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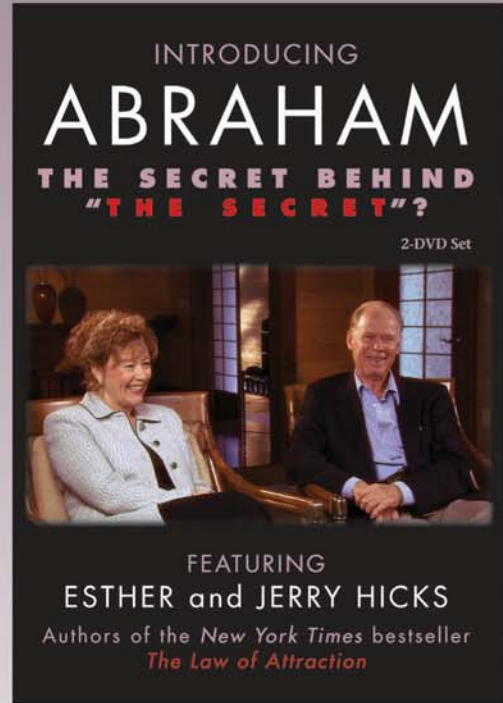
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WORDS FROM THE PUBLISHER.....

Just before the first of the year, I got a call from a young lady who asked if it was too late to sign up for a group cleanse I facilitate in January at Karma Yoga. I told her that we could work it out, but we would have to meet right away as I was going out of town for New Years. We met the next day at a coffee shop.

She was there before me and was busy attacking breakfast when I arrived. Looking up, she pretty much growled at me and said that she had to get something in her stomach because she had a hangover from a night of drinking and smoking. She was not a happy camper by any means. After I went over the protocol for the cleanse, I asked her where she was from. She again growled at me and said Pittsburgh. Curious, I asked how she ended up in Cleveland.

She explained that she met a guy from Cleveland who got her to move here and then dumped her; because of finances, she felt stuck in Cleveland and hated it. We talked a bit more, and after I left I smiled to myself thinking that if she sticks with the 30 day cleanse, she just might transition from being pissed off to finding some inner peace. During the next thirty days I witnessed a remarkable transition in her. What was at first a constant scowl, became a beautiful smile. Watery, bloodshot eyes became clear and sparkling. Yet the most inspiring change was just being around her. You could feel a higher energy.

Within weeks of completing the cleanse, she had met and fallen in love with a young man, and several months later they made the decision to commit and move in together. It is my belief that the transition to this higher energy was the catalyst that brought this soul mate into her life. Her desire to change in a healthy way and willingness to do the work brought forth a new sense of being.

Transition is a given. We will all go through many in our life experiences. Just as my new friend chose to transition into a higher energy, it is totally up to us which path to walk and where that transition will lead us. May we all find peace as we transition through our life experiences.

— Namaste' Clyde

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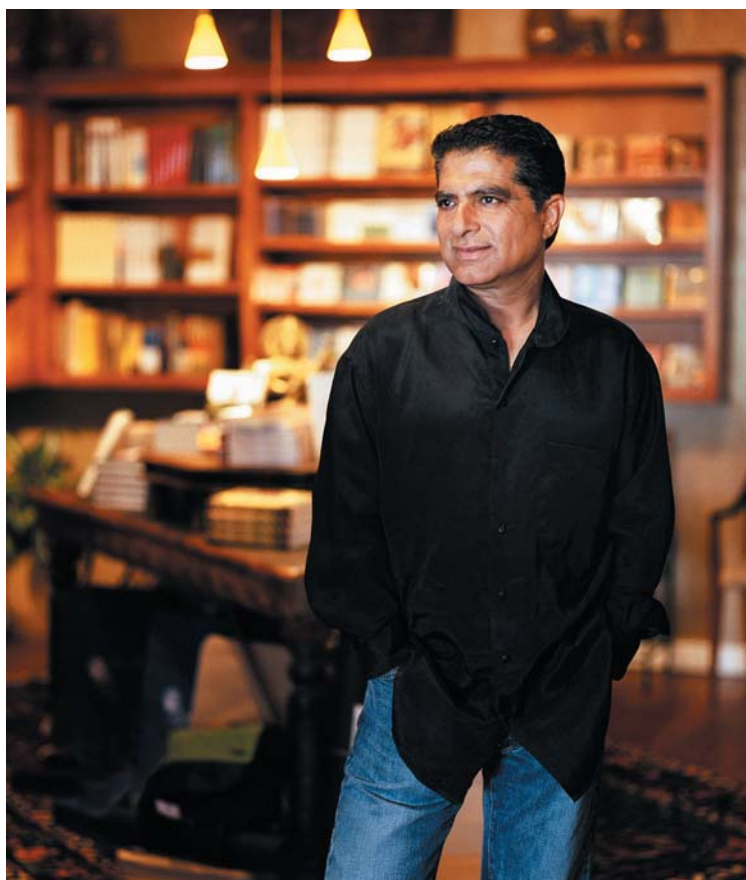
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Our Theme for the Next Issue...

God

DEEPAK ON TRANSITION

By T.C. Brown



Not so long ago, someone asked Deepak Chopra to name several people, living or dead, who he would most like to invite to a dinner party. If you know anything about Deepak Chopra, you wouldn't be surprised that he named Buddha, Martin Luther King Jr., Nelson Mandela and Mother Teresa. The last invitee, however, is a real eyebrow raiser – George W. Bush.

The first four would get Goa fish curry, but Chopra said he would serve up for Bush a medium rare steak, Texas style, along with a side of sage advice about compassionate humanity and the world.

“Maybe something could rub off,” Chopra said in a recent interview. “It’s a hope, but probably a false hope.”

Chopra, a world-renowned lecturer and a leader in the field of mind-body medicine, will be the keynote speaker at The Journey Mind, Body Soul Expo 2007. He will appear at 1 p.m. Sunday, September 9 at Lakeland Community College in Kirtland, Ohio.

A prolific author, Chopra has produced more than 50 books and 100 audio, video and CD-ROM works which have been translated into 35 languages. Over 20 million copies have been sold around the world.

In 1999, *Time Magazine* named Chopra as one of the top100 heroes and icons of the century, calling him the “poet-prophet of alternative medicine.” In 1995, Toastmas-

ters International chose him to receive its Top Five Outstanding Speakers award.

In May, he released his latest novel, *Buddha*, a narrative account of how Indian prince Siddhartha, at age 35, found enlightenment and became Buddha, influencing civilization throughout Asia.

Chopra recently agreed to share his thoughts about transitions, the theme of this issue of *The Journey*.

The American Heritage dictionary defines transition as movement, passage or change from one position, state, stage, subject or concept to another. Chopra’s view is much more succinct, if not thought provoking.

“I don’t use those words,” Chopra says. “I talk of quantum creativity.”

Chopra’s view of quantum creativity includes polar-opposite occurrences, like contradictions or paradoxes, which help create a state of uncertainty, often a strong underlying factor in many transitions.

“Quantum creativity means something emerges that has nothing to do with what happened in the past,” Chopra explains. “You go from one reality to another. It’s a movement in consciousness.”

People often fear changes and transitions, and Chopra believes those fears emerge from a person’s resistance and denial of the realities of life.

"It is the unknown in which we live and breathe. From this moment to the next is all unknown," Chopra says. "We are not comfortable with the unknown, but that is denial."

"Change is always happening," he says. "In fact, change is the only non-changing factor of life. Transition is always happening. You can't run away from it."

Transition is a core element of life, necessary to move things forward. The absence of transition would amount to disaster, Chopra says.

"If there were no transitions, we'd all be living fossils in a mummified universe," Chopra says. "We'd be doomed to eternal senility."

So the wisest choice and best option is to latch onto the changes that the universe delivers to your door, Chopra says.

"Stay in the moment and embrace it," Chopra recommends. "Be comfortable with uncertainty and ambiguity."

To find that comfort zone, one must first find a way to detach themselves from the fear, worry, anxiety and sense of free falling that often rides along in the sidecar of transition.

It's quite normal to be focused on the self, but one must let the universe unfold as it will because we are all just one small part of a much grander mosaic, Chopra says.

"Attachment interferes with transitions instead of letting the universe unfold," Chopra says. "Since we are part of the universe, we are part of evolution."

Chopra learned about transition not only at a young age, but through prayer.

"As children one of our prayers was to 'make today more uncertain than yesterday,'" Chopra says. "That is an original family contribution and I taught it to my children as well."

"When you accept uncertainty, nothing goes wrong because you surrender to it," Chopra says.

We live in a fast-paced, informational era of rapidly evolving technology that continues to shrink the world, and transitions are roaring into our lives at a much quicker rate than in times past, Chopra says.

"You see in the world lots of chaos and global instability," Chopra says.

The best way to express transition can be through active creativity, Chopra says.

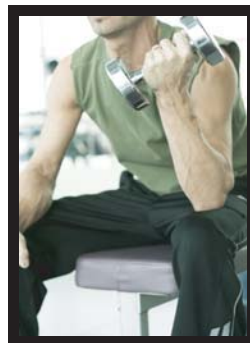
It's a theme Chopra embodies on his new Website, Alliance for a New Humanity, at www.anhglobal.org. Chopra wants to connect people dedicated to creating a just, peaceful and sustainable world that reflects the compassion and unity of humanity.

"When you imagine a new future you can help manifest it, whether it is in physical abundance or relationships or in contributions to improve well being," Chopra says. "This is an opportunity for collective consciousness to harness creativity and collective intentions to solve problems rather than use war."

Sage advice, indeed. A little more steak sauce with that wisdom, Mr. President?



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ENERGY TRANSITION FROM THE INSIDE OUT

BY SANDRA ANNE TAYLOR



Personal transition doesn't have to be limited to major life circumstances. It can be a moment-to-moment choice to engage in the kind of emotional energy that shifts the very quality of your life. Your predominant emotions are the source of all that you attract, so it's important to take control of this significant part of your life. Emotions of happiness are always based in the experience of appreciation, while negative feelings, such as depression, are based in dissatisfaction.

Which of these mental activities do you tend to engage in most: Do you consciously seek to enjoy yourself in the present and acknowledge what you already have? Or do you look at your life and see only what's missing? If it's the latter, you need to know that your attitude affects both your consciousness and your energy—two very important factors in your destiny creation.

Some people live in a constant state of dissatisfaction. They grumble their way through life, complaining about what's wrong and focusing on what they lack. It seems that nothing ever pleases them, and unfortunately, their energy makes this sad fact true. The Universal Laws don't budge on this issue: That which you focus on will expand in your life. And if you're constantly noticing what you lack, then the deficiencies in your life will become overwhelming.

After all, your consciousness creates your reality, and obsessing about the problem instead of the solution makes it absolutely impossible to establish a consciousness of success. Instead, you're filtering all of your energy through an awareness of deprivation, a vibration that keeps you stuck and unable to move on to better things.

Such negative judgments are functions of the mind. The mind assigns value, while the heart experiences it. The mind looks for problems, but the heart sees solutions. In fact, when we examine our state of dissatisfaction, we can see that our mental patterns are the biggest obstacles to our own happiness. No matter what happens to us, it's what occurs within us—in our minds and thoughts, in our seeking and striving—that causes our greatest misery—or our greatest comfort.

We always have the choice to make the transition from mental agitation to heartfelt appreciation. It may seem simplistic, but what would happen if we just quit analyzing and worrying—if we simply *stopped being dissatisfied*? It

would turn our need for competition into compassion and our obsession about acquisition into present appreciation. Our energy—and our Universal connection—would shift from fearful resistance to willing receptivity, and this shift is

When you catch yourself worrying about something or being dissatisfied, you can choose to shift your consciousness from the anxiety of your head to the peace of your heart. Take a deep breath, close your eyes, and relax your muscles. Visualize your problem lifting up and floating away like a cloud on the horizon. Take another deep breath, and as you inhale, feel your awareness slowly dropping down into your heart center. Just relax, and focus on your consciousness there.

Then, in this heart-centered state, let yourself think about something that makes you happy, something you appreciate. Whether it's a joyous memory, a person you love, or a beautiful place that you've visited, let yourself picture that now. Visualize all the details, and put yourself right in the center of that peaceful picture. Bring it up close, and make it vivid and colorful, immersing yourself in that happy situation.

Sense the joy and let yourself smile, feeling relaxed, peaceful, and happy. This is the vibration of real appreciation, the warm feeling of grateful receptivity. Hold on to this feeling, and when you go back to your daily activities, choose to find gladness and peace in all that you do.

This joyous appreciation is such an important personal energy, it cannot be overemphasized. It brings deep serenity and the release of striving, allowing you to rejoice in what you already have—opening your heart to receiving even more! Release your dissatisfaction and cultivate your joyful appreciation. Search for things to be grateful for—both in your life and deep within yourself. Every moment spent in this beautiful resonance creates a highly attractive vibration that moves you into the magic and abundance of Universal flow. In fact, present appreciation is one of the highest magnetic energies that you can choose. This moment-to-moment transition is not only the key to your destiny creation, it is one of the most valuable and truly life-changing things that you can do!

Adapted from an excerpt of the New York Times Best-selling QUANTUM SUCCESS by Sandra Anne Taylor who will be speaking at the Journey Expo. Learn more at www.sandrataylor.net

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Shifting Gears

by wah!

Once a routine is established, it is fairly effortless to continue it. Routines are habitual patterns that maintain constancy and resonance in your life. The rising of the sun is a habitual pattern. Making tea or coffee in the morning. Practicing yoga. Routines provide structure in your life. Hopefully, the routines you are currently practicing are beneficial to your well-being.

When a cycle of life ends, it can be necessary to change your routines. I will call it shifting gears. It's not a stop/start thing, it's just a different mix of fuel and oxygen, and your internal gears revolve at a different speed (RPMs or revolutions per minute).

When you shift gears, you enter new territory. If you shift it up, you are taking on new responsibility, a new job, a new relationship. If you are shifting down, you are resting, rejuvenating, reexamining your goals.

The transition can be approached in two ways. You can make a clean break of it, or you can gradually replace the old with the new. Sometimes you have a choice which way you want to approach it; sometimes you don't.

If it's a clean break, you need to hold onto your core. You can't leap over a chasm halfway. In yoga, they call it hugging the midline – pulling the energy from the extremities towards center. This creates buoyancy physically and develops incredible internal focus and mental strength. If you are changing jobs, or moving to a different town, or ending a relationship, you will need a strong connection to your core – you will need to live, eat, breathe and sleep what you believe in. Everyone has to draw a line in the sand at some point in their lives and stand up for what they know is true and right. If you are drawing your personal line in the sand, hold onto that truth and feed it every day. Put signs up on your refrigerator. Get a new bumper sticker. Celebrate the courage it took to make a leap for the better.

If it's a gradual shift, you are in the process of reexam-

ining everything. You are sorting through all the aspects of your life, retaining the good stuff and letting go of the old. You are giving away what no longer serves you, knowing it is the perfect thing for someone else who is just starting that phase of their life. You are making small changes in your diet. You are not going on a crash diet; you are replacing dead calories with food that is invigorating. You are doing more of the things that make you feel good and less of the things that drain your energy. You are examining every aspect of what you do and think, deciding which habits serve you and which ones don't. Replacing is the name of the game – replace chips with carrot sticks, replace the angry phone call with a walk on the beach, replace bad family Christmas gatherings with a yoga retreat. Don't shift everything, just shift *one thing*. Only one thing. It might not seem like much, but that one thing will shift other things. You will start a small chain reaction of hope inside you.

Seasons are a natural example of transitional energy. If you are lucky enough to live in an area of the country which has seasonal changes, it can be healing to be out in nature during the change. Seeing how nature prepares for and executes the seasonal shifts can give you clues to your own transitions.

I travel a lot, so I am forced to work with dramatic shifts on a regular basis. Taking my cues from nature, I do as much preparation as I can beforehand – getting the lay of the land, arranging transportation, lodging, etc. I then keep my routines as consistent as possible – from sleep patterns to exercise routines to work hours. I hug my personal core energy by journaling, teaching and talking. I sing the song "Leap of Faith" from my CD *Unplugged*.

When I am home, I work with gradual transitions. Constantly reexamining how I spend my time, who I spend my time with, and what things make me happy is an ongoing meditation. I think the key to successful transition is allowing yourself full permission to be or do or have anything you want, and then watching where it leads you. When you

allow yourself to go wherever your heart takes you, you are naturally drawn to activities and associations of strength and self-empowerment. Then, your examination process is simple: notice what makes you feel good and do more of it! Yes, you will drop the rest, but it won't feel like a loss. It will be like cleaning out your closets – if you haven't worn it (gotten a great feeling from doing it) in the last six months, you don't mind giving it away. And in letting go, you offer the energy (clothing) to someone else who could really benefit from it.

Transitions are a time of welcoming new ideas, new routines, creating and renewing friendships, reconnecting with Self. Whether your transition is a leap or a reexamination, you are to be congratulated. We are human; we are creatures of habit. Habits are easy to fall into. Once established, they rarely change. We easily continue behavior patterns from childhood, celebrate holidays as our families have always celebrated them, replace our last relationship with a new one just like it... Many people keep their lives, jobs, and personal attitudes constant and unchallenged. You are being asked to evolve in this lifetime. If you are shifting things up, it means you are growing. And however that looks, it's worth celebrating.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest CD Embrace is a collection of songs in English; sale proceeds benefit Ammachi's charitable activities. Visit online at www.wahmusic.com



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Let Go of Your Blankie

By **EVSTTARR**

We fear the in-between most in our lives, *transition*. As I ponder the countless transitions that I have made in my short time here on Planet Earth, a myriad of thoughts comes to mind. I remember being a child around the age of six, and going to bed one night in my bedroom in Brook Park, OH only to wake up in a strange bedroom on a fifty-acre farm in Huntsburg, OH. *That*, my dear reader, was the start of numerous transitions in my life. Life on the farm was very different than the suburbia of Brook Park, a suburb on the West Side of Cleveland.

I gathered the eggs from the chickens early in the morning, before Mr. Fox got to them; I drank goat's milk, what a relief from Carnation Instant Non-Fat Dry Powdered Milk, if you can call it that. I picked strawberries, and green beans by the bushels for the next five years till my next *transition* to the East Side, another suburb of Cleveland, Willoughby.

The story goes on and on and on. I moved several times in my life, making one *transition* after another. Life is full of transitions; in fact *that* is the only constant you can bet the bank on, change...*transition*. In the Louise Hay groups that I teach there is a tremendous amount of transition going on, in fact we sing about it. An opening song starts each class, "Doors closing, doors opening, doors closing, doors I'm opening, I am safe, it's only change." Stepping into that first Louise Hay group is challenging enough for most of my students. To set their minds at ease, I explain to them, it is not bad, nor good, it is just change and change is merely different than what you knew ten minutes ago or ten years ago, it doesn't matter.

So I say to you, *transition* comes in a coat of many colors, and from many medias. I can relay to you a few poignant moments in the history of my fascination with Disney movies where transition seemed to be a major theme in most of the films. Let's look at Alice in Wonderland...

"Who are you?" said the Caterpillar..."I hardly know, Sir, just at present," Alice replied rather shyly, "at least I know who I was when I got up this morning, but I think I must have been changed several times since then."

~ Lewis Carroll, Alice in Wonderland

I remember vividly the night my daughter turned thirteen; it was as if she had been visited by an alien entity in the middle of the night. She woke up the next morning with every ounce of teenage attitude in that mind and body of hers. *Who* is this strange person in my home? I had visions of heads spinning and her spewing strange green fluid through the air, the Exorcist revisited. What ever transpired in the middle of the night was indeed a *transition* to say the least. I had to remind myself, this is not bad, this is just *different* than I knew a few short hours ago. What transpired over the next four years was one transition after another as I lived through her teenage years, amazingly without a single gray hair. As you read this, hopefully, she will have graduated, and I will have gone through another transition in my life. The bird will leave the nest and fly away to uncharted waters where she will discover many *transitions* in her own life. I send you my blessings; you're in for the ride of your life...may peace be with you.

I have lost five boyfriends, one husband, and a sister in my lifetime. The boyfriends were all sudden and tragic deaths, the latter two died of cancer. In the various modes of transition I went through losing the boyfriends, I responded differently in each and every one of those scenarios. The one thing as I mentioned earlier that remained constant is change. Yes, I went through another transition in my life, each and every time. I have learned an assortment of lessons since those deaths, and along my spiritual journey. Each milestone represents another phase of transition in my life.

"If we do not change our direction, we are likely to end up where we are headed." ~ Chinese proverb

I have learned to go with the flow and come to understand from a depth only experienced by those who live with one transition after another. It's not *what* happens to you, it's how you *respond* to what happens to you. I have been on both sides of the tracks, up and down, joyful beyond measure, and wallowed in the depths of despair that only that dark side of the soul knows. Through it all, what I share with you is this; I've learned to embrace change...transition so to speak. I celebrate all the turns, twists, and curves in the road of my life. I look forward to each voyage, knowing that it is part of the

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glorious path of my soul, *transition*.

"I don't think we're in Kansas anymore, Toto."
~ Dorothy, The Wizard of Oz

What an adventure Dorothy had when she followed the yellow-brick road. She came across all kinds of characters, from the Munchkins, to the Good Witch, to the evil Wicked Witch of the West...and the characters in between. The people who traveled with her on that yellow-brick road went through their own transitions. The Tin Man found a heart, the Lion, courage, and the Scarecrow got his brain. We are similar to Dorothy, following our own yellow-brick roads not knowing where they will lead...but knowing that it does lead to *transition* and at the end of the road is our own World of Oz. After we travel all over the world exploring one path after another; we come to find out...we had it with us all the time, the kingdom of heaven is within. There's no place like home, within our own souls are the answers to the mysteries of life.



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"It's not so much that we're afraid of change or so in love with the old ways, but it's that place in-between that we fear...It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to." ~ Marilyn Ferguson

So my dear readers, doors are closing, doors are opening; its only change, so let go of your blankie.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Check out her website www.reachforthemoon.net for updates on her TV show Reach for the Moon with Evstarr, latest class listings ... to be added to her mailing list. New Louise Hay classes starting Sept. 4th. Contact her at Evstarr@yahoo.com or 440-930-8865 for speaking engagements at your networking events and luncheons.




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THIS TOO SHALL PASS...

BY JANEK KUTA-ILIANO

Have you ever thought about how you would feel or what you would look like if you changed your diet and lifestyle? I imagine all of us think about ways we can be healthier. Sometimes we even fantasize about being the weight we desire or see ourselves exercising more regularly or living life with a little less stress. We play out scenarios in our minds, picturing what it will be like when we reach our goals; putting on that new dress or bathing suit feeling proud of a job well done.

As we search for ways to build a healthier lifestyle, it is important to realize that we all go through transitions and adjustments along the way. You are likely to encounter obstacles that will make you question yourself and even throw your best laid plans and goals off schedule. Realistically, there are no overnight cures or strict diet plans that can give you good health with long-lasting effects. When a person experiences renewed health and vitality, it is most likely the result of making a series of lifestyle improvements that lead to a slow but steady transformation.


As your dreams for better health become reality, you will most certainly hit bumps in the road. It would be unnatural for your body not to react to such changes. Your body has developed a cellular memory to all your eating habits and thoughts. Most often these patterns have been developed over your entire life. So when you decide to switch up your routine, your body will inevitably fight this change. We are all creatures of habit and survive with structure. So when that structure takes on new foods or habits, it will inevitably resist. It is much easier to stay in a place of comfort than it is to venture out and start something new. I recall going to a raw foods demonstration and leaving the place feeling so invigorated and excited.

Despite all my newfound knowledge and understanding, the first thing my mind wanted to do was eat something unhealthy in order to come back to the place I resonated at. I could never figure out why I wanted to do something unhealthy after being so inspired. In fact, during my first detoxification program I found out that my mind was my worst enemy. I kept thinking, you don't need to do this, you are young, you can eat those fries and chicken wings, worry about it later. Your mind and body is only reacting to what it knows. Realize that this is a period of transition and with the right help and guidance your body will start to accept these new dietary changes and lifestyle habits with

open arms. The most important part of this is to know that this is just a transition and that nothing of value is without hard work and dedication.

My work is not one that promises a quick fix to weight loss or better health. It is work that empowers you to take control of your health and wellness gradually with simple lifestyle changes and a continued process of internal detoxification.

Had I not started my journey into better health 8 years ago, I may have not been able to see the patterns and habits I have developed now. Not only have I been able to recognize these habits, I have acquired the strength to do something about it. We can all sit around and think about what we



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need to do to change, but it takes that leap of faith to set the ball in motion. I truly believe that when I did that detox program, I opened my mind and heart to change. I began to see things that inhibited my ability to be the best I can be and live the life I have always dreamed. It is like the layers of an onion. Starting with that experience, I set something powerful in motion. At its base level, I left that experience a bit more aware of how food affected my body.

It made me conscious of how food and lifestyle habits affected my body. In turn, that simple process allowed me to slowly transition away from habits and foods that no longer served me and began to bring me closer to a lifestyle and diet that honored who I am. As I started to clean up my body, my mind followed suit allowing me to see the emotional and mental issues I was dealing with as well. It is still a process but one of simple and profound awakenings.

This life experience is inevitably one of various ups and downs. It is natural and happens with the same certainty as day and night. We are all striving for optimal health. Especially today with so much disease and sickness surrounding us. Along the way, we will all question why we are doing what we are doing. Enjoy this time of self exploration because no one is going to invest in your wellness except you.

The majority of us pay attention to making enough money in order to live a certain lifestyle but it is as equally as important to pay attention to how we are eating in order to enjoy that monetary success. Good health is pay now or pay later, but you are the only one who can know that and do something about it. What fun would it be to have money

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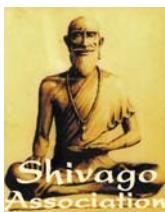
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if we don't have our health?

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Janee Kuta-Iliano is the director of ALiVE ONE whose purpose is to empower others to take control of their health. She offers Relaxation Massage, Colon Hydrotherapy and Internal Cleansing & Detoxification Programs using whole foods and herbs. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net

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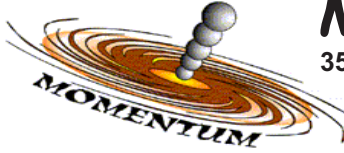
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Messages Of Love - Wake Up Call

By Laura Lee



I opened the blinds to let the light in. Something I do before beginning all my sessions. I personally find it as a loving reminder to pass this light on to others. If it is to bring peace to one's heart, a message of hope or even get a laugh from my clients, I know I've done my job. Today was one of those days for Yvonne. My phone rang. Her voice was so quiet. It was obvious she was still grieving from a recent passing. And nearly facing death's door herself if she didn't make the transition from her most recent loss.

She whispered, "Laura Lee." Hi Yvonne...How are you? "Not so good...that's why I scheduled this appointment with you." Well then, let's not waste a moment. Your visitor has made his presence to me over the last half hour...and he has a lot to say! He stands directly behind you, indicating to me that he may be a partner, lover, even a friend...and or all of above. I see a wedding band, so I assume it was your former husband. "Yes," her voice brightened, "that's right!" Tall dark and handsome guy...big shoulders and arms, but he pats his belly like he never got those six pack abs... She laughed, "that's definitely my Teddy!" In fact, I see an infomercial with some sort of stomach contraption...I get the impression your husband made all attempts...did he ever buy such thing? "He bought everything and nothing worked!" She laughed through her tears, "but I didn't much care...loved him like he was. He was alive one day and gone the next – with no prior warning. I feel his passing was so recent. "Yes," she sobbed, "he passed last month." And you found him, I said choking back tears.

Yvonne was silent on the other end of the line. I know she, too, was resisting her emotions. Okay Mr. Teddy – what have you got that will bring her up? I see him sitting on a stool at a small table near you now. His legs are spread open and he's hunched over with his elbows on his knees. "Right now?" She screamed! Well, I believe this is what he is showing me. "Oh my, Laura Lee, I'm lying across my bed and your describing my dressing table near the bed! He always sat that there that way..." His face is buried in his hands...he can't bare to see you suffer like this anymore...I understand that you spend a lot of time there on that bed since his crossing. "Oh, yes..." He shares that everything is going to work out and not to worry, he's going to take care of you, as he always did, even if it's from the other side. "He sure does..." She whispered.

I understand that there is a man living near by...next door perhaps? He comes to check in on you and your family from time to time. He was sent, by your husband to care for you and his family. She sighed, "his brother." Your Teddy laughed.... I see the state of Georgia and hear 'I'm a southern boy!...and, well Yvonne's a whole another breed.' I assume you don't mix with his family too well. "Yes!" She perked up, "I don't get along. Especially his sister." "He says, don't believe a word she says. I implied firmly.

"Good, I was worried about her most," she said exasperated, "she's trying to sue me for his belongings." He says her threats are empty...He set it up for you and the kids. That's why your recent move took place. "We just made this move after his passing." Her tone implied dissatisfaction with her current living arrangement. Its only temporary Yvonne, I said, I get the impression he wanted to build you a home...or so it seems by this vision of a home on a construction site. "We were saving to do this..." He says that he still intends to build it for his family. "How?" She said with little hope. He will send another man...not as great looking as him, he laughed, but who can build it. That sounds just like him!"

Now I see Florida state, does this mean anything to you? "Friends and family live down there....but, that's about it." Well if Teddy has anything to do with it, I get the impression you will be relocating there. And your children too... three, right? "Yes!" He says he is still watching them, I paused, especially the one who signs...does that make sense to you? Because it doesn't to me... "My god," she exclaimed, "my son is deaf." And your daughter, my she's sassy – Just like her mother he laughs.... "Okay," her tone became more sarcastic, "now he's saying too much about me!" You have a lot to look forward to Yvonne, this man appears he won't leave your side...and he makes me believe this by showing a necklace type chain you wore around your neck. "We had dog tags made for each other...they were inscribed with the word 'forever'." Then that is what he means by not leaving your side... if this man says what he means, believe it.

It was a week later after this appointment that I received a message from a woman who is inquiring about making an appointment. She was in the same area as Yvonne. We played phone tag before making a connection. And when we finally did, I asked if she knew a woman in her area named Yvonne. She gasped that Yvonne was her best friend. And within moments after we were on the phone together she received a call from Yvonne on another line. Shirley asked if I would be willing to hang on while she answered the phone.

I overheard Shirley in the background explain to Yvonne that she had me on the other line. There was a long pause. When she got back on the phone she said with urgency that Yvonne was calling from the hospital. She had tried to take her life. I said that there were no coincidences. That's when I saw Teddy, Yvonne's husband, pop back in on my radar. "Tell Yvonne, that Teddy says he prearranged for our calls to intersect." Shirley picked up the receiver to share the message with Yvonne. It was obvious that Shirley was not calling for an appointment but to be a messenger for Teddy thru me. I went on to share that Teddy wanted to remind Yvonne that she was needed in life. She was not ready to cross and he made sure of that. Their children needed her more than ever, especially after losing their father. It



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wouldn't be fair to them to lose their mother too. "Yvonne, Laura says that Teddy needs you to remain here for the kids..." she cried to her friend in need.

Then her husband, Teddy, reminded me that Yvonne would soon be greeted by a man who would build her family the home that they had always dreamed he would build for his family. Shirley gasped. She said that she had recently met a man that was a developer who asked her out in Florida, but she wasn't interested in this person yet remained as a close friend. She asked me if this was the man Yvonne was to meet.

I repeated, spirit makes no mistakes when there is a strong desire to create something between souls...Teddy told Yvonne last week that Florida was to be a future destination where his family would reside. And their dream home would be built. Our four way connection is an indication that there is a bigger plan in the making. Shirley made it sound as if Yvonne was taking Teddy's message more seriously. And so was I as I overheard what was taking place in the background. Teddy's presence started to fade and I took that as my sign out. Your friend needs you now Shirley, I conveyed, it sounds as if Yvonne just had her wake up call.

Professional Medium, Laura Lee is profiled on radio including LA's popular Radio Medium Show, Oasis 'After Life' show and television broadcasts such as TLC's Possessed Possessions, Game Show Network's 'Your Worst Nightmare' and Discovery Channel's XOP's. For a private consultation with Laura, contact her office at 818-762-1036 or see her website www.MessagesOfLove.com. Laura will be at the 2007 Journey Mind, Body & Soul Expo on Saturday, July 8. See page 47 for details.

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PLANETARY PATHWAYS

By Evstarr

July: New Moon in Cancer July 14th 8:04 am/Full Moon July 29th Aquarius 8:48pm

August: New Moon in Leo August 12th 7:02pm/Full Moon in Pisces July 28th 6:35am

Mercury Goes Direct: July 9th 10:15pm

ARIES

July – OK Ram charge forward...and start thinking BIG...that should be easy for you to do...get out that visualization board and see yourself succeeding in a colossal way...write down a list of your fears and burn them, baby burn...you love fire...then take those Ram horns of yours and *charge, charge, charge*...you're Mr/Mrs Big Shot

August – You might've gone a little overboard Ram...if you're horns injured anyone along your path...it's time to say I'm sorry...you may even consider apologizing to your father (whether on this plane or above)...balance & heal your male energies and the Universe will start giving back to you

TAURUS

July – It's time for you to look straight ahead at that red cape...and head right for it...Mars is in your sign this month and you're to push everything else aside *not* related to your mission in life...this is time to *charge your Bull self* straight ahead and follow your heart and your dreams will surely manifest

August – Don't start back peddling now...just because you think you're not worthy...*bull _ _ _*! You worked hard last month, you *DO* deserve all the good the Universe is brining your way, keep telling yourself I am worthy, I deserve all good things...keep saying thank you, and by all means keep that gratitude journal...you DESERVE

GEMINI

July – Purge, twin, purge...it's time to move on...*let go of that old situation*, whether it be a relationship, a job or just your negative thought patterns...let go emotionally and intellectually and let the Universe take care of the physical...you'll be guided every step of the way...so make room for a brand new phase of your life

August – That Gemini brain of yours may be working a little over time...along with your physical self...Mars has moved into your sign and the twin is *doing double duty*...your prayers are definitely manifesting and you have the energy to follow the guidance you are receiving...have faith, then sail that hot air balloon around the world

CANCER

July – The Sun is shining in your sign Crab...and the Moon is bringing *NEW* things your way...Mercury will turn

direct in your sign...thank you God...so take all of that Cancerian Mercurial energy and watch your thoughts...remember what you think about grows...so think about what you desire and *drown those fears* in a bucket of water

August – You know what you want, you don't need validation from the Universe, you are one of the most intuitive signs of the Zodiac...trust your intuition it is correct, the moon & the stars are saying *YES, baby YES*...follow your intuition, make the necessary changes...Heaven is definitely supporting the Crab in all ways possible

LEO

July – It's not like you Lion to think small...what happened to that *courage* you got in the *Land of Oz* from the Wizard...get back to setting your sights higher, increase your standards and expect more for yourself...quite settling...stop trying to rationalize that something is OK...you know damn well it isn't...*get back to your throne*, expect the best

August - You've just landed the triple crown this month, the Sun, Mercury & Venus are in your sign...listen carefully take time out to contemplate what you desire, than visualize daily in your meditation, then open up your Lion arms to receiving...stop apologizing and for goodness sakes, get rid of the guilt...practice the phrase thank you, it's apropos

VIRGO

July – In Webster's next to the word analyze is your picture...stop already...you've already analyzed the situation to death...just listen to your intuition and make a decision ...if you wait to long you may miss an opportunity for love...Lady Venus is all dressed up in your sign...even though she is still wearing the white gloves, go for it

August – Your Fairy Godmother just landed at your front door...and she is waving her magic wand in your direction...you are surrounded by extra magical energy this month...a spiritual gateway has just opened up...so get out there and expect miracles...meditate, pray and ask for guidance & the path will be paved for you

LIBRA

July – No, it's not your imagination...heaven *IS* trying to send you messages...listen to anything you hear, see or feel three or more times...notice conversations, common threads, books falling into your hands...in other words *pay*

attention...there will be plenty of time to balance your scales later on

August – OK...if you paid attention last month you should've gotten the guidance you were looking for...it's only *change* remember...change is good...leave behind that which no longer serves you...look for the blessings...stay centered in the eye of the hurricane...it's not *what* happens to you, it's how you *respond* to what happens to you

SCORPIO

July – Emerge out of the darkness...you can't keep everything a secret now can you...it's time to dive right in and follow your heart's desire...push everything aside unrelated to your life's mission...start taking small steps and then bigger steps...move in the direction of your dreams...and put that *Stinger* away

August – *Now's* the time to go into your deep dark secret area to contemplate, and meditate upon what it is you truly want to manifest in your life...take some time for solitude...you do it best...nobody can find you anyways, so who cares if you're missing in action for a day or two...take your Scorpion self into a cave if you have to

SAGITTARIUS

July – Explore your options...it's time to look around and get out of that box...this is still your year and a good time for change...the *Centaur* doesn't have to stay in the forest all the time...venture out into that big world of yours...nobody takes risks better than you, just make sure you're checking in with your *divine guidance* before you



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August – It's about time you deal with any left over *father issues*...whether above or below...take a look at your own masculine energies also, there's healing work to be done...and now is the time to do it...free yourself of any old anger, grief or fear *and start the forgiveness process*...it's never too late

CAPRICORN

July – We all know you're the *work alcoholic* of the Zodiac, but it's time to start delegating some of the responsibility and let others take a role in your operation...the *Goat* needs to understand that he can't do it all alone, even though you'd like to think you can...once again someone wants to help you, for goodness sakes...let them

August – OK...now it's back to business as usual...you're a *born entrepreneur* and your business is surrounding by magical planetary energy this month...do the spiritual work, get plenty of rest, watch your diet...than let the miracles happen...visualize how you see the end result, and then do what you do best...opportunities abound for the *Goat*

AQUARIUS

July - You know there's no such thing as coincidence...nothing happens by chance...so start noticing those *synchronistic events* that are happening all around you...if anyone can shape shift their life, it's you...your prayers and questions are being answered...start keeping a synchronistic journal and watch how many things flow your way

August OK...it's time to *cut bait*, surround yourself with positive people, ideas, and energy...let go of the things in your life that no longer serve who you are and who you are becoming...get back on that positive track...go ahead and go on the mental diet for twenty-one days...that means absolutely no whining, complaining or negativity

PISCES

July – You're on a roll *Fish*...it looks like you went on a deep-sea diving expedition and came up with your own little treasure chest...WOW...now you can treat the mermaids, and the other fishes of the sea with this unforeseen windfall of yours...keep diving, there's plenty more where that came from...just remember the magic words...*thank you*

August – Good attracts great...you've still got it...you're an *alchemist* this month and everything you touch turns to gold...keep swimming in that *prosperity pool* of yours...chose your thoughts carefully because they are manifesting instantly, and remember to give *gratitude* to the almighty Universe and keep the love & joy coming

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. NEW relocations charts available, find out where you're best suited for career, romance, health & happiness by visiting her website reachforthemoon.net. More on the subject of Astrology on her new cable TV show Reach for the Moon with Evstarr. Contact her for speaking engagements, lectures, & workshops at evstarr@yahoo.com.



THE YOGA PAGES

The Wild Ride A Yoga Teacher's Perspective

By Marni Task

STOP this ride I want to get off!

This is often how I experience life. It feels like I'm on the tilt-a-whirl or the corkscrew roller coaster. I imagine having a reasonable conversation with God. "Whoaaaaaaa! Please Mr. Ride Conductor (a.k.a God) could you please stop this thing called 'Life' so I can have a break?" His answer of course would be a comforting, "Oh, yes dear." "Oh thank you so much," I would say. As I listen for those words, instead, I hear a quiet, whispered statement, "Enjoy the ride."

So here I stay buckled into my life, watching all the changes come and go. I remember the first time my beloved teachers Sharon Gannon and David Life said, "The one constant, unchanging thing in life is...life is always changing." What a funny paradox. The one "unchanging" thing is...life is always changing. We are always changing. This statement of truth makes me smile at life's simple, paradoxical mysteries. If life is always changing why are we so resistant to going with the flow from one moment to the next? You would think we would

all be experts at this transition thing, right? When we observe the 24-hour day, the phases of the sun and the moon, we can see these changes constantly occurring in nature. The earth continually spins, never stopping to take a breath, the sun and moon rising and setting in their time. So who is it that says, "STOP! I need to get off the ride." It is our ego. It is the part of us that forgets that we are always connected to the essence of nature, which is to pass from one state, stage, subject or place to another .

All of the yoga practices invite us into what the ancient, spiritual text, The Chandogya Upanishad says, "Prajapati, the creator of all rested in life-giving meditation over the worlds of his creation; and from them came the three VEDAS (ancient text /rituals about living a yogic life). He rested in meditation and from those came the three sounds: Bhur, Bhuvas, Svar, earth, air and sky.

He rested in meditation and from the three sounds came the sound of OM. Even as leaves come from a

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stem, all the words come from the sound of OM. OM is the whole universe. OM is in truth the whole universe.”

These seers of long ago witnessed the miracles of the universe changing and evolving by sitting in meditation. Notice in the text above that each revelation came from being still and being in one state of awareness and then, poof, a shift into a new state of awareness. According to Merriam-Webster this is one definition of transition, “An abrupt change in energy state or level.” As the sages witnessed the changes, the realization came to them. We are all of it, we are the universe.

In the Gayatri mantra, om bhur, bhuva, svar one of the last lines recommends that we meditate on the effulgence that is inherent in the light of the sun, moon and stars. When we do this, we begin to see that what we view in nature is what is in the heart of who we are. If the sun is always rising and setting so are the phases of who we are.

It is our true nature to know this truth. So how do we do this? Meditate. Just as in the text above, if we meditate we will observe in the world around us all the magic and meaning there is. By being in the middle of it, we will see the natural evolution of everything. Within us there is a place that never changes. It is like the central axis of the ferris wheel, otherwise known as the sukh. The Sukh, is the sweet center.

So I sit. I witness. I watch. Wow, this really is quite a ride.



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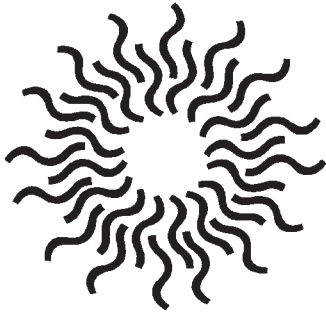
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"Precision and Grace" Ron Reid and Meenakshi from Downward Dog studio in Toronto will be doing a Ashtanga Yoga workshop on Saturday, September 8 at the Journey Expo. Details can be found at www.karmayogacleveland.com or by calling 216-621-7085

"Yoga Lounge" with Swaha from Toronto on Saturday, September 8 at the Journey Expo. Come find your bliss thru asana and chanting! Copies of their new cd "Vishnu Dream" will also be available. Details can be found at www.karmayogacleveland.com or by calling 216-621-7085.

Yoga teachers, studio and workshop listings are available for this section. Cost is only \$25 per listing for each issue. Please keep each listing to 35 words or less. Call 440-223-1392 for more details.



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DANCING THROUGH LIFE'S TRANSITIONS

By Roger Sams

My dictionary defines transition as a process or period in which something undergoes a change and passes from one state, stage, form or activity to another. Two decades ago, when I began teaching music and dance to young children I quickly learned that transitions were the most challenging part of their day. It didn't take me long to learn that if we sang and danced our way through transitions they went much more smoothly.

Now in mid-life transition myself, I find that movement, more than any other spiritual practice, takes me to that place of inner quiet where I am able to hear the voice of wisdom. Gabrielle Roth, the popular ecstatic dance teacher from NYC, is known for saying, "The fastest way to still the mind is to move the body." Meditative movement offers us a resource for gaining awareness, for facing and moving through fears, for releasing blockages in our bodies and in our lives, and for moving gracefully through the change process as we birth our next best version of ourselves.

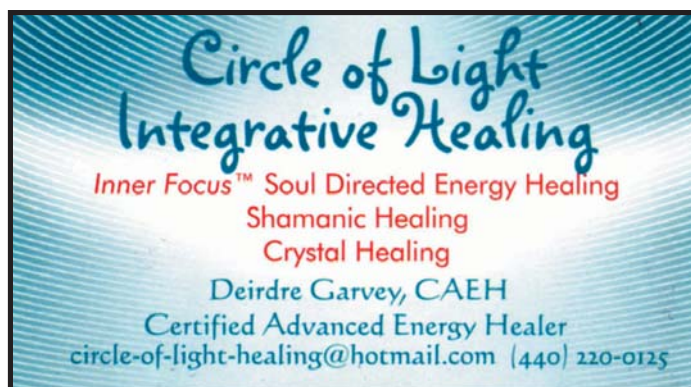
My life path has given me the opportunity to experience the transformative power of music and movement in many formats. As a school music and movement teacher my own teaching practice led me into my own healing. When I was presented with challenges that initially appeared beyond my capacity, it was my choice to sing and dance through those crisis that supported me in finding the pathway to freedom. In 1994, when facing health issues that seemed insurmountable, I sang and danced "Jubilate Deo," an ancient round by Michael Praetorius, around a campfire in rural Montana for hours one night until I knew in my core that I would chose to live, rather than die.

Gestalt practitioners speak of an experiment as safe emergency. Viewing experiment through this lens allows us to experience that which frightens us and often stops us in our tracks within a limited timeframe, supported by a structure that provides both sufficient safety and ample challenge. Ecstatic dance or movement meditation is one powerful format for such an experiment. In a more overtly sacred format we might call this ritual.

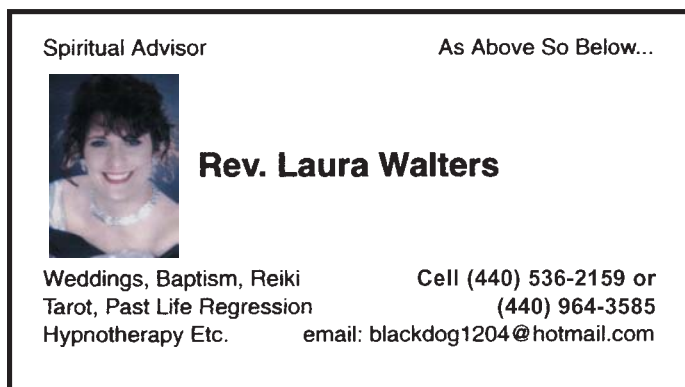
My first encounter with the potential of movement to lead me into ecstatic states was during a teacher training course in St. Paul, MN. In a room filled with music teachers, my tall beefy frame was partnered with a thin woman half my height in a mirroring exercises. We were focused intensely, each being a movement mirror of the other. The instructor played music for what seemed like an endless period of time. We passed through the concentration required to complete the task successfully into a period of discomfort, when the intimacy was nearly too intense to bear. We began by alternating leadership in our dance and somewhere along the way we were leading each other and ourselves without awareness of who the leader actually was. And then the miracle happened.


We passed through our awkwardness with each other into a connection that defied language. For one glimmer in time our commitment and focus were honored with a merging that neither one of us expected. For a short moment we both knew that we were one. I left that class knowing in my core that something magical had happened when we moved together with clear intention. I knew it not because a teacher had told me about it, but because a wise one had held space for me to experience that truth through my own body. She had structured a "safe emergency" within which I could experience the truth of oneness, if only for a moment in time.

Years later, when attending a retreat on a mountain top in Northern California, I would sneak into the temple during breaks just to dance to a recently purchased CD that I couldn't get enough of. Soon another retreat participant asked me if he could join me in my solitary dances. For several days he and I would dab and glide around the room in our solitary spaces to bluegrass music, each pretty much ignoring the other. Alison Krauss and Union Station gave us the soundtrack, primarily a broken heart mantra of he-done-me-wrong songs. Bluegrass musicians do broken heart so very well. I didn't choose the music for any reason other than I loved it and I was captivated by it at the time. Near the end of our week together my friend had a significant breakthrough and let go of a love that he had been unable



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to grieve for several years. A Ph.D. psychologist, he had been unable to release his heartbreak though the primarily talk oriented tools that he had in his awareness. A few hours of dancing through his grief in sacred space brought the release that his soul had longed for.

In recent years I've had many opportunities to witness the potential that dance offers to take us out of mind chatter and into the clarity of body wisdom. I've seen it in my own life and in the lives of those who bless me with their trust and allow me to hold sacred space for them. Like any meditative practice it requires commitment and practice. We dance and dance and dance, using our bodies as vehicles of prayer. Then in an instant we know the truth. The movement brings about a stillness that allows us to really hear the voice of God. Our movement takes us into the truth about ourselves, that we are always connected to the Divine and that when we step out of our stories about ourselves and the mind chatter that plagues us, we know the truth of who we are. Through movement meditation we can learn to dance through any and all circumstances that life presents with both gentleness and power. Albert Einstein once said that "nothing happens until something moves." My life experience tells me that when we choose to move with intention we chose to make something happen, in our lives and in the lives of those around us.

May your life dance lead you into ever unfolding grace.
Namaste.

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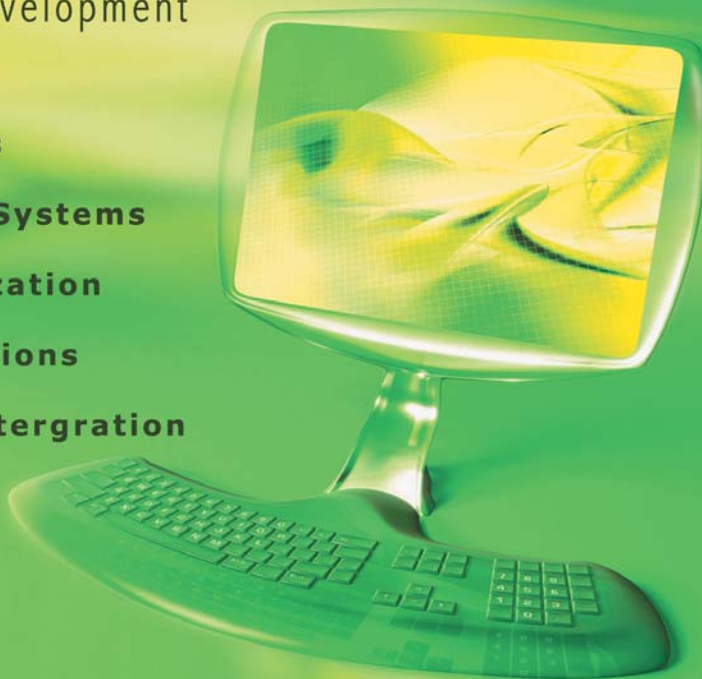
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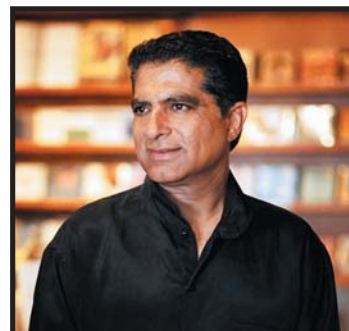
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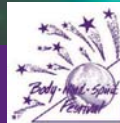
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Transition:

Horse Sense and Lessons from the Herd

***“And Spirit grasped a handful of southerly wind,
blew breath over it and created the horse...
Virtue bound in the hair of the forelock,
a gaze from the depths of dream,
given the power of flight without wings”
—From a Bedouin Tale and Koran Blessing***

By Jackie Stevenson

Horses are one of nature’s most elegant and honest teachers of living. For generations horses have carried us farther and faster than we could travel alone. Today, the wisdom of horses can guide us over the challenging terrain of our lives, and through the complex experiences of our transitions.

Transition is our somewhat known present experience as we change, adapt, balance and evolve making our way through and to our less known future. Passages from one state to another, exchanges of energy, movement from one place to a different place, ongoing predictable and unpredictable change, evolution of form...these are all expressions of TRANSITION.

Nature is a generous, honest and graceful teacher of life’s changes. Nature in her transitions reminds us of the impermanence of life, the preciousness of living, the requirement to adapt and the need for interconnectedness. The birds singing and the sun washing the sky with light wake us to morning announcing the passage from night to day. In the death of the flower the seeds of the next generation are born. Horse hoof-beats drum the earth as they run in the simply joy of transition in motion.

When we are in our natural flow transitions are experienced as graceful, effortless and harmonious. And yet the very word transition can bring us trembling to our knees in anxiety, fear and dread. Some transitions go smoothly while others are incredibly challenging.

“It is the twilight zone between past and future that is the precarious world of transformation within the chrysalis. Part of us is looking back, yearning for the magic we have lost; part is glad to say goodbye to our chaotic past; part looks ahead with whatever courage we can muster; part is excited by the changing potential; part sits stone-still not daring to look either way.” —Marion Woodman

How can we gracefully move through and consciously learn from the challenge and complexity of everyday transitions in our relationships, our work, in love, in facing death, in spiritual crisis and throughout all the daily interruptions of our natural process of living? How can we let go of the old ways of being and doing things and begin anew?

In times of difficulty I turn to my horses that live with me on my farm and who are my partners in my work. I decided to turn to their wise and practical horse sense to discover what I could learn straight from the horses heart about surviving and thriving in transitions. I wandered out to the pasture where the herd of five horses were warming themselves in the morning sun. I approached the horses and each one offered with a soft breath and gentle nudge a lesson about transition and about life.

Lesson One from “Be”

Live Grounded in the Present

Horses live in the present moment as an embodied presence connected to the Earth. As prey animals they have a fine-tuned survival response to use their physical senses in order to be aware of what is actually happening in the moment. They do not get distracted or stuck in what has happened in the past nor what they imagine or fear might happen in the future. Living more in the present moment, in touch with our senses and inner nature, with Earth and the natural world, we can make better life choices as we move through change.

Be is an elegant black Clydesdale mare. She is a gentle giant who echoes the Earth’s heartbeat with the drum of her hoof-beats. She teaches us to hold our sacred ground and Be who we are.

Lesson Two from “ThunderHeart”

Practice Silent, Listen and Speak With an Open Heart

Horses are most often silent as their language is movement and motion that emerges quietly and intuitively from within. As humans we are often surrounded by the desensitizing sounds of our highly technological culture, noisy advice from the outside and busy chatter from the inside. Listening with an open heart is a physical act of slowing down, deeply listening with courage and surrendering to the outcome. As we enter into silence listening deeply and empathetically from within, we can begin to hear our heart’s wisdom and move creatively through transition.

Thunderheart is a big white magical horse with a generous presence, empathetic heart and sweet nature. He pulled a wagon to Cleveland from the commune The Farm in Ten-



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nessee many years ago. He has been featured in magazines for his talent as a horse who can paint and has several signed works. He engages our creative spirit and listens to our dilemmas with caring and curious interest.

Lesson Three from Rojo:

Be Authentic and Act Congruent

Horses register incongruence and notice when things in the environment are about to change or are out of place, like a storm rolling in or a wolf creeping across their field. This survival skill keeps them safe. When we are incongruent and not authentic through seduction or dishonesty horses become uneasy and will walk away from us much like people move away from us or our dreams disappear. When we remove our mask of incongruity – when we are who we say we are and do what we say we will do, when our actions reflect and are in alignment with our values – the horses move toward us as will people or our dreams. In being our natural self, authentic in our relationships and aligned with our values and life purpose we can be successful in our life transitions.

Rojo, the elder of the herd, is a deeply wise chestnut mare. She demands respect in her quiet but determined way. She is a good teacher of being tenaciously authentic and going after exactly what you want.

Lesson Four from Spirit

Live in a Herd Consciousness

Horses live in sacred relationship with each other and the natural world. They live dynamically in families of complex relationships. They engage as leaders and teams in-

involved in the politics of conflict and negotiation. They are conscious beings aware of the interrelatedness of all life. Horses are social with a strong instinct to bond together and move toward relationship. Being left out of the herd is a core survival issue. Belonging is essential. Horses remind us that it takes a herd to raise a family. Transitions are not as lonely or scary when we have support and do not have to move through them alone. Transitions can be inspiring when we have a loved one or community to cheer us on.

Spirit a mustang -like lively and gentle hearted black and white paint mare. She is sensitive, social, joyful, affectionate and mischievous. She reminds us of the need for playmates and the importance of play.

Lesson Five from Raven

Discover Your Wilderness Spirit

The mythic horse carries a strong archetypal energy inspiring our dreams and creativity, teaching us about free spirit and transporting us on journeys of the soul. "One can ride this horse in spirit and during times of stress summon it as a source of comfort and guidance." The horse is associated with dark and light emerging both from the deep of the earth and the depths of the sea carrying the spectrum of life and death and serving as a guide through the realms of consciousness. As we become aware of and honor the sacred wilderness pathways and divine circles of life, we are included in its radiance and surrounded by blessed energy.

Raven is a fiercely independent and magical black horse from the lineage of horses who carried the Templar knights in the 13th century. Raven is the lover who awakens the magic within each of us and demands that we live wild and free.

Lesson Six from Jetset our Jet'Adore

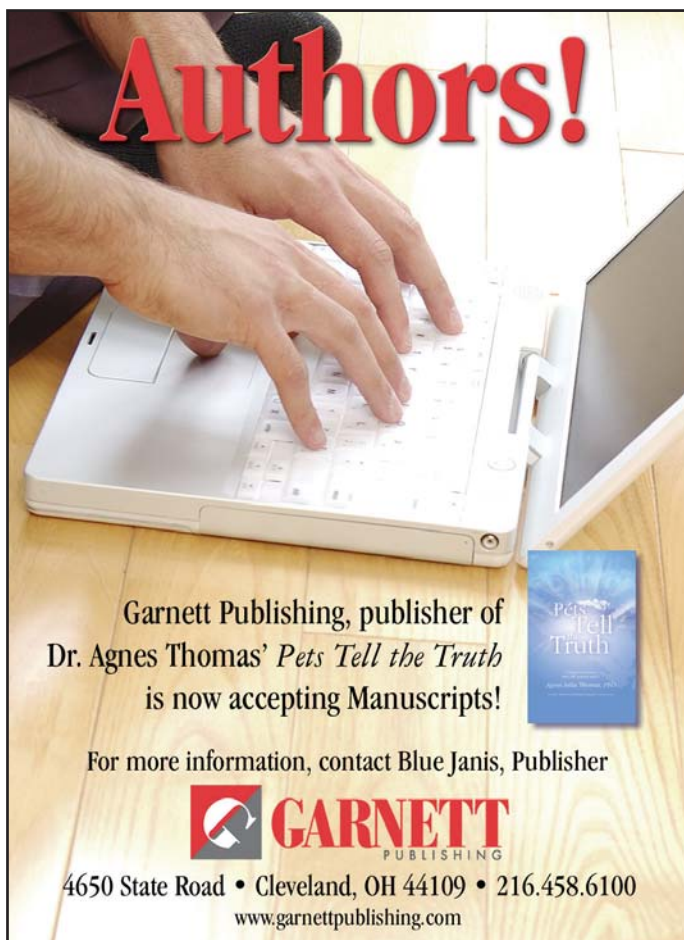
Live Grace-Fully

Hoof-prints and human footprints...each step is a grace-full blessing and each breath a prayer as we walk together consciously, purposefully and in gentle harmony upon the earth. In the awesome presence of horses and all that is beyond and greater we meet ourselves in an expanded way, we touch spirit and experience the grace of being human.

Jetset (Jet'Adore), 1969-2005, Jet lived beautifully and died gracefully yielding to the earth. In her living and dying she taught us about loving life. Her spirit watches over us and teaches us in our dreams.

The spirit of change and transformation is the dynamic miracle of movement, the on-going mystery of renewal, the elegant rhythm of birth, death and rebirth, the wisdom in the sacred cycles of life. Within the connection of the eternal circle and the interconnection of the infinity symbol is the paradoxical journey between beginnings and endings. The first step on the journey is the guide to the last step and the last step is the stepping stone to the beginning of the next journey. Seeking the sacred we must learn to dance with the mystery and flow with the rhythm of transformation and change.


I bow with gratitude to the wisdom of the horse, to the sacredness of Mother Earth, to the wonder of nature and to the gift of life. As I transition, through this my sixtieth year, and throughout life, I ask that for us all it be done in beauty.



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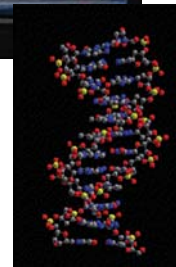
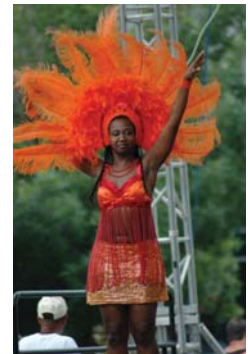
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LIFE TRANSITIONS: AN OPPORTUNITY FOR GROWTH AND SELF-RENEWAL

By Rosanna Zavarella, Ph.D.

Americans seem to be in constant transition. From the moment we step out of bed in the morning to the moment we return to bed at night, we go from one activity to another, one engagement to another, one meeting to the next schedule, each without much thought or reflection for how we move through the activities. In every transition, whether on a small or large scale, there is an ending, followed by a period of confusion and disorientation, which then leads to a new beginning. The most visible examples of transitions are found in nature: the change of seasons, the new growth of flowers at springtime, the greening of leaves and maturing of the fruit in the summer, the browning of leaves in the fall. Events such as marriage, graduation, childbirth, promotion, sudden success, a move to a dream house, a divorce, loss of work, a pet or a loved one are all major life transitions.

Recently a new young mother came to see me for counseling; she had just lost her job and told me that her husband no longer loved her. She had her infant child with her. She was experiencing multiple major life endings and beginnings. This threw her into disorientation, turmoil, confusion, upset and distress with big questions about her identity. She didn't know the direction to take in her life or how to deal with feelings of being lost.

According to author William Bridges, (Transitions) life transitions demonstrate three distinct phases: the first involves endings – saying good-bye to situations, people or things. The second is a time of confusion, disorientation and emptiness. It is the fallow time in nature, winter, and a necessary phase for germination, reorientation, renewal and the growth that leads to new beginnings, which is the third phase of transition. Most people skip phases without fully

experiencing each one of them. They deny endings. They don't want to talk about them. They say, "That's it; it's over. It's done with. I am on to my new life; I don't want to dwell on the past." Endings are difficult for most people. Letting go of old, familiar attachments is not easy. We identify ourselves with our old relationships, our old way of being and the people in our lives. Some people stay in relationships long past the appropriate time. Some people create endings prematurely. It is important to say your goodbyes, to grieve the loss and honor all the feelings that come with it. Indigenous cultures view endings as a symbolic death that offers an opportunity for rebirth and growth. It is no wonder that tribal cultures have established rites of passage and ceremonies that help people move from one life phase to the next. They hold rituals to help people clear their minds of old attachments, old feelings and old memories. Only this clear openness can allow new growth and regeneration (Bridges, Transitions).

Short of sending my clients on a vision quest to the wilderness, there are a variety of methods that are supportive and may simulate similar rituals. I suggest sitting in silence and reflection for a certain amount of time each day journaling on whatever feelings of grief and loss may be coming up. This helps make them manageable. Sometimes I suggest writing letters to lovers, departed parents, ex-husbands or former employers to express their feelings and say their goodbyes. (These letters are typically not sent.) This helps develop peoples' own ending ceremonies much like that of a funeral. It symbolically puts an end to what has been and releases the emotional and energetic attachments. Sometimes we will do a crystal clearing ceremony, placing crystals on the four directions as well as the chakras while invoking Spirit to clear the attachments from the old life and release the old energies.

Many report feeling refreshed and renewed by the prayers and the new energies that Spirit brings. Indigenous people used rituals of transition to solicit spirit guides of one sort or another or to raise their consciousness through chanting, meditation, fasting, sweat lodges and substance altering drugs as a way to elicit and receive messages and direction from the Spirit world. With the new age movement some of these methods are now once again available to us. I encourage and support people to engage in spiritual practices that resonate with them, to create self-made retreats into the wilderness or the park. I instruct them on how to commune with nature, to not struggle or try to es-



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cape the emptiness, as this is essential to transformation and rebirth. This is a time of rich insights and can only happen by looking beyond the familiar surface of things. It requires seeing deeper. Reflect on what dreams are left un-lived. What talents, what convictions, what ideas, what qualities are left unrealized? This is an opportunity to do something different with your life, something that expresses you in a new way. Take this time to express this new chapter in your life. So when do we start anew? We can start when the endings and the fallow are finished and changed by the destruction of the old Life-phase and the journey through the nothingness. What do we start with? Typically it comes in the form of an "idea," an "impression" or an "image." It could be imagining a scene or activity and becoming drawn to it. Or it could come in the form of a dream, which is how tribal people watch for signs of guidance. Much as we want external signs to point the way, it is the inner signs that come after the ending phase and the fallow phase.

These signs are subtle and that is why quiet alone time is important. When we are aligned with our deep longings and our reea yearnings we are powerfully motivated to begin anew. (Reference: Transitions by William Bridges)

Rosanna Zavarella, Ph.D., is a psychotherapist, shamanic and energy healer, hypnotherapist, life coach and trainer. She also works with life transitions.




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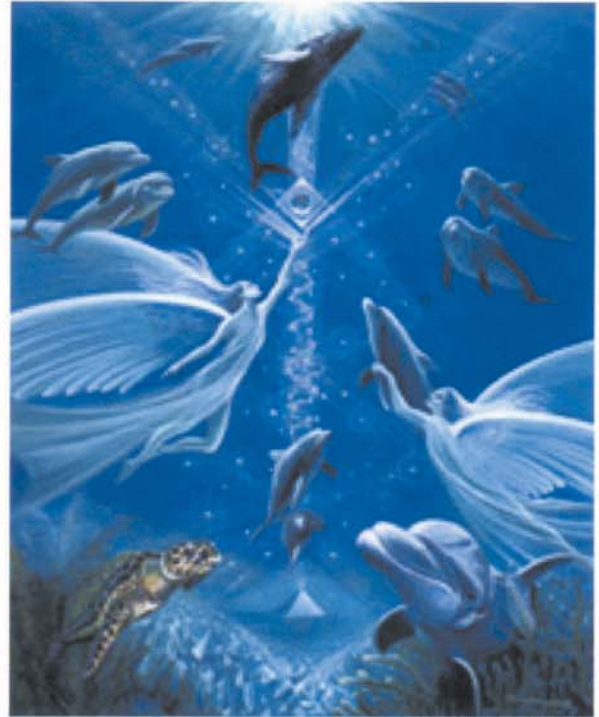
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From Illness to Wellness, Peace and Joy

By Susan Mikolic

One hundred percent of our family has struggled with mental illnesses. I was a mother struggling with her own depression, married to a man struggling with his own depression, parenting two children with bipolar disorder. It has been a long journey. I am blessed to say that we now live in full recovery, enjoying healthy lives with energy, balance, peace, delight, wonder, fulfillment, serenity, purpose and freedom! We have transitioned from darkness, desperation and hopelessness to the light!

As my entire family and I began to plummet into the darkness of depression, I began research to discover any means by which our family could help ourselves out of our hopeless existence. During that time my depression deepened. I applied for and received SSDI and was out of paid employment for several years. I continued my community service work during this time with breaks along the way during significant relapses.

In 2003, our family embraced a new approach to our recovery...we empowered ourselves to be well and made proactive lifestyle changes to compliment our traditional treatment. We started living better, eating nutritional foods and avoiding things that were bad for us. We exercised, made sure we got fresh air and learned how to respond to daily stressors in a positive way. We were rewarded for our commitment to recovery and began to see significant, immediate and lasting changes. We eventually stopped taking all of our medications.

During our transition from illness to wellness I discovered some valuable tools. While advocating for my sons and helping teachers understand how a child with mental illness functions in a classroom setting, I began to understand that their lives were a constant tug and pull between stress and energy. How could they cope in a classroom setting?

If we think about it in terms of dollars we could say that these children wake up in the morning with \$10.00 of energy available. The effects of their various illnesses on their bodies and the medications used to treat them consumed about \$5.00 of that energy, although it is probably more. They get to school with \$5.00 of energy left to spend. They use \$3.00 of energy trying to interpret social cues, make friends and deal with negative self-talk and self-esteem issues. That leaves them with \$2.00 of energy to spend on the huge task of learning.

I realized that we all move through our days adding and subtracting energy from our being. We have breakfast – we add energy. We have a fight with our spouse – we subtract energy. We have lunch with a friend— we add energy. Life is a game of energy in and energy out. In that way it's similar to a bank account. It's a fact that the physical body has a finite source of energy to meet its daily fuel demands. I learned through my own experience that if the body's demands for energy outweigh its available energy, the body will borrow energy from its tissue, thereby weakening itself. Stress is a major and unnecessary energy burner. Body stressors such as lack of nutrition, sleep, exercise, sunlight, etc. as well as mind stressors such as thoughts and beliefs can rob our energy. I know because that's what happened to me and my family.

Once we all understood that our energy, or lack thereof, was at the heart of our health and wellness, we did things to control our energy by controlling our lives, our thoughts and our actions. We learned to recognize threats to our energy and we learned how to respond so that our energy would not be depleted. We got better and better and we have maintained our healthy status for many years.

The key for me is to stay healthy and build up my energy reserves for later. I do that by walking outdoors among the trees and nature every day. I also make sure that I get enough sleep. I have learned to "let go" of worries and feelings that make me feel badly. I eat colorful, nutritious food. I talk to God and listen to His guidance. I am grateful for the little things in life and I look for the gift in events or occasions that are troublesome or hurtful. I ask, "What is the lesson?"

My mission in life is to continue to set a positive example for my family, friends and community. I have designed my work around spreading the lessons I have learned. I aim to help others live fuller, healthier and happier lives.

Susan Mikolic, R.N., Author, and President of Stepping Stones, is an expert on recovery and thriving. Susan teaches the principles of The Energy Equation, a system that holds at its foundation the concept that a physical body has a finite source of energy to meet its daily fuel demands. Allow Susan to teach/coach you to a life full of peace, joy, and health. www.theenergyequation.net 216-513-6098



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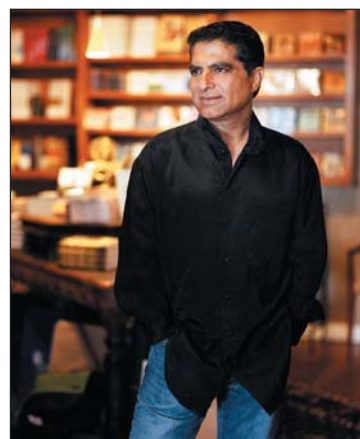


An Afternoon with

Deepak Chopra

Sunday, September 9 at 1 PM

Advance tickets are \$40 before July 15 and \$50 after. Seating is limited. Premium seating package which includes private reception with Deepak, a copy of his new movie, upfront seating and 3 day pass for the Expo is \$175.



The Journey Expo Presents

Marianne Williamson

How to Work Miracles

Miracles occur naturally as expressions of love. As we mine the gold of deeper love within ourselves, we enter a zone of infinite possibility. Learn how while living in a world so diminished by fear, you can emerge victorious through the practice of a greater love. Allow the power of forgiveness, faith and prayer to transform your life.

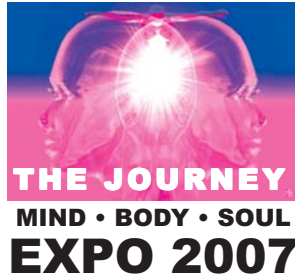
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Tickets for both Deepak Chopra and Marianne Williamson can be ordered by calling 440-867-4166, by mail The Journey, 9557 Tamarin Ct., Mentor, Ohio 44060 or email journeyexpo@gmail.com
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SPECIAL JOURNEY EXPO SECTION



Laura Lee

Send Me An Angel

Saturday at 5 pm - \$39

Send me an angel is a fresh new take on the after life. Our loved ones who have past over are not all flying around a heaven in total bliss, rather they are active participants in our everyday life. And we can experience their assistance if we are open to receive their messages. Laura Lee, Angel Medium, shares her journey of how our dearly departed, angels and sometimes guides in the physical and non-physical, have visited her own life and those who have accompanied her along on the journey to receive purposeful insight to guide us back to light. Whether it is a son reaching out to his grieving mother to close his homicide case, to a dead rocker guiding his wife to financial freedom or Laura's own personal visitation from an uncle who sends hope while she is faced with her own mortality, these timeless messages help those living embrace the miraculous life they were destined to live. Laura Lee gives a live demonstration by performing random readings for audience members.



Angel Medium, Laura Lee has shared the stage with authors such as Dr. Wayne Dyer, Dr. John Grey, Dr. Stephen Covey, Neil Donald Walsh, Dr. Doreen Virtue, Dannon Brinkley and James Van Praagh. Her talents are regularly profiled on radio including LA's popular Radio Medium Show, Oasis 'After Life' show and television broadcasts such as TLC's Possessed Possessions with James Van Praagh, Game Show Network's 'Your Worst Nightmare' and Discovery Channel's XOP's. Laura Lee is a gifted clairvoyant (seer), claircognizant (knowing), clairaudient (hearing), and clairsentient (feeling). A liaison between heavenly host and their earthly companions, Laura dispels fear and encourages hope by helping people make sense of their lives. For a private consultation with Laura, contact her office at 818-762-1036 or go to her website at www.MessagesOfLove.com

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Sandra Taylor is a truly inspiring speaker who lectures throughout the world on the power of consciousness and personal energy. Her second book for Hay House, the New York Times bestselling *QUANTUM SUCCESS*, is receiving international acclaim for its unique and enlightening approach to the field of attraction and achievement. Wayne Dyer calls *QUANTUM SUCCESS*, "An insightful look into the practical means of attracting abundance—Pay attention!" Learn more about Sandra at www.sandrataylor.net.

Deepen your Practice and Tap into your Higher Self with Meenakshi and Ron Reid from Downward Dog Yoga Centre and Swaha in Toronto, Canada



Precision and Grace
Deepening Your Yoga Practice
Saturday, September 8
The Journey EXPO - 3 PM

At every level of yoga practice there is an opportunity to go deeper. In this workshop we will explore various ways in which to achieve this. By balancing "precision with grace" we celebrate yoga's gift of wholeness and completeness; a blend of mind, body and spirit. This will be a Vinyasa style class based mainly on the Ashtanga Yoga system of Sri K. Pattabhi Jois.

Yoga Lounge with Swaha

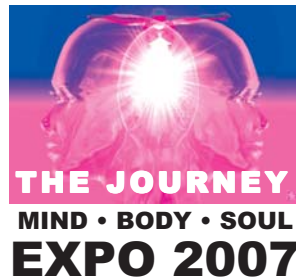
Asana and Chanting! • Saturday, September 8 • The Journey EXPO - 6:30 PM

Yoga Lounge is a Vinyasa style class, flowing with earthy trancey rhythms and healing chants to lift, balance and restore your energy. This class flows with the groove of Swaha's pre-recorded richly textured yoga lounge music, entitled "Vishnu's Dream". Yoga lounge is a dynamic class that is grounding, energizing, transcendental and transformational!!

SWAHA performs music that is both inspired and uplifting. It is an enticing blend of ethereal Sanskrit vocals soaring over rich earthy rhythms. The songs are composed by Meenakshi and Ron Reid. Following the Yoga Lounge - Swaha will be leading a Kirtan (call and response chanting) beginning at 8PM.

- Ashtanga Workshop - \$50 • Yoga Lounge - \$25 (\$20 with Ashtanga Workshop)
- Kirtan - \$5 • Please Register Early -Classes are Limited!!!

**Swaha Workshops will be held on Saturday at the 2007 Journey Mind, Body & Soul EXPO
September 7-9 at Lakeland Community College • Kirtland, Ohio**



**Friday, Saturday & Sunday
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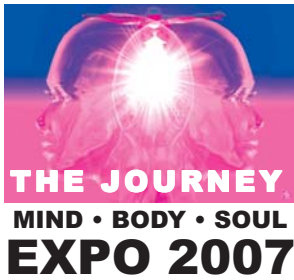
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Evsttarr featured writer and columnist for The Journey magazine will delight and enlighten you with her wit, charm, and her passion for teaching the works of Louise Hay. Certified Louise Hay instructor, she produces her own television show Reach for the Moon with Evsttarr, seen on local cable, while captivating you with her zest for life and passion for metaphysics. She has been interviewed on WEWS, Wake Up and Live, and featured stories in the Avon Press.



George Cox

Aromatherapy

George Cox has been teaching aromatherapy for 12 years. He has taught at 18 Massage Therapy Schools in Indiana, Ohio, & PA, worked with and developed programs for the Cleveland Sight Center, worked with the Ohio AIDS Coalition, developed programs for numerous Skilled Nursing Facilities, and several other clinical groups, as well as the general public. He currently teaches a 3 credit hour class on aromatherapy at Cincinnati State College.

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Janee Kuta-Iliano is a preventative health educator who believes in the healing power of whole foods. Gaining certifications in Colon Hydrotherapy, massage and raw food preparation, Janee has studied extensively how to internally cleanse & detoxify our body and assists in helping others achieve optimal health & vitality. More info can be found at www.aliveone.net



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Susan Mikolic

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Susan Mikolic, R.N. & President of Stepping Stones developed the strategies in her “Energy Equation and Red Light Plan” while traveling a long journey of personal and family challenges.

A Sampling of This Year's Mini-Lectures



The GYROTONIC Expansion System - Circular Movement for Healing, Energetic Awakening, and Physical Freedom

By Lisa Lansing



AtlasPROfilax Treatment

By Ranan Shahar, L.Ac, MSc



Enhancing Your Energy with Tools for Life

By Diana Repko

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Deepen your Practice and Tap into your Higher Self with Meenakshi and Ron Reid from Downward Dog Yoga Centre and Swaha in Toronto, Canada



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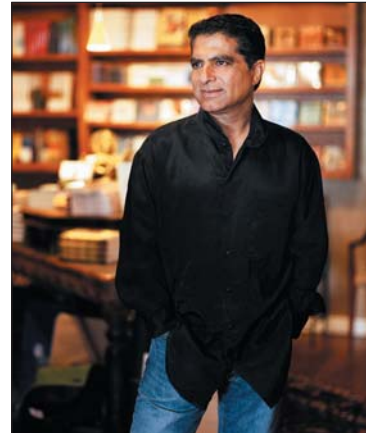


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