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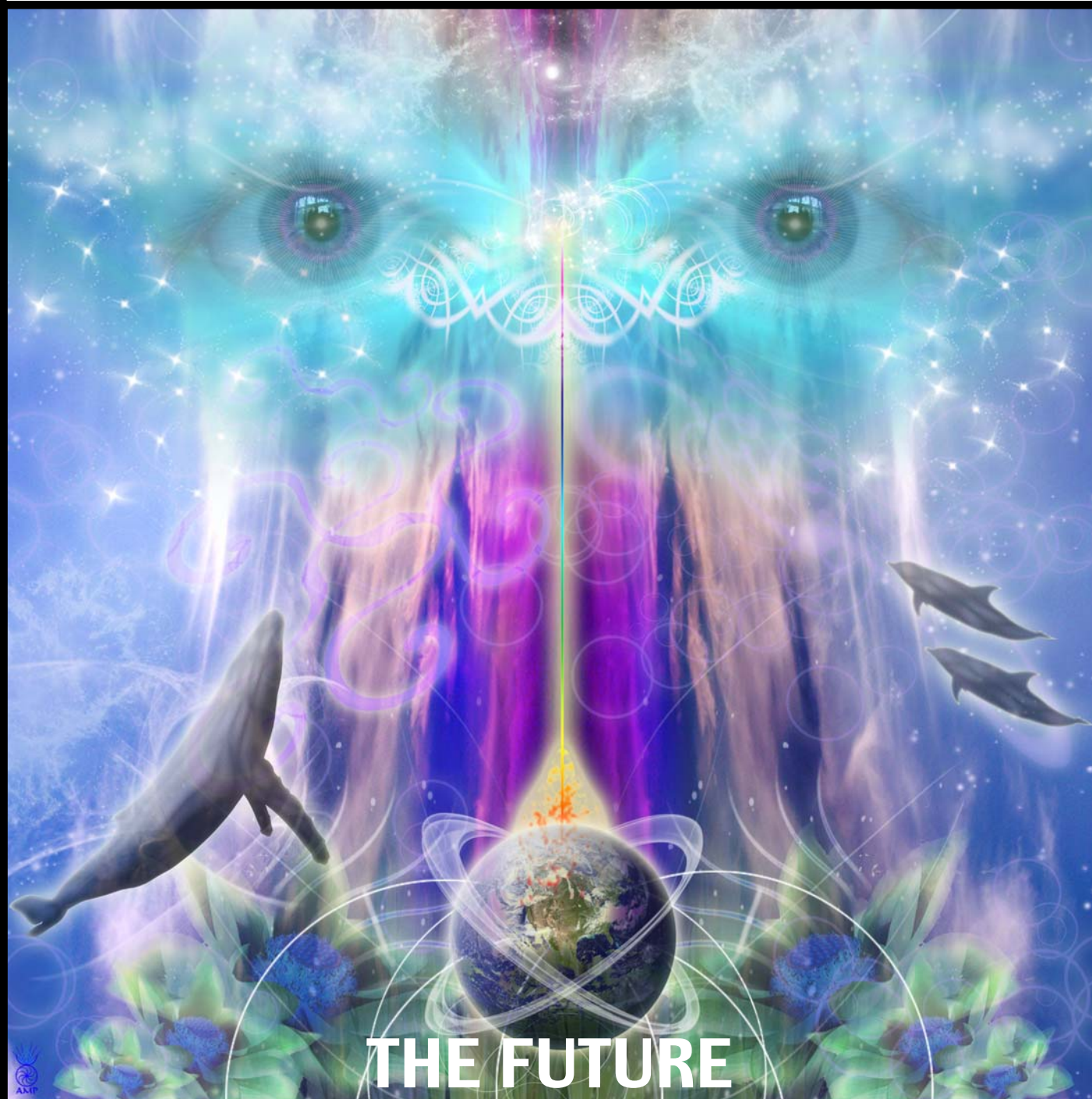
Issue 42

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EXCLUSIVE INTERVIEW WITH CAROLINE MYSS • HEADLINER AT THE JOURNEY EXPO 2008



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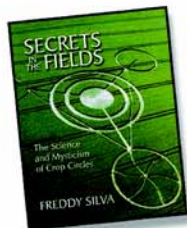
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On The Cover

"Goddess of Heaven & Earth"-by Aaron Pyne. The future is bringing Heaven & Earth together. By each individual focusing on tuning into the infinite love of their heart, we will create a new Heaven on Earth for our future. Aaron is a Cincinnati based Visionary Artist, Graphic/Web Designer, Healer, & Teacher. Learn about his design services, browse his 100+ art gallery, & watch his new Art Vision Video at www.spiritap.com. Phone 513-703-0495

WORDS FROM THE PUBLISHER.....

About four years ago, I made the decision to sell a business that I had started in 1998. Two years before I began that venture a psychic who owned a holistic health center told me I would be opening a business like hers, but much larger. I laughed and said I didn't think so. She smiled and said that's what she was being told. The truth is that I didn't have any concept of what holistic health was about. At the time I was in construction and wasn't into health - let alone holistic health. Somehow she tapped into something that I had no idea would happen. I have often wondered if she just planted a seed or if she could really see the future. It was very interesting that she could "see" me doing something so different that what I had been doing.

Seeds do need to be watered, fertilized and put in the sun in order to grow. Without them, seeds are just seeds. Add those ingredients, and I suppose in some way they perpetuate a future. The act of using them brings the nourishment needed to enable the seeds to grow. In the same way, I have come to believe that my future is directly related to what I am doing today. My present actions are the ingredients to whatever blossoms in my future.

One of my favorite metaphysical authors Emmet Fox wrote about it in a similar vein in one of his essays called "The Cake Mix". He said that living life was like baking a cake. It is up to us to mix in the proper ingredients to realize what we are hungering for.

May we each add what is needed into our lives to bring forth a future filled with peace, joy and happiness.

Namaste' Clyde

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Our Theme for the Next Issue...

In The Moment

CONTRIBUTORS



Sharon Anne Klingler

Drop the control and embrace some uncertainty as you look to the future. That's the advice provided inside by Sharon Anne Klingler, an author, international speaker, medium and co-founder of Starbringer Associates. Klingler provides a 14-step process to look to the future intuitively to help massage the curiosity and concern we have about the days ahead. Klingler speaks of "Messages from Beyond" at 6 p.m. Saturday at the Journey Expo.



Laurel Hodory

As a first-time contributor to the Journey, Laurel Hodory, a Yoga teacher and former owner of a Columbus Yoga studio, examines sustainability of Earth's environment as a metaphor to our own growth in the healing and spiritual arts. Finding ways to loosen attachments and engage life with effort, but ease, proves to be a winning combination for growth. Maintaining balance is good for the planet and us, Hodory says.



Agnes Thomas

Animals can be teachers, too. In this issue, Agnes Thomas, psychologist, teacher, animal telepathic and veterinary intuitive, looks to the animal kingdom for insight on the future of humanity. It's a unique take on life, with rosy predictions and surprises. With no end in sight, Thomas says, it's best to keep your commitments. Thomas discusses "Animals, Atlantis and the Egyptian Dynasty" at 5:30 p.m. Saturday at the Journey Expo.

EDITOR'S NOTE

People often tend to dismiss what they don't understand, disbelieve, can't see, or react too with an eyebrow raising "say what?" I've been reading the Journey for several years now, and, like the magazine's disclaimer says, I haven't always "necessarily endorsed the views expressed" within these pages.

But, like with other materials and situations that have crossed my path that were outside my realm of understanding or that I found to be just plain weird, I have at least tried to keep an open mind. At times that's the best that you can hope for, and in some ways that bespeaks the mission of this publication – to open minds and hearts to new ways of thinking and living life. That's what I hope to continue to accomplish as the Journey's new editor.

We want this to continue to be a lively, thought-provoking and even fun publication. Those goals might entail some changes, and hopefully, growth. Whether that will be an expansion of the scope or distribution of the magazine, or the creation of a more vivacious Web 2.0 presence, remains to be seen. For me, it's what makes this opportunity both inviting and exciting.

And we hope to encourage and include you in this process, too. How? We'll look for ways to gauge readers' input, possibly through letters to the editor, or e-mails, or surveys or other submissions. This is a forum for you and our aim is to forge a strong link with our readers.

As I sit here canopied by the shade of a tree by my favorite coffee house thinking about this magazine, I am struck by its uniqueness and the treasures within. Especially when compared to what I've digested earlier in the morning newspaper, with its buffet of crime, petty politics and human tragedies. We hope you will look to our publication as an oasis, a respite that gives pause from the rapid-fire, multi-tasking, turbulent culture in which we now reside. We'd like the Journey to be one of your tools to help connect your mind, body and soul on your own pilgrimage through life. There is much to experience and learn. We're going to enjoy the ride; we hope you will, too. ~ tc brown

tc brown recently completed a fellowship at Ohio State University's John Glenn School of Public Affairs, studying digital media and climate change. Previously, tc was a Statehouse Bureau reporter for The Plain Dealer for 17 years, a free lance writer for local, statewide and national publications and a contributor to these pages.

Go Deep Within To Find the Truth That Motivates



Caroline Myss Interview

By Eva Starr

Caroline Myss, the featured speaker at 1 p.m. Sunday at the Journey EXPO 2008, is an internationally known healer, teacher, best-selling author and medical intuitive. She is dedicated to advancing knowledge in human consciousness, spirituality and mysticism, health and energy medicine, with an eye toward advancing the science of medical intuition. Myss established CMED, an educational institute in 2003, which offers two programs on sacred contracts and mysticism.

In 1984, Myss met C. Norman Shealy, M.D., Ph.D., a Harvard trained neurosurgeon, who had an interest in the science of medical intuition. They began a collaboration that continues to this day.

During their early years together, Shealy had Myss conduct health readings on his patients, which helped hone her skills. As a result, Myss developed the field of Energy Anatomy, a science that partners emotional/ psychological/ physical/spiritual stress patterns with the specific diseases that they create or influence. In 1996, Myss compiled her years of research in medical intuition with her work in the field of human consciousness, releasing the book "Anatomy of the Spirit."

This interview is based on her latest book, "Entering the Castle: An Inner Path to God and Your Soul," released in March 2007. The book is Myss' examination of St. Teresa of Avila's depictions of a person's seven interior mansions as it relates to the saint's vision of the soul and divine consciousness.

Eva: How would you define the difference between mysticism and spirituality?

Caroline: Mysticism fundamentally is a direct experience of God where spirituality is the subject matter of God.

Eva: In your book "Entering the Castle" you discuss that there seems to be several parts of ourselves, i.e. my wounded child, my wise old man/old woman, my fearful persona, and my spiritual seeker, to name a few. How does one make the switch from a place of fear and move toward a mode of faith?

Caroline: For the most part when a person shifts in an archetypal sense into another pattern, or a complex, it's very unconscious. Often times when I am teaching I can tell by the sensitivity of the subject matter that a person is shifting into a child archetype, into a wounded child archetype or into a victim. A husband and wife may go into a power play, and one or the other may become like a child, usually due to a responsibility issue, bringing out the child in the other person, and *that* shift is not conscious at all.

Other times, when you speak of how a shift happens, the aptitude to make a conscious change in yourself is indeed what becoming conscious is all about. The capacity to say to yourself, "I can feel that wounded child coming on and I have to stop it and I'm going to shift right now and I can feel myself entering into the wounded child. And I'm about to become hypersensitive and take everything personally and become unreachable and unmanageable." To catch yourself when you start falling into a dark reckless pattern of woundedness is very difficult to do. That's what this whole journey of becoming a *conscious* person is all about, is to catch these subtle forces within you.

Eva: That leads me to the next question. How do we get closer to that true self and closer to that sense of infinite freedom?

Caroline: This is what Teresa Avila was so good at in her instruction. This is what the constant devotion to self-knowledge is all about, which is always looking at why you do what you do, why you say what you say. You look at your own, what she calls reptiles, which are your own wounds, an endless looking at wounds, which turns a person into a narcissist. You look at your relationship to power and humiliation and what your trigger points are. Then you work on that, you work on what your private agendas are. You go into your shadow; you go into a ruthless search for truth in yourself.

So often times when people say, "I'm working on forgiveness," no they're not; they're working on vengeance, that's not forgiveness. Forgiveness is a whole different track, forgiveness is a mystical track. Someone who can't forgive is someone who's hiding vengeance. You face yourself with ruthless honesty, that's how you do it. You call a spade a spade.

Eva: I understand that the transparent witness is aware of time and I also understand or can conceptualize the past was a now moment and the future when it occurs is also a now moment. But aren't we living in the now based on the past and anticipating the future? How do we always just stay in the now?

Caroline: That, in itself, is what Buddha would call mindfulness. You stay mindful, you watch where you are hemorrhaging, and you constantly say to yourself, "Where am I other than here? Where am I other than here?" You constantly retrieve yourself. When you find yourself worrying about the future, or regretting the past, you say, "I am only here," and you call yourself back from hemorrhaging in those places. Buddha said those are the illusions. "Why are you

worrying about the future, what is the future, where are you going? You don't even know what that is, why are you going there? Why are you wasting your soul worrying about a place you don't even know exists and it's not even going to be there when you go there, so what are you doing?" Buddha would say, "What kind of foolishness is this and why are you going backwards, you've already been there and it's over with, so what are you regretting, it's already over with. Come here!"

Come to this moment and be fully present, that is a devotion and it doesn't make sense to the rational mind and this is where the Westerner does not have the devotion understood at all. They go about these grand mystical teachings through the wrong door. These are mystical teachings, not intellectual ones. You can't grasp these through the mind. You can read about them, but the practice, the animation is a mystical one.

Eva: I love the way in your book "Entering the Castle" you describe Hell as a horrendous case of mistaken identity. Would you elaborate on this?

Caroline: I'm fascinated with the questions that you're asking. Why did you ask this one?

Eva: A lot of us experience our own hells, in our own minds and it's different for everybody. I just liked the way you phrased that, "Hell, a horrendous case of mistaken identity." I just wanted to get more in depth and understand more what you meant by that.

Caroline: You know that the association of Hell, for many people, is that it is some kind of permanent place of soul burning, or soul torment. At the same time for Heaven, we have this off-planet God that comes down and makes everything better. The way we have manufactured the myths about the Divine are all just myths, they're just a bunch of myths, including Hell. I don't think we get away with anything. But I think that the way justice plays out is not something we can possibly comprehend.

What if we were to find out that the most brutal person in the world would turn out to be a king in the next lifetime to be given a chance to be a benevolent ruler, that would not make sense to so many of us. So, we in our little minds have no concept of this place called Hell. You project a place of eternal suffering, a place that reflects our need for vengeance. Our need for reward and punishment, which is a very human sense of justice, which is completely counter to any notion if someone was a Christian, of the Christian logical thesis of forgiveness, which again has nothing to do with the human being or God whatsoever.

The element of crucifixion, resurrection and forgiveness had to do with breaking an archetype of vengeance between human beings and between a mythic God and a human being. It had to do with being between human beings and human beings. It's never been taught that way, and the church keeps perpetrating this myth that it had to do with this God exacting his pound of flesh from a human being, which is why it's never been carried out properly.

Eva: In "Entering the Castle" you write about being one with all objects, (i.e. I no longer see the ocean, I am the ocean, I no longer pray to spirit, I am spirit). You speak of "so seamlessly does the world, sacred and profane arise in one piece that I can find no boundary - anywhere in the

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entire Universe.” How does one fully integrate that statement into our everyday reality?

Caroline: That is a mystical state, that is a description of a mystical experience. A person cannot make a mystical experience happen, it comes upon you and it shatters your boundaries, it shatters the boundaries of reason and it shatters the boundaries of your senses. It shatters what your eyes can see, and suddenly your eyes are no longer the lenses through which you perceive. You go from sight to perception, you go from feeling to sensing, There are no boundaries between you and all the rest that exists.

That is not something the intellect can comprehend, it is something that happens to you somehow through a profound act of grace. In theory, a person can read “we are one,” but the intellect can’t grasp that. It is such a profound concept that if you really got it you would sit down and say, “I can’t even talk anymore.” How one grasps that is one says, “God, I want to understand that, give me the grace to experience that,” and you pray for it.

Maybe the experience melted into you and you begin to live it as if you were the experience. You begin to act as if you understood that you are one with everybody. You raise the bar. You begin to realize that if I think negatively of this person, I am thinking negatively about myself and of all of life, so you raise the bar and start living as if you had that experience already.

Eva: In your book “Entering the Castle” you mention that while writing “Invisible Acts” you delved into sacred texts from every tradition. During those few weeks the realization came to you that while doing your research you had crossed into the sweet sanctuary of prayer and contemplation and became absorbed in the connection between love and God, and you lost your breath and suffered a grand mal seizure. Will you share that experience?

Caroline: I had the profound realization that I had been saturating myself in scripture and in holy literature for weeks and weeks and weeks trying to merge that with the text of inspirational power. What was happening was that I was doing it more than what was necessary. I actually didn’t realize what I was doing, finding that I had unknowingly created a harbor of grace for myself and I was falling in love with the sacred and I didn’t even realize it.

Then the moment came when I realized I had crossed over a threshold where the holiness that was supposed to come through this material was actually coming through the material. It was in that second that I was just awestruck by all that was sacred and I was so filled with light. It was like I was struck by lightning and I simply collapsed in a grand mal seizure. It was extraordinary. I was struck by lightning, that’s the only way I can put it.

Eva: Thank you for sharing that with us. In “Entering the Castle” you speak about “when God hears your calls, questions, such as what is my Divine purpose, these are spiritual invocations for God to come closer and when God hears you he does exactly that.” Will you elaborate on this?

Caroline: The difference between a question and an invocation is that a question is, “Where are we going for dinner,” the consequences of which don’t mean anything. When you say, “For what purpose have I been born? What am I doing here?” You are renegotiating what your soul is about,

not your body.

Filling your body with food versus asking for where your soul belongs is the difference between night and day. In that moment you are saying, “Reorganize my life task according to why you have put me on this Earth,” and that reshapes everything. And it is a subtle and profound force that begins to work instantly, instantaneously, and it reshapes everything, and if you are still and go into stillness you can feel that you have changed your compass. You can feel it.

If you enter into the silence and you aren’t someone who is paranoid by inner silence, and you grow comfortable with silence and even uncomfortable with silence, you will come to understand the language of silence and it’s variations in tones. You will know that you’ve changed and the direction of your compass has shifted and it’s not important to know how, where, and what and all those silly questions that human beings ask. It should be enough to know that the arrow on your compass has shifted in the instant you said that prayer. That alone should tell you how intimately you’re heard. The rest you ask because you’re frightened

Eva: In “Entering the Castle” when talking about exposure to mystical truths you say, “Exposure to mystical truths can stun you, knock you off your horse, and blind you for three days.” Expound on that.

Caroline: One example. I know a man quite well who was a hit man. He killed several people, and he had a near death experience. He was going to work one day, which means he was going to kill somebody, and he fell on the floor, hit his head on one of those iron things for a fireplace and actually cracked his skull. He had a near death experience and came out of his body. He encountered the souls of the people he had killed, literally. When he came back into his body, the fact that there was a Heaven and a Hell, that his actions mattered, that everything that he said and thought, every single thing mattered, and that what he had done was some ferocious evil. They came to say, “You are capable of extraordinary good, and we have come to help you to do that.” That so profoundly shattered him that he spent three days on his knees in a hotel room weeping. He was blinded for three days but he could not stop. I can’t even tell the story without crying, and I know him so well.

I think that people would prefer to not think about their actions. Most people would tell themselves, or rationalize that they get to do what they do, because they had a bad childhood, or their mommy didn’t love them. But I don’t let people get away with that in my workshops. I can’t tolerate that kind of thinking anymore and it has nothing to do with a lack of compassion, it has everything to do with an allegiance to confession. It has everything to do with my absolute commitment to a theology of integrity to say, “That’s enough. I will not indulge that, I will not. You don’t get to blame another human being for the gift of your life, just stop it!”

Eva: I touched on this a bit in the beginning. How does one stop being motivated by fear and replace it with faith and trust?

Caroline: Well, fear is an addiction and I think that’s how we need to look at it. It’s just an addiction that we indulge, like we do victim consciousness. It’s become an addiction and we have swung totally in favor of an addictive

culture and we've given too much latitude to that. We are not a healthier culture because of our politics of victim consciousness. We have become weak, frightened and hostile. We are not strong, we are not conscious, and we consider spirituality recycling.

Eva: In your book "Entering the Castle" you describe your soul as Castle. Will you paint that picture for our readers?

Caroline: What I tell my students is to imagine a drawbridge behind your heart, that your ego has one type of spirituality, which is the spirituality that tries to control God. Then there's the soul, which is the spirituality that follows God, and these two are in conflict. That's where people live their lives, but you cannot serve two masters. You cannot serve reason and the soul simultaneously, and this is not about giving up one for the other, but merging them and becoming a very conscious mystic in the world. I'm not an unreasonable person, I am an extraordinary clear reasonable conscious mystic. But I am a mystic. I know exactly where my primary anger is, and it's not in front of my eyes, it's behind my eyes.

Eva: You've touched on this earlier, and obviously you really go into it once you go into the different rooms in the mansions in the book "Entering the Castle." I would like you to elaborate on the importance of an absolute devout spiritual practice.

Caroline: People are more devoted to making money than they are to their spiritual practice has been my experience. I marvel at how many people have asked me how to pray. Why would they not know how to pray? How could they not know that? Or they've said, "Do you have a prayer that works?" What the hell does that mean? But the discomfort with prayer reflects this arrogance that has developed in the West, that to pray is to take ones shoes off on sacred ground and that is intellectually uncomfortable.

Because we have developed a culture that says God is an option, God is a hobby, and spirituality is a health spa, getting a massage is spirituality, it's an intellectual pursuit. No it's not! You cannot access God through a book, what is that about? But in the West, God exists from the neck up and the whole idea of dividing church and state, which is an archetypal model, has created this idea that if you get near to a true spiritual life, God will take away your goods, your riches and make you suffer.

That grand superstition has people griped, absolutely griped. So, they keep this idea of God as an intellectual delusion that they visit on occasion and discuss over coffee. That is the difference between this spiritual idea of God and the mystical experience.

Eva: One final question. Where do you see this planet going? What do you see happening in the future and what do we need to do to bring this planet around?

Caroline: I think what lies ahead are very difficult days and I don't know how many people are prepared for that. I really don't. The call of our great nation was to be a light and to be a beacon of conscious leadership for humanity. That's not the route we're on. We are not in harmony with our sacred contract as a nation.

At the Journey Expo lecture Caroline will discuss "Healing through the Mystery of Grace. Tickets may be purchased at www.thejourneymag.com



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The Future is Now!

Adapted from “Secrets of Success”



By Sandra Anne Taylor

No matter what the human experience of it may be, time is actually a vast illusion. The time/space continuum says that we seem to move from past to present to future – in separate and sequential moments. The reality is that all time exists at the same time, each passing moment merely shifting into another vibration.

This may be hard to wrap your mind around, but it's actually very empowering, especially where your intentions are concerned. To create an intention right now is to plant the seeds of what you want firmly in the fertile ground of the future. That's why it's so very important to live in the emotion you want to create. Your vibration of peace, happiness, or appreciation passes the boundaries of time, moving at this very moment into future manifestation.

Linear time, the passage of hour-to-hour and year-to-year, is a format of perception that allows us to compartmentalize our experiences in easy, quantifiable segments. This experiential view lets us structure and label the periods of our life, marking time accordingly. We say things like “When I was in college . . .” or “After the baby was born . . .” or “When I retire . . .” in an attempt to catalog the significant moments in our earthly journey.

Yet this isn't the true nature of time, and such labels can keep us stuck in a limited perception. We think our life is relegated to long sequences of perceived mediocrity suspended between a few major events that define us. In this view, our present moments quietly and tediously build upon each other to evolve into some vaguely predictable future where a few more of those special events are hoped for. Unfortunately, this attitude lulls us into inactive complacency about both our present and our future experiences. *It shifts us from a creation intention to a waiting intention, which is a very narrow perspective. This causes us to lose time rather than use it.* We then miss the opportunity to grasp the very real value and joy that exists within the present moment, which is the positive approach that extends that joy into the future.

But when we understand that all time exists simultaneously, we're free to experience the spontaneous and instantaneous nature of consciousness creation. We can open ourselves to the vast potential of uncertainty, knowing that anything can happen at any time, that this very moment is brimming with opportunity, and that our present intention

can manifest immediate results. *Consciousness* is a field that transcends time and space, a realm of information that exists now and always, unlimited in its intrinsic power and its ability to influence the past, present, and future. Your individual consciousness is no less powerful and your present choice of intention directs it. Right now is the doorway to every moment. “Now” is yesterday, tomorrow, and next year!

Time-Tool Techniques

In order to use time to your advantage, there are some things you need to remember when creating your moment-to-moment intentions:

- The emotional, cognitive, and perceptual quality of this instant not only shifts your consciousness and energy, it sets the tone for your future moments, which are already taking place at a different vibration. Shift your vibration to a higher level of consciousness by turning your focus from what you lack to what you have, from problem to appreciation.
- Your goals must be oriented toward the present as well as the future. Make clear and conscious plans about the present – this moment, this hour, this day – in order to accelerate your specific goals for the future
- The most dynamic present intentions revolve around self-honoring choices, optimistic and appreciative thoughts and emotional expectations for happiness in the here-and-now. Think something that values and respects you *right now*. Take a breath of happiness now, and feel that choice reaching out into time.

Always remember that it's never too late. In terms of consciousness creation, there's no such thing as late or early, only now. This moment is the connection to everywhere and every time. When you are considering the future, you need to remember that your greatest power to direct your destiny lies in your present choice. What kind of future do you want this moment to create?

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LOOKING TO THE FUTURE

By **tc Brown**

“The future is no more uncertain than the present.” –Walt Whitman

The first thought charging out of my head about the future was one of self preservation, as in, “Gee, hope I’m still around.” That reflection carries with it a hint of fear and as I think back to looking forward, anxiety is not such an unusual companion.

After all, many aspects of the future also equal the unknown, as does the present, according to Whitman. Will I get sick? What about financial security? Am I going to be alone? Will my daughters be safe and able to take care of themselves? If I focused on it long enough, and maybe not even that long, I could fill pages with worries about the future. But instinctively I know that this is no way to live, and it’s probably down right unhealthy, too.

There is, of course, another side to that future coin. And that side – opportunity – provides a much more upbeat and rosier outlook. Personally, I’ve been in transition since I left the newspaper business at the close of 2006. Not every event has been positive, including the loss of family members. But on the other hand, paths have opened for me that have lead to unexpected adventures, growth in knowledge, new challenges and the prospect of travel to new places. None of those details were foreseen when I took the risk of leaving my comfort zone and diving into an unknown future. But I certainly don’t regret it now.

One important area of study for me this year was my work and discussions with scientists at Ohio State University who research climate change, an issue that will clearly impact the future of the entire planet and its 6 billion plus, and growing, population. The more I learned, the more I woke up to the discovery of just how much this is going to mean to all of us. Yet, on more than one occasion, I heard, “Climate change? That’s a hoax.” I’m not going to grapple with that argument now. That’s for another time and place. I can, however, bring up two points. If your head is in the sand on this issue, I suggest you read science, not political propaganda. Secondly, do you really need a scientific degree to understand what makes ice melt? And ice is in full fledged retreat in many areas of the world. That is a fact.

Dealing with the changes wrought by increased global temperatures, I predict, will be one of the most challenging aspects for all of our futures. It’s at least comforting to see that many political leaders, including both presidential candidates, do get it. How we deal with that situation and how quickly we adjust remains to be seen. But the consciousness of green living is clearly on the rise, and that is a positive step for the years ahead.

My sense is that a deeper awareness in many areas of life seems to be expanding and that it is no longer so rare

for people to accept a more spiritual and holistic approach to their being. We still have many miles to cover, but clearly there is increased acceptance toward the idea of the quantum physics-and-oneness makeup of all things. That speaks well for our future.

But then there are no guarantees going forward, are there? Would I like, at least, to have a handful of iron-clad contracts? You bet. Who wouldn’t? At the risk of pointing out the obvious, there really is only one promise in the future for all of us, no matter how much we avoid thinking about it, pretending it might not happen, or living in sheer terror of it. That guarantee is that we all will exchange this plane of existence for another when we leave these Earthly bodies. But death isn’t really such a bad thing to contemplate as we go through our day-to-day living, forward into the future. Great wisdom I’ve retrieved from “The Tibetan Book of Living and Dying” suggests that we keep the idea of our death as a constant companion as a way to live better lives.

Death, itself, is but a doorway to a new future, according to Buddhist philosophy. “Life and death are seen as one whole, where death is the beginning of another chapter of life. Death is a mirror in which the entire meaning of life is reflected,” writes Sogyal Rinpoche.

So death is the end game of this future, leading to another. But whether we have one day or hundreds of days left, there’s a lot of blanks to fill in between. I try to establish some goals or plans for my future, although I’ve never been particularly adept at setting hard, fast rules for arriving at a desired result. There are many who believe that if you want to “get somewhere” you must establish a rigid plan and stick with it, and I think there is some truth to that. But I also can’t help remembering this joke: Do you know how to make God laugh? Tell him your plans. There’s a good bit of wisdom in that, too.

Like most people I know, I often spend way too much time living – in my mind – in the future, or the past. It’s a tough habit to crack. But when that happens, I’m missing the only real moments I have, right now! I find when I can stay engaged in life it is much easier to live in the moment. But I also understand it is important to look to the future and even use the past as a learning tool to avoid repeated pitfalls.

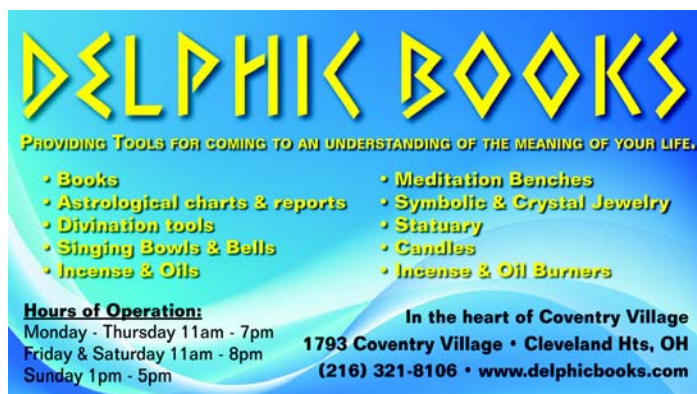
Near my front door I have posted a framed drawing with a line of wisdom from Kierkegaard: “Life can only be understood backwards, but it must be lived forwards.” I like to say, “Look in your rearview mirror as you drive forward.” It helps, too, when I use my intuition and stay awake

to take advantage of all the synchronicities that cross my path.

My ultimate goal is to try to be a better person than I was before, and when I can accomplish that – which is often another struggle – and remain worry free, my future looks pretty good. Worry is a mind-game-waste-of-time because most of those things never happen anyway. The future seems to have a tendency to sort itself out. Reflecting on that makes the days ahead seem lighter and brighter and something to look forward too. I do hope to stick around awhile longer.

tc brown, the new editor of the Journey, is a long-time contributor to these pages. He is a former Statehouse bureau reporter for The Plain Dealer and has been a free-lance writer for local, state and national publications.

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Which Lane Are You In?

By Eva Starr

There are more things that can be said about the future than I have the time or the space to write about. So, I thought I'd check with Webster to see what he had to say, "of, relating to, or constituting a verb tense expressive of time yet to come." Interestingly, we spend all this time worrying about something that is yet to come. The way I see it, is that there is no such thing as the future...it is always *yet to come*.

"When it comes to the future, there are three kinds of people: those who let it happen, those who make it happen, and those who wonder what happened."

~ John M. Richardson Jr.

We all know about living in the now. There is only this moment. Even a past moment was a *now* moment when it occurred and a future moment will be a *now* moment when it also is occurring. So why do we let ourselves get all wrapped up in the future? Well, I guess somebody needs to be thinking about it, or do they? Let's face it; living in the now is a noble practice for staying centered and being in the moment of whatever it is you're doing. There is the reality of your children's education, if you have children. Do you not plan for that? For those of you who still have parents who are aging, do you not plan for their future? Let's forget about the kids and the parents for the moment. What about *you*?

"The best thing about the future is that it comes only one day at a time." ~ Abraham Lincoln

I know I'd love it if I could just sit at the beach all day looking at the ocean and digging my toes into the warm sand. Is that something one does with no thought about the future ramifications of such action? I guess if you were stranded on

"Gilligan's Island," you may do that, especially if you were Ginger. Since I haven't watched television since 1989 when my last daughter Shayna was born, I can't refer to the latest reality television shows. I've never even seen one episode of "Survivor." I'm probably way behind the times.

Am I tuned into the up-and-coming trends for the future? Absolutely not! Should I be? Maybe yes, and maybe no. I'm still trying to get through today. Yes, a part of me thinks I should be concerned with tomorrow...but then again tomorrow never comes, right? I would love it if all I had to do was think about what I'm doing right now and not give a second thought to the future. The rent needs to be paid. But do I think about how to make that happen before the first of every month? No, it's *then* that I think about it. You see, it's not as black and white as it sounds, is it?

They say live each day as if it were your last. I agree with that statement to a certain degree, but if I thought today was my last day I wouldn't be writing this article. I'd tell my publisher to forget about the deadline, I'm going to the beach. I don't think he'd be OK with that. If I knew I was going to make my transition into a better place in six weeks would I continue to do the things I need to do to so the bills get paid? Hell no! I'd spend the next six weeks visiting my friends and family, hanging out at the beach, drinking fine wine and eating at the finest restaurants. Why would I care if I knew I was going to be dead in six weeks? They (the wolves at the door) can't put together my ashes that would be spread across the Pacific Ocean now can they?

So you see, all this stuff about the future is relative, it's all open for translation and it depends on who's the translator. Edgar Cayce was able to tap into the Akashic records and predict the future so to speak, by going into a trance and seeing the medical conditions of the clients who sought his advice. This thing called time doesn't exist. The whole world is an illusion. We've already done the things we were put here to accomplish; we just don't know it yet. These are just a few of the many statements that I've pondered throughout time, whatever that is.

"Telling the future by looking at the past assumes that conditions remain constant. This is like driving a car by looking in the rearview mirror." ~ Anonymous

So my dear readers, as you drive down the road of life are you in the lane of past regrets? Are you driving in the express lane so you can get to where you *think* you may be going at record speed, or are you in the middle lane paying attention to the present moment, open to the gift?

Eva Starr's spiritual journey has taken her coast-to-coast studying various schools of thought. Starr has recently relocated to San Diego, CA. Visit reachforthemoon.net for up-dates, & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.



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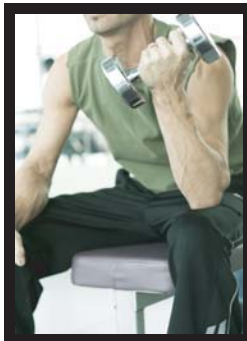
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HEALTH & NUTRITION

THE FUTURE OF TODAY

By Janee Kuta-Iliano

“Vitality and beauty are gifts of nature for those who choose to live according to its laws” -Leonardo da Vinci

Sometimes searching for a healthy mind, body & spirit has us looking outside ourselves for answers. The truth, however, is that most types of issues people will develop in the future are the direct result of the lifestyle choices they are making today.

Our bodies constantly give us signals that may indicate the start of a future imbalance or dis-ease, like that re-occurring headache, high cholesterol, hypertension or 3-to-5 p.m. slump. How about indigestion, frequent colds/infection, skin breakouts, constipation, fatigue or even anxiety and nervousness? These problems and many more are all signals from the body telling us to start paying attention. Innocently, we cut a vital cord by taking an aspirin to stop that headache or fill a prescription for this, that or the other. We tragically suppress symptoms instead of looking at the root of the cause.

It is estimated that 80-85% of the diseases our country faces can be prevented through proper diet and lifestyle. I imagine it would be rather hard for sickness to live in a clean mind and body.

The U.S. Public Health Service tracked 100 nations to see which were the healthiest over a 100-year span. In 1900, America was identified as the healthiest nation. In 1920, we were the second healthiest. By 1978, we had plummeted to number 79. We were 95th in 1980 and dropped to the bottom – 100th – by 1987. Yet, we are the wealthiest nation in the world? Who or what is responsible for the loss in health for future generations? Dr. David Katz, director of the Yale-Griffin Prevention Research Center states that due to a poor diet, “This generation of children has a shorter life expectancy than their parents.”

Some health authorities would say that since 1900, the most basic theories of health care have changed dramatically. The major shift was in moving from the natural to the unnatural. In the past 50 years, 200,000 chemicals have been added to our environment. Accompanying this shift was the onset of processed foods, the use of preservatives and other unnatural chemicals sprayed on food – especially herbicides and pesticides – polluted air, chlorinated water, etc.

There are other contributors.

Richard Anderson, N.D., N.M.D., with 37 years of experience in the health field, says that attitude and daily points of view are some of the most important factors in health, longevity and overcoming dis-ease. Stress and misguided thoughts and feelings can act negatively upon our bodies just as much as an unhealthy diet. For every action there is an equal and opposite reaction. This is the exact law that rules the universe and being ignorant of it in our lives does not exclude its effect upon us. Energy will follow our thoughts, positive or negative, in nature.

Unfortunately, many people do not practice true preventative health care until something manifests and forces them to become reactive to the disease. At that point many are left helpless and at the mercy of machines, pills and scalpels to make it better. “Young people are led astray... neither by temperament nor by the senses, but by popular opinion.” -Jaeen Jacques Rosseau.

There can be ways to take personal responsibility for one's health care. Start early and use preventative measures. Become proactive with health instead of reactive.

It is not uncommon to hear that we should eat more balanced meals, exercise regularly and reduce the amount of stress in our lives. But how do we put that into practice?

The body can be compared to the layers of an onion. Unhealthy eating habits, stress, prolonged use of medications, environmental hazards, etc., may leave behind residues that accumulate in the body. Like the layers of an onion, the residues continue to build year after year. One way to peel those residues away, piece by piece, is by the process of internal cleansing and purification, which can help decrease the levels of toxicity.

If you are open to it, cleansing the body can also increase consciousness of how you think, react and feel throughout the day. Since most of us are emotional eaters, cleansing the body may allow you to see how much we use food as an outlet and a source of comfort. Through that awareness we can start to change negative behaviors and

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release them in a healthy way instead of devouring a pint of ice cream. So this is not just a simple purification of the body, but a purification of the mind to explore a deeper understanding of who you are and what you're all about.

The more aware you become of your habits, the closer you are to changing them for the better. Your future will depend on your ability to grow and evolve into your higher self. When you are not tortured by your food addictions and negative thought patterns, your life becomes fulfilling as you are strengthened by your true will power and connection to God.

We are what we are because of what we have been and we will become what we will, by the choices and thoughts we make today. Your health is almost always your choice. There is an option to have a healthy start to each day. The future health of your body is what you decide to do with it today. Choose health and if you make simple changes day after day it will most definitely bear fruit.

Janee Kuta-Iliano is a holistic health educator whose purpose is to empower others to take control of their health through education, internal cleansing & purification and whole foods nutrition. She is a raw foods chef, a detoxification coach and colon hydrotherapist. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net

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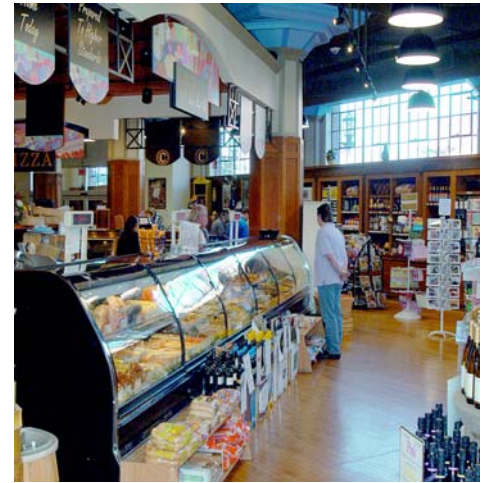
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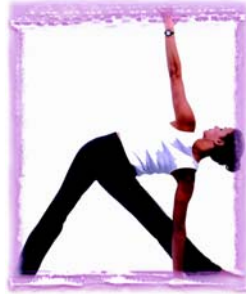
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THE YOGA PAGES



The Future is Now: Cultivating a Sustainable Practice

By Laurel Hodory

“Waiting is a state of mind. Basically, it means that you want the future; you don’t want the present. You don’t want what you’ve got, and you want what you haven’t got.”

—Eckhart Tolle, “The Power of Now”

The desire to expand, grow, heal or understand ourselves drives many of us into spiritual practices and the healing arts, some based in the physical body and others based in the subtle or karmic bodies. But how much growth and expansion are sustainable? Not all types of growth are the same. A cell that grows unchecked in the body is called cancer. Similarly, unfettered growth in the name of progress has our economy and environment teetering on the brink of disaster. Now, more than ever, there is a need to embrace sustainability, not just materially but also in our spiritual pursuits.

Sustainable is a term used in the environmental field to describe a healthy ecosystem. Yet it’s useful to apply it to our spiritual practices. The Earth naturally regulates her own growth through a principle called “carrying capacity.”

In nature, when a population of a species like white-tailed deer grows unchecked, it quickly reaches, and exceeds, its carrying capacity. When an ecosystem can healthfully sustain the population of a species without risk of pushing the rest of the system out of balance into degeneration or species extinction, it has met its carrying capacity.

For example, the numbers of white-tailed deer continue to expand because food is abundant and there is no natural predator. As the population grows out of check, the deer begin to stress resources such as food and water. Inadequate food supply and diminished food quality caused by trampling and disease-laden feces take their toll on an already weakening and undernourished deer population.

Eventually, some deer starve to death, or a plague wipes

out the herd, eliminating an entire localized group of animals. This die-off reduces the population down to its carrying capacity, and balance is restored. Given the right circumstances, the same pattern will repeat itself in another geographic location. Repeated enough times, the species will be eliminated.

Carrying capacity naturally shifts the ecosystem to re-establish balance, lowering one out-of-control variable when it has grown to the detriment of another. Conversely, sustainability is the hallmark of an ecosystem that remains in dynamic balance over long periods of time. Carrying capacity is the natural law that continuously moves Nature towards dynamic sustainability.

Unfortunately, human beings find ways to override carrying capacity in most cases so we often don’t have a good sense of what’s sustainable. This is true even in the spiritual arts. With the environment, we develop synthetic fertilizers so that we can double the corn production of an acre of land. Similarly, in the Yoga room, I have students who ignore the carrying capacity of their bodies, which allows them to quench the thirsty ego for a single posture or for an entire system of poses.

Many, because of their strong longing to be good, have a passionate desire for disciplined practices over extended periods of time. Some of my Yoga students practice at home six days a week for two or more hours a day for years on end. For a period, this creates many benefits. Their discipline is admirable, and certainly the physical and mental body starts to radiate improved health and vitality.

The progress made by the student ignites motivation to continue practicing at this enthusiastic pace because of the benefits it yields. But like the deer, at a certain point, a natural stopping or resistance is reached that starts to slow or even halt progress. In this case, the student’s practice clashes



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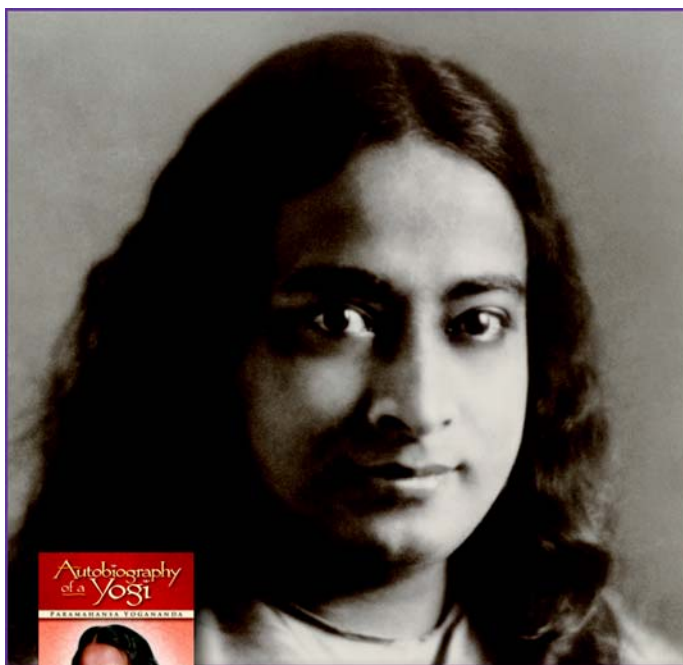
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and hampers their range of motion.

In other spiritual practices, the carrying capacity might be reached when a student generates an excess of a certain type of energy. At this point the current practice has burned itself out, karma-wise. When that occurs, another practice, possibly one that requires more skill and refinement such as meditation, may need to birth itself. If the student keeps practicing as in the past, injuries will manifest and she will begin to degenerate rather than regenerate from her efforts, much like deer that die from poor nutrition. The student is at a tipping point where she may become disillusioned without proper insight or guidance. She must decide whether to follow her ego and the pursuit of endless "progress," or awaken to a higher call, thereby creating a sustainable practice.

Unfortunately, Yoga studios are all too eager to encourage these types of students to keep pushing forward, viewing the warning signs as "distractions," a convenient, self-serving message to promote the growth of their own business at the expense of the student and true dynamic and sustainable balance. I suspect there is a parallel example in some of the other spiritual arts.

When we have expanded too fast or too far, introspection may be required to see if the ego is in charge. Consulting the wisdom of both modern and ancients may guide us when we run into our carrying capacity, but fail to recognize it. Wayne Dyer calls the ego an acronym for **Edging God Out**. The ancient yogic text known as the *Yoga Sutras of Patanjali* tells us to practice without attachment to the outcome of our efforts, with effort *and* ease.

For example, when practicing pranayama, it is impor-



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tant not to expand the breath too rapidly. Let's say you are practicing exhaling completely and holding the emptiness. By holding too long, your inhalation will be accompanied by a sense of panic and a gasping or gulping sensation as the breath is sucked in quickly and greedily.

This small example demonstrates how a subtle excess – holding the exhale retention too long – disturbs the system, specifically the balance of *prana*, or vital force. Each subsequent breath shortens as the student tries harder and harder to extend them. The mind attempts to force the body into compliance by holding the breath out beyond a comfort zone. This is what the yogis called the ego, the greatest obstacle to enlightenment.

Playing the edge, of effort and ease, is a principle that asks us to constantly check the balance of our subtle and physical body, gazing through the eyes of the egoless self that sees our true radiance. Too often our own passion about what is right leads us down the path of attachment, which only binds us further to the ego and an endless cycle of degeneration rather than regeneration. In a time when resources are scarce – time, money, energy – turning our efforts towards cultivating a regenerative practice helps us build a sustainable future now.

Laurel Hodory, MS, is a Yoga teacher who owned and directed It's Yoga Columbus for seven years. She worked in the environmental field at the Ohio EPA and as a consultant in water resource protection. She currently teaches Yoga in Columbus and internationally, leading retreats and workshops that unbind the body and awaken the spirit. For more information go to www.laurelhodory.com.

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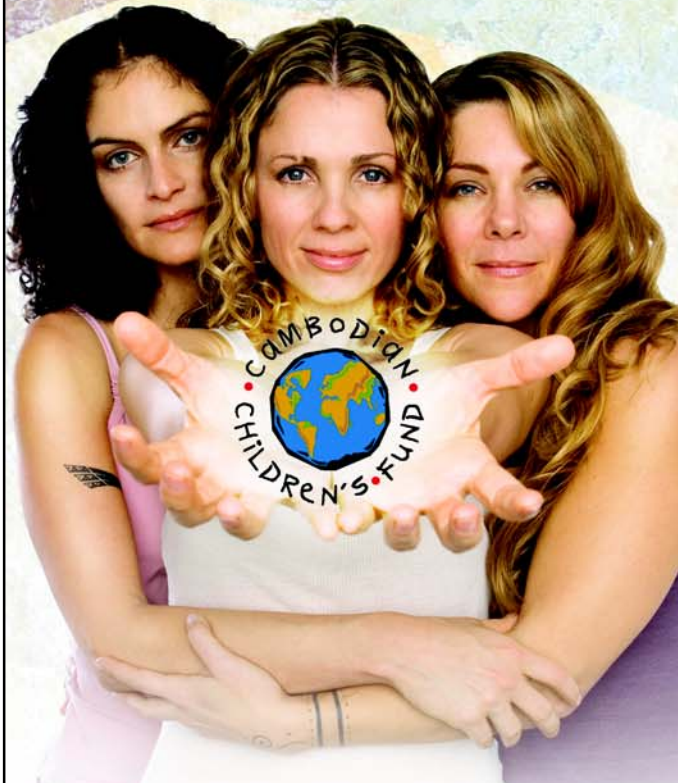
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CURIOSITY

A TOOL TO DISCOVER THE FUTURE

By Sharon Anne Klingler

As a medium, I can tell you that when people ask about their futures, it is not usually out of a sense of curiosity. It is, rather, out of a need to get confirmation that a certain anticipated outcome will be achieved. As a matter of fact, most people who seek to “look into” the future, including those who do so professionally, are often hoping for as few variables as possible. This is probably even more true for professionals, as their reputations are on the line! The need to have the future unfold precisely as expected by ones’ predetermined plan belies any sense of curiosity at all. There is, after all, a certain uncertainty attendant with the curious. And those who have been the most curious throughout history (the inventors, explorers, experimenters) have dealt with the greatest types of uncertainty there are. Why? It is because curiosity is a desire to discover *how* something will unfold – not *that* it will unfold in a precise and certain way.

The desire for such precision indicates a desire for control of the situation and of its outcome. But when you are looking to discover the unfolding, there is an exciting air to uncertainty. And, most important, the discovery that you seek is that of the *process* – not of the outcome. With the relinquishment of control comes the freedom to try new steps, be more spontaneous, and involve your intuition. You are free to investigate many paths instead of just the one that was predetermined to be the best and fastest way to the outcome.

There is a polar-opposite response to controlling every step in order to get to the precise outcome. And that other extreme is to allow ambiguity to control you. Many people never make decisions because they are so afraid of uncertainty. They don’t take the steps toward their dreams, and they wait “until the time is right” or until they are more confident. They lay their creative forces down in favor of the certainty they already have – even if it’s a certainty that does not fulfill them.

“Creative people have a bias toward action and they are more likely to ask for forgiveness than for permission. They learn by doing things and live with the uncertainty of the outcomes of their decision. The bias toward action means that creative people make more mistakes, but . . . learn the most from every mistake.” ~ Michael J. Gelb

Let’s now do a process to see how you can intuitively look into your future in a way that supports the most creative embrace of curiosity and uncertainty.

Preparation:

Simply give yourself permission to *not* have all the answers – indeed, to be able to see the moments of ambiguity

as part of the answers.

1. Take a deep breath and close your eyes. With each passing breath, you feel yourself relaxing further and further.

2. As you move more deeply into the sacred soul you are, you begin to “see” yourself standing at the beginning of a path. This path represents a certain directive, purpose, or relationship for you.

3. This is the path that you have planned for yourself. See it clearly. There are certain steps you have anticipated, so you may notice specific markings along this path. And there may be areas of this path that are more illuminated than others. Take a look down this path and notice what you see. Take some time to do this now.

4. After you view your determined path, begin to notice, now, that another path is forming to the left or right of you. It seems to manifest out of a mist.

5. This path represents what quantum physicists call an adjacent possibility. It is an alternate route to your original path, which can be changed even in its entirety by taking an adjacent step right at the beginning.

6. See yourself step just a little to the side and stand at the beginning of this path of adjacent possibilities. Start to look down this path now, and notice that there may be spaces that are foggy or cloudy and less areas that are as illuminated as the first.

7. Allow yourself to become comfortable with the fog. Don’t assume that the foggy areas represent trouble or concern. Assume only that they are opportunities yet to be revealed to you.

8. Look down this path now. Notice if there are any landmarks that are similar to the first path. Notice any new images that pop up that weren’t on the original path. What do they represent to you? How do they connect with the unknown opportunities? Notice everything you can about this path without trying to figure out what’s hiding in the fog.

9. Now, let all of that go, and notice that a third path is manifesting right next to you now. It is yet another of the many adjacent possibilities that exist for you with this purpose. Only this time, instead of forming out of the mist, it comes to life out of the dark of night.

10. Look down this path now. It is almost as if you’re looking down a path in deep woods at midnight and it is somehow a little scary and exciting at the same time.

Sharon Anne Klingler...Continued on page 42

PLANETARY PATHWAYS

By Eva Starr

September: New Moon in Libra September 29th 4:12am/Full Moon in Pisces September 15th 5:13am

October: New Moon in Scorpio October 28th 7:14pm/Full Moon in Aries October 14th 4:02pm

Mercury Retrograde: Sept 24th 3:17am/Direct Oct 15th 4:06pm

ARIES

September – Don't give up Ram, you've never been known to be a quitter. Just when the storm appears to be the darkest the rainbow appears. Your prayers are manifesting, the impatient Ram just can't see the results yet. Remain positive, keep the faith and follow any guidance than comes your way...*the Sun always rises.*

October – Now, that's more like it Ram, you've taken your power back, let go of blame, the past is over, history, done. Take responsibility for your life, accept your powerful self and use it to serve the world and see how you shine. The Universe will make the shift with you, no worries; *you're back in the lead.*

TAURUS

September – Open your arms wide Bull to receiving, know that you're worthy; you are a child of God. The planets are aligned just waiting to pour those blessings upon you, once you realize you *deserve* to accept you're good. Allow others to help you, accept graciously. When you are a *good receiver* you're better able *to serve and help others.*

October – Wow, see what *raising your self-worth* did for you? You're going to need more room in that Bull pen of yours for all the gifts the Universe has for you and it's not even Christmas. Just remember to *thank* the Heavens above and keep that *gratitude* journal. Prosperity is knocking on your door and you need to be home to answer it.

GEMINI

September – The Twins could always use an extra pair of hands, even though you have a double set at all times. Someone wants to help you...go into that *think tank* of yours and figure out *who* it is, then do what you do best...*communicate.* Pick up that phone and give them a jingle, you'll be glad you did. *Two heads* are better than one.

October – A new dawn is on the horizon, those clouds have started to fade. Extract the lessons and move on. You can see streaks of sunshine. Yes, the worst is behind you now, *new adventures* are headed the Twins way, and you'll be more than ready to *jump right in* and tackle those new projects with that amazing wit and intellect of yours.

CANCER

September – Start looking for signs that land is near. Just like a sailor does when the ship is approaching land and

they start to see *signs of life*...birds flying, branches floating. *Pay attention* to the signs around you. Heaven is working behind the scenes to help the Crab, even though you can't see the results yet. *Stay centered* in faith and gratitude.

October – Patience my dear Crab, don't rush into anything right now. You don't have all the answers, there's still some *missing pieces of the puzzle* that need to come forth. This new information will alter your course of action. Keep up on your meditation and deep breathing, go for walks, visit the water often. Affirm "*I am Divinely guided*" at all times.

LEO

September – So what if you're King of the Jungle, even the Lion needs to *get out of his/her own way* and let the Universe give him/her a helping hand. You've asked for help, now be still and listen for the answers, then move forward step-by-step with the guidance you've been given. Open your arms and let God take care of his cub.

October – OK, now that you've gone back to the jungle with a little more humility, it's time to *surrender control* and start listening to your *intuitive self.* Pay attention to the *animal totems* that come to you from that Jungle of yours. Listen for things that come to you three times. You're being given signs all over the place. Stop, look and LISTEN.

VIRGO

September – The Sun is in your sign Virgo, *release* old issues involving your mother. The mother represents feminine energy and your *ability to receive.* By cleaning your inner house you're inviting new love, opportunities, abundance & healing into your life. This will open up the doors for your desires to manifest at *lighting speed.*

October – *A change it is a coming,* let that be Virgos theme song for this month. Explore your options, come out of your comfort zone, it's time to ask questions. You've just been visited by the magic Genie and have been *granted three wishes.* Make those dreams a reality...take a step at a time...explore new opportunities coming into your life.

LIBRA

September – You've got quite the *planetary line-up* this month Libra...Mercury, Venus, and Mars are in your sign. Venus highlights your beauty & charm, Mars gives you the energy to complete your goals and Mercury lends the intellectual impetus you need, even with the Retrograde in your

sign. Heaven is helping you *balance*.

October – OK Libra, this may be the one time when your indeciveness is paying off. It's time to wait, *weigh everything out*, after all you are so good at that. Take your time, there's information that is assembling itself as we speak. The Sun is in your sign, so it's all good, it's your turn to shine, and Mercury goes direct in Libra. *All systems go*.

SCORPIO

September – It's time for the Scorpion to come out from hiding and recognize its worth. Just because you spend a lot of your time digging in the sand, *hiding behind your own shadow* doesn't mean the Universe doesn't acknowledge your worth. It's time to claim you're good. When you open your heart up to receiving you're *honoring* God's plan for you.

October – OK Scorpion, get the Hell out of your own way and let the Heaven's bestow upon you the help you've asked for. Your prayers have been answered, now just follow the guidance as it comes your way, plus you've got a little extra help this month from *Lady Venus and Warrior Mars*. Your *intensity* is about to *skyrocket*, accept and thank.

SAGITTARIUS

September – No more putting it off Centaur, quit beating around the bush. The Universe is asking you to take time out of your schedule. Yes, *STOP* what you're doing and go to a quiet place, breathe, relax, and ask yourself "What do I really want?" Then spend time contemplating and journaling, and then ask yourself "*What's my hearts true desire?*"

October – OK, well done, now that you've delved deep into that soul you've been avoiding. It's time to take a break and play. Yes, no one plays in such a grand way as the Centaur. You're all about *expansiveness*. Now take some time out to ignite that creativity of yours by *having some fun*, as long as you aren't going to the destructive edge!

CAPRICORN

September – The Goat, known as the *workaholic* of the Zodiac takes life way too seriously. So *STOP* right now and take some *time to play*. What do you mean you don't know the meaning of the word? Quit hiding under your lap top, get out there and have some simple old fashioned fun, then those *creative juices* will start flowing.

October – Now that you're all rested up from your little bout of play time, you've got a few options in the fire, so it's time to get back to what the Goat is known for. Strategize, *explore your options*, it's a good time to make a change. Look at all the possibilities in front of you. You've got the business mind to make the right decision. It's *time for change*.

AQUARIUS

September – There's a lot of Universal energy out there right now that is screaming, "Let me help you." Take some time in your meditation to think of who that is, and *initiate contact*. It's time to recognize that you're not meant to fly solo. Let your needs be heard, then stand back and open your arms to receiving, it's all about give and take.

October – There's some left over Father healing that

needs to be done, and it doesn't matter whether he's still walking the earth or made his transition. The *healing work* can be done *anytime and anywhere*. It's time to balance any karma between you and let go of everything but the love. *Masculine energy* represents the *generosity* of the Universe.

PISCES

September – There comes a time when even the Fish has to consult the other fishes in the *Sea of Life*. You're moving into an area where you don't have all the answers, there are experts out there who can help you with exactly what you need to know. So go ahead and ask them, it takes a *strong soul* to ask someone else for advice, heed their insight.

October – What *IS* the Fish focusing on when jumping out of bed in the morning? This month especially it's crucial for the Fish to *self-feed himself* with a colossal bowl of *morning affirmations*. Yes, that's right, your manifestation powers are about to reach an all time high, *IF* you remain faithful to a daily morning ritual of positive thought.

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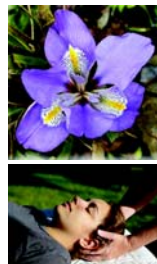
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THE GREEN PAGES

The Future From a Unique Perspective

By Agnes Thomas

Is this the end of days, or the beginning?

Is your world what your eyes tell you, or rather, is your world what you tell your eyes to see? Here are two possible scenarios:

1. You turn on the TV and you hear about nuclear proliferation; the erosion of privacy; the threat of economic catastrophe; teenage pregnancy pacts; environmental pollution; mutating viruses and bacteria; political corruption; drug and food poisoning; the spread of terrorism; automobile and industrial accidents; the unremitting stream of earthquakes and other geological catastrophes; drug abuse; homelessness; mortgage meltdowns; and the mounting extinction of plant and animal species. Then the piece de resistance: the destruction of the planet.

2. You awake feeling fresh and rested. You see the sun shining and the birds singing and you feel nostalgic. You remember when you walked on happy feet; buzzed with happy talk; mingled with happy friends; and your life was obsessed with only one thing...the possibilities, the challenges, and the adventures; the scares and the dares; the failures and comebacks; the glories, the miracles and the triumphs that would all become a part of who you are. Today is another day filled with adventure.

Sometimes life seems to overwhelm us. Everything we read tells us to calm down and to take life as it comes. Each book we read about the future tells us that "the choice is ours." Brother, am I sick of hearing those words. So, their answer is no answer. Another twenty hard earned dollars down the drain.

It is time to consult with someone who will give a non-biased assessment of the future, namely, the animals. Animals do not judge, they live life in the moment and are keenly aware of the world around them. Here is what they say about the future, and I believe them.

Our changing environment. Animals say that the Earth is in a constant state of change and renewal like any other life-form. The only difference is that the Earth

changes more slowly than its inhabitants and when such things as earthquakes and drastic weather events occur, humans think that is for the first time ever. Not true. The cosmos is in constant change.

Conflicts and war. This is a planet where souls come to experience separation and to learn. They accomplish this by experiencing contrast and dualities. They lose the consciousness of the one (i.e., the Great Spirit). They concern themselves with death and worry that they will not have time to accomplish everything they want to do. Concern with death makes them think that they must compete with others to get more stuff. They think more money will equal less time spent at work and more time to enjoy life. What they forgot is that there is no time. Souls existed before time and will continue to exist after time.

Destruction of the planet. I asked animals specifically about the end of the Mayan Calendar and what that signifies other than the end of a 26,000 year cycle of our Milky Way Galaxy around our greater sun, Pleiades. What will happen on December 21, 2012?

They answered, "Nothing, it will be just another day." Then what is the big deal? We are entering a time when the geomagnetic fields are changing, like they do every several thousand years. This energy change will affect us in a great way, just like the full moon does in a small way. At that time, certain planetary alignments will affect our mental and physical makeup. With Venus transiting between Earth and the sun, very positive effects will happen. Consciousness will expand. Perception of different dimensions will be possible. Knowledge will increase and it will be very exciting for all of us; animals included. The world will not come to an end. It will go on.

What should we do? I asked animals what I should do. Does this mean that I don't have to pay my mortgage payments or taxes any more? The animals rolled over on the floor laughing. I guess that meant don't sell all your belongings and take a trip around the world with your money. The world is not going to come to an end in

2012. I guess I shall have to continue to work for my keep, just like everyone else.

So, what do I want to see? A long and awesome adventure in the years ahead. There is no dream that I have now that won't manifest. There is no challenge I can't overcome. And, best of all, some really wonderful surprises are in store for all of us.

Agnes Thomas, Ph.D., is a psychologist, teacher, animal telepathic communicator and veterinary intuitive. She has been counseling animals and their persons for sixteen years. Agnes is a sought-after speaker on animal mind and animal mysticism. She is the author of the book, "Pets Tell the Truth," and "Animals Tell the Truth Wisdom Cards," distributed by New Leaf. Visit her website at www.petstellthetruth.com. Agnes will discuss "Animals, Atlantis and the Egyptian Dynasty" at 5:30 p.m. at the Journey Expo. Tickets may be purchased at www.thejourneymag.com.

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Points to Ponder

Investing your future in Green

Green investing is one part of a bigger field, which involves the investor in making caring investment decisions, also referred to as *socially-responsible investing*, or *ethical investing*.

Green investments use traditional vehicles, like stocks and mutual funds. But the money is put into businesses whose driving goals are to improve the environment, whether it is through alternative energy development, like solar or wind power, or because of environmentally-friendly operations.

Green investing targets environmentally-aware businesses. Socially-responsible investing aims to care both for the environment *and* human well-being.

- **The idea behind socially-responsible investing (SRI)** is to invest in companies that have more community awareness and don't do objectionable things, such as pollute the environment, exploit workers, or kill animals.

- **Responsible investments don't have worse returns** than those that some might consider less ethical. Even if they did, many would prefer to sacrifice a small amount of return and be able to sleep better at night.

- **Another reason to boycott the stock of bad companies:** if *enough* people don't buy the stock, then the stock price will go down. That might not translate into major losses for the business, but it could mean that it will be harder for them to do things like borrowing money.

So, what criteria do we use to distinguish a "bad" company from a "good" company? Many find it easy to classify harmful businesses:

- A company whose very product or service is questionable, e.g., weapons manufacturers and tobacco companies.

- **You don't have to be a tree hugger** to believe that efforts to mitigate climate change and improve energy efficiency will be significant investment themes for years to come.

- **The National Petroleum Council**, a U.S. government advisory body, says existing supplies of oil and natural gas may not meet soaring global demand over the next 25 years. A shortfall could be a windfall for companies that can supply cheaper alternatives to fossil fuels.

- **Environmentally responsible companies** also have less risk of environmental liability, which could have a major impact on future stock prices.

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Birthing Future Heaven Now

By Roger Sams

I've been sitting with the idea of writing on the theme of the future for a couple of weeks now. Today is the deadline to submit a manuscript and still there has been no inspiration. Mind chatter repeats something along the lines of, "You don't know jack about the future, so why don't you just admit it and pass on writing for this issue." Almost ready to let it go, I decided to read through some poetry as a last ditch attempt at inspiration, thinking I was likely digging a well on parched land. Hafiz smacked me with the third poem I read in Daniel Ladinsky's beautiful collection, "The Gift."

Fear is the cheapest room in the house.
I would like to see you living
In better conditions.

If I'm honest with myself, I have to admit that I actually do know a bit. At least I have some pretty good hunches. But I don't really want to put it out there in print. My fear of being judged almost stopped me. My fear of not being good enough, of having made too many mistakes, of not being ready, almost kept me from speaking my truth. And it is fear that is stopping us all from birthing the future we really want to live right now. I'm with Hafiz. I'd like to see us living in better conditions.

So here's what I know to be true. This is a remarkable time to be a human being. We have chosen to be here at this point in time to participate in the evolution of our planet and our species. We've been preparing for a long time. We are evolving into beings of love and light that have the capacity to transcend the wounds of our histories, individually and collectively, and co-create a new way of being together. This new way of being is supported by the energies of both Divine Feminine and Divine Masculine as we are gaining access to both masculine and feminine energies within. It is the darkness that births the light within us. The darkness will continue and increase during this season of birthing light. Moving through the darkness as individuals, and as a collective, brings us into the light of who we have forgotten we are. We are creating the future by choosing who we are in this moment. We can know this profound truth and live our lives from this place of truth whenever we choose.

Here's what I know we can do to support ourselves during this time of transition:

Find each other. Seek out communities of people who live and believe in ways that are consistent with what you want to create in your life. This is not a time to be going it alone. We need each other now more than ever. (And this is coming from an introvert who would much prefer to hang out alone!)

Embrace rigor. Stop expecting life to be easy. A spiritual life is a life of constant growth. Growth requires effort and commitment.

Listen to your body. Your body is a temple of the divine. It is important to attend to the temple. A spiritual practice that nourishes and cultivates the body's capacity as a conduit of loving energy is important. For me that practice is ecstatic dance. Yoga, martial arts, Reiki and athletics are among many possibilities that might work for you. Find a practice that brings you joy in addition to improving your physical instrument. My

student James recently wrote this poem expressing his passion for his practice following a session of ecstatic dance.

body in movement
dancing to touch the divine
driven to stillness

Create space for silence. If you do not have a meditation or contemplation practice there are many possibilities. It doesn't need to be a specific tradition. I make it a ritual to rise and spend the first hours of daylight working in my garden as often as possible. That is some of the most delicious quiet of my life. God speaks to me powerfully while in the morning garden.

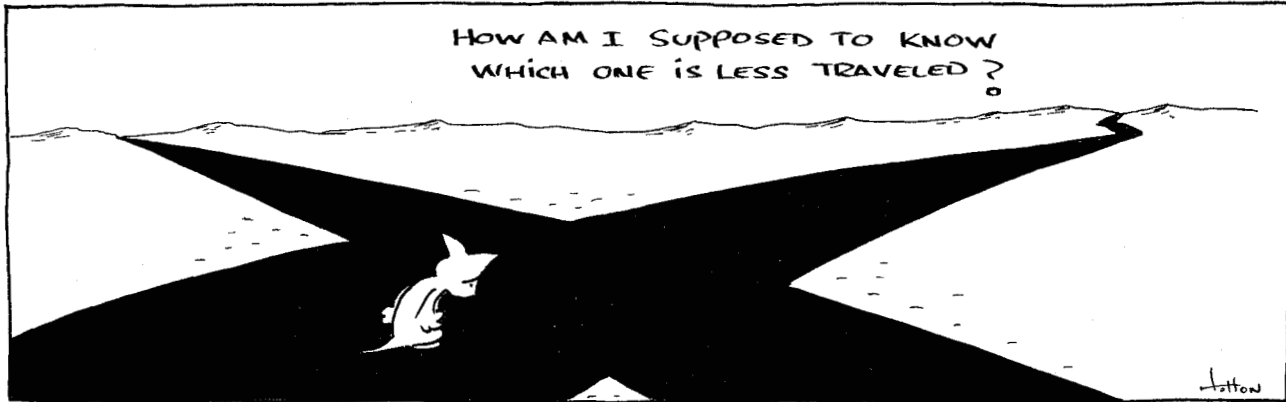
Honoring a commitment to choose my life in Cleveland as a personal paradise and savor my garden, I went out to soak in its nourishing beauty early on a July morning. To my delight the first daylilies of the season were in need of deadheading (a practice of removing the expired blossoms, for those of you who are not gardeners). I love daylilies. Deadheading daylilies is my favorite garden chore. On this morning I bent down to deadhead my first daylily of the season. As I bent down I was thinking, more like experiencing, "I love deadheading daylilies." That awareness spontaneously grew into, "I love daylilies." Then suddenly that energy of love rushed through my being and I was no longer thinking of how I loved daylilies, but the energy of loving this particular Stella Dora daylily just took over my body. The energy of love flowed through my energy field and merged with the daylily. And she loved me back! Sure as any love I've ever experienced, the force of love came streaming back to me from that beautiful plant and we merged and experienced oneness in the morning stillness.

That story not only illustrates the perfection of silence, but also of a need to reconnect with the earth. For me it is my garden. For you it might be an afternoon at the beach, a walk in the woods or time spent sitting on your favorite boulder. The same Sunday morning that James wrote his poem about dance, Christine, another student, expressed her love for nature.

today nature's kiss
butterfly wings flutter
then effervescent waves spray

Expect change. To resist change in these days is to make a commitment to your own misery. The only thing that we can really count on right now is that things are changing fast. Stop making this a problem and embrace the movement as a dance. Life is dancing herself into the beautiful chaos of rebirth. Put on your dancing shoes and join the joyful movement of conscious evolution. Together we can birth the future heaven now.

Roger Sams is the founder of Dancing Paradox: Transformation Through the Arts. He travels throughout the US leading workshops for music and movement educators and retreats for those interested in touching God through the arts. Every Sunday morning the Dancing Paradox community gathers together for Dance Church on Cleveland's West side. Contact Roger at DancingParadox@mac.com or you can visit www.SacredArtsHealingCenter.com.



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Sharon Anne Klingler...Continued from page 33

11. This is the path of absolute uncertainty. You look down it and see a few little spaces here and there that sparkle with the moonlight. But even these are quicksilver, darting and reshaping as the winds of possibility reshape the shadows moment by moment.

12. Look down this path and notice what you see in the few patches of dancing moon light. More importantly, notice the great expanse of darkness that lies before you.

13. Feel the unknown opportunities that abound in these unseen spaces. Breathe them in and fill yourself with the excitement of uncertainty. Affirm to yourself that you are free to step into the adjacent possibility of uncertainty.

14. Now take a few moments to consider the first step on each path. Go back to the beginning of each and see yourself take a step. Then, simply notice where you're standing, what's around you, and how you feel.

Conclusion: As you bring yourself back from this process, take a deep breath and anchor everything you've perceived. Write about your experiences in your journal. And affirm that every day you will ask for uncertainty and embrace it with excitement and enthusiasm.

Sharon Anne Klingler is an international speaker, author, and medium and co-founder of Starbringer Associates. She will be discussing "Messages from Beyond" at 6 p.m. Saturday at the Journey EXPO. Go to www.thejourneymag.com for ticket information. Sharon maintains a private practice in mediumship and other metaphysical disciplines, with high-profile clients around the world. Visit www.starbringerassociates.com to learn more.

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