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WORDS FROM THE PUBLISHER.....

Back about eight years ago, a friend gave me a tape of a talk by a gentleman named Jack Boland. At the time that he gave the talk he was celebrating his 38th year of sobriety. Jack was the founder of The Church of Today outside of Detroit, Michigan. Jack Boland had gone from being a homeless, atheist alcoholic to being an ordained Unity Minister with a church he built up to almost 6,000 parishioners. The Church of Today was also known as the "Recovery Church" due to the many twelve step programs that held their meetings at this beautiful space. I never had the opportunity to meet Jack, he made his transition March 4, 1991, but I related very much with what he had to share. One of the things that he said on this tape was "I don't trust me - I have to watch me like a hawk." What I gathered from his statement was that it takes constant vigilance to keep us on a truthful path. In other words, it is very important to consistently check my motives and question if I am serving my higher "Self" or lower "self." Am I in my heart or in my head?

Trust sometimes can be very difficult when we step outside ourselves and put trust in others and we get lied to or manipulated in some way. I am sure anyone on this planet that has been breathing air for any length of time has had that happen. We will immediately take it personal and perhaps retaliate in some way. Then where does that get us? To the same place as the person that disrespected us. The chances are that the person who would act out to us in that way most likely is the same way with all those around them. I am quite sure that this is simply a part of a process in their life experience to find a way to their higher Self. We all fell a lot before we learned to walk. I know if I can take a step back from the wound, giving it time to heal and perhaps look at it from a higher consciousness, I have a greater chance to accept the person as someone who is just trying to be validated.

So who do we trust? Simple, check your motives and if in doubt look to that "still, small voice within" and trust that the universe will always take care of us.

Namaste', Clyde

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Our Theme for the Next Issue...
awareness

Nurturing Good Relationships

By Wah!

**The only way to be sure your yoga is working
is if your relationships get better.**

- ढTKV Desikachar

Yoga asks for full immersion in Light, Love and Self. When you participate fully in your yoga class, even though it's only an hour and a half, it sets a standard for participation in all the other areas of your life. The trust, love and enthusiasm you show on the mat spill over to off-the-mat activities. On the mat you spend time with yourself. Off the mat you participate in relationships with others.

Relationships are best created in an atmosphere of trust. Without trust, no real work can be accomplished. Trust allows the deepest areas of our being to come forward and be transformed.

Trust is developed over time. People prove their intentions through their actions. Consistency develops trust. It doesn't have to be consistently blissful, but it does have to be consistent. If each person is living their path, trust will develop. Being true to oneself is crucial. Your inner workings are precisely designed; the better you know yourself, the more consistently you can participate in any relationship.

The presence of trust is usually an indication that your relationship has deepened. Trust is the ingredient that changes a relationship from an acquaintance to a friend, from a friend into family.

Trust issues often arise in new relationships. I am in several new relationships right now – one is with a saint and the other is with a life partner. Let me share with you the process of building trust through these new relationships.

The saint in my life is a teacher of great magnitude. She has a soul capacity which is deep and profoundly transforming. She arrived in my life three years ago and we have steadily expanded into both friendship and soulwork.

Here's the snag: I was disillusioned by the last spiritual teacher I got close to. Scars that I thought were healed are suddenly showing up. Can I trust her? When she asks me to do things for her, should I? Is this a game between teacher and student, or are we true souls developing a friendship and soul connection that will be deeply satisfying over time? Trust is created between us as the issues surface one-by-one and are resolved according to

present time circumstances. The love she offers is immensely healing to my old wounds. The honesty and openness I offer her is crucial to our establishing a healthy teacher/student relationship.

I may or may not trust someone else. But the core issue is deeper than that: Do I trust myself? Do I trust my own guidance? If my soul is the entity that's guiding me, can I doubt the perfection of this new person in my life? My inner Self seems to consistently ask for voluminous expansion. I am not sure I can do all the things my soul feels I can accomplish in this lifetime.. Meeting this saint creates another expansion. But if my soul was not destined to meet this saint, would I? Every scripture says the same thing: When the student is ready the teacher appears. Let me ask you, how could someone get into the inner recesses of my heart if it were not destined to be so? I have to trust that my soul is guiding my life circumstances. And I have to know that my guides and masters are protecting and guiding me.

Trust is first and foremost a vertical energy. It's between you and your Self. You and your guides. If you don't trust these inner relationships, where can you go? What can you possibly accomplish in this life without guidance and inner conviction? Visionaries are beings who trust the vertical connection above all other connections. And then they serve people. God is in every person you meet! Serve the divine in each person, and see God as a potential in every relationship.

•••••

My other relationship is with a life partner. He is not a saint. It's also new. I recognized long ago that I had a deep connection with him, but it has taken many years to establish trust. The issues that surface now are deep and reflect scarring from previous relationships. Each issue needs care and attention, and needs to be recognized as a trigger of old wounds rather than present time reality. The more times we go through the unveiling process, the more trust exists between us.

Although this is an intimate relationship and the trust is being developed horizontally (person to person), my trust issue is mainly vertical (with my guides). I want to know and trust that I am being properly guided by my sentient beings. Then, I want to be properly nourished by

the human ones. What a beautiful experience to share another being so completely, to feel Divine presence in human form!

Trust is something that can be created and nurtured in your relationships. If you show up wholeheartedly (i.e. with your whole heart), you're off to a good start. If you know and trust that you're being guided well, it's easier to show up and offer yourself completely to the experience. It takes practice.

A friend of mine and fellow teacher, Erich Schiffman, talks about the process of learning to trust your intuition. He advises starting with the small stuff – going to the grocery store and asking your intuition what kind of bread to buy. (Go ahead, try it!) If inner guidance indicates, "Buy the white Wonderbread," buy it. Maybe your Aunt Nellie is planning to stop by tomorrow and she only eats jelly sandwiches on white bread. Don't question it. As you feel comfortable trusting the inner voice in small decisions, you can graduate to more important life-changing ones.

In the same way you build strength and ability in your yoga poses, you can build strength in your relationships. Whether that relationship is with yourself or someone else, trust allows you to enter more fully into your own experience.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest CD Embrace is a collection of songs in English; sale proceeds benefit Ammachi's charitable activities. www.wahmusic.com



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NO RHYME OR REASON

BY EVSTARR

Let's hope I can keep you from jumping all over the page with the theme of this article, which is *trust*. My mind is racing like a game of leapfrog. *Trust* means so many things to so many of us. A baby is the epitome of trust. Trusting that you'll change its diaper when wet, render its bottle when hungry, wrap it in a swaddling blanket when cold, cuddle it when it's starving for affection and basically attend to its every need. Are we born with an instinctive *trust*, or is it that we're still too young to experience our first betrayal, our first heartbreak piercing like a double-edged sword? Do we learn to distrust, or does it come naturally?

I can only speak from my own experiences. I feel that we are born innocent and trusting and somewhere along our paths we fall out of that innocence. We *trust*

our parents to love us and never leave us alone or scared. Then we have that first experience when we're left with the babysitter. Where oh where are mommy and daddy going, leaving me with this horrid stranger? Is that when we first fall out of trust? On the other hand, is it when mom sends us off to our first day of kindergarten? What do you mean I have to go to school all by myself with those mean kids? I thought you were going to take care of me forever and ever.

Now, we don't *all* experience such trauma when growing up, at least I would hope not. I myself don't have much recollection of my childhood before kindergarten. On the other hand, my years falling in and out of love are a whole 'nother ball game. I have vivid memories of that first heartbreak over and over and over again. I remember only too well knitting a bright kelly green scarf that must've been six feet long for Jeffrey Norris, my heartthrob when I was

16. I trusted that after our Friday night date he'd show up on Saturday just like all the other times. Saturday came and went, so did Sunday, Monday, Tuesday...need I go on?

I sat in my room during Christmas break, playing the *Tea for the Tillerman* LP by Cat Stevens over and over again. I didn't hear from Jeffrey again until some years later. I hated the color kelly green and there I was left with a 6-foot kelly green scarf, alone in my room just me and Cat. *Trust* me, this scenario played itself out numerous times throughout my life, the names just changed along with the music.

So is this where it all started, my learning not to trust? No, I'd jump right back into the fire again, being the sentimental Cancer that I am. *I trust* you; if you say it's true...then it's true. Right? Wrong!

I've come a long way since those days of the kelly green scarf...and with it a long line of lost loves. Many of you may be aware that I've lost five boyfriends and one husband through death, each of them tragic. Not to worry, I've since worked through that Karma and understand the gift that each of those experiences brought to me. Talk about *trust* issues, it takes an awful lot of *trust* to fall in love again after so many deaths. I do understand that God doesn't put anything on our plate that he knows we can't digest.

*"I know God will not give me anything I can't handle.
I just wish He didn't trust me so much."*

— Mother Teresa

Or maybe I'm barking up the wrong tree and it's not an issue of trust at all. Is it abandonment issues that are my cross to bear? Why is it we have such a difficult time with trust when the Universe is perfect? What keeps it from falling out of the sky? It trusts implicitly.

Being a Cancer, we tend to be just a wee bit on the over-sensitive side, are you Cancers listening? On the flip side of the coin, we are exceptionally intuitive; trusting our instincts or hunches is one of our greatest assets. I can't tell you how many times I've had a gut feeling about something with absolutely no logic whatsoever to back it up. I'm sure whether you are a Cancer or an Aquarian or a turtle for that matter, you have had moments of intuition where you simply trusted and went with it.

*No Rhyme or Reason
Continued on page 8*



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Nov 9th Palmistry for Beginners 4 sessions \$40 6-8:00p.m. Shirley Fahey

Jan 15th Intuition Development Class 4 sessions \$125 7-8:30p.m. Andrew Keith

Jan 20th Astrology for beginners 6 sessions \$65 10am-12p.m. Barb Cageao

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No Rhyme or Reason
Continued from page 6


Take a look outside; go ahead, I'll wait. What do you see? Is the Sun shining, or is it that luminous silvery ball in the evening sky, the Moon? Do you doubt that the Sun will rise and the Moon will light up your nights? No, you *trust* that the Sun will keep on shining and the Moon will keep coming up. What about the birds, the squirrels? Picture this for a moment, will you; a squirrel lying on a psychiatrist's couch suffering an anxiety attack wondering where its next nut is coming from. Squirrels trust that the

Universe will provide...so do the rabbits, the sparrows and the sea gulls that fly over Lake Erie.

What about you? Now that I've painted this picture of our marvelous Universe that keeps on spinning, are you a still a doubting Thomas in your own life? In the Louise Hay work that I teach, we learn to let go of our fears and anxieties and *trust* the flow of life that God will provide. Think back to a time where you experienced deep anguish, when you thought your world was going to end. I'm here to tell you that if you're sitting here reading these words you've obviously survived what you thought was an excruciatingly horrible experience. You lived, didn't you? And you will live again and again and again.

So, don't worry if you don't get it right the first time; God will give you another chance. That's the beauty of reincarnation; we get to do over again those things we didn't get right the first time.. So quit beating yourself up trying to figure everything out from a logical point of view. When there is no rhyme or reason, just follow the words of Ralph Waldo Emerson —“Trust the instinct to the end, though you can render no reason.”

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her ever-popular Louise Hay classes starting in January. Register early, these classes fill up fast. Check out her new cable TV show Reach for the Moon with Evstarr. Contact Evstarr@yahoo.com for speaking engagements & visit www.reachforthemoon.net for latest listings & to be added to her mailing list.



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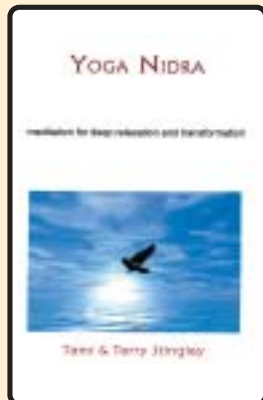
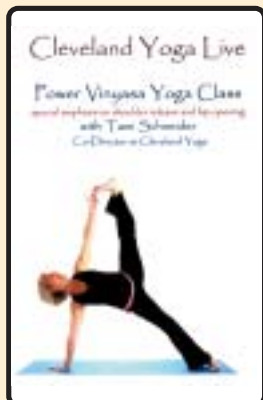
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Trust the Process

By Michelle Mills

“Come to the edge,” he said. They said, “We are afraid.”
“Come to the edge,” he said. They came.
He pushed them... And they flew.

-Guillaume Apollinaire

Just recently, I had a conversation with a very dear friend of mine on the subject of *trust*. He asked me “What issues do you think you have with trust?” And, without hesitation, I said “I don’t have any.” And he laughed, and said, “Well congratulations! You are one of the very few people on this earth who don’t have any issues with trust – you must be perfect!”

I actually took a second to think about his statement and even doubt for a brief moment my response to his question. After all, how could I feel so confident in saying I have no issues with trust, if, like he said, all people do...so therefore, I guess I am *suppose* to? Well, thankfully, my doubt was only for a brief second.

I again said “I don’t. I honestly feel I don’t.” Then he paused, and said “You know what? I already knew how you were going to answer that question, even before you answered it, and do you know how I know?” I said, “How?” and he continued, “Because I have seen your growth.”

Certainly this is true. My friend has been there during some of my hardest times. He stood by me as I fearlessly said “I am going to prove that life works and that you can trust the process!” And then he watched, as I jumped! I was excited and confident that as soon as I leaped, the net would immediately appear.

But you know what? It never happen as I had planned. I soon felt myself out of control, without any security, spiraling down and down with absolutely no sign of a safety net anywhere in sight.

Despite that helpless feeling, I held on to my faith because I truly believed in what I was doing. In fact, the very magazine that you now hold in your hands, *the Journey*, is the very product of that leap of faith and my trust. I quit my job of ten years to begin this magazine with Clyde. At that time, *the Journey* was just a seed, just a dream, and now over four years later, though I am no longer an active part of it, Clyde has taken it to new and wonderful heights.

As soon as I realized that my part in it was simply to give birth to it, I left my partnership with Clyde to create a radio show, *the Journey Hour*. But my dream was harder then I thought. I was still unprepared for such a huge leap.

That fearless jump caused me to struggle both financially and spiritually. I didn’t understand. I believed in my soul, that if you were living your life’s purpose, then God would provide the assistance. But it seemed the harder I worked; the more I was drowning, causing me to doubt everything I believed in. It was then, my friend knows, that I had issues with trust.

But one night, with just a thread of faith left, I prayed desperately for assistance. That very night I had an incredible dream, so real that now, even four years later; I remember it as if it were yesterday.

I remember it was an extremely dark night and I was pulling out of my driveway. Just about ready to turn, I saw headlights approaching. As I stopped to wait for the car to pass, I noticed the front end of my Jeep was sticking out too far in the road, so I put it in reverse and backed up, but backed up too far...so I pulled forward again, and again the front end was too far into the road, so I backed up a second time. Then, my foot slipped off the pedal and I fell to the passenger’s side, loosing all control as the Jeep continued to move backwards towards a tree.

Knowing I was going to hit the tree, I suddenly realized that I was the only one that could save myself. I knew that I had to pull myself up with all my strength and put the brakes on or I would crash. I struggled and pulled myself up, and as soon as I hit the brakes...I woke up.

Days after that dream, I made the decision to give up my business and go back to the security of the corporate world. I began sending out resumes and like a whirlwind, exciting new doors began to open wide for me. The net had in fact, appeared.

I can now look back over the course of several years and know how very perfect the story was after all. I know now that in life the dark is just as important as the light in the entire process. I know also that I tried, as many of us do, to control the outcome out of fear and anxiety. But when we work against the flow, it just prolongs the struggle.

We may not always understand it, but sooner or later, we do get it. We finally will arrive at the paradox that each time a door closes, the rest of the world opens up. When we live in complete trust in God and the bigger plan, then we will stop pounding on the door that closed, turn around, and welcome the largeness of life that is open and available to all of us.

May you trust the process and know that you are *always* divinely guided...*Namaste*.

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Thank you for reading the Journey and for your support of our advertisers.

Sincerely, Clyde Chafer

Trust: not a matter of choice, but a must

By Nikki Pawlowski

Trust: not a matter of choice, but a must.

For there is no final judgment...

And there is no need to rush.

To live in such a way...is not to Trust.

Be aware of how you use your mind...

And that you do not build from an illusion
that is unjust.

You say to succeed one must grow,
learn and trust.

Seek your sources wisely...

Or it will surely be a bust!

Learn from your distractions and seek only
the ultimate Approval.

For when the illusion has taken its toll...

And you feel you are about to unravel...

Seek within yourSelf for the ultimate
Trust and Approval.


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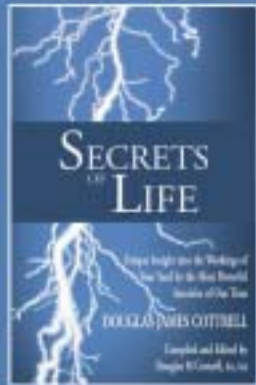
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OBSERVING THE NATURAL WORLD TRUTH IN NATURE...

BY JANEK KUTA-ILIANO

I remember the first time someone told me there were products in milk like growth hormones and antibiotics that contributed to the malaise of the human body. At that time I was working with a distributor of Cell-Tech products and I literally thought he was out on the thin branches. What did he mean milk wasn't good for me? How dare he challenge everything I had been told?

Sitting there at that coffee shop in Athens, Ohio, I realized it was all over for me. The major and career I had selected would no longer serve the purpose I was chosen to have. I was never going to be able to think the same, despite how offended and annoyed I was when he told me about the milk.

Over the years, information just kept coming. It got to the point where I could no longer ignore the fact that the Standard American Diet was in fact SAD. My life's work had begun and my pursuit for the truth on what we should be eating shifted toward observing the natural world.

I have always found it funny that we need to read books and attend lectures to find out what we should be eating; every other species on the planet knows exactly what to eat and how much of it to have. Our taste buds have become so perverted from our high fat, high sugar diets that foods with lots of fiber and healthy carbs are just too boring.

Humans have been walking this earth for about 40,000 years. Until 150 years ago, we ate a certain way. The primitive diet consisted of fruits and roots, beans and greens and seeds and weeds with a little bit of wild game or fish thrown in as it was found. The hunter-gatherer diet was what humans ate until man started industrializing his food. Now huge factories process our food and put it into cans and boxes where most of the nutrition is extracted. We have standardized our diets with meats and sweets, pies and fries, chips and dips, cakes and shakes. Now, 150 years is a mere drop in the proverbial evolutionary bucket and unfortunately we are seeing the drastic side effects

of our relatively new dietary habits.

For instance, today:

- 1 in 2 men and 1 in 3 women will have cancer in his or her lifetime.
- In the last 20 years, Type-2 diabetes has increased 10 fold and is projected to increase 165% over the next 50 years.
- By age 12, 70% of children have developed beginning stages of hardening of the arteries.

I am sure these facts are of no surprise to some. When you start to sift through all the science and research on diet and nutrition one thing remains true, we need to be eating more fruits and vegetables. The U.S. government has spent billions of dollars trying to find a cure for heart disease, cancer and other diseases. THEIR CONCLUSION: Disease is easier to prevent than it is to cure. THEIR RECOMMENDATION: Eat 5-9 servings of fresh raw fruits and vegetables everyday. THE PROBLEM: Almost no one does.

Dr. Dubois, who works extensively with AIDS patients, explains how there are can be up to 10,000 oxidative hits per day, per cell in our body. Everyday, our body produces 10 billion T-Cells. That is not counting the many other cells the body produces like lung cells, heart cells, red cells, bone cells,

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etc. Each one of these cells takes 10,000 oxidative hits per day. This is a lot of stress on our cells and what fights this stress? ANTIOXIDANTS – the stuff we've been hearing so much about. Antioxidants are found in fruits and vegetables.

When we eat food in its purest form, the results on our health are tremendous. 150 scientists from London and Washington took three years to review over 4,500 research studies on the causes of cancer and found that the #1 blocker in the incidents of cancer was a person's intake of fruits and vegetables. The truth is all there. The science may not be appreciated, but it is there for us to take advantage of. We must learn that prevention is nutrition, nutrition in whole food form, not isolated vitamins or minerals.

If you already know this, then you have a responsibility to do something about it. You can no longer remain ignorant to this situation. Changing your diet is one of the hardest things to do. We have built-in tapes that have programmed us to eat a certain way. There are emotional responses to feel-good foods that are very hard to erase. If you have heard me talk before, you would know that my philosophy is 80/20. Eighty percent of the time I take care of my body and 20% I have fun. Life is a joyful journey. Food is more than fuel in our society and that is okay. Indulge from time to time, but find that balance. 80/20. We

are no longer living to eat, but eating to live. And that's the truth! So please let us stop digging our graves with our forks and tell the factories to get their hands out of our food!

Janee Kuttaliano is the director of ALIVE ONE whose purpose is to empower others to take control of their health. She offers Relaxation Massage, Colon Hydrotherapy and Internal Cleansing & Detoxification Programs using whole foods and herbs. Visit her website at www.aliveone.net. For more information contact Janee at (440) 478-9802 or janee@aliveone.net

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PLANETARY PATHWAYS

By Evstarr

November: Full Moon in Taurus Nov 5th 7:58 am; New Moon in Scorpio Nov 20th 5:18 pm
December: Full Moon in Gemini Dec 4th 7:25pm; New Moon in Sagittarius Dec 20th 9:01am;
Mercury Retrograde: Oct 28th 3:16 pm – Nov 17th 7:25 pm

ARIES

OK Ram, November says it's time to *slow* down, take a break, soak yourself in a tub of sea salt to bring all the toxins out of your system, it's time to quit butting horns, relax and enjoy your own company and solitude for a change...save yourself for December

December is the perfect time for the Ram to clean house, purge away, when in doubt throw it out...while you're at it...it wouldn't hurt to Feng Shui the Rams abode...the Universe abhors a vacuum, get rid of the old and let January bring in the new as you sing *Auld Lang Syne*

TAURUS

The bull isn't famous for being a lover of change, you're happy to stay in your bullpen and watch the rest of the world go by... November says, *oh no you don't*, not with that Full Moon in Taurus this month, it's time to explore your world of possibilities, it's called change, be flexible...there's worse things in life...remember it's only change

December says open your doors to receiving Bull, it's time to let *We Three Kings of Orient Are* come bearing their gifts...and for you to not only to *open* your door, but open your heart as well, allow others to give to you, accept without guilt...tis the season

GEMINI

All right twin, who have you *not* spent time with lately...you've got a project on every burner there is, even your neighbor's stove...November says it's time to call up one or two of your friends that you've neglected of late and make a date for a play day...your creative juices will be rejuvenated when you get back to business

We know the twin's intellect is widely used, but December's shouting it's time to consult an expert, there may be a few irons in that fire of yours that need another opinion, it's a sign of maturity to ask for help...then *Have Yourself a Merry Little Christmas*

CANCER

OK Crab, is there unfinished business with your mother...whether she's on the earth plane or watching from the stars above, it's time to clean your inner house...don't

worry about the *how*, the *how* is up to the Universe, get busy doing the forgiveness work, then the heavens open up in November with new love, opportunities and abundance

Don't quit right before the miracle occurs...December's planetary line-up recognizes you've done your gardening, you've planted the seeds, and fertilized...your prayers are manifesting Crab...*O Come All Ye Faithful*... get your head out of the sand...just listen to your intuition, and follow your guidance

LEO

There's a reason you're King of the Jungle...you're a born entrepreneur...recognize the magical opportunities that abound in your forest during November, then go out there and do what you the Lion does best...rule your Kingdom ...you'll have much to be grateful for

December calls for a balance check...your male energies need cleansing...if there are any left over Father issues, now's the time to take a look at these...whether you're father is in spirit or the physical plane, the effectiveness is the same...*I Believe in Father Christmas*

VIRGO

Would you stop analyzing for just a minute, November brings with it a major life change, quit questioning everything to death...change is good, there a *blessings* inside of every storm, focus your attention instead on the rainbow, the clouds are parting, the sun is shining...be grateful

Trust in the Universe, everything is in divine order...you, your loved ones and your possessions are protected by the Divine energies...quit worrying yourself to death...all is safe and secure...relax in December and start singing Joy to the World

LIBRA

Your scales may be just a *wee* bit off balance in November...your masculine energy needs to come to the forefront...you may want to take a look at any left over father issues that still need dealing with...and are you being assertive enough with the yang part of you...balance it out Libra


Good job last month...you've reclaimed your power and it feels good...let go of all blame and victim hood once


and for all...December says it's safe to be powerful, it may feel a little strange to you at first, but let your light shine then *Go Tell it on the Mountain*

SCORPIO

No wonder you're having a hard time making a decision in November...with the Sun, Venus, Mars, Jupiter and Mercury Retrograde all in your sign...you're being bombarded with all that Scorpio intensity...with all those planets in Scorpio your intuition should be running sky high, go with you gut...*then* make the decision

Snowflakes of prosperity are falling down on you, December says lighten up and enjoy the ride...all those Scorpion planets have moved on...new abundance and blessings are covering your world...so *Let it Snow, Let it Snow, Let it Snow*

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SAGITTARIUS

Come on Centaur, you're a powerful animal, don't let a little dose of low self-esteem get you down...hold onto those reins with the confidence of a stallion, know that you deserve to receive good in all ways, and let November's planets bring it to you

Well, *Santa Claus is Coming to Town*...Jupiter just moved into Sagittarius, and the Sun, Mercury, Venus and Mars are right there with it...jump on that energy, get up with the Sun and say your morning affirmations in December...*you're word is your wand*

CAPRICORN

November brings with it something to be thankful for...let loose of that skepticism, and cold demeanor that Saturn is known for and let the Goat smile and laugh a little...the energy for raising the vibration for a soul mate relationship is here with you now...keep smiling and the whole world smiles with you

See what happens when you smile...December's bringing with it some extra magical energy to surround the Goat's world with...expect...and I do mean *expect* miracles to be gift-wrapped for you this Christmas...*It's the Most Wonderful Time of the Year*

AQUARIUS

Now we *know* you're not afraid of change...you do change better than anyone in the Zodiac...your ruling planet Uranus loves to upset the apple cart...so take a good look around, explore your options...then get out there and make the necessary changes in November that only *you* do so well

You're on a roll my Aquarian friend...start noticing the Uranian energy that surrounds you in December...those chance meetings or phone calls, things are coming to you out of the blue and it's time to start cashing in on all that *Silver and Gold*

PISCES

All right fish, it's time to go into that magical illusionary world that you swim in so often...this time create your dreams from within...feel it, see it, believe it, and sense it with all that intuition you can muster up...November is filled with magical moments...look at the star in the sky...make a wish and watch your dreams come true

You paid attention, your pond just turned into a sea of possibilities and waves of abundance are about to wash over you in December...and I do mean Tsunami...so get ready to accept the prosperity that you've earned and get ready to enjoy more than just *The Twelve Days of Christmas*

*Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. NEW relocations charts available, find out where you're best suited for career, romance, health & happiness by visiting her website reachforthemoon.net. More on the subject of Astrology on her new cable TV show *Reach for the Moon with Evstarr*. Contact her for speaking engagements, lectures, & workshops at evstarr@yahoo.com.*



THE YOGA PAGES

Trust Thyself

A Yoga Teacher's Perspective

By Donatella Riback

Since we were children, we have been hearing, “trust in God” or “trust your parents” or, even more often, “trust your President.” But seldom have we heard the most important words that anyone could ever utter to us, “Trust yourself.”

The Bhuddha, arguably one of the most influential spiritual figures in the history of mankind, was also the author of a surprising injunction, *“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”*

I consider myself a reasonably trusting person, but I am definitely not a follower. Already as a teenager I challenged others' beliefs about happiness, personal conduct, and priorities. Don't get me wrong, I was a fairly traditional girl, and I was brought up by two fiercely and bright intellectuals who held definite views on everything — views which were

invariably validated by their notable successes and achievements.

With a mother who was an award-winning journalist and anchorwoman on national TV, and a stepfather whose writings had been published by the two most prestigious literary academies in Italy, I had very little chance of winning points in a discussion. But, at the same time, their reticence in offering compliments and approval made their rare acknowledgments of my talents an event to be remembered.

So thanks to the occasional positive comments from them, I learned that I was a good writer — opinion that was fortunately supported by my teachers and later by my professors — and yes, (this was reluctantly offered by my mother who firmly discouraged pride in me) that I was beautiful. Naturally, trusting that I owned these qualities seemed in my best interest, and I chose to believe in the truth of these statements.

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The problems started when I developed enough confidence to wrestle my parents in politics, literature, morals and ethics. I don't exactly cherish the memories of those days. But blindly, I trusted that I was right all the time. Good for me, because the differences seemed to multiply exponentially as I grew older, and giving in to their beliefs would have meant the end of my self-esteem.

As for my peers, I ignored their tendencies to indulge in recreational excesses of all kinds, and I refused to smoke, to drink or to get in trouble. My friends were either inspired by my example or teased me mercilessly — but I remained firm in my beliefs. I was also pretty popular, which proves that one does not need to imitate one's peers to be liked.

Later in life, despite some significant success in my chosen careers, I realized that something was seriously wrong. I felt an overwhelming feeling of dissatisfaction.

The joys of having two beautiful children, many friends and a comfortable lifestyle were not enough to reduce the fragmentation that was at the core of my life in the U.S. Something was definitely missing.

No amount of rationalization and logical assessment of my achievements by friends and family could convince me that everything was fine. I knew in my heart that I was not just a mother, or a U.S. citizen, or an Italian-born writer, or a wife. I trusted the intelligence of my heart which relentlessly suggested that I was more than all the above.

My Roman Catholic background was of little help in quenching my thirst for that elusive 'more'. But yoga and Eastern philosophies, along with some spiritual and inspirational authors, helped me to outline my dharma, or duties, on my path to self-realization.

Patiently, but surely, I became skilled in listening more to my heart and less to my celebrated intellect. The dominant philosophies of the West, Pragmatism and Cartesian thought, can seem incomplete when one craves a spiritual outlook and lifestyle.

Needless to say, I had to change some of my friends — which I painfully resisted, at first, because I had identified myself with the image of someone who can loyally preserve friendships for life. But later, I had to surrender to the evidence that my conceptions of love and life had changed,



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and I needed to be surrounded by like-minded friends. (I still love the people I left behind. But I had no choice.)

Next, I dropped out of the my volunteer activities — such as the Women's Board of the Museum of Contemporary Art in Chicago, and my cultural committees with other organizations — which had been satisfying , but that I was now outgrowing. I simply felt no joy during the endless luncheons and meetings. I also greatly reduced all social interactions. People were surprised to see this happen in someone who was in her early thirties and who had seemed so happy from the outside.

If I had listened to my well-meaning parents, today I would be an interpreter at the European Parliament, a kindergarten teacher, and a politician. Or I would have collected doctorates in several sciences, become a lawyer or would have continued to be photographed with VIP, as I did in Chicago. Instead, today, I live near forests and water falls, teach yoga and meditation and I have never been happier.

All things considered, trust for me means mostly believing in my intuitive knowledge, a view which is beautifully summarized by my teacher, Deepak Chopra, in *How to Know God*, "If there is one God, there still cannot be one path. Yet no matter which path you walk, two things are necessary. The first is a vision of the goal; the second is trust that you have the inner resources to get there."

Donatella Riback is a writer, a RYT, and a Reiki Master who lives in Chagrin Falls, OH. She is studying for an Ayurvedic certification from the Chopra Center for Well Being in Carlsbad, CA.

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Trust: My Path Towards Teaching Tantra

A Yoga Student's Perspective

By Shakthi

Trust is either very easy or very difficult. We can either trust or not trust. At any given moment we can choose to know or acknowledge the fact that we are living in God and that our heartfelt desires are fulfilled always. When we live with that kind of trust – Joy flows and Life blossoms!

Tantra is a very juicy and passionate way of life/philosophy; it's about celebrating our human existence, enjoying without being overwhelmed by the different senses. Being alive and vibrant with love; giving and receiving the abundance of the universe! Trusting life and whatever it brings us. I was, and still am, intensely drawn to this all-encompassing way of life.

Feeling this energy from me, one of my most beloved teachers Richard Asimus would encourage me to take up teacher training in Ipsalu Tantra, though I was very interested, something or the other would prevent me from actually doing the training. Until one day after listening to Richard I said, "I will do it!" with such conviction and faith that even I was surprised. I didn't know

how, but knew I was going to do it; I knew I would get the money and the vacation time from work.

The vacation time was the easy part. The money was not! But, I let go and paid with my credit card knowing that I had to have it.

A couple of months later, a week before the teacher training, I was doing my tax returns and my refund was exactly the amount that I needed for the training and another workshop that I had signed up for! When the universe heard my call and felt my faith/trust in it, it could not help but grant me my wants! This other time I was trying to renew my driver's license but the DMV needed my passport to do so and I had lost my passport. But, I knew that I would get my license that day and I did it without the passport. God handled the details! God wants to handle all my details but I don't always let God do so because I don't trust. When I do, the effects are simply phenomenal! When we are born in this world, we simply trust the Almighty to provide for us. As we grow older we are taught to fend for



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ourselves, we are taught separation.

Hence, we have to unlearn those lessons to be able to live fully in the moment, trusting the divine provider. Ipsalu Tantra is a path for the rejuvenation of the body and the rebirth of a pristine mind, of releasing the old self and embracing the new.



The journey back to oneness begins for most people by learning to trust the body, feel it, listen to it and allow it to take us deeper into the real self. Are you ready to trust, to begin this journey with a sense of adventure and passion? Do you want to live your life with a sense of purpose and fulfillment that is inspiring? What is stopping you from experiencing this bliss?

Trust that you are living in God.

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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.



With the Holiday Season upon us, there are symbols everywhere that remind us of the spiritual meaning of Christmas. We see nativity scenes, shepherds, wise men and angels, angels, everywhere. Let's look at the people in our dreams, particularly the angels that touch our sleeping and waking lives.

The people in our dreams are *mirroring* back to us aspects of ourselves, good, bad, or indifferent that we need to look at. Sometimes, just like with the over exaggerated images of food, the personality traits, and aspects of the people in our dreams may be over dramatized to emphasize that part of ourselves.

Because it's the Holiday season, we're going to look at an-



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gels. Angels come to you to represent your higher self. They also come to guide and may come knocking on your door in answer to your prayers. Let's briefly look at four of the more popular angels, though there are many more:

Raphael: Angel of the East, most often seen holding the Holy Grail, but sometimes a fish and a staff.

Gabriel: Angel of Love, Angel of the South, Angel of Christmas, usually symbolized holding seven white lilies.

Michael: Angel of the West, pictured with the sword and scales, known as the Dragon Slayer.

Uriel: Angel of the North, of Nature Spirits, usually seen amid flowers.

QUESTION: Is it possible to think you are dreaming, but then you think you're awake and not sure if you are indeed dreaming?

ANSWER: Yes, absolutely! To be dreaming and aware that you are dreaming is called *Lucid Dreaming* and an extensive topic. On the same hand, I believe it is possible to actually have a visitor from the *other side* so to speak. It just depends what you're open to.

Dear Duchess: I was sleeping as I distinctly felt an Angel go through my body, or some type of spiritual experience. It felt like a vibration went through me from head to toe. Then an Angel reached over and gently patted my back as if to tell me "it's going to be alright," and mentally in my mind, I said "Thank You." I heard a voice say "Your Welcome," and I wondered how someone could know I said "Thank You" in my mind. Then I looked at the side of my bed and saw a figure standing there.

Touched by an Angel

Dear Touched by an Angel: Wonder no more my dear; you were truly *touched by an Angel*. How blessed you are, to know first hand what it feels like to be in the presence of an Angel. I hope this is the first of many more dreams/experiences to come. It truly is going to be all right.

Merry Christmas to all and to all a good night of *Sweet Dreams*.

Evstarr, aka "Duchess of Dreams," has been researching the field of dreams for over 30 years, studying under renowned dream author Robert Moss, along with the works of Cayce, Jung, and others. Learn more about your dreams on her new cable TV show Reach for the Moon with Evstarr, & visit her website www.reachforthemoon.net for upcoming dream workshops. Send your dreams & questions to evstarr@yahoo.com & to contact her for speaking engagements.

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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,

I moved to my home six months ago, and there is a serious problem with spiders. Can you please tell me what belief created this situation and how I can clear it?

U.R., Houston, Texas

Dear U.R.,

Well, spiders have been around a lot longer than people, so I wonder how they felt about your becoming a serious problem in *their* home. You've probably inherited someone else's spider problem. It may have little to do with you. These critters aren't the enemy; they're just trying to co-exist. Spiders are actually very beneficial since they keep away many other insects. However, we do all want to live in harmony.

I would suggest that you talk to them. Tell them how much you appreciate them and how well they took care of the home before you came. Now it's time for them all to move on and find a new place to live. Give them two weeks to move or you'll have to take other action. I'm sure most of them will be gone by then.

Once the home is clear, affirm: *I always live in harmony with all of life.*

Dear Louise,

I have a friend who's been diabetic for the last ten years. She eats well and takes care of herself, but lately (the last six months), she's had extreme sugar highs and lows that neither she nor her doctors can explain. I'm very concerned for her. She isn't into the metaphysical, but I wanted to introduce the idea of a daily affirmation to her and see if she likes it. I was wondering if you had any suggestions.

P.A., Toronto Canada

Dear P.A.,

There are several patterns relating to diabetes that shows up in people: a feeling that they don't deserve to have their needs met and that they have no sweetness or joy in their lives; feeling like martyrs due to childhood neglect; and worry, anxiety, and/or fears about survival. Any one of these

could be surfacing now to cause the setback. In addition to eating well, she needs to forgive the past and all those who she feels may have hurt her.

Forgiveness opens the door to the heart, and your friend needs to have the love flowing from her own heart, enveloping her being. The love and acceptance she's seeking reside within her. Going to the mirror a few times a day saying "I love you, I really, really love you!" would bring sweetness and joy into her life, and her body would balance out.

Dear Louise,

My mom just found out that she has ovarian cancer. How can I help her . . . how can she feel better?

H.B., Brazil


Dear H.B.,

The ovaries represent the creative flow in a woman. Many women are completely fulfilled in this need to create by having children. Others need to express this desire even more by having additional creative outlets. What has your mother always wanted to do but felt she couldn't because . . . [fill in the blank]? It would be wonderful if you could get her to take up a hobby. It would shift the negative energy within her. Although she may be filled with fear at this time, this mind-set can be changed. Also, I've suggested this affirmation to thousands of people, and it's made a big difference in their lives: *Every hand that touches my body is a healing hand. All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe.*

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Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Due to the volume of e-mails Louise receives, she can no longer respond via the Internet.

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