

Issue 54 | September/October 2010

HEALTH & WELLNESS | YOGA | HOROSCOPES | PERSONAL ENLIGHTENMENT

THE JOURNEY

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A Mind, Body and Soul Connection

Transition

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The mission of the Regional Great Lakes Bioneers is to improve the well being of the Great Lakes bioregion. We support each other's local efforts with the intention to act collectively. Recognizing it's all connected, we engage the human spirit around issues of environment, health and social equity.

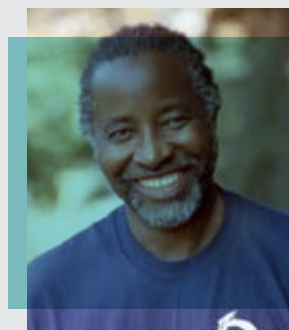


2010 NATIONAL PLENARY SPEAKERS (SELECTED)

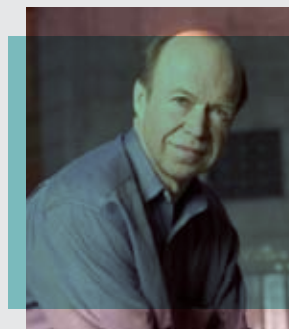
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GREAT LAKES BIONEERS TRAVERSE CITY

October 15-17, 2010
www.glbconference.org

Our theme this year is "Governance". It means: the process of decision-making and the process by which decisions are implemented (or not implemented). It is also responsive to the present and future needs of society. The Great Lakes Bioneers believe governance applies to families, communities, governments, beehives and owls!



GREAT LAKES BIONEERS DETROIT

October 15-17, 2010
www.glb.org

Our theme this year is "Connect, Collaborate, Celebrate" -Transforming the Southeast Michigan Community." GLBD will sponsor its second Young Bioneers day on Friday and will welcome Nomkhubulwane, a life-size sculpture of an African elephant, named after a mythical guardian that brings light and life.



BIONEERS CLEVELAND

November 4-6, 2010
www.bioneerscleveland.org

This year's focus will be on the many interconnected ways that Cleveland is imagining and working towards a green city on a blue lake and how the whole region can work towards a more sustainable future. The conference will be held at Cuyahoga Community College Metro Campus.



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From the Publisher

I cannot ever remember a time in my life that I have ever encountered so many people going through a transition. Perhaps it's because I am too, once again. It seems that since the first of this year when I decided I wanted to let go of the yoga studio I opened about 5 years ago, every other person I encounter is going through their own shift. Perhaps it is a sign of the times. People I talk with are going back to school, changing careers, moving, leaving relationships. Perhaps we are collectively finding it is time to move on. That the old ways no longer work. When I think of transition, I look at it as letting go of that which no longer serves us in a greater good.

My decision was based on a desire to be able to spend more time and enhance the look and content of the Journey. You will see some of the new content in "The Front Porch" section that starts on page 5. This is a section with community news and items of interest. I welcome readers and advertisers input in what you want within this magazine. Please let us know at info@thejourneymag.com.

Also, the desire to put more effort into the expansion of the magazine in the Pittsburgh, Detroit, Columbus metropolitan areas. To better serve the readers and advertisers in Cleveland and these other cities. The first of the year a separate edition will be published and distributed in the San Diego area.

We are also transitioning the Journey Expo with expansion into Detroit this year, Pittsburgh in 2011 and Buffalo in 2012.

Transition is a given in this life experience. At some point we will all transition out of it.

May we all enjoy each and every moment of our transitions.

Namaste' Clyde

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The Cover:

Cover photo by Amir Magal See his ad on page 43 of this issue.

November • December Theme: Reflection

The Journey is a free bi-monthly publication. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised.

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Our new front porch section is for items of interest for the community. Submission guidelines are at www.thejourneymag.com under submissions - "The Front Porch"

THE FRONT PORCH

Goddess Elite Celebrates Silver Anniversary

Currently Owned by Patricia and James Sievert

This coming October, Goddess Elite will celebrate a quarter century in business.

The business was established in October of 1985 as New Earth Vision, Inc. by owner Robert Tyhulski. The store offered its treasures to the New Age and metaphysical community from the original location on Fleet Ave. Over time, not only did Bob change and grow, but so did the store. Bob became known as Iron Bear and subsequently Antares and the store moved to its present location at 23140 Lorain Road, North Olmsted in 1990.

Iron Bear changed the name to The Goddess Elite in 1995 and the store offering expanded to include handmade Native American items, drums, Hindu bronze and brass statuary and an amazing selection of large natural formations of rock crystal from Arkansas.

Eventually, inclusion of Egyptian, Greco-Roman and statuary of earlier civilizations was included as more earth-based religious belief systems became more openly accepted.

Pat became a customer of the store in 1990 and has had the pleasure of watching the store transform. Jim, becoming a customer in 1998, added some of the lovely crystal offerings into his personal collection, among other things.

After Antares' passing eight years ago, they purchased the store in 2005, keeping it at the same location.

Pat and Jim have had the pleasure of giving the store a different look and focus with their ownership. If you have not been by, consider yourself invited to stop by. For store hours and additional information you can check the Web site at www.goddesselite.com or call them



at 440-777-7211.

They look forward to at least an additional 25 years in the community and look forward to personally greeting and working with you.

Pat and James want to personally thank all of the loyal customers that have helped support Goddess Elite over the years. They enjoy being able to work with crystals and helping folks on their path, just as they were helped by Antares many years ago.

THE FRONT PORCH

Free Akron Yoga - Obviously Quite Popular

When a couple of yoga buddies got together last fall to discuss the formation of a community yoga practice free of any cost to participants, they wondered how many people would join them. After all, many dedicated yogis have their own favorite studio, or an established home practice; and a free community yoga group was a novel idea. Free Akron Yoga debuted in December 2009 to a group of 20 Akron area yoga enthusiasts – mostly friends of the founders. “We started in a lovely meeting room donated by First Grace United Church of Christ, in West Akron,” Free Akron Yoga cofounder Nancy Holland Myers recalls. “And we quickly outgrew that space.” Free Akron Yoga now meets in the First Grace UCC sanctuary every Tuesday night, 7-8:30pm, from August through the Summer Solstice. An average of 70 yoga practitioners of all levels, backgrounds and ages now participate in the

weekly practice, facilitated by certified yoga teachers Nancy Holland Myers, co-founder Carrie Burchett, Garrett Pavlovicz, Gina Stankard and select guest instructors. Free Akron Yoga, in partnership with the Cuyahoga Valley National Park, hosted its first annual Summer Solstice Yoga Festival in June of this year, celebrating the longest day of the year with more than 250 yogis, performing 108 sun salutations, at the Virginia Kendall “Ledges” in the CVNP. With advertising limited to word of mouth and a popular Facebook fan page



(www.facebook.com/FreeAkronYoga), Free Akron Yoga continues to enjoy rapid growth and a loyal following. Plans for the coming year include the introduction of technique classes and workshops focusing on alignment, as well as a reprise of the Summer Solstice Yoga Festival.

From Phoenix Coffee Came the Root Cafe: A Lakewood Gathering Ground

On December 20, 2009 Phoenix Coffee of Lakewood closed its doors for good. The very next morning, on the winter solstice, its owners opened the doors to the Root cafe. This transition occurred after years of dreaming about what a cafe could be, planning out details on paper and, finally, building the entire cafe, from scratch, in just six months.

The result is a cafe made with love for every person to share. It is a vegan kitchen, an organic bakery, an espresso bar featuring Phoenix Coffee, Asian teas, tisanes & smoothies. It is a community clubhouse with local art, music and events.

The Root was manifested from



the desire to create a familiarity among all people. A common foundation for diversity to exist peacefully is the root of our com-

munity. It creates this foundation by sharing culture, music, art, coffee, tea, food and all energy in Lakewood, Ohio.

Unity Spiritual Center Expands with New Unity Hall

Unity Hall, the brand new addition to the Unity Spiritual Center campus in Westlake, is an exquisite location for memorable events. The warmth, openness and life-affirming positive spirit felt throughout the campus are evident in the elegant new venue. Because Unity Hall (accommodating 300 people) was created to provide more space for community gatherings, rather than strictly as a commercial venue, it has an authentic quality. Unity Hall's beautiful subdued décor, large dance floor, and state-of-the-art lighting, sound and video blend together to make it a unique space in northeast Ohio.

In addition to Unity Hall (3840 sq. feet), Unity Spiritual Center also has a Sanctuary with theatre style seating for 200, an Indoor Chapel seating 25 and an Outdoor Meditation Garden. Events can be moved indoor or out depending on the weather. Unity welcomes classes, weddings, civil unions, meetings, seminars, receptions, memorials, celebrations, concerts, dances and performances that are suitable for the facilities of Unity Spiritual Center.

Northeast Ohio's greatest secret is that on Detroit Road, a block west of Clague Rd., just minutes from I-90, I-71 and I-480, lies a secluded six-acre haven of spiritual growth and peace nestled in the trees!

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Unity Spiritual Center is unabashedly positive and open to all people. The individuals of the Unity Spiritual Center community seek only to create an

atmosphere of learning and exploration of spiritual ideas, not to proselytize, legislate or convince anyone of anything. Unity has no dogma and no gurus. A truth of Unity is that authentic spiritual experience must come from within a person, a natural outgrowth of their own work in personal growth. Services are held at 9:00 and 11:00 each Sunday, and classes on many topics are held throughout the week.

Call 440-835-0400 for more information or email unityinfo@unityspiritualcenter.com

A Graphic Novel Without a Super Hero Challenges Genres

Los Angeles – The original graphic novel *Illuminations: Eve Unleashed*, ten years in the making, is now available in North America.

Produced and published by Jaya Shanti Studios, *Illuminations: Eve Unleashed* is a story that honors the ascent of the human spirit and its place in the universe. Written by Jeremiah Shanti with artwork by a trio of innovative digital artists, *Illuminations* was created with dynamic digital inking, making it the first black and white graphic novel to fully utilize this technology.

"I think of it as *The Matrix*

meets *Gone With the Wind* in a Zen temple swirling in a sea of super string physics," said Shanti.

Writer, Jeremiah Shanti was born in 1975. After graduating from the University of Southern California in the fall of 1999, he began experimenting with creative writing. Influenced by Eastern philosophy and holistic medicine, he wrote a self-published story entitled *Parallel Earth: Song of the Universe*, which later became the text for *Illuminations*. The art was finished in March 2009 and the final version of *Illuminations: Eve Unleashed* was finished three months later.

The book has been compared to

Paramahansa Yogananda's *Autobiography*, a classic that continues to impact spirituality worldwide. *Illuminations* will attract a new generation of spiritual seekers and a new audience to the graphic novel medium.

"When I read it, I felt the same spiritual vibrations that I did when reading *Autobiography of a Yogi*. You will be changed and better as a result of this book. The messages come through on many different levels," said Eric B. Robins, M.D., coauthor of *Your Hands Can Heal You*.

Previews can be watched on YouTube:

http://www.youtube.com/watch?v=nBgB_Av9LZ4

THE FRONT PORCH

Students Form Non-Profit Organization Dedicated to Seeking World-Unifying Universal Truth

Chapel Hill, North Carolina - Many people are working to stop poverty, pollution, over-population, racism, crime, war, disease, and the other social ills that plague mankind, but the problems are never ending. This is because the root cause of the problems, division, is never resolved. The solution is to unite people with the truth.

The Institute of Ultimate Truth is a non-profit organization formed and run by young people who are fed up with the lies and deception that millions of people are saying is the truth. "They are destroying the world and stealing our future. We are sick of the lies from our political leaders, businessmen, clergy, lawyers and other people in power that will sell our future in exchange for their shortsighted benefit. All the glad-handing, back-slapping, platitudes, and empty promises

make us sick." - Founders, Institute of Ultimate Truth

Many people believe in old myths that contradict each other and cause division. Most myths in religions were created before people had the benefit of modern science.

Science attempts to objectively discover how life works, while religion attempts to subjectively find a way to live in harmony with life, so they both have pieces to the same puzzle. The organization's main project, Truth Contest, aims to combine the objective and the subjective to find and define the underlying truth in everything, thereby uniting science and religion toward a common goal. For the first time, people will know right from wrong for certain. This will present a certain morality which will serve as the foundation for a united world; the paradise on

earth everyone wants.

The truth does not take sides; it is the same for everyone.

The top entry at Truth Contest is the most complete and accurate explanation of the ultimate truth in the history of mankind. Anyone who does not agree can submit an entry. In this way, we will work together to evaluate, update and refine the entries on the main page.

The contest is really not a competition with a winner, because it is a collective effort towards truth. Anyone who participates is helping to find, define and spread the truth. With this platform for honesty, open minds, an open exchange of ideas, good will and the power of the Internet, we will find and spread the truth to stop the lies and deception once and for all.

For more information, visit www.truthcontest.com.



"The coming and going are happening simultaneously. Each moment you are dying, and each moment you are resurrecting. Each moment goes on becoming past, and past is nothing but another name of the dead. Each moment goes on bringing the future in, and the future is life. The small present moment is simply a moment of transition where death and life meet.

So your question is not so simple as you may have thought, nor is it an ordinary question. It is concerned with our very existence; this is the way life is happening to us every moment. But we are unaware that something goes on dying in us and something goes on coming fresh and new. We are not aware – and all this transition happens within you, within your very heart." ~ **Osho**

Did You Know...

- There were 9.4 million families with at least one unemployed member in 2009 (the last year of available statistics), up from 6.1 million in 2008.
- The Bureau of Labor Statistics reports that men hold an average of about 14 jobs by the time they turn 40. The majority of these jobs are at the beginning of their working lives—when they are teenagers and early twenties.
- An AARP survey reported that six percent of workers over 50 are in the process of reconsidering their careers.
- Kelly Services, a major temporary staffing agency, reports that almost half of adults are not completely satisfied with the requirements, lack of flexibility, risks and compensation of their current jobs.



Carol Baglia, RRT is an expert Buteyko breathing coach with Correct Breathing Concepts. Carol educates people on a safe, simple, and natural breathing retraining method to restore normal effortless breathing all the time. A large percentage of the population is suffering from dysfunctional breathing in the form of allergies, asthma, chronic fatigue, insomnia, panic attacks, snoring/sleep apnea, excess mucus, shortness of breath and many more symptoms. Learn to breathe optimally for best of health with this doctor-developed, scientifically-proven, life-changing program.

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Sarah Cheiky, LMT, Traditional Thai Yoga Massage - Independently practicing licensed massage therapy in the heart of Downtown Cleveland for 7 years, providing National Continuing Education Credit in Traditional Thai Yoga Massage for 4 years and can be found at Karma Yoga Cleveland, 1395 W 10th St Suite 120, Cleveland, Ohio 44113 For information regarding Thai courses, licensed massage therapy, yoga classes and private lessons, or participation in business wellness options and fairs, etc. Be well. Metta

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Liz Siemon is a spiritual healer, reiki master, psychic, medium who has trained with James Van Praagh. Her motivation is to help guide, motivate and support others on their journey in discovering who you are, why you are here, to bring into your life what you truly want and love. To inspire you, Liz is offering the first half hour session FREE. She is also available for psychic development classes and seminars.

Liz Siemon call 216-509-3949 www.realizetherealyou.com
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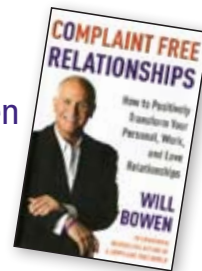
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THE MEANING OF DREAMS

By Wendy Stokes

The dream

I have always vivid dreams of houses, homes and rooms I have never seen before. I can draw floor plans and describe colors of the rooms, the furniture and other details. There are always different feelings associated with these dreams, according to the house or room.

One very specific dream was of a house and an outside yard and driveway. I got the feeling the house was located in California, even though I have never been there. With this dream the feeling was a little disturbing but not frightening. Is it possible I was astral traveling? If so, how can you tell the difference between that and a regular dream? Or could I have traveled back in time to visit a place I once lived? — SR

What it means

Dreams of houses are common, perhaps one in every twenty. These dreams are about your most valuable property, the one you permanently live in: yourself. A house that is ramshackle would be less desirable than one that is neat and tidy; one that needs redecorating less attractive than one with your favorite colors, comfortable chairs and a light and airy lounge.

As the house is a symbol for your life, your feelings are associated with what is going on for you at the time: stress, ill-health, optimism and caring – every emotion will be reflected.

'Dreams of houses are common, perhaps one in every twenty. These dreams are about your most valuable property, the one you permanently live in: yourself.'

Your uncomfortable dream of a house in California reflects an association you have with someone from this state: perhaps someone you once met who hurt you – his or her personality also symbolized as a house. Perhaps the house was big and imposing or dark and seedy; it should give an indication of who this person was that still haunts your dreams.

Some people have had dreams that have led to the discovery of a previous life but these dreams usually have period features and historical details that can be checked. As in your case, there is a repetitive quality to these dreams and the feeling of observation is also strong.

I would suggest you record your dreams and see if a pattern emerges. Prophetic dreams are fascinating.

If you would like to know the meaning of your dreams, send an email to w.stokes@btinternet.com providing details of your dream, a note providing permission to use it on the pages of The Journey Magazine, and your initials.

Premonitions most frequently occur in dreams and many have been well documented, such as that of President Abraham Lincoln who dreamed of his assassination and funeral the day before his murder occurred.

Your dreams could be a lucid, astral journey but usually there is a clear intention and result – for instance, to overhear a conversation or oversee a situation. Try an experiment in remote viewing while you are awake. Ask permission first and find out if you can ascertain what a friend is doing at a particular time. If you have this skill, it can be developed.

Perhaps you could consider whether you would like to move to the house of your dreams or whether you are happier in your present home. Contentment is a blessing. Because I think dreams reflect how you feel today, feel good now and you will have happy dreams to reflect this.

'In your own life, you would have liked to take this inheritance forward, making the best of this situation, to improve and flourish.'

The dream

I have recurring dreams about my parents', my paternal grandparents' and my maternal grandparents' homes.

In my dreams, these houses are not as they should be, often with strangers living in them, with different furnishings or missing items, and some with shoddy alterations to the structure. Sometimes the rooms, staircases, hallways and entire levels have added features in a crooked or disproportional manner, like Alice in Wonderland. Some of the stairs and hallways lead nowhere or intersect existing ones for no apparent reason. On

the surface, it looks tidy, but there is a general feeling of neglect and deterioration. The dreams usually end with me trying to close damaged windows to no avail, often with the glass falling from the panes, as inclement weather or pests, bugs, birds, rodents begin to gather nearby. I am the only one who appears concerned and attempts to help. –KA

What it means

The standards of your grandparents, on both sides, were very high. Your family of origin and your heritage is an important possession for you. In your own life, you would have liked to take this inheritance forward, making the best of this situation, to improve and flourish. You are frustrated because you need support but are not getting it from those you feel should also have the same philosophy as yourself and your forebears. Methods of advancement that worked in the past seem to take the family nowhere and you feel lost and unable to rescue the situation. There is no conflict but just disinterest. In the past, others worked hard to secure a good life for you and you can see future dangers that you would like to avoid. Money goes through their fingers. Try saying: I love you but you must be responsible and contribute to making the world a better place.

Wendy Stokes is a qualified counselor, author, channeler, healer, spiritual counselor and teacher with a special interest in dreams. Her website is: www.wendystokes.co.uk.


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The Age of Kali

By Robert Taylor

About 5,000 years ago, a magnificent array of enlightened sages and yogis gathered in the sacred forest of Naimisharanya, India. They had arrived apparently from different places in the universe, leaving their various ashrams and hermitages, knowing well that the Age of Kali had begun.

Kali Yuga, as it is known in Sanskrit, is described in Vedic literatures as one of four ages that the universe experiences in a repeated, continuous cycle. These ages are known as Satya, Treta, Dvapara and Kali, or the ages of gold, silver, copper and iron, respectively. They are also compared to the four seasons on Earth: Satya as the spring of the universe, Treta as the summer, Dvapara as the autumn, and Kali Yuga as the winter.

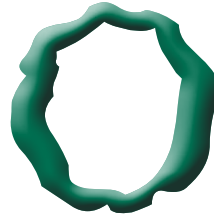
Each age has a fixed mathematical period of exact years, the present Kali Age lasting 432,000 years – 5,000 of which have already passed.

‘The compassionate sages of Naimisharanya were concerned for the welfare of people born into the Kali Yuga, for the Vedas had predicted a difficult world period when the rulers would become corrupt and various calamities would afflict the planet due to the lack of spiritual harmony.’

The compassionate sages of Naimisharanya were concerned for the welfare of people born into the Kali Yuga, for the Vedas had predicted a difficult world period when the rulers would become corrupt and various calamities would afflict the planet due to the lack of spiritual harmony. They had chosen Naimisharanya Forest as the ideal site for the performance of a thousand-year spiritual ritual to counteract the ensuing malefic effects of the period, symptomized by rampant materialism, greed, hypocrisy and intolerable natural catastrophes.

The Vedic text Vayaviya Tantra explains that Naimisharanya has great astronomical significance. Brahma, the universal engineer, had contemplated a great wheel that would enclose the vast universe and had fixed the hub of this great circle as the particular place known as Naimisharanya.

Also, Varaha Purana states that spiritual rituals performed in this sacred place would surely counteract the malevolent actions of the most powerful demonic entities. Thus assured of the location’s immense potency and its magnifying effects, the sages commenced their well-intentioned effort.



One day, after finishing morning yogic practices, the enlightened assembly offered the highest seat of respect, the Vyasasana (seat of the representative of Vyas), to the most esteemed sage of all – Suta Goswami. They addressed him as follows: “We think that we have

met Your Grace by the will of providence, just so that we may accept you as captain of the ship for those who desire to cross the difficult ocean of Kali, which deteriorates all the good qualities of a human being.”

The sages knew the immeasurable value of simply listening to the words of a pure devotee of God like Suta, that hearing from such an elevated soul would not only liberate them from the entangled meshes of the illusory material energy, but all who heard his words at a later time through recorded scripture would also similarly benefit.

Suta Goswami had previously heard the seven-day discourse of Sukadeva Goswami, another great God-realized soul whose father was Vyas, author of the Vedas and an accepted incarnation of the Supreme. On that occasion, Sukadeva had perfectly described the coming of the Age of Kali, giving specific predictions that he had heard from his father.

Sukadeva had also elaborately described the means by which the inhabitants of Kali Yuga could not only relieve themselves of the pernicious effects of the time but also attain quick, permanent and perfect spiritual enlightenment.

Jesus and Buddha Predicted

The discussions of Suta and Sukadeva Goswamis are recorded in the 5,000-year-old 60-volume work called Bhagavat Purana or Srimad Bhagavatam. The Sanskrit texts, which have been expertly rendered into English by His Divine Grace Srila A. C. Bhaktivedanta Swami, give accurate detail of the times we live in and the situation to come.

Bhagavat Purana has already accurately predicted the appearance of Lord Buddha, whose advent was 2,600 years ago, with details of his mission, the place of birth, the name of his mother and his bodily description. In the Maha-Bhavisya Purana, a text from another part of the

same set of literatures, Lord Jesus was predicted with all relevant details as to time, place, mission, bodily description and names of parents. In the Sanskrit he is called Ishaputra, which translates as Son of God.

Lord Chaitanya, the incarnation of Lord Krishna who appeared only 500 years ago in Bengal, India, was likewise predicted with precise detail in the 12th Canto of Srimad Bhagavatam. He appeared with His eternal associates in the most handsome golden form and was known as Gauranga or the Golden Avatar. He was seven feet tall and, accompanied by thousands of God-intoxicated followers, traveled throughout India inaugurating the Sankirtan Movement of the congregational chanting of the Holy Names of God.

With arms outstretched, dancing and chanting in divine ecstasy, He overwhelmingly influenced everyone who saw Him. People would immediately join in the chanting and also dance in ecstatic love of God. His associates also witnessed Him performing miracles, including evoking the wild animals of the Jharikhanda jungle to dance and chant to the Holy Names of God. He spontaneously cured the brahmin Vasudev of leprosy simply by embracing him.

Lord Chaitanya is considered by the great devotee sages of the Vedic tradition to be the most merciful and munificent of the Lord's incarnations because He freely distributed love of God without consideration of anyone's personal faults, qualifications, birth status or religious persuasion.

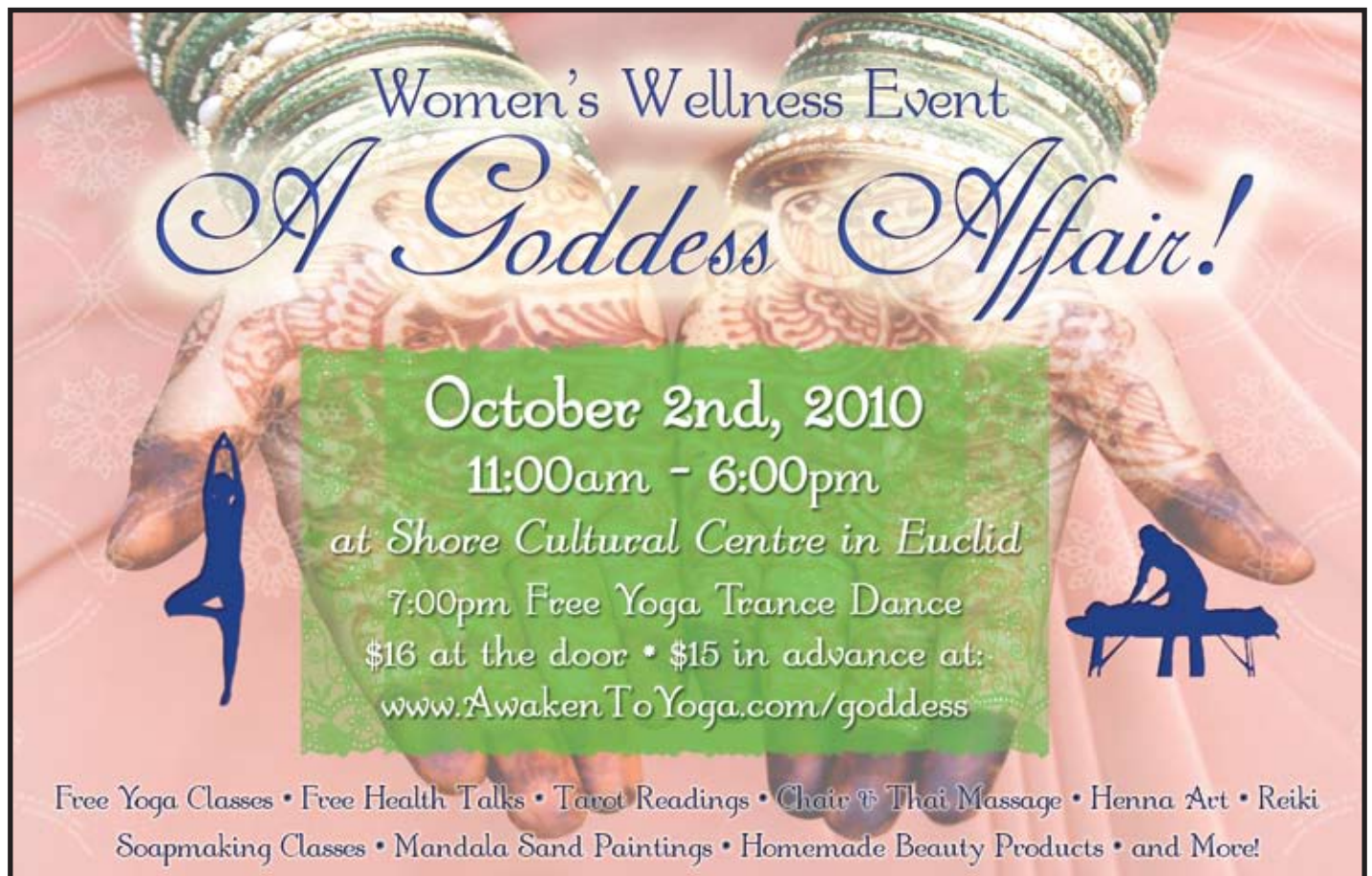
'Bhagavat Purana has already accurately predicted the appearance of Lord Buddha, whose advent was 2,600 years ago, with details of his mission, the place of birth, the name of his mother and his bodily description.

Mini-Golden Age

The Sanskrit texts also state that the exact time in which we are now living is a special period within the age when the Earth's population will increase its spiritual involvement and awareness, initiating a mini-golden age in the Kali Yuga. This began with the advent of Lord Chaitanya. The residents of earth are most fortunate in Kali Yuga, for, although it is an ocean of faults, the Lord has incarnated in the form of His Holy Name. One who takes shelter of the Name of God by mantra meditation will immediately purify their consciousness of all karmic conditioning and simultaneously cleanse the contaminated atmosphere of Kali.

The mini-golden age continues on the incline for another 5,000 years but will steadily decline for 5,000 years after that, to the point when there will be no awareness of God, self-realization or spiritual teaching.

The Age of Kali...Continued on page 42



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HEALTH & NUTRITION



By Janee Kuta-Illiano

Six Steps to Make Your Dreams Come True

Iwonder how each of us would rate the way our lives are turning out? In my circle of the world, I often hear from people who had such grand plans for life but found themselves falling short of that dream. Many of us desire to be healthy, joy-filled and prosperous, but are stuck in old habits and patterns that prevent us from reaching our full potential. As Joyce Meyer often says, "It's real easy to go on a diet right after dinner Sunday night." So how can we start transitioning our dreams into reality? What can we do to start letting go of the old and press on to the life we have always dreamed of having?

First off, take out some paper and make your requests known. I know many of you have heard this one a thousand times, but a journal really does allow us get those creative juices flowing. You can dream, scream if need be and sketch out your life as it exists and how you envision it to be.

Do you really know what you want out of life? When you take some time to create a vision and start acting on the inner promptings of your heart, life begins to evolve.

What would a perfect day look like? Really dream and think about what a most perfect day would look like to you. How would you feel, what would you be wearing and what would you be doing? Describe an ideal scene or event. What it would consist of? Where would you live and who would you be with? Then write out a perfect year and eventually what a perfect life would look like.

If you can write it, you can have it.

I can personally testify to the power of journaling. In my journals are drafts of what I want my life to look like. Going back through those statements, I have seen many of my goals fulfilled. I even wrote about how I wanted the delivery of my last child to go and, looking back, I see that it went exactly as I had written. If you can write it, you can have it, so I would encourage you to start writing down what you want out of life.

Second, believe that change is happening. Your

'I even wrote about how I wanted the delivery of my last child to go and, looking back, I see that it went exactly as I had written. If you can write it, you can have it.'

mental state keeps you in bondage so it is important to take inventory of what you are thinking about all day long. From your thoughts flow words, and words hold tremendous power. What you think about and what you say keep you living right where you are. Words can further negative behaviors or words can set you free. Again, take inventory. What have you been thinking about lately? How would you describe yourself? Do you have a negative opinion of yourself? Do you often say, "I could never do that," or "I am not good enough or smart enough," or "It's just too hard?" Do you find yourself judging or holding resentment toward others? Are you often angry or sad? Or are you hopeful, confident and peaceful throughout the day?

If you want to reprogram all the "stinkin' thinkin'" there may be a little bit of work involved and it all starts in the mind. Reprogramming your mind to think more positively may take some simple word replacements. As soon as something negative comes to mind, immediately cut it off and replace it with something lovely, pure and positive.

Personally, I had the habit of thinking I was not smart enough or good enough. To this day, when I begin to feel inadequate, I cut it off and replace it with the belief that I can do all things. When those words aren't strong enough to replace the negative thought pattern, I close my eyes for a moment and see the lovely planter I have in my backyard filled with pink and purple petunias, or I visualize my children smiling.

Janee...Continued on page 20



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Janee...Continued from page 17

Thinking of something lovely in addition to replacing the negative thought pattern switches me back into a more rational, positive state. It may take some time to achieve, but thinking positively is a habit we all can form. Have confidence and believe that you can do whatever is in the will of God.

Third, start creating good habits slowly. People often want to change overnight and it is just too scary for most of us to do that. For instance, if you desire better health, you can start adding in healthy foods to your current diet. The good foods will eventually kick out the bad foods. The first meal I suggest starting with is breakfast. If you add in a fresh fruit and vegetable smoothie instead of the usual coffee and toast, it will set the nutritional tone of the day.

When you have a smoothie for breakfast, you will




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most likely be looking for a healthier option at lunch, which fills up the day with great food choices. A lady recently told me that she started adding in smoothies for a good six months and said she felt more energy and lost ten pounds in the process.

Slowly start adding good things to your life. Rome was not built in a day and for most of us, slow and steady improvements will be the best way to bring about permanent change.

Sometimes you may need to get out of the pot you've been living in all these years so get involved with new activities. If you change nothing, then nothing changes. If you get involved in new events and hang out with people who share similar interests, you will be less tempted to indulge in old habits.

When I hang out with some of my more health-conscious friends I am less tempted to make bad food and lifestyle choices. The experience of hanging out with people who share similar interests is refreshing, inspiring, satisfying. So take the time to find new hobbies and get out of that old pot you've been living in. If trying new things creates anxiety for you, take a friend or relative.


Fourth, hang on tight to those dreams. Sometimes it is just a matter of getting over the hump, so try saying no to a habit for at least 30 days. People will often say that 30 days is a long time, but think about how many days you've wasted wishing you could change. So a month is a drop in the bucket compared to how much time you can spend wishing to change. After 30 days it will become easier to stay away from bad habits.

Fifth, manage stress. We are at our weakest when we have stress. Stress will never go away, but your response to it will make the difference. You can choose to not let your life circumstances control how you feel and act. Decide not to live by your emotions. When you have a bad day, let it just be a bad day and nothing more. Go to bed early to start a new day and don't let the stress lead into bad habits.

Sixth, being a blessing to someone else helps us in the toughest stages of transition. The more you help others, the more you heal yourself. Even little things like complimenting someone else or encouraging someone takes your mind away from your own struggles.

When you feel a conviction to change your life, be thankful because it means that God is dealing with you. Whether you like it or not, you are slowly changing if you simply remain obedient to your inner self. Progress slows when you continue to feel condemned about the habits you have. Instead be glad that you are feeling the need for change and let it help you transition into the person you've always dreamed you'd be.

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I am not where I want to be, but I am definitely not where I was. Change can sometimes take a lifetime, but if you desire to live differently you can make it happen.

You can be anything we want but don't let it be just a dream. Creating the life you have always dreamed of will be an example for others and that will give everyone permission to let their light shine. It is never too late.

Janee Iliano is the owner of ALIVE ONE, a health education 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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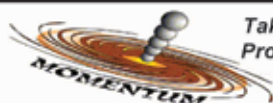
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THE YOGA PAGES

TRANSITION

By Dominique Ponko

Transition...
in this journey we take called Life.

On this path, we walk where there are many twists and turns, many hills to climb and many bumps along the way. But when you meet those cross roads you have a choice to make.

You can keep on the same old path with the same old results and choose the dark scary path of the unknown. Or, you can choose the path to peace and enlightenment.

If you choose the path to peace, it is important to know that this choice does not mean it will be an easy path. Regardless, the choice is yours.

I hope you choose well and always journey forward into your best life. – Namaste.

For each of us, whether we like it or not, life is full of transition. For me, peace has come through the growing presence that yoga has had in my life, and with acceptance of the limitations of my body and the flow of continual change, both on and off the mat.

In 2003, I was working as a massage therapist in the homes of my clients, and teaching yoga for fun. At the age of 26, with no apparent health challenges, I had a violent and completely unanticipated seizure. I woke to find myself in the hands of paramedics asking me basic questions that I could not answer.

A series of tests led my husband and I to a grim meeting with a physician who explained that I had a brain tumor in the left, temporal side of my skull. Ever the type A personality, I went on to be seen by a series of neurosurgeons in Pittsburgh, as well as at the Cleve-

land Clinic. When four different physicians confirmed a precise diagnosis, I knew it was true.

I have what is known as a glioma, which is a tumor located in the left temporal lobe of the brain, which impacts speech and memory. Because of its location, the tumor cannot be removed without great risks for a loss of both my memory and speech. This type of tumor is slow growing, but still very much alive.

Finding out that you have a brain tumor causes most people to stop and reflect, as I did. My childhood and early life experiences were tumultuous ones, and I've always been drawn to sources of healing and comfort. Growing up in a dysfunctional household, I was taken advantage of by an adult as a small child. I struggled with self esteem issues, an eating disorder and even suicidal thoughts. By the time I was 20, I felt like I had lived a lifetime. I was, quite simply, exhausted to my core.

When my tumor was discovered, I was put on strong anti-seizure medications that left me in a stupor. My husband would find that hours after washing my hands, I had left the faucet running with little awareness of my surroundings. Within a month, I decided to go off the medications. I spent three years holistically cleansing my body and replacing the medications with herbs. I did have seizures, and struggled to accept the role that medication would play in my life. I was unable to drive a car for three years, and could not continue my in-home massage practice. I was forced to rest, allowing my body to restore its delicate balance.

In that time, my yoga practice began to do more than simply soothe my soul – it helped me to transition my life to a new phase. What looked like the loss of my massage business was actually a step in a new direction. I had time to study the Chakras and learn how our bodies hold emotional damage that leads to physical damage. I learned how disease in the mind leads to disease in the body. My time with yoga taught me not to be so afraid, to

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dig deeper and breathe through the pain and to remember that each of us shares some kind of imbalance and challenge in this life. I realized that it is ok to have struggles and pain, and this time to reflect made me a better yoga teacher, a better wife and mother and a better person.

Finally, in 2006, I had an extreme seizure and woke to a husband who said, "This time, I didn't think you were coming back." I knew that I'd need to accept that medication to control these seizures would need to be part of my life, and have found a medication that allows me to function at a high level.

Beyond medication, I've learned to deal with the embarrassment that seizures can bring. For example, I had a seizure at the wedding of a dear family member. The unknowns are challenging, but I've learned that everyone has some challenge and I am not alone.

In 2005, I felt strong enough to resume working and decided to open a small yoga studio in Murrysville, where I live. In 2007, I opened my second studio, located in Aspinwall and in 2008, my husband and I were blessed with our first child, Sebastian.

Today, my transition has come full circle. Yes, I have a brain tumor that cannot be removed. With that comes some unease, but I've learned to live life more in the present moment. I have a loving husband and son, and am now pregnant with my second child. I opened my third studio in Pittsburgh's Shadyside community in February of 2010, and have a fourth scheduled to open this fall. My business thrives and I'm surrounded by talented instructors

Todd Norian and Ann Greene
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who share my passion.

Yoga has completely transformed my life. I was originally drawn to yoga for the peace and tranquility that I was searching for and for its gifts of clarifying my mind and strengthening my body. Since then, I've learned to let my soul go on an adventure while my mind and body detox from the pillars of my ujjayi breath.

Now, I am not afraid. Diving deeper into yoga, sharing what I've learned with others and telling my story has helped me. The most profound thing I have learned is that while we all compare ourselves to others, it's important to know that behind the defenses, we all have a story of our own personal struggle.

Life is short and we only have a number of breaths to leave our positive mark on the world. Yoga strengthens the body and the mind, and for me, has led to a transition from a life of fear and uncertainty to one that is bold, grounded and full.

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Preparing for the 2012 Earth Transition



By wah!



he Earth is in transition and you're living on it. The Mayan calendar, the Egyptian calendar, the Precession of Astrological Signs through the sky all indicate that we are living through the transition of the ages. In his lecture "The Changing Face of Time" (you can find it on YouTube.com), presented at Conscious Life Expo in 2006, Dannion Brinkley put it this way: "We're in the last (two) years of a 26,000-year cycle and there ain't nothing you can do about it."

Will the Earth end? No, probably not for another billion years or so. If you've read about cycles of history in Gregg Braden's book *Fractal Time: The Secret of 2012* and a New World Age, you've learned about archeological digs dating to 14,000 B.C. and the Vostok ice core taken from the depths of Antarctica, showing the Earth's activity for the past 420,000 years.

Prophecies of the possibility for a third world war, nuclear obliteration and natural disaster are there; but their outcome is not.

'I am trying to live my life, a feat so difficult it has never before been attempted.'

Many natural disasters are cataclysmic but don't obliterate the human species. If we eliminate ourselves, the Earth will renew and begin again without us, as it has for thousands of years before.

What we are living through is the transition from the old age to the new age. Think of it like a birthday – every year the sun returns to the same position in the sky as it was when you were born. In astrology it's called a solar return. This gives you the opportunity to review the past year and consider how far you've come, what things you wished you had or hadn't done, where you want to go from here.

The Earth is having a big birthday – a 25,000 year milestone – so it (and you) can consider how far it has come, what things it has or hasn't experienced and where it wants to go from here. In that 25,000-year span, you've probably incarnated and reincarnated – oh I don't know, say 36,000 times – and what have you achieved in all that span of lifetimes? You were a carpenter, a laborer, a king, a milkmaid, a wife, court musician, war general, a blacksmith... And in all that time, what did you learn?

Can you see that being alive at this time in history will activate every pattern of behavior, every seed of neurosis, every core emotional issue you have ever had, to come forth and be healed? And how will these issues be activated? Through a shift in physical circumstances.

Brinkley described his own near-death experience: "I never believed in any of this New Age stuff. Then I died. The next day I became everything I never believed in."

We attach our identity to physical circumstances – having a body, our job, our friends and family. When that is taken away, our identity goes into crisis and reevaluation. So perhaps like Brinkley you will lose your body and get it back, lose your house to foreclosure, have your identity stolen online... something will rock your world and shake it at its foundation. And you'll be face to face with your core issues – those beliefs you have carried around with you for centuries, lifetime to lifetime. You've been carrying them around like precious cargo. Now is the time to change those beliefs.

This is your work, to purify your core seed of existence. It's your work, not mine. My friend James has a sign in his bathroom, "I am trying to live my life, a feat so difficult it has never before been attempted." I am so busy dealing with my own core issues, I can't keep track of yours or tell you how to proceed in your healing. But I do know that if you pray - if you sincerely acknowledge how deep your issue is, and how it comes up again and again, gnawing at your well-being and ability to embrace this life – if you sincerely pray for guidance, the Universe will bend over backwards to send information, people and circumstances to help you.

These transitions are windows for change. You wanted to be here at this time in history, you chose an incarnation so you could be alive during the shift. Oh come on, admit it, you're even a little bit excited about being here at this time in history. You will learn more in this lifetime than any other lifetime yet. You will learn and cleanse and purify aspects of your soul you never thought possible.

When egg and sperm unite in a woman's body, a transition begins in preparation for new life. The woman's body purges and purifies to make way for the higher vibration to live in her. The man and woman purify their beings through meditation and service, in order to attract the highest vibration of soul possible for this new seed they have created. It is a time of letting go – the end of late-night parties, the end of movie nights or whatever your social life was up to that point, the end of youth. As you become the parent, you get to contemplate and consider all the parenting you have experienced in your life, and try to purify it into a suitable vibration for yourself and your new baby.

As the dawn of the new age comes for the Earth, we purge the old. We have a window of opportunity in these next few years to reset our vibration, our karmic attraction point, our evolution in alignment with Light and Love.

The Earth transition also changes social relationships. Scientist and philosopher Nassim Hameed describes it, on "Crossing the Event Horizon: Another Cycle Begins" (also available at YouTube.com), as a time of moving away from competitive behavior into a spirit of cooperation. New paradigms in business, new partnerships, new ecological breakthroughs require new systems and methods of communication.


New connections in personal relationships arise in a cooperative society - families of two children living with a single parent, or six children from different partners with two parental figures not necessarily their own, adoption, singles living together, couples and one single, friend-

ships, neighborly helpers – many of these situations are brought about by disaster or change. Children orphaned by tragedy or war, neighbors suddenly helping each other after an earthquake, friends living together because one of them lost a house to foreclosure... the Universe is infinite in its expressions. The point of it all is to trigger us into new ways of being.

If you are alive on the planet right now, you are participating in the biggest birthday ever. December 21, 2012 is the Winter Solstice extravaganza Earth Birthday to end all birthdays. But it's the time period leading up to this date that's the juicy part. You can clear karmas, change your mind, change your heart – really change your heart, not read about it, not think about it – change from the core, from the inside out. Whatever you're going through now is your opportunity to recalibrate your mind and heart.

Go out there and be someone new. The Universe will guide you because it sees how courageous and fragile you are and how much you sincerely want to be aligned with Light. Pray. Pray! The Earth is one big vibrational field ready to respond to your vibrational prayer. Peace to all, light to all, love to all.

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Transitioning Between Cultures



By Psalm Isadora

This past February, I traveled to a rural village in northern India to do a service project teaching yoga to the village women. It was challenging to find a way to communicate and teach when I didn't speak their language, Hindi.

There was a translator there, and I learned to use my eyes to express the feeling and the meaning I was trying to get across. But soon I found a greater challenge than transitioning between languages; transitioning from America to a rural village in India was a cultural challenge.

The women in the village have much more defined roles; most of them are expected to fulfill their duties of their caste and gender by marrying and having children. It was difficult for some of them to find the time away from household chores to do something for themselves. In fact, it could be considered a breakdown of tradition and the family if the women began putting yoga ahead of their household duties.

I began to realize that teaching yoga could challenge some of the social structures. In America, I have thought of my yoga teaching as spiritual, but never political. In the village, I soon realized that my work was very political in the context of their culture. I had to navigate how to transition nimbly – sharing my yoga without upsetting or disturbing the environment too much. At one point, I was even afraid for my safety. This is an entry from my travel blog:

February 23
Sarnath, India

I just found out that a western woman was murdered two months ago in the rural village where I am teaching yoga for women's empowerment. My friend Rohan, who is Indian, has traveled with me in India many times before. We have been to many dark and questionable places and he was never worried for me before. Today he was very concerned about my safety.

I am shaken by the news of this murder. Much more shaken than I was about the terrorist bombing that killed westerners at the German bakery in Pune a week ago. Somehow, that felt more removed and random from what I am doing. But another western woman being killed in this same small village I am going to, and only two months ago, feels very close to home for me. I wonder about this woman. Who was she? Where was she from? What was she doing in this remote village?

In the village there is a beauty, sweetness in the

women I am working with. It is wonderful to see how they are becoming warmer with each other and me after the yoga. That's why I teach yoga, because it works. But as I walk through the dusty street in the village, I see a lot of pain and sadness in the eyes. I am told there is a big problem with alcoholism with men there. Isn't that always true in ghettos? I have been told that it would be dangerous to be in the village during Holi, a holiday coming up in a few days. I am told the men drink a lot on that day, and it would not be safe for me to be outside. I shudder to think about how things can turn on a dime.

'In America, I have thought of my yoga teaching as spiritual, but never political. In the village, I soon realized that my work was very political in the context of their culture.'

I was warned that the men might not respond well to what I am teaching the women, their wives and daughters. In class today, I asked the woman what their dreams were. We went around in a circle sharing. One of the young women, whose toddlers wander in and out of the classes, said she couldn't think of anything. The other women encouraged and cajoled her to try to think of something. She said she wanted to be a good daughter-in-law. I told her that was for someone else, what did she want for herself. She said that she had wanted to be a teacher, but her parents made her get married instead. I told her that if she starts sharing the yoga, then she would be a teacher. Because a teacher is someone who shares knowledge they think is important.

During the class, her mother-in-law came and watched by sitting in the open doorway. Afterwards, they were standing in the yard and I told her what the younger woman said about wanting to be a good daughter-in-law, and that she could do that by teaching her mother-in-law yoga. I felt very good about the exchange. But now I wonder if that woman went home and told her family that I asked her to want something for herself besides being a good daughter-in-law.

I am afraid. I live a life where I stalk myself, I stalk my fears. I am only so fearless because I am afraid of everything. The suffering and cruelty of the world have always made me afraid of this place, where man can be so inhuman to man.

The first time I left my teacher after meeting him and being initiated, he said, "Take care, the world can be cruel." And it can.

The last time I saw him we talked about what makes people do things like genocide. What about leaders like Hitler? What makes a group mind harmonize and lead to divine levels of love and compassion vs. a group mind sinking to demonic levels of violence and retribution?

Hopefully, it is the practices I am trying to share that help make that difference. The world is sometimes very scary. We do not treat each other and ourselves well.

'But now I wonder if that woman went home and told her family that I asked her to want something for herself.'

When will we stop making martyrs in this world? Not until we stop loving being martyrs ourselves. I do not want to be a martyr in this lifetime. I have had visions of being burned as a witch in a village before. Today, when I was most afraid, my mind flashed a picture of being dragged out of the classroom and beaten in the square. I do not think this is likely, but I saw the fear in my own mind.

What is a witch? A woman who owns her power. In taking responsibility for your own power you confront fear. The fear of not being accepted and loved. And the very real fear of being punished, sometimes brutally.

In the end, I do help create the world with my own thoughts, so my negative fears are more likely to magnetize negative experiences. But I am not the only one creating this world with my thoughts; we are creating this world together.

God, grant me the serenity
To accept the things I cannot change;
The courage to change the things that I can;
And the wisdom to know the difference.

The night I wrote this blog I was terrified for my life. What if I offended the people in the village with the way I was teaching, with my women's empowerment attitude from America? I went to bed praying, and when I woke up the next morning, I decided to make it about the yoga, not about me. To have faith in the healing and connecting power of this amazing tool that helps people connect back to themselves. I had to let go of all my grand ideas of service work, of being a hero in my own mind. I was humbled by my fear to see that I was not the hero of my own movie, but just a woman on the path to my own healing, sharing what had helped heal me. Let go of the ego and just do the work.

'I went to bed praying, and when I woke up the next morning, I decided to make it about the yoga, not about me.'

The rest of the week went well; there was no angry backlash. The experience helped me transition out of my projections and fantasies and see the other people more clearly; to be more patient and aware of the world outside my own head.

Psalm Isadora grew up on a born-again hippie commune in Northern California. From a young age, she had ecstatic experiences with the Spirit that did not fit in the dogma of the religion with which she was raised. Her spiritual search led her to study and teach yoga in America. As her thirst for knowledge grew, she traveled to India to study Tantra, where she experienced the balance of feminine divine energy that she found suppressed in her religious upbringing. She leads groups to India for Tantra Immersions and yoga service projects. She will be teaching Tantra workshops at The Journey Expo Cleveland this September 9-12. To learn about the workshops and to read more from her blog: www.psalm-isadorayoga.com



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Finding the Music in the Bowls

By Kathleen Calby

Transitions come in all forms. I've made two major life changes in my career, both freely chosen, although the result of institutions' dissolution.

The first occurred in 1992, when I was working for Ameritrust bank. A merger led to its dismantling, so I left the crazy comfort of corporate America. I had no idea how my life would change, I just knew it would. Being willing to allow it to reveal itself to me was an unexpected gift. I became both a free-lance writer and a professional jeweler that year. I was offering myself an opportunity for expression.

Before I made the leap to this more independent lifestyle, I feared that in doing so I might simply walk to the edge of a cliff where everything I knew would fall away, including all my financial resources.

'As we sat in the room surrounded by bowls, my friend turned to me and in a voice that was clearly channeling, said, "You have to bring these back."'

Once I made the transition, I became aware that there was no cliff. What I did notice was that nothing was fixed anymore, nothing was stable, and the ground was sort of swampy actually. If I stayed in one place too long I would sink. However, if I kept moving, transitioning from one thing to another and focused my intentions and thoughts on what I was doing or wanted to achieve, I was in no danger of sinking.

I learned that I needed my awareness for more than I had used it in the corporate sector. There, I basically engaged it to stay safe, and scan situations and possible outcomes. Now, I was testing my intuition in a myriad of different ways – from making choices about materials I was using in jewelry to business relationships to developing copy for clients I had barely met. I needed all my senses, including this sixth one, to be fully successful. I was changing the way I experienced life.

My last major client in my freelance work was National City Bank. I was on a project initially scheduled for five years. In year two of my assignment, headlines of bad

mortgage loans started to appear, and the bank was in trouble. A transition for both that institution and myself was coming. What happened in the following months was completely unexpected.

'I had no musical background or training. All I had were the sounds I'd heard all my life from no known source... I had listened for years, and now I was listening again: I needed to play for others.'

Given Cleveland's economy, I took a trip through the Northwest in September 2008 to see if the grass was greener there. Approaching life in a proactive way allowed me to integrate the future as it occurred. I landed in Mt. Shasta, California, at the end of my circuit.

Going to a sacred place as far away as Mt. Shasta or as close as Serpent Mound in a time of transition can be transformational. At Mt. Shasta, I encountered an energetic powerhouse that revived me. I also met the gem crystal singing bowls there. Little did I know they would be my next assignment. Exquisite in their sounds, the bowls were lovely in their gorgeous colors as well. The woman I might learn from, Bev Wilson, however, was not available for the two days I was in town.

Five months later, I was still working for National City when I went to the Tucson Gem Show. There, you can find amethyst geodes so big you can stand inside them. Every precious (and not-so-precious) stone you've ever heard of is available. Tables are covered with crystals in parking lots, and hotel rooms are converted to display areas. And there, too, was Bev from Mt. Shasta with the crystal singing bowls. Divine providence? It seemed so, and I purchased a bowl to join the Himalayan ones back home. End of story. Or so I thought.

Released from National City on April 23, all I wanted to do was return to Mt. Shasta, even though I didn't know where my next paycheck would come from. It didn't matter, the mountain was calling. On May 1, shortly after my friend and I arrived, Bev prepared a concert for us. As we

sat in the room surrounded by bowls, my friend turned to me and in a voice that was clearly channeling, said, "You have to bring these back." I looked at her, thinking, "Oh how I love when Source uses my checkbook!"

Within days, I had bought three bowls. When I returned home I had to play them anywhere, everywhere, and I needed more. I took out a loan for all the things required – a Web site, a business card more Himalayan bowls to accompany the crystal ones. I had taken a leap of faith like never before.

I had no musical background or training. All I had were the sounds I'd heard all my life from no known source. That was my background, my vocational "experience." I had listened for years, and now I was listening again: I needed to play for others. People could hear what I heard from the Universe.

I was willing to be a complete fool. I didn't have a second thought about standing up in front of people, telling them what I knew and then just letting them experience the bowls. If they felt better great, if they walked out that was fine too; they couldn't change how I felt about the bowls: I was in love.

The transition from working independently to truly following my joy required complete trust. No second guesses. For just over a year now, I've been at public libraries, hospices, churches, wellness centers, etc.

I knew it was the truth when I heard I was to bring these bowls back to Cleveland, hard hit by economic downturn. The bowls could help relieve the anxiety of people confronted by illness and other challenges. Their resonance could bless the earth. And they could inspire those wanting to make a transition.

Kathleen Calby, founder of Re-Sounding Joy (www.re-soundingjoy.com), has heard musical tones from no known external source all her life. Playing a current ensemble of 16 Crystal Tone® bowls, plus Himalayan bowls, she continues to explore sound, and will conduct a workshop featuring her bowls, "Explore the Sacred Sounds of Singing Bowls", at the Journey Expo Cleveland 2010. More information and tickets are available at www.thejourneymag.com.

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INNERVIEWS

By Kimmie Rose Zapf

ARIES

September – Think before you speak. Make sure you're balanced in relationships to help you find people who want to communicate and spend more time with you. Spend more time with your partner, but remain centered.

October – Extend an open invitation to meet new neighbors, coworkers and friends. Connecting with new people will give you opportunities — job and financial things — most likely toward the end of the year. And you'll find new friends.

TAURUS

September – You're surrounded by financial changes. Manifest your desires. Network. Get to know the people around you. They could help you with a job opportunity. You may decide to move. Expand your horizons in the business world. Update your resume!

October – Take chances. Explore new opportunities. You may decide to do something different. Be honest and straightforward, letting people know how you really feel. If you haven't, it's most likely they've been frustrated with you.

GEMINI

September – You'll be happy thanks to all the extra energy you have. You're spending a lot of time with family and friends. Think through your past discerningly. Forgive others and yourself. Things flow more smoothly.

October – You're feeling scattered. Make one list and add to it. Categorize your list. The more organized you are, the more organized your life will be. Think deeply. Plan to assemble your life.

CANCER

September – Financial issues are getting crazy. Honesty is important. If you can't do something honestly, then don't do it at all. Reorganize and reinvent the wheel when it comes to your personal time. Get things done.

October – Feeling adventurous? You may move or take a trip. Don't be afraid to go places alone so you can think and sort through the past. It's all about new beginnings. Things won't seem cloudy if you do this. Embrace the solitude you love.

LEO

September – If you haven't met that special someone yet, love is in the air. Get out. It's OK to go alone. Visit parks, parties and weddings — you'll most likely meet someone new at one of these places. If you're in a relationship, spend quality time with your partner to grow your relationship.

October – New career things started will finally pay off. Organize and communicate plans clearly. Don't be afraid to share. People will help you pick things up, organize and manifest new beginnings.

VIRGO

September – Calm your wandering monkey mind by writing things down. Journaling will help you examine your feelings this month. Feel your truth. You'll have a lot of creative energy this month, making this a great time to start new projects and pitch ideas to your bosses and others. They'll be receptive.

October – The mind is going fast but it must slow down so you don't cause problems with partnerships. Balance all relationships – work and personal. Remain silent and write down your feelings. If this is how you really feel, share. If you're trying to control things out of your reach, let them go.

LIBRA

September – New relationships are coming. If you're in a relationship, you'll enter a new phase, maybe getting an engagement or promise ring. Things might be cycling so fast that you don't know where or how to start. Slow down. Be honest in relationships and discerning at work. Now is NOT the time to change jobs.

October – Lots of planning, putting things together. You've got so many things going on, it may seem difficult to determine where to start. Ask others for help. You'll get a lot done and feel accomplished by the end of this cycle. In a relationship? Share your true feelings so you don't feel resentful. This is a great time for clarity.

SCORPIO

September – Your feelings or vibrations are so high that you've either started a relationship or your relationship feels new. You have new beginnings all around you when it comes to communication and love. Enjoy it! Let go and don't worry about the past. Live in the moment. Spend extra time with that special someone.

October – You have a lot on the horizon this month. Be ready to go at all times. It's about exploration, freedom and expanding your consciousness. Information that will assist you in helping others and leading will be downloaded to you.

SAGITTARIUS

September – Your mind is getting the best of you. You may find it difficult not to linger on negative thoughts. Forgive, especially family members. Intend for yourself happiness and peace. Let negativity go.

October – Things are calming down. People are

more positive in your life because you've learned to be more positive with yourself. Spend quiet time with the people you love. Relationships will be calmer. Experience your feelings and embrace the inner parts of yourself.

CAPRICORN

September – Jobs present themselves around the second week of the month. Be ready to present your talents. Toward the end of the month, you could have a couple of job offers. Make sure they're what you're comfortable with. It's a great time to buy a house.

October – It's all about business, but about being honest. Communicate clearly on business issues, especially with people who can be helpful. Create long-lasting ties and talk with people who can be most helpful. Also, fight wasteful urges.

AQUARIUS

September – The last six months have been insane. You're feeling unable to close doors, conclude things. Your patience has come into a space of feeling rested. You'll be offered opportunities to settle. This is a great time to sell a house or plan a vacation.

October – Be honest in relationship issues. If you're clear with people around you, you'll feel the beautiful light of love encircle you. Those links you create with people will help you move into a period of manifestation.

PISCES

September – Family members have been pulling at

you. Be honest with the people around you. Don't be afraid of hurting their feelings. They need to hear what you have to say. Be very clear in your communication with others. This helps you be clear within yourself.

October – Gain clarity without self-criticism. You've been beating yourself over the head so badly that it's like a worst-case scenario gossip game. Don't make things up and turn them into something else. It's all about clear communication — with yourself and others.

Kimberly Rose is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS and BBS Radio Networks. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, (734) 854-1514 or visit www.kimmierose.com.

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Earth Transitions: Changing Times

By Ken Harsh

Let your eyes see through the lens of transition, expand your horizon and sense the world around you. Your eyes see about 2 percent of visible light, and your mind functions at less than 10 percent of its capacity. Open up to the invisible worlds and magic kingdoms (not just Disneyland) of altered reality and see the truth beyond your limited perceptions.

Realize that whales and dolphins are just as smart as you, and that when we kill them, we kill ourselves. When you drink water you are drinking, in all probability, outer space. About 70 percent of all water is estimated to have come from comets, from “out there.” So it is not a stretch to imagine our connection with beings from other worlds. People on Bali remember and recall their arrival on spaceships from the Pleiades. The Dogon in Mali and ancient Egyptians remember the star system of Sirius and Orion. The Skidee Pawnee of Oklahoma revered the stars and around the planet we connect to the heavens. Look up to the skies and feel the changes, as above, so below.

Here in Ohio we have great ancient Earthen Mounds, geometrically aligned with moonrises, star rises, and dates sacred to our Earth Mother. Go visit Serpent Mound, or the Newark Mounds, or those near Chillicothe or Marietta, and feel the past, present and future.

Remember that cultures and peoples were just as intelligent and wise and smart as you, with all of your technology and shopping malls and Internet. The old ones could hear the Earth, and talk with each other telepathically not needing to text, tweet, twitter, actually hearing each other. Have we advanced that far?

It is time to transition to a world of peace and not war. This country seems to want to advance by making war on everything. Wars on Drugs, Poverty, Terror, and infinitum. We need to realize that war does not work. President Eisenhower warned us back in the 1950s about the military industrial establishment, and he was right. Of the money spent on war around the world, the USA is responsible for 50 percent. It spends a pittance on peace. It is time to teach and pray peace, all of the time for all peoples. It is time to hear, feel and say Om Shanti, and feel the inner peace.

It is also time for the USA to feel compassion. We must make the transition to forgiveness. The USA has more lawyers than any other country in the world. We also have by far, the most draconian justice system in the world. With only 5 percent of the world's population we have 25 percent of those in jail. With 300 million or



‘Realize that whales and dolphins are just as smart as you, and that when we kill them, we kill ourselves. When you drink water you are drinking, in all probability, outer space. About 70 percent of all water is estimated to have come from comets, from “out there.” So it is not a stretch to imagine our connection with beings from other worlds.’

so in the USA, we have 2.5 million or so in jail. China with 2 billion plus has 1.6 million in jails. If we are to feel compassion we must move beyond an eye for an eye and a tooth for a tooth. May the divine grace of Kuan Yin, Tara and Mother Mary bring compassion and love to all of us.

We must also transition beyond the latter days of ancient Rome/USA. In old Rome we were sports nuts, which helped obscure the level of work in government and the rest of the world.

You have all heard the name LeBron James, and yet how many of you know the names of your US Senators, Mayors, Representatives? LeBron made beaucoup bucks

and yet Senator Sherrod Brown helps spend billions. Bless those in Washington, and in our courthouses around the world, and help them find wisdom and grace for all.

We here in the USA lead most of the world in the advancement of new age thought and metaphysical wisdom. Our transitioning times help us explore the opening of mind blowing paradigms of thought through the back holes of our galaxy, and our own inner voice and eye.

2012 is an opportunity to move to a higher state of vibrational energy, not a time of Earth destruction and fear. Yes, the old calendars of the Mayan, Aztec, Inca, etc., indicate that these are critical times, and they are, yet this is an opportunity for our own soul's growth. I really liked the message of the movie *Monsters Inc.*, that love is so much more powerful than fear. It is time to turn the bloviating blowhards of cable news into pastors of peace and understanding.

It is also a time to remember Mother Earth, Gaia. The huge, disastrous oil spills in China, Michigan and the Gulf of Mexico in 2010 tell us that it is time to quit making war on the Earth, balance our need for power with a modicum of cooperation.

Many years ago I began to listen and talk with rocks and crystals, you too, can hear rocks, pets, plants and each other. Crystal Skulls, like the very famous Max, are a help with our growth. Listen to the wisdom all around you. We can talk to the dead and to ghosts. Places like Lily Dale help with our growth; it was featured on HBO.

Orbs are part of that transition, they are living beings

here to help us, even though only our infrared digital cameras and some artists can see them. We are beginning to respect the wisdom of our psychic elders.

We recall the languages of light that enabled the keys of the kingdom. The interest in shamanism recalls our own past encounters with the divine, with altered states and places. Whether with a Q'ero, Shipibo, Buryat, Dine or Huichol shaman, we are learning to recognize equality.

We can respect each other as equals, all sharing gifts. The work of Brant Secunda (Huichol), Alberto Villido (Q'ero), Carlos Castaneda (Yaqui), Simon Buxton (bees), and many others are to be revered.

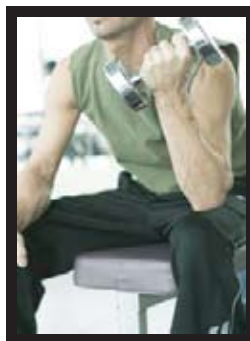
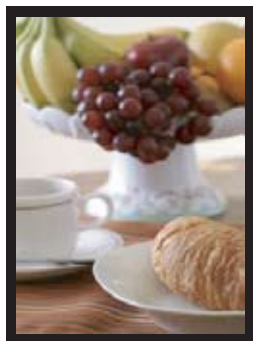
In this time, holistic medicine is to be as revered as allopathic medicine. Locally grown food is better than food grown far away. And we have so many food choices, from so many lifetimes.

Finally in this time, we are beginning to realize our roots, the commonality of all peoples, that we must be a planet of we's not me's. Blessings to all.

Ken Harsh, is a wisdom keeper, traveler, planetary soul and ceremonialist who owns Karma Crystal, Sacred Earth Journeys, appears in 9 DVDs, has authored books and has been on the crystal path for many centuries. You can see him at the Journey Expo, where he will do a workshop "Light Geometry, Merkabahs & Ascension" or around the world. Tickets for the workshop are at www.thejourneymag.com.



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The Age of Kali...Continued from page 15

Srimad Bhagavatam also gives detail of the next incarnation, Lord Kalki, who will appear at the end of Kali Yuga to usher in the new age, Satya Yuga. It is said that His advent will be in India, where He will be born to the great soul Vishnuyasa in a village called Shambhala.

Vedic Predictions of Kali Yuga

Our current times seem to have escalated Kali's influence far greater than ever before, to the point where we all seem to be screaming out that enough is enough. Take a look at modern society with its screwed-up values and corruptions and compare it to the predictive descriptions of Kali Yuga taken directly from the pages of Srimad Bhagavatam spoken 5,000 years ago:

Religion, truthfulness, cleanliness, tolerance, mercy, duration of life, physical strength and memory will all diminish day by day because of the powerful influence of the Age of Kali.

Wealth alone will be considered the sign of a man's good birth, proper behavior and fine qualities. And law and justice will be applied only on the basis of one's power.

Men and women will live together merely because of superficial attraction, and success in business will depend on deceit. Womanliness and manliness will be judged according to one's expertise in sex. A person's spiritual position will be ascertained merely according to external symbols, and on that same basis, people will change from one spiritual order to the next.

A person's propriety will be seriously questioned if he does not earn a good living. And one who is very clever at juggling words will be considered a learned scholar. A person will be judged as unholy if he does not have money, and hypocrisy will be accepted as virtue.

Marriage will be arranged simply by verbal agreement, and a person will think he is fit to appear in public if he has merely taken bath. A sacred place will be taken to consist of no more than a reservoir of water located at a distance, and beauty will be thought to depend on one's hairstyle. Filling the belly will become the goal of life, and one who is audacious will be accepted as truthful.

He who can maintain a family will be regarded as an expert man, and the principles of religion will be observed only for the sake of reputation.

As the Earth becomes crowded with a corrupt population, whoever among any social classes shows himself to be the strongest will gain political power. Losing their wives and properties to such avaricious and merciless rulers, who will be no better than ordinary thieves, the citizens will flee to the mountains and forests.

Harassed by famine and excessive taxes, people will resort to eating leaves, roots, flesh, wild honey, fruits, flowers and seeds. Struck by drought, they will become completely ruined. The citizens will suffer greatly from cold, wind, heat, rain and snow. They will be further tormented by quarrels, hunger, thirst, disease and severe anxiety. The maximum duration of life for human beings in Kali Yuga will become 50 years.

Similar predictions about the Kali Yuga can be found in the Linga Purana, another of the ancient Vedic texts from the same group of literatures. The following translations come from Alain Danielou's book *While the Gods Play: Shiva Oracles and Predictions on the Cycles of History and the Destiny of Mankind*:

- Thieves will become kings, and kings will be the thieves.

- Rulers will confiscate property and use it badly. They will cease to protect the people.

- Base men who have gained a certain amount of learning (without having the virtues necessary for its use) will be esteemed as sages.

- There will be many displaced persons, wandering from one country to another.

- Predatory animals will be more violent.

- Fetuses will be killed in the wombs of their mothers.

- People will prefer to choose false ideas. No one will be able to trust anyone else. People will be envious.

- There will be many children born whose life expectancy is no more than 16 years.

People suffering from hunger and fear will take refuge in "underground shelters."

- Young girls will do trade in their virginity.

- The god of clouds will be inconsistent in the distribution of the rains.

- Shopkeepers will run dishonest businesses.

- There will be many beggars and unemployed people.

- Everyone will use hard and vulgar language.

- Men will devote themselves to earning money; the richest will hold power.

- The state leaders will no longer protect the people but, through taxes, will appropriate all wealth.

- Water will be lacking. Pre-cooked food will be readily available.

The revelations of these 5,000-year-old texts are self-evident to all of us living in Kali Yuga. It is definitely time for a change in the disease-ridden condition of our ailing Mother Earth, all caused by the decline of authentic spiritual consciousness.

We have to develop a world population (irrespective of tradition) of evolved beings who honor the value of harmonious coexistence with God, our fellow creatures and our precious planet Earth.

If only 3 percent of the world becomes thus enlightened, the Vedas say a change of great consequence will take place. It all starts with each individual and can be truly effected by great world leaders who are men and women of evolved consciousness, not the rogues and thieves we now see masquerading as leaders in governments worldwide.

Book excerpt from "Into the Mystical" by Robert Taylor, published by Ananta Printing and Publishing. Robert Taylor is a 35-year scholar and teacher of Vedic philosophy, and has been a life-long practitioner of Bhakti Yoga. He has been a featured speaker in many countries worldwide and a frequent writer in various metaphysical journals. He currently lives in Michigan, where he produces and hosts the popular holistic metaphysical TV show Out of the Ordinary, Into the Extraordinary.

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