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ORIGINAL MUSIC by RICHARD C. AYLSWORTH

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WORDS FROM THE PUBLISHER.....

The last 4 years I have been involved with putting on psychic fairs every other month. It is always a lot of fun, the energy is high and I love the time I spend with the psychics. Invariably I am asked by some of the people that are attending for readings who is the best psychic to see. I always respond with "look around the room and go to the one you are drawn to." In other words - I basically ask them to let their own inner guidance take them to where they will find the answers they are seeking. It's kind of funny when you think of it - telling people to use their intuition to find the right intuitive for a psychic reading. We all have that intuition 24-7. The answers are inside. I suppose at times we just need to find the spark that will ignite the light of inner guidance. Sometimes that spark will be a person. Other times I would believe it to be spiritual exercise such as prayer, meditation, yoga practice, being silent or a fast. It doesn't really matter, because the guidance is already there. Not a day goes by that I don't ask in my morning prayer that I be guided and directed to be of service. I believe that through this prayer the catalyst is born to open my heart and third eye to guide me to be of service. Then it is up to me to choose what to do. Many times when I am teaching yoga classes I ask the students to sit in stillness before we start the movement in class. What I am asking them to do is to find the intuition they all possess and use it to guide their lives to their maximum potential. One of my teachers once said in class that her job as a teacher is to help us to find our teacher within. I strongly agree with that. Intuition is within - it is just a matter of awareness. May we each come to our awareness to realize our brilliance to shine throughout this life experience.
Namaste', Clyde

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Cover Picture: Michele Kovach, Cleveland west-sider, owner of Heart-to-Heart Pet Grooming, also a free-lance photographer - may be reached at 216-470-4816

Our Theme for the Next Issue...

diversity

Spiritual Genealogy

The Journey of One...

by Clyde Chafer

Carlos Jones

Over the course of the last year I kept crossing paths with Carlos Jones. It actually was funny because I would go to the park to rollerblade and there would be Carlos. At one point it seemed every weekend we would end up at the same event.

We had a few brief conversations and decided it would be good to sit down and have a full-fledged interview. I have come to appreciate not just Carlos's music but what Carlos is doing through his music. To attend a concert by Carlos and his band will always raise your energy and put a smile on ones face. Carlos can be contacted for information and his schedule through his website www.carlosjones.com.

the Journey: Hi Carlos, thanks for taking time to dialogue with me.

Carlos: Thank you Clyde – my pleasure.

the Journey: Lets start with some background... like where you're from and your immediate family.

Carlos: Ok, I was born in Lawrenceville, Virginia – but most of my memories growing up are from my mom's hometown, Scottsburg. It was a little farming community and most of her family were tobacco, livestock and crop farmers. She came from a family of nine so I have a lot of cousins, aunts and uncles. I have two brothers, one older and one younger.

the Journey: So did you have a lot of family gatherings?

Carlos: Absolutely! We always were getting together. My grandfather was a Baptist Minister and my great-great grandfather founded the first church in that area.

the Journey: I would imagine growing up with your grandfather being a minister you spent a lot of time at church.

Carlos: Oh yes, every Sunday we went to church and even when we moved every summer we would go back and go to church. My grandfather's church was only 50 yards from his house so we would spend a lot of time there. So my first exposure to music was naturally through the church and the instruments that my great grandfather had in the house. Like this old guitar that was in the house. That was my first fascination with music.

the Journey: Did you look forward to it?

Carlos: Not really. Well at least when we were living there. When we came back in the summer I always loved it. It was something about the area – you know the land, being in the country. I loved exploring in the woods. I could feel a spirit emanating from the earth there. I remember there was this big oak tree and if you climbed it, you could see for miles in every direction. I would sit in that tree all day sometimes. I used to call it the family tree and to this day that name has stuck.



the Journey: Do you still go back there?

Carlos: Yes, I was just there in April. I took my mom home to bury her. We had one of our customary large family gatherings. Everyone came out to celebrate her coming home. The last five years I have been back three times – before that it had been –20 years. I kinda just became disconnected – got busy with life. But by becoming my mother's caregiver (she had progressive Alzheimer's) I starting getting back down there more. It was good because I started to reconnect with home. It was as if the roles were reversed. She would always make sure we went down when we were living at home. Then when she got sick I was able to take her there. It was like I said important in that I was able to reconnect. Actually, it provided the inspiration for the song "Touching Home Again" that is on my CD. It was also important for her to reconnect while she could still recognize her family and friends.

the Journey: Lets back up for a moment. When did you move from Virginia?

Carlos: Well my father was in the military so every few years he was transferred somewhere. We lived all over the U.S. and then Germany for a few years. Then we came back to Virginia in 1968 and then moved to Cleveland for good in 69. Moved to Maple Heights and stayed there.

the Journey: How old are you Carlos?

Carlos: I'm 47.

the Journey: Is your father still alive?

Carlos: Yes, he lives in DC.

the Journey: So it was your mother's father that was

the minister? I would guess that you started connecting with Gospel music in the church. Is it very uplifting like what I hear you play now?

Carlos: Absolutely. From the time I was 7-8 years old I was always singing in church. I was fascinated by the sound and rhythm of the Gospel music. The hand clapping and foot stomping was very rhythmic and primal. I know now it was the spirituality of the music I hooked on to. At home we would be on the front porch sitting on the porch swing and get into these beautiful, uplifting songs. Stomping our feet on the floorboards and playing that old guitar for hours. I was fascinated by the sound of that old guitar and how it would vibrate a note for so long.

the Journey: What were some of your other early influences with music as you got older?

Carlos: The first real spark musically was James Brown. When I heard him, I connected with the passion. That was a sound that was so raw. It was blues, gospel; it was African. It was this big ball of funk. Then I tapped into the music of Aretha Franklin, The Temptations, Sam & Dave, the whole Motown crew. Let me back up - when I was in Germany I had a Beach Boys record and it was all right. I traded it for a Beatles record. This was '66. I had this Beatles record and I played it endlessly. That was what got me wanting to play the drums. It was something about their music that just grabbed me. When we moved back to the states I convinced my mom to buy me a snare drum. I figured I would take music lessons and get into the marching band. But I did not resonate with the instructor and




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that's when I started playing the hand drums. I got a pair of bongos and felt at home with the drum.

the Journey: When did you get into your first band?

Carlos: I would say I was 14 or 15. My older brother played guitar and I would play the bongos and we would both sing and a couple of other guys in the neighborhood joined in. We played a few talent shows. It was fun.

the Journey: When did you first know that music is what you wanted to do? I guess what I mean by that is, if we look back there are always certain crossroads we come upon and we for some reason choose a certain path. Perhaps an intuitive choice that isn't even at the surface. Something deeper.

Carlos: Looking back I think I can clearly see when and why I took the road I did. All through high school I wanted to be racecar driver. That was my desire. I really thought that would be my career. I took a job out of high school at a Firestone auto repair shop. Then it happened. I went to a Bob Marley concert at Music Hall in 1978. That night was it. I tapped into an energy that I will never forget. The people moving to the music... the beat, and this small man in control of it all. I knew then. From that point on I was all about reggae music. Off came the afro and I started growing the dregs.

the Journey: Is that when you got into a reggae band?

Carlos: Later that summer I hooked up with a band called I-tal. The first time I heard them I felt a connection. When they went on break I went over and asked if I could sit off to the side and play my bongos and the leader Dave said, "Sure." That again was a very pivotal moment. I felt that same energy with them that I felt at the Marley concert. I started following the band and I fit right in with them. By the end of the year they asked if I would like to join the band. Of course I said yes.

the Journey: Carlos, take a moment and think back, was there anything earlier in your life that perhaps opened you up to experience what you felt at the Marley concert the night? Again, I believe when we hit these crossroads we make choices based upon our spiritual condition at that time. This is the importance of constant vigilance in spiritual growth. What goes in will be played out.

Carlos: I know exactly what it was. Marley's message was of One Love. My mother always had a certain book out where ever we went, The Power of Positive Thinking, by Dr. Norman Vincent Peale. This was a constant for my whole upbringing. All of my family were exposed to this way of living. So much love and support. When I heard Bob Marley's message that night it totally resonated with me. He hit the nail on the head.

the Journey: So what I am hearing you say is that your roots were with a deep connection with your family and the earth and you went out and experimented in different ways, but the time came when you were tapped on the shoulder – when you heard Marley —and it was like - here is your message and it's time to go out and spread it? In essence you went home again. The power of one love. What is more powerful than that?

Carlos: You know it's funny, my family used to tell me, "You're an old man." I didn't know what they meant back

then, but I do today. I was always a serious kind of child. I spent a lot of time in the woods in contemplation. Trying to go deep and see what was underneath – if you know what I mean. It's like in reggae music, on the surface the beat is very simple, but deep, deep down underneath there is so much more. I've wanted to understand.

the Journey: Have you come to that understanding?

Carlos: You know, I think I have seen it. I won't say that I have mastered it, but I have experienced it. This is why my philosophy has crystallized. It's the heartbeat and it's the universal rhythm. The rhythm of life. That's what's down there and that's what grabs everyone and pulls everyone together. It makes all the barriers come down and unites everyone for that period of time. That is what I have found underneath. Marley showed me the way.

the Journey: I think it is there 24-7 if we are open to it.

Carlos: If we would just take the time and tune out the distractions in our minds and listen there is a constant rhythm. Listen to our breath, our heartbeat. We will come to see how connected we are with all the rhythms around us. That is when we come to a knowing that we aren't separate. People tend to see God as outside themselves. God is within us and everything around us which connects us. What I tell people in reggae music is the beat is the heartbeat of all. It's the foundation. That's what I was looking for – what I was digging for. It's all about being patient enough to feel the beat...the heartbeat. What I found was a unification process. You cannot become unified with anything else until you have on a personal level...body, mind and spirit.

the Journey: The importance of meditation. So how long were you with I-tal?

Carlos: Right around five years and then about five of us moved on to form First Light. I knew I wanted to expand my creativity and I knew I needed to move on to a fresh setting. I started to come into my own as a songwriter through the association with First Light. That lasted until 1998.

the Journey: What happened then?

Carlos: Well, I felt like what we originally had been striving for quit happening. We were partying too much. We lost what was our original purpose. I felt that I was losing my spirit. I had to get back to what I felt was important and I started the P.L.U.S. Band. The Peace, Love, Unity Syndicate. Actually back in '93 I did a Bob Marley tribute with Packy Malley at Peabody's Down Under. We got a bunch of different reggae bands together and rehearsed for a couple of months. It was magical. The energy was so high. It was like being at a Marley concert. That was really the birth of Carlos Jones and the P.L.U.S. Band. The plus also being the sign of positive, which is very important. In 1995 we did another tribute and then I decided to do a side thing with the P.L.U.S. Band.

the Journey: Was there any problem with First Light? I mean, you being in two bands?

Carlos: No, they were cool. It was different then what we were doing in First Light. We went back to the roots of reggae, more acoustics. And I was able to play more of my originals.

the Journey: So when First Light broke up you just put your energy into the P.L.U.S. Band?

Carlos: Exactly. I just kept rolling with the P.L.U.S. Band.

the Journey: So that brings us to today. It seems I see you everywhere. By the way congratulations on the award for best band from the Free Times.

Carlos: Thank you!

the Journey: So what do you see for the future?
Carlos: I really have no illusions of fortune and fame. It's amazed me that it has lasted this long. We are just a local band. But we are becoming known beyond our borders. That's cool, but, at this point in my life my priority is with my family. I have a wife and two daughters. I want to be around and be a husband to my wife and a father to my daughters. I don't want to go on the road and not be available to them. So I keep busy around town playing and doing drumming workshops for kids. I just try to keep it steady as it goes. So as far as the future goes, I just let it take care of itself. Just keep things positive and focus on what my purpose is.
the Journey: Well Carlos, usually my last question is what do you see as your mission. You may have pretty much covered it. But, perhaps there is something you would like to add?

Carlos: I think my mission is to bring people together. To help people realize what we have in common. Not to focus so much on our differences but our common thread – our heartbeat. Maybe help people unify by helping them to unify within themselves. Perhaps plant the seed of that realization. I guess I am just a farmer.

the Journey: Back to your roots again. Thanks Carlos.

Carlos: Thank you Brother.



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Banana Bread or Chocolate Mousse?

By Evstarr

Everyone has it, some more than others. Some people don't know they have it, others know they had it and think they lost it, and still others are searching the world over trying to find it - *wishing* they had it. Well, if you haven't figured it out by now my dear readers, I'm here to tell you it is *Intuition*, which leads me to a story.

Once upon a time God was trying to figure out where to hide the *Kingdom of Heaven* so it wouldn't be easily accessible to just anyone. He thought and he thought, and he thought some more. At first, taking this quite seriously, he pondered and thought, "I'll hide it in the deepest, darkest forest, *no*, man would look for it there." Then he reflected some more and thought, "I'll put it on top of the highest mountain, *no*, man will look for it there." Then he remembered Atlantis and thought, "I'll bury it underneath the deepest sea, *no*, man will also look for it there." All of a sudden God got the "ah-ha" moment, "I'll put it within man, he'll never think to look for it there." So the story goes, man continues century after century searching the world over for the *Holy Grail*. Traveling about here and there, seeking out the mystics of the world, the yogis, the Buddhist monks and the Zen masters, amongst a myriad of others along his trail, only to find out, similar to Dorothy in the *Wizard of Oz*, it was with him all along.

Well, we don't have to travel from Kansas to the Emerald City, dancing with munchkins, or ducking winged monkeys or burning wicked witches, nor do we have to travel to Tibet and spend weeks in a cave chanting "Ohm." Oh, you say, that sounds like fun, well don't let *me* stop you. I'm merely suggesting that you go find your own little corner of the world and breathe. Go into your own cave, otherwise

known as *the silence*. Once there, connect to Source Energy, your Higher Power, God, whatever you want to call it; it is *there* that we make the connection otherwise known to many as *intuition*.

For me, this is what it looks like: I take my usual position in the Angelic corner of my office each morning, close my eyes and breathe. Sometimes I'm breathing for quite awhile before I realize I haven't started my daily ritual of calling out my spirit guides, ascended masters, those who have gone before me and crossed over into the spirit world, and an angel here and there. You see, it doesn't really matter how, what or where I do it. You don't need all the bells and whistles, but if you like a little drama in your life, like most of us, then go for it. It's simply a matter of getting connected to your Divine Source each morning. That way when you go throughout your day and you get those miniature bouts of synchronicity and psychic impressions, or that feeling in your gut, you act on it, *intuition*.

My understanding of the difference between prayer and meditation is that prayer is *talking* to God, while meditation is *listening* to God. I have a student that will say to me from time to time, "But I don't get anything when I meditate at home." I explain it like this, what you are doing is unplugging the dam, imagine the chakra system, the seven spiritual centers of the body that run from the top of your head to the bottom of your spine like a garden hose. Well, the garden hose may have a lot of kinks in it, and the Source Energy isn't able to clearly connect with you throughout your day. Therefore, by you taking time out to breathe and meditate you are in essence clearing the channel, opening up a clear frequency, much like a radio, so God can *speak* to you. Therefore, each day that you stay tuned in to the God channel, so to speak, you're making it easier for him to reach you by way of your *intuition*. It doesn't necessarily come during your times of silence. You're fine-tuning the channel, allowing your vibration to rise a little higher each day. In doing this, you're more apt to be *tuned in* to God and able to *hear* that voice of *intuition* thus acting upon it.

Intuition comes to us in countless forms. Sometimes we're so self-absorbed in our own delicate dramas that God is knocking and we're tuned into the *wrong* station. Being a Cancer, a water sign, one of the more intuitive signs of the Zodiac, intuition is like second nature to me. But then again, I must tell you; I do spend time in daily meditation. There have been times in my life, though, where the dial not only

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wasn't tuned into the right station, but was on a different frequency altogether. It's like trying to talk to a horse but you're speaking pig Latin; right pasture, wrong barn. During those times of my life when I wasn't paying attention to the obvious signs that were happening all around me, I literally received an email from God one morning entitled, "Evelyn, how's that cake looking?"

Let me tell you, that one got my attention. I had just spent the previous night talking to the students in my Louise Hay group about *baking a cake*. I used the cake as an analogy referring to life. You keep putting the same ingredients into the cake and you wonder why it doesn't come out good. You bake the cake again, same ingredients, and it still doesn't taste good. Well, after about the third time (and that's if you're a quick study), you realize if you want something in your life to change, you need to use different ingredients! Bingo!

So, for the next few weeks, I'd like to give you some *growth work*: Pick something in your life that isn't working for you and *dare to go out on a limb* and try something different. If you want your life to epitomize a Chocolate Mousse, then quit using the recipe for Banana Bread.

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay groups starting in January. Contact Evstarr for speaking engagements for your upcoming events and to book your Angel Card parties at evstarr@yahoo.com. Check out her website at www.reachforthemoon.net for latest class listings & to be added to her mailing list.



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INTUITION OR INTELLIGENCE?

By wah!

Intelligence helps me understand Pro Tools, the physics of sound and the myriad of different devices people use to listen to my music. Intelligence gives me the ability to adapt to iPods, computer programs and websites. Intelligence helps me play many different instruments and navigate the mathematical world of music. I value my intellect because it allows me to understand the complexities and nature of the world I live in.

However, to navigate my life, I choose intuition. I don't think I made a conscious decision to switch to intuition; my mind simply fell short. Because I had a highly developed intellect, I could see every side of every situation, which left me in constant states of indecision. In order to guide my heart and my life, I was forced to develop intuitive powers.

I did this mainly through meditation – turning off the conscious mind and opening the subconscious and superconscious minds. As a young student, I practiced meditation for an hour each morning. I fasted; I did yoga; I performed *kriyas*. This laid the foundation for the work I do today. When I am on tour, I sit with people and we meditate and chant together. At home, I sit alone in silence or do *japa* (repetition of mantra).

I sit with myself and listen for the sounds that are *not* mind chatter. It takes some practice to tune into cosmic sounds over mental constructs. You may ask, what is the difference? If my mind tells me something, is that intuition? Well, for me, the answer is no. My mind offers me opinions, criticism of myself or others, daydreams about the future; my mind is helpful in sorting through information, predicting behavior patterns, and understanding human nature. I notice these thoughts and acknowledge their usefulness. But I wait for intuition.

Intuition is a feeling that won't go away. A recurring vision or a voice in your head. Moses was guided by a voice. Paramahansa Yogananda was guided by visions of divine Mother. Muktananda was guided by a blue flame that either appeared or didn't appear in answer to his various questions. In your own unique way, after entering absolute silence, certain commands or guidelines will surface. It doesn't sound like a regular thought, just as a lucid dream does not feel like a regular dream. You will recognize the difference. We choose the outer form of guidance we feel comfortable with and Spirit speaks to us in that form. So, let's say you are connected to your intuition and you follow your inner guidance. This is where it gets interesting. You are guided to do or say something that has no physical construct to support it. Your Guru or your intuition told you to go open a bookstore in Montreal, which is fine, except that you are a

plumber with no skills or previous experience to justify the career change. Someone feels like family even though you just met them. So you move in.

Intuition is not bound by time and space. In contrast, the world is completely bound by time and space. Your trick is in fitting the two together in a way that feels cozy, natural and supportive for you and those you love. Sometimes that means knowing the future and saying nothing, allowing events to play out and reveal the intuition you already knew. With more advanced souls you can jump forward in time, but it makes the road you travel a little rocky. I often choose the rocky road because it is fun, much faster than waiting around for things to develop in real time, and slightly irregular.

This summer I was guided to do a solitary quest in the woods. I had a week between a Nashville mix session and teaching a retreat in Virginia so I arranged to visit a friend in New Hampshire and go camping. My heart had been aching for about 10 years, ever since the summer camp that had been in my family for four generations had been sold. New England had been my summer home for so many years and all I had in my heart was a gnawing ache. I had failed to find summer jobs that would bring me to New England. In the end, the command from the Universe was: go on a spiritual quest.

I followed the command and arranged for a week of silence in the woods. I got some food and camping supplies and drove to the White Mountains, arranging to text my friend every morning to verify my safety. The first few days were delightful, hiking mountains and plunging into waterfalls and lakes. It was expansive and I felt healed. Every lake was the lake of my summer home; every pine tree was my pine tree; every mountain was my favorite summer hike.

By the fourth day, the silence started its magic and every subconscious fear came forward. Nowhere in sight were the happy moments of childhood in the forest; all I could remember were the horrible things that happened – calling my fiancé after the summer was over to find out he had married someone else; going to the aristocratic wedding of my first crush and realizing I would never fit in; being the one in charge who had to counsel the rape victims that summer... Memory after memory surfaced into consciousness, many of them things I had long since forgotten. Ostracizing myself from Sunday meals because I refused to participate in the consumption of poultry; never being able to find something vegetarian to eat; inhaling gas fumes summer after summer driving the motorboat... The velocity with which these experiences hit me was bewildering. I walked.

I swam. I reasoned. It failed. I cried.

When I called a friend who led silent *vipassana* meditation retreats he said, "Hey that's great, you did a week of silence? How about that DAY FOUR?? Huh? That's something, isn't it?" The Day Four Meltdown was right out of the silent retreat classic format. Had I chosen a *vipassana* retreat instead of an outward-bound solo effort, I could have had an experienced guide comfort me in my time of need. Instead, I text messaged my friend who said it was fine to come home anytime, and really that was all the comfort I needed.


The silence allowed who I was to come forward. I was not prepared for the tears I experienced when I returned to the world – a whole day and night of sobbing in fact. But I returned with a heart mended; the childhood ache was gone. If I had used my mind to attend to this hurt, I probably would have signed up for psychotherapy. Following intuition provided me a unique format to heal and integrate my longings and heartaches.

Oftentimes things do not go smoothly, as my story demonstrates. Intuition often offers only a command, nothing more. It's as if God were saying, "Go into the woods..." and then the cell phone service suddenly cut out. "What? What? I can't hear you!" When you are left with only a thread to follow, you have to figure it out as you go. The teachers and gurus I have known also work this way. "Go open a bookstore in Canada." That is it. No details. No timeframe for the student to work with. Everything is now, because intuition does not hold time and space. In my experience, when the command was given, the shift happened immediately. Nityananda stood in a tree for years. Shivabalayogi sat in meditation for 23 hours a day, eight years in a row. In the yoga traditions, the commands were often stark and rigorous, demanding inner growth.

I think the interplay between intuition and life changes is fascinating, and I continue to try and weave a life that connects them. As I refine my efforts, I see that I could use my intellect more to research the things I am guided to do. Perhaps I could move more slowly in my life and relationships, waiting for them to sweeten in their own time in the way I know they will. But intuition requires a leap of faith. It may not always go the way you think it will go, but it always takes you to the heart of the void.

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DEAR LOUISE.....



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,

I've been working at an acting career for 30 years with not much success. I've been involved in Science of Mind and other metaphysical teachings for that long, also, but none of my dreams have come true. What would you suggest?

B.D., New York

Dear B.D.,

Anyone who has been in the teachings this long without results isn't doing the work. It's as if you were given a part in

A Monthly Column from Louise Hay

a play and only halfheartedly learned the script. You're not going for it 100 percent. The director would not be pleased with your performance. And the Universe is obviously getting mixed signals from you. You vacillate between doing affirmations and feeling that they're not working for you.

I suggest that you make a commitment to yourself. The metaphysical part of your life is the biggest "part" you've ever been offered. Take this opportunity and give it everything you have, just as you would if you were offered a starring role on Broadway. Love who you are and go for it!

Affirm: I AM WILLING TO BE THE STAR OF MY OWN LIFE!

Dear Louise,

Ever since my wife passed away about nine months ago, I've been continually losing things—yesterday one of my indoor cats even got lost. What is the metaphysical reason this keeps happening, and what can I do to stop it?

S.B., Dallas

Dear S.B.,

I feel that you're still mourning the loss of your wife—that's why things are happening as they are for you right now. A lot of sadness comes to the surface upon the death of a loved one. It's important that you let yourself feel the sadness. Nature has given you feelings to get you through certain experiences and to deny them causes more pain.

We all cope with grief in different ways. There are no rules! Call the Grief Recovery Hotline for the location of a group near you at 1-800-445-4808. And Affirm: I AM AT PEACE WITH MY LOVED ONE'S PASSING.

Dear Louise,

Is it possible to transform anger, guilt, and fear into positive thoughts without feeling any resentment? Sometimes I think that would be an impossible task. What do you suggest?

A.S., London

Dear A.S.,

Of course! The key is forgiveness. Many people think that when you forgive others, you're letting them off the hook for something they did to you. But actually, forgiving another person is an act of love for yourself. You're releasing negative feelings that can harm you, and this has nothing to do with the other person. You're saying to yourself, I love you, and I will no longer let this past experience rule my life.

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Introduction...

The Ancestral Call

By Liaya

If you are reading this material you at the very least have some curiosity about the world of psychic phenomena. Somewhere inside you feel a pull, a call from a seemingly unrelated and random place. You want to know that there is more to life than what meets the eye, to find meaning in the mysterious ways in which our lives sometimes unfold, and understand life's ultimate purpose. This desire to know is as old as humanity itself. As a metaphysical counselor and initiate into the 'old ways' I can tell you from experience and perspective this thing called psychic energy is a real force of nature; a force ancestors understood perfectly but "modern" people have for the most part been encouraged to ignore, fear or ridicule.

There is tremendous evidence that our ancestors used this gift of nature to help us stay connected to our true Selves and to help us thrive in challenging times. They developed very reliable ways of approaching cosmic forces to ask and get guidance on the best way to resolve challenges; from finding food, to knowing when to move, to knowing who was best suited to lead a group. They were 'in-tune' because of their love, respect and reverence for the sacredness of life, which caused them to more closely follow the rhythms of nature.

As groups of people came together to form communities it was necessary to stay connected to intuition for the good of all. Women were the primary psychic vessels and powerful conduits through which psychic information flowed. They were more in tune with the cycles of life because their monthly menstrual cycle followed the waxing and waning of the moon. The moon has always been a symbol of natural fluidity of cycles and intuitive understanding.

The natural world governed ancient peoples behavior and direction completely. They lived so close to the earth that they learned to commune with different aspects of nature, which would in turn reveal their secrets. For instance, plant spirits or devas revealed their medicinal power to heal and expand consciousness. Our ancestors *knew* all of life was alive and everything had a spirit and was connected to everything else. When a beloved community member died they were then revered as an ancestor because it was believed their expanded vision would then act as a guide leading the community along the path of well being from the spirit realm. It was a matter of survival that our inherent "inner guidance system" was strong.

Those with special psychic gifts were usually taken under the wing of the community's medicine woman, shaman or "witch doctor" who would teach her or him how to read

signs and omens left by animals and the heavens, petition totem deities for healing and support, do ceremony for healing or blessings, and to interpret dreams sent by ancestral guides on upcoming events. Through these medicine lineages it was easy to spark "lightening in the blood," a Mayan term for someone who was either born as natural psychic, oracle, prophet or healer, or developed these abilities through training. This was a way of life for thousands of years. Now this spiritual DNA lies dormant in most of us because somewhere along the line things changed dramatically.

There are many theories as to how many of us have lost touch with our inner connection to spirit. According to many indigenous stories, as warring and invading tribes inter-mingled with and took over many communities and cultures they brought their concepts of God/dess with them and imposed their ideas, sometimes brutally, on the "conquered people." The nurturing, intuitive Mother cultures were displaced. The creation stories were retold and the Great Mother who encompassed both male and female energies was replaced with the Father omitting the Mother. Out of this worldview the concept of power over others evolved, along with concepts of survival of the fittest, white over dark, male conquering female.

Concepts of priesthood also evolved. The sacred traditions had to be controlled by a few select initiated individuals instead of being a celebrated community event. The practices of shamans, medicine women and men that had guided their communities were distorted and replaced by the belief that people were weak and needed a "middle man" to interpret God's word for them.

In many cultures women gradually lost their value to the community as spiritual leaders. Ultimately priestly caste systems codified religious experience to fit their own purposes. Anything outside of this Official Truth would be considered a threat. In fact, only those who had been sanctioned with approval from the initiation systems were allowed to dispense knowledge as time progressed.

Then as now, fear was used to control the masses. To create negative association with an individual's direct inner experience and connection to the Divine was a necessary part of this new spiritual direction. Only now as we close out the Piscean age, which started over 2,000 years ago, are divinely inspired oracles such as the I Ching, Table of Ifa, Astrology, Sacred Astronomy, Prophecy and Seership openly practiced without fear of the ego overlay and interfering memory of suffering for using this gift.

Once again the ancestors rejoice as more altars are lit in their honor and the vortex between the worlds is once again open for those who choose this path. They are ready to spark "lightening in the blood" through your spiritual DNA. They are calling, the question is, will you answer?

• • •

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With over 23 years yoga practice, 10 years as a yoga teacher, 25 years as an astrologer, over 15 years public speaking experience, published author in local and national publications and personal growth counselor, Liaya has proven herself to be a highly valued member of the holistic and spiritual growth community. Through using her natural gifts of intuition and divination skills and astrology (Mayan, Western and Eastern systems) Liaya has assisted many people in finding their path to better health and relationships, stronger spiritual understanding and more fulfilling ways of living. She has trained with yoga masters and had initiations from the Tantra, Kundalini and Nubian Kemetic (Egyptian) spiritual schools. She is a yoga and meditation teacher (Tantra, Hatha, Kundalini and Kemetic) and stud-



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ied the healing arts especially from native cultures. She is also a licensed minister & priestess of the Goddess, and has worked as a rape crisis counselor and alcoholism counselor for teens. Liaya is currently working on a woman's healing CD and book: *Living Sacredly the Yogini Way: A Guide to Healing, Peace, Prosperity, and Sacred Sexuality*. Her Website is www.communities.msn.com/lotusborn; email her at Liayayogini17@msn.com



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HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

Getting in Touch

By Janee Kuta-Iliano

Your body is one of your most magnificent pieces of machinery with a built-in wiring system that communicates with you each and every day. Our bodies give constant signals and intuitions that indicate an imbalance or dis-ease. That re-occurring headache, or migraine, or the 3-5 slump at work. That inner voice that says to back off the sweets for awhile or lighten up the diet to not get sick or gain weight. That episode of indigestion, colds/infection, skin breakouts, diarrhea or constipation? These signs and signals are ways our bodies communicate with us, telling us that we are not getting what we need or that we are getting too much of what we shouldn't have.

Intuitively many of us may know what causes our bodies to react in unpleasant ways. Often times though, we are disconnected with our bodies and have no idea what is going on or what causes us to feel sick.

I have asked clients through the years what foods, for

instance, bother them. What foods make you sleepy, bloated, irritable and energetic, give you headaches, make you satiated, etc. Many shrug and have no idea how their body reacts to the things they put inside of it. This is one way we have lost our intuitive sense when it comes to regulating our individual bodies.

Everything you put into your body causes a reaction. It is up to us to determine whether or not that choice was positive or negative. And it is our intuition that is the first line of defense. Did that food, substance or thought support or suppress you? Do you know?

The body is a fascinating piece of machinery that will regulate and cleanse on its own as needed whether you intuitively know it is time to regulate and cleanse or not. For example, the common cold is one way the body can detoxify itself. What happens when we catch a cold? For many, fatigue, fever, decreased appetite and the expulsion of mucus are some common symptoms associated with a cold. All are signs of an internal cleanse. The goal is to get to the point when you know it is time to back off, lighten up the diet, cleanse and regulate on your own BEFORE the body does it for you.

Often times, when we "catch" that cold, we innocently cut a vital cord by taking an aspirin to stop a headache or taking decongestants to stop the flow of mucus. We tragically suppress symptoms instead of intuitively looking at the root of the cause. We suppress instead of going within, examining the lifestyle and discovering the things that cause imbalance in our body.

Why did you get a headache? Why are you so sleepy around 3:00 p.m.? Why is your immune system suppressed causing you to become sick all of the time? How do we get back in touch?

There are ways to take personal responsibility for one's health care. Ways we can get back in touch with our inner voice that guides us. Ways to start early and use preventative measures before we are faced with sickness and degenerative diseases.

One way we can get back in touch with our body is through cleansing and detoxifying our systems. Many health authorities will agree that the most important and vital change we need to incorporate into our lifestyle is the process of cleansing and detoxification minimally 2-4 times a year, or as needed. Just as you take your car into the shop for a regular tuneup, your body is a machine that benefits greatly from a seasonal cleanse.

The body can be compared to the layers of an onion. Unhealthy eating habits, stress, prolonged use of medications, environmental hazards, etc., can leave behind residues that can accumulate in the body. According to a large

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1990 survey by the Environmental Protection Agency, every single person surveyed and tested showed some evidence of petrochemical pollution in their tissues and fats. Some of the chemicals found included styrene (used in plastics), xylene (a solvent in paint and gasoline), benzene (a chemical found in gasoline) and toluene (another carcinogenic solvent). These are just some of the pollutants we are faced with everyday. Like the layers of an onion, the residues can continue

to accumulate year after year of life. As those layers pile up, we become more disconnected with our true intuitions that tell us what we need to live a vital, healthy life. In a sense we start to numb out, walk around with foggy heads or in food comas. We lose touch with basic instincts and rely on others to tell us how to care for our bodies.

A cleanse can truly start to peel those residues away, piece by piece, which can help decrease the levels of toxic-

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ity. As the body is cleansed, it is better able to assimilate the nutrients in the food consumed and the person can start to get at the root of most illnesses...

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What we put into the machine will determine, for the most part, how it will function as well as how long it will run. When we give the body the type of nutrition that was intended for this machine, it will begin to clean out, shed what it doesn't need (weight) and will begin to repair and rejuvenate. It will also be stronger to fight against the many environmental pollutants we are exposed to on a daily basis.

As you rid the body of accumulated toxins, you intuitively begin to know what your body needs for that day or

for that week. When you walk into the grocery store, you find yourself drawn to foods that you may not have craved before. Asparagus, pears, cauliflower, organic meats if you wish. It all becomes clear and your body will never lie. It is there to steer you through those aisles; but it is up to us to choose to listen. At the same time, you'll become sensitive to toxic exposures like strong scented perfumes or car exhaust, letting you know that it is something you don't wish to be around.

Your body will always tell you what it wants and what it doesn't want. We are at a time when we are no longer living to eat but truly eating to live, to protect ourselves from the huge amount of chemicals and pollution we are exposed to

Rosanna O. Zavarella, Ph.D. Wholistic Psychologist

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daily. Chemicals in our environment and, more importantly, chemicals and additives in our food supply. If you do not take care of the most magnificent machine you'll ever be given in this lifetime, where are you going to live?

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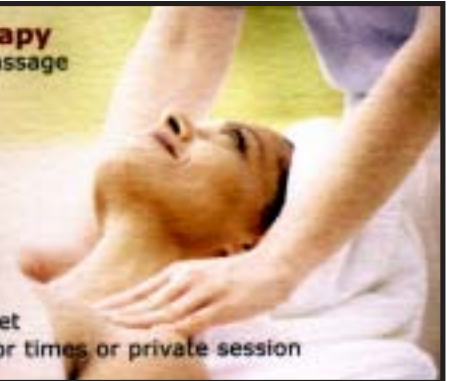
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PLANETARY PATHWAYS

By Evstarr

ARIES

Fear not my dear Ram, your intuition is correct...November has you taking action, like only the Ram can, you've known what your next move should be all along...now plunge forward, just make sure you don't *butt* any heads along the way.

Keep doing your work in December Aries, your efforts are cashing in...just in time for the Holidays...you're a born leader and you know it...keep up the enthusiasm, along with your innate sense of entrepreneurship and watch the customers keep on a coming...the stars are filled with magic...in addition, *Here Comes Santa Claus*

TAURUS

Planet Venus is your benevolent benefactor, and November says let go of some of that Taurean rationale and dream big...it's time to drown all fears about moving forward and take the *bull by the horns*...see that red towel in front of you, and charge, charge, forward...you'll be glad you did

Did you dream big enough? Not quite, set those sights higher, the Universe is shouting stop settling, stop compromising...you deserve nothing but the best...and it's time you not only realize that, but also get out and *DO*

something about it...reach higher than you've ever reached before, and know that the planetary energies in December are playing *Winter Wonderland*, so start singing

GEMINI

OK Gemini, do you know how to stand still, didn't think so...try this word on for size in November, *tranquility*...how does that resonate with you? The stars say you need a break, you're going into overload...make the time to relax, be still, and indulge in much needed self-care before you short-circuit yourself, Mercury is retrograde you know

If you listened to my advice last month, you should be rejuvenated enough and tuned in to your own internal frequencies. Pay attention in December, the Universe is communicating with you, and you excel in communication 101...so stop, look and listen to what that big voice in the sky is trying to say to you, *Do you hear what I hear?*

CANCER

Those chance meetings aren't chance, and the repetitious signs are happening for a reason. You know better than most, the crab is psychically tuned in...but you need to notice, and not write everything off as happenstance. In November, that silvery ball in the sky is aligned with you dear Cancer, and your prayers are being answered, it's time to pay attention and have the faith

Slow down, you move to fast, it's time to take those morning naps...OK, we all know you're the hostess with the mostess, you've baked way to many cookies, and had way to many people over for dinner, and you're still pushing the Tupperware...let me spell it out for you, December is singing *Silent Night*, REST...otherwise that sensitive stomach of yours is going to explode

LEO

OK lion nobody roars louder than you, but make sure those roars are positive affirmations...that's right, the Universe hears you speak, like none other, the stars are reminding you in November to say those affirmations, daily and loudly, the jungle is listening and your roar echoes

The planets were listening, your roars were heard, now it's time to make that jungle of yours even bigger, the Heavens are watching over you in December...tell that cowardly lion to take a back seat, you've thrown your fears out the window, and now you're leading the path down the yellow brick road, and Oz is around the corner, just in time to *be home for Christmas*

VIRGO

It's time to put the calculator down, and quit analyzing everything to death, November's energies are speaking to you, and they need you to pay attention...valuable information is coming your way, look around your garden and see all the signs, the harvest is finished...it's time to look to the future, notice anything that comes to you *3x's or more*...listen up

OK, so you paid attention and the synchronistic events are happening one after the other...you're more powerful than you realize...don't let that Mercury retrograde get you down...December's planets are sending you an extra boost...it's time to reclaim your power and shout *Joy to the World*

LIBRA

You've asked for it, you've prayed for it, now get out of the way and allow it to happen...quit flipping coins, you've weighed it out a million times, stop asking the question "what do I do next"...just relax, go into quiet contemplation & just let it happen in November, Heaven's blessing you

OK my dear Libra, we know that making a decision isn't something you relish because it takes you forever...well, December's planets are asking you to make that decision, listen to your intuition, the Universe is asking what do you want, quit floating around like a canoe without a paddle, and *DECIDE*...just in time for the *Twelve Days of Christmas*

SCORPIO

OK...you've probably went to extremes on your birthday, now it's time to get back to the nitty gritty of life and put a plan into action...someone out there wants to help you, the planets are doing what they can in November, but the rest is up to you, figure out who it is and get out there and just ASK...asking for help is a sign of courage

So now that you've asked, don't stop there, put that plan into action and think BIG...you can do it...see yourself succeeding...release those insecurities, the planetary energies in December are speaking to you, and letting you know you are utterly qualified, so start singing *Jingle Bell Rock*...the world is waiting

SAGITTARIUS

The Universe is mirroring your thoughts...check out your belief systems and make sure they reflect who you are and who you are becoming...November is asking that you not only pay extra attention, and listen to conversations around you, but also heed your inner guidance, it's trying to tell you where to point that bow and arrow next

The Holiday season has you reflecting on your father and issues relating to your personal power...whether your father is alive or watching over you from beyond, it's time to heal any left over wounds...in December all that Heaven is asking of you is the *willingness* to release any old hurts, angers or resentments...let go of everything but the love and the lessons of the relationship, then turn that *Blue Christmas* into white

CAPRICORN

It's time to start seeing the glass as half full instead of half empty...the stars are blessing you right now with an abundance of magical energy...a planetary pathway has just opened up for you...use this energy to manifest your desires...you'll have plenty of be thankful for this November

Good work, you've been asking and praying and now it's time to keep watering your dreams, remain positive and follow your guidance, step aside and let the Heavens take care of the rest...*faith* my child...December has you singing *Oh, Come All Ye Faithful*

AQUARIUS

I know it's scary...take that next step anyways...the stars are saying "yes"...your intuition is correct, take action...you



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of all people are only to familiar with untrodden territory, close your eyes...wave your magic wand and take that leap...November is saying go with your hunches...

OK it's time to slow down some of that Uranian energy and go into your cave to contemplate what you want next...make a list of your priorities, and spend time meditating upon what you truly desire...stay warm by the fire in December and just let it snow, let it snow, *Let It Snow*

PISCES

November says it's time to switch places, and quit being the giver for a change and balance out the energies of the fish that keep swimming around dazed and confused...stop swimming and allow someone else to nurture your soul...it's time for you to sit back and be on the receiving end of the sea...accept with no guilt or apologies

OK, now that you've taken the time to replenish your soul, it's time to let the God of the Sea, Neptune, guide that ship of yours to shore...December has you dreaming *BIG*, and the bigger the better ...Jonah the whale has nothing on you...you're as big as your dreams, so sink those fears and *Have Yourself A Merry Little Christmas*

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THE YOGA PAGES

INTUITION

Understanding Through Other Channels

A Yoga Teacher's Perspective

By Bryan Kest

You can receive information from a newspaper or through the airwaves as in radio or television. Similarly, you can receive information through words or through feelings. In other words, through intellect or through **intuition**. Our bodies and minds are like radio antennas. They are receivers of information. Where this information comes from is explained in many ways, in many religions, cultures and spiritual practices. Its source is the great mystery, God, the Great Spirit, however you relate to the energy that guides us and joins us. Intuition is what happens naturally when the mind is no longer clogged with thought and busyness. Thus, you have the practice of yoga and/or meditation that is and should be one and the same.

These practices strive to still our busy minds, allowing the mind to rest in silence, which could easily be said to be the goal of yoga. As our minds become quieter, we become less distracted by the incessant, redundant thoughts that are constantly filling them. We become more present and aware of the experience we are having in the moment. We begin to hear, feel and experience subtleties that the mind was previously too gross to perceive. Hearing, feeling and experiencing outside of the intellect.

As our ability to be silent strengthens (the practice of yoga), different aspects of us start to sharpen, strengthen and fill the void left by the departure of incessant thoughts. Not so dissimilar from the sharpening of other senses if the eyes were to go blind. It is as if

our intuition is sitting there waiting for us to access it simply by quieting the thoughts, in turn giving it an opportunity to shine. Like a player sitting on the bench waiting for their turn to be called. Yet to access one's intuition, which is one's direct conscious connection to the source of our experience, one needs to work hard (yoga practice) to eradicate that which blocks this connection. As we all know, it is not easy to break habits and addictions. Our minds are addicted to their habits and thoughts; withdrawals from this addiction are extremely intense and require tremendous strength and fortitude to overcome.

This strength and fortitude is displayed by one's ongoing effort to strengthen the qualities of mind that con-



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tribute to the silence one is cultivating and to weaken the qualities of mind that detract from this incredibly peaceful and harmonious state called silence, serenity, love or God. This ongoing effort is the reason for daily meditation or yoga practice.

Although this is a long and arduous road for most, don't be dismayed. You do not have to wait long for your efforts to bear fruits. Yes, it is true that the constant connection to our intuitive state may be a long way off. Every day we make small steps toward the silence that is so revealing. With these steps one feels more peaceful and clear, as well as connected to the source of all knowledge. With this connection we feel more peaceful, wise and insightful, and with this we are motivated to push gently forwards on our path toward silence, which is the fountain of intuition.

Which came first, the chicken or the egg? Who am I? With all its development, the intellect is no closer to the answer of these questions than its ever been. If we want real answers to the questions that are actually pertinent to humankind's peace and happiness, we need to look elsewhere. We need to look behind the busy mind to the intuition that is sitting in silence, patiently waiting for us to realize its necessity for living a balanced and harmonious life!

This is my understanding derived from my yoga practice. I sincerely hope it is helpful and informative.

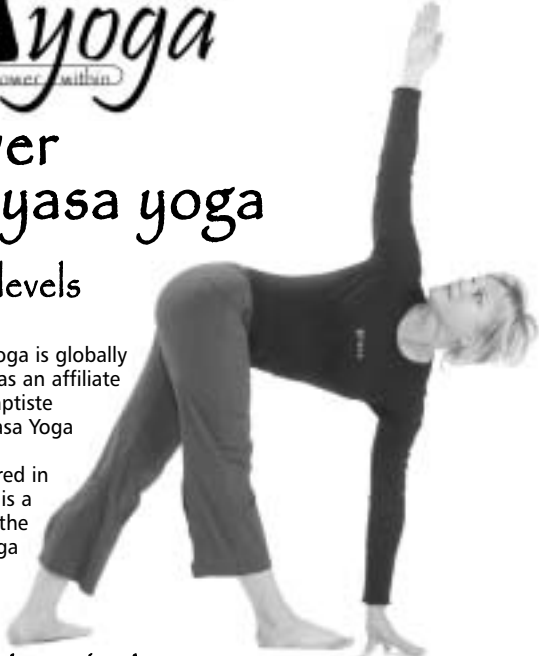
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Bobbi Holliday and Leslie Thompson offer classes at the Ganesha Studio in Elyria. Day and evening classes. Yoga With A Difference presents area teachers with their specialties. Yoga and Metaphysics Intensives are offered twice a year. Next intensive starts in January. (440) 324-6373 or email at bholliday@eriecoast.com

Marni Task, private group or individual yoga lessons. Jivamukti yoga with an anusara flair. Phone (216) 376 2521; email: marnitask@aol.com website: www.marnitask.com

Shakthi, gentle hatha style yoga. Personalized classes with an intimate atmosphere. Tantra classes starting soon. Phone (216) 849-6621 email: Psumakanth@hotmail.com

Yoga Events/Workshops:

Tantra Workshop at Karma Yoga Downtown with Shakthi Saturday, November 19 & December 17. Call 216-849-6621 for details and registration.

Beginners workshop with Susan Smola at Karma Yoga, 1382 West Ninth St. (second floor) Downtown - Sunday November 13 from 1 to 3 pm - \$35 - 216-621-7085 for info

Yoga Teachers Training T.R.Y. 4 Life 200 & 500 Yoga Alliance Registry - Weekday or Weekend Training - www.try4life.com jan@try4life.com 440-356-5991 or 330-995-4104

Exploring your Chakras on the Mat Friday, November 18 at Inner Bliss, 5:45 pm - 7:45 pm. Gain an understanding of your energetic centers (Chakras) and how your yoga practice can help to bring balance to this powerful energy system within you! \$25 pre-register, \$30 at the door, prepay \$45 for both, To register call 216-469-6689

Align With The Divine - An Anusara Workshop featuring nationally renowned yoga teacher Todd Norian. January 13 through 15, 2006. Sponsored by Namaste Yoga Studio. For more information call 216-970-3641 or you can visit us on-line at either www.namasteyogastudio.net or www.deepeaceyoga.com.

Support YouthAIDS global HIV/AIDS prevention programs by purchasing "Off the Mat, Into the World" T-Shirts at www.gaiam.com/youthaids. T-Shirts and project supported by Seane Corn and Ashley Judd, as featured in The Journey Magazine and Yoga Journal.

Kaos at Karma - Drumming and Dancing - a healthy alternative to the bar scene (no drinking, drugs or smoking) just let your energy flow and guide you. Fridays at 8pm. Please call 216-621-7085 for more info.

Karma Yoga - Yoga Teacher Training & Certification - T.R.Y. 4 Life 200 & 500 Yoga Alliance Registry - Weekday or Weekend Training - www.try4life.com jan@try4life.com 440-356-5991 or 330-995-4104.

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.



In keeping with the forthcoming Holiday season, it's time to look at our health and our bodies. Dreams are full of symbology regarding the condition of your body and where it's headed. Our dream life can keep us informed during this upcoming time of indulgence of what is going on with our health and the issues surrounding it; that we *may* or *may not* be aware of.

Let's look at vehicles, our means of conveyance from one place to another. Vehicles are incredibly symbolic as to what kind of abuse your body is suffering from. The soul uses the body to move in and out of during our dreamtime; similar to the way we use our vehicles during our waking time. Your automobile and the condition it is in, regardless of awake time or sleep time depicts your present state of your own physical body.

Smashed, Dented, or Abused: This represents poor-self-esteem, the way you feel about yourself, or may indicate poor health due to the damage of your body.

Driver's Seat: Turn around and look *who's* driving your car in your dream, and hope to God it's *you...if* somebody else is in the driver's seat, take a good long look at who's controlling your life.

Gas Tank: Where you fuel up, the stomach, digestion, your ability to recharge, or are you plain running out of gas, too much late night partying

Stuck: Don't blame this one on the snow...implies inability to progress or move forward, where in your life are you feeling stuck, your job, your relationships, or your gen-

eral belief system

QUESTION: Does the type of car I'm driving in my dream mean something in particular?

ANSWER: Most assuredly, ambulance: implies trouble, race car: feeling of competition, taxi cab: using other people's ideas, buses: race-consciousness, going along with the crowd

Dear Duchess:

The Big Chuckhole: - I am driving and all of a sudden there is a huge chuckhole, literally the size of my car, there were no orange cones, or yellow tape marking it off. My car falls right into the chuckhole & somebody has to try to pull my front end up enough so my car could be lifted out. Signed, In the ground

Dear In the ground: I would want to look at what is going on with you and your health at the present time. Are you over indulging in too much food or drink? It appears that you are literally *driving yourself into the ground*. Sounds like that hole was more than 6 feet deep, better start taking care of yourself before you find yourself 6 feet under in a pine box instead of an automobile.

Evstarr, aka "Duchess of Dreams," has been studying dreams for the past 25 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. You can visit her website www.reachforthemoon.net for upcoming dream workshops, send your dreams & questions to evstarr@yahoo.com.



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The Toronto Yoga Pages

Saluting the Sun devotion in motion

By Allison Alexander
Jivamukti Yoga Teacher - Toronto, Canada

A sun salutation sequence – Surya Namaskar – is a traditional part of many asana practice sessions. Surya is the sun god and the sequence is intended as a devotional practice honouring that aspect of the divine. This action shows respect for the sun as the source of all life on the planet. While the sequence can be used as a complete practice, it is often placed at the beginning of an asana series to stoke the inner sun and warm up the body in preparation for a longer practice session.

There are traditional styles of sun salutation with common elements – forward bends, backbends, standing poses, etc. – but the only limit to creating new sequences is one's imagination. The one thing that should always be maintained is a focus on balancing out the body; if the sequence includes poses that emphasize one side of the body then it

is important to complete that pose an equal number of times for each side.

The sun salutation sequences are intended as a vinyasa – a continuous flow of asanas linked by breath and intention. In a true vinyasa, each movement is coordinated with either the inhalation or the exhalation and the movement takes place over the entire length of that breath action. This can be the most challenging part of the sequence. Some movements are longer and therefore may need to be sped up while others are shorter and may need to be drawn out in order to match the breath count. It may also present a challenge based on our preferences – there may be poses we like to linger in and others we want to get over with quickly. By adhering to the breath we can learn to overcome our preferences in practice as a step to overcoming our preferences off the mat as well.



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UPCOMING EVENTS

November 13 - Yoga Mythology II with Hali Schwartz - Every Hatha Yoga asana has a story... in Part I we learned about the trinity of Brahma, Vishnu and Shiva. In Part II, we meet the consorts...the female shakti energy.

November 19 - The Amazing Spine: anatomy for yoga with Kriota Wilberg - Kriota leads an experiential anatomy workshop using diagrams and demonstrations. Kriota draws anatomical structures on a model, so participants can see how the muscles and bones of the spine and torso work in yoga poses.



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If the sequence presented is going to comprise the entire practice, it would be beneficial to insert some twisting movements of the torso along with some standing poses to work on balance (e.g., Warrior I or II). When using the sequence as preparation for a longer practice session, perform it as a vinyasa for between five and fifteen minutes. The breath instruction is included for each pose presented. A general rule to keep in mind when inserting poses: inhalations generally raise or open the body and exhalations lower or close the body.

1. **Exhale** Tadasana (Mountain Pose)
2. **Inhale** Upward Salute
3. **Exhale** Uttanasana (Standing Forward Bend)
4. **Inhale** Flat Back
5. **Exhale** Chaturanga Dandasana (Four Legged Staff Pose)
6. **Inhale** Urdhva Mukha Svanasana (Upward Facing Dog)
7. **Exhale** Adho Mukha Svanasana (Downward Facing Dog)
8. **Inhale** Lunge (or jump forward to Flat Back)
9. **Exhale** Uttanasana (Standing Forward Bend)
10. **Inhale** Upward Salute
11. **Exhale** Tadasana (Mountain Pose)

Tadasana (Mountain Pose)

- Feet are together with toes spread and the weight evenly distributed between the feet and evenly to all four corners of each foot
- Legs together, muscles engaged and lifting upward and a slight outward rotation of the thighs
- Pelvis even front to back (not tilting) with both sides parallel to the floor and the torso lifting up out of the pelvis
- Arms extend down beside body with shoulder blades tucked in and moving down the back
- Chin is parallel to the floor with the crown of the head lifting up to the sky

Upward Salute

- Bottom portion of the body remains in Tadasana
- Thumbs link and arms extend in front and up overhead as the back arches
- Head should remain between the arms with the neck long

Flat Back

- Feet and legs remain the same
- Torso lifts up as high as required for back to flatten out – hands remain on the floor or rest on lower shins
- Neck is long and gaze is upward

Deborah Galardo Sacred Art Gallery • Toronto



Acrylic painting entitled Shanthi

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Uttanasana (Standing Forward Bend)

- Bottom portion of body remains in Tadasana but as you fold forward from the hips, the thighs roll slightly inward
- Hands are placed on the floor beside the feet or on the shins
- Torso is brought in toward the legs
- Neck is long as the crown of the head drops toward the floor

Chaturanga Dandasana (Four Legged Staff)

- Jump back to land in the pose (or step back to a plank pose and lower down)
- Hands remain on the floor as arms bend to 90 degrees with elbows stacked directly over wrists (the body will move forward so that the hands end up beside the lower ribs)
- The bottom portion of the body remains straight and in line with the top portion

Urdhva Mukha Svanasana (Upward Facing Dog)

- Arms straight with shoulders slightly ahead of wrists – chest is lifted between arms
- Top of feet are on the floor across all toes; legs are straight and lifted off the floor
- Hips are dropping toward the floor

Adho Mukha Svanasana (Downward Facing Dog)

- Feet are hip distance apart with toes spread and heels yearning for the floor; sitting bones lift toward the sky
- Hands are shoulder distance apart applying even pressure on all parts of the hand
- Arms are straight with forearms rolling slightly inward and upper arms rolling outward
- Legs are straight (be sure not to hyperextend the knees) – the muscles in shins and thighs lift up the leg and the thighs roll inward
- Neck is long with ears alongside arms

Lunge

- Hands are flat or on fingertips on floor one leg extended back
- Front leg is bent to 90 degrees with knee directly over ankle
- Back leg is fully extended with knee lifted off the floor and toes curled under; hips remain low
- Head is lifted and gaze is forward

Allison Alexander is a certified Jivamukti Yoga teacher. She teaches at Jivamukti Yoga Toronto: 5 Shuter St., Toronto, ON 416-530-0039 www.jivamuktiiyoga.ca



photo of Diane Bruni by Cylla von Tiedemann

Teacher Training 2005-6

Since 1999, Downward Dog has been offering comprehensive training programs for aspiring and existing teachers. Our 140-hour Module I program provides instruction over 9 week ends, from Jan. - Mar. 2006. Please consult our website at www.downwarddog.com for a full description of the program.

Upcoming Workshops

Yoga for Scoliosis with Diane Bruni

Learn how to work with and against a lateral curvature of the spine. With this awareness you can begin to reverse the effects of your scoliosis and bring a greater sense of balance to your body. Open to students of all levels, and to yoga teachers who are curious about this condition and how to identify and support a person with scoliosis.

Saturday, October 29, 2005, 1:00 pm to 4:00 pm. CDN\$40

The Yoga Sutras with Marla Meenakshi Joy

A practical application to help navigate our lives

This workshop focuses on the Eightfold path ("ashtanga yoga") as prescribed by Patanjali in the Yoga Sutras. We will focus on key sutras (aphorisms) to help put to practice this ancient philosophy of yoga in the context of our modern day-to-day situations and challenges.

Sunday, October 30, 2005, 2:00 pm to 4:00 pm. CDN\$25

Weekend Intensive with Ron Reid

November 18 - 20, 2005.

Fri., Nov. 18: 1:00 pm to 4:00 pm; Sat. 19 & Sun. 20: 9:00 am to 12:00 pm & 2:00 pm to 4:00 pm. (13 hrs)

CDN\$210. Details for this intensive TBA at www.downwarddog.com.



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Seane Corn and Ashley Judd,
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