

Issue 49 | November, December | 2009

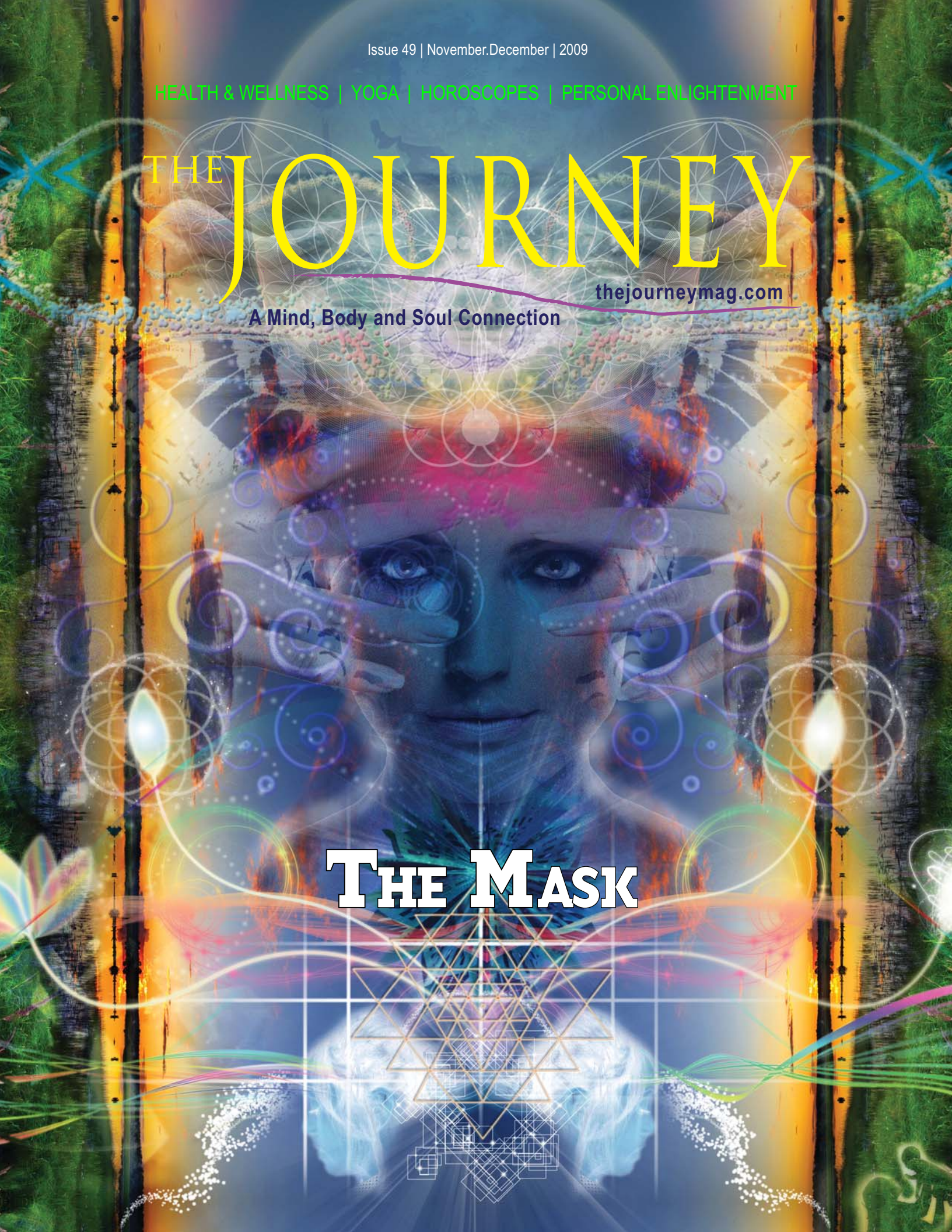
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A Mind, Body and Soul Connection

THE MASK



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Louis Charles, author of *Jesus Religion* (www.jesusreligion.com), will be revealing the illusions of separation, death and his passion for how we can reconcile the dead. Learn that our idea of "oneness" needs to expand significantly.



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THE JOURNEY

A Mind, Body and Soul Connection

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From the Publisher

Isn't it funny how we spend a lifetime searching for the next thing that makes us happy? We look for people, places and things to bring validation to our being. When I was a young boy I dreamt of being a professional baseball player. I wanted to be the next Babe Ruth. I would eat, sleep and dream baseball. For Christmas I would always ask for some type of baseball gear. I felt safe behind my "baseball mask".

As I got older, I traded in the baseball mask and donned my "hippie mask". Grew my hair long, wore the jeans with the holes and went barefoot as much as possible. And of course did the drug thing like all my fellow hippie brothers and sisters.

Soon after, the drug thing became the "alcohol and party thing". That was a mask I wore for a number of years. It seemed to serve me well. It covered up nasty feelings and insecurities and gave me courage to pretend to be whoever I wanted to be. Only problem was that it quit working. The mask of alcohol started to strangle me and I lost consciousness to what I was truly here for.

I eventually was able to drop that mask, though I have put on several others since. Each time though the mask starts to slip and more of who I am gets revealed.

The mask is an illusion we create to hide the unknown parts we fear. There are many parts to the whole. Perhaps accepting the whole is the first step in shedding our masks.

May we identify, understand and release our masks and accept who we truly are.

—Namaste' Clyde

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On The Cover: "Celestial Vision"

A Celestial Vision of Heaven and Earth becoming one reality is unfolding before us – By Aaron Pyne of Portland, Oregon. Aaron is available for graphic design, web design, and online marketing for spiritual, holistic and green businesses. See his ad on page 7 and visit his website at www.spiritap.com to see his art gallery and learn about his services. You can reach him at 513-703-0495, e-mail amp@spiritap.com

November.December Theme: The Shadow

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Contributors



Beth Bracale

For most of her life, first-time contributor Beth Bracale, operations director for Shadybrook Inc. in Conneaut, Ohio, lived behind a mask. She first put it on as a child to help her fit in with others. Over time, the mask became harder and harder to remove, until she could no longer tell where the mask ended and the real person began. The result was failed relationships, dead-end jobs and anger at the world.



Laura Lee

A dream of an old friend starts a search to re-establish contact. As the fruitless search continues, Medium Laura Lee comes to suspect what she is later able to confirm: The dream is not simply the recollection of a missing connection in her life. It's a message, a personal lesson, and an instructional guide for the rest of us to be open to understanding the importance of what our dreams are really trying to tell us.



Janee Kuta-Iliano

Overeating appears to be a uniquely American privilege and curse. But health coach and holistic educator Janee Kuta-Iliano also recognizes it as an emotional mask: a substitute for confronting real feelings and real conflicts. By recognizing this, and by finding other, more healthful, ways of dealing with the stress and disappointment of day-to-day life, she suggests that anyone can once again put food into its healthy role: not therapy, but fuel.



Bob Rosenbaum

Marketing consultant and occasional yogi Bob Rosenbaum relishes in the act of identifying and easing tension from each muscle group of the body. But when he gets to the face, he can't even identify when the jaw is tense vs. relaxed. That's because the face is our mask – doing the work of covering for all the little lies and indignities the human soul faces each day.

“From your very childhood you have been taught to wear masks, beautiful masks. There is no need to have a beautiful face, just a beautiful mask will do; and the mask is cheap. To transform your face is arduous. To paint your face is very simple. “Now suddenly to expose your real face gives you a shivering in the deepest core of your being. A trembling arises: Will people like it? Will people accept you? Will people still love you, respect you? Who knows – because they have loved your mask, they have respected your character, they have glorified your garments. Now the fear arises: ‘If I suddenly become naked, are they still going to love me, respect me, appreciate me, or will they all escape away from me? They may turn their backs, I may be left alone.’”

– Osho

TRAPPED BEHIND MY MASK

By Beth Bracale

I started life like most children, authentic in my innocence, eyes bright, openly delighting in every new discovery. No matter what the situation, I was always genuinely me. My parents taught me that sometimes I needed to be quiet and “behave” (it took awhile to learn what that meant), but still I was always myself. Kindergarten is where I learned that being myself could make me stand out in a crowd. I had to make a choice: stand out and be noticed – and vulnerable – or hide behind a mask of conformity.

I chose the route of safety and donned the mask. The mask kept me from singing at school with the vibrato I had cultivated while imitating the artists on my parents’ jazz records. Now I carefully sang with the same flat but cheery voice as the other children. The mask kept me from raising my hand every time I knew an answer, though I had put it on too late to hide the fact that I already knew how to read. I started accumulating labels, like “show off” and “The Brain.” It was a relief to run home after school and shed the mask that stifled my uniqueness.

The years went by, and as I grew, the mask grew tighter and more confining. It also extended to cover more of me than just my face. By junior high I had full-body armor that had nearly fused with my skin. I rarely took it off because someone might see the real me, might tell me how my uniqueness was wrong – freakish instead of special. I felt naked without my mask, and being unprotected made me nervous. I consoled myself with the fact that I could decorate my mask, taking a tiny risk to be just a little unique within the safety of my conformity.

Despite my mask, I never really fit in with the other kids. I often wondered: Where are all the other ones like me?

Was I really such a freak? It never occurred to me that like-minded people couldn’t find me, because all they could see was my mask. It was like that Halloween song from kindergarten: Who’s behind that false face? Nobody knows but me.

Eventually the mask did fuse with my skin. Once I was out in the work world, even I couldn’t tell where the mask ended and my flesh began anymore. Through failed relationship after failed relationship, through job after job where I wilted rather than blossomed, I raged at the Universe: where do I fit in? This is not who I am. Who am I supposed to be?

I became reckless. Sometimes the mask slipped a bit. One day I looked in the mirror and saw my eyes staring out at me from behind the mask and remembered that it wasn’t my real face. I saw cracks in the veneer, paint chipping away. Time to make a new mask.

It never occurred to me to just take the mask off and be myself. By now I was in my 30s. I had a good job, though I

didn’t like it much, and I had children to raise. If I suddenly became this other person, this wild woman who had been confined for so long, wouldn’t everything just fall apart? Maybe later, when the kids were grown up, and I was retired; maybe then it would be safe to just be myself. I would be old enough to be labeled eccentric by then, but I wouldn’t care about labels anymore. For now, the best thing I could do was compromise, reinvent myself within reasonable limits, sculpt a newer, brighter mask.

More failed relationships. I still wasn’t comfortable in my own skin. I started to realize it was because it *wasn’t* my own skin. Finally I had had enough. I was over 40 and I had yet to contribute anything of worth to my community, to the world. There was no way to make a contribution until I knew what I had to give, and the only way to do that was to take a good look at who I really was. I had to rediscover my

self, and go back to being me, regardless of the consequences. After all, how much worse could things get than they already were?

I peeled off the mask. It was painful but it was also so freeing. I stretched like a cat after a long nap, relishing the touch of the breeze on my skin. I shouted, I danced, I leapt, I sang, and I went a little crazy. Crazy in a good way. It was good to be home in my own body again.

As if by magic, people were drawn to me who appreciated my true self, and whom I admired in return. My circle of friends changed, and I felt supported in my authenticity. I met my husband-to-be, who became my best friend before we became lovers. We discovered that we were both on the same path, and decided to make the journey together. I could not have imagined such a perfect companion in the days when I lived behind the mask.

I’m almost 50 now, and I realize that what I want to do with the rest of my life is remind people of who they truly are, and help them feel strong and safe enough to shed their masks and let their radiant lights shine. When people learn to appreciate the unique gifts of each individual, they create an environment where masks are no longer needed for protection. Imagine what life would be like if each person was free to be their best, most beautiful self.

How about you? Are you ready to peel off that mask and shine?

Beth Bracale is Operations Director of Shadybrook, Inc., a non-profit that promotes personal growth and spiritual exploration. She lives on a small farm in Conneaut, Ohio, with her husband Ron and an assortment of animals, including llamas. For information about Shadybrook, visit www.shadybrook.org.

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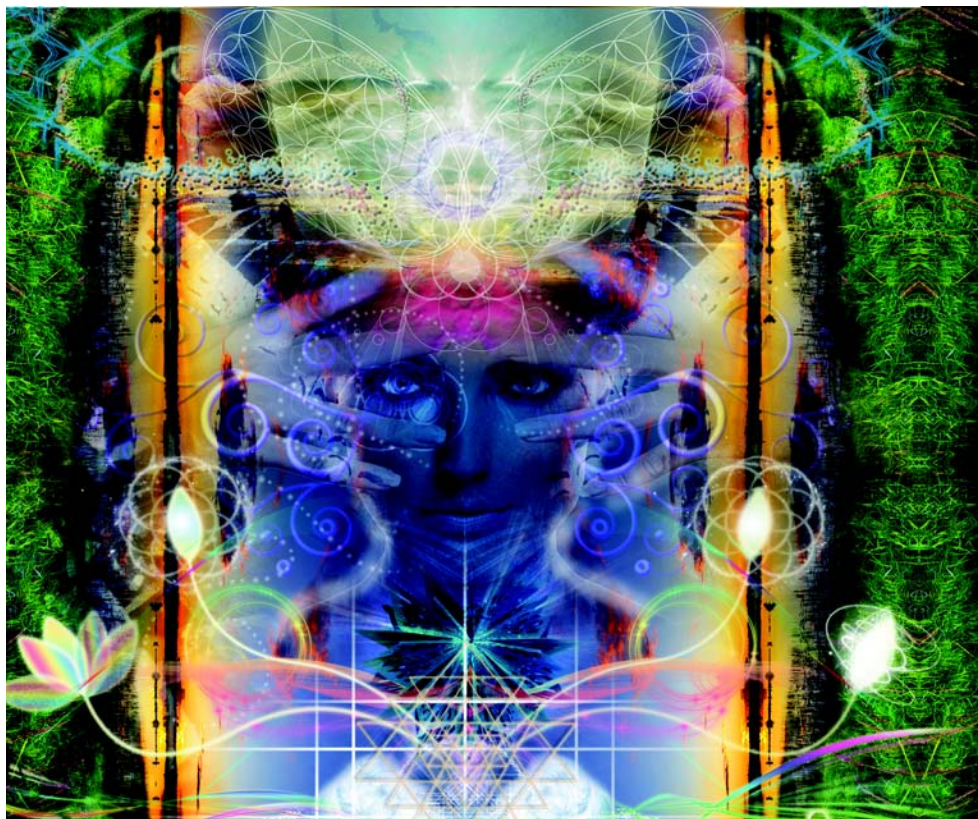
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WHAT'S YOUR VISION?

When a Lost Love Tries to Connect

By Laura Lee

“Look there,” he pointed to the sign, “Aura.” He grinned. Not just any ordinary smile. But, one of those big, white-toothed, Hollywood grins. “And so?” I replied, as I could feel the warmth of his hand in mine.

“And so, aura is in Laura!”

“No, it’s the other way around,” I laughed, “Laura is in her aura!”

He stopped and pulled me close...my heart sang....

Then I woke up. *A dream.* I moaned as I felt a deep ache of regret in the pit of my stomach. It was still dark while my eyes focused in on my surroundings, realizing I wasn’t at home, but in a cold hotel room somewhere outside Cleveland. My thoughts stirred to recapture the warm feelings from my dream. All kinds of emotions emerged as I reflected of how I had abandoned him when he needed me most.

“It’s really not a good time for me to talk,” he said. “I’m angry that he wouldn’t listen. I’m a doctor, too, for God’s sake, you’d think he’d have some sense.”

“You couldn’t have saved your brother, Kent.” I said, in attempt to comfort.

“He just gave up,” his voice filled with frustration. “Really, don’t you think if you had cancer you’d try everything to survive.”

“Well you and I might, but, Will, he was different.”

“He literally just took the word of what other doctors told him. Then rolled over and died!” he exclaimed.

“It doesn’t matter that you’re the best doctor in the world; it still wouldn’t have saved him,” I consoled. “He surrendered because he could.”

“Hmmm,” he continued, “I don’t think I can bear the thought anymore.”

“Sure.” I replied, “When you’re ready, I’ll be here.”

“Thanks.” He said softly.

“Good night.”

When we hung up from that phone conversation, I thought that it might be awhile before I heard from him. But I knew he’d reach out when he was ready, because he always did. That was 6 years ago. My clock read 4 a.m. It’s only 1 a.m. back on the Coast.

Maybe I’ll try calling him, again ... or maybe not.

I fluffed up my pillow, rolled over and drifted back to sleep.

It took me nearly 45 minutes to drive back to the hotel from Cleveland, where I did a morning interview for the conference. My day was filled with appointments, which usually makes me feel good with productivity. Yet I didn’t feel good – rather, more anxious to get back and try contacting him back in California while it was still early. Thoughts of him were driving me crazy, again, as they came frequently. The crisp air blew through my windows returning my

thoughts to one of our earliest meetings.

Lying on his examining table, I trembled while he scanned me for lumps. Tests had already confirmed that my diagnosis was cancer. I just needed a second opinion. After meeting Kent at a health conference in L.A., he encouraged me to get more tests. I felt alone, scared, and confused. Especially since all my family was back East during this difficult time. His presence, however, assured me that somehow everything was going to be OK. It was like he was already healing me with his touch. Even so, I wept, quietly. Too embarrassed by my display of emotion, I turned my head so he wouldn’t see the tears. He didn’t address it, but just allowed me the space to cry.

The memory fueled my drive to reach out to him again. Surely, by now, he had to come out from cover. But back in my room, the search in California seemed futile.

“Sorry miss,” The operator said, “there isn’t a Dr. Kent Beane in Santa Monica.” “How about Encinitas, California?”

Maybe he relocated to a surrounding area?

“No Dr. Beane. Sorry.”

“Wait!” I exclaimed, “Can I try another?”

“Sure.”

“Try Malibu!”

“Again, I’m sorry miss.”

I fell back on my bed exasperated. *Why am I doing this to myself? I’m desperately clinging on what appears to be a ghost. Maybe he took off to some island? Or maybe he went into practice with another doctor? With my eyes closed, I waited to see if I could receive any insights. Nope. I just hope that he didn’t go into practice with a woman!*

My heart warmed as his image came clearly to mind again. The one with his big white-toothed Hollywood grin. A deep inhale, I exhaled seeing my heart open to the possibilities of making contact. We always had that telepathic thing going on whenever we were together.

If he’d only call to say ‘hello.’ I think I’d be okay with that message.

Days later, I busted through my front door with still no word. I kicked off my shoes, dropped my bags and headed for my sofa. My daughter ran past me to her room, excited because she’s home too for the first time in a week. It was quiet for a few minutes, before I felt a small hand placed over my forehead.

“Are you sick mommy?”

“Oh, no, honey” I squinted my eyes open, “Just tired from traveling.”

I take her in my arms for a big squeeze. “Did I tell you that I missed you?”

“Yes....” She squealed.

“Look in my bag.” I said, “There’s a surprise waiting

'When we hung up from that phone conversation, I thought that it might be awhile before I heard from him. But I knew he'd reach out when he was ready, because he always did. That was 6 years ago.'

for you."

"Yay!" She giggles, while digging in deep and pulls out the package. "Mommy! I wuv it!"

She tore the package apart within seconds. "Cindi-wewa!" She started twirling with the doll singing her princess song. "La, Laaaa, Le, La!"

The girl has never seen Cinderella, yet she is well versed on princess mania.

Watching her dance around the room made me happy that we had each other.

Then it felt like a light bulb went on: Facebook. *Why didn't I think of that before?*

I jumped toward my laptop, opened its cover and scrambled to key in the words: Doctor Kent Beane, Facebook. It gave me hope to see that the search engine was working on retrieving information. When Google ac-

tually listed his name, I felt peace, especially when I saw his picture. Then I read the page.

Kent passed away on January 8, 2007. This page was created in August of 2009 as a tribute to him from friends and family. For more information, click on the above tabs.

So I clicked on more links. This is what I read:

Kent died of cancer. He had a malignant tumor in his neck that was misdiagnosed. He used everything in his arsenal to fight this cancer, but in the end, the cancer won. He died peacefully with his friends and family at his side. I know that he is alive and well in the astral plane, looking down at us right now....

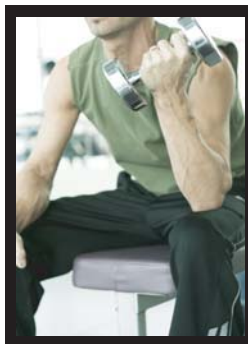
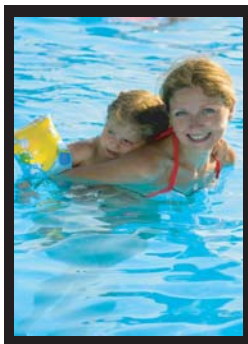
Tears fell so hard that I couldn't read the page anymore. He'd been trying to connect all along. Guiding me to this point; certainly to demonstrate he had heard my call, but doing his best to reach me over the last few years. My heart, masked by hurt, regret, guilt, dismissed the opportunity to reconnect with his spirit. In the end, I was the one who lost.

It's easier to push aside the pain. To not feel, burying the self in mundane tasks, convincing the heart it's OK to remain closed and protected. But, if the images of a loved one from the past come to mind, know that it is a calling for the heart. If you are fortunate enough to hear the call, reach out to say hello.

Medium, Laura Lee is regularly heard on Magic in the Morning on 100.7 FM. She has also appeared on TLC, PBS, NBC, FOX, Discovery Channel and Game Show Network. Laura is performing at the Majestic Theatre on October 30; www.MessagesOfLove.com.



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Honoring the Masks We Try On, and Taking Them Off

By Kimmie Rose Zapf

For centuries, masks have been used in celebration of religious holidays, rituals and to dress up. Each time a person places a mask on their face, they are moving themselves into a deep place of trying to see themselves through their own eyes – but from a different perspective.

Several Halloweens ago, a friend of mine who is quiet and doesn't like to put herself in the middle of intense conversation dressed up as Richard Nixon. It was intriguing that when she had her mask on she laughed, told jokes and actually mustered up the voice to share her opinion about topics we were sharing.

Usually, she would sit in the corner quietly and later share her thoughts with me on our way home. I could see that it was the act of taking on another role that helped her feel comfortable enough to express herself. It was interesting that she picked Richard Nixon, and later I asked her why she had chosen him. Her reply was that she felt he was a person who tried to do the right thing even though he so often failed. She saw him as a person who learned to suffer through his choices, but still had a voice. I let her know how much I enjoyed hearing her share with the others at the party and felt they did too. She looked at me in a startled way and said, "For some reason, I felt more comfortable."

I went home that evening wondering how many times I felt more comfortable stepping outside of myself in certain situations, and why I would feel the need to *mask* the real me. The more I thought about it, the more I found excuses for not being the authentic me and the harder it was to figure out who I really was.

I realized that I masked myself in the thoughts and perceptions of people I admired – like my mother, my brother and a teacher. When I found myself in uncomfortable situations, I sometimes wore these masks. They allowed me to cope with things the way I felt someone I respected would deal with the situation.

As I observed this behavior, I realized that I felt tired afterwards and felt the absence of myself. Although I honored these people because of the way they handled things, I realized I was not being truthful to myself. As a result, I began to feel resentment and fear. I realized that because I was not acting on what I really felt, I never knew if the right feelings were mine or theirs. In that moment, I realized an

important truth. I needed to still see things through the eyes of others, but also learn to know my own inner voice. I needed to remove the mask that kept me from experiencing myself authentically, and know that whatever I chose was right if it felt right to me.

'I masked myself in the thoughts and perceptions of people I admired – like my mother, my brother and a teacher. When I found myself in uncomfortable situations, I sometimes wore these masks. They allowed me to cope with things the way I felt someone I respected would deal with the situation.'

At another time in my life, a few friends made the observation that I needed to get away for one night; just me with my thoughts and feelings. So, I went to a girlfriend's house without my cell phone, computer or radio. I brought nothing with me but paper and a few books. I wrote questions about situations in my life, and counted how many times I put on a mask to see the situation through someone else's eyes. With one question, I had done this eight times.

I honored these impressions and wrote down what each person might feel. Then I wrote my name down and asked, "What do you feel?" I found myself whirling in circles, hear-

ing the voices from all of the others and sensing their opinions. Then, I asked again, "What does Kim feel?" I got an answer and wrote it down. I felt this surge inside of me wanting to pick up the phone to get approval for what I was feeling. In that moment, I realized I still was not resonating with what I felt.

Still feeling fearful of making the wrong decision, I imagined putting on a mask of myself. Then I began an inner dialogue and asked myself several questions: "Why would you choose this way?" "Are you certain this is the best for everyone?"

I wrote down my answers and then as I looked at them, I visualized myself putting down my mask and felt the authentic me ... raw, unedited and exposed. It was an uncomfortable feeling at first. Then I felt a natural peace. I sat in front of a mirror, looked into my own eyes and in that moment, I heard my voice.

It said, "Welcome back."

Beyond the programming and defining myself as a mother, a wife, a daughter, a friend, I sat there and felt *me*. I really looked deep into my intention. In that moment, I came face to face with myself. I felt comfortable because I was no longer replaying bad choices from my past. I saw my growth, my wisdom and my authenticity. Suddenly, I felt a comfort within me. I began to write down my answers and they resonated with me. I started to feel comfortable with my voice. I looked at the other masks that I had tried on and honored them, but through my own inner understanding I was able to look at their perspective and find a decision that resonated within me without the guilt. I was able to understand that part of my lesson in this lifetime was to find a deeper understanding in myself by seeing others within me – all by trying on their mask. The real truth came from understanding their perspective and honoring my own.

When we find ourselves in conflict with these masks and yet unable to connect with our authentic self, we struggle through life with low self-esteem, financial difficulties, failed relationships and more. It is because we have not really allowed ourselves to be authentically present. The beauty of understanding this on a deeper level is knowing that it is OK to try on these different masks, as long as it allows us to stay true to our own essence, our true nature.

Whether you call it your truth, Buddha self, or God self, it doesn't matter. It is in knowing who you are that you can appreciate the many masks you've collected and experienced throughout the years – and see them as a way of understanding the deeper inner voice that exists within you. So, in this moment, honor your masks and see them as a part of you. Then set them down and like looking in a mirror, allow them to reflect something you feel inside.

If those masks were not there we might not be challenged to find our own truth, which is why we are here on the Earth plane. Our purpose is to find our own truth and experience our oneness with everyone and everything.

Kimmie Rose Zapf is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS's Psychic Radio Network. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, 734-854-1514; or visit her website at www.kimmierose.com.



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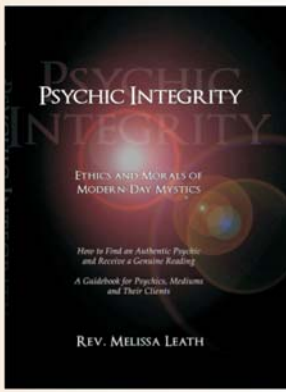
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Dream Lovers and The Unmasking of Our Passionate Selves

By Liaya Aneb Nua

Variations of this particular dream sequence had become all too familiar. Lisa (*not her real name*) awakens with a start, catching her breath drenched in sweat and still feeling the after-effects of the fading threads of an erotic dream. While pleasant, the dreams had become too regular and intense for her comfort.

She had begun keeping a dream diary but was still unnerved by the regularity of her night lover visits; her interpretation of their meaning had yet to cause them to cease. By the time she had her consultation with me she was at wits' end; the dreams and erotic experiences seemed to have taken on their own life.

Lisa is an extremely intelligent and well-read person; her day job is as a nurse practitioner. She had already done her homework by fully exploring the usual reasons for having intense erotic dreams. Her first explorations centered around her not having a partner, and the long dry spells between partners when the dreams started. Her career was also satisfying and she felt passionate about the work she was doing. She had requested a consultation because her inner knowing had called her to fully understand what was going on beneath the surface.

Unveiling The Mask

After creating her chart, what gave me the first clue that these were no ordinary dream sequences were specific placements in her 8th and 12th houses, indicating a long lost 'soul mate' relationship, which had ended when the mate was brutally killed in front of her (this information came through both my and my client's guides).

Since that lifetime, over the course of a few incarnations, she hadn't made herself fully available to any of her lovers.

This soul mate had reached out to her in many lifetimes in which they had both incarnated during the same, time but she had subconsciously become fearful of what might happen should they once again come together. In essence, it appeared she had rejected him.

The fact was her fear kept them from reconnecting and fulfilling their potential. In her current lifetime she had taken the road less traveled by studying metaphysics and Yoga. Her increased frequency light was a beacon to him that she was once again open to sharing love with him. He had

crossed over years before and stayed faithfully by her side, waiting for her light to open her own understanding of their connection. As she continued with her spiritual practices the dreams became more vivid.

What was revealed during our consultation was that he had taken on the role of her *Daka* – awakener through wisdom teachings of sexual union. This term for the feminine form of sexual awakener is *Dakini*. The difference between what I call dream lovers and a *succubus* or *incubus* are that the former are wisdom initiators through sexual awareness and the latter are low-frequency astral sexual vampires – female or male respectively.

Through Lisa's willingness to lower her resistances to experiencing love again, he was able to begin coming through to her in her dreams. In doing so, he was awakening her through natural channels of desire, and using that desire as a path to spiritual understanding of the nature of love and the different dimensions through which it expresses itself.


'This soul mate had reached out to her in many lifetimes in which they had both incarnated during the same, time but she had subconsciously become fearful of what might happen should they once again come together. It appeared she had rejected him.'

Easy Answers Are Not Enough

This experience has shown both Lisa and myself that sometimes mystical experiences go much deeper than readily apparent answers can give. The unconscious masks that we wear are sometimes there to protect us — they are filters through which we may safely live our experience. As we grow in our spiritual understanding these filters are no longer necessary and fall away revealing the truth of who we are.

Lisa's experiences continue even now – the difference being that she is embracing this new dimensional shift as she is taken by her dream lover on exploratory journeys in consciousness, safely and in full loving presence. She says that forgiveness of herself and even her understanding of the Creator has been important on this healing journey as well. She now believes we carry unconscious walls around our heart spaces and love truly is the only way through them. She is grounded and aware, not flighty and unfocused. I've asked her if her and her dream lover have plans to reincarnate together again and she says that they might, but will probably take off for worlds unknown between lifetimes as she feels her current Earth cycle is complete.

Liaya is an alchemikal yoga teacher, astrologer (using various systems), spiritual mentor, seer and lineage holder for ancient spiritual culture. She is available for consultations, workshops, seminars, and her new Kama Sutra Elegance retreats and playshops. Her book "Kiss of the Shakti Serpent" and her CD "Restoring Feminine Balance" will be available in 2010. Email: nitsdaughter@gmail.com; phone 641-715-3900 ext. 31015; Blog: www.shaktifire.blogspot.com



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INNERVIEWS

By Kimmie Rose Zapf

Aries

November — You may feel frustrated this month and need extra attention from those around you. Don't worry. Close friends and family members will provide all the support you need. Be sure to return this gift to your inner circle when needed.

December — Love is in the air and a new relationship may blossom. If you're already married, this is a good time to grow even closer. In doing so, you may learn more about who you are and the person you're becoming.

Taurus

November — No, you don't have to tell everything you know, but remember, secrecy isn't the same thing as keeping a secret. Find the line between being honest and telling the facts with your opinions attached. Be honest and things will work out.

December — This is not the time to step out on your own. When great ideas come to mind, don't just go your own way. Talk it over with your partner. After all, that is the joy of being a team. If at first you don't agree, try to find a middle ground.

Gemini

November — Watch your diet because it affects how you feel. Eating healthy will help you avoid all the highs and lows you've been experiencing lately. Eating well is more proof that balance really is a good thing.

December — Great things are on the horizon for you, but don't forget to make decisions. You'll be presented with opportunities. Consider each carefully. You'll be meeting new people, so keep your eyes and ears open to the new opportunities they bring you.

Cancer

November — You are what you talk about, so watch your mouth. There are always chances for negative chatter, but this won't get you where you want to go. You want the fruits of positive thinking and you'll never get them if you keep focusing on the wrong things.

December — Stop all that worrying! Let go and listen to your inner voice. Have the confidence to take chances and let that instinct guide you to happiness. And while you're having all those holiday good times, enjoy yourself but don't be excessive.

Leo

November — Feeling adventurous? A trip will bring you a newfound closeness. Money brings not only new

things, but also new ideas. Look beyond the surface and you may be surprised at how much you find on the inexpensive side of life.

December — Finally, you'll be presented with a good job opportunity but that doesn't mean you should take it. Avoid making snap decisions. Consider each opportunity carefully and choose what's best for you.

Virgo

November — Move cautiously. Emotions can separate you from making clear decisions. Instead of taking things so personally, let logic guide your thoughts. You'll soon see the best option.

December — It may be cold and gloomy out, but *trust*. No matter how dark it seems now, there is a light at the end of this tunnel. Let faith guide you to the next stage. In your new beginning, you'll be thankful for the journey.

Libra

November — You're going to be busy with new friends, celebrations and trips. New relationships start better by showing your true self and you'll have less to regret about everything. Remember to apply a polite, straightforward approach as often as possible.

December — Sometimes it's easy to focus on one idea, but the world is composed of millions of ideas. If you allow yourself to see the bigger picture, bigger opportunities will blossom. You've been waiting and it's finally coming.

Scorpio

November — Family issues aren't new, but how you deal with them can be. Stop poking around on the surface. Problems won't be resolved until you cut to your own core. Take the time to truly understand your feelings and let God handle the rest.

December — Want to move? Change jobs? Add or enhance a relationship? Be honest with yourself about what you want in life and when it's appropriate, share your dreams with others. You have nothing to be ashamed of.

Sagittarius

November — If you don't like the way things are going, then speak up. Besides, you're not known for being shy. Don't make hiding problems easy for the people around you. Keeping quiet about things creates a never-ending cycle of enabling bad habits.

December — Is life feeling more expensive lately?

Tame a bit of your carefree spirit and check the details while you're out enjoying your holiday spending. Make extra sure you play by the rules.

Capricorn

November — This year is ending and you'd like to break free and try a few new things. But don't over-indulge in activities that take you outside of who you truly are. Live *your* truth. Be more grounded.

December — You will find yourself looking deeper at your relationships. This process will help you make decisions about what you want and don't want in your life in the coming year. Truthfully weigh the elements of your life when deciding what is best for you.

Aquarius

November — Your ideas have always been ahead of their time. Now it's your time to watch them come to life. Your ideas can never be just about you. Take a good look at the people you come in contact with; they may be able to help you accomplish your dreams.

December — Use positive thinking to channel your dreams into the real world and the New Year. As you find a place to manifest this energy, it will become easier for you to usher in a better world.

Pisces

November — You've been dreaming and planning, but don't miss your chance to bask in your success. The

time to realize your highest ideals and greatest dreams has come. Don't be afraid. Step forward. Make it all happen.

December — New thinking is on the horizon and people are ready to align with the quickly changing energies of the planets. Your leadership skills will help humanity make these shifts, and you will feel supported by those who understand the need to create peace and harmony.

Kimmie Rose Zapf is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS's Psychic Radio Network. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, 734-854-1514; or visit her website at www.kimmierose.com.

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HEALTH & NUTRITION

The Simple Truth About Overeating... And How To End It

By **Janee Kuta-Iliano**

'I was watching a squirrel the other day gather nuts in my backyard, and realized just how simple most animals' diets are.'

Food: A quick fix to a bad day. Am I right? Stressful days can certainly make us grab a hold of our favorite comfort foods. I can only speak for myself, but I know that the more stressed I get, the more I crave unhealthy food.

Food has become a lot more than it was intended to be. Food has taken on life-like qualities, becoming our best friend and worst enemy instead of the fuel source it is meant to be. As a society, we idolize food and often use it to mask emotional pain and stress. When times get tough, we reach for whatever will soothe the soul, however short-lived the experience may be.

What if we never knew food to be anything other than a pure source of energy? I was watching a squirrel the other day gather nuts in my backyard, and realized just how simple most animals' diets are. Imagine being content with eating one thing or one simple meal at a time? How about eating a meal until 80 percent full and walking away from the plate with no problem? Becoming completely non-attached to food?

We don't really need food to make us feel good because as much as we love the thought of eating, it never does make us feel good, but only lousier. I find it funny how I am willing to sacrifice hours of displeasure for 10 to 15 minutes of eating pleasure. Because let's face it: When we give in to our sensuous desires for whatever fun food we want, don't we spend a lot more time afterward wondering why we ate what we ate?

I have become a lot kinder to myself over the years, but

there were many times in the past I would be so upset with myself for "going off the wagon." I imagine there are many of us out there who don't think about food as much as some, but I'm going to guess that a lot more of us are addicted to food than not.

So why are we addicted to food in the first place? How is it that we know we should stop eating but still continue to the point of being absolutely stuffed and miserable?

Sometimes our addiction to food is not just emotional or mental. Being allergic or highly sensitive to a food makes us crave it more, just like an addict to drugs or alcohol. Many of us have food sensitivities and don't even know it. Particularly wheat, corn and dairy are the top foods most people have sensitivities to. We see a lot more gluten-free foods in the marketplace today because of the overwhelming amount of us with allergies and sensitivities to wheat gluten.

Before sensitivities are diagnosed though, people can find themselves eating and overeating wheat or gluten foods uncontrollably and not know why. So overeating is not just a mask for something emotional, but a true physical imbalance that should not be overlooked.

Even when we want to make good food choices, we have a lot to contend with at the grocery store. There are so many foods to choose and frankly most of them are not good for us. The food industry has done a wonderful job tugging at our heart strings with the way food is packaged and marketed. In addition, we have developed a cellular memory to the foods we eat, creating emotional connections to the look and feel of food. Breaking those memories is not an easy task. Certain smells of food remind us of special times in our life. Seasons of the year bring out family traditions, which are all good; however we have shifted more of our focus on the food surrounding these traditions than the most-important fellowship with one another.

Anytime we lose control and overindulge in anything, we deny the voice inside that says, "Enough." At that moment, we turn a blind eye to our inner self that is desperately try-

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ing to help us. We decide to throw in the towel and mask our pain with food or some other fleeting pleasure as if it is something we deserve or need. Isn't it amazing how much we can justify in our minds? I just love what I can convince myself of.

I know as the years have rolled on, I have found myself searching for support systems other than food. No matter what support system it is, it is essential that we all have one. My spiritual support system is slowly but surely converting me to rely more on that than on the food I eat. Relying on a higher source for guidance and strength has allowed me to have a deeper respect for my body, simply because I seek to live for the will of God and not for my body and flesh.

I no longer wish to idolize food but my higher source.

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Continued from page 18

Having faith has given me a desire to listen to what is right for my body, and that of course is balance. What a great feeling it is to know what is proper for the body and live it out. What power we can feel as the destructive chains of food are loosed and we are able to walk away from something we know is not good for us.

I once heard Joyce Meyer say that real freedom is not

'What a great feeling it is to know what is proper for the body and live it out. What power we can feel as the destructive chains of food are loosed and we are able to walk away from something we know is not good for us.'

going out and doing or eating anything we want, but deciding not to eat or do something because we know it is no longer any good for us. That kind of freedom does not happen on sheer will-power alone. Simply making the decision to stop a destructive behavior is not enough in my opinion. Cold turkey doesn't work for most of us.

Of course a determined heart is essential but help is needed and for me, a higher power has been that help. Others will choose to get involved in organizations like Overeater's Anonymous, which I have heard has helped people tremendously. Some choose to work out or do yoga, but I would encourage all of us to create a healthier place to shift the focus towards instead of food. It will take effort and time to find that place of peace, but it's well worth it. It really is a matter of how badly we desire to change.

Our lives are not all about what we eat or how we eat. What we focus on we become.

We have to find other healthier ways to deal with our stress and not mask it through food or destructive habits. Are there ways we can simplify our life to make it a little easier and less hectic? The busier we are, the harder it becomes to take care of the basic necessities of our health. When time gets tight, convenient foods become the norm and before we know it, we are dealing with the ill effects of poor eating. Fatigue and illness can set in and we get caught in a vicious cycle.

We are all beautiful and destined for great things if we don't let food and other distractions get in the way. Addiction can feel like an uphill battle, but aren't we much bigger than food? We can break away from anything with the right mindset and proper vision. Do not downplay the power of vision. If we can visualize a healthier way of living, we can have it. We can

Continued on page 21

have anything we want as long as our hearts are pure and our intentions are right.

Let's put down that mask and show the world who we really are. We are not alone in our struggles; we need one another for support and love. When we really want to change, help will arrive. Have faith and trust that we can be delivered from any mess we found our way into, and before we know it, overeating and food addictions will be a thing of the past.

Janee Kuta-Iliano is the owner of ALIVE ONE, a health coaching business that focuses on teaching others the benefits of internal cleansing and purification of the body. She is a holistic health educator, offering Internal Cleansing & Detoxification Programs, Juice Plus+ Nutritional Products and instruction on Raw & Living Foods. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net



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THE YOGA PAGES

Releasing Tension from the Mask We Wear

By Bob Rosenbaum

At the beginning of each Yoga practice, I begin in *Savasana*, quietly running through a routine I've heard dozens of times.

I relax, close my eyes and come to my breath. Then I slowly scan up my body, isolating each muscle group in my mind, releasing hidden tension. Feet, calves, thighs, glutes, lower back, upper back, hands, arms, neck...

But the face is tough: Tension in the eyebrows, temples and especially around the corners of the mouth. That's where the stress of the day likes to hide and, when found, tries to crawl deeper still – avoiding the probing reach of my mind and the quiet exhortation to lighten up and calm down.

This is one of the reasons I began practicing Yoga. It was such a revelation in that first, free-sample class for beginners, when the instructor had us lie still and discover all that tension stored in the body.

It was so basic, but I'd lost touch with the ability to be aware of my body's individual parts and systems.

I'm sure at one stage of life everybody possesses the skill of knowingly isolating parts of the body and checking out how they feel. Could you learn to walk without this skill? Or learn to tie knots in shoe laces? But besides guitar players and tightrope walkers, who actually stays in touch with this power? We are busy, almost from the beginning, at turning every little action into a memorized and sub-conscious routine. So by the time I started my Yoga practice in my mid-40s, it all felt new.

It's easy to root out tension from the body at the beginning of a Yoga practice. It only takes one practice to learn this.

Easing it out of the face? That's a different project.

The face is our mask. It's job is to communicate, to sell the socially expected reactions to all the little untruths and compromises of daily life.

The face learns to push a smile when the mind gets

interrupted – just to be congenial. It learns to laugh at jokes that aren't funny – to be polite.

We learn to put on a game face at serious moments, and a sad face at unhappy moments – even when the moment for one reason or another doesn't really elicit real emotion. The face pays the price for our being social creatures; it is called on to automatically project the most appropriate expression – even when it's not authentic. And then, as individuals, we make the face do more. We dial the feelings up or down, like the volume on a radio, depending on our relationship to the other people surrounding us.

Routinely, while in Savasana at the beginning of a practice, my trouble isn't that I'm unable to relax the corners of my mouth; it's that can't tell if I'm feeling tension or looseness. I don't even know what my real face feels like.

My job has occasionally called on me to help people learn how to negotiate effectively. I'm not an expert at it – just well-read, somewhat practiced and the most available

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person with any level of knowledge on the subject. One of the most difficult negotiating skills for people to learn is to show genuine surprise when confronted with a price that's too high or a bid that's too low. It's called "the flinch" and it's a powerful tool. By letting the other person know you're surprised by his or her negotiating position, you provide a first nudge to change that position. It's not a trick; all that's required is unfiltered honesty.

But it's amazing how hard that is for most people. The natural tendency is to hide the surprise, to mask the emotion in order to avoid seeming naive, ignorant or insensitive.

It's one example of how we program our faces to lie. Sure, these lies may be harmless; they may even have important social value. But teaching people to flinch is simply telling them to let their faces tell the truth. At that, it's a three-step process: an explanation, then concerted effort, then practice.

The face is a mask, and we use it to hide the truth of what we know or feel. That may often be for good reason, but nonetheless, the face works so hard that we forget how to let it rest.

'Teaching people to flinch is simply telling them to let their faces tell the truth. At that, it's a three-step process: an explanation, then concerted effort, then practice.'

Routinely, while in *Savasana* at the beginning of a practice, my trouble isn't that I'm unable to relax the corners of my mouth; it's that I can't tell if I'm feeling tension or looseness. I don't even know what my real face feels like.

On those days I like to try a headstand at the beginning of a practice; if I can feel my face sag, I know it's relaxed.

How odd it all seems. By practicing Yoga, I've regained my ability to balance readily on one foot. I just had to re-learn how to do it – how to focus on the foot that's on the ground rather than the one that's in the air.

By practicing Yoga, I've learned to breathe again – not just that desperate panting for oxygen that we do all day long, but slow, controlled, intentional breaths that fill and empty the lungs, providing therapy on demand for whatever bothers me at any time of the day.

By practicing Yoga, I've learned again how to live in the moment – if not consistently and easily, at least by working at it on those occasions when I remember to think about it.

But practicing Yoga has not helped me rediscover my face unmasked, driven purely by authentic emotion.

Maybe I just need more practice.

Bob Rosenbaum is just an ordinary guy who doesn't get in as much Yoga practice as he'd like, but knows that any amount is better than none.



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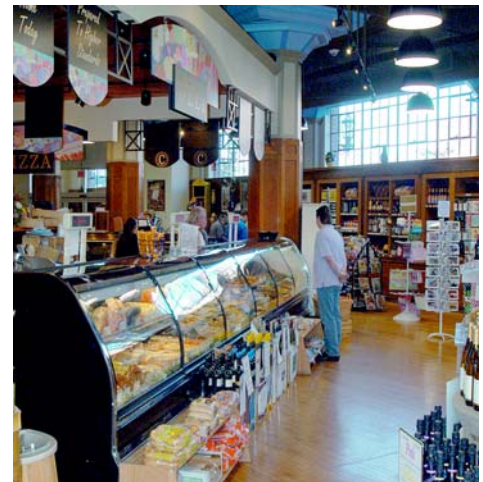
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