

Issue 46 | May/June | 2009

HEALTH & WELLNESS | HOROSCOPES | YOGA | PERSONAL ENLIGHTENMENT

THE JOURNEY

thejourneymag.com

A Mind, Body and Soul Connection

What "Ghost Whisper"
James Van Praagh hears

Listening



THE JOURNEY

A Mind, Body and Soul Connection

thejourneymag.com

SEPTEMBER 11, 12 & 13 • LAKELAND COMMUNITY COLLEGE • KIRTLAND, OHIO

Featuring James Van Praagh

“Talking to Heaven”



James Van Praagh, world-renowned psychic medium, best-selling author and co-executive producer of the CBS drama, The Ghost Whisperer



Three days of lectures, demonstrations and workshops to spark you to higher levels of consciousness.

A great variety of vendors featuring nutrition, bodywork, crystals, music, astrology, psychic readings, aura imagery, organics, and much more!

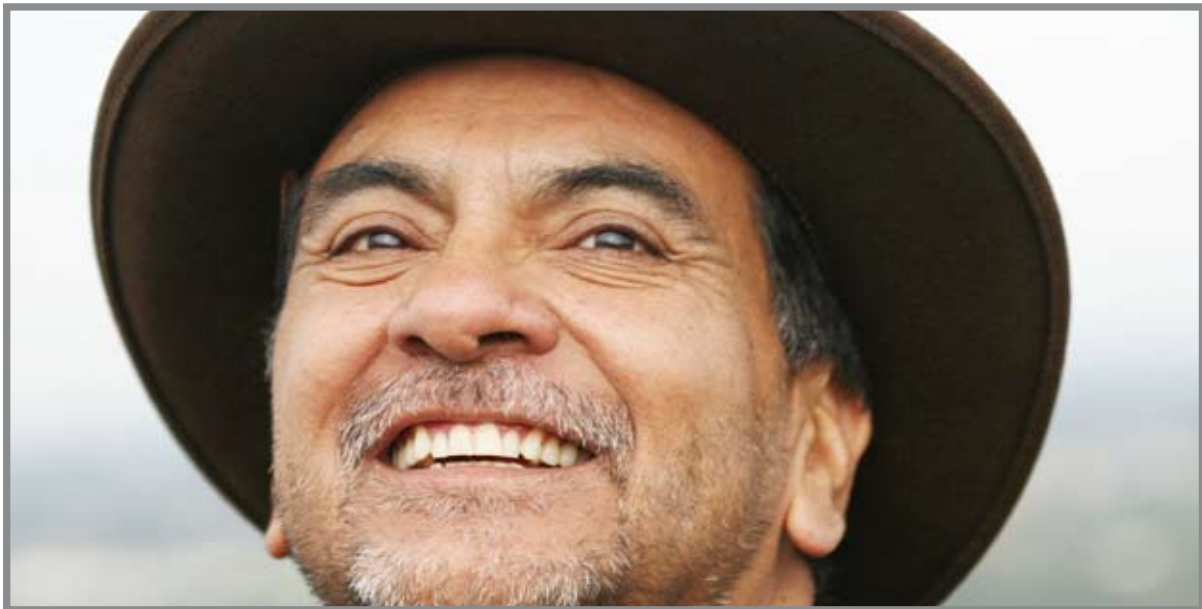


MIND BODY SOUL EXPO 2009

SEPTEMBER 11, 12 & 13 • LAKELAND COMMUNITY COLLEGE • KIRTLAND, OHIO

and Don Miguel Ruiz

“Please Help Me to Save the World”



Don Miguel Ruiz, author of the influential books *The Four Agreements* and *The Mastery of Love*

Sandra Taylor



“Achieving Prosperity In
Difficult Times”

Agnes Thomas



“An Introduction to
Telepathic Communica-
tion With Animals”

Laura Lee



“Spirit Salon”

**Also
Featuring**



For more info visit thejourneymag.com, email journeyexpo@gmail.com or 440.223.1392 | Limited Vendor Space Available

THE JOURNEY

thejourneymag.com

A Mind, Body and Soul Connection

Download the Journey at www.thejourneymag.com

From the Publisher

Have you ever noticed how noisy the world is? We are bombarded by external noises wherever we go. Constant and sometimes annoying noises that challenge us to listen. I relish the moments of quiet. No one talking, no TV, radio, or any of the usual background noises we hear.

Of course, these times of silence are few and far between, probably I guess because our outer world is just a reflection of our inner world. How often are we able to stop the chatter and constant dialogue within our minds? How can we listen if we are on overload with noise, external or internal?

Meditation, to me, is the deepest form of listening. Many people tell me they have such a difficult time in their attempts at meditation. They cannot get the chatter to subside. I simply say to them to embrace the chatter and stop resisting, for what we resist will persist.

The Yoga Sutras of Pantajali has a section that is devoted to the eight limb path of ashtanga yoga. The fifth limb is called pratyahara. This limb deals with the withdrawal of senses, including hearing of course. An exercise in withdrawal is to focus on and examine noise instead of attempting to block or resist it. When we do this the noise mysteriously dissolves. This is part of a process to empty the mind prior to meditation.

The ego loves the noise. Perhaps even thrives upon it. I was told once that the ego speaks first and loudest and that is why we must listen quietly for the still small voice of God.

May we each find that voice and listen to our guidance to be an inspiration to all we are connected with.

— **Namaste' Clyde**

May/June.2009 | Issue 46

Listening to Inner Voice Guides Popular Medium | 6

By TC Brown

Learning To Listen To Spirit | 10

By Sharon Anne Klingler

Rachel, are you listening? | 12

By Laura Lee

Lessons From The Owl | 14

By Eva Starr

Health & Nutrition | 17-20

Yoga | 25-28

**Good vs. Evil —
What Are You Listening To?**

By Janee Kuta-Iliano

Listening and Lovemaking
By Psalm Isadora

Planetary Pathway | 32 - 33

Publisher **CLYDE CHAFER**

Editor **TC BROWN**

Assistant Editor **EVA STARR**

Proofreader **KATIE KRANCEVIC**

Advertising Manager **CLYDE CHAFER | 440.223.1392**

Advertising Sales **Janet Bennett 216-406-4281**

Advertising Manager Columbus - **Janet Bennett 216-406-4281**

Layout **BILL WAHL | 440.552.8622 & HANK WILSON**

Feature Writers **TC Brown**

Psalm Isadora

Sharon Anne Klingler

Janee Kuta-Iliano

Laura Lee

F. Christopher Reynolds

Eva Starr

July/August theme: "New Age - Ancient Wisdom"

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.

© 2009 God's Partnership, Inc.

No portion of this publication may be reproduced without written consent from the publisher.

Contributors



Sharon Anne Klingler

Practicing a receptive alpha brain wave is the ticket to cultivating a dialogue with your spirit to help you learn to listen, says one of this month's contributing writers Sharon Anne Klingler. Start with a simple question, like "Where will I find a parking spot," she recommends. Klingler also provides an easy but thought-provoking exercise to help readers get in touch with their spirits. Make it a regular practice and you will reap the rewards that she outlines in her piece.



Laura Lee

A timely license plate provides a wake up call and saves the day for a rushed Laura Lee, who tells an interesting tale about an encounter with a caller on a radio talk show. You can almost see the sweat on her brow as she and the caller strain to grasp the message she receives in her story titled "Rachel, are you listening?" Listening to messages is an important and powerful facet of life that we don't always want to acknowledge, she says.



Psalm Isadora

Listening is more than just hearing someone else express themselves, it's also about tuning into the sounds and feeling of nature, because it too has a story to tell, says contributing writer Psalm Isadora. When listening becomes deep enough to be a total experience, you can lose yourself, including that interfering, yappy voice of ego. Isadora likens listening to a form of prayer or devotion that can envelop all things, even eating and sex. Now who doesn't want to hear to that message? She helps us by providing exercises to tune into both activities.

“A master in Zen is not simply a teacher. In all the religions there are only teachers. They teach you about subjects which you don't know, and they ask you to believe because there is no way to bring those experiences into objective reality. Neither has the teacher known them - he has believed them; he transfers his belief to somebody else. Zen is not a believer's world. It is not for the faithful ones; it is for those daring souls who can drop all belief, unbelief, doubt, reason, mind, and simply enter into their pure existence without boundaries. But it brings a tremendous transformation. Hence, let me say that while others are involved in philosophies, Zen is involved in metamorphosis, in a transformation. It is authentic alchemy: it changes you from base metal into gold. But its language has to be understood, not with your reasoning and intellectual mind but with your loving heart. Or even just listening, not bothering whether it is true or not. And a moment comes suddenly that you see it, which has been eluding you your whole life. Suddenly, what Gautam Buddha called "eighty-four thousand doors" open.”

—Osho

Listening to Inner Voice Guides Popular Medium



Be a listener
only, keep within
yourself, and
endeavor to
establish with
yourself the habit
of silence

— Thomas Jefferson

By TC Brown

The dictionary defines listening as “being alert and ready to hear something,” and the art of listening can mean many things to different people. For medium James Van Praagh, the term holds an interior quality.

“For me it is an awareness to hear that inner voice,” says Van Praagh, in a recent telephone interview from his home in southern California. “That inner voice is truth and knowledge.”

That innermost voice that speaks to everyone, if they take time to pay attention and listen, is an important guide, Van Praagh says.

“You will be much more aware of who you are when you listen to it,” he says. “When you think, you are in your head and you look at life differently. When you listen to the inner part of your heart the veil opens up. You can clearly see life, all of its elements and

what it means.”

Listening is a pivotal aspect of Van Praagh’s work as a “survival evidence medium.” Along the way he’s gained some fame, and some detractors, in the pursuit of his mission to change the consciousness of the world. He says that his abilities allow him to receive messages from spirits and feelings about their presence. It permits him to provide detailed evidence that a person’s loved one has survived death.

Van Praagh is a best selling author of several books that examine spirituality and communication with spirits and which have been translated into 50 languages. He helped develop and co-produce, for the first two years, the very popular TV series “Ghost Whisperer” and he was the first medium to appear on “Larry King Live” when he promoted his first best seller “Talking to Heaven” in 1999. He has appeared on many other shows, including “Oprah,” “20/20” and

“48 Hours.”

From 2002 to 2003, he hosted a syndicated daytime talk show entitled “Beyond With James Van Praagh,” which is still in syndication. With CBS, he produced several TV-movies and mini-series based on his life and experiences, including “Living With The Dead” and “The Dead Will Tell.” Occasionally he appears as a special correspondent for the CBS television series “The Insider” and “Entertainment Tonight.”

Howard Rosenberg, the Los Angeles Time television critic, has called Van Praagh’s performances “spectacular.” Van Praagh will appear at The Journey Expo 2009 at Lakeland Community College in Kirtland, Ohio from 1-4 p.m. Sunday, September 13. See: www.vanpraagh.com for his Web site.

Early on, Van Praagh didn’t map out this career for his own life’s journey. The youngest of four children and raised Roman Catholic, Van Praagh grew up in Bayside, New York. One Saturday morning while lying in bed when he was 8 he had his first encounter with extraordinary, spiritual phenomena.

“I was not quite awake and I was asking for God to show me proof he existed,” Van Praagh says.

He received an unexpected and startling answer. A large open palm surrounded by a brilliant golden light appeared through his bedroom’s ceiling.

“The apparition was right there,” Van Praagh says. “There was an overwhelming, multi-sensory feeling and a strong knowingness that this was God and that God was everything.

“It enveloped me with a sense of love,” he says.

Van Praagh’s strict Catholic upbringing prompted him at age 14 to enter a preparatory seminary.

“As a kid I always was aware that there was something greater and bigger than this world,” he says. “I thought it was a calling.” But during that first year



James Van Praagh, world-renowned psychic medium, best-selling author and former co-executive producer of the CBS drama, “The Ghost Whisperer” will appear at **The Journey Expo at Lakeland Community College in Kirtland, Ohio from 1-4 p.m. Sunday, September 13.** See: www.thejourneymag.com

on Easter weekend in a room off the altar, a strong sentiment washed over him that “God is much bigger than these four walls.” He left the seminary.

Meditation Opens the Way

Van Praagh eventually made his way to California and in 1982 graduated with a broadcasting and communications degree from San Francisco State University. He moved to Los Angeles to

pursue a career in television writing.

He drifted from one temporary job to another, but it was after a friend convinced him to see a local medium that he developed a renewed interest in the metaphysical. The medium told him things no one else would know and he issued a startling prophecy.

“He predicted that in two years time the spirit world would use me,” Van Praagh recalls. “He said that mission would be to help change the conscious



ness of the planet.

"It was overwhelming because all I wanted to do was write sitcoms," he says. "But it piqued my interest."

Van Praagh began to devour books on life after death, discovering a common theme about finding a soul's purpose, and he began to practice something that has since become critical to his work -- meditation.

Within months of this practice he began to see lights and then hazy figures around people. The more he meditated, the more powerful and detailed the visions. When he envisioned the grandmother of a co-worker and was able to describe her house perfectly, he freaked out, but at that point there was no turning back.

Van Praagh built his early career with private readings but quickly graduated to wider audiences with a series of audio tapes, books, and eventually the television appearances that drew national exposure.

Van Praagh uses meditation to open himself into a receptive state before every workshop and after so many years of practice, he says it is not unlike pushing a button.

"I open up the chakras, the energy centers, and it's like a radio," Van Praagh says. "You turn on and tune into a frequency."

Van Praagh says he connects with "guides," asks for their help and protection and then become a vessel for what ever they have in mind.

"They are the ones who are in charge of what comes through and what the workshop will be like," he says. Van

Praagh describes his abilities as "clairsentient," which he says means clear feeling."

"I feel the emotions and personalities of the deceased," he says, adding that he is also clairvoyant, which allows him to see the spirit in a solid form.

Van Praagh no longer does individual readings. He believes the spirits want him to work with more people to spread the word to a wider audience and to teach others to tune in.

Many people at his workshops are unfamiliar with him and many harbor fear or apprehension.

"I try to make them see I am a normal person to make them feel comfortable," he says. "I can sense when they change. I feel the energy of the room and the people."

Good Vibrations

The medium experience is an "amazing roller coaster ride," Van Praagh says. Once people experience it, their lives are changed, he says. Recently he was surprised when a long-haired, leather clad biker showed up. He was not the typical onlooker.

Van Praagh says he saw the man's dead son standing next to him. "He told me to tell his father he didn't feel the ground when he hit his head. He also said to thank his dad for the tattoo he put across his chest," Van Praagh says.

The biker was astounded. He had been suffering much pain over his son's loss in a sky diving accident. And he had the boy's name, "Michael," etched across

his chest.

"He said, 'You are ****ing unbelievable, man,'" Van Praagh says. "He didn't know what to do with this information."

Not everyone is a believer. Van Praagh has earned his share of critics, in particular Michael Shermer who calls Van Praagh a fraud. Shermer says Van Praagh is little more than a showman who asks lots of questions and then makes numerous general and specific statements to see what sticks. An occasional strike is enough to convince people he is the real deal, Shermer says.

For his part, Van Praagh says he welcomes skeptics but he has no time for cynics. Sharp criticism often comes from people whose way of thinking is being challenged, he says.

"A cynic's mind is already made up," he says. "I don't have time for that. I have time for skepticism. I started out as a skeptic."

More and more people are turning toward things spiritual, Van Praagh believes. He says the vibration of the planet is speeding up, which is a good thing because the fastest vibration in the universe is love. The changes go hand-in-hand with his desire to expand the consciousness of the world.

"Value systems are changing," Van Praagh says. "Fifteen years ago you could hardly find a book about death or ghost shows on television. People now are much more aware of their bodies and each other."

Van Praagh new book, released in May, is titled "Unfinished Business." He calls it a manual on how to live life. He says it's the most personal book he's written.

"The dead can teach us about life," he says. "There is no 'would of, should of could of' in life."

"The most common message that comes through for me is how we treat someone on Earth," he says. "Take the high road and treat people as they want to be treated."

And, according to Van Praagh, if we all just listen to that inner voice, we will be shown the way.

"All choices are based on love and fear," he says. "Listen acutely and you will make the correct choices in life."

Mystical Glass Designs

Meaningful Gifts for the Soul

Welcome to the largest selection of
Mystical and Decorative Designs in Stained Glass Art.

Every design
has a profound
meaning
which you will
find described
next to
each product.



10%
discount
coupon

Use coupon code
JOURNEY
to receive
a 10% discount
on every piece.

Feel free to explore
all the categories to find the perfect gift.

www.mysticalglassdesigns.com

951-277-9178

Astara

Holistic Addiction Recovery

Treating the whole person, not just the addiction!

Individualized outpatient treatment programs including . . .

- Inner child work, hypnosis, healing the roots of addiction, cognitive and behavioral work, guided imagery
- Group and family therapy
- Medical and/or chiropractic evaluation and treatment (based on blood work)
- Nutritional consultation and coaching
- Acupuncture and or laser light therapy
- Yoga, Tai Chi, Tai Kwon Do
- Art Therapy
- The Twelve steps, The Course in Miracles and other spiritually based programs

"Most of the shadows
of this life are caused
by standing in your
own sunshine."

- RALPH WALDO EMERSON

FREE 20 minute consultation appointment. Call Marilyn Wise, LICDC, 440-622-8782
www.astaraaddictionrecovery.com, wiseoneforall@hotmail.com

Learning To Listen To Spirit

By Sharon Anne Klingler

One of the most important ways of learning to listen inside is through meditation. In deed, if you want to truly cultivate a dialogue with your spirit, it's necessary to practice a relaxed, receptive alpha brain wave state of meditating everyday. Beyond meditation, it's also imperative to practice opening up to your inner voice during your waking life.

You can start with simple questions, which don't necessarily have to carry heavy emotional weight. "Which row has a parking space for me?" "Will the person I'm phoning be home?" Or even, "Which class is best for me?" Get the picture? Then, just "listen" inside for the first answer you get. It's important that you be spontaneous with this and not get attached to the outcomes in any way. These frequent questions simply allow you to practice your listening (or clairaudient) abilities many times each day. And although some of these situations seem incidental, over an extended period of time you will find many benefits that would not otherwise be available to you through alpha level experiences only.

Here's a little exercise you can do now and many times throughout your day to touch in: Close your eyes and ask your spirit to give you a word, just one word right now. Trust the first thing you get! What is it? You can change this little process in many ways. Ask for a sound, an image, a song, or a symbol or a feeling. Just keep it simple and spontaneous. You'll find that your outreach to your spirit will bring you insight and other benefits you couldn't have imagined.

Benefits of Active Listening Every Day

- **The Building of Trust:** This is certainly the most important benefit. Whether you find a parking space or know who's calling on the phone isn't nearly as important as the fact that you're asking spirit, both yours and your guides', to "talk" to you. By initiating these mini-dialogues, you allow yourself to open to the directions and to follow the input you receive from your intuition and from spirit.

- **Increasing Your Awareness:** The more you allow yourself to receive input from spirit, the more sensitive you will be to receiving that guidance in the future. You will get used to talking to your spirit as a normal event throughout your day.

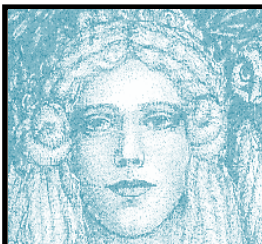
- **Creating an Open Door and a Stronger Connection:**

This third benefit of extended practice is not only for you, but also for spirit. After several months of practice, you will be receiving input from spirit about many things before you even ask for it – even in situations in which it wouldn't occur to you to ask for advice or assistance. By opening yourself to frequent communication with your spirit and with your spirit guides, you not only strengthen your preparedness to perceive them, you also strengthen their ability to make contact when they wish it, not just when you want it.

- **Strengthening the Significance of the Message.** The last benefit of frequent, consistent, conscious communication with spirit is in the quality of the content you receive. You may, day in and day out, be practicing with little questions about where to find your keys or whether or not to bring your umbrella. But one day, when you are making an important decision about a situation in your business or personal life, you'll find that the information you need will be there. You will also find that information to be reliable and helpful. Still, even if you find the significance of your intuitive messages growing, it is not a sign for you to discontinue your little practices with the smaller "less important" dialogues. Daily communication about little things will allow you to open to a greater and more intimate relationship with your own spirit and with your guides. And let's face it, sometimes it's more fun just to be together with spirit. (After all, do you discuss the meaning of life every time you go out for coffee with friends?)

So, keep taking little moments to invite your spirit into your life throughout your day. In little ways and large ways you will know the blessings of a vision that knows no bounds.

Sharon is a leading international intuitive who has run a successful private practice for more than 25 years. It's her desire that all people know the great presence of spirit – both the spirit within them and the guides beyond the veil who seek to share their knowledge and assistance. To learn more visit: www.sharonklingler.com and www.starbringerassociates.com Sharon will be at the 2009 Journey Mind, Body & Soul Expo September 11, 12 & 13 where she will have a booth and present a mini-lecture "Achieving Prosperity In Difficult Times." For more information and tickets, visit www.thejourneymag.com or call 440-223-1392.



GODDESS ELITE
 23140 Lorain Ave. North Olmsted OH
 • Lily Dale Bus Trip one day only on July 26th - \$55 per person and includes gate fee
 • Natural Earth Crystal • Tumbled Stones • Candles
 • Jewelry • CDs for relaxation, meditation and uplifting the spirit • Mineral Carvings • Buddhas and Kuan Yins & Statuary
 • Ernesto – reading every Friday and on the 1st and 3rd Saturday of the month
 • Elizabeth – reading 1st and 3rd Wednesday and 2nd and 4th Saturday of the month
 NEW - Aura Photography - Aura Photographs on the 1st Sunday of every month from 1:00 to 5:00

T-F 12:00-7:00 pm
 S&S 12:00-6:00 pm
www.goddesselite.com
(440) 777-7211



PERSONAL GROWTH AND SPIRITUAL EXPLORATION SINCE 1955

Inspiring retreats, seminars, and monthly programs.

Upcoming program, held at The Nature Center at Shaker Lakes:
May 12, 2009 Conflict as a Spiritual Process, with Laura Chapman.
 Check our Web calendar for summer social events!

Shadybrook, Inc. Email: programs@shadybrook.org
 Tel: 216-556-5683 On the Web: www.shadybrook.org

Advertise In the Journey!
Call 440-223-1392



34510 Lakeshore Blvd.
 Eastlake, Ohio 440-975-1911
 Email: aradiasgarden34510@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 1st Sunday Of Every Month

- George Cox "Teach the Teacher Workshop" May 12th 6:30-9:30 - \$195 3CEU's
- 1st Fridays Stone Creed Blessing Rite 8pm
- June 27th - Lily Dale Bus Trip - \$54 - Join Ken Harsh, Lindy, Lonnie Johnson and all the Friends from the Garden!

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.

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

TWO BEGINNING COURSES IN METAPHYSICS

- 1) An 8 Week Introductory Course
 - 2) A Course that continues indefinitely
- One hour classes one night each week. No fees; contributions only. For details, for class schedule, and for further information, 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. The practice of the Silence and Meditation to reach your subconscious mind and your Superconscious 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

RACHEL, ARE YOU LISTENING?

By Laura Lee

The red light seemed like eternity. My fingers tapped impatiently on the steering wheel. The radio announced that I'd soon be answering questions from callers at the top of the hour. My foot slammed on the gas pedal when the signal turned green. Still another 10 minutes before airtime. I took a risk and sped through town swerving around cars.

Slow down. My guidance insisted. There is enough time.

I ignored this advice. Onward full throttle, until I came upon the bumper of an SUV with a license plate that read "LISTEN."

"Okay...Okay," I called out. "I hear you!"

My foot slid off the pedal when I saw the squad car sitting conspicuously off the main road, pointing a radar gun toward oncoming traffic.

"Thank you!" I sighed, smiling in gratitude. I had just finished traffic school a few weeks ago for a prior speeding ticket and vowed to obey the law walking out of class. Yet just like a speed junky, old habits die hard without a thought to the consequences.

As my guidance had promised, I arrived at the studio with time to spare. Still, I jumped over double steps up the stairwell and threw open the door. Radio hosts Janet and Tom were seated in the studio reporting the morning news. One smiled as I took off my coat and quickly slid into my chair, with pen and paper in preparation for my first reading. Taking a deep inhale, I closed my eyes before receiving my first caller.

"We have Rachel on the line," Tom announced. "Do you have a question for Laura Lee?"

"Ah, yes, Laura. I attended one of your Spirit Salons and didn't get a chance to ask you what you may see for me and my husband in the coming year."

"Thanks Rachel for coming out to see me and I appreciate your call," I relayed. "I see a woman on your right side which would indicate a mother figure. It is also possible that's she's a mother in-law. Does that make sense to you?"

"Yeah, my mother-in-law is on the other side."

I nervously scribbled lines across my note pad back and forth. "She is showing me shifting sand beneath your feet which causes me to believe you and your husband feel like you're not on solid ground. Do you understand?"

"Mmmmm, I think we're good," she said pensively. "I feel like we're pretty solid."

I set my pen down to allow more information to filter through.

"She is indicating a job and or career change for your

husband. She is showing me more than one job. There might be several. One appears to be a part-time, which requires additional schooling. This particular opportunity may become more permanent as a result. Does this resonate?"

"Uhhh, no. He isn't going back to school. So I'm not sure what you're referring to exactly."

I'm shifting in my seat now. On another inhale, I closed my eyes and ask the mother-in-law to offer confirmation to Rachel. And boom, just like that, I have it from her.

"I hear the name Jack," I said. "Is there someone around you with that name?"

"That's my husband's name."

"That's your confirmation then that what she's telling us is true, that he will be returning to school and this will put him in position for a more permanent position."

"Ohhhh, yes," she said giggling, "Jack was a substitute teacher and they have asked him to come on full-time."

Radio host, Tom, threw his hands in the air. Janet, his co-host, shook her head.

"Well then," I said, "It makes sense now. Tell your husband his Mom has intervened in your prayers. This new career path will provide you the solid foundation you've both been seeking for a long time. I'm happy to hear you both will be experiencing better times. What a blessing, because she also claims you're soon covered by necessary insurances, steady income and other benefits as well. All this will allow you to relax about your finances in the coming year, and even in years to come."

"Yes," she said, "It hasn't been exactly riches, but we're not on the street either."

"That sounds real good Rachel," Tom intercepted. "We're happy for you and appreciate your call."

A commercial recording cuts in as we take off our headphones to talk.

"Does this happen to you all the time?" Tom quizzed, thoroughly exasperated, "I mean, why don't they just listen?!"

"Good question," I said. "If they don't listen to themselves, what makes you think they'll hear it from a professional?"

"But why then do they call for advice," questioned Janet.

"I believe spirit will always find a way to get the message across, particularly if it's for our highest good. Sometimes I deliver messages that my clients instinctively or intuitively know, such as Rachel. She just wasn't ready to acknowledge it yet."

"And why wouldn't we," Tom inquired, as if from personal experience.

My mind wandered to the license plate incident on my way to the studio and how I eventually heeded the call.

"If we really listen and make a decision based on that guidance, we are more likely to be held accountable for our actions. Personally, that is a lot of power to behold. It takes courage to live in that space because we charter unknown territory."

I paused to reflect on the thought and added, "This presents a very scary situation for most people. Yet the payoff has dividends, like it did for Rachel and her husband. And usually, it's real good."

Laura Lee is scheduled to perform before James Van Praagh at the Journey Expo on Sunday, September 13 at 10 a.m.

Laura Lee is a popular medium on the syndicated radio show "After Life" and Magic 100.7 in Illinois. Laura's appeared on television networks such as TLC, PBS, Discovery Channel and Game Show Network. A gifted medium, Laura serves as a liaison for the other side to help others navigate life's journey successfully. For information about private readings and/or a privately held Spirit Salon while she visits Cleveland this fall, call the office at 818.762.1036 or visit online at www.MessagesOfLove.com. Laura will be at the 2009 Journey Mind, Body & Soul Expo coming September 11, 12 & 13 in Kirtland, Ohio. For more information, visit www.thejourneymag.com, or call 440-223-1392.



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

Botanicals & Findings
In Historic Downtown Bedford

*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



Spiritual Messages

with Emy

**Intuitive Readings
Tarot Cards
Past Lives
Spiritual Counseling**

over 20 years experience

**Call for information (951) 277-9178
shemshel@yahoo.com**

LESSONS FROM THE OWL

By Eva Starr

As I was raising my youngest daughter Shayna, who is now 19, I remember countless times when I was trying to explain to her some thing that I wanted her to do. She would then start giving me reasons why she should not comply, most often when she was a teenager, and all of a sudden the two of us would be talking at once. I would stop, wait a second or two, look at her, and quietly say, "What is happening here when two people are talking?" She would look at me while rolling her eyes and sarcastically say, "Then nobody is listening."

This was instilled in her from early on. From the moment she could talk, I explained to her the importance of listening to another without interrupting when they are speaking and why that was valuable. This type of communication, however, did not take place in the household I grew up in. When I was younger and would try to explain something to my mother, she started talking before I could finish. Nothing ever got solved and I felt I was not "heard."

I love the English language, which is why I'm a writer. I also love debating, but in a debate one person talks and the other one listens and vice versa. Can you imagine in the presidential debates if they didn't have a mediator to referee each candidate? The mediator ensures each candidate is given the opportunity to speak without interruption from the other one.

In today's society, we communicate with people every day, some of us more than others, depending on our jobs. In the next conversation you have, try to pay attention to how many people start talking before someone else has finished saying what he or she has to say. This is not only rude, but it sends a message that what you have to say is more important than the person who was talking, which invalidates their importance as a human being. Although this is done habitually, a majority of people are oblivious that it is happening.

It's rarely intentional; it's simply a matter of lack of awareness. In the Toastmasters group I belong to (a group

for improving your communication and leadership skills) there's a portion of the meeting where different functionaries evaluate certain roles and speeches at the meeting. The purpose for this is two-fold; first it develops your listening skills, second it provides constructive feedback to the person you're evaluating. It's amazing when you've been given a role specifically to listen for certain details and you begin to realize how important listening is in developing your interpersonal skills as a human being.

I wonder how often God tries talking to us, but we're so busy telling Him/Her what our plans are, that we're not listening to what God has to say. No wonder so many of us are walking this planet totally clueless. My understanding of our conversations with God is this: Prayer is when you talk to God, meditation is when you listen to God. It makes total sense to me. In the silence you listen, upon listening you hear the messages that God communicates to you from deep within.

Listening as Art

Listening is a developed art, not something that you're born with. I'm certain there are a few of you who could share a story or two about the horrors of Internet dating. How many times did you sit there listening (or pretending to listen) to the other person go on and on about themselves without giving you a chance to get a word in edgewise? For those skilled in the art of listening, that, in itself, says something about the individual you're sitting with. Listening is different from hearing. It is in listening that you can uncover the hidden mysteries of the soul and learn a great deal more about the person you're with.

It was Einstein who said "If A equals success, then the formula is A equals X plus Y and Z, with X being work, Y play and Z keeping your mouth shut." Much can be learned from the above statement. This man is considered a genius. Let's heed Einstein's advice and spend more time listening and less time talking. Practice it today. I'm willing to bet the farm that you'd be amazed how often you want to put your two cents in before another is finished speaking.

Take the time to listen to a child, there's much wisdom there. Its innocence and vulnerability that hasn't been scarred by adults that lie behind the child's words. Take the time to listen to your significant other. Maybe, just maybe, they've been trying to communicate something to you for months that you just haven't heard because you haven't been listening. Take the time to listen to an elderly person who's close to making their transition, for truly you will hear crucial words of wisdom if you listen.

I would like to take the time here to thank Clyde Chafer, founder and publisher of "The Journey" magazine for giving me the opportunity to express my thoughts through the written word in "The Journey" for the last seven-plus years.



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

My relocation to California has brought with it various new adventures and it is with bitter sweetness that at this time my pen travels to explore other literary worlds. Who knows what the future holds, you may just see my name in print within the pages of The Journey Magazine somewhere in time...

I want to thank you my dear readers for listening to me express my views and heartfelt feelings on these pages for so many years. I would like to leave you with these words of wisdom: "A wise old owl sat on an oak. The more he saw the less he spoke. The less he spoke the more he heard. Why aren't we like that wise old bird?" ~ Anonymous

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr's relocation to San Diego, CA has brought with it many new adventures. Continue to communicate with her via blog at evastarr.com & reachforthemoon.net Contact Eva at evastarr24@yahoo.com 440-930-8865 for speaking engagements.



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

440-567-3156
By appointment

www.debbiecraven.abmp.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



Advertise in the Journey
Call 440-223-1392

Rev. Timothy J. Brainard

CERTIFIED PSYCHIC - MEDIUM • VETERAN READER
SPIRITUAL COUNSELING • READINGS

P.O. BOX 569, GENEVA, OHIO 44041

CALL FOR APPOINTMENT

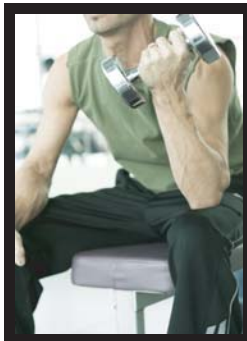
440-964-0457

VOICE MAIL 440-478-8323

PRIVATE OFFICE - PHONE AND GROUP READINGS



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

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-Fri 11am-5pm • Sat. 11am-6pm
www.thesilverbranch.net

BUS TRIPS TO LILY DALE
 SAT. JULY 25th & SAT. SEPT. 5th
 \$65.00 BUY TICKETS AT www.TheSilverBranch.net

SPRING EVENTS AT THE SILVER BRANCH
 LISTED ON OUR WEBSITE!
 PSYCHIC FAIR LAST SATURDAY OF THE MONTH!

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




Feather Touch Wellness
4-Directional Healing

Reiki • Reflexology • Crystals
 Healing by color, sound, numerical vibration
 Guided imagery - Including Past Lives
 9 Rites of the Munay Ki

Patricia Ann Dooms
 (216) 319-0584 feathertouch8@att.net
<http://feathertouchpathandpurpose.com>


(440) 563-5909
lightworker53@yahoo.com



Douglas Mead
 Psychic Medium & Tarot

| | |
|-------------------------|----------------------|
| Individual Readings | Love & Relationships |
| Phone Readings | Life & Career |
| Parties & Psychic Fairs | Past Lives |

visit us online...
www.thejourneymag.com

| | | |
|--------------------------|---|--------------------------|
| Candles |  | Gifts |
| Oils | | Statues |
| Incense | | Brassware |
| Herbs • Reiki Treatments | | Psychic Readings • Books |


MYSTIC IMPORTS & DISTRIBUTORS
 Religious and Spiritual Supplies
 Retail & Wholesale

web: www.MysticImportsDistributors.com
 email: MysticImports@sbcglobal.net

| | |
|---------------------|-----------------------|
| (216) 431-6171 | Tues-Thurs 10 am-4 pm |
| 1872 E. 55th | Fri-Sat 10 am-6 pm |
| Cleveland, OH 44103 | Fax (216) 431-6461 |

Ahhh... Healing Touch Massage, LLC
Center your body, mind and spirit

therapeutic and relaxation massage



Denise Maruna, LMT
 (216) 288-2709

Please call for appointment

HEALTH & NUTRITION

Good vs. Evil — What Are You Listening To?

By Janee Kuta-Illiano

It is said that we are living in the middle of a spiritual war. A war between good and evil that cannot be fought with our own two hands or with physical weapons. This battle between good and evil has long been present. Spiritual writings, books and movies all comment on this ever-present duality in life. So let's take a look at what good and evil are as they apply to our lives. Let's start to identify which side we live on and listen too.

Evil finds opportunity to torment and lie to us every day. Evil finds its way into every weakness we have. In a moment of weakness, it inserts thoughts into our head about people, circumstances, God and other things in order to mold us into a perverted, fearful way of thinking and living. You may think that someone is out to make your life miserable, but there may be greater forces at work.

When we live by our fleshly desires we open ourselves up to more than just a mere fleeting pleasure. We allow evil to come in and set up camp. We begin listening to the voice that justifies our actions even when good tries to guide us otherwise. Before long, we live in the flesh by mere habit. We live in condemnation for our bad decisions and begin to think that something is wrong with us instead of realizing it is the evil we unknowingly invited in that is the problem.

This can happen quickly and quite innocently, without us even knowing the source. Instead of recognizing the spiritual factors at play, we internalize our self-destructive behaviors as our flaws. Or, other times we begin to feel as if we are the victim and start to blame others for our unhappiness. We feel unworthy of good fortune in life because we think we are not doing what we should be doing with our time. So what we think comes to fruition and the vicious cycle begins.

Can you relate to this? What does good look and feel like? This can be left up to different interpretations. I believe, however, that good gives us a strong understanding of who we really are. Good consists of having peace of mind and spirit. It opens our heart to unconditional love for others. Good wants us to feel loved. It wants us to know that no matter what we do, we are forgiven as quickly as the act is done as long as we recognize the slip. I relate it to how parents quickly forgive their children for any wrongdoings because the love is unconditional.

When we eagerly seek a peace-filled life and give up our carnal thoughts and loose living, good rejoices and

comes to the rescue. Good wants us to lean on it for guidance. It wants us to have full faith that it will deliver us from harmful choices. Good gives us the ability to know the real truth about life and to identify evil's lies. It gives us style and grace to accomplish things we would never be able to do on our own.

Good creates unshakeable people. In the midst of chaos, we can learn to remain calm and centered at each given moment. We bear fruit in all areas of our lives and all that we touch prospers. That doesn't mean life will continually come up roses when we surrender to good, but we are given strength to overcome trials more quickly and efficiently. If we don't know who we are, we may find ourselves in the same challenging circumstances over and over again because we have not fully sided with and believed in the ability of good to deliver us from evil.

Take the Plunge

There is no real decision to side with evil, it is something that can overtake us involuntarily if we are not mindful. To side with good, however, is a completely conscious decision that requires effort. Oftentimes, suffering as strongholds are loosed and wrong mindsets that have held us back for so long are corrected. There can sometimes be a complete deliverance into good, but for others it is a gradual step-by-step process to unravel all the wrong thinking and wrongdoing.

If we want good to work on us quickly, we have to take the plunge and completely surrender our entire life to it. Good can only give what we are open too. Good doesn't want part of us, it wants all of us. It wants to listen to our thoughts and desires. It wants to know our concerns with our jobs, our home and our social life. The more we surrender and ask, the more divine guidance we open ourselves up to and we start growing by leaps and bounds.

So what is fueling your life? Is it thoughts about the world not being safe or that you have to protect what you've got because others can come and take it away? Do you think no one is to be trusted and if you want something done, you better do it yourself? Or do you subscribe to thoughts of everlasting faith, trust, peace, love and non-resistance?

How many of you are confused about your future? Is it hard for you to know your purpose? Could you possibly be

listening to the self destructive lies of evil? Have you found yourself caught up in the rat race, losing your peace with each given day? Does it feel like life is a struggle and the littlest things set you off with fear about the future and what tomorrow will bring? Is it possible that you may have been influenced by the side of evil?

I have spent many years of my life trying to figure out me! What a complicated mess I created. I was never sure if the thoughts in my head were real or not. I was looking for signs to point me in the right direction, but still I kept coming up empty-handed. Life felt heavy and the harder I tried to be happy and peaceful, the more I kept pushing it away. I now know that when you surrender your life to good, your life begins to reveal itself.

Confusion does not come from good and anything that steals your peace, anything, is not from good. Awareness and full faith is all you need to find your way back to your authentic self. It is said not to worry or be anxious about tomorrow for today is sufficient with troubles of its own. Learn to take life as it comes and live in faith that you will be protected and provided for. Run into the arms of good and it will shelter you from the evil that may be lurking in your life.

I know this with all my heart and want nothing more than for all of us to come together in this spiritual war and tell the enemy where to go. This is our time to rejoice. We are such beautiful people and we no longer need to be controlled by forces that wish to steal our peace and have us live a life of fear. Let evil run away from us instead of us always running away from it.

Janee...Continued on page 20

ALIVE ONE

Experience Optimal Health & Vitality

RAW FOODS EDUCATION AND INTERNAL CLEANSING

INTERNAL CLEANSING & DETOXIFICATION
Private or group classes that coach you through an effective Detoxification Program

RAW, LIVING FOODS EDUCATION
Offering Raw Foods Cooking Classes, Recipes and Instruction

WELLNESS PRESENTATIONS & LECTURES
Education on ways to protect your health with whole food based nutrition

For information, contact **Janee Kuta-Ilano**
www.aliveone.net • janee@aliveone.net • 440.478.9802
colon hydrotherapist, holistic health educator, wellness coach, raw foods chef

Experience Bathing in the healing light of Far Infrared Energy

*Look in program guide
for information on talk.*



in The Relax Far Infrared Sauna

It takes about 8 minutes to start sweating, so YOU WILL NOT SWEAT during your 5-minute treatment. But YOU WILL feel great, or maybe even wonderful !

or Sky Eye Professional Model FIR Radiator



This "FIR Radiator" Healed a diabetic ulcer that would not heal for 18 months.

The Relax FIR Sauna has been used for detoxifying, slimming, energizing, beautifying, or for experiencing Total Wellness.

Get a Sauna for your Home !

Far Infrared Rays circulates throughout the Relax Sauna, allowing every cell in the body to absorb the Far Infrared Rays (as HEAT), causing the cells to release toxins through sweating (16-32 oz) & hence give an extremely effective sauna experience in only 20-30 minutes.



Folds up in 2 min.



MOMENTUM98 Health store
 Importer of the Acu-Masseur, Master distributor of FIR Sauna & Stir-wand
 website: www.MOMENTUM98.com
 3509 N. High St., Columbus, O 43214 ph: 614/262-7087

Are you Dehydrated?
Quantum Age Hydrating Stir-Wand
 You can feel the difference in 10 seconds!



Double Pressure Point Massager ?
 Try at our booth
Gets pressure points on 90% of the body. Including arm & scapula. .



Acu-Masseur

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

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
6557 A Cochran Road
Solon, Ohio 44139
(330) 405-1933

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

FRESH FRUITS & VEGETABLES

MEAT & POULTRY

EGGS & DAIRY

TEA & COFFEE

PERSONAL CARE & BABY PRODUCTS

SUPPLEMENTS

BEVERAGES & ENERGY DRINKS

PET FOODS



OVEN-FRESH BAKERY

HAND-CRAFTED SANDWICHES & WRAPS

SALADS & SIDES

DESSERTS

FRUIT SMOOTHIES

VEGGIE JUICES

WHEATGRASS SHOTS

SIGNATURE-ROAST COFFEE

**The only all-organic grocery store in
Northeast Ohio.**

Over 5,000 organic products, all at affordable prices!

8900 Mentor Avenue
(1 mile east of Rt. 615 next to Molinari's)

Mentor, OH 44060
(440) 255-3141

www.dannysorganic.com

Open
8 to 8 Monday - Saturday
(Closed Sunday)

**Many vegan and gluten-free
options available!**

Janee...Continued from page 18

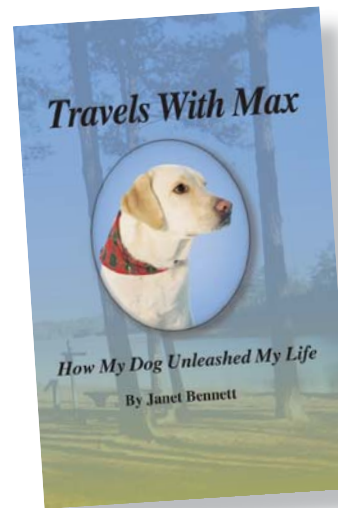
We all have been promised a peaceful life. All that is required is to trust in good and love one another. Whether abused or abound, we can have peace; we can be unshakeable no matter what. We were created to be good with the ability to have the complete mind and body of good. There has never been a better time to turn away from evil than now. And when you do, you will not believe what is waiting on the other side.

Janee Kuta-Iliano is the owner of ALIVE ONE, a health coaching business that focuses on teaching others the benefits of internal cleansing and purification of the body. She is a holistic health educator, offering Internal Cleansing & Detoxification Programs, Juice Plus+ Nutritional Products and instruction on Raw & Living Foods. Visit her Website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net

**MASSAGE ROOM
FOR RENT AT
DOWNTOWN YOGA STUDIO**

Please call 440-223-1392 for Details

**If you love dogs,
and you love spiritual journeys,
you will love this book!**



**“Travels with Max:
How My Dog
Unleashed My Life”**

by Janet Bennett

At Borders in Mentor,
Joseph-Beth Booksellers, and Amazon.com
Learn more at www.travelswithmax.com

Sirius Rising Festival

Brushwood Folklore Center, Sherman, NY

July 13 - 19, 2009



**Price: \$110 - week (7 days)
\$ 50 - weekend only**

Promoting creativity and spiritual growth in a community setting

“Raise the Spirit” for the 15th annual Sirius Rising!

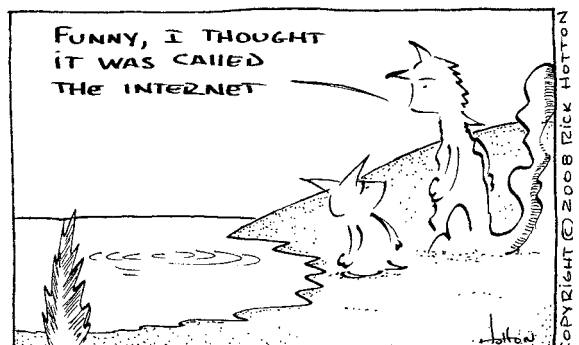
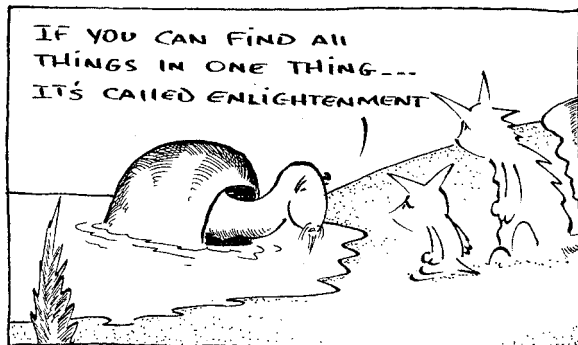
Camping...hands on workshops...lectures...nightly rituals honoring the elements...bonfires
...drumming...dancing...labyrinth...music...Saturday Celebration: “The Dragon”...Kid’s Parade
friends...family...fun...pool...hot tub...hiking trails...**Relax and Experience the Feeling!**



Go to: www.Brushwood.com for campground info and other summer events. Or call 716-761-6750

HOLY MOLE?

By Rick Hotton



COPYRIGHT © 2008 Rick Hotton

Be A Certified Qi Healer, Course in Beijing
August 21–30, 2009 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 Techniques ♦ 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 & www.mychinaskymall.com



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

22500 Lakeland Blvd.

Euclid, Ohio 44132

440-777-1778

www.pghec.net

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

IMDHA
Approved Course
Reg # 080082

*IMDHA International Medical and Dental Hypnotherapy Association



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

5LB ORGANIC CARROTS \$2.99 WITH THIS AD
EXPIRES 7-1-09

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

2004 ENTREPRENEURS FOR SUSTAINABILITY FOOD CHAMPION

AFFORDABLE ORGANIC PRODUCE

The Pattern of Renewal: What to Look for and Help Bring Forth

F. Christopher Reynolds, M.Ed

There is a transformative renewal of our region that has been going on the past few years. It is rising up from the grassroots level, is visionary, inspiring and has been changing persons one at a time.

It takes the form of small centers that focus on creativity, spirituality and healing. They go by names like, *Angel House, Inner Harmony, Creative Healing Center, Wellness Evolution, Insight, Spiritual Quest Foundation, Circle of Light Integrative Healing and Sacred Arts Center*, and so on. At the heart of each of the centers are persons who experienced 'Callings' with the capital "C" to bring healing to where they live.

If you listen to the stories of the Callings, in every case, they are spiritual experiences in the classic sense, including the presence of spiritual beings, divine guidance, healing and empowerment. These centers have all taken root with little money and lots of faith. The identifying pattern of this wave of renewal is that it is holistic, meaning whole in the deepest sense: physical, psychological, spiritual, ecological and cosmological.

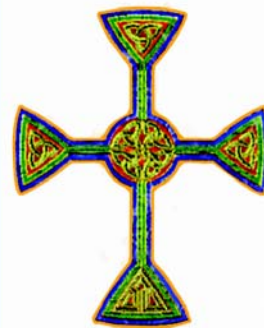
The identifying mark in the general population for those who are also living this pattern of renewal is that of the "orphan." By orphan, I certainly mean literally, but also metaphorically.

They are the persons deemed "not good enough to keep", the "sick" ones degraded, ignored, out of place, seemingly born at the wrong time. In the old initiation stories, which are stories about how individuals transform their cultures, the heroes are all of this kind, a raggedy boy, a lost girl, a stepchild, son or daughter of a widow.

In our time, the general pattern is that the world, as perceived by the orphan, is much more expansive, meaningful, loving and merged with spiritual realities than the "real" world as delineated by the current family, educational, religious, political, scientific and technological systems. The resultant isolation and suffering brings the orphans to a crisis point that many do not survive. The individuals who do manage to find the healing information for their lives, usually through a form of death and rebirth experience, are now gathering in greater numbers at our local creativity and healing centers.

The renewal our region is seeking has already been quietly underway for some years now. This essay is a Calling in itself to those who would be leaders to invite those centers and individuals who have been living in this renewed, holistic manner into public awareness.

There is an astounding amount of wisdom for our times waiting to be welcomed home and permitted to share what Joseph Campbell in the *Hero of a Thousand Faces* called, "The Boon", with the culture at large. Time, money, effort, generosity invested in the wave of renewal I described opens a better way forward for the future generations.



**Yvonne
Hughson**

*Offering spiritual readings
by sharing her gifts of
healing and mediumship*

440.953.0143

Formerly A Different Way

Call for appointment in Willoughby, OH.

Holistic Pet Therapy

Massage/ Healing and Natural Pet Store



7211 Wales Ave NW
North Canton Ohio 44720
Phone 330-266-2500

*Visit our online pet store at
www.HolisticPetTherapy.com*

Organic Toys / Beds / Collars • Raw & Natural Foods
Color Therapy, Massage and Healing by appointment

Subscribe to The Journey!

Only \$25 per year

Call 440-223-1392



Health Preservation of Northeast Ohio presents
Health Preservation Association 2009 Workshop

Oct. 17 - Chinese Yoga with Healing Qi - beginners & seniors

For more information and/or to enroll visit
www.healthpreservation.net
Sessions will be led by local instructor James Sievert

**Eastlake Indoor
Flea Market**

34600 Lakeshore Blvd., Eastlake

Vendor Spaces At Affordable Rates!

Every Sat /Sun • 8am-5pm • 440-840-7031

Eastlakefleamarket@sbcglobal.net

CONSTANTINO'S MARKET
1278 West 9th 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

Free Admission Free Lectures Prizes

Bringing together Spirit, Mind and Body

HOLISTIC WELLNESS FAIR

1st. Annual
Saturday, May 16, 2009
11:00 am—7:00 pm
Mustard Seed Market
6025 Kruse Dr. Solon, OH 44139

Featuring exhibitors with the most recent developments and procedures in the holistic health care industry.

| | |
|--|--|
| <ul style="list-style-type: none"> • Aromatherapy Clearing • Quantum Biofeedback/stress reduction • Electropollution Solutions • Emotional Freedom Technique (EFT) • Dr. Parvati Dasi, ND • Dhanvantari Wholistic Center • Creative Healing Center • Ion Foot Bath • Infrared Saunas • iWater • Naturopath • Chiropractic • Reflexology | <ul style="list-style-type: none"> • Massage • Independent Nikken Dist. • Chakra Balancing • Aura Photography • Green Construction • Holistic Dentistry • Raw Foods • Balance/Bio Comm. • Animal Communicator (bring photo of your pet) • The Natural Pet Store • Yoga • Reiki |
|--|--|

For more information or to be an exhibitor: Contact
Jeanne Hall at All Natural Approach 440-285-4420 or
Kathy Starynychak at R & R Time 216-798-8748
www.holisticwellnessfair.com info@holisticwellnessfair.com

Enchanted Grove

Gifts For the Free Spirited
4122 Erie St. Downtown Willoughby
440-942-0506

All Things Fairy
Statuary
Incense, Candles, Oils
Beautiful Silver Jewelry
Wiccan, Spiritual, & Ceremonial Items
New Age Inspired Clothing
World & New Age Music
Crystals, Tarot Cards, Pendulums
Metaphysical Books, Runes, and More

Celebrating Our 10th Year!

Psychic Fair Last Sunday of every Month

Resident Reader Doug Dead Thur & Fri by Appt.


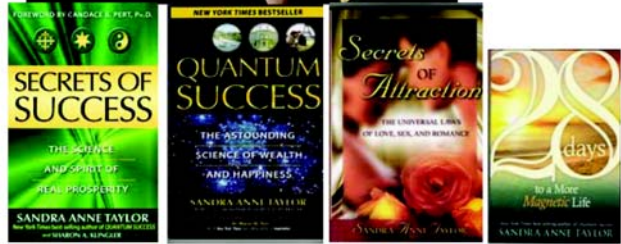
Breakthrough to Prosperity: Achieving Abundance in Difficult Times

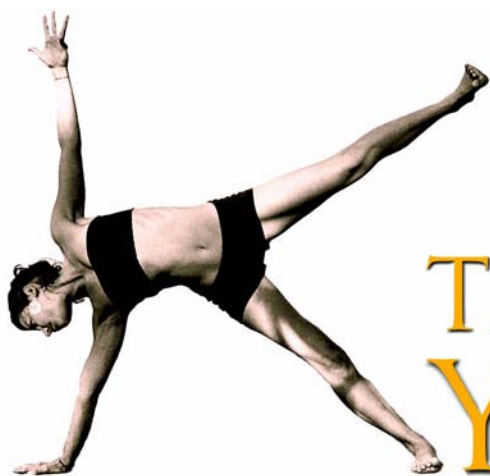
with New York Times best selling author,
Sandra Anne Taylor

Saturday, September 12th @ 10:30 a.m.
at the Journey Mind Body Soul Expo at Lakeland Community College, Kirtland, Ohio.

Sandra is the host of *Living Your Quantum Success*
on Hay House Radio
live every Monday at 1:00 p.m. (Eastern)
Go to www.hayhouseradio.com

To learn more about Sandra visit
www.sandrataylor.net
or www.starbringerassociates.com



THE YOGA PAGES

Listening and Lovemaking

By Psalm Isadora

"Inside this new love, die. Your way begins on the other side. . . You are covered with thick cloud. Slide out the side. Die, and be quiet. Quietness is the surest sign that you have died. Your old life was a frantic running from silence. The speechless full moon comes out now." – Rumi

Listening can feel like death. To truly listen is to let the ego die. Listening is creating space, talking is filling it. If you really listen, you are not waiting to speak and add your own experiences, you are totally involved with the other. This is a form of meditation, to listen and let your own thoughts drop away, one by one, as they arise from the endless waves of your mind. Then you can disappear into the other, the one to whom you are listening. You can even listen to nature, a tree, the ocean. Listen to their sounds, their feeling. Everything is speaking. Everything is telling a story.

Listen with more than your ears. Listen with your eyes, your touch, your taste and your smell. This is a beautiful way of listening to your friends and lovers. They are God's mirror, reflecting you to yourself. It is a way of being, a way of letting go of doing. You don't just hear the other, you feel the other from deep inside your own stillness.

Then your listening is a total experience, you can lose yourself. When you lose yourself, all you are really losing are your perceptions of yourself, which are blinding and deafening things

The ego is like the sun - it wants to shine; it wants to be seen; like a sword and shield. Its job is to protect, to stay between you and everything within and without you that it does not understand or cannot control. You have to let go of protecting yourself and soften your edges to become vulnerable. Then you are not just listening to the other's words, you are receiving their whole way of being in this moment, in your body. Listening is a form of penetration.

You have to sit deep inside yourself to really listen. You

have to ground yourself in your own silence, in your own wholeness, to hear and become aware. Listening is receptive. It is the feminine energy that does not need to define itself through words because it feels truth. Its knowing is deep and instinctual.

Listening with the Body

Listening is a form of prayer, a form of devotion. By listening, we come to know and understand the great mysteries of Creation. Instead of praying by asking for things, we can pray by listening and accepting the true nature of things. Then our prayers come from our awe of the magnitude of the ongoing Mystery we are all weaving with the stories of our lives, the fabric of our bodies, the thread of breath running through.

Everything is a form of praying, including eating and sex. When most people eat an apple they eat it quickly because they think they are hungry. They take the apple into their body, chewing, distracted by other things. They are not paying attention to the apple, to the life and body of the apple. And when they are done, they throw away what is left, the core and seeds of the apple. This is eating like an animal, without consciousness. A prayerfulness would be to look at the apple, to smell the apple, to see the color and shape. To think of the tree and the earth and the rain and the sun. To think of the life of the apple as a creation of God. Everything is God; the apple is God. Then eating the apple is a kind of praying.

The apple is a proof of grace provided by Nature, proof of Intelligence sustaining your body. The Intelligence mani-

fest itself in the creation of the apple and Intelligence manifests itself in the creation of you. Intelligence is one, manifested as many and all creation is caring for, providing for, itself. Just as the apple is providing for your nourishment in your body, and your body will one day provide for the nourishment of the apple tree.

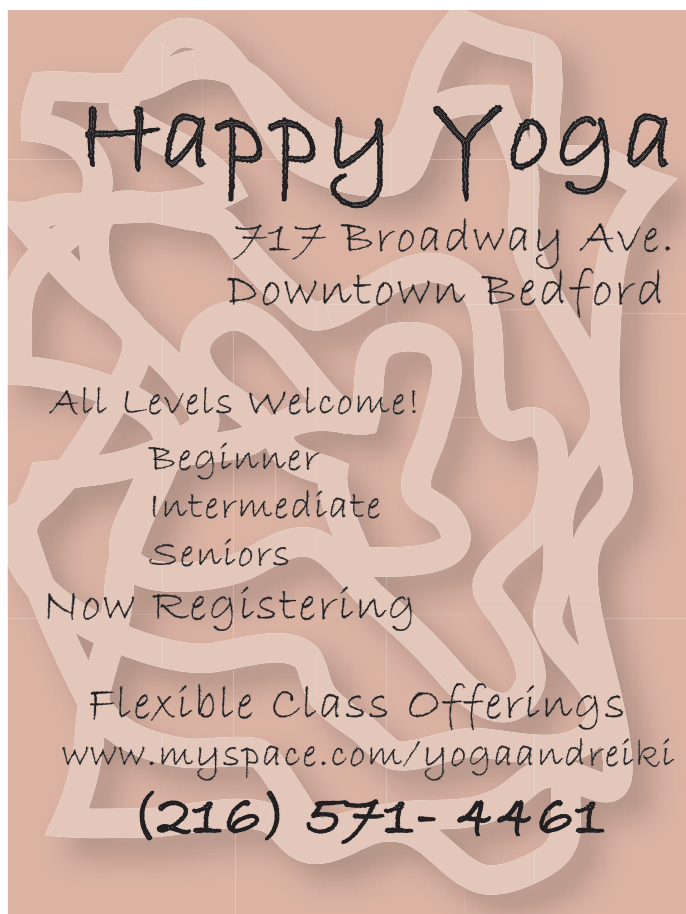
Meditation Exercise - Mindful Eating

Take an apple, hold it in your hand, feel the skin of the apple on the skin of your hand. Become aware of the texture, the color, the shape and the weight of the apple. Be interested in the apple as a new experience, as a microcosm for the whole universe. Imagine the seed of this apple in the warm, dark soil. Imagine the rain that fell and woke it up from its sleep. Imagine the sun energy that helped it to blossom and grow into fruition. Be aware you are eating an apple. When you chew the apple, chew only the apple, not your ideas, memories, worries or fears. Be aware of your breath. Be aware of only this experience, let it wake you up.

Another way of true listening is through sex. Most people use sex to run away from themselves, to relieve themselves from stress and anxiety. This is okay, but it is not coming from the soul, it is coming from the animal body. If you have sex this way, you miss out on so much. You take the other person's body without really seeing it. You miss out on the miracle. In Tantra, sex is praying. The body is the wine and bread of God.

Look at the other person, see in them their whole life, not just their body life, but their soul life. You can see the movement of the soul through the eyes. When you look at

Psalm...Continued on page 28



Happy Yoga
 717 Broadway Ave.
 Downtown Bedford

All Levels Welcome!
 Beginner
 Intermediate
 Seniors

Now Registering

Flexible Class Offerings
www.myspace.com/yogaandreiki
 (216) 571-4461



Yoga Now

Live Yoga, Live Well

OPEN NOW!

Please call for class schedule
 Amber (440) 796-7810

Located inside of Oscar Giovanni's Salon & Spa
 (the shops at Gristmill)
 7572 Fredle Drive Concord, Ohio

Introductory Special!
\$99
60 days of Unlimited Yoga
 New Students Only

Lifesource Yoga
 Where yoga comes to LIFE!



LIFESOURCE
YOGA

**Onsite childcare, retail
 boutique, and pricing specials!**

Merchant Square (next to Summit Mall)
 133 Ghent Rd., Suite 133
 Fairlawn, Ohio 44333

www.lifesourceyoga.com
info@lifesourceyoga.com
 Toll-free: 866-945-YOGA (9642)
 Office: 330-835-9945

Karma Yoga

Creating Your Own World

Downtown Cleveland's Only Yoga Studio

Now in a new location at 1395 West 10th Street, First Floor

216.621.7085 | karmayogacleveland.com

Introductory
Special

\$99

60 days of
unlimited Yoga

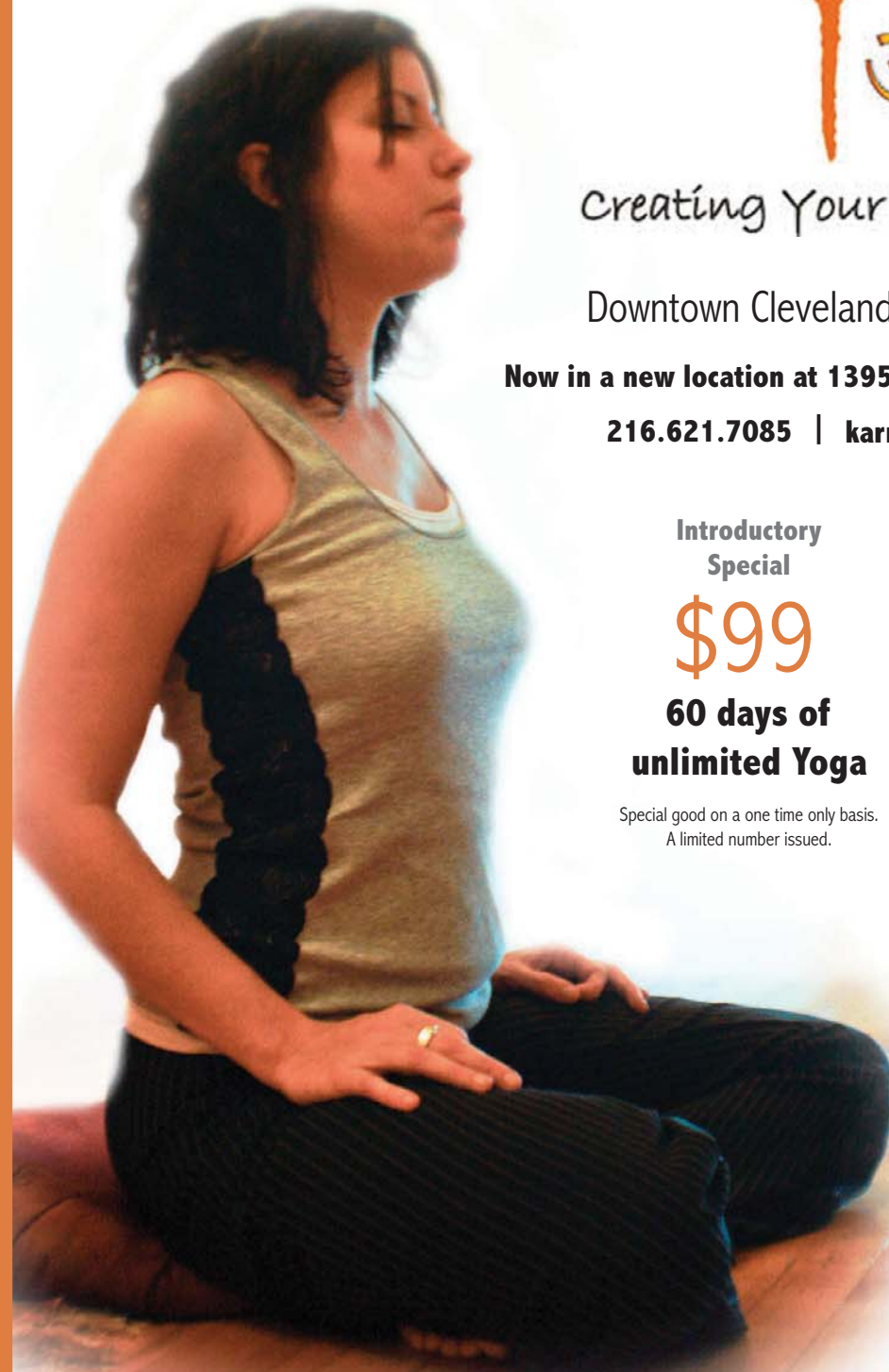
Special good on a one time only basis.
A limited number issued.

Classes 7 days a week...
early morning, lunchtime,
early afternoon, evening
and weekends

- Basic and beginners
- Restorative
- Vinyasa
- Power Yoga
- Hot Yoga
- Yoga Express
- Meditation
- Yoga studies
- Vegetarian potluck movie nights and much more

- Yoga teacher training and certification

- Massage and Reiki Treatments available



Psalm...Continued from page 26

their soul, you will see it is the same as yours. Then you will disappear. The ego does not like this; it fights to remain known and separate.

When we are born, we learn to say "I am." But this is not the soul. The soul is always free of the body. The ego does not want to be forgotten, but when it is you experience a beautiful freedom, you become one again with the Infinite. What you have known, the finite self, melts into the infinite and unformed. You are back in the mysterious womb of creation. There is such joy in this moment, but we use all our strength of the mind to keep it from happening.

But if you relax very deeply it will happen; it cannot help but happen. Relax by being with the other person deeply. Look at them, smell them and touch them. They are proof of the miracle of creation. Think of the ocean of days that brought them here to this moment with you, the ocean of experiences and emotions. You have the same ocean in you. Can you hold the vulnerability of this nakedness? Not the nakedness of the body but of the soul.

Most people blind themselves. They hide from their nakedness and the other's nakedness, the nakedness of the body and the soul. This is the shame of original sin. We are afraid of our nakedness and we try to hide it, we exile ourselves from heaven with our shame and self consciousness. This comes from the ego.

When you can see your lover's body is the body of God, then your lovemaking will be a deep listening, a praying. And when it is finished, you will not throw away the seeds from which your love can grow. Some disciples asked Jesus,

"How will we know you?" He answered, "Through movement and stillness." This is how we will come to know our soul, through movement and stillness, darkness and light, laughing and crying. Let your listening and your lovemaking be an activity of the soul, a moving and stillness, a prayerfulness.

Partner Tantra Exercise - Divine Eye and I

Sit across from your partner in a comfortable position. Become aware that you are breathing, become aware of the length and quality of each inhale and exhale. See the whole cosmos in your partner's eyes. Just relax. Just be aware you are breathing. Just be aware you are looking into your partner's eyes. Only look into their eyes, not your worries and fears or imagination. Let your thoughts come and go without struggle, just maintain awareness that you are breathing and maintaining the gaze. Let go of any expectations of yourself or your partner.

Take the cup of wine to your lip, it is the same as me; there is a slave opening the door to my heart but a queen lives inside; the slave is what you see, my body, my mind, but the queen is my soul, the pure light illuminating everything from within. oh my love, oh my soul, my body is the bread, my blood the wine. the only way to know me is to take me inside you in this silence, listen to my heart; know me and be known

Psalm Isadora has travelled and studied yoga, tantra and sufism in India and Turkey. She currently lives and teaches in Santa Monica, California and leads retreats and trainings internationally, with the blessings of her teachers. www.psalmisadorayoga.com.

Karma Yoga Studio is proud to present a totally unique concept...



EARTH



FIRE



WATER



AIR

Earth – Sept. 18, 19, 20, 25, 26, 27 and Oct. 2, 3

Fire – Oct. 16, 17, 18, 23, 24, 25, 31 and Nov. 1

Water – Nov. 13, 14, 15, 20, 21, 22 and Dec. 4, 5

Air – Dec. 11, 12, 13

EFWA is an all encompassing yogic studies program designed not only for those wishing to complete a 200 hour teacher training program but for those wishing to deepen their practice and have yoga as a lifestyle versus a practice done on a mat.

The philosophy behind this program is live your yoga versus do yoga. What you learn on your mat will be applicable off your mat. Regardless of your experience, regardless of your aspirations, sign up for one module, sign up for all: open your mind, body and soul and this program will enhance and change your life.

With EFWA, your learning experience will not be limited to the class room and the studio. We respect the various learning styles and wish to expose you to non traditional ways of learning.

For more detailed information www.karmayogacleveland.com

FeatherTouch Creative Offerings



- Dream Catchers
- Medicine Wheels
- Feather Wands
- Sacred Space 4-Directional Displays

by Robert Brill
(216) 319-0584

feathertouch8@att.net
<http://feathertouchpathandpurpose.com>

Advertise in the Journey
Call 440-223-1392

THE JOURNEY
A mind, body soul connection
thejourneymag.com

MIND • BODY • SOUL EXPO 2009

Coming September 11, 12 & 13 at Lakeland Community College, Kirtland, Ohio. Featuring James Van Praagh, world-renowned psychic medium, best-selling author and co-executive producer of the CBS drama, The Ghost Whisperer. See the ad on page 3 for more details.

Yoga Teacher Training

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
janis@try4life.com

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

Director & Instructors:

Jan Hauenstein, CYT, E-RYT 500
Judi Bar, CYT, E- RYT 500
Tolisa Mize Horning, CYT, E- RYT 500
Melaney Stoops, CYT, RYT 500
Beth Wolfe, CYT, RYT

((CEU's Available for Nurses & OTs)) **216-688-1111X251**

Wednesdays

9am-8pm
2/25/09-6/24/09
Winds of Change Studio
Moreland Hills, OH
330-995-4104

Weekend Trainings

9am-6:00pm
9/26/09-7/11/09
CSJ Center/Rivers Edge
Cleve, OH 44111
216-688-1111X251

Spirit of Leadership

Experiential Learning with Horses
Nature Based Life Coaching, Workshops & Retreats



Inner Strength
Healing Journeys
Authentic Relationship

Jackie Lowe Stevenson
Pebble Ledge Ranch
Novelty, Ohio
440-338-1752

jls82347@aol.com
www.spirit-of-leadership.com
www.spiritofrelationship.com

THE YOGA LISTINGS

Yoga Studios:

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

Karma Yoga - 1395 West 10th Street, #120 Cleveland Warehouse District - 216-621-7085. Downtown's only dedicated Yoga Studio. 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 and Shoppe - Practice in our new studio in Sagamore Hills. 367 West Aurora Road, Sagamore Hills, Oh - 330-908-0700. Yoga clothing, accessories jewelry

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 216-346-1246

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 Or call 440-255-7300

Fairport Dance Academy's Branches of Wellness - 411 High St., Fairport Harbor - Yoga Alliance Certified instructors offering tailored classes for all ages and levels. Reiki treatments and classes available. Visit our website for all our wellness class offerings. www.fairportdanceacademy.com; (440) 639-8181

Bhumi's Yoga & Wellness Center - Voted "Best Yoga Experience" by *Cleveland Magazine*. CitySearch Awards 2007/2008. Small Classes. Private Yoga Therapy. Lifestyle Coaching. Workshops. Teacher Trainings. First in the Midwest Nationally Recognized by Yoga Alliance.(440) 236-6366.

The Yoga Loft in the Village - 5445 Detroit Road Sheffield Village, Ohio 44054. Certified Iyengar Yoga Instructor Vicky Elwell. Precise alignment, poses modified to meet individual needs. Restorative yoga once a month. 440-282-4701 www.vickyelwell.com www.bhumiyoga.com

Happy Yoga Studio - Downtown Bedford 717 Broadway Ave. CYT Alecia Bernardo offers morning, evening, and weekend classes, beginners-advanced. Distance and hands-on Reiki available. Join the fun, soothing atmosphere, and reconnect with your body! (216)571- 4461

www.thejourneymag.com

Yoga Teachers:

Virginia Collins - RYT, CYT In-the-Now Yoga at Swedenborg Chapel, 4815 Broadview Rd. Cleveland. Body-Mind-Spirit Integrative. Accommodating all needs and ages. www.circleofinnerlight.com or 216-398-7743. Yoga as a way of life!

Cat Donovan E-RYT, CYT/Yoga West Studio - 1458 Woodward Ave., Lakewood. Beginner/gentle, sivananda, vinyasa and pilates mat work. Corporate, private and parties. More info www.yogaweststudio.com or call 216-226-1512

Yoga Events/Workshops:

Yoga Teachers Training - T.R.Y. 4 Life 200 & 500 Yoga Alliance Registry - Weekday or Weekend Training - www.try4life.com 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 for more details

The Journey Expo 2009, September 11, 12 & 13 Lakeland Community College - James Van Pragh, Don Miguel Ruiz, workshops, mini-lectures, 100 plus vendors everything to meet your holistic needs - www.thejourneymag.com (limited vendor space available, please call 440-223-1392)

Bhumi's Yoga Teacher Trainings - First in Midwest nationally recognized Yoga Alliance. Voted "Best Yoga Experience" *Cleveland Magazine*. CitySearch Best 2007/2008. Next Training September, 2009. Comprehensive. Individualized attention. Retreat setting. 440-236-6366. www.bhumiyoga.com

Yogi Amrit Desai Coming to Cleveland! June 26-28 Yoga Nidra Weekend. Dr. Desai created Kripalu & Amrit Yoga styles, training over 5,000 teachers in 40 countries. Unique opportunity. Sponsor Bhumi's Yoga: 440-236-6366. www.bhumiyoga.com



Are we ever really alone?

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.

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

visit us online...

www.thejourneymag.com

MICHAEL J. ROADS presents

The Power of Love Within the Bigger Picture

A 5-Day Intensive July 10-14, 2009
Cleveland, Ohio

michaelroads.com roadswayusa.com

carol@roadswayusa.com

330-678-0856

Please Join Us In A "Journey of Spiritual Exploration"
Every 4th Friday of the Month from 6 til 10 PM

The ConsciousNest

A Sacred, Learning Space
Now Offering Certification in Mediumship
call or check schedule for times and days



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, Moon & Wind Lodges,
Yoga and much more.....

Information and class scheduling Call or e-mail

216-692-0325; consciousnest@sbcglobal.net

www.theconsciousnest.net

Blog: www.myspace.com/consciousnestcleveland



34510 Lakeshore Blvd.

Eastlake, Ohio 440-975-1911

Email: aradiasgarden34510@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 1st Sunday Of Every Month

- George Cox "Teach the Teacher Workshop"

May 12th 6:30-9:30 - \$195 3CEU's

- 1st Fridays Stone Creed Blessing Rite 8pm
- June 27th - Lily Dale Bus Trip - \$54 - Join Ken Marsh, Lindy, Lonnie Johnson and all the Friends from the Garden!

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.

Natural Options Aromatherapy

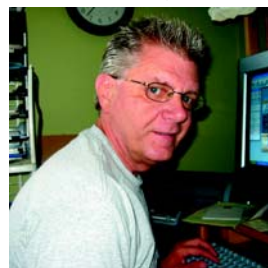
1540 Honeycreek Rd

Bellville, Oh 44813

419-886-3736

NatOptAroma@aol.com

www.naturaloptions.us



**George Cox Presents
"Teach the Teacher Seminar"
May 12th at Aradia's Garden
6:30 - 9:30 pm**

Don't miss this amazing class! 3 CEU's
for L.M.T.'s. Class Includes: Aromatherapy Kit
valued at \$225! Formula Book- and a 40%
discount on all future purchases! Pre Payment & Pre
Registration gets free stuff! \$195 Class Cost
Dinner included at seminar!

PLANETARY PATHWAYS

By Eva Starr

May: New Moon in Gemini May 24th 8:11am/Full Moon in Scorpio May 9th 12:01am
June: New Moon in Cancer June 22nd 3:35pm/Full Moon in Sagittarius June 7th 2:12pm
Mercury Retrograde: May 7th 1:00am goes Direct May 30th 9:21pm

ARIES

May – The Ram knows change better than anyone...there's no moss growing under the Ram's feet...May brings with it a *topsy-turvy shake 'em up* major life change, keep looking for the silver lining because this one's loaded with blessings not to mention your ruling planet Mars is at your door in his warrior attire with Lady Venus looking for love

June – Watch your thoughts Ram for *your thoughts are prayers* and if you're thinking about it, you're bringing it into your world...so think long and hard about what you want to manifest, put your focus on your desires & off your fears, where's that warrior in you? there's nothing to fear but fear itself...show the world what the Ram's made of

TAURUS

May – It's time for the Bull to *relocate that Bull Pen* of yours...the Bull is famous for being set in his/her ways and the Universe is about to shake that world of yours upside down and all around, get out and circulate, that comfort zone is becoming too small, go exploring...the Sun is in your sign and Mercury just Retrograded back into Taurus

June – You've got quite a planetary line-up this month Bull. Mercury just went direct, so it's full speed ahead – Romeo & Juliet, otherwise known as the planetary duo of Mars & Venus are here for a visit, so put on your dancing shoes & get that *communication line hot-wired*, coming out of that Bull Pen did you some good, now strut your stuff

GEMINI

May – Twins just like your sign the Universe is about to *double your pleasure*, double your fun, we're talking Soul Mate here, you're lucky the Twins can be in two places at once because the way your love life is heating up you're going to need to clone yourself, nobody does duality better than the twins, it's the Patty Duke show revisited

June – With the help of some Solar action the Twins Birthday month motto is get out of the way & let the Celestial Heavens help you...for once in your life take a back sit, trust that the Universe knows exactly what it's doing, move over, put Dr. Jekyll and Mr. Hyde on a sabbatical and *trust my dear Twins*, you've got nothing to lose...there's two of you

CANCER

May – Still haven't learned to let go of that Cancerian grip have you? Relax those crab claws of yours, you're holding on a wee bit too tight. What are you afraid of? You've been down this road before, *surrender your will* to the Universe...you've already placed your order, so get out of the way and let the Cosmic Chef cook it up to perfection

June – Letting go of control does wonders doesn't it? You've got the moon and the stars at your back...your Fairy Godmother just showed up at your door, and she's dressed in full attire. Step aside, let the games begin...miracles are coming your way. *Enjoy yourself for a change*; everyone else can take care of themselves, enjoy the Solstice

LEO

May – It's time to gather round some of your jungle buddies, *go out and play*; the Jungle will still be waiting when you come back. Do you think the Kingdom will fall apart if you're not front and center sitting on your throne? Having some fun will rejuvenate those creative juices of yours and then you can reinvent the Jungle in grand Lion style

June – Are you still dealing with some leftover *Father issues*? Whether your father is still with us on Planet Earth or has made his transition, take some time to contemplate what's been left unsaid. Is there forgiveness work that still needs to be done? Are there things that need to be said before it's too late to say them? There's no time like the present...

VIRGO

May – Virgo is the *alchemist* this month, mixing and matching your own concoction of silver and gold. Yes, that's right you have the Midas touch...everything you touch turns to gold. No time to analyze, just enjoy...OK if you must get your calculator out and pull up your Quick Books so you know exactly where your fortune is going, so be it

June – Virgo it's OK to enjoy, let go of the guilt...*forgive yourself* for goodness sake for whatever it is that you *think* needs to be forgiven, chances are you're the only one who thinks the way you do...remember you're a perfect child of God, pure innocence, filled with pure joy...quit being so hard on yourself...life is meant for living, so start living it

LIBRA

May – OK Libra I'll make it easy for you, it's time to *simplify your life*, clear the clutter...I know you can't decide what to keep and what to let go of, *when in doubt do without*, there that should settle this dilemma once and for all. Now go listen to some classical music, buy some flowers and bring the balance back to those Libran scales

June – Now that you've cleaned everything out there should be plenty of room in that lovely home of yours, so take the time and the space during this Summer Solstice month to get back to your morning affirmations, spend more time in Meditation, do what's needed to *keep Libra in balance*...look into some aromatherapy while you're at it

SCORPIO

May – OK Scorpio it's time to put that stinger away for now, there's only so much revenge a stinger can handle, you've just about beat a dead horse to death, it's time to move on and *let go of the old*, in every form of the word, old issues, old grudges, old people, places and things who no longer serve who you are and who you are becoming

June – Doesn't that feel better, now that you've had that stinger in the deep freeze for awhile you can get back to business...the Celestial Heavens are about to bring a major life change your way, it's going to *turn your world upside down* and all around, just come out from hiding and look for the rainbow, the Sun is shining, let it shine, baby shine

SAGITTARIUS

May – What's going on Centaur? Your ruling planet Jupiter is the Santa Claus of the Zodiac...what happened to the *glass half full* philosophy? It's time to get back on that horse and point that arrow toward sunny skies and get out of the clouds...no more doom and gloom, we wouldn't want the word to get out that we've lost our sunny disposition

June – How does it feel to ride that horse tall with lots of Sagittarian pride? That's more like the Centaur I know and



STOP!
In the Name of Love...

Understanding how your mate and YOU interact...leads to a deeper level of relationship.

Order your Compatibility Charts today.

Eva Starr, Astrologer,
evastarr24@yahoo.com

440-930-8865 • reachforthemoon.net

love... those starry, starry nights are bringing forth lots of starshine your way, show the world what the Centaur is made of, *Jupiter is all about expansiveness*, you've got more than plenty of room to reach beyond your wildest dreams

CAPRICORN

May – Ok Goat, it's time to stop trodding down that mountain path and take a break for some much needed *contemplation time*...yeah you heard me, you're the workaholic of the Zodiac and even the Goat needs to STOP. No, I didn't say slow down, stop, and reassess your goals before you start that climb back up the mountain to success

June – Alrighty Goat, good work, I know you don't see results yet, your ruling planet Saturn is called "*Father Time*" for a reason, just a *wee bit more patience*...the storm clouds are starting to fade & the sunshine is moving in, even though the Goat sees the skies as partly cloudy rather than partly sunny, planetary energies are on your side

AQUARIUS

May – It's time for the rebel of the Zodiac to trust your intuition no matter what the masses say, after all you've never been one to go follow a crowd, you've got the big planetary YES...you know what to do next, go ahead *trust your gut*, listen to your soul, then engage the brain, take action, full speed ahead...there's no time like the present

June – Whew! That was fun wasn't it...OK now that you've marched on Capital Hill, started a mini revolution, and caused some fainting spells in the family tree it's time to sit back, be still, relax and enjoy your much deserved solitude...go ahead plan a day at the spa, hell go ahead and get that hot stone massage you've been wanting, *indulge yourself*

PISCES

May – It helps when you're swimming with the fish up-town – all that wealth in the Koi Pond is starting to rub off...dive in deep, there's a sunken treasure chest at the bottom of the sea just waiting for you to bring it to the surface...you're no longer a small fish in a big pond, the Universe is screaming you need to *explore bigger waters*, go for it Fish

June – Whatever you're doing keep on doing it...the planets are lined up in your favor and that heavenly star dust just keeps on falling in that ocean of yours, wave that magic wand and *spread the wealth*, there's a reason the fish travel in schools, the Fish is one of the most compassionate of the Zodiac, share the joy, there's more where that came from

To my readers, being a Cancer myself has led me to follow my passion for the ocean, hence my relocation to San Diego, CA. over a year ago. The time has come to pursue various aspects of my Astrological career here on the west coast. Thank you for your loyal support these past seven years. Get your Astrological updates at reachforthemoon.net and evastarr.com Contact evastarr24@yahoo.com for charts and 440-930-8865 for phone consultations.

Psychic Fair

Friday, May 15 • 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

Presented by God's Partnership

THE TIPPING POINT ANNOUNCES...



There is a re-birth of our region rising up from the grassroots level. It is in the form of the many local centers that focus on creativity, spirituality and healing of self, of community and of the Earth. This is the music of that re-birth: Jacob Laughingfox, Christopher Reynolds, Brian Henke, Poetess Journey, Seven Generations, Mitsu Saito, Brian Jones, Christopher Dooley. Find your center!

Celebration of Creativity, Arts and Theater
A Fundraiser for Angel House
Thursday May 21st 6:30-9:30pm
\$15.00/individual or \$25/couple
Strongsville Holiday Inn
15471 Royalton Road Strongsville, Ohio

Tipping Point CD Release Party
Saturdays June 6th and June 13th 7:30pm
\$10.00/individual
Kennedy's Cabaret, Playhouse Square
1501 Euclid Avenue Cleveland, Ohio

www.thetippingpointcooperative.blogspot.com

ECO at the EXPO

If you are an organization or business involved with environmental issues or products we have a space reserved for you at the Journey Expo!

Contact Janet Bennett at

216-406-4281 or

equinoxgrp@aol.com
to discuss the details

The Journey Magazine believes in GREEN

CLEVELAND'S
FESTIVAL OF ART &
TECHNOLOGY

ingenuityfest

Playhouse Square
at East 14th & Euclid
Cleveland, Ohio

Save **JULY 10-12** for An Amazing Weekend of Creativity, Innovations, and Festival Fun!

More than **70,000 people** are expected to **experience** a new, amazing, and multifaceted **fifth annual festival** in a weekend-long celebration, **July 10-12**, 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 **several outdoor stages** plus a variety of **food and beverages** – around every corner is something the **whole family** will enjoy!

Visit **ingenuitycleveland.com** for more details, and **sign up for FREE email updates, special offers and exciting news** about this year's festival!

To purchase passes or for more information on programming and parking, go to **www.ingenuitycleveland.com**.
Or call **216.241.6000**. Tickets on sale May 15th.
Mention Promo Code: JNEY • • • • •

ingenuityfest

BUY ONE,
GET ONE
FREE!

The
George Gund
Foundation

CLEVELAND
Foundation

JOE CIMFERMAN
COUNSELLOR • 2008-12

Ohio Arts Council

CAC CUYAHOGA ARTS
& CULTURE

PlayhouseSquare

insivia

RTA
GREATER CLEVELAND
REGIONAL TRANSIT AUTHORITY
www.rta.org

wviz

90.3
WJZL

ideastream®

SAVE 50%

Day pass \$10
Weekend pass \$15
Children 12 and under
are free!

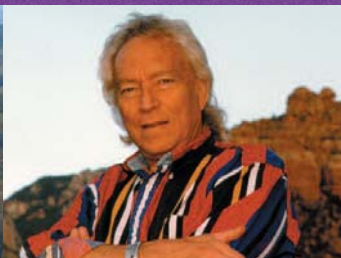
Fellowships of the Spirit Presents



School of Spiritual Healing
& Prophecy



Elixir Light Healing
School of Qi Gong



Spiritually Based Hypnotherapy/
Past Life Regression



School of Sacred Knowledge
& Geomancy

OPEN SEMINARS



Black Elk's Wisdom and Prophecy
Ed McGaa, J.D.
April 5, 2009



**Spiritual Insight
Training I**
*Elaine D. Thomas
or Jessie Furst,
and Ron Thornton
or Don Scott*



April 24 - 26, 2009 or
May 1 - 3, 2009



**Time for Action:
The Shift Preparedness Seminar**
Dick Sutphen • May 9, 2009

**The Ultimate Past-Life Regression
Workshop** • *Dick Sutphen*
May 10, 2009



Healing Retreat for Healers
*Rev. Tom Cratsley &
Rev. Sharon Hill*
May 23 - 24, 2009



A Weekend of Astrology
Robert Hand
June 13 - 14, 2009



Advanced Mediumship Tutorial
Rev. Elaine D. Thomas
June 20 - 21, 2009



Tools for the Working Minister
Barry Lillis
July 5, 2009



**Fellowships of the Spirit's
PSYCHIC FUN FEST**
July 11, 2009



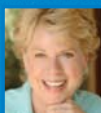
Mastering Immediate Message Work
Sharon Anne Klingler
July 12, 2009



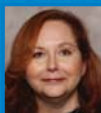
Healing Through Spiritual Anatomy
Rev. Tom Cratsley
July 18 - 19, 2009



Introduction to NLP
Mark Thomas
August 8 - 9, 2009



**Seeing Into the Body -
Medical Intuitive Training**
Caroline Sutherland
August 14 - 16, 2009



Healing with Sound...Healing Harmonics
Rev. Liz Cox
August 22 - 23, 2009



Shamanism: Ancient Healing for Today
Laurie Nadel
August 29 - 30, 2009



Pleiadian Agenda Activation Retreat
Barbara Hand Clow & Gerry Clow
October 23 - 25, 2009



**Moses...Liberator - Relater -
Terminator - Magician**
Rocco A. Errico, Ph.D., Th.D.
October 31, 2009



Call **716-595-2159** or register online at **www.fellowshipsspirit.org**

Fellowships of the Spirit Lakeside Learning Center
282 Dale Drive, Cassadaga, NY