

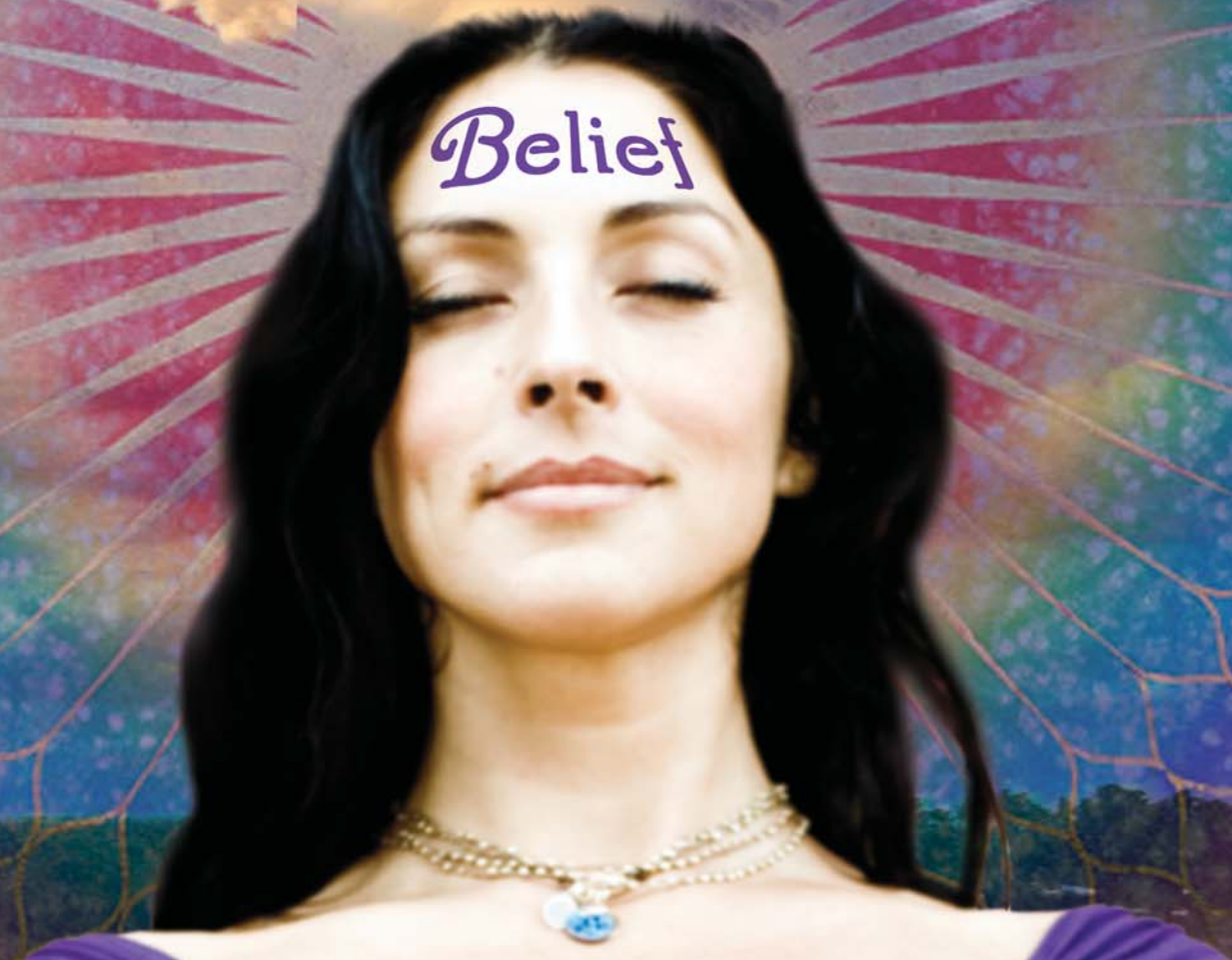
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*Belief*



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May.June.2010 | Issue 52

## From the Publisher

Have you ever been 100 percent convinced about something and then find your belief can change?

When I chose this theme I was thinking about how many things I was convinced were true in my life at one time that actually changed. They seemed to be so concrete, yet through a series of events, the belief dissolved.

A spiritual advisor of mine used to say, "Be careful what you put in your God box." What I believe he meant was that when I chose to believe something, I was choosing to give it power in my life.

There is a lot of talk in the metaphysical world today of the law of attraction – that thought itself will influence the things that become important in life. Energy follows thought.

More than 21 years ago I believed that I would have to drink in order to live in this world as I knew it. Then on June 20, 1988 my belief changed. I came to believe something different. It was an epiphany, change in an instant. Did I set out to change that belief? Perhaps – in that I had been in such internal pain for so many years; pain is a great motivator. But the truth is, I never believed that what I knew to be the truth could change – right up until the moment that it did.

Wars are fought over conflicting beliefs. Religion, boundary disputes, political ideology – these are just a few of reasons nations go to war against each other.

Isn't war just an outward struggle of conflicting beliefs?

In those years of hell that I put myself through with the drinking, I realize my belief was in a conflict with truth. I believed one thing: I had to drink. But the truth was that it was a lie, and somewhere deep within I knew it. I was in war with my two selves.

Today I "believe" that "beliefs" change. But truth never does.

May we each come to believe that which will manifest truth for all in this world we have created.

– Namaste' Clyde

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Publisher **Clyde Chafer**

Editor **Bob Rosenbaum**

Proofreader **Katie Krancevic**

Advertising Manager **Clyde Chafer | 440.223.1392**

Advertising Sales **Linda Laird | 440.975.1911**

**Ami Sciulli | 412.826.9107 or 412.605.7281**

Layout **Bill Wahl | 760.918.0121**

Feature Writers **Dr. Shavi M. Ali**

**Debbie Ford**

**Janeé Kuta-Iliano**

**Arielle Jacobs**

**Laura Lee**

**Susan Newton**

**Anthony L. Palermo**

**Robert Thibodeau**

**Rev. Elaine D. Thomas**

**Kimmie Rose Zapf**

**The Cover:**

Photography by Amir Magal: [www.amirmagal.com](http://www.amirmagal.com) • Design by Scott Hartwig with Psalm Isadora: [www.scotthartwig.com](http://www.scotthartwig.com)

**July/August Theme: Growth**

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# Contributors



## **Susan Newton**

As a child, spiritual counselor Susan Newton remembers being exposed to the beliefs that her parents knew to be true –truths that in many cases had been handed down from generation to generation. As an adult, she has learned to find, consider and adopt new beliefs, leading to an amazing discovery: What you believe does more than define might be; it defines how you understand what is.



## **Laura Lee**

Medium Laura Lee has learned not to think too much about certain hunches; she just acts. Which is why she found herself doing Internet research about celebrity chef Paula Deen moments before receiving a call from a client. It turns out the client and Deen have a number of things in common. But for the client to benefit from that knowledge, first she's going to have to make a breakthrough; she's going to have to start to believe in herself.



## **Rev. Elaine Thomas**

The Rev. Elaine Thomas first experienced spirits as a young child, after the death of her grandfather. Her mother would come to breakfast, telling of nighttime conversations with the grandfather. Though Mom would call these experiences dreams, there was something more to it: there was belief that the visits were real. Ever since, Thomas has been committed to believing the spirits that talk to her; over the years they've given her some good advice.



## **Robert Thibodeau**

Rudolf Steiner said, 'Know thyself to know the world, know the world to know thyself.' We are inseparable from the world around us, as well as from the inner life, the subtle bodies, the inner self, writes spiritual researcher and astrologist Robert Thibodeau. Fate and destiny are formed from what comes from outside us toward us, and from what comes from the inside out of us. We receive karma from past lives coming at us, our future unfolds from the mind soul within us.

**I**f you feel it difficult to trust, then you have to go back. You have to dig deep into your memories. You have to go into your past. You have to clean your mind of the past impressions... Make it a meditation. Every day, in the night, for one hour just go back. Try to find out all that has happened in your childhood. The deeper you can go the better.'

# Creating the Universe by Choosing Your Beliefs

By Arielle Jacobs

About a year ago, I made a drive cross-country and decided that I needed to spend a day in Sedona. I'd always heard about how beautiful and healing it is there. There are vortexes of energy that are said to be transformative for anyone who enters them...even if you don't *believe* in that sort of thing.

I thought about this as I hiked up the side of a large rock formation; I wondered about this land and about the energy here. Do these rocks contain memory? Do they remember what it felt like here millions of years ago? Do these rocks have a soul?

When we are raised, we are taught to believe what our parents believe. I went to a Catholic school and attended church for the first 15 years of my life. I was taught to believe that Jesus is the son of God, and that anybody who doesn't agree is damned to burn in Hell. In eighth grade, I asked my nun-teacher, "Are the dying orphan babies in Africa who haven't been baptized going to burn in hell?" She said...yes.

I wondered about those dying babies in Africa, and about the millions of Hindus and Muslims, and the tribal people of Peru. Is everyone else really damned to perpetual Hell for not knowing or accepting Jesus as the Christ?

For nearly 2,000 years, no one contradicted the geometric theories of Greek mathematician Euclid of 300BC, and how he described the structure of existence. Today, several non-Euclidean models of geometry (i.e. Riemannian, Lobachevskian) are used to explain what we perceive as reality.

There was a time when Galileo was imprisoned for insisting the Earth is *not* the center of the universe, that it actually revolves around the sun. Every day scientists are probing more deeply into different levels of reality.

Quantum mechanics, physics and relativity are attempting to explain the interrelatedness of all of things in a coherent way, through a single unified theory. By exploring string theory, the zero-point field, or Dr. Masaru Emoto's *Hidden Messages in Water*, we are discovering how much more exists than meets the eye.

## How it Comes Together

So what are we supposed to believe if everything is so indeterminable?

It seems to me belief begins as an idea that we inherit from our family, society and institutions. We are raised to believe in the certainty of a particular religious stance, or in the pride of an ethnic culture, or the reliability of mathematics and science.

But moments arise that nudge us to challenge those instilled beliefs. Like the answer I received from my nun-teacher in eighth grade. In that moment, the idea of children burning in hell didn't make sense to me logically or intuitively. From that day on, I knew my beliefs were going to change. I knew that what I believed couldn't be based solely on what other people have told me is true.

**'One end of the spectrum encourages connection and compassion between myself and other beings, while the other results in separateness and judgment.'**

Why does it matter so much what we believe?

I think there must be a correlation between our minds and our outer reality. What we think or choose is an enormous responsibility to sort through. Which thoughts are positive, which are negative, and what if someone else disagrees?

How then do our beliefs matter in a grander context? Does my having a belief, or believing in something specific like a rock having a soul, make it OK for someone else to believe that everyone who doesn't believe in Christ will burn in Hell? Or that all Jews must be exterminated from the planet?

Philosophically I am pantheistic, meaning I believe that all things/matter/beings, have a soul, and are therefore divine and perfectly interrelated. Religiously, I was raised half Jewish and half Christian. So in that context it seems that I should burn in Hell after being exterminated from the earth.

To me these ideas exist on a spectrum of possible truths. One end of the spectrum encourages connection and compassion between myself and other beings, while the other results in separateness and judgment. What we believe matters tremendously.

## Deciding What to Believe

Our actions are the result of our beliefs.

Behavior seems to be the child of Belief. Therefore, it is important to choose our beliefs carefully, yet not hold on to

them too strongly. When someone holds their beliefs as the ultimate and only possible truth, they unconsciously close off their minds and hearts to any greater possibility.

This type of resolute belief might instill a strength and righteousness, because a person knows that what he or she believe is “the real truth.” But what else does it do? What if we admit that we do not know, and will never know, the ‘real truth?’ And instead explore the idea that any belief we have is simply a conscious tool to create the life we currently envision for ourselves – while also respecting the possibility that at any time one of those ‘moments’ can come along and change everything.

Sort through your heart and mind; ask yourself which of your beliefs are chosen, and which were inherited. Make a conscious decision to let go of inherited beliefs that don’t feel true for *you*, and don’t positively serve you.

Consciously choose to hold onto the beliefs that allow you to live more openly and compassionately.

For me, these chosen beliefs include the ideas that everything happens for a reason, that everything that happens is a gift, that everything and everyone in the Universe has a soul and divine light, and that every positive or negative thought I have is simultaneously creating a similar reality in my life.

This gives me a sense of personal responsibility for anything that might appear like it’s happening *to me*.

If we can understand the power of beliefs as tools to create a more positive personal reality, then the world we create could be a more peaceful place – instead of one where everyone is trying to force ‘their ultimate truth’ down each other’s throats, or quietly and unconsciously judging others

who don’t agree with them.

### Not Too Small to Matter

As I stood on the red rock in Sedona, I experienced a deep sense of neutrality. I understood that my beliefs don’t actually matter in the grand scheme of the universe. The universe will go on doing its thing. But simultaneously I realized that my beliefs *do* matter, greatly, not just for me, but also for the world around me, since my beliefs and subsequent actions affect everything and everyone I encounter.

I am a being creating the universe. These rocks have been here for millions of years. This sky, and these trees have been here too and will continue to be here long after I’m gone.

There is no way for me to know what is ‘the truth’, and it’s not important for me to figure it out.

What matters is how I live my life in the meantime. How I behave toward other beings, and how I react to whatever life presents. If I choose beliefs that enable me to act positively and with love, then I am doing the best I can to experience the world in a compassionate, open, connected way, and to understand my role

as a creator of this world, by believing in my own divinity, and yours, and even the soul of the rock.

*Arielle Jacobs is a professional singer/actor/writer based in Los Angeles and New York City, who does her best to add beauty to the world through creative self-expression. She can be contacted through her website: [www.ariellejacobs.com](http://www.ariellejacobs.com).*

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# How Your Belief Opens the Gateway to Expansion

By Susan Newton

**W**hen I was a child I was exposed to those beliefs that my parents knew to be true. Of course these were handed down to them by their parents and so on all the way back. Each generation expanded through new knowledge and wisdom that allowed for new beliefs to be held as “true.”

In each generation there was growth that was created through choices to do something different than was done before. This is how families evolve.

I was exposed to many things as a child that I choose to do differently as an adult. For me a belief is the gateway to expansion. It's not something that I hold tightly too – rather a way for exploration and discovery of what really does ring true for me.

What do I know to be true? What serves my highest good and the highest good of all that is? As I journey through life I encounter many people's beliefs through my relationships. There are a wide variety of beliefs out there. It then becomes my choice whether to incorporate each belief into my system or not.

Above all else, I believe that love, honor and respect are the qualities that allow us to unite here upon Mother Earth. This is what I know to be true of my way of life and thinking.

No matter what is occurring around me or out in the world, I can always make the choice to forgive, and to accept that everyone is on their journey and they are just where they are supposed to be. Their Higher Selves are guiding them to the experiences that will best allow them to evolve through their choices.

I interact with people daily, as does everyone else, and we all assist each other in discovering what our belief systems are. What I truly believe always has to do with something that I've experienced. Once I have the experience I am able to shift from believing that something might be possible, to knowing that it “is” because I have experienced it for myself.

In my everyday life I am continually exposed to new experiences that allow for new beliefs to unfold. There are things that I know to be true now that I couldn't have even imagined as a possibility before.

This is because I remained open to new wisdom that allowed for others' beliefs to enter my life experience, and once I had the experience I then knew it to be true.

## What's Possible is Real

My most profound journey of belief has been to know and understand that we truly are all one.

How do I know this? Because I have had one experience after another that involved synchronicities unlike anything that anyone in our physical world could possibly orchestrate. The more I believe that something “is”, the more it shows up in my life. The Law of attraction/ Law of Vibration is hard at work for each and every one of us every day whether we know it or not. I believed it was possible and now I know it to be true, because of the experiences that I've had.

**Above all else, I believe that love, honor and respect are the qualities that allow us to unite here upon Mother Earth.**

How fun that just by believing something is possible we open a gateway for the experience to manifest into our life experience. And even more wonderful: We are all continuously sharing our experiences with our friends and family, providing them with new opportunities of belief.

I have learned to really examine whether what I “believe” is still serving my highest good and the highest good of others. If everyone here on Mother Earth could have the belief that every choice that they make has an impact on the whole, maybe we would be a bit more careful with our choices.

It's my belief that taking 100 percent responsibility for my actions and being honest and compassionate as I communicate allows me to bring forward unconditional love to everyone.

Our beliefs are our gateway to evolution. As we are open to experiencing new things in our lives, we evolve and our belief expands to something new and different. We are all evolving together through our beliefs.

*Susan Newton is a spiritual counselor and teacher, and interactive medium and verbal channel, bringing forth the Unconditional Love of the Christ Consciousness. She can be reached through [www.Blessingsfromspirit.com](http://www.Blessingsfromspirit.com).*

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# Kabbalah and belief: Revealing its true nature

By Dr. Schavi M. Ali

**T**he dictionary definition of belief is, “The mental act, condition or habit of placing trust in something.” This means, then, that we have faith in someone or some action that either regularly takes place or that may occur in perhaps a surprising manner – that we may even label as a miracle.

People tend to have religious beliefs, social beliefs, philosophical beliefs, etc. For example, people who believe in a certain religious doctrine have faith or belief in the tenets of that path; social scientists divide people into certain groups called “upper class,” “middle class” or lower class”, etc. and believe that each group has a particular behavior pattern (and some even think that certain groups have a particular intellectual ability).

However, when we elevate our consciousness and consider language from a metaphysical perspective, we derive a more profound understanding of life and our place as human beings in the divine plan.

Taking a look at language history, we find that the ancient language known as *Medu Neter* – which translates to “Sacred Speech” – is actually the parent language of many others, one of which is Hebrew. The Greeks referred to *Medu Neter* as hieroglyphics, which means “word pictures.”

In *Medu Neter*, the phoneme *heb* means “priest” and *rew* is a linguistic derivation of *Ra*, which means “light” and was also one of the names for the divine. Thus, technically, “Hebrew” means “Priestly Light.”

**‘In *Medu Neter*, the phoneme *heb* means “priest” and *rew* is a linguistic derivation of *Ra*, which means “light” and was also one of the names for the divine. Thus, technically, “Hebrew” means “Priestly Light.”’**

This is fascinating when we consider that the original Hebrews – the *Habiru* – originated in a northern African nation called Libu, and came for the first time into Kemet (Egypt) in 1853 B.C.E. due to famine in their own land. There they learned of the spiritual science of the inhabitants of the Nile Valley and, over the centuries, developed a sophisticated mystical system from its roots.

In the mystical path called *Kabbalah*, which in Hebrew means “that which has been revealed,” words are analyzed via the science of *Gematria*, whereby each letter vibrates to a certain number, and each number has a profound meaning. The word belief, for example, vibrates to the number 30 which is the Hebrew letter *Lamed*, which means “a heart that understands knowledge.”

In other words, true wisdom comes from the heart.

Interestingly, long ago the sages taught that the heart was the altar of the body temple and was the seat of conscience. As Edward Hoffman writes in *The Wisdom of the Hebrew Alphabet*, “When our knowledge is heartfelt and not just cerebral, everything advances toward divine redemption.” Our compassion, charity and love sustain the world, and we daily receive blessings and even revelation.

Too many people relate to others from the perspective of ego. They delight in impressing others with their accomplishments without realizing that, as an old proverb teaches, “To whom much is given, much is expected.” Thus, those who have achieved the most, are required to help to elevate human consciousness, especially in these critical times when warfare, famine, disease and other horrendous challenges are raging.

One night several years ago, I dreamed that an angel with huge outstretched wings was carrying the orb of the Earth higher up into the heavens. As the angel flew consistently upwards, the letter *Lamed* also flew up next to the Earth. As I awoke, my Higher Self knew the dream was a message about the need for human elevation, and that we are being aided in our quest for spiritual advancement by both angelic presences and special human beings variously called saints, bodhisattvas or avatars.

Such beings are freed from the pressures of fame so that they may esoterically perform uplifting acts. They usually live simple, humble lives. Their belief is that humanity collectively is a reflection of the Divine, and thus has the power to align with ethereal energies and heal the planet.

These saints, bodhisattvas and avatars are conduits for righteous deeds, and they guide and intercede for others.

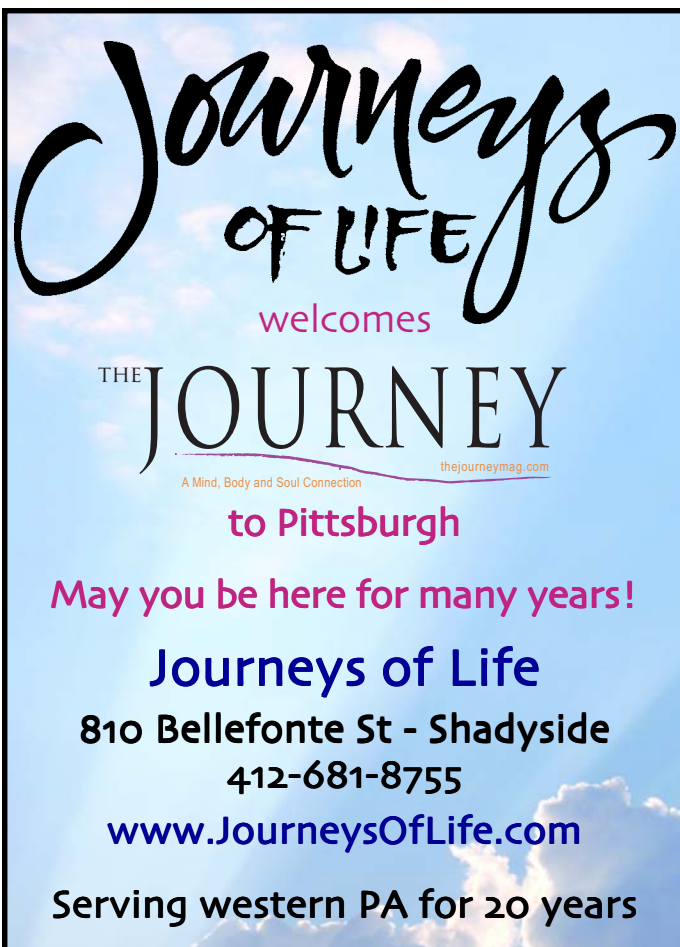
Certain societies pour libations to these ancient ones; others pray to them; some carry symbols of them as protective or healing spiritual tools.

All believe in the power of such beings. Examples of such personages are Bhagavan Krishna, Gautama Buddha, Tara, Kwan Yin, Isis, Yeshua Ha Messiah. There have been many. Each came in a different era of time, but each had the same message, which was essentially that we are the microcosm of the Macrocosm.

Each of us has the ability to exact *Lamed* in our lives – heartfelt wisdom that is not based in college degrees, financial wealth or social status. Rather, it is based in the belief that each of us is related via our Higher Selves, our Souls, and when we reach up to our greater being-ness, like the angel in the dream, we can help to uplift our entire planet. We are all one family.

*Dr. Schavi M. Ali is a retired college professor whose consulting company, Kem Sia International observes the motto: "Dedicated to the Elevation of Planetary Consciousness and the Healing of Spirit, Mind and Body." Dr. Ali is a Reiki Master, a Gemstone Therapist, a Dried Blood Cell Analyst, a Sufi Mystic and a Kabbalist. She is a seminar teacher and author, and was recently appointed vice president of the Southfield, Mich., Lions Club. She may be reached at [Divinelight@att.net](mailto:Divinelight@att.net).*

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# DIANE'S DINER

## HOW A CELEBRITY CHEF HELPED DIANE TO BELIEVE

By Laura Lee

**I**t's nearing the top of the hour, minutes before my client Diane rings in for a phone consultation. Suddenly, I get a strong hunch that moves me to do a quick web search on Paula Deen. Yes, that warm but sassy, silver haired, southern-comfort mother of a chef.

Like Ms. Deen, my client Diane is sassy, outgoing, friendly and also a divorced mom with two children. She has hosted a few of my private parties, so I've gotten to know her well. She has this gift of cooking amazing food and making the people around her feel special.

Paula's biography pops up on my screen and the word *agoraphobic* jumps out at me. *Very interesting.* I think I'm onto something here, because Diane still has her biggest hurdle yet to conquer.

"And it is to move out of that darned house where she and her ex-husband live," a man leaning over my shoulder shouts!

The spirit startled me. It's Diane's dad, Thomas. He said that I must tell his daughter that she can have her dream restaurant once she moves out of the house.

That isn't an easy message to pass on to Diane, I thought. I don't think she's ready.

But Thomas had a different idea; he insisted I share his message. He said I should start by telling Diane that the last time he and I spoke was when his son, Roger (Diane's brother), a military officer, had a meeting to connect. We failed because Roger didn't believe. I had conveniently forgotten this memory until now. Skeptics simply waste my time. In fact, I recalled warning Diane that she shouldn't schedule this meeting between father and son, because the end result wasn't what she desired. What she wanted was her brother to believe that making a connection to his deceased father was real.

I put my phone's earpiece on when Diane called. I told her Dad stood by and was disappointed in our effort to make a believer out of Roger.

"You're right," she said, "Roger called me after your meeting to tell me he wasn't convinced."

"That's cool, not everyone is going to believe," I said. "But your dad wanted me to remind you of the incident as validation that he was here in spirit."

"Can you ask him if I can believe that the spare dimes I found were from him?"

Thomas stood there with a smug look on his face and shrugged. He made me laugh, because I think he was just as confused as I was by her question.

"I don't think we can ask him if *you believe*, Diane; only you can ask yourself if you believe the dimes are from your father."

"Oh, yes," she exclaimed, "I do."

"Then why do you beg the question from your father *that you believe?*"

"Just to see..." She trailed off.

I got a feeling that she needed to hear if she could still believe in her dad's presence, but let it go when Thomas whispered that I bring up the restaurant now.

"Okay," I said, leaning back into my chair. "Your dad says we need to discuss the restaurant..."

"Yes!" Diane interrupted, "I had two offers to buy into my own restaurant. Yet, I don't seem to make the leap. I'm not sure what's holding me back."

"Part of it is timing," I said. Then I am flashed an image of a restaurant. "Was one of those offers from Maggie's?"

"Yes, it was, but he's asking way too much. I just don't

**'The spirit startled me. It's Diane's dad, Thomas. He said that I must tell his daughter that she can have her dream restaurant once she moves out of the house.'**

think Brett believes in me anyway."

"I'm sorry...*who* is Brett?"

"The owner of Maggie's, where I work."

"Interesting," I said. "I think we have a theme. Why is it so important for *Brett* to believe in you for you to own a restaurant?"

"I practically run the place and I don't feel I get the deserved credit."

"And I don't think you'll ever have it Diane," I adjusted in my seat. "Especially if you keep seeking his approval to run your own restaurant. He isn't the person to give you permission. You are."

Her silence gave me the impression that she reflected on what I said. Then I saw Diane's dad point to a neon sign flashing the words Diane's Diner.

"It doesn't much matter what Brett thinks anyway...it's a done deal."

"What do you mean done?"

"I see it," I said matter of factly. "Diane's Diner, your restaurant's sign."

"Really?"

"Yes, which leads me to my next point: Paula Deen."

"Who?"

"Paula Deen is a famous chef on TV. She was a divorcee, too, with two kids. She founded a restaurant. Sound familiar? According to her bio here on my laptop," I leaned in to get a closer look, "she was agoraphobic."

"What's that?"

"Someone who has trouble leaving their home. You are not by any means a hermit, just reluctant to leave. Like Ms. Deen, I believe it has something to do with you holding back from making important life decisions. Speaking of which, how is your ex?"

While Diane talked, I pasted and copied Dean's link into a new email. Then I typed *read me* in the subject header, entered Diane's email address and pressed send.

"John's there, of course, but I just can't forgive him for the affair."

"I understand that the kids are an important part of that equation Diane, so by no means do I judge you on your decision to live with your ex-husband. But I think you'll find yourself with more choices when your youngest leaves for school." A girl in a graduation cap and gown, holding a diploma, pops up on my radar. "Isn't she real close to graduation?"

**'Her silence gave me the impression that she reflected on what I said. Then I saw Diane's dad point to a neon sign flashing the words Diane's Diner.'**

"Yes. Next year."

"Very good. Another confirmation from grandpa, your dad, here."

"You've pretty much freed me to let my kids go, Laura."

"How so?" I asked.

"You told me to put them in a white light, like angels wrapping their wings around them so that they are protected, to bring ease of mind. It totally worked."

I nodded my head in agreement, understanding only as one parent to another could. "Sure it does," I replied. "You have to

*believe*, in your own heart, to know it's true."

When I closed our conversation, Thomas, wasn't happy with me for not communicating what he asked. In fact, he said I was beating around the bush and asked me to tell Diane to move out again. Then he pushed forward all these containers filled with pennies. I pretended not to hear him and went about my business, but he wouldn't leave me alone. He kept smiling and pushing those containers toward me at yoga class, as I worked, my trip to the bank, while I made dinner and before I fell asleep at night. He drove me nuts.

*"Okay! Okay! I'll send it."*

I sprang from my bed to write the following email:

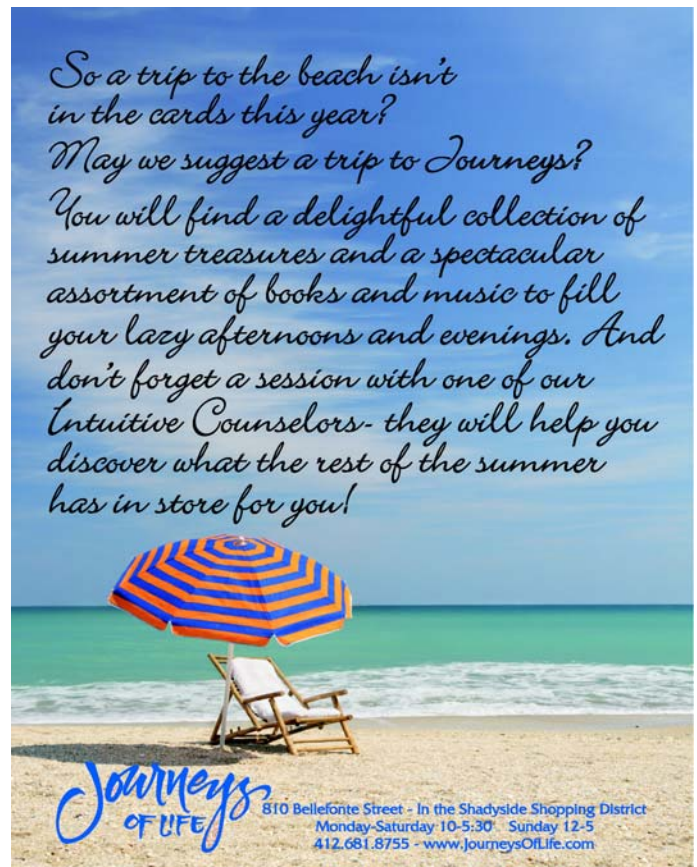
Diane, I'd like to add that when you move out on your own things will pop. Be sure to read Paula's story. P.S. Your dad keeps pushing containers filled with pennies toward you. Does that make any sense to you?

When I sent the email, Thomas was finally gone from my field. It made sense to me, but I was hoping she would see it was her dad's way of suggesting she save her pennies and/or all that money she keeps finding from him. This is how she replied.

Thanks for sharing. No, the pennies in containers don't ring a bell. Maybe my brother or sis will understand? I'll ask. My dad was always so cute with the change in his pockets, giving everything away except for the pennies cause he would say you would need a lot of those to buy something, in his cute little adorable voice and his smile. By the way, I got approached, yesterday, about the same restaurant! I am willing to help them out, but didn't want to give away too many of my ideas. Diane

I smiled after reading her email. As I mentioned to Diane's dad earlier, I didn't think she was ready to receive the message, but after seeing how she is holding onto her dream, she's well on her way to believing in Diane.

*Medium Laura Lee is heard on the Magic Morning Show in Illinois and has appeared on FOX, NBC, TLC, PBS and Discovery Channel. She helps legal authorities with missing children. [www.MessagesOfLove.com](http://www.MessagesOfLove.com); LA Office 818.762.1036 / †IL Office 309.888.4589. Laura will be a featured speaker at the Journey Expo Detroit April 25 from 3:30-5:30 p.m. Tickets for her presentation and other information can be found at [www.thejourneymag.com](http://www.thejourneymag.com).*



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## Don't Believe in Magic, Just Me and You

By Robert Thibodeau

If you believe it, you'll see it; if you live it, you'll come to know it; if you love it, you'll become it; awaken it. Belief is a noun. Spiritual Self is a verb. We and the world are the subjects. Belief is a trust in something. It is Piscean Age belief that someone is going to make it and come back for us, that somehow the world is going to be saved; or at least some of us or some part of me.

A belief is a trust or confidence in someone, some fact, perhaps in a god.

A belief is some kind of acceptance or trust. It is trust in a state, or future state, of affairs. In the coming Aquarian Age, individual self is the belief, the religion. We are learning to believe in our Self, the inner and outer, the being and becoming. Furthermore, each person wants to *know* for themselves, not just *believe*.

"Re-examine all that you have been told...dismiss that which insults your soul." – Walt Whitman

Buddha said, "Doubt everything." In other words, check everything out for yourself. The true idea of the Aquarian Age is to not *believe*, but to *Know thy Self*. The ancient Greek/Egyptian Mysteries had it as a major injunction, "Mind know thyself, and thou will come to know the whole world."

Rudolf Steiner said, 'Know thyself to know the world, know the world to know thyself.' We are inseparable from the world around us, as well as from the inner life, the subtle bodies, the inner self. Fate and destiny, karma and dharma, are formed from both what comes from outside us toward us, and from what comes from the inside out of us. We receive karma from past lives coming at us, our future unfolds from the mind soul within us.

"Moons are no more bounds to spiritual power than batballs. The key to every man is his thought."

– Ralph Waldo Emerson

Perhaps there is something called "conscious belief." In Bruce Lipton's book *The Biology of Belief*, science is proving that our thoughts, feelings and beliefs can create bio-

logical states of matter and life. Scientists now prove our "belief" makes water take different subtle geometrical shapes. Thinking and feeling can change our biochemistry.

An old Tibetan saying is, "Where the mind goes, the body will follow." My first spiritual teacher said, "If you believe it, you'll see it." I believe we can change our thinking and feelings to change ourselves. Macrobiotics teaches that we can change our diet to change our thinking. We can thus change bottom up, or top down.

**'It is becoming clear  
that what we believe  
creates our reality.  
What we believe also  
creates our illusion –  
what we think we see.'**

We can also just zero in on the heart. Love and truth are ultimate transformative powers that we have just barely tapped into. It is this cosmic spiritual force, that of the spiritual soul awakening in the heart, that may, in the end, bring us both world peace and self-realization.

It is becoming clear that what we believe creates our reality. What we believe also creates our illusion – what we think we see.

But what is reality? Isn't reality both an outer and inner experiences? How many have it outwardly but not inwardly? Inwardly but not outwardly? The Beatles may have it right, "Within you and without you." And I add, there is a mind that awakens in the middle way, often crucified between the two. This is the Higher Self of H.P. Blavatsky, the Buddhimanas. It is the consciousness soul and reincarnating ego of Rudolf Steiner. It is the mindfulness of Buddha. It is the silent witness and watcher of Osho.

*Continued on page 18*



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We are love. We are truth. We are infinite possibility and potential. We are heaven and hell. We are whatever we want to make ourselves into. We are what we fear and desire. We can transcend fear and desire. There is a deeper reality to ourselves and the worlds we live in. Steiner's *Outline of Esoteric Science* speaks of it, as does Blavatsky's "*Secret Doctrine*." So do Gandhi, King, Einstein and all true mystics and saints. This infinite potential lives within us. All the birds sing of it. The stars and suns shine of it. It is only secret to us. Perhaps we need an apocalypse, a contrast to happiness, to realize and appreciate what we already have. John Lennon sang a song called *God*:

God is a concept,  
 By which we can measure,  
 Our pain,  
 I don't believe in magic,  
 I don't believe in I-ching,  
 I don't believe in Bible,  
 I don't believe in tarot,  
 I don't believe in Hitler,  
 I don't believe in Jesus,  
 I don't believe in Kennedy,  
 I don't believe in Buddha,  
 I don't believe in mantra,  
 I don't believe in Gita,  
 I don't believe in yoga,  
 I don't believe in kings,  
 I don't believe in Elvis,  
 I don't believe in Zimmerman,  
 I don't believe in Beatles,  
 I just believe in me,  
 Yoko and me,  
 And that's reality.

It's best to be yourself, not only are all other selves taken, but God (destiny and fate) can't find you if you are not yourself.

It is our historical turn to believe in ourselves. Many of us believe in another person to save us. Rare is it that others don't let us down or betray us. Who else can carry our burden, our karma, our destiny? It is time that we cease lying to and betraying ourselves.

Continued on page 20



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*Continued from page 18*


There is no need for further suffering, there's enough to go around. All of us need to arouse compassion and a will to act for freedom out of love and truth.

It is time to believe in higher self.

It is time for each of us to not just think and talk about it, but be it, become it, live it. It is an old wise saying, "Live the life to know the teachings." Before one can be selfless, one has to have a self. It is time to rediscover the unique spiritual opportunity and wealth within each individual.

**'Many of us believe in another person to save us. Rare is it that others don't let us down or betray us. Who else can carry our burden, our karma, our destiny? It is time that we cease lying to and betraying ourselves.'**

*Continued on page 22*



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Each of us must look within for a new age to mature and dawn and flower from our own hearts and minds. I don't believe, I know!

There is truth and love within each one of us. We all want to be happy and joyfully participate with each other in creating a new heaven and earth. In our Spirit we are already free, in our Soul we are brothers and sisters, love and compassion. In our actions and body we are servants of a new dawn, a new age, a higher virtue angel. There is no religion higher than truth, no science deeper than love and compassion, no art nor wonder greater than being human, open and willing to learn.

**'We are love. We are truth. We are infinite possibility and potential. We are heaven and hell too. We are whatever we want to make ourselves into. We are what we fear and desire.'**

When we drop desire and fear and cross the river to the tree of life, all of us are angels.

Many words are spoken, deeds speak for themselves with truth unbroken, compassion and happiness to all.

Each Heart is Architecture

When the dark and light do weave  
the tapestry of soul, every moment  
that we shared reveals its true gold;  
then the truth, the love, the secret  
beyond everything one could know  
will find the co-creator, the deeper  
highest part of Soul; World, its Spirit  
ever changing form and grace, love  
without end, heart truth will find its face  
and hands, hold all the world again  
sacred  
in place and time, each heart  
a rainbow hue, each path a curvature  
leading back to each and all renewed.  
Each thought a light, each gesture song,  
each heart is architecture of poem  
and song.

Poem by Robert Thibodeau

*Robert Thibodeau is a spiritual researcher and astrologer available for private consultation and speaking engagements. His metaphysical folk rock music and poetic songwriting is available for download and purchase from [www.CDBABY.com](http://www.CDBABY.com). His website and astrological newsletter are available at <http://web.mac.com/mayflowerbookshop>. The Mayflower Bookshop is located at 2645 W. 12 Mile Road, Berkley, Michigan.*



# THE YOGA PAGES

## If You Can Believe, Then You Can Change

By **Janee Kuta-Iliano**

**M**ost of us are carrying around something we wish to change about ourselves. Maybe it is the way we treat people or how we neglect the ones we love; eating too much of the wrong foods or never finding the time to exercise or sleep more; quitting smoking or losing weight, reducing stress or controlling our mouths and emotions...the list goes on and on.

We have become accustomed to these habits and are fearful of the effort it will require to change. All we know is that day in and day out our inner voice is pleading for us to break a habit or change a behavior that is no longer serving us.

We wake up strong believing that today is the day to make the switch but by mid-day forget the whole thing. We tell ourselves it is too hard and resort to trying again tomorrow.

We put the task up on a shelf for another day and beat ourselves up for not doing what we know we need to do. The whole cycle is exhausting.

I can relate to the need for change – and the realization that not changing adds fear and anxiety to daily living.

There are two types of fear in life: fear of change and fear of not changing. I think I am most afraid of not changing – of going around the same mountain over and over again, never learning the lessons that continue to repeat in my life.

So what type of life are you living and do you believe you can change?

If we are ready to take our lives and relationships in a healthier direction, we have to be willing to roll up our sleeves

and get to work. Anything worth having requires some effort on our part. Here are some suggestions on how to plan for your success.

### Plan for Change

Planning is most important when making a change or breaking a habit. It is hard to be successful at anything when we are not prepared. Just as we make plans for anything we do, we have to plan to be healthy or plan to spend time with our loved ones, etc. We cannot wake up without a plan on how we are going to deal with cravings or distractions.

Spend some time figuring out the best way to be successful at your goals. See yourself going about the day being triumphant and loving how it makes you feel.

Now with some vision, take action and be determined to stay peaceful and calm throughout the day. When we lose our peace, it's because we are doing, thinking or saying something that is not aligned with our true self.

Our feelings are the internal thermometer that tells us when something is off. Listen and pay attention to how you feel throughout the day. Are you feeling anxious or annoyed? Is there endless chatter going on inside your head?

Chances are you are doing, thinking or saying something that is not aligned with where you want to be. Instead of being obedient to other people, be obedient to your inner voice. People-pleasing gets most of us hooked into things we don't really want to do and that will steal our peace and ability to change.

As soon as you feel your peace or power shifting, take inventory; notice what just happened that caused a change.

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If we don't quickly get back to a peaceful state, chances are we will head in a downward spiral and the whole day gets ruined. We become weak and start making poor decisions.

**'There are two types of fear in life: fear of change and fear of not changing. I think I am most afraid of not changing.'**

#### **Insist on Peace**

Be completely determined to have peace in your life. Dr. Darren Weissman states that, "The key to sustainable inner peace is discovering the inner dialogue your body and life are having with you."

When we are passionate about maintaining peace in our life, everything falls into place. We break old habits and behaviors simply because we cannot stand how they steal our peace.

Do whatever it takes to keep your inner scale balanced. That may mean quickly apologizing for something you just said, or walking out of a store that is stirring up cravings. Maybe it's necessary to leave work for a minute to take a deep breath.

Be determined to not let anyone or anything steal your peace. Listen to what your body is telling you.

We gain such confidence when we are obedient to our inner voice. We become useful to God when we stop reacting to everything and instead take a moment to process a situation and then make a mindful decision on how to act. The job is to take inventory of how we feel at any moment of the day. Don't slip from that mindfulness.

We receive what we believe. Knowing the truth about ourselves renews our mind and gives us strength. The truth is that we are all good people and that God loves us all no matter what we do.

Truly knowing who we are and how much we are loved allows us to be kind to ourselves while we are in the process of change.

We tend to focus on our faults and shortcomings more than our strengths. Focus on what you are good at – what you can do at this moment – and believe that good things are at work inside of you. Be thankful in advance for the blessings that are not yet visible; believe that you will reap the benefits of positive thinking in the times to come. We may not even know it or see it yet, but we are changing. How refreshing is that?

#### **Believe You Can Change**

So what have you been sowing in your life lately? Are your thoughts filled with negativity? Is your conscience telling you to make a change in your life – and are you listening?

Do you continue to ignore the inner voice that is telling you to take the leap and leave behind thoughts and behaviors that are no longer serving you? Do you keep reliving



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useful to God when we  
stop reacting to  
everything and instead  
make a mindful  
decision on how to  
act.’**

the same experiences that leave you feeling unsettled and stressed?

Faith is taking one step at a time – believing what we can’t always see. We have no idea where life will lead us, but let’s spend the time we do have becoming who we truly want to be.

As much as we need to put effort into ourselves, I don’t think works alone can turn someone into the best person we might envision for ourselves. We need something else to lean on, to fully trust in to help guide us along the way. Having a strong spiritual connection has been the true icing on the cake.

Staying connected to God has taken my life to a whole new level of peace and balance. We cannot rely just on our own willpower and works to change, so I encourage everyone to lean on the transforming love of God to supply what we don’t always get through the day.

Believe in your ability to change. You and God are the only ones who know how to take care of you. Let us all live a life full of purpose and passion and most of all peace. I believe that if each of us developed into the person God gifted us to be, the world would be a different place to live.

*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 and raw foods chef, offering Internal Cleansing & Detoxification Programs, Juice Plus+ Nutritional Products and instruction on Raw & Living Foods. Visit her website at [www.aliveone.net](http://www.aliveone.net) or contact her at 440-478-9802 or [janee@aliveone.net](mailto:janee@aliveone.net)*

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

**Yoga Now** - Serving Mentor, Painesville, Concord Twp., Madison and beyond. Please check our schedule and contact info at [www.yoganowstudios.com](http://www.yoganowstudios.com) or call Amber at 440-796-7810.

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

**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](http://www.fairportdanceacademy.com); (440) 639-8181

**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](http://www.vickyelwell.com) [www.bhumiyoga.com](http://www.bhumiyoga.com)

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## Yoga Events/Workshops

**Journey Mind, Body & Soul Expo** - This year's Cleveland expo will be on September 10, 11 & 12, again at Lakeland Community College in Kirtland. Headline speakers will be Debbie Ford and Psalm Isadora. Stay tuned to the Journey magazine for updates, or visit [www.thejourneymag.com](http://www.thejourneymag.com). Interested vendors can call 440-223-1392. See pages 14 and 15 in this issue.

**Yoga Ed Tools for Teachers The Complete Training** - A Two Day Workshop • June 14 & June 17th at Namaste' Yoga Studio, Sagamore Hills, Oh. Tools for teachers in an experiential, interactive and FUN course which offers an evidenced based model to integrate yoga based practices into the K-8 classroom. Professional Development/ Graduate Credit available (\$100 for both training days) Presented by Polly Manke, CYT, Yoga Ed Certified Instructor K-8. Additional information go to: [www.namasteyogastudio.net](http://www.namasteyogastudio.net) or call 330-908-0700.

**Join Todd Norian and Ann Greene for Anusara Yoga Immersions.** Level1 Sept. 10-14 Step Into The Current of Grace; Level 2 Oct. 13-17 Awaken the Heart of Transformation; Level3 Dec. 1-5 Bask in the Splendor of Recognition. For more info check out our web page or call 330-908-0700. Namaste' Yoga Studio, 367 W. Aurora Rd., Sagamore Hills, Oh. 44067 visit [www.namasteyogastudio.net](http://www.namasteyogastudio.net)

**Life in Balance Quartz Crystal Bowl and Electronic Sound Healing Meditation** - Sunday, May 23rd, 7-8:30 pm, \$25 Schoolhouse Yoga, 2010 Murray Avenue, Pittsburgh, PA 15222, 412-401-4444, For more info visit [www.LifeInBalanceMusic.com](http://www.LifeInBalanceMusic.com)

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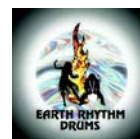
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# THE JOURNEY HOROSCOPES

# INNERVIEWS

By Kimmie Rose Zapf

## Aries

**May** — Your energy is scattered this month, so carefully consider all decisions. Direct more effort to focusing on tasks at hand. Don't spin your wheels worrying about things that can be dealt with at another time.

**June** — This is a good time to look into long-term investments, but remember all financial decisions must be considered carefully. Keep a close eye on personal and romantic relationships. Those need attention, too.

## Taurus

**May** — Change the format and structure of your life. To help create new order, get plenty of rest. Listen to your inner voice and you will create more balance between the earthly and spiritual dimensions.

**June** — How about a vacation? It will give you time to refocus your energy on yourself. Don't worry about what others would do. Find an affordable place that appeals to you and go. Be spontaneous and do some planning for the best results.

## Gemini

**May** — This is a spiritual time in your life. There's no room to second guess yourself. Listen to your inner voice and follow your purpose in life. Trust that the guidance you feel is correct and it's leading you directly where you need to be.

**June** — Yes, you're busy this month, but take time to travel. Visit and reconnect with people, places and things in your life. There is a wonderful, uplifting energy that will come to you when you do this. Give yourself this time. You'll be happy you did.

## Cancer

**May** — You'll have the opportunity to bring several elements of your life together. This will be a good phase for you, but view each element of your life cautiously. Be very discerning about what you choose to keep.

**June** — Now is a good time to plant new roots in your life. Take a good look at the landscape around you, and decide carefully what you want to create and what no longer fits. By doing so, you are creating a solid foundation for the rest of your life.

## Leo

**May** — Coming changes will bring new things, even possible moves. There may be a good opportunity in sales. Consider it with an open mind. Don't allow fear to stop you

from taking chances. Some of the best things in life come when we step out of our comfort zone.

**June** — You have experienced some changes in the last month that have prepared you for career advancement or new job opportunities. There may be a good opportunity in sales. Now is the time to update your resume. Don't hesitate or the moment might be lost.

## Virgo

**May** — Remember that one relationship and how bad it was? Good. Now let it go. Move on to new things. This change will help you open yourself to new relationships.

**June** — Let go of all the stuff that fills your busy mind. In keeping your mind so busy and replaying ideas or memories in your mind, you're not allowing new things to flow into you. Relax. Breathe. You will find things start falling into place better.

## Libra

**May** — Don't be afraid to give your free spirit room to explore and create. When you open yourself up to the world of possibilities, you will be amazed where the journey takes you.

**June** — It's time to fully open your mind to new possibilities and prepare for new awakenings. Breathe. Meditate. This will open the door to a spiritual transformation.

## Scorpio

**May** — Tap your inner knowledge by trusting that voice inside you. You'll be able to bring out things that have been inside you. Allow what feels natural to flow.

**June** — You've gotten used to relationships that may not be the best for you because you're afraid to let them go. New beginnings are coming your way. Prepare to embrace the new.

## Sagittarius

**May** — Money is front and center right now. Don't allow yourself to become greedy in business dealings. Make good decisions and be honest. Be discerning. Be very careful.

**June** — You've been felling stuck, but you have power to make that change. Shift your thinking and find the positive energy within everything. It will help move obstacles out of your way.

## Capricorn

**May** — You may have computer issues this month. It's a good idea to back-up your hard drive. When it comes to

relationships, there could be trouble. People are talking but you might not hear them clearly. Don't rush to judgments or conclusions. Be discerning.

**June** — This month offers lots of opportunities for socializing. Take advantage of them and get out there. Prepare to make lots of new friends by sharing yourself and connecting with others. You'll remember these times for years to come.

## Aquarius

**May** — You've been stubborn lately, but where has that gotten you? Stop it. By releasing your desire to have things your way, things will flow better. Ask for help when you feel overwhelmed. Things will become clearer and less scattered.

**June** — Life will seem easier this month and less stressful as you start coming out of your shell. There's a positive shift in your energy that will help you trust more – yourself and others.

## Pisces

**May** — Like the blooming vegetation of spring, you're likely to experience a new, or the renewing of, a relationship. Don't over think it. Be open to all that awaits you and you will be glad you did.

**June** — After all that fun last month, you need to take a break. Don't worry. We all need down time at some point. Enjoy it. Things will be revving up soon enough.

*Kimberly Rose is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS and BBS Radio Networks. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, (734) 854-1514 or visit [www.kimmierose.com](http://www.kimmierose.com).*

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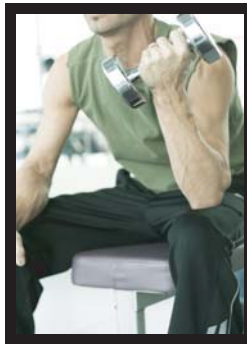
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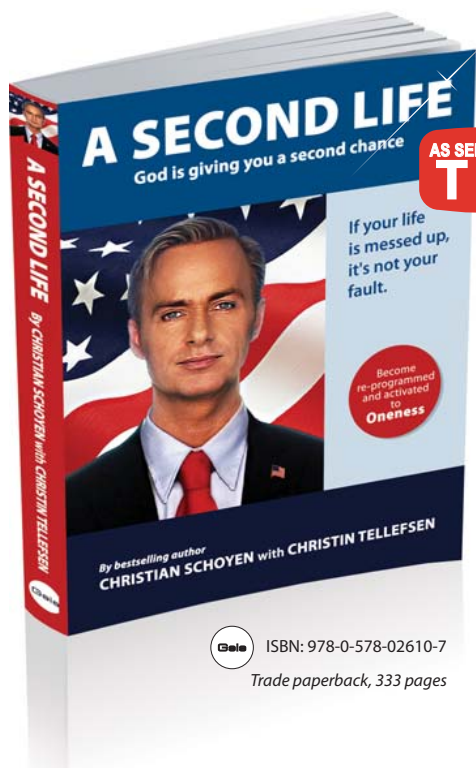
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# HOW BELIEFS INFLUENCE YOUR EXPERIENCE

By Rev. Elaine D. Thomas

“Whether you believe that you can or you believe that you can’t...you are correct,” is a popular saying. This certainly applies to the ability to connect and trust what is received on a psychic level.

When we believe something is possible, we open the windows and doors of perception to that awareness. When we say we can’t or it isn’t possible, it is like the person who says they can’t find their keys though they have looked all over for them. Then someone else comes into the room, glances at the table and says, “Look, they are right here in front of you.”

We either open ourselves to the possibilities and perceptions, or we distort and delete the information available to us.

At the age of six, shortly after my grandfather’s sudden death, my mother often came to the breakfast table telling us of conversations with her deceased father who she said stood at the foot of her bed during the night, sharing his love and guidance. Though Mom would sometimes call it a dream, we all knew she really believed he had been there. Her belief was contagious. Mom was so matter of fact, so sure, that we believed it too.

Psychic ability and mediumship, weren’t part of popular culture or even discussed in our home during those years. Yet, we believed beyond any shadow of a doubt that my grandfather was watching over us, with the help of God and the Angels. Over time both my brother and I often felt his presence and heard his voice of encouragement.

These early experiences laid the foundation for my belief in what isn’t always seen with physical sight.

They say that successes, as well as failures, leave clues. We either learn from them or we don’t. There were times that my grandfather would warn me about what not to do and other times he would tell me about a wonderful opportunity if I chose to pay attention and act on his advice.

Sometimes I did and all went well; other times I just didn’t believe what I was being shown or didn’t want things to go that way, so I would ignore the guidance. It took a while, but I learned from experience and began to follow his guidance – because when I did life was smoother and happier.

In fourth grade, I began to notice in the course of conversation that I would be told by spirit when it was important to tell a certain story, or share a particular piece of information. Often, it made no sense to me, but when I followed the advice, the person invariably said, “That’s amazing,” or “How did you know to say that? It is just what I needed to hear.” I had a choice to believe or not and found

proof in the responses I received.

At the stage in my life when I started dating, within a week of getting to know a boy I would start having memories of where I had known him in a previous life and the karmic purpose of our meeting in this one. As a teenager, who sometimes thought she was in love, this wasn’t exactly the kind of information I was excited about. I didn’t want to believe that my new boyfriend had anything to do with life lessons or karma. I just wanted to be happy and have a good time. I found out that I could have both when I paid attention.

**‘Success leaves clues.  
What clues have you  
received over and over  
again? Do you have dreams  
that guide you? Do you  
get certain feelings, hear  
the information, or see  
clairvoyantly?’**

As I said before, success leaves clues. What clues have you received over and over again? Do you have dreams that guide you? Do you get certain feelings, hear the information, or see clairvoyantly?

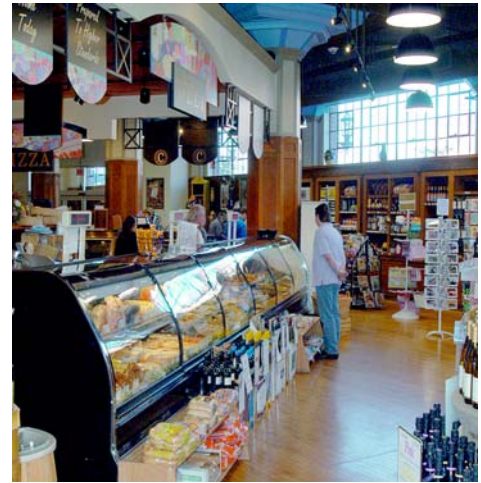
For example, if you pay attention to *where* you feel these promptings and *what* they feel like, you will notice a pattern. Pay attention to the pattern – whether it is a feeling in your solar plexus, a gentle tap on the shoulder or seeing a red tail hawk fly alongside your car.

Each one of us has a unique way of connecting with the divine, which is always there to support us in any situation. It is our choice to pay attention or not. The evidence is always available within and all around us. Believe it or not...the choice is ours.

*The Rev. Elaine D. Thomas, M.S., is Pastor of Fellowships of the Spirit and Director of The School of Spiritual Healing and Prophecy in Cassadaga, N.Y. She has worked in the metaphysical field for 40 years as a medium, healer, spiritual counselor and teacher. She has been a registered medium in Lily Dale. You can contact her by e-mail at [fots@netsync.net](mailto:fots@netsync.net) or [www.fellowshipsspirit.org](http://www.fellowshipsspirit.org)*

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# Messages of Love

By Laura Lee



**Q:** Sometimes at night when I am falling asleep I feel someone touching my hair. It kind of scares me and I put my head under the covers. Who is this? – Scared

**A:** Have no fear. I have a sense that it is a father figure you were close to at one point – who comes to check on you now and then. He gives me the impression of you crying yourself to sleep. I don't know if that was recent, but he just gave me that image. And that concerns him so his presence was intended to bring you comfort to your troubles.

Such experiences scared me for several years too, throwing me beneath the covers as well, until I willingly received their visitations. When you feel a spirit nearby, keep your eyes closed and ask who is with you. Then wait until you receive a response in either a visual picture in your mind, thoughts that come to you and or a feeling of who it might be. Then trust it.

If you're still unsure, ask them to reveal a tangible confirmation of their presence so that you can identify their presence. Then wait for it to be revealed. It usually happens. Spirits will respond to anyone willing to connect. Or just simply command them to go away so you can rest peacefully.

Postscript: *Scared* wrote back:

Thank you so much for confirming to me that it is my dad. I won't be afraid anymore. He passed away kind of unexpectedly almost four years ago and I did cry myself to sleep a lot. I was just worried it was someone else.

**'If you're still unsure, ask them to reveal a tangible confirmation of their presence so that you can identify their presence. Then wait for it to be revealed. It usually happens.'**

**Q:** I have been to one of your spirit salons with hopes of hearing from a loved one. He didn't come through at the salon. After I left I was very upset; I cried for a few days because I really thought that was my chance to hear from him. The loved one I would like to reach out to is my cousin. He passed away at 24-years-old, just a few years back. I haven't been able to grieve or accept his passing because when he died, we were not on speaking terms. He was mad at me and wouldn't return my phone calls. I didn't know why he was mad but I finally gave up. I figured I'd give it time and maybe things would eventually work out. Little did I know that time would run out. He died that year on my wedding anniversary. I guess my question for you is if there is there any way you could help me by finding out why he was mad at me or if he still is mad? I need answers to move on. I truly believe I can't face the reality of all this until I know why. Thanks. – In mourning

**A:** I'm very sorry for your loss and as well as your suffering. Your question is so important; it makes one remember how valuable it is to let go and forgive because you never know when that final day will come.

Two things are brought to my attention regarding your question. One, he wasn't in his right mind. Meaning, he was under the influence of something drugging his system that may have provoked hostility toward others. Or at least, that is how his body managed to process things. Two, I understand you shared something with someone else

that should have been kept confidential between you both; this may have spurred the "long-lasting" silence. It felt like "betrayal." I am told you would know what this means.

If this issue continues to bring you disharmony, I recommend you ask that he come forth in your dreams at night to help you find closure and put it to rest. Keep doing this until it happens. Peace be with you.

*Medium Laura Lee is heard on the Magic Morning Show in Illinois and has appeared on FOX, NBC, TLC, PBS and Discovery Channel. She helps legal authorities with missing children. [www.MessagesOfLove.com](http://www.MessagesOfLove.com); LA Office 818.762.1036 / IL Office 309.888.4589. Laura will be a featured speaker at the Journey Expo Detroit April 25 from 3:30 to 5:30pm. Tickets for her presentation and other information can be found at [www.thejourneymag.com](http://www.thejourneymag.com).*

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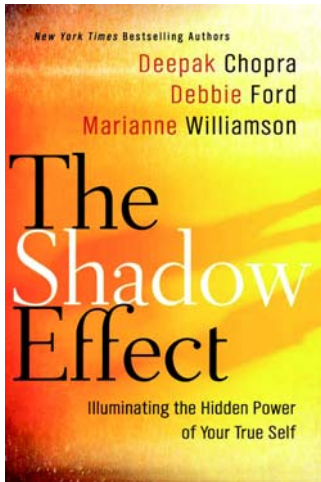
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# The Shadow Effect

By Debbie Ford



Excerpted with permission, from *The Shadow Effect: Illuminating the Hidden Power of Your True Self*, a new book by Deepak Chopra, Debbie Ford and Marianne Williamson. Published by HarperCollins Publishers.

Debbie Ford will be coming to the Journey Mind, Body, Soul Expo September 12 from 1-3 pm. Tickets available online at [www.thejourneymag.com](http://www.thejourneymag.com)

The conflict between who we are and who we want to be is at the core of the human struggle. Duality, in fact, lies at the very center of the human experience. Life and death, good and evil, hope and resignation coexist in every person and exert their force in every facet of our lives. If we know courage, it is because we have also experienced fear; if we can recognize honesty, it is because we have encountered deceit. And yet most of us deny or ignore our dualistic nature.

If we are living under the assumption that we are only one way or another, inside a limited spectrum of human qualities, then we would have to question why more of us aren't wholly satisfied with our lives right now. Why do we have access to so much wisdom yet fail to have the strength and courage to act upon our good intentions by making powerful choices? And most important, why do we continue to act out in ways that go against our value system and all that we stand for? We will assert that it is because of our unexamined life, our darker self, our shadow self where our unclaimed power lies hidden. It is here, in this least likely place, that we will find the key to unlock our strength, our happiness, and our ability to live out our dreams.

We have been conditioned to fear the shadow side of life and the shadow side of ourselves. When we catch ourselves thinking a dark thought or acting out in a behavior that we feel is unacceptable, we run, just like a groundhog, back into our hole and hide, hoping, praying, it will disappear before we venture out again. Why

do we do this? Because we are afraid that no matter how hard we try, we will never be able to escape from this part of ourselves. And although ignoring or repressing our dark side is the norm, the sobering truth is that running from the shadow only intensifies its power. Denying it only leads to more pain, suffering, regret, and resignation. If we fail to take responsibility



and extract the wisdom that has been hidden beneath the surface of our conscious minds, the shadow will take charge, and instead of us being able to have control over it, the shadow winds up having control over us, triggering the shadow effect. Our dark side then starts making our decisions for us, stripping us of our right to make conscious choices whether it's what food we will eat, how much money we will spend, or what addiction we will succumb to. Our shadow incites us to act out in ways we never imagined we could and to waste our vital energy on bad habits and repetitive behaviors. Our shadow keeps us from full self-expression, from speaking our truth, and from living an authentic life. It is only by embracing our duality that we free ourselves of the behaviors that can potentially bring us down. If we don't acknowledge all of who we are, we are guaranteed to be blindsided by the shadow effect.

The shadow effect is everywhere. Evidence of its pervasiveness can be seen in every aspect of our lives. We read about it online. We watch it on the nightly news, and we can see it in our friends, our family, and strangers on the street. And perhaps most significant, we can recognize it in our thoughts, see it in our behaviors, and feel it in our interactions with others. We worry that shining a light on this darkness will cause us to feel great shame or, even worse, to act out our worst nightmare. We become scared of what we will find if we look inside ourselves, so instead we bury our heads and refuse to face our shadow sides.

But this book reveals a new truth—shared from three life-changing perspectives—that the opposite of what we

fear we will experience is what actually occurs. Instead of shame, we feel compassion. Instead of embarrassment, we gain courage. Instead of limitation, we experience freedom. If left unopened, the shadow is a Pandora's box filled with secrets that we fear will destroy everything we love and care about. But if we open the box, we discover that what's inside has the power to radically and positively alter our lives. Then we will step out of the illusion that our darkness will overtake us and instead we will see the world in a new light. The compassion we discover for ourselves will ignite our confidence and courage as we open our hearts to those around us. The power we unearth will help us tackle the fear that has been holding us back and will urge us to move powerfully toward our highest potential. Far from frightening, embracing the shadow allows us to be whole, to be real, to take back our power, to unleash our passion, and to realize our dreams.

This book was born out of a desire to illuminate the many life-altering gifts of the shadow. In the following pages, each of us will approach the subject from our own unique perspective as teachers. Our intention is to provide a comprehensive, multi-lens understanding of how the shadow was born within us, how it functions in our lives, and most important, what we can do to discover the gifts of our true nature. We promise that after reading this book you will never think of your shadow self in the same way again.

In Part I, Deepak Chopra gives us a comprehensive overview of our dualistic nature and offers a prescription to return us to wholeness. A mind/body pioneer, Chopra has transformed millions of lives with his teachings. His holistic approach to the divisive nature of the shadow is both grounding and illuminating.

In Part II, I draw upon nearly fifteen years of teaching and leading The Shadow Process around the world to offer an accessible yet in-depth examination of the birth of the shadow, the role of the shadow in our everyday lives, and how we can reclaim the power and brilliance of our authentic nature.

In Part III, Marianne Williamson touches our hearts and minds with a provocative exploration of the connection between the shadow and the soul. A renowned international spiritual teacher, Marianne takes our hand and guides us through the bumpy terrain of the battle between love and fear.

Each of us comes with years of experience and a sincere hope that we can illuminate the shadow once and for all. For if we do not counter the force of the shadow and integrate its wisdom, it has the potential to continue to wreak havoc on our lives and our world. When we fail to admit to our vulnerabilities and recognize our bad behaviors, we will inevitably sabotage ourselves when we are on the verge of some personal or professional breakthrough. Then the shadow wins. When we act out of disproportionate anger in speaking to our children, the shadow wins. When we deceive our loved ones, the shadow wins. When we refuse to accept our true nature, the shadow wins. If we do not bring the light of our highest self to the darkness of our human impulses, the shadow wins. Until we accept all of who we are, the shadow effect will have the power to impede our happi-

ness. If left unacknowledged, the shadow will stop us from being whole, prevent us from achieving our best-laid plans, and leave us living half a life. It is our hope in writing this book that we will bring the shadow into the light. There has never been a better time to create a new lexicon, to illuminate the shadow, and to finally understand what's been so difficult to see and hard to explain.

**'If left unopened, the shadow is a Pandora's box filled with secrets that we fear will destroy everything we love and care about. But if we open the box, we discover that what's inside has the power to radically and positively alter our lives.'**

Shadow work, as described in this book, is more than a psychological process or an intellectual banter. It is a prescriptive solution to problems unsolved. It is a life-altering journey that goes beyond any psychological theory because it deems the dark side as a human issue, a spiritual issue that all of us must resolve in this lifetime if we are to live a fully self-expressed life. We will finally understand why we are no better and no worse than anyone else regardless of our color, our background, our sexual orientation, our genetic makeup, or our past. There is no one in the world who doesn't have a shadow, and when taken seriously and understood, the shadow can birth a new reality that will alter the way we feel about ourselves, the way we parent our children, the way we treat our partners, the way we interact with our community members, and the way we engage with other nations.

I believe that the shadow is one of the greatest gifts available to us. Carl Jung called it a "sparring partner"; it is the opponent within us that exposes our flaws and sharpens our skills. It is the teacher, the trainer, and the guide that supports us in uncovering our true magnificence. The shadow is not a problem to be solved or an enemy to be conquered but a fertile field to be cultivated. When we dig our hands into its rich soil, we will discover the potent seeds of the people we most desire to be. It is our sincere hope that you take this journey, for we know what's waiting inside.

*Life Coach Debbie Ford (www.debbieford.com) is a New York Times No. 1 bestselling author, internationally acclaimed workshop leader, and trainer who is committed to the evolution of human consciousness.*

# ECHOES OF THE PAST: My ANCIENT ROMAN BELIEF

By Anthony L. Palermo

**T**he Romans have always fascinated me. I suppose I could attribute this to my parents. When I was 6-years-old, they gave me *Big Caesar* for Christmas. This was a Roman battleship that came equipped with soldiers, catapults and chariots, enabling a little boy to go on his very own conquests. In my imagination, I stood on the deck dressed in full Roman regalia as I traveled to lands that would soon be conquered by Roman might.

As I grew older, my perspective on the Romans never really advanced beyond the fragmentary knowledge I had as a child. School taught me that they were fierce warriors, and Roman decadence was the reason for their downfall.

Popular movies showed me they had something against the seemingly innocent members of a cult known as Christianity, and they came to their own religion through adoption of the Greek Gods and myths.

One of the most startling and significant traits of the Romans, however, was something I would discover only years later. This led me to a whole new appreciation of their religion and culture, and the belief in their way of life.

The most ancient form of Roman belief enabled them to picture a world where *everything* had a spirit. Whether they were referring to a river, roadway, chair, table, oven or, for that matter, even the female menstrual cycle or animal dung, all possessed a “named” spirit. These *numina*, numbering in the thousands, brought all things to life and garnered a respect for natural and human-made objects.

Three of the more prominent *numina* are Janus, the Lares and Vesta.

*Janus* was the two-faced spirit of the doorway. Today we look at doors as functional objects that allow us to enter or exit a room. But the Romans believed in the spiritual importance of the door. One needed to show Janus reverence each day so the door of the home would work properly.

If a door works well, the Romans thought, it conveys a person into another realm.

They believed that we are literally transformed as we move from one location to another, or as we allow others to enter our lives or living spaces. This concept was so important to the Romans that in their belief system, Janus guarded the gates of Rome itself.

January is named after Janus as he opens the new year and closes the old. Without many of us being aware of it, we celebrate the power of Janus each time we say, “Happy New Year!”

*The Lares* (twin brothers holding horns of plenty and sacrificial plates) guarded the home and ancestor spirits. The Romans placed statues of the Lares on a *Lararium*, which was an altar found near the front door of a home. Busts of ancestors would be put on the altar as well, being constant reminders of the family’s heritage. The Lares made

sure no harm would come to those within the household.

*Vesta* was the spirit of flame and fireplace. Vesta, of course, was essential within a home to provide heat, light and the cooking of food. The Romans saw her in the dancing flames, and revered her power.

Vesta was so influential that eventually a temple dedicated to her was built in Rome to hold the eternal flame. Roman belief held that as long as the flame burned, Vesta was pleased and Rome was safe.

If it were to be extinguished, the city was doomed.

I embrace these beliefs of the ancient Romans. Maybe it’s because I am full-blooded Italian, or perhaps an ancient spirit resides in me. Whatever the reason, I light a fire in our fireplace and recognize *Vesta* as the flames dart about.

My wife bakes bread and I whisper to *Fornax* (spirit of the oven) to ask that the bread be baked well. I pass through a doorway and am thankful to *Janus* for providing me with a portal to new beginnings.

**‘When I brought him into the birthing room, the doctors and nurses looked at me strangely. “What exactly is that,” one of the nurses asked.’**

When my wife was ready to give birth to our son, I brought one of the *Lares* with me to the hospital. I needed to get special permission from him to take his “spirit” out of our home, but he kindly consented to come.

When I brought him into the birthing room, the doctors and nurses looked at me strangely. “What exactly is that,” asked one of the nurses. I explained that he was one of the *Lares* and he was going to watch over my son as he came into this world. “OK,” she shrugged. The Lares stood on a shelf in the room and as my nerves began to get the best of me, I looked over and saw him, most grateful that he was there.

Now my 3-year-old is beginning to learn the belief of the Romans, and as I look into his eyes I see our most distant ancestors. In a world

that emphasizes quick use and disposal of things, I want his belief to lead him to the intrinsic spirituality found in everything. I want the echoes of the past to reach his ears as well.

*Anthony Palermo is an assistant professor of humanities at Lakeland Community College.*



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Tuesday, June 24 7 pm  
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Phone (614) 885-1885

**One Day Silent Meditation Retreat**

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Fax (614) 310-6162

**Individual Blessings & Saraswati Diksha**

Friday, June 25 9 am - 1 pm  
Crowne Plaza - Columbus North  
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**Homa - Sacred Fire Ceremony**

Sunday, June 27 9 am - 1 pm (followed by lunch)  
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# Fellowships of the Spirit

## 2010 Program Highlights



### NEW THIS YEAR! VIRTUAL CLASSROOM OPTION

For the first time, you have the option to take select classes with us through our VIRTUAL CLASSROOM option - participate on-line from the comfort of your home. For more information visit our website.



**Spirituality Based On  
Nature's Revelations**  
Ed McGaa, J.D. • April 18



**That Was Easy! Healing the  
Core Issues of Your Life**  
Patti Conklin • April 24 - 25



**Life-Force-Activation**  
Dick & Tara Sutphen  
May 1 - 2



**Spiritual Insight Training**  
Elaine D. Thomas, Jessie Furst,  
& Ron Thornton Or Don Scott  
May 14 - 16 Or May 21 - 23



**MARI - Levels 1 & 2**  
Shelly Takei, Ph.D.  
May 28 - 31



**A Day of Questions, Answers  
& Healing • Dr. Issam Neme, M.D.**  
June 19 or June 20



**The Happiness Gene**  
Laurie Nadel, Ph.D.  
June 26 - 27



**A Weekend of Astrology**  
Robert Hand  
July 10 - 11



**Fellowships of the Spirit's  
PSYCHIC FUN FEST**  
July 17



**Mediumship Techniques From  
a 4th Generation Medium**  
Rev. Gregory Kehn • July 18



**Find Your Healing Voice...  
the Healing Power of Sound**  
Tom Cratsley • July 24



**Past Life Discovery,  
with Your Past Life Guides**  
Sharon Klingler • July 25



**Qi Gong: Yi-Jin-Jing - Sinew Transformation  
Practice • Master Robert Peng**  
July 31 - August 1



**Intensive Practical Mediumship**  
Paul & Deb Reese, From Wales, UK  
August 7 - 8



**Seeing Into the Body-  
Medical Intuitive Training**  
Caroline Sutherland • August 13 - 15



**Advance Mediumship Tutorial**  
Rev. Elaine D. Thomas  
August 21 - 22



**Spiritual Healing Retreat**  
Rev. Penny Donovan and  
Don Gilbert, M.S.W. • Sept. 3 - 5



**School of Spiritually Based Hypnotherapy  
and Past Life Regression**  
Dick Sutphen • September 28 - October 31



**Breath~Body~Mind Workshop**  
Richard P. Brown, M.D., and  
Patricia Gerbarg, M.D. • Oct. 23 - 24



**Mysticism & The Bible**  
Rocco Errico Ph.D., Th.D.  
November 6



Call 716-595-2159 or register online at [www.fellowshipsspirit.org](http://www.fellowshipsspirit.org)

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