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8785 Mentor Avenue
Mentor, Ohio 44060
440-255-5301

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WORDS FROM THE PUBLISHER.....

"There is no pain in change. The only pain associated with change is in your resistance to change." I first heard this over 15 years ago from a tape someone had given me when I had first become sober. Not only was I getting sober, but I was going through a divorce and chose to stay away from the people that I had been "partying" with. Needless to say this was a very intense time of change in my life. How true it was, the more I resisted, the more pain I felt. Change is as natural as the trees sprouting new leaves in the spring, and relinquishing them in the fall. The leaves had not only done their job in gathering the sunlight to help in growth, but continue to help when falling to the ground to replenish the soil, ultimately adding to more growth. Is this not true in our lives? We are in a constant state of change, each instant adding to the next. What may have seemed so permanent falls to the wayside and becomes not just a reflection of what was, but also what will be.

I have heard it said that the only constant in life is change. I find in my yoga practice that it never ceases to amaze me to feel the change that is constantly happening, not just to my physical being, but emotionally. With this issue of the Journey we have decided to make a large change and dedicate a portion of the magazine to yoga. We are calling this **The Yoga Pages**. We hope you will enjoy this new section and patronize the advertisers who have chosen to support it.

This issue of the Journey is dedicated to the memory of my friend Antares, who made his transition on September 8. Antares touched many of our lives and left his mark within our beings. Thank you my friend, and my memory of you will only change in its strength.

Namaste', Clyde



THIS ISSUE'S FEATURE STORIES

Spiritual Genealogy 4

Marni Task
By Clyde Chafer

Conscious Contact 9

By Lori Rugle, PhD

My Life is Changing and Taking a Better Turn 13

By Jwahir S.I. Masani

Merry-Go-Round or Roller Coaster 15

By Evstarr

The Yoga Pages 19-25

Yoga Studios & Teachers - Page 23

the JOURNEY'S REGULAR FEATURES

Business Directory 12

FYE (For Your Enlightenment) 18

Astrological Forecast 24

By Michelle Arida

Dream Weaver 36

Classifieds 38

Where to Find The Journey 38

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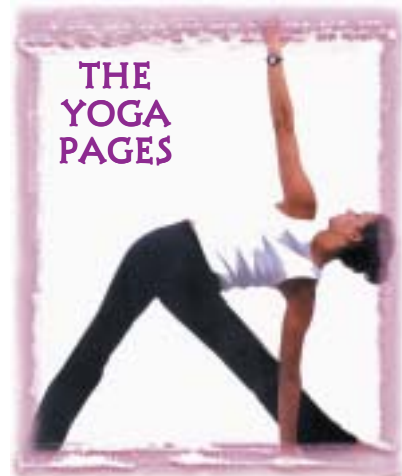
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Spiritual Genealogy

The Journey of One

Marni Task

By Clyde Chafer

In this issue we are honored to have interviewed Marni Task for the Spiritual Genealogy column. Marni is a Yoga teacher in the Jivamukti tradition. A native Clevelander, she has studied with many of the top Yoga instructors and has brought her own unique style back home to share with several of the Yoga studios in the Cleveland area.

The Journey: Marni, where exactly are you from?

Marni: I was born in Mayfield and then my family moved to Orange where I graduated from Orange High School.

The Journey: Did you have any formal religious background as a child?

Marni: I was raised and confirmed in the Jewish tradition. I did enjoy it and found a spiritual vibe...not so much in the prayers but in the songs we were taught...now, as I have gotten older I have found the prayers to be very powerful and have started to incorporate them into my yoga practice.

The Journey: So you connected from a very young age in your faith?

Marni: Yes, sort of. Again not so much in the recitation of the prayers.... you know not in the blah blah blah of it, but in the music and the heart of it so I guess you could say the chanting of it. There is this one prayer they used to sing and they read it the other day on Yom Kippur and I remember it from growing up, it still resonates for me. It's really all about God you know....

The Journey: So you graduated from Orange High School, where did you go from there? Marni: I went to NYU, majoring in drama...well musical theater first and then transferring into drama. I got a BFA in acting.

The Journey: Did you stay in New York to pursue an acting career?

Marni: I actually stayed in New York for 18 years and was acting and being a waitress. That's when I started doing Yoga...well actually I first did it in my junior year of college, it was part of my movement training as an actor. One of the by products of the yoga practice is that you

relax. As an actor its very important to have a calm body and mind. You need to be relaxed when you are going to perform.

The Journey: Do you remember your first teacher?

Marni: I can't remember his name. It was in France. I went there to study my junior year. I was a part of the Experimental Theater Wing. It was a very spiritual movement oriented based technique. I studied with a man named Ryszard Cieslak. It was a way to tap in to a very primal level of who you were. By doing these movements called plastiques, you could invoke an emotion or a real spiritual experience. It was wild.

The Journey: So you graduated and stayed in New York. Did you continue a yoga practice after your first exposure?

Marni: I was always interested in spiritual stuff, but it wasn't like I was one who meditated in high school or went to places like A Touch of Serenity. But I remember reading books on changing your diet and that people could actually live off of the light...for some reason I was drawn to those types of books. Anyway, I guess I saw a sign for a free yoga class at this place called the Rapp Art Center. So I went and the strangest thing happened - I started balling my eyes out.....it was weird, I don't know what or why it happened. Then I started going to a place called Crunch, which at the time was a small place on St. Marks Place, but is now this huge world re-known gym. This is where I met my teacher Sharon Gannon. I just went one day. She had classes on Tuesdays and Thursdays. The same thing happened, I had this really wild experience. It was really deep.

The Journey: So from the experience at the Rapp Art Center, you gained an interest in yoga? Something clicked for you?

Marni: I'm not really sure if I could say that. I started going to Crunch for a body sculpting class. At some time I just made the transition from the body sculpting class to her yoga class. I'm not sure why. Her class was set up in a regular gym classroom with mirrors and she had turned the

Spiritual Genealogy

The Journey of One

whole room into this really beautiful space with tall candles all around. It just felt right. So I started going to both of her classes there and I loved what I was learning. I started going to Jivamukti so much that I stopped going to Crunch and just went to Jivamukti to practice.

The Journey: Did you take classes from any other teachers?

Marni: Very few. I tried but every time I went I just wasn't inspired by them. She was and is my teacher.

The Journey: Is this when you met her partner David Life?

Marni: No I didn't meet David for a few years. I would say probably around 1993. But David also became my teacher. Most definitely.

The Journey: How many years did you practice when you decided you wanted to teach?

Marni: I stopped waitressing in 1993 and started going to their night classes at the studio. That's how I first met David. He was only teaching at night when I was working. Anyway, I went to his class and it was packed and so filled with spirit and juice. Both their classes are. I think you know when you walk into a space and it has spiritual heart and it speaks to you. There was an atmosphere in the classroom with the chanting, the oming, the lights, the incense and the focused attention all the students had. Even just Sharon's voice or David's voice, whichever one of them was teaching, all these things helped me to feel Godly. Bigger than a mundane experience. I felt very elevated. I guess you can say you know when you meet your teachers. It resonates within you. After going there for a while, I found out they were taking applications for a teachers training program. It was this gigantic collegiate application of which I felt I knew nothing.

The Journey: Did they suggest it or did you decide on your own?

Marni: No, I think I heard about and just felt the desire to inspire people like Sharon and David inspired me. I remember sitting in class and it came to me that it was something I needed to do. I actually was going to apply in 1994 but I had a car accident and ended up applying in 95. I graduated in 1997. I starting teaching in 1995 in New York City. Back then your training was being a student. There weren't a lot of certification trainings like there are now.

The Journey: So you were a strictly a student for about 5 years before you started to teach

Marni: Yes, my friend Dana Flynn, who is the owner of

Laughing Lotus in New York, suggested I start teaching and she gave me my first class at New York Sports Club.

The Journey: How did you end up back in Cleveland?

Marni: I came back to Cleveland on a visit and my cousin had told me about the yoga classes at the Hamptons apartment complex in Beachwood. I think I took one or two classes and I told them I was a Jivamukti Yoga teacher in New York and if they would like for me to do some workshops I would be happy to. So I did a couple of workshops there.

The Journey: Were they well received?

Marni: Well.....yes but I think I freaked people out at first. I om, chant and touch/assist the students the more than they were accustomed to. I do think they love the spiritual thought, the yoga philosophy. Then I was asked to fill in teaching while one of the owners of the studio went on maternity leave. And then I decided to stay because I was enjoying it so much. I have been able to teach a lot here. I

spent a lot of time with my teachers in New York and I think a time comes when we have to go out on our own. That your teacher says goodbye - go and now it's your turn. And also be open for new teachers and learn. Such as John Friend, who I just met last year and has become a great teacher for me. Actually, I have many teachers coming in and out of my life. I guess it is just a matter of being open for them.

The Journey: Teachers do have a habit of appearing just when we need them.

Marni: Absolutely! My whole life I am always moving around so fast and everyone is telling me to slow down. So, the other day I was in the cell phone store and the clerk noticed I was in a big hurry and he said something like "they say if you slow down you can actually get it done faster." I thought it was really funny, here it is no matter where I am they are all my teachers. But I would say my core teachers are Sharon, David and now John Friend.

The Journey: So what is your mission in life?

Marni: Right now I am in sort of in a lighter place but for a long time I have been in what I would call the dark night of the soul. When I look at my teachers and I see how they inspire people, I think I don't do that. I guess sometimes I get stuck in my ego comparing myself to my teachers and to others. Yet I do know that my mission at the heart level is for me to help people to connect, to unite, to yoke...that's what yoga is. For there to be yoga, literally, on every level for people, animals, for this universe to be united not so much to feel the distinction but the connection. For every one of us to view each other as comrades rather than adversaries. Just to feel the love.

The Journey: Thank you Marni

Marni: Thank you.

Marni Task is available for private and group yoga lessons. She can be reached at 216-376-2521. Visit her website at www.marnitask.com.



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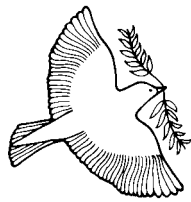


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Conscious Contact Impermanence

By Lori Rugle, Ph.D.

This past week, there was a comic in the newspaper of a husband and wife. The husband was trying to paste the leaves back on a tree and the wife was commenting, “no matter how hard you try, summer is over.”

This image may be funny, but I found myself thinking, “How often do I try to glue the leaves back on the tree?”

Recently, my husband and I had taken our third annual, post Labor Day vacation on Cape May which is a town on the southern most tip of the New Jersey shore filled with restored Victorian homes. Now, I had always been against going back to the same location for vacations, preferring to find, see and explore new places. I’d always been of the belief that if there were new places to see and things to do, going back to a familiar place was rather a waste of time. However, perhaps I am mellowing with age or just slowing down, or maybe we just had such a good time there, it seemed to make sense. Anyway, this was our third annual Cape May retreat.

Since I keep a journal, this has become a time for me to review the past year. The first year we went it was from September 3 to September 9, 2001. The week we returned 9/11 happened, the following week, a decision was made to close the inpatient treatment program that had been a major focus of my work life, and the next month my father, who had been living with my husband and I for the past several years, died. Clearly all three events changed my life in ways I would never have predicted during the idyllic time, walking along the ocean in Cape May.

The following year, when we returned to Cape May, it had a tinge of melancholy for me. I was doing many of the same things I had done the previous year. I was getting up early to walk on the beach and watch the sunrise. I found myself thinking how much had been different the previous year. Life had seemed more predictable, safer, more reliable. I was watching a heartachingly beautiful sunrise one day, with bittersweet memories of my father, wishing many of the changes in the past year had not happened. I walked toward the eastern edge of the beach, as the sunrise progressed from the just a hint of rosy light at the eastern edge of the ocean, to the first tip of yellow brightness that threw glorious rays of lights through the wisps of clouds hovering above the ocean’s edge, and then to the warm reds, pinks and oranges that gradually filled the sky turning it from sapphire to brilliant azure. As I watched this ever changing show, the question arose in my mind, “And just where would you stop the sunrise?”

It was one of those moments that puts everything into a more meaningful perspective. It was so simple. Just stop struggling with change. Just watch it’s beauty unfold. Appreciate each glorious moment, because that is all we really have. Each second is unique and wondrous. I don’t know how the next moment will be different, but I know that it will. If I try to hold onto the previous moment, I will miss the joy of what I can experience right now. If I try to control, manage, manipulate what the next moment will be like, or if I fear what the future will bring, I will miss the joy of what I have right now.

This year, as I was walking on the beach, I was aware again of the changes in the past year. There was another moment as the sun had risen beyond the horizon, I turned to walk toward the west and saw that the full moon was exactly in the same position on the western edge of the horizon that the rising sun was on the east. It seemed as if I was in the exact center of the universe with everything in perfect balance. Then of course, the sun continued to rise and I continued my walk. I recalled my thoughts about stopping the sunrise the previous year, being aware that for a moment I had thought, wouldn’t it be nice if I could always hold onto this balance in my life. I laughed as I was aware that I just need to appreciate the moments of balance, build on them certainly, but don’t try to grasp them and hold them captive. Appreciate the serenity and calm in those moments when the balance seems effortless and allow it to sustain me when life’s chaos and change erupt, knowing “this too shall pass.”

As I practice meditation and mindfulness, I am gaining a greater acceptance that change does not cause suffering. It is my attachment to those things that will inevitably change that causes my suffering. If I think I can stop the sunrise or only be happy when the sun and moon are in perfect balance, I am doomed to be miserable. If I try to paste the leaves back on the trees and deny that summer changes into fall, I will miss the beauty of the purple asters against the yellow glow of the goldenrod. I will also fail to understand that while my “self” is ever changing as is the physical world around me, I am also part of what is unchanging. My “Self”, my soul, my spirit is not just this body that grows, ages, changes, that seems separate and alone. Life, spirit, love these will all continue, part of the eternal.

Peace and joy.

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My Life is Changing and Taking a Better Turn

By Jwahir S.I. Masani

I am willing to change. I am willing to transform, to become new, again and again. My life consists of ever-changing vibratory patterns; nothing stays the same. Enlivened by my faith in the Universe to always manifest my highest good, I surrender with love and respect my will to thy Will and bathe in the healing waters of change.

My willingness to change is a blessing, which has expanded over time. Once I understood that change is constant and inevitable, I quickly learned to embrace the renovations that must come, over our lifetime, for each of us. Through grace and mercy, I gradually advanced to humble appreciation, and as my consciousness rose, the courage to initiate change gently emerged. Now, I am an active participant in this wonderful vibration that flows through my life: I let go, release my fears and desires, and once again I am available to "just be" in the stream of what is a powerful, electro-magnetic force.

My willingness to change presents the luxury of being less attached. Attachment breeds expectations and disappointments, which blind me to the truth that love is freedom and love is all there is. Attachment is a burden that keeps me bound to the earth instead of soaring in the heavens. In my world, change is at one end of a continuum, and at the other end is the fulfillment of dreams and the answer to prayers. For me change means an enhanced earth walk on my spiritual path, with the chance to correct errors in my thinking.

I believe the Creator closes windows to open doors. By

first closing "windows" (eliminating the should be), distractions are minimized and the chatter is blocked out. No longer focused on the outside, I hear the still, small voice inside (offering the what is). Then "doors" open wide, flooding light on the unlimited opportunities that surround me, many times just a reminder of the opportunity to change my mind.

Twice in the last seven years, my mate, residence, employment, and transportation were all removed from my life within a short period of time. Willing to be guided from within, I asked, "What shall I do?" Each time the answer was "change". Honoring the invitation, I discovered that which was removed, was restored in ways I could not imagine. Long forgotten dreams manifested without my conscious effort. Simple pleasures were abundantly offered without my having to ask. Current aspirations received blessed support, filling me with gratitude for being an obedient daughter brave enough to change my life and myself.

As I observe my inner guidance to change, I know my thoughts, deeds, actions and words are aligning with Universal good. As Sufi mystic, Hazrat Inayat Khan wrote, "My life is changing and taking a better turn." Namaste.

Jwahir S.I. Masani is a 3rd year Shaman Apprentice, under the blessed wing space of the beloved clairvoyant Nepali Shaman, Rev. Dr. Marguerite E. Bolden; with loving respect to her master teachers, Rev. Geraldine Capers Murray and Manatho "Moonhead" Masani.

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The Journey is a bi-monthly magazine serving the health and wellness needs of our local community. We provide articles and advertising focused on healthy living, alternative medicine, fitness, personal and spiritual growth. Our mission is to enlighten and inspire all those who are seeking something more as they journey along their personal path of transformation into total wellness - mind, body & soul. We encourage your opinions regarding our publication. Please feel free to write or call us at ATOS Productions, 8785 Mentor Avenue, Mentor, OH 44060. (440) 255-5301.

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Sincerely, Clyde Chafer & Michelle Mills
- Co-Founders

MERRY-GO-ROUND OR ROLLER COASTER

By Evstarr

We spend half our lives trying to change everything on the outside...our spouses, our children, our jobs, our homes, our bodies...then the spiritual light bulb goes off, and we realize it is "we" who needs to change. Wow, now the "work" really begins, but the good news is we're half way home when we come to the eye-opening realization that it is indeed **us** who needs to change. The sad thing is, there are multitudes of people on this planet who are still busy trying to change everyone else. So consider yourself one of the lucky if you fall into the other percentage. The other good news is, it is a whole lot easier trying to change "**one**" human being than half-a-dozen or more other people.

So now you're with me, you've had that "aha" moment and the time has come to work on yourself. Take a deep breath, it's only change. In the Louise Hay groups that I teach, we start every session with this little ditty of a song that everyone has grown to love...they even find themselves singing in their cars...or their showers.... it goes like this, "Doors Closing, Doors Opening, Doors Closing, Doors I'm Opening, I am safe, It's only Change," simple huh? Well, not so simple, just like everything else we undertake in our lives, it takes a little work, discipline and commitment.

I often tell my students, "Life is like baking a cake...you put in a cup of flour, half a cup of sugar, a couple of eggs, and some butter. Then you mix it all up, put it in the oven and wait for it to bake. The cake comes out and you eat it, but find that it doesn't taste as good as you'd like. So, you try again, put in a cup of flour, half a cup of sugar, a couple of eggs, and some butter. Mix it, bake it, and eat it. Same thing, it doesn't taste quite to our liking." Well, now we're in Life 101, and you've just had your first lesson. Much like the cake, we spin our wheels digging in the same mud (i.e. our jobs), barking up the same tree (i.e. our spouses), riding the same roller coaster (i.e. our dysfunctional relationships), and revisiting that same amusement park (i.e. our comfort zones) mirroring our lives. Then we go around in circles wondering, "**why things are no different.**" Well, my friend, much like the cake, you need to **change** the way you're doing things, and try using different ingredients, adding a little here, taking away a little from over here, etc. etc. Sounds pretty simplistic, huh?

So why does it take us so long to figure it out? We are creatures of habit, and it's scary to come out of our comfort zones and try a new ride. Well, just play it safe, and stay in your little kiddie park riding the merry-go-round and watch life pass you by. We need to get off the choo choo train and start playing with the big guys. Now, I'm not saying you've got to start bungy jumping off Tower City into the Cuyahoga River, or try skydiving after you've just recovered from a skiing mishap. But what I am saying, is change what you've been

doing over and over and over if it's not working out the way you want it to. Remember, "I am safe, It's only change."

The moment you are **willing** to change, it is amazing how the Universe rushes in to help you. As I'm sure you're aware (or maybe not), when we begin to work on ourselves, sometimes (you could probably bet on it) things get worse before they get better. Remember, "I am safe, It's only change." Life is a process, a journey, and just like anything else you embark on, these things take time. Remember the operative word in the first sentence of this paragraph, **willing**. Yes, it's the first step, and quite a remarkable one at that. Now, go ahead, take another deep breath, now put your hand over your throat and repeat this with me... "I am willing to change" again with your hand placed on your throat, and then again and then again. You're still breathing, you haven't fainted and you've just begun the process. Wow, I'm glad that's over. You laugh; you'd be surprised how difficult that is for most people. Not you of course, because I have faith that you're ready and **willing** to go aboard on that journey down the "road less traveled" (giving due respect to Scott Peck). Remember, life is a series of doors closing, and doors opening one after the other. We need to close some doors on our negative beliefs and negative patterns that "**no longer serve who we are.**" It's only change! So are you with me? Are you ready to get off that merry-go-round and try the roller coaster? Start small ride, the Gemini...then, when you're ready, go for the gold and ride the **Top Thrill Dragster**.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Her most recent quest took her to San Diego to complete the certification program to teach Louise Hay's work globally. Look for her upcoming classes and workshops at Unity Spiritual Center (440-835-0400) LCCC (1-800-995-5222) Lakewood Adult Education (216-529-4081) and new classes at the Goddess Blessed (216 221-8755). Evstarr can be reached at evstarr@yahoo.com be sure to check out her new website reachforthemoon.net for upcoming class listings.

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Excerpt from **THE MAGIC FORMULA**

by Michael J. Roads

"Let me give you another angle on repetition that you may understand more easily," Deliverance said, "and the angle is sameness."

"Sameness!" Gus echoed.

Deliverance nodded. "You got it. Sameness is a killer, and the one enemy that it most tries to destroy is change. When sameness and change occupy a person simultaneously, invariably there is inner conflict. Listen carefully and let this sink in. You cannot change and remain the same. Think about that."

"You cannot change and remain the same," Mike repeated slowly. "Hey, I like that. It's so obvious, but so overlooked. We all want certain changes in our life and we even invite them; but, when they arrive, we nearly always resist them. It doesn't make sense, but that's what we do. Is that why? Is it because we want to change and remain the same?"

Deliverance nodded. "It is a subconscious program. Part of the confusion of life for most people."

"But why?" asked Gus. "I mean, I can see it clearly in my own life, but I'm bugged if I know why I resist."

"It is simple enough," Deliverance began. "People are very good at enduring and living with their discord, their inner confusion, their indecision, their apathy, their wanting and never having, their second-rate lives, their poverty, their inability to cope, their drugs, both prescribed and illegal. These are just mere glimpses of what so many people endure. And, I must add, these are not just problems for low-income people. Those with financial wealth often have to endure the erosion of their personal integrity, the pettiness of business, the ruthlessness, the backstabbing, the sordid affairs, the loss of personal esteem and self-worth as they become part of a corrupt team just for financial gain or for the fear of financial loss. However, it is also a fact that most of the people involved would deny that what I have just listed is a part of their lives. They see only what their program allows them to see."

"That's scary," Gus said.

"True, but this is the way of it, and so it continues, with people in all walks of life addicted to the degrees of suffering that they create and endure. Odd as it may seem, that multilayered suffering becomes so commonplace, so absolutely normal, that it is habitually repeated from one life frame to another." He looked at the others. "Are you with me?"

They all nodded vigorously.

"When inner suffering and discord become so normal, ac-

ceptable, and expected, to the extent that a Prime Minister can make a statement to the effect that 'life was not meant to be easy,' then you find that the addictive nature of humanity has accepted lives and life-styles far below their potential. That is, below both their material and spiritual potential. Within this framework, apathy is given birth, grows rapidly, and dominates most of society. We accept our stagnant sameness as normal; it is our lot.

"Imagine now, a dynamic catalyst is thrown in, and the name of this catalyst is change. Can you see it being welcomed with open arms and embraced? The reality is that the conditioned program of the masses sternly resists. In other words, the prison that holds people is called sameness, while the key to open the prison is change. Sameness fights to keep the door closed, change struggles to open it. Sameness has a conditioned subconscious program to help it resist. Change has the power of newness, the source of its dynamic energy. By stripping all this to its most basic levels, the struggle is between sameness and change, the old and the new. Together they will always be, for the nature of humanity is such that we contain both.

"The art of living is to maintain both in a dynamic and balanced explosion of life energy, which simultaneously allows established and proven foundations of the past to remain, while building on them with the bricks of creativity born in this moment. This is the way of nature, of natural life. This is the way that the successes of the past can be married to the new creativity of the moment. In this way, the old and the new, from their coexistence, create a dynamic that is nameless and ageless. It is a spiritual movement in humanity; a movement into which we are continually born anew, in each moment. I call this the movement in the moment. It is the place of life, the only place of true reality."

Mike, Gus, Steve and Mac sat staring at Deliverance, listening as though mesmerized. When Deliverance stopped speaking, the silence was vibrant.

"Wow!" Mike exclaimed.

"Wow, indeed," Deliverance said, smiling at them fondly.

"Can people actually live like this?" Steve asked.

"Of course. How could it be Truth if it was never to be expressed in humanity? I have given you just a glimpse of your potential. This is the way that I live, and be assured, there are many more like me."

"Is this why you seem in such control all the time?" asked Gus. "It seems so very dominant in you."

"It only seems that I am in control, or dominant, because your life is such a continuous, uncertain, powerless wobble. Would a surfboard rider seek to control the wave or would he or she seek Oneness with the wave? I suggest that the wave rider attempts no control at all, but finds the greatest joy and expression of creativity in riding the crest of the wave as it grows, powerfully unfolds, and meets its eventual destruction."

"That's a beautiful model for life," Mike said.

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14 Psychic Fair -

1 to 9 pm A Touch of Serenity, 8785 Mentor Ave., Mentor, Ohio
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14 Community Drumming Circle

Facilitated by Corky & Barb of Inner Harmony
8:00 p.m. Unity Spiritual Center, 23855 Detroit, Westlake
Info 440-572-3629, www.Spiritwise.info

15 Mid-Autumn Harvest Meditation

1:00 p.m. - 2:30 p.m. A Touch of Serenity, Mentor
Facilitated by Carol Spears. info/ register call (440) 255-1638

15 Community Drumming Circle

Facilitated by Corky & Barb of Inner Harmony
8:00 p.m. Unity Spiritual Center, 23855 Detroit, Westlake
Info 440-572-3629, www.Spiritwise.info

19 Journey Work Drum Circle

Facilitated by Corky & Barb of Inner Harmony
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21 Community Drumming Circle

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December

2 Journey Work Drum Circle

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7:30 p.m., Ehren's Chiropractic, 13314 Detroit, Lakewood,
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3 Raw foods Preparation Class

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17 Journey Work Drum Circle

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18 Winter Solstice Celebration, Potluck, & Drumming

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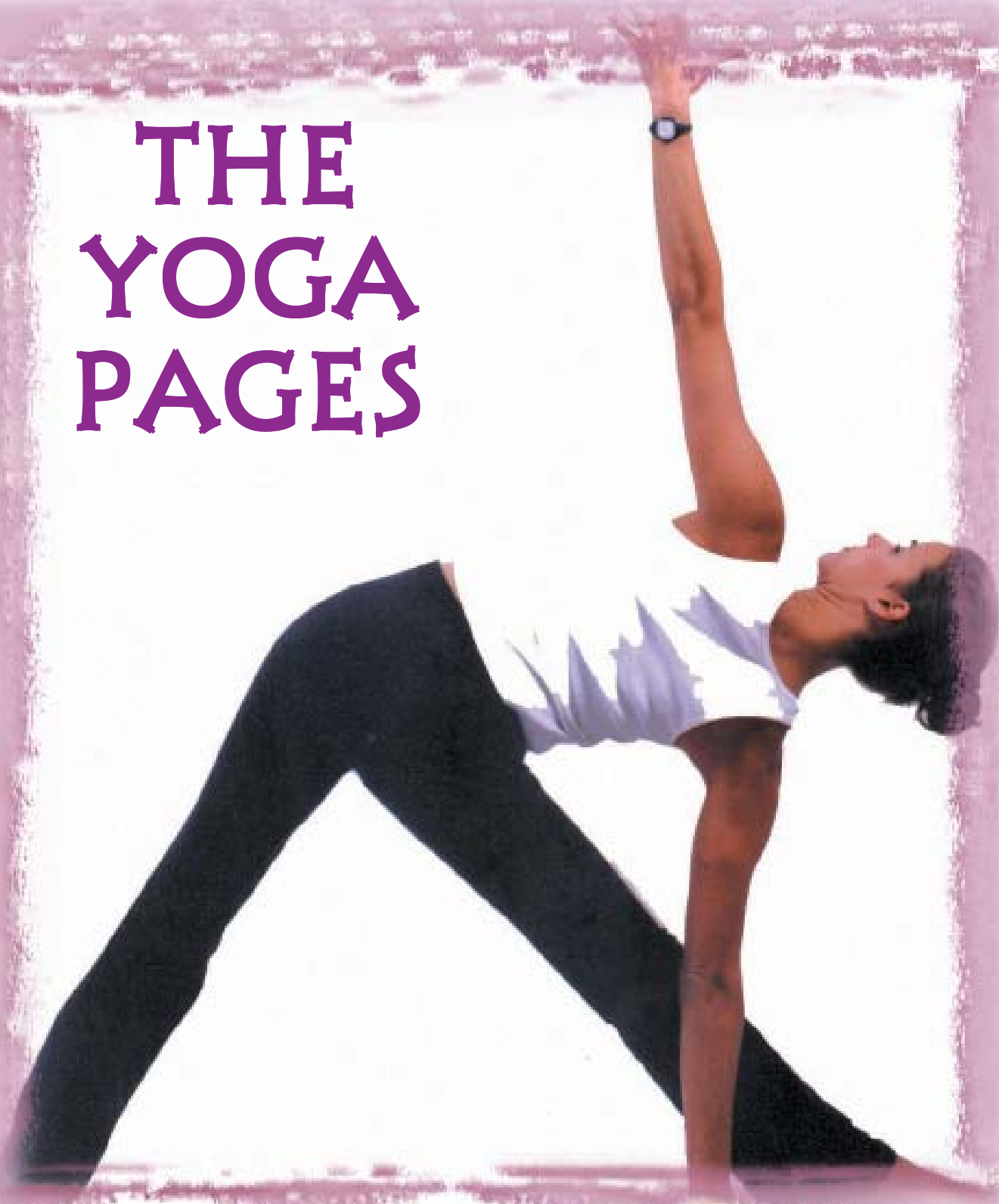
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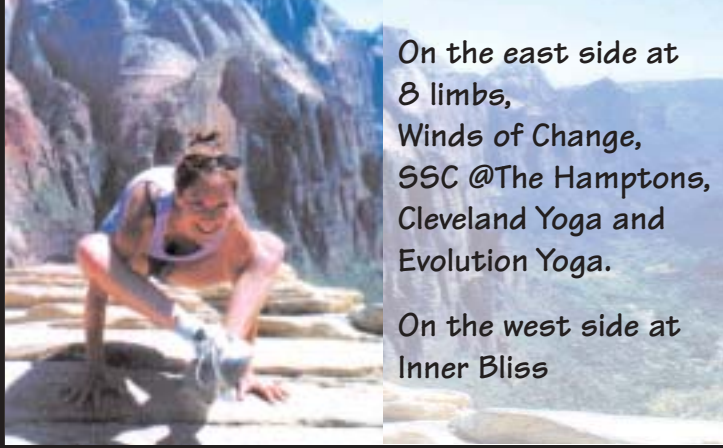
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-a path to change

A Teacher's Perspective

by Diana Kampinski

Everywhere I look everything is changing. My body is changing everyday. A new awareness of myself seems to be surfacing each second. Babies are growing up so fast, you can barely blink your eyes. Mothers are changing into grandmothers and fathers changing perspectives. Best friends change, relationships change, careers change, even the place we call home changes. Do you ever wonder why we are so uncomfortable with the one thing that is always there? Why can't we be more open to change? We live in a world that is constantly changing and yet dealing with some form of change is one of our hardest struggles.

I have used change in the past to get myself out of uncomfortable situations. I used to pretend to not be attached to anything and used change to hide from uncomfortable situations. This allowed me to not deal with anything. Move on, not deal, act like it never happened. But there is a difference between letting go and not dealing. I packed up and moved away from everyone I knew, family and friends, to get away from everything. I changed my hair color every month because I thought the new look I was staring at in the mirror was a new person. The memories from the past I hoped to wash down the drain with the excess haircolor from my head. I didn't want to deal with any uncomfortable situation. Instead, I opened up all my exit doors and started running out. Even though I was able to leave those situations, they never left me. I started to play these moments over and over in my head until I felt like I was going to explode. Fact is these situations weren't going away- Yoga has helped me realize this and see that my relationship to change was unhealthy. I am still a work in progress.

What about the other unhealthy attachment to change? Instead of finding change to break us away from uncomfortable situations we try to ignore that change will ever happen. We hold on to a moment or a feeling because we never want it to change. Whether it be holding on to a memory of a loved one that has passed away or a parent holding on to their child, not wanting it to grow and become independent. What about holding on to an unhealthy relationship even though all you receive from it is pain. We hold on not realizing who we are hurting in the process. Usually it is our love ones that get hurt a great deal not to mention the person we hurt the most, ourselves. We all need the freedom to ask our own questions, make our own choices, take our own risks, make mistakes and grow from our very own experiences.

We need to live in each moment, care deeply, do what we can, approach the situation with love, and then let go.

Whether we use change to escape uncomfortable situations or whether we hold on to avoid change, fact is we all struggle with it. I see it all the time, every day. My wish is that we could welcome each day with open arms, an open heart and no expectations. Why do we let our feelings get in the way of logical thinking? We are not just thinking people we are feeling people. We must not let anger and jealousy lead our way, that only causes pain and suffering. When we are happy we spread happiness and when we are in pain we spread suffering. Where is the love, people? Without love you will not find love. Commit to love and never look back. Before we can open we must first let go. We must care deeply, do what we can, approach every situation with love and then let go. Change is a beautiful thing!

"The willingness to surrender in trust and openness leads to a peaceful heart." *-Unknown*

Diana Kampinski is a yoga instructor at the new yoga studio in Beachwood, Cleveland Yoga. She is also co-owner of the studio with Tami Schneider. Cleveland Yoga offers 26 classes a week including power vinyasa, restorative yoga, yoga basics, jivamukti, vinyasa yoga and meditation. Cleveland Yoga is located at 27040 Cedar Rd in the Hamptons Luxury Apartments next to Energetics Fitness Center. visit www.clevelandyoga.com.

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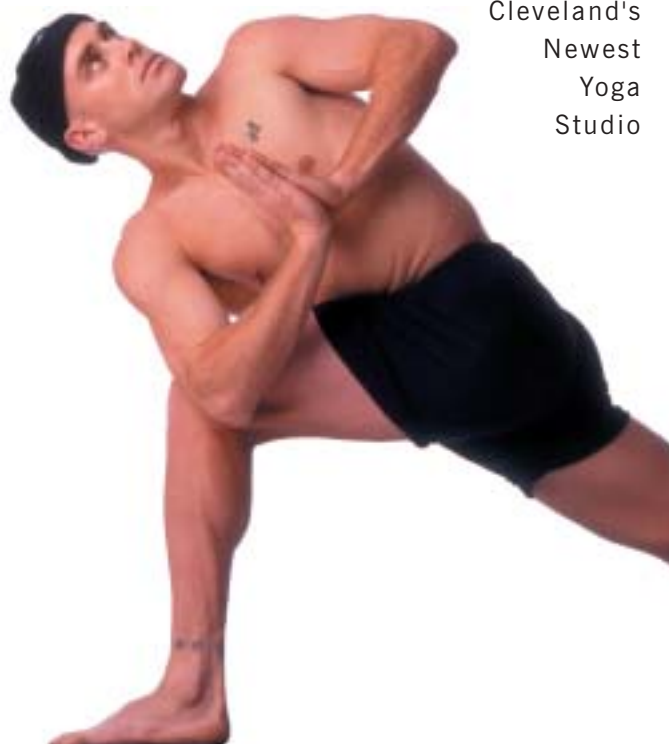
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A Student's Perspective

by **Katie O'Leary**

My yoga journey began about 4 years ago. I worked at a holistic health center and had heard so much about yoga. I am always up to trying something new, so I figured I would try a class. I absolutely fell in love with it. After the class ended, I felt so relaxed and my mind was so peaceful. As I continued to attend the yoga classes, I realized that it was opening up a whole new world for me. I have always had a feeling that there is more to life than what meets the eye, and yoga has helped me open up to it. It is called spirit; the part of ourselves that we as a human race tend to forget. It may also be called your heart or your innersoul.

Before yoga I had very low self-esteem and I continued to worry about what my purpose in life was. I never felt like I was strong or good enough to be successful at anything. I have often wondered why I am on this earth and what I am meant to accomplish. It's amazing when you begin to notice how much emotional baggage you really do carry around. We are in a constant state of "what if" and negativity towards ourselves. I knew that I was only harming myself with my low self-esteem and only further hindering my destiny.

I knew deep down that I wanted to help people as a career, I just never knew in what form. I had thought about possibly teaching yoga, but once again my negative thoughts began to creep up on me. "Oh, what if I can't do it; what if I mess up, etc?" I was afraid to be a healer. I was afraid to be beautiful. I was afraid to see myself as successful. † Gradually these feelings began to dissipate as my yoga practice continued. I began to release the parts of my personality that no longer served me. I did not want to hold myself back anymore, I wanted to succeed, and most of all, I wanted to bring out the beautiful person I had kept buried for so long. So here I am today; in my second month of yoga teacher training and I have never felt better. I cannot wait to share the gift of yoga with others. I know it will transform lives like it has transformed mine.

I now feel like a brand new person. Yoga is about releasing tension, not only in the body but also in the mind. It is an everyday practice. It has taught me to treat myself as good as I would treat my best friend. Everyone has a beautiful, bright shining spirit that is trying to come forth. The negative perceptions of us are what bury it. I know that my destiny is to help others bring forth their spirits and to help people realize that it is okay to be happy. It is okay to live the life of your dreams. And most of all it is okay to let your light shine so brightly across the earth.

*Much peace,
Much love,
Namasté,
Katie O'Leary*

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—Rumi**

ASTROLOGICAL FORECAST

NOVEMBER & DECEMBER 2003

BY MICHELLE ARIDA

ARIES MARCH 21 - APRIL 20

You may feel the urge to travel in order to just 'get away from it all'. Stress may stem from family concerns. You may be unusually quiet and secretive, but your desires need to be expressed and not *repressed!* Closer to Christmas, you'll feel less reclusive and more energetic, seeking the spotlight at work. Your *Privacy* sign is banished and you ask instead, "Where's the party?" TouchÉ.

TAURUS APRIL 21 - MAY 20

You may be keeping close tabs on your partner, leaning heavily on the relationship for security. Romance can blossom now, even though conversations are likely to have a more serious tone. Togetherness is key, passions run high, and you'll feel more self indulgent than usual. Celebrations with friends fill your social calendar. Intimacy and intrigue light your emotional fires and keep you warm!

GEMINI MAY 21 - JUNE 20

You just can't seem to sit still; so much to do, people to please and money to be made! This harried pace of life can run you down quickly, so be sure to keep up with diet and exercise regimens to stay healthy and sane. December finds you more inclined to cozy up with loved ones at home. *Choose* to stop and smell the lovely scent of the Christmas tree pine. Ahhhhh!

CANCER JUNE 21 - JULY 20

You've been taking yourself far too seriously of late, so you're more than ready for a winter reprieve. You enjoy decorating and want to entertain in style. *Everyone* is welcome to enter your festive domain for some holiday cheer. Partnerships are a priority in December. You just can't seem to get enough of that mistletoe!

LEO JULY 21 - AUGUST 21

You take pride in personal accomplishments now. Despite the hassles of intimate relationships, you bask in the warmth of other close associations. You'll be more appreciative of your partner's strengths in December. Stay grounded this holiday by maintaining health and fitness routines. Celebrations are given priority. You've got the right idea!

VIRGO AUGUST 22 - SEPTEMBER 22

Increased communications plug you into the daily deeds of relatives and friends. Information overload subsides in December when family and even romance keep you pleasantly occupied. You're content to just BE, without always feeling the need to DO. Thus, your love will shine and expand in the presence of loved ones. Partnerships may bring some strife. Yet the children will rightfully make you smile.

LIBRA SEPTEMBER 23 - OCTOBER 22

You're feeling rather acquisitive, if not downright ambitious now, focused on working hard. Interactions with neighbors and relatives in particular, will be stimulating and lively. You'll slow the pace down in December as family members draw you closer to home. You relish giving and receiving love. Thus, you feel very blessed and grateful for all that you have. 'Tis the season!

SCORPIO OCTOBER 23 - NOVEMBER 22

This is your time of year to shine and you'll want to find ways to creatively express your essence to others. Feeling confident and secure lends to greater assertiveness in social circles. Your charismatic nature comes through in your conversations. Interest in sharing what you know brings you closer to others. This intimacy is its own reward.

SAGITTARIUS NOVEMBER 23 - DECEMBER 20

Feeling spiritually centered, you exude a radiant calm and overall positive demeanor. You seek inspiration and find it. You may go overboard on gift giving this holiday season and temporarily drain finances. But towards the end of December, new job opportunities should present that can translate into extra cash. Either way, others' resources are available to you now. So shop till you drop!

CAPRICORN DECEMBER 21 - JANUARY 19

You'll enjoy the company of friends in November, participating in a variety of social events. Yet you'll also feel the need to pull back and retreat into private contemplation. Relationships may be stressful and currently under review. You're turning inward and replenishing personal resources. December finds you feeling more gregarious and festive. Time to celebrate!

AQUARIUS JANUARY 20 - FEBRUARY 18

You've got your nose to the grind, plugging away at work and personal projects. You'll reap financial rewards for your arduous efforts and may decide to splurge on *yourself* this Christmas! Your generous, giving spirit will also extend towards those in need. The veil between self and others is thinning. So you instinctively 'Do unto others as you would have done unto you.'

PISCES FEBRUARY 19 - MARCH 20

You have the desire to travel when the weather turns cold and may decide to run off with your mate for a relaxing holiday escape! December brings you back to the real world; spotlight on career and work issues. You may have the urge to meditate and connect with your Higher Self. This gives you a greater sense of well being and confidence. You'll exude a Pleasing Pisces Pride!

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FRIDAY, MARCH 12, 2004
9 AM – 4:30 PM



Join Dr. Keen in reflecting on the anatomy of the psychological, spiritual and political crises of our time. Participants will discuss carefully crafted definitions of the nature of the psyche and the spirit

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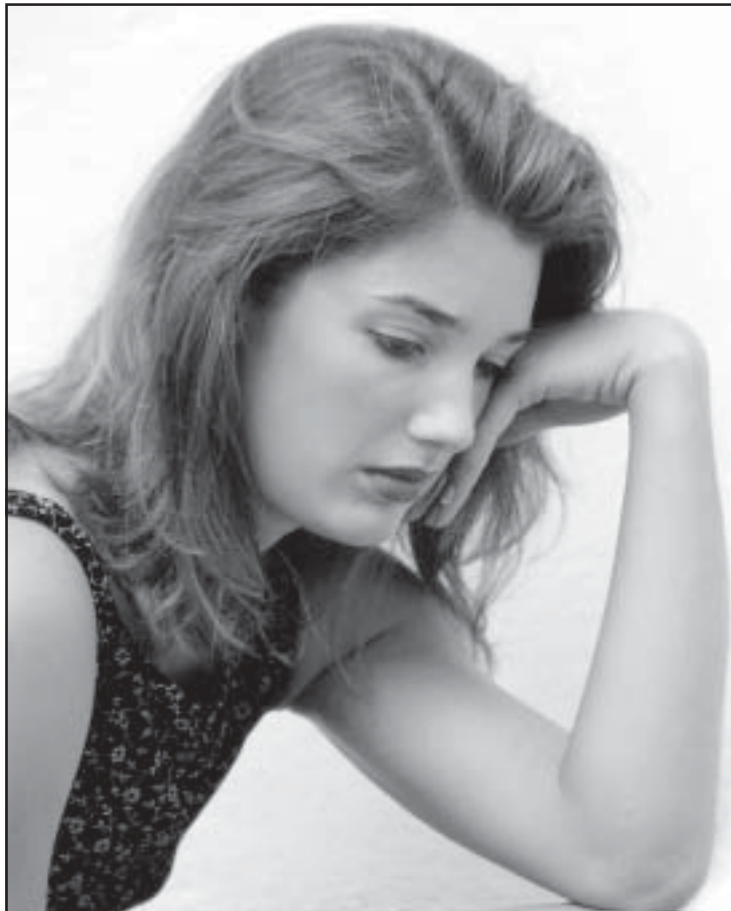


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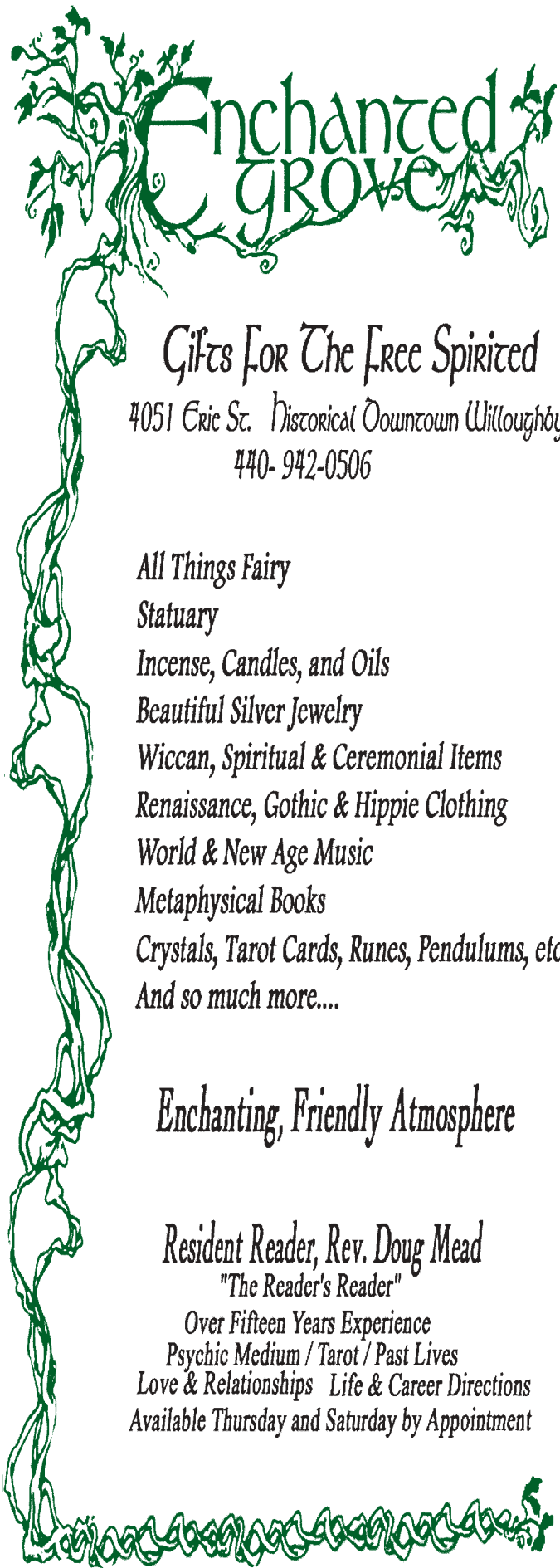
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In alignment with Halloween let's talk about nightmares, adult and children alike. Readers, send me your nightmares and your children's nightmares.

Let me just say this about nightmares (or any dream for that matter), dreams "always" come to us in the "spirit of health and wholeness"! Keep this in mind when dealing with your dreams. There is an invisible "dream censor" out there that never lets anything come in that you are not ready to handle. This is of utmost importance for you to understand. I cannot stress this enough, if you're not ready to deal with the dream you wouldn't of had it. That's the good news!


QUESTION: Why do nightmares come to us?

ANSWER: Nightmares are our "wake up calls"! They come to us when we are allowing someone or something to have control over our lives. Also when we are fearful and there is something going on in our lives that we are running from or simply sweeping under the carpet.

Dear Duchess: Bridge over troubled waters – I am somewhere over a huge body of rough water with my 2 small children. I need to get to the other side by way of crossing a very long rope type bridge. This terrifies me. I hesitate for a very long time and decide to send my children first not letting them see my fear. Once they are on the other side I start to cross and all of a sudden there is an entourage of people behind me all crossing the bridge with me. I reach the other side and go to my children. *Signed, Bridge Phobia*

Dear Bridge Phobia: There will be many bridges that we need to cross in our lifetimes. Sounds like there are some rough emotional seas going on but you are putting your children first. Not to worry, the entourage of people is saying to you "we are here for you"; you will never be alone to face your troubles. You have many supportive friends. The fact that you crossed that bridge is excellent. You can do it!

Dream Tip of the Week:

After you have journaled your nightmare, change the script. Rewrite the dream the way "you" want it to be. This is very powerful. Sweet Dreams! 

Evstarr, known by many as the "Duchess of Dreams," has been studying dreams for the past 20 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Sharing her passion for dreams, she also teaches Astrology and Metaphysics. Look for her upcoming classes and workshops at Unity Spiritual Center (440-835-0400) LCCC (1-800-995-5222) Lakewood Adult Education (216-529-4081) and new classes at the Goddess Blessed (216 221-8755). Evstarr can be reached at evstarr@yahoo.com be sure to check out her new website reachforthemoon.net for upcoming class listings.

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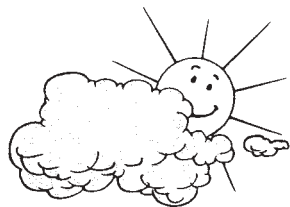
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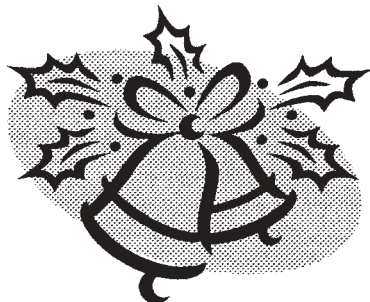
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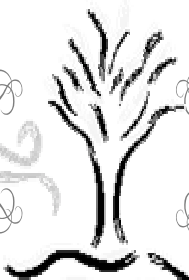
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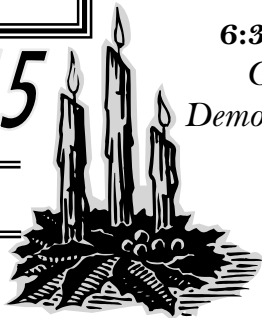


*Student
Holiday Weekend*

<u>Saturday,</u> <u>December 13</u>	<u>Sunday,</u> <u>December 14</u>
1pm—4pm <i>Student Psychic Fair</i>	10:30am <i>Student Healing Gala</i>
6pm <i>Christmas Caroling</i>	1:00pm <i>Student Holiday Gala</i>
6:30pm <i>Gala Demonstration</i>	

Saturday, November 15

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