What “Ghost Whisper” James Van Praagh hears

Listening
Featuring James Van Praagh

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Have you ever noticed how noisy the world is? We are bombarded by external noises wherever we go. Constant and sometimes annoying noises that challenge us to listen. I relish the moments of quiet. No one talking, no TV, radio, or any of the usual background noises we hear.

Of course, these times of silence are few and far between, probably I guess because our outer world is just a reflection of our inner world. How often are we able to stop the chatter and constant dialogue within our minds? How can we listen if we are on overload with noise, external or internal?

Meditation, to me, is the deepest form of listening. Many people tell me they have such a difficult time in their attempts at meditation. They cannot get the chatter to subside. I simply say to them to embrace the chatter and stop resisting, for what we resist will persist.

The Yoga Sutras of Pantajali has a section that is devoted to the eight limb path of ashtanga yoga. The fifth limb is called pratyahara. This limb deals with the withdrawal of senses, including hearing of course. An exercise in withdrawal is to focus on and examine noise instead of attempting to block or resist it. When we do this the noise mysteriously dissolves. This is part of a process to empty the mind prior to meditation.

The ego loves the noise. Perhaps even thrives upon it. I was told once that the ego speaks first and loudest and that is why we must listen quietly for the still small voice of God.

May we each find that voice and listen to our guidance to be an inspiration to all we are connected with.

— Namaste’ Clyde
Contributors

Sharon Anne Klingler
Practicing a receptive alpha brain wave is the ticket to cultivating a dialogue with your spirit to help you learn to listen, says one of this month’s contributing writers Sharon Anne Klingler. Start with a simple question, like “Where will I find a parking spot,” she recommends. Klingler also provides an easy but thought-provoking exercise to help readers get in touch with their spirits. Make it a regular practice and you will reap the rewards that she outlines in her piece.

Laura Lee
A timely license plate provides a wake up call and saves the day for a rushed Laura Lee, who tells an interesting tale about an encounter with a caller on a radio talk show. You can almost see the sweat on her brow as she and the caller strain to grasp the message she receives in her story titled “Rachel, are you listening?” Listening to messages is an important and powerful facet of life that we don’t always want to acknowledge, she says.

Psalm Isadora
Listening is more than just hearing someone else express themselves, it’s also about tuning into the sounds and feeling of nature, because it too has a story to tell, says contributing writer Psalm Isadora. When listening becomes deep enough to be a total experience, you can lose yourself, including that interfering, yappy voice of ego. Isadora likens listening to a form of prayer or devotion that can envelop all things, even eating and sex. Now who doesn’t want to hear to that message? She helps us by providing exercises to tune into both activities.

“A master in Zen is not simply a teacher. In all the religions there are only teachers. They teach you about subjects which you don’t know, and they ask you to believe because there is no way to bring those experiences into objective reality. Neither has the teacher known them - he has believed them; he transfers his belief to somebody else. Zen is not a believer’s world. It is not for the faithful ones; it is for those daring souls who can drop all belief, unbelief, doubt, reason, mind, and simply enter into their pure existence without boundaries. But it brings a tremendous transformation. Hence, let me say that while others are involved in philosophies, Zen is involved in metamorphosis, in a transformation. It is authentic alchemy: it changes you from base metal into gold. But its language has to be understood, not with your reasoning and intellectual mind but with your loving heart. Or even just listening, not bothering whether it is true or not. And a moment comes suddenly that you see it, which has been eluding you your whole life. Suddenly, what Gautam Buddha called “eighty-four thousand doors” open.”

—Osho
Be a listener only, keep within yourself, and endeavor to establish with yourself the habit of silence

— Thomas Jefferson

Listening to Inner Voice Guides Popular Medium

By TC Brown

The dictionary defines listening as “being alert and ready to hear something,” and the art of listening can mean many things to different people. For medium James Van Praagh, the term holds an interior quality.

“For me it is an awareness to hear that inner voice,” says Van Praagh, in a recent telephone interview from his home in southern California. “That inner voice is truth and knowledge.”

That innermost voice that speaks to everyone, if they take time to pay attention and listen, is an important guide, Van Praagh says.

“You will be much more aware of who you are when you listen to it,” he says. “When you think, you are in your head and you look at life differently. When you listen to the inner part of your heart the veil opens up. You can clearly see life, all of its elements and what it means.”

Listening is a pivotal aspect of Van Praagh’s work as a “survival evidence medium.” Along the way he’s gained some fame, and some detractors, in the pursuit of his mission to change the consciousness of the world. He says that his abilities allow him to receive messages from spirits and feelings about their presence. It permits him to provide detailed evidence that a person’s loved one has survived death.

Van Praagh is a best selling author of several books that examine spirituality and communication with spirits and which have been translated into 50 languages. He helped develop and co-produce, for the first two years, the very popular TV series “Ghost Whisperer” and he was the first medium to appear on “Larry King Live” when he promoted his first best seller “Talking to Heaven” in 1999. He has appeared on many other shows, including “Oprah,” “20/20” and
“48 Hours.”

From 2002 to 2003, he hosted a syndicated daytime talk show entitled “Beyond With James Van Praagh,” which is still in syndication. With CBS, he produced several TV-movies and mini-series based on his life and experiences, including “Living With The Dead” and “The Dead Will Tell.” Occasionally he appears as a special correspondent for the CBS television series “The Insider” and “Entertainment Tonight.”

Howard Rosenberg, the Los Angeles Time television critic, has called Van Praagh’s performances “spectacular.” Van Praagh will appear at The Journey Expo 2009 at Lakeland Community College in Kirtland, Ohio from 1-4 p.m. Sunday, September 13. See: www.vanpraagh.com for his Web site.

Early on, Van Praagh didn’t map out this career for his own life’s journey. The youngest of four children and raised Roman Catholic, Van Praagh grew up in Bayside, New York. One Saturday morning while lying in bed when he was 8 he had his first encounter with extraordinary, spiritual phenomena.

“I was not quite awake and I was asking for God to show me proof he existed,” Van Praagh says.

He received an unexpected and startling answer. A large open palm surrounded by a brilliant golden light appeared through his bedroom’s ceiling.

“The apparition was right there,” Van Praagh says. “There was an overwhelming, multi-sensory feeling and a strong knowingness that this was God and that God was everything.

“It enveloped me with a sense of love,” he says.

Van Praagh’s strict Catholic upbringing prompted him at age 14 to enter a preparatory seminary.

“As a kid I always was aware that there was something greater and bigger than this world,” he says. “I thought it was a calling.” But during that first year on Easter weekend in a room off the altar, a strong sentiment washed over him that “God is much bigger than these four walls.” He left the seminary.

Meditation Opens the Way

Van Praagh eventually made his way to California and in 1982 graduated with a broadcasting and communications degree from San Francisco State University. He moved to Los Angeles to pursue a career in television writing.

He drifted from one temporary job to another, but it was after a friend convinced him to see a local medium that he developed a renewed interest in the metaphysical. The medium told him things no one else would know and he issued a startling prophecy.

“He predicted that in two years time the spirit world would use me,” Van Praagh recalls. “He said that mission would be to help change the conscious
ness of the planet.

“It was overwhelming because all I wanted to do was write sitcoms,” he says. “But it piqued my interest.”

Van Praagh began to devour books on life after death, discovering a common theme about finding a soul’s purpose, and he began to practice something that has since become critical to his work — meditation.

Within months of this practice he began to see lights and then hazy figures around people. The more he meditated, the more powerful and detailed the visions. When he envisioned the grandmother of a co-worker and was able to describe her house perfectly, he freaked out, but at that point there was no turning back.

Van Praagh built his early career with private readings but quickly graduated to wider audiences with a series of audio tapes, books, and eventually the television appearances that drew national exposure.

Van Praagh uses meditation to open himself into a receptive state before every workshop and after so many years of practice, he says it is not unlike pushing a button.

“I open up the chakras, the energy centers, and it’s like a radio,” Van Praagh says. “You turn on and tune into a frequency.”

Van Praagh says he connects with “guides,” asks for their help and protection and then become a vessel for whatever they have in mind.

“They are the ones who are in charge of what comes through and what the workshop will be like,” he says. Van Praagh describes his abilities as “clairsentient,” which he says means clear feeling.

“I feel the emotions and personalities of the deceased,” he says, adding that he is also clairvoyant, which allows him to see the spirit in a solid form.

Van Praagh no longer does individual readings. He believes the spirits want him to work with more people to spread the word to a wider audience and to teach others to tune in.

Many people at his workshops are unfamiliar with him and many harbor fear or apprehension.

“I try to make them see I am a normal person to make them feel comfortable,” he says. “I can sense when they change. I feel the energy of the room and the people.”

Good Vibrations

The medium experience is an “amazing roller coaster ride,” Van Praagh says. Once people experience it, their lives are changed, he says. Recently he was surprised when a long-haired, leather clad biker showed up. He was not the typical onlooker.

Van Praagh says he saw the man’s dead son standing next to him. “He told me to tell his father he didn’t feel the ground when he hit his head. He also said to thank his dad for the tattoo he put across his chest,” Van Praagh says.

The biker was astounded. He had been suffering much pain over his son’s loss in a sky diving accident. And he had the boy’s name, “Michael,” etched across his chest.

“He said, ‘You are ****ing unbelievable, man,’” Van Praagh says. “He didn’t know what to do with this information.”

Not everyone is a believer. Van Praagh has earned his share of critics, in particular Michael Shermer who calls Van Praagh a fraud. Shermer says Van Praagh is little more than a showman who asks lots of questions and then makes numerous general and specific statements to see what sticks. An occasional strike is enough to convince people he is the real deal, Shermer says.

For his part, Van Praagh says he welcomes skeptics but he has no time for cynics. Sharp criticism often comes from people whose way of thinking is being challenged, he says.

“A cynic’s mind is already made up,” he says. “I don’t have time for that. I have time for skepticism. I started out as a skeptic.”

More and more people are turning toward things spiritual, Van Praagh believes. He says the vibration of the planet is speeding up, which is a good thing because the fastest vibration in the universe is love. The changes go hand-in-hand with his desire to expand the consciousness of the world.

“Value systems are changing,” Van Praagh says. “Fifteen years ago you could hardly find a book about death or ghost shows on television. People now are much more aware of their bodies and each other.”

Van Praagh new book, released in May, is titled “Unfinished Business.” He calls it a manual on how to live life. He says it’s the most personal book he’s written.

“The dead can teach us about life,” he says. “There is no ‘would of, should of could of’ in life.

“The most common message that comes through for me is how we treat someone on Earth,” he says. “Take the high road and treat people as they want to be treated.”

And, according to Van Praagh, if we all just listen to that inner voice, we will be shown the way.

“All choices are based on love and fear,” he says. “Listen acutely and you will make the correct choices in life.”
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Learning To Listen To Spirit

By Sharon Anne Klingler

One of the most important ways of learning to listen inside is through meditation. In deed, if you want to truly cultivate a dialogue with your spirit, it’s necessary to practice a relaxed, receptive alpha brain wave state of meditating everyday. Beyond meditation, it’s also imperative to practice opening up to your inner voice during your waking life.

You can start with simple questions, which don’t necessarily have to carry heavy emotional weight. “Which row has a parking space for me?” “Will the person I’m phoning be home?” Or even, “Which class is best for me?” Get the picture? Then, just “listen” inside for the first answer you get. It’s important that you be spontaneous with this and not get attached to the outcomes in any way. These frequent questions simply allow you to practice your listening (or clairaudient) abilities many times each day. And although some of these situations seem incidental, over an extended period of time you will find many benefits that would not otherwise be available to you through alpha level experiences only.

Here’s a little exercise you can do now and many times throughout your day to touch in: Close your eyes and ask your spirit to give you a word, just one word right now. Trust the first thing you get! What is it? You can change this little process in many ways. Ask for a sound, an image, a song, or a symbol or a feeling. Just keep it simple and spontaneous. You’ll find that your outreach to your spirit will bring you insight and other benefits you couldn’t have imagined.

Benefits of Active Listening Every Day

• The Building of Trust: This is certainly the most important benefit. Whether you find a parking space or know who’s calling on the phone isn’t nearly as important as the fact that you’re asking spirit, both yours and your guides’, to “talk” to you. By initiating these mini-dialogues, you allow yourself to open to the directions and to follow the input you receive from your intuition and from spirit.

• Increasing Your Awareness: The more you allow yourself to receive input from spirit, the more sensitive you will be to receiving that guidance in the future. You will get used to talking to your spirit as a normal event throughout your day.

• Creating an Open Door and a Stronger Connection: This third benefit of extended practice is not only for you, but also for spirit. After several months of practice, you will be receiving input from spirit about many things before you even ask for it – even in situations in which it wouldn’t occur to you to ask for advice or assistance. By opening yourself to frequent communication with your spirit and with your spirit guides, you not only strengthen your preparedness to perceive them, you also strengthen their ability to make contact when they wish it, not just when you want it.

• Strengthening the Significance of the Message. The last benefit of frequent, consistent, conscious communication with spirit is in the quality of the content you receive. You may, day in and day out, be practicing with little questions about where to find your keys or whether or not to bring your umbrella. But one day, when you are making an important decision about a situation in your business or personal life, you’ll find that the information you need will be there. You will also find that information to be reliable and helpful. Still, even if you find the significance of your intuitive messages growing, it is not a sign for you to discontinue your little practices with the smaller “less important” dialogues. Daily communication about little things will allow you to open to a greater and more intimate relationship with your own spirit and with your guides. And let’s face it, sometimes it’s more fun just to be together with spirit. (After all, do you discuss the meaning of life every time you go out for coffee with friends?)

So, keep taking little moments to invite your spirit into your life throughout your day. In little ways and large ways you will know the blessings of a vision that knows no bounds.

Sharon is a leading international intuitive who has run a successful private practice for more than 25 years. It’s her desire that all people know the great presence of spirit – both the spirit within them and the guides beyond the veil who seek to share their knowledge and assistance. To learn more visit: www.sharonklingler.com and www.starbringerassociates.com Sharon will be at the 2009 Journey Mind, Body & Soul Expo September 11, 12 & 13 where she will have a booth and present a mini-lecture “Achieving Prosperity In Difficult Times.” For more information and tickets, visit www.thejourneymag.com or call 440-223-1392.
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Rachel, Are You Listening?

By Laura Lee

The red light seemed like eternity. My fingers tapped impatiently on the steering wheel. The radio announced that I’d soon be answering questions from callers at the top of the hour. My foot slammed on the gas pedal when the signal turned green. Still another 10 minutes before airtime. I took a risk and sped through town swerving around cars.

Slow down. My guidance insisted. There is enough time.

I ignored this advice. Onward full throttle, until I came upon the bumper of an SUV with a license plate that read “LISTEN.”

“Okay...Okay,” I called out. “I hear you!” My foot slid off the pedal when I saw the squad car sitting conspicuously off the main road, pointing a radar gun toward oncoming traffic.

“Thank you!” I sighed, smiling in gratitude. I had just finished traffic school a few weeks ago for a prior speeding ticket and vowed to obey the law walking out of class. Yet just like a speed junky, old habits die hard without a thought to the consequences.

As my guidance had promised, I arrived at the studio with time to spare. Still, I jumped over double steps up the stairwell and threw open the door. Radio hosts Janet and Tom were seated in the studio reporting the morning news. One smiled as I took off my coat and quickly slid into my chair, with pen and paper in preparation for my first reading. Taking a deep inhale, I closed my eyes before receiving my first caller.

“We have Rachel on the line,” Tom announced. “Do you have a question for Laura Lee?”

“Ah, yes, Laura. I attended one of your Spirit Salons and didn’t get a chance to ask you what you may see for me and my husband in the coming year.”

“Thanks Rachel for coming out to see me and I appreciate your call,” I relayed. “I see a woman on your right side which would indicate a mother figure. It is also possible that’s she’s a mother-in-law. Does that make sense to you?”

“Yeah, my mother-in-law is on the other side.”

I nervously scribbled lines across my note pad back and forth. “She is showing me shifting sand beneath your feet which causes me to believe you and your husband feel like you’re not on solid ground. Do you understand?”

“Mmmmm, I think we’re good,” she said pensively. “I feel like we’re pretty solid.”

I set my pen down to allow more information to filter through.

“She is indicating a job and or career change for your husband. She is showing me more than one job. There might be several. One appears to be a part-time, which requires additional schooling. This particular opportunity may become more permanent as a result. Does this resonate?”

“Uhhh, no. He isn’t going back to school. So I’m not sure what you’re referring to exactly.”

I’m shifting in my seat now. On another inhale, I closed my eyes and ask the mother-in-law to offer confirmation to Rachel. And boom, just like that, I have it from her.

“I hear the name Jack,” I said. “Is there someone around you with that name?”

“That’s my husband’s name.”

“That’s your confirmation then that what she’s telling us is true, that he will be returning to school and this will put him in position for a more permanent position.”

“Ohhhh, yes,” she said giggling, “Jack was a substitute teacher and they have asked him to come on full-time.”

Radio host, Tom, threw his hands in the air. Janet, his co-host, shook her head.

“Well then,” I said, “It makes sense now. Tell your husband his Mom has intervened in your prayers. This new career path will provide you the solid foundation you’ve both been seeking for a long time. I’m happy to hear you both will be experiencing better times. What a blessing, because she also claims you’re soon covered by necessary insurances, steady income and other benefits as well. All this will allow you to relax about your finances in the coming year, and even in years to come.”

“Yes,” she said, “It hasn’t been exactly riches, but we’re not on the street either.”

“Good question,” I said. “If they don’t listen to themselves, what makes you think they’ll hear it from a professional?”

“Well then do they call for advice,” questioned Janet.

“I believe spirit will always find a way to get the message across, particularly if it’s for our highest good. Sometimes I deliver messages that my clients instinctively or intuitively know, such as Rachel. She just wasn’t ready to acknowledge it yet.”
“And why wouldn’t we,” Tom inquired, as if from personal experience.

My mind wandered to the license plate incident on my way to the studio and how I eventually heeded the call.

“If we really listen and make a decision based on that guidance, we are more likely to be held accountable for our actions. Personally, that is a lot of power to behold. It takes courage to live in that space because we charter unknown territory.”

I paused to reflect on the thought and added, “This presents a very scary situation for most people. Yet the payoff has dividends, like it did for Rachel and her husband. And usually, it’s real good.”

Laura Lee is scheduled to perform before James Van Praagh at the Journey Expo on Sunday, September 13 at 10 a.m.

Laura Lee is a popular medium on the syndicated radio show “After Life” and Magic 100.7 in Illinois. Laura’s appeared on television networks such as TLC, PBS, Discovery Channel and Game Show Network. A gifted medium, Laura serves as a liaison for the other side to help others navigate life’s journey successfully. For information about private readings and/or a privately held Spirit Salon while she visits Cleveland this fall, call the office at 818.762.1036 or visit online at www.MessagesOfLove.com. Laura will be at the 2009 Journey Mind, Body & Soul Expo coming September 11, 12 & 13 in Kirtland, Ohio. For more information, visit www.thejourneymag.com, or call 440-223-1392.

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As I was raising my youngest daughter Shayna, who is now 19, I remember countless times when I was trying to explain to her something that I wanted her to do. She would then start giving me reasons why she should not comply, most often when she was a teenager, and all of a sudden the two of us would be talking at once. I would stop, wait a second or two, look at her, and quietly say, “What is happening here when two people are talking?” She would look at me while rolling her eyes and sarcastically say, “Then nobody is listening.”

This was instilled in her from early on. From the moment she could talk, I explained to her the importance of listening to another without interrupting when they are speaking and why that was valuable. This type of communication, however, did not take place in the household I grew up in. When I was younger and would try to explain something to my mother, she started talking before I could finish. Nothing ever got solved and I felt I was not “heard.”

I love the English language, which is why I’m a writer. I also love debating, but in a debate one person talks and the other one listens and vice versa. Can you imagine in the presidential debates if they didn’t have a mediator to refereee each candidate? The mediator ensures each candidate is given the opportunity to speak without interruption from the other one.

In today’s society, we communicate with people every day, some of us more than others, depending on our jobs. In the next conversation you have, try to pay attention to how many people start talking before someone else has finished saying what he or she has to say. This is not only rude, but it sends a message that what you have to say is more important than the person who was talking, which invalidates their importance as a human being. Although this is done habitually, a majority of people are oblivious that it is happening.

It’s rarely intentional; it’s simply a matter of lack of awareness. In the Toastmasters group I belong to (a group for improving your communication and leadership skills) there’s a portion of the meeting where different functionaries evaluate certain roles and speeches at the meeting. The purpose for this is two-fold; first it develops your listening skills, second it provides constructive feedback to the person you’re evaluating. It’s amazing when you’ve been given a role specifically to listen for certain details and you begin to realize how important listening is in developing your interpersonal skills as a human being.

I wonder how often God tries talking to us, but we’re so busy telling Him/Her what our plans are, that we’re not listening to what God has to say. No wonder so many of us are walking this planet totally clueless. My understanding of our conversations with God is this: Prayer is when you talk to God, meditation is when you listen to God. It makes total sense to me. In the silence you listen, upon listening you hear the messages that God communicates to you from deep within.

Listening as Art

Listening is a developed art, not something that you’re born with. I’m certain there are a few of you who could share a story or two about the horrors of Internet dating. How many times did you sit there listening (or pretending to listen) to the other person go on and on about themselves without giving you a chance to get a word in edgewise? For those skilled in the art of listening, that, in itself, says something about the individual you’re sitting with. Listening is different from hearing. It is in listening that you can uncover the hidden mysteries of the soul and learn a great deal more about the person you’re with.

It was Einstein who said “If A equals success, then the formula is A equals X plus Y and Z, with X being work, Y play and Z keeping your mouth shut.” Much can be learned from the above statement. This man is considered a genius. Let’s heed Einstein’s advice and spend more time listening and less time talking. Practice it today. I’m willing to bet the farm that you’d be amazed how often you want to put your two cents in before another is finished speaking.

Take the time to listen to a child, there’s much wisdom there. Its innocence and vulnerability that hasn’t been scarred by adults that lie behind the child’s words. Take the time to listen to your significant other. Maybe, just maybe, they’ve been trying to communicate something to you for months that you just haven’t heard because you haven’t been listening. Take the time to listen to an elderly person who’s close to making their transition, for truly you will hear crucial words of wisdom if you listen.

I would like to take the time here to thank Clyde Chafer, founder and publisher of “The Journey” magazine for giving me the opportunity to express my thoughts through the written word in “The Journey” for the last seven-plus years.
My relocation to California has brought with it various new adventures and it is with bitter sweetness that at this time my pen travels to explore other literary worlds. Who knows what the future holds, you may just see my name in print within the pages of The Journey Magazine somewhere in time...

I want to thank you my dear readers for listening to me express my views and heartfelt feelings on these pages for so many years. I would like to leave you with these words of wisdom: “A wise old owl sat on an oak. The more he saw the less he spoke. The less he spoke the more he heard. Why aren’t we like that wise old bird?” ~ Anonymous

Eva Starr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr’s relocation to San Diego, CA has brought with it many new adventures. Continue to communicate with her via blog at evastarr.com & reachforthemoon.net Contact Eva at evastarr24@yahoo.com 440-930-8865 for speaking engagements.

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Good vs. Evil —
What Are You Listening To?

By Janee Kuta-Iliano

It is said that we are living in the middle of a spiritual war. A war between good and evil that cannot be fought with our own two hands or with physical weapons. This battle between good and evil has long been present. Spiritual writings, books and movies all comment on this ever-present duality in life. So let's take a look at what good and evil are as they apply to our lives. Let's start to identify which side we live on and listen too.

Evil finds opportunity to torment and lie to us every day. Evil finds its way into every weakness we have. In a moment of weakness, it inserts thoughts into our head about people, circumstances, God and other things in order to mold us into a perverted, fearful way of thinking and living. You may think that someone is out to make your life miserable, but there may be greater forces at work.

When we live by our fleshly desires we open ourselves up to more than just a mere fleeting pleasure. We allow evil to come in and set up camp. We begin listening to the voice that justifies our actions even when good tries to guide us otherwise. Before long, we live in the flesh by mere habit. We live in condemnation for our bad decisions and begin to think that something is wrong with us instead of realizing it is the evil we unknowingly invited in that is the problem. This can happen quickly and quite innocently, without us even knowing the source. Instead of recognizing the spiritual factors at play, we internalize our self-destructive behaviors as our flaws. Or, other times we begin to feel as if we are the victim and start to blame others for our unhappiness. We feel unworthy of good fortune in life because we think we are not doing what we should be doing with our time. So what we think comes to fruition and the vicious cycle begins.

Can you relate to this? What does good look and feel like? This can be left up to different interpretations. I believe, however, that good gives us a strong understanding of who we really are. Good consists of having peace of mind and spirit. It opens our heart to unconditional love for others. Good wants us to feel loved. It wants us to know that no matter what we do, we are forgiven as quickly as the act is done as long as we recognize the slip. It relate it to how parents quickly forgive their children for any wrongdoings because the love is unconditional.

When we eagerly seek a peace-filled life and give up our carnal thoughts and loose living, good rejoices and comes to the rescue. Good wants us to lean on it for guidance. It wants us to have full faith that it will deliver us from harmful choices. Good gives us the ability to know the real truth about life and to identify evil's lies. It gives us style and grace to accomplish things we would never be able to do on our own.

Good creates unshakeable people. In the midst of chaos, we can learn to remain calm and centered at each given moment. We bear fruit in all areas of our lives and all that we touch prospers. That doesn't mean life will continually come up roses when we surrender to good, but we are given strength to overcome trials more quickly and efficiently. If we don't know who we are, we may find ourselves in the same challenging circumstances over and over again because we have not fully sided with and believed in the ability of good to deliver us from evil.

Take the Plunge

There is no real decision to side with evil, it is something that can overtake us involuntarily if we are not mindful. To side with good, however, is a completely conscious decision that requires effort. Oftentimes, suffering as strongholds are loosed and wrong mindsets that have held us back for so long are corrected. There can sometimes be a complete deliverance into good, but for others it is a gradual step-by-step process to unravel all the wrong thinking and wrongdoing.

If we want good to work on us quickly, we have to take the plunge and completely surrender our entire life to it. Good can only give what we are open too. Good doesn't want part of us, it wants all of us. It wants to listen to our thoughts and desires. It wants to know our concerns with our jobs, our home and our social life. The more we surrender and ask, the more divine guidance we open ourselves up to and we start growing by leaps and bounds.

So what is fueling your life? Is it thoughts about the world not being safe or that you have to protect what you've got because others can come and take it away? Do you think no one is to be trusted and if you want something done, you better do it yourself? Or do you subscribe to thoughts of everlasting faith, trust, peace, love and non-resistance?

How many of you are confused about your future? Is it hard for you to know your purpose? Could you possibly be...
I have spent many years of my life trying to figure out me! What a complicated mess I created. I was never sure if the thoughts in my head were real or not. I was looking for signs to point me in the right direction, but still I kept coming up empty-handed. Life felt heavy and the harder I tried to be happy and peaceful, the more I kept pushing it away. I now know that when you surrender your life to good, your life begins to reveal itself.

Confusion does not come from good and anything that steals your peace, anything, is not from good. Awareness and full faith is all you need to find your way back to your authentic self. It is said not to worry or be anxious about tomorrow for today is sufficient with troubles of its own. Learn to take life as it comes and live in faith that you will be protected and provided for. Run into the arms of good and it will shelter you from the evil that may be lurking in your life.

I know this with all my heart and want nothing more than for all of us to come together in this spiritual war and tell the enemy where to go. This is our time to rejoice. We are such beautiful people and we no longer need to be controlled by forces that wish to steal our peace and have us live a life of fear. Let evil run away from us instead of us always running away from it.

Janee...Continued on page 20
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Janee...Continued from page 18

We all have been promised a peaceful life. All that is required is to trust in good and love one another. Whether abased or abound, we can have peace; we can be unshakeable no matter what. We were created to be good with the ability to have the complete mind and body of good. There has never been a better time to turn away from evil than now. And when you do, you will not believe what is waiting on the other side.

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 Pattern of Renewal: What to Look for and Help Bring Forth

F. Christopher Reynolds, M.Ed

There is a transformative renewal of our region that has been going on the past few years. It is rising up from the grassroots level, is visionary, inspiring and has been changing persons one at a time.

It takes the form of small centers that focus on creativity, spirituality and healing. They go by names like, Angel House, Inner Harmony, Creative Healing Center, Wellness Evolution, Insight, Spiritual Quest Foundation, Circle of Light Integrative Healing and Sacred Arts Center, and so on. At the heart of each of the centers are persons who experienced ‘Callings’ with the capital “C” to bring healing to where they live.

If you listen to the stories of the Callings, in every case, they are spiritual experiences in the classic sense, including the presence of spiritual beings, divine guidance, healing and empowerment. These centers have all taken root with little money and lots of faith. The identifying pattern of this wave of renewal is that it is holistic, meaning whole in the deepest sense: physical, psychological, spiritual, ecological and cosmological.

The identifying mark in the general population for those who are also living this pattern of renewal is that of the “orphan.” By orphan, I certainly mean literally, but also metaphorically.

They are the persons deemed “not good enough to keep”, the “sick” ones degraded, ignored, out of place, seemingly born at the wrong time. In the old initiation stories, which are stories about how individuals transform their cultures, the heroes are all of this kind, a raggedy boy, a lost girl, a stepchild, son or daughter of a widow.

In our time, the general pattern is that the world, as perceived by the orphan, is much more expansive, meaningful, loving and merged with spiritual realities than the “real” world as delineated by the current family, educational, religious, political, scientific and technological systems. The resultant isolation and suffering brings the orphans to a crisis point that many do not survive. The individuals who do manage to find the healing information for their lives, usually through a form of death and rebirth experience, are now gathering in greater numbers at our local creativity and healing centers.

The renewal our region is seeking has already been quietly underway for some years now. This essay is a Calling in itself to those who would be leaders to invite those centers and individuals who have been living in this renewed, holistic manner into public awareness.

There is an astounding amount of wisdom for our times waiting to be welcomed home and permitted to share what Joseph Campbell in the Hero of a Thousand Faces called, “The Boon”, with the culture at large. Time, money, effort, generosity invested in the wave of renewal I described opens a better way forward for the future generations.
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Listening can feel like death. To truly listen is to let the ego die. Listening is creating space, talking is filling it. If you really listen, you are not waiting to speak and add your own experiences, you are totally involved with the other. This is a form of meditation, to listen and let your own thoughts drop away, one by one, as they arise from the endless waves of your mind. Then you can disappear into the other, the one to whom you are listening. You can even listen to nature, a tree, the ocean. Listen to their sounds, their feeling. Everything is speaking. Everything is telling a story.

Listen with more than your ears. Listen with your eyes, your touch, your taste and your smell. This is a beautiful way of listening to your friends and lovers. They are God’s mirror, reflecting you to yourself. It is a way of being, a way of letting go of doing. You don’t just hear the other, you feel the other from deep inside your own stillness.

Then your listening is a total experience, you can lose yourself. When you lose yourself, all you are really losing are your perceptions of yourself, which are blinding and deafening things.

The ego is like the sun - it wants to shine; it wants to be seen; like a sword and shield. Its job is to protect, to stay between you and everything within and without you that it does not understand or cannot control. You have to let go of protecting yourself and soften your edges to become vulnerable. Then you are not just listening to the other’s words, you are receiving their whole way of being in this moment, in your body. Listening is a form of penetration.

You have to sit deep inside yourself to really listen. You have to ground yourself in your own silence, in your own wholeness, to hear and become aware. Listening is receptive. It is the feminine energy that does not need to define itself through words because it feels truth. Its knowing is deep and instinctual.

Listening with the Body
Listening is a form of prayer, a form of devotion. By listening, we come to know and understand the great mysteries of Creation. Instead of praying by asking for things, we can pray by listening and accepting the true nature of things. Then our prayers come from our awe of the magnitude of the ongoing Mystery we are all weaving with the stories of our lives, the fabric of our bodies, the thread of breath running through.

Everything is a form of praying, including eating and sex. When most people eat an apple they eat it quickly because they think they are hungry. They take the apple into their body, chewing, distracted by other things. They are not paying attention to the apple, to the life and body of the apple. And when they are done, they throw away what is left, the core and seeds of the apple. This is eating like an animal, without consciousness. A prayerfulness would be to look at the apple, to smell the apple, to see the color and shape. To think of the tree and the earth and the rain and the sun. To think of the life of the apple as a creation of God. Everything is God; the apple is God. Then eating the apple is a kind of praying.

The apple is a proof of grace provided by Nature, proof of Intelligence sustaining your body. The Intelligence mani-
fests itself in the creation of the apple and Intelligence mani-
fests itself in the creation of you. Intelligence is one, mani-
fered as many and all creation is caring for, providing for, itself. Just as the apple is providing for your nourishment in
your body, and your body will one day provide for the nour-
ishment of the apple tree.

Meditation Exercise - Mindful Eating

Take an apple, hold it in your hand, feel the skin of the
apple on the skin of your hand. Become aware of the tex-
ture, the color, the shape and the weight of the apple. Be
interested in the apple as a new experience, as a micro-
cosm for the whole universe. Imagine the seed of this apple
in the warm, dark soil. Imagine the rain that fell and woke it
up from its sleep. Imagine the sun energy that helped it to
blossom and grow into fruition. Be aware you are eating an
apple. When you chew the apple, chew only the apple, not
your ideas, memories, worries or fears. Be aware of your
breath. Be aware of only this experience, let it wake you up.

Another way of true listening is through sex. Most people
use sex to run away from themselves, to relieve themselves
from stress and anxiety. This is okay, but it is not coming
from the soul, it is coming from the animal body. If you have
sex this way, you miss out on so much. You take the other
person’s body without really seeing it. You miss out on the
miracle. In Tantra, sex is praying. The body is the wine and
bread of God.

Look at the other person, see in them their whole life,
not just their body life, but their soul life. You can see the
movement of the soul through the eyes. When you look at
Psalm...Continued on page 28
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their soul, you will see it is the same as yours. Then you will disappear. The ego does not like this; it fights to remain known and separate.

When we are born, we learn to say “I am.” But this is not the soul. The soul is always free of the body. The ego does not want to be forgotten, but when it is you experience a beautiful freedom, you become one again with the Infinite. What you have known, the finite self, melts into the infinite and unformed. You are back in the mysterious womb of creation. There is such joy in this moment, but we use all our strength of the mind to keep it from happening.

But if you relax very deeply it will happen; it cannot help but happen. Relax by being with the other person deeply. Look at them, smell them and touch them. They are proof of the miracle of creation. Think of the ocean of days that brought them here to this moment with you, the ocean of experiences and emotions. You have the same ocean in you. Can you hold the vulnerability of this nakedness? Not the nakedness of the body but of the soul.

Most people blind themselves. They hide from their nakedness and the other’s nakedness, the nakedness of the body and the soul. This is the shame of original sin. We are afraid of our nakedness and we try to hide it, we exile ourselves from heaven with our shame and self consciousness. This comes from the ego.

When you can see your lover’s body is the body of God, then your lovemaking will be a deep listening, a praying. And when it is finished, you will not throw away the seeds from which your love can grow. Some disciples asked Jesus, “How will we know you?” He answered, “Through movement and stillness.” This is how we will come to know our soul, through movement and stillness, darkness and light, laughing and crying. Let your listening and your lovemaking be an activity of the soul, a moving and stillness, a prayerfulness.

Partner Tantra Exercise - Divine Eye and I
Sit across from your partner in a comfortable position. Become aware that you are breathing, become aware of the length and quality of each inhale and exhale. See the whole cosmos in your partner’s eyes. Just relax. Just be aware you are breathing. Just be aware you are looking into your partner’s eyes. Only look into their eyes, not your worries and fears or imagination. Let your thoughts come and go without struggle, just maintain awareness that you are breathing and maintaining the gaze. Let go of any expectations of yourself or your partner.

Take the cup of wine to your lip, it is the same as me; there is a slave opening the door to my heart but a queen lives inside; the slave is what you see, my body, my mind, but the queen is my soul, the pure light illuminating everything from within. oh my love, oh my soul, my body is the bread, my blood the wine. the only way to know me is to take me inside you in this silence, listen to my heart; know me and be known

Psalm Isadora has travelled and studied yoga, tantra and sufism in India and Turkey. She currently lives and teaches in Santa Monica, California and leads retreats and trainings internationally, with the blessings of her teachers. www.psalmisadorayoga.com.

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June – Watch your thoughts Ram for your thoughts are prayers and if you’re thinking about it, you’re bringing it into your world...so think long and hard about what you want to manifest, put your focus on your desires & off your fears, where’s that warrior in you? there’s nothing to fear but fear itself...show the world what the Ram’s made of

TAURUS

May – It’s time for the Bull to relocate that Bull Pen of yours...the Bull is famous for being set in his/her ways and the Universe is about to shake that world of yours upside down and all around, get out and circulate, that comfort zone is becoming too small, go exploring...the Sun is in your sign and Mercury just Retrograded back into Taurus

June – You’ve got quite a planetary line-up this month Bull. Mercury just went direct, so it’s full speed ahead – Romeo & Juliet, otherwise known as the planetary duo of Mars & Venus are here for a visit, so put on your dancing shoes & get that communication line hot-wired, coming out of that Bull Pen did you some good, now strut your stuff

GEMINI

May – Twins just like your sign the Universe is about to double your pleasure, double your fun, we’re talking Soul Mate here, you’re lucky the Twins can be in two places at once because the way your love life is heating up you’re going to need to clone yourself, nobody does duality better than the twins, it’s the Patty Duke show revisited

June – With the help of some Solar action the Twins Birthday month motto is get out of the way & let the Celestial Heavens help you...for once in your life take a back sit, trust that the Universe knows exactly what it’s doing, move over, put Dr. Jekyll and Mr. Hyde on a sabbatical and trust my dear Twins, you’ve got nothing to lose...there’s two of you

CANCER

May – Still haven’t learned to let go of that Cancerian grip have you? Relax those crab claws of yours, you’re holding on a wee bit too tight. What are you afraid of? You’ve been down this road before, surrender your will to the Universe...you’ve already placed your order, so get out of the way and let the Cosmic Chef cook it up to perfection

June – Letting go of control does wonders doesn’t it? You’ve got the moon and the stars at your back...your Fairy Godmother just showed up at your door, and she’s dressed in full attire. Step aside, let the games begin...miracles are coming your way. Enjoy yourself for a change; everyone else can take care of themselves, enjoy the Solstice

LEO

May – It’s time to gather round some of your jungle buddies, go out and play; the Jungle will still be waiting when you come back. Do you think the Kingdom will fall apart if you’re not front and center sitting on your throne? Having some fun will rejuvenate those creative juices of yours and then you can reinvent the Jungle in grand Lion style

June – Are you still dealing with some leftover Father issues? Whether your father is still with us on Planet Earth or has made his transition, take some time to contemplate what’s been left unsaid. Is there forgiveness work that still needs to be done? Are there things that need to be said before it’s too late to say them? There’s no time like the present...

VIRGO

May – Virgo is the alchemist this month, mixing and matching your own concoction of silver and gold. Yes, that’s right you have the Midas touch...everything you touch turns to gold. No time to analyze, just enjoy...OK if you must get your calculator out and pull up your Quick Books so you know exactly where your fortune is going, so be it

June – Virgo it’s OK to enjoy, let go of the guilt...forgive yourself for goodness sake for whatever it is that you think needs to be forgiven, chances are you’re the only one who thinks the way you do...remember you’re a perfect child of God, pure innocence, filled with pure joy...quit being so hard on yourself...life is meant for living, so start living it
**LIBRA**

May – OK Libra I’ll make it easy for you, it’s time to *simplify your life*, clear the clutter...I know you can’t decide what to keep and what to let go of, *when in doubt do without*, there that should settle this dilemma once and for all. Now go listen to some classical music, buy some flowers and bring the balance back to those Libran scales.

June – Now that you’ve cleaned everything out there should be plenty of room in that lovely home of yours, so take the time and the space during this Summer Solstice month to get back to your morning affirmations, spend more time in Meditation, do what’s needed to *keep Libra in balance...look into some aromatherapy while you’re at it*

**SCORPIO**

May – OK Scorpio it’s time to put that stinger away for now, there’s only so much revenge a stinger can handle, you’ve just about beat a dead horse to death, it’s time to move on and *let go of the old*, in every form of the word, old issues, old grudges, old people, places and things who no longer serve who you are and who you are becoming.

June – Doesn’t that feel better, now that you’ve had that stinger in the deep freeze for awhile you can get back to business...the Celestial Heavens are about to bring a major life change your way, it’s going to *turn your world upside down* and all around, just come out from hiding and look for the rainbow, the Sun is shining, let it shine, baby shine

**SAGITTARIUS**

May – What’s going on Centaur? Your ruling planet Jupiter is the Santa Claus of the Zodiac...what happened to the *glass half full* philosophy? It’s time to get back on that horse and point that arrow toward sunny skies and get out of the clouds...no more doom and gloom, we wouldn’t want the word to get out that we’ve lost our sunny disposition.

June – How does it feel to ride that horse tall with lots of Sagittarian pride? That’s more like the Centaur I know and love... those starry, starry nights are bringing forth lots of starshine your way, show the world what the Centaur is made of, *Jupiter is all about expansiveness*, you’ve got more than plenty of room to reach beyond your wildest dreams

**CAPRICORN**

May – Ok Goat, it’s time to stop trodding down that mountain path and take a break for some much needed contemplation time...yeah you heard me, you’re the workaholic of the Zodiac and even the Goat needs to STOP. No, I didn’t say slow down, stop, and reassess your goals before you start that climb back up the mountain to success.

June – Alrighty Goat, good work, I know you don’t see results yet, your ruling planet Saturn is called *“Father Time”* for a reason, just a *wee bit more patience*...the storm clouds are starting to fade & the sunshine is moving in, even though the Goat sees the skies as partly cloudy rather than partly sunny, planetary energies are on your side

**AQUARIUS**

May – It’s time for the rebel of the Zodiac to trust your intuition no matter what the masses say, after all you’ve never been one to follow a crowd, you’ve got the big planetary YES...you know what to do next, go ahead trust your gut, listen to your soul, then engage the brain, take action, full speed ahead...there’s no time like the present.

June – Whew! That was fun wasn’t it...OK now that you’ve marched on Capital Hill, started a mini revolution, and caused some fainting spells in the family tree it’s time to sit back, be still, relax and enjoy your much deserved solitude...go ahead plan a day at the spa, hell go ahead and get that hot stone massage you’ve been wanting, *indulge yourself*

**PISCES**

May – It helps when you’re swimming with the fish up-town – all that wealth in the Koi Pond is starting to rub off...dive in deep, there’s a sunken treasure chest at the bottom of the sea just waiting for you to bring it to the surface...you’re no longer a small fish in a big pond, the Universe is screaming you need to *explore bigger waters*, go for it Fish.

June – Whatever you’re doing keep on doing it...the planets are lined up in your favor and that heavenly star dust just keeps on falling in that ocean of yours, wave that magic wand and *spread the wealth*, there’s a reason the fish travel in schools, the Fish is one of the most compassionate of the Zodiac, share the joy, there’s more where that came from

To my readers, being a Cancer myself has led me to follow my passion for the ocean, hence my relocation to San Diego, CA. over a year ago. The time has come to pursue various aspects of my Astrological career here on the west coast. Thank you for your loyal support these past seven years. Get your Astrological updates at reachforthemoon.net and evastarr.com Contact evastarr24@yahoo.com for charts and 440-930-8865 for phone consultations.
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