

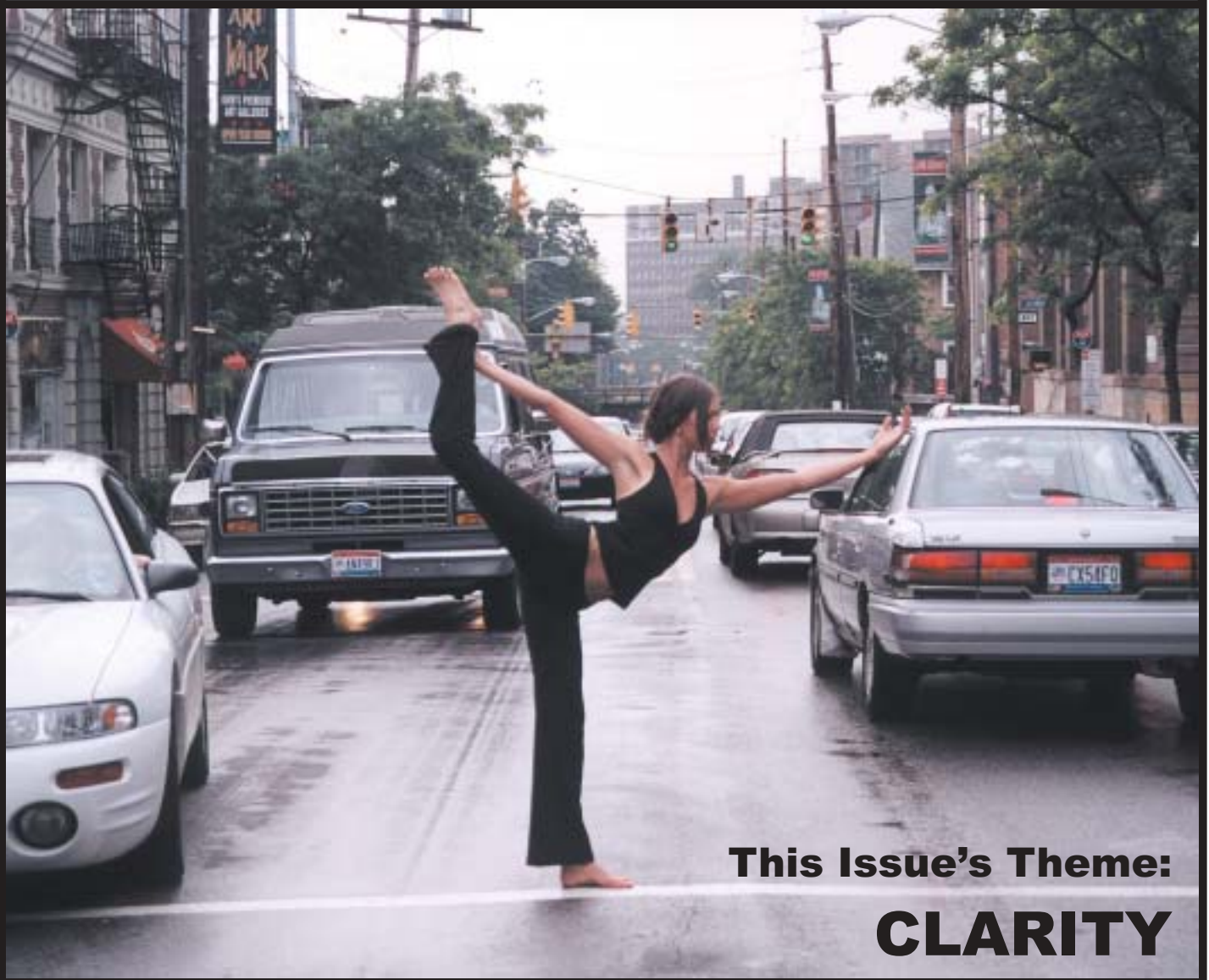
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This Issue's Theme:
CLARITY

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Issue 18

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WORDS FROM THE PUBLISHER.....

Several months ago a friend related a story about her son to me. A couple of years ago, her son's nanny was out doing errands with the then three-year old. During the course of this, the little boy asked if they could go to see God. The amused nanny said, "Sweetheart, we can't go to see God. God is invisible." The wise old sage in the little boy's body exclaimed, "Well, lets go to visible!" That, I believe, is one of the most profound things I have ever heard, yet I wish it were that simple. The theme of this issue is clarity. By waking up to the visible, is that not what clarity is? In yoga we are reminded to "be present", and by doing that we have greater focus, which should bring clarity to where we are in that precise moment. It has been a challenging year for me. I have always been a master of distraction, especially when I am not comfortable with situations beyond my "control". A few months ago I was confused about possibly taking a trip during Memorial Day weekend. A friend had invited me to visit her in Chicago and I wasn't sure if I should go. Concerned about what would happen if I went or if I didn't, and also knowing I would use it as a distraction, I became very confused. The week before I kept asking opinions from friends and attempted to get "clarity". Asking several people for their opinions I ended up with several different answers and a greater dose of confusion. As if clarity was something that grew on a tree and I could get it from outside myself. I remember sitting with my friend Shakthi outside A Touch of Serenity and all the sudden it came to me, clarity comes from within. I do believe we collect a lot of stuff along our journey in life and sooner or later we have to deal with it. That weekend I made the decision to stay home and deal with what I was feeling. Another way I look at it was, I chose to burn my karma. That can be a very uncomfortable endeavor. But looking back, it was a wise decision. My situation never changed, but my perception of it did. Once the karma was burned and the smoke cleared, I came to the visible that the little boy talked of. Perhaps we sometimes need a spark to start the fire. Clarity, just as the visible, is there for us 24-7 if we choose to be open to it. May we all open not just our eyes but also our hearts to the visible and live with clarity in this human experience.

Namaste, Clyde



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Cover Photo of Parker Bean by Nataly Braginsky

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Our Theme for the Next Issue...**

Discipline

THE WHOLISTIC (HOLISTIC) VIEW

By Luanna Hale

While traveling in Alaska this month, I found myself choosing the back of the auditorium or viewing platform and pondered, “Why?” I often ask “Why?” for I have learned that the question is often a prompt from Spirit to look at something, to nurture an awareness of something that I have previously overlooked – an opportunity to gain greater clarity of who I am.

As I pondered I was led to thoughts of *Focus* in contrast to the *Whole Picture*. Focus... getting really close... seeing a part... closing out the distractions... being immersed. Then I thought of some of the times I might want to be focused. Perhaps in hearing what someone has to say whether in person or via the written word, in learning a specific skill, in tending to a particular issue or challenge (Just ask the folks how I get when it is deadline time for *SPIRIT!), when wanting to reap the benefits of a concert, when wanting to truly BE with the butterfly or flower, when. . . There are many times I want to really be focused.

As I contemplate that further, I am reminded of the story of the blind men and the elephant. As you may recall, the six blind men *saw* the elephant and each reported what the elephant was like: a snake, a rope, a tree, a fan, a wall, etc. Each was focused on only one part of the elephant. Focus can often allow us to only see a part of the *truth*.

While visiting in Alaska, we had 80 degree temperatures. Without a Whole Picture I might assume that to be the truth about Alaska weather. I was reminded of the times people reported how terrible a particular restaurant or hair dresser was, based upon a singular visit. How often might they have missed out on some wonderful experiences if there had not been a quick judgment based upon one focused visit. (Someone should meet me on a bad day!).

And then there are the times for the Whole Picture... seeing broadly... seeing scenes within scenes, as when capturing the magnificence of an entire valley, range of mountains, course of a river... the reason my friend lost one job—and then found herself in a much better employment situation. I remembered how I had to be in the Whole Picture posture on the playground as the teacher-in-charge and wanting to be aware of any child that might need my help. Then after spotting a testy situation, of switching to a more Focused position to meet that need.

There was a time when I was irritated by the constant “Under Construction” signs on the highways. Then I became aware of the Whole Picture in relationship to our bodies and the constant renewing of body parts that allows for growth and renewal. Life is not a matter of achieving “Done” status. A highway, like each of us, is a work in progress.

My meanderings took me to the organizations to which I belong and how I sometimes allow myself to get upset when I focus on one piece that I think ought to go a particular way, only to learn in retrospect that all was well... that was only a small speck in the greater scheme of things. We have had to adjust schedules at our Center and though the first thought was, “How disappointing,” we have often found that the substitution was a very productive time.

My meander then went to our national scene. I get unhappy when I think of the polarization that has swept our country. I believe so strongly that we are all of the Oneness – a peek of which

we had on 9-11. Though it was a tragic moment in so many ways, from it there was a real awareness of the Oneness, the commonality of folks here at home in the United States and for many, many others around the world. The shared sorrow, shock, and disbelief were much like an illness that pulls together the support system to say, “We are with you. We’ll get through this, together.”

What is needed for us to remember that Oneness – that Whole Picture? Might we need to remove the lens of fear? Out-dated paradigms of “the way it should be?” Is it possible that by stepping back, looking at the Whole Picture, taking time to really listen to one another we could find an alternative third way that was really healing rather than divisive? Might there be so much Focus on some specific issues that our vision is clouded and we are prevented from seeing the Whole Picture – the Holy Oneness?

I listened with much hope to the Democratic Convention. I heard many inspiring speeches of hope. I choose to believe each speaker was sincere. At the same time I am aware that we have created a system that demands certain *modus operandi* from politicians.

I will be listening to the Republican Convention. I want to hear what they too promise. I want to hear their concerns and proposed directions. I want to hear their mission statement.

Repeatedly I have seen how the microcosm and the macrocosm reflect one another. Might the ‘apparent’ national polarization be a healthy step toward self exploration? Might it be a useful tool for the American society and for each of us individually to ponder the questions that will allow us to better “Know Thyself?”

In Whole Picture I see the possibility of opportunity to expand, to test our ability to embrace and trust and release judgment,... Each of us being challenged to look at ALL of who we are... that we do have opposing pieces within that can tear us apart if we Focus on details... but that if we can step back and look at the Whole Picture (The Holy One), perhaps we can discover the real core values, the values that will make us remember with our true Self, the values of...

Hmmmm... just what would YOU say those values are?

— *Mind Meaders* by Luanna Hale

*Luanna is one of the co-founders of Wellness & Total Learning Center at 715 West 30th Street in Ashtabula OH. WTLC was founded to provide the Northeast Ohio community a place to explore the phenomenological, the mystical, the complementary, the greater possibilities of the human potential. To that end WTLC has a full schedule of weekly, monthly, and special events that are designed to enrich body-mind-spirit. A cadre of practitioners gives the community massage therapists, energy healers, and hypnotherapy, NLP, spiritual guidance and much more. Luanna is the lead publisher of *SPIRIT, WTLC’s bi-monthly publication that carries the Schedule of Events, member news, and pieces of inspiration.*

Mind Meaders is one of the regular features of SPIRIT. For more information about Wellness & Total Learning Center, visit the website at www.suite224.net/wtlc. You may contact the Center at wtlc@suite224.net or call 440-997-5353 FMI.



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Through Rose Colored Glasses

By Evsttarr

Clarity...hmmn...this one might take some thinking, I thought as I took my position in my meditative wicker rocker in the angel corner of my office, preparing for my usual meditation upon writing my articles. OK angels...you have your work cut out for you this time...what in God's name am I going to write about "clarity"? Then I looked up from my rocker & gazed out at the skyline of Cleveland...for it was a clear day downtown. I could see for miles and miles.... the entire skyline from as far west as Lakewood...and as far east as Perry. Yes, it was surely a clear day in Cleveland, Ohio.

Now...as I sit looking out at the skyline my brain starts racing on all the times the skyline isn't visible because it's a cloudy, or rainy day in Cleveland...but the skyline doesn't go anywhere...it's still there. I know it's there, because I live on a street where I can see the view...but I say to myself...if you were an out-of townner, you wouldn't know it existed if you were standing on the point (the place where I sit at night in my fishing chair & look up at the stars & out at the lights of downtown Cleveland) and it was a cloudy or rainy day. Then I started to think about all the times in my life where I wasn't sure what was in store for me because I couldn't clearly see the future in front of me. Now that's where the light bulb went off...that's it, I exclaimed...I'll write about all those times when my life lacked clarity and the times when things were as clear as the nose on my face.

Metaphysically speaking, isn't that the Nirvana we're all striving for? When we are in the right spiritual place, physical, mental and emotional as well, then we are supposed to see clearly...right? Well...for those of you for whom that happens all the time...I'd like to meet you. For most of us, we work hard at trying to get to the place or space we need to be so that our intuitive side is in tune with our left-brain...and then the magic begins.

Sometimes...we need to get hit over the head with a

two by four or run smack into a brick wall before we get the aha moment...clarity. Well, I remember the time I spent two years preparing to relocate to Sarasota, connected with the Unity church there...critiqued the many schools with my daughter Shayna, secured a job in Social Work...sold everything I had...yada, yada, yada. Then a few weeks before my move...I received certified mail stating I was being sued for full custody of my daughter...along with a restraining order from leaving the state. Clarity...huh? Well, I'd say it was pretty clear I wasn't going to be moving for a while. Long story short, one year later...I retained custody...couldn't leave the state, but am living in a beautiful home in Avon Lake with a fabulous view of the skyline of downtown Cleveland on a clear day.

While there are also those times when we don't listen...or refuse to listen because we are in denial...because, of course, we are always right and in control right?

WRONG! There was another time when I was working closely with victims of domestic violence in the legal system and got caught in the middle of a vicious circle of political hardball. One sign after another was showing up on my doorstep, telling me it was time to move on...but I didn't hear the doorbell ringing...or I naively thought things will get better...people just can't be this cruel...or can they? Well, after losing two molars a few weeks apart.... severe ear aches in the left ear (what we are listening to that we don't like)...a sore throat so bad I couldn't even whisper...hives for the first time ever in my life...and two trips to ER in a month's time...well, did I listen! Could that message have been any clearer? Well, it wasn't until I received an email from God (literally) did I realize it was time to resign. Sometimes we get the clear messages but we expect God to come down in full garb with Gabriel sounding his trumpet, spell it out for us in a banner tied to the Goodyear blimp flying over downtown, and with a phone call right before, to tell us look out your window.

So, clarity is all around us. Whether you can see clearly now that the rain is gone...or whether you choose to take off your rose-colored glasses and just look at the signs all around you...clarity is everywhere my friend. Just open your eyes and open your heart and you will see. Blessings, Evsttarr

Evsttarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay group (starting September 13th), Treasure Mapping workshops, along with Angel Card Readings at the Goddess Blessed (216 221-8755). Contact her at evsttarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for latest class listings.



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Visiting Hell...

But Choosing Not To Stay There

By Diana Kampinski

“Let us guard against judging others...the human personality is not merely a machine that acts. A sewing machine is judged on how it sews, but man is not a machine. He has deep complexes hidden in his personality, sometimes not even know to himself...so to take one detail and judge the whole personality of man from that standpoint is surely wrong.” - Hari Prasad Shastri

You don't have to look very far to find someone judging someone else. Choosing to make someone good or bad is a decision we all have at any moment. So, recently my motto has been, “It's all good.”

We are judged in almost everything we do in life. I grew up thinking I was a horrible person if I made one little mistake. You're judged in school, you're judged at home, you're judged in athletics and in interviews, and the list can go on. Students with A's were considered the good students while those with D's or F's were bad. As an athlete, I once had a coach scream “you @#\$%ing suck” right in my face and in front of the whole team. No matter what I was doing or whatever I did and wherever I went people were judging me. Somewhere along the way, I started to become a people pleaser and a perfectionist. I never knew it until my teacher, Baron asked me if I was a people pleaser. I thought about it and realized I was. I thought I had to be perfect to be loved and so I hated myself if I wasn't perfect. I truly believed that happiness would come if I was perfect. I wanted the perfect body, perfect grades in school, the perfect image, a perfect personality (which meant everyone had to like me), perfection in athletics, the perfect marriage, and everything in between. What I didn't know or understand is that I am perfect; all of us are.

Trying to be perfect is a huge burden to bear. To a perfectionist, nothing is ever perfect. So, I judged myself so much because that's what I thought everyone else was doing anyway. I was always worried about what others thought of me and so a little part of me was always performing. During all of this I was never very judgmental towards others; maybe unconsciously I knew how bad I was hurting myself and I never wanted to hurt others.

Trying to be perfect is trying to always be in control. I want to let go of that. I know that there is something in this universe greater than I am. I can't control everything. I want to live authentically in truth by loving myself for my struggles, and insecurities. I want to live life from love and I know I must love myself, mistakes and all. Pushing to perfection has been a living hell for me. I have spent most of my life hating myself and so I carried so much stress and tension in my body. I never was a healthy person in life until now. I was always very sick and when I was 17 years old I started having all kinds of physical problems and injuries. I went to doctors for years and no one could figure out what was wrong with me. After years of pain in

my knees, shoulders, and hands I was diagnosed with fibromyalgia. Immediately I was heart broken, I was scared but I knew I had to get healthy. Then I found yoga.

Tami Schneider, my beautiful partner, and I are co-directors of Cleveland Yoga. The studio is a place where you are not judged, you are just accepted no matter what mistakes you've done in the past, I think hell is a place where you are constantly judging yourself and/ or surrounding yourself with others who are always judging. I have a friend who won't talk to me after one argument we had in all the years we were friends. She won't talk to me or won't see me; it's been almost nine months. You would think we could talk about and forgive and love and work things out. If this were a few years ago I would hate myself for losing the friendship but now I realize it's not all perfect. I have felt the pain and sadness of that ending and I have now let it go. I only pray that one day she will let go too.

I have been practicing yoga for four years and I feel so blessed to have found something so wonderful. It has made me realize that it is okay to make mistakes and to not be perfect. I am learning so much about myself and the way I truly feel about certain issues and I am now not afraid to lead life firm but relaxed. I know that if I speak my truth in ways to heal, and never to hurt I will be living authentically and in truth. My teacher, Baron Baptiste, has taught me many things that have been amazing tools in life. One of the things he always says is, “You have to show up and suck before you show up and shine.” Isn't that true in anything? We are all learning in this thing called life and why can't we forgive ourselves and other for making mistakes? I have also learned to relax with what is, drop what I know, and just have faith in myself. I have learned to listen to the inner teacher within instead of always drowning out my inner voice with the words of others. A lot of words from others weren't true so why would I believe them? I can't even explain the amount of weight lifted off my shoulders these past few years. With my yoga practice and more specifically practicing power vinyasa yoga (Baptiste style) I have started to peel away the layers of stress and tension and for about a year now I have had no physical pain. None. That's some kind of a miracle for someone who at one point was experiencing so much pain. I now find that I am okay with my imperfections... there is always room to grow.

I believe that I am where I am today physically and mentally because I have surrendered. I have let go of perfection, I finally said I was sick and tired of being sick and tired. I'm saying I don't know and acknowledging my humanity; I am saying I am sorry. Starting with myself I now practice forgiving and understanding. Surrendering or letting go is admitting that we can't control everything. I am waking up, I am seeking truth, and I am leaving hell.

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I Can See Clearly Now

By Diana Repko

I noticed a stream in the woods one day. I was taken in by the bits of sun dancing on its ripples. The water was so clear and cool. I listened. The water gurgled as it made its way over rocks and branches. It all created such a feeling of peace and joy.

I happened to pass by the same stream a few weeks later, after a heavy rain. The water was muddy and filled with debris. It pounded the rocks so much harder, and it sounded so much louder as it spilled down its path, rushing on to its destination.

We are like that stream. When we are clear, we dance with the Sun in utter joy as we move through our day. When we are muddy, we become boisterous and impatient, focusing only on what we choose to see. We know the difference between being clear and being muddy, and we like it when we live from clarity. What we sometimes forget is how to become clear and stay clear amid the storms of life.

We have but one foundation for living a life of clarity—knowing who we are and why we are here. Human beings have contemplated these questions for eons. And although

each person expresses an answer in his or her unique way, the answer, basically, is the same—we are expressions of the Divine, and we are here to radiate that truth in every aspect of life.

Grounding ourselves in this truth is essential. So, how can we remember the eternal truth of who we are and why we are here? Quite simply, we remind ourselves. Part of this reminding becomes second nature as we engage in our spiritual practices on a regular basis. As we develop our spiritual life, we come to know the One, we come to know our Self. Part of this reminding also happens as we choose, right in the middle of our life's adventures, to approach a situation or a person with spiritual truth in mind rather than from a limited or self-centered perspective. Yes, practicing these things takes commitment. And, yes, with this commitment comes clarity.

Once we are clear on our identity and purpose, clarity in other areas of life naturally falls into place. For example, have you ever pondered a decision? What should I do about whatever-it-is? Forgetting who we are, we can never have a clear answer to the question, because we have no sure footing on which to stand and receive our inner guidance. However, when we are connected with the truth of our being, this answer, or the next step toward the answer, is revealed to us.

Additionally, as we grow spiritually and become more at peace with who we are, we approach this question, what is mine to do, from a broader perspective, no longer concerning ourselves with the trite decisions that divert our life's energy away from our greater purpose. Rather, we consider what will move us closer to expressing only the truth of who we are and expressing nothing else.

When we are rooted in the truth of our being, we also no longer have to muddy our minds with wondering what to say. In any situation, whether wondering how to phrase a question, or trying to figure out how to express a concern in just the right way, we must first connect with the truth of who we are. From that point, we simply let Love speak through us. Even in situations that formerly tongue-tied us, we need but connect with the truth that we are love personified. As we envelope ourselves in our essence, and as we remember that our reason for being is to radiate this essence, what is ours to say will flow forth in simple and heart-felt clarity.

Sometimes, even though we know the truth of our being on an intellectual level, we feel disconnected from that truth because there is something within us blocking our complete acceptance of our divinity and power. At times such as these, we do some soul searching. Because we seek, we find the mud in our mind, typically in the form of a regret or resentment.

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Blocks such as these can be so deceiving. They are so convoluted that we often cannot clearly see their root. Take resentment, for instance. Hand in hand with resentment is a judgment we have passed on another human being. They did thus-and-so; therefore, we are justified in our resentment. We are in muddy waters. We have forgotten who we are and why we are here. As we remind ourselves of the wonder that we are and the truth we are here to express, we begin to replace resentment with compassion. We begin to see that they are divine, just like us. They are here to radiate their light, just like us. And they sometimes forget, just like us.

Regrets are just as cunning. As with resentments, the root of regret is that we have forgotten we are divine. Instead, we have placed a label on ourselves as unworthy because of a past action or oversight. We tell ourselves that we should have known better. In truth, we know better right now. We know that loyalty to the truth of who we are provides a clear foundation for life that loyalty to a false label never can.

So, regardless of any evidence we have gathered to the contrary, we remind ourselves of our divinity, and we become clear. We remind ourselves of the divinity of each human being, and we become clearer. We allow the truth of who we are to wash over us like that clear mountain stream. We allow ourselves to gurgle forth our purpose in all that we do. We shine forth, and we dance with serenity and joy.

Diana Repko is the founding minister of Unity Center for Transformation, which meets at A Touch of Serenity on Sundays at 11:00 a.m.

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DEAR LOUISE.....



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

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

Dear Louise,

I have the best life in the world—healthy children (from a previous marriage), a good job, a great lifestyle, and a fabulous and supportive family. The only thing missing is a man, but even so, I can't seem to understand why I'm so miserable, lonely, empty, and unhappy. I fell in love recently, but he has many problems including losing his twin brother and a fear of commitment. Although I love him and miss him and we remain friends, we're not really seeing each other. My question is, how can I get out of this rut? I used to be such a content person, but I can't seem to feel any emotions for anybody now. At times I don't feel life's worth living.

G.A., Greece

Dear G.A.,

What's missing in your life is gratitude and appreciation for all the good you *do* have. Don't concentrate on what you don't have. You're only miserable because you're choosing to think thoughts of loneliness and unhappiness. You must turn your thinking around. Every hour, stop and be appreciative for your healthy children, good job, great lifestyle, your fabulous and supportive family, and anything else you can think of. This is the best way to get out of a rut. When you choose to feel gratitude, the Universe brings you many other people, places, and things to be grateful about.

If you're looking for more love, then you need to love yourself more. You'll never accomplish this by whining and complaining. Affirm: *I love myself. I love my life. I am filled with gratitude and thankfulness. Only good lies before me. I am excited by this adventure called Life. All is well. I am safe.*

A Monthly Column from Louise Hay

Dear Louise,

Now that I've learned how to release negative emotions, I seem to have lost my self-discipline—for example, the discipline to control toxins I put in my body or the discipline to go to church regularly. I'm satisfied meditating at home but feel I'm missing out on positive social outings. I'm lazy, but forgive myself for drinking and never let any guilt in. Can you help me?

S.P., Atlanta

Dear S.P.,

I'm not sure that anything I say will be of help to you. You're so powerful and seem to have made lifestyle decisions that are bringing about certain outcomes. We all have the freedom to make any choices we want. We're never stuck. There's always a new moment to think a new thought.

Thinking always precedes action. The choices we make aren't necessarily *action* choices, but rather *thinking* choices. You know where you are. Now decide where you want to go.

Affirm: *I move forward into my greater good. Life loves me and I love Life. All is well in my world.*

Dear Louise,

I would like to know how to create the right partner in my life for my sons and me. Thank you! Peace, love, and light.

P.C., New Zealand

Dear P.C.,

You can create a new relationship just as you would create a new job or a new car or anything else you want to appear in your life. But you might take a look at whether or not your sons *want* a partner for you. If they're very small, they may prefer to have you all to themselves. I would talk to them and find out how they feel about this. Then if you're all in agreement, here are some affirmations to guide you:

I forgive and release the past. I am now open to a new life. The person I am seeking is also seeking me. We are being brought together on the checkerboard of Life in a delightful way. I open my consciousness to accepting this new relationship. Everything that I desire comes to me easily and effortlessly because I express gratitude all the time. I am one with all of Life, and I am cherished by Life.

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



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THE YOGA PAGES

CLARITY by Wah!

Clarity is a series of events that leads you to understanding what you're doing and why you're doing it. Clarity isn't available all the time; it is balanced with confusion, just like silence balances sound, and rest balances work. Occasionally, you get a glimpse of clarity. It's a gift along the path of awareness. It helps you understand why you chose this particular incarnation and its circumstances.

You don't really need to know what's going on, to have your incarnation do its work on you. Your soul chose this particular incarnation so your internal work would be inevitable. The circumstances in your life were chosen with the idea that you could open, love, and evolve. Each person chose circumstances which were personally difficult. The process of reaching for resolution within this difficulty creates the growth.

So, let's say your soul chose this incarnation for you. That means your program is already running. You chose it before birth – the childhood, the jobs, the marriage, all of it. The program is directed and guided by you (your soul), and watched over by your angels, teachers, saints, sages. With kindness and care, you are given similar sets of circumstances. After some practice you become more skilled in dealing with it. You develop an understanding.

For example, suppose your soul decided it needed to learn humility; you might select a role of service. Or if you wanted to develop great inner strength, you might select a handicapped body or an opportunity to overcome a handicap. Lance Armstrong overcame cancer to become the world's best cyclist. His soul is not nearly as interested in the awards and status as it is in the inner process. The awards were one day in a series of many days. The soul remembers a diseased body that couldn't function on a bike (I heard even grandmothers were passing him when he first started) evolving to a world class cyclist. It is the process of transformation – all the decisions and circumstances along the way – that is celebrated and stored in the memory of the soul.

So, it's not that you have to know what's going on. You are already on your path. It's working on you. The moments of clarity help you understand why you chose this particular situation. Why this as opposed to some other set of circumstances? Wouldn't it have been easier if you were married to

(-fill in the blank-)? Couldn't it have been accomplished without all this aggravation? The answer is no. The easier the path, the smaller the progress. Difficult life: lots of progress.

For me, a moment of clarity is like looking at my life from an aerial point of view. As if I was sitting with my soul, deciding the best incarnation for me, on whatever that first day was. From an elevated perspective, I can see my life and how the pieces fit together to help me grow. Why this childhood was the best choice to prepare me for that adult experience, why I met this person after that horrendous job, like that. It's an "Aha!" moment, the clarity of knowing how it all fits together. I can trust that the guidance is always there, whether or not I acknowledge it. A moment of clarity shows me that the plan is right, the program is running, and my participation is required.

Clarity might come from long hours of meditation, but more often than not, it comes from a sequence of events. You might remember something from the past. It might be triggered by a car accident. Or in my case, it was a \$1500 payment for two traffic violations. Something happens that jars your inner peace. Why is that necessary? Well, most of us are absorbed in our day-to-day activities, like we're walking around in a fog. And besides, clarity isn't something you have every moment. If you experienced clarity in every moment, you'd either be enlightened or you'd be a fanatic driving everyone around you crazy. Love is gentler than that. Clarity comes every now and then to remind you you're on the right path.

So, a prerequisite for clarity is an occurrence or series of events which jars your normal way of thinking. It shakes the foundation of your identity. In reality, the identity you adopted in this incarnation is just clothing. Your soul adopted it so it could try on so many roles and circumstances. When something in your life happens that jars you, it shakes the foundation of your temporary identity (who you think you are). But this veil has to be removed for clarity. You have to step outside yourself for a moment and see it as your soul sees it. Jarring your reality is necessary because you have your life and your world put together in a certain way. It's a false perception, but it's worked for you all these years. So you hold it together with your thoughts and actions, keeping things organized and comprehensible. But in order to change the way you see things, your world has to tumble. Events that

shake your foundation lead to moments of clarity. It's a different viewpoint than you had before. You keep going in one direction until the shake-up brings you the clarity to take a new direction. It's an ongoing conversation between the Universe and you.

I wish that my moments of clarity moved me faster to-

wards my goal. But they don't really. Clarity only gives me the understanding of why I chose this particular work. It doesn't make my work any easier. It just reassures me that I'm going in the right direction and that I should keep trying. The more I relax and go with it, the less resistance I have to grow. The opportunity is always there.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. She and her band will perform at The Journey EXPO on Saturday, September 11th. www.wahmusic.com

ginny Walters, RYT

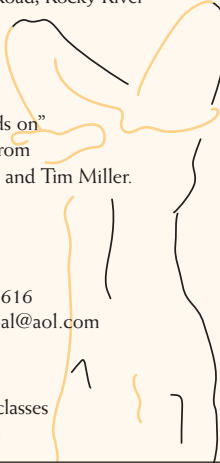
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Did you happen to see this yoga statue at the Cleveland Museum of Art? Probably not..we hear it was only up for about 90 seconds at best.

Journey photo by Nataly Braginsky on her recent trip around town with Parker Bean (the statue) during their photo shoot for this issue's cover, which was taken in Little Italy.



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When I call for emergency help,
My saints and sages arrive with matches,
Bellows, gasoline cans and tender smiles.
Perhaps it is their smiles which allow me to relax
And enter into it. Curious how that happens...
After the initial shock of seeing my world ablaze,
I am able to sit quietly and watch the flickering light.
All night it dances before me.
When dawn comes, my world falls to ashes
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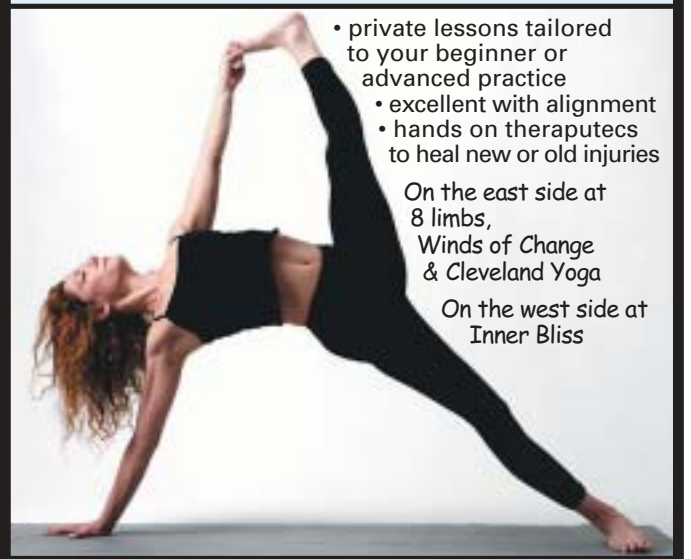
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Yogic Arts - The Science of Flow

An interview with Duncan Wong

by Sandy Gross

Duncan Wong, the creator of the evolutionary Vinyasa Flow style, Yogic Arts™, is coming to town in October. I have been attracted to his work because of his vision as an artist and his application of his background in Thai massage and meditation. I recently chatted with Duncan about his work to help explain his unique system of yoga.

Tell me about how your physical and spiritual path began from your youth...

Growing up with backyard martial arts and the realness of street fighting in the rural delta suburbs of Northern California, juxtaposed by the influence of my father's Gung-Fu practice and incense burning rituals, as well as formal dojang [Korean martial arts school] training with my Buddhist master in San Francisco's Chinatown and Japan Town, I was never a stranger to the intuitive reflexes and highs associated with physicality.

These early memories and experiences led me to my own life-long pursuit of the dynamic practices of Ashtanga Vinyasa [eight limbs of flowing motion] yoga and Kuk Sool Won [traditional Korean Buddhist] martial arts. Forming such a foundation in my youth, I practiced the way of the sword and You Won Hwa [flowing circular harmony] while perfecting my asanas [postural stances] and 'floating' [advanced aerial arm balancing] techniques. I learned the art of the dual edged path, cultivating both disciplines simultaneously throughout my twenties.

My travels expanded with my interests, which took me across the Asian landscapes of China and India. I sought out great beings of knowledge, honing my skills and awareness, which eventually exposed me to the art of Thai massage [active yoga massage] and other healing methods. Integrating this form of sacred touch was the necessary element that supported the development of the system of Yogic Arts into its current form.

Tell me about Yogic Arts™ and The Science of Flow.

Yogic Arts™ integrates the dynamic core strength development and joint conditioning of the internal aspects of

martial arts and the fluidity and purification of Vinyasa yoga with the healing touch of traditional Thai massage.

Who are your many teachers that have helped shape you as one of today's "evolutionary" Vinyasa teachers?

Born from an artistic and athletic family, I was blessed to have an older sister who taught me Sun Salutation exercises to the sunrise, before academic studies, when I was young. As I began my formal martial arts training at the age of five, I was accustomed to such practices. I was later introduced, as a teenager, to a yoga teacher who had a yoga studio in San Francisco, who offered me a full scholarship upon our meeting, and thus became my yoga guru for the next several years. This introduction to the path led me to many great masters, and my current spiritual gurus of vinyasa (movement), asana (form) and dhyana (contemplation), whom I continue to study under to this day.

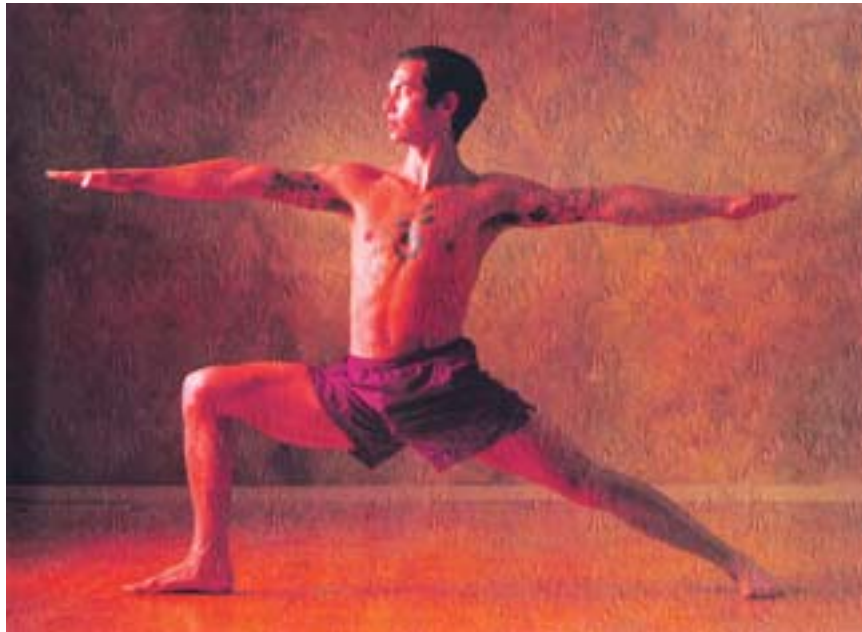
During this general time, I met who came to be my life-long Korean Bud-

dhist sword master, or Kwahn Jang Nym (sensei). I am certified in the Jivamukti Yoga method of Sharon Gannon and David Life and I just returned from a month in Mysore, India where I travel annually to study with Pattabhi Jois.

How do you feel about being an "evolutionary" teacher? Isn't it in conflict with your devotion to your masters and carrying on their work?

Being a devoted student of the preservation and development of my master's systems, I was long torn between my own devotion to my masters and their work, that I continue to practice today, and the surfacing of my own work, which I actually suppressed until I realized that amidst all of the endless hybridized, ego-driven new systems emerging, that there are occasions when true art manifests on the planet. The word "vinyasa", as used in several Indian art forms like music, yoga and dance, indicates practicing the art with aesthetic variations within stipulated parameters. I am an artist and Yogic Arts is the ongoing expression of my life's work.

Continued on page 22



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Clarity & Yoga

A Student's Perspective

By Shakthi

Among the practices of the various spiritual techniques, Clarity is a much sought after state. It is an attribute of the enlightened. It bestows upon the seeker the ability to see the whole picture.

It's the **Light** that illuminates the **path**. Clarity leads to insight and insight to truth. This in turn cuts us loose from the chains of ignorance.

We cannot practice clarity! It's a result of acceptance; it is surrender, of being totally present in the moment. We have all experienced moments of bliss and razor-sharp awareness one time or another. Let me recount an experience that I had a while back. This was a couple of years ago, driving on a cold, cloudy winter day. I was talking on the cell phone and I almost missed my exit off the highway, I decided to take it anyway believing in my invincibility, I hit a patch of ice and since I was going faster than the recommended speed the car went into a spin. I put the cell phone down and I tried to get a grip on the wheel (of life!!) to steady the car. It would not. I tried braking; it did not. It seemed like the car had a mind of its own. At that instant when I was frantically trying to bring the car under control a voice came on in my head, " *Why pretend to control when you are not.* "

I immediately released my hold on the wheel and took my foot off the brake pedal, said "*Hare Krishna*" and **LET GO**. Then the car spun more violently than before for a few seconds and then miraculously parked itself on the shoulder as if it had a mind of its own, IT DID and I was glad! This was an amazing experience, an enlightening experience that opened my eyes (not for long!). At the moment that the voice came on I was really calm, not in panic, but I was focused, very present, so totally in the moment that it produced the clarity that was required for the voice to be heard.

I was so ecstatic, overjoyed and thrilled to be alive that soon, as I thanked God/Consciousness/Being, I got on the phone again as I started driving telling my friend all about it . That's me refusing to learn.

Since then I have been trying unsuccessfully to recreate those events that led to that wonderful transformative experience, that moment out of time which brought me home to the here and now. All I got for the efforts was experiences at Traffic Courts with Judges who did not care much for my passionate experiments in the realm of the spirit. There was a message for me: " Slow down and live each moment fully."

So now it's Yoga, which is a much safer path and a lot cheaper too. In studying yoga and other arts I have learned that the focus is on getting to be in the present moment. So let's be **Here Now** and have some fun.

Clarity and everything else we seek will just appear!

Yoga Teacher Feature



Name: Ginny Walters

Where do you Teach? : I teach at The Wellness Center at Pilgrim Congregational Church UCC at 14th and Starkweather in Tremont phone 216-621-9530. The yoga school where I share space is InnerBliss at 19300 Detroit Road in Rocky River phone 216-469-6689. In the summer I hold as many classes outside as the weather will allow, at Rocky River Park or other lakeside decks.

Teaching Experience: I finished my first training in March, 1997. Honestly after finishing my training I thought I was the teacher of my students, when over the years I've realized they have been teaching me. My older students taught me the most in my early years. I learned to adapt poses and slow down. Everyone, no matter what age or condition, can learn what yoga has to offer. I am learning how to help everyone. I teach yoga to elderly men and women who still want to walk straight and learn how to get off the floor. It is a skill that can be lost after an illness or with advanced age. Can you imagine the fear that dictates someone's life if they can't help themselves, if by chance they have fallen? I've taught classes in a county jail for women, and boys and girls of every age at schools on the east and west sides of Cleveland. I teach in Costa Rica every time I visit. My husband and I lead a conference for doctors at the Pura Vida Yoga center in San Jose, Costa Rica last year and another is planned for January of 2005. The classes that new beginners join are fun. At any age they are newbies

with fresh minds that I can fill with ideas about breathing and moving. My continuing students are the most challenging. They come to class hoping to continue their growth in their practice. I try to help them see new possibilities in the approach to their practice or just one pose.

Styles of Yoga Taught: I teach mainly Ashtanga Yoga. I am beginning to teach chair yoga at Pilgrim Church. We start on chairs and progress to the floor. I am grateful to my first teacher, Bhumi, otherwise known as Harriett Russell. She gave me my first experience that has kept me moving forward for the last twelve years. I have taken workshops from the best Ashtanga teachers in the field. Tim Miller is my true inspiration. David Swenson taught me to not be afraid to give my students as much as they can take. Erich Schiffman taught me to be gentle with myself and feel the connectedness we have with everyone, the world and with God.

Do You Offer Workshops? : I have in the past on the eastside and at InnerBliss and in Costa Rica. For the past three years my husband, Mark, and I have lectured at the Speaking of Women's Health Conference on the Medical Benefits of Yoga. In the future I would love to hold a workshop for beginners on the Primary Series of Ashtanga.

Phone Number: 440-333-8616 **Email:** windsrfgal@aol.com **Website:** None **Mission Statement:** To faithfully do my home practice and to accomplish the complete Ashtanga Primary Series and move onto the Second. To continue to teach yoga to all ages and abilities. To always learn, practice and then teach.

Each issue we feature a different Yoga Teacher

To be featured in an up-coming issue of The Journey, please call Clyde Chafer at (440) 255-5301



You're one in a million, 22 million, actually.

You're one in 22 million if you didn't vote in the 2000 election. In 2000, 22 million unmarried women did not vote, according to the U.S. Census. Vote this year, and you can decide the election and move our country in a new direction.

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Use your right to vote to elect people who will make a difference for you on the issues important in your life. You're one in 22 million. Vote, and you can set our country on a different course.

Make it count. Vote.

**22 million women
can change the country.**



www.wvvv.org

CLARITY and Yoga

A Teacher's Perspective

By Linda Kirby

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." Marcel Proust

I recently had my eyes examined after nearly failing the eye test at the DMV. I hadn't realized how bad my vision had gotten, well I did, but now I know that I had chosen not to "see" a lot of things that had been happening in my life and not getting new glasses was just the physical manifestation of this denial.

Clarity is essential in knowing who you are. In the animal world, clarity is natural, it goes by impulse. Humans have to go by intuition, but we often don't. Intuition is clarity of the immediate environment- you see it, you know it, you are in it, and you trust it. You have to have clarity to trust.

Today we are so busy we forget who we are. In a moment of consciousness a question pops up "what is the point in what I have been doing?" When we cannot answer this question, unable to see our path, we become fearful and confused. Clarity motivates you in the right direction. It connects you to what you are doing and makes it significant. When we see clearly we understand more deeply the qualities we have and the qualities in others.

If one can cultivate a practice of meditation, these conscious moments visit more often and stay longer. The mind gradually fills with light, bringing with it clarity. Often there is a sense of coming out of a stupor as you recollect yourself as you truly are.

Through meditation I have been able to see things with new eyes. It became clear that the the time had come to let go of certain old habits that had transformed certain circumstances into what seemed insurmountable problems. With clarity these "problems" were transformed into quite manageable situations and actually one really fun project. Oh, my new glasses serve me well, seeing clearly not only makes the world look better, but seems to have uplifted my spirit as well.

Kundalini Meditation to Look Into Your Being

Sit in Easy Pose. (cross-legged position). Place your left hand on the heart. Raise the right hand up to the chin level with the index and middle fingers pointing upwards and the other fingers held down by the thumb, palm facing forward. Eyes are closed focused between the brows (3rd eye). Long deep breathing. Meditate and "look" into your internal being. 3-31 minutes

To end, inhale deeply, exhale. Inhale deeply again, hold and stretch your spine upward, exhale. Repeat one more time.

Linda Kirby is a certified Kundalini Yoga teacher under the Master's Touch program. She offers classes in Kundalini Yoga at Cleveland BodyWise, Inc. Telephone: 216-682-0413

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Friday evening: Oct. 22; 6:30 - 9:00 pm, \$20 at the door

Weekend: Oct 21 – Oct 24; \$195*

Five-Day: Oct. 21 – Oct. 25; \$450*

Registrations received after Oct. 7th, add \$20, Call Paula for regist/info **330-825-1942**; sgyoga@yahoo.com

www.sacredgroundyoga.com

Sacred Ground Yoga Center is located in Akron, Ohio; Director Rick Arko CYT in Amrit Yoga.

Duncan Wong Interview

Continued from page 18

How did you meet and then work with Sting and other celebrity clients?

My spiritual parents and yoga gurus, Sharon and David, introduced me to Sting. In turn, he and his wife Trudie, introduced me to Madonna. I worked with her on location, during her recent musical and movie tours. I met Donna Karan along the way and she once arranged for me to fly on her private jet, from New York City to Los Angeles, to conduct a private yoga session with her friend Demi Moore, for her 40th birthday. As much as I serve to teach these celebrated creative performing icons, I must say that they are as much my life mentors, as I am their yoga teacher.

Duncan will be at Evolution Yoga in Beachwood for a Yogic Arts Weekend Intensive, October 15-17. Call 216-595-YOGA for information or to register.

Sandy Gross is the director of Evolution Yoga in Beachwood. She has trained with many of today's "evolutionary" yoga teachers and is an ACSM certified fitness professional. She writes for The Journey, North Coast Sports, Cleveland.com, and has been featured in Cleveland Magazine, Crain's, The Plain Dealer and American Baby Magazine.

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Second Module- (module 1 pre-requisite) September 18-19, October 16-17, November 13-14,
December 11-12, 2004 9:00am-5:00pm

Third Module- (module 1 & 2 pre-requisite), January 22-23, February 19-20, March 19-20,
April 16-17, May 21-22, June 25 & 26 9:00am-5:00pm
Ursuline Sophia Center, East Side 440-442-4160



Jan Hauenstein- MA, RYT, PRYT, IYT, HITA, Over 30 yrs experience teaching yoga. Reiki Master. One of the first yoga teachers in the Cleveland area. School founder and director of TRY4Life. Jan is a certified and registered master yoga instructor and therapist. She has studied at the Himalayan Institute, as well as completed training in Phoenix Rising Yoga Therapy and Integrative Yoga Therapy. Jan is presently working with Joan Fox, PHD, the Cleveland Clinic's Director of Alternative Therapies sharing yoga, meditation, and pranayama with physicians, nurses and other health care professionals.



Judi Bar- RYT Reiki Master. Judi was a professional dancer, choreographer and has been teaching for over 25 yrs. She has studied with many great teachers, but her most profound teacher has been her life. When crippled with a degenerative spinal disease and no cures except surgery that would not last or a wheelchair, she turned inward to her years of yoga training and healed herself. She uses that work to help many students heal themselves. Her specialty is chronic pain and illness. She teaches anatomy, therapeutic yoga, philosophy and intuition. She also sees 25 private clients per week, and is currently on the team to set up a Complimentary Medicine Clinic at the Westlake Cleveland Clinic practicing Yoga Therapy with Orthopedist Dr. Wayne Daum & Acupuncturist Ann Driscoll. She is creator of HeartLight Yoga.

**For information & to contact: WWW.TRY4LIFE.COM, 440-356-5991,
Ursuline Sophia Center 440-442-4160, or CSJ Center, 216-688-1111.**

THE YOGA LISTINGS

Yoga Studios:

Atma Center, 2319 Lee Road, Cleveland Heights (216) 371-9760. Highly-trained teachers provide daily & specialty classes to make yoga accessible to all. Yogic Studies & Teacher Training through the Satyananda YogaTM Academy. Yoga therapy consultations available. ; www.atmacenter.com.

Bhumi's Yoga & Wellness Center. Certified Teachers. Group Classes city/country. YES Group Sundays. First Ohio 200/500 Yoga Teacher Trainings. Yoga Alliance recognized. (440) 236-6366. www.bhumiyyoga.com

Cleveland Yoga, 27040 Cedar Road, Beachwood, OH, www.Clevelandyoga.com. Diana - 216-906-8537 or Tami - 216-789-4473. Power Vinyasa, Restorative, Jivamukti, Vinyasa, Yoga Basics, Meditation. All levels. Your path to spiritual and physical power!

Evolution Yoga Studio, Two, eco-friendly yoga rooms featuring 40+ classes weekly, Vinyasa Yoga, Hot Yoga, Restorative, Pre Natal, Meditation, Kids' Yoga, workshops, Teacher Training and more. 3737 Park East Drive, Beachwood 216-595-YOGA www.evolutionyogastudio.com

Green Tara Yoga & Healing Arts, 2450 Fairmount Blvd., Cleveland Heights, 216-382-0592, Study with Cleveland's only Certified Iyengar Yoga Instructors. Precise alignment and individual adjustment. Safe, effective, systematic approach. www.greentarayoga.com.

Inner Wellness Healing Arts Studio & School, Boardman, OH. 200 hour Yoga Teacher Certification Program, registered with Yoga Alliance. Yoga Classes for all levels, Reiki, Foot Reflexology, Massage, Psychics and MORE! Victoria Davanzo, 330-965-8372.

Sacred Ground Yoga, 428 W. Turkeyfoot Lake Road, Akron, Ohio 44319; 330-706-0297. Rick Arko, CYT in Amrit Yoga offers beginner & advanced classes, Gentle yoga, Harmonic Touch Therapy, pranayama & meditation workshops, & posture clinics. www.sacredgroundyoga.com

The Yoga Room at Eight Limbs Little Italy/Univ. Circle - 2026 Murray Hill Rd. A beautiful yoga space in the historic Murray Hill School. Anusara, Iyengar, Jivamukti, Hatha. 216-556-0902. student discounts www.theyogaroomateightlimbs.com

Yoga Teachers:

Jayasri (Judy Churchill), Accredited, Certified & Registered Yoga Teacher. Trained in the Satyananda Yoga Tradition. Beginning through Intermediate classes and workshops in asana, pranayama, meditation. Phone: 440-255-1629 or email: jayasri54@hotmail.com

Lynn Kennedy, RYT "Gita" Pure and simple in the Satyananda Tradition Phone 440-526-4890; email lynnmkenedy@hotmail.com Group and Private Instruction.

Linda Kirby, Certified Teacher "Master's Touch" - Kundalini Yoga. Training through the Ashram and Educational center of Yogi Bhanan, source of Kundalini Yoga. Classes held at Cleveland BodyWise, Inc. Beachwood. 216-682-0413. email: assortedbeings@yahoo.com

Kim Koson, R. Yoga (Medina) Certified Integral Yoga, Pre/PostNatal Yoga & Integrative Yoga Therapy. Ongoing Classes: Gentle/Moderate, Restorative, Parent-Child, Partner & Stress Management. Weekly Meditation Circle. Private & Semi-Private Sessions, Gift Certificates. Call 330.722.0661 or visit www.RxYoga.org

Jane Pontremoli RYT, YTT, private or group yoga sessions, west side, will come to you. Training thru Sophia Center Ursuline College, jpenf@sbcglobal.net. Beginners to Intermediate levels. Lots of verbal cues.

Marni Task, private group or individual yoga lessons. Jivamukti yoga with an anusara flair. Phone (216) 376 2521; email: marnitask@aol.com website: www.marnitask.com

Total Body Solutions, Denys Morgan, LMT Certified Yoga Instructor, Hatha and Ashtanga Yoga Meditation classes and cd available. A variety of locations . Phone 216-832-9436; email: denys@softhome.net

Yoga Reach, Char Grossman, Certified Yoga for the Special Child Instructor. (216) 272-0352, Yogareach@aol.com A therapeutic, educational program, for children of all ages & all abilities. Private/small group classes. Workshops of yoga-based school programs.

Yoga Events/Workshops:

Sept 2004-April 2005, OM yoga Vinyasa Teacher Training at Evolution Yoga. Eight weekends thru April equals 200+ hour certification program acknowledged by The Yoga Alliance. www.evolutionyogastudio.com

October 1-3 Mitchel Bleier, Anusara Weekend Workshop at Cleveland Yoga, 27040 Cedar Rd, Beachwood, (216)789.4473 or (216)906.8537, info@clevelandyoga.com. Mitchel is considered to be one of the most versed and sought after Anusara Yoga instructors in the country.

October 17, 2004, 7:30pm. Dave Stringer from L.A. leads Kirtan (chanting) sponsored by the Atma Center in Cleveland Heights. Tickets \$18 advance/\$20 door. Call (216) 371-9760 or visit www.atmacenter.com for tickets and location.

Kirtan:

Kirtan with Sahadeva - 1st & 3rd Wed. monthly 7pm-8pm **Bhumis Yoga** (donation) Rocky River Presbyterian Church 21750 Detroit Rd., Rocky River. Kirtan **Every Sun.** 7-8 pm at **The Atma Center** 2319 Lee Rd., Cleveland Hts. For info or to book a Kirtan session call Sahadeva 216-272-6545 email: frogman7usa@yahoo.com.

Yoga teachers, studio and workshop listings are available for this section.
Cost is only \$20 per listing for each issue. Please keep each listing to 35 words or less.
Call 440-255-5301 for more details.

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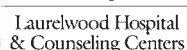
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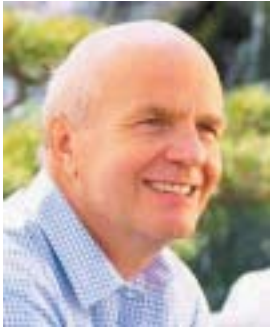
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Dr. Wayne W. Dyer

An internationally renowned author and speaker in the field of self-development. He has written numerous bestselling books, including the New York Times bestseller *10 Secrets for Success and Inner Peace*; has created many audios, CDs, and videos; and has appeared on thousands of television and radio programs, including *The Today Show*, *The Tonight Show*, and *The Oprah Winfrey Show*.

Friday, September 10 - 6:30 PM and Saturday, September 11 - 1 PM
Tickets are \$60 each

Howard F. Lyman

A 4th generation family farmer (and vegan) from Montana. After 20 years of operating a feed lot, he sold his ranch and started working for farmers in financial trouble. He was a lobbyist in Washington, and ran for Congress in 1982. He is the former Director of the "Beyond Beef Campaign" & the Humane Society of the United States' "Eating With Conscience" Campaign; past President of both the International Vegetarian Union, and EarthSave International; and is currently President of Voice for a Viable Future. Tickets for Howard Lyman are also available at Web of Life, 25923 Detroit Road in Westlake.

Sunday, September 12 - 10 AM-Noon • Tickets are \$20 each



Earnie Larsen

A nationally known author and lecturer. He holds BA Degrees in Philosophy and Theology, and a M.R.E. Degree in Religious Education, and an Associate Arts Degree in family counseling and chemical dependency. Earnie is a pioneer in the field of recovery and the originator of the Stage II Recovery process. He is known and loved for his ability to touch the hearts of hundreds of thousands of people who have accepted the challenge of creating change in their lives. His focus is on the importance of establishing interpersonal skills as the center of a healthy life.

Saturday, September 11 - 10 AM-Noon • Tickets are \$38 each

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at age 17, studying in Europe, India and Africa. Wah! opened for Courtney Love (Hole), toured with Krishna Das, and went on to work with producer Herb Graham Jr. on *Opium*, a dreamy collection of R&B trip-hop songs about life. Her latest release, *Jai Jai Jai*, continues her unique approach to yoga and music, weaving devotion with hip production and industry talent. www.wahmusic.com

Saturday, September 11 at 7 PM • Tickets are \$15 Advance/\$20 Day of Show

Demo & Mini-Lecture Presenters

Just a sampling of the many Demo & Mini-Lecture presenters at this year's EXPO



Rev. Tim Brainard

Speaking on "The Sacred Art of Mediumship." Mediumship is an art of the hidden language of spirit contact. Come and experience contact with the unseen and those that have passed over. Rev. Tim Brainard will give messages on stage where these spirits will communicate, guide and inspire us in our everyday lives.

Joan Gattuso

Joan Gattuso is the founding Minister of Unity of Greater Cleveland located in Shaker Heights, Ohio. She is a best selling author of *A Course in Love* and *A Course in Life: The Twelve Universal Principles for Achieving Life Beyond Your Dreams*. Joan is an International Speaker/Keynote and writes extensively in the area of holy relationships for many organizations and publications including the Chatauqua Institute and UNITY Magazine, for which she is a columnist. She is a student of HH the Dalai Lama, Thich Nhat Hanh and Jean Houston Mystery School. She serves on the Board of Advisors for The Association for Global New Thought, and is the winner of the Enterprising Women award.



Janee Kuta-Iliano

Janee Kuta-Iliano is a health educator whose passion is to empower others to take control of their health. It is her belief that we must all do our part towards promoting good health by making educated decisions as to the foods we choose to eat. Janee has studied extensively how to Cleanse and Detoxify our bodies and teaches how it can be implemented into our everyday lives. Discover how you can naturally cleanse your most magnificent machine for optimum health and rejuvenation.

Carol J. Spears

A single, plucked harp string rings out with every human emotion and experience, and connects us to the Divine. For thousands of years, the healing sounds of the harp have resonated in most cultures throughout the world. Today, medical science has proven the beneficial therapeutic effects live harp playing has on various ailments. Join Carol to hear about current research that documents the healing effects of the harp, and hear about some of her experiences playing in medical facilities. Then relax and personally experience the heavenly, meditative effects of this healing music, as Carol plays her harp for you.



Joyce Varona

Born in Manila, Philippines and raised in the United States, Joyce is a graduate of Yap Cheng Hai Feng Shui Center of Excellence formerly based in Malaysia studying Classical Feng Shui directly under Grandmaster Yap Cheng Hai, considered one of the top five Classical Feng Shui Masters in the world whose lineage can be traced back to 1848. Currently, Joyce is one of four instructors in the world for Feng Shui National Institute of Canada. She is a commercial and residential Feng Shui consultant, lecturer and speaker throughout the United States, and is an author on the subject of Western vs. Classical Feng Shui. For more information, please visit www.fengshuinational.org.

Demos & Mini-Lectures

Just a sampling of the many Demos & Mini-Lectures at this year's EXPO

Conscious Dimensional Shifting by Rev. Melissa Leath

Find out about "UltraSensing," "Awareness," and "Komara," which is shifting from one dimension to another, consciously. Experience exercises that can help you move through the changes of the new millennium. New information channeled through visionary and author, Rev. Melissa Leath, expanding ideas from her book, *"The Go-Between: Bridging the Gap."* Very Experiential!

Act to Attract by Starbringer

The power of energy, intention, and action to create the future you want now! Learn how to create Quantum action to achieve your goals. Use the unseen powers of excitement, intention, and energetic action to create the personal, professional, and relationship success you have been seeking.

Healthy Breathing Habits by Correct Breathing Concepts

Learn a scientifically proven, safe, simple natural solution to eliminate drug side effects and expense. Regain lifestyle freedom. Respiration the right way with Buteyko method brings relief from symptoms such as asthma, allergies, bronchitis, snoring, panic attacks, plus much more.

Correcting Back, Neck, Hip and Joint Pain Without Manipulations by Thomas K. Ockler, P.T.

There are superior ways to correct disorders of the spine and hips which **do not involve manipulations**. These techniques actually address the real cause of the dysfunction **without risk of injury to the patient**. This informative talk will educate consumers as to safe options for the identification and correction of dysfunction of the spine, hips, pelvis and all joints. You will learn that the bones are not really stuck out of place as people have been told for decades. They are in fact held out of place by muscles which are too short and too excited.

Your Guardian Angels Revealed by Laura Lee

Angels are among you. They whisper inspired revelations and foretell future events to guide us on life's journey. Many hear the call, yet few listen for fear that they are not worthy to receive divine guidance. Some even remain unaware that our heavenly helpers exist. Believe. It is our angel's mission to guide us towards heaven on earth. In this enlightening presentation, Angel Medium, Laura Lee reveals angelic messages for audience members. She will also discuss who the angels are in your life, what messages they deliver, and why it is important we make contact with our guardians. Be prepared to hear from your angels!

TICKETS: You can purchase advance tickets for all headline speakers as well as general admission at:

Unity of Greater Cleveland - 3350 Warrensville Center Rd., Shaker Hts. 216-751-1198

Delphic Books - 1793 Coventry Rd., Cleveland Hts. 216-321-8106

Journeys - 19110 Old Detroit Rd., Rocky River 440-333-1211

A Touch of Serenity - 8785 Mentor Ave., Mentor (also by phone at 440-255-5301)

Driving Directions To Lakeland Community College

From Cleveland, Toledo and West - Take I-90 East through Downtown Cleveland towards Erie PA. Exit at Rt. 306/Kirtland, turn right at the exit and look for Lakeland Community College immediately on the left.

From Akron, Canton and South - Take I-77 North to I-271 North to I-90 East. Exit at Rt. 306/Kirtland, turn right at the exit and look for Lakeland Community College immediately on the left.

From Youngstown & Pittsburgh - Take I-76 West (PA Turnpike) to I-80 West (Ohio Turnpike) Exit at I-480 and take 480 to I-271 North to I-90 East. Exit at Rt. 306/Kirtland, turn right at the exit and look for Lakeland Community College immediately on the left.

From Erie, Buffalo and East - Take I-90 West and exit at Rt. 306/Kirtland, turn left at the exit and look for Lakeland Community College immediately on the left.

Upon entering the Lakeland Campus, turn left at the fork and follow the EXPO signs. Do not worry - parking will not be an issue. Have a safe trip! Lost? Call 440-255-1638 for help.

2004 EXPO Workshops



Jonny Kest - Doorway to Freedom: True Vinyasa Yoga **Saturday 9:30 AM - Noon in the AUXILIARY GYM**

This workshop invites you to face your fears and reveal your true nature. Leave feeling more alive and free as you pass through the doorway of an original and dynamic sequence of Vinyasa Yoga. All levels welcome. *Workshop Admission is \$40/advance, \$50/door.*

Evsttarr aka Evelyn White Love Yourself, Heal your Life & Treasure Map your way to the Stars - Saturday 1:15 - 3:15 PM

In this 2-part workshop you will come away with the time-tested secrets to living the Life you were meant to live, doing the work you love while being richly rewarded. and how to love yourself and others... based on the works of Louise Hay and Shakti Gawain. *Workshop Admission is \$25.*



Gwen Miller - Astrology for the next 12 Months **What's in it for Me? - Saturday 4:45 - 6:45 PM**

She will cover astrology information for all of the 12 Sun signs, go over major information on current events such as the stock market, the election in November, and explain how astrology can be used in your every day life. Gwen will be offering private reading at the show at the Lifestyles International Astrological Foundation's booth along with a complete astrological profile on each person. There will be a short Q&A section at the end of your workshop. *Workshop Admission is \$20.*

Joyce Varona - Applying Classical Feng Shui For Everyday Living **Sunday 10:45 AM - 12:45 PM**

Please join Joyce Varona in a 2 hour workshop on Classical Feng Shui. After attending the workshop you will come away with a basic understanding of what Classical Feng Shui is and how to apply these basic principles to your home environment. Please bring with you a to-scale floorplan of your home (architectural or hand-drawn), a ruler and a list of each family member's birth dates. Also, stand at the inside of your front door and back door looking out and take a compass measurement to determine the directions. *Workshop Admission per person is \$40/advance, \$50/door. If you bring a friend, admission for the two will be \$60/advance, \$70/door. If you have any questions prior to the workshop please contact her at cell: (312) 209-1680.*



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Laura Lee

Q: How do I be kind in the face of someone who has hurt you so much on the surface?

Victoria

A: Dear Victoria;

Immediately surrender any thoughts to condemn yourself or this person for past and/or present wrong doings. This means that you can forgive the person, not their behavior, as they do not know what they did wrong. Retaining any resentment holds you both in psychic bondage and keeps you from moving forward. Instead, constructively channel the passionate energy of grief and anger into your talents and gifts to serve the divine. This transmutes fearful energy to love. Also, realize that hurt only exists on the surface. The surface happens to be you, Victoria the person. There is something wonderful to be discovered that lies latent below the hurt. Deep within, emanating from you is a powerful divine force that knows everything is as it should be in perfect harmony. This, the kingdom of heaven, is here now which knows only peace, joy, love...compassion. It is your divine inheritance to receive this blessing from the heavens. Go within where the beauty is revealed to you that


you are a child of God. It is your life journey to discover this magnificent being that you ARE.

Your partner, in this situation, co-created an event with you so that you could remember this part of yourself again. This person cannot take anything from you that you don't already have. Everything is provided and all your needs are met. When you come to this realization, ultimately, everyone wins. When you are kind with yourself, you can be kind to others. Then the whole world bows to you gracefully.

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PLANETARY PATHWAYS

By Evstarr

Aries

Opportunity is knocking on your door in September...as you begin to start yet another new-fangled project it is important to remember to speak up for yourself...so you get the ball rolling on the right foot.

In October finish what you started in September...if you are willing to spend the needed time tending to your garden, your crop will provide you with both a monetary and social harvest.

Taurus

In September, "whistle while you work" seems to be your theme song, you're putting your time in and enjoying it...this will help further your goals, and the end is near.

In October your eye is set on acquiring something of value...be it a relationship or business matter...just be sure your feet have those roots planted firmly in the ground...or you just might find yourself getting burned.

Gemini

Creativity is highlighted in September...but you find yourself putting your energies toward your mate and lending the support needed to ignite his/her own career.

Changes are happening in October that will carry you into the New Year...your magnetism is attracting many bees to the hive, and you find yourself making a lot of honey whether it is in your own backyard or another's.

Cancer

Personal growth is fervent in September...pour that creativity into projects at the habitat...things can move smooth as silk for you if you network with the right people and follow that intuition of yours...stick to your guns...but don't take on that ostrich head in the sand routine.

October may find you redecorating your nest or looking for a new roost...your mate or partner has something of value to say ...PAY ATTENTION...they can bring some rather remarkable people into your life now...control issues at work are about to surface...watch your impatience and outspokenness.

Leo

In September the volcano is about to erupt...your emotions need a physical outlet...work out at the gym, take a yoga class or try some kung fu for a change of pace... home responsibilities are wearing thin...at work you shine.

The October wind is blowing money your way...your are feeling upbeat and optimistic...new-found friends bring

opportunities for travel and you are experiencing flying high on those social butterfly wings of yours...enjoy.

Virgo

Your soul is growing in September...launch that ship...harvest those dreams and ideas...if you have children and they're off to school, there will be many changes...a friend is in need of some financial help from you.

October finds your mate or partner withdrawn and sullen...keep an eye on the purse strings...you may find yourself an entrepreneur this month...home business is highlighted...and renovation and construction on the homefront is also prevalent.

Libra

Settle your bones down in September and start thinking about work and money...you might renovate your homestead this month or be looking to take up roots on another pasture...watch the pocketbook...you and your mate are likely to keep your plans under your hat.

October finds you back to the work grind...with some out of town drop in guests...you may find your partner needing a little greenback from you this month as your bankroll is fat...with unexpected benefits coming your way.

Scorpio

In September you find yourself working more and enjoying it more...financial opportunities are knocking...open the door...and it's not just in your backyard...so travel on...time spent with mate or partner this month is loving and mentally stimulating your creative senses.

You find yourself the social butterfly in October ...but be careful not to put on more than your wings can carry...your nerves are a little on edge with money matters eating away at you...there is an opportunity to help a friend if you so desire...children bring smiles to the heart.

Sagittarius

September finds you and your mate riding separate winds of change...you have plans for family and career...but you're on opposite sides of the fence...wait till next month to make that decision...watch out for those kids...something smells fishy.

Freedom is back in your vocabulary in October...you're spending more time alone at the nest and liking it...your creative juices are flowing and the romantic daredevil comes out in you...children bring much joy now.

Capricorn

Work is the theme for September...you may even change offices, or take on additional work...education and schooling involving work is highlighted...go for it.

In October be prepared for that relationship nest to turn into a hornet's nest...the issues at hand are freedom and control related.

Aquarius

Your mate is wearing quite the emotional overcoat this month...try to stay out of the war zone...put that pent up energy into something the two of you can create together.... concerns regarding children surface...you need to deal with this now, or they'll be back.

Pisces

September finds you sharing and growing with your partner both spiritually and financially...do something unique and fun with your partner at home.

In October you may be setting the stage for changes in or out of your home...whether it's renovation or relocating, pay close attention to your plans or you will have cost yourself more work.

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Contact her at evstarr@yahoo.com to be added to her mailing list, also, be sure to check out her website reachforthemoon.net for upcoming class listings and to get your requests in for the ever so popular Solar Return charts.

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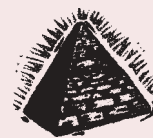
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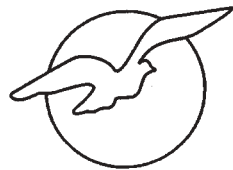
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HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

Compassionate Kitchens

By Janeé Kuta-Iliano

Clarity comes to us all the time. Clarity can be subtle where everyday living provides us with insight. Other times, the *cosmic 2 x 4* smacks us over the head, allowing a situation to shed some major light. Either way, our individual paths are molded by these moments of clarity.

As individuals, these moments of clarity come to us differently and at different times in our life. Since clarity comes to us in our own special way, it is only appropriate to share a personal experience. I start by saying that this is my own moment of truth and it is not important whether or not you can understand this experience. However, I do hope that within this personal story, you can find a source of information with which to process.

This past July, I traveled to Johnston, PA for a Vegetarian Summerfest held by the North American Vegetarian Society. Not much thought was given about it. I was simply thinking that it would be a weekend of fun, live food presentations and inspirational speakers, however, the universe apparently had much more in store.

It was Saturday afternoon and I was seated in a college lecture room awaiting the debut of "Peaceable Kingdom," a documentary on American factory farming practices. As I was waiting, I read a quote, one that I had heard many times before, but for some reason, under these particular circumstances, the quote struck me,

"The greatness of a nation can be judged by the way its animals are treated." Gandhi

By that standard, our fast food nation is "developing". Does it matter?

I took a deep breath and watched the movie. This is what I allowed myself to finally hear.

Farm animals, by the millions, are forced to live in cages or crates just barely larger than their own bodies. While some species, like hogs and veal calves, may be caged alone without any social contact, others, like egg-laying hens and chickens, may be crowded so tightly together that they fall prey to stress-induced cannibalism. Unable to groom, stretch their legs, or even turn around, the animals of factory farms exist in a constant state of distress. Now, if a private citizen confined a dog or cat in a manner commonly seen in factory farms, or subjected an animal to surgical procedures without anesthesia [*no anesthesia is given to pigs when cutting off their tails to prevent them from biting each other under confined conditions*], the individual would be charged with cruelty to animals. There are virtually no federal laws that protect farm animals from this type of treatment as

long as it takes place in the name of production and profit. The federal Animal Welfare Act, which regulates the treatment of animals for commercial purposes, does not apply to farm animals unless they are being used in research or for exhibition. Moreover, a majority of states have specifically exempted some aspect of the treatment of animals in agriculture from their cruelty laws. It is left entirely to the preference of the individual company how many egg-laying hens are stuffed into each little wire cage, or whether an artificially inseminated sow must spend her entire pregnancy chained to the floor of a cement-bottomed cage.

Like some weird flashback, I heard a quote in my head, "If I love animals called pets, why do I eat animals called dinner?"

I dismissed that thought because my argument was that in nature other animals eat other animals, plus what would we do with all these pigs, cows and chickens if we didn't eat them? The information kept coming.

See page 42

The Confessions of an Intuitive Mechanic

By Thomas K. Ockler, P.T.

Few things in life are very clear. Even if something becomes clear for you, no doubt someone else will try to tell you that you're nuts for thinking that way.

When I think about the word clarity, I'm unclear about what it means. What a little piece of irony this is. I am not clear about clarity. So naturally, I asked other people what clarity meant to them and what I got was a plethora (thank you Howard Cosell) of completely different answers and interpretations. Now what? I'm just as unclear about clarity as I was in the beginning.

"Let me be crystal clear about this," was a famous line of a somewhat notorious President Richard Millhouse Nixon. (The three-name rule is in effect here.) Trouble was, whenever "Tricky Dicky" said he was going to be crystal clear, he was just the opposite. He must have been thinking, "I'll tell them that I am crystal clear so they won't try to undermine or question what it is I'm misleading them about." So maybe clarity means being just the opposite. You know, sort of a smokescreen for what you're really trying to say. But then Nixon was impeached and left office in disgrace so perhaps, being crystal clear about things is not all it is cracked up to be.

Continued on Page 45



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“Compassionate Kitchens”...continued from page 39

Factory farming began in the 1920s soon after the discovery of vitamins A and D. When these vitamins are added to feed, animals no longer require exercise and sunlight for growth. This allowed large numbers of animals to be raised indoors year-round. The greatest problem that was faced in raising these animals indoors was the spread of disease, which was combated in the 1940s with the development of antibiotics. Farmers found they could increase productivity and reduce the operating costs by using mechanization and assembly line techniques. Unfortunately, this trend of mass production has resulted in incredible pain and suffering for the animals. Animals today raised on factory farms have often times had their genes manipulated, been induced with large doses of antibiotics and hormones, particularly in their feed, and given other chemicals to encourage high productivity. In the food industry, by these standards, it is clear that animals are not considered animals but food producing machines.

The answer to my previous questions presented itself. Yes, other animals eat other animals but never do they do it in such a manner as we do on OUR factory farms (we all own this). Have you ever seen lions caging zebras, manipulating them to produce more meat at an accelerated pace then ship them off to slaughter when the time was right? (Not a great example, but we get the point).


OK, What about the environment and our small family farms? Is this really just about money?

Factory farms are quickly taking over the livestock industry. In the poultry industry, 98% of all poultry is now produced by corporations, forcing family farms out of business. Large farms receive nearly twice as much in government subsidies as small, family farms.


It just kept coming.

Four meatpacking companies control an estimated 79% of cattle slaughter. Since 1986 the number of independent hog operations has declined by 72% - a loss of over 247,500 farms. One of the most dangerous practices of factory farming is the storage and “use” of liquefied animal waste. The USDA estimates that animals in the US meat industry produced 1.4 billion tons of waste in 1997 - 130 times the nation’s volume of human waste and five tons of animal waste for every US citizen. The massive quantities of manure generated are stored in holes dug in the earth (referred to as “lagoons”) and then spread onto cropland. These manure pits are known to leak or overflow, releasing toxic bacteria and excess nutrients into groundwater. Spreading waste on the ground leads to odor problems and water pollution when more manure is applied than the surrounding land can absorb. Manure at cattle feedlots can produce substantial amounts of methane and nitrous oxide, both potent greenhouse gases that could contribute to global warming. In 1995, 25 million gallons of animal waste spilled from an eight-acre “lagoon” into North Carolina’s New River, killing 10 million fish and closing 364,000 acres of coastal wetlands to shell fishing.

Continued on page 44



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Corky & Barb

Corky Larsen, C.Ht.
Barbara J. Clugh, MA, C.Ht.

My next question during this emotional time, "Well, this is how meat production has to be due to a large population and the increased demand for meat. How else could they produce enough meat for everyone since on average each person consumes over 200 pounds of animal flesh each year?"

Sustainable agriculture is a way of raising food that is

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healthy for consumers and animals, does not harm the environment, is humane for workers and animals, and provides a fair wage to the farmer. Sounds too good to be true, but it is proving to be valid if implemented properly. In 1990, the US government defined sustainable agriculture in Public Law 101-624, Title XVI, Subtitle A, Section 1683, as "an integrated system of plant and animal production practices having a site-specific appli-

cation that will, over the long term, satisfy human food and fiber needs; enhance environmental quality and the natural resource base upon which the agricultural economy depends; make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls; sustain the economic viability of farm operations; and enhance the quality of life for farmers and society as a whole." (For more detailed information on the possibilities of this type of agriculture, check out the website www.sustainabletable.org).

Sustainable Agriculture looks like something to look into but still back to this factory farming. Really how bad is it? Yes, the animals appear to be suffering, but how does this affect my family and me?

In 1954, American farmers used about half a million pounds of antibiotics a year in raising food animals. Today, about half of the 50 million pounds of antibiotics produced in the US each year is used for animals, 80 percent of which is poured directly into feed to make animals grow faster. Widespread overuse of antibiotics is resulting in the evolution of new strains of virulent bacteria whose resistance to antibiotics poses a threat to human health.

Conditions on factory farms and in slaughterhouses are also responsible for a large proportion of food-borne illnesses reported in the US each year. Officials at the USDA and the Centers for Disease Control and Prevention have referred to the current situation with food-related disease as an "epidemic." Studies have found that nearly 80 percent of ground beef sampled - with a similar percentage of poultry sampled - contain microbes spread by animal feces. According to the General Accounting Office (GAO), 81 million Americans become sick, and 9,000 die, from food-borne illness every year. The GAO sets the price tag for these illnesses and deaths at about \$22 billion a year. People have also contracted Mad Cow Disease through eating the meat of infected animals. In humans the affliction is called Creutzfeldt-Jakob Disease (CJD) where no cure has been found and death ultimately results within 14 months. Presently it is reported that 150 people worldwide have contracted CJD, with speculation that many cases are misdiagnosed as Alzheimer's or Dementia. (For more information on Mad Cow Disease check out www.madcowboy.com) Honestly though, the full extent of the health ramifications of factory farming is not known entirely, however, nobody is really counting deaths from drug-resistant infections and a majority of food-borne illnesses go unreported.

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I stood up from that movie viewing and there was my moment of clarity.

I have always known about our food supply, but it was not until the 100th time of hearing it that it resonated with me so passionately. I knew I no longer wanted to bring this type of cruelty into my kitchen. My eating habits were no longer motivated just by wanting to attain good health and vitality, but they were equally motivated by not wanting to support an industry that has no regard or compassion for the animals that give their lives for us. Yes, I do not want to cause any undue harm to animals, but this industry is now directly affecting my life, my family and my environment, which makes it more and more my problem. I say this strongly but know that my will will be tested everyday as it has since the day I came back from that transformative trip. I do not stand or write before you a perfect example of an animal rights advocate or whatever. I know that there is still much more to learn, so I am sure that my hypocrisy will live on probably until the day I leave this earth plane. But each day the knowledge I gain is my power and the more I learn the more clear it is to me that this is not an industry that I wish to support.

We encourage you to come join us for a viewing of the Peaceable Kingdom at A Touch of Serenity on Thursday September 30, 2004 from 6:30 - 8:30 P.M. Let the movie be an opportunity for you to learn more about where your meat comes from. This will absolutely not be meat-eater bashing party, since I hold strong that it is natural for animals to eat other animals under natural conditions as our ancestors have. But we are here to be a source of information because I believe just as my clarity came to me, most people would take another glance at factory farming if they really saw what happens to our food before it is presented into tiny little packages that resemble nothing close to the animal from which it came.

Questions of an Intuitive Mechanic... Continued from page 39

Then just the other day I saw a news clip of one of the presidential candidates. He said, "Let us be very clear on this point." But what he said was as twisted and nebulous as anything I had ever heard in my life. (Not to mention the mispronunciations.) This was no big surprise as I have grown to expect this kind of response from him for many years.

So, little by little I was getting the picture that clarity might be in the eyes, the brain, the political bias and life experience of the beholder. The more clear someone was on a subject, the greater the likelihood that it was either:

- A one-sided fabrication / fantasy that only they or their disciples would find "perfectly" or "crystal" clear or,
- All the accumulated life experience and data from their point of view.

What could be clearer than that?

"Clarity" it would seem, is by its very nature, an absolute. A focused belief which may or may not have evidence to support it. But because we associate the word with pure, unpolluted, non-diluted or uncontaminated, we automatically give it a very positive meaning. In a simi-

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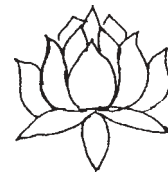
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lar twisted line of reasoning, we have taken a piece of legislation that tramples and shreds the United States Constitution and called it The Patriot Act.

We are clearly getting somewhere now!

All Clarity aside, one must look far into one's soul to find that which is truly clear. By this I mean, if one is going to have clarity about one point or another, then one must be at ease with, and without conflict about, the viewpoint. However, with both critical thinking and soul searching, we must still pass the litmus test of truth and fact. Following this new line of reasoning, clarity might take on a more scientific, evidence-based burden of proof to be considered truly clear.

There are those who might argue that even though things have not been proven, they are still worthwhile and should be clearly considered a good thing. I believe some Alternative Health Care practices fall into this group.

So to use the litmus test:

Does it help people?

Can it harm people?

Do its practitioners lie about its efficacy?

Are the outcomes more dramatic than the incomes?

Let's look at a few "Alternative" techniques and see if they pass the test.

Acupuncture:

Does it help people?

Yes, many people swear by it. **PASS**

Can it harm people?

Yes, mild infections and skin irritations but it's extremely rare, so I give it a resounding. **PASS**

Do its practitioners lie about its efficacy?

Practitioners that I have spoken to are very honest about its potential to help but never brag that it is 100%. **PASS**

Are the outcomes more dramatic than the incomes?

It would be a cold day in you-know-where to see an acupuncturist driving a Mercedes Benz. These practitioners usually are much more in search of the good outcomes and way less concerned about the income. **PASS**

But, do we know how it works? Interestingly enough, the exact mechanism for how it works

is still unclear, yet every day thousands of people get relief of their symptoms from it. So it would seem we have a paradox. Unclear about how it works, yet a useful and honest technique.

Energy work such as Reiki:

Does it help people? Yes. **PASS**

Can it harm people? No. **PASS**

Do its practitioners lie about its efficacy? Never heard one yet. **PASS**

Are the outcomes more dramatic than the incomes? Definitely! **PASS**

Do we have any proof as to the mechanism of its actions? No, as of yet there are no agreed upon instruments that are capable of measuring energy of that subtle parameter. Yet some people swear by it. Like acupuncture, it hurts no one and no one is getting rich or poor because of its use. Once again, a paradox!

Its might be wise to remember when looking at all

forms of "Alternative Therapies", we still do not know exactly how an aspirin works, yet millions are taken safely and effectively each day. Likewise, no one has ever seen an atom before yet we can predict with uncanny certainty (one might even insert clarity here) what the atoms will do in any one of a billion chemical reactions. Like it or not, our modern lifestyles are clearly dependent upon something which **no one has ever seen!**

I realize this was an unscientific comparison but the issue of clarity is, in my thinking, as unscientific (subjective would be more appropriate) as anything one can hope to discuss. When it all boils down to it, to be clear about something needs only to be in the eyes of the beholder. No juries, no polls, no hanging chads, no vote counts.

So in summary, clarity is something different and personal to each and every one of us. Ever changing and evolving, as personal as fingerprints, and as dangerous to mankind and the environment as the atomic bomb is when in the mind of a madman who is "perfectly clear" about something.

There now, aren't you glad we cleared that up?

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The Fall Equinox is drawing near and camping season is coming to a close. Utilize these last few weekends of camping by paying particular attention to your dreams if you're sleeping closer to the earth (on the ground of your tent), you tend to be more connected to the forces that be when sleeping under the stars. During these next two months, I want you to focus on the different symbols and backgrounds of your dreams. This is for those of you who find they are too hurried in the morning to take the time to fully write out your dream. When you wake up and think about your dream, what is it that **stands out** most in your mind? Is it a color, a symbol, a feeling, or is it the landscape or where you are? Take that piece of your dream and ponder it throughout your day.

Let's take the **action** of the dream, look at the verbs, see if there's a reoccurring theme. Are you always *running* from something or someone, constantly *searching*, *probing*, or do you find yourself involved in *playing* or *pleasure filled* activities in your dreams? What is it that you are **doing**?

QUESTION: What does it mean if I'm always in a car but not the one driving?

ANSWER: Take a look at what is *driv-*



ing your life? If you are not driving in your dream, especially if it's your car, take a good long look at **who** is driving that car. Then look at what part of your life does that person have control over. If your mother-in-law is the one showing up in **your** dreams, in **your** car take a look at that. On the other hand if you're the one at the wheel, go full steam ahead.

Dear Duchess: Losing Control of my Car - I am driving my car and it starts slipping and sliding backwards out of control. I keep repeatedly hitting the brakes and finally it stopped by running into a brick wall. **Signed, No Brakes**

Dear No Brakes: The good thing is you're driving. Now let's look at what you are doing that is causing you to lose control of your life. You are driving; so you are in control. Take a look at what you

keep doing because it's not working (repeatedly hitting the brakes). It's like baking a cake and it keeps coming out wrong but you never change the ingredients. Do something different before it takes a brick wall to wake you up. Good luck, just remember you **are** the one driving you can do it!

Dream Tip of the Issue: Make a list of those action verbs in your dreams; keep track of them for at least a week or so. Then look at how that **action** in your dreams resembles something going on in your daily life. Like I've said before change the script, re-write the dream, you are the producer, it's **your** movie; make it a winner. Sweet Dreams!

Evstarr, known by many as the Duchess of Dreams, has been studying dreams for the past 20 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. You can contact her at evstarr@yahoo.com to be added to her mailing list. Also be sure to check out her new website reachforthemoon.net for upcoming class listings. Coming soon Lucid Dreaming workshops at the Goddess Blessed (216-221-8755).

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Getting It All Together - with Dr. Jean Houston: Finding Real Clarity About What It Means to Be Both A Powerfully Spiritual, AND A Powerfully Human, Being

By Adelle Eisner

The painfully shy, childish-looking, but middle-aged woman sat before the 100-plus others newly-gathered, spontaneously drawing from her cello, her best friend, the strangely beautiful and haunting strains of “*the music of the future*,” literally transporting the entire space.

Just 30 minutes before, neither she, nor anyone else present was truly clear about what it means to be both powerfully human and a powerfully spiritual being. No one else, that is, except seminar leader, Dr. Jean Houston, internationally awarded educator, humanitarian, philosopher, and author, who is widely recognized as one of the world’s most brilliant cultural scientists, and visionaries in the field of human and spiritual potential.

In those afternoon moments, not only that woman, but everyone in the room felt the personal and collective miracle, the clear shift in perception, about what it means to be here as spiritual beings in human form, and what to do about it.

There had been none of the usual preaching that we’re wonderful co-creators, confusingly delivered in inferences that we’re not good enough yet. Nor were there any exact words or methodologies to learn about non-judgment, delivered by teachers, so unconsciously stuck in their own old status-money personalities, that their actions, steeped in duality-myths of big / little people and right/wrong answers, denied their words about “oneness.” Nor was there any pathologizing or debilitating hint of badness about our physicality or the lousy choices we, like everyone, have made in life.

There was only joyous, growing awareness of the vast and unimaginable beings we all are; of our heroism in getting this far; and increasing clear-seeing through our foibles to call forth the Light just beyond. All this was mixed with urgings to continue, in as many ways and with as much moral courage as possible, to passionately explore, be and share our unique “moreness,” while remaining present for one another.

“*Don’t bore God!*” Houston often laughs, as she expertly evokes emergence of the greatness she is certain that resides in every person, group and culture. Greatness that is that unique depth of power, beauty and genius which we’re each here to share, and to help engage in others, even when it looks a bit outrageous.

“*The real definition of a ‘normal’ person, is a person you don’t know very well,*” she also chuckles, reminding us all, herself included, that it is in being our fullest that we can allow the fullest in others, thus, find increasing personal happiness and increasing possibilities for the peaceful unfolding of our yet unimagined, planetary world.

That morning, the cellist, highly accomplished but considered the family black-sheep without a real job, seemed to be chasing invisibility as she haltingly joined in seminar discussion about limiting systems. She stated frustration at her inability to endure jobs with orchestras, and pain at not fitting in where there is repeated sameness or withering power plays. During

lunch, and between group explorations into the I Ching, and becoming a Medicine Wheel, many attendees gave the cellist her wish and ignored her. Others showered pity or kindly attempts to bolster her from her sure neuroses.

But Houston, who saw no neurosis, and assuming that the cello had also bravely made the seminar road trip, commanded that the instrument be brought in, and sat the woman in front with it. Then she instructed with appreciative certainty, “*Now! Play ‘Twinkle, Twinkle!’*” After a shaky laugh and pause, the woman drew a surprising, hair-raising orchestral rendition.

“*Now play it like a Mozart concerto!*” Houston continued. “*Now the blues! Now a middle-eastern chant! Baroque!* It went on, and each time, after decreasingly short pauses of silent “I can’t!” which quickly dissolved in Houston’s declarative, and the group’s appreciative gazes, out flowed oddly wondrous melodies, each absolutely on target of the genre.

“*Now!*” Houston commanded finally, “*Play ‘the music of the future!’*”

When the cellist completed, as moved and amazed as the audience, Houston said quietly, with eyes peeled on her, “*That’s who you are! You are a phenomenal new pattern-maker, an architect of new music - absolutely necessary to the children, and to all of our evolving frequencies and futures,*” also inferring “*Now get on with creating the work that brings that to the world!*”

Everyone’s own inner genius had also just been stirred. That new group – doctors, artists, teachers, business and societal leaders, ministers and more, who were first pulling for, then admiring the cellist, had also just slipped into a new place of certainty about Self, society, and Oneness.

“Of course, though not a musician, I too, just touched a piece of my past and future universal memories, and can, by choice and attention, confidently fuse them into the now. Of course, right behind society’s defined pathologies are my greatest gifts, which I can also see in others, instead of commiserating or” fixing.” Of course, our work here is not to fit in, but to share our depths! Of course!”

That 1989 seminar to which I was pushed - filled with living Odysseus’s hero’s journey, Chinese painting, Thomas Jefferson, and quantum physics – all with lots of jokes, song and dance intermixed, began my own 12-year journey with Houston’s New York, Mystery School family from across the world. Each session had the same kind of rich mix of sharing and discovery into new phenomenal territory of self as Self, each other, ancient myth, cutting edge science and literature and depth patterns of our unfolding world.

October 7-10 Dr. Jean Houston, advisor to leaders and indigenous peoples worldwide, author of eighteen books, including *Search for The Beloved*, *Jump Time*, and *A Passion for the Possible*, will offer Midwesterners a similarly unique opportunity to gain truer clarity and joy about their own human genius and Source of creative and spiritual inspiration. In a rare Ohio appearance, sponsored by Unity of Greater Cleveland, she will lead “A Passion for the Possible” weekend in Shaker Heights, Ohio. For seminar information, call Unity, 216-751-1198.

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Dr. Jean Houston has spent the last 35 years exploring and evoking human potentials inherent in everyone. This powerful workshop will take participants on a journey of exploration and discovery.

A Passion for the Possible

Thursday, Oct. 7

Intimate dinner with Dr. Houston at The Intercontinental Hotel and Conference Center - \$100.00

Friday, Oct. 8 (last day to buy 3 day passes)

Preview lecture at 7 pm
General Admission - \$25.00

Saturday, Oct. 9

A Passion for the Possible Workshop
9 am to 6 pm General Admission - \$125.00

Sunday, Oct. 10

Social Artistry and open dialogue w/ Dr. Houston
2—5 pm General Admission - \$35.00

3-day Pass (Reserved Seat) \$150.00



216-751-1198

3350 Warrensville Center Rd., Shaker Heights
Next to Key Bank, one block North of Chagrin Blvd.

www.UnityGreaterCleveland.com

