritual mode to one of a business mentality. Don't get me wrong my spirituality is probably more prevalent in my life now than ever before. Allow me to elaborate on which I speak.

Upon relocating to San Diego, I realized that I would need to build my business over starting from scratch. The good news is I already know how to do what I do...what I needed to concentrate on was *how* to get the word out on what I do. I've read way too many books than I care to mention, along with the books, I've attended every speech, lecture, and seminar known to man, not too mention a dozen or so networking meetings. I also have attended ten, yes ten, different toastmasters meetings at ten very different clubs in the San Diego area.

This is what I've learned; win the *heart* and the *mind* will follow. There are thousands of people who do what you do, and there are even more people who try to do what you do. What is it that the people who succeed do *differently* than the people who don't? They aim for the heart, they zero in on the compassion, the integrity, and the human emotion, once you've won that it's easy to sell yourself or your product.

If you read a marketing article and it's just a whole lot of text, how long do you stay with that article? On the other hand, read an article that has a picture that elicits a human emotion, you're in, hook, line and sinker. I happen to have an advantage in this area (thank you God). You see I am a Cancer (astrological Zodiac sign) and human emotion comes easy for me, in fact sometimes to my detriment. When I teach I not only come from the facts, research and knowledge that I've accumulated throughout my life time, I come from a

place deep within my *heart...and* that my dear readers touches peoples lives at a soul level.

It's easy for me to work with clients and have compassion for where they've been and what they've been through, it shows in the way I teach. If your *heart* has been touched, the *mind* will follow. On the flip side of the coin, if you think with your mind first and then try to get your heart to come along for the ride, you may be flying solo my friend. How many times have you made a decision in your life based on your gut, your intuition...that is your heart speaking to you. In addition, how many times did you *not* listen to your heart?

A few weeks ago I had the good fortune to listen to a man speak named Marshall Goldsmith. Goldsmith is the TOP executive coach in the world; his clients are billionaires and zillionaires. I am about to share with you what I walked away with from listening to him speak. The top CEOs in the world hire him to straighten out their companies, Goldsmith approaches this million-dollar contract in this way.

He starts with loving the self, yes, you've heard it from me thousands of times before, and that's one of the key items Goldsmith spoke about. He particularly focused on women...who as we know take too much time taking care of everybody else's needs ignoring their own. (This is the one single most important thing that I work on with my clients).

Next item of the day saying thank you and for those of you who have worked with me you know I require you keep a gratitude journal. Goldsmith talked about the importance of saying thank you. I felt a sense of pride knowing that I'm probably one of the biggest promoters of gratitude...I taught it to my children and I probably say thank you a hundred times a day.

One of the final things he spoke about, which touched my heart, is this; ask your parents, or your children, or your significant other, or your employees, or your boss this question:

- How can I be a better Mom/Dad?
- How can I be a better wife/husband?
- How can I be a better daughter/son?
- How can I be a better employee/boss?
- How can I be a better friend?
- You get the picture...need I go on?

I was so inspired when I left his talk that on the way home driving down the California freeway I called my youngest daughter Shayna and asked her the six-million dollar question. "What can I do to be a better mom?" I think she



Reach For  
The Moon

Life Coaching  
Metaphysical Workshops  
Speaker • Past Life Regressions  
Astrology Charts • Treasure Mapping

Eva Starr  
440-930-8865  
evastarr24@yahoo.com

www.reachforthemoon.net

thought I'd stayed a bit too long in the California sun. Mom, she questioned, what are you talking about? I quickly explained the talk I had just heard, and asked the question again. She replied, Mom, you're fine, really. I was relentless; I needed to know what could I do to be a better mom. After a few more inquiries she answered, don't ask me about my sister, and when I need to get off the phone in a hurry try to understand. Wow, that's all it takes, I felt a sense of relief surge through my body. I can easily do that I said. I felt good knowing that I took the time to ask this life-changing but ever so simple question.

By approaching his clients through the *heart* he is able to reach the mind, employees are happier, customers are satisfied, and profits continue to soar. You see Goldsmith's billion dollar clients have the brains; they were missing the crucial ingredient to keep them in business, the heart.

The answer my friend isn't blowing in the wind, it's right inside of you, inside your heart. So next time you're trying to figure out how to improve your business, and/or your relationships ask yourself "how can I serve you better?" Ask yourself who's on first? If the answer is your *heart*, then your *mind* will follow and that is the making of a grand slam.

*Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. She has recently relocated to the San Diego area. Check out her website reachforthemoon.net for updates & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.*



34510 Lakeshore Blvd.  
Eastlake, Ohio 440-975-1911  
Email: aradiagarden34510@sbcglobal.net

Incense, Oils, Candles  
Statuary  
Tarot Cards, Runes & Divination Tools  
Magical Delights Jewelry  
Bulk Herbs Over 100 Varieties  
New Age Music  
Clothing  
Metaphysical Books  
Ceremonial & Wiccan Supplies  
Psychic Fair 1<sup>st</sup> Sunday Of Every Month  
Reiki Share & Healing Service 2<sup>nd</sup> Sunday

Lily Dale Bus Trip June 28

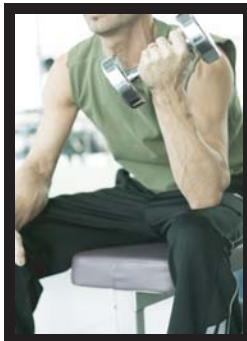
Check our Website for schedule of classes and events.

www.Aradias-garden.com

Store Hours are Mon 11 am. - 6 p.m. • Closed Tuesday  
• Wed-Sat 11 a.m. - 6p.m. • Sun Noon. - 5 p.m.



## Mentor's Premier Boutique Hotel



# LAWNFIELD

INN AND SUITES

8434 Mentor Ave. ~ Mentor, OH 44060  
US 20 & Route 615 (Exit #195 off I-90)

*A place to relax...*

50 Spacious Guest Rooms including:

Microwave & Refrigerator in King Suites  
Complimentary Upscale Continental Breakfast  
Fitness Center ~ Meeting Rooms  
Outdoor Heated Pool ~ Honor Bar

**Smoke Free**

**(440) 205-7378**  
**Toll Free (866)205-7378**  
**Fax (440) 205-8436**  
**www.lawnfield.com**

Readings by Catherine

Reiki Master Teacher

330.259.5894



"Awaken the Light Within"

## Well Within Health Center

9292 Market Square Drive

Streetsboro, Ohio 44241

Phone (330)626-9666

## HOLISTIC FAIR

Saturday, May 17

10 am to 5 pm

Vendors at the Fair will include:  
Chair Massage • Reflexology • Reiki  
Ion Cleanse • Psychic Councilors  
Tarot • Armootherapy  
Hand Made Jewelry • Crystals  
Natural Soaps • Lotions

Also featuring Past Life Regressions  
and Hypnotherapy which would require  
signing up in advance.

**Admission is Free**  
and there will be a vendor drawing



visit us online...

[www.thejourneymag.com](http://www.thejourneymag.com)

Brushwood Folklore Center, Sherman, NY

# Sirius Rising Festival



Promoting creativity and spiritual growth in a community setting

"Come together" for the 14th annual Sirius Rising!

Camping...hands on workshops...lectures...nightly rituals honoring the elements...bonfires  
...drumming...dancing...labyrinth...music...Saturday Celebration: "The Thunderbird"...Kid's Parade  
friends...family...fun...pool...hot tub...hiking trails...**Relax and Experience the Feeling!**



Go to: [www.Brushwood.com](http://www.Brushwood.com) for campground info and other summer events. Or call 716-761-6750

# HEALTH & NUTRITION

## MY HEART LOVES MY MIND

By Shakthi Paramasivam

The mind judges  
The heart accepts  
The mind wants to control everything  
The heart allows things to be as they are  
The mind resists  
The heart flows  
The mind thrives in conflict  
The heart thrives on love  
The mind has fear  
The heart has love  
The mind leads to suffering  
The heart leads to joy  
The mind has limits  
The heart is unlimited  
The mind wants to change everything  
The heart is fine with everything

It doesn't have to be this way with the mind in conflict with the heart! My heart knows that my mind is a great tool, when and if I use it. Usually there is no choice, the mind is the master.

Whenever my mind is in control I feel disempowered and bound. For instance one day in LA when I was late for a flight and had to change planes in Chicago to get to Cleveland I demanded my boarding passes for both flights though they were with different airlines. My mind wanted to control the situation. After arguing for 15 minutes I got my way. I was proud of it too until I found out that the flight was delayed. I had missed my connection in Chicago and lost a whole day. All thanks to my mind!

*Yoga is the cessation of the constant fluctuations of the mind.* This aphorism of Patanjali's led me to believe that the mind is the enemy. All of my endeavors were spent trying to conquer the mind through the mind. My mind ceaselessly helped me to find the next method/technique to help me kill it. What a good friend it was! I went along for a long time believing that the mind will provide the answer to get rid of the mind. It seems

absurd now, but when I was trying it was the most logical thing to do. Eckhart Tolle says it beautifully in [The Power of Now](#), "It's like the Chief of Police trying to catch the arsonist when the arsonist is the Chief himself." So my mind was quite comfortable in its existence, knowing its control over me was formidable because my resistance to it was feeding it. Though it pretended to help me in my seeking of the way to Nirvana, it never did.

When my heart is the master, a different kind of intelligence starts to work through me and uses my mind for positive endeavors. Inspiration flows and life is enjoyable. A couple of months ago while I was waiting to pick up my food at a restaurant I had a realization, the mind exists to create challenges. As this radical thought sunk in, the mind just got quiet and there was this peace that descended on me. I started to rely less on my mind for salvation.

Then I went for a retreat to California and experienced a wonderful release from my own self-inflicted imprisonment. While there, I realized that most of my thoughts were about preserving my identity and they had nothing to do with the present moment. The mind was simply scared of dying. Instead of looking at it with fear or hatred, I started accepting it. Acceptance and non judgment of the mind had loosened its hold over me. Now there is a little more freedom for my heart to do its dance.

On my way back from San Francisco I ran into a similar situation, a potential mind/heart conflict. Stuck in traffic on my way to the airport I was getting frustrated. Then Eckhart Tolle's words rang in my head, "Am I watching my breath?" I smiled and let everything be. I let go of my mind and the heart simply took over my being. I made it to the airport on time and got both my boarding passes effortlessly (I did not need to argue this time). I made it into Cleveland on one of the two flights that landed when around forty flights were can-

## CLEVELAND SCHOOL OF MASSAGE

### ADVANCED BODYWORK INSTITUTE



Change Your Life With Our  
**Ethical Massage Practitioner  
Certification Program**

- 4 months long
- 1 day per week
- Instructors have over 30 years experience

[www.clevelandschoolofmassage.net](http://www.clevelandschoolofmassage.net)  
6557 A Cochran Road  
Solon, Ohio 44139  
(330) 405-1933

Registered and Authorized by The State Board of Colleges and  
Schools 03-11-1692T

celled due to the blizzard. The heart was the master. I was at peace.

Now my heart loves my mind even when my mind is negative and trying to take control. I have also come to see the mind as an instrument that provides us challenges to make life interesting. And without the suffering that the mind left to its own causes, we may never want to be one with God. So it's all good.

Shine on.

Aum Namah Shivaya

*Shakthi practices yoga, Tantra yoga, Fire Walking, other arts and teaches what he practices. For more information on classes and workshops offered by Shakthi log on to [www.agnishakthi.com](http://www.agnishakthi.com)*

Healthful Choices LLC.

**Specializing in custom clinical nutrition  
for the health conscious individual**

**Also offering extra income opportunities  
for your wellness business**

Richard Troy  
216.372.0382  
[healthfulchoices@yahoo.com](mailto:healthfulchoices@yahoo.com)

# ALIVE ONE

## WHOLE FOODS NUTRITION & INTERNAL CLEANSING

*Experience Optimal Health  
and Vitality*

### **COLON HYDROTHERAPY**

A safe, effective method of cleansing the colon of waste and toxins

### **WHOLE FOODS EDUCATION**

Discover recipes for fresh foods and Juice Plus Products

### **SWEDISH MASSAGE**

For relaxation and stress reduction

For information, contact **Janee Kuta-Iliano**  
[www.aliveone.net](http://www.aliveone.net) • [janee@aliveone.net](mailto:janee@aliveone.net)

**440.478.9802**

*colon hydrotherapist, internal cleansing coach,  
raw foods education & relaxation massage*

## Join Our Team!

### Advertising Sales & Beyond...

The Journey is expanding our sales staff. Looking for like-minded individuals to sell ad space for The Journey.

Other opportunities in our sales department include booth sales for upcoming Expos and recording packages within our audio recording development department. Great way to earn extra income and also be a part of a team of dedicated professionals in the holistic community.

Commission based pay.

**Please call 440-223-1392**

**for more details...**

The **Silver Branch**

**Have Your Sense of WOW Regenerated!**

**Experience a New Revelation in Jewelry**  
*Exclusive Dealer of Magical Delights*  
*One-of-a-Kind Sterling Silver and Gold Jewelry*  
*Also see our Huge Selection of Faeries, Tarot cards,*  
*Books, Incense, Crystals and Tumbled Stones.*  
*Readings & Classes available*

**440-964-2178**  
 1012 Bridge Street  
 In The Historic Ashtabula Harbor  
 Mon-Thurs 10am-5pm • Fri-Sat. 10am-6pm

---

**TOOLS FOR TRANSFORMATION**  
 JOIN US AT THE SILVER BRANCH AS WE UNVEIL THE HIGHEST & MOST RESPECTED POWER JEWELRY IN THE METAPHYSICAL COMMUNITY!  
 MONDAY MAY 5TH-FRIDAY MAY 9TH \*COME EARLY FOR BEST SELECTION!  
**LILY DALE BUS TRIP**  
 SATURDAY JULY 19TH 8AM-11PM \$65.00 TRIP INCLUDES:  
 BREAKFAST, GATE FEE & MESSAGE FROM TIM BRAINARD & BETTY DEMCHAK!  
 MUST PRE-REGISTER BY JUNE 15TH CALL 440-964-2178 FOR MORE INFO  
 PSYCHIC FAIRS • MAY: SATURDAY 24TH NOON-7PM • JUNE: FRIDAY 20TH NOON-6PM  
 Last Friday of Each month Seance Circle with Tim Brainard!

**Rosanna O. Zavarella, Ph.D**  
**Wholistic Psychologist**

**BODY, MIND and SPIRIT**

*Hypnosis • Energy Healing Ceremony • Chronic Illness Stress Management*  
*Womens Health Issues*  
*Life Transitions*  
*Health and Wellness Classes and Workshops*

---

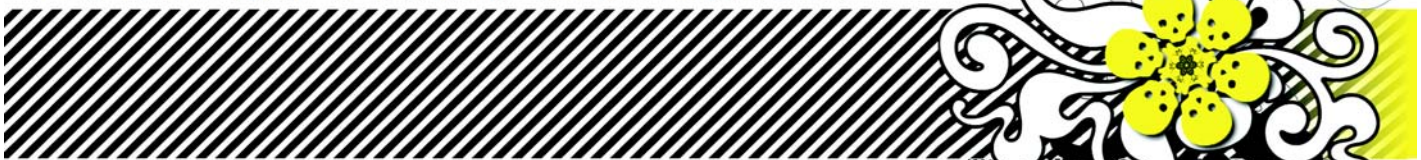
**3951 Erie St.**  
**Willoughby , OH 44094**  
**(440) 602-9977**

---

**14055 Cedar Road #207**  
**South Euclid, Ohio 44118**  
**(216) 321-3025**

# MMAY DESIGN

Web Design & Flash Development



**Complete Website Solutions**  
**Content Management Systems**  
**Site Redesign**

**Rich Internet Applications**  
**Audio & Video Web Intergration**  
**Graphics & Logos**



**mmaydesign.com      440.915.5843      info@mmaydesign.com**

# DEAR LOUISE.....



**Louise L. Hay**, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 25 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing

Dear Louise,

I read in one of your books that our guides and angels can help us. My concern at the moment is the clutter in my home, particularly my closets. I cannot get everything in order! How do I ask my the guides or angels for help? Thank you!

C.K., New Zealand

Dear C.K.,

I always think it's wonderful to acknowledge that we're not alone. I truly do believe in guardian angels. By the way, we can pray and meditate by ourselves. We do not need churches, gurus, or a religion to do that. They're nice if they are supportive of the individual. It's important that we know that we all have a direct pipeline to the source of all life. And when we consciously connect to this source, our life flows.

That said, it's also wise to take a practical approach to your life. In other words, asking for inner guidance (from angels or whomever) is great, but at some point you have to take an outer action to help bring about the change you are wishing for. Our closets can be considered symbols of our minds. A cluttered closet could mean a cluttered mind. This same theory can apply to our dresser drawers (or even our desk drawers)—most especially the top drawer, and of-

ten the bottom drawer as well.

A good exercise is to clean out a closet and while doing so, say to yourself, *I am cleaning out the closets of my mind.*

Take everything out of the closet. Examine each item and ask, "Is this item still useful?" Or, "Have I used this item in the last six months or year?" "Do I have to keep this worn item because I'm afraid I won't be able to replace it?" Donate the items to a local charity.

In order to make room for the new (whether it's new clothes or new thoughts and ideas), we must release the old and the outworn. This is true for physical items as well as mental ideas. I go through my closets every six months or so, and anything I know I won't use again either gets sold, is sent to the thrift shops, or I give it away. It's no longer useful to me and is taking up precious room. The sweater I was in love with three years ago is now a color I don't care for. Do I want to keep it around on the off-chance I may need it one day? Not at all! I'm well aware that I'll always be able to buy a new sweater when I need to.

Did I always feel this way? No! I grew up during the depression of the 1930s in extreme poverty. So it took me many years to realize and accept that I was the only person responsible in my world for my lack of prosperity.

Watch how you're feeling while you're cleaning out those closets this week. Are you doing it with joy and anticipation of the space you're allowing in your life, or are you stuck in the mental system of "not having" and scoffing in disbelief that the abundance of the Universe is available to everyone, including you?

**AFFIRM:** *Change comes freely and easily for me. I now move through any resistance and joyously express myself. Today is a new day!*

Dear Louise,

It's been ten years since Princess Diana of Wales died. There's been a lot of media attention lately here in England about how she died. I don't focus on that so much, but I'm still very saddened when I think about such a vital and alive



## THE BASKETERIA

WEST SIDE MARKET STANDS 60-62-64

1979 W. 25TH ST. CLEVELAND OHIO

PHONE : 216-408-9999

FAX: 440-647-FOOD

[WWW.THEBASKETERIA.COM](http://WWW.THEBASKETERIA.COM)

**5LB ORGANIC CARROTS \$2.99 WITH THIS AD**  
EXPIRES 9/1/07

**SPECIALIZING IN AFFORDABLE ORGANIC PRODUCE, FRESH HERBS,  
LOCAL ORGANIC PRODUCE , AND LOCAL AMISH PRODUCE.**

**2004 ENTREPRENEURS FOR SUSTAINABILITY FOOD CHAMPION**

**AFFORDABLE ORGANIC PRODUCE**

## GENTLE AWAKENING

Dissolve Obstacles to Peace of Mind

[www.gentleawakening.com](http://www.gentleawakening.com)

**GAP – Gentle Awakening Program** - Dissolve Obstacles/  
Integrate Consciousness/Dissolve the Chatter of the Mind

**GEM – Gentle / Effortless Meditation**

**Deeksha – Expand Consciousness**

World Wide / Since 1993

For Next Free Lecture and Information Call

The Silent Mind (330) 425-7204 or

[gap@gentleawakening.com](mailto:gap@gentleawakening.com) or [info@thesilentmind.com](mailto:info@thesilentmind.com)

visit us online...

[www.thejourneymag.com](http://www.thejourneymag.com)

## SHAKER CYCLE

NOW IN TREMONT  
2389 W. 5TH. ST.  
CLEVELAND, OH  
216.685.2453

10% OFF ON SERVICE WITH THIS AD

FEATURING BIKES FROM:

KHS (OHIO'S LARGEST DEALER)

BREEZER • RANS • VINTAGE BIKES

MONGOOSE PRO • GT • SCHWINN

FRANKLIN CUSTOM FRAMES

1,000 OF TIRES AND TUBES

CUSTOM BUILT MODELS



## Be A Certified Qi Healer, Course in Beijing

June & September '08. Course & Visiting in Beijing.



A 7-day Program  
in Beijing, P. R. China  
with Homestudy  
Prerequisite

### Homestudy with 18 videos

**includes:** Qigong Healing System I, II  
& III ♦ Chinese Tui Na ♦ Special Shao-Lin  
Stick Healing Technics ♦ Qi Healing  
Mystery ♦ Increase Body Qi Ability.



**3-day course in Beijing, P. R. China includes:**  
Healing Practice, Lectures and Assessment Certification.

**4-day visiting in Beijing, P. R. China includes:**  
Great Wall, Ming Tomb, Forbidden City, Lama Temple,  
Temple of Heaven and much more with Master Hao.

In Cooperation with

China Academy of Chinese Medicine and Beijing Massage Hospital

A weekly classroom Course in Cleveland for Qi Healing  
System I, II & III with certification is also available.

For details call 1-800-859-4343 or Fax to 216-932-2968.

Visit our web pages: [www.qi-healing.com](http://www.qi-healing.com) & [www.mychinaskymall.com](http://www.mychinaskymall.com)



Botanicals & Findings

In Historic Downtown Bedford

- Native American Botanicals
- Crystals & Stones
- Sterling Silver & Handmade Jewelry
- A Diverse Collection Of Books
- Meditation, Ritual & Magick Wares
- Incense, Candles, Statuary
- Workshops & Psychic Readers

We offer the largest selection of Certified Organic and  
Wild-Crafted bulk dried herbs & teas in Ohio!  
Join The Herb Club & Save 20% off all bulk herbs!

664 Broadway Avenue  
Bedford, Ohio 44146  
(440) 439-HERB  
[www.spiritapothecary.com](http://www.spiritapothecary.com)

# Lago

Please join us for...

## Vegetarian Mondays

Using only the finest and freshest ingredients, our chef  
caters to the vegetarian by preparing an amazing  
selection of reasonably priced vegetarian dishes.

Lago Restaurant & Wine Bar  
216-344-0547 ~ [www.lagotremont.com](http://www.lagotremont.com)  
2221 Professor Avenue, Cleveland, OH 44113

## Finally . . . New Hope For Infertile Couples. Revolutionary Natural Fertility Program!!



Dr. Aliann Young  
Chiropractor

Tired of trying to get pregnant? Feeling stressed every month? Are you sick of the emotional rollercoaster? Frustrated seeing negative pregnancy tests?

We know how you feel. If it's the last thing you do, **DON'T GIVE UP**. Get our free report explaining our natural fertility program. You have everything to gain and nothing to lose.



Christine Zupancic  
Acupuncturist

Visit our website at [www.avonlakenaturalfertility.com](http://www.avonlakenaturalfertility.com)  
Enter your name & address in the "contact us" section.  
In your message, type in **FREE REPORT**.

**Phone: 440-933-7894**

The Landings Complex  
Avon Lake Wellness Center  
32730 Walker Rd., Suite F3  
Avon Lake, OH 44012

**Services include:**  
Acupuncture  
Chiropractic  
Advanced Hormone Testing  
Massage Therapy  
Nutritional Supplements



## BECOME A CERTIFIED HYPNOTHERAPIST

Learn How to Use The Power of Your Mind  
and Help Others Reach Their Goals

**YOUR POTENTIAL IS UNLIMITED!**

**EARN YOUR CERTIFICATE IN 3 MONTHS  
IN OUR STATE LICENSED PROGRAM**

FREE One Year Membership in the IMDHA\*

### Personal Growth School of Hypnotherapy

5000 East 345 Street  
Willoughby, Ohio 44094

440-777-1778

[www.pghc.net](http://www.pghc.net)

State of Ohio  
Licensed Course  
#07-09-1841T

IMDHA  
Approved Course  
Reg # 080082

\*IMDHA International Medical and Dental Hypnotherapy Association

woman and her life having been taken from us. It really is such a tragedy. I really am still very emotional about her death, and that surprises me. Any thoughts on why this has hit me and millions of other people around the world so hard?

S.A., London, England

Dear S.A.,

Your letter speaks so strongly of the "tragedy" of the situation and that "her life was taken from us." Why are you choosing to view it in this way? It was *her* life! Only her soul, in all of its Divine wisdom, knows the truest and deepest meaning behind her life and death. How wonderful it is to leave the planet when you are dearly loved! It is the perfect time. Death is not a punishment unless we make it so. Although the situation is sad because we miss her shining presence, her leaving the planet is in Divine Right Order, occurring in the perfect time/space sequence.

Princess Diana united a nation the way no one else had. The outpouring of love given to her by her own people will long be remembered in the hearts of everyone. She also contributed to the shaking up of the monarchy, which was long overdue. Her work is done. She is now off to bigger and better things.

Bring peace and release into your own heart, and cultivate gratitude for the grace and good her spirit has provided, and continues to provide, for us all.

Subscribe to the Louise Hay Newsletter. Call for a Free Premier Issue: 800-654-5126.

Visit Louise and Hay House at [www.LouiseHay.com](http://www.LouiseHay.com) or [www.hayhouse.com](http://www.hayhouse.com). And, tune in to [HayHouseRadio.com](http://HayHouseRadio.com) for the best in inspirational talk radio featuring top Hay House authors.



### Psychic Fair Plus...

Sunday, June 1 • 1-6pm

Readers, Vendors & Therapies...!

Tarot, Mediumship, Angels, Astrology, Intuitives

Array of Vendors, plus Massage, Reiki & Energy Work

Lawnfield Inn & Suites.....8434 Mentor Ave & Rt. 615

More info 440-537-1903 [www.atchofserenity.com](http://www.atchofserenity.com)

Presented by A Touch of Serenity

### Ahhh... Healing Touch Massage, LLC

*Center your body, mind and spirit*

therapeutic and relaxation massage

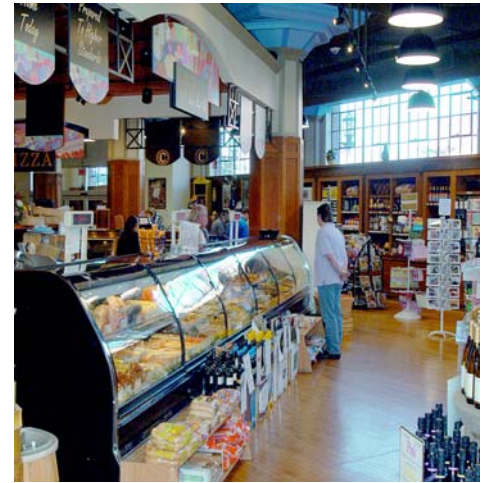


Please call for appointment

Denise Maruna, LMT  
(216) 288-2709

**CONSTANTINO'S MARKET**  
1278 West 9<sup>th</sup> Street  
Cleveland, Ohio  
216.344.0501

**DOWNTOWN  
CLEVELAND'S  
LARGEST  
SELECTION OF  
ORGANIC FOODS!**



The Deli



The Bakery

- Full-service deli & prepared foods section, including hot foods, sandwiches, salads, soups, pastas, entrees
- Made-to-order sushi
- International beer & wine selection
- Fresh-baked breads and pastries
- Organic options
- Unique gift ideas
- The stuff you can't live without – dairy, frozen foods, produce, paper goods, snack foods and sodas
- We also provide catering services from corporate lunches to wedding dinners, and anything in between



**Hours: Monday – Friday 7am – 10pm • Saturday 9am – 10pm • Sunday 9am – 6pm**  
**In The Warehouse District • Free Parking**

# Akashic Records Workshops & Consultations

With Dahna Fox, Akashic Records Teacher

Empower your life with answers from the Akashic Records. They contain the energetic recording of your Soul's Journey and all past, present and future possibilities for the Planet and beyond.

**Telephone consultations available internationally  
Call 216-691-1233**

or Email [Info@AkashicWisdom.com](mailto:Info@AkashicWisdom.com) for more information  
Level 1 Workshop teaches you to consciously access your own Records & use them in every area of your life! Level 2 Teaches how to access Records of others, animals & the land  
\*All workshops include a 1 hour telephone Akashic Records Consultation Prior to class.

Dahna Fox, Certified Akashic Records Teacher & Matrix Energetics Practitioner  
Gain the Clarity You Need! Access the Sacred Energy and Information from Your Soul with an Akashic Records Consultation. Or experience being in the Transformational Energy of "The Matrix" with a Matrix Energetics Session In person or telephone appointments available.  
Listen to Dahna Fox on her Internet Radio Show Akashic Wisdom on <http://www.bbsradio.com/> Sundays at 8 PM Pacific Time (9 MT, 10 CT, 11 ET) Call in Live or email your questions!

## Akashic Records Workshops

**Cleveland, OH** - Akashic Records Level 1 & 2 -  
May 30, 31, June 1

**Pittsburgh, PA** - Lecture June 6, Journeys of Life  
Akashic Records In Person Consultations - June 7 & 8  
Akashic Records Level 1 & 2 June 20, 21, 22

**Philadelphia, PA** - Akashic Records Level 1 & 2  
July 25, 26, 27  
Introductory Lecture July 23  
In Person Consultations July 24

**Call for locations and other dates coming soon.**  
Register Today to receive your early registration discounts!



## Petals-N-Lace Wellness Show

Floral Arrangements  
Aromatherapy  
Massage Oils  
Skin Care Products  
Medicinal Products & So much more.  
Classes & Readers  
All Hand-Made with Natural  
Ingredients! No Synthetics.  
Unique Gifts and Natural Remedies  
31541 Vine St.  
Willowick, Ohio 44095  
(440) 943-1400 or Toll Free  
1-866-301-3066  
[www.PetalsNLace.com](http://www.PetalsNLace.com)

# SPIRITUAL INSIGHT TRAINING RETREAT

... A SPIRITUALLY CENTERED WAY OF KNOWING FROM WITHIN ...

EXPERIENCE THREE COURSES IN ONE WEEKEND RETREAT:

## MEDITATION

Learn "How To" experience the inner peace of Divine Love.

## SPIRITUAL HEALING

Learn "How To" allow Divine Love and Healing to move through you and others.

## INTUITIVE... PSYCHIC... MEDIUMISTIC DEVELOPMENT

Learn a Spiritually Centered way to unfold and work with your God given gifts.

## DATES:

May 2 - 4, 2008 or May 16 - 18, 2008

## TUITION:

Early Reg. \$425.00 includes instruction, meals & housing

FOR MORE INFORMATION & TO REGISTER:

Look for our new catalog of 2008 workshops online at:

[www.fellowshipsspirit.org](http://www.fellowshipsspirit.org)

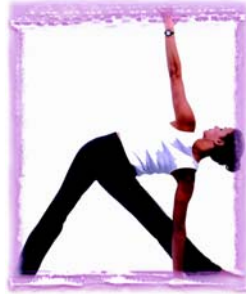
Email: [fots@netsync.net](mailto:fots@netsync.net)

Phone: 716-595-2159



FELLOWSHIPS OF THE SPIRIT  
282 DALE DRIVE • CASSADAGA, NY

# THE YOGA PAGES



## Reaching Out

By wah!

*Chit* in Sanskrit refers to both heart and mind. There are not separate words for these two entities; it would seem that they are a unit. Indeed, Body Mind and Soul are asked to function as an integrated whole; it is skillful work to first identify each of them and then get them all to work together.

Soul is constant. Soul has been with you forever, through all your different lifetimes and experiences. Soul has an awareness and an ability to guide itself. Soul has an overview of this lifetime and other lifetimes. Soul is ancient. It is often the wise counsel, a source of intuition, and comfort for the individual.

Body and Mind are the variables in any given lifetime. One must pick a body to participate in an incarnation. You must select certain parents, a certain timeframe and geographic area in which to be born, and certain cultural and personal circumstances. These aspects shape the nature of your body/ mind – whether you participate in World War II soup kitchens, the stock market crash, or the advent of the Internet, what part of the world you choose to live in, how many brothers and sisters, etc. These elements shape your mind and psychic foundation.

In addition, you select a certain body type – according to genetics you inherit certain family characteristics; according to astrology (what planetary configurations are present as you begin this life), you select certain personality characteristics, life lessons and timelines for your life.

Ayurvedic Medicine defines three body types - Pitta (fire), Vata (water) and Kapha (earth). Pitta bodies are wiry and run strong and hot; Pitta minds are energetic, sometimes fanatic. Vata bodies are artistic; Vata minds are fluid, sometimes scattered. Kapha bodies are dense; Kapha minds are steady, sometimes sluggish. You can

study Ayurveda to gain insight into what kind of body/ mind energies you have selected to work with.

You can study Meditation to understand the nature of your mind.

You can study Yoga to understand the nature of self-healing.

You can study Pranayama, cooking, counseling and music theory...

And then?

What happens after your study? After you've figured out that you are Vata Pitta and you need regular exercise, and your body tends to run hot in the summer, and your intuition is more like a gut feeling than a bell ringing in your head, and your preferences for partners are predicated on your parents' subconscious imprint on you at birth...

Then what?

In my opinion, that's when you start reaching out.

Reaching out is an act of conscious enlightenment. It's you, reaching for the expansion, reaching for what feels good, reaching for bliss, bhakti, God, love, kindness, self-fulfillment... You reaching for You. You reach with your whole being. The whole bit – Vata body and Buddhist mind and 10 years as an addicted recovered veteran and three relationships later – you reach with everything you have become and achieved and learned up until now. You reach with your heart, your mind, your whole being. You reach with your voice. You reach with your eyes, your smile, your actions. You reach out.

I'm not suggesting you drop everything and do a good deed. I'm saying, reach out *while you are doing whatever it is you do*. While washing the dishes, while driving the car, while kissing someone good night, de-

Subscribe to *the JOURNEY*  
Only \$25 Per Year!

Please fill out and send your  
check or money order to  
The Journey  
9557 Tamarin court  
Mentor, OH 44060

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

E-mail (optional) \_\_\_\_\_

Please make check or money order  
payable to ATOS Productions

living the medicine, punching the timeclock...Reach out for an infinite possibility in you.

When we chant, we reach out to something infinite. The words are infinite, the vibration is infinite. The mind continues its dialogue – the thoughts will never end – but your heart reaches out at the same time. You're not going silent. You're reaching out with your heart, with your song, with the mantra. You're saying only things which offer infinite possibility – words like “wow,” “one” “ram ram,” “jai ma,” “hmmm” or “om.” Something that has no judgment. When I worked with children I had them use the word “Yes!” No matter what comes to you, say “yes, perfect, wow.”

The point is to get you continually reaching for something that expands you, excites you. No matter what the mind is saying, no matter how the mind has analyzed it, just keep reaching.

You may think anything you want while chanting because your body is vibrating from the inside: “Wow! Praise it!” You may be thinking, “I ate too much today” but your body sings, “Wow! Praise it!” What happens? Between the thought and the vibration, the vibration wins. (In the beginning was the Word... and the Word was God.) The dominant vibration in you will be the one you speak. Speak the mantras, you will reside in an infinite vibration. Sing it loudly. Believe me, it will be way better than talking about your health or your relationship troubles all the time.

Your heart is your connection to spirit. It cannot

## “Summer Solstice at Edgewater Park”

108 Sun Salutations in 2008!

Saturday, June 21 from 12 to Dark

Come help celebrate the Summer Solstice (longest day of the year) at Edgewater Park. A great opportunity to be a part of the Cleveland yoga community and beyond

We will be doing Sun Salutations throughout the day and evening. With music, drumming, dancing, body workers, fellowship and of course yoga to bring the spirit of yoga to all!

Volunteers needed;  
call Clyde Chafer 440-223-1392, Deanna Black 216-374-5934, Tiiu 216-272-2651

Sponsored by:  
Karma Yoga  
Studio 11  
One to one Fitness  
Inner Bliss Yoga  
Prana Yoga

**JOURNEY DANCE™**  
WITH **TONI BERGINS**  
Love your Body!  
Love your Life!



**JOURNEY DANCE**  
**TEACHER TRAININGS**

JUN 22-27, 2008 Kripalu Center  
REGISTRATION: 866-200-5203  
OCT 5-13, 2008 EarthDance

Get Funky and Divine with Toni Bergins's JourneyDance™, an exhilarating movement experience that will have you loving your body and loving your life! Manifest the life you want and desire while dancing! Release the past and become present, passionate and powerful. JourneyDance™ will take you on a deep energizing journey to activate your personal power, sensuality, love, and innate wisdom. Weaving expressive movement, dance, theater, visualization, sounding, and energy work into powerful self-exploration and transformation. The dance becomes a healing practice.

EXPRESS YOUR SELF • ELEVATE YOUR VIBRATION  
EMBODY YOUR TEMPLE • EXPLORE YOUR REALM

For tour schedule, please visit  
[www.journeydance.com](http://www.journeydance.com) or  
e-mail [toni@journeydance.com](mailto:toni@journeydance.com)

analyze. The heart is self-love. It stays active because you keep reaching – with a smile, a song, a mantra. You create the connection. It is the crying out for, the calling, which creates the connection.

You can reach for divine in the middle of chaos. You can do it now. You can do it while you drive. All you need to do is keep calling forth the divine and it will manifest. When you don't call it, it won't show up and all the other frequencies (media, bills, radio, TV, internet) dominate. Divine frequencies need to be called forth. These are frequencies of the heart; they connect you to your Self, to your Soul. Call them forward by singing, praying in the car, chanting in the shower, placing a flower by the door...Take your normal activities and add your version of bliss. With it, heart and mind will work together. Body, mind and spirit will integrate and evolve to higher frequencies. Jai Ma...

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention.* Netzwerk Records will release her new CD *Love Holding Love* sometime in 2008. [www.wahmusic.com](http://www.wahmusic.com)

A new, first of its kind—



**The Heartlight Yoga™ Center**

A Therapeutic Approach To Yoga, Chronic Pain and Illness

Private, semi-private, and small specialized classes—  
Treating any challenge of the Body, Mind or Spirit

Small specialized weekly classes and workshops

Judi Bar E-RYT 500, Yoga Therapist, Reiki Master,  
Intuitive Healing—with her staff of Yoga Therapists.

Member of Yoga Alliance and International Association Of Yoga Therapists

21360 Center Ridge Rd. Cleveland OH Suite 407 440-356-5991  
[www.heartlightyoga.com](http://www.heartlightyoga.com) [email]— [heartlightyoga@gmail.com](mailto:heartlightyoga@gmail.com)

© 2007 Heartlight Yoga™ All Rights Reserved.

**Ashtanga Yoga Workshop with Kino MacGregor**

Friday, May 30  
**YOGA TALKS**  
7:30-8:30pm  
Explore a contemporary approach to Yoga Philosophy.

Saturday, May 31  
**GUIDED PRIMARY SERIES**  
10am-12pm  
**STRENGTH: YES, YOU CAN!**  
2-4pm

If you think you'll never be able to lift up, or if you want to take your lifting to a new level, this class is for you.

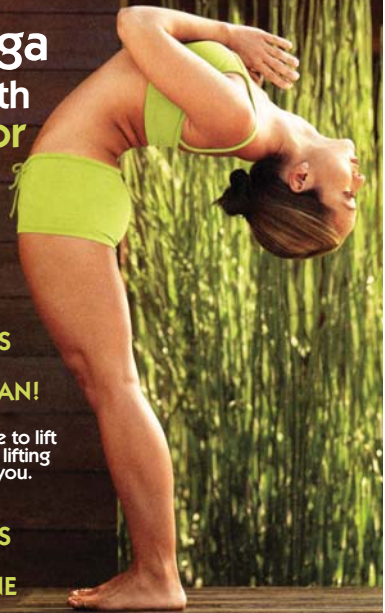
Sunday, June 1  
**GUIDED PRIMARY SERIES**  
10am-12pm  
**UNLOCKING YOUR SPINE**  
2-4pm

In this workshop you will learn what it takes to open your back in a safe way.

Learn more about Kino at  
[www.ashtanga-awareness.com](http://www.ashtanga-awareness.com)

Entire Workshop: \$160  
Single Class: \$40  
Friday Talk: \$20  
Prepay by May 1: \$150

To register call or e-mail  
[info@yogaunderground.com](mailto:info@yogaunderground.com)



[yogaunderground.com](http://yogaunderground.com)  
724.827.8047

# Movement Soothes the Active Mind and Opens the Heart

By Toni Bergins

“Can you feel your butt in the chair?” What a strangely provocative question, asked of me by my final therapist in 1992. I was 23 years old and had seen various psychotherapists since high school. My answer shocked and surprised me. “No,” I said, and in that exact moment, I could sense my energy up in the air, in my head.

Though I probably seemed quite normal to the outside world, quite pretty, happy and smart, the truth was, I was a self-abusive, highly self-critical young woman, perfection being my obsession, living mainly in my head. I was living in the mind, a swirling sea of ideas, thoughts, judgments and criticisms.

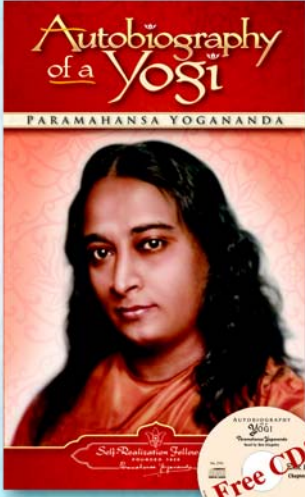
I found some relief when exercising vigorously, which I did to excess. Though I found joy during the exercise, that too became an obsession. I longed for self-acceptance, self-approval and self-love. This longing led me on a journey

that would take me back into my body, into feeling.

This quest to find relief began my true liberation. I discovered yoga and studied with the most advanced teachers I could find in NYC. I took vigorous yoga everyday. Again, I became obsessive with myself, even in my yoga practice.

I visited Kripalu Center, still an ashram at that time, and I listened to the guru who spoke that day hoping for a new understanding or a change. Then at noon, we were given a choice: Dance or Meditation. As you can imagine, the thought of an hour by myself, with my mind, was not preferable and so I chose the dance class. I am truly grateful for this hour of my life. I danced in a room with no mirror, few instructions, the teacher leading us for the pure fun and bliss of dance and movement. We were dancing to inspiring music and the teacher said “You’re all so beautiful,” and I could feel that he meant it. I burst into tears,

**“A life-changing book...”**  
**Start reading (or rereading) it today!”**  
*—Yoga+Joyful Living*



*“This book is a must-read for the budding yogi, the spiritual veteran looking for deeper understanding, and everyone in between.”*  
 —Yogi Times

**SPECIAL OFFER**  
 For a limited time our new quality paperback includes a bonus CD with Chapters 1-4 from the audiobook edition of *Autobiography of a Yogi*, narrated by Sir Ben Kingsley. Available at bookstores everywhere.

Quality Paperback \$12.50

**Free CD!**

**Self-Realization Fellowship**  
 FOUNDED 1920 BY PARAMAHANSA YOGANANDA  
[www.yogananda-srf.org](http://www.yogananda-srf.org)



**Harmony Studios**  
 yoga • pilates • massage

**Purify and rejuvenate your mind, body, and spirit.**  
 Offering gentle and power classes 7 days a week.

**Introductory Special!**  
**\$99**  
 30 Days of Unlimited Yoga and Pilates  
 New Students Only

**Buy 5 Classes, get 1 Free!**  
**Buy 10 Classes, get 2 Free!**



38123-1 W. Spaulding St. Willoughby, OH 44094  
 (Located directly behind Arabica in Historic Downtown Willoughby)

**440.942.YOGA**  
[www.HarmonyYogaStudios.com](http://www.HarmonyYogaStudios.com)

**T.R.Y. (Therapy, Reiki, Yoga) 4 Life  
Teacher Certification School, RYS**

200 & 500 Hour Yoga Alliance Registry  
*Awaken the Healing Power Within You*  
*Empowering • Transforming • Like No Other...*



[www.try4life.com](http://www.try4life.com)  
[janis@try4life.com](mailto:janis@try4life.com)

(330) 995-4104  
(440) 356-5991

Director & Trainers:  
Jan Hauenstein, CYT&E500-RYT  
Judi Bar, CYT&E500-RYT  
Tolisa Mize Horning, CYT&500-RYT

*Teaching Cleveland's Best Yoga Teachers*  
*CEU's Available for Nurses & OTs*

**Wednesdays**  
9am-8pm

9/19/07-2/20/08  
Winds of Change Studio  
4850 Som Center Rd  
Moreland Hills, OH 44022  
[www.try4life.com](http://www.try4life.com)  
no class 12/26/07-1/16/-08

**Weekend Trainings**  
9am-5:45pm

9/22&23/07-7/12&13/08  
CSJ River's Edge  
3430 Rocky River Dr  
Cleveland, OH 44111  
216-688-1111 X 251  
[www.try4life.com](http://www.try4life.com)

*YOGA at the  
River's Edge*

*A Place for Reflection and Action*

*Overlooking the beautiful Rocky River Metropark*  
3430 Rocky River Drive, Cleveland OH 44111  
Choose a level and style of yoga that's right for you!

**Beginning**

**Gentle**

**Moderate**

**Challenging**

**Prenatal Yoga**

**Therapeutic Yoga**

**Private Yoga Sessions**

**Phoenix Rising Yoga Therapy**

**Yoga for Families, Children and Teens**

**200 and 500 Level Yoga Teacher Trainings**

For more information call or visit us: (216) 688-1111  
[www.riversedgecleveland.com/wellness/yoga](http://www.riversedgecleveland.com/wellness/yoga)

**ENLIGHTENING MUSIC  
AT THE  
JOURNEY EXPO 2008**



**Deva Premal & Miten**

**In Concert**  
**Sat., Sept. 6**  
**7:30 PM**



**FRIDAY, SATURDAY & SUNDAY**  
**SEPTEMBER 5, 6 & 7**  
**Lakeland Community College**  
**Kirtland, Ohio**



**Suzanne Sterling**

**Kirtan/Concert**  
**Fri., Sept. 5**  
**6:30 PM**

For Ticket Information, Visit [www.thejourneymag.com](http://www.thejourneymag.com)  
or call 440-867-4166

For more information on the 2008 Journey Expo, see the back cover of this issue!

emotion flooding me. I lay on the floor and I felt for the first time in a very long time. I felt from my body. My heart opened. For that brief moment, I loved myself.

This was the beginning of my new embodiment; an opportunity to get back into my body, to feel my feelings, to breathe, to dance. This was the beginning of my discovering my life's mission and purpose and passion.

"Getting into my body" may seem like a strange phrase, but I had spent so much time being in my mind that I had forgotten the wisdom of my body, my feelings and my heart.

I never set foot in a gym again. I studied many movement systems, I immersed myself in feeling and expressing from the body. I became a dancer, a mover, an embodied person. I was now ready for my next quest...befriending my mind. I did a mental fast for a year. This fast was simple...no negative self-talk or judging self or others. Period. The moment I heard a thought or phrase, in my mind's voice, I had a choice to make. Take it in and feel the feeling, or talk to it and say, "I'd prefer not to think that, thank you very much. How about this instead?" I did some serious talking to myself (in private, mostly in the car!) It was amazing. I played this mind game with myself and started calling it "mind-busting." My mind rebelled against its "busting" and fought me every step of the way. This lasted three long, difficult months, until a calm appeared and the mind voice changed. This calm transformed into an explosion of creativity and expression. I stayed up night after night writ-

ing and painting, conversing with my "new mind", the old mind finally subdued.

I tell this story to my students of dance and embodiment, because this realization began my journey home: home to the body and home to the heart.

What germinated and eventually flowered over the next 15 years was "JourneyDance: Love your Body. Love your Life," my offering to the world, a dance of the body, mind, spirit and emotions, leading to self-love and divine realization.

• • •

Do you ever think **you** have an overactive mind? You just can't control the thinking and your thoughts come at you like wildfire, thoughts you might not even want, like or prefer? Can you even imagine that you have the power to **choose** your thoughts? Just recently, I was leading a movement workshop and a beautiful woman asked me if it was true that she could actually decide what she wanted to think. When I told her "Yes, you have a choice to focus upon or let go of your thoughts." Tears came to her eyes, as she has lived a good 40 years believing and thinking she was not smart enough, not pretty enough, not the right skin color, etc. This idea of choice gave her a moment of freedom and her heart jumped with joy. She danced like a blazing beam of light for the rest of our time together.

New age and mainstream teachings are talking about changing your thoughts to change your life, but how do you

**Rob Shulman**

*R.Y.T. Yoga Alliance/T.R.Y.4 Life Yoga  
Vinyasa Power Flow with Druid influences*

*Also offering:  
One on One Training  
Yoga for Athletes \* "Blind Folded Yoga"  
Ph# 440.213.6033  
Westside Bally's & World Gym locations*

EARTH JOHO YOGA • COB



**STUDIO**  
Oxygen  
Yoga & Fitness for Women

**Marianne Hritz**  
Registered Yoga Teacher  
Certified Personal Trainer

584 E. Main St. #24  
Hilltop Plaza  
Canfield, OH 44406  
330.702.YOGA (9642)  
[www.StudioOxygen.net](http://www.StudioOxygen.net)

*ATOS Productions* *Clyde Chafer*  
Marketing Coordinator

**the JOURNEY**

**A Mind, Body & Soul Connection**

9557 Tamarin Court  
Mentor, Ohio 44060  
440-223-1392

E-mail: [info@thejourneymag.com](mailto:info@thejourneymag.com)

**jazz & blues** report

A free Jazz & Blues  
monthly since 1974

Each issue is loaded  
with brand new  
CD & DVD reviews

**Download all issues & search  
our CD review database at  
[www.jazz-blues.com](http://www.jazz-blues.com)**



13351 Madison Ave. Lakewood, OH 44107

[www.SacredArtsHealingCenter.com](http://www.SacredArtsHealingCenter.com)

### **BODY. MIND. SPIRIT FITNESS**

with **KIM KRUMROY**

Licensed Nia Instructor



Saturdays at 10:30am

Contact Kim at 440.796.4934

### **BODY WORK FOR AWARENESS**

with **GREGG LANGJAHR**

Licensed Athletic Trainer

A fusion of traditional Swedish massage  
coupled with Cranial-Sacral & Myofascial  
methods of healing.

\$50/1 Hour Session

Contact Gregg at 440.943.9860

### **TRANSFORMATIONAL MOVEMENT**

with **ROGER SAMS**

Contact Roger at [dancingparadox@mac.com](mailto:dancingparadox@mac.com)

### **DANCE CHURCH**

Movement Meditation with a Message

Every Sunday. 11:00am - 1:00pm.

Drop In. Love Offering.

### **FRIDAY NIGHT DEEP TRANCE**

Late Night Ecstatic Dance Around a Theme

9:30pm - 1:00am. \$35 Payable at the Door.

April 11, 2008. Spiritual Spring

May 23, 2008. Freedom

### **CORE BODY WISDOM DANCE!**

A Day of Alignment and

Freedom through Movement.

Core Body Wisdom and Ecstatic Dance Workshop

May 3, 2008. Noon - 10:00 pm.

\$80 Payable at the Door.

### **ECSTATIC DANCE RETREAT**

Inhaling: The Art of Receiving.

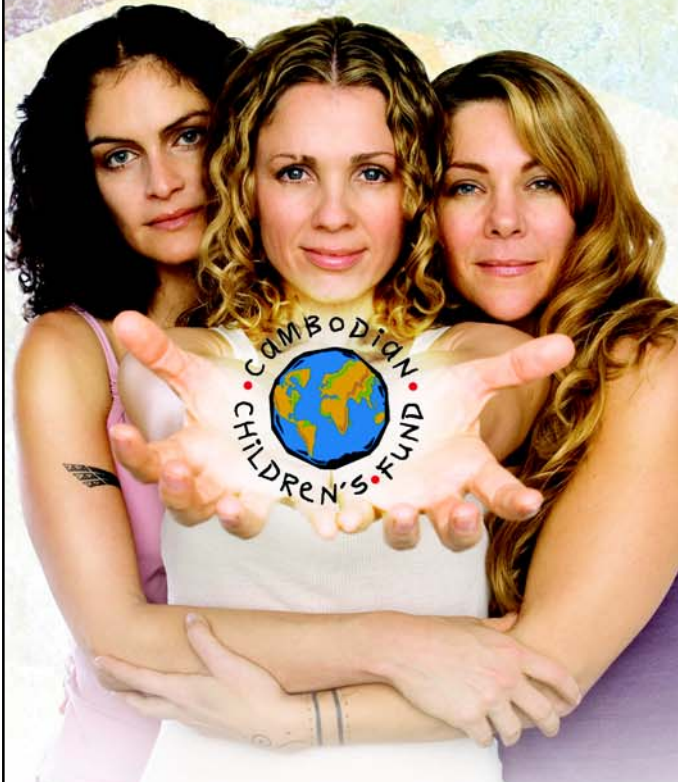
Held at Hope Springs Institute,

In the beautiful rolling hills of Southern Ohio.

July 9-13, 2008.

Pre-Registration Required.

OFF THE MAT  
INTO THE WORLD™  
part of the Engage Network






**WHY STRETCH  
WHEN WE CAN REACH?**

PRESENTS  
**BARE WITNESS**  
**CAMBODIA HUMANITARIAN  
TOUR 2008**  
**WITH SEANE CORN, HALA KHOURI,  
AND SUZANNE STERLING**

**TAKE ON OUR SEVA FUNDRAISING CHALLENGE  
AND JOIN US ON A JOURNEY OF  
TRANSFORMATION AND DEEP SERVICE, BE A  
PART OF THE EMERGING MOVEMENT  
OF SACRED ACTIVISM, TOUCH A SOUL AND  
CHANGE A LIFE... PERHAPS YOUR OWN.**

sponsors

yoga   YOGA+ 

**WWW.OFFTHEMATINTOTHEWORLD.ORG**

Photo and design : [www.amirimage.com](http://www.amirimage.com)

control the insidious little ones that can't seem to let you be? Do you constantly make lists to get your every task complete, driven by your mind? Do you think negative thoughts about yourself and others? Take a minute before you say "no". I'm talking about criticizing the driver going slowly in front of you on your way to yoga class or getting really pissed off at the cashier at the supermarket check-out. I'm talking about feeding yourself a steady diet of self-criticism that you hardly notice anymore because you believe it's "normal".

We think this is normal because everyone we know seems to engage in thinking negatively about themselves: we don't have enough money; our relationship has problems; our bodies don't look right; we are aging and should look younger; we're too fat; we don't have our dream career; we never get enough done; the list goes on and on.

Over time we develop patterns of this self-criticism, which enter our minds like a radio broadcast. This patterned thinking is not the same as *using* our mind, allowing our mind to be the *creative* power it can be. So as we say in JourneyDance, get out of your Mind and into your Body.

*Toni Bergins, MEd, is the creator of JourneyDance™. She dances as spiritual practice and spreads her joy and passion for life through her creative, transformative workshops in JourneyDance™. Her mission is to inspire others in*

*living their lives with passion, joy, wholeness and ease. Toni leads teacher training programs in JourneyDance™, and has been leading classes and workshops at Kripalu Center and internationally for over 12 years. She is producing her upcoming DVD, working on her book and consciously raising two beautiful boys. Toni's humor, authenticity and charisma make JourneyDance accessible to all. For upcoming programs visit [www.journeydance.com](http://www.journeydance.com) or contact Toni at [toni@journeydance.com](mailto:toni@journeydance.com).*



**Heart and Solutions Inc.**  
Guiding you to and  
through your path of  
personal freedom

**Nikki Pawlowski**  
Intuitive/Spiritual Coach  
By appointment only -  
216.990.0238  
[www.heartandsolutions.com](http://www.heartandsolutions.com)

- Intuitive Reading
- Coaching
- Personal Yoga Instruction
- Inspiration Network



Advertise your studio in  
**The Yoga Pages**  
Call 440-223-1392 and reserve a  
space for our next issue!

# THE YOGA LISTINGS

## Yoga Studios:

**Bhumi's Yoga and Wellness Center** - Voted "Best Yoga Experience" by Cleveland Magazine. Classes: Various West Side locations. Workshops. Retreats. Yoga Teacher Trainings. First in the Midwest Nationally Recognized by Yoga Alliance. (440) 236-6366. [www.bhumiyoga.com](http://www.bhumiyoga.com)

**Cleveland Yoga** - Voted NE Ohio's Premier Yoga Center 2 New Studios ~ Superior Flooring-Heating System ~ 4000 sq ft Natural Light ~ Lush Shower & Massage Areas ~ Breathe Boutique ~ All Level Classes - 3355 Richmond Road Suite 251A, Beachwood - [www.clevelandyoga.com](http://www.clevelandyoga.com) - 216.591.1183

**Green Tara Yoga & Healing Arts** - 2450 Fairmount Blvd., Cleveland Heights. Certified Iyengar Yoga Instructors Karen Allgire and Shaw-Jiun Chalitsios-Wang. Restorative yoga with Colleen Clark. Precise alignment, individualized instruction. Student discounts. 216-382-0592 [www.greentarayoga.com](http://www.greentarayoga.com)

**Karma Yoga** - 1382 West 9th Street, Cleveland Warehouse District - 216-621-7085. Downtown's only dedicated Yoga Studio. [www.karmayogacleveland.com](http://www.karmayogacleveland.com)...featuring many new workshops ....yoga boutique now open...the Karma Kleanse - detox and cleanse to enhance your yoga practice

**Namaste Yoga Studio** - Rt 21 & 303, Richfield OH. - a welcoming yoga community many classes and styles offered by certified, experienced, yoga instructors. Check us out at [www.namasteyogastudio.net](http://www.namasteyogastudio.net) or call 216-970-3641

**Prana Yoga and Dance Studio** -8051 Broadview Road, Broadview Hts.-Yoga: All levels. Classes ongoing. Drop ins welcome. Workshops, Reiki, Meditation, Adult Dance including Belly dancing. Check us out at [www.pranayogaanddance.com](http://www.pranayogaanddance.com) 216-346-1246

**Yoga at Rivers Edge** - 3430 Rocky River Drive, Cleveland. Overlooking the Rocky River and Cleveland Metropark. Call (216)668-1111 or go to: [www.riversedgecleveland.com](http://www.riversedgecleveland.com) for details. See advertisement listing a selection of classes offered by certified teachers.

**Family Karate** - 8901 Mentor Ave. Unit E, Mentor - Adult fitness program includes Yoga, Tai Chi Chuan, and cardioKarate for one low price and class times 6 days a week. For more information and class times check out our website [www.Karate4Family.com](http://www.Karate4Family.com) Or call 440-255-7300.

**Inner Bliss Yoga** - 19537 Lake Road in Rocky River ~ offering an eclectic blend of Hatha yoga incorporating elements of Vinyasa, Anusara, Jivamukti and Ashtanga. [www.innerblissyogastudio.com](http://www.innerblissyogastudio.com) 216-469-6689

**Inspirational Motion** - a boutique-style energy center that blends the various backgrounds of vinyasa yoga to create an eclectic and integrative experience. Our GYROKINESIS® classes are infused with Taoist energy principles. Fairmount Circle, University Heights. [www.inspiralmotion.com](http://www.inspiralmotion.com) 216-320-9446

**Yoga at the Fairport Dance Academy** - 615 Plum St., Fairport Harbor. Yoga Alliance Certified instructor offering tailored classes for all ages and levels. Reiki treatments and classes also available. Come and experience peace within all year long. [www.fairportdanceacademy.com](http://www.fairportdanceacademy.com); (440) 354-5062

**Well Within Health Center** 9292 Market Square Drive, Streetsboro. Call (330) 626-9666. Classes ongoing for Yoga, Tai Chi, and Kickboxing, dropins welcome. Your first class is free. Also offering massage, Reiki, Reflexology and Ion Cleanse.

**Yoga Underground** - Offering Advanced Classes and Workshops for teachers and students who would like to take their practice to new heights. 3602 Darlington Road, Darlington PA. [www.yogaunderground.com](http://www.yogaunderground.com) or 724-827-8047.

## Yoga Teachers:

**Heartlight Yoga, Judi Bar E-500 RYT, RMT** - Chronic Pain Specialist, Yoga Therapy Clinic, private and group sessions, workshops, Yoga Teacher Training [www.heartlightyoga.com](http://www.heartlightyoga.com) [judib3@prodigy.net](mailto:judib3@prodigy.net) 440-356-5991 for info

**Valerie Priebe** - power yoga with a vinyasa flow. Phone 216.496.3993; email [vpriebe@hotmail.com](mailto:vpriebe@hotmail.com)

**Puma Yoga** - Serving Westside suburbs: A harmonious blend of Forrest, Vinyasa and Restorative Yoga. Offering ongoing classes in Vinyasa/Forrest, Prenatal, and Basics. All levels. [www.pumayoga.net](http://www.pumayoga.net) or 216-402-0266

## Yoga Events/Workshops:

**Yoga Teachers Training** - T.R.Y. 4 Life 200 & 500 Yoga Alliance Registry - Weekday or Weekend Training - [www.try4life.com](http://www.try4life.com) [janis@try4life.com](mailto:janis@try4life.com) 440-356-5991 or 330-995-4104

**EFWA** - Karma Yoga's unique, comprehensive opportunity to deepen your practice and spark the teacher within. Please visit [www.karmayogacleveland.com](http://www.karmayogacleveland.com) for more details.

**Summer Solstice Celebration** - Saturday, June 21 at Edgewater Park. Be a part of the energy as we do 108 sun salutations to celebrate the Summer Solstice. For more information, call 440-223-1392.

**Long, Slow and Deep into Ecstasy** at Karma Yoga. 2 hour class - 4:00 Sundays beginning in June. Call 216-621-7085 for more details.

**Deva Premal and Miten in Concert** at the Journey Expo 2008 Saturday, Sept. 6 at 7:30pm. Tickets and info online at [www.thejourneymag.com](http://www.thejourneymag.com) or phone 440-867-4166 for details.

**Suzanne Sterling in Concert** at the Journey Expo 2008 Friday, Sept. 5 at 6:30pm. Tickets and info online at [www.thejourneymag.com](http://www.thejourneymag.com) or phone 440-867-4166 for details.

**Yoga teachers, studio and workshop listings**

**are available for this section. Cost is only \$25 per listing for each issue.**

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

# PLANETARY PATHWAYS

By Eva Starr

**May:** New Moon in Taurus May 5th 8:18am/Full Moon in Scorpio May 19th 10:11pm

**June:** New Moon in Gemini June 3rd 3:22pm/Full Moon in Sag June 18th 1:30pm

**Mercury Retrograde:** May 26<sup>th</sup> 11:48am • June 19<sup>th</sup> 10:31am

## ARIES

May – Alright impulsive Ram...you can probably change your thoughts quicker than anyone, so stop dead in your tracks when Dorothy Doomsday shows up at your door and switch characters to Cheery Carol...you *deserve* to receive good in more than just one avenue...so get out there and start traveling all the streets, look for the green light

June – Listen to yourself, not others, and *get off the bus* of fears & limitations, ride solo if you need to, besides the Ram enjoys it's own company better than most, it's time to mend those fences that are still in need of repair with your mother, whether she's of this world or another astral plane...it'll open up the receiving in your life

## TAURUS

May – Time to come out of the Bull pen, the Sun & lovely Venus is shining in your neighborhood, so get out there and strut your stuff...*accept your own uniqueness*, you may have a visit from the female corner of the Universe with all that planetary energy moving around that pen of yours, claim your brilliance, recognize your worth

June – Running around the neighborhood did you some good; it's nice to come out of your comfort zone, isn't it? Now get back in that pen & do some serious contemplation of what it is you really want out of life, get *crystal clear* Bull, make a decision, write out your goals, then open your arms wide and say YES to Life!

## GEMINI

May – There's nobody like the Twins...all four of you, Mercury in your sign this month takes a Retrograde turn on the 26<sup>th</sup>, you can handle it, let that individuality of yours shine, *break free* from any old routines, although the Gemini knows the meaning of change like no other, try some new ventures, see how the other half lives, experiment

June – What a glorious future it is, the planetary trio has just arrived at your door, in full bloom, the Sun, Mercury and Venus...Mercury goes direct on the 19<sup>th</sup>, say thank you...your prayers are just about ready to be answered, *hold the faith*, keep watering those seeds...follow your guidance, step aside and let Heaven help the Twins

## CANCER

May – Get off the blame train, if it's in your world, you put it there, quit side-stepping the issue like the Crab, if

you're confused about which way to turn then *consult an expert*...after all that's how the great become greater by asking those at the top how they got there and then taking heed...the Crab has a hard shell, you didn't break, get back up

June – Venus arrives in Cancer on the 19<sup>th</sup>, just in time for Mercury Direct...let go of those Crab pinchers & *release the past*...new experiences are headed your way...take your time think them over, let's not make any rash decisions, all the information has not arrived yet, be patient the Universe is setting up the Grand Finale...Enjoy!

## LEO

May – Mars enters your sign this month Lion so that Jungle of yours is going to be a rockin' and a shakin' with all that *extra energy* headed your way...I sense a little love nest is in the picture, just keep saying thank you to the almighty Universe, because even though you may not see the results yet, the Universe is working over-time in your favor

June – OK Lion tear yourself about from all that lovin' & get focused on open those arms wide to new avenues of income that are headed your way, say *YES to abundance* & abundance will say YES to you, Mars is still in your sign, watch your thoughts, only think about what it is you *DE-SIRE*, not what you fear...give a roar

## VIRGO

May – Alright Virgo, I think you may have tipped the analytical scales a wee bit too much, if what you're seeing out there annoys you, it's time to *look within*, yes, when we heal from within, our outer world is healed also, it's just a reflection back to us...do the work...when there's gold inside, your world outside will have the Midas touch

June – OK, another reminder, *forgive yourself*, you're way too critical of you...aren't you? Once you've forgiven yourself then it's all systems go, heaven is working behind the scenes to help you...get out of your own way...then when you get the nod, dive right in and embrace your heart's desire...and while you're at it...lighten up a little

## LIBRA

May – Having some trouble balancing those relationships of yours...just keep affirming, "All my relationships are harmonious"...then *make a decision*...oh oh did I say

the “D” word (decision)? Libras worst nightmare...you can do it, listen to your intuition, follow your heart, walk through the fear and make a decision already, heaven’s on your side

June – Keep moving, you were doing good last month, *reclaim your power*, remember you and only you create your reality...surround yourself with positive people, and positive situations, listen to that music you love so much...avoid negativity like the plague, surround yourself with beauty to raise that vibratory level of yours, balance

## SCORPIO

May – It’s time to come out of hiding Scorpio...your income is constantly increasing this month...*dig it up* out of the backyard, and spend a little...how about treating yourself to a secluded retreat somewhere where others can pamper you...how about a spa day or two? Wipe the dust off that buried treasure and splurge baby splurge

June – Wow, *moving beyond other’s limitations* has done you well, look’s like that buried treasure has multiplied...spread the wealth, keep saying thank you...and return the favor...remember wishing for others what you want for yourself works wonders, just make sure you’re keeping the Scorpion stinger tucked away inside

## SAGITTARIUS

May – Alright Centaur, you of all people should know the meaning of expansiveness, being that Jupiter is the largest planet in the Zodiac and your ruler...there is more than enough in the Universe for the entire world...you are not

taking away from anyone, see yourself succeeding and *dream big*, the bigger the better

June – OK, did we forget what criticism does, it mirrors back to us...*clear out the clutter* of your mind, and while you’re at it...clean out the clutter in your home, your garage, your automobile, get the picture, the Centaur can not roam in the woods overgrown with weeds...clear the debris away and bring balance back to your life

## CAPRICORN

May – OK Goat, we know you have the patience of a Saint, let some of that patience spill over into your relationship arena...don’t let that Capricorn doom and gloom side of you come out...watch your thoughts this month...Jupiter has just gone Retrograde in your sign...don’t let that stand in your way of perseverance, *think positive* thoughts, smile

June – Yes, you do have intuition, so trust it...it’s time to move on...*let go of the old*, make way for the new...the Universe abhors a vacuum...so create one, empty the cup you’re holding on to then raise it up to the sky and let the Universe fill it up, and when it’s full, empty it and let the Universe fill it again...give out to receive

## AQUARIUS

May – Use that inventive Aquarian mind of yours this month to create your future the way you want it to be...get out a pen and paper, yes, don’t keep it all in that head of yours, *write out your goals*, and set a deadline while you’re at it...a goal without a deadline is just a wish...remain positive, follow your guidance, & get ready to manifest

June- Looks like you were paying attention...seems like you’re building a little love nest this summer along with the other birds of the Universe...that *soul mate relationship*, wrapped in spiritual ribbons is about to fly into that little love nest you’ve built...enjoy the connectedness and fly into the sunset together...

## PISCES

May – Give your insecurities a rest...it’s time to come out of the sea of unworthiness that you’re drowning in and swim ashore...take time out for *R & R*...rest up, give yourself a much needed spiritual bath, spend some time in solitude, replenish your soul with some creative inspiration, art or music, then you’ll be ready to dive back in that sea of yours

June – Loving others is easy when you love yourself, get ready; a tsunami is about to hit that world of yours...not to worry...there is a blessed rainbow, after the waves calm down...this *major life change* is just what the doctor ordered...ride the waves, balance yourself on that surfboard of life, when the waves are settled...you’ll see the rainbow

*Eva Starr’s love for Astrology, inherent in her since childhood, is still a growing passion today. Imagine finding the perfect vacation spot...NEW relocations charts available, visit her website reachforthemoon.net. Contact her for speaking engagements, lectures, & workshops at evastarr24@yahoo.com phone consultations now available 440-930-8865.*

Holistic Faire May 17th • Noon to 6 PM

**The ConsciousNest**  
A Sacred, Learning Space

Now Offering Readings & Astrology by Liaya, Saturdays 11-4  
(48 hour notice for astrology readings, please)



Located at 20150 Lake Shore Blvd, Euclid Ohio.  
(Near E 200th St., Across from Holy Cross Church)

Classes & Workshops in Psychic Awareness, Medicinal Herbology,  
Healing Modalities, Ghosthunting, Medicine Wheel, Women’s Moon  
Lodge, Yoga and much more....

Information and class scheduling Call or e-mail  
216-692-0325; [consciousnest@sbcglobal.net](mailto:consciousnest@sbcglobal.net)  
[www.theconsciousnest.net](http://www.theconsciousnest.net)  
Blog: [www.myspace.com/consciousnestcleveland](http://www.myspace.com/consciousnestcleveland)



**Attention  
All Lightworkers,  
Reiki Masters & Healers!**  
**Practice and Teach  
Angelic Reiki  
in one week.  
Classes held in  
mystical Sedona, Az!  
June 21 - 28, 2008**

*Are you seeking the next  
developmental step that will  
expand your consciousness and  
activate forgotten knowledge  
already within you?  
Feeling Stuck in your current  
job but know you want to  
help people?*

Upon completion of this workshop, you will not only be able to practice Angelic Reiki professionally, but you will also be able to teach this incredible healing modality.

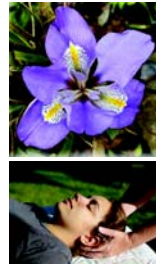
For more information, visit  
**[www.angelicreikimagic.com/  
sedona.html](http://www.angelicreikimagic.com/sedona.html)**  
or contact Raphael at  
[redrockraphael@yahoo.com](mailto:redrockraphael@yahoo.com)  
or call 928-282-3993

In addition, check out the  
**Golden Heart Merkabah  
of Creation Workshop**  
also being held in Sedona,  
Arizona, June 07- 14, 2008  
[www.magicmerkabahangel.com](http://www.magicmerkabahangel.com)



*Mary Ann Reiger*

Reiki Treatments, Intuitive Channeling  
Crystal Triangle Lightbody Activations  
(216) 898-0919  
[www.energy-circle.com](http://www.energy-circle.com)



**Holistic Wellness Center  
Pamela McCue BA, RPP**

**Body Work, Classes  
440-376-7041  
North Olmsted, Ohio**

**[www.securelyanchored.com](http://www.securelyanchored.com)**

Looking for practitioners to rent treatment rooms!

*Rev. Timothy J. Brainard*

CERTIFIED PSYCHIC - MEDIUM • VETERAN READER  
SPIRITUAL COUNSELING • READINGS

P.O. BOX 569, GENEVA, OHIO 44041  
CALL FOR APPOINTMENT  
440-964-0457  
VOICE MAIL 440-478-8323

PRIVATE OFFICE - PHONE AND GROUP READINGS

**MB**

**Metta Bodywork**  
Traditional Thai Massage

**Sarah Cheiky, LMT**

Traditional Thai Massage Instructor  
NCBTMB CEU Certified

Traditional Thai Massage Basic Course 40 hrs  
Please check website for courses and  
contact for availability and appointments

216.210.2805  
[s.cheiky@mettabodywork.net](mailto:s.cheiky@mettabodywork.net)  
[www.mettabodywork.net](http://www.mettabodywork.net)

**Subscribe to The Journey!**

**Only \$25 per year**

**Call 440-223-1392**

# THE GREEN PAGES

## Rejecting Fear: Honoring the Heart and Mind

By **Beth Gatchell**

Sometimes it is difficult for the heart and mind to work together. For a long time I thought that I should abandon my heart in favor of the mind THINKING that the mind's role was more significant than the heart's. After a time my heart was so neglected that I let it take over altogether, but that was no good either. I needed to find some semblance of balance. So here's my inner journey:

Growing up I played piano and trumpet and I sang. I even arranged to take a gym class in the summer so I could take two music classes during the school year. Twelve years ago I started writing songs. They sprung from a broken or a joyous heart, and I felt my inner world grow. However, as an adult I put music on the back burner and often turned the burner off.

I was going about life in the sciences using my mind regularly, but still neglecting my heart. Then a funny thing happened.

About six years ago my husband arranged to surprise me with a neighbor's old piano on my birthday. We had looked at it previously and decided we couldn't get it, but he got friends and family to chip in for it. It is the most loving, thoughtful gift I've ever received. He knew I was sad that I couldn't have the piano my grandma gave me many years ago. I started playing like crazy, and I resolved to play at a coffee house open mic. . . and I missed five years of New Year's resolutions.

Then, there was another twist. One day I was sitting in a group of people who started arguing. I walked away to find refuge in a group of musicians playing "I'll Fly Away." I chimed in singing harmony; it felt good. Still I turned away, but these musicians kept nagging me to sing with them and eventually I did. I unexpectedly found friendship and support, and I learned how to play guitar. I found my voice, literally and figuratively. I think of this as the shock that resuscitated my ailing heart.

I started practicing guitar furiously. In spite of great frustration I kept going through. And the musicians kept helping me. Suddenly playing, singing and songwriting were the greatest joys. My heart was opening slowly like a flower. I rekindled old flames for writing songs and on March 6, 2006 I played my first solo gig.

Today I look at music and science and heart and mind differently. I don't see them as exclusive entities as I once did. I see them as broad spectrums that intersect. I bring passion to teaching science, and I write and sing songs to teach science. I still get stuck in my mind or my heart, but I find the middle a little sooner nowadays.

I make scientific discoveries about my thoughts and feelings by writing songs and sharing them. I get to know myself better. I've noticed that listening to my own voice helps me be more present to each moment and in turn to what other people have to say.

Recently, I told a friend about a song I wrote that uses some Sanskrit words. He gently suggested that the Sanskrit part might be too esoteric for a general audience. I responded to him and clearly discovered that for me there was no debate about singing that song for a general audience. I puzzled over not using those words, but those were the ones that came to me and they seemed right, so I trusted myself.

I do my best to listen to my heart and mindfully write the song that comes my way. Giving myself permission to not censor myself on a first draft allows me to honor my own unique voice. Sometimes I spend months re-writing one song. When it sounds right, looks right and feels right then I let go and sing it for an audience. I may still revise it each time I sing it, but I revise from both the mind and the heart, and consider audience comments as well as what feels right to me.

Songwriting is about risking the belief that my voice matters. It's about putting myself out into the ether with right intention. I'm just a cog if I conform to the fear that tells me, "Sit down, who do you think you are singing your own song?" Now, I think that maybe someone else will be touched by my melodies or lyrics. Maybe someone will commiserate with me. Maybe I'll find common ground with someone. Maybe I'll inspire someone else to get up on stage in the way that so many local musicians have inspired me. Maybe I'll really piss someone off and learn something. Regardless, when I write that song and sing it for someone, or when you speak your truth, we reject fear, and I think it helps us all.

# Psychic Fair

Friday, May 16 • 1-9 pm

Courtyard By Marriott

35103 Maplegrove Rd., Willoughby OH 44094

Call 440-223-1392 for more information

- Intuitives • Astrology • Palmistry
- Tarot • Clairvoyants



**FREE ADMISSION!**  
Crystals • Candles • Books • Jewelry  
Massage • Reiki Treatments

Also coming: Friday, JULY 18

Presented by ATOS Productions

## AWAKENING THE DIVINE DESIGNS BY AARON M. PYNE

Visionary Artist, Energy Healer, Spiritual Teacher,  
Sacred Graphic & Web Designer

Over 100 Beautiful Spiritual Artworks

Visit the Gallery of Awakening [www.Spiritap.com](http://www.Spiritap.com)

*This month's cover artist!*  
*These designs could be your logo!*

### Sacred Web & Graphic Design

Custom designs are available for your  
sacred business!

Webpages, brochures, logos, product covers, CDs,  
flyers, business cards. A designer that understands your  
business. Visit the [www.spiritap.com](http://www.spiritap.com) to see samples!

513-703-0495 ✨ AMP@ZOOMTOWN.COM ✨ WWW.SPIRITAP.COM



# Points to Ponder

## Twelve Free Ways to Think Green

Do you vacillate between your heart and your mind when it comes to stopping global warming? Does your heart say I'd like to help but your mind says it's too costly? Here's a list of twelve easy and free ways to contribute to the planet without contributing to your pocketbook.

- **Move your thermostat down 2 degrees in winter and up 2 degrees in summer** - You could save about 2,000 pounds of carbon dioxide a year
- **Do not leave appliances on standby** - Use the "on/off" function... a TV set that's switched on for 3 hours a day and in standby mode during the remaining 21 hours uses about 40% of its energy in standby mode
- **Cover your pots while cooking** - This can save a lot of the energy needed for preparing the dish...pressure cookers & steamers save around 70%!
- **Take a shower instead of a bath** - A shower takes up to four times less energy than a bath.
- **Be sure you're recycling at home** - You can save 2,400 pounds of carbon dioxide a year by recycling half of the waste your household generates.
- **Reuse your shopping bag** - When shopping; it saves energy and waste to use a reusable bag instead of a disposable one. Waste not only discharges CO2 and methane into the atmosphere, it can also pollute the air, groundwater and soil.
- **Buy locally grown and produced foods** - The average meal in the United States travels 1,200 miles from the farm to your plate. Buying locally saves fuel and

keeps money in your community.

- **Seek out and support local farmers markets** - They reduce the amount of energy required to grow and transport the food to you by one fifth.
- **Eat less meat** - Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters. Their grassy diet and multiple stomachs cause them to produce methane, which they exhale with every breath.
- **Don't leave an empty roof rack on your car** - This can increase fuel consumption and CO2 emissions by up to 10% due to wind resistance and the extra weight.
- **Drive carefully and do not waste fuel** - You can reduce CO2 emissions by readjusting your driving style. Choose proper gears, do not abuse the gas pedal, use the engine brake instead of the pedal brake when possible, and turn off your engine when your vehicle is motionless for more than one minute. By readjusting your driving style you can save money on both fuel and car maintenance.
- **Check your tires weekly to make sure they're properly inflated** - Proper tire inflation can improve gas mileage by more than 3%. Since every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere, every increase in fuel efficiency makes a difference!

Credit given to: <http://globalwarming-facts.info/50-tips.html>

(440) 563-5909  
lightworker53@yahoo.com



**Douglas Mead**  
Psychic Medium & Tarot

Individual Readings  
Phone Readings  
Parties & Psychic Fairs

Love & Relationships  
Life & Career  
Past Lives

**Gloria Ireland**

**M.Ed. LPCC Psychologist**

**PATHFINDERS COUNSELING SERVICES**

✧ Certified EMDR Therapist ✧ Facilitator for the EMDR Institute ✧

Building Self Confidence  
and Wellness

Rapid Resolution of Trauma,  
Anxiety, Shame & Guilt

**330-762-5695**

**440-891-8848**

2 Offices in Northeast Ohio

Day and Evening

Appointments Available  
[www.GloriaIreland.com](http://www.GloriaIreland.com)



**Circle of Light  
Integrative Healing**

Inner Focus™ Soul Directed Energy Healing  
Shamanic Healing  
Crystal Healing

Deirdre Garvey, CAEH

Certified Advanced Energy Healer

[circle-of-light-healing@hotmail.com](mailto:circle-of-light-healing@hotmail.com) (440) 220-0125



*The Relaxation Station*

*Debbie Craven, EMP*

Certified Massage Practitioner  
Certified Reflexologist  
Reiki Master/Teacher

554-A Water St.

Chardon, OH 44024

[debbie\\_craven@yahoo.com](mailto:debbie_craven@yahoo.com)

440-567-3156

By appointment

[www.debbiecraven.abmp.com](http://www.debbiecraven.abmp.com)



Seane Corn and Ashley Judd,  
YouthAIDS Global Ambassador  
Photo by Jasper Johal www.jasperphoto.com

Every minute, somewhere in the world a young person dies of HIV/AIDS.

Until there is a cure or vaccine, the only solution is education and prevention. 100% of the proceeds of the limited Off the Mat, Into the World t-shirt, created by yoga instructor Seane Corn and sponsored by Gaiam, Inc., will support YouthAIDS global HIV/AIDS prevention programs for youth.

To purchase the shirt, go to [www.gaiam.com/youthaids](http://www.gaiam.com/youthaids)



**THE JOURNEY**

**2008 Mind, Body & Soul Expo  
is coming...  
See Back Cover!**

The possibility of an average individual having the ability to manage and control energy healing, pain control, elimination of negative, unpleasant or even harmful spirit entities and residual negative vibrations has become a reality. You can learn how to manage seemingly uncontrollable elements by purchasing or making your own devices that are found throughout nature and which are sanctioned by Spirit. At [www.rhwebco.com](http://www.rhwebco.com) you can gain the information you need by contacting one of the most knowledgeable pioneering engineers who is a leader in this growing field today.  
E-mail: [rheath@rhwebco.com](mailto:rheath@rhwebco.com)

**Holy Molé** By Rick Hotton

[www.holymolecartoon.com](http://www.holymolecartoon.com)

HEY MOLE WHAT ARE YOU DOING?  
I'M TRYING TO HAVE A MIND LIKE WATER SO REALITY WILL BE CLEAR LIKE MY UNBROKEN REFLECTION

I WOULD HAVE EATEN HIM A LONG TIME AGO BUT HE KEEPS STARING AT ME AND IT'S REALLY CREEPING ME OUT

COPYRIGHT © 2008 RICK HOTTON



By Eva Starr

“Man cannot discover new oceans unless he has the courage to lose sight of the shore.” ~ Andre Gide

Keeping with the spirit of the heart and the mind...let's delve into the dream world of the heart, the emotions. In the dark of night emotions of the heart are represented in one's dreamtime by water.

Water is the source of all life, representing spiritual flows of truth, healing, refreshment, and our emotions. Water is an exceedingly common element in the dreamtime. I, being a water sign, Cancer, have a myriad of dreams dealing with water, hence my spiritual development as well as my emotions.

Let's break down some of the different aspects of water:

- Frozen: hardened feelings, unmoving, unforgiveness
- Melting Ice: a loosening, thawing out, relenting of repressed emotions
- Steam: process or change, transformation of our emotions

The different bodies of water also represent varying aspects of our spiritual journey and emotional growth.

- Lake: peace & tranquility providing the lake is calm & serene
- Ocean: the condition of our emotions, depths of emotions, sea of forgetfulness
  - Glassy sea: perfect peace on all levels
  - Muddy: emotional turmoil, being unable to see clearly
  - Stormy sea: emotional storms brewing, upheaval, a need to confront the storm

- River/Stream: your spiritual path & your ability to flow with life's events

**QUESTION:** Is there any significance to crossing a bridge in your dream?

**ANSWER:** Absolutely, crossing a barrier, making a decision, seeing the other side of a situation, or crossing over (as to the other side). Of course, as with any dream, all symbols, feelings, and aspects need to be addressed.

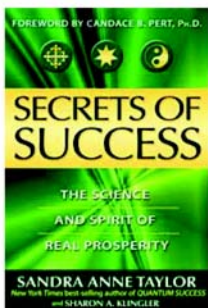
**Dear Duchess:**

**Sick at Sea:** I'm entering a small motorboat, the weather is sunny, and the water clear but I felt cold & went to get a jacket. I stopped at the bathroom & was throwing up. The toilet was overflowing & blocked due to my being sick. *Emotions run amuck*

**Dear *Emotions run amuck*:** I would take a long hard look at your spiritual journey & find out who or what is blocking your spiritual path as well as your emotions. In addition, who are you rejecting, or refusing to stomach (vomiting)? The toilet represents releasing apparently; you are unable to do that.

*Eva Starr, aka "Duchess of Dreams," has been studying dreams for the past 25 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung, and others. Starr has since relocated to California. Visit her website [www.reachforthemoon.net](http://www.reachforthemoon.net) for more info or email her at [evastarr24@yahoo.com](mailto:evastarr24@yahoo.com)*

Coming in June!



**Sandra Anne Taylor is at it again, but now with medium, Sharon Anne Klingler!**

Are you inspired by the Laws of Attraction—yet not quite sure how to use their power in your life?

One of the best-kept secrets of success—your connection with the presence and energy of spirit! *The world of endless possibilities is waiting for you, and now is your moment!*

Save the date **NOW** to attend Sandra Taylor's new workshop "Secrets of Success" at The Journey Expo at Lakeland Community College on September 6, 2008. See details in this issue.

Pre-order your copy today [www.starbringerassociates.com](http://www.starbringerassociates.com) or call 440-871-5446

# Villa Maria Education & Spirituality Center

## Spring - Summer 2008 Programs

- May 3 **Global Meditation Series**  
Body Mind Synchronization
- May 9 **Spiritual Director's Professional Day**
- May 17 **Spirit of the Seasons: Spring**
- May 24 **Global Meditation Series**  
Introduction to Reiki, Therapeutic Touch, Guided Imagery, Energy Medicine & Healing Prayer
- May 29 - 6/1 **Art Retreat: Mandalas & Prayer**
- June 1 **June Wildflower Walk**
- June 7 **Global Meditation Series**  
Ancient Music ~ Modern Healing
- June 12 - 15 **Life, Land, and the Spirit**
- June 21 **Spiritual Fitness:**  
Daily Healing Practices
- June 25 - 26 **Humility Conference 2008**  
Angeles Arrien
- July 19 **Global Meditation Series**  
Transmission Meditation
- August 2 **Global Meditation Series**  
Deeksha ~ Oneness Blessing
- Ongoing Series**
- Healing Drum Circle**  
May 13 • June 10 • July 8
- Simplicity Circle**  
May 8 • June 12 • July 10
- Guided Labyrinth Walks**
- May 18 ~ Journey in the Present Moment  
June 18 ~ Path of Non-Violence  
July 16 ~ Path of Healing
- Hatha Yoga Classes**  
Mondays 5 - 6:30 pm

Villa Maria Community Center  
Villa Maria, PA 16155

Call for program information and registration deadlines!  
724.964.8920 Ext. 3331  
[www.humilityofmary.com/calendar.html](http://www.humilityofmary.com/calendar.html)



Spiritual Advisor

As Above So Below...



**Rev. Laura Walters**

Weddings, Baptism, Reiki  
Tarot, Past Life Regression  
Hypnotherapy Etc.

Cell (440) 536-2159 or  
(440) 964-3585  
email: [blackdog1204@hotmail.com](mailto:blackdog1204@hotmail.com)

### *Empowering Life Coaching* [www.empoweringlightworkers.com](http://www.empoweringlightworkers.com)

Clarify and Manifest  
your **Divine Purpose!**  
Visit my website for a  
**FREE** "Divine Purpose  
Survey" designed to  
help you discover and  
share your unique gifts.

**Nancy Nicholas**  
Holistic Life Coach  
Intuitive Healer/Medium



Spiritually guiding and empowering  
Lightworkers to share their gifts  
without sacrificing their own needs.  
Call today for a **FREE** consultation!

**(330) 416-6184**

**Advertise In The Journey!**  
**Call 440-223-1392**



**JUNE 21 & 22, 2008**

DoubleTree Hotel Cleveland, OH  
I-77 & Rockside Road, Independence

**Keynote Speaker**  
**Misty Kuceris**

**Faculty Members Include:**

Robert Blaschke, Michael Barwick, Pat Geisler, Barbara Junceau, Lynn Koiner, Misty Kuceris, Sandra-Leigh Serio, Richard Smoot, Richard Weber, Donna Van Toen

✦ **Registration for Conference**  
**\$195 includes Saturday Banquet**  
**\$175 lectures only**

**Special Saturday Luncheon**  
**Sandra-Leigh Serio**

**What Planets in Houses Really Mean**  
Only \$30.00

**To Register Call: 330.540.6228**  
[macastrology@yahoo.com](mailto:macastrology@yahoo.com)  
[midwestastrology.com](http://midwestastrology.com)

*Celebrate  
The Summer  
Solstice  
With the most  
phenomenal  
Astrological  
Experience!*



# Karma Yoga

## EFWA

Karma Yoga's unique, comprehensive opportunity to deepen your practice and spark the teacher within. Please visit our website for more details.

Creating Your Own World

## Downtown Cleveland's Only Yoga Studio

Featuring classes 7 days a week... morning, lunchtime, early afternoon and evening

### Classes in

- Basics & Beginners
- Restorative • Anusara • Power Yoga
- Hot Yoga • Jivamukti • Karma Yoga and much more!

Also, monthly workshops in Tantra, Couples Yoga, Kirtan and with various well known Yoga Teachers

Opportunities in book studies and community charitable involvement are also available!

**Yoga Teacher Training & Certification now at Karma Yoga!**

Call or Visit our Website for Details!



Introductory  
Special!

**\$99**

60 Days  
of **Unlimited Yoga**  
Special good on a one  
time only basis.  
A limited number  
will be issued.

**1382 West Ninth St.**  
on the third floor of  
the Crittenden Building  
in the Historic Warehouse District  
[www.karmayogacleveland.com](http://www.karmayogacleveland.com)

**216-621-7085**

Massage and Reiki  
Treatments also Available!



# FRIDAY, SATURDAY & SUNDAY SEPTEMBER 5, 6 & 7



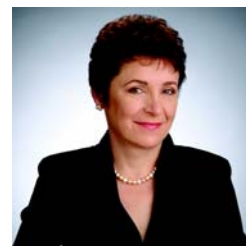
## Dan Millman

Saturday, September 6 • 1-4 pm  
Author of "Way of the Peaceful Warrior"

## Caroline Myss

Sunday, September 7 • 1-4:30 pm

Author of "Sacred Contacts:  
Awakening Your Divine Potential"



## Deva Premal & Miten

In Concert

Saturday, September 6 • 7:30-10:30 pm

Many Workshops – Including:



## Sandra Taylor

Saturday, September 6  
10:30 am - 12:30 pm  
"Secrets of Success"

# Lakeland Community College • Kirtland, Ohio

Limited Vendor Space Available, Call 440-223-1392

For Updates on the 2008 Expo - Visit [www.thejourneymag.com](http://www.thejourneymag.com)

