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ATOS Productions

Issue 37

November • December 2007

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WORDS FROM THE PUBLISHER.....

One of the most important things I ever experienced in a yoga class happened about five years ago. The teacher was taking us through our flow and just casually remarked "The true job of any yoga teacher is really only to help you find your teacher within". This was one of those unexpected moments of another piece of the puzzle of life fitting in. Just as a spark ignites the fuel for a fire, a teacher is a catalyst to our teacher within. How often we are looking for "my guru" or "my teacher" to give us every answer and lead us to nirvana. Unfortunately that nirvana gets bypassed with spiked Kool-Aid or instructions that certain people need to be extinguished to clean up humanity. Of course those are the extremes. Yet I hesitate when someone claims to have all the answers to life's questions and there is only one way to think. Only one religion, one yoga style, one belief system that is everyone's answer to the challenges of this human experience. Teachers, I have grown to find, are not necessarily people but situations we have in life. Struggle, forgiveness, adversity, broken hearts and deceit can be great teachers to lead us to our own higher consciousness. It is our choice to live in or live without these anchors to weigh us down.

Last month on a trip to California I came out of a small coffee shop in Topanga Canyon. I looked across the street and saw a natural food store. Not really knowing why, I was drawn to go there. Walking in, I came around a corner and ran into a yoga teacher I know from Venice Beach, Saul David Raye. We looked at each other and smiled, amused that we would come across each other in a rather unlikely place. Saul laughed and said, "Everywhere you go and everyone you meet is your Guru". What seemed at the time to be an offhanded remark got me thinking how true it is. Everyone we meet and every moment we are sucking air is a learning experience. The people and situations we find ourselves in and around I believe are just catalysts to the still small voice within that is our true teacher. May we all tap into that teacher within and find our nirvana.

With this issue, Lisa Ann Pinkerton has joined us as the editor of the Journey. Lisa is a gifted journalist with diversified media experience, including contributing to the Journey within the last year. I believe Lisa has the passion and determination to do her part in uplifting human consciousness that has been the mission of the Journey for the past six years. We welcome Lisa and are grateful for the opportunity to work with her on this mission. — Namaste' Clyde

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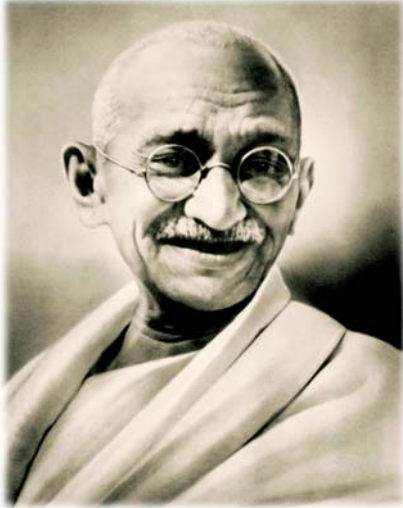
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Our Theme for the Next Issue...

Love



Ghandi and the Sweets - A story of authentic teaching

A troubled mother one day came to Mahatma Gandhi with her son. She explained to him that her son was in the habit of eating far more sweet food than was good for him. Please, she asked, would the Mahatma speak to the young man and persuade him to give up this harmful habit? Gandhi sat for a while in silence and then said, "Bring your son back in two weeks' time, and then I will speak to him." The mother and her son returned after two weeks. This time Gandhi quietly took the son aside and in a few simple words pointed out to him the harmful effects of indulging in sweet food. He urged him to abandon the habit. The mother thanked Gandhi for giving her son such good advice. But then, puzzled, she asked him, "Still, I would like to know, Mahatma, why you did not just say these words to my son two weeks ago when I first brought him to you?" Mahatma Gandhi explained, "Two weeks ago, I myself was still addicted to eating sweet foods."

CONTRIBUTORS

Matthew Craig

For some affection for the Natural World is innate, but in many people this love has to be learned. Matthew Craig discovered the environmentalist inside him after the Exxon Valdez Oil Spill. "Such an accident could have happened to any oil company, but the arrogance that followed the disaster illustrated for me the lack of appreciation modern society has for the Earth," says Craig. Today, Craig produces a children's television show dedicated to lessons on the natural world, (page 8).



Gay Hendricks



In life, occasionally teachers show up unexpectedly. For Gay Hendricks, his most profound teacher was a complete stranger. Hendricks recounts that day and how it changed his life forever (page 34). Hendricks hopes his book, *Five Wishes* will impart the wisdom to others. "The way to judge whether a teacher or master is great is not to count the number of students he or she has. It is to count how many of those students become teachers and masters themselves," says Hendricks founder of the Hendricks Institute at the University of Colorado.

Psalm Isadora

Before Psalm Isadora taught the power breath to her yoga students, she had to be its student (page 25). Diagnosed with severe anxiety that left her breathing shallow and painful, Isadora says, "I would get so frustrated and stressed because I felt that I couldn't do the most natural thing in the world, breathe." She says learning to let go, helped her to learn a new way to breathe.



Thomas K. Ockler



Tom Ockler teaches physical therapy internationally and it was a class of Australian students that inspired his teaching philosophy. "It was one of those moments of spiritual brilliance that I never saw coming, it just slipped out." For Ockler the best way to learn life's lessons is to embrace something most people try to avoid, (page 6).

TEACHER WAS A SCREW-UP!

By Thomas K. Ockler P.T.

“THOSE WHO CAN'T DO, TEACH. THOSE WHO CAN'T TEACH...TEACH GYM.”

Teachers come in all forms. Human, animal, spiritual, energy and thought. Some of them are self-guided, all of them are teachers. The best teacher, of course, is experience. You know; the school of hard knocks.

I'm a Physical Therapist. I'm an alternative health care practitioner. I'm a teacher. Not only do I teach my patients how to stay healthy, but I actually teach students how to cure their patients and keep them healthy too.

One of the most interesting phenomena I ever came across was the idea that the student could never attain what the teacher had achieved. You know, “I'll never be as good or as skilled as you are.” “I'll never be able to cure people like you do; I'll never be as good.” (In Chinese philosophy, when the student betters the master, it honors the master.)

If I just let these comments slide and give them the old “Aw c'mon, just keep plugging along, you'll get it” I've failed miserably as a teacher and I should be stripped of my seat in the teachers' hall of fame. (OK, first I'd have to be nominated, and then elected to the teachers' hall of fame, but if I had and I was, then I deserve to be unceremoniously tarred, feathered and removed.)

Why you may ask?

For starters, human nature is such that we tend to compare ourselves with those who seem better, smarter or more accomplished; so that we may, in turn, better ourselves! That makes sense to me and I hope it does to you as well. That's why we've always put those “smarter and more accomplished” individuals in charge of educating us. (Notice I didn't say in charge of leading or governing us.) But, that's not the problem. We are correct to give these smarter and more accomplished people the reins when it comes to educating our kids and ourselves.

The great paradox is: What really makes someone an expert? Is it college...uh no. Is it being placed in a leadership position? Again no. Is it a Master or PhD degree? Nope! Not even close. The greatest test and credentialing of an expert is, in my opinion, failure! What? Tom, are you crazy? Failure? Yes! Failure, the more the better. Making lots of mistakes. Let me expand on this for a moment.

You have to admit, the best lessons you ever learned came from your complete and utter screw-ups! You don't even have to think hard about this, you just know it's true. Unless you love doing the same thing over and over again and getting the identical bad results each time, (you know, like our politicians) you'll recognize your failures and modify your actions for the next time. So, what really makes an expert? Mistakes! Loads of 'em too!

As I mentioned earlier, I am a teacher of Physical Therapists and other body workers. Being the glutton for punishment that I am, I have chosen to be an expert in and teach

what is inarguably the most difficult and challenging techniques for curing the body of resistant, pain, and dysfunction. And, it does not involve any manipulation. Whenever I finish one of these seminars, whether it's here in North East Ohio, Wisconsin, England, Canada, or Australia, I take all my students in a circle and I ask them,

“What is the difference between you and me? What is the difference between your skill level and mine? What will make the biggest difference between my patients' outcomes and your patients' outcomes?”

As they all stare at me with that glazed look, which can only come after two days of intense training, I tell them, “Mistakes, screw-ups and the ever present, I wasn't even in the right ball park.”

You see, an expert has, as a requirement to being an expert, made thousands more mistakes than the student. And, as they learned from those mistakes they in turn refined their techniques, zeroed in on the correct ones and improved their skills. (Not to mention their patient outcomes.) It can't happen without mistakes. Can't happen!

“So,” I continue, “if you think that tomorrow morning you're going to waltz into your clinic and be a picture of perfection when treating the most imprecise of all machines, the human organism, then you are in for some serious disappointment.”

I became an “expert” by making thousands of mistakes. By being very “un-expert,” if you will. The look of surprise is quickly replaced by a big sigh of relief. As the smiles slowly return to their faces, I softly close with: “go now, and make your mistakes proudly. Your patience will be rewarded... and so will your patients.”

How ironic it is, that those qualities of perfection we all look for in an “expert” cannot take place without mistakes. How humbled we all are when we realize the importance of this statement. To finally accept this brings a measure of peace, and quiet confidence that will speed us all on our journey. So the next time you make a mistake, boo-boo, or major screw-up, instead of being mad, and berating yourself with all the negative self-talk we've come to know and recognize, just smile softly and say, “thanks.”

Mistakes! The best teacher I ever had. If you can read this article, thank a mistake.

Now don't forget, it's your turn to clap the erasers before you go home.

*Tom Ockler is a licensed Physical Therapist in North East Ohio. He is an international lecturer and teacher of non-manipulative spinal manual therapy techniques. He has just published a new book: *The Case for Alternative Health Care*, – see the back cover of this Journey magazine. www.tomocklerpt.com*

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THE NATURE OF INSPIRATION

Some times affection for the Natural World is innate, but in many people this love has to be learned. Matthew Craig discovered the environmentalist inside him after the Exxon Valdez Oil Spill. He says such an accident could have happened to any oil company, but the arrogance that followed the disaster illustrated for him the lack of appreciation modern society has for the Earth. Craig is a musician, cartoonist, and radio personality who thinks the earlier children are taught about the Earth, the more respect they will have for it, as children and later as policy making adults. To this end, Matthew Craig created the Magic Woods, a children's television show, which uses puppets, cartoons, and outdoor scenery to teach children about their Earth.

How do you teach small children about science and the Earth?

MATTHEW CRAIG: We break it down. (In the show) we use the analogy of a trail. So we start at one end (and) we get the quest as it were. Where do butterflies come from? Why do leaves change? How can you find nature in the city? And we just go from one segment to the next.

So say in the first segment we watch a caterpillar turn into a butterfly and we wonder, "How does that happen?" Then, we run into some urban gardeners, (in the Magic Woods) and they say, "Oh that's a Monarch Butterfly. It's a specific kind of butterfly."

Next, we've got Miss Lydia's nature lesson and she has a metamorphosis puppet and she walks us through this. Then, the next piece we get tells us that they actually migrate to Mexico. At the end we have a song that brings it all together. And I have to tell you it's great to hear a three-year-old use the term metamorphosis. Some people say they're too young to learn that. Well, no, I think you do it in little bits you'd be very surprised in how much they can retain and really hold on to.

From your show what are the things you've noticed about children and how they relate to nature?

I think that the significant thing that I've noticed is that children have a natural curiosity for the world around them and in essence it's just sort of feeding them that information that they're so curious about....

You know I remember once in grade school, when a flock of Canada Geese flew by. And I looked out the window to see them and was yelled at,

"Pay attention!" Instead of "Let's stop and talk about the migration." "Those are Canada Geese." Where they're going, etc. Right? There's a real moment there to attend to. Sometimes in our society we can get so locked into 'I'm supposed to be teaching this and only this.' One foundation asked me "Why aren't you guys dealing with literacy?" Well, you know there are lots of shows that do that. But are there



Matthew Craig, creator and host of the children's television show, *The Magic Woods*, chaperones his pre-school audience down a winding forest trail, whistling tunes, meeting friends, and speaking to and for the woods.

any show dealing with natural science for young children?

*Was that the reason for starting *The Magic Woods*? That some educational opportunities are being lost in formal education?*

For me it all came from a sense of appreciation. Unfortunately when you get into the Environmental world, a lot of what people are talking about is not the Environment but the destruction of the Environment. And if you don't have an innate sense of how beautiful things are and an appreciation of it, well you don't care if it gets destroyed or not. So I thought as a remedy, how nice it would be to try and tap into this younger age, so when they grow up that can make more informed decisions about environmental policies because they have an appreciation for it.

Do you think natural science should be taught at an earlier age, than say Junior High or High School, for people to develop this natural affinity to the Earth?

Well you know I'm a college graduate and there are things that we talk about in our first episode, that I didn't learn until I was 36. It's not because I had a bad education, but for some reason, natural sciences get pushed to the background. You're taught skills you would need so you can go out and get a job. Not to say that that's bad, but we need to talk about some of this other stuff too.

There was a sense before in Isaac Newton's time that there was in interconnectedness of everything. Then, for some reason that started to get chopped up. 'I'm only going to learn about biology.' 'No, I'm only going to learn about mathematics.' When before it was all seen as Natural Philosophy and it was all seen as connected and important. That's the way I see it. They are all connected and they are all important. To not know about the life cycle of insects or the Earth, I think you really do yourself a disservice by not being connected to things. That's what we're trying to do, is start a nice quite revolution of love for the Earth.

You shoot your shows outside in a real forest, rather than a set. Why not use a studio?

I think it gives us really beautiful sets. ... The thing that's good about our program, it feels real, because of the way we shoot it. I think the depth we have and the variation of colors and textures, that kind of stuff informs the whole experience.

rience. And we really want to encourage kids to go outside. Especially now with childhood obesity becoming a real concern. (Because) it's odd to drive by a playground and not see and children playing in it...So it is kind of an odd thing to use television as a tool to remind kids and parents go do outside. But if that's what we have to use, then that's what we use.

Why is it important to you to teach children about nature?

You know that's a lovely question, because it just seems like just a beautiful way to pass on what has been so graciously been given to me. I think that's the only way you can ever repay the people who have been so kind to share the best of who they are and what they know with you, to then turn around and give it to children. But boy what a great gift it is to teach a child about the world.

And the part of it too is on my own spiritual level as well, that the Earth has sustained every person who's walked on it, from all time, (it) can sustain every person from now until forever. If we preserve and protect it, it will preserve and protect us. Chief Seattle said "what we do to the Earth we do to ourselves." It that recognition of the incredible vibrate nurturing gift that we've been given to spend our lives in.

You know it's a pretty beautiful garden we live in. If we at take care of it, if we can teach people to respect

and appreciate it, then in turn it will serve us every need we could ever have. ...You know the two things we need most to survive, air and water, literally fall from the sky. If, in our course of becoming more sophisticated, we pollute the air and we pollute the water that doesn't make any since. It's about recognizing that we can do better than this.

Robert Kennedy said, "Some people see the world as it is and ask 'Why?' I see the world as it could be and ask, 'Why not?'" I envision a whole generation of children in tune with their surroundings and adults that recognize that the forest is there for use to utilize and not abuse. We can take wood from there (the forest), but we don't have to clear cut the entire forest.

In what ways can we be good stewards of this but not be so greedy and hoard everything? Because, if we have that kind of approach, literally, it (the Earth) will sustain us forever.

To hear Matthew Craig speak about his mentor, Fred Rogers, of *Mr. Roger's Neighborhood* and learn more about The Magic Woods, go to www.thejourneymag.com

The Magic Woods airs on Public Television in Pittsburgh, Pennsylvania, where the show is produced. DVD's of the show's 3 specials are available at public libraries in Pittsburgh and New Orleans. More cities plan to participate in 2008. More information can be found at www.themagicwoods.com



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The Class of the 21st Century



By Lisa Ann Pinkerton

As many of us know from experience, the most rewarding lessons in life aren't taught in a schoolroom, they're taught on the streets. Sometimes the lesson is so difficult to face up to that we ignore it. We *choose* not to learn it. The trouble is, life has a funny way of presenting us with lessons UNTIL we learn them.

These hard-to-learn lessons are generally the ones that have the largest impact on our lives. They are the lessons of choosing the right mate, maintaining relationships despite the current hardship, forgiveness, tolerance, being dependable, the list goes on and on. Its sad, but often true, that the majority of us tend to let a lesson go by over and over and over again, until the consequences become so severe that we are FORCED to see the lesson and we have no choice but to learn it.

I see this cycle happening on a global scale. Modern society, as a whole, has yet to learn it is meant to be a Steward of the Earth and not a dominator of it.

Today, Global Climate Change is forcing all of us to own up to what we've known all along. It's clear that the Earth cannot support unrestrained, industrial growth. This is not a new concept, but collectively, we have ignored the warning signs, shrugged off the hints, and worn blinders to hide from this looming truth.

Society first noticed the earth's atmosphere clashing with rapid industrial growth in the early part of the 20th Century. An example of this is Pittsburgh, Pennsylvania where the downtown business district used to share land space with the city's many steel mills. By lunchtime, business men began to notice their white shirt would turn a gray-black, just from being outside. Famous pictures show pitchblack streets with street lanterns and windows lit up at 3 in the afternoon. But during the Industrial Revolution, making steel trumped protecting the planet, so instead of calling for cleaner air or closer regulation of the steel industry, businessmen simply brought two shirts to work, one for the morning and one for the afternoon. The people of Pittsburgh and other industrial cities across the world choose to ignore our teacher, Miss Mother Earth and her important lesson.

Over the next 30-40 years she presented the lesson over and over. In 1948, south of Pittsburgh, the largest air pollution incident in American history killed around 40 people. The *Donora Death Fog* is often sited as the start of modern

environmentalism. Later, the London "Fog" of 1953 killed 4000 people and Los Angeles suffocated from smog. US National Air Pollution Control Administration, under the department of Health, Education and Welfare was a sign some of us were learning from our global teacher. But we didn't fully commit to it. The NAPCA had no regulatory powers and very little clout and we lapsed back to our bad habit of polluting.

Then, in 1962 a now famous author took a brutal beating for her accusations that the unabashed use of pesticides was killing America's bird population. Rachel Carson and her book *Silent Spring* inspired a blossoming in environmental causes. On New Year's Day, 1970, President Richard Nixon signed the National Environmental Policy Act into law, setting the groundwork for the Environmental Protection Agency and what's known as the decade of Environmentalism. This time around many more people were heeding Miss Nature's advice. Yet many politicians, lobbyists, and to a larger extent, corporations choose to look the other way, again.

Today, the lesson cannot be avoided. No matter how many of us choose to look the other way, the Intergovernmental Panel on Climate Change (IPCC) says 90-95% of the factors influencing Climate Change are in part due to human influence.

If society can't restrain its carbon dioxide production, we are in store for more powerful weather and longer and drier hot periods. Already, the American Southwest is entering its 10th year of a drought and deserts are expanding across the globe. Meanwhile North and South America, northern Europe and northern and central Asia are witnessing increased precipitation.

Winter is declining and Arctic temperatures have increased at almost twice the global rate in the past 100 years. All of this means plants and animals are being forced to adapt to the changing climate and not all of them will survive the shift.

But we have the power to halt the speed of Climate Change. The latest report from the IPCC confirms that hundreds of technologies are available NOW, to reduce climate-damaging emissions. We have the knowledge to shift our power sources from fossil fuels and nuclear power, to Wind, Solar, Biomass, and methane energy. The technology is out there, its been tested and it works. These technologies have the opportunity to make learning to be Stewards of the Earth

easier.

What's stopping the emergence of Green Energy?

In a word—money. Traditional fossil fuels, like Oil and Gas, receive just short of 18 billion dollars a year in tax breaks and subsidies, that keep prices artificially low and encourage capital investment. Subsidies for virgin timber, totaling \$900 million, makes recycled wood goods SEEM more expensive. The Mining and Agriculture Industries also enjoy billions in subsidies, while renewable energies, which pollute less and displace CO2 receive only modest incentives. This is how a growing segment of the population can desire environmental sustainability but find availability lacking in the marketplace. The latest Energy Bill DID attempted to shuffle \$32 Billion of subsidies to the renewable energy side of the scale. But opponents of the measure would only agree to calling for a vast expansion of renewable fuels over the next decade, to 36 billion gallons a year of alternatives to gasoline, with no tax breaks or subsidies.

The US Energy Bill of 2007, alone, illustrates that people in positions of power are choosing not to heed Miss Nature and her lesson of Environmental Sustainability. People, who refuse to see that human industrial progress CAN exist and foster Environmental Stewardship at the same time, are putting their own self-interest before the greater good. Their Ego is in control.

It's the Ego, not the Spirit, that refuses to see its poor personal choices in things like relationships result in unhappiness in those relationships. The Ego, chooses paths that fulfill its goal of personal importance and Earthly rewards. Sadly, those rewards may not be around to enjoy in 20 or 50 years,

is we ignore our global teacher.

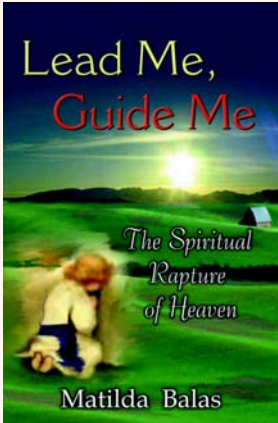
Miss Mother Nature has been a patient teacher. But many of us tend to view her like the disrespected substitute teacher, who becomes a member of the school's faculty and struggles to gain the acceptance of the student body. Miss Nature has offered us countless warnings, some of us have learned from her, others of us are still struggling with the choice to open our hearts to the gravity of the situation.

The toughest lessons are the hardest to learn. Relinquishing perceived, personal freedom and enjoyment for the sake of a healthy planet is probably the toughest one of all. Some people don't like change or want to be inconvenienced. People want to do, what they want to do, when they want to do it. That's our collective Ego in control.

But if we could set aside the Ego and allow our collective Spirit to be guided by what the Earth is trying to teach us, maybe we would see the personal restraint Environmental Stewardship asks of us is an illusion. Shifting to a global carbon-free economy will be expensive, but it also offers new opportunities. Finding alternatives to driving might result in slimmer waistlines as more people walk or bike. Buying locally grown food could cut CO2 emissions and support regional farming. A Carbon-Free Economy just might mean new markets for millions of products, if we choose to heed out teacher.

Mother Nature is trying to tell us something and she will keep it up, until the consequences get so severe that we cannot ignore her anymore. What is the cost of ignoring Mother Nature's lesson and are we willing to force our grandchildren to live with it? The choice is ours, if we have the courage to make it.

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Are You a Chicken or an Eagle?

By EVSTARR

What you know, what you strategize and what you apply...this my friends is the secret to success. The difference between a small percentage of human beings and the rest of the world are those three things. We can read all the books in The Library of Congress and gain more knowledge than the sum total of every human on the planet, but that alone will not make you wise. It will, on the other hand, make you an unemployed, walking encyclopedia if that's all you do. It's taking that information, managing it, and applying it on a daily basis, in the right order at the right time, that makes the difference.

I've spent nearly thirty-five years studying, learning, and soaking up every piece of knowledge from coast-to-coast, including north and south of the equator. What I've come to understand is the more I learn the more there is out there to learn.

"You teach best what you most need to learn."

~ Richard David Bach

I happen to be one of the fortunate souls who actually enjoy beyond measure reading, studying, and learning. What I've also discovered is everything I've learned in my life, that I apply to my life, my students and clients alike is what I've studied and learned after my eighteenth birthday. I really can't tell you much of what I learned in grade school or high school. I can tell you this...even though I've studied under some of the greatest teachers on the planet, I've learned the most from life tragedies, emotional traumas, and dramas that have occurred in my own life.

My greatest teaching come from a source of pain. I soak knowledge up like a sponge. Ever since I was a child living on the farm in Huntsburg, Ohio, I can remember reading under the covers with a flashlight after my mother said lights out!

I have just recently purged the books in my home to prepare for my move to San Diego. I had eight bookcases in my home, have literally purged over a thousand books, and am still left with a few hundred books that I can't seem to part with.

"He that loveth a book will never want for a faithful friend, a wholesome counselor, a cheerful companion, an effectual comforter." ~ Isaac Barrow

I can assure you that my love for reading is NOT heredity. My Dad came strictly from street smarts and my youngest daughter Shayna couldn't pick up a book to save her life. As a mother, I wish she shared my love of reading but no can do. What I'd like to share with you is books alone are not our only teachers amongst us. Look at the street sweeper, who sings and smiles as he cheerfully keeps our city streets clean...and then look at the Bill Gates of the world. Whether you're the CEO of a major corporation or simply a street sweeper, you have a story to tell and a story always has a lesson.

"The test of a good teacher is not how many questions he can ask his pupils that they will answer readily, but how many questions he inspired them to ask him which he finds it hard to answer." ~ Alice Wellington Rollins

Look at your life and make a list of the most valuable lessons you've learned since you've graced this lovely planet earth with your presence. Now, carefully look over that list and tell me what you learned from a schoolteacher, from a parent, from a mentor or simply from watching the world and people around you. The whole world is a teacher, and you my dear readers are the students. There are those of us who understand that Planet Earth is indeed a classroom. And there are those of us who never show up for school.

Our children are a classic example of our greatest teachers. If we would only allow them to teach us instead of insisting that we've nothing to learn from them. We erroneously think we know it all...quite contraire. We can learn to live in the flow when we allow nature to become our greatest teacher. Who else but nature defies all logic? How can one explain that the Sun will rise and the Sun will set? The Earth will continue to rotate, the rain will fall down instead of up, the leaves will turn, the snow will fall (unless of course you live somewhere other than Cleveland). The point being, nature is indeed one of the most complex teachers on the planet, yet it teaches with such simplicity.

Even those people who cause us anguish periodically; ooh, they are truly the ones who walk among us giving us



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daily opportunities to practice love and patience. Are they not our teachers? Teachers are everywhere...look around you, I bet you're looking at one right now.


What I personally love most about teaching is it lights a fire in my soul, a burning desire that ignites the passion that sleeps in the night, then I come alive. I love sharing my life stories, the good, the bad, and the ugly, because I see the look on the students face "yea, I get it, now I understand." After listening to Marianne Williamson speak at the last

The Journey Mind, Body and Soul Expo last September, I realize I have higher heights to climb and further knowledge to attain. I want to stretch outside of my comfort zone and study where I've dared not tread in the past. There are uncharted waters I must explore...and I thank Marianne for opening yet another burning desire within me.

"A master can tell you what he expects of you. A teacher, though, awakens your own expectations." ~ Patricia Neal

How about you, my dear readers? Ask yourself, What do you have to teach? What do you have to learn? It's not too late; make a list right now, where you want to be in one year and five years, personally and professionally. Then, gain the knowledge, plan your move, and apply it daily to your life. Do you want to continue to peck with the chickens or soar with the eagles? The choice is yours!

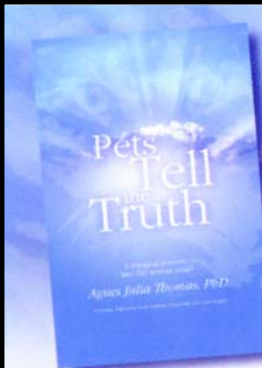
Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Check out her website reachforthemoon.net for updates on her TV show Reach for the Moon with Evstarr, latest class listings & to be added to her mailing list. Contact her at Evstarr@yahoo.com 440-930-8865 for speaking engagements at your networking events, luncheons.



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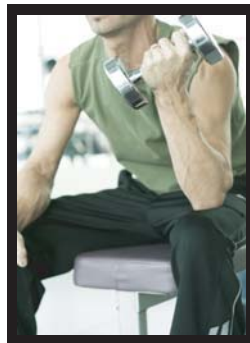
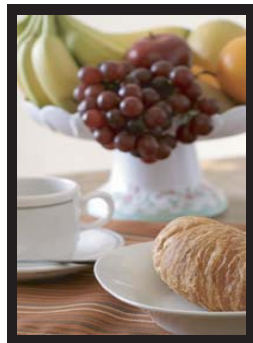
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We are the Teachers

By Sheryl Lynn Thomas

I was shopping for shoes not too long ago when I stopped by an outlet shoe store in a nearby mall. As I entered the doors, there was a young boy about 10 years old with what appeared to be his sister, who was about 8 years old. The two of them were walking toward the front of the store preparing to leave. As I watched the young boy interact with his sister, he suddenly began yelling at her furiously. She was moving slower than he was and he wanted her to move quicker. Now when I say 'yell', I don't mean typical sibling fussing. I mean he laid into her; he let her have it; and he used the meanest words I've heard out of such a young mouth.

But it wasn't even the words that caught me off guard. It was the tone of his voice. He screamed at his sister as if she were some stranger trying to steal from him. He yelled as if he were so angry that he had no control whatsoever. Neither his words, nor his tone were anything close to being loving or compassionate, or forgiving. I quickly intervened because I feared for the little girl's safety. She was very shaken by his bellowing. As I tried to stop the young boy from publicly humiliating his sister, his mother walked around the corner. Realizing what he had done to his sister, she proceeded to lay into him, loudly screaming at him the same way he had just screamed at his sister.

Suddenly I had a moment of complete and total clarity. The little boy had learned how to treat his sister by observing the way his mother treated him, and probably the way she treated others. He didn't know any better because he couldn't know any better. His mother was his teacher, and I'm certain that she'd had many teachers too. Perhaps her teachers included a verbally abusive spouse or boyfriend, an angry mother, or a yelling father. Just as she had taught her son, and now her daughter, she had been taught too.

This incident made me ask the question, what are we

teaching those around us? What are we teaching our children, our spouses, our partners, our friends, and our co-workers?

In living our day to day lives, we must always be aware that others are watching our actions. Whether we like it or not, we are teaching them how to 'be' and how to interact, usually in their dealings toward us. When it comes to our youth especially, we are teaching them how to 'be' and how to interact with others in the world.

We are teachers. We are role models. We are being watched, observed, outlined, reviewed, studied, and practiced. Just like schoolwork, we are being learned. The way we teach, the lessons we teach, the skills we teach.... That is what others around us learn.

Does your teaching method need some work? Examine how those you love treat others. If you have children, examine how they treat those around them. How do your friends treat each other? How do your parents, your siblings, or your family members treat each other? How do your co-workers treat each other?

Then examine how people interact with you, and how you interact with them. It may be time to develop new teaching techniques. We may need to think of new ways to teach, new lessons to teach, and new books from which to teach.

If we can remember, anger breeds anger and that love breeds love; if we can remember that intolerance breeds intolerance and that patience breeds patience; and if we can remember that cruelty breeds cruelty and compassion breeds compassion, then we can move forward teaching new lessons. Let's teach that today.

Sheryl Lynn Thomas, M.A. is a personal transformation expert and founder of the NuGenesis Center in Moreland Hills, Ohio.

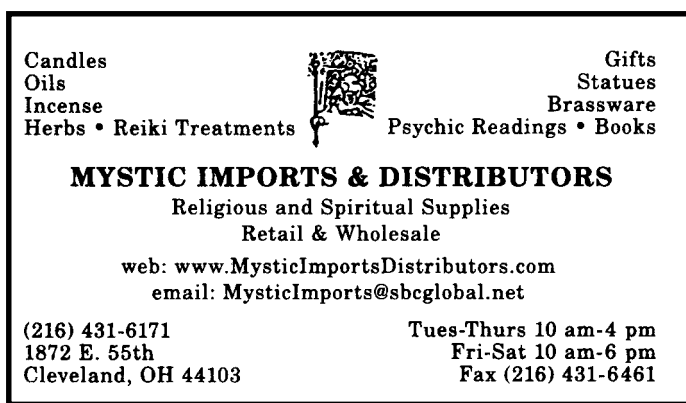



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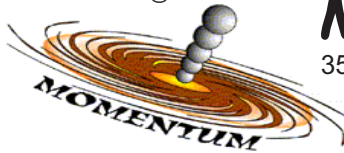
With the New Year, The Journey Magazine is evolving to the next level. Look for these new sections in the January Issue.

- A new Environmental Section
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- Book Reviews
- Restaurant Reviews
- Recipe pages
- More interviews matching each issue's theme

With these new sections, we're reaching out to you, the community. If you'd like to contribute to these new pages or write an article go to www.thejourneymag.com for more information.

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THERE ARE TEACHERS ... AND THEN, THERE ARE TEACHERS

By **Dr. Norm Williams**

Teachers are to help students to realize their fullest potential. To do so, they should challenge their minds, encourage, inspire, and guide them.

Throughout your life's journey you'll have many teachers, both inside and outside of the classroom. Almost everyone you meet will point out something that's important. There's no such thing as a chance encounter. And, at the right time, someone will draw something to your attention that will have a profoundly positive effect on the rest of your life.

It will happen when you come to appreciate and express sincere gratitude to the Universe for what you have, and are enthusiastic about your ability to achieve much more. According to the well-known Zen Proverb,

"When the student's ready, the teacher will appear."

However, Galileo was quoted to say,

"You can't teach anybody anything, only make them realize the answers are already inside them."

And Aristotle said,

"You can never learn anything that you did not already know."

Despite these authoritative admonitions, it seems, there are some teachers who have lost their way on this score.

Many teachers strive to *educate* their students, consistent with the true meaning of the term. The word "*educate*" comes from the Latin "*educere*" which means "to lead forth." Therefore, to educate is to draw out from the students that which exists within them.

Our teachers should not force knowledge upon us. Rather, they are to remind us about things we've forgotten. However, to satisfy their egos, some teachers make far-reaching inferences about their students' abilities without due consideration for each student's uniqueness. Oftentimes they draw unfounded conclusions about which student is better than the other and which one is the best.

Each of us is a unique being and, therefore, it's senseless to compare us with each other. The only comparison teachers should be making is of each student, with him or herself, in terms of his or her progress from one particular point in time to another.

However, the practice of making comparison begins quite early, and, in many cases, by our parents who are our first teachers. It fosters a sense of separateness and the belief that human beings must compete with each other in order to survive. The truth is each of us has a connectedness with each other and all living things. And there's ample evidence to prove that human survival is enhanced by co-operation and not by competition.

Instilling in us that we are separate beings impairs our ability to love one another unconditionally. And assuming a competitive mind-set engenders fear and hones our skills of aggression. Furthermore, it conjures up a scarcity consciousness, and, therefore, the mistaken belief that the Universe's supply is limited; hence, we must compete with others to obtain our share. The result of these prevailing misconceptions is quite evident in the world today.

There are teachers who are guilty of what I refer to as promoting one-dimensionality in our thinking. For example, they do not enlighten us with regards to the perspective concerning 'success' and 'failure.' Consequently, we're not conditioned to look at a 'failure' as achieving a result; albeit not the desired one at that particular time. Therefore, we have little or no appreciation for viewing a *failure* as the possible seed for future success—a temporary setback that could lead to a pleasurable result. In fact, many of us are not equipped to deal with making a mistake. It may very well be because our teachers didn't point out to us that the mistakes made by world-class scientists, for example, often provide a better insight into the spirit and pre-suppositions of their times than do their successes.

Albert Einstein was certainly the greatest physicist of the twentieth century, and one of the greatest scientists of all time. Therefore, it may seem presumptuous to talk of mistakes made by such a towering figure. It is, however, somewhat consoling to note that even Einstein made mistakes.

It's good to know that our legendary predecessors were not prophets whose work we must accept as infallible guides. Knowing that they were simply great men and women who prepared the groundwork for the better understandings we have gained, and from which we've benefited, provides much motivation for us to emulate them.

Continued on page 42

HEALTH & NUTRITION

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PAY IT BACK

TEACHING WHAT OTHERS HAVE TAUGHT YOU...

BY JANEK KUTA-ILIANO


Here is where my journey begins. Living in Chicago at the time, working as a 1st grade teacher, the year was December of 1999. I saw a woman by the name of Karyn Calabrese on a local television show discussing how to internally cleanse and detoxify our bodies for optimal health and vitality. She spoke passionately stating that our bodies are like machines and emphasized that if we ate what was intended for this machine it would hold the ability to heal and maintain itself beyond average life expectancies. As she continued to talk, her message resonated intensely; as if I had known this to be the truth all along. I knew that I wanted to meet this woman who possessed an essence of health and vitality like no one I had ever seen and I proceeded to take her 3-Week Detoxification program.

As I went through the program, I remember having tears in my eyes as she spoke to us and guided us through this cleanse. I knew that this was the missing link for me, and for many, towards truly living a healthy lifestyle. I enjoyed the "take-personal-responsibility" approach to health and life and I knew I wanted to be a part of this growing field.

With that, I decided to quit my job as a teacher and pursue holistic health and alternative medicine. Shortly after I had made this decision, I saw Karyn while I was eating at her raw foods café. Karyn was and is a very busy woman so it was extremely rare to find her out and about. Realizing the potential of this situation, I quickly approached her. I stated I wished to do what she did and asked if she could offer a suggestion on how to get started. I remember being nervous and not even sure if I made sense. She stared at me so strange as if I had either stumped or offended her. After a moment, she smiled and said, "Well, I just posted an ad in the newspaper looking for someone who wants to pursue a career in holistic health." We both laughed and she decided to hire me on the spot. I soon became her assistant and that was the beginning of what has now become my life's work and passion! Karyn was my first teacher in this new career and I was beyond excited and stunned at how easily we came together. The nights I drove home from my initial trainings with Karyn, I would shake my head in disbelief. I couldn't believe I was actually working with this woman whom I had seen on TV once before. It was all happening too easily and at the most perfect time.

As the universe would have it, my time with Karyn was intense and short-lived. I became a sponge and thirsty for knowledge in raw foods and internal cleansing. At the same time, I reunited with an old friend who of course lived out of state and later became my husband. I decided to move back to my hometown of Cleveland for what I thought was for Tony and my family, but soon discovered that I was going home for other things as well.

I was also sad to lose the connection to Karyn so quickly. I felt like I was thrown from that nest too early, finding it difficult to build a similar business in Cleveland. In 2001, the holistic health field was not even comparable to that of



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Chicago. It was rough going for awhile. I thank God for having so much enthusiasm about my work, since it kept me going on those hard days.

As the months rolled on, I did find people to fill the void left from leaving Karyn's place. And as the years go on, I continue to find people and authors who become my next teacher and inspiration. I never fear of what's next as I am always shown the way. The key is to be open and teachable. If you close your mind off to new ideas and experiences thinking you already know it all, then you can remain stuck in the space you are currently in. Nature is one to constantly evolve. You too need to evolve and blossom into your highest potential. That happens naturally when you have an open heart and willingness to learn. When you are ready to learn, the teacher appears, right?

Your teachers will always be with you, but may not always be at your focal point all the time. At least from my experience, you learn what you need to learn from someone until it is time to move on. Never forgetting, but freeing up space for the next person to take you to the next level of experience.

You should never worry about how you will acquire the knowledge to do your life's purpose. When you have a sincere interest in anything whether it be for your personal or professional life, you will find the people and places you need in order to help you succeed.

The Secret mentions that you don't need to see the end result of your journey, you only need to see 200 feet in front of you. When you drive a car, you may know where you want to go, but you are limited to the road in front of you as you work

your way there. Each 200 feet appears a new teacher or a new experience that continues to push you forward, staying relevant to the changing times.

What is most exciting is that as you grow and learn, you then start to become a teacher for the next person. It eventually becomes time for you to pay back to others what you have learned. Often people mention that the most rewarding part is in the teaching and showing others various ways to realize their dreams and potential.

We all have a purpose and act as teachers on many different levels. I feel that each of us has a responsibility to teach others what we know when it can help and be in someone's best interest. It would be a disservice if I knew something that could help another person but didn't share it for whatever reason. We all have gifts and talents to share to one or one thousand people and it feels so much better to give than it is to receive. So keep giving to those who are open to receiving. The rewards are beyond anything you can imagine. At the same time, never fear when you are ready to learn, your teachers will appear to give you proper guidance. And ultimately, we receive the gifts of our teachers with the intent of one day passing them along to someone open enough to learn. It is the cycle of life and we are all part of it. What a beautiful thing!

Janeé Kuta-Iliano is the director of ALIVE ONE whose purpose is to empower others to take control of their health. She offers Raw Foods Education, Colon Hydrotherapy, and Internal Cleansing & Detoxification Programs using whole foods and herbs. Visit her website at www.aliveone.net. For more information contact Janeé at 440-478-9802 or jane@aliveone.net



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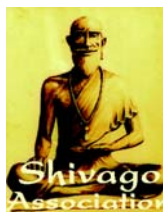
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OUR PORTAL PATHWAY

By Mary Beckerman

From the beginning of time we have been guided, instructed, coached and mentored. It is early in our development we look to gather information from our teachers, an understanding and awareness we accumulate volumes of data, bits and bites of information like sponges to liquid. All in pursuit to create an individual mark and make claim of our new found direction. Over the years we continue to seek this great knowledge of power touching us on so many levels of our lives. Who are these people transforming expanding our minds?

It remains that each and everyday of our lives we encounter countless teachers; whether at work, school, play, dining or running errands where we observe, listen and read about principles or take hold of guiding techniques. We dare not live without them for we worship them and their words which we look to restore our confidence and lifting our spirits.

And what do we call these teachers? According to our

dictionary they fall into 21 categories or entry points. It is you and them who are the teachers in our world. The educator, advisor, adviser, coach, spiritual teacher, practice teacher, student teacher, counselor, disciplinarian, evangelist, guide, marharishi, master, mentor, guru, instructor, missionary, sage, scholar, and swami. Which categories do you fall into? I contemplated this and realized a greater teacher missing from this group. It was in my "a ha!" moment. I realized the missing link to this word called teacher is truly the greatest teacher within you and me; our guiding light and knowledge we hold.

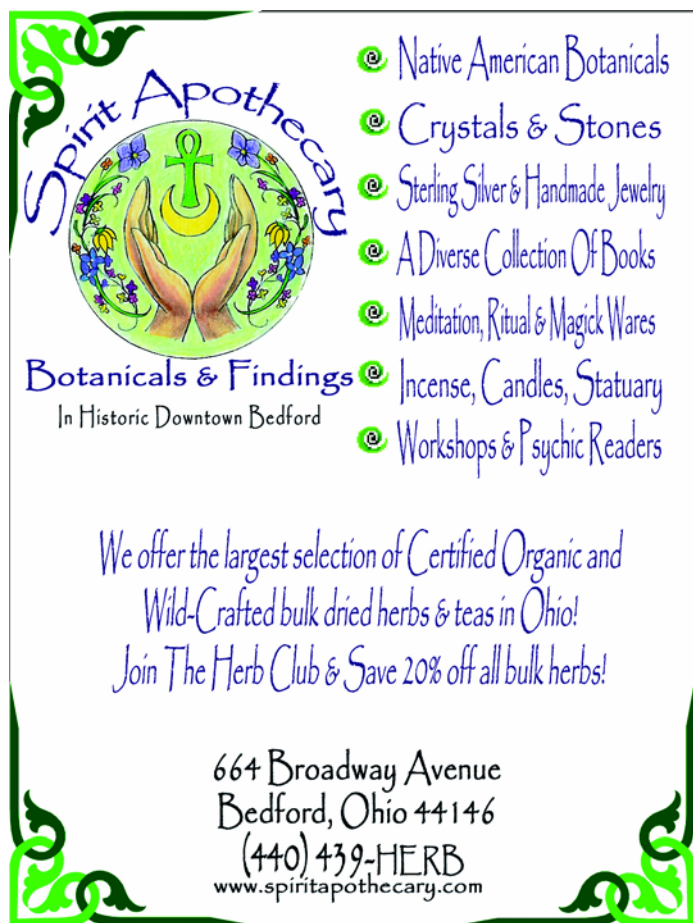
In each and everyone of our lives adversity pays a visit. How do we handle their unwelcome visit? We may attempt to seek counsel, inspiration and guidance from teachers we know or pursue advisors in our community. Many ask and pray for some guidance or question, "Does anyone have the silver bullet?" "Can you take it away?" "I can't, won't and don't have time to deal with this or that." "Make it go away or can I escape?"

Why do we close the door on adversity? It will only come back and pay us a visit in another form or may never leave. Stop, don't get lost in its vortex portal, swirling round and round and going nowhere fast; welcome adversity, meet and greet adversity into our home. There is no greater power outside our bodies and minds that can truly transform us when we develop a relationship with adversity. It is here we are able to tap in and create the silver bullet we desperately seek.

When we are standing in the face of adversity it is nothing short of amazing if we quiet our minds and allow awareness and understanding to take over. It all becomes so clear....just stay open to receiving this knowledge from a higher being within us all. Listen and follow your heart, be soft and open to this dynamic portal of knowledge we all hold within.

We spent years working to grow and become master builders of our own destiny. Here we accumulate knowledge and own our unique patent, no other can make claim of our being. Reach in, get back in touch with our prime reasons for being. Whether we are teachers, managers, coaches or parents, introspection motivates us to rethink our own lives and behaviors, to analyze how we will respond to the challenges we face individually, in our homes, in our classrooms and in our nation.

Bring our minds and hearts to those long forgotten days. Hear the words, practice their teachings, think about it, laugh about it or try it on for size. Yes learn, watch or listen. Our teachers are like mirrors who listen with open hearts and



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minds, make no judgment in our moments of adversity, it is what we learn for ourselves and want to share with others. Tap into your teacher; tap into this portal, your very own dynamic portal of knowledge. Time is on your side - make the connection and share!

Chef Mary Beckerman is president of Lovin Goodies and Marbec Ltd. Mary's passions for delicious cuisine, superior nutrition, and fitness have always inspired others to pursue a healthier lifestyle. Her culinary specialty is raw food. She encourages healthy through demonstration workshops, catering, training, and consultations. Active in the Detroit Metro area, Mary sits on the "Healthy U" steering committee and is developing programs with health organizations such as Henry Ford Hospital, Detroit Medical Center, Abbott Labs, and Weight Watchers. Chef Mary B is a graduate of Living Light Culinary Arts Institute in California. Contact Chef Mary at mary@lovinggoodies.com or phone 248-891-9191

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FIVE WISHES

A Gift That Changed My Life (And Can Change Yours, Too)

By Gay Hendricks

When I was in my thirties I had a conversation that ignited a hidden power in me and revealed to me my life-path. My hope and intention in sharing this moment with you is that it gives you not only a story you'll enjoy but also a powerful tool you can use to make all *your* dreams come true.

The Conversation That Changed My Life

Oddly enough, the conversation that changed my life took place at a party I didn't even want to go to. I'm not a party-person in general, and I had some personal stuff going on in the relationship realm that made me not want to be at a big, festive event. I was feeling anything but festive.

I was in the early stages of my relationship with Kathlyn. I was deeply attracted to her, but I was already feeling the early warning signs of the relationship's demise. I could feel an old familiar fear of commitment stirring within me. It was a fear that filled my mind with doubt and caused me to look for things to criticize about her. I was achingly familiar with this pattern; it had caused the deterioration of several relationships in my past. I would get involved with someone, then about six months into the relationship I would start to pull back, usually just about the time the woman wanted me to make a deeper commitment.

Kathlyn was relatively new in town and wanted to go to the party so she could meet people. I had agreed to take her, and I didn't want to face her reaction if I changed my mind. That was another pattern of mine: To do something I didn't want to do in order to avoid the unpleasantness of the other person's disappointment or anger. Finally I decided to put aside my resistance and fulfill my obligation. I suited up, rehearsed my party-smile, and marched forth into the cold November night. Little did I know I was about to have a conversation that would change my life forever.

After an hour or so I was getting tired of being convivial and participating in party-chatter. To get out of the fray, I sidled into a quiet den that was lined with bookshelves. There I found another "escapee" who was browsing books on the shelves, a tall fellow with a shaven head, about sixty years of age. We greeted each other and exchanged names. He said he'd gotten tired of small-talk and was taking a breather.

I told him I felt exactly the same way.

That's when the conversation shifted into a new dimension.

"Well, since we're here and we don't like small talk, let's not have any," he said.

"Done deal," I said, thinking our interaction was over.

Instead, he said "Then let's either have some Big Talk or no talk at all."

I took a deep breath and plunged into the unknown. I told him I was up for some Big Talk.

Right away he offered a piece of information that definitely qualified as Big Talk. He said he'd had a near-death

experience, but that it turned out to be possibly the greatest experience of his life. He said that through the experience he had received the gift of a profound question.

I asked him to tell me more.

He told me the details weren't important, but he offered to ask me the question that had come out of the experience.

"It's big," he said, "Are you absolutely certain you want it?"

I could feel the icicle-butterfly sensations of fear in my stomach, but I could also feel a heightened sense of excitement and alertness all over me.

"Yes," I said.

"Okay," he said, "Imagine you're on your deathbed."

I gulped. "Okay."

He said it might be today or tomorrow or fifty years from now, but whenever it was, imagine that he came to visit me on my deathbed.

He asked me to picture him standing beside the bed, telling me goodbye. From this perspective, he said, ask yourself this question:

"Was your life a complete success?"

He continued: "You might say 'Yes, my life has been a complete success' or you might say 'No, my life has not been a complete success.'"

"Right," I said, intrigued by the direction this was taking.

"If you said 'No, my life was not a complete success,' you would have some reasons why it wasn't. For example, J. Paul Getty, who was the wealthiest man in the world, said on his deathbed, 'I'd gladly give up all my millions for one experience of marital happiness.' If he'd been given a wish, that's what he would have wished for."

I was fascinated by what he was saying, but I could also feel a growing sense of anxiety in my belly. What did all this have to do with me?

"If you told me on your deathbed that your life had *not* been a success, what would be the things you'd wish had happened that would have made it a success?"

My mind went TILT. What an amazing question! Right away I knew the main reason my life was not a success:

Because I never enjoyed a long and happy marriage with a woman I adored and who adored me...a lifelong blossoming of passion and creativity with a woman.

Ed asked my why that was important to me.

The words seemed to tumble out of my mouth. First, to have this kind of relationship would accomplish something I'd never seen in the world, and certainly not in my family of origin. Second, to enjoy lasting love with a woman would mean that my moment-to-moment experience would be rich and joyful. Third, I had a master's degree and a Ph.D. in the field of counseling psychology and had counseled thousands

of people on their issues and concerns. What good was all that training and practice if I couldn't figure out how to experience genuine, lasting love with one other human being?

"Okay," he said, "turn the wish into a goal, and put it in the present tense, as if it's happening right now."

I rearranged the words in my head.

My life is a total success because I enjoy a happy marriage with a woman I adore and who adores me. I'm enjoying a lifelong blossoming of passion and creativity with her.

"Is that something you really want?" he asked.

"Yes."

"And is that something you're willing to commit yourself to, body and soul?"

I immediately felt a gut-dropping sensation of fear, but in spite of the wave of terror I said, "Yes." Remarkably, as soon as I said yes the fear disappeared completely.

I felt my whole body light up with an inner smile. I had no idea if I could accomplish this goal, but I knew I would die unsatisfied if I did not commit myself body and soul to the quest. Getting clear on this goal and its importance to me awakened a burst of energy and aliveness I could feel all over.

Fast Forward To Now

I'm about the same age now as my benefactor was when he asked me that powerful question. I think his great value in my life was not just the question—it was that he held a space for me in which all my dreams could come true. Now, I know it's possible. I'd like to hold that space for you, so that your deepest wishes and greatest dreams can come true. From my own life and from working with people

for the past thirty-some years, I've found that human beings have a great deal more capacity for achieving our dreams than we usually give ourselves credit for. I believe we can attain all the important wishes of our lifetimes—if we get our hearts and minds in harmony about what those wishes are.

FIVE WISHES: How Answering One Simple Question Can Make Your Dreams Come True by Gay Hendricks with Foreword by Neale Donald Walsch; October 2007

Gay Hendricks is the author of more than 25 books in personal development, relationship and conscious business. With his wife, Dr. Kathlyn Hendricks, he is the author of Conscious Loving, Spirit-Centered Relationships and The Conscious Heart. The Hendricks Institute, based in Ojai, California, offers seminars around the world in conscious relationship and body mind vibrancy. He may be reached through www.hendricks.com.



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THE YOGA PAGES

Breath As Your Teacher A Yoga Teacher's Perspective

By Psalm Isadora

"Let everything that breathes praise God"
-Psalms 150:6

The flowers are breathing. Nature is breathing all around us. On a recent trip to India, I walked out of a grocery shop and was stopped in my tracks by a purple lotus flower growing in a small pond. In the middle of noisy, dirty, crowded India, this flower was becoming itself, growing into its beauty and it was like an offering to my eye. My own breathing slowed down, deepening so that I could absorb the beauty of the flower, it's modest perfection. At that moment I became still, my breath was so open and free it was as if my body dissolved until I was invisible, one with everything. I take notice of moments like these because breathing used to be very painful for me.

When I began yoga, I was diagnosed with severe anxiety and was on medication. My biggest torment was my breathing. It was so often painful, fast, shallow. Every breath left me feeling incomplete, as if I was thirsty for water, but my thirst was never quenched. The more I tried to take a deep breath, the more panicked I would become and the more my body would close, so the breath couldn't unfold.

My therapist suggested I try breathing exercises. But I couldn't sit still, my thoughts would spin and I would become more anxious. The first yoga class I took was power yoga, a very physical form of hatha yoga. It forced me to gulp down more air than I had been getting in a long time. The vigorous movement distracted me from mind chatter that was self-defeating. I lay there 15 minutes after class ended, my body still collapsed on the ground in savasana. I didn't want to move. I felt paralyzed by a goodness that spread through my whole body. I was filled and overflowing with gratitude. I realized how much anger, disappointment

and resentment had been living in my body for so long.

I continued to take classes, and the happiness and healing kept growing. I cried and cried in those early months. I didn't care who saw me in class. My mat was my sanctuary, where I came to pray. Every time I overcame my resistance and anxiety and made it to class was like a prayer, an intention to move towards a more fulfilling life.

I would listen to my breath. It was like following a thread that connected me to all that was greater than myself. My breath was as vast as the ocean. It washed into me filling me with brightness and life, and washed out of me back to where it came from. I did not feel alone like I had when my breath had been tight and painful. I felt a part of everything, and everything was caring for me, healing me, transforming me. I felt God as a living force of goodness inside and outside me, not as something far away and absent.

The religion I grew up with had so many rules and ideas about God. Here I was experiencing God free of ideas, as my personal reality. The sensations I felt in my body lit my heart on fire with devotion for life itself in all forms and especially in myself. I felt a happiness I hadn't even hoped was possible, just by breathing.

Bread of Life

Breath tells us we are not alone. There is some goodness, some great intelligence nourishing us and keeping us alive. Breath is the bread of life, we can go without food and water for extended periods of time, but without breath we are starved of life. It is intimate contact with the outside world, constantly entering and leaving our bodies. It is a deep practice to contemplate your relationship to breath.

What is life force?

Where does it come from?

What is it that sustains your life as surely as the sun shines in the sky and the flowers bloom without effort?

We all breathe, but do we breathe consciously?

Do we breathe in a way that we understand what is giving us life, and the quality of that life?

Realize that Life is always present, omnipresent. Maybe you have heard the phrase, "Let the breath, breathe you." But what does this mean? It means that without effort, without strain, the in-breath enters our bodies and enlivens us. This is deep. How often do we trust Life to provide for us? And here it is, demonstrated to us with the greatest simplicity in our breath. Without that in-breath, our mind wouldn't even be able to begin giving us worries! Why strain when God's grace and intelligence is sustaining us every moment?

Life is playful. It contains the full spectrum of experience and emotion. Life wants to have it's way with you, to move you and move through you. Dissolve yourself into the feeling of being breathed into creation. Let breath be your constant teacher, reflecting your emotions and drawing you closer to the depths of your heart.

Exercise

Lay down on your back in savasana with your eyes closed. Place one hand on your heart and one hand on your belly. Relax your face and body.

With each in breath say to yourself, "I accept life as it comes to me."

With each out breath say to yourself, "I let go."

Continue naming the in and out breaths for 5-10 minutes. When you have finished, lay quietly. Observe the sensations in your body, mind and heart. Listen for intuitive thoughts and feelings. Contemplate how Life supports you and sustains you.

Psalm Isadora got her unusual name growing up on a spiritual commune in Northern California. Her yoga journey led her to India where she fell in love with the country and met her guru, Sri Amritananda. She currently lives in Venice, California where she teaches yoga, breathwork and meditation classes and workshops. She leads retreats and spiritual pilgrimages to India twice a year. To find out more about Psalm's work, go to www.psalmisadora.com. To find out about trips to India, email psalmisadora@gmail.com.



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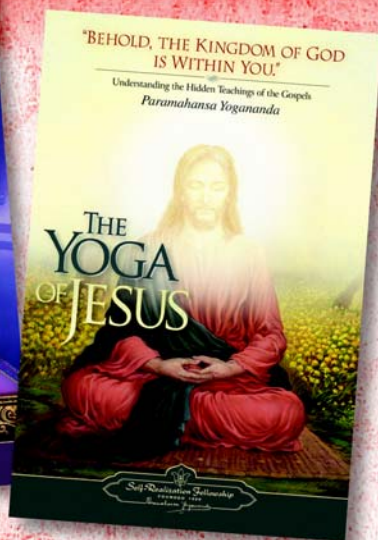
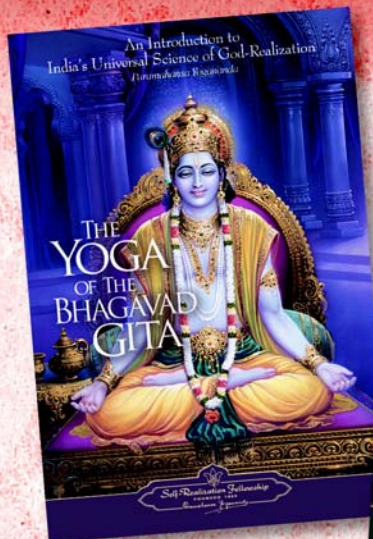
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Some Things I Learned Along the Way

A Yoga Student's Perspective

By Denys Morgan, LMT

I begin with my most humble gratitude to some of my many teachers: Sai Baba, Guru Mai, P. Yogananda, Jeane Reese, David Eply, Robert Issac and David Swenson. If not for them, I would not be where I am now. However, the inner teacher holds the true wisdom. We are all searching for something outside of ourselves when we already know everything inside. If we can enter that quiet space, we will find all the answers.

Recently, I have been blessed with the opportunity to spend 6 months in India. I came in search of Self but quickly realized that I never needed to leave my front door to find everything I was looking for. Infinite wisdom only needs to be remembered. We already have the knowledge; it's simply a matter of being aware.

Understanding ourselves, our family, our spouses, our children, our friends, our world, is something we've all wrestled with. We can learn so much about ourselves through the eyes of others. They see in us that which we have long forgotten. What does learning mean: accumulating knowledge or transforming your life? It is a wise man that can humbly say, "I know nothing." There is always so much more to learn and so much of what we've been taught is a lie. The Course in Miracles calls it an 'illusion' based on fear. The Toltecs call it 'dreaming.' We were taught that it is the things we know, do or have that gives us worth. We forgot what we are, which is greatness.

There are many names for a teacher: Guru, Lama, Master, Sage, Prophet, Shaman, Mentor, and they all mean the same thing. In our search for enlightenment it is very important to have a qualified, Self-realized teacher. A good teacher isn't someone who teaches someone something, but someone who inspires the student to give his or her best in order to discover what they already know.

A saying that is dear to me is "when the student is ready the teacher appears." We are all students and we are all teachers. We all have things to learn and we all have something that we can teach. It is through teaching that we really learn. I just finished reading, *The Witch of Portabello*, a book written by one of my favorite authors, Paulo Coelho. I thought that this passage relates very well to the point I am trying to make. This comes from a teacher to the student: "I'd love to see you giving classes on what you're learning."

"That's the main aim of life – revelation! You make yourself into a channel; listen to yourself and you will be surprised at how capable you are. You are what you believe yourself to be. Now go back and meet all those people who think you know everything. Convince yourself that they're right, because we all know everything: it's merely a question of believing."

You are only as young as your desire to learn. New lessons bring with them a new outlook on life. Children

are our best teachers. Through them we get to be a child again and remember the simple joys in life. We teach them as they grow up but in reality, we learn more from them. They remind us of our own Divinity. Since everything a child learns is for the first time, learning is fun for them. They don't judge themselves if they fail. They happily pick themselves up and try again. As adults, we are far too serious about our education and put unrealistic expectations on ourselves.

For example, while I am spending time in India, I thought it would be fun to learn to play the Bansuri (Indian bamboo flute). At my first lesson, I immediately got frustrated and angry. I was sure I had to be the worst flute player in the history of music. I thought I was causing my instructor's ears to bleed. I amazed myself by how much I was using 4-lettered words and how often I said, "I stink!"

It all boils down to lack of self-esteem and listening to that harsh critic in my head. Upon reflection, I realized that I must be gentle with myself in the learning process and above all, lighten up!

Another lesson that I'm working on, is knowing that I am loved and loveable. I have spent the majority of my life looking for love in all the wrong places because I failed to first look within. I have had my heart broken more that I care to admit. I know that it all stems from low self worth. My greatest lesson, therefore, is to love myself because I am love and love is God. Lack of love for the Self is unnecessary suffering because if we can believe that God loves us, just as we are, then we can see ourselves through His eyes and treat ourselves with His loving kindness.

Sai Baba teaches the use of the mantra, "So Ham." Known as the seed mantra, it's meaning is "I am I" or God and I are One. By learning this simple lesson, it is completely transformed my life. When I am feeling bad about myself, I try to remember that God doesn't make junk and it is blasphemy to say that "I'm no good" or "I'm so stupid" because I am God and He is perfect. Another lesson: be careful what you tell yourself because that will become your reality.

When you are truly searching for the right teacher and sincerely open to knowing the Self, you will have no problem finding the right One to show you the way. With someone that has already gone through the struggle, we can follow their examples and learn for their experiences. Some of us learn the hard way but with the proper teacher, we "get it" much faster and easier.

A true teacher gives the student the courage to throw his or her world off balance and go beyond the conventional. To truly learn, we must go against everything we've learned so far. Look for lessons in everyone and everything.

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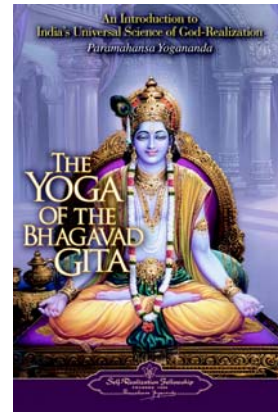
BOOKS

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"We came from God and our ultimate destiny is to return to Him. The end and the means to the end is yoga, the timeless science of God-union." So explains Paramahansa Yogananda, author of the best-selling spiritual classic *Autobiography of a Yogi*, in the new book *THE YOGA OF THE BHAGAVAD GITA: An Introduction to India's Universal Science of God-Realization* (Self-Realization Fellowship, Los Angeles).



With penetrating insight and clarity, Yogananda delves into the deeper meaning of the Bhagavad Gita's symbology, and sheds a fascinating light on the true intent of India's beloved scripture. He shows how the warriors doing battle on the field of Kurukshetra are intended metaphorically to represent the negative tendencies of the human ego pitted against the divine qualities latent in each soul. He describes how every individual, through applying the profound wisdom of yoga, can achieve material and spiritual victory on the battlefield of daily life.

This concise and inspiring new book is a compilation of selections from Paramahansa Yogananda's in-depth, critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (*God Talks With Arjuna*). It presents truth seekers with an ideal introduction to the Gita's timeless and universal teachings – the liberating path of right action and meditation to achieve a permanent state of higher consciousness.

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Yoga teachers, studio and workshop listings

are available for this section. Cost is only \$25 per listing for each issue.

Please keep each listing to 35 words or less. Call 440-223-1392 for more details.

Lessons from a Breakup

By Jill Huettich

Last year my boyfriend ended our relationship; that was devastating in and of itself, but even more so due to the circumstances. I had waited four years for him to be released from prison, and to my great shock, he ended things a few days after the conclusion of his sentence.

The months following our breakup were punctuated with frequent tears, depression, bitterness, and anger; anger so intense that it radiated in every direction. I felt rage toward my ex for not being more upfront about his feelings earlier in the relationship. I was mad at God for allowing this to happen. Mostly, I was upset with myself for trusting in someone who ultimately, greatly disappointed me. I wondered how I could have failed to see it coming.

I approached curing my broken heart the same way one might tackle learning a new language or beginning a new job—with complete dedication. For months I followed all of the advice that is given to the broken-hearted—keep busy, spend time with your friends, avoid places that remind you of him, listen to empowering music (Gloria Gaynor's "I Will Survive" was a favorite), write a goodbye letter, get to the gym, etc.

Although I did begin to feel better, I was still plagued physically. I experienced an intense, radiating jaw pain for six months before I finally realized it was a side effect of the anger I was still holding inside. It became so bad that some nights I would go to bed feeling fine, and I would wake up with jaw pain—the anger would reappear while I was sleeping.

It was around this time that I discovered a weekend workshop, *Beyond Forgiveness*, offered at Unity Spiritual Center in Cleveland Heights. I felt guided to attend, not because I felt like I owed my ex anything, but because I wanted to be free of the anger and the resulting physical pain.

When I walked into the workshop, I had no idea what to expect. Looking back on it, I suppose I expected that I would meet a bunch of people who would agree that my ex did me wrong, but I should forgive him anyway because it would serve my greatest good.

Imagine my surprise when the facilitator, Reverend Tony Senf, advanced a very

different idea—that I am the creator of everything that I experience and rather than viewing my ex as a horrible person, perhaps he is one of my greatest spiritual teachers. This concept pretty much floored me at the time, but over the course of the weekend, I came to see the truth in that statement more and more.

Although my anger didn't completely disappear right then, it began to lessen. And about six weeks later, I was finally able to say to God that I was ready for help in letting the rest go. Once I did, I felt a sense of relief that I hadn't experienced in the longest time.

With the anger finally gone, I was able to truly appreciate the gifts that my ex imparted to me. As a result of our relationship and its subsequent ending, I learned forgiveness and courage; my spirituality strengthened, and I began to treat myself more gently.

I came to see my ex not just as human, but as divine spirit—a spirit who provided me with the catalyst I needed to change my lifestyle to one that was more authentic. When the breakup occurred, I was working at a corporate job that I despised, had an unhappy living situation, and was preparing to move to California with my ex.

The breakup gave me the courage that I needed to make



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significant changes in all areas of my life, much to the surprise of those around me. I quit my well-paying job without having another one lined up. "Ballsy," they said. I asked my roommate to move out, even though I was unemployed at the time. "Foolish," I was told. Although I was initially nervous about moving cross-country solo, I proceeded with my plans to move to LA. I renovated my home—which gave birth to a new lesson, perseverance!—and put it on the market. More times than I can count people reminded me of the high cost of living in California or the housing market crash. I did my best to ignore popular opinion. I stepped out in faith, choosing to believe that all of these life changes were divinely inspired.

The last significant change in my life is that I learned, and I am still learning, to treat myself more gently. I have always had high expectations for myself and when my rela-

tionship ended, I was so upset with myself for 'betting on the wrong horse', as I bluntly put it. "Why did I keep making such horrible choices in men?" I wondered.

Over time I came to realize that if I could forgive my ex, didn't I owe it to myself to forgive *me*? I decided to stop being so hard on myself—essentially, no more second-guessing past decisions. Instead, I choose to believe that I am always making the best decision I can based on all of the available information.

My life has changed so significantly since my boyfriend left me that it is almost unrecognizable from the life that I was living before. That is a good thing. Although sometimes I become overwhelmed with the enormity of change that the breakup initiated, I realize that ultimately, I live my life more authentically. I am on the right path. I guess I can credit my ex for that; I'm grateful for the many ways my life has been enriched as a result of knowing him.

Jill Huettich is a freelance writer and Reiki practitioner residing in Lakewood until her home sells. She can be reached at jill222@excite.com.

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PLANETARY PATHWAYS

By Evstarr

November: New Moon in Scorpio Nov 9th 6:03pm/Full Moon in Gemini Nov 24th 9:30am
December: New Moon in Sagittarius Dec 9th 12:50pm/Full Moon in Cancer Dec 23rd 8:15pm

ARIES

November – Alright Aries are you getting a little too impatient...*not* the Ram...hummm...have faith my dear Ram, you can't get everything in life instantly, although that's how the Ram likes it...your prayers are manifesting, keep the faith, and travel the path that you know in your heart will lead you to your desires

December – I told you to trust...now it's time to start dreaming BIG...*Santa Claus is Coming to Town*...and you're *not* a small fish...so start thinking top of the food chain...Whale...it's time for you to see yourself succeeding, this month Ram, you *are* king of the mountain

TAURUS

November – It's time to do a little trimming and I'm not talking turkey...it's time to take a look around you and see who the energy vampires are and start cutting bait where necessary, you don't need to carry around any extra Bull...it's time to surround yourself with positive energy and positive people, places and situations...start yesterday

December – Hey Bull...do you need to do some healing where your masculine energy is located...take stock of any forgiveness work or healing that is connected with the males in your life, past or present including your father, whether he's on this earth plane or not...then move forward to the tune of *I believe in Father Christmas*

GEMINI

November – OK twin, you've cleaned house, and it's time for a fresh start, all two of you...starting fresh means look inside first and see where you can shine a little more positive energy, then start with the people, places and things around you...don't waste another second hanging around in the negative neighborhood, get out fast

December – You did good...and the results are pouring in...you trusted your intuition, cleaned house where necessary and now it's time to *Have Yourself a Merry Little Christmas*...keep the momentum going by continuing to take action wherever necessary, you are definitely receiving the signs...now follow that roadmap

CANCER

November – Less is more Crab, this is your theme song this month, so listen to the tune and sing it daily...yes, that's right, purge, baby purge, then purge some more...Mars is in your sign and you definitely have plenty of energy, live like

the Buddha and simplify your life, you'll be able to carry more weight when your load is lighter...

December – Santa Claus just landed on your doorstep, see what all that clearing out did...it paved the path for more Prosperity to come into your life...*We Three Kings of Orient Are* bearing gifts, new abundance is washing over you in waves...set your sights on the big picture...there's an ocean of opportunities coming your way...share the wealth

LEO

November – OK Lion we all know you're King of the Jungle, but this month you may need to look around you and put some healing where that roar is...look at the father figures in your life, including your own, and do the work that's necessary...then when you step back into that jungle of yours, your roar will be even mightier than before

December – It's time to start singing *Auld Lang Syne* and clear out some of the trees in that jungle of yours...blessed change is headed your way...don't let the monkey mind cause you too much stress...there's a major shift heading your way...and you're King enough to recognize the rainbow, start clearing the forest so you can see it

VIRGO

November – Saturn is going to be hanging around in your neighborhood for quite some time to come Virgo...so it's time to spend a little alone time meditating, contemplating and goal setting on what it is you truly want out of life...make those lists, you're good at that, get ready...start strategizing and planning, map out your world, then dig in

December – Can't decide between *Silver and Gold*...start listening to that intuitive side of yours and quit analyzing everything to death...who you? Yes, you...you know what I'm talking about...just follow your gut and make a decision already...spring will be here and you'll still be hemming and hawing...go for the cheese

LIBRA

November – Venus enters your world this month...so don't waste too much time vacillating or you're likely to miss Cupid's arrow when it hits...it's time to get serious about what it is you DO want out of life, let go of all those fear thoughts, what you resist persists, start thinking love baby love, and then open up that heart of yours

December – OK it's time to get off Cloud Nine for a while and come back to business at hand, there is more

information needed, it's time to consult an expert, gather all the research you can, and then study it, day and night...then you'll have time to enjoy *The Twelve Days of Christmas* with one less thing to worry about

SCORPIO

November – The Sun is shining on you this month Scorpio, so even *you* must come out of the dark once in a while...Mercury just ended its Retrograde and is now moving forward in your sign...so double up on the planetary energy, and enjoy the opportunities of abundance that is headed your way...just don't spend too much time in your cave

December – It's a good thing you came out of hiding because Venus has just landed in your sign and she's ready to aim her arrow straight your way...get out there and play, take a break from that intense world of yours, rejuvenate the creative fires and start singing *It's the most Wonderful Time of the Year*...love is lighting up your Xmas tree

SAGITTARIUS

November – Jupiter is finishing up it's year long transit in your sign Centaur, so allow others to give to you, receive, receive, receive...let go of all guilt, it's time to cash in the chips one final time...when you allow others to give to you, you swim in the flow of life...washing away stagnant energies...and you allow the giver the gift of giving

December – Centaur, it's time to give some thought to any left over healing issues you may have with your mother, whether she's on this earth plane or above, Mercury and the Sun are in your sign stirring up that mental stew of yours...it's the time of the season to mend those fences...then start singing *Joy to the World*

CAPRICORN

November – Empowerment is a word that you need to add to your vocabulary Goat...you're more powerful than you realize, just because you're the workaholic of the Zodiac doesn't mean you don't have healing capabilities as well...this is the time of year to open the spiritual floodgates and show the world what the Goat's got...shine baby

December – You've been waiting twelve long years and now it's finally Christmas...Jupiter has just stepped onto your doorstep and is planning on staying around till next Christmas...so start saying those affirmations, play some music, light up the tree, build a fire and then just *Let it Snow, Let it Snow, Let it Snow*

AQUARIUS

November – You normally don't run with a crowd, you're more like the Pied Piper...beating to the beat of your own drummer, but this month it's time for you to break free from the rut you've gotten yourself into and try some new avenues, venture down a different path, take a walk on the wild side, follow your heart and run

December- OK you got a little crazy last month, and now it's time for you to pull in the reins just a bit...bide your time, think things through...do a little research and you'll be given the sign when it's time to make your move, think of it like a chess game...wait, strategize, then *Go tell it on the Mountain*

PISCES

November – Alright fish is that pond you're swimming in getting a little stagnant, is the water looking a little murky...swim out of that pond as fast as you can...it's time to start hanging around with a whole new kettle of fish, the ones who are singing the happy tunes, not the blues...rid yourself of the negative barnacles that have attached themselves

December – Santa has just left you a brand new fishing pole...it's time to explore your options and fish around in some other ponds...hopefully you listened last month and swam fast away...now start fishing uncharted waters, they're waiting for you to catch the trophy fish...bait your hook, cast your line...*Silver Bells* are heading your way

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Light The Way, Leave A Trail

By LOS

The subject of teachers is one that touches close to home for me because my Mother was one by profession. I attribute most of what I know and how I feel about things to her and how I was brought up. She recently passed away, but even through years of living with Alzheimer's and up until the time of her death she was still teaching me things.

The time I spent with her as her primary caregiver was a challenging, yet invaluable part of my life's lessons. I'm glad to have been blessed with that time together because even while there was the sadness and loss, it taught me a lot about love and how it can transcend even the hardest of circumstances.

My mother was a highly intelligent, thoughtful, giving and caring person. She had an outgoing personality and loved to laugh, sing and dance. She was deeply spiritual and made sure to cultivate that in my brothers and me. As a child growing up, I always remember her as being the one who motivated us and got us to where we needed to go, even though she never drove a car her whole life! Not that I don't have memories of my Dad being around and teaching us things and taking us places, I surely do, but the instances are much sparser since my parents divorced when I was in my early teens. So, it was Mom who went to work each day to provide for the household, and us and tried to give us the intellectual and spiritual tools to grow into responsible and productive adults.

I had only a rare opportunity to see her in a classroom setting. I was pretty young at the time, but I remember getting the impression that she was respected and even loved. She was always volunteering and helping out with things, whether it was for the church, school or a neighbor. She was a Cub Scout Den Mother, and meetings were often held at our house. I would see her and the little Cubbies involved


in some fun activity that she had come up with. She was very creative and artistic and would make these art projects out of stuff that most people would just consider trash. She was a recycler even before it became the hip thing to do!

We all have memories of someone who has had an impact on our lives, whether it is a parent, teacher, pastor or friend. Someone who has turned on that "light" in our mind or heart and has added something to us that helps us to grow, and hopefully become better. We appreciate and love these people for it because knowledge is one of the greatest gifts we can ever be given. The thing is; we are all taught, and at some point, we all teach. Some make it a profession in one form or another. But we all share and pass on knowledge and have things to learn as long as we live.

It takes a special kind of person to want to take on the task of trying to illuminate and cultivate young minds. Sometimes I'm sure it must be like a farmer trying to turn over hard, rocky soil in order to plant seeds with hopes that something might grow. In the case of having multiple students at once, it's guaranteed that not all will comprehend at the same rate, and some might even be resistant to it for whatever reason. One has to have an almost unlimited supply of patience and enthusiasm to weather the storm of indifference, distraction and apathy that they can sometimes be faced with in order to reach that point where someone "gets it." I wonder if that payoff is sweet enough to make it all worth it. I guess it varies by the individual.

Some feel called to go into the ministry and try to lead people to a deeper understanding of our spirituality and connection with the higher power, by whatever name He/She/It might be called. There was a time when religious and general schooling was given pretty much all together, but laws were enacted to separate the two for various reasons. One of the main reasons, I'm sure, that this country (being

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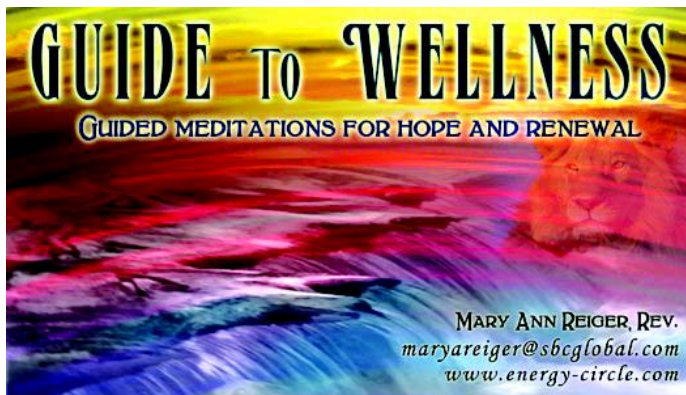
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the melting pot that it is) of so many nationalities, and cultural and religious beliefs, students in any one classroom can't all be blanketed with any one doctrine. While in a practical sense, that may have been the right thing to do, but then perhaps in a way, morality has suffered because of it as the generations have progressed.

It is the teacher's challenge to balance his or her personal beliefs with what they are instructed to teach in many cases. I'm sure that many have been conflicted by what they feel versus what they must tell their students. Ultimately, it is up to the parents to provide what they feel is the proper training and mold their child's behavior and beliefs, until they are old enough to venture out into the world on their own and learn from their own experience.

Once we become parents, we suddenly find ourselves thrust into that role on a constant basis, showing our offspring how to do *everything*; from how to eat, how to walk, talk, behave and interact with others – basically, how to be human in a "civilized" way. Some may be better equipped to handle this than others, depending on their maturity level and their own education. Instinct plays a big part in our ability to impart good knowledge to our young ones, but then there are society's rules and influences that must be factored in as well.

As we get older there is still much to learn and we seek out those who have knowledge and experience that we'd like to gain in order to improve ourselves. The passing on of knowledge is a process that should be revered, and those who do it well and out of love should be respected and remembered.

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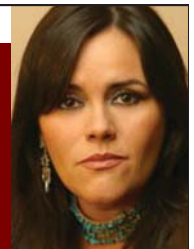
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THERE ARE TEACHERS ...

AND THEN, THERE ARE TEACHERS

Continued from Page 16

Today, we enjoy many inventions that might not have come about if the inventors had not viewed their failures as simply not obtaining the desired result on those attempts. Thomas Edison, the famed inventor of the incandescent light bulb, comes to mind. And everyone knows what Post-it Notes are. They are those self-stick notepapers most people use. Did you know that this product wasn't planned?

In 1968, Spencer Silver, a 3M scientist, was conducting research in the company's laboratories to improve the adhesives it uses on its tapes. He came up with a new adhesive that stuck to objects but which could be easily lifted off and reapplied again and again. However, he was unable to convince the company that it was a marketable product. Nevertheless, over the next five years, Silver shared it with his colleagues via seminar presentations.

Arthur Fry, Silver's 3M colleague who sang in his church's choir, was using markers to keep his place in the hymnal but they kept falling out. Remembering Silver's adhesive, he used some to coat the markers. Incredibly, he found that the markers stayed in place and that he was able to lift them off the pages without causing any damage. The rest of the story, as they say, is history. Fortuitous, some may believe. I disagree. There's no such thing as luck. Both scientists simply attained a state of mental readiness.

The amazing result of the 'failed' experimentation won Silver and Fry their company's highest honor for research. They also received numerous awards within the international scientific community.

Perhaps, most important, by teachers drawing attention to the fact that even the greatest scientists make mistakes and that many turn initial non-successes into successes can provide inspiration to those who follow other supposed paths to truth.

Norm Williams, Ph.D., is the principal of Toronto-based NSW Williams. He is a business and personal coach, workshop leader, writer and inspirational/motivational speaker. A self-actualization/personal-growth authority, practitioner of the principles of metaphysics, student of human molecular biology and author of Take Steps to Realize Your Dreams (<http://www.pdbookstore.com/comfiles/pages/NormWilliams.shtml>), he can be reached at 416-439-2546 or nsw.associates@sympatico.ca.

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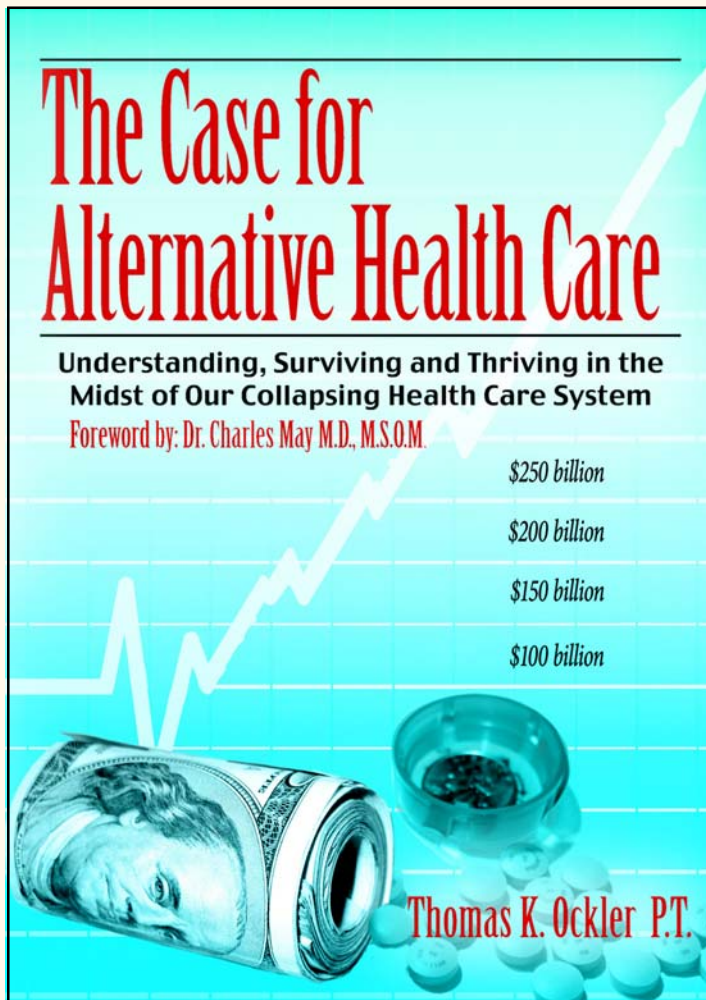
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