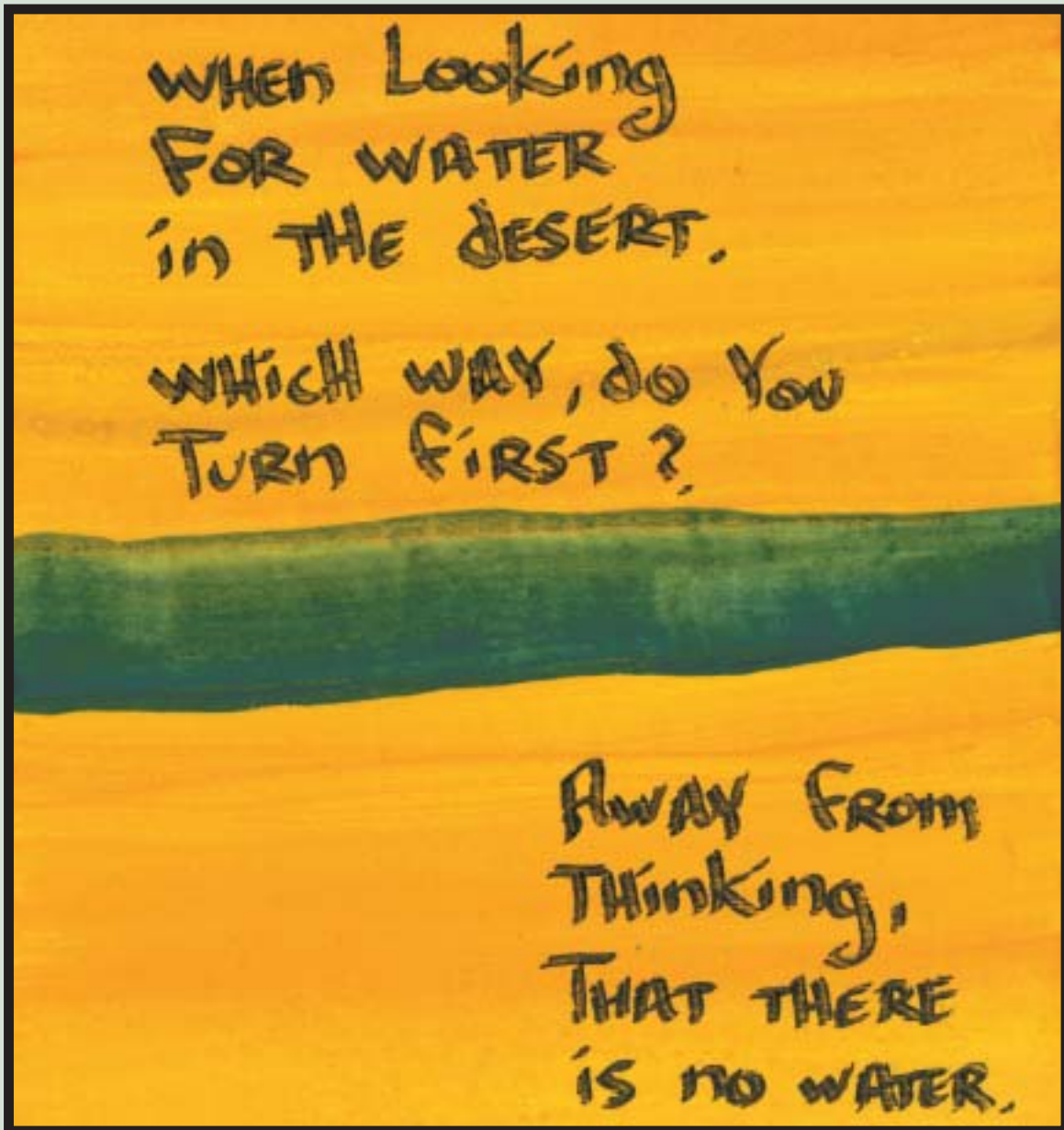


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WORDS FROM THE PUBLISHER.....

For several years I would often journey up to Michigan to what was then known as the Church of Today. This is one of the largest metaphysical Churches in the United States. What drew me up there was that you would never know what would happen or what you would learn. One Sunday, with over a thousand people in attendance, Karen Boland was giving the lesson. Before she started she acknowledged a middle-aged gentleman who was a business executive. A few months before this gentleman had noticed one of the choir members was wearing a pair of scuffed up shoes. He volunteered to polish his shoes the next week. Another choir member noticed and asked if he could polish up his shoes too. This then caught on with all the choir members and he became the "Shoe Minister" of the church. When Karen acknowledged him he was overcome with emotion and that brought forth tears in many eyes that day. I think what happened that day was that he found a purpose for being there. He was validated by the actions he was doing. How many times do we wander around in life without fulfillment? All you have to do is drive down the street and notice all the drugstores on every corner...and when you turn on the television you see the ads for all the anti-depressants. My belief is that many people go about life with no sense of purpose. Without a purpose or reason for being, it is easy to be depressed. I believe the people that have found their purpose are easy to spot. They are the ones with the spark in their eyes. They don't go to work - they go to joy. There is a knowing inside that what they are doing is for the greater good for the universe. And there is no stopping them. Setbacks are just lessons. I believe there is a purpose to live for all of us, and ultimately that is to be ministers to others. May we all find our purpose within and bring it forth to do our part in the healing of our world.

Namaste', Clyde

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Our Theme for the Next Issue...

FEAR

Life's purpose, as it is

By Laura Lee

"The manifestation of Spirit is given to everyone for profit. To one through the Spirit is given the utterance of wisdom; ...to another the working of miracles; to another prophecy; to another the distinguishing of spirits;... But all these things are the work of one and the same Spirit, who allots to everyone according as he will." 1 Corinthians 12:08

Placing my finger down my throat, I leaned over the toilet and forced myself to be sick. I purged a snack eaten moments earlier. Day after day, I nurtured this ritual as the girl looking back at me in the mirror was disgusted with what she saw. I was only 10.

As the intensity of my self-hatred grew, I cried myself asleep nightly. I was too young to understand the scope of my self-destruction. After all, I was blessed with two parents who remained together in love; I was well fed (as long as I ate), wore nice clothes and lived in a nice home. Besides, I didn't think anyone would really care about what was going on with me as there were always more important things to worry about.

I know now that my obsession with body perfection was a clear distraction to avoid buried feelings. This fixation grew with momentum well into my teenage years. Whenever I was challenged I felt the urge to purge. I believed I was invaluable, ugly, fat, unworthy, stupid, scared, unloved; and I was angry no one cared. My secret neurosis, bulimia, comforted me temporarily.

As a child, I had a tendency to withdraw and spend more time alone in silence than in the circle of friends. My favorite retreat was my big walk-in closet; which turned into my art studio. Time alone was magical. I engaged in my imagination where surrounding forces inspired me to create. Releasing to this presence, an endless supply of energy was mine. So compelling; I would spend entire nights creating with amazing clarity, focus and concentration.

Unlike my neurosis, I openly wanted to share this experience. But it was far too big for words. The only way I could express it was through art. As my talent grew, I discovered that my heightened state of awareness increased while engaged with play such as dancing, writing, playing my viola and exploring the outdoors. A strange phenomenon occurred when associated to a relaxed and open state of mind. It's as if I tuned into radar signals giving me a clear sense of dimensions beyond our physical world. I would see other beings present with me, feel their touch and hear their calls through me. I would be informed of things that always proved to be true.

I tried to explain these experiences to my family on several occasions. They, of course, would giggle and pass it off as the result of my braces being tuning devices. My family soon labeled these ESP encounters as 'extra smelly poop.' Yet these signals got stronger as I grew older, even after my braces came off.

Despite the jokes, my family was fascinated with the paranormal world. My dad's family, devout Catholics, often pulled out the Ouiji board during family gatherings where we channeled our relatives. It was my mother who handed me my first tarot deck at age six. My grandmother would openly share her out-of-body experiences and her mother, my great grandmother, whom I spent a lot of time with, had conversations with family members from the other side as if they were standing right alongside us. All these experiences cultivated my skills as a medium today.

By the time I was ready to enter college, bulimia had become my best friend. I felt I had it under control but it was starting to take control of me. My body began to show signs of abuse. Hair fell out in clumps, I always felt fatigued, my teeth were rotting and persistent colds and severe heart palpitations lead me to believe I would die from a heart attack at any moment. In my broken state my studies suffered. I walked around like a living zombie. I felt I had lost my connection as well as my desire to live.

It was then that heaven's graces descended upon me. I retired to bed late one evening after returning home from a night out with some friends. While lying in my bed awake, I felt an empowering force come through my head to my toes. It slowed my breathing. It paralyzed me with a feeling of a very tender loving embrace.

Then this gentle force raised me into a sitting position where a vision of a semi-transparent, beautiful female being, glowing in white, blue and gold garments appeared suspended above me. She was vibrating at such a high rate that it appeared she had wings. Her long, dark, wavy hair seemed to be blowing in a breeze that I felt against my cheek. There could be no mistake of the brilliant light; from within it was an angel.

The reality of time stood still while in her presence. It seemed the boundaries of my dormitory room disappeared around us; only her and I existed in eternity. She communicated telepathically, not so much in direct words, but with whole ideas and concepts.

Essentially her message revealed that she was my guide sent to help me because I was choosing a dangerous path. She showed visions where I was older speaking to others about the existence of the heavens. She went on to say that my mission in this lifetime was to discover how much I am loved by this divine force and how I will share this love with others while using my gift.

I wasn't informed *how* this was all to come about. And it really didn't seem to matter, because she led me to believe that it was already done. She informed me that as my guide, she would intersect my path with other magnificent light beings to reveal my destiny. They would both appear in the physical and non-physical. She told me that they are always among me even when I didn't think they were.

Then she laid me to rest gently. The scent of roses permeated my room as I drifted off to sleep.

A few days later my body decided to take matters into its own hands. Without my consent, I dry heaved excessively. I remember thinking how strange it was because I hadn't eaten food in a few days. My heart felt like it was going to explode in my chest. I couldn't control it. Then it went dark.

Next thing I knew, a doctor and a few nurses woke me in emergency room. Suspecting alcohol or drugs, they were baffled to find a 19 year-old girl could have minor heart failure. They, as well as myself, were surprised when I revealed it was a decade long romance with bulimia. I never had intentions to divulge my secret. It was as if someone had said it for me. Then I became acutely aware that I agreed to have my guardian intervene my path by orchestrating this event to awaken me. And with her assistance she gave me the courage to speak my truth.

After this visitation, life was never the same. It's like I tuned into a new radio frequency. I returned to school with a new reverence for life. I felt harmonious with my connection to the heavens that live harmoniously with Earth. Everything glowed and sparkled with magical splendor. I could see vibrant colors emanating from all life forms including nature, every person and even inanimate objects. My interactions with others took on more meaning. I realized then life's purpose, as it is...miraculous.

Laura Lee will be a featured speaker at the Journey Mind, Body & Soul Expo September 9, 10 & 11 at Lakeland Community College.



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You Cannot Teach a Crab to Walk Straight

Aristophanes (c. 448-385 B.C.)

By Evsttarr

Thinking back to the eighth grade choir of parochial school when I was told by Sister ? (her name eludes me) to stand in the back row and lip sync (way before anyone ever heard of Millie-Vanillie), I now understand. Even though that incident might have crushed me for life and sent me into years of psychotherapy, I realize now that wasn't my purpose. I've always loved to sing and still do, and, for the record, Sister? wasn't the only one who expressed her concerns about my singing voice, or lack thereof.

An Irishman I once dated from Alaska had told me on a few occasions, "Evelyn, you can't carry a tune in a bucket." Once again, I plodded along much like the goat, which is my animal in Chinese Astrology, determined to sing in the shower, the car, in my living room and anywhere the chord shall strike me. Having an inner knowing that God had other plans for me, becoming Barbara Striesand wasn't one of them, didn't stop me from enjoying life and myself while I was at it, much to the dismay of fellow eardrums around me.

I'm approaching the big 50th birthday, June 24, and I can honestly say that I do believe I'm living my purpose, at least for today. For you see, I've learned a lot in this half century that I've inhabited this planet we call Earth. In the early days, I spent days, weeks, months, and even years reading everything that crossed my path. I started way too many books that I never finished (*Aries Rising*), and attending every workshop from coast-to-coast by everyone who was anyone and everyone who was no one trying to figure out *what was my purpose?* Now, my dear friend, I get it...that *was* my purpose. I needed to go through all the steps, all the time spent wandering around *lost in the woods*, not only to learn, but also to understand that it *was* and *is* all part of the Divine Plan.

Being born in late June, I happen to be a Cancer, sign of the Crab in Western Astrology. As you may or may not know, I write the astrology column for the *Journey, Planetary Pathways*. Being interested in astrology

from early childhood, I was fascinated by the subject and studied everything I could get my hands on. Cancers are the *caregivers* of the Zodiac, very nurturing and maternal, while at the same time a wee bit sensitive. Cancers may tend to move about in life in an indirect manner and are known to retreat into their *shells* when hurt, much like the crab.

Parental instinct is especially strong for the Cancer native, both male and female, and they will usually go to great lengths to protect their children. This may also be exceedingly painful for them, as they watch their children transition through challenging times in their lives. For as hard as it is for them to want to reach out and steer their children in the right direction, they must realize their children also have a *divine plan* and are living their purpose.

I have an older daughter and a grandson who live a few miles away but choose to live a life which at the present time doesn't include me. Two summers ago my oldest daughter was in a severe car accident. She was driving. She rolled the car over on the freeway twice; the car was flattened. She crawled out screaming she was dying, as she was bleeding profusely from the head. I found out about this accident from a third party and in a state of shock called a friend to take me to the hospital. Driving there a million thoughts raced through my mind, I thought, "This is it, this will be the turning point that finally brings us together," **wrong**. As I walked into the hospital room looking at her in a neck

brace, with tubes coming out, her head partially shaved and stitched, she looked at me and asked, "What are you doing here?" I held back the flood of tears that were once again rushing like the speed of light to my eyes, bit my lip and swallowed the huge lump in my throat. No, that was not the turning point for us, or her.

As difficult as this may be, one can only bless, pray, send love through the ethers of the Universe and hope that one day soon the veil may be lifted. The greatest gift that we can give our children is *unconditional love*, rec-



ognizing that God is in charge and everyone is at the right place, at the right time, doing the right thing; as heart wrenching as that may be. I'm sure you have, or know someone who has, experienced the pain of watching those we love tarry on down the road of, "This is my life, let me ruin it." In actuality, yes, it is *their* life, but what *we* may see as *ruining it* may just be another detour in the road they need to experience in living their purpose. ... *Your children are not your children... And though they are with you they belong not to you... You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you, For life goes not backward nor tarries with yesterday...* (Kahlil Gibran) It is said that if you want to make God laugh, tell him your plans. If you want to make him laugh harder, tell him your plans for your children.

So my friends, I will end this with a quote from a Greek comic playwright, Aristophanes (c. 448-385 B.C.), "You cannot make a crab walk straight"...the muscles in his legs don't bend that way and he would not be *living his purpose*.

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

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BUY THE TICKET, TAKE THE RIDE.

Hunter S. Thompson (1937-2005)

By J. Bigsby

The travel bug is definitely the best social disease to catch. It doesn't have the same nasty side effects as some of the others, plus it can actually help you live your purpose.

I caught it after spending a month studying in Spain during college. Once I experienced the level of absorption and effortless edification that comes from leaving your comfort zone and immersing in another culture, I was hooked. I craved more. I wanted to get more stamps on my passport. But first, I had to overcome myself.

Fifteen months had passed since studying on the Mediterranean, and as much as I wanted to, I hadn't taken any steps toward another trip. I was getting antsy but I kept finding excuses to continue my routine. Then I opened the *Daily Pennsylvanian* and there it was — a flight to Amsterdam for \$300 — it seemed like a no-brainer. What better way to prepare for exams than realizing one of Europe's most progressive cities? The history, the art, the canals, public transportation on the honor system, bicycles a-go-go and the prospect to uncoil all beckoned me from across the Atlantic.

But I needed validation, someone or something to tell me I was doing the right thing. There was a voice in my head saying, "You really shouldn't," "Just stay at home," "It'll cost too much." I needed a second opinion so I phoned my friend Chewy up in Boston. Chewy has always had a way of trusting his heart and living life without regret, making him the ideal candidate. I told him about the cheap flight and after 10 minutes of explaining the ins and outs, he calmly gave me his credit card information and said, "Buy me a ticket, too. Make it happen." He barely deliberated. He set the wheel in motion. The trip had begun. I had been struggling with this choice for days and he resolved it in minutes...hilarious. There it was — my lesson in finding my purpose...just buy the ticket and you're on your way.

Now, I'm not saying the financial obligation of purchasing a ticket will force you to follow through with it. It may help some people; but if your heart isn't really there, you'll find a way out. Not to mention, buying a ticket isn't a solution to everyday apprehension. It's more about turning potential energy into kinetic energy. Get in your car and start driving toward the studio, the church, the classroom, the temple, the gym, the dojo...whatever it is for you. Each step you take towards your destination, the easier it becomes.

It still won't always be easy! Pragmatic demons are a slippery bunch and will manifest repeatedly. You overcome

it and it pops back up...

I had the chance to visit Cuba weeks after Fidel Castro's 77th birthday. The last communist government in the Western hemisphere could fade away with the leader's health. It will not be the same country 10 years from now...it won't even be the same world 10 years from now. This was my chance to observe a piece of history that will disappear within the course of my lifetime. But yet again, I wavered on buying the ticket and taking the ride.

Luckily, Chewy's Buddha-like advice resurfaced to meet my inner trepidation. I just had to take the first step. I found a travel agent and bought a ticket to Cuba. The day of my departure I was terrified and my mind started acting up. "Your Spanish isn't strong enough," and "What if you get stuck there?" But I knew deep down that I'd be fine, I had the ticket in hand, and I went.

Sure enough, it was the best trip I've ever had. A Santaria cleansing ceremony in the outskirts of Havana, living on Callejon de Hamel amidst Salvador Gonzalez's vivid murals watching dominos until all hours of the night, sipping Cuban rum against the break wall of the Malecon while listening to a free concert as the Caribbean Sea occasionally sprayed the impassioned dancers. Taking in the total surrealism was beyond these words.

You'll never remember what you would have done, only what you actually do.

Nowadays I work for an organization called Rustic Pathways. I spend my summers in northeastern Thailand promoting education and tutoring English. High school students come from all over the world to serve, work and learn with Thai students...and I get to teach them. I get to work with Buddhist monks and help my neighbors plant their rice crops. The Mekong River is an hour away by tuk-tuk. I've seen plants that respond to sound and meditation by physically moving. It's the kind of job that enables me to pursue my passion for travel, allows me to make a noticeable difference within the organization, work with great people and serve others along the way.

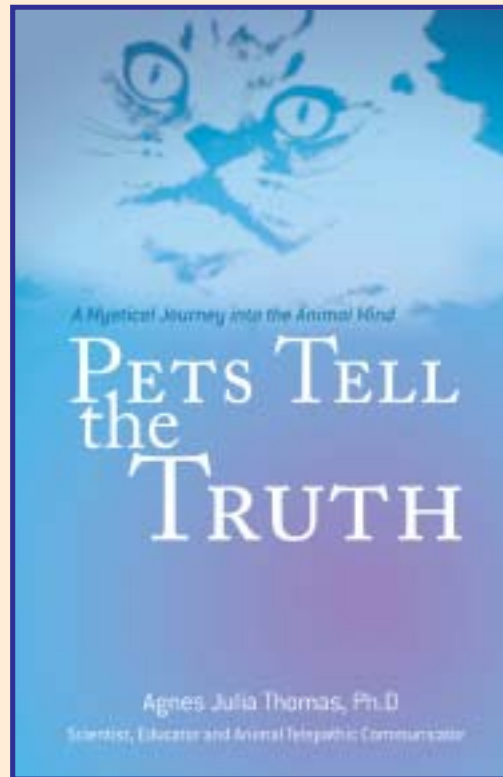
The funny thing is, I lucked into the job through an old friend...Chewy. I went over his house for left over Thai food and ended up with my ideal job. Once you start living your intention, things have a way of working out.

For more information on yoga trips with cultural immersion, please email jb@rusticpathways.com.

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Living Your Divine Purpose

By Joan M. Gattuso

Our birth is but a sleep and a forgetting;
The soul that rises with us, our life's star,
Hath had elsewhere its setting,
And cometh from afar;
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home. . . .
—William Wordsworth

Both His Holiness the Dalai Lama and A Course in Miracles teach that “our purpose is to be happy.” The above words from Wordsworth are most poignant: “Not in entire forgetfulness.” There is a place within us where we remember and we know.

There is a collective view of living in harmony with Universal purpose. There are the myriad ways we choose, through our free will, to arrive at this happy state of being. For one it is to be a philosopher; for another a doctor; for

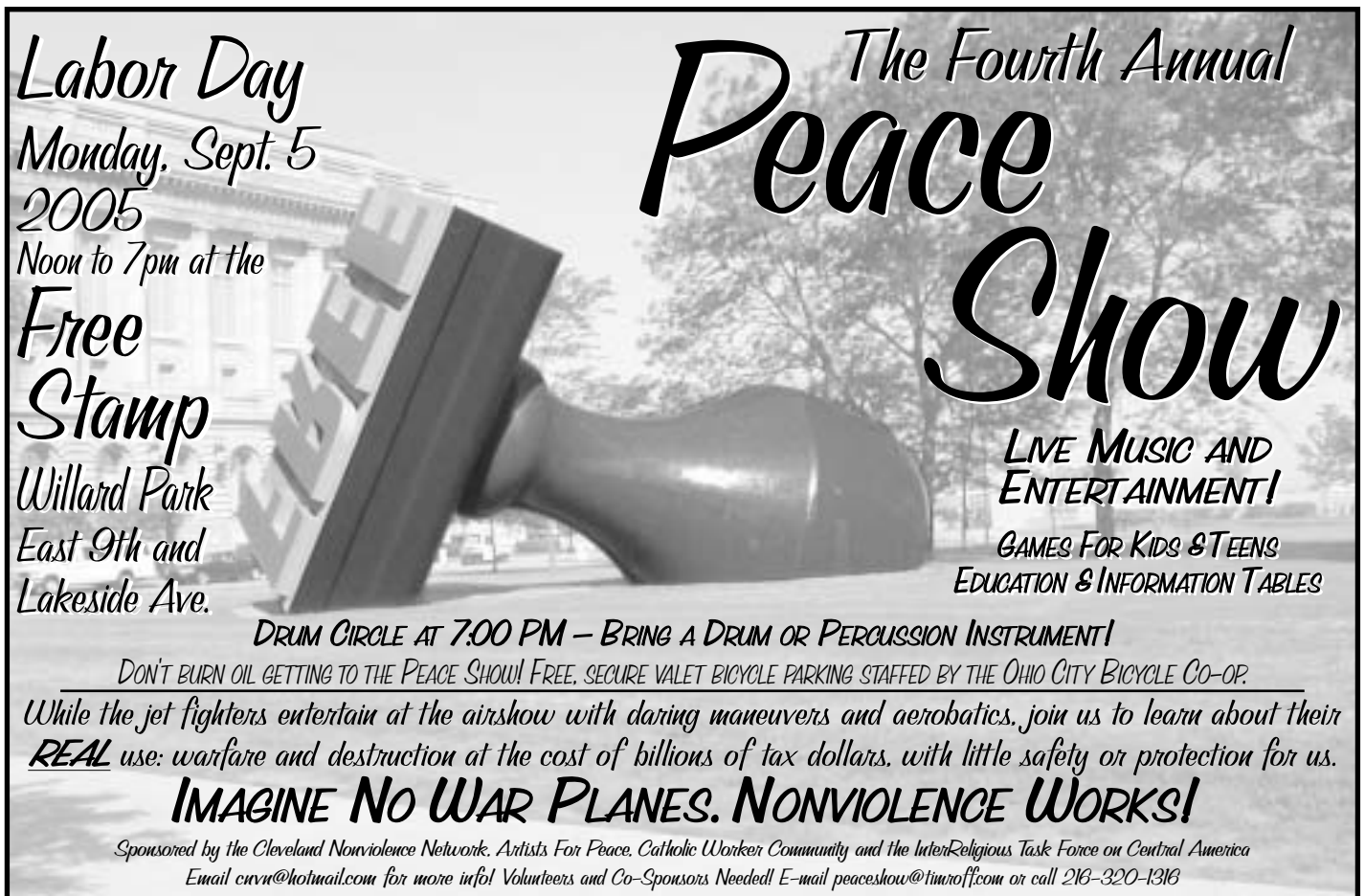
another an educator; for another a mechanic; for another a mother; for another a secretary; for another an awakened being.

The list is as infinite as there are those desiring to discover and live their individual expressions of Divine purpose.

Several years ago I was spiritually mentoring an extremely talented, creative young woman who was living her dream—creating beauty and pleasure for others and for herself as well. What began to emerge as a repetitive pattern in her life was that, when things were going really well, she would do something utterly mad and sabotage all her previous acclaim and recognition.

Something in her could not embrace her life working so easily and well. She certainly is not alone in creating such personal drama and preventing herself from fully living her Divine purpose.

In order to fully live our Divine purpose we must first



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feel deserving, worthy of such happiness. Secondly, we must be willing; willing to do whatever is necessary to achieve our goals. We must take the classes, work the apprenticeship, get the degree, make the contacts, etc.

Next, we must be absolutely committed to stay the course, to rise above setbacks, to overcome negative comments from "well-meaning" family and friends.

We must know in our heart of hearts that God has a plan. A useful affirmation is: "God has a plan for me (your name) to fulfill." Or, "I (your name) find great joy in living my Divine purpose." Or, one of my favorites, "The good I am seeking is seeking me."

Living our Divine purpose connects us with the very pulse of life itself. This Universal life force works with us to advance us toward our highest aspirations, our purpose.

God always has a plan for our lives. When we live our lives attuned to the Divine, there is always a flow beyond compare. We are no longer taken aback or are in awe when life works out miraculously. As spiritual practitioners, we learn to understand our purpose, trust in it and surrender to it. When we do, life flows and blessings beyond our dreams appear.

May you find the happiness you seek.

Joan M. Gattuso has been the minister of Unity of Greater Cleveland for 21 years. She is the best-selling author of A Course in Love and A Course in Life. Her third and most recent book, The Lotus Still Blooms, will be published next year.



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DEAR LOUISE.....



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

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

Dear Louise,

Are there some affirmations I can say for my beloved husband with Alzheimer's? Also, I need to learn to forgive myself for perhaps contributing to this situation.

We've had a happy marriage, although we're both extremely obstinate, always wanting our own way. Because of this, I've often thought that if he weren't around, I could really get along so much better alone. We both love each other very much, and he's been a good husband and father. Now he's in fine physical health, but his mind is deserting him. So in the worst possible way, my thought is turning into reality. I need to forgive myself, and in my heart I know there's always hope, but I find it hard to let go and let God.

S.J., Alaska

Dear S.J.,

Your affirmations have a lot to do with what's happening to *you*, but not to him. Everyone's always under the law of their own consciousness. Alzheimer's is a refusal to deal with the world as it is. Being obstinate is an expression of that, as well as wanting to go and still wanting to stay.

A good physical is in order. According to Dr. Linda Page (the author of *Healthy Healing*) common causes that contribute to Alzheimer's are poor or obstructed circulation, arteriosclerosis, anemia, decrease in hormones, lack of exercise and oxygen, fluid accumulation in the brain, thyroid malfunction, aluminum toxicity, mercury toxicity from dental fillings, and emotional shock. Have these things checked out, because some wonderful work is being done for healing Alzheimer's on a nutritional, holistic level.

Let go and drop the guilt. You've far too much to do than to indulge in that wasteful thinking. Continuously send yourself and your husband love and healing energy, and forgive yourself. Affirm: My husband and I express joyful and abundant health. We are happy, whole, and complete.

Dear Louise,

I am so depressed, I can't seem to get past blaming everyone for my problems. I even suffered a stroke recently and wonder if there is any hope for me. If so, what can I do to begin to help myself?

K.L., Taos, New Mexico

A Monthly Column from Louise Hay

Dear K.L.,

Choose to think other thoughts! Clean up your diet. Exercise, or at least take walks. Breathe deeply and often. Go to the mirror and laugh at yourself. Stop sitting on the pity pot. Help someone else. Blaming others just keeps you stuck in the victim role.

Talk to the little child within you. Say: "I love you, I really love you." Think about what you loved to do when you were little. Send love and forgiveness to everyone you know. I don't often recommend this, but you can go to your doctor and get medication to help with the depression.

Affirm: I AM AT PEACE. I RELAX AND ENJOY LIFE. I KNOW THAT WHATEVER I NEED TO KNOW IS REVEALED TO ME IN THE PERFECT TIME AND SPACE SEQUENCE.

Dear Louise,

I've just been diagnosed with diabetes, and I'm scared. What do I do now?

R.G., Lisbon, Portugal

Dear R.G.,

There's nothing to fear as long as you love yourself and your body enough to give it the kind of nutrition it really needs. On a physical level, diabetes can come from a poor diet of junk foods; excess caffeine; sugar; and highly processed, fried, fatty foods. It can be brought under control by introducing whole grains into your diet and eating lots of vegetables.

On the metaphysical level, this condition is often created through a deep longing from the past and a need to control. Life may have lost its sweetness, so there's an attempt to create joy through artificial means. Many diabetics can be artificially sweet in their personalities, attempting to hide their sorrow and their own power behind a mask of sweetness and helpfulness.

Say to yourself every day: THIS MOMENT IS FILLED WITH JOY. I CHOOSE TO EXPERIENCE THE SWEETNESS OF TODAY. ALL IS WELL!

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If you would like Louise to answer your letter in this publication, please send it to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100, or e-mail your letter to: admin@hayhouse.com (letters used in this column may be edited for length and clarity). Please visit Louise's Website at: www.LouiseHay.com or the Hay House Website at: www.hayhouse.com.

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LIVING YOUR TRUE PURPOSE

By Amanda Butler
Spiritual Navigator & Change Agent

Have you ever just sat and watched the animals around you, dogs exploring in the yard and coming to you to share love? Birds singing, feeding and flying overhead. Dolphins swimming and playing in the sea. Do you think they live life wondering if they are following their path, fulfilling their purpose and are they totally healed? I think not. In observing them, you realize they are living life in and of itself; they are genuinely living their True purpose.

There are many who have jobs, live in different parts of the country and/or in relationships wishing they were working or doing something else, living elsewhere or desiring their relationships to change or be different. I am going to use the dolphin as an example: they know that whatever they are doing, wherever they are and whomever they are with is all *perfect* in the moment. They live in the present moment and on purpose in all ways they exist. Their existence is based on thrival versus survival.

But, you say, how can that be? Don't they, in a large ocean where there are hungry predators, have to protect and take care of their young ones or others around them? Their perception is not ours. Their perception is that the ocean provides them with a world of opportunity and adventure. Dolphins do not know what lies ahead of them nor do they fear it. They embrace the future with the sense of an explorer in excitement, anticipation, with the expectancy of joy and love of life, no matter what they are doing or who they are with.

When I slipped in the ocean to swim with the wild dolphins, I experienced their energy and their sense of this expectation that life is full of limitless opportunities and all possibilities. Here comes this two legged creature to play with them! They had no idea as they started their day that I was coming (well, maybe they did as I have seen them seek us out knowing that we desire to interact with them) but they embraced me and saw the wonderful possibilities of a new play mate. They came open hearted, willing, in total acceptance of me as I am, wanting to share their love and joy and experience 'being' with me.

Now what does all of this have to do with living your purpose? It is the energy that you can feel from a dolphin who is just 'there' totally 'being' present with you. They are living their purpose in the moment. The purpose is sharing the moment with you and exchanging energy in the most authentic, loving way imaginable.

So much has been attached to knowing and manifesting one's purpose. What if your purpose today is just to smile at a stranger and give them hope to live because you have acknowledged their presence? What if your purpose today is to empty the waste basket or clean the toilet before a class begins? I once had someone comment about

me cleaning the bathroom before people came to take a workshop I was hosting. They were amazed that I would do it. I said to them why would I not; it is just part of the process of being of service. I did it with love, not out of drudgery or resentment that cleaning the bathroom was beneath me to do so. It was just an acceptance that it was part of the duties. Is cleaning the toilet my favorite thing to do? Not necessarily, but my perception determines whether I love it or not. Cleaning the toilet was part of the experience so I did not begrudge doing it. I did it freely, willingly and infused the experience with love.

Does the dolphin begrudge, "Oh, today I must go catch fish to eat and survive, poor me, I do not know my purpose"? No, if you watch them in feeding, it is a sport, a game to them; it is their purpose in the moment. They love to jump, swim and chase. When you swim with them, they love to play chase; knowing that you will surely lose as you chase them, just as you waste energy in chasing the illusion of needing to know what your True purpose is. The question to ask your Self, do you chase things in your life or do you stay present with all that surrounds you? The dolphin will stay with you if you stay present and do not try to force the interaction, the process or the result.

Living your purpose means being aware of what is being given to you and how you are being guided. It means staying on course and focused on the present . . . not living in the past nor in the future. The past is only a reference of experiences and lessons learned. The future will be the result of what you are creating in this moment.

Living your purpose is the energy in knowing and feeling you are 'on purpose', creating life consciously and taking deliberate action. It is the manifestation of your path by 'being' in the process. This is what brings you love, joy, fulfillment and contentment. It is 'being' in the zone. You can really feel it when you are in the zone. Nothing can deter or stop you. You are totally focused on what is, what the next step is and what is required of you to do even if you don't love it. It doesn't matter because it is part of the whole process. Does an athlete love to workout and do drills to perfect his or her skill? Not necessarily, but if you watch someone like a Michael Jordon, you can feel his energy when he is playing in the zone during a game. Life is just that, a game we play.

Your perception of needing the *perfect* job, the *perfect* place to live or the *perfect* relationship is only a misguided perception from the ego that keeps you from living your life FULLY. How can you be like a dolphin, knowing that the *perfect* is already here? By choosing to acknowledge that wherever you are in life is *perfect*. Wherever you are in life is your True purpose for that moment. Remember, life is a process, not a result. Knowing and living your purpose is now, not tomorrow. You are creating in your life today, in

this moment. Be like a dolphin and create it in love, joy, expectancy and seeing the unknown as a wonder-filled adventure full of possibilities and probabilities, if you show up and step forward to claim them!


Amanda Butler is a Spiritual Navigator and Change Agent who assists individuals, organizations and corporations in discovering their True essence and consciously creating the life and goals they desire. She can be reached at 248.827.8597 in the Detroit Metro area or email: keenawah@comcast.net and is available for personal or business consultations via phone or in-person.

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A sea chanty is defined in Webster's Dictionary as "a tune song especially by sailors to set a rhythm of united physical labor". The Sandy Chanty celebrates all arts in an eclectic ambiance along with great seafood, awesome music and history. How many readers can remember Geneva-on-the-Lake and her old shooting gallery on the strip? The one with gas flames shooting up on either side of the belt driven procession of styled animals like ducks, fish and elephants that were shot with real 22 shot bullets. Well imagine the surprise when Patt Bowen found the hidden treasure by accident when renovations begun last March. In search for storage space, tearing down a false wall revealed this historical relic. Built in 1928, the shooting gallery (one of five working in all the U.S.) springs back to life with a flick of a switch to awe struck restaurant visitors.

The vegetarian friendly restaurant in its historical setting is now fast becoming famous for its great seafood features, the Lobster Crawl Lasagna and Sea Monster Soup. The Sandy Chanty also has great salads named after nautical terms and chanty's, like the Blue Mood. This salad is stacked with beefsteak tomatoes, layered with onions, gorgonzola cheese and balsamic vinegar and oil. Apple Salad combines thinly sliced apples and carrots tossed in honey lavender dressing and served on a bed of organic lettuce. The Cremini mushroom burger filled with falafel blend and pepita coating. Currys and sushi are also available by reservations. Sandy Chanty signature desserts are also totally nauti-cool.

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HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

Ebb and Flow Living Your Life's Purpose

by Janee Kuta-Iliano

It is one thing to know your true life's purpose, but it is an entirely different thing to put it into practice — to live your life's purpose and make it a reality-based dream. As I talk to people, many express that they have this one thing, this one idea that fulfills their every dream. Others express it as an inner knowing; an acceptance of what their service is to be on this Earth. I can describe it as a heart-felt emotion that literally causes me to sweat at the thought of it.

I have intense visualizations of living out my dream of one day having a holistic health center. It is a burning desire that cannot be stopped by any barriers and/or obstacles. I sometimes think of it as a curse, because it would be so much easier for me to get a 9-5 job working for someone else. I sometimes wish I could do that, but if I stay true to myself, I know that this is not possible. So I take a deep breath and continue getting up everyday, doing what I do, with or without pay or reason. When I feel I am ready to give-up, "miraculously" something or somebody makes me smile and validates my work. I then realize that I have shared a piece of information with someone that could have possibly helped them in some way or another. But, there are other times that I do want to give-up. I desperately want to talk myself out of this love/hate relationship I have with my life purpose.

However, as I continue to grow as a person, I realize that living out your life purpose is an endless ebb and flow of emotional, mental and physical ups and downs. A circle of life. I have many months of great progression while other months I feel like I am crazy to think that I can actually help others improve their health.

I know that when I speak to others about health and nutrition, I shake inside. I sweat, tingle and get that deep gut feeling knowing that I am living on task to my purpose. That doesn't mean I know everything; I just know that I am here to be of service in this way, that I do have an earnest desire and craving to learn more so that I can share more. It is something that is not motivated by money. It is real to me and no matter how much I try to talk myself out of it, I know that this is what I am supposed to do.

A life purpose is not just about a career. A life purpose is all-encompassing. It is not fragmented or compartmentalized. It is about everything that brings excitement and joy to your life, something that resonates with every fiber of your being. For example, you find a career you love and have passion for, but at the same time, you have an unpleasant home life. To me, discovering your life's purpose begins by having respect for yourself, by seeing yourself as having worth and value. In order to honor yourself and live your purpose, you need to constantly be making decisions that will allow you to live your life to the fullest in every capacity. Having toxic relationships can hold you back so you need to work hard to make decisions that will bring you closer to light-hearted, supportive people and less to people who will bring you down. Make room for those who really want to help or watch you live out your dreams without any strings attached.

Keep persevering and pushing on because anything that is worth having is not without work and self-discipline. Without it, it wouldn't have much meaning. It is a steady climb up this mountain that represents your life. Life is just too short to do something that means nothing to you.

I believe we're now at a higher, faster consciousness that is forcing us to take a hard look at our lives. By simply reading this magazine you're opening up your mind to other possibilities, not just the standard. Complacency seems to be a thing of the past. So many people are quitting their jobs if they are dissatisfied or taking time to find themselves. It seems as if it is not just about making lots of money doing what we hate anymore. We are not quitting until we find our niche, our place of peace that supplies us with the means to live life to our fullest potential. We are warriors, fighting to truly save ourselves from the misery of the ego, from doing what others want us to do.

It may sound trite to hear, but if you have touched just one person in your life, then you have done your job. If you have managed to make one person's life a little easier, then you have found a purpose no matter how big or small. I believe that truer words have never been spoken.

Ebb & Flow..continued on page 20



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Be patient. Whenever you are, it is true that we are all here for a real reason. To be of service to this world, to your community, to yourself. But I must say, hold on tight to the endless ebb and flow you will feel as you head down your own unique path.

To think that we are all special, that we are all capable of making a difference in this world... now that is an exciting thought!

Janeé Kuta-Iliano is the director of

ALiVE ONE whose purpose is to empower others to take control of their health. She offers Swedish Massage, Colonic Irrigations and Cleansing & Detoxification Programs. Visit her website at www.valuablehealthnews.com or www.aliveone.net. For more information contact Janeé at 440-478-9802 or janeekuta75@sbcglobal.net

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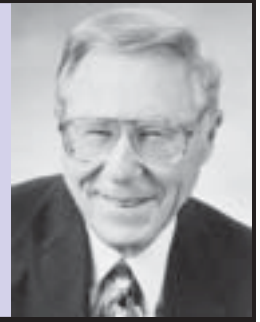
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Speaking on Mental Health with Dr. William Glasser



My name is William Glasser. I now live in Los Angeles but I was born, raised and educated in Cleveland at Case Western Reserve University. I am a board certified psychiatrist who has been in private counseling practice for many years. I believe the people I counsel are all unhappy. They may even suffer from symptoms such as depression and anxiety but they are not mentally ill.

There is nothing wrong with their brains; they do not need psychiatric drugs. I have counseled successfully and never prescribed a brain drug. I see my role as a counselor to teach the people I counsel, just as I will attempt to do in this column, to live happier or mentally healthier lives. I have written many books and the following are the four that would be most appropriate to readers of this column. These books are published by Harper Collins and are available from bookstores. *Choice Theory* is the basic book. *Getting Together and Staying Together* is for marital and premarital problems, *Between Parent and Teenager* is for parents but teenagers will also read this book and *Warning, Psychiatry Can Be Hazardous to Your Mental Health* covers how you can improve your own mental health and become much happier than you are now.

Dear Dr. Glasser I am bored with my life. Nothing or nobody seems to make me happy. I go to bars and try to relate with people but it doesn't work. My wife divorced me because she thought I was a big downer. She said my attitude was too negative. I don't know how to be any other way. Can you help me? - **B.P.**

Dear B.P. The second sentence of your question "nothing or nobody seems to make me happy" is the core of your problem. You are spending your life looking for people to make you happy. Like all other behaviors, happiness is a choice. You are choosing to look for people to make you happy when you have to choose to find ways to help yourself be happy. To do that, you have to get involved in some sort of a positive friendship with someone. Who this person is doesn't really matter, but I don't know if you will find many people like this in bars, but you may find them in college courses, dancing classes, or in something that you do with people that you enjoy. Then you should read my book called *Choice Theory*. This book describes how you can make more effective choices than you are making now. What you will learn from the book is that whenever you deal with another person, do not use external control psychology. Do not criticize, blame, complain, threaten, punish or bribe anybody and don't try to get involved with anyone who criticizes, blames, complains and threatens you. That is the first and most important thing you will learn. When you are aware of all of the external control and how it

creeps into every relationship and may have crept into the relationship between you and your wife, you will rid your life of it. You will support, listen, encourage, and respect. These are the kinds of behaviors you will begin to choose. On pages 20 and 21 of the book *Choice Theory*, this is explained in some detail.

If you do as I suggest, you may learn to help yourself. I hope you do.

**Cordially,
Dr. Glasser**

Dear Dr. Glasser My friend has been suffering with a severe drug problem for the past ten years. He is constantly in and out of rehab and is always relapsing. He knows that what he is doing is going to kill him and he always feels miserable after a relapse. He is extremely smart and talented but gets frustrated with the everyday world and so he turns to drugs. Can you help me help him? -**V.P.**

Dear Miss V.P.: Your friend is a drug addict. He goes in and out of rehab and always hopes that someone or something in rehab will help him. He is a passive person who likes drugs. The only hope for him is to help himself. He should get involved in some sort of a twelve-step program and attend the meetings regularly. He should also read my book *Choice Theory*. From this book, he will learn to get rid of the external control psychology that has been dominating his life even before he started taking drugs. It is all there, but he has to put the effort into reading and thinking about the book. He then needs to find other people who will talk over the choice theory ideas with him. *Choice Theory* is a good book to start out with and another book he can discuss with people is called *Warning, Psychiatry Can be Hazardous to Your Mental Health*.

Thank you very much for your question.

**Cordially,
Dr. Glasser**



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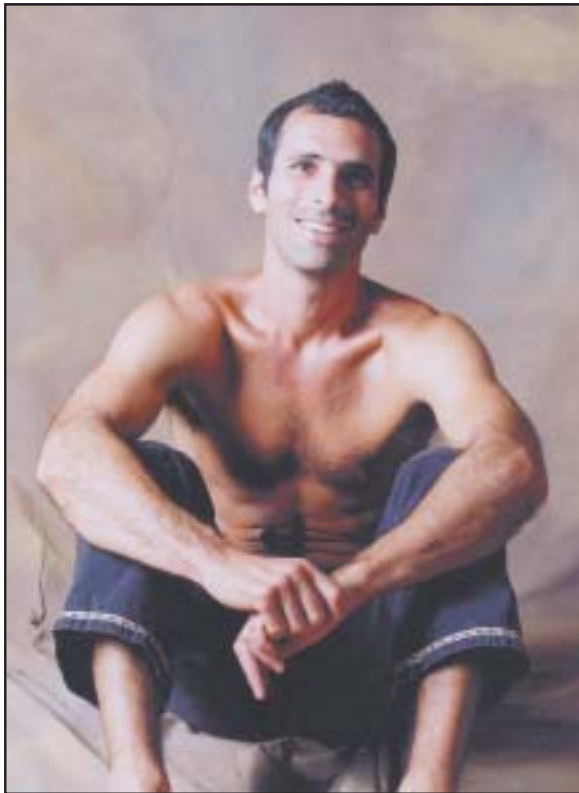
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Your Angels Revealed With Laura Lee

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



EXPO DEMOS/WORKSHOPS



Mini-Workshop in Animal Communication

Dr. Agnes Thomas offers a 2 hour mini-workshop in animal communication for those who are interested in the fundamentals of telepathic communication. Please bring photos of your pets, pencil and paper. Do not bring live animals to this introductory course. Students are advised to attend Dr. Thomas' lecture offered on Friday as a prelude to the course.

Spirit Gathering: Gallery Style, by Rev. Melissa Leath

Spirit Messages Presented Through the Mediumship of Rev. Melissa Leath. Rev. Leath, Author, Visionary and Spiritual Medium will talk about Spirit Energy, and give us hints on what may have been left out on some of the televised shows about mediums connecting with the spirit world in a gallery format! Mini-messages will be given to some of the audience. This is a must see event!



Tantra - Shakthi

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Why Raw Foods - Janee Kuta

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



Feng Shui - Joyce Varona



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

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

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

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



More EXPO Demos/Workshops on Page 26

EXPO DEMOS/WORKSHOPS

CONTINUED



Act To Attract! - Sandra Taylor

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

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

Messages From Beyond - Sharon Klingler

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



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Messages of Love

Questions Answered by Laura Lee



Laura Lee

Divine Timing for Love and Marriage

The time 3:33 is constantly on my mind and several times in the middle of the night and during the day I have looked at the clock and it's specifically 3:33. By the way, I was born at 3:33. What does that time mean to me? 'Divine *timing*

Dear Divine timing;

The number 333 is a clear signal that heaven's presence surrounds you. Pay special attention to what you are thinking about or what is going on in your surroundings when you witness this number sequence. Though you are never without the presence of heaven's helpers, in these moments you have additional assistance near by such as an enlightened master or more angels to offer help. For instance, your birth was a significant event where additional help from both sides was called forth to usher you into the new world.

What is my love life all about? *Divine Love*

Dear Divine Love;

Think about it..... **love life**. Now breathe these words over and over into your heart and sit with them for a while. Your love with others is in direct proportion to how much you love yourself... your life. You have to be honest... do you appreciate yourself and the life you live now? If there is anything that you find unhappy with yourself, look at those things objectively. Do you think others will love them any more than you? It is recommended that you open your heart to the possibility that you possess all the love in the world within your very heart. Send love to the parts of yourself that crave attention. This may include the part of yourself that dislikes being alone with you. When you realize that you are your world's best lover then the love you dream about will join your side effortlessly.

Will I get married so that I can have the family I want?

Divine Marriage

Dear Divine Marriage;

You can have whatever your heart desires; but if you really truly believed, your heart wouldn't beg the question. It would just know trusting that it is already done. You may want to investigate what makes you believe otherwise. For one, you have not made a special request for the heavens to fulfill this dream. It is recommended that you sit down and write a detailed description of what you want. Then share your request aloud with the heav-

ens each evening before drifting off to sleep. Keep this request private between you and the heavens. Overtime it will strengthen your faith in your heart; a divine marriage. Then dormant forces will come alive to fulfill your desire.

Recommend reading; Secrets of Attraction by Sandra Anne Taylor (Hay House)

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

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PLANETARY PATHWAYS

By Evstarr

ARIES

July has you marching to the beat of the almighty prosperity drummer...it's time to cash in Aries...fireworks are in store for you in the form of celebration...your prayers are being heard...gratitude, gratitude and more gratitude opens up that treasure chest...an unforeseen windfall is traveling on the winds of abundance...it may come in a shape you don't recognize, so keep eyes and ears open

Spend some time in quiet contemplation...meditating on the answers you're searching for in August...listen for what rings true to your heart, then follow it...there are people out there waiting to help you...more information is needed...don't be afraid to consult someone with more expertise in this area...ask and ye shall find

TAURUS

The wings of protection are watching over you Bull...July has you, your loved ones, and any possessions you hold dear under a safe and sheltered Universe...know that benevolent Venus, your ruling planet, is taking care of things, *relax*...go let some of that Venusian creativity come to the forefront...everything else is being handled

OK Bull, August says it's time to drop the seriousness and start taking yourself lightly...all work and no play makes that stubborn streak of yours all the more prevalent...call up a few of your friends you've been neglecting these days...go out and play, play, play...the last days of summer are beckoning you to enjoy

GEMINI

Are you settled down yet from that wild birthday cycle you just had...all four of you...July has you doing what you do best...using that Mercurial mind of yours and exploring all possibilities and options...leave no stone unturned...there are doors to be opened, some thought out and others you've overlooked...go for it

Did you do your homework...if so August is ready to swing those doors wide open and I do mean **wide**...it's time to set sail on that big 'ol ocean liner that just arrived...see yourself succeeding...look around you and pay attention to all the valuable information that's headed your way

CANCER

No, you're not dreaming, July has you pinching yourself...that magic Jeannie **did** just grant you three wishes...see your dreams as a reality...thank the Heavens

for hearing your prayers...now go out and have yourself a blast...call up that old friend you haven't seen for a long time

Cancer, nurturer of the Zodiac...you of all people should be aware of your healing capabilities...you've got a heart filled with love and love heals...August brings this to the forefront...recognize your potentiality and be open to the Universe to expand your territory...by healing others you heal yourself...

LEO

Come on now, Lion...you're King of the Jungle, what's stopping you from being King of your world...July is the time for you to step up to the plate...recognize your own self-worth...the bases are loaded, it's time to put your leadership abilities into your own entrepreneurship...look closely across that ball field, you're surrounded by magical opportunities

OK birthday child...you took that first step and ventured out on your own...now follow through in August...before you start to *roar* in the morning, think about your intentions, say those positive affirmations before you start each day...write them down...yes, I'm serious...*do it*...then look out Jungle

VIRGO

Come out of that comfort zone you've been stuck in...July says come test the waters...swim outside of the buoys...nobody says you have to stay in the deep end...just try it...do something totally unlike you this month...be adventurous...take a risk...the planets will support you...

August has you learning how to receive...yes, it's time to allow others to do for you for a change...and your lesson is learning how to accept...by being a gracious receiver you open up the dam gates & flow in the river of life, bringing in all sorts of creative ideas and opportunities

LIBRA

July has fireworks for you in more ways than one...Jupiter is once again heading forward in Libra...you may just run into that special someone at your 4th of July celebration... watch the sparks fly...soul mate connections are around the corner...dance like no one's watching

Watch for synchronistic events in August...it's true what they say...there are no *coincidences*...your past efforts toward prayer and manifestation are being answered...pay attention...take notes...there are no *chance* meetings...keep all eyes & ears open...serendipity is not just a movie

SCORPIO

Scorpio, are you doubting your worthiness, the planets are beckoning you to know your own worth...you deserve to receive good in all the countless ways it flows to you & July is the month to do it...be gracious...accept...for in accepting your good from others you allow the gift to be returned to the giver...lighten up

Are you asking for a relationship with a spiritual basis...the heavens say yes, it is possible to have a passionate as well as holy relationship...allow the Universal energies of August to be carried on the wings of a dove...don't force things and that dove will fly right into your backyard

SAGITTARIUS

July's beat is to the drum of YES...you know what you want to do...you've just been waiting for someone to tell you it's OK...trust your hunches...this is the validation you've been waiting for...go for it...fear not my Centaur...trod forward, the stars support you...then have some fireworks of your own...

Oh, oh...did you get a little carried away last month...August is the time to forgive yourself...we all make mistakes...pick yourself up, dust yourself off...remember you're the Universe's perfect child...stop beating up on yourself...love yourself...then get back on that horse and ride into the sunset

CAPRICORN

Well, it's about time...Saturn finally comes out of Cancer in July, which has been opposing your sign for quite a long time now...breathe a sigh of relief and say YES to your dreams...you've been waiting & planning...after mid-month is the time to put all those plans into action

"All that I touch turns to gold & green, I'm a magnet drawing prosperity," is your theme song for August...sing it loud & to the heavens...people want to help you...let them...gratitude is the key...know that you deserve all this good and just keep saying "thank you, thank you"

AQUARIUS

The winds of July are whispering *here I am, I want to help you*...there's someone out there that can help you manifest your desires...go into meditation...get your



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guidance...find out who that is and *ask them*...we all know you're not the *shy* one of the Zodiac, don't we

Ever thought of going out on your own, of course you have...well August is the month that is luring you to the shores of self-employment...what are you waiting for...you know what to do...you're a born entrepreneur...a little on the eccentric side, but who isn't...turn on those light bulbs

PISCES

July says it's time to stop feeding all the other fishes of the sea, and allow yourself to receive without guilt or apologies...*yes, you*, open up your arms and let others give to you for a change...this washes away stagnant energies and allows you to balance the yin & the yang...so start swimming with the flow of life

Now that you've allowed yourself to receive...in August you can get back to work revitalized...you're a powerful healer and have a huge heart...just do what comes natural, giving...know that you and your loved ones are safe and protected at all times by the Divine safety net of the Universe

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today.

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Dr. Ellen Kamhi; “Stimulating the Ring of Fire”

Harold Mc Coy; “Dowsing, Healing and Other Mind Practices”

Wayne Perry; “Sonic Meditation and Chakra Toning”

Dr. Linda Lancaster; “Integrating Energy Medicines for the Subtle Human”

Beverly Coleman; “The Intuition of Dr. Edward Bach” (Bach Flower Remedies)

Laverne Denyer; “A Medical Intuitive’s Approach to Working with Subtle Energies”

Tom Valone; “Historical Legacy of Electro-Magnetic Healing Devices”

Bob Beutlich; “Scalar Math of the Fundamental Particle: The ‘ANU’ (the sub quark)

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THE YOGA PAGES

Living Your Purpose

By Wah!

Living your purpose means you are internally unified by one theme, one direction. Externally, things may be disorganized, looking great or looking terrible – it doesn't matter. Living your purpose is your connection to a spirit which continues regardless of what is happening in your life.

Can you choose your purpose? I don't think so. Your purpose is something you decide before you even take an incarnation. You sit with your angel, your guide, and decide on an appropriate life that will work on the weaknesses of your soul. How about a life in Michigan with one parent? Nah. A poor Russian family that leads the community? Nah. How about Cleveland with an alcoholic parent – you can learn compassion and rise above abuse. Ahh, perfect. Your purpose in life is learning and leading in a compassionate way, finding integrity in people and experiences that are less than par.

Can you change your purpose? I don't think so. Only one purpose per lifetime. Grumble all you want, yours is a lifetime of single direction. Many lessons, one goal. Align with your purpose and your life opens up. Misalign and your spirit suffocates. For me, when I am living my purpose, every aspect of my life challenges me to grow. Sometimes when my external life is falling apart I feel my purpose more strongly.

When I was younger, I was quite proud of the yoga and meditation I had accomplished. I felt I was living my purpose. I had joined an ashram – they had given me superior techniques to practice asana and meditation. I was told where to go, when to sleep, what to eat, who to marry and how to be. I didn't have to decide anything. It was easy, in a way – I couldn't take credit or blame for anything. "Ah you are wonderful!" was a reflection of my Guru. "You are a mess!" was also a reflection of my Guru and his ongoing work with me. In some ways, I was living my teacher's

purpose more than my own. I put myself into the teacher training system and became a star student. I didn't really find myself; I found a system. However, it was an integral and valuable part of my self-discovery.

People tell me, "I wish I had gotten into yoga sooner." I don't believe this. You can't edit your life, changing the order of circumstances and experiences. Each person's discovery process is perfect and complete exactly as it unfolds. You wanted it sooner? I don't think so. You had other things to experience first so you could be open to learning the yoga.

I didn't find my purpose and live it. I lived it and my purpose became defined by my living it. I didn't start my life saying, "I'm going to learn yoga and meditation." My past lifetimes brought me to it. I couldn't find a job that would stick. The earth was boring to me. At age seven, I was reading minds. It drove my parents crazy. "How does she know that? She wasn't there when we talked about that." I was a curious, thirsty child. As an adult, I am still driven by my thirst for spiritual understanding. Does it have a name? Let me ask you, does it *need* to have a name? One day as I was talking with Alison Granucci, the program director at Omega Institute, she said, "Wah!, this is not a 9-5 job for you is it? It seems you have dedicated your whole life to spirit." And so we called my retreats *Dedicating Your Life to Spirit*. Could I have come up with a name for my purpose? Definitely not. Only sports commentators can give play by play narration. I am just compelled to live it.

I went and found a Guru because I wanted my karmas to be finished. I saw an astrologer and he said, "What are you doing?! You are trying to finish everything in this lifetime? You are doing eleven lifetimes in one. Your teacher is only doing three. What is your hurry?" I said, "I'm going to get liberated. I'm going to get off the planet! Ha ha!" And he said, "Hmmm, no I don't think so. You have many more

lifetimes after this.” “Oh.” Well, that burst my bubble. Then what was my hurry? As I started to relax, it got really difficult. I had to live with myself and my idiosyncrasies.

There is no right way to live this life. There is no right way to practice yoga or chanting. There is no way to secure Wall Street. You will not win at Monopoly every time. It's a play. The sequence of your life is something you created to instigate the most growth in you. Success has nothing to do with it.

Certain things you hold dear. It's just the way it is. You are attracted to some things and other things don't hold your attention. If something triggers a reaction, there's something there for you to discover. An experience could trigger love or anger, it's still a reaction. Look into that. There's something there.

Your triggers will be different than mine. I'm always looking for something. I have to learn to find nothing. The more I get to nothing, the better it is. But for me that's scary. I want to have 12 steps so at least I can know what step I'm on. I want to do Series I or Series II, be a teacher or a student. It's not possible. I am just walking, traveling, meeting people. Sharing my experience and listening to others. Is this a purpose? I think it is. The more I live it, the more I open up to who I am.

You might think you know what you are doing. You

might be going to school, getting a degree or teaching yoga. It doesn't matter. All that will change. Listen to your heart-felt desires. They will lead you beyond your definitions. Better to say "I am going" and nothing more. Allow yourself to come forward in full expression. It's permission to be whoever you are. Then you will see how it all ties together to reveal your unique purpose in this life.

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

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Name: Marni Task

Where do you Teach? Everywhere! There are so many wonderful studios with a completely different population of students. I love them all! You can find me at Karma Yoga, Cleveland Yoga, Evolution Yoga, The Yoga Room @ Limbs and Inner Bliss for workshops.

Teaching Experience: I've been a student of yoga for 15 years and after being so inspired by my teachers Sharon Gannon and David Life, I began teaching Jivamukti Yoga in 1995. In 2001, I began integrating Anusara Yoga into my classes.

Styles of Yoga Taught: I teach both Jivamukti and Anusara Yoga. Both are what I call "heart" based practices. Meaning each class has a spiritual theme that gets your heart pumping in an inspirational way so the physical/outer body has an intention from which to move. Both can be challenging or easy depending on the focus of the class. You will definitely learn to go with the flow and to do it all with alignment awareness. That is the beauty of them both.

Do You Offer Workshops? : Yes! I am doing an "Advanced Awesome Asana" workshop at Cleveland Yoga July 17th with Diana Kampinski. I most recently Co-Led a "Choosing Life" workshop with the amazing Wayne Chandler and we will be doing this again in the fall. **Dates and times coming soon!** It is a workshop where we use sound, breath, and asana to create a shift in our emotional awareness. We begin to realize that "as you think, so shall you become" is really true! I also love when a studio invites me to lead a workshop and we brainstorm together what kind of workshop would be best suit the students.

Phone Number: 216 376 2521 **Email:** marni@marnitask.com **Website:** www.marnitask.com

Mission Statement: Yoga means union. My dream is that yoga will bring us together and that we will transcend our differences into peace. May every yoga practice contribute to the happiness, freedom and wellness for all beings everywhere. Now that's worth getting on your mat!



Living Your Purpose

A Yoga

Teacher's Perspective

FINDING YOUR SWA-DHARMA; YOUR SOUL'S PURPOSE

by Meenakshi Joy, CST,CMT

Every soul that has incarnated has a reason for Being. If not, no incarnation would take place! My teacher used to say that the purpose of a dog is to be a dog, not a cat! That is his "swa-bhava", his essence of Beingness, and his "swa-dharma" is to eat, play, be loyal, be protective to his owners, and live his full "dogness". For humans, things are a bit different I think!

We have a more developed consciousness and the ability to grow and expand our awareness. Another great sage I met in India used to say that our sole-purpose for being alive is to recognize and realize our Divinity. With that realization, the way in which we unfold that awareness is reflected in what we do.

Whether we are an artist or a janitor, if we move fully into that action, and become completely one with it, we touch that space of Divinity inside of us and all those that we greet during the day.


First, however, we need to find a sense of being nourished by that action, being inspired by that action or work, and then excited by it, and then we are able to embrace it because it vibrates in each cell inside with enthusiasm.

To me, finding and living your purpose doesn't need to be that difficult. What do you love? What do you really connect with? Not for any other reason than that! Not because it makes "x" amount of dollars, or because Mom or Dad said we should, but simply because we get excited and interested immediately when we think about that thing. Our purpose is right here right now sitting within that question, within that inquiry. Not far away, down the road, or somewhere else. When we have that answer, then we are obligated to move in that direction so that our actions in the World are full of that excitement, and all else will follow. With trust and faith, we can embrace our "swa-dharma" by making steps to live within that realm of enthusiasm and not compromise that for another "good reason not to!" There are no good reasons to compromise the great gift of this life, and our own uniqueness within the vast landscape of it's expression. One of my favorite of Indian scriptures is the Bhagavad Gita. At one point Krishna says to Arjun, "Better is one's own norm imperfectly carried out than another's norm well performed."

-Meenakshi is a yoga and meditation teacher, kirtan singer, Sanskrit and yoga philosophy teacher, recording artist, as well as a Shiatsu Therapist.

She can be reached at info@swaha.ca or www.swaha.ca or www.chantingmeenakshi.com

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Visiting Hell...

But Choosing Not To Stay There

By Sierra Bender

You could say it all started when I was seven and didn't even know it. It was my first day in church experiencing confession. I was told to tell my sins and if I did not God would judge me. I was sitting in a dark box that looked like a phone booth and a deep voice came out of this box from the screen that looked like bars. The mystery of it all began with the fear that I felt when I was told to tell my sins and ask for forgiveness. I was *seven*forgiveness for what? I thought to myself that I know *more* adults that need to be here. I was told God would shame me for telling lies and not confessing. I knew then that I was to fear two men in my life who where supposed to have loved me - God and Santa Claus. I told the priest that I didn't need him to talk to the man upstairs. And to think that God is a man. I explained my God to the priest ... If God is every-where and everything why can't I talk to him alone, in nature and thru my animals as I always did? This is when I realized I knew that God was more then I was taught and told. I did not fear my God because I could talk to God and loved playing with God's creatures. Let's just say my parents got an ear full after that experience.

From that moment on I guess you could say I set foot

on my own spiritual path. I did not believe in my religion and I tapped into Spirit and the power of my own choice and will. Truly, more children are connected to God - Spirit then we give them credit for.

As I got older I lost my connection due to choosing outside pressures and of course those rebellious teenage years. I went off to college on a softball scholarship, returned home, got married, and had a successful business as a personal trainer to Olympic athletes, Wall Street and Fortune 500 Ceo's. I had the life - the all American dream.

My life was booming with everything I could wish for and in total control - so I thought. But in one day I lost it all. I was rushed to the hospital on Christmas Eve with a very rare tubular pregnancy. My uterus exploded and I bled to death but was revived. It was the most horrific experience in my life but my dance with death changed me forever. I awoke to an angelic figure sitting on the end of my bed and I knew at that moment I would be ok. I knew this angelic figure and the comfort of its words soothed me although it was never words' coming from its mouth - it was all telepathy. I say *IT* because this energy, this figure, this beautiful creature was not male nor female it was both. It was full of love, energy



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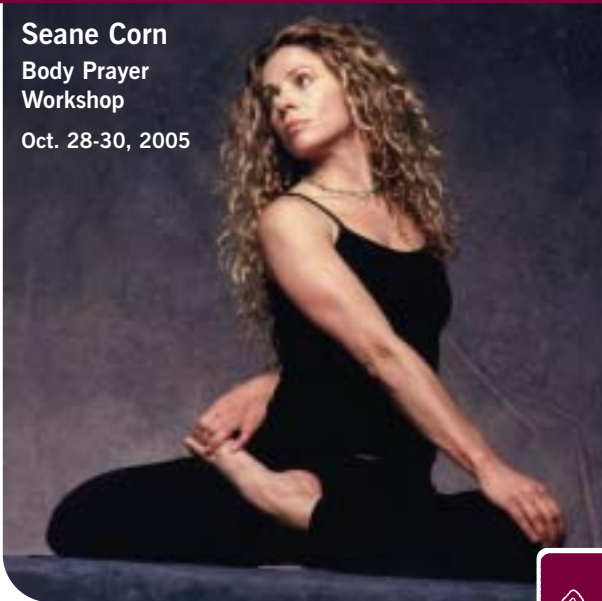
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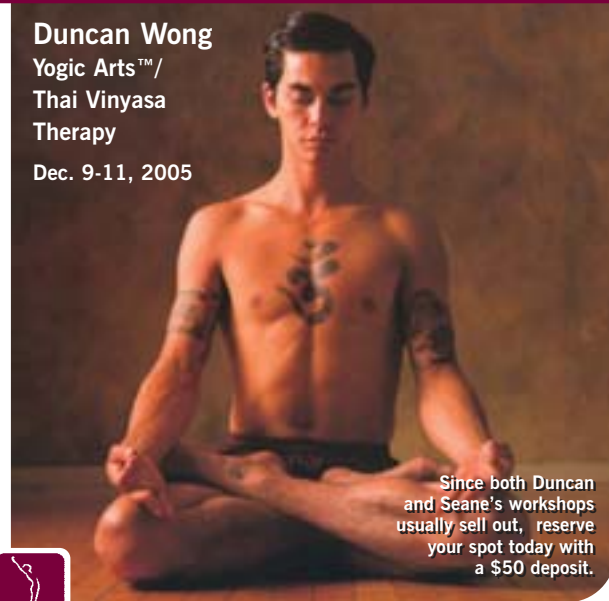
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and spirit. I knew what it was communicating was true. I knew it was my truth and I was told why I was here and my purpose. To teach people how to be in their bodies - their complete bodies. When the body isn't healthy the Spirit does not want to stay and do its work. The reason for my past history and pain was to personally go through it to relate to people and help them come thru to the other side. To show people that their pain and suffering will help them find their worthiness and connection to Spirit, to the God within. My experience with death was to awaken my faith, strength and self worthiness. It was so strong and clear. Finally my yearning questions as a child were answered. I was reconnected to my God again and I awakened to all that was within me and surrounding me. My connection to the physical, mental, emotional and spiritual worlds started working for me in a way I never thought would be possible. I understood and had this deep inner knowing why I went through all my pain and suffering in my past, the sexual abuse, the eating disorders, drugs, alcohol, abusive relationships all situations I put myself in, to punish myself.

My pain was so deep and although it seemed I had it all together on the outside - my insides were a mess. That evening I felt what seemed to be two hands placed on my uterus and felt this overwhelming energy. It was warm, safe, tingling, alive and moving thru me as if I was being tuned to a certain frequency like searching for a radio station. I knew at that moment I experienced that Love was not only an emotion but the most powerful force with action behind it. I felt every cell of my being was reprogrammed. My body craved this sensation. My heart and mind both knew what I

was experiencing was so profound and real that I would never again doubt the power of Love. Because this energy, this Love was so nurturing and warm it went through my body like a wave, my body totally surrendered to the power of Grace. On Christmas morning my family and friends arrived to visit me and I knew when I saw each one of them why they were in my life and what they were here to teach me. At that moment I understood forgiveness. I learned a new strength - the strength of letting go. I could forgive them and myself.

I knew I did not have any reason to hold onto anger and grief any longer. I never felt so free. My senses became stronger and clearer. I knew who was on the other end of the phone when it rang and I could smell the newspaper in the next room. I was very receptive to my surroundings and other worlds and energies. Everything that I had studied about the body and mind, being in physical shape and strong was redefined. I had a new definition of power. The power of touch, forgiveness, surrendering and letting go was the most powerful thing I had ever experienced. Trained as an athlete my body and mind were weapons to destroy the opponent. This experience taught me the power of going within.

Modern medicine may have saved my life but they did not have the answers I was searching for. Although my body was healed physically my emotional body was still grieving, and searching for answers. Mentally nothing made sense anymore. Emotionally - I knew I had to surrender to my past pain and suffering to leave me open to experience life with a new outlook. This surrender led me on through to my journey. Yearning questions led me to India where I



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toured and studied holistic medicine and yoga. I studied yoga and lived at Kripalu Center for Yoga and Health in Massachusetts for 8 months. And then off to the 4 corners area in Arizona where I ended up staying on a Navajo Native American reservation studying with chiefs and medicine women and men. I learned about the feminine and male aspects of Spirit God and my connection to Mother Earth. All my experiences there brought me back to my near death experience and the God within me. *I found my answers and more. My purpose then started to make sense to me.*

It all started to make sense the angel, the message, my dance with death. I could no longer deny my purpose... to teach people what I have learned and experienced... I feared that people would think I was crazy but I knew what I was told was my truth and if I did not follow my path -my purpose it would only create more suffering for me . I could no longer deny my purpose, my responsibility or my power.... my connection to Spirit God and Mother Earth.

I went back to work teaching about the body and being fit but with a whole new outlook.

Although I may have lost a child I gave birth to Sierra 4 Body Fitness & Yoga.

I taught all that I knew was true for me and shared my story to whoever would listen. I began to teach that being fit is not only physical but a full circle process physical, mental, emotional and spiritual that connects us to the God within, the human self. Isn't that why we are here?

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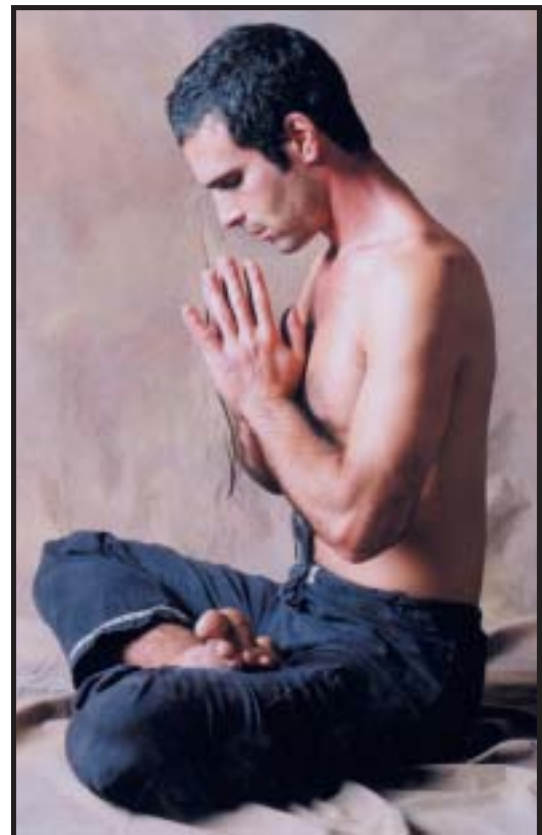
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If you've been keeping your journals and following the column you should be pretty adapt by now with interpreting your own dreams. We are going to talk a little bit about *Lucid Dreaming*.

Lucid dreaming is *to be aware that one is dreaming*. This is *Nirvana* so to speak, the ultimate state all dreamers want to attain. Everything in a lucid dream is brighter, clearer, and we actually have control of the dream itself. The point when we realize that we are indeed dreaming is the moment we reach lucidity. This state of lucidity varies within each dream and each dreamer. One can become *lucid* for only a minute or two before slipping back into the dream state, or lucidity can last the entire length of the dream.

QUESTION: Can one learn to become *lucid* during a dream?

ANSWER: Absolutely, this is something, along with remembering your dreams, and asking for guidance in dreams, that can be obtained through practice and time.

Dear Duchess:

Palm trees & Coconuts – I am in a car and there are large bodies of water with palm trees and coconuts all around me.

The key is I kept saying during the dream “I am dreaming”, “I am having a lucid dream” and I was telling the other people in my dream “you’re in my dream.” Signed, Wishing I was there

Dear Wishing: Yes, we’d all like to be sitting under a palm tree right about now. You indeed had a lucid dream. Along with *lucid* dreaming comes the control that we can change the dream, similar to being in the driver’s seat. The water is representing emotions and the palm trees signify victory in a spiritual sense. Being able to become *lucid* is taking control of the dream, and this will manifest into your life. Sounds like you’re getting a handle on your emotions, and spirituality. Give yourself a pat on the back and keep those lucid dreams coming.

DREAM TIP OF THE ISSUE:

To start the process of *lucid dreaming* takes discipline and determination. Start off by becoming *aware* during your daily life. Make a list of 5 things you will make an intent on noticing during the day, (i.e.) a certain color, a wastebasket, a stop light and make a conscious effort to actually become aware each time you notice these things throughout your day. Eventually this will spill over into your dreamtime. Then with full *intent* before bed tell yourself “I am going to have a lucid dream”. Then pick a dream symbol familiar to you, that you will *notice* in your dream, as a trigger to become *lucid*. Sweet Dreams!

Evsttarr, aka “Duchess of Dreams,” has been studying dreams for the past 20 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Visit her website www.reachforthemoon.net for upcoming dream workshops, send your dreams and questions to evsttarr@yahoo.com.

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A Mind, Body & Soul Connection

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