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WORDS FROM THE PUBLISHER.....

I once had a girlfriend who would always tell me I made her head spin.

Then, as now, I had several different businesses. She could never understand how I could keep them straight and be successful. On the surface, I'm not sure myself other than I am very organized and prioritize. Yet I suppose if I were to go a bit deeper I believe that it really comes down to balance.

Just as with a teeter-totter, there is a midpoint, or fulcrum, we can find as a common point to any opposites. We may have to open our minds a bit – but it's there. In my businesses the common denominator is the purpose behind the work.

A part of yoga classes will sometimes consist of balancing poses. I was taught to find a dristi, or focus point, with my eyes and not move them once I have settled into the pose. This is said to conserve the prana, or energy, and keep your attention from scattering throughout the room. Just as in my businesses - I have to keep my attention on what the true desire is. In this case staying in a balancing pose. Let go of the distractions that do not serve that purpose. They are still there but the focus goes to what will keep me up rather than what will bring me down. Focusing on a nice even breath will help keep me up.

Another way I look at balance is to stay centered emotionally. Don't get to low when life isn't going the way we would want it. Because, "this too shall pass."

And don't get too high when everything is going our way. Because, "this too shall pass."

Just learn the lessons...and pass them on.

Namaste', Clyde

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Our Theme for the Next Issue...

trust

The Oxygen Mask

BY EVSTTARR

If someone asked you *if your life is in balance*, what would that mean to you? Go ahead, ponder this for a minute or two, I'll wait. The other morning I chose to get up earlier than usual for I needed to get a newsletter out before 6 a.m. So I arose at 5:30, sat down at the computer, finished what I had started the night before and sent the newsletter on its way by 6. Looking out my window, I could see the sun was just starting to rise (I live on the shores of Lake Erie facing the northeast). I grabbed my canvas fishing chair, walked outside and set my chair down on the point, a quiet grassy knoll across from my driveway. As I positioned myself in my chair, sipping a cup of green tea, what happened next set the scene for my entire day.

I sat there at 6 a.m. in the quietness of my little dead-end street, watching the magnificent deep orange color of the sun peeking its crown above the horizon of the still waters of Lake Erie. I watch the lake daily, as I can also see it from my office window, where I spend most of my time on the computer. As I sat, I was surrounded by beauty and stillness, it seemed that there was no sign of life anywhere, the entire street must be sleeping I thought. As I watched the sun continue to rise, I could hear the birds chirping here and there, the water motionless. I continued to sip my tea in awe, feeling a privilege beyond compare to be witness to such a display of nature in *balance*, I could not move.

"Balance is the perfect state of still water. Let that be our model. It remains quiet within and is not disturbed on the surface." – Confucius

Some people might think that the world is out of *balance*. Well, if it is, then how did it get that way? Surely God created a balanced world, is it man that creates chaos, thus altering the *balance* of things as they once existed. Now that you've had time to ponder my question, what did you

come up with? Journal your thoughts while I share with you my thoughts on the subject.

I recently had an aura reading done, where you sit with your hand on a box with metal nodules while a mini-camera takes a picture, putting you and your aura on the screen of an aura video machine. While examining my aura, with my chakras exposed I was told by the aura interpreter that my heart chakra was out of balance. *Oh my* I thought, what does that mean, and how many crazy things do I need to do now to bring it back into *balance*?

Well, being a Cancerian, and you fellow Cancers will know what I'm talking about, I have a tendency to over-nurture. Yes, it's the nature of the beast, being in the healing profession, especially with a lot of the Louise Hay work that I do, I spend a lot of time helping others bring their lives into *balance*, emotionally, mentally, spiritually and physically. So before my aura guru could mutter his next words I said, "I already know, I need to *balance* what I'm giving to others with how I'm nurturing myself. To tell you the truth, I treat myself pretty well and I thought I was already doing that."

"The word 'happiness' would lose its meaning if it were not balanced by sadness." — Carl Gustav Jung

The next morning as I was finishing my meditation I drew the angel card of Play Time. Hmmnn I thought, this is the *second* day in a row I drew this card. Simply stated, it told me that I'm spending too much time and energy on hard work and stress that I need to go out and play and have some fun, then come back and let the creative juices flow. Well, of course, I know that! I tell my students that all the time, but does the teacher do what the teacher teaches? So I got in my car, went over to Dave & Busters, put \$20 on my Dave & Busters card, told myself I'd play the games for one hour. I had a blast slamming down the big button trying to get the frogs to jump on the lily pads, watching the cherries spin on the slot machines, but my favorite was the polar bear ice fishing with a bat, the fish jump up out of a hole in the ice, while you swing, the polar bear's bat. If you get four swings in a row, then a goldfish jumps up and you get extra points for that one.

Well, right before my hour was up I hit the jackpot on the make the bell ring game. You slam the button and stop it on the flashing bonus light as it travels up the ladder. All of a sudden, there were bells and whistles going off everywhere and tickets were pouring out of the machine so fast I couldn't keep them all in my big plastic bucket. Wow, I must



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have hit the jackpot, and just in time, I was out of points on my Dave & Buster's card. I then proceeded to go over to the little store and cashed in my tickets on a cute little pink Wishnik doll, (I think they call them Trolls now). Well, my hour was up, I'm coming home with a Wishnik, and I feel rejuvenated...back to the drawing board. How many of you take a break from your busy schedules to bring *balance* back into your life?

"Life is like riding a bicycle. To keep your *balance* you must keep moving." – Albert Einstein

Remember there is a reason the stewardess says, in case of emergency put the oxygen mask on—*you first*, children next. If you don't take care of yourself, you're no good to anyone else. So put the *balance* back in your life, do something for *you* for a change, you'll be glad you did, and so will everyone else around you.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her ever-popular Louise Hay classes starting in September, register early, these classes fill up fast. Check out her new cable TV show Reach for the Moon with Evstarr. Contact evstarr@yahoo.com for speaking engagements & visit www.reachforthemoon.net for latest listings & to be added to her mailing list.

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AWAKENING BALANCE

By Elizabeth Kucinich

From a family (grandmother, mother, me and now my husband Dennis) of Librans, the symbol for which is the scales, my mother and I always joked that we spent our lives in constant flux in search of balance but rarely finding it. Librans, in this constant seeking for justice, appreciate fully moments of beauty and opportunity in every experience that allude to balance and justice.

It is said in physics that every action causes a reaction. Similar too is the concept of Karma. These can be understood to be the material and spiritual laws of balance. When they are translated into our day to day life experiences, every action indeed causes a reaction, a karmic narrative. To awaken vision and to touch balance in Justice's scales, we must introduce sincere *reflection* between the phases of action and reaction.

This year marks the fifth anniversary of 9/11, a series of events that marked a day of awakening for the people of the world to the revelation of the very real and powerful forces at play in these times. Not falling prey to the black hole of 9/11 rhetoric which highlights the evil of otherness, rhetoric into which our lives have been sacrificed, together with our freedom and liberty. No, I am speaking of the forces at play within the depths of each of our hearts and the dark side of our souls traveling the shamanic journey into the underworld and the opportunity for our transformation into beings of light.

The Administration's response to 9/11 has changed the personal narrative of millions of people around the world. The absence of reflection before reaction has left our policies devoid of compassion; established a language of terror that led America to instigate an illegal war; militant attacks in a number of nations against civilian targets; resulted in the deaths of hundreds of thousands of innocents; victimized entire peoples and spread a consciousness that has the audacity to ask and take seriously the question 'which types of torture are acceptable?' The very thing that we set out to banish, that which we abhor, we have drawn to us, made manifest and perpetuated: Terror.

That which we focus upon, we draw to us and make manifest.

I speak to the urgent responsibility that each of us has to break out of our cocoon of complacency; to reflect, rise up and transform. Each of us has the power to create the lives we long to live; create the economic systems that will give rise to environmental sustainability, justice, equity and prosperity; create a country we are truly proud of and the

world we want to live in as fully awakened interconnected beings. This is far too great a task to leave to others to create for us.

We have the power to change the world because the future is a place of limitless possibilities for us to call forth. *We* are the power to change the world. In a democracy individuals are the balance of power. *We* are the checks and balances. It is our responsibility to redirect the course of our nation, through truth and compassion. By reflecting upon cause and affect, revering otherness in being and doing, honoring others as aspects of ourselves, we recognize how that which is within us gives manifest to that which we create in the world.

With every action causing a reaction, extreme situations give rise to the most powerful opportunities for transformational change through revisiting of the foundations upon which we have constructed the stories of our lives with the balancing of the aspirations we have for ourselves and our families and our world. On the verge of a *created* nuclear war in the Middle East, ecological and economic breakdown, there truly is no better time to change the course of the future!

It is time to start the search and find out how are we can be *true* patriots by addressing the crimes and betrayals against America's own ideals yet in their name. We must language our hearts to a new compassionate vocabulary; create an investigative dialogue that rediscovers the inner vision of our nation's founding mothers and fathers, and provide the space in ourselves and in our lives to create a newer world. We have the power to do so, we just have to declare our commitment to our new vision and create it.

Carolyn Brown details the challenge of creating balance in ideals and life in her article, *Footprints of the Soul*¹: "Among our most immediate and interesting challenges as an organization has been to tend to our own gardens, to create a new genre of group meeting that embodies the spirit that we hope to foster in the world, and to balance the need to get things done against the requirements that the means we employ in our lived interactions with one another embody the ends that we seek to nurture in the world". Here Carolyn is speaking to the needs of our own society, not just her organization.

This is the opportunity that the *9-10 Forum: Truth and Reconciliation with Compassion, Shaping a New Discussion for America*, gives us. The forum is a partnership of Appreciative Inquiry and Truth and Reconciliation. Appre-

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The art of true dialogue, or the highest comes from having the courage to deeply reflect and express deep compassion, coming from a place of knowing, understanding and balance.

The 9-10 Forum: Awakening the balance of positive creativity with the courage and compassion for deep reflection, truth and reconciliation.

If you are interested the 9-10 Forums or would like to participate in community actions such a walk for solidarity, prosperity and peace, please e-mail me, ElizabethKucinich@gmail.com

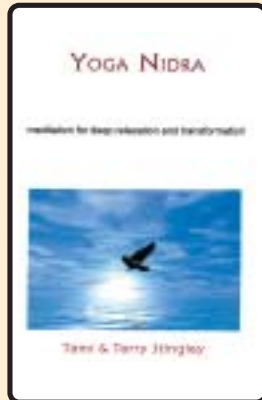
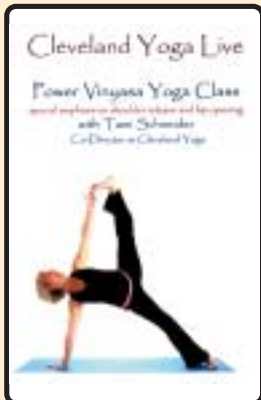
1 'Footprints of the Soul', Carolyn Brown, p72, *Deepening the American Dream*, Ed. Mark Nepo, Fetzer Institute, 2005

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BALANCE

By Fred Lenhart

I guess I should state my bias right up front: I'm against balance. Or better, I'm against willfully trying to find balance. Yet, I'm aware that balance is a good word. It's the purview of well rounded people. Stable people. People who read books with the word 'management' in the title; or who, when given the opportunity to indulge, will 'do it in moderation.' I'm excited just to balance my checkbook.

But let's say I wanted some balance, what would I do? First, I'd go back to the distinction between being balanced and trying to balance. I think if you try to balance, you end up with something other than balance. How can this be, you ask? Well, here's what I've found: When I try to balance, at heart, at the core, I'm making decisions about how my life should be, I'm face to face with my expectations, my will, what I want.

What's wrong with this? On the one hand, nothing. The world, the zeitgeist of our age tells me it's my right to pursue the good life, however I define it: sex, drugs, rock and

roll; yoga, meditation, helping others, whatever. Thus, this thing we call balance — to continually, delicately and flexibly strike that equilibrium between conflicting needs, goals, duties, responsibilities, etc. — becomes a tool, a discipline to reach our version of the good life. Viewed in this light, it would be irrational not to pursue balance.

Ah, but here's the rub: I'm not so sure I trust myself to know what is best for me, if my version of happiness, security, intimacy, etc. is even a worthwhile goal. Even though I've left the obviously self-destructive things behind, I don't know if I should be on any kind of mission to pursue happiness my way. Maybe grasping and grabbing at my solutions is the problem, and balancing just makes me better at doing it the way I want to do it. There is too much 'me', too much of my ego involved. This is why trying to balance leads to something other than balance.

So, what is the solution, you ask? Let up on the effort, drop the 'rational' pursuit of your own happiness, your security, indeed your life. Yes, lose the rationality, it's over-

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rated. Let's lump balance in with all the other noble things that are immune from rationality, that rest in paradox, such as: We can't find ourselves until we lose ourselves; Some things are found only when they are surrendered; We find happiness when we forget our desire to be happy and live to foster the happiness of others; We can't love others unless we love ourselves, yet the best way to love ourselves is to love others. Balance too, has a paradoxical nature.

I can't really achieve balance by trying to balance. I'll cheat myself because I'm limited by what I know, I'll put too much of 'me' in the equation. My ego and my brain will push me towards a rational way of achieving it. Our late friend Thomas Merton said the paradoxes of life have 'supernatural' as opposed to 'rational' solutions. The only thing you can do is embrace both sides of the contradiction at once, to embrace only one side is to get a partial solution. When we come at balance from our rational way of thinking, we can't deal with its paradoxical, contradictory nature. We only get the solution we think is right.

So, while I'm balancing the checkbook, and balancing work with life, and doing all the other balancing acts we force upon ourselves, I'll try (on my good days) to walk the less traveled, 'irrational' path of reaching for balance by not trying to reach for it.

I'll let the balance come at its own pace. I'll stay in the moment, try and do the next right thing, be responsible for my actions, do the work (no one else will do it for me) and trust God to direct me, to strike the proper balance for me. And then when I really think I'm balanced, that will probably be the first clue that I'm not.

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Thank you for reading the Journey and for your support of our advertisers.

Sincerely, Clyde Chafer

TIME FOR A TUNE-UP?

By Rachel Demko

Life is a delicate balancing act. We balance our check books, our diets, a load of clean laundry as we travel up the stairs. Our day-to-day routines are full of balance. So I'm always surprised to meet someone who's out of balance. Better yet, a person who doesn't notice they're completely off kilter.

What is balance? Picture a scale. The left must equal the right. Ah, but the middle holds everything together, the center — *your* center.

Physically, a person's center consists of a tummy, some

other major organs and your potty tools. What goes in must come out. But the process can mess with a body's internal balance. Indigestion, nausea, bloating...all a direct result of what you eat and drink. Answer this question: are you well fed or just full? Really think about what you're cramming down your throat every day.


The brain is the body's mental center. Like eating a healthy meal, a mind absorbs everything. Unlike the physical cycle, it's not as easily discarded, sometimes never. Examine the content surrounding your mind. Is it negative, positive...challenging? Whether you read, fill in crossword puzzles or meditate — just remember, the brain needs exercise too! Give it some mental push-ups to keep it in shape.

Finally, there's the heart — the ultimate center. Its soul purpose is to balance the physical and mental activities, constantly pumping energy and motion. Just as the physical and mental cycles need daily cleansing, so does the heart. Perhaps, it needs some time to heal. A quick nap. Or a little forgiveness to lighten the load. What motivates your heart's beat? Find *your* rhythm and move to it!

When was the last time *you* checked your balance? Because I guarantee a quick tune up would find a few loose screws.

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BABY JUDE... VITAL & BALANCED

BY JANEK KUTA-ILIANO

The other day I took my newborn baby to the chiropractor for an adjustment. It was suggested to go since babies can suffer trauma during birth. I was uneasy about taking her since I wasn't sure what type of adjustments you could really do on an infant. Plus, I didn't think my baby suffered physical trauma that needed immediate attention. Regardless, I thought it couldn't hurt her and decided to go. The day of the visit, Jude was fussy and crying while we were waiting. As soon as we entered the doctor's room, she became fussier until the doctor proceeded to work on her. Instantly, after a few stretches she became quiet. In fact she fell into a deep sleep. The doctor did a few more subtle stretches and hit certain trigger points that apparently stimulated her. Jude awoke from the stimulation, but the doctor gently grabbed her hand and applied pressure to the tip of her index finger. The application of that particular trigger point caused her to immediately drift back into a deep sleep.

That whole day and the days thereafter, Jude was calm and slept better than any newborn I have read or talked with others about. It was such an amazing experience to me. Jude had no obvious problems with her body, but after her treatment, she achieved an even higher level of balance within. I saw this baby as a totally open being. A body that received the healing energy of this doctor's treatment wholly without any preconceived thought as to how she should feel afterwards. Here was a fresh being with no agendas or blocks to her happiness and harmony.

As we grow, life experiences and societal norms program us and interfere with our body's ability to accept help and even love. But as a baby, Jude appeared open to receiving this doctor's therapy that helped to create further balance and health within her. I have intimately witnessed someone who is completely open to the world around her. Someone who is aware of everything as it appears in each moment. A person who is truly living life in the present moment. Jude is so vital, balanced and 100% genuine in every way. To go from crying to smiling in the same minute is amazing. As a need arises, she responds to it. She responds to any stimulus and

then lets it go, holding on to nothing.

If our internal needs are not met, an imbalance can start early, even in infancy. The learning process starts in utero and continues on through birth. A baby tells it like it is; the honesty is just so refreshing. It is a lesson to be honest with ourselves, to be who we really are at each given moment. As soon as Jude's needs are met, she achieves balance becoming calm and content.

It is possible to translate this into our adult lives. How many times have you done what you needed to do and not what someone else wanted you to do? Doesn't



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BALANCED IN A KAYAK

BY MELISSA N. WARREN

There is only one place to go when you are imbalanced in a sea kayak—not a pleasant thought as I ease my lower half into the boat’s small, oval hole.

Second thought: *Just how cold is the Baltic Sea?*

I’m in a sea kayak in the archipelago, the place where this Nordic country’s land gradually becomes more than 1,000 Swedish islands, which melt into small blips of rock and eventually dissolve into the sea. Across the water, I can see several island homes, all colored the same beautiful red every Swede paints a summer cottage. I think for a moment about the triangulated psyche, a term an art professor once taught me.

To have a balanced painting, we must have red, yellow and green. That is the perfect triangle, as red and green mix to purple, yellow and red make orange, and green and yellow create blue. In that way, all colors are in the painting, even if they are not there themselves, and the psyche feels complete.

Looking out at the red cottages, yellow daises peering up at the birch trees, the leaves winking like green-eyed gods, I do notice that the world is a bit more right in the midst of these Swedish colors. It truly does seem easier to breathe here. Smiling, I forget all about the frigid water and turn to grin at my kayak partner, Pehr.

Pehr is the very Swedish father of my friend. He is kind, efficient, tall and very good at anything sporty. Lucky for me, he has agreed to spend the day paddling around with an American who keeps turning to grin at him instead of sticking to the formula for kayaking.

“It’s all about balance,” Pehr yells to me over the sea gulls.

I nod as if I understand. “Pehr, have you ever heard of the triangulated psyche? That’s all about balance, too.”

I launch into a cheerful explanation of red, yellow and green. I babble on, succumbing to the American stereotype of being too open, too talky, too eager. Pehr looks perplexed, both at my constantly moving lips, as well as at the fact that my paddle still rests on the kayak. He interrupts me and goes back to his tutoring.

“You see, Melissa, paddling is equal parts push and pull.”

Back to kayaking, I tell myself. *Equal parts push and pull*. I repeat the phrase silently and try not to worry that I don’t know what it means. *Push and pull. Push and pull*. The water splashes over the paddle and onto my fingers. *Push and pull*. Another kayak glides by, slipping through the waves with the grace of a seal. *Push and pull*. Where is the push? I’m certainly pulling the paddle, but I’m defi-

nately not pushing anything.

“Use your big muscles to push, Melissa.”

I clench my butt and contemplate exactly how those big muscles might be of any use in this situation. *Clench butt, bring back paddle*. The kayak teeters. Pehr sees my posture and clarifies that I should use my large shoulder muscles. I do a half-wave in acknowledgement and try to envision my Deltoids, my Trapezius, my Supraspinatus.

The muscles appear in my mind, each one flexing and relaxing. As a practitioner of Creative Kinesiology, it is my job to know how muscles work together, how they can sometimes be “bullied” by stronger muscles, which direction the muscle fibers run. As Pehr and I propel the kayak through the archipelago, I review what organ each muscle represents in Chinese medicine and which emotions are tied to those organs. A group of ducks swim by, and I watch their muscles, imagine little duck-sized Teres Minors pushing the wings forward, pulling them backwards.

“That’s it, Melissa. You’re getting it! Perfect!”

I look up. Somehow, my strokes have changed. I am, indeed, pushing and pulling: one arm pulling the paddle towards me and at the same time, the other arm pushing that paddle away.

Trying to be humble, I say nothing and accept Pehr’s compliment. *Push, pull, push, pull*. I feel like a natural now, perhaps even an expert. I’ve discovered a secret talent that has been waiting to emerge, waiting to take me to the Olympics. Oh, to be so great and never know it!

“You’ve lost it, Melissa.” Pehr’s voice pulls me out of my Olympic dream. “You look a bit frenzied up there, actually.”

I’ve not figured out if Swedes are just that blunt or if their own language translates to English as just that blunt.

Pehr tells me to concentrate on my rhythm. He demonstrates and I turn to watch him, but each time I do so the kayak wiggles. I hold my breath, waiting for the splash my frenzied body will surely make.

“Let us go back to balance,” he instructs. “It’s something I think a great deal about, seeing that I lost mine.”

I cock my head. I’m in a kayak with a man who has no balance?

“And when you don’t have balance, well, it begins to get a bit dangerous for the people you are with. For instance, if I tipped the boat, I wouldn’t know which way was up and which way was down to the bottom, would I? You’d have to drag me to shore now, wouldn’t you?”

People who learn English from the British always use

questions at the end of their sentences. This way of speaking has the irritating result of forcing me into agreement. *Yes, I suppose I will have to drag this 6 foot 2 man through the freezing waters of the Baltic.* I scan the horizon for an island. We've somehow managed to kayak into that area where land becomes small blips of rocks.

Pehr begins a story. Three years ago he was in his car, parked and ready to drive across town. Before taking off, he flipped through a CD case in order to find that perfect disc for the drive home. His hands turned each page of the case with his natural nimbleness, but when he glanced up, something had changed.

"Just then, the car turned completely on its side. I threw myself to safety out of the door."

Pehr laughs the way he does whenever he gets to a punch line and can't wait to tell the joke.

"You see, it wasn't the car at all that had turned wrong side around. It was me!"

He describes how the following months were spent in doctors' offices, trying to figure out where his balance had gone. He was tested for heart trouble and brain trouble. His wife had to drive him where he wanted to go. His children worried about him. Still, the problem persisted until a balance doctor found that something had gone wrong in one of his ear canals. That same doctor had heard of an injection that cured TB patients, but at the same time, took away the patients' balance.

"Ah ha! The doctor had figured it out!" Pehr finishes. "If balance could be taken away by this injection, the absence

of balance could be fixed by that same method."

So Pehr received the injections into his ear, the malfunctioning passageway was essentially paralyzed and messages of imbalance can no longer get to his brain.

"So far, so good," he says as he knocks on the kayak out of superstition. It is fiberglass, but I knock, too.

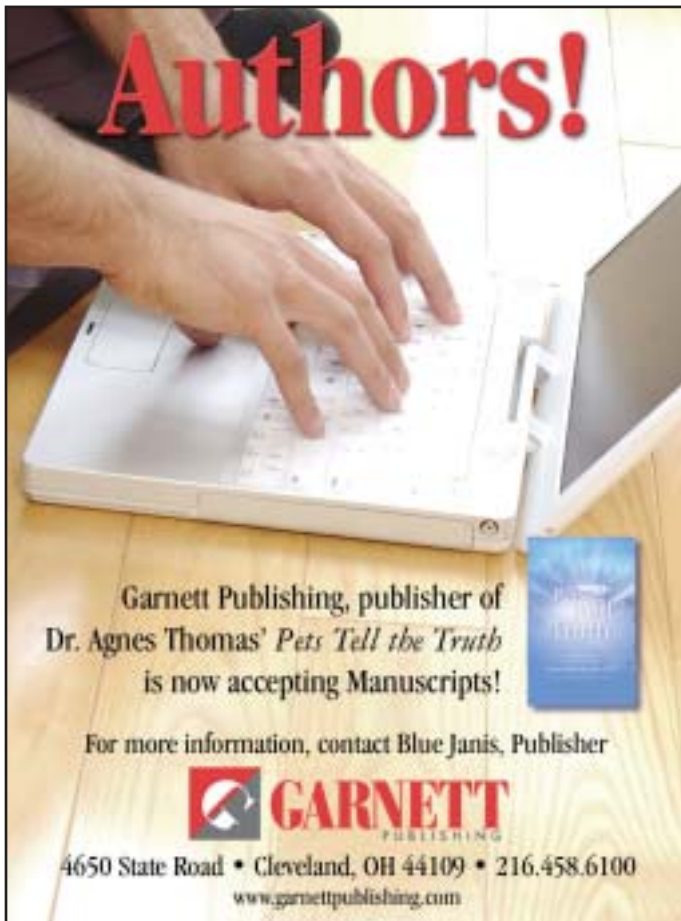
I am aware that this man behind me has lost—and then found—the very thing I feel called to work with: balance. Still, so verbal a response about things I have learned or seen in my own practice seems as worthy as my silence, so I close my eyes and listen to how Pehr's paddle sounds as it hits the water as it disappears and as it resurfaces. I fall into a rhythm of breathing as we paddle by a granite shoreline, a buoy beside a sailboat. A sheep bleats at the edge of an island, the red houses begin to come into view again and in the distance is the dock we left hours ago. We glide into the final bay, then I rest, thanking the Swedish gods, the ducks, even the cold water for these right-side-up moments.

"Melissa, do you know what you just did?" Pehr says with that excited laugh. "You held your paddle out of the water for several moments, and then, without missing a beat, you slid it back into the water on the correct side of the boat at the exact millisecond as I did."

I no longer try to be humble. I simply *am* humbled that I felt the rhythm, the breath, the perfect balance of kayaking.

He says quietly, "I think the most important thing about knowing balance, is the knowing that it can be lost."

I smile, and stay looking forward, paddling gently. I do not need to see Pehr to know that he is smiling as well.



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PLANETARY PATHWAYS

By Evstarr

September: Full Moon in Pisces Sep 7, 2:42 pm/Lunar Eclipse 2:52 pm; New Moon in Virgo Sep 22, 7:45 am/Solar Eclipse 7:41 am
October: Full Moon in Aries Oct 6, 11:13 pm; New Moon in Libra Oct 22, 1:14 am

ARIES

OK Ram...you may have to butt a few horns (gently of course), but it's time to move into the major leagues...you've always thought you were hot stuff, thanks to your ruling planet, the ball of fire Mars, now it's time to strut your stuff and show the world what you're made of...September's stars say **dream big**

You were *listening* this time instead of doing all the talking...those dreams from last month are about to turn into gold...open up that treasure chest and say **thank you** to the Universe for all the abundance that's about ready to pour into your life in October...

TAURUS

Although your sign isn't exceptionally known for its intuition, the planetary energies that be in September are shouting *you've got an inkling about what to do next*, and Heaven is saying you're right...**trust your hunches**, go with your gut & let the Universe take care of the details

Alright Bull, you've made your move, now spend some alone time contemplating how you really want this to play out...ask yourself "what do I want to do next?" ... then listen, journal, and then write the script...after all **it's your movie**, and October says it's time to move on up to the Oscars

GEMINI

Even though you may not think so twin...it's time to roll up the sleeves, and dive right in...that's it, no more testing the waters...start tuning into your **electromagnetic waves** & ask yourself, "*does this move me closer to my heart's desire?*" ... then push aside everything else in September that doesn't bring you closer to your goal

OK...you've set your game plan into motion, now start accepting the fact that the twin **does** indeed **deserve**, get rid of those deep-seated beliefs that are filling that head of yours with cob webs...know that the stars are doubling up in October, so get ready to receive, you've earned & deserve it

CANCER

Alright Crab, the Synchronicity & Serendipity sisters have just knocked on your front door, & that's because you've been tuning in that Cancerian radar...keep that antennae tuned into your Universe in September & you'll find you merely have to **ask & you shall receive**...a bit scary isn't

it...*just watch what you ask for*

Get up with the Sun Crab, even though you love staying out late under that Moon, your ruling planet, it's time to get it in gear, & rise & shine...**visualize your dreams** before you climb out of that bed, & then say those morning affirmations in October over & over & over again...till it's embedded in the sand that you love to roam in

LEO

Mighty Lion have you've been working way too hard in that mighty jungle of yours, well it's time for some **R & R**, September's planetary energies say go back into that cave & rest up, *allow yourself some healing time*, the jungle can manage itself for awhile while you're away...put that Tiger in charge, your throne will still be waiting for you when you get back

Lion get over it already, now that you've taken some much needed R & R, don't let that old guilt trip song play over & over in the back of your head like a broken record...**forgive yourself**, get back into that jungle and show them what you're made of in October, roar like there's no tomorrow, let them hear you...

VIRGO

Virgo, when you're on you're on...don't analyze everything to death, you have a feeling of what you should be doing next, trust yourself, and go for it, the Sun & Venus are backing you up this month, along with a new moon & a solar eclipse, so reach up & grab a September star & **shine, baby shine**

All that shinning brought a little romance your way in October...whether it's a new fling, or you're stirring up those fires under an existing flame, go with the flow, let go of control, & for Heavens sakes, bite your tongue before you criticize, then **smile all the way to Cupids arrow**

LIBRA

Libra, has September's planetary energies leaving you a little confused, cant make up your mind? The good news is...you don't have to decide, whew, boy you love to hear that don't you, **consult an expert** & leave the driving to him/her, trust, you're in good hands

Well, your intuition is getting a boost with the Sun, Mercury, Venus & Mars all circling your sign in October, not to mention a New Moon, you're about as hot as they get, so

don't waste time hemming and hawing, *move that cheese*, follow your gut & act accordingly

SCORPIO

Listening very carefully Scorpio, yes Jupiter is still in your sign & you're riding the waves, but let's not get lazy, you still need to do the work, *visualize your desires*, breathe your heart & soul into them every morning before you jump out of bed, yes that's right, this is necessary work for you in September to move the Heavens along, so do it

OK if you did your homework, then sit back, trust, & *have faith* in the planetary energies of the October sky that your dreams & prayers are about to manifest, continue to follow your guidance & don't let up on the affirmations, then simply say thank you, thank you, & thank you

SAGITTARIUS

Alright, if you don't like where you're at, or if you keep putting the same ingredients into the cake & are wondering why it still keeps coming out the same, then it's time to look around you, *explore your options*, visit some of the other camps, start doing things a different way in September Centaur

Well, you listened for a change, now it's time to make room for all those new changes coming into your life, so get going on eliminating clutter, *simply your life*, you might want to add some Feng Shui to your home while you're at it, remember the Universe abhors a vacuum...when in doubt, throw it out in October

CAPRICORN

Alright Goat, being a non-impulsive sign, you may be feeling a little stuck, it's time to start grazing on that grass while you're moving your feet at the same time, listen to what the Goat is saying to you & then *make a decision*, the September skies are guiding you along your well traveled path

OK you've made a decision, just *wait a little more*, there is some news around the corner that just may be the missing ingredient the goat is looking for, the October skies are setting everything up, & you'll know exactly when it arrives

AQUARIUS

Spend some of that September Aquarian energy focusing on your affirmations & your goals in the morning before you jump out of bed & make that organic coffee or that Taoist tea, that's right...ask yourself right now "what is your heart's desire?" then listen, journal, & start visualizing it *as if it is here NOW*

You've asked for it, now move over, get out of the way & allow the Heavenly energies in the October sky to bring you what you've asked for on a silver platter, contemplate, meditate, let your angels assist, then sit back & relax...remember the how is up to God

PISCES

So you think there are more Koi in the other pond, or do you think so & so's pond is bigger & better than your pond? Well, then swim on over & *start exploring your*

options...nobody says you have to swim in the same pond all the time, September is setting up your exploratory fins, use them

OK, we all make errors in judgment from time to time, quit wallowing in your own guilt before you drown, release & let go, similar to fishing, catch & release, follow that theory & you can't go wrong...the October skies say, love & forgive yourself, after all...you are one of God's fish, so go swim in the *sea of self-love* for awhile,

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

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THE YOGA PAGES

A Dialogue With Jonny Kest A Yoga Teacher's Perspective

By Clyde Chafer

Clyde: Jonny, first off I would like to thank you for taking the time to dialogue with me. And, as always, I appreciated your class and the space you have created here at The Center for Yoga in Michigan.

Jonny: Thank you, Clyde, and it is always a pleasure seeing you when you come up and visit us.

Clyde: Well, how about if we talk about your "Yoga Journey"? Perhaps we should start with a little background – such as where you are from, family, and how you first got into your practice.

Jonny: I was born here in Detroit and have 3 brothers and a sister. My parents were divorced when I was eight with my father eventually moving to Hawaii. I started going there for the summer starting at age 12. My father was a surgeon and had experienced some health issues of his

own – he had a crippling back injury. He actually had a couple of surgeries with no success. Medications were tried and they took their toll. Someone had mentioned yoga to him and he started going to Ashtanga Yoga classes with David Williams and Brad Ramsey. This is when they first came back from Mysore after learning from Pattabhi Jois and started teaching Ashtanga in Hawaii. My Dad found this to be the only thing that relieved his pain and help him to move freely. He started taking me to the yoga classes



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with him when I went there for the summers. When I was fifteen I moved to Hawaii and my Father took me and my brother Tony to India. I was able to travel all over and meet many great Yogis and Sages.

Clyde: Did you meet and study with Pattabhi Jois?

Jonny: Oh yes. In fact my father and him became great friends – even to this day. Pattabhi actually developed a special class for my father and others that had crippling injuries.

Clyde: How long were you in India?

Jonny: We spent three months there. My father was searching for a balanced, healthy more harmonious life and wanted to share that with us. He found yoga to be like a fountain of youth.

Clyde: Must have been a very memorable trip.

Jonny: One I will always carry with me.

Clyde: I'm sure. So did you stay in Hawaii long?

Jonny: No, not really. I ended up moving to Santa Cruz, California with a friend when I was 16 and went to high school and finished high school in LA.

Clyde: Did you keep with your yoga practice at this time?

Jonny: Oh yes. When I was first introduced to yoga through my father, he had me reading Krishnamurti and it really planted the seed of desire for spiritual growth. So wherever I went I sought out spiritual centers such as yoga studios...always looking to grow more through knowledge. Yoga, meditation and spiritual consciousness have always been something I've wanted to cultivate.

That is really is the only reason I have opened up this yoga center...out of a selfish desire to keep my practice growing. I never want to lose my practice. It's so important to have support and community with your own practice. I knew how hard it was to find support when I was going from high school to high school in different areas. It's very difficult to get up every morning and get on my mat without support. My obstacles will overpower me without the community support. Having a center truly helps one stay centered. I believe a very large role of a teacher is to help create community.



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Clyde: So what I'm hearing you say is that your yoga went with you wherever you went. You kept seeking ways to grow through your practice.

Jonny: Absolutely. Wherever I went I would look for workshops, studios, seminars. Whatever I could find to cultivate the seed that was planted. It wasn't easy in a lot of places. I came back to Michigan for college and studied in London for a while. Again seeking places and people that were like-minded. This was so important for my personal practice – being a part of community.

Clyde: So you stayed in Michigan after college?

Jonny: Yes, this is where I have grounded myself. Right after college I was introduced to my form of meditation – Vipasana.

Clyde: This is a very deep silent meditation – correct?

Jonny: Yes.

Clyde: Could you explain it further?

Jonny: Vipasana was said to come from the teachings of the Buddha. It has been kept in a very pristine purity for, I believe, over 2,500 years...passed from lineage to lineage and fortunately not changed. There are ten-day retreats that teach you the method.

Clyde: You experienced one of these retreats after college?

Jonny: That was my first one. I have done I think 15 others since. I usually will do a ten-day retreat once a year.

Clyde: Total silence the whole ten days?

Jonny: You wake up at 4:30 in the morning and you sit in meditation until around 9:30 at night. There are a couple of breaks for lunch, dinner and tea. But, for the most part, you sit in silence.

Clyde: I had heard that there is not suppose to be any eye contact.

Jonny: This is true. It's called noble silence. No eye contact, no gestures.

Clyde: I also heard that around the fourth day is when it becomes the most difficult.

Jonny: Well, it depends on the person. Actually it seems to become very difficult for a lot of people on the second day. That is when you will see people leave. And also the sixth day. The fourth day is when they introduce the actual technique. Up to that point, you are just to observe your breath. Once you hit the fifth and sixth day, you feel like running. After the sixth day you are in the home stretch. It's still hard, but you feel that you will get through it.

Clyde: Did you feel like running?

Jonny: Of course. But there was a bigger part of me that told me to stay. Get through the layer.

Clyde: What shifted in your life after the first one you went through?

Jonny: It shifted my whole yoga practice. It wasn't so much about asana. I became less competitive. My practice was more internal. Each time it seems I go through another layer. This meditation has taught me how important it is to release. It's like a muscle – in that if it's not

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used it will atrophy.

Clyde: Was it shortly after this you opened the Center for Yoga?

Jonny: No, that was a few years down the road.

Clyde: How did it come about?

Jonny: I started teaching in a private house and invited all my friends and relatives the first week and no one showed up. So I tried again the next week and again no one showed up. The third week a couple of people showed and it stayed that way for a while and then it finally took off. I eventually rented a space from the Self Realization Fellowship, and it grew to the point that I needed my own space.

Clyde: Jonny, I wish we had more time to talk, but I know we both have other commitments. So, in closing, I would just ask you what do you believe is your purpose, or mission in this life experience?

Jonny: Well, I guess it really comes down to purify my mind –just getting through the layers. Release the fears and come to pure love.

Clyde: Thanks Jonny

Jonny: Thank you Clyde

Jonny Kest is the director of the Center for Yoga and can be reached at www.centerforyoga.net He is also the founder of the Midwest Yoga Conference, which is held each spring in Chicago and the Art of Vinyasa Conference held in the fall in Miami.



the **JOURNEY**
YOGA TEACHER FEATURE

Name: Judi Bar RYT, CYT, Yoga Therapy Practitioner HeartLight Yoga **Name**

Where do you Teach? : I teach therapeutic classes at the Center for Integrative Medicine Cleveland Clinic, (I have been brought on by the Center For Integrative Medicine) to coordinate their yoga programs) Therapeutic classes in Westlake, Yoga teacher training with TRY4Life Institute (level 1 and advanced) at Wind's Of Change and River's Edge, and private students at my office in Rocky River,

Teaching Experience: 25 yrs teaching. I started teaching movement and dance in the 70's and it evolved spiritually into yoga. I have taught all levels not only in Cleveland but Chicago where I lived for many years.

Styles of Yoga Taught: Hatha base, Therapeutic yoga, Yoga Philosophy, Intuition, Anatomy, Kinseology, Partner yoga, Gentle yoga, Yoga Therapy, Yoga Nidra,

Do You Offer Workshops?: I offer Yoga and Back Care, Chronic Pain The Message From Your Soul, Yoga Teacher Trainings, Yoga Nidra, Reiki.

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“Will you walk into my parlour?” Said a spider to a fly; “’Tis the prettiest little parlour That ever you did spy.” — Mary Howitt *The Spider and the Fly*

Summertime brings with it mosquitoes, ants, flies, bees and spiders. The **bugs** in our dreams represent our small annoyances and frustrations, which distract us from our purpose. Our dreams are mirrors to our souls shining light upon the darkness for us to uncover and discover, that which keeps us from peace & undermining our serenity.

Bugs may shed light on where and how we allow other people, places and things to *bug* us, or may symbolize how we irritate others. Our job is to decide in the dream if we are the *bugger* or the *bugee*. Notice the type of bug, the background, the action, and your response to it.

Look at where the *bugs* are in the dream:

- Building: look at the kind of building
- Home: check out the specific room
- Work: having to do with people or situations at your place of employment
- Body: could be a bug you caught
- Head: mental aggravations, nagging suspicions

Look at the specific action:

- Biting you: getting under your skin

- Crawling: something creeping up on you, needs to be recognized
- Flying: something in the air, may be electronically *bugged*
- Exterminators: strong action needs to be taken, call someone in for help
- Swatting: ready to fight, you need to take control

Common Bug Types:

- Ant: workaholic
- Bee: may be a stinger, busy as a bee
- Butterfly: metamorphosis, or flitting from one thing to another
- Mosquito: annoying in sound, drains our blood (energy)
- Spider: creativity, spinning webs to catch his prey

QUESTION: Is it also symbolic if the *bugs* are *bugging* us in our daily life?

ANSWER: Absolutely, the dream is just a way to point out to you, something that you’re ignoring during your waking life.

Dear Duchess: I dreamt I felt something on the back of my neck, upon investigation discovered a rather large tarantula. I picked it up, kind of flung it off, felt another tickle and then another tarantula. This one wouldn’t *fling* off my hand and I had to ask for help to get rid of it. An unidentified man helped me remove it from my hand.

No fear of Spiders

Dear No fear of Spiders: I would look at the creativity in my life, especially concerning the neck and hand areas. Then figure out who is trying to help you discover your talents. *The Duchess*

Evstarr, aka “Duchess of Dreams,” has been researching the field of dreams for over 30 years, studying under renowned dream author Robert Moss, along with the works of Cayce, Jung, and others. *Learn more about your dreams on her new cable TV show Reach for the Moon with Evstarr, & visit her website www.reachforthemoon.net for upcoming dream workshops. Send your dreams & questions to evstarr@yahoo.com & to contact her for speaking engagements.*



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Seeking balance? Look within.

By Nikki Pawlowski

And then look at what you are avoiding and change your approach. At the soul level, this is how we can bring about true balance in our life.

Over the weekend I had the pleasure of spending a morning with a good friend of mine. She was telling me about an ongoing health concern. The condition is called vertigo. In short, people who live with vertigo experience a lack of balance, along with dizziness brought on by short, abrupt moves. The doctors have been telling her it is a condition that she has to learn to live with, usually it does not completely go away.

For years, the way she had been dealing with this imbalance was through avoidance. Avoiding all of the motions and movement that would produce the dizziness and instability (and taking prescribed medication). During the most recent visit to a new physical therapist, the therapist told her that in order to live with vertigo she had to stop avoiding and change the way she approached the situation. This meant learning what balance *feels* like, not relying on her sight to find and seek balance.

At the same time, my friend has recently begun to think about how she can gain more control over her life, instead of feeling controlled by it. Issues with balance...coincidence? I believe not. Life has a funny way of bringing attention to what we need most in order to live well. As we talked about her well-being, in so many words, she said, "I have to stop avoiding things to get my balance back."

Isn't that true?

In every sense of its meaning, the solution is clear. Balance.

Where is your balance within? What if, for one day, you stopped *looking outside of yourself* for balance? Close your eyes, trust what you *feel on the inside*, open your eyes and speak, act and live from your "true center". Your "true center" will never steer you off course with any hidden agenda, but with the highest and best intentions for your well-being.

True balance lies within.

Nikki Pawlowski, Intuitive/Spiritual Coach can be reached at (216) 990-0238 www.heartandsoulutions.com



“Here kitty, kitty.”

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DEAR LOUISE.....



A Monthly Column from Louise Hay

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,

My boyfriend and I just broke up over the weekend. We've been together for two years, and I feel like I'm losing a friend, too. We know it's the best thing for both of us at this stage in our lives, but I'm afraid that when I meet someone else I'll treat them in the same way. I was jealous and critical and feared being left behind or abandoned (which I feel is dragging on from my childhood).

I'm working toward a brighter future, I think. Could you perhaps suggest some words to say to myself to remind me that I'm worthy of love and able to look ahead in a positive way?

P.E., Sydney, Australia

Dear P.E.,

Your past thoughts created exactly what you feared. You were left behind and abandoned. So you see, it has nothing to do with *them*. It's all in your own consciousness. There really isn't any blame; everything worked out according to the law. I'm glad you realized that it was the fearful child within you that created the problem and couldn't believe that she deserved to be loved. So let your thinking be about deserving love; then you won't treat your next boyfriend in that pushing manner.

Here are some affirmations to do every day: *I forgive my parents for teaching me I was unlovable. I now learn to truly love and adore myself. I treat myself as though I am the most precious being. The love I have for myself radiates out and attracts others, who also love themselves. I learn to live in a loving world, for I know that I am loving and worthy of love, too.*

Dear Louise,

What is the metaphysical reason for dry skin? I feel as if the dry skin on my face is sending me a message, and I don't know what it is. I've never had bad skin before, and I feel as though the stress from the flaking and scaling is making it worse. I want to learn the lesson and move on, but I can't figure it out!

N.J., Los Angeles

Dear N.J.,

On the physical side, dry skin comes from not drinking enough water. Remember, it's necessary to drink two quarts a day minimum to keep your skin hydrated. Also, if you're doing that dreadful fat-free diet that's so popular now, you won't be getting enough oil to lubricate your skin. Two tablespoons of flaxseed oil or olive oil a day will keep you shiny.

On the metaphysical side, dry skin can relate to a feeling of being unsafe. For some reason you may not be trusting Life at the moment. Remember, the power that beats your heart is the same power that has brought you this far and will take you the rest of the way. Relax, breathe deeply several times a day, and affirm: *I lubricate my life with joyous, loving thoughts. I allow life to nurture and nourish me. I am open and receptive to all the joys of living. I am juicy and delicious!*

Dear Louise,

I've been in a struggle for the past ten months dealing with a facial tightening that started about June of last year. It was just a slight tightening but has progressed to a point where I have no control over it, and I have pain in my face and jaw all the time. The funny thing is, it seems to start whenever I'm inactive. As long as I'm talking or physically active, I'm okay. Whenever I try to relax, my mind won't let me, and then the tightening and pressure starts. I've been to numerous doctors and have been told that it's probably stress related and that I should take an antidepressant. When this first began, I wasn't depressed, just a little concerned about what might be the cause. This whole business now has me depressed and anxious all the time—it seems that all I do is cry. My husband has been so good, but I know he's getting frustrated and frightened, and so am I! Any advice?

J.R., Oregon

Dear J.R.,

There *is* a fear of facing something, so what is it that you fear? Are you afraid of aging? Is that what you don't want to look at? There's also some guilt because of the pain. Guilt always seeks punishment, and punishment means pain. The tightening is only a symptom of the thoughts that are contributing to it. Remember, this condition came from nothing and will go back to nothing when you release the fear and/or the guilt. Let's not dwell on the problem. Let's look to inspiration and healing instead.

Affirm: *I am safe, I am loved, and I face my future peacefully and calmly. I am loved by life. I forgive others, and I forgive myself. I now cherish, love, and adore who I am. I am a precious baby, and I treat myself in that way. I bring joy into my heart; and I am healed, whole, joyous, and free.*

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Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Due to the volume of e-mails Louise receives, she can no longer respond via the Internet.

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