

Issue 47 | July, August | 2009

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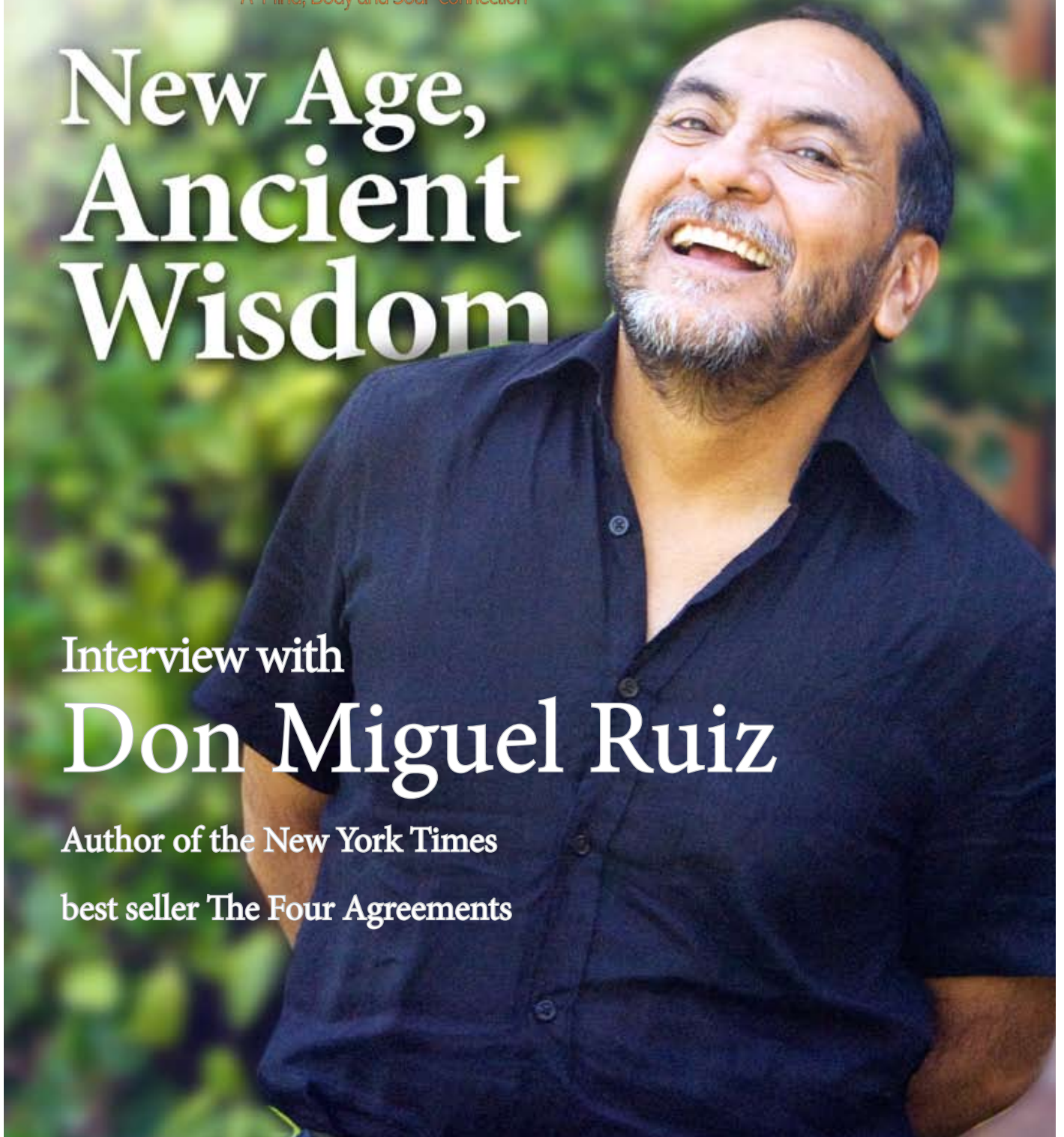
New Age, Ancient Wisdom

Interview with

Don Miguel Ruiz

Author of the New York Times

best seller *The Four Agreements*



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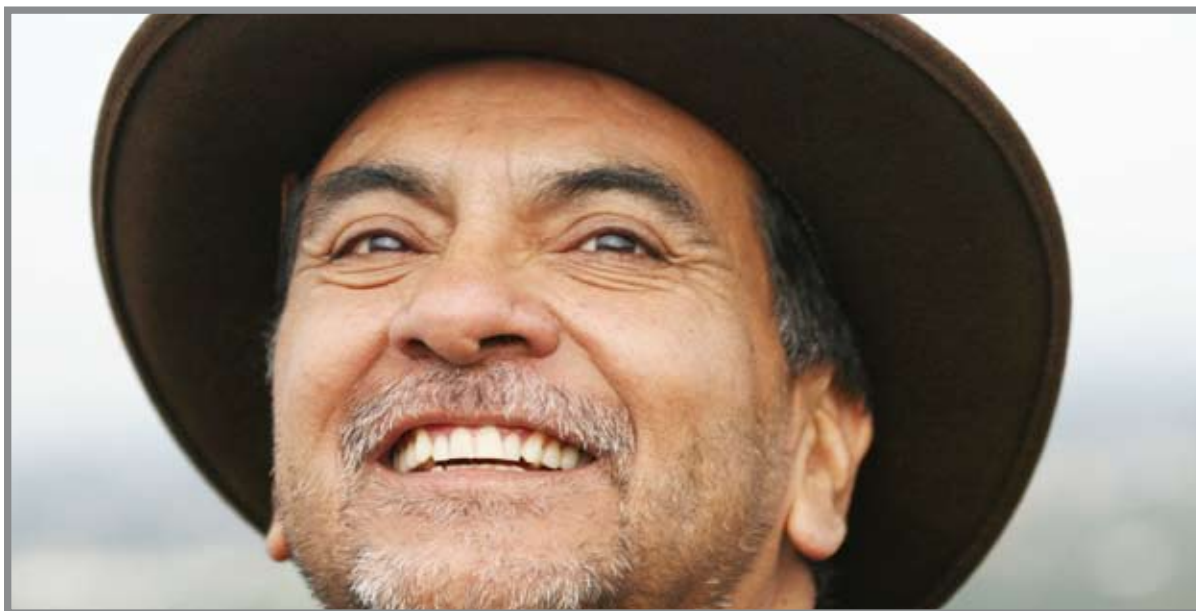
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From the Publisher

I find the term “New Age” very interesting. It seems to have a different meaning for so many people. Some look at it as a catch- all for anything that might be a bit off the norm, kind of an airy-fairy thing. Others fear it, as if it were the work of Satan. Many in the “New Age” movement use it as a way to help change human consciousness.

I look at this movement as nothing more than bringing forth ancient wisdom that has been around since man. Go to most any New Age bookstore and you will find tomes on ancient practices like feng shui or aromatherapy.

The books and movies about the law of attraction and manifestation are based upon spiritual teachings from eons ago. Sound therapy was used thousands of years ago in the form of mantras. You only need to go into a Hindu temple to see color therapy and how it has been implemented to change consciousness.

Reiki, massage, Qigong, Tai Chi, and yoga are just of a few of the modalities and physical practices that have gained popularity in this movement, but again are based on ancient wisdom.

A long time ago a friend told me life is like one big circle. We just go around and experience, ending up back in the same place but with more information.

May we each stay open to being “new” with wisdom to help us as we trudge along our roads to happy destiny.

— Namaste’ Clyde

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September/October theme: “Earth”

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Contributors



Wah!

In this new age of communications, we're in a time where we can share ancient wisdom quicker and with more people than ever before, Wah, a regular contributor to the magazine, tells us. That doesn't make it any easier to digest or use. Wah investigates code breaking and the use of new age markets in her thought-provoking piece found within the yoga section of the magazine.



Chris Brown

How about considering assembling around the dinner table as a way to touch into some ancient wisdom? First-time contributor Chris Brown explores this surprising association and all that we might take from making this comparison. The ancients, no doubt, gathered around a primordial fire to exchange food and tales, learning valuable life lessons along the way. Thus, food is more than a sustenance for the body, Brown says. We could learn much by gathering as families, once again, around the table, he says.



Trista Hill

Writers will clutch any device available for inspiration. Trista Hill, a first-time contributor to the magazine, fueled herself on vegan fudge and lemon sorbet before descending into a deep and fascinating exploration about the wisdom of trying to remember that you are always enough, despite the directions others may lead you. Remembering is a choice we can all make, even in the midst of dark times, Hill tells us. But sometimes, to survive, you must at least temporarily forget. Wisdom told from the heart.

“Mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have any boundary, because what will be beyond the boundary - again another sky. That's why I'm saying skies upon skies are available for your flight. Don't be content easily. Those who remain content easily remain small: small are their joys, small are their ecstasies, small are their silences, small is their being. But there is no need! This smallness is your own imposition upon your freedom, upon your unlimited possibilities, upon your unlimited potential.”

—Osho

Ancient Wisdom = Common Sense

Packaged in Contemporary Wrappings

By TC Brown

In many ways, this issue's theme, "New Age-Ancient Wisdom," is also a central message in the teachings of Don Miguel Ruiz.

Don Miguel's Web site www.miguelruiz.com says as much, pointing out that in the tradition of the Toltec, shamans or guides teach one how to attain personal freedom.

Toltecs are a population and society that inhabited pre-Columbian central Mexico who some believe to be real, while others think they were fictional.

Real or not, as his Web site points out, Don Miguel, "combining new insights with old wisdom," shares

ancient philosophies by translating them into contemporary concepts so that one may be transformed through truth and common sense. Don Miguel will appear at The Journey Expo 2009 from 1 p.m. to 4 p.m., Saturday, Sept. 12. www.thejourneymag.com

"Old wisdom is nothing but common sense," Don Miguel says in a recent telephone interview. "And of course they are connected,

but we call it new age because it is happening now."

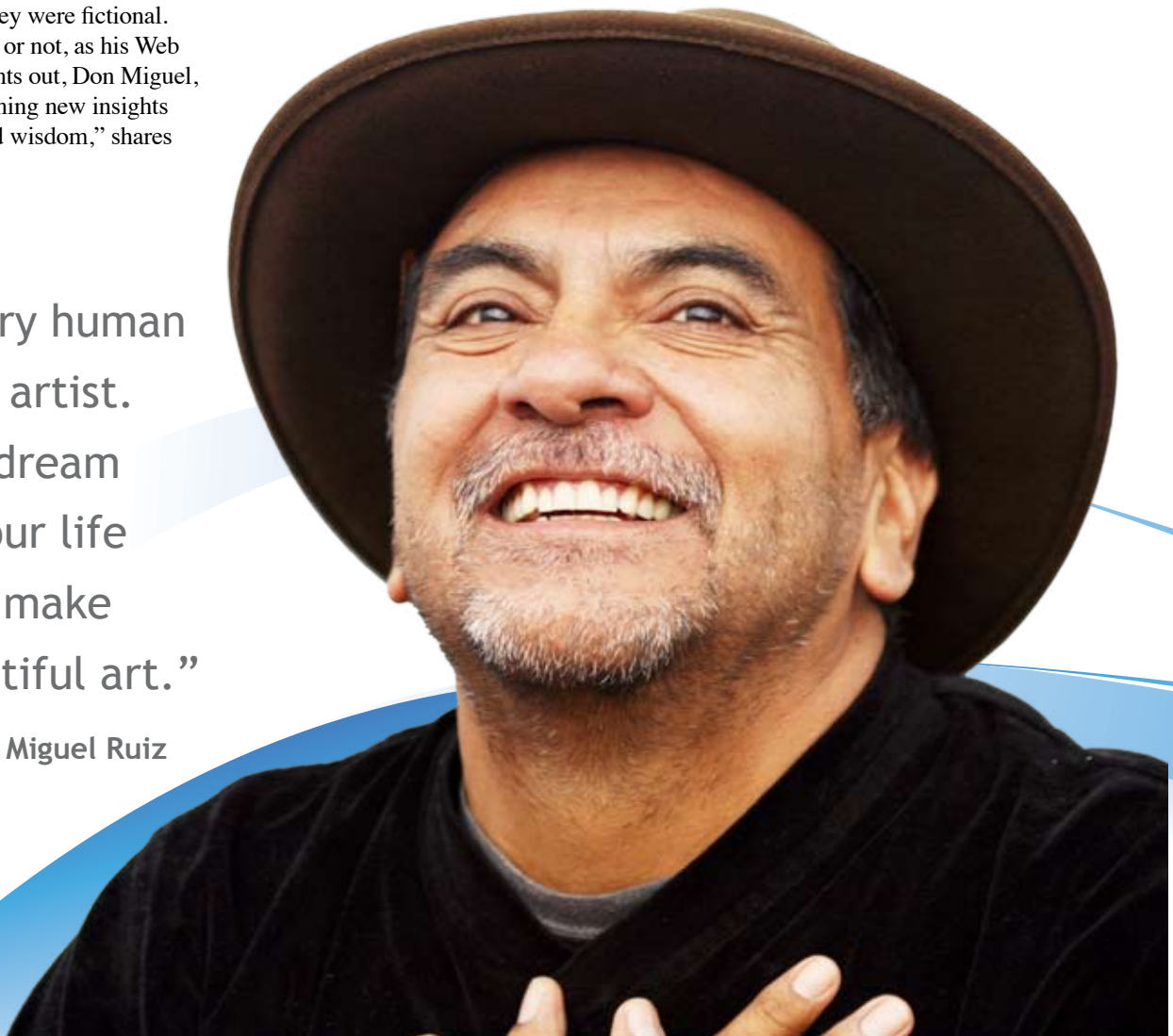
Living in that "now" with awareness that we create our own individual worlds and therefore are responsible for our own happiness is the way to fulfill our mission here, Don Miguel explains.

"Everyone comes to this planet with one mission, and that very important mission is to make ourselves happy," Don Miguel says.

"The world we create is how

"Every human is an artist. The dream of your life is to make beautiful art."

— Don Miguel Ruiz





we live our lives right now.”

In other words, it’s an inside job.

“It is your own creation and you are responsible,” he says. “Nobody else is responsible.”

For some, in this era of frightening and complex hard times, that concept may be difficult and even troubling to grasp. But hidden within crisis is a silver lining by the name of opportunity, says Don Miguel.

“Now things are a little more intense,” he says. “I see crisis, but I see it as opportunity. These opportunities will change the way we see everything.”

Knocked Down but Not Out

Don Miguel confronted his own personal calamity seven years ago when a near fatal heart attack felled him. When he finally emerged from a coma, doctors told him only a small percent of his heart’s capacity remained and he would have to cease much of his work, including his public speaking tours.

But Don Miguel’s heart incorporates much more than a body organ and muscle that keeps him going.

“I’m still alive and still active and I’m helping my middle son who is a master and is teaching now,” he says.

He and his son Don Jose are finishing up a new book “The Fifth Agreement” due out some time in the next year.

Born and raised in rural Mexico, Don Miguel’s mother was a healer and his grandfather a shaman. As he grew, modern medicine attracted Don Miguel and he drifted away from those ancient arts to become a surgeon.

A serious car crash in the 1970s became a wake up call that provoked him into a journey of self discovery.

He found himself drawn back into the Toltec philosophies. He began touring in the United States in 1987, teaching small groups of people spiritual issues, self healing and happiness.

He realized that many people struggled to quiet their minds and out of those observations he developed methods and a philosophy that eventually led to his writing the powerful “New York Times” best seller “The Four Agreements” in 1997. It is a spiritual checkup that presents a guide for a way to live “distinguished by the ready accessibility of happiness and love.”

The Four Agreements are:

1. Don’t take anything personally.
2. Don’t make assumptions.
3. Always do your best.
4. Be impeccable with your word.

The message he conveys in this and his other books and in his public appearances is simple and practical and, in many cases, life changing.

“It is important that we challenge our beliefs to see if they are really true and to see if our decisions are truths or lies,” Don Miguel says.

Perfect Winners

Don Miguel believes the biggest terror for most is fear of the truth. He urges people to find out what they don’t like and to be completely honest

“When you love, whatever you do is because you want to do it. It becomes a pleasure, it’s like a game, and you have fun with it. When you love, you don’t expect something to happen; whatever happens is okay, and hardly anything disappoints you.”

— Don Miguel Ruiz

“The best path to happiness is learning to change as rapidly as life does.”

— Don Miguel Ruiz

with themselves.

In an interview with Ellen DeGeneres, he warned about being alert for even the subtle lies that can hurt, like a belief that you have no right to complain. He told her that everyone has a right to complain or feel hurt, but they can also choose not to.

Many believe lies too easily, so he recommends practicing healthy skepticism for what you hear from others and even for what you tell yourself.

“We all are perfect and we all are winners,” Don Miguel says. “If we believe the opposite it is because we believe in lies that come from ourselves or the people around us and we agree with them.”

In line with wisdom from Gandhi, Don Miguel says we must reshape our inner selves if we want to see change on the planet. In other words, transform the world in your head.

“We want to change the world, but it is not about planet earth,” Don Miguel says. “The way to do it is to change your personal world, to change what we believe about ourselves. Only we know in which direction

we want to go.”

Don Miguel refrains from pointing in a direction for others to go, instead he teaches that they can go where they want.

“They can accomplish what they want to by right actions,” he says. “If we have that awareness to change our dreams, then we will be very happy.

“And not just us,” he says. “This is a legacy we will leave for our children and grandchildren and society.”

Don Miguel fashions himself as a “messenger of love,” but alas, he too is human, admitting to DeGeneres that even he wakes up cranky now and then.

“Everybody gets cranky. I get cranky when I’m on the road,” he told her.

Grouchiness aside, Don Miguel considers his most important work is to just be himself and to enjoy life.

“I am happiness and happiness goes with me wherever I go,” he says. “I don’t try to teach that, it is just what I am.”

Don Miguel will be speaking at the Journey Expo at Lakeland Community College in Kirtland, Ohio on Saturday, September 12 from 1 to 4 p.m. For tickets and more information visit www.thejourneymag.com

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THE WISDOM OF REMEMBERING WE ARE ENOUGH

By Trista Hill

I have been thinking about writing this for over a month, playing with phrases, rolling around words, exploring economical, educational, environmental and epicurean shifts. Looking for the universal, the relevant, the revolutionary, fantasizing that something new can be said about “old wisdom, new age.”

Having recently celebrated a birthday, however, the words that pull at me most from that phrase are “old” and “age,” exactly in that order, and I oddly chose to take them personally. These words cling to my conscience even now as I attempt to finalize this treatise, fortified by vegan fudge and lemon sorbet left over, ironically, from a gathering of same-age women who discovered we aching and collectively crave new wisdom.

My own thoughts and feelings echo in their words. I am reminded, again: We forget to remember we are enough.

We have no problem expressing that we’ve had enough to eat (please pass the chocolate), enough of how our tax dollars are handled, the freakishness of the media or how we treat the earth. We’ve had enough of the toxic in-laws, the lewd comments thrown our way at the gas station, being alone again on a Saturday night and catty femaleness. We’ve had enough of feeling, looking, acting old.

Groping around the smooth, strong outer layers of these individual statements are the icy fingers of doubt, skimming the surface while searching for a place to take hold: Do I have enough to not only face these challenges, but to also initiate and effect a real change?

And oozing in right behind this doubt, the oft-unspoken, larger, looming but irritatingly simpler follow-up: Am I enough?

Before my intersection with “those that mattered,” before their imprints and before their exits, I knew more than I thought I did. I had not only rubbed up against what moved me, but sat unflinchingly in the midst of it. I was aware, awake, in tune. I wasn’t sure what was in store for me, but I was clear on who and how I wanted to be for the experience.

Fast-forward a few decades, and I remember that I forgot.

An Unreal Reality

Somewhere in the fabricated crevices of this round, light-filled heart and soul space, rumors were planted and I turned in their direction. What I had created was impossible to maintain, they whispered, and high expectations yield loneliness, unhappiness and darkness. Give up, give in, give away, now. This is your chance at another reality, your escape, and it is for sale, a bargain.

It wasn’t specified from what I needed to escape; nor was it obvious that the loneliness, unhappiness and darkness belonged to someone else who, in order to not self-destruct, desperately needed to share those miseries. It wasn’t yet obvious that another’s fear was a cloud over and not the extinguishment of light, and that it was unnecessary to buy

another reality to uncover and reclaim my light. But over and over again, ironically, I bargained away bits of what mattered to me to another in order to glean what looked like new wisdom, to attain approval and love that would not last and was not real.

The only way to survive for an extended period of time in a reality that isn’t yours is to forget what you knew before, to forget who you are and what you have, to forget what is, very simply, enough. The way out is to consciously choose, again and again, to remember, even in small, untidy fragments...

...the Traffic coming out of the stereo transports you faster and better and higher than becoming part of the racing traffic on the road winding away from the empty house.

...angry raging red face and fists are more about a decades-old internal war that includes minefields of self-sabotage that aren’t yours to navigate.

...your body is a powerful vehicle that, when taken care of, brings you up close and personal with an invincibility that propels you up and out of sacrificial starving.

...the Feminine is powerful in both directions and knowing the difference and the shades between bridges the gap, always.


...life is cyclical, not linear, and that under the layers of dead decaying debris lie innumerable pure white contorted sprouts of who you are, waiting to unfurl.

My way back home, to the core, is to remember. Remembering is a choice. I remember who I am today when I peer through the forest of alcohol-infused legs of black leather and lace at a plaza cocktail hour to watch a small girl in pink and white, blissfully spinning and swirling and sailing with the music she hears from my harp.

A friend once said nothing is new, every idea and thought and feeling and work and fill-in-the-blank is recycled. My current journal, #34, is more than likely a rehashing of the first one written over three decades ago and of every cloth-covered or hand painted volume between. Open the book, the window, the door. Uncover the seeds, brush away the cobwebs, dust off the instrument. Stay a minute longer to shed light upon and embody what’s always been there, Enough.

I’ve had enough sugar, time, and wordplay. I remembered, re-tuned, returned. I’m sure to forget again. There’s nothing new, old, nor wise about it – even at this age. I am. It is enough.

Trista Hill is a professional harpist, piano and harp teacher, and artist living in the sprawl that is mid-Ohio. Her performance and educational engagements bring her out often from self-employment isolation to celebrate music and the pursuits and passions of others. More information, including a link to blog writings, is found on her Web site: www.tristahill.com.



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ANCIENT VIBRATIONS YOUR SOUND ENERGY

By Sandra Anne Taylor

The ancients understood the power of personal vibration. Now quantum physics supports the old wisdom that reveals the force of thoughts and voice in determining destiny. You express your life force in thoughts and emotions that form your electro-magnetic energy, but there is more to your life force than that.

The energy of sound creates your acoustic resonance. This is very important because the sound of your voice amplifies the intention of your words, creating a doubly forceful impact in the energetic realm. To align the energy of your thoughts with the magnetic vibration of sound, you must be conscious of what you say and how you say it.

Your voice is an instrument, and like all musical instruments, it produces sounds that are either harmonic or a cacophony. Your harmonic resonance includes both the music of your voice and the lyrics of your words. Real harmony – the type that moves out in the world in beautiful vibration— creates wonderful and magical results. So it's important to know that voice amplifies words, doubling the power to change your life direction.

You can use your voice in many ways to lift vibration and connect with the harmonic flow of the Universe. Sing, pray and affirm positive intentions out loud. Create a self-loving dialogue while looking in the mirror. Chant, either by using one of the many mantras from Eastern religions, or simply by repeating the word One, Om, God – or any word or mantra you create.

Om is said to mean, “The thought from which the Universe is manifested.” This is a beautiful— and accurate – representation of the power of thought in the world and in our individual lives. “The thought from which the Universe is manifested,” this mantra reveals ancient understanding of the theory of consciousness-created reality, a basic principle of the Laws of Attraction.

Another modern idea is found in one of the forms of Buddhist practices, called Mahayana Buddhism, based on the profound and beautiful teaching of the Lotus Sutra, from where it took its mantra. The words chanted —nam myoho renge kyo – are adapted from the title of the Lotus Sutra. When translated they mean: “I fuse my life with the mystic law of cause and effect through my vibrations.”

It's a simple but profound and all-encompassing truth when you look at the meaning behind it: I fuse my life – or become one with – the mysterious Universal patterns of attraction through my resonance.

Finding Peace

This mantra refers to vibrations of one's voice and one's intention, but it also has a much broader meaning. Your own frequency, your signature resonance made up of thought, word, deed, motion and emotion— in other words,

the energy of your whole life force— becomes one with never-ending flow of cause and effect, uniting you with the entire Universe.

We live with the essential truth of that sentiment in every area of our lives. It's wonderful to consider the ongoing fusion of your life force with the never ending flow of Universal cause and effect! This is a guiding principle, one that is based in science in spite of the fact that it was written in the Lotus Sutra over 2,000 years ago. This and other mantras can be used as gentle beginnings to meditations, which are important catalysts to energetic change.

The still and silent time of meditation is another ancient yet significant element in both your acoustic and electro-magnetic energy. Whenever you can rest your body, quiet your mind and arrive at a tranquil sensation in your heart, you do more to initiate an attractive vibration than you could in just about any other activity. People yearn for peace. They move toward it and applaud it in others.

Through the process of phase entanglement, where our energy mixes with and influences each other, a peaceful essence is the most magnetic. Others feel better when they're with a peaceful person, and in their appreciation they long to promote that person's intentions in any way they can. So meditation not only makes you feel better, it has a cascading effect of well-being that will return to you ten-fold.

Though many techniques may have their source in ancient wisdom, even today they can be integrated into a healthy lifestyle. Notice how your happiness increases as you implement the following into your daily routine:

1. Let yourself be still and meditate. Start with just a few minutes, but try to increase it to 20 minutes each day.
2. The power of prayer has been embraced for centuries. Use classic prayers or make it up as you go along. Just remember to dialogue with the Divine!
3. Use your voice to affirm your life. Read affirmations and intentions out loud. Make as many optimistic statements as you can and let them become your truth.
4. Sing, chant, laugh. Chant affirmations or any mantra you resonate with. Let yourself speak truth and open your heart to joy. Feel peace and sing life!

Sandra Anne Taylor, a motivational speaker on the power of consciousness and energetic attraction, is a New York Times Best selling author. Her works have been published in more than 24 languages. Listen to Taylor's weekly Internet radio show "Living Your Quantum Success" at www.hayhouseradio.com every Monday at 1 p.m. Eastern time. She will lead a workshop entitled "Achieving Prosperity in Difficult Times" on Saturday, September 12th at 10:30 a.m. at the Journey Expo and will be at Starbringer's booth. Visit www.starbringerassociates.com and www.thejourneymag.com to learn more.



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The Primordial Fire A New Age Dinner Table

By Chris Brown

New Age - Ancient Wisdom, a simple, yet confusing and amazingly complex phrase. What does it tell us? Should its order be flip flopped? It seems a bit of a contradiction, a conundrum, a grammatical contradiction or illusion...a yin versus yang.

How so? For you, does the phrase conjure up something aged, a bit magical and mystical, with a secret knowledge and a Zen-like difficulty in comprehending? Maybe the expression holds a ring of falsity. New Age is commensurate with Yanni music, crystals and incense.

Or perhaps the word “ancient” harkens the mind back to simpler times of tried and true methods of living, which can connect the wisdom of the long-ago to the present. I think the phrase can invoke a little of all of the above.

It might, however, be wise to tread cautiously in putting so much weight on an expression like this. After all, a phrase, oft repeated, can actually become a well-worn cliché.

So the question remains, what does Ancient Wisdom have to offer us today in this New Age, a time crammed with more to do and less time to do it in? We need look no further for wisdom than our own dinner table. A dinner table and ancient wisdom may be a surprising association, but worth examining.

To begin with, in the overall existence of the human race, many things can be sited as imminently important for our development as a species, but two extremely critical elements lead to our supremacy — our ability to obtain food and our capacity to acquire fire. The former when applied to the latter, with some acquired skill, transports taste buds to new and amazing heights!

Ancient wisdom was us, all of us, sitting around the primordial fire, at the ancient dinner table, sharing food and stories of death and survival, heroic adventures and startling discoveries. That ancient dinner table taught us a myriad of life lessons.

Fast-forward more than 2000 years and witness the radical changes in the dinner table for an ever increasing amount of Americans. They are on the go grabbing whatever, whenever they can. The promise of microwave meals and fast food drive-through has made eating automatic, faster and easier than ever. Are there morsels of ancient wisdom left over in that?

Empty Chairs

Writer Chris Irvine tells us the dinner table may be all but disappearing, “...one in 10 families said pressures at home and work meant they were too busy and the only chance they had to spend time with each other was when they were in front of the TV.”

Psychologist Pat Spungin, who conducted research into families and television viewing, said, “Watching TV for an hour or two a few times a week can be the ultimate opportunity for families to bond.

“It is also promising that with our busy lifestyles, families regard watching TV together as the opportunity to communicate with each other and discuss current issues.”

Has the dinner table in America, for centuries the center piece for congregating, providing much more than nourishment for the body and mind, been replaced by TV as a place we gather and communicate? Would that be such a bad thing?

The answer is an emphatic, hell yes!

Not so long ago families waged dinner table debates. It seems the substance of that discourse today has reduced itself to who the next American Idol is, or which Hollywood star can really dance.

The whole notion of nourishment and dinner has changed profoundly. Now everyone is on self feed time, with the majority of chairs at the table remaining empty. The glare of Cineplex-sized menu boards from fast food restaurants increasingly causes many of us to wear glazed-over looks. Eating becomes a thoughtless activity to occupy time in the car until the next stop.

Harvey Levenstein, who has written two illuminating histories of American food culture, suggests that the sheer abundance of food in America has bred “a vague indifference to food, manifested in a tendency to eat and run, rather than dine and savor.”

Nourishing Body and Soul

Not all the news is bad for the dinner table. Organizations like the “Slow Food” movement, founded in 1986 in Europe, have been gaining popularity, even in this country.

Slow Food has a simple philosophy: “We believe that everyone has a fundamental right to pleasure and consequently the responsibility to protect the heritage of food, tradition and culture that make this pleasure possible. Our movement is founded upon this concept of eco-gastronomy – a recognition of the strong connections between plate and planet.”

That credo speaks directly to what ancient wisdom has to teach us, which is just as much about nourishment of the body as nourishment of the soul. It is an unseen, yet real and subtle connection between all things on this planet and the heavens.

“The New York Times” provided more encouraging news in 2006, citing a National Center on Addiction and Substance Abuse survey that found an increase in the number of children ages 12 to 17 who said they ate dinner with their families at least five times a week, from 47 percent in 1998 to 58 percent.

“After decades of decline in the simple ritual of family din-

ners, there is evidence that many families are making the effort to gather at the dinner table.”

I was fortunate enough to grow up in a mostly Italian family in the 1950s and 60s. We placed strong tradition on eating and gathering together at the table, especially Sunday dinners.

My Italian grandmother taught me the love of food and food preparation. I learned that a simple dinner, with fresh ingredients chosen with conscious thought, can be more nourishing than just the nutrients that are contained in the food. It links us with past traditions and cultures, which carry those rituals forward to the present.

Food draws us together. Where do people often gather at a house party? The kitchen. Maybe the kitchen and dinner table, with their sights, sounds and smells, are the last bastions of that primordial fire that links our past to our present.

As Tony Shalhoub's character in the movie "Big Night" said, "To eat good food is to be close to God."

I invite you to re-discover the dinner table and learn the wonders Ancient Wisdom can teach us in this New Age. As Ian Holm's character Pascal said in the "Big Night," "Sink your teeth into the ass of life."

Chris Brown is captivated in how food and culture are connected and how they affect what we eat and how we eat it. A chef or thoughtful cook is a shaman over one's five senses, who can shift the eater back in time to childhood with the familiar smell of a forgotten family favorite. Brown is an amateur cook and gardener who believes we ought to eat organic and local, with the understanding that foods we eat influence our health.

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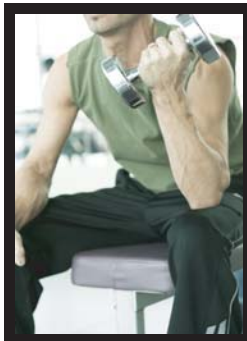
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HEALTH & NUTRITION

Grandma Knew Best Back for a Future of Healthful Eating

By Janee Kuta-Iliano

Food! There's plenty of it around, and we all love to eat. Growing, processing and selling food is much different today than it was in the past. The dietary landscape that confronts Americans in the modern supermarket mainly consists of "edible food substances," not real food. The sort of food our great grandmothers would recognize as nutritious is increasingly harder to find.

"The China Study," by T. Colin Campbell, notes that it is easier to find a candy bar than an apple in our country today. Food has been replaced by manufactured nutrients, common sense by confusion.

Fast foods have us eating in the car, in front of the TV and increasingly separate from family. That really is not eating but merely shoving something into our stomachs as quickly and cheaply as possible so we can move onto the next seemingly pressing matter in our lives. At what price are we paying for this type of chaotic living?

We are living life on a treadmill and the hustle-bustle of this New Age is catching up to us. Dr. David Katz, director of the Yale Prevention Research Center, says, "Due to poor diet, this generation of children will have a shorter life expectancy than their parents."

That is a trend into unknown territory – it has never happened before. We are not garbage cans with hairy lids. The physical, emotional and financial consequences of this type of hectic living and eating is far too real for many families today.

What is it about today's food that makes it so unhealthy? One will find that foods, particularly corn, soy, wheat and dairy are mass produced with many vital nutrients removed, replaced with other edible ingredients and chemicals to reduce costs.

White Bread, Hot Dogs, Coffee — Yum

Companies turn large profits at our expense with that processing. Food today is grown on large scales, with companies more interested in business than the health and welfare of those they feed. We have become a living laboratory for all this pseudo-food that we consume at alarming rates. In America, the top three most highly consumed foods are: white bread, hot dogs and coffee. That

cannot be mistaken as winning recipe for optimal health.

Traditionally all our food came from the earth. Processed foods were non-existent. Ancient foods were kept in their original state and not genetically altered as they are today. We have literally lost our way in being able to see food produced from start to finish. Instead, food is put into very pretty packages with all sorts of fluffy, feel-good words to make you think you are ingesting something nutritious. Billions of dollars are poured into marketing processed food while little money flows into advertising the real deal, like fruits and vegetables.

Many complain that eating healthy is too expensive. On average, however, Americans spend 10% of their expendable income on food. So where is the rest of the money going?

Do clothes, cars, homes and gadgets trump the vital necessity of food in terms of things that matter most to you? We have nothing if we don't have our health. How many of you have seen how illness can devastate a person's quality of life? What good is it to have all that material "stuff" and not be able to enjoy any of it because we sacrificed the very things that matter most to our health and longevity?

We are at a point where we need to revert back to ancient times for concepts of eating and living. We must tap into the wisdom of the past. If we want to live quality lives we need to follow nature's rules. International movements like the Slow Food Revolution, founded by Carlo Petrini, suggest alternative approaches to feeding the population of the world.

This movement encourages the support of nutritious food grown by local farmers and strongly rejects the industrialization of food. In addition, movements like these encourage us to go back to the days when meals were eaten around a table with friends and family. A time when the taste and beauty of food was respected and the connection it brought to others cherished.

Move Food from Car to Table

Writer Michael Pollan propose a new (and very old) answer to the question of what we should eat that comes

down to seven simple but liberating words: Eat food. Not too much. Mostly plants.

This particular author suggests an alternative way of eating that is informed by the traditions and ecology of real, well-grown, unprocessed food. Our personal health, Pollan argues, cannot be divorced from the health of the food chains of which we are part.

Despite the alternatives and information available to us, many people are not open to hearing about natural methods of eating and healing.

It's curious that this information isn't taken seriously. Is it because of the way that the information is presented? Is it a turn-off, are the ideas too radical or too old-fashioned?

Perhaps we are just afraid that we will have to give up our fun foods, which in truth may have us ensnared in an addiction.

Maybe we think that some of the serious health issues found right here in America won't happen to us, that we are invincible to chronic diseases that are deeply influenced by our diets and lifestyle. Or do we feel it is too hard and too inconvenient to be healthy?

We can escape the Western diet and, by doing so, most of the chronic diseases that this type of eating causes. We can relearn what foods are healthy, develop simple ways to moderate our appetites and return eating to its proper context – out of the car and back to the table.

We can start making thoughtful food choices that

Janee...Continued on page 20

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Janee...Continued from page 18

will enrich our lives, enlarge our sense of what it means to be healthy and bring pleasure back to eating like others have experienced in times past.

It turns out, after all, that Gramma knew best. The Ancient Wisdom of the past is resurfacing and it is our job to rethink life and eating as this New Age currently knows it.

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



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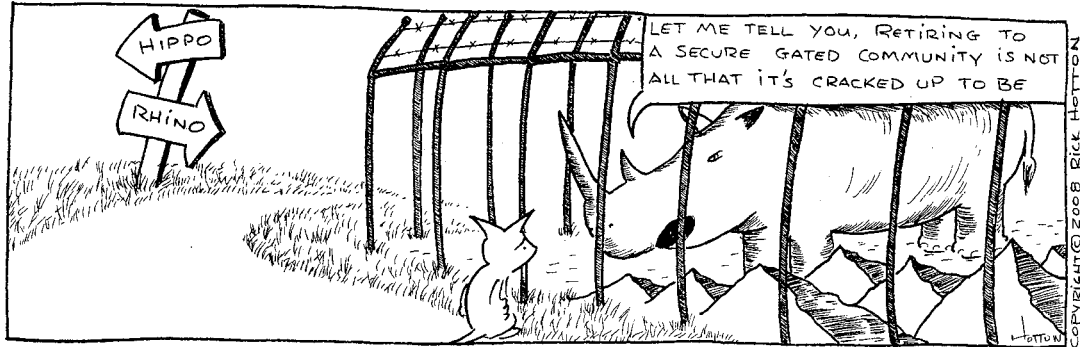
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Ancient/Modern Fusion

By Jeff Rosenbaum

The New Age genre of music, art, books and pursuits contains a great deal of ancient influences, in spite of the “new age” name. It is characterized by a revival of ancient spirituality under the umbrella of “Neo-Paganism,” a revival of Eastern and Western movement, martial arts and dance disciplines. They range from Yoga, Tai-Chi and Qi-Gung to tribal dance from Native American, Celtic, African, Middle Eastern and other sources. Often, the music comes from these ancient cultures, yet is played on modern instruments, both acoustic and electronic.

The technologies of consciousness exploration correlate the use of meditation, sensory isolation, chant, plants of power, fire-gazing and other traditional techniques with their modern equivalents. Those include bio-feedback, floatation tanks, trance music, psychedelic “mind-machines” and other methods of altering states of consciousness. Similarly, the medical industry has borrowed from tribal healing ways and herbalism to discover aspirin, quinine and a host of other aids to alleviate illness and suffering.

Even contemporary recreation reflects this fusion of past and present. Consider the Society for Creative Anachronism, an organization whose members create their own personae, a person who might have lived in Medieval times. They live the part down to costume, occupation and societal status throughout their events. They cook only with food and utensils available back then, fighting with sword and shield in full armor, dancing promenades and reels and performing mu-

sic, storytelling and poetry in Bardic Circles.

The Starwood Festival, one of America’s biggest and oldest spiritual and multi-cultural events, run by the Association for Consciousness Exploration, is another example. The event is a blend of ancient and modern, with classes on Witchcraft, Druidry, VooDoo, Native Ways, Eastern Mysticism, Ceremonial Magic and Shamanism by prominent authors, side by side with Ethno-Botany, Neuro-Linguistic Programming, Bio-Feedback, Green Technology, Quantum Physics and Virtual Reality.

Sadly, October 24th, 2008 marked the passage of a leader in the blend of ancient sounds with jazz and New Age music: keyboardist Merl Saunders. The Grammy-nominated album Blues From the Rainforest, also featuring Jerry Garcia and Muruga Booker, was an early New Age hit.

This blend of Amazonian Rainforest sounds, ancient rhythms, synthesizers and electric guitar, gave birth to Merl Saunders & the Rainforest Band. Their last appearance was at Starwood in 2000. (Starwood is known for such milestones; the first American appearance of Baka Beyond and the first performance of Babatunde Olatunji with Halim El-Dabh). Ten years of performance and four albums later, the band was retired when Saunders suffered a stroke.

The band will re-launch this year, with Merl’s son Tony Saunders, and veteran members Muruga Booker, Shakti, Michael Hinton, and Bill Thompson, in a tribute to Merl and Jerry at Starwood (July 21-26). Special guests include Grammy award winning African percussionist Sikiru Adepaju, who Mickey Hart calls “the Mozart of the Talking Drum”.

These groups embody the current interest in the blend of ancient and modern influences, as do neo-pagan festivals, New Age events, Renaissance Fairs and the popularity of music from African, Celtic, Australian and other indigenous peoples. They’ve given birth to the genres of Afro-Celtic, Modern Gypsy, Jazz Didgeridoo, Indo-Jazz and the works of Grateful Dead percussionist Mickey Hart.

You can find the same exploration in the art of Alex Grey or Denita Benyshek, the novels of Robert Anton Wilson, Robert Shea, Tom Robbins, Terry Pritchard and Diana L. Paxson, or in the current interest in ancient mysteries like the DaVinci Code.


It brings to mind the old saying: “Everything Old is New Again”.

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New Age Messages Bear Ancient Principles

By wah!

The teachings of yoga are from ancient times. Reflecting knowledge from an age of Golden Enlightenment, they carry jewels of wisdom that draw the Self back to its complete innate nature.

Civilizations have come and gone, but there are usually trace remains left behind. For the great beings who lived in civilizations of pure wisdom, it was most important to save the teachings, even beyond saving human life.

Teachings were saved in scrolls, stored in caves, written on cave walls, etc. in an effort to preserve the wisdom and evolution of the people.

We have been given many of these teachings now, through teachers, masters and books. The Internet allows us to share this information like never before – mantras given only to a few precious devotees are now posted online for all to learn. How to digest all this information?

Even when presented with the rudiments of ancient knowledge, it can be difficult to actually use. Many of the teachings are written in code to preserve their integrity.

For example, a teaching might say, “The moon rose over a thousand blossoms.” This by itself might not be usable. But with the added knowledge that the moon is the left nostril (Ida) and the thousand petaled lotus is the top of the head (Sahasara), one might practice left nostril breathing and focus the eyes and attention on the energy center at the top of the skull.

Many of the yogic teachings are written in code. As well, most ayurvedic knowledge of medicine and curing disease is written in poetic verse, for easy memorization

– the American equivalent could be “an apple a day keeps the doctor away.”

The ayurvedic teachings, however, are also coded, with references to different plants and roots that only a knowledgeable practitioner could decipher.

The ancient teachings have been preserved, either in whole or in part, and handed down to future generations. We are the recipients of these teachings and require help in using and understanding them.

Relevant Packages

Enter the linguists: they help us understand the language and translation of the teachings. Enter the scholars: they help us grasp the symbolism used in ancient artifacts. Enter the scientists and mathematicians: they calculate and recalculate theories and formulas to update our knowledge of the cosmos. Enter the saints and sages: they carry the energy of God into our hearts.

Enter the messengers – teachers and people like you and me: we carry the message of ancient wisdom in modern packages. We are yoga teachers, health practitioners and massage therapists. We are filmmakers, promoters and business owners.

We are taking small pieces of ancient wisdom and packaging them for use and sale in the marketplace. This is the New Age business frontier.

The marketing of ancient wisdom in pretty New Age packages might seem at first like commercial or capitalistic gimmicks. But look behind the product, indeed you can often do the research online, where you usually find an authentic story from its originator.

Anny's video on yoga came from a life-changing illness that led to her study and subsequent teaching of yoga. The maker of the miracle green powder drink researched and created the formula for his ailing daughter. Many of the products are part of a process of sharing something that had a positive impact on the inventor's lives.

Small Changes, Right Direction

What I love about the new age market is its ability to point people in the right direction.

A Sanskrit chant won't change your life, but it can be a useful tool for creating peace in the mind. A plastic back rub tool might not be a full body massage, but it will encourage us to give each other back rubs, to offer healing and help one another.

For many people, a small change toward personal wholeness and integration will be a starting point for other changes. A yoga class may lead to a change in diet, or a class in meditation or a volunteer job helping others.

The tools are not going to take you all the way to enlightenment; they are designed to point you in the right direction. A morsel of wisdom can change your mind. An hour of yoga can change your breath. It's all about small changes.

Decoding the wisdom of ancient ages will take all of our efforts – the scholars, the saints and sages, the messengers and the masses.

wah!...Continued on page 28

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2009

wah!...Continued from page 26

We are destined to evolve as a humanity, learning to care for our environment, our selves and each other. Other civilizations have surpassed our level of awareness; keys to unlock their level of understanding and functionality exist.

The keys are hidden in the ancient texts that are being brought forward by New Age teachers, scholars and science. Each new healing technique brings forth more knowledge of the human body.

Each new yoga video brings more possibility for the practice of yoga in the modern household. Each new talk show, TV show and music CD brings forth more knowledge and awareness into society as a whole.

The change cannot happen overnight. We don't jump from the Kali Yuga (Dark Age) into the Satya Yuga (Golden Age). Years of evolution bridge those eras, thousands of years in fact.

As the ancient teachings come forward we uncover their wisdom in a seemingly new way.

Our understanding of thought technology, science, prayer and religion change as we learn new ways to use them.

The New Age frontier is our way of rediscovering the ancient wisdom of ages past.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Nutone Records released her new CD Love Holding Love in September 2008. www.wahmusic.com

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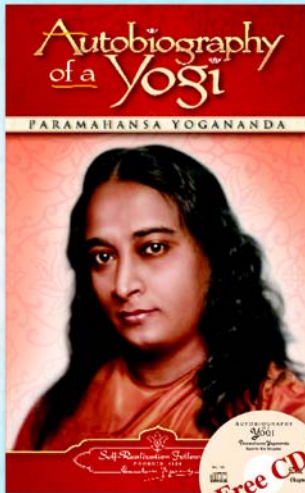
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Can the Wisdom of Ancients Guide Seekers Today?

By Denise Piersante

Because I am an astrologer, I find ancient wisdom fascinating. Western-style astrology started in ancient Greece. Currently astrologers use new age technology – a computer – to plot the exact positions of planets in the sky, seeking a particular location and particular moment in time.

Before I used a computer to determine the position of the planets, I wrestled with mathematical formulas that required the exact latitude and longitude of the location. Fortunately, I found this information in an Atlas. How did the Greeks do this? The Chinese had a sophisticated astrology system even before the Greek system. How did they plot the planets? These are clearly examples of ancient wisdom in action.

Many age-old civilizations were interested in the movement of the planets, the sun and the moon. Many religious/spiritual structures, including the pyramids at Giza and Stonehenge, have astronomical significance, marking the solstice or equinoxes. The night sky is mesmerizing to humans, including me, which is another reason I became an astrologer. The night sky is filled with beauty and I am awed when I see a shooting star or lunar eclipse. These seem to be universal reactions.

There were two Native American civilizations centered in Ohio who built structures with astronomical significance, the Adena and the Hopewell. They existed from around 1000 B.C to around 700 A.D.

Paul Devereux, a British author who wrote “Secrets of Ancient and Sacred Places,” lists ancient sacred places worldwide, including the pyramids of Giza, the Sphinx, Stonehenge, etc. He only mentions three sites in the United States, all ancient earthworks. One of the sites he writes of is the Serpent Mound in Adams County Ohio, a 1,330-foot prehistoric effigy mound.

“The mysterious 2,000 year old Serpent Mound in Ohio, for example, is situated over a ‘crypto-volcanic’ geological feature unique in the whole USA, and sits over a dense cluster of faults,” he writes. Were the builders of the earthwork aware of the ‘crypto-volcanic’ geological feature? Were they marking the spot? What was the ancient wisdom they were drawing upon in building this site?

Our culture is so focused on the technology of how we do things, with modern hospitals to heal the sick, surveying equipment to create geometrically exact shapes, that when a culture does things differently we fail to acknowledge their wisdom. They did not invent cell phones, the Internet or skyscrapers, but maybe they were advanced in ways we can not even imagine.

Curious Energy

I visited the Serpent Mound before I read Devereux’s book. When I go to an earthwork I try to feel the essence or energy of the structure. If I am able to feel something, I enter into its essence.

When I interacted with the Serpent Mound, the energy felt unsettled, undulating in an odd way. That is not what I usually feel at the Hopewell and Adena earthworks. Only afterward when I read that it is built on a fault line did the feeling make sense.

In 2008, the “Columbus Dispatch” said the Serpent Mound’s snake lines up with important astronomical points.

“For instance, the head points toward sunset at the summer solstice, while the three coils are aligned with sunrise at the summer solstice, the winter solstice and the spring and fall equinoxes,” the story said.

Devereux wrote that many builders of sacred sites chose areas with magnetic abnormalities. He suggests the energy in such spots is different and likely attracted the builders. A compass will not work correctly around magnetic abnormal areas, so it becomes the best tool to detect those areas.

Using a compass, I have found strong magnetic abnormalities at Shrum Mound located in Columbus. On one particular spot, it turns the north end of the compass needle south. I get the same readings every time I visit that mound. What is causing the compass to go crazy? An ancient wisdom mystery lacking a new age solution, so far.

Were the earthworks deliberately built over places with magnetic abnormalities? How did the builders sense those areas? It reminds me of the new age practice of wearing magnets to promote healing. Does our culture really understand all the effects of magnetism? What causes a magnetic abnormality?

Magnets Attract

Many ancient societies seemed to be drawn to magnetic forces, without ever using the words. They recommended sleeping with ones head pointed north, to be in alignment with the (magnetic) flow of the earth, to increase visions or dream activity. Many ancient societies also recommended using a rock as a pillow for visions or prophetic dreams. The Bible mentions a man who had a vision after sleeping with his head on a rock. Rocks containing iron or metals will have magnetic properties.

Being very interested in dream work, including inducing lucid dreams, I sleep with my head to the north and I use a mattress pad imbedded with magnets to increase my

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dream recall and lucid dreams. I have good dream recall and occasional lucid dreams. Is that due to the magnets? Who can say? I also have excellent health. Thanks to the magnets? I cannot say for sure, but I do not intend to remove the magnets.

Many earthworks have perfect circles, exact squares and exact octagons. Some of these shapes are over a mile long. The book *Ancient Monuments of the Mississippi Valley* states, "The builders possessed a standard of measurement and had some means of determining angles. The most skillful engineer of the modern world would find it difficult, without the aid of instruments, to lay down an accurate square of the great dimensions of those above."

How did the earthwork builders manage to construct such massive, geometrically perfect works? Did they have instruments or were they not needed to make these shapes? Is there ancient wisdom here that we can discover and use?

My interest in the mounds grew after I began visiting them. From my first visit to Shrum Mound I felt strong energy. It seems obvious that ancient cultures knew more than what we give them credit for knowing.

I think many new age ideas are influenced by ancient wisdom. As our culture focuses more on technology and the outer quality of things, many people are drawn to the inner quality of things, perhaps as a balance.

Ancient wisdom is often related to the inner quality of things: the soul, the unseen, what is seen by the inner eye rather than the outer eye. I see both outer wisdom and inner wisdom as being important. However because our cul-

ture stresses outer wisdom, perhaps we need to turn to ancient wisdom to include the inner focus in our lives.

For more information on the mounds, including locations and directions, go to the Ohio Historical Society website, www.ohiohistory.org.

Denise Piersante received a BA in Communication from Michigan State University. She has been a professional psychic on and off since the age of 21 and has been a member of the central Ohio metaphysical community on and off since 1992. She owns Full Moon Lunatics, an astrological consulting business. She taught astrology classes for the former Creative Activities Program at The Ohio State University, Pearls of Wisdom bookstore, Rocks Unlimited, the Universal Light Expo and other psychic events and fairs. She has visited Native American earthworks for more than 20 years.

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