

Issue 48 | September.October | 2009

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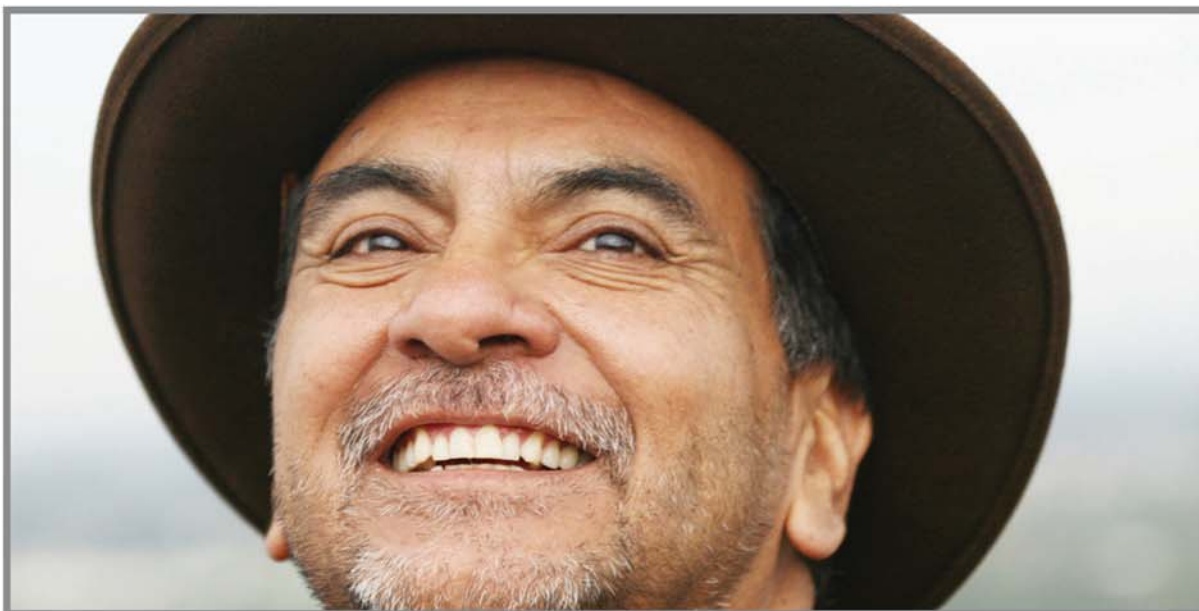


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From the Publisher

Forty years ago, for the first time we know of, man stepped upon the moon. It was the culmination of a race between the United States and USSR. Within this ego-based race we were able to see the Earth from an entirely new perspective.

As rocket ships went higher and higher, we found that though we are always trying to differentiate ourselves from each other, we share the same planet. In fact, from outer space we were reminded there are no lines that separate continents, countries, states or cities.

As a human invention, I believe boundaries start in our belief of a separation from God. I find it interesting that we invent this separation and then do all we can to come back together. Such as patriotism, members of religious orders, cultures or races. Even within the yoga communities, people identify themselves as a practitioners of a style of yoga. It's funny, as yoga is sometimes translated as "union" or to "join together."

Last month I took a trip on the Pacific Coast Highway to Big Sur, California. This is one of the most beautiful places on Earth that I have ever visited. As you drive the winding coast, each turn brings amazing views that leave you feeling in awe.

We stayed at a lodge and went hiking in the Redwood Forest. Some of these trees have been around for over a thousand years, growing to heights of more than 350 feet. I noticed that some of the trees had burn marks, from what I learned had been a fire in the area last year. It was interesting to note that the trees with burn marks had small trees sprouting at their roots. The trees that were not touched by the fire had none.

We also went to a remote beach that had sea caves and cliffs. Within these cliffs you would see small trees sprouting. The amazing thing about this was the realization of how difficult it had to be for these trees to grow in these sheer cliffs. A seed had to get stuck in a crevice, be fertilized and somehow find enough nutrition to help it germinate and then grow. There is a constant wind coming off the ocean, which would seem to make it more difficult to grow. Yet the trees somehow do take root.

Our world is constantly expanding and growing. Even with our self-imposed boundaries and belief in separation, a power greater than ourselves continues to guide us in the search for meaning to our existence.

May we each continue to take root and find our nourishment to grow. **-Namaste' Clyde**

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On The Cover: "Full Earth"

View of the Earth as seen by the Apollo 17 crew traveling toward the Moon.

Courtesy of NASA.

November.December Theme: The Mask

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SEPTEMBER • OCTOBER 2009

THE JOURNEY

Contributors



AnnaMaria Joyce Leon

A numerologist and traditional Chinese Feng Shui consultant, Contributor AnnaMaria Joyce Leon took an unkempt, weedy little plot of lawn outside her Chicago apartment and slowly brought it to life with plants and flowers. Eventually, even strangers got involved, creating a garden that became a neighborhood focus and an oasis of Earth in a big city.



Laura Lee

Those who have died are able to reach out to the living in more ways than one – and they have more control in the matter than the Medium does. After meeting a family to make contact with relatives who had died, Medium Laura Lee went home and had a dream that answered more questions than the family ceremony did. Here's her story about Macy, who reached out to Lee about the discomfort of being an Earthbound spirit.



Bob Rosenbaum

First-time contributor Bob Rosenbaum visited Pebble Ledge Ranch, in Novelty, Ohio, where he met a loving herd of horses, and an amusing pack of dogs and a special pair of entrepreneurs who have put their skills, along with 80 beautiful acres of land, to use at helping people become more successful, more capable, more centered and more fulfilled.



Roger Sams

Roger Sams, founder of Dancing Paradox: Transformation Through the Arts, loves the speed and noise and chaos of living in the city. But once a year, this teacher of movement as a transformational spiritual practice turns off all of the things to which he is so attached so he can spend two weeks of quiet stillness in the woods – all to re-attune with the rhythms of Mother Earth.

“**E**xistence is not a problem to be solved, it is a mystery to be lived. And you should be perfectly aware what the difference is between a mystery and a problem. A problem is something created by the mind; a mystery is something which is there, not created by the mind. A problem has an ugliness in it, like disease. A mystery is beautiful. With a problem, immediately a fight arises. You have to solve it; something is wrong, you have to put it right; something is missing, you have to supply the missing link. With a mystery there is no question like that. The moon arises in the night.... It is not a problem, it is a mystery. You have to live with it. You have to dance with it. You have to sing with it, or you can be just silent with it. Something mysterious surrounds you.”

– Osho

A Sacrament of Grace on a Tiny Piece of Earth

By AnnaMaria Joyce León

When I was told that the topic of this month's issue was "Earth", a series of images came to mind: the planet floating through space; the diverse inhabitants of Earth with all their problems and anxieties as shown on the Internet – pictures of war, destitution, hate, anger, humans' lack of stewardship over their natural resources. Immediately I was drawn into despair. So, I said to myself, what can I write about given such a huge topic? What is my experience of Earth?

I began pondering the meanings of all the streets where I've lived – the little pieces of Earth that I've lived on – and I was struck by some of those names: Mozart, Noble, Port. I currently live at the intersection of Grace and Sacramento in Chicago and I realized it means I live on a piece of land where I receive the Sacrament of Grace.

Encyclopedia Britannica
concise definition of Sacrament:
Religious action or symbol in which spiritual power is believed to be transmitted through material elements or the performance of ritual.

Dictionary.com definition of Grace: elegance or beauty of form, manner, motion, or action. In Theological terms: the freely given, unmerited favor and love of God; the influence or spirit of God operating in humans to regenerate or strengthen them; a virtue or excellence of divine origin.

When I moved into my apartment two-and-a-half years ago, there was nothing special about the red brick two-flat with the black

wrought-iron fence around it. It looked just like the other brick houses on the street. A 6-by-20-foot sidewalk plot filled with grass, mostly weeds, abutted the street. The front lawn was unkempt and the backyard was filled with chives and orange tiger lilies that sprouted along the narrow strip below the wooden boundary fence.

But my gardener's eye saw potential and gold.

If you could see my sidewalk garden today, you would be inspired by the transformation. My children were the ones who dug up the grass and weeds, and despite their grumbling they realized that something magical was happening.

Once they pulled up the clumps of earth it was my turn. For a month, before going to work and even on the weekends, I woke up religiously at 6 a.m., to beat at the clumps of dried earth to separate the dirt from the weeds. It was a wonderful experience. I can remember the serenity and the stillness of the morning, listening to the rustling of the wind through the trees and the birds talking to each other.

The robins used to hop close by because they knew worms lived in those clumps and they wanted to be the first in line for chow.

My neighbor used to pass by and ask, "Have you found peanuts yet?" I guess that's how they look for peanuts... I had no idea. I always responded, "No peanuts yet, but maybe later. I'm digging for gold!" Then we would both laugh and wish each other a good day. It was our morning ritual. He has since moved away.

Once the earth was broken up and tilled, I poured rich garden soil

over the area, and added organic fertilizers. Then came the first bush – a forsythia, sprouting yellow flowers in spring.

I went to my ancestral home, now my sister's house, and took daylilies of all colors and sizes, peonies, irises and hostas. As I dug the plants from the ground, in my mind's eye I saw my grandmother tending the roses and the vegetable garden. I remembered how my mom used to water these same plants, dressed in shorts with her straw hat, smiling and waving to me as I came up the driveway as she held in the other hand the green garden hose – an agricultural umbilical cord to my predecessors.

I added bulbs of tulips and grape hyacinths, catnip, lavender, Asiatic lilies, Siberian irises, roses, sedum, Russian sage, black-eyed Susan, Lady's Mantle, chrysanthemums, Echinacea. Soon, my neighbors were anonymously leaving plants at the fence – an offering to the sacred space – lambs ears (a plant, not an actual ear of lamb), ornamental grass, other types of hostas, achillea, different types of ground cover, more roses and cannas. I added pine bushes, a miniature willow and a burning bush.

It was so successful my neighbor asked me to take over their sidewalk plot. Now, two-and-a-half years later the beauty that abounds there brings joy to morning joggers, people walking their dogs and those just strolling by on their way to the bus stop.

I added a vessel filled with water, and a friend gave me a cement lion that had been neglected behind his garage because one of its paws and its teeth had broken off. We took it to

the sidewalk, stood it up with a lava stone taken from one of my trips to Mt. Shasta in California, and it now stands guard amidst the day lilies and daisies – a toothless sentry at the gate of my building.

When I look at my piece of Earth that I've been blessed to receive and nurture, I am always amazed at all the lessons I learn from it on a daily basis and how it serves as a metaphor for life. I once read somewhere, "Life begins when you plant a garden."

I took a Sharpie marker and wrote this message and sealed it onto a piece of slate I found. It sits below the forsythia bush – the first plant. You can only see it in the spring when the plants haven't yet grown over it, or just before winter after the plants have died down – a marker of hope for the next season.

My two eldest children are gone away to college now, and in the beginning it was hard for me to let them go. As is my practice, I turned to my garden for solace and I started digging up the day lilies to move them because of overcrowding.

The same day lilies I took from my ancestral home. I looked at the tangle of roots in my hands and the Divine spoke to my heart in that moment. I understood that what was before me were my children and my children's children, and I began to weep from the message. Humbled at the task before me, I started to untangle the roots, lovingly and tightly wrapped around the mother root, separating them so the new lilies could live, receive nourishment from the rain and sun and bloom fully and joyously.

As I transplanted them to a different section of the garden, in their own plot of earth, I called their names to the wind as I poured water over them – Benjamin and Cecilia – receive the Sacrament of Grace.

AnnaMaria Joyce León is a Traditional Chinese Feng Shui Consultant and Numerologist gratefully trained over the years by incredible teachers both through their direct knowledge and through their life examples. She has five children and currently lives in Chicago.

When I look at my piece of Earth that I've been blessed to receive and nurture, I am always amazed at all the lessons I learn from it on a daily basis and how it serves as a metaphor for life. I once read somewhere, "Life begins when you plant a garden."

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A Million Pebbles, Seven Horses and Two Special People

The unique world of Pebble Ledge Ranch

By Bob Rosenbaum

When you walk these trails, you are constantly re-balancing and calibrating. If the body is moving that way, the mind can become more agile too. There's a connection from the outside world to inside us

A visit to Pebble Ledge Ranch begins with a walk. The trails are barely there; the native hemlock forest covers the glacial deposits with a dense canopy.

Those glacial deposits – brooding, moss-covered, giant sentinels of rock – are pocked with white quartz pebbles.

That might explain the energy of this 80-acre piece of land, situated between a dead-end road, the Chagrin River and 500 acres of county-protected park land.

But that wouldn't be a complete explanation. For the power of the land goes unknown unless there are people to feel it, acknowledge it and release it.

That's where Jackie Lowe Stevenson and her husband/business partner Herb Stevenson come into the picture. They are custodians



of this special place, and only its second owners in the 110-year history of it being deeded property.

"Part of Herb and my being here is to open the space to people and let whatever happens reveal itself," Jackie says. "Our service is to create a context – to provide a sort of container for people to have their

own experience. We don't translate for them; we don't tell them what it means. We provide the support and skills for them to figure it out."

Quiet, then, plays an important role in everything that happens at Pebble Ledge Ranch. From the corporate retreats to the leadership workshops to the initiation of men

after a Hero's Journey, most conversations quickly make their way to introspection and are then completed in silence.

All types of people come here. Pebble Ledge Ranch is used for corporate retreats; for leadership workshops, and by people seeking to find themselves – as individuals and in groups. All of the programs here are facilitated by either Jackie or Herb, along with a select group of other associates.

“The old interurban railroad ran through the property,” Jackie says. “That was built on an old Indian trail, which was probably built on a deer path. This area was active in the Underground Railroad, and the Indian trail would have been used for that. So this land has been a home, a shelter, a refuge to many generations of people and families.”

The land of Pebble Ledge Ranch includes four distinct ecosystems: high meadow, river, bog and the enchanted forest of its glacial deposits ecosystem. There are secrets in the land here, which Jackie eagerly reveals to visitors, but which she won't allow to be published because she doesn't want to attract destructive curiosity. Some of the secrets are physical, others are more sensed than seen or heard.

Jackie and Herb share the ranch with a herd of seven horses, all previously working horses that were brought here when they could no longer do their jobs, and with a pack of dogs.

Among them is Jax, the old man of the pack, some kind of shepard mix whose self-appointed role is a sentry, barking at strangers then gently waiting for whatever is going to happen next.

And Sadie, a two-year-old Mastiff who says hello with a friendly handful of slobber and, in any other household, would be the clear and obvious center of attention.

And most of all Smokey, a show-stealing wolf of a dog – a gray-and-white pup that thankfully has been trained not to jump up and put his front paws on your shoulders, which wouldn't be a



long reach if he tried. Smokey's got a strong nose – good for nudging strangers – and a larcenous sense of humor that would get him sent to the principal's office if dogs ran in schools rather than packs.

The ranch has a main house, where Herb, Jackie and the dogs live; an office and retreat facility; a barn and its related outbuildings. There's a man-made tranquility pond that doubles as an emergency water source for the horses; a spot at the edge of forest that's used to set up tents for events that involve camping; a campfire ring, used by Boy Scouts before and since the Stevenson's bought the place four years ago. Trails are untended; visitors are called on to move around logs and sticks, rather than the other way around.

“In nature, nothing is straight,” Jackie says. “When you walk these trails, you are constantly re-balancing and calibrating. If the body is moving that way, the mind can become more agile too. There's a connection from the outside world to inside us.” It's all part of what people get when they come to the ranch.

The Male Condition

Herb Stevenson is a former Marine who worked for a decade as executive vice president of a management consulting firm in Kent, Ohio; then he started Cleveland Consulting Group, specializing in leadership development, working

100-hour weeks with important corporate clients, making a lot of money.

“Then I woke up one morning, I was 38, and I couldn't concentrate. I couldn't function. The beauty of a flower – I could still see it, but I couldn't feel it anymore. I couldn't work and I needed to get back to my center,” he says.

The programs that help men do that didn't appeal to Herb.

“I don't need to go out and rage and play cowboys and Indians,” says Herb, who himself is part Cherokee and part Shawnee. “I needed to be quiet.”

He created his own program, called Natural Passages: Men Becoming Leaders. It's a year-long initiation conducted on four extended weekends at Pebble Ledge Ranch.

“In today's society it is not always clear what it means to be a man,” Herb writes in his Natural Passages literature. “Moreover, it is not always clear how to be a man, nor is it always clear how to be the authentic self, fully present, regardless of circumstances. It seems that we have forgotten the essence of being a man.”

He goes on to describe the importance of initiation rituals – the Hero's Journey – to “enable the boy to let go of the boyish ways that tended toward self-centeredness and move toward family and community responsibilities.”

Horses..Continued on page 34

Dancing with My Mother

By Roger Sams

As I write this in late July, I'm preparing for two weeks of solitary silence in the woods of southern Ohio, near the Serpent Mounds. While movement is my primary spiritual practice, I've had a knowing since the spring that I would spend time in silence this August. I had planned on a different location, but Spirit put roadblocks in my way to ensure that I found my way back to this holy land, where I have experienced some of my most transformative moments.

So why would someone who teaches movement as transformational spiritual practice invest two weeks of his precious time alone in the woods sitting in silence? To listen to the rhythms of my Mother as she speaks through this beautiful planet earth.

I love living in the city. The home, garden and sacred space I tend to comprise a paradise amidst the hustle and bustle of urban life. All of it is a holy temple for the Divine Mother. She resides within the city as well as in the expanse of the country for She is everywhere as the manifestation that emanates from the Source of All.

Last summer I had an experience of love while communing with Mother Earth in my own backyard garden. I'd like to share a message that I wrote in my weekly email from the Sacred Arts Holistic Center last July:

Honoring my commitment to choose my own life in Cleveland as a personal paradise and to savor my garden, early one morning I went out to soak in its beauty. To my delight the first daylilies of the season were in need of dead-heading, a practice of removing the expired blossoms. Dead-heading daylilies is my absolutely 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 one-ness. I guess you could say that Stella deflowered me that morning.

I've known since youth that I have a resonance with plants. My awareness of this energetic connection has been growing. More and more people have been commenting, not on how beautiful my garden is, but on the love that my garden has for me. On this particular summer morning I got to experience it full force.

Despite my love for my garden and for urban living, I will admit that it is easier for me to experience the Divine Mother when I take the time to separate myself from the demands of daily life. When I pack up my tent and head into the woods, isolating myself from human contact for an extended period of time I hear the voice of wisdom in a way that doesn't often happen in the midst of my work-a-day world.

Trading in my computer and to-do list for a hammock and my journal, interesting things happen. Monkey mind stops chattering after a few days. The shadow shows up and I wrestle with my deepest fears. This wrestling match is, without fail, followed by a profound silence. I find that I can sit in nature for hours and not think, just be.

And in the be-ing something miraculous happens. I remember who I really am . . . an eternal child of God. And I know it, not from a place of cognition, but from a much deeper place that resists language, yet longs to be expressed. That's when my body needs to dance and I find myself singing and dancing love songs to God in the middle of the night. Eventually that need to express finds language in the form of poetry, as was the case in July 2006.

Birthing Divine

the fibers of my being
rejoice
when i experience
who
i
really am.

Cosmic Mother
dances through me,
beautiful,
graceful in her pain,

birthing the divine child
in this
and every
moment.

In the book *"The Places that Scare You: A Guide to Fearlessness in Difficult Times,"* Pema Chödrön writes, "Stillness is followed by movement, movement flows back into stillness."

That is my experience of the dance of life and of the practice of Transformational Movement. We move in order to take us into the place of stillness. In return, stillness inspires us into action, often with a greater sense of peace

and clarity. Expansion and contraction. Birth and death. Light and shadow.

One of my favorite Sanskrit mantras is translated, "When perfection is taken from perfection only the perfect remains." Alternating practices of movement and stillness helps me to know a perfection that resists language, yet speaks powerful truth to me.

If you'd like to have a small taste of that experience I invite you to join me at The Journey Mind, Body, Soul Expo on September 12th at 5:00 p.m. We'll dance into sacred silence together.

Roger Sams is the founder of Dancing Paradox: Transformation Through the Arts. He travels throughout across the U.S. leading workshops for music and movement educators and retreats for those interested in touching God through the arts. Roger is the Spiritual Director of the Sacred Arts Holistic Center, on Cleveland's near West Side, where he leads Transformational Movement classes that support spiritual evolution through Gestalt self awareness exercises, mystical philosophy and the arts. Contact Roger at rogersams@mac.com or you can visit roger online at www.SacredArtsHealingCenter.com.

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Why Macy's Spirit Remained Earthbound

By Laura Lee

It was nearly 10 o'clock when I left my private Spirit Salon, hosted by the Guerin family in their home. The summer night inspired me to roll down my car window. A warm breeze and Journey's 'Don't stop believing' serenading me on the radio opened my mind to reflect on the evening's spirit connections. The Guerin's had lost so many relatives they had wished connected in tonight's ceremony. Unfortunately, I do not always have control over who makes contact.

I walked through my door and my body signaled exhaustion. I collapsed on the sofa, but my mind wasn't as cooperative. To make matters worse, home felt empty without the presence of my daughter, who had slept over at her grandparents' house while I worked.

It's not a good thing to be alone right after a gathering, because spirits just don't understand "off the clock." I flipped through TV channels for distraction, until I came across a show called 'Clean House', where a group of experts cleared clutter to help a struggling family start a new life. It piqued my interest for a while until I fell asleep.

Next, I was standing in an unfamiliar home that appeared to be recently cleaned. No one appeared to be home as I wandered through the quarters – until, that is, I ran into a door that wouldn't open. It felt like something, or someone, was holding it shut. With a little shoulder effort, I pushed my way into a dark room piled high with clutter. With what little light I had, I noticed a pile of unwrapped merchandise stacked together.

Among the packages were several designer lighters, some shaped like angels. This certainly was guidance – a way to light my path.

Beginning of Discovery

With light, I could see more clearly. I held the flame high to discover the room looked like a storage facility with mountains of boxes pushed together. It appeared as if someone had tried to organize the clutter because there was a small path meandering through walls of stuff. My attention was drawn to something rustling. I caught sight of a small, gray-haired woman running around a corner. From behind, I made the mental note that her hair and build resembled Sue Guerin, the mother of the family who had hosted my Spirit Salon this evening.

I called out to the woman, but she didn't stop, nor did she care to respond. She gave me the sense that I wasn't welcome. Yet something drove me forward. I tripped over some garbage and fell against one of the piles. I wrestled to my feet fast when I saw the woman's shadow cross my path again. I ran after her, only to discover another cluttered room decorated for a young boy.

Its gloomy, dark appearance felt depressing – not a place I felt comfortable entering. I turned to continue my journey, when a light – bigger than my little flame, opened up the entire space to help me see through the masses of clutter. A voice boomed that the space is to be cleared so she can be released. I look over my shoulder to see an angel standing in the light.

Then I woke up.

The clock on my TV said only 45 minutes had passed since I had fallen asleep. My program was over. I found a piece of paper and pencil to record the details of my dream. I was sure it related to the Guerin's. To be sure I was still sane, I typed an email to find out if any of it made sense to the family.

Unveiling the Truth

Thanks Ms. Nicky for hosting a successful Spirit Salon. I had another vision after arriving home from our gathering that made me believe it was a spirit related to your family. Was there anyone who crossed, from mom's side, considered a hoarder (collected lots of stuff)? Let me know before I release any more detail.

Peace. Laura Lee

Ms. Nicky responded the next day.

My mom's cousin Macy was a huge collector of stuff. She passed away within the last 6 months. She was a petite lady with gray hair and glasses. She was for sure a hoarder. Please share more. Nicky.

I'm happy to find that her message confirmed my vision – and not a dream of Jungian metaphor to indicate personal issues. I continued my dialog with Nicky through email.

Great. I didn't see so much of her because she kept running from me around the piles and stack of clutter. I found lots of unwrapped merchandise, including lighters, that I used to light my way through the maze of walls that appeared to be somewhat organized. I was informed that her space was to be cleared so that she can be released. One last note; I saw a small boy's room cluttered too. Depressing. It was surely brought to my attention to pass on. Please let me know if this makes sense to anyone on your side.

What it means

More than a day passed before I heard back from Nicky. Hello Laura;

I spoke to my grandmother this evening and she is 100% certain it is cousin Macy. Here is the scoop. Macy and her hubby had plenty of money and always bought lots of stuff. She collected a lot too, including all the important family property. Most of the family considered her to be a very selfish woman. When she died, Anna, my grandmother and

my Aunt Cindy went over there to carefully choose the items that they wanted to keep in the family or things that would be of use to them. All the other stuff, they packed up in boxes and labeled for her only son (that was probably her son's bedroom). Then they stacked her stuff high in one room of the house, just like you saw. The son wanted nothing to do with belongings or the home. He gave the local fire department permission to do a fire practice on the home and burn it to the ground, along with all her stuff. It would appear from your vision, that poor Macy was in turmoil because of her son's decision to burn her prized possessions.


It occurred to me, as I read her message, that the light was not only that of an angel that came for her return, but also of the fire that returned her property back to its rightful owner: Earth.

Cousin Macy's spirit remained Earthbound by her possessions. Her attachment to the physical world built a fortress around her soul; keeping her distant from others and to the light. To her end, Macy's story sends us all a message: We are to respect, honor and value Earth, but we do not own her. We are merely stewards of her offering, from the light, to aid us in our life's journey. Set your spirit free by releasing clutter.

Gifted medium Laura Lee opens for acclaimed medium, producer of Ghost Whisper, James Van Praagh, at the Journey Expo at 10 a.m. on Sept. 13. She is a popular medium on syndicated radio, and appeared on TLC, PBS, Discovery and Game Show Network. For information about private readings while at the Expo in Cleveland, call the office 818.762.1036 or connect at www.MessagesOfLove.com

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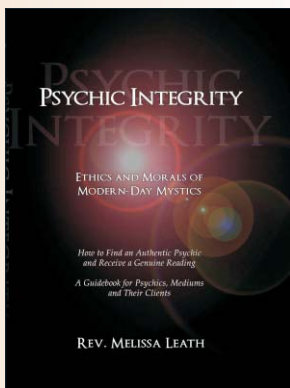
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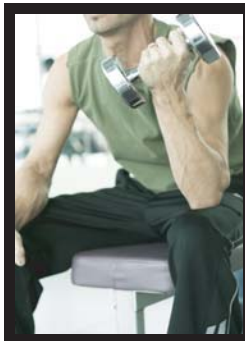
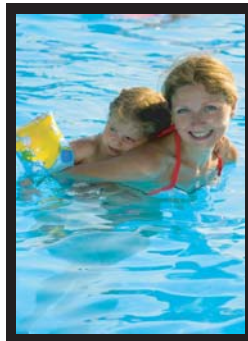
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HEALTH & NUTRITION

The Salt of the Earth: It's Probably Not What's on Your Table

By **Janee Kuta-Iliano**

Recently, a lot of information has been brought to my attention about the importance of getting good quality salt in your diet. I imagine you're shaking your head; we always hear that we're supposed to avoid salt.

It appears salt has gotten a bad rap. Like all things your body needs to survive, too much – or the wrong type – can be a problem. Recent research associates salt with strokes, calcium deficiency and osteoporosis, fluid retention, weight gain, stomach ulcers and stomach cancer. But all of this research points to refined, processed, chemically altered, common table salt, or refined sea salt – but not unaltered, holistic, mineral-rich crystal salt.

Essentially, every cell in the human body depends on the presence of sodium. We find sodium diffused throughout the fluid between cells. And each cell is like a small ocean containing salty water. Inside the cells we find primarily potassium. These two minerals – sodium and potassium – need to be in constant, dynamic balance so the cells can exchange incoming energy with outgoing, depleted fuel.

Sodium (Na⁺) and potassium (K⁺) are two of the primary electrolytes. The others are calcium (Ca²⁺), magnesium (Mg²⁺), chloride (Cl⁻), phosphate (PO₄³⁻) and hydrogen carbonate (HCO₃⁻), plus other significant mineral salts. Electrolytes regulate the hydration of the body, blood pH, blood pressure and are crucial for nerve and muscle function. The muscle tissue and neurons are considered electric tissues, able to conduct electricity. It's the electrolyte activity in the body that activates the muscles to contract.

Without sufficient levels of the key electrolytes, muscle weakness or severe muscle contractions may occur. Electrolyte balance is normally maintained by eating salt or drinking electrolyte-containing substances.

Water and salt regulate every metabolic function of the body, including functions of the solid matter itself. Your body is constantly monitoring these minerals and working to

maintain their delicate balance. Without salt, it is said, we couldn't exist for a moment.

Not all Salt is the Same

There is a tremendous difference between table salt and crystal salt. In its natural state, salt consists primarily of the elements sodium and chloride, but it also contains up to 82 other naturally occurring minerals.

Manufacturers of table salt view these important trace elements as impurities. So, since the advent of industrial development, most of the salt we use has been stripped of its inherent mineral content through a process that “chemically cleanses” and reduces it to only its most fundamental elements, sodium and chloride.

This table salt is not a natural element and is considered poison to the body. Additionally, additives increase the salt's aggressive profile. As common as iodized salt is to our tables, so are the number of diseases attributed to it. The body recognizes this chemically enriched sodium chloride as toxic, and tries to get rid of it as quickly as possible. This causes a constant overburden on our excretive organs.

Other processed foods that we eat aggravate this situation. In almost every refined product, salt is used as part of the preservation process. So, in today's normal diet, the body receives more salt than it can get rid of.

The body now tries to isolate the overdose of salt. In this process, water molecules surround the sodium chloride in order to neutralize it by ionizing it into sodium and chloride. For this process, water is extracted from our cells; the body has to sacrifice its most precious cell water in order to neutralize our salt intake. The dehydrated body cells die.

Natural, unrefined salt crystals – with all of their important trace elements – behave differently in the body. Here are just a few of the claimed benefits of pure crystal salt,

when consumed properly:

- Regulates your blood pressure, in conjunction with water
- Extracts excess acidity from your body's cells, particularly the brain cells
- Balances the sugar levels in the blood
- Generates hydroelectric energy in your body's cells
- Enhances absorption of nutrients through the intestinal tract
- Clears mucous plugs and sticky phlegm in the lungs, particularly in those afflicted with asthma and cystic fibrosis
- Clears up congestion of the sinuses
- Provides your body with a strong natural antihistamine
- Regulates sleep
- Prevents gout
- Helps the kidney to pass excess acidity into the urine
- Is a strong anti-stress element for the body
- Helps maintain muscle tone and strength
- Strengthens bone structure (Osteoporosis, in many ways, is a result of salt and water shortages in the body)
- Prevents muscle cramps

The information on salt is interesting and worth digging into further. When I first heard this information, I shook my head too, because it never ceases to amaze me how much conflicting information there is out there when it comes to health and proper nutrition. In my re-

search on salt, I found this quote. Be well.

"...all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And, when we go back to the sea... we are going back to whence we came."

-John F. Kennedy

Janee Kuta-Iliano is the owner of ALIVE ONE, a health coaching business that focuses on teaching others the benefits of internal cleansing and purification of the body. She is a holistic health educator, offering Internal Cleansing & Detoxification Programs, Juice Plus+ Nutritional Products and instruction on Raw & Living Foods. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net



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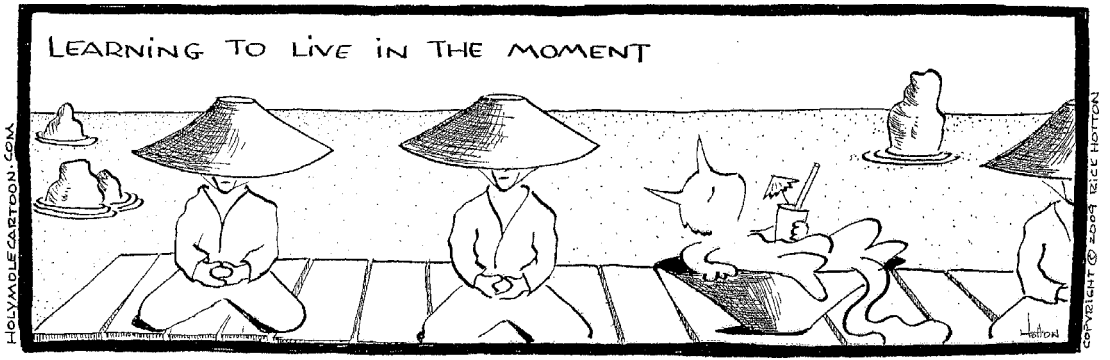
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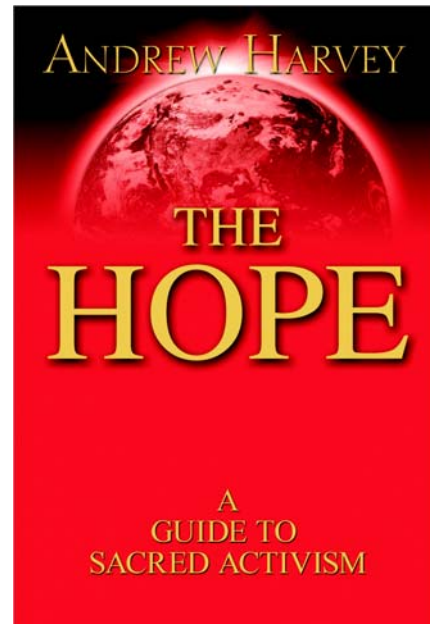
In his new book, *THE HOPE: A GUIDE TO SACRED ACTIVISM* (Hay House), Harvey is sounding an urgent clarion call to all who care deeply about the future of humanity and of the planet. “We need to not only fix the existing system but radically transform it so we no longer, by our choices, threaten our lives or the lives of millions of species,” declares Harvey.

Harvey’s vision has already been embraced by leading luminaries and activists including Deepak Chopra, Marianne Williamson, David Tucker (Executive Director, Pachamama Alliance), Seane Corn, Caroline Myss, Julia Butterfly Hill, James O’Dea and more. *THE HOPE* reveals how the large-scale practice of Sacred Activism can become an essential way for preserving and healing the planet and its inhabitants. Harvey believes the current crisis at hand drives us towards the positive practice of justice, equality and harmony with nature such as the new movements towards ecological sustainability, social justice and non-violence, the advent of new alternative forms of technology and energy, and more.

In his book, Harvey offers seven powerful laws for Sacred Activism including: Sacred Practice, Surrendering to the Divine, Constant Humble Shadow work, the Alchemy of Anger, Recognizing and Protecting Ourselves from Evil, Joy and Networks of Grace.

Through these laws he shows that neither the noble, pragmatic work of the activist nor the passive spirituality of the individual is enough to change the world. These two must be fused to become an unstoppable force of transformational love and compassion in action to affect meaningful change—beginning with ourselves.

This year Harvey officially launched *The Institute for Sacred Activism*, which offers a year-long global curricu-



lum for implementing his philosophy and vision and is dedicated to continuing the tremendous work of extraordinary ordinary people such as Mahatma Gandhi, Martin Luther King, Mother Teresa, His Holiness the Dalai Lama, Nelson Mandela, Rosa Parks and Desmond Tutu. Each of these individuals rose up to meet the challenges of their time with great spiritual grace and integrated inner contemplation with decisive action.

THE HOPE lays out a conscious road map for preserving our future and birthing a new divine humanity.

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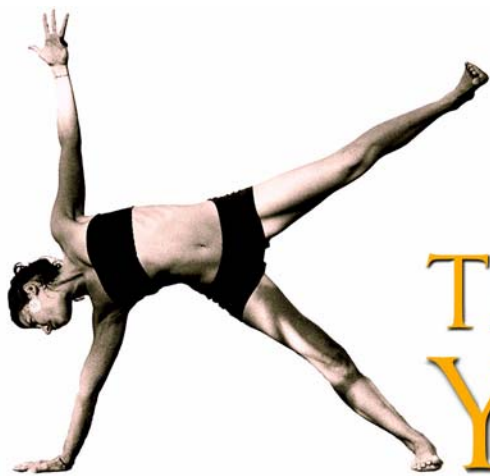
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THE YOGA PAGES

Finding the Earth in Mountain Pose

By **Bob Rosenbaum**

Yoga began for me as a physical exercise – an effort to build some flexibility and tone back into a body that was starting to thicken under weight of middle age.

Downward Dog felt good the first time I tried it – heat in the back of the thighs, a good stretch in the shoulders and lower back, and little bit of pressure as the blood flowed down into my head.

Since then, there have been other Yoga firsts for me. The transition brought about by a sustained inversion. The transparency of a deep meditation.

One of the earliest will always stand out. I was new at the practice, so it was still a purely physical discipline. After a series of sun salutations, the group with which I was practicing was instructed to come to *Tadasana*: mountain pose.

Following the direction, I stood straight with a lengthened spine. Gaze soft and straight ahead; arms at the side, slightly away from the body; fingers stretched – I felt them as being able to release bolts of lightning; legs straight and solid; feet hip-width apart. The pose made sense and it felt good.

“Lift your toes and feel yourself rooted to the ground,” our Guru said.

Though I was standing on an ordinary wood floor – a creaky old floor at that – I felt a pulse of energy. It wasn’t a burst, and it wasn’t sudden – though my awareness of it was like turning on a switch. It was a slow rising, like the lowest bass tone emanating from a subterranean subwoofer – felt more than heard and almost not there at all.

Another breath and the class moved on to the next pose in the flow.

But I wanted to savor the moment; I stayed rooted in *Tadasana* for a few beats more, stretching the moment into a longer moment. I pushed down harder into the floor; elongated my spine and neck a little more, urged a little more lightning from the tips of my fingers.

I waited for the next pulse to come up from the ground, through the floor and into my body – suddenly aware that the very consciousness of my effort would probably be enough to drown it out.

And then I felt it again; or was that just an echo of the first pulse; or did I just imagine it, reconstructing its subtle power in my now-distracted mind?

I don’t really know if I felt anything at all in that next beat, or for the rest of that practice.

But for a brief moment, when my mind was still and I had no expectations of the next second or beyond, I know what I did feel.

For the first time in my life, I felt a true connection to the Earth. I was not just on it, I was part of it. I felt its power and its permanence and became aware of how it supports me.

Every Yoga practice since then has been, at least in part, about the chance to feel that connection again. Sometimes it happens. Sometimes it doesn’t.

Bob Rosenbaum is an ordinary guy who runs a small business and loves the idea that each Yoga practice could bring a new discovery.

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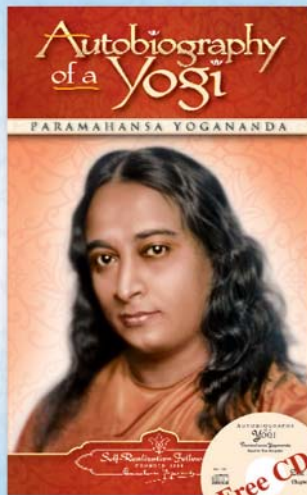
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Leaving Earth Through Death: A Gateway to New Dimensions

By Liaya Aneb Nua

I was all set to write an astrology column for *The Journey*. The problem was the column did not want to be – at least not yet. There was something else that wanted to come through at the time.

In addition to astrology, I work with Sheps (highly evolved ancestors), the angelic realm and interdimensional guides. This part of my calling is activated when the need arises; not on demand.

In doing this work I have come to know that death is not final. In fact, depending on the consciousness of the individual, it is a blessed relief and opportunity for rapid growth and transformation. There are ancient manuals that offer step-by-step instructions and maps for the newly deceased to follow in order to remain conscious throughout their new 'death' experience.

Both the *Tibetan Book of the Dead* and *The Coming Forth By Day From Night* (erroneously referred to as "The Egyptian Book of the Dead") offer direction, advice and formulas so that the loved one may go through the underworld and emerge as a resurrected conscious being – not automatically pulled under into astral realms of confusion, longing and ultimate stagnation.

Without going into deep detail I have had experiences with newly departed who have told me how important it is for those still living on the Earth to become familiar with either or both of them.

The First Actions After Death

First and foremost, death is a dimensional shift from the slow energy frequency of Earth to the more rapid astral realms, of which there are many. (It doesn't matter for the purposes of this article how many realms there are; it's just important to know that at any point without the focus and guidance necessary, consciousness can waiver and take the being off into directions where growth stops.)

There is always assistance and support from deceased family members, the angelic realm and other guides immediately upon realizing that one has "crossed over." But depending on the beliefs held during life, the emotional state at the time of transition, fear, etc. this help may or may not be utilized. Those who hold the ultimate belief in love as the guiding force of the universe seem to do best as well as those who engage in some kind of meditation or reflective practice while on Earth.

A sort of crash course on what to expect is offered while the newly departed gets used to the idea of their new condition. He or she may opt to spend time with family during the immediate hours and days of their transition, while the funeral and or memorial service is planned and carried out. The departed will often visit loved ones in their dreams, letting them know that their essence does survive.

Depending on the person being visited, the dream may be remembered or not. If the connection is strong enough the departed may send a portion of their "Ka" (a part of the spiritual body system used to hold vitality, prana and connection to Earth reality; a non-physical double) out to appear to a loved one. Once that happens temporary goodbyes are done as there are decisions and preparations for soul integration to be made. That's for an evolved soul. There are really no rules – only suggestions. And each individual decides for themselves what they want to do. Unfinished business is usually attended to first, including releasing remnants of their earthly "stuff." This might include addictions, strong unhealthy emotional connections, intense dislikes, etc. The departed may create a scenario where he or she symbolically fights and ultimately vanquishes these "demons" so that the ties to earthly life are severed and he or she may safely and lovingly move on to other dimensions.

To Reincarnate or Not

From a higher perspective the life review then takes place. Surrounded in love, the individual can look at the life that has just ended and open *akashic* records (a timeless records frequency of the Earth plane and everything that has ever existed in its reality). From here it's usually decided whether returning to Earth for another go-round is necessary and/or desirable. (Contrary to many beliefs in "karma," I have found that returning to Earth life is not a given, as there are many ways to learn and grow; Earth experience is simply one choice – not necessarily even the best one from a higher perspective). There is much freedom at this level. Souls that decide not to reincarnate can choose to return to 'school', reconnect with old friends and colleagues, take further initiations to leave this dimension/galaxy altogether and more.

The bottom line seems to be love and freedom of choice. The important thing is there is nothing to fear in leaving Earth through the gateway of death. Truly it is the beginning of a new reality filled with promising opportunities. The most important thing we can do while still here on Earth is to be open to love and know it as a real force. What we can do for those who have transitioned is to again know love as a force, see them in the light of their own soul force and Godhood, have a place of honor for them in our lives and home and read those two books.

Liaya is an alchemikal yoga teacher, astrologer (using various systems), spiritual mentor, seer and lineage holder for ancient spiritual culture. She is available for consultations. Her book "Living Sacredly For All Stages of Wombhood" and her CD "Restoring Feminine Balance" will be available 2010. Email: nitsdaughter@gmail.com . Blog: www.shaktifire.blogspot.com

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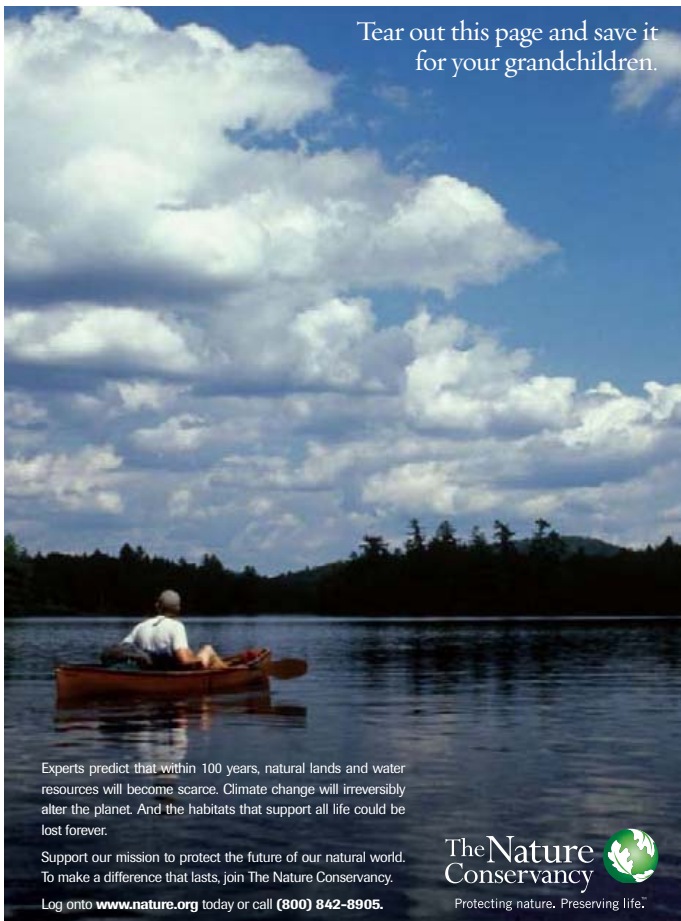
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THE JOURNEY HOROSCOPES

INNER VIEWS

By Kimmie Rose Zapf

Aries

September – This is the perfect time to enjoy two of your favorites: love and travel. Grab your lover or a good friend and hop on a plane or hit the road. But don't get too carried away with the good times. A little planning will help you balance work and fun.

October – That mental to do list you've been carrying around in your head is out of sync with your life, but you're feeling the need to be structured. Stop. Breathe. Reorganize. Get that mental list on paper and make it happen. Structure is moments away.

Taurus

September – You'll have good business opportunities this month, but don't get so excited about the deal that you forget to do your homework. Be cautious when signing contracts and review every page. The middle of the month will be the best time for a business deal.

October – Lately your relationship feels like a roller coaster ride with ups and downs and loops at frustration and gossip. Resist the temptation to lose your temper. Remember, every roller coaster comes to a rest. Look for the positive in things.

Gemini

September – Hey, that's a great idea in your head, but no one will ever hear it if you don't speak up. Stop holding things in. You've got lots of great ideas to share. You'll have good opportunities to grow with business this month.

October – This is your month. Great times with family and friends lie ahead. Think travel and lovely leisure. Don't mess things up by spending too much time planning or worrying. Relax and enjoy it.

Cancer

September – That growing sense of insecurity you're feeling isn't about your relationships. Pay attention to what event or conversation sparked this unsafe feeling. Learn to deal with the issues without letting them affect your relationships.

October – Remember all those great business ideas you've been having? Well, now is a good time to get them started by writing them down. Things will slow down, giving you time to process all the great ideas you've got flowing.

Leo

September – Like a child skipping down a sunny path, you're filled with energetic emotions: curiosity, happiness

and bewilderment. Recognize your need to change and grow and use this time and energy to get yourself moving in the right direction.

October – You're going to run into a few friends from the past. Allow yourself to forgive and start over. Your friendship circle may be growing and if it doesn't, at least you've allowed yourself to forgive and move forward.

Virgo

September – There are some issues you've been avoiding. Stop running away. Confront your emotions now. Draw on your recent experiences and you may find you're able to learn something about yourself from the things you're avoiding.

October – This month could bring some extra expenses, romantic excitement, and maybe even some jealousy through the first couple weeks. On the other hand, you'll also find people are listening to you. So speak up and say what needs to be said.

Libra

September – This month you are filled with a nervous energy, which may influence you to make so changes. You may even decide it's time to move. Whatever you do, slow down enough to feel whether this is something you really want to do.

October – This is a great time for making business deals. All your hard work is starting to pay off with some nice financial gains. All this positive energy leave you feeling uplifted and with a tremendous sense of mental clarity.

Scorpio

September – Alert. Fights, arguments and dirty deals could be coming your way. Don't let them sidetrack you. Be clam and objective. Stick to your goals and ethics. The last three days of the month should bring renewed cooperation and energy.

October – Take a good look at the woman or man staring at you in the mirror. This month you'll find plenty of time to reflect and collect yourself. Don't let your guard down, however. Someone could be trying to take advantage of you.

Sagittarius

September – When the month starts, you'll want to be alone. Don't worry. It's doubtful you'll retreat the entire month. Something will pique your curiosity and ignite your inner critic. Suddenly, there will be plenty to talk about, and

others will easily accept your ideas.

October – You’ve been running in multiple directions, paying attention to what’s happening to every one else. Stop. Now is your opportunity to take a good look within yourself and heal some old emotional scars that were affecting your relationships.

Capricorn

September – Don’t be offended by others and worrying won’t help either. When it seems that things are up and down and no one is giving you a straight answer, don’t be shy. Ask. Be straightforward. Seek clarity and you shall find it.

October – Family issues have brought you together, but don’t let them pull you apart. After all, before these conversations started you were aware of your family members’ behavior. Remember that listening is an important tool to help heal old wounds.

Aquarius

September – Watch your waistline this month. You will feel like a ball of energy, a nervous ball of energy. Replacing the urge to gorge yourself with unhealthy snacks with a brisk walk or class at the gym will help you feel more balanced.

October - You are surrounded by old friends. It’s time to decide who is best in your life and who is not. Let go of guilt and don’t let guilt or shame make your choices. Make decisions that are best for you.

Pisces

September – Travel is on the horizon for you and now is the time to start crafting those money-saving plans. Don’t be distracted by others. Don’t rush. Think. Your instinct will tell you what’s best. Listen to yourself.

October – Let your intuition guide you. The energy you’ve been looking for is out there. That makes this a good time to meet with old friend and for those great get-togethers.

Kimmmie Rose Zapf is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS's Psychic Radio Network. She is available for personal readings, classes and seminars. For more information, please call her office, Lite the Way, at 734-854-1514 or visit her website, www.kimmierose.com.

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Horses..Continued from page 9

He began developing the program in the mid-1990s and conducted the first initiation in 2002. In the course of that time, more than 100 men have met to “build a community amongst nature” and, as a group and individually, explore the archetypal energies of the warrior, the sage, the healer and the sovereign.

Attendees have come from across the United States, from all demographics. Herb also has run the program in Norway – first “to figure out if the principles apply anywhere” and then because he found that they did.

Beyond Natural Passages, Herb has developed an education series around Native American medicine – using the original meaning of medicine: spirit or essence.

Organized under the name One White Horse Standing – Herb’s own Native American name – the program comprises weeklong workshops and remote-location retreats around Bear, Wolf and Dragon medicine; Shamanic workshops, Stones and Crystals and the Medicine Wheel.

Each has its own history and purpose, but all serve to help participants become more satisfied with who they are.

Spirit of Leadership

The horses are the true leaders at Pebble Ledge Ranch. They come and go as they please, from stable to paddock to field.

“Horses have a natural instinct to move and to be in a herd,” Jackie explains. “They are not designed to stay in a confined space.” If you keep a horse in a stall day-in and day-out, she continues, “they will learn to cope. But they lose their natural instincts for the herd.”

The herd is a matriarchy; at Pebble Ledge, Be is the female in charge. She took over the role from Rojo, a 42-year-old Chestnut, who is a very old lady and spends a lot of her time alone in a self-imposed sort of exile. The other members of the herd accept this, satisfied to make occasional visual contact with Rojo, their one-time leader.

This, of course, is carried out in horse language – non-verbal behaviors that Jackie easily understands and translates.

A visitor to the paddock gets greeted by Be, a black Clydesdale; a nudge with the nose, or simply stopping to clomp a hoof, is an invitation to join the herd, at least for the time being.

The others follow, acknowledging the visitor by walking close by, but really showing little interest. They are Be’s son Raven; Spirit; Toby (who used to pull a Gypsy wagon); Toby’s girlfriend Lilly; and Thunderheart, a gentle-hearted 40 year old gelding who was called Tony back when he worked on The Farm – perhaps America’s best-known Hippie commune.

You don’t go to Pebble Ledge Ranch to ride the horses. This is their world, and you enter it on their terms. You go there to learn to understand the horses and to lead like they lead – with quiet dignity and grace.

That’s the essence of the leadership and effectiveness training that Jackie performs at the ranch.

“Horses are born natural leaders trusting their senses, knowing their purpose and taking clear action. The lead horse develops leadership in the other horses and inspires them to follow,” Jackie writes in her program literature. “A horse herd is inclusive – everyone belongs, everyone is essential, everyone matters. Relationship is primary in the herd – it is based on trust, clear communication and the importance of each

horse’s place in the herd.”

Based on that, Jackie’s programs are about leadership and relationships. They focus on the following:

- Observation and assessment
- Movement, change and chaos
- Leadership
- Teamwork
- Managing conflict
- Deepening organizational loyalty and a sense of belonging.

Typically, people focus on the importance of words when leading or working in a team. Horses manage to communicate leadership without words; the learning experience for people who come to the ranch is to be leaders in a group where words don’t matter.

“We always start with taking guests to get to know the horses and to learn their language,” Jackie says. “Our work is relational. Horses communicate with body language; once we go more into our bodies we communicate differently. It leads to a more trustworthy relationship. This all supports people to build their own capacity to lead and solve problems.”

For more information, visit www.natural-passages.com and www.spirit-of-leadership.com.

Collaborative Leadership and the Herd

- 1) The success of the horse herd depends on clear leadership and committed followership toward the common goal of physical survival, social responsibility and sustainable relationship with nature.
- 2) The primary leadership position is established through the leader’s strength, competency, persistence and credibility.
- 3) Herd members support and challenge their leader and each other, and take risks in order to stay physically agile and mentally alert – qualities essential for survival in an unpredictable environment.
- 4) The primary lead horse develops its followers into leaders according to individual capacity and the needs of the herd.
- 5) Horses are honest – their inner experience is always consistent with their outer actions.
- 6) The herd moves in an ongoing process between chaos and control until a natural order of dynamic stability and self organization emerges.
- 7) Horses move instinctively and respond instantaneously to their senses, creating a field of influence where unseen patterns of structure influence the behavior of all the herd members as one.
- 8) A herd is inclusive – everyone belongs, everyone is essential, everyone matters. Relationship and the well being of its members are primary to the herd’s survival.
- 9) Horses focus forward – the herd moves toward that which is interesting, inviting and essential to its well being and survival.

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