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Issue 36

September • October 2007

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WORDS FROM THE PUBLISHER.....

In the Big Book of Alcoholics Anonymous there is a sentence; "Lack of power is our dilemma." I agree with that, but would add "A perceived" lack of power." Seems to me, that I have spent a great deal of my life searching for a power to run my life. For a long time the alcohol and drugs seemed to work. Then they quit working. Sports and relationships seemed to work. Then they quit working. Heck, work seemed to work, but to no avail. Always looking outside to fill the hole inside. The funny thing is there is no hole. It's an illusion. In A Course in Miracles it is said that man's one and only problem is his belief in a separation from God. This is man's "lack" mentality that perpetuates war, poverty, disease, greed etc. Just as we create this lack in our minds, we play it out in our lives. Searching, praying, wishing, dreaming, and hoping for more.

So where do we find God? I suppose the first step is to come to the realization that God isn't lost. Alive and well, not just inside of us - but is us. We just create some layers to attempt to cover God up. Perhaps the next step is to wake up and open our hearts to others and understand we all are part of the same source. This is the message we are trying to convey by the cover of this issue of the Journey. At times, in the yoga classes I teach, we finish by sitting in a circle and holding the hands of the people on either side. I ask everyone to close their eyes and allow the walls and layers to dissolve. A circle does not have a beginning nor does it have an end. The holding of hands seals the connection. Dissolving the walls and layers brings us to that source we all share in common. This, in all actuality, means there really is only one of us here. Just diversified in many, many, many different ways.

May we all come to that power from within, rather than without.

-Namaste, Clyde

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Cover Art- Aron Pyne

Currently over 75 images in the online gallery. Aaron's design abilities are also available for custom designs for logo's, products labels, CD/DVD covers, and for personal commissions. 513-703-0495 visit the gallery at www.spiritap.com.

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Our Theme for the Next Issue...

teachers

What would *you* say?

By **EVSTTARR**

I just saw God the other day on a Harley wearing a black leather and chaps. I wanted to hitch a ride but I was a little too late, there was a blonde on the back. Since God doesn't discriminate, I thought maybe he'd dump the blonde for a redhead, but it just wasn't happening.

I run into God frequently in my travels. I can remember in the 70s going to the Akron Rubber Bowl summer concert series and seeing God after eating a bag of mushrooms and listening to Gracie Slick and the Jefferson Airplane...I swore I saw God on stage. Actually God was *everywhere*, the guy passed out from drinking too much Mad Dog was God on a bad day. The man next to me obviously feeling the effects of purple mescaline and singing the lyrics from White Rabbit...

*One pill makes you larger
And one pill makes you small
And the ones that mother gives you
Don't do anything at all
Go ask Alice
When she's ten feet tall*

...was God in Psychedelic clothing. Even the policeman with his tear gas and billy club was God on a power trip.

On a recent trip to Roatan Island off Honduras, I saw God in full snorkel gear. He was an African American young buck who wanted to make my snorkeling and kayaking experience as pleasant as possible. I tipped the young man ten dollars when I was done and then wondered if maybe I should've given God a bigger tip. I saw God everywhere on the island and he spoke a mixture of languages. It didn't

matter whether I selected God 101 for my first language in high school I understood him just the same.

I see God when I look at my oldest daughter and see the despair, the heartache, and the pain written all over her face. She actually is the epitome of God; she just doesn't know it yet. God comes to us in many colors, like the Crayola box of 64. God comes to me through all my senses. I taste God when I'm dining in a fine Italian restaurant and taste a caprese' appetizer and drink a fine bottle of Mocali Brunello Di Montalcino and ask the server "*Is God in the kitchen?*"

I smell God in the spring when the lilacs appear, and when I burn Nag Champa incense in my home. I also smell God when I hold a newborn infant in my arms or test drive the latest Jaguar that just hit the market. God is all around us. God is at the airport when you're running like a bat out of hell down the corridor to catch that plane and the baggage guy says "hop on" and gives you a lift on his cart.

In the Louise Hay classes that I teach I remind my students on a daily basis that they are made in the image and likeness of God, total potentiality and pure love. It's hard for some of us to accept this because we spend half of our lives punishing ourselves for some reason or another, instead of recognizing the greatness that we are.

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you NOT to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. You were born to make manifest the glory of God that is within you.

~ Marianne Williamson

During the twelve-week course, in helping them remember who they are I encourage them to dream the impossible dream, search for their passion, *reach for the moon*; believe they can climb the highest mountain, or sail the deepest sea.

To have passion, to have a dream, to have a purpose in life. And there are three components to that purpose, one is to find out who you really are, to discover God, the second is to serve other human beings, because we are here to do that and the third is to express your unique talents and when you are expressing your unique talents you lose track of time. ~ Deepak Chopra



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We are all expressing as God in some form or another...it may not always look like a pretty picture but nevertheless we see God, we hear God, we smell God, we taste God and we feel God in our day-to-day lives around every corner.

I like to play a little game as I'm going about my life, which I will share with you. I imagine that each and every individual that I meet during the course of a day and evening is God...and I ask myself, what would I say?

What would you say my dear readers if everyone you came across was God, regardless of whether he was riding a Harley, tripped out on acid, or laying in a ditch with a bottle of Night Train Express?

I fear one day I'll meet God, he'll sneeze and I won't know what to say. ~ Ronnie Shakes

To take it one step further, what would you say once you crossed the Pearly Gates and were standing face to face with the creator himself? I know what I would ask him. "Hey, will you show me that trick your son does? I'd like to learn how to turn water into wine."

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



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Daughter of Western Thought Finds Her Way to God

By Jean Franzblau

I grew up in a secular Jewish household. My family went to temple twice a year. Day-to-day, there was no talk of the mystery of life. My dad was a pediatrician and my mom was a nurse. They saw life through the lens of observable fact and science. Though I was taken care of beautifully when it came to food, trips to Disneyworld and dance classes, spiritually I think I was hungry.

I once spent a whole day at summer camp with a girl who said she had an invisible friend. I leapt at the idea of a “being” that only we knew about. I went along with whatever she and her friend wanted to do. By day’s end, the girl told me she had been fooling me all along. She wondered why and how I could have bought her lie for so many hours. I guess she underestimated my need to believe.

I didn’t like being a sucker and decided to keep my desires for the mystical underground. I developed into a perfection-driven, busy, straight A’s kind of kid. As a teen, I had a full load of honors classes, after school activities and a part-time job. I was high strung, hard working and disconnected with myself. In college at UCLA when others were finding a newfound freedom I remained dutiful, tightly wound and serious. What a drag!

There was a nagging search still going on within me. I was intrigued by Native American spiritualism. I used to look toward Native Americans as all-knowing, mystical teachers. The last unsuspecting guy I laid this trip on was very confused. He thought I wanted a date, but I wanted him to wave a talking stick and feathers over me and pronounce me worthy. My fantasies were disappointed when I found out that his true aspiration was to play pro-golf.

With boyfriends, I also was looking for connection in all the wrong places. Seeking salvation I wanted to dive back into the womb in some man’s arms. One boyfriend told me, “You’re too heavy.” He certainly didn’t mean in pounds. I tried to persuade one poor guy that he loved me even though he insisted that he didn’t. What a humiliating conversation. “He just can’t admit it,” I told myself and dreamed up a new tactic to convince him to “fess up.” It was madness.

A few years out of college, thankfully, I snapped. I was underemployed, lonely and broke. Eventually, I couldn’t get out of bed, rent was due and I had no idea what to do. In a wonderful moment of clarity, I finally understood that I was in trouble and wasn’t ever going to be able to think my way out of it. And so I began the aching sweet path toward healing in therapy, self-help groups and new friends. One day I was given the book, *The Celestine Prophecy*. I didn’t just read it; I devoured it. It was a re-awakening.

Tentatively I began to explore and the mystical, curious child within me was let out to play. I collected crystals for a while and was intrigued by the possibility that they had spiritual properties. I attended women’s rituals to celebrate the seasons. I received energy work and psychic readings. At different times I studied the lessons written by Paramahansa Yogananda and the channeled Pathwork lectures. I immersed myself in more wonderful books like *The Artist’s Way*. These were all courageous acts for this daughter of Western thought.

Today, to connect, I write, pray and dance. My most challenging practice is a mental discipline that I call framing. I believe that I’m given a choice how to interpret what happens to me. I can frame a situation as negative proof that I’m an unworthy failure, or I can choose to see it through a lens of kindness. What would a compassionate tender God choose for me?

Two weeks ago, I was feeling abundant and bought myself some quality luggage. Within days of the purchase, my satchel was stolen along with my driver’s license, credit cards, cell phone and cash. It was very easy for me to think nasty thoughts like, “I’ll never get ahead. I’m fooling myself. It serves me right.” I chose instead to notice what was actually happening around me.

The hotel where I was staying treated me to a big breakfast. While teaching my class I felt loose, outrageous and entertaining. After work, the police station was convenient to drive to and the police officer who took my report was gorgeous. My mom helped me out by faxing the copy of my birth certificate that I needed to board a plane the next day. My colleague let me use her cell phone for as long as I needed. The next hotel we stayed at offered us executive perks and a chocolate chip cookie. The richness went on and on. The stolen satchel became a lesson for me in self forgiveness, in receiving grace and a chance to see myself keeping a clear head in a crisis. That’s framing.

This week I’m celebrating 10 years in my spiritual self help group. In that time my career has blossomed from receptionist to international public speaker. Do I think my spiritual path had something to do with this? I do. Tomorrow evening I leave on a dream adventure to the United Kingdom. I will speak in front of hundreds of people. I’ll see the sights. Do I also see this as connected to my journey toward God? I do. I do. I do!

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Dear God,



By wah!

Dear God,

I know I haven't been calling or writing as much as I could - there are moments I think of You, and then the phone rings or I end up in traffic somewhere. But I really do think about You. I just don't act on it. Kinda crazy, huh? There seem to be a million distractions from me just calling You up and us hanging together for awhile. It's not like I don't have a way to get in touch with You! As if! I always love our time together. You have such a beautiful, expansive presence, and it's easy to drift along in Your current.

Not much new here. Still slogging away at my karmas (same as last letter). It doesn't change very much, but my attitude does. Every once in awhile, a similar situation comes up and I'll notice I've changed by how differently I react. Like, when my bossy neighbor went away last year, we got into a riff and I was hurt, surprised and shocked. And this year, she went away, and it started going the same way again, and I just shrugged my shoulders and said, "Oh well." It didn't capture me. Maybe karmas are finished and complete when you notice you're not intrigued by them anymore. Like, they're not entertaining enough to contemplate, so you just drop it. What do You think? Has that ever happened to anyone You know?

Hope all is well on Your end. I know You're really busy. Well, at least, it seems that way from where I sit. You've got one hand in everyone's business! Thank goodness You don't gossip, or the stories would be all over... well, I guess You do gossip, cause I hear the tabloids get a lot of lead stories from You. Hmmm... Is there anything You don't do? I think what I find most fascinating about You is the fact that You remain calm and carefree in what looks like a very chaotic schedule. You just keep going with Your own energy, and allow the healing to happen in whatever way it wants to.

Well, I can't stay on this letter for much longer. I've got to get back to work. (Too bad You can't do it for me!) It's okay; I don't mind the work really. It just takes up a lot of time. But that's what I've got here: lots of time. It works out. I appreciate Your messages, kind words and most of all Your love. You've been there for

me from the very beginning; it's been a great experience. I've met some awesome friends and lovers and family here. I must say, the way You've been doing the sunset lately is truly amazing. You've really developed an artistry for the whole thing. I was down at the beach yesterday and I saw the sun setting on one side and the full moon rising on the other side. I just had to laugh - only You would think of something like that! Wow... Thanks for the sprouts and the seeds and the insects - the whole micro-world You micro-manage - it really keeps us alive. Oh, if You have a chance, check into the honeybees. They're in a sad way these days, like they think You've forgotten about them.

Thanks for the opportunity to be part of this great experience. Who would've thought I could get a scholarship to Your highest institution? Wow! I sure am lucky. I appreciate the gifts and the ways in which You have paved the way for me. My friends all acknowledge I must have friends in high places. Little do they know, it's true!

I'm really enjoying my job here. Singing is easy and it's allowed me to be with so many wonderful and different kinds of people. The singing keeps me in a positive place. It was a great idea, thanks for the recommendation. Looks like I'll be at it for awhile here, there's still a call for my kind of work. No complaints from this side. I've had a million breaths and probably as many heartbeats. I've even missed a few heartbeats cause I fell in love for awhile. Truly magical. He's great. I'll have to introduce You sometime. (Maybe You've already met, who knows?)

Thanks for being a gentle hand on my shoulder.
Best of everything to you.

Till tomorrow,

**Much love,
wah**

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. She is currently working on a new CD **wah! re: mixed** with Paul Hollman, which presents love songs and sanskrit chants in club and R&B styles. www.wahmusic.com*

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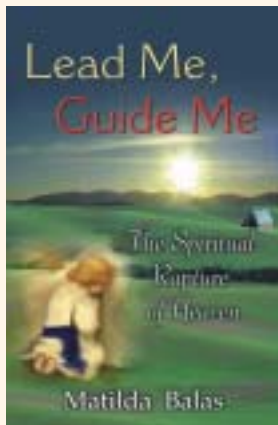
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THE VOICE

By Mary Ann Reiger

It was just an awful day. I had locked my car keys in my car while it was still running. I picked a cold rainy day to accomplish this feat. I waited wet and shivering for the locksmith. He would probably shake his head at me if I told him I had done this before, talk to me in a condescending manner and most likely overcharge. But it was my responsibility. I could hear my mother's voice in my head, "Take responsibility for your actions." Her reprimanding voice was so many times replaced by another voice. That voice was the voice of my God. The voice existed solely to scold me whenever I did wrong. I tried not to intentionally hurt anyone, but the voice would sternly reprimand whenever I was careless or selfish. This voice was a gray-bearded deep voice that brandished threats of eternal damnation should I question or go astray. I gave into the voice, after all the voice's word should not be questioned, from what many say. Residing in a fire pit forever does seem quite foolish. Over time I grew weary of the demands from the voice's translators. Eventually, I ignored the voice. But that voice was replaced by other voices. These voices changed frequently and told me more of who I should or should not be in the world.

The locksmith arrived and thankfully the rain subsided. With bumbled excuses I spoke to him. He kept his head down while he worked. Quickly, he popped the car door open. A song blasted through the air "I got problems up to here ..." He turned the engine off then handed me the keys. I braced myself for the scolding. With arms crossed I listened as he spoke. He told me a funny story of how once he was locked out of the company's van. He shook his head and laughed. "Can you imagine my embarrassment?" He was just being kind I reasoned. Sensing my disbelief, he showed me the dent where he tried to jar the van door open before making a call. He charged me a reasonable price then gave me ideas on safe places to hide extra keys. No longer embarrassed I thought about his suggestions. I parked my car keeping his gentle voice in my mind for some time.

Later, I found a perfect place that only had meaning to

me and that is where I hid my keys. So on a blustery November night when I locked myself out of my car again, I knew exactly where to find my keys. I unlocked my car so fast that I don't even think my nosy neighbor saw. I have not locked myself out since. I have made other mistakes though. Each time I imagine a compassionate voice giving me suggestions, then I take care of the rest in a way that is particularly meaningful to me. My new method worked so well I applied it to other areas of my life, like work and relationships.

So now whenever any negative situation arises, I still my mind to listen for that compassionate voice to give me ideas. I work at the rest. I'm no longer fearful of being wrong because no one will reprimand me. I don't look to do wrong because the feeling of kindness is so wonderful why would I bother with negative intentions? When I accidentally do, because I am human, I make amends. Then I, and possibly they, can return to that peaceful feeling. That feeling of kindness and compassion is so powerful that I want to be like that willingly, not from some threatening authority. I can choose to be like the locksmith. It is entirely up to me.

One day I realized that my "method" is not mine at all. All the great spiritual masters have spoken of love and compassion. That is God's method. Man's method is the fire pit of fear. The other intriguing realization is that I am the locksmith, car and even the keys. I created the locked car so I could find my keys but also so I could learn *how* to find them. In the totality of my being is the method of God, which is love. My free will is to listen to that voice, the one that demonstrates love with suggestions on how to love. My mother's voice is right too. That probably came from listening to her God's voice. When I take responsibility for my actions I create choices meaningful to me. I accept my weaknesses and still love myself, empowering me to love others.

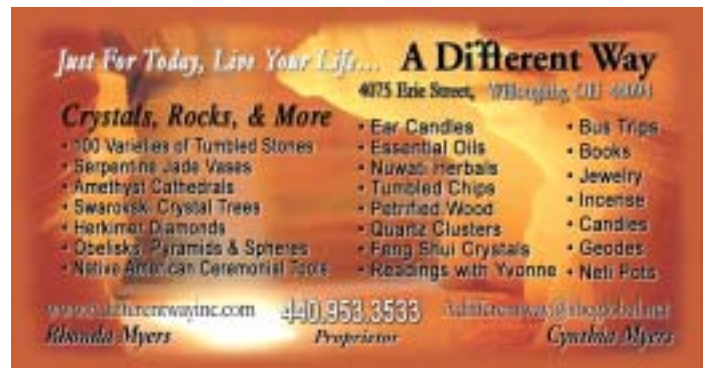
When I listen to my God's voice, knowing if I turn the key with choices from love, not fear, I am never locked out.

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HEALTH & NUTRITION

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I AM WITH YOU...

BY JANEK KUTA-ILIANO

I remember being young and going to church every Sunday with my grandmother. My mother's friend swore I was going to become a nun when I grew up. I read passages from the Bible, would perform my own church service if I didn't go and always wanted to help the priest clean up after mass. Of course, the best part of church in those days was knowing that I was off to Friendly's after for a huge breakfast meal. My grandma would let me have whatever I wanted and as much of it as I wished. This now scares me since I am sure my parents are going to do the same with my daughter. I'm only kidding; I believe that good health is not just what you eat, but also the social experiences that bring you closer to others.


Throughout my life I have always felt the presence of spirit, or the holy spirit as my grandma puts it, while I was in church. I could feel my heart opening and the arms of compassion wrapping around others who hobbled up to the front for communion. I couldn't control my emotions in church and found myself getting teary eyed as I looked at others feeling their struggles and pleas for help. From those intense feelings and experiences I knew there was a God. I could feel the presence every time I went to church.

As I grew older and my parents divorced my church experience began to fade. I became the classic visitor around holiday time and was more concerned about going out with friends then going to church. Looking back, I wish I would have had the influence of church during those were difficult times. However, I did start going to church again when my husband and I started dating. Every Sunday, even if we were out of town, we would find a church to go to. It really brought us closer as a couple and fulfilled us at the time.

As I continued my spiritual journey, I found myself really paying attention to the services, analyzing the mass and all that was being said. I hated how I started judging the homily's and felt myself disagreeing with the message. It made me feel lost. Here was something I grew up with and for some reason I did not feel like this was the way I was supposed to continue a relationship with God. Suddenly, I found myself really starting to pay attention to everything in my life, not just in church. Even the songs I used to love. I used to like songs simply for their beat, however, when I started actually listening to the words of those songs, I was shocked at how negative and degrading they were. I felt like I was blindly going through life,

taking things at their surface and not actually paying attention to the deeper message. This realization was a turning point and because of that awareness I am most grateful to God.

At that point, I could not stop feeling bad in the church I once loved. It was a terrible feeling and after much thought, I stopped going even though it made me feel lost and disconnected. In my desperation to feel like I belonged somewhere, I started listening to what other people were doing to fulfill their spiritual needs. Some went to non-denominational churches; some felt you didn't have to go to church to be with God; while others practiced yoga and went to sanghas, etc. I was going outside myself, listening to other people's take on religion and spirituality, which



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eventually made me even more confused and lost. My marriage and life started to feel strained and I didn't know why. I worked like a dog, never resting, in an attempt to fill this void. I went to counselors and life coaches searching for answers and continually came up empty handed. I felt like my life was really a mess. I was shouting for help and no one was listening, or so I thought. Then to my surprise I was given a gift. A gift that would forever change my life and re-establish my relationship with God. A gift that came at the most perfect time of my life. With the birth of my baby, life slowed down dramatically whether I wanted it to or not. I noticed that the quieter my life became, the more I could listen to myself and start this dialogue with God. The quieter I became, the more I realized that God was talking to me the whole time, but just whispering. You cannot hear someone whispering when you are constantly running around in this chaos called life

One night recently I truly felt I had a conversation with God just as Neale Walsh did in his book. I opened my heart and asked for help and the experience came. I was on vacation and journaling, all the time asking in my prayers and thoughts for a re-connection to the divine. Almost suddenly, I felt such warmth and a sense of peace in my heart as I continued to type the words in my journal. I began asking questions and many answers were given in this dialogue with me and what I believe to be God. I believe it was God and know it was because of the intense love I felt and I truly believe that God comes from love and anything other than that is not of the divine. Every time I ask for help or guidance, if I remain patient and quiet, the

messages come. The key for me personally is to slow down. The quieter I become the louder I hear God and the many messages the universe brings.

Whether it is reading a book to my child, holding her tightly as she drifts off to sleep or staying at home during nap time, I continue to receive signs and messages that have helped ground me to this Earth and feel the presence of God all the time. My daughter is truly just the beginning in a series of events that will help me find some truth in the whole spiritual mess I was in. The experience of having Jude has allowed me to open my heart to others and to God again. This gift gave me the opportunity to slow down, smell the flowers and appreciate the beauty that is all around me. Life is not always happy and gay, but at least I now have a sense of what is important and what is not. We are all a work in progress. What I do know is that we all receive God's little whispers. It is just a matter of taking the time to quiet yourself enough to listen. What you need to know is revealed in time and with proper patience. Enjoy this life experience because you certainly don't wear this suit too long and if you feel lost, ask for help. Quiet yourself and listen. The divine is with you all the time...

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



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The Church of Creation

By Lisa Pinkerton

God. This one topic has split families; kept lovers apart, influenced politics and brought war upon nearly every people of the world. It's such a heated topic that some Americans choose not even to broach the subject with friends or strangers, for fear of offending people.

Me, I love the subject of God, mostly because no one can ever be 100% right or wrong. It's all open to interpretation and debate, which is the only way any question ever gets answered. Unfortunately, many people are told what to believe when it comes to the existence of God or a Higher Power and they are never challenged to a debate about their beliefs.

A perfect example of this is my childhood. I was raised in a very loving Christian household. I grew up going to Church and reading books about biblical stories, and every Christmas my favorite pastime was playing with the figurines from the Nativity Set.

By the time I was in third grade, my parents decided they wanted me to have a well rounded education, which included Christianity. For the next nine years I suffered through religion classes, along with my math and history. I say suffered because these classes were never arenas for debating Christianity's merits, its belief structure or the ac-

tual existence of God. Instead, it was about the regurgitation of information like how Moses saved the Israelites, or what Psalm 79 says. By the time I was in high school, my class mates and I had learned the key to passing religion class was memorization, not faith.

And this is how the young, good little Christian girl inside me dissolved. My belief in God didn't, but my belief in one specific religion to get to paradise did. I realized organized religion isn't meant to get to the truth about the Spirit World or the existence of a Higher Power.

As I wonder through life seeking how to answer the question of God for myself, I find that I'm repeatedly drawn to nature. No matter what type of setting it is, I always feel closest to God there, whoever He, She or It is. The place could be in a lush and quiet green forest, a damp cave, by the cool ocean or even in a noisy downtown park surrounded by pesky pigeons. Inevitably, my thoughts will turn to the question of God. When I climb a tree, I can feel that spiritual power holding me. The smoothness of a leaf could be its skin. The ocean wave crashing on the shore sounds like its breath.

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Yet, modern religions still point our eyes to the heavens to find God. Why has nature and its worship been lost to modern Christianity? Many of them have rebuked nature as obsolete, with Christianity preaching that nature is to be used for man's own purposes, no matter what the outcomes. (This is beginning to change in congregations in Utah and other western states.) Perhaps, the worship of nature is seen as being too Pagan, which for some is too dangerously close to devil worship. To me, simply spending one afternoon alone in the forest can bring more insights than a year of church services.

I think if society really wants to get in touch with God, it can't be only through words and scriptures. Learning to appreciate the natural world around us and the realizations that our lives are so small in the grand scheme of things, could go along way to healing the sharp walls of religion that divide this world. Ultimately, we are one people, seeking the same truth, living amongst the same spiritual energy. Immersing ourselves in Creation could be the closest we ever get to it in this lifetime.

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PLANETARY PATHWAYS

By **Evstarr**

September: New Moon in Virgo Sep 11th 8:44am/Full Moon in Aries Sep 26th 3:45pm

October: New Moon in Libra Oct 11th 1:01am/Full Moon in Taurus Oct 26th 12:51am

Mercury Retrograde: Oct 12th 12:00am ~ Nov 1st 6:58pm

ARIES

September – Ram you're no stranger to change, you're on the go, starting new things around every corner you turn...so this shouldn't be a shocker to your system, you're in for a colossal change that just may show up at your door in the disguise of a storm...look for the rainbow

October – You made it through the storm just like I knew you would...now look around you and clear out all that debris that tornado caused as it ripped through your life...you may as well call in a feng shui expert while you're at, the Ram could use a little simplifying the clutter in your abode

TAURUS

September – Been a little too rough on yourself Bull...give yourself permission to forgive thine self...let go of the old baggage and guilt that you're carrying around...the Bull can't afford to carry anymore stuff and still expect to charge forward toward that red cape...get on with the forgiveness and get back in the arena

October – Don't worry about leaving that bull pen of yours in October, remember you're being watched over from the celestial heavens...so get to work, do what you got to do, and leave the worrying to us...remember you're in good hands with the Universe, you, your loved one and possessions are protected...get on with it.

GEMINI

September – That red hot planet Mars just stepped into your sign...so you have that Geminian energy backing up that intellect of yours, this is the month to pull out all the stops and get back in the healing game...don't underestimate your healing abilities, Leo isn't the only one with a big heart, strut your stuff

October – The person who's been on your mind for awhile now isn't going to wait around much longer for the twin to pick up the telephone...you're a master at communication, so what are you waiting for, get together with him or her and make yourself a play date & get out and have fun...that's what the twin does best

CANCER

September – OK crab this is a busy, busy month for you...you won't be retreating in that shell of yours for long...when you feel stuck or your creativity has experienced a block...get out there in that ocean filled world of yours

and play baby play...you need to take a break from all the hustle and bustle to get those creative juices flowing again

October – Did you or did you not listen to my advice last month...take a break from that harried routine of yours and make a date with the cosmic skies for some cosmic fun...don't let those stars shine on everyone else's parade...Mars is in your sign, you've got the energy for both work and play... the crab plays best under the moon shine, go to it night owl

LEO

September – Learn how to say YES to receiving, just because you're King of the Jungle doesn't mean you can't allow someone to give you a helping hand once in awhile...and it just might lead you back to that royal castle of yours with a lioness at your side, Venus is in Leo...comb that mane and give that mating call roar of yours a try, you do it so well

October – Oh, the Lion may have been bitten by the Love Bug last month...keep that positive streak of yours going by reinforcing the positive attitude...take a lesson from the Universal angels who know the power of positive thinking and saying thank you, thank you, thank you...roar baby roar...and let the whole world roar with you

VIRGO

September – Virgo you've got a lot going on this fall...Saturn just stepped into your sign and will stay at your home for the next two years, so clean out the spare bedroom...you'll feel right at home with the task master energy, since you like to work and pay attention to details...the Sun is also shining on you this month, so don't quit right before the miracle

October – Venus just showed up at your door, don't worry about an extra bedroom just let Lady Venus share the room with Father Time (Saturn) and they'll take care of the rest of the story...you're in your element, let that heart of yours heal the world, the planet is ready for what you have to offer...just don't criticize too much

LIBRA

September – Mercury is visiting the Libran abode this month, so either you'll be better about making decisions or you're vacillate from one end of the spectrum to the other...either way you tip the scales...your business is about

to get a boost, so grab those opportunities and don't vacillate too long before the Scorpion who's waiting in the wings steals them from you

October – OK you *were* listening, now it's time to look at all the possibilities, not that you haven't been weighing them to death, but there are some stones unturned that you haven't explored yet, so get to those rocks, see what's underneath, and do your homework...it's a good time for change, the Sun is shining in your sign, quit waiting

SCORPIO

September – Come out of hiding Scorpion...you need to come out into the light once in awhile, you've got the garlic around the neck, you don't need to hang around with the other vampires all the time...now is the perfect moment to jump right in, the water is fine, do a little digging in the sand and you'll find your heart is leading you to buried treasure

October – OK you may go to the dark side a little too often...with Mercury in your sign this month, you have a tendency to focus on the shadow side, whatever you think about, you bring about, so turn that flashlight on your dark side, and start thinking only what you want to manifest, quit digging in the dirt, start focusing on what you want

SAGITTARIUS

September – Jupiter is still in your sign, but are you using that energy to manifest good or are you using the overindulgence energy of expansive Jupiter in a way that is creating a monster...it's time to remain optimistic, seek the higher vibration of this planetary energy and use that philosophical

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brain of yours for enlightenment, you're almost there

October – Centaur, it's time to quit trying to solve the problems of the world yourself...realize *when* you need help, and that when is *NOW*...consult an expert, you don't have enough information to go this one alone...more information is needed, do your research and aim that bow and arrow...seek and ye shall find

CAPRICORN

September – Look's like you may just take some time off from that workaholic schedule of yours Goat...the stars are shining soul mate energy your way...but if you never leave the confines of your business you may miss the opportunity...remember all work and no play make Mr./Ms. Goat a dull boy/girl

October – Alright, slow it down...you've got all the time in the world, and nobody knows better than the Goat about perseverance, and patience, you're more than happy to trod along on that Goat path of yours till the moment is ripe for the taking...so bide your time and wait just a little longer for better results

AQUARIUS

September – Go to your local herbal store and get yourself some of those bath salts you love so much...it's time to cleanse your soul along with that beautiful body of yours...relax in the tranquility of a bath...make sure you light a white candle while you're at it to set your intentions...you've been running far too much...slow down your eccentric self

October- Get them dancing shoes out of the closet...it's time for some music...music raises your vibration...and lifts the power of manifestation to a higher level...so blast that music and dance the night away...you'll light up the floor with that eccentric, unique energy of yours, own it baby

PISCES

September – The pond's not dry yet, you've got the entrepreneurial magic dust this month...so swim with the whales...let the dolphins tag along...you've got the green light on the starboard side...and the sailing looks clear...so full steam ahead...that pond just turned into an ocean of opportunities...ride the waves fish

October – OK fish so you're riding high...remember you're in an ocean liner...not a speed boat...slow it down just a tad...and wait for the tide to come in before you make your next move...the results will be much better once you've sighted land if you check out your map first...so you can steer that ship in the right direction...

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THE YOGA PAGES

The Good Jew Speaks on God A Yoga Teacher's Perspective

By Shayna Meyerson

My friends have always considered me to be the religious one of the bunch—a role that I have happily accepted, after all, I go to Temple more than the obligatory twice a year (I usually go at least three). I don't work on the High Holidays (who can refuse a legitimate excuse for a day off of work? How often do *those* come along?). I only eat Kosher cheese (because, as a vegetarian, it's the only kind I can eat). I sometimes even date Jewish men.

Truth is, I've always been one of those Pick-and-Choose Jews who just basically does what I think I have to do to earn my badge at the Big Jew Scout Meeting in the Sky.

Enter Chaim. An Orthodox Jew—a *rabbi* at that!—who somehow I've found myself dating. (And, no, it doesn't really entail holes in sheets.) It's a little like being in the Twilight Zone, a little like being back in Hebrew School and a little like breaking the law.

Being with Chaim has really forced me to examine my relationship with God in a way I never had before. Because if I want a future with this man, I really have to understand what I believe in, what I don't believe in and where I'm willing to bend.

Now, I am what you would call a free spirit. Maybe the fact that I am still single at the ripe old age of almost 36 has afforded me that luxury. Maybe it's something I was born with. I pride myself in living a conscious, conscientious life, but I am also extraordinarily independent and big on making my own rules.

Because I gave up all attachments to my everyday life to teach yoga five years ago, I feel as if my path has

been one that is increasingly closer to God, but further from religion. Does that mean I no longer consider myself a Jew? No way. I consider myself a fabulous Jew. I always try to do the right thing, respect others, respect the Earth and respect myself. What else can possibly be more important than that? Mumbling prayers by rote three times a day? Observing customs that I know nothing about other than, "God said"?

I asked Chaim—who wasn't born Observant, but became that way by choice—if he enjoys living such a restrictive lifestyle. To which he responded that he doesn't see his life as restricted, he sees it as conscious. Every prayer, every ritual reminds him of his blessings and brings a sense of responsibility and gratitude to his life.

Fine. I get that.


But...

Mindful existence doesn't need ritualized prayer to validate it.

I don't need someone else's prayers to talk to God. I don't need someone else's rituals to act like a good human being; and, I don't need someone else's parable to learn the lessons that I learn every day just by being a citizen of the world.

I guess I've come to the conclusion that the closest I come to God is when I feel a passion so deep in my heart that it actually permeates my soul and allows me to speak directly to a higher power through my own expression. It may take the form of an impassioned plea, a good deed or even a yoga class.

I was once at a table with a bunch of Orthodox friends



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and we were shooting the shit about Torah and the question came up, "Is it better to do a mitzvah (good deed) because God tells you to, or because you feel it in your heart?"

A no-brainer to me...though I knew my answer would be the "wrong" one. Of course you should do good deeds because you *want* to do the right thing! Right? Well, according to the religious legions ganging up on me, No...the greatest mitzvah is to listen to God without questioning.

Uh...question: Since when is blind faith a good thing? Blind faith caused the Holocaust and it caused the Jonestown Suicides, just to name two of many tragedies throughout history when people stopped questioning the powers that be.

Am I implying that listening to God is the equivalent of becoming a Nazi? Of course not! But what I am saying is that before anyone jumps into a life of ritual and prayer, s/he should understand the meaning behind all of the actions. The real point is to live a mindful existence, not a vacuous life of rote and habit. We are not here to accept God blindly, but to *find* Him. Once we stop searching, we have fallen into a space of complacency and mindlessness that cannot be made up for by religiosity.

In many ways, I feel as if religion takes all of the things that we simply do not know and cannot begin to comprehend and just clumps it into this unfathomable

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void called "God" because as humans we don't want to admit that there are some things we just don't know and will never know. So, I guess I call that same clump of intangible information "science." Seeing as I am nothing even close to a scientist, I have to leave those unknowns to the Great Unknown, something greater and more powerful than humanity and the universe itself. At the same time something that cannot be rationalized or explained in concrete terms by even the most learned scholars (me, in this scenario).

I feel as if ritual, prayer and fear of God are used to fill a void of consciousness that I do my best to fill every moment anyway. Once you find hope, meaning, gratitude and awareness within your own existence, you have found God. So take a good Jew's advice: Go unto the world and do good things. What else could He possibly want?

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God is an expression of love and love is an expression of God. Amen.

Well first off I have to say this was a very challenging theme to write about. So in a deeper search of the meaning of God

I tossed and turned in my sleep and sat still in my waking hours, trying to put into words the moments I've felt God in a state of bliss, meditation, nature, love...

I asked many people what God meant to them. One of the best answers was from my 4 year old niece, "God is everywhere..."

So my final conclusion is although God may be many names and many meanings to many people according to our belief system, culture, needs and perspectives. The word ultimately is a symbol of the highest love.

God is more a state of being or mind or really from an energetic point of view a higher consciousness. Therefore it doesn't have to be tangible or see-able. Only the actions resulting from states of mind are visible. Every action or expression comes from a state of mind and that action affects you in the external world.

To know ourselves is to see God in ourselves. When we are able to see we are one with everyone and everything in the universe then we are in a state of oneness with all and that includes God.

If we all functioned as a unit and could see our interconnectedness. If everyone said "yes" and acted in the image of God we would be living in heaven.

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Yoga teachers, studio and workshop listings

are available for this section. Cost is only \$25 per listing for each issue.

Please keep each listing to 35 words or less. Call 440-223-1392 for more details.

God is Creative Cause

By Dr. Norm Williams

“You may call that which creates and sustains the world God ... but ultimately you are the proof that God exists, not the other way around.” —Sri Nisargadatta Maharaj

Many people believe that God is outside of them (often referred to as “the big guy in the sky”) to be called upon to solve their problems, whatever they may be. They do not recognize God’s indwelling presence within them and the facility it provides for them to transcend life’s challenges, and, hence, shape their lives.

God is Creative Energy that is the source of all visible reality: human beings, animals, trees, plants, etc. And the Bible teaches that God is Spirit. As Plato put it, *“There could be no body, no visible reality, unless there is first Spirit as creative cause.”*

There’s only one God in the Universe, one source of all the different forms of life as we know them. And, as creative energy, God is the cause of everything in the Universe as well as the power that sustains them. God is Wisdom and Intelligence. All the wisdom and intelligence that exist in the Universe represent God.

Humanity is the most complete expression of God. “In his *own* image, in the image of God created he him; male and female created he them” [Genesis 1:27].

You were created by God because He wants to express Himself through you. He’s Omnipresent; therefore, He must be in you. Hence, He’s a part of your being. He’s all in all, so you must be in Him. He’s Spirit and you were made in His image and likeness; hence, you are spirit.

The reality underlying everything is God. Every thing is one and the same Spirit manifesting in different ways. The various forms of life are one life. All the wisdom in the world is God manifesting in different ways. He is in every human being as infinite wisdom waiting to be brought forth into physical manifestation.

God, the source of our existence, is not only Omnipresent, He’s Omnipresence. He is both Omnipotent and Omnipotence. God is not merely Omniscient, He’s Omniscience. Everything that you can think of in its absolute perfect form is God.

You are a three-part being consisting of Spirit, body and soul. Both the Spirit and the body are clothed in the soul. The Spirit is your innermost being, the absolute part of you. It never changes though your circumstances and thoughts are changeable. It is the Christ in you, the God in visibility.

The substance of God is the unchanging principle at the core of your existence. It is the divine or real self that is spiritual and perfect and cannot be seen on the physical plane.

Your body is your visible mortal part. It has a brain. Your body’s brain has a mind, your rational mind. And your Spirit has a mind as well—the real mind. The former is changeable because it gathers information through the five senses: sight (visual), hearing (auditory), touch (tactile),

smell (olfactory) and taste (gustatory). The unchanging mind of the Spirit represents life. It is the Divine Mind and it represents your consciousness.

Our own individual minds are connected to God’s. Therefore, there is only one mind and that is God’s—the Universal Mind.

God did not only create us He is the fountain of life that abides in us. He is the ever present Intelligence that fills our minds. God is our inexhaustible supply of spiritual and material blessings; He’s both the Giver and the Gift.

In trusting in God as your *all* He will see to it that everything that you desire comes to you. This Truth is in accord with the Bible’s teachings, “What things so ever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*” [Mark 11:24].

God resides in you. Therefore, your own indwelling spirit provides all the wisdom, courage, peace, joy, health and strength that you desire.

We were created in the image and likeness of God. Therefore, we have things in common with Him. In the case of our spirit, it differs from His only by degree because a part must be the same in kind and quality as the whole.

Consider this analogy. One drop of water from the ocean is the same as the ocean water as a whole in terms of its molecular structure, physical and chemical properties. The difference lies only in the quantity.

Similarly, as individual manifestations of God, each one of us contains the whole that is God. However, like the drop of water, we don’t consider each individual to be God in the entirety but as God taking form in some degree. Therefore, like God, we have the power to bring into visible form that which we conceive of in our thoughts.

Until you become aware that God is not to be found afar off but that He dwells in you, the Christ is “asleep in you.” When you have “awakened” the Christ within you, a great calm will come over you. You will come to understand that the God in you will help you to overcome any difficulty that you may encounter and will bring peace and harmony to the situation.

However, to achieve this end, you must focus on the Christ in you and not that within anyone else. By doing so, you’re working with God to raise your level of consciousness above the obstacles in your path so that you can become, do and have whatever you want in this world.

Norm Williams, Ph.D., is the principal of NSW Williams. He is a professional life coach, workshop leader, writer and inspirational/motivational speaker. A practitioner of the principles of metaphysics, student of human molecular biology and author of Take Steps to Realize Your Dreams (<http://www.pdbookstore.com/comfiles/pages/NormWilliams.shtml>), he can be reached at 416-439-2546 or nsww.associates@sympatico.ca.

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An Afternoon With
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Sunday, September 9
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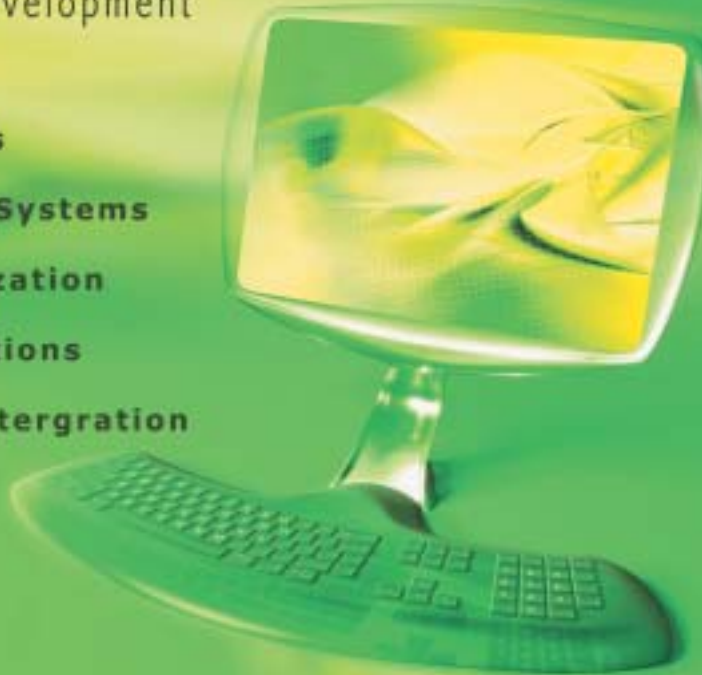
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GOD

By Debbie Craven

Many years ago, I participated in a graduate student's research for her thesis on the God image of the abused and the non-abused. I am not sure what the conclusions of the study were, but what struck me was to see how closely my image of God paralleled my image of my earthly father. Perhaps being raised in the Catholic Church with its patriarchal structure and attitudes it should have come as no surprise, but up to that point I had never really analyzed my vision and concept of God. For me, God simply was.

My image of God was what I had been taught. God was something that could shower blessings or inflict consequences. God, through the Holy Spirit, could dwell within me, but it seemed as though that meant that a visitor from "out there" would see fit to take up residence so long as I remained in a state of grace. God was something separate from me.

As I became aware of how I had humanized such a vast concept or entity I also became aware of how inadequate anything I had ever learned was to describe or envision the concept of God. The humanization had started in childhood with the idea that we are made in "His image" with mankind being a flawed version, a work in progress if you will. I noted the "His" and gave God attributes of a father figure, my own father being the example I had of what that would be.

I loved my dad, but as a child he was a scary and often unpredictable guy, very human, and as flawed as the rest of us. So God became a sometimes scary thing for me but a more perfect version of my dad. I was always thought that God loved me and I wanted to do what was right so God would approve of me but as a child I mostly wanted to avoid the punishment I had been taught could come to me for any number of possible infractions. Considering the fire and brimstone alternative that could await me, I wanted to spend eternity with God, even if He was scary sometimes. I hoped I could pass the judgment. I counted on the fact that under it

all He loved me and had my best interests at heart even if that didn't always feel good.

Later I was presented with and was able to embrace a broader idea of God that included the feminine balance. After all, if we were made in His image and we are male and female, masculine and feminine, then I figured God must be also. At that point my image of God took on more of my mother's attributes in combination with those of my father. The whole concept of the disciplinarian remained but was softened by a perception that God could understand me, forgive things and not sweat the small stuff so much. The whole idea of spending eternity together became more appealing and some of the fear of retribution subsided. Still, although God's place in my life continued to grow, there was a separation and God remained outside of me.

Since that time I have become aware that we are much more than male and female matter. We are energy and light; we are spirit. That has put a whole different slant on my understanding of God. The concept had to broaden in order to be relevant.

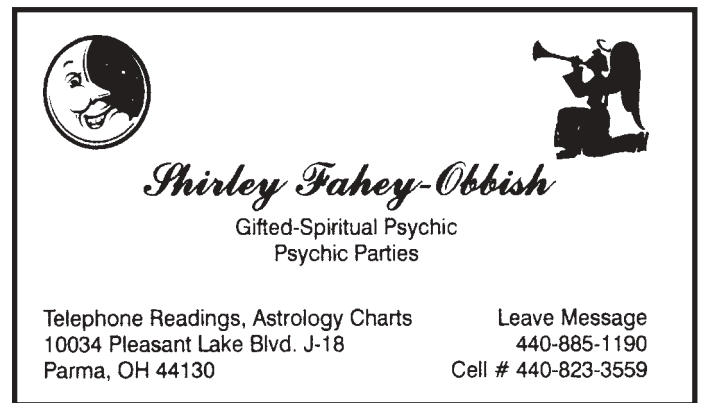
I can now see the Deity as Pure Light and Pure Energy, having no form and no human characteristics, more like the collective consciousness, the total. It is natural from this perspective to see God as the Source of all life and that from which I am an extension. It fits that we are made in God's image of light and energy. The evolution of my understanding and my image of God has brought me a sense of union and peace. I am no longer afraid of God any more than I am afraid of my hand or my foot. I still want to spend eternity connected to this awareness. I still want to do what I believe is right. I still want to be forgiven and understood, but now I know that I must go inside to accomplish this because I am to God as a ray of sunshine is to the sun. On a day-to-day basis God still simply is and I won't know for sure if my present image is accurate until I leave the Earth plane. It's all good, however, because for me God is no longer something separate.



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Deepak Chopra September 9 - See Page 43



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Is God Just An Idea?

By Cindy Hauska

The Course in Miracles says we are nothing more than an idea in the Mind of God. My question is: Is God just an idea in MY mind? The answer to that is twofold. Yes, I have an idea, a concept, in my mind of who or what exactly God is to me. AND I have experiences of what I call miracles that bring God out of the realms of conception into the physical world, and that is when I am filled with awe. My concepts don't really move me, but my experiences leave me moved, touched and inspired.

In my youth, my ideas about God were likened to Santa Claus. God was this robust man with a white beard, making a list and checking it twice, finding out who's been naughty or nice. But it wasn't just the absence of presents under a tree if I was caught being naughty by God, it was far worse. I may have been sent to Hell upon death, where I could burn off the sins forever. WOW! So guilt and shame become part of my young human psyche until SOMETHING, some other possibility entered in to challenge that disempowering context of God. I knew in my heart that love and forgiveness had nothing to do with Hell. That foundational shift forced me to leave home at the age of 19 because I could no longer accept my parents' idea of God, a thought that was totally unacceptable to them at the time.

I spent the better part of my life trying to figure out just

what or who God was.' My interests in psychology and the human mind grew and grew. I got into energy work and meditation. When I began seeing the results of believing in a higher power and connecting to that frequency of energy it no longer was a question, it became a knowing. Not necessarily one I could easily explain, but one that was filled with happenings and synchronicities that could only be the orchestrations of a universal divine mind in action. For example, I was walking through an ashram in India a few years ago and a beautiful golden dragonfly was escorting me. Dragonflies do those kinds of things with me, they always have. I said a prayer of thanks for dragonflies and for how they seem to gravitate to me. My thoughts went to the beautiful red and black dragonflies I had in my yard back home. Instantly, the golden dragonfly morphed into the petite red and black Ohio dragonfly right before my eyes! Some things can't be explained...

That is what "GOD" has become for me – the source of all power and life, animating-Itself in each and every moment based on levels of frequency through which It can issue forth as Itself. Once I understood God in that way I

really got the old Buddhist saying, "There is no place where God is not." And in that space, the consciousness of wholeness or Oneness includes everything and everyone as Itself. In Oneness, I am in the mind of God and God is in me; God and I are One.

Cindy Hauska is a licensed minister, Reiki Master/practitioner, Spiritual Coach and she is partnered with Creative Wedding Officiants offering customized wedding ceremonies.



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HOW GOD'S LIGHT HAS IMBUED THRU ME AND CHANGED MY LIFE

By **Debbie Burnheimer**

Being the daughter of a minister, and raised in the church, I felt I was a spiritual person.

But as I grew into adulthood and my life became chaotic, I no longer attended church except on a few special occasions. I didn't feel I needed to. However, I continued to pray.

But on December 9th, 2006, unbeknownst to me, my life would change forever. Through a series of connections and events, which now, looking back, I am convinced were at the hands of God, planting the seed within me, creating an incredible desire to learn and grow spiritually.

My story begins when I met a man who entered my life and changed my world. At the time I thought he was nothing more than just a friend. But the more we talked, the more I began to realize just how perfect he was for me.

As I got to know him, I was in awe as this man represented everything that I had asked God to bring me in a partner. I was both shocked and scared at the fact that every time we talked, this man would say something, almost word for word that I had mentioned in my prayers. It was as if he had been listening in on my conversations to God.

I did not understand the connection I had to this man. I just knew that I had such a strong desire to get to know him I felt it was meant to be – the seed had been planted.

I learned early on in our friendship that he was a man of faith and he had a strong interest in the ministry. Maybe because my father was a minister, I found this to be quite intriguing, yet challenging to say the least. I can remember having a conversation with him about the Bible, and actually feeling embarrassed, because I did not even own a Bible, nor had I ever actually read one.

That conversation motivated me to go out and purchase my first Bible. I began to read different scriptures on my own, wanting so much to understand my new friend and his spiritual interests. I found that as I began to study this special book, I began to crave more.

Several months into our new relationship, we began to experience a few obstacles. I found that I was ready to receive him in my life, but he was not ready for me. Therefore, as patience not being one of my strong points, I began to have a very difficult time in understanding what our connection was all about; it seemed so divinely perfect.

As friends do, I turned to my girlfriend for a shoulder to lean on. She too, was a very strong Christian, although I must admit, I never really paid much attention to how strong

her faith was.

Until one day, an extremely hard day for me, she sent me an email with the Bible verse, "*Be Still and Know that I am God*" (Psalms 46:10). That verse hit me that day like a ton of bricks! For the very first time, I realized that I needed to trust someone else – GOD. I found great comfort in that verse and I started to depend on it to get me through my tougher days.

As weeks went on, I continued to sit at home on Sunday mornings, drinking coffee and going through the same routines. I soon began to notice this strong tugging on my heart. It was such a strange, gnawing feeling. I started to feel like I should be in church. Not sure exactly what church, because I didn't feel I had one. I didn't want to consider the church I was raised in, so I decided to ignore those feelings.

I guess I didn't realize it at the time, but God was starting to work on me. I let three weeks go by and the feeling wouldn't go away. I couldn't get over this feeling." Finally, I called a friend and asked him if he would go to church with me. He said he would, but then he cancelled at the end of the week.

I was disappointed as I had such a strong urge to go. So I mentioned it to my girlfriend at work, and she invited me to her church. I was very reluctant, but because I could not shake this feeling I thought I would surprise her and show up. I did. And to this day, I have continued to go to her church every Sunday.

However, in the beginning it was like I was only going through the motions. There was still a large part I didn't get. I still felt something was missing, until one day. I was invited to this special event that would change me forever.

On Dec 9th, 2006 I went to a Christmas Gala at my church. One of the speakers, a woman, gave a powerful testimony on how God had changed her life. I listened with deep interest as she said she always had room for God in her life, as long as HE sat in the passenger's seat and she drove the car. Of course, HE was welcome to come along for the ride.

But it wasn't until she let Him take over the driver's seat in her life that her life changed. She had learned that she had to move over and sit in the passenger's seat or better yet, get in the back seat and let GOD take control of that car.'

As I listened to her words, a light bulb went off. I thought, "WOW, I Finally Get It!" For the first time, I knew what I had to do! I had always been the one in control of my life trying

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2007



to drive the car. I needed to surrender that control and hand over the keys. And so, that night I turned my life over to GOD giving Him the driver's seat in my life. The seed that He planted a few months prior had begun to flourish as I gladly sat beside Him allowing Him to guide my life.

Ever since that day, my entire life has changed. I now have a new sense of peace and comfort. I have patience and a calmness that I have never known before. I have complete trust that GOD will provide for me and the faith of knowing that HE is in control of my life.

When people see me now, they notice such a difference. They tell me that I look so happy and that "I glow." It



made me remember something that I was once told, "When GOD enters your life, He will emulate His light thru you and people will know." Before, when I thought I was spiritual, I had no idea just how much I was lacking in spirituality.

Now, that I have experienced this true spiritual growth, I know that I will never be in the dark again. God says in John 8:12

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

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Every Breath You Take

By Nikki Pawlowski

I had a dream and my Spirit said...

"With every breath you take...

Remember the wishes, prayers and promises you cast and gave to the universe...and your contract with God. For every time you say 'I am'-- so you are.

"With every breath you take...

Remember to believe, above all else, for as you believe so you shall be.

"With every breath you take...

Believe not only in yourself, but believe that *there is* divine on your side.

"And when you pray, pray not to something outside of you --but within you. Sit with thy own heavenly body and within thy own heavenly blood.

"And in the other times, *enjoy* your life. Choose to think and act in only what you enjoy. Your life is not meant to be endured, tolerated, struggled through or hated. You are here to create and express. If you do not truly and openly believe - so it shall be.

And with every breath you take...remember your Creator.

In Spirit,
Nikki

Nikki Pawlowski, Intuitive Guide and Spiritual Coach, can be reached at 216.990.0238 or www.heartandsolutions.com

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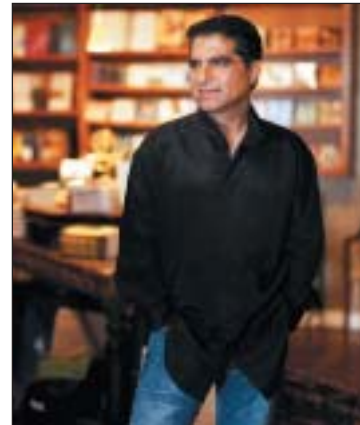


Presents An Afternoon with

Deepak Chopra

Sunday, September 9 at 1 PM

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



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Marianne Williamson

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Saturday, September 8 at 1 PM

Tickets are \$50. Seating is limited.

Tickets for both Deepak Chopra and Marianne Williamson can be ordered by calling 440-867-4166, by mail The Journey, 9557 Tamarin Ct., Mentor, Ohio 44060 or email journeyexpo@gmail.com Payment is accepted by check, money order, VISA or MasterCard



New York Times Bestseller
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- *The joy of being an instrument and receiver of spiritual healing*
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Retreat Hours: Friday, 7:00 p.m. – Sunday, 4:00 p.m.

Tuition:

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