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THIS ISSUE'S THEME:
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WORDS FROM THE PUBLISHER.....

For some reason this has been the most difficult theme for me to write about. I have had the hardest time getting myself to sit still long enough to attempt to share my thoughts about discipline. How appropriate. When I chose this theme it was after I had sold *A Touch of Serenity*. I was concerned that without the structure of having to be there on a daily basis, I would lose a lot of the discipline I had put into my life. As we think - we do. This is something I am very aware of. So needless to say I have become a bit undisciplined lately. Of course not in every phase of my life, but I haven't really sat still or stayed put in the month since I sold the business. I'm sure for a number of reasons. That may be a part of the reason that I have put off writing this piece. Now I'm accountable to myself. So now that I ratted myself out to my-Self, I guess it's time to get to work. What I have come to believe is that there are great rewards to discipline. It is very important to put the effort in to gain the reward, whether it is work, relationships or mind, body and soul practices. I know that the days that I choose not to take time in prayer and meditation, or I skip a day of my yoga practice, my thinking gets more clouded. If I'm not careful with my diet and exercise on a regular basis my body suffers. Yet on the flip side, when I keep these important disciplines active and as everyday occurrences in my life, issues that come up seem to work out much smoother. Discipline comes from the root word disciple. So would that not mean that having discipline in our lives brings us to an inner awareness of a greater consciousness and truth? We become disciples to a power within us that will lead us in the right direction. Now, having written all this I feel much better and I can go out and play. See—there are great rewards for discipline. —Namaste', Clyde

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Our Theme for the Next Issue...

Freedom

THE DISCIPLINE OF PEACE



By Dennis Kucinich

Two years ago we had the opportunity to witness the genesis of war. The war in Iraq will serve as an object lesson about leaders whose “us vs. them” thinking locked our nation onto a warpath and further destabilized the world.

We now know of leaders who had predetermined to go to war, ignored facts, placed a nation (ours) and the peace of the world at risk. Of course this is not new in our nation’s history nor in the history of the world. Historian Barbara Tuchman, in *The March of Folly*, catalogues human blunders in starting wars from Troy to Vietnam.

It should come as no surprise that the belief in the inevitability of war creates war. By now the beginnings of the war have been thoroughly dissected. The war in Iraq was not about defense, but offense. Iraq had nothing to do with 9/11, or with Al Qaeda’s role in 9/11. Iraq had no weapons of mass destruction. The war in Iraq, far from representing a legitimate claim of our country’s right to self-defense, stands as a grim reminder of moral collapse and the misuse of power. But it is insufficient to leave it at that.

Those who forecast the inevitability of a war against Iraq have given us insight into the external dynamics of war: The declaration of an out group, the evocation of a threat, the conjuring of an enemy, the summoning of fear and hate through the mass media, the use of military might in the name of patriotism. War quickly becomes a self-fulfilling prophecy as these elemental forces are put into play.

When our government acts to prosecute war in our name we may feel helpless to do anything about it. Yet upon reflection we may ask: “Is it possible that the wars which exist in the larger world are but a reflection of the forces which exist within ourselves?” Is there some higher wisdom in the lyrics which begin, “Let there be peace on

earth and let it begin with me,”?

Wars which exist in the world around us give us the opportunity to inspect the internal dynamics of war. In the Hindu religion the forces of creativity and destruction, Vishnu and Shiva, exist simultaneously. We can consciously choose which of those forces, creativity or destruction, will work through us at any moment. We can consciously choose war or peace every moment of our lives. Our thoughts, our words, and our deeds initiate our choices.

If what is innermost becomes outermost, we can begin to understand that what is inside of us, becomes the destiny of the world. The choices each one of us makes in our everyday lives can save the world or destroy it. As we appreciate the creative power of life, we come to understand the wisdom of “Do unto others as you would have them do unto you. Love your neighbor as yourself.” (The question “who would Jesus bomb?” comes to mind.) The connection between neighbor and self is the connection between self and the world.

The proposal to create a cabinet-level Department of Peace begins to explore the immanent power of non-violence. If we can make non-violence an organizing principle in our society; if we can create and encourage the development of programs through educational systems and working with non governmental organizations; if we can deal directly with the dynamics which create domestic violence, or violence in the schools, or racial violence, we can begin the work of creating peaceful homes, peaceful communities, and a more peaceful world.

We are given opportunities every day to choose peace, to think peace, to speak words of peace and to act peacefully. As we identify those opportunities and act upon them, we come to an understanding of the great creative power of peace and non-violence as a discipline.

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The Dreaded 'D' Word

By Evstarr

I bet your minds were spinning on that one. Well, here's what I found when doing the keyword search for "discipline": boot camp, Kung Fu, party whip (get the visual on that one), spanking, school principle and the list goes on. What I **didn't** find is what comes to *my* mind when I hear the word discipline. It goes something like this...get up at 6:00 a.m...drink my Metamucil...go to Curves to work out...come home and walk another mile and a half with my neighbor, Sharon...do my 100 sit-ups...check my email...drink my tea...meditate for 15 minutes...make a healthy breakfast...eat slowly & relaxed, looking out at the beautiful skyline of Cleveland...shower, shave, apply make-up...then out the door to work before 9:00a.m. Well, now that would be, if I had discipline. Here's what really happens...phone rings at 7:15, missed my workout at Curves, tell Sharon I'm too tired to walk, and besides the sun ain't even up yet. I do manage to get the Metamucil in, take a 5 minute shower, half apply make-up, no-time for sit-ups, skip breakfast, cut meditation down to 7 minutes, turn the computer on...oops too late to check email, out the door to work at 5 minutes to 9.

Now, I can't swear on it but I would bet there's somebody else out there like me. I have to admire all you Yogi groupies, and the raw food diet people...now there's dedication. I tried the Yoga thing many years ago while I was attending Cleveland State (in my 40s mind you), and I never got past the 8 to 10 week course. I like raw food well enough, but I just can't seem to fathom uncooked soup when it's 10 below with 2 feet of snow on the ground in Cleveland, Ohio. From where I sit, the above-mentioned group of people must have some real discipline...or else they're just plain *out there*. For you and me, and the rest of us folks lacking discipline, it's more like the latter of my daily routine.

When I think of discipline, what really comes to mind is

denial, deprivation, and the word **diet**. For many of us, dieting and discipline are easy fare, with the possible exception of the thin Yogi people. Yoga and discipline seem to go hand in hand, for I've never met an over-weight Yogi person, except for Yogi Bear and we know he had too many picnic baskets. So my visual of discipline means giving up something I like...and I *don't* particularly want to do that. I've tried the Atkins thing, the South Beach diet, even the Curves eating plan...but the truth of the matter is that I don't stick to any one of them for more than a couple of days. I figure life's too short to give up what I really enjoy. I have a ritual that I like to partake in, which includes a phone call every night at 11:00 p.m. from my friend Bill, (you've met him...the man walking around wearing the *Diva* nametag at the Journey Expo.). Anyway, every night we have a toast of red wine over the phone to celebrate something of good fortune, or even misfortune. For those of you who know my philosophy, like Carl Jung once said, "When misfortune happens, gather round ye friends and let's celebrate for some good will come of this." So you see there are too many things in my life that I enjoy doing and I choose to keep on doing them.

I personally like Sondra Ray's philosophy of eating "The Only Diet There Is" and also Ronna Kabatznick's "The Zen of Eating". These particular books on dieting follow the theory of it's NOT what you eat...it's what you THINK about what you eat...which leads me to the point of this whole story. For me on the dieting five-star scale of *stick-to-itiveness* I don't even come close to getting an honorable mention at the Dieting Discipline Oscars. But I will tell you this...if you're going to diet at all, a diet that I stick to fairly regularly with a success rate of 85-95% is the Mental Diet (Emmet Fox)...a diet of abstaining from negativity. As most of you know I am an immense Louise Hay fan and teach her work locally. As my students will attest, I am obsessive about positive thinking, a huge advocate of carefully choosing the thoughts you think and the words that come out of your mouth...the Universe is like a giant computer...program in, program out. It's that simple but, not too easy for some. So next time the dreaded "D" word rears its ugly head, try the Mental Diet and you just might find the weight may come off after all...at least you'll feel good. Love & Blessings, Evstarr

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups, Treasure Mapping workshops, along with Angel Card Readings. Contact her at evstarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for latest class listings.



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Visiting Hell...

But Choosing Not To Stay There

By Christine Bluso LoConti

"I've got a right to be wrong, my mistakes will make me strong, I'm stepping out into the great unknown, I'm feeling wings though I've never flown, I've got a mind of my own, I'm flesh and blood to the bone, I'm not made of stone, I've got a right to be wrong to sing my own song, I might be singing out of key, but it sure feels good to me, I can't turn back, I'm on a mission, whatever's out there waiting for me, I'm going to face it willingly." –Joss Stone

Hell is a substitute for love; a place many a lost soul visits. For me, hell is in my mind and heaven is in my heart. Hell is my creation and minute-by-minute I choose whether or not I want to make the journey.

For years, I've known better how to venture toward hell than heaven. With my heart locked, my travels cloaked in chaos and drama. I choose to ignore the risks and the damage that visiting hell causes me.

I mess with my mind about the past, about love, relationships and choices. I revisit every mistake I've ever made with thoughts of self-doubt spreading anger through my mind, heart and body like wild fire.

I visit hell when I struggle with balance between the present moment and the haunting ghosts of the past.

On the days I choose to visit hell, the fire is intoxicating and inviting. The smoke hides my fear of the future. I know what the day will bring; I begin by berating myself for making the choice in the first place. Then, I think I should be perfect for my visit. I manifest images about beauty, intelligence, sense of humor, love, and relationships (the list is endless). Consciously, I don't even know what perfection is. But, there is no in between when I prepare to visit hell – there is no stopping me.

I'm tormented by my past and my inability to break free, which consumes my every move. My mind begins racing, creating voices of unworthiness, inventing stories about not being good enough, or getting life "right". It's my own fabrication of internal judgment and damnation.

When I visit hell, I forget no one else is judging me, but me. I perpetuate my own downward spiral into the recesses of my mind. I become completely undone, I disrespect myself, I rage inside trying to justify my choice to visit hell as reality.

We all know hell doesn't have to exist. Yet, I can't get out of my own way. Choosing hell is an intention. It's a choice to chase nightmares rather than my dreams. Truth be told, hell is easier. Visiting heaven requires faith.

When I trek my way back from visiting hell, I'm like a doe in the headlights of oncoming traffic. I'm surprised and bewildered that I find broken pieces of my heart fallen on the ground behind my footprints leading the way to hell. I cry, breathe deeply bending over to retrieve the remnants of my heart,

praying never to return.

In my prayers, I remember my family and the love we share. I grew up in a loving, at times, chaotic Italian family. I love my family, our culture and traditions. My parents were very young when they married. They had five children; not a lot of money, but we had laughter, tears, plenty of love and loss. When my parents divorced I knew they loved us – even though some days seemed tougher than others to hold on to that feeling.

We share good and bad days with each other, we love each other unconditionally and we regularly forgive each other for delving into one another's lives. We try to always be there for each other no matter what...yet, sometimes I make my family a part of the reason I choose to visit hell.

On most days, though their love keeps me grounded. They only want me to find happiness. I used to get upset when they shared their truth with me that they think I grew up in a neighbor's house— because I don't quite remember certain times of our childhood as they do. Truth is... my past is filled with bittersweet memories I'd rather leave in the past. I don't blame anyone for how my life is unfolding. I'm grateful for the love of my family and I want them to know I respect them.

Parents need to remember each child will view their reality differently. As children, we learn what we live in our own minds. As we grow, we process our childhoods as either good or bad, happy or sad. Some will choose to visit hell on their own, other children will have hellish circumstances bestowed upon them, and others will never visit hell. How we deal with our past is how we live our lives. Each of us either walks our own path from our hearts or caught up in our minds. For many of us who choose the latter, love and faith is all we need.

Practicing yoga and meditation has helped me to heal some of the emotional and physical scars I've acquired from my journey to and from hell. I've learned we leave hell only when we are ready to give up the battle between the past and being in the present moment.

We need to leave our childhoods, past relationships and losses behind if, we want to heal. We need to feel the hurt and pain, acknowledge it and release it by loving ourselves.

I hold the lead role in my destiny and for the first time I understand the importance of being accountable, repenting and letting go. How I choose to live from this moment forward will determine if, I choose to visit hell, again. I'm tired of talking about the pain, the anger, the lies and the hurt. I am choosing (and praying) not to visit hell. I'm walking toward heaven by being truthful about who I am and what I want for my life.

In my quest for spiritual awakening, I've spent time discovering and unlocking the past by coming to my yoga mat. I've chosen to visit becoming a certified Baptiste Power Vinyasa Yoga teacher rather than visiting hell. Baron's philosophies do

not allow his teachers in training to find exit doors in their lives. His principles about transformation and finding a spiritual path are real and grounded in his own experiences.

I've learned from my first teacher's training that in order to become the best teacher I can, I will need to forgive myself, first. And only until then, will I have the strength to stay on the right path, to continue my spiritual growth.

When I first began studying Baptiste Power Vinyasa Yoga, I remember gabbling with one of Baron's principles; *Suffering is optional*, I even went so far as choreographing an argument with Baron in my mind....

I'm standing in front of Baron with my hands on my hips (like some little girls do when they're trying to prove a point). I say, "Baron are you serious? Suffering isn't optional, it's what life is about...we don't have a choice, we exist; therefore, we suffer."

Upon my return from Mexico, I learned that visiting hell and suffering are optional because they are a state of mind. Needless to say, Baron won the argument without knowing he was involved.

A prophetic friend shared with me that, "There is no pain in change; it's our resistance to change that is painful." Realizing, for too long, I was resisting necessary changes in order to heal my life, I've begun shifting my perception. As, I continue my journey; I know the answers reside within me. I have faith that the key I found visiting heaven will unlock my heart. I pray I'll use the tools I've learned from my experiences on my yoga

mat to help me stay with whatever comes up.

I know I'll want to visit hell frequently, but in time, I hope it's a place that will become a figment of my imagination. I'm not ashamed to admit I'm still afraid of heaven; hell is much more familiar. I am honoring myself these days by learning from my mistakes rather than punishing myself. Let's face it, on occasion we all find ourselves trapped in a smoky elevator riding down to hell, sometimes seemingly at the hand of buttons pushed by another. Yet, we still have the choice of pushing the stop button at any time.

Exit immediately and don't wander. Keep moving until you find the first escalator going up.

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DEAR LOUISE.....

A Monthly Column from Louise Hay



Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*. Since beginning her career as a Science of Mind minister in 1981, she has assisted millions of people in discovering and using the full potential of their own creative

powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Website: www.LouiseHay.com

Dear Louise,

First, I want to comment on how great you look for your age. (I'm looking at your photo on the latest edition of your book *You Can Heal Your Life*.)

My question: I do notice that healing does take time, and I'm noticing that life is improving, but is there an additional affirmation to help me leave my current place of employment more quickly? My family is in the process of moving to Florida, and I'm a single woman who lives with no roommates other than a cat. I'm very creative, and now actively looking to leave my situation. Any advice and support would help.

N.T., Bangor, Maine

Dear N.T.,

Thank you for your kind words. I do my best to live what I teach and to take good care of my body. I'm careful not to eat things that aren't life-enhancing for me.

So, you want to leave your current job on the best of terms. When you get a new job, it will be something better than what you have now if you do this: Flood everything about the job with love; and bless the building with love, all the offices, all the furniture, all the equipment, and most of all, your employer. Just send love to each and every part. Even bless with love the transportation you use to get to work. If there are customers involved, bless them, too.

Then affirm: There is a wonderful new job looking for me in Florida. This employer is looking for exactly what I have to offer. They will be delightful, kind people to work for and will pay me a good salary. I deserve it, and I accept it now!

Dear Louise,

My dear mum has always been depressed and is a big worrier. I can see myself in her, but that's not who I want to be. How can I stop myself from becoming my mum?

A.G., Ireland

Dear A.G.,

I'm glad that you noticed that the depression and worry is only a thought pattern. Now, every time you find yourself thinking like your mother, just say to yourself: That is my mum thinking, not me. I am a cheerful, optimistic person, and I know that Life loves me and will always take care of me. All is well, and I am safe.

Dear Louise,

There's been a huge change in me in terms of my outlook on life and personality since reading your books. Everyone at work has commented that I have this glow that's very positive—and I've quit smoking! Now that was an achievement. My cigarettes were my life, and now I don't need them.

There's a downside to my story, though, regarding finances. I'm a single mom of one child whom I'm very blessed to have, but I just can't attract the finances I need to survive. I'm always without money—literally without. My child's father has a habit of not supporting his child unless I phone and beg, but I'm so tired of begging, and so tired of being without and always looking for help. I've run out of people and places to go to for help. Please tell me how to love myself so that I can bring prosperity into my life.

B.I., South Africa

Dear B.I.,

Congratulations on your progress so far! If you can change one pattern, you can change any pattern. Make a list of all the negative things your parents said about money, such as "Money doesn't grow on trees," or "There's never enough," or "Money is hard to get." As children, we believe what our parents say and get stuck in their patterns. You need to forgive them and move on. It's time to create your own beliefs.

Let's create some new beliefs for you. Affirm: My income is constantly increasing. I prosper wherever I turn. My child is always well taken care of. There's plenty for both of us. Money comes in expected and unexpected ways. I relax and allow Life to take care of both of us. New employment comes to me in the most unusual way. I love and adore myself, and I am pleased and proud of who I am.

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If you would like Louise to answer your letter in this publication, please send it to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100, or e-mail your letter to: admin@hayhouse.com (letters used in this column may be edited for length and clarity). Please visit Louise's Website at: www.LouiseHay.com or the Hay House Website at: www.hayhouse.com.



During the Holiday Season we all tend to get a little nostalgic and take a stroll down memory lane. Quite often during dreamtime we visit our childhood, places we grew up, schools, and favorite landmarks from days gone past. Friends, lovers, bosses, etc. from our past show up time and again in these dreams.

Some people tend to think that this is a premonition of running into that person again. This is usually not the case, unless of course, there is a certain individual whom for *you* this is true. Again you must watch the patterns of your dreams, the themes, and reoccurring content.

QUESTION: What is happening when we return to former parts of our lives in our dreams?

ANSWER: Call it a progress report, a report card so to speak of where you are in your life, how far along are you on your personal path to growth. When a house that you lived in during a certain age appears in your dreams, especially repeatedly, usually this is indicating to you that there are some issues going on now, closely resembling things you've struggled with in the past. The dream is taking you back, letting you know these same things are re-appearing for you to work on. A sort of *hello* here I am again, are you *listening*?

Dear Duchess: The Fire Bus – I am walking down a street I grew up on, when a school bus passes and swerves out of control and catches fire. I run up to the bus as some adults are getting out but there's a boy waiting for his friend in the back of the bus. I run into the bus bring out the boy and carry him to a neighbor's house and cover the child with blankets. The neighbor in the dream has been deceased for several years. Signed, The "Sparks" man

Dear "Sparks" Man: Buses in general represent a group consciousness, group learning (i.e. "school" bus). Look at what was going on in your thought processes during that "age period" when you lived on that street, & relate that to now. The *fire* is symbolic of a cleansing, a spiritual purification so to speak. Are you going through a transformation or do you *need* to do some serious cleansing of old thought patterns? The neighbor who is now deceased, is in a *higher place*, maybe he's trying to tell you something that he knows. Look at your relationship with that neighbor.

Dream Tip of the Issue:

Take a look at your *report card of Life*, how are you doing? Remember when you get these *past memory* dreams and you're not quite sure what is going on, literally put the question on paper! That's all you have to do is **ask, ask, ask**. Put it under your pillow and "Sweet Dreams"!

Evstarr, aka "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. Look for upcoming dream classes at Nature's Touch Massage & Wellness center in Medina (330)721-9357. Contact her at evstarr@yahoo.com and reachforthemoon.net.

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The Discipline of Self-Honoring

By Sharon A. Klingler

No matter what activity Or practice we are pursuing, there isn't anything that isn't made easier through constant familiarity and training.
Through training, we can change; We can transform ourselves. –The Dalai Lama

Do You Choose to Act on Your Behalf?

Though this choice would seem to be the most obvious one in our lives, it is often the choice we make the least.

Perhaps we grew up in a troubled home or suffered a trauma in childhood. Or perhaps we were never shown that we had the power and potential to fulfil our dreams. Or maybe we were unpopular in school. Whatever the reason, many adults in this wide world have spent years thinking thoughts that diminish their value and self-esteem. For decades they have been committed to destructive behavior patterns which not only prevent them from *acting* on their own behalf, but also cloud their ability to *recognize* what their behalf would be.

The process of changing thought-forms and behavior patterns that have been reinforced over many years requires a significant commitment of consciousness and effort. For most of us, the thinking patterns in our brains have been running like wild horses, at their will. Some of them have stampeded all over our well-being, smashing us into states of inertia and joylessness. It is only when we become more conscious of these patterns that we can begin to involve the perspective of the unlimited spirit within. You can choose to stop living in old patterns. You can choose to stop denying your potential. To create the life you want, back it up with action: Choose to build the consciousness of your spirit.

The only way to build this level of consciousness is through the discipline of practicing new thoughts, affirmations and self-honoring actions. Now, don't run from this because I used the word discipline. Its meaning has become rather twisted over the years, so it might be helpful to take a second look at it.

The root words for discipline and disciple come from Latin; *disciplina* meaning "learning" and *discipulus* means "one who learns." The first definition of discipline is "a branch of knowledge or learning," but its secondary meaning, "training that develops self-control," has now become the most accepted. Indeed, for most people "discipline" is now associated with punishment rather than training. It's no wonder we shudder and strain under the weight of this dreadful word that connotes only hard work. Still, we must recongnize the difference that discipline can make in our lives.

In any endeavor, any purpose, you must take the action of that purpose. Nothing will ever happen if you just think about it. *Becoming anything requires repetition of action. Repetition of action requires discipline, the learning of new behaviors.*

Discipline is your partner in becoming. It is the action that manifests what you want in your life. Exercise and good nutrition will bring you physical well being. Study can open new interests and careers. A few minutes of focusing inwardly on your intuitive mind every day can give you the universe. And loving thoughts and self-honoring actions will create a life of wonderment and joy. Discipline is a gift you give to yourself. So, let me say it again: **Discipline is your partner in becoming!** Embrace it. And redefine yourself as a disciple, one who learns a new way.

Choices You Can Make on Your Own Behalf

- Choose to notice where your intuition guides you every day. Then choose to take that action even if you've said "no" before.
- Choose only the thoughts that help you believe in yourself and in your intuitive abilities.
- Choose to investigate and discover your deepest truth in every situation and relationship in your life.
- Choose to honor your truth by doing only what honors and respects you.
- Choose to let go of the activities, people, places and thoughts that are toxic, heavy and dark.
- Choose the activity, ideas, people and places that make your heart sing.
- Choose your spirit in every moment of every day. Whether you are making a movie or making a bed, writing a book or writing a note to the teacher, being a president or a cleaner.
- Choose to be who you have been forever!

So, stop making excuses for not having the life you want, for living a life denying your truth. To choose the life you want, back it up with action. You have the choice to act on your own behalf. It is your choice. It is always – in every single moment of every single day – your choice.

Excerpted from *Intuition & Beyond*, by Sharon A. Klingler; published by Rider Books of Random House; London, England. Sharon Klingler is an international speaker, author, and medium and founding member of Starbringer Media Group. Her most recent publication is titled *Speaking To Spirit*, a complete audio seminar including CD's, a workbook, a journal, and Sharon's insightful book, *Life with Spirit*. *Speaking To Spirit* is now available at A Touch of Serenity or by ordering direct. To learn more see Starbringer's ad in this issue and to see upcoming workshops and events visit: www.starbringermedia.com.

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Sharon and Sandra are Cleveland-based identical twin sisters devoted to helping others realize the full potential of their personal energy.

Sharon Klingler is a spiritual consultant and international speaker on various metaphysical subjects, including intuitive development. She has been in private practice for over 20 years, serving clients world-wide. She is the author of *Intuition and Beyond*, published by Random House UK.

Sandra Taylor is a psychological counselor and author of *Secrets of Attraction*, published by Hay House. She lectures throughout the world on healing, quantum psychology, and the energy dynamics of personal, financial, and relationship success.

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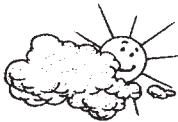
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Unity Spiritual Center is led by two ordained ministers, the Reverends Stan and Barbara Smith, with combined 30 years of experience leading large, diverse, family-focused congregations. On the cutting edge of New Thought, the Smiths see God from all sides and are versed in alternative and world faith traditions. They are as comfortable with the teachings of the Course in Miracles, Buddha, Hawkins, and "Abraham" as with Holmes, Fillmore, Emerson, and the Bible. People respond readily to their vibrancy, humor, radiant health and God light energy.

A strong volunteer group and a number of experienced teachers also have a commitment to teaching and

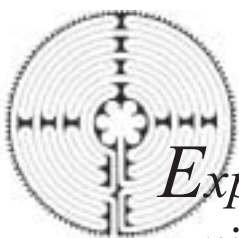
learning, collaborative temperaments, and magnetic personalities. These leaders and volunteers include dynamic speakers, Master teachers, people of the highest consciousness and vibration. They teach from many Masters, but instruct from Christ consciousness.

The Unity message is practical and is filled with spiritual practices and opportunities for rapid spiritual growth. Adults and children are taught to accept self-responsibility and to discipline themselves to regularly practice the principles and teachings. They learn the value of watching their thoughts, correcting their internal self-chatter, meditating and praying daily. The teachings and practices work for all souls who regularly engage and apply them with diligence, energy and self-discipline.

Sunday services which include childcare and youth education, are held at 9:00 and 11:00 a.m.. A schedule of a variety of classes and events as well as inspirational materials is always available on the center's website at www.unityspiritualcenter.com. Information is accessible through the center's office at (440) 835-0400 and an Inspirational Prayer Line is available at (440) 835-1444.

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HEALTH & NUTRITION

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Confessions of an Intuitive Mechanic

By Thomas K. Ockler P.T.

A very happy patient came in to see me for a second visit yesterday and asked me how it was that I was able to zone in on his low back problem immediately and correct it in just one visit. He had gone for months of treatment at the hospital where he is an administrator. His wife is also a Physical Therapist. When I told him how I had studied, taught and developed a very specific group of protocols to find and correct these problems he replied, "Wow, that must have taken a lot of discipline on your part." I replied no, I was just so embarrassed by what my profession called acceptable treatment outcomes that I focused on something very different. It was the desire to accomplish something better and the focus to see it through that got me where I was and discipline was not even in the picture.

What really made him cringe was when he realized all the money the insurance company paid for him to *not* get his problem solved could have been saved by his coming to see me over a year ago. What really stung is that he is one of the hospital's administrators and the hospital is self-insured. So even though it didn't cost him anything out of pocket, his company lost a bundle of money and he lost a bundle of time.

That conversation made me think. Discipline, that's a word that always had a negative meaning to me.

- You just wait till your father gets home!!! Usually meant I was going to get it.
- March right upstairs and stay in your room young man!!! I was being disciplined.
- You are so grounded because you didn't do your homework!! Rats, more discipline

Discipline is one of those words that get tagged with negative connotations and depending on your age the meaning changes greatly.

For instance, if you are 9 years old, discipline is usually used in sentences where you have shown a complete lack thereof. Amazingly, the word usually enters the house on another negative item, the report card. To make matters even worse, we had to lug the bloody thing home and give it to the parental unit. Then, we waited for the discipline.

"Tommy shows a complete lack of discipline with his math and science homework." Oh yeah, well the teacher has BO breath and always picks on me. (With lack of discipline always come excuses no matter what age we are.)

If on the other hand you are 34, discipline becomes a

real virtue. Why is that?

"Tom is so disciplined when it comes to learning these unusual techniques. I've never seen anything like it." I am just not as disciplined as you are to learn that stuff inside and out.

Oddly enough, I never felt like I showed discipline at anything. I either wanted something badly enough to go the distance or I just blew it off as not important in my list of things that I wanted for my life. So perhaps the way to inspire discipline is not by force but by choice.

Confessions...continued on page 19

Keepin' it Simple

By Janee Kuta-Illano

I have just spent the past two and a half years in Cleveland running around like crazy. Running faster than a house on fire trying to get a career up and running, like some of us do. And now I sit in my messy office realizing that I have been spinning my wheels this whole time. Can anyone identify with this feeling? You discipline yourself trying to make something work and after a period of time, you find yourself not too far from the tree. Of course we all progress in some way or another, but there are definitely times when you come out of the blocks, trip, fall and land close by. This is not nice and we need to talk about this space that we can get ourselves into.

Western society buries most of us in our work. We are a working nation, having the least amount of vacation time than any other country in the world. We are a disciplined society with a "hard work ethic." Other countries are currently adopting this hard work practice and now encourage employees to aspire towards the 60-hour workweek as well. Globally, we are all in this rat race, multi-tasking. It is interesting that multi-tasking is seen as a positive attribute in society. I personally used to love the word, multi-tasking. I lived and breathed the concept for the past 11 years or more and now I am actively trying to release it from my life.

The other day, I caught a glimpse of my own personal multi-tasking madness when I was speed walking through the grocery store. It's crazy to think that you don't even have time to grocery shop. I see the ego running wild in myself when I rush to appointments, speed in my car to work or gulp down my lunch as I talk on my silly cell phone.

By definition, discipline means to train, to develop a regimen in order to build or improve a skill. At the same time, it can also mean to inflict punishment. For some, our work

Simple..continued on page 20

Confessions...from page 18

Sadly, the word discipline is tied to the hip with another negative word, "punishment." Was that intentional? I mean, did the people who came up with the English language get together over a few beers one night and plan it that way? Or did they have too many beers and let it slide through unopposed.

Truth be told, discipline is a necessary evil if anything worthwhile is to be accomplished. In most cases, those who really required discipline to accomplish something that they hadn't the slightest desire to do, were actually punished into accomplishing it. If you think about it, you know it's true.

So I propose another word be substituted wherever possible and that word is "focus."

Go ahead and try to sneak it into some of the statements made at the start of the article.

- You just wait till your father gets home!!! He'll put some FOCUS into you.
- March right upstairs to your room and FOCUS young man!!!
- You are so grounded because you didn't FOCUS on your homework!!

Doesn't have quite the same zing to it does it?

It would appear that at an early age you need to be disciplined (forced or punished) to get you to focus. Then later on in life you need to focus on something that you just cannot come up with the discipline (desire or passion) to do.

Weird how those things circle back around on us isn't it?

I have to stop now; it's time for my spanking.

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Sincerely, Clyde Chafer

Simple...from page 18

discipline is inadvertently punishing us day by day. In turn, this negativity is spinning off into society, which perpetuates the rat race momentum.

I don't want to be half-present in all that I do. I don't want to be judged by how many things I can do at once. I don't want to digest chunks of half-eaten food in order to keep up with production at my job or be less than present with the person on my cell phone while trying to drive my car or work on the computer.

I, like most, wish to be successful in my career or life's work, but I also don't want to bang my head against the wall each day running endlessly after this American Dream. I want the American Dream just as much as anybody else, but I choose to discipline myself in the art of mindfulness, to uni-tasking, to keeping it simple.

I have faith that with a little more mindfulness about our day to day lives, with a little more pulling back and seeing the bigger picture each day, we can still be successful without going through the punishment.

Do what you love, do what you have always wanted to do in your life. All we have is now, and if we are concerned about what will happen to us in 10 years or what others think of us or if we continually fantasize about how much money we need to make or work incessantly without personal breaks, we most certainly will all be spinning our wheels.



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Speaking on Mental Health with Dr. William Glasser



My name is William Glasser. I now live in Los Angeles but I was born, raised and educated in Cleveland at Case Western Reserve University. I am a board certified psychiatrist who has been in private counseling practice for many years. I believe the people I counsel are all unhappy. They may even suffer from symptoms such as depression and anxiety but they are not mentally ill.

There is nothing wrong with their brains; they do not need psychiatric drugs. I have counseled successfully and never prescribed a brain drug. I see my role as a counselor to teach the people I counsel, just as I will attempt to do in this column, to live happier or mentally healthier lives. I have written many books and the following are the four that would be most appropriate to readers of this column. These books are published by Harper Collins and are available from bookstores. *Choice Theory* is the basic book. *Getting Together and Staying Together* is for marital and premarital problems, *Between Parent and Teenager* is for parents but teenagers will also read this book and *Warning, Psychiatry Can Be Hazardous to Your Mental Health* covers how you can improve your own mental health and become much happier than you are now.

Dear Dr. G.,

I have been diagnosed with clinical depression for the last five years. My doctor keeps prescribing different medications. They seem to work for a while but then stop and I am more miserable than ever. Is there another way I can beat this?

B.W., Cleveland Ohio

Dear B.W.,

If the medications haven't worked for five years it is very unlikely they are ever going to work. They all work for a while because you, like all people who take psychiatric drugs, hope that each medication will change your life but there is no medicine that can do this. Your unhappiness continues because for five years or longer you have been choosing to lead the same unhappy life. What is wrong with your life is that you are not getting along as well as you would like with one or maybe two people who are important to you. If you were here and we could talk, you would probably confirm this assumption but you would also tell me that the problem is not the way you are treating them, it's more the way they are treating you. You may be correct but you still haven't changed your own behavior because, as unfair as it may seem to you, the only person's behavior you can change is your own. Right now I can make one suggestion: no matter what the other person does, make

the choice to stop criticizing and blaming this person and stop criticizing and blaming yourself. Tell this person you are going to stop doing this for a month and then stop. When you feel the urge to criticize be supportive and respectful instead.

Do this even if it seems worthless. You are in a rut and this will get you out of it. Write to me again in a month; tell me you've done it and how you're doing. As far as taking your drugs, you must talk to your doctor about that. What I suggest will work whether you are on drugs or not. Becoming happier is in your hands.

If you do nothing, nothing will change.

Dear Dr. G.,

My problem never is getting into relationships, it is more staying in them. I seem to fall "in love" very easy but after a few months it wears off. I either get out of the relationship or ruin it. Every time I begin these new relationships I think this is the real deal. What can I do to make it last?

A.J., Akron, Ohio

Dear A.J.,

One of the most wonderful feelings anyone can experience has been given a name. It is infatuation. In your letter you describe it perfectly when you say "you seem to fall in love". I presume from your experiences that what you and your many partners are doing over and over seems to feel like "falling in love" but what you are experiencing is infatuation. Almost everyone believes as you do that infatuation is the beginning of love but what you have found out is that it isn't. The better and quicker you feel infatuated the more you expect from that feeling, and the more you expect, the more infatuation you or the other party wants. Literally, you are both looking for more infatuation but as you've found out there isn't any more.

I suggest that the next time you find someone who seems like a good person to "fall in love with", talk to this

**Speaking on Mental Health
with Dr. William Glasser
will be a regular feature in The Journey.**

**Any questions can be directed to
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person and you will likely see that he or she has had the same experience. Do this before you get sexually involved. Then see if you can spend time with that person without sex and still enjoy that time. Talk to some friends who have been married for five years or more and ask them to tell you what they enjoy about each other and you'll find out it's more than sex. Whatever that is may be as close to love as anyone can get. "Happily ever after" is for books and movies. Infatuation doesn't take any effort at all. What-

ever love is, the couple has worked hard at it from the start and has kept working on it. Maybe you can choose to work at it too. Next time try letting your relationship take precedence over what you want. If you are willing to do that, you have a chance to get what you want.

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sides and desserts that are unique each day. We have "Daily Specials" on Tuesday through Thursday weekly and take-out from our display case daily. We also welcome custom orders for special dietary needs, catering and special dinner party needs. Most items are sold in bulk.

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But this year, you can get their attention by speaking up at the polls.

22 million unmarried women did not vote in the 2000 election, according to the US Census. Vote this year and you can decide the election. You can make sure the politicians listen to you and not the special interests.

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PLANETARY PATHWAYS

By Evstarr

ARIES

November is the time to exit while no one is looking...take that much needed holiday... don't play Russian roulette with your finances this month they're on a roller coaster.

In December the sands are shifting and your career is one of the sand dunes.

TAURUS

"Changes they are a coming" in November and hitting your relationships and career sector... this may lead to changes on the home front...keep a journal this month...pay attention to details.

Do some planning in December to avoid the emotional and stressful seas...sail slowly... focus your energy on the things you "can" control and take some time planning that New Year's Eve celebration.

GEMINI

Put your best self forward in November...take up rollerblading, or boxing to release all that emotional intensity...it's a great month for relationships and career...if you can keep the fires under control on the home front.

Your career takes center stage in December...while your integrity is being challenged... follow your heart and let spirit guide you...you'll be a better person for it and reap some rewards.

CANCER

November is accelerated growth month...Reach for the Moon in your career arena...the opportunities are knocking...the sun is shining on you...go for it...you receive the recognition you deserve.

In December your mate/partner is dealing with some personal issues...lend an ear and a hand...this is an excellent time to relocate where you hang your hat...travel and social activities are highlighted...work is changing like your moods...wait for the waves to settle...and don't jump ship before you can see the horizon.

LEO

Unexpected responsibilities revolving around money and family arise in November...more hard work is also headed your way...the elder members of the tribe need your attention...pay heed to issues surrounding their health.

In December the year ends with those warm and fuzzy family feelings...spend some time dishing out some of those good feelings to your mate's side of the family while you're

at it...tread wisely at work, there is a black widow spinning her web...don't get caught up in the gossip...it will come back to haunt you in the New Year if you do.

VIRGO

Virgo you're no stranger to work...in November you're full steam ahead...go for it...it'll be well worth the effort...your mate or partner is following suit...things are peaceful on the home front...but while things are in overdrive at work...lookout for someone's hand in the cookie jar.

In December plan a romantic get-away with your other half...that's if you can tear yourself away...freedom, expansion and more travel are coming your way...enjoy.

LIBRA

In November the social Madame Butterfly is ready to spread her wings...but while you're enjoying the Opera...take time to see what you're children are up to...work is routine but enjoyable nonetheless.

December finds finances holding their own...so you have more time for yourself...relationships are riding the roller coaster...this month you're the local Dear Abby with everyone coming to you with their skeletons in their closets...children...creativity pursuits...and even a bit of romance is yours for the taking.

SCORPIO

November brings up personal issues that your significant other needs to address...beware of confrontation...work is draining...and you gravitate to the home front...release all that tension be tapping into that creative well of yours.

December finds you putting on that referee uniform both at home and on the job...money is coming in...but keep a lid on those future plans to avoid a leak in the dam...you're all aglow with holiday cheer...like the lights on an Xmas tree...it's your month to be the Angel on the top.

SAGITTARIUS

The seeds you sowed back when...are sprouting in November in the relationship garden and need tending...you can't get out of this one...work is taking its toll...so you might as well pay the piper & start dancing...you look forward to the home front where your creative side is blooming...you're getting itchy feet at work...but these boots are **NOT** made for walking...bide your time...bite your tongue...hang tough for now

December is filled with growth and the goose is laying the golden egg...but keep a tight lip on your financial goings on...spend more time in solitude at home...your com-

municating skills are rocketing and will carry you to the next rung of the ladder...someone is watching...the competition is strong...but you come out smelling like a rose if you just wait for the flower to bloom...out of town visitors are due.

CAPRICORN

Unfinished business is on your doorstep in November...properly tended it can turn into a garden of opportunities

In-laws and out-of-towners are on the Holiday agenda in December...along with you doing some traveling yourself.

AQUARIUS

The month starts out with a lot of undercover stuff that nobody's talking about...while finances are going well...it is a good time to cash in on the Gravy Train while the going is good...roll the dice...you're on a lucky roll...and the dice are loaded

Time to put on the "me" hat in December...making you your number one priority...relax, enjoy...do some constructive work at home...but don't forget to go out uptown...and live it up a little for the holidays .

PISCES

Mark your territory in November...while still spending time with your mate remember who is Top Dog...spend some more quality time in your own bone yard...finances need to be addressed at this time

While you're out gallivanting in December...just remember the work will still be there when you get back...an opportunity knocks on your door from a blast in the past...give it careful consideration it may open more doors.

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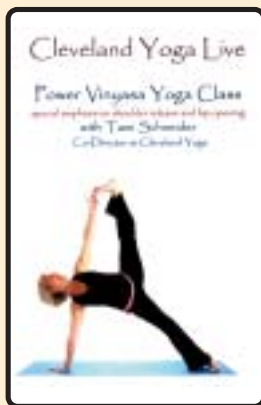
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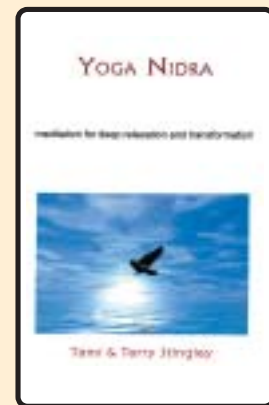
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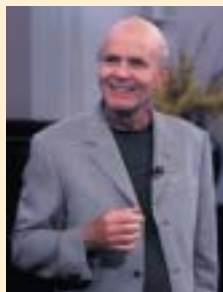
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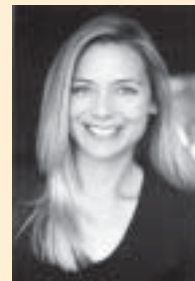


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Laura Lee

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Alma

A: Dear Alma;

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avoided to take a serious look at. It is recommended to address these pending matters as they will continue to burden you emotionally, spiritually, and manifest physically in your body. Food is often used as a crutch to avoid emotional issues that arise and haven't been released. Whenever you feel the urge to run to food for comfort, stop and ask what is bothering you. You will have your answer. Once brought to your awareness, the issue is released naturally.

Also realize that your task at hand to lose weight is not impossible. The power of love within you, by taking the time to KNOW thyself, can conquer any challenge that lies before you. The challenge itself is an illusionary attempt to engage you in a game where you believe you won't win. You are given experiences in direct proportion to what your heart believes. If you believe you are over weight and can-

not get it together, then that is exactly what you will get. Again, watch your critical thoughts and release them as addressed above. They, critical thoughts, are not the real you. Request what you want as if it is already done. Have faith that IT IS. Then, listen, trust, and follow your guidance to reveal a slimmer you. All will be done unto you when you allow divine intervention to work on your behalf. Ultimately, know that you are love and always loved despite how you appear - you are a divine-human being!

"What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24

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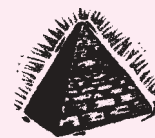
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or simply resist its mystical allure?



By Jan Hauenstein and Judi Bar

Thirty (cough) some years ago my first yoga teacher told me that I was my own worst enemy. I was shocked. What was she telling me? Although dismayed, I was very impressed with her intuitive words on this subject as well as others, so with this new revelation I spent the next 30 years disciplining my mind to think and believe otherwise. I practiced and studied yoga. I studied and practiced Patanjali's eight Limbs. . .and found comfort in the Yamas & Niyamas. . .so much more appealing and practical than the Ten Commandments I had been previously taught. There was hope. . .I always found hope and acceptance in my Yoga practice, and it has evolved and re-evolved over the past 30 plus years.

I have found that in my daily disciplines of: Asana practice, Meditation practice, Prayer practice, and daily Reiki practice that I have been able to meet the enemy. . .the demons of my mind, the demons of my Karma, and the demons of those who envelop my life: my beloveds; my family, my friends, my students. My daily practices have given me the strength to be present to live life fully to enjoy the pleasures and gifts that life offers when I am present and accept the challenges with strength.

My husband suffered a major stroke three years ago, and my life turned upside down, but through my practice I knew that I could choose to be the victim or the survivor: to greet each day with joy and gratitude for what I had or what I lacked. I know that I can always turn gratitude or joy on or off. It is always my choice. . .and it has been easier with the backup of my yoga practice. It is a discipline. . .but one with a huge bank account that accrues interest, and through this interest I receive much support in my life, many gifts, and blessings.

Discipline...do we love it, or despise it, or simply resist its mystical allure?

So, I am going to play the devil's advocate. I'm the Judi

of this duo. Jan and I teach together. We get along like peas in a pod. We live our yoga, both apart and when we come together. I feel that I need discipline when there are things that I don't want to do, feel that I have to do, or don't like doing. Which, when we look at what our lives are about, so much of it can be doing-ness instead of being-ness, there are a lot of things like that. I don't need discipline to dance like a fairy, absorb the teachings of yoga and spirituality, make a loving healthy meal for my husband and myself and my family, garden, walk, hug my pets, be present in my clients' process of healing. I enjoy, really love, resonate with that stuff. Book work and time schedules are what I need discipline for.

Discipline to me means doing something that doesn't resonate with me at that time. But if we can truly practice our yoga, don't judge, be mindful, see the joy, see the Divine in everything, "be" present, even getting a tax audit, can be a spiritual event. (If God is everywhere and in everything, he/she is available for us to experience it.). It gives us an opportunity to really look at ourselves. I feel that we are judging if we feel that we need discipline for a task, even eating right and exercising. We are not doing it because we don't want to. With that there is some reason that we are not living in a healthy way. The signs that tell us that we need to eat better is our sign to get more in the present and see what those symbols are saying. Everything has a voice.

When we stay in the moment, conscious and aware, open to what will come, not pre-judging because of the past, and go to it with an open heart and mind, we don't need discipline. We need mindfulness to keep us present. We make a conscious choice, then stay in the moment with it.

See Jan & Judi's ad on page 37 of this Journeys issue for their bios.

Discipline & Yoga

A Student's Perspective

By Jodi Trostler

Yoga and Discipline from a Student's Perspective

I have been involved in the practice of yoga for about three and a half years. I began attending yoga classes when my daughter was about eighteen months. My goal and intention was to get a good cardiovascular workout and re-gain flexibility from sixteen years of running and aerobics. I was attending one to two classes a week and clearly gained more flexibility and strength in just a few short months. It was a great complement to my regular workout regime. What I did not expect was how yoga would affect my everyday way of being. Without even trying, I began to notice how my yoga practice was affecting and changing how I was teaching my students, relating to and being with my daughter, and communicating with my husband and co-workers. As I write these words I cannot help but wonder if all of this is really about getting to know, understand, and accept one's self.

I have always been very disciplined about exercise. For the past eighteen years or so exercise has played an important and necessary part of my life. It is my primary stress reliever. Exercise is also an hour a day five days a week for myself and only myself. Thankfully my husband feels the same way as I do about the importance of exercise and physical fitness.

On the other hand there are other areas of my life where discipline is not an active player. I have always been a bit of a procrastinator. I also can have a tendency to be reactive towards others who piss me off. I am not one to hide my feelings and at times my reactivity gets me into trouble. So, how does this all relate back to the original topic, discipline? Yoga has taught me to listen. Listen to my mind, my body, my family, my co-workers, my students, and my life as a whole. I have never considered myself to be a perfectionist, but in many ways I was trying to be a perfectionist without realizing it. So what if you only get in four workouts this week? So what if you didn't accomplish everything on your to-do list? So what if you go to work every day rather than spending every waking hour with you daughter? Is anyone suffering because of it? No.

Continued on page 39

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Discipline and Yoga

A Teacher's Perspective


By Ally Hamilton

My alarm goes off at 6am. When I reach out from underneath the covers to shut it off, I can feel that it is a cold, damp morning. My bed is warm. My dog, snoring softly and curled up around my feet, is also warm. It is still dark out. I want to close my eyes and go back to sleep. The committee in my head begins its negotiations. I need more rest. I am teaching so much. By the time I got home from my late class last night, it was 11:15, and by the time I had answered emails from students, it was 12:30. That means I'll be teaching all day on five and a half hours of sleep. Probably, it would be better for me to sleep a few more hours and squeeze in my own practice after my morning class and before my afternoon and evening classes. Now I'm tossing around in bed, and have disturbed my dog, who grumbles at me. I remind myself that I don't like to "squeeze in" my practice, I like to take my time, work deeply. Plus, when will I eat? I can't teach or practice on a full stomach! Also, I won't feel as open, as grounded for my morning class if I haven't practiced beforehand. And now about fifteen minutes have gone by while I'm having this half-conscious conversation with myself, even though I've known pretty much the whole time that I will get up. I will put on the clothes that I laid out before I went to sleep, grab my knapsack which I

also packed last night, let my dog out in the backyard, get in my car, and drive to practice. I will do this on those rare mornings when I've had plenty of sleep, I will do this on mornings when I haven't had nearly enough. I will do this when I'm feeling well, but I'll also do this when I'm heart-broken. I will do this when I'm grieving, I will do this when I'm deeply in love and there are even more reasons to stay in bed. I will do this because for over ten years now, no matter how I feel before my practice, I am always thankful for the experience, better for the experience at the end of my practice.

There is no getting around it. Yoga requires discipline. And it is not just the discipline of getting to the mat. If we're talking about classical yoga, then we're not just talking about the practice of yoga postures, we're talking about ethical practices, dietary practices, lifestyle practices, and meditation and breathing practices as well. Yoga as a way of life. But let's start on the mat.

For ninety minutes I'm supposed to focus on the sound and feel of my own breath, and the sensations in my body. Just things that are happening right now, in the moment. That means I have to drop away from my obsessive, racing, redundant mind, and that takes a LOT of discipline. Your mind will continuously try to infringe upon your time on the mat with thoughts of your past (memories), thoughts of your future (plans), daydreams, worries, relationships, work. And each time you notice a thought in your head, each time you notice you've started to drift, you've got to turn your attention back to your breath, back to your body, back to this moment.



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Jan Hauenstein- MA, RYT, PRYT, IYT, HITA, Over 30 yrs experience teaching yoga. One of the first yoga teachers in the Cleveland area. School founder and director of TRY4Life. Jan is a certified and registered master yoga instructor and therapist. She is certified thru the Himalayan Institute, Phoenix Rising Yoga Therapy and Integrative Yoga Therapy. Jan has worked with Cleveland Clinic's Dr. Joan Fox sharing yoga, meditation, and Pranayama with physicians, nurses and other health care professionals. And, she has created CDs for Yoga, Reiki, and Yoga Nidra.



Judi Bar- RYT Reiki Master. Judi was a professional dancer, choreographer and has been teaching for over 25 yrs. She has studied with many great teachers, but her most profound teacher has been her life. When crippled with a degenerative spinal disease and no cures except surgery that would not last or a wheelchair, she turned inward to her years of yoga training and healed herself. She uses that work to help many students heal themselves. Her specialty is chronic pain and illness. She teaches anatomy, therapeutic yoga, philosophy and intuition. She also sees 25 private clients per week, and is currently on the team to set up a Complementary Medicine Clinic at the Westlake Cleveland Clinic practicing Yoga Therapy with Orthopedist Dr. Wayne Daum & Acupuncturist Ann Driscoll. She is creator of HeartLight Yoga.

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So many people say they want to be happy, they long to find inner peace. But they don't really want to work for it. They're convinced if they could just find the right person, the right job, if they could just afford to live in a bigger house, drive a better car, if they could just lose some weight, then they'd be happy. So their happiness is pinned on any number of external factors, things seemingly beyond their control, and so they are left powerless, victims of circumstance, always wanting, never happy. It's part of the human condition, part of the way that we're made, to want to seek pleasure and avoid pain. Think about any baby you've ever encountered. They're hungry, maybe their stomach is growling, they're uncomfortable, don't like it, they start to cry, LOUDLY. Someone comes, maybe mom, maybe someone else, but they're fed, they're comforted, they're happy. This, they like. And to some degree or another, this pattern, this craving and aversion continues through most of childhood.....I fall down, scrape my knee, a little blood, a few tears, not so fun. A band aid and a kiss, though? Not so bad.

The inherent problem in this equation is that there is duality in life. If you've never experienced pain, how will you recognize joy? Pain is part of life. Uncomfortable feelings are part of life. And yet most people get stuck in this very human cycle of wanting to avoid the things that are painful, challenging, confrontational. And today, they have drugs for every conceivable human emotion: depression, rage, loneliness, anxiety, discomfort around social situations, grief. You name it, they've

got it. But uncomfortable feelings are there for a reason. If you don't feel comfortable in your own skin, don't you want to know why? And if you numb out every time you feel something uncomfortable, you will miss out on all these opportunities to learn about yourself, to discover your own truth, to begin to accept yourself, love yourself even, to begin to grow. And as you begin to develop a little compassion for yourself, you'll find that you have so much compassion for everyone you encounter, because it is just not easy being human. But all of this takes so much discipline, so much patience, so much practice. And this is what we're doing on the mat. Developing a little staying power.....the ability to move through whatever is coming at us calmly. The discipline to sit with those emotions, those patterns those habits we have that are blocking us in our life, to observe them, to become aware, so that we can begin to open fully. It is not easy, but it does work. There's such a strong desire in all of us to want to control things, order things, hold on so that we feel safe. And it takes so much courage, so much bravery to accept that we cannot control things, cannot order things. It takes an incredible amount of discipline to just let go, to accept, to trust, but in that there is also relief, wisdom, inner peace. The next time your alarm goes off, see if you can just get up and go.

Ally began practicing yoga a little over ten years ago during her senior year at Columbia University. She teaches everyday at Bryan Kest's Santa Monica Power Yoga West. She can be contacted at "AllyHamilton.com"

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Yoga has created a space for me to be okay with me, and how I choose to live my life today. The practice of slowing down has taught me how to listen to others and myself.

Don't get me wrong, I haven't eliminated anything from my life. I am still on the go all day everyday. The difference

now is that I have become a better listener to both others and myself. My reactivity is transforming into interactivity. I am less judgmental and a better team player. Let's just say that I have found freedom in being me.

Thanks to Clyde for giving me the opportunity to see what an integral part of my life yoga really is. Thanks also to all the inspiring and knowledgeable teachers at Cleveland Yoga who have helped guide me without even knowing it.

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Mike and Me

By Julie Ann Kleinman

My romantic history is sketchy at best. Worse than making poor choices in the men I've become involved with is that I have routinely begged these inappropriate men to stay with me. Forever. Even when it was obvious that staying with me was about the last thing they wanted to do. Desire to commit remains an elusive quality in the men I date but I am proud to say that I have been able to maintain a successful, healthy, fourteen-year relationship with my yoga practice. In fact, on the cusp of my fifteenth anniversary in yoga, I've come to think of it as my common-law husband; let's call him Mike.

Mike and I met when I was twenty (he was, obviously, way, way, older, but sometimes that works) and we dated only sporadically at first. I was a bartender, living in New York City. I smoked, I wore boots and I had become brittle before my time. I pretended I was tough, but actually I was in misery.

A fellow bartender introduced me to Mike. She brought me over to his place, an incense-filled room with lavender walls and a blue ceiling where everybody walked around barefoot and whispered. It was all extremely foreign and really not my scene. I thought: he's sweet, but a little, I don't know, a little, airy for me and like, enough with the positivism already. After our first date I felt really out of it. In fact, I was so stoned I nearly got hit by a

bus and I said to my friend, "He's just not for me, we're too different."

But a week later, I was back for more. Some buried but knowing part of me wanted to see Mike again, needed to see him. Pretty soon, as the old story goes, we were together almost every day. The hard shell that had begun to form around me at about age ten and which by twenty had become as thick and impenetrable as bullet proof glass was rapidly melting away. I was feeling rushes of joy. After spending time with Mike, I would have a three hour perma-smile that I had to explain away to my uninitiated friends.

One of them refused to believe that I was not on drugs, and got mad that I hadn't shared them with him. The honeymoon continued for the first three or four YEARS. This way outlasted the good part of my other relationships, which tended to devolve into a bland stew of boredom spiced up only with periodic vicious fights within a few months. But the crucial part of it is the eight or so years since the honeymoon phase ended. We stayed together, we stuck it out.

There have been many tough times-times when I had no access to good teachers, times when I got too busy and wasn't very attentive to Mike, a brief, shallow affair with the martial arts. There was even a pretty serious back injury from when I got too aggressive and tried to force myself to bend over backwards for him. The most difficult transition for us was when I become a yoga teacher. Making what I loved into my work brought our fantasy phase to a succinct end, and yet we got through even that.

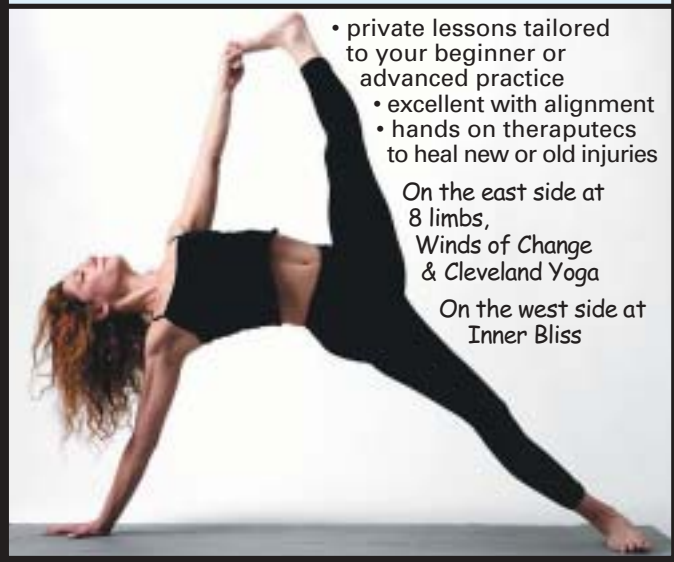
Mike and I now have the relationship of the long married.

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Our sex life lacks the thunder of the old days but we love and nurture each other, we support each other, we have a deep, soulful connection and we are committed, for better, not worse. And every once in a while I have one of those practices where everything is just perfect. I glide, I breathe, I'm strong and open and focused and I feel connected to my center and in rhythm with the universe. At these moments the first fiery flashes of my and Mike's love is rekindled, and I fall for him all over again.

Julie Ann Kleinman is a full time yoga teacher, teaching exclusively at Yoga Works in California the last 10 years. She started doing yoga in 1990 in New York City studying at Jivamukti yoga center for three years, then left New York to live at the Kripalu Center for six months on her way out to L.A. She has studied under Pattabhi Jois, here and in India, took the Yoga Works teacher's training with Erich Schiffman and Rod Stryker in 1993. In 1994 she added Iyengar yoga to her practice, studying with Lisa Walford at Yoga Works as well as various visiting workshop leaders. In 1996 she became a certified yoga teacher through Yoga Works. Her teaching style is influenced equally by the spiritual emphasis and metaphoric understanding of Jivamukti, the heat, flow, and focus on breath of Ashtanga Yoga and the specific, careful instruction of the Iyengar form.

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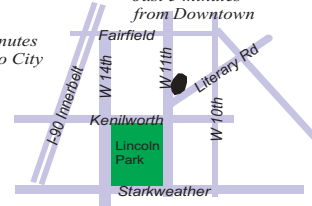
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Shakthi, gentle hatha style yoga. Personalized classes with an intimate atmosphere. Tantra classes starting soon. Phone (440) 255-1638 or (847) 942-8440 email: Psumakanth@hotmail.com

Total Body Solutions, Denys Morgan, LMT Certified Yoga Instructor, Hatha and Ashtanga Yoga Meditation classes and cd available. A variety of locations . Phone 216-832-9436; email: denys@softhome.net

Yoga Reach, Char Grossman, Certified Yoga for the Special Child Instructor. (216) 272-0352, Yogareach@aol.com A therapeutic, educational program, for children of all ages & all abilities. Private/small group classes. Workshops of yoga-based school programs.

Yoga Events/Workshops:

Jan 2005-Aug 2006. Bhumi's Yoga Teacher Training. New site! Countryside Columbia Station. First in Ohio Yoga Alliance recognized 200/500 hours. Four styles, personalized attention. Details: 440-236-6366. www.bhumiyoga.com

Anusara Yoga Teacher Training. With certified Anusara teachers Sianna Sherman, Mitchel Bleier, Naime Jezeny, & Sue Elkind, with special guests Douglas Brooks, Sonam Targee & Jonathan Geen. Training will meet every 8 weeks for 30 hours per session from Feb. - Nov., 2005. Rochester, N.Y. For more info, call 585-385-4265 or visit www.opentograce.com

Kirtan:

Kirtan with Sahadeva - 1st & 3rd Wed. monthly 7pm-8pm **Bhumis Yoga** (donation) Rocky River Presbyterian Church 21750 Detroit Rd., Rocky River. Kirtan **Every Sun.** 7-8 pm at **The Atma Center** 2319 Lee Rd., Cleveland Hts. For info or to book a Kirtan session call Sahadeva 216-272-6545 email: frogman7usa@yahoo.com.

**Yoga teachers, studio and workshop listings are available for this section.
Cost is only \$20 per listing for each issue.
Please keep each listing to 35 words or less.
Call 440-223-1392 for more details.**

ROCHESTER, NEW YORK • FEBRUARY - NOVEMBER 2005

ANUSARA YOGA TEACHER TRAINING

with Certified Anusara Teachers

**Sianna Sherman, Mitchel Bleier, Naime Jezzeny & Sue Elkind
and Special Guests: Douglas Brooks, Sonam Targee, & Jonathan Geen**

This year-long comprehensive study in Anusara Yoga is designed for anyone interested in teaching and/or developing their personal practice and understandings in all aspects of yoga.

The four presenters, Sianna, Mitchel, Sue & Naime, are among the most sought after and respected Anusara teachers in the country. The special guest teachers, Douglas Brooks, Sonam Targee, and Jonathan Geen are considered at the top of their perspective fields.

The course will include: asana, therapeutics, adjustments, teaching skills, pranayama, meditation, philosophy, sanskrit, and ayurveda. It will be a year of transformation in body, mind, and heart.

The training will meet every 8 weeks for 30 hours each session, beginning in February and ending in November. There are three phases to the program, which include all aspects of asana, yoga philosophy, sanskrit, and ayurveda.

*"This comprehensive year will be a grand celebration of the heart
while cultivating the depths of the mind and forming relationships within
a community of friends."*



Sianna Sherman & Mitchel Bleier

Sianna Sherman and Mitchel Bleier are certified Anusara Yoga instructors who travelled with and apprenticed John Friend from 2000 to 2003. They conduct workshops, retreats and teacher trainings internationally.

They share a great wealth of knowledge in yoga philosophy and therapeutics, and they are known for their poetic presentation.



Sue Elkind & Naime Jezzeny

The first certified Anusara instructors in Los Angeles, Naime Jezzeny and Sue Elkind have enthusiastically studied with John Friend and Douglas Brooks since 1998. They are former owners

of a successful Anusara yoga studio in Hollywood, where they conducted some of the best trainings in the country. Their teaching style emphasizes both alignment and fun in a manner that enlivens both the body and heart.



Douglas Brooks


Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantra and the esoteric traditions of the Goddess. He received his Masters and PhD degrees from Harvard University's Center for the Study of World Religions where he studied with several of the world's leading scholars of Sanskrit

and Indian studies. Dr. Brooks is the author of several scholarly books on Hinduism and Tantra, and is currently Professor of Religion at the University of Rochester in Rochester, New York.




For more info check out the website

www.opentograce.com or contact Mitchel Bleier
at: mitchel@opentograce or call 585-385-4265.



Celebrate the Season of Peace and Joy with Unity



Join us for a Candle Light Service in your Community



**Celebrating Christmas Eve at
11:00 PM**

Rev. Joan M. Gattuso
3350 Warrensville Center Rd.
Shaker Heights, OH
216-751-1198
www.unitygreatercleveland.com



**Celebrating Christmas Eve at
8:00 PM**

Rev's. Stan and Barbara Smith
23855 Detroit Rd.
Westlake, OH
440-835-0400
www.unityspiritualcenter.com



**Unity Church Centre
Celebrating on Wednesday
December 22, 2004**

Harp Meditation at 7PM
Holiday Service at 7:30 PM
Rev. Richard A. Schumacher
1226 Naylor Lloyd Rd.
Girard, OH
330-539-0122

Serving the Mahoning & Shenango Valley



Unity Center for Transformation

Celebrating Christmas Eve at 5:00 PM

Rev. Diana Repko
8785 Mentor Ave.
Mentor, OH
440-954-4211

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