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WORDS FROM THE PUBLISHER.....

Many years ago – more than I would like to admit to - I quit high school because I was too scared to stand in front of my English class and give an oral book report...not that I ever would have admitted it back then. Fear ran my life and I didn't realize it. Fear was definitely a power greater than myself. But I found some things that I thought were more powerful than fear...drink and drugs. Whenever I felt too much fear I arrested it with substances. It worked for quite a while. But then they quit working and actually intensified the fear. It took more and more to try to not feel the fear. Eventually it brought me to a 12-step program and a new life. I was told then that the same fear that drove me to those meetings could also drive me out of them – if I am not careful. How many times do we cheat ourselves by succumbing to such a selfish, ego based emotion? Too many times in my life I ran instead of facing the imaginary fears I manufactured in my mind. In the introduction to *A Course in Miracles* it says, "The opposite of love is fear, but what is all-encompassing can have no opposite. This course can therefore be summed up very simply in this way: *Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.*" Fear is just a dream we invent to feed the ego and keep it alive. What I was taught in that 12-step program is simply to look within and find a power greater than fear to run my life. We each have it at our source...it is just a matter of belief. May we each find that power to guide and protect us through this life experience.

This issue of the Journey marks our fourth year of publication. Many thanks to all that have helped and supported us through these years. We are excited to announce an expansion across man's imaginary border into Toronto, Canada. With this expansion I am sure that many new ideas and opportunities for spiritual growth will be brought forth from dedicated teachers, healers, and writers. We will be able to share with like-minded people between both areas and my hope and desire is that many new relationships will develop. May these relationships be based on love, trust, respect and honor.
Namaste' Clyde

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Our Theme for the Next Issue...

intuition

The birds have no money in their pockets.
They rest their hope in water and trees.
He alone is the Giver! He alone!
-Nanak

FEAR

by wah!

Fear of what? Fear of losing your job? Isn't a new job coming anyway? That the relationship might end? Isn't the Universe doing a good job of guiding your life? When it's supposed to end, it will end. What are you worried about?

It's a precarious dance. We are supposed to show up and participate 100% in our lives and be detached from the outcome. It's called *jivamukti* – being liberated while alive. Put all you have into the relationship, and when it goes well, be grateful. When it completely falls apart, be at peace. You did your best and learned from it. Do your work enthusiastically and then relinquish your power over the results.

When my son was 4 months old, he fell asleep for 7 hours straight. I did my prayers, cleaned the kitchen, cleaned the house and then started getting very nervous. Was he still breathing? He was in such a deep sleep it was hard to tell. Was his chest rising and falling? Or were my eyes playing tricks on me? Oh my God, what if he's dead? Wouldn't he be turning blue? Should I be calling 9-1-1? Being a young mother, I was beside myself with fear and doubt. He wasn't turning blue, but I couldn't wake him up either. I sat down and cried.

I cried for not knowing. I cried for fear of losing him. I finally sat with myself and realized that if my son was going to die, he would die. I had no say in the matter. If God wanted to take him away from me, all I could do was offer my blessings and be happy for the short time I had been able to spend with him. I came out of the experience with clarity and gratefulness. My son eventually woke up. To this day, he sleeps like a hibernating bear and will not wake up even to three alarm clocks blaring in his ear. (I didn't know him that well then!)

What are we afraid of? That it won't work out? Play it out in your head. If the relationship continues to deteriorate, you will separate and start new lives. Is that bad? Maybe that's a good thing. If you lose your temper and finally tell your boss what you really think, will that be a disaster? Isn't it about time you let loose and said what you really felt?

We dance between being afraid to get involved to being afraid to let go. We are afraid of growing – it will mean losing some connections. We're afraid of stagnating – it will mean dying a slow death with no change of heart. We're afraid of all of it – the good stuff *and* the bad stuff. It's ridiculous. Once someone asked Shri Shivabalayogi (www.shiva.org) about fear. He said, "Fear is part of the incarnation." How can you remove fear from an experience that is so full of change and possibilities?

As we grow, aspects of who we are arise and beg to be strengthened. Inner work creates an outward change. Our lives change. Sometimes growing means we lose contact with our friends, lover or spouse. Everyone grows at different rates and different times. Sometimes the job or the spouse is no longer helping you grow.

There was a man who went to see Ammachi (www.amma.org). He asked her to speed up his karmas. She just shooed him away. He asked again. She laughed. The swami who was translating said, "I don't think you really want to ask this question." The man asked again, and Ammachi said "Okay." Shortly thereafter he lost the two television networks he owned, his marriage fell apart and he had to move. His karmas sped up and he was propelled into a new life. He recovered and started the Amrita TV network. (www.amritatv.com). Who has the courage to ask this question?

My way of dealing with the dilemma is to trust my soul. I have to trust that I am guided in the right direction for my growth. If it falls apart, it falls apart. I have to attend to my life with care and kindness and accompany my soul to its intended goal. Worrying is praying for what you don't want, so I try to cut it right away with a positive affirmation. I ask for whole minded people to come into my life. I see the changes as my doorway to a new level of consciousness. I welcome the opportunity to serve the soul and create a life I love.

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



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a four-letter word

By Evstarr

Thinking back through the years, while pondering the subject of fear, one could write a book on the subject, much like the hundreds, maybe millions that already have. What does *fear* mean to me? Whoa...get ready; put the word count checker on Evstarr...you could carry this one to the moon and back.

I'm going to take a stroll down memory lane, something us Cancers like to do frequently and look at the various faces of fear as it has appeared in my life. As you do this with me, I am certain you will find yourself amongst the type on this page and somewhere between the lines. As a child, I grew up on a fifty-acre farm in Geauga County, a place called Huntsburg, one town away from Middlefield, home of the Amish and Swiss cheese. I recall my mother having to drive into Middlefield to do the grocery shopping for lack of stores in Huntsburg. On the trip into town by car, we would have to cross over a large reservoir, which I was deathly afraid of. I would beg and plead with her to take an alternate path, go the long way, *any* way, except over the dreaded bridge. Being a child of only six or seven at the time I'm sure she didn't think listening to the logic of someone who watched Mr. Magoo and Captain Penny was on her top 10 list of things to do. As the story goes, living on that farm I had several repeated dreams as a young child of drowning over a bridge by car, which I never shared at the time. Like it would've made a difference; I don't think so! So I would hold my breath, close my eyes and pray that we would make it, until I got back to the safety of my living room in front of Mr. Magoo and friends.

Those dreams and countless others started my fascination with the dream world and reincarnation amongst the multitude of esoteric subjects that I delve into with unbridled passion today. Understanding past lives has helped me deal with the fear of crossing bridges over water. I am much better with it today, although that bridge crossing over the waters on the way to Sandusky has me still praying till I reach the other side. Do I believe our fears and beliefs carry

over from the past? Yes and no. I **do** believe what we fear attracts; much like I teach my students in the Louise Hay groups I run. What we think about, we give energy to, simple $a + b = c$. If we spend all our time and energy thinking about something we *don't* want to happen, what do you think happens? You guessed it. It happens! I know of a man who was so afraid of living in the city for fear of someone running over his little girl, that finally after a period of time, he moved the whole family to the country. Well, one day when he was backing out of his driveway, yes, I'm sad to say, *he* ran over his daughter bringing to him the one thing he feared the most.

In the course of my teaching the Louise Hay work, we do a lot of digging deep and weeding out the gardens of our minds, rotatilling the soil making it fertile for our new belief patterns. In the process of doing this we uncover a plethora of fears, skeletons jumping out of all kinds of closets. When we do this work together we find **A**: we're not alone, quite a few of us walk around with the same fears, **B**: a lot of those fears we carried over from childhood and the influences from others close to us. Once we dig through all the muck and start planting new seeds we uncover a *NEW* fear. One would think that most of us are afraid of failure, we are to some extent, but that's not the *BIG* one my friends. Oh yea, there are those of us who are afraid to take risks, for fear of falling flat on our face, or the fear of losing everything we had to get there, which I've done and it's actually very cleansing and therapeutic, but the granddaddy of them all is the *fear of success!*

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us." (Marianne Williamson) You see, we are afraid of leaving our little 'ol comfort zones and expanding our territory because *then what?* Would all our friends still want to hang out with us if we were different than them...would our parents still want to lend a hand and bail us out if we needed them to? (That's how some of us equate love.) Oh...it's a scary world for some of us - success. I have given up many material things, people, places and money in my life for one thing...*freedom*. Freedom to do what resonates with my soul, freedom to follow the road less traveled, freedom to listen to my heart and pay no mind to what the rest of the world thinks. Oh, it can be a lonely place at times, sometimes a lot of the time, but I happen to enjoy my own company, which is a good thing, so I carry on. Go deep inside of your dark cave my friend, with nothing but the light inside of you, I assure you when you reach the other side you will be a changed human being, carrying with you the ability to flip the light switch anytime you so desire. "Who is more foolish, the child afraid of the dark or the man afraid



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of the light?" -Maurice Freehill

During the period of my life when I was an ardent student of the *Course in Miracles* and a big fan of Gerald Jampolsky, I ventured to the mountains of Roscoe, New York, home of the previous *Course in Miracles Foundation*, which is now housed in Temecula, California. During my time studying the *Course* and the works of Gerald Jampolsky, I learned a valuable lesson, which I will share with you. There are only two emotions on this planet, Love and Fear. Yes, that's it, real basic Life 101. Let me sum it up for you. All emotions we experience emanate from either Love or Fear. When we are in fear we are reacting. When we are choosing the emotion of love we are pro-acting. Jealousy is a fear based emotion and comes from FEAR, we are afraid of losing something or someone (i.e. our co-worker will take our promotion, an-

other woman or man will steal our spouse, someone will rob us of our money). These are all fear-based emotions. Any negative emotion can be traced back to a *fear* of some sort or another. On the flip side, LOVE is a positive emotion, and when we *act* out of kindness, caring, compassion, the list goes on, we are acting from emotions that stem from the main emotion of God, which is LOVE. So the choice is yours, which four-letter word do you want your life to stem from FEAR or LOVE?


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



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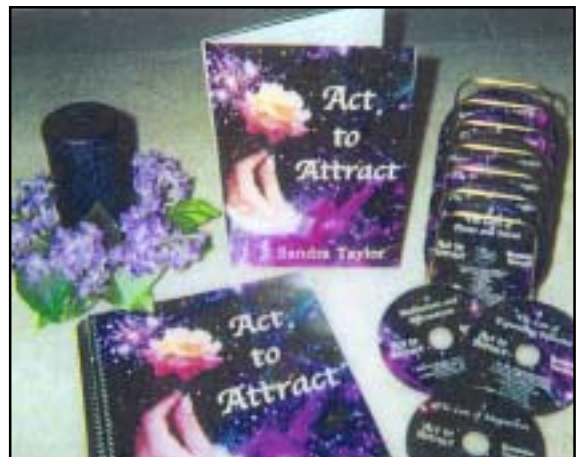
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The Nature of Fear

By Suzan “WolfDancer” McDermott

Have you ever woken up in the deep of the night filled with the horrific feeling that you are not alone? Sure that someone is watching, waiting? You know that there is no rational reason for your racing heart or the gripping fear that holds you paralyzed in your bed. Yet, there was that sound...

Or, picture this typical work day: MaryJo is working diligently on her daily tasks, performing the same job she has for the past twenty-two years. MaryJo has always worked hard, always been on time and done what she is asked to by her boss. Now on this particular afternoon, the president of the company sends her assistant, Sammi, around with a memo for each staff member. As Sammi saunters in and casually drops the memo on MaryJo's desk it is no more than a moment before MaryJo is having her first agitated thought. As Sammi continues through the office handing out each memo, MaryJo picks up her copy and begins to read. She reads the memo again and again, picking over every word and brooding over every detail.

Now feel MaryJo's panic begin. “What can this mean? Why would Ms. Thompson call a meeting with the entire staff at 3 o'clock today? There must be something wrong. I wonder if I did something wrong? I wonder if we are closing? I wonder if I am going to get laid off?” This mantra runs like a tape over and over and over through MaryJo's head until there is little room left for coherent thought on any other topic. There is only room for the growing panic.

Have you had this feeling? Have you ever experienced this sense of undefined fear, a dread that is based on nothing more than the ravings of your imagination running in high gear?

Perhaps these next few scenarios will resonate...Emile, a sweet and energetic little boy, runs and plays with his friends in the neighborhood where he lives; at this young stage of their lives they are happy and carefree. Emile and his friends are five years old. There are Dragons to be slain and Fairy Princess to dance with under the warm summer sky. There is no thought given to the larger world around them where there may be not so nice things lurking.

Joey and his twin sister Kami are seventeen years old. They are rushing into every new day at full speed ahead with no thought for any possibility that anything untoward could ever possibly happen to them. They drive fast; they take risks. They are alive and have their whole lives ahead of them, just as their friends do, and they do not intend to waste one single moment on worrying about what “might” happen.

Rich is in his mid fifties and while he tries to maintain a positive outlook on life it grows harder and harder for him everyday. He will say things like, “Did you see what was on the news again last night? The fanatics are running wild and the world is a dangerous place now.” There was a time

when Rich was not so afraid of the larger world, but as he grows older it seems that the world becomes a more and more hostile place. Rich now walks through his days with great trepidation where once in his younger days there was a sense of the world being a benevolent and safe place.

Mary is in her eighties and there are not many things that she is not afraid of these days! The man walking up the sidewalk looks pretty suspicious and the young teenage boy, who has lived across the street since he was born and been at Mary's home many times, now has “that” look about him. The government surly is up to something, she just knows it and Mary is quite adamant that if she is not careful the clerk at the local market where she has shopped for the past twenty-five years will make the wrong change purposefully and pocket the difference. Cancer and heart attack are just around every corner, lurking in the shadows waiting to leap out and smite her if she is not vigilant.

Why have I told you these stories about fear, or the lack of it? Well, as I began to think about the word fear I realized quite quickly that there was much more to what appears on the surface to be a very simple word. The Webster's Dictionary gives the following as examples of definitions for the word “fear.” These examples are: “The agitated feeling caused by the anticipation or the realization of danger; an uneasy feeling that something may happen contrary to one's hopes; to be apprehensive; to suspect;” “consider or expect with alarm”. [1] All of the illustrations of fear used here fit these definitions, yet these definitions do not define whether fear is a negative or a positive in our lives.

In my understanding fear can be either positive or negative depending on the situation. All human beings have a built in “fight or flight” instinct that has kept us safe and well over a millennia of evolution. This type of fear is still quite handy today and is the type of fear that we may experience when we wake in the middle of the night to that little sound in the kitchen downstairs; that creaking floorboard that we are pretty sure we heard. Our natural instinct for survival begins to get us ready to either fight or run. This is a very healthy mechanism for our personal safety.

Now, the other type of fear, that paralyzing, binding fear that creeps out of our deepest imaginings, taunting us with the “what if's” of life, this is decidedly not healthy fear. If we are so wrapped up in the “what if this” or “what if that” cycle we can easily fail to see the here and now along with all that life has to offer if we live in the moment. I can personally attest to the destructive nature of paranoid fear. For whatever reason, in this lifetime my soul chose to learn the lessons of fear and as such I have had to come to terms with this phantom form of anxiety and worry about things that may or may not occur. For many years of my life the littlest thing could set off that tape player in my head and send me spinning into the depths of paranoid terror. When

I say that this type of fear is not healthy, I can wholeheartedly tell you from my personal experience the chaos it brings to your life can be devastating.

Where does the fear that seems to creep up on us as we grow older fit into this picture? It is not quite the healthy fight or flight brand, yet it does not quite rise to the level of full blown unhealthy paranoia either. I would venture to offer that as we begin our lives most of us have not yet seen the bad things in the world, we are innocents so to speak, and therefore we do not yet understand fear. (At least those who are blessed with families where protection from the scary things in the world in the norm.)

As we move into our teen years we see our entire lives unfolding before us and there is no room for thoughts of death or harm. We are young and vibrant and for many at this stage of our lives we have not yet experienced a great deal of suffering or things that may later jade us.

When we reach middle age we have been around long enough to have now seen some of the more scary things that can happen to people in a world that is not always as full of peace and light as we would like it to be. We begin to get world-weary and understand that there are things to fear in this life. This is not the paranoid type of fear but an understanding that the world is not always sweetness and light no matter how much we may wish it to be so.

Then as we reach our senior years everything may become scary. Death is lurking just around every corner and we see things through the filters of a lifetime of memories, some of which are frightening to be sure. This lifetime is growing short and if we are not in a place where we understand that death is not to be feared this period of our life can be quite scary as we wait for our impending final breath.

Do we have to be older to feel this fear? Of course not! I remember being on a plane flying back home from visiting my mother a few years ago when the plane hit unexpected turbulence. We dropped a very long way and each of us in the plane was lifted several inches out of our seats. Then the plane lurched on its right side then to the left and while I do not fear death necessarily there was that moment of fear when I thought, "But I am not really ready to cross over just yet. I still have things to do."

Fear can come at any time...in various forms...some good...some not so healthy...

So, how do we deal with this emotion, the unhealthy fear, the one that sends us into paroxysms of paranoia? I will tell you right now that I am by no means a doctor or psychiatrist, yet it seems from my personal experience that one of the keys is to be able to recognize when we are in the cycle; to learn to identify that the tape has begun playing, that we are doing the addictive worrying. If we can get to this place then we can begin to step back and ask ourselves some questions, begin to probe the deeper reasoning behind our fear.

Perhaps ask ourselves what exactly it is that we are feeling, what did someone say or do that triggered these feelings? Seeking to find out if there is in fact any basis for our fear or anxiety, checking for real facts before the tape takes total control. These are some of the actions and questions that I have found to be personally helpful in my battle against


the fear tape.

Another useful tool is mediations. When we are in a quite space, when we enter the Dream Lodge, that place of deep meditation, we can begin to explore our inner self, taking a look at what our triggers are, what stressors send us into the "fear zone."

In closing I would like to relate the thoughts on fear of a very good friend of mine who also happens to also be a very sage woman. She once told me that all anger comes from fear, so it seems quite wise to me that we should each seek to explore our fear triggers to see if we are not truly angry about something or at someone. I have found that in my personal experience this principle is a truism, and if I look beyond my fear the root is often found in anger. This is something to ponder and perhaps explore at another time.

Namaste, Wolfie

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REMEMBERING TOM JUNE

By Patti Dooms

“There are only two things in the Universe: Love and Fear. If it’s not about love, then it’s about fear. If it appears as anger, it is really fear. Jealousy is fear. Resentment? Fear. Hatred—Fear. Anything that is not an expression of love is fear, and fear is not of God.”

I had the privilege and honor of calling Thomas June my *FeatherTouch* healing partner this past year, and most of our clients frequently heard Tom make those statements about fear. He tried to help them understand that all illness and pain, physical or emotional, stemmed from fear.

Less than two weeks before his passing, Tom and I discussed his possible trip to Burma. I cringed a little, and he said, “What? Do you have a bad feeling about it?” I said I thought I might, and he responded with, “Hmmm....that sounds exciting—a real adventure. Now for sure I have to go.”

Tom knew no fear. If it crept in, he recognized it for what it was, and refused to give in to the illusion. He did what was necessary to take on whatever challenge he was presented with, and to rise above it. Years ago, in his teaching career, Tom taught in some of the most challenging school districts in the inner city. He won the respect of his students there, based on his fearlessness, and his wisdom in any given situation.

He didn’t allow fear to intimidate or silence him if he believed verbalizing his thoughts could make a difference.

Often, he risked being disapproved of by education administrators, stating his position, no matter the politics in the system he was employed in. At the same time however, he also allowed his humility to silence him if he believed speaking up was strictly an ego need, and unlikely to inspire change. Unlike most of us, he had the ability to discern the difference.

And when teachers were advised to back off and have no physical contact with their students for fear of being accused of inappropriate behavior, Tom June devised a technique of healing his students by holding the palm of their hand between his thumb and middle finger, until headaches, depression, and pain were lifted.

I remember being at last year’s *Mind, Body, Soul Expo* with Tom and as we were leaving, a former student ran across the parking lot calling, ‘Mr. June, Mr. June!’, until he stopped and then hugged her. When he introduced us, she smiled through tears and said, “This man saved my life”.

Shortly before his passing, he was saddened at the thought that even with all of the healing work he was doing, there were so many more people who remained sick and hurting.

As he rose above fear all of his life, I believe Tom June considered what the other side of life offered in opportunities to heal, that on June 27, 2005, he decided, “That sounds exciting—a real adventure. Now for sure I have to go.”

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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 a deep feeling that my presence on Earth has a greater meaning than acquiring material things. Nevertheless, I'm pursuing prosperity, which includes love, family life, great spiritual life, health, happiness, and financial freedom. Although I'm only 32, I feel like I'm living a deeper life than people I know, including my own husband and friends. How can I ask God for guidance, and perhaps meet a guide that would share my vision of life?

M.F., Sydney, Australia

Dear M.F.,

That's true for all of us, yet there's nothing wrong with the best creature comforts we can manifest. We've come to this planet equipped with enormous powers and abilities. It's up to us to learn the laws of the Universe and to connect with the Source of all Intelligence, which many people call God.

It seems that you're already doing this. Your request for guidance has already been heard. Now it's up to you to open your consciousness and allow this energy and guidance to come forth. You can do this in meditation by simply saying, "I am open and receptive to the next step on my spiritual pathway." Also, ask for more understanding each day. And in the morning ask that, for this day, you see all your earthly experience through spiritual eyes and spiritual understanding.

Remember that your friends could be living an even deeper spiritual life than you. We never know, and it's never good to assume anything. One of your best friends could be the very guide you're looking for. All of us have the capacity for deep spiritual understanding.

Dear Louise,

I have a great life. I love my job, my wife, and my kids, but sometimes a wave of depression will come over me for no reason and I can't seem to shake it. Do you have any advice for me? Thank you for all you do.

A.G., Los Angeles

Dear A.G.,

I too have the occasional wave of depression come over me. It happens less and less as time goes by. In my

A Monthly Column from Louise Hay

case, I know that I've touched back into an old childhood memory of pain and abandonment. So I talk to my inner child, reminding it that those days are over. I, the adult, will never allow any of those things to happen again. I tell this child how much I love it and then ask, "How can I make you happy?"

So don't try to shake the depression. Realize that your inner child needs love and reassurance right now. Give it all the love and comfort that you can, and the depression will fade away by itself. Also, look in the mirror and say, "I love you, I really love you." It works wonders.

Dear Louise,

Over the past three months, I've had injuries to my right arm and fingers. First I smashed two fingers in the car door. A week later, I slipped and really injured my wrist and forearm. After finally healing from the arm injury, I injured my thumb while reaching into my purse. A sharp object poked under my nail and is now infected and excruciating. I realize that there must be a specific lesson here that I'm not getting. . . maybe slowing down, not making so many commitments?

B.A., Boulder, Colorado

Dear B.A.,

What man really upset you around three months ago? The right side of the body is the masculine side, so it's either your father, or some other authoritative figure, and although you'd like to smash them, you feel unable to do anything about the situation. Perhaps it's a boss. You're still holding on to the anger, and you're injuring yourself because of the guilt you're carrying.

This sort of thing happens all the time. I would suggest that you scream in your car, with the windows up and the music playing. Scream out all the anger and fury that you're holding in. Or beat some pillows at home. When that's all through and the crying is over, go to the mirror and say to this person, "I forgive you. I bless you with love. I release. I set you free and I am free." You'll be amazed at how quickly you will heal and the accidents will stop.

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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 (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. Due to the volume of e-mails Louise receives, she has decided she can no longer respond via the Internet.

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FEAR: ONE MAN'S LOOK AT ONE BOY'S EXPERIENCE

By Richard A. Schumacher, Minister
Unity Church Centre, Girard, Ohio

The subject of fear brings to mind a series of buzz words, clichés and phrases that have little impact in overcoming deep-seated fears. “Shake it off.” “Love is letting go of fear.” “False Evidence Appearing Real” may reflect good advice, a meaningful process and a truth but they provide little comfort when in fear.

The following case study shows how a deep-seated fear might develop. It is the case of a six-year-old boy. Out on a summer drive in the country with his family, the boy was asked by his father, an amateur photographer to pose for a picture. The father asked his son to stand on a tree stump at the side of the road where they had stopped. Behind the stump was a deep valley that had been traversed by a new interstate highway. In the late 50s and early 60s the nation began the task of building our interstate highway system and here was a history-making photo opportunity. The photographer sought to freeze a moment in time and in so doing chronicle the growth of a nation and a boy.

The boy had other thoughts about what he perceived to be a fearful and dangerous situation. This boy saw the deep valley behind the stump and knew that he would surely fall off the stump and roll wildly into the valley never to be seen alive again. So the boy refused his father's request to stand on the stump. The father loved his son and would in no way endanger the boy. There was more than adequate space between the roadside stump and the drop off that led to the valley of death and destruction, so the father **insisted** that the boy stand on the stump. The boy, with renewed strength that comes from the natural instinct to preserve his life, shouted “NO! NO! NO!”

In the 50s and 60s few six-year-old boys would engage their father in a shouting match, but fear got the best of him. He said to himself, “If I am to die today it will be by my father's hand for I will not stand on that stump.” The father loved his son and so he backed away from his insistence that his son climb on top of the wooden instrument of death, but it was too late. Fear had taken hold of the boy like a viscerotropic microorganism. The fear was gut-wrenching. A compromise was struck. The boy would stand beside and in front of the stump while shouting “NO! NO! NO!” and then dad could take the historic picture. The picture was snapped. The old CerioFlex two-and-a-quarter square camera captured the moment, and in that same moment recorded on the plane of the boy's soul, in the depth of his feeling nature, is a fear of heights. The effect of the event is a deep-seated fear of heights that fol-

lowed the boy into adulthood. Today the boy, now a man, has a visceral response to high places. Such a fear is far from crippling but it does interfere with enjoying life.

A few years ago while visiting Gettysburg Pennsylvania, an opportunity arose. As the man toured the battlefield he came across a large steel structure. Approaching the tower cautiously he read the plaque. It read “The Dwight D. Eisenhower Observation Tower”. A choice was made. He would climb. And climb he did; halfway up the tower he went. At about 25% of the way a knot developed in his stomach and his knees became weak. “Where is this coming from?” he asked himself. Could the viscerotropic microorganism that infected him so long ago be creating these symptoms? When he reached the halfway point he saw lightning strike on the horizon. Wisdom, not fear, dictated a hasty descent. A full overcoming of fear would wait for another day.

On a more recent trip to Holland, Michigan with his granddaughters the man found himself called upon to challenge his fear. Visiting the tulip gardens in Holland, his granddaughters expressed the desire to climb to the top of the windmill that overlooked the gardens. Reluctantly he agreed. It wasn't long before the physical symptoms of fear began to manifest. To reach the top required calling upon every buzz word, cliché and phrase with which he was familiar. Such events prove that prayer is more than an eyes-closed experience. He began with some self-talk. “*Suck it up! Shake it off! You can do this!*” The symptoms subsided a little. The talk continues: “*This isn't about you! Do it for your granddaughters! Do it because you love them!*”

Maybe love really is letting go of fear. There was more improvement, a little less fear and a little more peace. As he reached the top, he stepped out on the balcony that surrounded the top of the windmill, his mind rushed to the unreality of fear: **False Evidence Appearing Real** and to the very real, yet diminishing feeling in his stomach and knees. It was that feeling that demanded that his left hand remain firmly grasped on the door frame that led to the balcony. He had done it!

What took place here? If fear generates a microorganism that can paralyze a man then surely love generates one that will free him. Love melts away fear like the flame on a candle melts away the wax. The light of love dispels the darkness of fear as candlelight makes sure we see each succeeding step in a darkened room. Comfort and overcoming always comes to us when we rise above the self in loving service to others. If this case study appears at times to be less than clinical, it may be because the six-year old boy in the story is also the author of this article. Walt Kelley, creator of the cartoon Pogo, wrote, “We have met the enemy and it is us.” I might say that our demons and our deliverance are within us.

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HEALTH & NUTRITION

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F. E. A. R.— Future Events Appearing In Reality

By Janee Kuta-Iliano

“Thoughts are Things”

My whole family will probably scream if I say that sentence one more time. But it is easy to say and easy to believe.

Thoughts are seeds. Everything you do or think is a cause set in motion. So if I am anxious or fear something, then I will attract into my “reality” fear and anxiousness. If I am confident and believe in my abilities, then strength and ease is what I bring forth.

“Thoughts are Things”

Personally when I operate in fear mode, it stifles my motivation. Of course that is what our fears are meant to do, strangle our passions and purposes. The opposite of fear is love. But why we have fear can be difficult to understand. I feel that fear keeps this ego-based world comfortable and keeps most of us from shining our most amazing light. With so much going on in the world it is hard to be our true selves. The world appears to be extremely overwhelming. We are pumped each day with all sorts of things to fear, how could we possibly overcome it?

I picture the endless signals of positive and/or negative thoughts flying across our world like electric magnetic frequencies being transmitted by numerous electrical devices. “I suck, I can’t do this, I am afraid to fly, terrorists are coming, I hate my job, my food is full of chemicals, I am going to get sick, I can’t be alone, natural disasters or atomic bombs will wipe us out, etc., etc.” These fearful thoughts and many more are bouncing around creating more and more energy. So not only are you creating fear but collectively we are fueling the fire. Hate, greed, impatience, anger, fear are all adding to the universe and affecting each and every one of us. We are all in the world together, interdependent and when one of us operates in a negative space it collectively affects all of us. It is the illusion of the ego that separates us.

Happiness is in the doing and experiencing is what I hear. So I am hoping that having fear is just part of the process. Awareness seems to be key. When you experience fear, bring it to your awareness and let it go like a cloud passing in the sky. Realize it, feel it, but know that it is an illusion. No matter what, let your true self be known. Fearless or fearful, ultimately you are only you in this moment, not the product of your emotions that change from day to day. Embrace the thoughts you have good or bad but draw yourself back into the present moment. This is starting to sound cliché, but all we really have is this moment and the one thing that takes away all thoughts, good or bad, is your breath and mindfulness. When you have fear or joy realize that these are fleeting emotions and draw yourself

back into the moment, into your breath. There is so much going on around you. Most of the time we are not even paying attention to the beauty that surrounds us since we are engulfed in our own thoughts and struggles. Are you participating in life or is life happening without you? Let go, drop your mind, embrace the moment and move into a place where thoughts come and go. This is what I believe can move us closer to enlightenment, entitled to each and every one of us.

I have to keep practicing to be myself; it sounds silly, but I have to tell myself to embrace life as it is coming to me, good or bad. Meditation and breath-work is starting to do this for me. Life unfolds exactly how it should. Our thoughts and illusions can steer us away from the true reality of the world—NOW. All we have is each and every moment as it is happening - that is the reality, nothing else is going on, it is just our minds that like to create drama and distract us from the present. When we re-train our minds to stay in the moment, letting go of all thoughts, everything starts to become ultra-sensitive, heightened and the beauty of simple things around you is satisfying. Sounds crazy to think that such a simple thing as breathing can open your mind to the world around you, but it can.

Most of us don’t even realize what others see in us. We are always so busy reacting that we rarely step back and see ourselves as perfect beings, exactly where we are supposed to be at any given time. Fear in any form does that for us. So let us turn that into a positive. Who likes to feel fearful and anxious anyway? Simply let it go. Switch your thinking; reprogram your mind. Close your eyes, take a deep breath and picture your thoughts leaving you one by one. A good friend recommended visualizing you are on a boat with steel railings and the railings are full of perched crows. Each time you have a thought or distraction place that thought on one of the crows and picture it flying off the boat, freeing up your mind. One by one, let your thoughts go, let go of judgment and emotion. Results come with practice. Start slowly, maybe pick one thing that bugs you and work on letting it go whenever it comes up. Recognize the emotion, take a breath and let it go. You may have to do it dozens of times over and over until the feeling that bugs you is released, but it will happen.

You have a short life, I have a short life, let go of fear, let go of your thoughts, stay here in this moment, reading this article and breathing. Your time is limited, keep practicing and embrace life as it is unfolding or a life of fear and illusion may reasonably become your reality.

Janee Kuta-Iliano is the director of ALIVE ONE whose purpose is to empower others to take control of their health. She offers Swedish Massage, Colonic Irrigations and Cleansing & Detoxification Programs. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net.

“BE AFRAID.” “BE VERY AFRAID.”

By Thomas K. Ockler P.T.

Fear is a good thing. It is indeed good to be afraid. The cemeteries are full of fearless people. (Feel free to substitute stupid for fearless.) You know, as in, “Hey bubba watch this!”

Fear is also a great protector and teacher. It teaches us respect for things we might otherwise ignore. Things that can do us harm. So, “be afraid.” “Be very afraid” is a very wise saying.

Where does fear come from? It comes from a small mass of gray matter located in the anterior portion of the temporal part of our brain called the Amygdala. The Amygdala is a part of our primitive brain that has been around in our species and multiple other species for eons. It is where we store terror. That’s right, terror, horror, pain. Why on earth do we wish to store these memories? Simple, it’s to remind us, hopefully in time, before you hear, “Hey Bubba! Watch this!”

You see, as our species and others evolved, it became quite necessary to scare the living you know what out of us to make us run away, fight, or scream our heads off. Hopefully, we would learn from our fears and act appropriately when placed in that same situation again. It’s actually very good planning on the part of those who put this brain together. So, you see, fear is good.

On the other hand, fear is bad. When that Amygdala launches one of its scary movies into our thoughts, our bodies and our brain don’t know it’s just a movie, a video clip or an Mpeg if you will. Our conscious brain thinks it is really happening. So with all the fanfare that our brains can muster, we go into fight or flight mode. Even though we actually know there is no crazy man with a butcher knife coming at us we react as though there is.

Our hearts start pounding, adrenaline is secreted, insulin is pumped into our system and we start to sweat. Which of course, is the appropriate reaction if there is really a crazy man with a butcher knife chasing us. But if not, we just called in a four-alarm emergency in our body for nothing. If this happens often enough, our bodies will be damaged by the reaction. How you may ask? For starters, your body will release cortisol from the adrenal cortex as a reaction to fear, danger, etc. Cortisol is a hormone that quickly readies the body for fight or flight and that has positive benefits for the short term (as it could save your life). Blood gets shunted away from the digestive system and into the long limbs for running and fighting.

But when the body continually pumps out cortisol, even though there is no eminent danger, there are consequences. Long-term release of cortisol is known to lower our immune systems. It is also shown to mess up the body’s delicate system of insulin production and utilization of sugar. These two events, lowering of the immune system and mucking up the insulin utilization in the body, will in no uncertain terms shorten and reduce the quality of our lives. Stress, it

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would seem, is the final frontier.

The effect of cortisol on our cardio-pulmonary and circulatory systems is quite profound as well. This long-term increase of cortisol tends to inflame our tissues including the coronary arteries. With inflammation, our arteries become irritated and swollen and begin to catch clumps of blood gunk. The process of coronary disease begins, which may eventually end or shorten our lives not to mention place a great drain on

got there and we will live longer and healthier.

So many of the chronic pain and chronic disease states we see in our practice are rooted in this "fear run amuck" system that it's, well, it's downright scary! It is such a waste of great human potential when lives are dominated by fear.

In a world where there is so little leadership and where little primitive minds cause so many true reasons to be fearful, what a shame it is that we are frozen into complacency with regards to these "clear and present dangers" by dangers that exist largely in a primitive little part of our brains.

In our "Sick Care System," which is being unceremoniously drained of its resources by profiteers, what a shame it is that the fear of things that are not real will shorten or end our lives. Is there any hope for smarter leadership? I'm afraid not.

our overburdened health care system. And if that's not enough, the high sympathetic tone which results from a state of elevated vigilance increases muscle tone, which raises blood pressure. Yikes!

In this case, the irrational or imagined fear causes a domino effect that negatively impacts our health. Defeat our fears, recognize where they came from and how they

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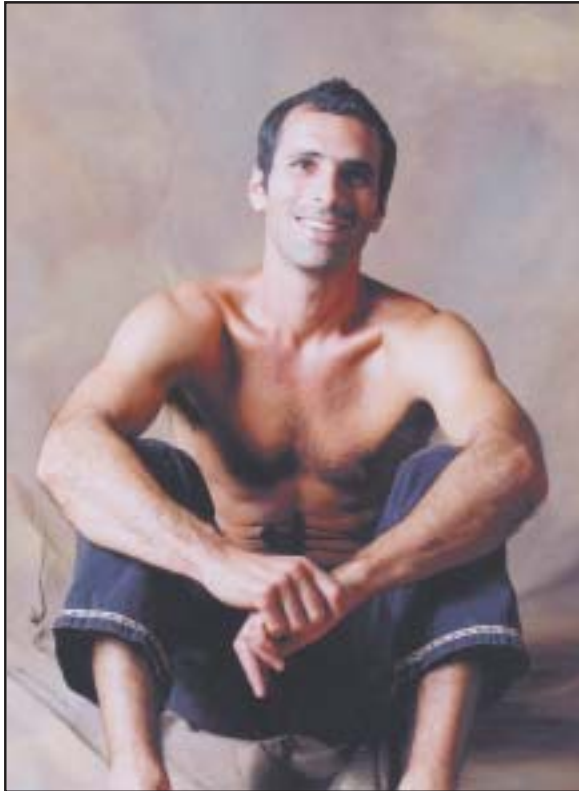
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Your Angels Revealed With Laura Lee

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



EXPO DEMOS/WORKSHOPS



Mini-Workshop in Animal Communication - Dr. Agnes Thomas

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

Spirit Gathering: Gallery Style - Rev. Melissa Leath

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



Tantra - Shakthi

Intimacy & Spirituality

In this 2 Hour workshop you will learn techniques to

- To move from Sex to Superconsciousness
- To love yourself and discover the divine within.
- To create Loving relationships in your life
- To live in Freedom & Celebrate your existence with JOY.

Shakthi – Is a certified Ipsalu Tantra Instructor Co creating Space for the abundant flow of Love. Has been practicing Tantra for years learning from different Divine Masters of the Spirit.



Why Raw Foods - Janee Kuta

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



Feng Shui - Joyce Varona



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

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

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

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



More EXPO Demos/Workshops on Page 26

EXPO DEMOS/WORKSHOPS

CONTINUED



Act To Attract! - Sandra Taylor

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

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

Messages From Beyond - Sharon Klingler

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



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Messages of Love

Questions Answered by Laura Lee



Laura Lee

Q: Ever since my mother passed away about 4 years ago and my aunt that passed unexpectedly about 2 years ago, it seems like my life and maybe my husband's life became somewhat difficult. We both got laid off the same time. Then when I found work, I got laid off again. We have had financial difficulties for the longest time. Is there something that we did that caused this? Or should I ask what can we do to improve our situation? Stuck

A: Dear Stuck;

When you and your husband made the commitment to come together, you consciously chose to carry one another's burdens through the words you both expressed during the marriage ritual. Thus, when we grieve the loss for our loved ones it is common that the mate will feel the same effects emotionally because you share space energetically and are tied together spiritually... This happens whether it is conscious or unconscious because you are one. While it is normal for us to process these emotions for a given time; it contracts everything around us. And this creates a domino effect in our lives. Transitions naturally occur...we go through a personal death of what was...and rebirth to new life without the physical presence of our loved ones in our daily lives. Things that worked before, may not work for us in the same manner now. For instance, we may feel disassociated to loved ones (friends/family) who are still with us. This may cause for relationship dynamics to change around us. This is neither good or bad, as it just happens. Also, things that used to bring us joy may not be as exciting...and this can include our occupations. Because we are comfortable with old routines that we associated with our lives while our loved ones lived, we cling to them for safety and comfort. It is what we KNOW from our past. So it isn't that you did anything wrong to cause these circumstances to appear in your life (drop that guilt trip fast!) as much as it is that you BELIEVED things would remain the same after major life transitions. By being attached to our past, such as pursuing the same line of work out of necessity only, we stunt life's growth. Being laid off is a good indication that doors were closed around you for good reason. These are signs from the heavens guiding you to go a new direction. This is for your own good, because the universe lovingly supports you. It already knows what you need. Remember that your financial loss is not tied to the job you do. Nor is it tied to who or who isn't in your life. As a incarnation of the divine, you are blessed with health, prosperity, and love. It is accessible to everyone who walks this planet. It is also, however, a matter of choice to receive these blessings in life. Be willing

to investigate and evaluate those areas in your life that no longer serve. Simply ask yourself; 'Does this bring me peace and/or joy?' Release those things that no longer bring peace while being open to opportunities that bring joy. Take risks. Consider opening that business you dreamed about and/or going back for more schooling. It's a matter of living life fully...there are many blessings yet to come for you and your family.

It is recommended you state this affirmation before dropping off to sleep at night as well throughout your day anytime you feel fear about your pending circumstances. Do this for 40 days straight – start over if you miss a day (even if you see a miracle tomorrow)! And watch how your loving guardians and angels shower you with miracles...

"We are embracing many new positive opportunities that inspire us to fulfill our life's purpose and bring forth incredible blessings including great financial abundance for our family."

You can receive an reading by Angel Medium, Laura Lee by clicking onto the following link http://www.messagesoflove.com/from_your_angel.htm. Please recognize that your question is a very private matter and not published without your permission.

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

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PLANETARY PATHWAYS

By Evstarr

ARIES

OK Aries...it's time to stop beating up on yourself...so you partied hearty this summer & now the 'ol guilt truck really dumped it's load on you...forgive yourself...let it go...it's in the past...remember you are a child of the Universe...the Heavens aren't beating up on you, so why are you...it's time to *love yourself* in September

I guess all that loving yourself & you do it best, has propelled you into entrepreneurship in October...it's time to pull out the 3 D's, drive, discipline & desire...now's the time to do your work, meditate, conduct research, watch your diet & allow the Universe to do it's magic

TAURUS

Look's like you fell in line with some planetary magic also Bull...September has you cashing in on running your own business...all the patience & planning finally paid off...you know what to do next...put all the pieces of the puzzle together, & play them like a fine tuned violin & sit back & listen to the music

October says add other instruments to your orchestra...explore your options...add new pieces to the band...and eliminate those who are playing off key to your beat...it's time to make some changes...go with the flow...don't get stuck just playing the oboe...visualize everything in your head first & watch the planets play a symphony to match

GEMINI

Whether your mother is still partaking in this huge classroom we call planet earth, or if she's made her walk through the pearly gates...September has you looking at any unresolved mother issues that may have their stagnant energy laying around...clear the air, release & allow the love to flow...this will open new doors of opportunities for you

Job well done...now that you've cleared the way for more positive energy to start circulating in your life it's time to play...allow that curious George to open up his bag of tricks...let the fun in & allow your heart chakra to open up...divine wisdom will then have plenty of room to tap into your creative muse

CANCER

The storm clouds have cleared, the worst is now behind you...September has a new ship sailing over the horizon...wash away the seas of negativity that had you anchored down...release the experience & extract whatever lessons you learned...it's time to steer that vessel in a new

direction & the Universal winds are blowing your way

There's more than one course your ship can take in October...look out over the bow & explore the many tributaries that lie in front of you...this is a good time to take the road less traveled...the ship's genie has just granted you a wish...see it mentally first, then let the Universal co-captain navigate it to shore

LEO

It's time to look over your jungle lion...September says abundance & opportunity are abound...the cash cow is heading your way...you're on a success streak...pay attention to any out-of-the-blue phone calls or chance meetings...follow your guidance & watch doors open wide for you

OK October says simplify your life...eliminate clutter from your home, your office, & don't forget to weed out the closets of your mind...your energy has been fragmented & it's time to feng shui your world...eliminate unnecessary tasks, your energy will be restored & you'll be a much happier lion

VIRGO

September's birthday month & the Universe says make a play day with a friend...enjoy, celebrate...you've been working way too hard, & you've been way too busy...quit analyzing everything...your brain needs a break, get out & play...then when you get back to the drawing board your creativity will be sky high

In October & you'll need to pinch yourself, because you'll think you're dreaming...it's a magical month...your genie has appeared...make a wish right now...act as if it's already come true...see it fulfilled...give thanks for it...then let it go into the Universe like a helium filled balloon...the sky's have just opened up

LIBRA

Love is in the air...Lady Venus has just arrived on your door step...& she's in full gear...put on the music, soften the lights, your world is a glow...September's energies can bring that soul mate relationship into your life...if you're already involved look for your present relationship to take on a deeper meaning...get out your glass slippers

October is birthday month & it's time for **you** to receive...allow others to give you loving care...receive without guilt...you are giving the other person a gift each time you receive...don't take the pleasure away from the giver...you need to balance the flow of yin & yang energies to restore the healing energies present in you...opening up the way for more abundance & creative ideas to flow into your life

SCORPIO

It's time to make a decision in September...stop floating around like a canoe without oars...your indecisiveness is keeping you stuck...let go of all fears & worries...decide the course of action & set sail...focus on the destination at hand...& enjoy the journey along the way

October's planetary energies are opening up the channels of manifestation through music...play it, chant it, sing it, drum it...whatever avenue you wish to express the song that's inside of you needs to come out...your goals manifest more rapidly to the notes of the musical scale...get to it...it's your orchestra

SAGITTARIUS

There you go again...everything you touch turns to gold in September...you're an alchemist this month & you have the ability to turn water into wine...you're on a roll...& success is all around you...speak it & it is so...you're powerful this month so be careful what you wish for...

OK you've been on a roll, now it's time to explore your options in October...as you ride high atop that horse aim your arrow in different directions...look at the fields of possibilities that are around you...come out of the woods looking for new game...then set your sight...ready, aim, point & shoot

CAPRICORN

Read this issue Capricorn...Septembers energies may have you focused a little too much on what you fear instead of what you desire...watch your thoughts...what you think about you give energy to...when those negative thoughts pop up say "cancel, cancel" & replace them with positive thoughts & energy

OK October has you in a holding pattern...which is OK...the Universe is asking that you wait...don't rush into action right now...there are some things that have yet to be revealed to you...this should be easy for you because you're not the impulsive type...sit back & observe

AQUARIUS

September says take a step back...more information is needed...you're venturing into an area where other people could be of assistance to you...consult an expert...it's not a sign of weakness to ask for help...affirm that the right person is divinely guided to you right now...and then be open



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& pay attention...

OK you did it...now October's energies say raise the bar...set your sights higher...increase your standards & expect more for yourself...you've been trying to tell yourself that a particular situation is OK when it *isn't*...reach for the moon & know you're qualified...heaven will assist...don't settle for less

PISCES

September is asking you to reevaluate the way you look at yourself & know that you are worthy...you deserve to receive good in all ways...you've been subconsciously blocking the manifestation of good coming into your life because of deep-seated beliefs involving deservability...move aside & allow the Universe to help, & accept it graciously

October brings a major life change into your life...bless it...you may feel that your life is topsy-turvy right now...but know that the Universe needs to move things around when they no longer serve our higher good...stay calm in the eye of the hurricane... remember the rainbow is at the end of the storm

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Check out her New Astrology classes starting September 15th at Lakewood High School 216-529-4081. Looking to move, find out where you're best suited for career, love & romance, health & happiness NEW relocations charts available. Call 440-930-8865 or evstarr@yahoo.com to be added to her mailing list, check out reachforthemoon.net for updates.



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LIGHTING THE DARKNESS

By Jwahir S.I. Masani

“Everything is dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.”

The above statement describes one of the Universal principles, as declared in The Kybalion, a study of esoteric Hermetic philosophy. The Principle of Polarity teaches that Fear and Courage are different merely by a matter of degrees; they are a pair of opposites, yet poles of the same thing. Fear and Courage are states of mind.

Fear and Courage co-exist but they can't be fully experienced simultaneously, although there is a middle point between them where the difference is so faint that it becomes difficult to distinguish between either. Clearly, darkness can become light. To kill thoughts of Fear, cultivate thoughts of Courage.

To transform our states of mind, we must understand that where we find Fear, we find Courage; since where we find one thing, we find its opposite. Courage is the positive pole to the negative pole of Fear. When we choose Courage instead of Fear, we ascend toward a more positive mental state, divinely assisted as Nature tends in the direction of positive energy.

To be Courageous, think Courageously. We have the inherent potential to control our thoughts, thereby transforming our states of mind. The Universe is Mental; by concentrating on Courage instead of giving 17 seconds or more to Fear, we encourage a mental state that eventually be-

comes one of Fearlessness. As we think in our hearts, so it is that we are.

The outside world is in a perpetual state of Fear; our Fear is often a result of induction by our friends, family or society. By controlling our thoughts, we are no longer vulnerable to having our thoughts controlled by others. We can raise or lower our vibration at will to change our mental poles and thus be Master of our mental states instead of being their servant and slave.

The healing of ourselves and our planet is what is at stake. In the presence of a person vibrating at the high level of happiness or bliss we polarize toward the positive end of the scale, instead of toward the negative. Positive energy readily dominates negative, Fear transmutes to Courage and other negative emotions transmute to their positive opposites. To destroy thoughts of Fear, intensify thoughts of Courage.

By controlling our thoughts and choosing the positive, we aid humanity in an intelligent, appropriate and loving way. Truly, the glow of one flame brilliantly lightens the darkness. Choose light; choose Courage over Fear. Our reward is a peaceful mind and the promise of a peaceful world. Namaste.

Jwahir S.I. Masani is a Shaman initiate under the blessed wing space of beloved clairvoyant Nepali Shaman, Rev. Dr. Marguerite E. Bolden (rose petals at your feet!). She offers loving respect to her master teacher, Rev. Geraldine Capers Murray, who first shared the secrets of The Kybalion. The Trinity is Love.



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Keeping with the flow of lucid dreaming, let's discuss various methods to help with lucidity. Meditation: helps with lucid dreaming by disciplining the mind and enabling you to connect with your inner self. Seeking those answers so often sought in dreamtime.

Self-observation: a key to lucid dreaming, just sit back and watch yourself throughout your day. Detach from you and be an *observer*; this technique will not only help in other areas of your life, but is advantageous to noticing the signs that *trigger* lucid dreaming.

Intent: simply tell yourself many times throughout your day "I AM HAVING A LUCID DREAM". This simple but effective exercise carries with it a lot more power than you realize. Affirm repeatedly your *desire* and *intent* to have a lucid dream. You'll be surprised at the results.

Random acts of kindness: yes, simple acts of service throughout your day, not only are good for your soul but your dream life also. This technique is by far the simplest and most life altering. You'll want to do this regardless of your interest in *lucid* dreaming.

ASK: ask yourself often as you go about your work, play, housekeeping whatever it is you do, "AM I DREAMING?" Sounds weird, yea maybe, but there's something to doing a reality check during the day that carries over into the night. As you're asking

yourself "am I dreaming" then pinch yourself, to assure that you are indeed awake. You serious dreamers out there know what I'm talking about.

Last but not least, Exercise: yes, believe it or not a little exercise each day helps insure a good night's sleep and therefore promotes good *dreamtime*.

QUESTION: Are there *triggers* in a dream that help you recognize an opportunity for lucid dreaming?

ANSWER: Yes, that's part of the reason for self-observation during the day. Learn to recognize absurd things in your dream such as, flying toasters, and a singing pig, blue hair anything that sets off an alarm *oh I must be dreaming*.

Dear Duchess:

Fly Away - I am at my father's house when suddenly I realize there are some shady characters I just don't trust. I don't want them to see me, so I blink and make myself invisible and once outside I fly away. Signed, Invisible

Dear Invisible: I would want to look at what part of

you or *your* life that you don't trust or feel comfortable with. I would ask myself "what am I hiding from" or "flying away from?" You have the ability to disappear; now we want to gain the strength and knowledge to confront what those shadows (shady characters) are in our life? Dreamers, I've said this many times before, but it bears repeating, you must understand that each dream is individual to *you* and what's going on in *your* life. Others can help you recognize some of these things, but *you* are the dreamer. Sweet Dreams!

Evstarr, aka "Duchess of Dreams," has been studying dreams for the past 25 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Visit her website www.reachforthemoon.net for upcoming dream workshops, send your dreams & questions to evstarr@yahoo.com

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THE YOGA PAGES

Birthing Free of Fear

A Yoga Student's Perspective

By Jennifer Lenhart

I roared like a lioness as I rocked on my hands and knees in the bathtub, pushing my son into the world. The sound coming from me was other-worldly, primal, transformative, raw. I was in my power. I was giving birth. My midwife suggested we move to the bedroom as the time was near.

The energy in our home was spiritual, sacred and charged with the power of the life-force. Earlier in the night, my husband had helped me breathe through contractions as we chanted Om together. Everyone gathered could feel the baby's spirit descending and the excitement was palpable as the moment of the birth was approaching. I got onto the bed and between powerful pushes looked around at the loving faces surrounding me: my husband, our doula, our midwife and her assistant, my best-friend of nearly 20 years and our Unitarian minister. Their presence during my labor was invaluable.

There was always someone with me, even though I wasn't always conscious of who it was, stroking me, encouraging me, praising me, rubbing my back, breathing with me. The room was dimly lit and the music of Mickey Hart's drumming played softly in the background. I was having the birth experience I had dreamed of. After a few more pushes, my son's head emerged from the watery world where he had spent nine months. Suspended for a magical moment between that world and this one, his shoulder emerged and he slid, beautiful, slippery and perfect into his father's waiting hands. He was placed on my belly, and a quiet cheer erupted from my labor supporters as he let out his first lusty wails. The transformation was complete – I had journeyed through the ancient, sacred mystery of childbirth and had joined the ranks of Those Who Have Given Birth. I had found my power and free from fear, had become a mother, a creator of life.

When I tell people that my son was born at home, often they say, "Weren't you afraid something would go wrong?" or "You're so lucky nothing happened." I tell them that luck had nothing to do with my positive birth experience; rather, I worked very hard to have the experience I did, and I was not afraid because I had prepared. Unwilling to buy into the myths about birth prevalent in our culture, when I learned I was pregnant I began to educate myself about pregnancy and childbirth. I conducted research and read everything I could get my hands on about natural birth, pregnancy, homebirth and midwifery. I found an experienced, wonderful midwife, had ready all the supplies needed for the birth and had a backup plan to transfer to the hospital if need be. I also began to prepare spiritually and physically.

I altered my yoga practice and began doing poses that would prepare my body for giving birth – lots of deep squats, hip openers and leg strengtheners. I went to water aerobic classes several times a week. I worked more on my breathing and during meditation I began to



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develop a relationship with the child growing inside of me. I marveled at the truly miraculous truth that a new human being was developing in my womb and felt honored to be a conduit for the creation of new life. I felt a deep connection with all of the mothers who have come before me and with the wheel of life; I was not afraid.

"Aren't you afraid? I'd be too scared." When I told people I was going to have a planned homebirth, this was most often their reply. "I'm more afraid of going to the hospital," I'd tell them. "Giving birth is a natural process, not a medical event." For millennia, childbirth was the domain of women. Only midwives and other women attended to a laboring mother. The mysteries of childbirth were sacred and babies were born at home. It was during the Burning Times of the so-called witch trials when practitioners of the ancient ways, midwives, herbalists, and many others – mostly women – were persecuted, tortured and murdered, that men began to oversee births. Over time, a natural, beautiful process was turned into a medical emergency.

And so, many, many women in American society fear childbirth. Our culture encourages women to feel that their bodies are, as groundbreaking midwife Ina May Gaskin says, "lemons." That is, women are taught to believe that their bodies are incapable of giving birth without medical intervention, that childbirth is unnatural and that they are putting themselves and their babies at risk by not giving birth in a hospital. On the contrary, women's bodies instinctively know how to give birth and are built for the job, childbirth is one of the most natural

Yoga Studio Feature

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processes in the world, and for a normal, low-risk pregnancy, it's just as safe to deliver at home as in the hospital (and often times it's safer at home due to the complications that arise from routine, but unnecessary, interventions done at the hospital). Modern portrayals of birth on television and in film are for the most part inaccurate and help to perpetrate these fears. They particularly exploit the fear of the pain of childbirth.

My own birth experience was completely natural and free from drugs, epidurals, and interventions; and it was not painful. It was, mainly during the pushing stage, very uncomfortable. It was by far the most difficult, physical, challenging thing I've ever done in my life, but it was not painful. It was empowering, amazing, and believe it or not, fun. It was a joyous kind of hurt, and having gone through the experience as I did – naturally – I feel like I can do anything. Now, during yoga class for instance, if I am struggling with a difficult pose, I tell myself, "You've given birth naturally you can certainly handle this pose for a few breaths." I own my birth experience and draw power from it.

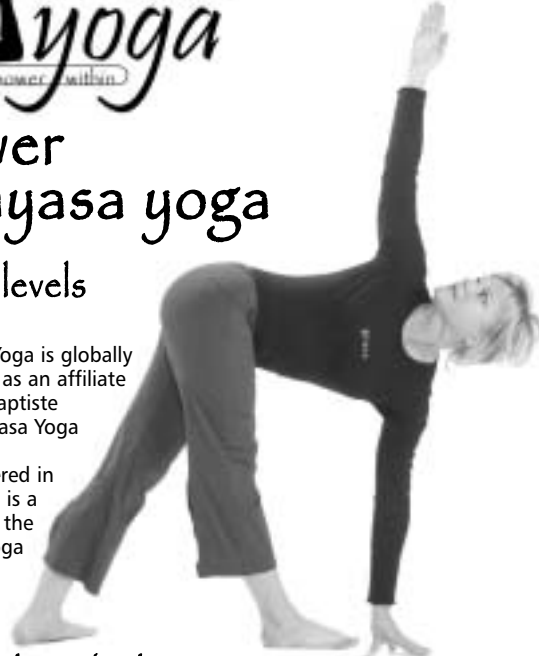
Fear can paralyze us and as a result cause us to miss out on experiences that have the power to transform us, whether it's handstand or headstand, taking a new job, beginning or ending a relationship or giving birth naturally. Facing our fears, challenging them, seeking their causes and pushing ourselves to overcome them is important work. Doing so is in itself transformative and allows us to tap into our inner strength.



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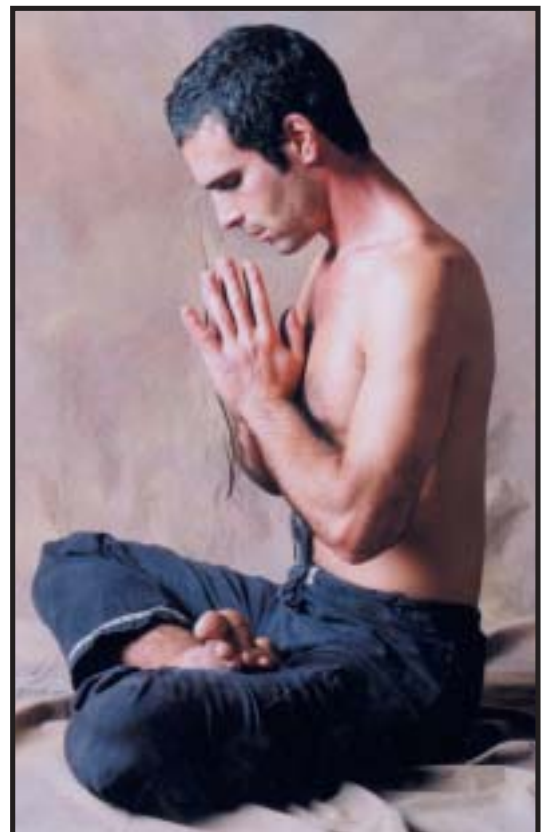
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The Toronto Yoga Pages

IS FEAR A FACTOR?

By Allison Alexander
Jivamukti Yoga Teacher - Toronto, Canada

Your heart is racing, your breath is quick and shallow, you have broken into a sweat and the urge to run away is very strong – almost irresistible. Most of us recognize this as a fear response. You have just been startled by a loud noise, you have barely avoided a car accident or some other external event has occurred that has triggered the ever reliable ‘fight or flight’ response. Once the threat has passed you slowly begin to calm down – you may even actively use a long, slow series of breaths to bring the body and mind back to a calmer state.

But what about the following situations:

- you work in a job or a work environment that

you dislike and constantly complain about

- you stay in an unhappy relationship or repeat the same patterns in every relationship you have
- you dream of living a different life but have a long list of reasons why you are not actually doing it

Do we recognize that these situations are often rooted in fear just as the physical response is? In what ways does fear motivate us, modify our behavior and influence our choices?

A friend of mine who has been relatively unhappy at work was actively pursued by a firm offering more money, more autonomy and work better suited to her skills and interests. She turned the opportunity down

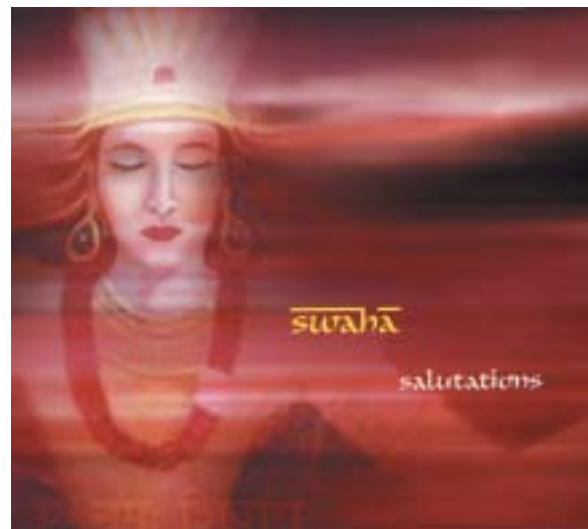
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and chose to stay in her long term job – she said it was because she wouldn't have as much vacation time, the commute was longer and she would lose the 'security' of a union. I think it was more about how comfortable she has become in her current environment – she knows the 'rules' and all the players and has established a place for herself in that sub-culture. The new job would involve making new connections, learning how things are done at the company and having to re-establish her identity. Her fear of change caused her to 'flee' the opportunity.

We see the same phenomenon in unhappy relationships and people afraid to take the risk of a mid-life career change. This type of flight response will often be a source of unhappiness for the person, and perhaps by extension, for others in their life – but the alternative to flight may result in even more problems. The fight response to these types of fears may manifest as anger.

It took me a long time to realize that I was an angry person (I always thought my sarcasm was clever – go figure!). Not only did I have a short fuse and get provoked by seemingly minor occurrences (someone bumping into me on the street and not saying 'excuse me'), but I was often mean-spirited in my approach to or opinions of others. Once I figured out that I was angry about my life and started to work on changing that, I also started to examine why I had become angry – and one of the main reasons was fear.

My investigation has been conducted through the practices of yoga. As I would strive to perfect poses in class and would get angry at my body for not performing

the way I wanted it to or would get angry at the teacher for 'making' me even try such things, I started to see parallels to my responses off the yoga mat. I learned that my fear of pain and of not being as flexible or as strong as the person beside me in class was just like my fear of rejection in social situations. The real benefit came when I started to change my response on the yoga mat – that taught me how to change my responses off the yoga mat.

I learned to tell the difference between injury pain and the discomfort that was part of the process of making my body stronger and more flexible and in the same way I can tolerate the awkwardness of new people and situations. I learned that I can control my mental responses to a difficult pose by using my breath and that same breath will serve me when faced with meeting new people or in challenging interactions. The meditation practices have helped me to realize just how quickly my mental states shift and it is only my identifying with them that allows them to take root and control my behaviors.

I have even been able to modify some of my behavior patterns based on what I have learned through the practices. Just before a yoga class one day someone was very sarcastic to me in front of others – my feelings were hurt, I was embarrassed and I felt angry with that person. During the class, the teacher asked us to practice for someone else that day and to reinforce that intention by sending them loving blessings on every ex-hale. She gave us options to choose someone we love, someone we did not even know or someone with whom



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Sept 9-11 Bhagavan Das, Wynne Paris and Friends
Make a Joyful Noise

Sept 25 Mythology of Yoga with Hali Schwartz

Sept 25 Dancing Tai Chi Workshop

Oct 7 Moksha: Jivamukti Yoga with
DJ Medicineman

Oct 14-16 David Life teaches us Living Liberation

Oct 24 Planetary Keys to your Castle with
Vedic Astrologer Susan McNaughton

Nov 19 The Amazing Spine with
anatomy teacher Kriota Willberg



5 Shuter St, 3rd Floor
Toronto, Canada
416.530.0039
www.jivamuktியoga.ca



we were having some difficulty – I chose the person of difficulty. Part way through the class I realized that the sarcasm I had experienced was exactly what I had been dishing out to others – my anger was not really toward the other but toward myself. I've not only toned down the sarcasm but my own response to it is now more often compassion than anger.

So the next time you are faced with a life decision and are tempted to stick with the familiar or you find a situation in your life causing you to feel angry – ask yourself, 'is fear a factor in how I'm acting?' Perhaps, if the answer is yes, you will be motivated to change your response and find a way to bring more peace into your life.



photo of Diane Bruni by Cylla von Tiedemann

We're excited that Matthew Sweeney, author of *Astanga Yoga As It Is*, will be guest teaching at our downtown studio, Aug.22- Oct. 7.

Matthew's Weekly Schedule of Classes, Aug. 22 - Oct. 7:

- * Monday, 10:30am to 12:30pm: Yoga Lab (Sept. 12 & 26 only)
- * Monday, 5:30pm to 7:15pm: Ashtanga Level 2
- * Tuesday, 10:00am to 12:00pm: Mysore
- * Tuesday, 1:00pm to 2:45pm: Ashtanga Level 1-2
- * Wednesday, 8:00am to 10:30am: Mysore
- * Thursday, 10:00am to 11:45am: Yoga Jam Level 2-3
- * Friday, 8:00am to 10:30pm: Mysore

Week end Intensives with Matthew Sweeney:

Session 1: Friday, Sept. 9 to Sunday, Sept. 11, 2005
Intermediate Backbends and Inversions (Second Series)

Session 2: Friday, Sept. 30 to Sunday, Oct. 2, 2005
Fri: Pranayama (breath work); Sat: Yoga Therapy: alternate sequencing relating to injuries; Sun: Working with bandhas

For each session: Location: Downtown; Cost: \$200
Times: Fri 1pm to 4pm; Sat. & Sun. 9am to 12pm & 2pm to 4pm.

Teacher Training 2005-6

Since 1999, Downward Dog has been offering comprehensive training programs for aspiring and existing teachers. Our 140-hour Module I program provides instruction over 9 week ends, from Sept. 23 - Dec. 2005, and again Jan. - Mar. 2006. Please consult our website for a full description of the program. Contact us at 416-703-8805 if you would like to apply for the program beginning Sept. 23rd.



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Acrylic painting entitled Shanthi

LIVE BETWEEN LIVES

By Debbie Muzik,

What happens to your soul after you die? Between incarnations?

According to Michael Newton, Ph.D., who has been researching these questions for over thirty years, there is a period of time where the soul exists on the other side, and is involved in a period of review, learning, healing, and planning – usually in preparation for reincarnation. Newton is a spiritual hypnotherapist who guides his clients through a regression process where the subconscious mind reveals glimpses of those experiences on the other side during that interim period referred to as “life between lives (LBL).” His first two books, *Journey of Souls* and *Destiny of Souls* are detailed accounts from actual client records of the many LBL regressions that he has facilitated and on which his research is based.

Typically a session may include a brief regression through your current lifetime to an immediate past life, and then the soul’s journey to the other side. (Because no two souls are alike, no two regression sessions are alike either.) Once on the other side, you may be met by one or more deceased loved ones, your spirit guide or guardian angel. You may have the opportunity for a healing session or a vacation, if your physical life was particularly stressful. Or you may proceed immediately to an objective review of your physical life to determine what you did well and what you still need to work on next time.

Several years ago, I had the privilege of being trained by Michael Newton, Ph.D., to become certified as one of a very limited number of “Life-Between-Lives” Hypnotherapists worldwide. As a Professional Counselor, Certified Hypnotherapist, and Adult Educator, one of the most common questions brought to me is “How do I know my purpose?” I can honestly say that the LBL regression session can be quite a significant experience.

Clients have been able to once again connect with their loved ones, and for some it has been an opportunity for closure. Others have had the opportunity to meet their guides and establish a personal one-on-one relationship with them. Many have obtained an increased awareness about the karma of their soul, and a greater understanding of the relationships in which they are presently engaged. By far, however, the most important information gained during the LBL session is an awareness of one’s purpose in the present. This helps put it all in perspective, and makes the trials and tribulations less burdensome. Perhaps most comforting, however, is knowing that there is no judgment, no condemnation, and no hell. Souls have an eternity to get it right!

Debbie Muzik, Ph.D., of Alliance Counseling and Learning Center in Perry, OH, can be reached at 440-259-5102 or by e-mail at alliancedeb@yahoo.com.



Seane Corn and Ashley Judd,
YouthAIDS Global Ambassador

Photo by Jasper Johal www.jasperphoto.com

Every minute, somewhere in the world a young person dies of HIV/AIDS.

Until there is a cure or vaccine, the only solution is education and prevention. 100% of the proceeds of the limited Off the Mat, Into the World t-shirt, created by yoga instructor Seane Corn and sponsored by Gaiam, Inc., will support YouthAIDS global HIV/AIDS prevention programs for youth.

To purchase the shirt, go to www.gaiam.com/youthaids

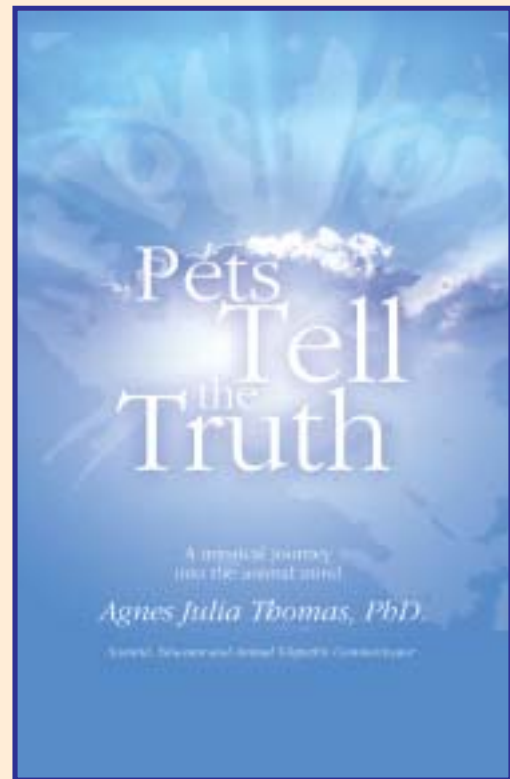


www.youthaids.org

**A New Book
by Dr. Agnes J. Thomas,
Animal Telepathic
Communicator**

Pets Tell The Truth: A mystical journey into the animal mind

- Learn telepathic communication
- Compare the animal and human mind
- Learn the mysticism and spirituality of animals
- The real science of metaphysics
- Explore animals and the afterlife



While conducting studies to unlock the animal mind, the author finds herself being drawn into the animal's spiritual and mystical world. There she unravels the mystery of the powerful bond that exists between humans and animals and its connection with the divine. It is a moving and enlightening story about the power of love, why we are here, and where evolution is leading us.

Price \$16.99 plus \$3.00 S & H, Ohio residents add \$1.28 sales tax

Ordering Information:

www.petstellthetruth.com or call 440-838-0911

Karma Yoga, 1382 West Ninth Street, Cleveland • Phone 216-621-7085

A Touch of Serenity Bookstore, 8785 Mentor Ave., Mentor, OH • Phone 440-255-1638



An Introduction To Telepathic Communication with Animals

For all those who would like to develop a greater respect and a desire to know our animal companions at a deeper level. This course introduces the student to the essentials of communicating with animals. Learn the scientific basis for this skill. Share in the experiences of Saint Francis of Assisi and Saint Anthony of Padua in communicating and learning from animals. Discover your kinship with all life.

All classes are held 10:00 a.m. to 4:00 p.m. Cost \$120.00, includes a copy of her book, "Pets Tell The Truth."
Reservations required. Call 440-838-0911.

September 24, 2005 (Saturday)

Introductory Workshop

A Touch of Serenity Bookstore

8785 Mentor Avenue

Mentor, OH 44060

October 15, 2005 (Saturday)

Introductory Workshop

At Agnes's house

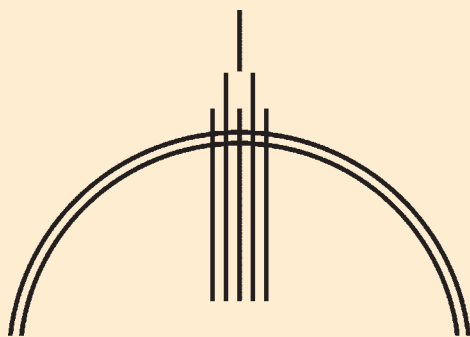
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MIND, BODY & SOUL EXPERIENCE

MINI-EXPO



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DOWNTOWN

OCTOBER 12, 13 & 14

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10 am - 7 p.m.

This expo around the fountain inside Tower City Center will feature vendors in the fields of Massage, Reiki, Nutrition, Yoga, Psychic Readings, Astrology, Feng Shui, Wholistic Health and much, much more

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