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WORDS FROM THE PUBLISHER.....

I never planned on publishing a magazine. It just kind of grew from a newsletter I put out at a holistic health center I had opened. Actually, I never planned on having a holistic health center...it just kind of grew from thinking about opening a coffee shop. Come to think of it, I never really planned on opening a coffee shop, the idea came about as a way to give back to the recovery community for my gift of sobriety. And actually I never really planned on getting sober...it came about from being sick and tired of being sick and tired.

I find it interesting that as I look back over my life, what seemed at the time to be the darkest periods were the catalyst of the greatest growth and blessings. Of course, no one ever would have convinced me of that when I was feeling the emotional bombs bursting within. It is so much easier to look back and see how these events connect to each other then to plan them all to come together.

I was taught a long time ago to make plans – but don't plan results. About a year ago a friend forwarded an email that was Steve Jobs (the founder of Apple Corp.) commencement address to the graduates at Stanford University. In the speech he shares a lot of key events in his life and how he never really knew at the time they were happening that these events would play such important roles in his life experience. Of course, not all were pleasant: he was given up for adoption, founded and lost Apple Corp. and was diagnosed with a fatal type of cancer, to name a few. Each of these experiences led him to a greater understanding of his true purpose.

But isn't this true for all of us – we all have a purpose, it's just a matter of how we choose to get there. Yet the dots will always connect.

Namasté Clyde

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Our Theme for the Next Issue...

balance

.....CONNECTING THE DOTS

BY ELIZABETH KUCINICH

You know, life's funny sometimes. Actually, is it life, or is it us?

One day we can feel totally down in the dumps for no apparent reason and another be flying with the eagles, soaring an open expanse of the warm blue sky when facing our toughest challenges. So what is it that enables us to experience the magic of life one day and something different another?

Well how about our state of being? Well no matter the weather, there's life and soul and spirit all around us and it is our state of being that determines our response to the world around us, our family, friends and colleagues. The sunshine is a connecting ray that warms the heart and makes the threads of the universe sparkle in its radiant light. It is our choice in how we interact with the world outside ourselves, by creating an inner landscape that is true to our very nature. We have the choice of coming from a place of being where we radiate the beauty of our souls and manifest it into the world.

Even on those down in the dump days, those cold rainy sad days, those threads are there, connecting life with life, soul with soul and heart with heart. Take a moment to breathe, to be at peace in the gentility of your being. Now open your awareness to the world around you. Open your heart. Open the eyes of your soul to the endless possibilities of an infinite universe. A future waiting to be created, reflecting the magnitude and radiance of your own being. A future not coloured by the past but as open and beautiful as the clear blue sky.

In 1996 when I was eighteen, I claimed my independence and with my family's blessing took the responsibility of my life into my own hands and bought a plane ticket to India. With nervous excitement I opened heart to my being and in this trust allowed life to reveal its mysteries to me. What I experienced was interconnectedness at its deepest level as limitless possibilities unfolded in this land where life spills into every corner, raw and untamed, scented and beautiful.

I began my path by knocking on the door of one of Mother Teresa's Missionaries of Charity homes in Agra and asking Sister Rose whether I could work there. This for me became one of the most beautiful times of my life, loving children day after day after day; encouraging the blossoming of their hearts which shone in the brilliance of their eyes. Language never being a barrier to the connection of hearts, I spent joyous afternoons holding the hands of the elderly and infirm, sometimes in sadness

but always with joy and love, honouring them. Together we would laugh and giggle as they would ask me again and again to play "this little piggy" and "round and round the garden" on their hands and fingers, my most successful form of entertainment. Being. Heart to heart.

Some months later I moved to a village where I spent my days with Dilat (untouchable) children who played together on the outskirts of the village because of their caste status. These children were all heart, running around scantily dressed with no shoes, but full of joy, life, love and acceptance. There I opened myself to the joy and wonder of being.

Each day at 5 a.m., I and my colleague Isaac would teach classes to these children, before their daily activities in support of their families would start. We knew that our little project couldn't teach them all they needed to know to pass exams and go to college, but what we could do was to teach them to see the world around them. I mean really open themselves to the magic and mystery of creation. Through this awareness, we hoped that they would see the world anew, and 'learn how to learn' through enquiry.

Twice a week we would hold educational games sessions in the afternoon where children from the whole village could join each other and listen to stories and draw or play cricket and 'Simon Says', my way of teaching them basic English. One afternoon Isaac read the opening of the story of Genesis to them, and we used it as a basis for memory games, learning about the world, the sciences and many other topics over the weeks. Another afternoon we had a drawing competition. The children had the freedom to draw what ever they wanted, but provided flowers for inspiration. – Two men in the village took it upon themselves to bring me flowers every day, so there was never a lack of beauty in the classroom, a roof top.

Many of the children had not ever picked up a pencil or crayon, but as time went on, their confidence grew. Others had been to art classes. There was a great disparity in abilities, but not in heart. One of my most favourite memories is from that afternoon. The most precisely drawn picture was of the Taj Mahal, beautifully composed but very rigid in creativity. The young artist's father had taught him to draw the Taj, so he did from practice and dictation. An eight year old boy handed me his completed picture, a white Madonna lily. A jiggley, jaggley picture drawn by someone unsure of how to hold a crayon, but lovingly expressing what he had learned about the world

and the delicate details he had seen in the flower. He had drawn the stamen, the veins in the leaves and petals, and most remarkably of all, when he drew the sun, in the way that children across the globe do, a round yellow circle in the corner of the paper, there was something a little different.

That week during our early morning classes we had taught about the refraction of light through prisms, rainbows and beauty. He had taken it all in. His big bright yellow sun had long bright rays, each one a different colour in the order of a rainbow. He had learned about light and then applied his understanding to his picture. His sensitivity to creations delicate touches in the veins of the leaves and petals. That day he won the art competition, and his prize was a bag of sweets, that he had the honour that day of sharing with the other children, enough for one each.

It was during this period of my life that I experienced the most profound sense of connection with all that is. Commonly termed a mystical experience, I felt the energetic connection that resonated between all of creation. The life force, the web of life, the rhythm of the universe. I would walk into town a few times a week and there I would be greeted by the street dogs, Fudge, a large boundy, fluffy affectionate dog who would run up to me and walk alongside me always with a corner of my flowing skirt in his mouth; Snowy, a slight, very feminine dog with only three working legs, trotting along on my right. Then there was Gannet, she was actually pregnant, not fat, but she used the authority of her stature to gently keep the other dogs in line.

Town friends would giggle as my entourage moved through the streets, joined by other hounds who would share in the biscuits I bought for them. On the occasions I fell out with friends over silly things, I would use the excuse to get them to buy the dogs milk to regain favour. On one occasion I remember someone commenting to me "You are too happy. You have too much love in your life". I laughed heartily and reflected on the joyous bounty of love that is in the universe, if only we took the time to walk slowly enough through its gallery to enjoy the view and feel its colour envelop us.

There was a special time of the day for me in the village, when the sun hung low in the sky and the birds chattered in the bougainvillea. The risen dust of the day making the sunlight hazy and the air tangible. There, in my magic hour of the five o'clock sun, I would sit on the roof of the house and open myself to the glory of being alive. Never having written a word of poetry in my life, I began spontaneously writing, evening after evening, praising the sacredness of life and the precious gifts of sustenance from our earth mother.

Later each evening I would be joined by two friends, Devesh and Isaac my colleague. Devesh, a Hindu, was widely read in the Vedic scriptures, the Baghavad Gita and the Muslim Holy book, the Qur'an. Isaac was a Christian, theologically trained and able to quote almost anywhere from the Bible. Together we would share in the most glorious conversations of history, religion and spirituality, in a quest to learn more about ourselves, each

other and the world. It was during those conversations that we learned about the similarities in the lives of historical religious figures such as Jesus and Krishna, the interconnectedness of faith and the wonder of open, investigative dialogue. Three very different people experiencing the same inner-connection.

Surrounded by the chaos of life, the elements that make up my being, my culture, and my way of living were highlighted as they buffeted the colours, sights, smells and ancient energy of this wonderful place. Connecting the dots that lead to the present. The here and now. The precious moment of stillness surrounded by chaos.

In January of this year, exactly 10 years after first stepping foot in India, I returned a newly wed. This time I did not take a rickety smoking bus to Agra, instead I arrived in with my husband and a few of his colleagues on Air force 2. Our first international delegation together that would take us to meet with the leaders of four South East Asian countries.

Over an extended lunch break and with only three hours on the ground, Devesh collected Dennis and I and took us unannounced to visit Isaac and Mummy. Miraculously they were home. Mummy cooking in the kitchen, Isaac in the garden. There we sat sipping chai as if time had stood still. Now however with my chosen life partner Dennis, on the threshold of our new journey, brought together largely by another India connection, Kuldeep, Gurudev and the Department of Peace — but that's another story.



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SIX PEOPLE AWAY

By Evsttarr

When I first reflected on the theme for this issue, *connecting the dots*, it immediately brought to mind a frequent analogy that I use in the Louise Hay groups that I teach. As we go through the 14-week course, I'm asked several times throughout the course questions like, "How do you explain a baby born with a birth defect, or the mother that loses a child through death?" ...the list goes on and on. My answer to these questions is this: imagine the United States as a whole, and the 50 states constitute what is within the makeup of that whole, the larger picture, the U.S. Your life, and anyone else's you're trying to examine, is just a mere part of the whole. In my fifth-grade classroom, we had a large wooden puzzle of the U.S. and our task as students was to correctly place all the puzzle pieces in their corresponding spots. That exercise stayed with me my entire life, probably because the Universe knew that one day I would be using that same theory in the metaphysical work that I do.

Therefore, in much the same way as the wooden puzzle, we don't know what lies beyond the curtain of someone else's life. We don't know what karma or dharma is going on and **why** those lessons (a birth defect, a child's death, etc.etc.) need to be experienced. We are only looking at a **piece** of the puzzle, not the whole. The Universe, your life and my life are divinely orchestrated with just the right instruments to bring about this glorious symphony we partake in every day.

Being the oldest of five daughters and growing up on a 50-acre farm in Huntsburg, Ohio, I know only too well the meaning of responsibility. I raised my four sisters, collected eggs from the chicken coop, picked beans and milked the only goat we had. In my spare time, I cooked, cleaned and went to school, unaware that the Universe was preparing me for my numerous years as a single mom. You see, it's all *connected*, much like the keys on a piano; ebony and ivory

working together making the music that creates the whole.

Take a few minutes right now and close your eyes while you think back on all the scores of circumstances, situations, people and synchronicities in your life that played an integral part in who you are today; *connect the dots*. Do this now, I'll wait.

"We are all connected to everyone and everything in the universe.

Therefore, everything one does as an individual affects the whole.

All thoughts, words, images, prayers, blessings and deeds are listened to by all that is." – Serge Kahili King

In essence, we are all created equal in the image and likeness of God. I am no less, nor no more, than you; we are equal in God's eyes. The ego spends its whole life trying to convince us otherwise, bringing in judgment, blame, criticism and what have you. The main theme that I incorporate into the personal coaching and the groups that I facilitate is loving the self and forgiving all, including the self. As much as you may not want to hear it, we are connected to everyone, even the Hitlers of the Universe.

When we blame another human being, such as our spouses, our parents, our kids, the government, God, religion, society etc. etc., we are giving our power away, hence becoming powerless. We need to take off our "holier than thou" glasses and start taking responsibility for "the *dots we've connected* in our own lives and worlds; after all...we are a part of it, all inclusive. The world is mirroring our thoughts, beliefs and attitudes. Like I've said 1,000 times over to my students, it's your script, if you don't like the actors replace them. If the ending doesn't please you, rewrite it. There is **no one** other than you directing your screenplay. Once you get off the blame wagon and *connect the dots*, you'll find they lead right back to **you**.

Not too long ago I rented a movie on DVD, *The Five People You Meet in Heaven* (2004) (TV) directed by Lloyd Kramer adapted from the book written by Mitch Albom, which clearly illustrates how we are a *piece in the puzzle* of the lives we touch. In the movie there is a character named Eddie, played by Jon Voight, who spent his life as a repairman at the Ruby Pier Amusement Park.

On Eddie's 83rd birthday, an accident on one of the rides imperils a 5-year-old girl. In an attempt to save the little girl's life, Eddie loses his own and awakens in a place called Heaven. While in Heaven Eddie is not alone, he meets five people, each of whom shared with him a significant connection in the bigger picture we call life. I recall as I watched



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the movie how it seemed to fit my perception of what I believed Heaven to be, which is exactly what we (each individually) think it is, a vineyard for me, a sunny beach for you, or a huge golf green for someone else. It also cemented my theory – we never really know what part we play in other people’s lives until that final day when we cross over to the other side and *connect the dots*.

There is an expression that I’ve heard from time to time that I find fascinating; *we are only six people away from knowing everyone in the world*. Upon researching this theory, I came across a few different notions, one being six degrees of Lois Weisberg. Lois Weisberg, once commissioner of Cultural Affairs for the City of Chicago, is connected by a very short chain to nearly everyone. In the course of her 73 years (when the article was written) she had connections at one time or another with actors, musicians, doctors, lawyers, politicians, activists and environ-

mentalists. She was one of those people who knew someone in just about every walk of life and could get you a *connection*.

In the late 1960s, a Harvard social psychologist named Stanley Milgram conducted an experiment in an effort to find an answer to what is known as the small-world problem, though it could also be called the Lois Weisberg problem. The problem is this: How are human beings connected? Milgram developed a chain letter and a method of tracking it to find out exactly how many people it takes for it to reach someone across the country, and came up with the same theory.

There is another way to look at this question and it’s through the popular parlor game Six Degrees of Kevin Bacon. The idea behind the game is to try to link, in fewer than six steps, any actor or actress through the movies they’ve been in, to the actor Kevin Bacon.

— (Source: The New Yorker January 11, 1999 Annals of Society)

So however you slice the pie, we are *connecting the dots*, day-by-day, moment by moment, getting closer and closer to being just *six people away*.


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Connecting the Dots

by wah!



Your schedule is hectic. Things are changing. You wonder how you're going to get through the current difficulties. You're being asked to do things you've never done before. It's unfamiliar. In a moment of pause, you wonder, "How the heck did I get *here*? Doing *this*?"

Going back through your life and seeing how one thing has led to another, and how the sequence of events has been perfect in preparing you for your current situation, is a delightful exercise. Clyde (the editor of this magazine) has called it "connecting the dots." It's a good metaphor because it creates a mental picture of a pathway – in this case, a path of personal evolution.

Your soul has set an intention for this life. Just as you might set an intention at the beginning of your yoga practice or create an affirmation at the beginning of your day to expand your daily experience, your soul sets an intention for your life before you start it. The soul is the one actually connecting the dots. When you consider a life which has a core thread energy, consider who was designing this path in the first place – your soul.

The dots tell a story. You can narrate it according to external events, or you can describe it by stages of inner growth. Viewing externally, you might say you built a business, burned out, reorganized, started a new relationship, divorced and remarried. Or from the inner viewpoint, you might say you strengthened your substance of self through teaching and work, suffered an injury, paused for reflection, started a softer approach to life and attracted a new partner to reflect and share that new energy. The external events and inner growth are always interconnected; inner and outer worlds are in constant communication.

You can look at the dots from either an inner or outer perspective; I think they lead to the same place. From the outer world, you can observe a sequence of events or major life changes. You switched jobs; you moved to a new house; you did some fasting or a cleanse, started a yoga class or 12-step program. A person who molested or stalked you died or moved out of the country. A friend or family member died. You started therapy, went back to school or em-

braced a new hobby. The outer changes affect your inner workings and release new areas of growth.

On the other hand, using the inner world as a focal point, you can acknowledge that where you are now is the result of many smaller steps of inner growth. I think of these inner dots in terms of potent memories. If you reflect back on your life, certain memories will pop up as being significant. The time your father said, "I don't think I can let them win this time." Or the time you said to your lover, "I don't ever want to go back to the harsh way I was. I want to stay in this soft energy." These memories stick out in your mind because they are significant. They are expressions of inner growth and clarity, when you see and recognize clearly an aspect of your inner landscape.

Can you piece together the events that led you to your current situation? Sometimes events change so quickly, you aren't totally at ease with who you are and where you have arrived. (How did I end up *here*?) Connecting the dots brings you back to your soul's intention and weaves these seemingly random events into a cohesive whole.

So how did you get to this point? Take a look. It all happens gradually. If you write down the major external shifts in your life over the last year, you can define the structure (the dots). Then if you write down your most significant memories of the last year, you will gain an understanding of how you were feeling, what your inner emotional landscape was (the thread connecting the dots).

And what was the general direction of your dots? What did you discover? Are you moving towards independence? Self-awareness? Kindness, forgiveness of self, caring for others? Expansion? I think it is important to notice the general direction the dots are taking you. It gives you a clue to your future, how your soul wishes to continue expanding. Your soul has asked you to move in this direction so your inner work can continue. Knowing that today is part of a sequence of your soul's opening may help you embrace the circumstances facing you today. After all, the dots are not placed haphazardly. It wasn't an accident that you fell in love. The Universe worked with your soul to

bring you together with someone who had achieved similar openness and evolution. The dots of your life connect with the dots of another person's life and a relationship begins based on that common evolution.

The soul doesn't really care about end results. The soul cares about strengthening the substance of self. If it means a year of paralysis, so be it. If it means a change of job, so be it. The experience opens you to a new awareness. Once the door is opened, it cannot be closed. You can't unremember what it feels like to be paralyzed or chained to a hospital bed through IVs. You can't unremember what it feels like to be in love. Once the awareness is opened, the possibilities in you are awakened. Once activated, the heart energy remains vibrant. One experience leads you to the next experience of openness.

If you think your life is hard, think about the dots or experiences which have already been completed. You could never be doing what you are doing now if you hadn't lived through the events prior to this point. It means you are strong enough to take it. The point is not to survive the changes in your life but to strengthen substance of self and open to a greater capacity for light, love and happiness. You need soul strength to do that. Can you get in shape in one day? No you can't. It happens over a period of time and with consistent effort. The dots show you how it works on a soul level. Step-by-step, over a period of years, each experience leads you from one dot to the next, and the whole path leads you to your own personal evolution. Your current difficulties are not there to bother you or to "test" your resolve; they are a step by step process to strengthen and



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As I worked on this article and connected the dots of my own lifetime, I found it both therapeutic and reassuring. As I looked at the long line of dots which connected me to my present moment, I saw some central themes. I saw my soul's yearning to experience love. I saw my step-by-step process into softening, allowing me to trust the Universe and my own inner guidance system. Connecting the dots gave me a feeling of surety that all is as it should be. It helped me trust my process of opening and embrace the uncommon way it is affecting my heart.

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest CD Savasana*2 is designed for deep relaxation and healing. See wah! in live performance at the Journey Mind, Body & Soul Expo August 19 & 20 at the Plain Dealer Pavilion at Nautica, Visit her online at www.wahmusic.com*

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Sincerely, Clyde Chafer

Co-Creating the Dots

By Rev. Diana Repko, founding minister of
Unity Center for Transformation in Mentor, Ohio.

Dining out is a fun activity for my family. We enjoy the food. We enjoy the atmosphere. We also—all four of us—enjoy the fun stuff to do in the activity books my kids get. There are puzzles and word searches, spaces to color and number games. Once in a while, we get to complete a connect-the-dots drawing. Do you remember those? You trace from one dot to the next—1, 2, 3—and a picture begins to form. If there are a lot of numbers, you can't tell what it's going to be as you begin. As the picture unfolds, you give it your best guess, but you're never really sure what you have until you're done.

Life is like that. We go from one event to another, often not seeing the connection between our life's circumstances. Random events, so they seem, take place, again and again. However, if we pause to look backwards, we can often see that a pattern is being formed.

If we're not conscious, if we're in the habit of not taking responsibility for the chronic circumstances in our lives, it may seem that God is pushing the pencil, for reasons beyond our ability to grasp. "Why is this happening to me?"

we utter in despair. But if personal reflection and complete self honesty are part of our life, we can see our part. "Oh, THIS is what my attitude is creating," we say to ourselves. "I didn't know I was making THAT!" We come to realize that it is we who hold the pencil, connecting the events in our lives with our consciousness, the constant factor underlying all of them.

The question that inevitably arises at such moments of revelation is this: Are the dots yet-to-come already established in the cosmos? Scrooge asked that very question of the Third Spirit on Christmas Eve. So, too, we ask: Am I destined to walk a particular path, to make certain choices at certain times, regardless of whether I change or not?

Charles Fillmore, cofounder of the Unity movement, had this to say: "If people cannot determine the character of their acts, they have neither understanding nor will—they are puppets." Well, we aren't puppets, that's for certain. We are the image and likeness of God, endowed with the ability to create our lives, individually and collectively, in the same manner that God created the world.

Therefore, to create the picture of the life we would like to have, to create a consciousness of love and peace and understanding, no matter the external goings on, we must employ the stages of creation to connect the dots in our lives.

First, amid the chaos and confusion, we say, "Let there be light." We allow ourselves to see the Divine illumination that has always been shining in the darkness. As we begin to see more clearly, we attune to our innate capacity to discern what is beneficial from what isn't. We separate the waters from the waters. As we do, dry land appears...some Truth we can stand on. And stand firm we do, not with rigidity but with rootedness.

Our being rooted in spiritual Truth allows fruit—vegetation—to begin to grow in our lives. As this fruit becomes apparent, we realize that we have taken control of our thoughts, behaviors, beliefs and ideas. We have dominion over them, and our lives have changed for the better as a result. In this realization we say, "Thank you, God," allowing ourselves to rest in this truth. We experience the sacred Sabbath of oneness...with God, with our highest potential, with all that is.

As we take each of these steps in our lives, the next dot that appears is a different dot than would have appeared if we had refused to grow. Thus, we have fully embraced the act of co-creation. A dot will appear on our horizon. That is given. But the nature of the dot, our ability to embrace the dot? Ah, that is up to us. That depends on our choices to align ourselves with the Divine in all we think, say and do.

Continued on page 16

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So, what picture are we drawing with our lives, as we connect our dots? It depends on the consciousness with which we move our pencil. If we participate in self-absorption, defeatism, isolation and self will run riot, we can be sure to create a life in which nothing seems to work. If we hold thoughts of generosity, joy, compassion and connect- edness, we create a life that radiates.

So pause, right now, even as you are reading this article. Ask yourself, "What fruit do I see in the life I am creating?" Do you like what you see? Then you are undoubtedly already using the steps of co-creation in your life. Keep doing what you're doing. Don't like the picture? Start, right now, moving the pencil in a different direction. Each of us can choose, right here and right now, the drawing we create. Connect your dots—consciously, purposefully—and you will find yourself living a beautiful piece of art.

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ON SOLID GRASS

BY MARY ANN REIGER

The grass had grown high that day. It reached its slivered blades up, opening each tip high to the morning sun. The wind breezed through it, occasionally strong enough to create a ripple like water on a pond. Sounds of cars engines and footsteps rang loud yet, were distant like thunderstorms without rain. Sometimes the footsteps were gruff and slow while other times they were precisely clacking. Sidewalks and driveways were too close to streets that purposely divided. There was always something impassable that seemed to divide the grass. But the grass surrendered, for everyday that brought rain was good. Everyday that brought sun was good. Everyday that the grass grew higher and wider and traveled farther along the edges of the sidewalks was a good day. Sometimes the dandelions would try to take over the grass.

Sanctimoniously, they would pretend that they could reach higher than the grass with their special abilities to spread; they would damper the hopes of the grass to grow strong. The dandelions grew too tall, too self-proud



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because their stems were empty inside. Eventually, they would droop down bemoaning others for their plight. The grass would acknowledge their sadness and simply offer to share the warm sunlight. The grass recognized that in some ways we are all weeds. Other times the grass would be cut back, usually from a power it could not control, which seemed at times to be a raging power that assaulted it with the noise of authority and doctrine. But when the engine died down, the grass

breathed again and lifted its blades to rays of light. Eventually the pedantic engines always seemed to run out of gas. The humble grass in its simple wisdom knew that it could persevere, for all it wanted to do was drink the rain, feel the wind and warm to the light of the sun.

One day a large noisy truck came along and sprayed chemicals over the grass. The dandelions panicked and fled at the challenge to their beliefs. But the grass, unsure of what to do, simply held its ground. It wasn't crazy about the funny smell and sticky mess lingering on its blades but through many seasons the grass had learned something about nourishment and survival. So the grass



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grew stronger, thicker and taller.

Another day, two children came to play on the grass, a boy and girl. They were bouncing a ball on the grass and the grass loved it. The joyful laughter from the boy and girl was so pleasant that the grass worked extra hard to feel cozy and soft as they lay down. The children rolled around in the grass and giggled with delight. The grass was pleased, as were the sun and air, even the clouds waited to rain. The boy and the girl sat on the grass and stroked it kindly, as if it were a fluffy bunny or a newborn puppy. The grass enjoyed their company so much it was hard for it to say good night.

Later that night, as the grass was sleeping, a little boy and girl had come outside. They sat on the grass in flannel pajamas as their mother's voice called out, "Only for a few minutes; look up at the stars." The boy and the girl gazed up in wonder at the stars and imagined they saw everything from a lion to an astronaut. Giggling, they played "connect the dots." The grass was sleepy, but surprisingly awoke by the children's laughter. The grass lifted its blades slowly to look up and there, just inches away, were lights beaming down across the black sky! Grass had never seen anything like it before and as the grass looked closer and closer it felt like it could touch the stars with a single blade. Then the grass understood. It understood that *it* was the stars as much as the stars were the grass. There was no separation; perhaps there never had been. It wanted to share this awakening with everyone it could,

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especially those pesky dandelions, but how do you explain the wonders of connectedness without becoming like the dandelions?

Perhaps the answer is to *be* the grass, to be humble and joyful in spirit – connecting to the universe of stars and to the universe of spirit every day. The grass connected the dots by being true to its spirit, true to its joy of embracing the light every day, in every way, grateful

for its existence.

The boy and girl grew up, with lawns to tend and families to raise, but always they remembered to look up at the stars with their feet on the grass, teaching their own children to always walk on *solid grass*.

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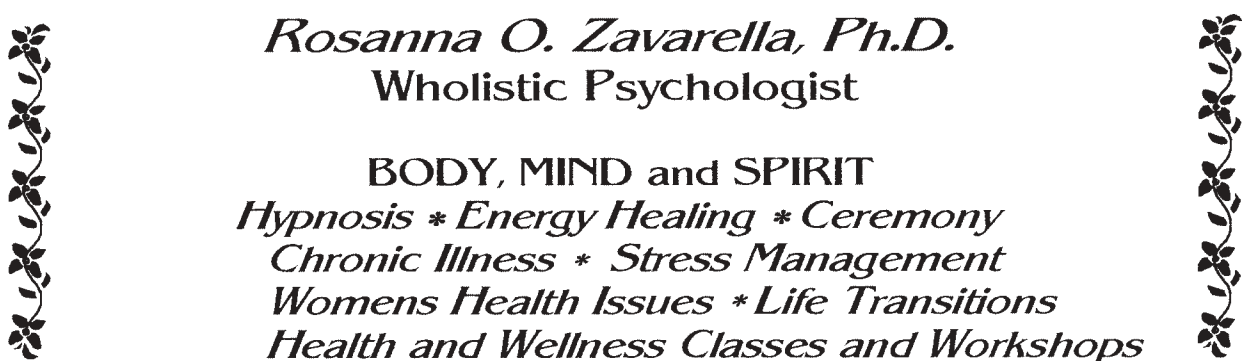
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PLANETARY PATHWAYS

By Evsttarr

July: Full Moon: 7-10th 11:02pm New Moon: 7-25th 12:31am • **August:** Full Moon 8-9th 6:54am New Moon: 8-23rd 3:10pm
Mercury Retrograde: 7-4th 3:33pm Direct 7-28th 8:39pm

ARIES

OK Ram, you're usually the *first* one to sing your praises... but do you really believe it? Looks like the planetary energies are heating up in July asking you to get rid of deep-seated feelings of unworthiness... know that you *do* deserve good in all ways & start graciously accepting *everything* that comes your way

Working on that *self-esteem* did some good, the Heavens are opening up those pearly gates and guess who's going to be the one cashing in... that's right... August brings extra magical energy surrounding your situation right now, open up your horns & get *first* in line

TAURUS

Alright Bull, we know you're not the most adaptable sign of the Zodiac, but it's time to *forgive yourself* for your own stubbornness, & let go, guilt is a waste of time... move on & remember you're a child of the Universe just like everyone else... July says get over it & start loving yourself, after all Venus your ruling planet is all about *love*

All that loving yourself paid off, people are starting to flock to all that healing energy you've got going on... keep *loving yourself*, & others will be lining up to see if that's the August sun shining or your aura that is glowing so brightly, keep up the good work Bull

GEMINI

OK Twins, how many people are living in your abode... then why does it look like ten times that many... time to get back to business from all that partying you did in June & *simplify* not only your life but your home, clutter is messing up your Feng Shui, go grab a twin & start working on bringing balance back into your life in July

Look around, follow me... someone, somewhere wants to help you, August is asking you to put that double Gemini brain to work & figure out who that someone is & pick up the phone, *communicate*, that's what you do well... accept their help, & then start moving mountains

CANCER

OK Crab, *pay attention* is your theme song for July, *double check* everything, Mercury is Retrograde & moving from Leo into Cancer, & with Venus also moving into Cancer, that's right... you guessed it, issues from old loves get a second chance around to be resolved... trust your intuition...

& pay attention to all the signs around you

Alright, Crab, you listened, you paid attention & now there's a *magic lamp* sitting at your feet, & the genie has just come out of the bottle, think about it, meditate, visualize & then go ahead & make a wish, & enjoy the magnificent manifestation in August... *Alleluia*

LEO

Alright Lion, Mars the planet of energy is in Leo... the July Sun is shining down on you and Mars is at your back... there's no excuse... no get out there & muster up all that *positive energy* you've got... in fact why don't you try going on a negativity diet & surround yourself this month with only positive people, thoughts, and things... *do it*

The jungle's looking pretty good, the Sun is in Leo, Venus is moving into Leo, which just might bring a little lioness around... as far as your profession is concerned, look into something a little more deeply, you may need to *consult an expert* for more info in August

VIRGO

OK Virgo, you normally are just a wee bit critical of others, but July is saying take a look inward, you've been way too hard on yourself these days, let's say we do a little *self-forgiveness* work... that's right, quite beating up on yourself, when you love yourself, you'll find you're far less critical of others

Alrighty now, didn't all that self-love feel good... OK time to get to work, Mars is in Virgo the entire month of August, so use the planetary energies to your advantage & get some work done, you're able to *move mountains* now, but don't forget to **REST**... all work & no play makes for one crabby Virgo, & we know what that's like

LIBRA

Have you been trying to maintain the balancing act for way too long now? Well, take two steps back & give yourself some much needed *R & R* in July... that's what the planetary doctor is prescribing... take a nap, go get a massage, lay on the beach... rest, relax & rejuvenate

August spells *soul mate*... you of all people understand only too well the meaning of relationship, the yin & the yang, the balancing of energies, Libra rules the seventh house of relationships, our long-term partnerships... so get ready... Venus is about to bless you

SCORPIO

OK Mr. & Mrs. **Intensity**, that's right, you're one of most intense signs of the Zodiac, so let's take all that intense energy & put it into some *entrepreneurship* & start your own business... the Heavens are setting up for you in July, take advantage of this magical moment

Alright Scorpion, you've started the ball rolling, now **make a decision**, we know the pendulum swings hard both ways for you... balance isn't exactly your middle name, but now it's time for you to weigh it all out in August, follow that deep hidden intuition & decide

SAGITTARIUS

Stop the bus Sag, it's time to get off & make an appointment with yourself for some alone time, that's right... & I do mean **solitude**, stop the party for a day, grab yourself a journal, meditate & spend some time contemplating on what it is you really want, then listen & decide what is your next step... July says, listen, write, then act

Good job Centaur... all that going within, listening to your soul, has paid off, the Universal energies in August have just given you the big **YES**... so keep on trusting that intuition of yours, take action accordingly, & if I know you... it will no doubt be in a **BIG** way, that's how the Sag loves to do things, go for it

CAPRICORN

OK Goat move on over to a greener pasture... yea, that's right the herd you're hanging with may be bringing you down in July, so it's time to look around & ask yourself what is working in your life & what has **positive energy** all around it, & then move your goat self over on down the road

Well, it takes the goat awhile, being ruled by the Planet Saturn, Father Time, but eventually Capricorn gets there... so it looks like hanging around that positive energy field paid off... August says your **treasure chest** has arrived, coming around the corner with silver & gold, just say thank you & then open it

AQUARIUS

July's Zodiacal storms, are just what you're used to, things coming up all of a sudden like an electrical storm... well, we know after every storm is a rainbow, it's very important that you spend this month focusing on your desires & what you **DO** want, & quit giving energy to your fears, **focus on the solution**, not the problem

Well, I'm glad you listened, your magic genie has arrived, it's time to give that gratitude journal a run for it's money, start thanking the Heavens for all that prosperity, blessings, opportunities, and abundance pouring into your life now, then sit back & watch the August skies shower it's **blessings** all over you

PISCES

OK fish, you've been taking on a lot of responsibility... now July says it's time to take a break, swim on over to another's pond, & *spend the day with some old fish*, swim around, reminisce over old times, swap a few fish stories & **relax**... then you'll be rejuvenated again & ready to get back

to the daily grind

Maybe you didn't listen last month, the Universe is still asking that you slow down, & take some time for some much needed self-care... you can't go around taking care of everybody else, if you're not taking care of **numero uno** first... in August just lay around in that pond of yours for a day or so

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THE YOGA PAGES

YOGA & CONNECTING THE DOTS

A Yoga Teacher's Perspective

Looking Back at the Signs

By Ally Hamilton

In another lifetime, or at least that's how it feels today, I married the wrong man. Not a bad man, just not the right person for me. I was very young, and as I recall, I believed that even though there were big problems, by that I mean screaming red flags, because we had already invested three years it made sense to move forward anyway. For the weeks leading up to my impending wedding day, I kept asking for a sign. It didn't occur to me that the fact that I was nauseous on the day I went to buy the dress, or the fact that I could not get the song, "You Don't Know Me" out of my head were both signs. It didn't strike me that the fact that I was asking for a sign was a sign in itself.

The morning of my wedding day, I woke up to brightly shining sky. This was something of a relief, as we were supposed to be married outside on the huge

deck of this beach club that juts out over the ocean. I felt anxious throughout the morning; when I wasn't feeling anxious, I felt numb. I remember having the sense that I was watching all of this unfold from somewhere else. Things started to go wrong when the makeup artist showed up two hours late. I think I had six girls in the wedding party, half of whom I haven't spoken with in years. In my heart, I had wanted a small, no-fuss wedding with close friends and family, but the moms on both sides of the equation had different ideas. The makeup lady said she would do my makeup last because that way it would be the freshest. So I just sort of sat and watched as my girlfriends had their makeup done one by one.

To tell the truth, the whole thing is sort of a blur, but I do remember that I didn't talk much at all throughout



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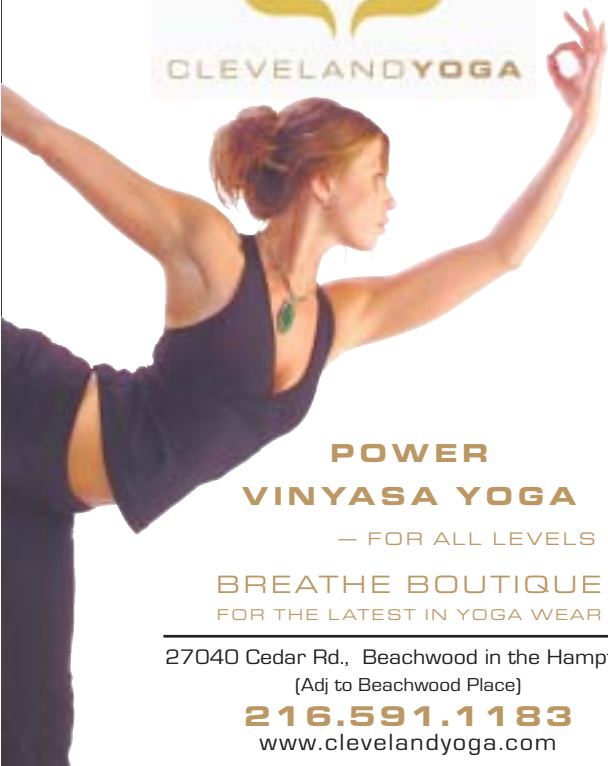
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the day. At four o'clock, the sky turned black. That's not an exaggeration, it went from gorgeous sunny weather to a sky the color of which I had never seen before during the day. It turned out that no one had wanted to tell me there was a huge storm approaching, complete with the red alert stripe that goes along the bottom of your television screen when they are advising people not to leave the house unless absolutely necessary.

The torrential downpour began about five; the ceremony was scheduled to begin at seven. By the time the makeup woman finished my girlfriends, it was after six, so all my bridesmaids piled into the limo that was supposed to take us from the hotel to the club. By the time my mom and I were excused from makeup, it was 6:30. We drove in my parent's mini-van with my step-dad, my little brother and his best friend.

The club was only six miles from the hotel, so getting there on time shouldn't have been a problem, but by the time we left the hotel, the storm was in full swing. If you saw the film "Magnolia" then you have a sense of what we were dealing with, but if you didn't, it was as if someone was hovering six inches over the minivan with 100 hoses at full throttle. I was waiting for cows to fall from the sky. My stepfather, in full problem-solving mode, drove the six miles on the shoulder of the highway, while other drivers, stuck in what looked like a parking lot, gave us the finger.

There were many signs. As a matter of fact, at a

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certain point, my brother looked at me, and we just started laughing. I think that was the only moment I was present the entire day. When the officiate announced that we were husband and wife, there was a crack of thunder and lightning so loud, you can hear it on the wedding video. That, and the nervous laughter of the 250 guests, over half of whom I had never met.

I won't go into the details of that relationship, but I will say that what I had was a wedding, and never a marriage. I was profoundly unhappy. When I realized I had made a huge mistake I began practicing yoga. It wasn't instantaneous, it was definitely a process, but I had a great desire to uncover what it was that had led me to make the decisions I had made. I realized that I didn't know myself very well.

It had never occurred to me, even once, to ask myself if this relationship was nurturing, growing. Whether I felt seen or heard or understood or celebrated by the man I married. Whether I even had fun in the context of our relationship. These questions hadn't occurred to me because I was not even on my own radar. Marrying the wrong person was a culmination of so many things that had shaped me throughout my life. Sometimes the truth is dark, ugly and painful, but it is always a blessing.

That experience was the beginning of my journey. I sank deeper into my practice. I left that relationship. Often, I went to my mat twice a day. I wept a lot. But eventually, I started to heal. After a few years, I did my first teacher training. I started to see how my practice was

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changing my life, the way I related to myself, to the people in my life, to everyone I encountered. Then I did more trainings. I started to feel something that at first, I could not identify. One day I realized it was joy, peace. I began teaching. People showed up and I was amazed.

I've been teaching for 11 years now, practicing for 15. I moved from NY to LA about five years ago. I realized "home" is a place inside. In October, I married another transplanted New Yorker. We had a small, no-fuss, absolutely beautiful wedding celebration. It did not rain. I never had to ask for a sign, because I knew in my heart it was right. I have a marriage that is a beautiful partnership, something I do not take for granted. And as I write this, our son is growing inside me. I think he is probably doing yoga.

I look back with so much gratitude on every painful and challenging experience I've ever been through. I know that I would not be here today, feeling blessed, having so much to draw from when I teach, had I not been through every single experience that has led to this moment. I know that it is human nature to resist challenge, to resist pain, but that is really the stuff to celebrate, because those things are there to open us, to soften us, to help us become compassionate.

Ally Hamilton teaches at Bryan Kest's Santa Monica Power yoga exclusively, and teaches workshops and retreats worldwide. Go to [www. AllyHamilton.com](http://www.AllyHamilton.com) for more info.



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CONNECT THE DOTS... AND THEN COLOR OUTSIDE YOUR LINES!

By Nikki Pawlowski

Imagine you are sitting at a table with a Big Fun Book in front of you. My favorite Big Fun Book was called "Santa's Big Fun Book" (I still have it!). Imagine that the title of this book has your name instead of Santa's. Now, let's start flipping through your Big Fun Book and find a page that hasn't already been colored, cut out or figured out.

Aha...here's one, a dot-to-dot. I wonder what the picture is?

As a child, every new page was full of wonder and excitement. We attempted to figure it out and predict what the dots would reveal, but had more fun doing it than being "right" about the outcome.

Nowadays, every page is predictable. You've seen it before and even if you haven't seen exactly this picture or that puzzle, you've experienced something similar. Therefore, you think you know the outcome. Your life experiences have colored the pictures, scribbled the answers and pieces

have been cut out.

Staring at the dot-to dot, you see what you have seen before.

Now imagine staring at the unconnected dots. Also imagine that the pictures that colored your world and the scribbles that kept you defined began to fade. As the old picture fades and the writing on the wall disappears there is space. There is space for new and brightly colored light to flow through and fill the desire of the undefined space. As you stare into the undefined space, ask yourself, "What is it that I desire?" "What do I really want?" The voice within whispers with excitement, "Guess what?" "It is right in front of you!"

Now pick up a crayon and connect the dots with a sense of wonder. Let go of the need to know what it will be. Allow yourself to be surprised. It doesn't matter if you can't see the connection, but if you feel it, you are there.

In Spirit - Nikki



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PREMIER EXPO WORKSHOP

VINYASA RASAYANA

with
**Jonny
Kest**



Rasa refers to life's juice and vinyasa means flow. Happiness and vitality appear in life only when our juices are abundant and flow freely. We are all in danger of becoming stuck, rigid, and dried up, both physically and mentally, due to the choices we make. Rasayana is the path of rejuvenation. Vinyasa is the path of fluidity. Come experience a juicy practice of growth and transformation where you will learn how Vinyasa Yoga, correctly practiced, will help make your life sweeter and flow more freely. This workshop is open to all from beginners to advanced!

Jonny Kest is the founder of Michigan's Jonny Kest Center for Yoga, the Midwest Yoga Conference and the Art of Vinyasa Conference. Jonny has been a student of Ashtanga Yoga and meditation for over 23 years. His compassionate, yet disciplined, teaching style has helped establish metro-Detroit as one of the largest yoga communities in the Midwest, where he teaches classes that are both therapeutic and challenging. Jonny's teachings awaken the healing power of breath and the sensuality of being, and inspire his students to find true alignment in heart and spirit.

**Saturday, August 19
at 9:30 a.m.**

3-Hour Workshop

**Price: \$45 if registered and paid for
by August 8! (\$55 day of the workshop)**

Both prices include a Saturday pass for the Expo

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2006 EXPO MUSIC

Carlos Jones & the PLUS Band



Photo by John Harmon

“Carlos Jones is to Cleveland reggae what Jim Brown is to Cleveland running backs: the undisputed champ. With Jones at the forefront of the scene for more than 25 years — first in I-Tal, then in First Light — this city’s reggae following was practically built upon his back. Devoutly spiritual, Jones is a Bob Marley devotee who eschews dancehall for galvanized roots-reggae. Jones and his PLUS Band were voted Best Live Act at the 2004 Scene Music Awards and Best Reggae/World Act for 2005, and they maintain a hectic pace of gigging, playing out every single weekend. As a result, the band’s soulful riddims have made it one of Cleveland’s top draws for close to a decade.”

—Cleveland Scene Magazine August 3, 2005

Sunday, August 20 at 6 pm

wah!

The musician and spiritual seeker known as WAH! and her band create a seductive spirituality with a unique mix of pop, world music and reggae.

WAH!'s music is an expression of many cultures and traditions of spirit. She has created extensive music products for yoga and meditation communities. She tours internationally, performing at Omega Institute, Kripalu Center, Yoga Journal Conference and The UK Yoga Show.

She currently has 14 CDs available under her own name, and can be heard on three compilations.

She has just released a book titled *Dedicating Your Life to Spirit*.

Sunday, August 20 at 4 pm



2006 EXPO MUSIC

Burning Sage Unveiled

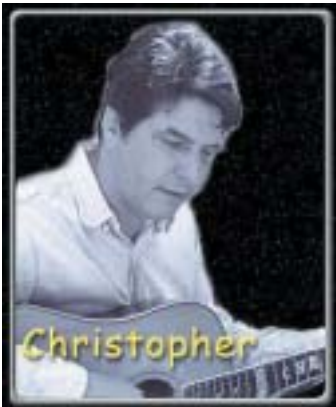
Burning Sage "Unveiled" is the acoustic offering of the all female, rock band from Cleveland. It incorporates acoustic guitar, vocals and a variety of hand percussion instruments. In addition to their original songs, they perform traditional ballads and modern covers by artists ranging from Loreena McKennitt to Godsmack. The show also highlights Lin's belly dancing skills as well as a captivating display of drumming by Burning Sage's critically acclaimed percussionist.

They have toured around the Midwest, performing with diverse national and international acts like Rusted Root; Hot Tuna; New Riders of the Purple Sage; Airtó Moreira; The Irish Party Band featured in the movie "Titanic", Gaelic Storm; Amy Ray of the Indigo Girls; and international best selling author Wayne Dyer. Their music can be heard on radio stations throughout the U.S., in Europe, Turkey and the Netherlands.

Burning Sage has performed at a variety of festivals including The Starwood Festival, The Journey Expo, National Women's Music Festival, Eastern Massachusetts Pride, Women's International Music Festival, Ladyfest Lansing, and many others.



Christopher



Singer and guitarist F. Christopher Reynolds was born in Cincinnati in 1961. He grew up surrounded by music. His father and uncle, Rip and George Reynolds, were the Reynolds brothers, who began in Belleville, Illinois and St. Louis, later moved to Chicago. He says of his family that part of being a man was being able to play music. He has been writing and performing his own music (15 releases) since 1977. In response to 9/11, Reynolds founded Urrealism, a deepening of Surrealism. Urrealism is the "waging of creativity and cooperation during a time of global destructiveness and isolation." Reynolds notes that the culture is going through a shift much like the Copernican shift of the beginning of the Modern Era. His last 3 CDs, The New Heavens and the New Earth: The Uground Railroad of 2002, The Age of Magnification: Lamp of the Archer in 2004, and The Uground Railroad: Recollector of 2006, are all folk music blended with cosmology, depth psychology and spirituality. "At the heart of it, it's music that makes you feel good when you listen to it. It is best under the stars, either live or in a planetarium."

Inner Peace Drum Circle

The Inner Peace Drum Circle is a gathering of drummers and dancers for the purpose of expressing love, joy and appreciation for the gift of life. In the drum circle we experience an inner connection to the pulse of pure primordial energy. The sound of many drums like the sound of many heartbeats resonates a feeling of centeredness and oneness.

The mission of Inner Peace Drum Circle is to "Unite ALL Human Hearts in Peace and Love." Inner Peace Drum Circle is open to anyone who has a human heart. You are invited to participate no matter your level of playing. Beginners as well as "masters" are welcome.



Led by Baba Jubal Saturday evening at 6:30 pm

EXPO WORKSHOPS

All Workshops are 2-Hours

Mini-Workshop in Animal Communication By Agnes J. Thomas, Ph.D.



Learn how telepathic communication with animals works. Dr. Thomas will describe the basis for communicating with animals and give examples of communications she has had with a variety of domestic pets and animals in the wild. Learn how communicating with animals that live in groups differs from communicating with individual animals. Talk to whole groups of fish, birds, butterflies at the same time. A simple exercise will be given to introduce you to telepathy. Bring photos of your animals with you.

4 Body Fitness - By Sierra Bender

Often when people talk about fitness, what comes to mind is a gym, a trainer, treadmill, weights and yoga classes. True fitness, however, involves the 4 bodies and understanding how they connect within to form the whole person. When connected and balanced, this true fitness is clearly visible on the outside. Sierra 4 Body Fitness & Yoga teaches you how to tap into the energy and power within these 4 bodies, (physical, emotional, mental, spiritual). Sierra 4 Body Fitness & Yoga will help you break through to new levels of fitness to create a foundation of stamina, strength and suppleness on all levels of being physically, mentally, emotionally and spiritually. The goal is to create suppleness, flexibility, balance, focus and full range of motion in all 4 bodies. And in doing so we can rehabilitate, recycle, reprogram and re-energize all our bodies. This workshop will tap in physically and also make you mentally sharp, emotionally in tune and spiritually connected.

Sierra 4 Body Fitness & Yoga is an attitude, a way of life, and fuel for life.



Love Yourself, Heal Your Life By Evsttarr aka Evelyn White



Are you traveling down a road with detours and potholes? Is your love life reminiscent of a remake of Heartbreak Hotel? Is your prosperity on a slow boat to China and you missed the boat? Evsttarr, certified Louise Hay teacher will help you understand your family dynamics and barriers to love. Learn to bring affirmations into your body and not just in your mind, learn to love yourself and others more fully and deeply. Turn your shoulds into coulds; work with body, mind, emotions, and spirit to transform your life. Learn how to effectively release negative emotions blocking you from living joyfully and creatively.

Aromatherapy Made Easy - By George Cox

This seminar takes people through the basics of aromatherapy. This is a “hands on” seminar in which participants will experience 17 different essential oils.

Essential Oils Can: Stop the itch from insect and spider bites • Help burns, psoriasis, and eczema • Help you sleep or give you energy • Improve your love life • Drain sinus congestion • Relieve headaches • Remove plantars warts & relieve cold sores • Reduce stress and tension • And much, much more!!!

Discussion covers: • The uses of each of the essential oils, what issues they can help. • How to use the individual oils for the objective in mind. • Basic blending techniques. • What aromatherapy is and how it works. • The history of aromatherapy including some current case studies. • Misconceptions and fraudulent statements regarding aromatherapy. • “De-mystifying” aromatherapy in an easy to understand method. • Safety precautions and how to handle essential oils.



**All 2-Hour Workshops are \$35 • Sign up in advance at
www.thejourneymag.com or at the EXPO
More EXPO Workshops on Page 40**

EXPO WORKSHOPS

All Workshops are 2-Hours



Tantra - Shakthi

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Shakthi is a certified Ipsalu Tantra Facilitator. He leads from experience.

Hand Drumming Workshop - By Sue Balaschak

Named "Panaha" (Drum Goddess), Sue felt a connection to Mother's rhythm as a child. She has played the drums professionally for over 30 years.

Expand your connection between yourself, your drum and the Earth's energy! We will discuss the spirit of the drum, drumming techniques, basic rhythms, and creating entrainment at drum circles. Drummers of all levels are welcome. Some loaner drums are available

I am often approached by people who want to attend drum circles that are geared more towards grounding, healing and spiritual enrichment. These are often beginning drummers who are intimidated by large drum circles or people seeking knowledge on how to use the drum as a spiritual tool.

This workshop clearly discusses and evokes a hands-on connection with the human spirit, the spirit of the drum and Mother Earth's energy. Beginning and advanced drummers will learn about the anatomy of a drum circle and how to listen and add their own voice to the orchestration. The workshop will give attendees with little or no drumming experience the knowledge and confidence to freely participate in drum circles and to continue their drumming journey.



Past Lives, Dreams, and Soul Travel By Dave Oldham and Judy McCallagan The Ohio Satsang Society

Learn to recall memories of past lives. Lessons of long ago can be recaptured to help our lives today. Dreams are real, another way to find wisdom from the heart. Soul Travel means moving into a new and higher state of consciousness. The speakers share tips and spiritual exercises that assist the individual to find their true purpose-love and spiritual freedom in this lifetime.

All 2-Hour Workshops are \$35
Sign up in advance at
www.thejourneymag.com
or at the EXPO the day of the workshop

More EXPO Workshops TBA
visit www.thejourneymag.com for updates

ABOUT THE NEW EXPO VENUE

The Plain Dealer Pavilion, formerly the Scene Pavilion and before that Nautica Stage, is located on the west bank of the historic Cleveland Flats directly adjacent to the Cuyahoga River. It offers a fantastic a view of the river, the many boats and sailing vessels of summertime, the skyline of downtown Cleveland, and the unique bridges which al-



low cars and trains to cross the river.

This is the first year the EXPO will be held downtown. For the past three years, it was held at Lakeland Community College, about 25 miles east of Cleveland in Kirtland, Ohio.

GETTING THERE

From East

- I-90 to Route 2 (westbound)
- Exit at W. 28th Street (inside lane)
- Right on W. 28th Street
- Immediate Right on Washington
- Immediate Right on W. 25th Street
- Immediate Left on Main Avenue

From West

- I-90 (eastbound)
- Exit at W. 25th Street
- Left on W. 25th Street (north)
- Pass the Detroit Bridge
- Take Right on Main Avenue


From South

- I-77 North
- Exit at E. 9th Street
- Right on Orange/Ontario
- Left on Hope Memorial Bridge (Formerly Lorain/Carnegie)
- Right on W 25th Street
- Pass the Detroit Bridge
- Take Right on Main Avenue

From North


- By boat, enter at mouth of Cuyahoga River
- South 1/4 mile to Nautica Entertainment Complex

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1. INTRODUCTORY LECTURE & MEDITATION
Friday, Sept. 8 2006 from 7:30-9:30 pm at **Karma Yoga**, 1382 West 9th St., Crittenden Bldg, Suite 200, Cleveland, Ohio 44113
Suggested contribution: \$7.00

2. INITIATION INTO KRIYA KUNDALINI PRANAYAMA BREATHING AND MEDITATION
An initiation seminar: Saturday and Sunday, Sept 9-10 2006, from 9 am to 5:30 pm at the same location. Contact Mark at mjohnson61@earthlink.net - **Didier** at d_alexandre@hotmail.com - call Didier at (216) 795-3176 - runbir@earthlink.net

TITLES AVAILABLE:

YOGA OF PURIFICATION & TRANSFORMATION, by Rudra Shivananda. \$22 including shipping charges.

THE VOICE OF BABAJI: A TRILOGY ON KRIYA YOGA, \$34.50 including shipping charges.

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To order the above and for worldwide schedule of seminars see www.babaji.ca or contact Babaji's Kriya Yoga, P.O. Box 90, Eastman, Quebec, Canada J0E 1P0 - Tel.: 1-888-252-9642 in North America or (450) 297-0258 - Email: info@babaji.ca

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