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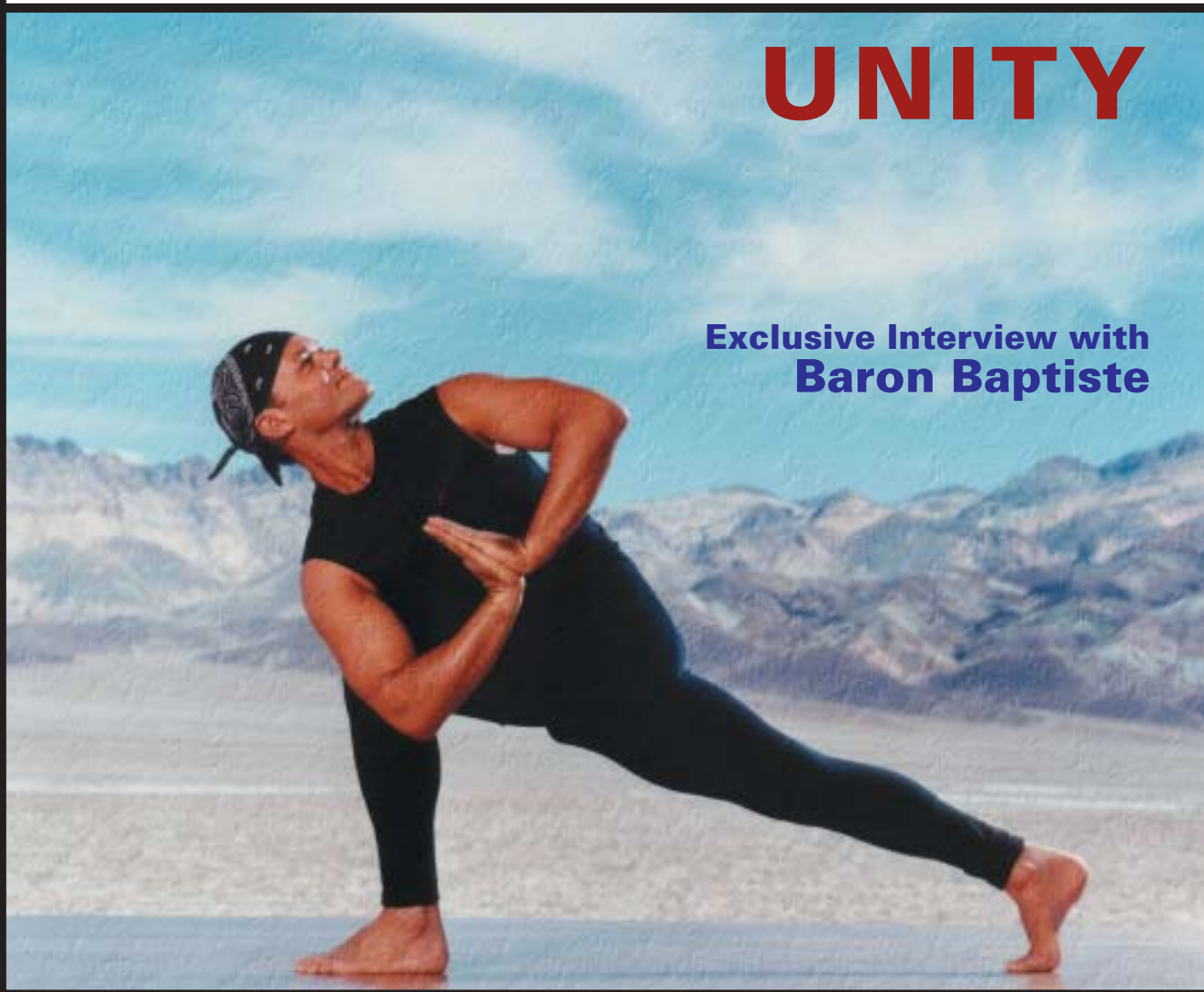
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8785 Mentor Avenue  
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Editor & Publisher - Clyde Chafer  
Associate Editor - Bill Wahl  
Advertising - Clyde Chafer - 440-255-5301  
Feature Writers - JoAnne Aboussouan, Clyde Chafer,  
Corky & Barb, Daniel Clark, Evstarr, Joan Gattuso, Tami  
Schneider

Layout/Design - Bill Wahl - 440-331-1930  
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## WORDS FROM THE PUBLISHER.....

Several times this last year in doing interviews in the Spiritual Genealogy column, the people interviewed had a similar response to a question about finding peace. They each talked about finding peace within – before they found peace outside in the world that was around them. This proved to be a very thought provoking piece of information I received. No doubt I have chosen to take a less than peaceful path in this life experience at times. I do believe that my outsides will always end up matching my insides. That if I choose to be a “victim” I will set myself up to be “victimized”. My happiness is not contingent on the outside world, but the happiness I may find in the outside world is contingent on how happy I am inside. Our theme for this issue is unity. On the cover of every issue you will see below the Journey the words a Body, Mind & Soul Connection. This is where I believe unity must start. To truly experience unity in the world we all have to find that unity within. Once we have come to an understanding of the importance of taking care of ourselves in these three areas we are better able to connect with like-minded people. When I am in self exile- not connecting with others around me- I am always amiss in nurturing one or more of these key ingredients that make up who I am. This would mean I am not taking care of my body (unhealthy foods, lack of exercise or rest), my mind (negative thought patterns, egocentric behavior) or soul (no prayer or meditation) and it has a direct influence on how I relate with others. I know that there have been times in my life that I have had the feeling of total unity in being with groups of people that were involved in some sort of spiritual exercise – whether it be at church, yoga or a twelve step meeting. They have also been the times when I have chosen to take care of myself in healthy ways. Those are the blessed moments that I believe we all long for. They are the moments of realizing we are not alone. That we are as one.

With this being the first issue of the New Year, may we all do our part in taking care of ourselves so that we can live in unity with one and all. –Namaste, Clyde



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*A Mind, Body & Soul Connection*

**Our Theme for the Next Issue...**

**Seeds**

# Finding Unity In Ancient Wisdom

By Joan M. Gattuso

Now, more than at any other time in our personal histories, we are being called upon to awaken from our collective amnesia. We are challenged daily to be the Light in a world that often appears to be retreating into darkness.

This is not an easy task. This is not a minor task.

Daily we must practice “engaged spirituality” in order to bring forth the Light in these intense times. Now is the time we are called upon to be the spiritual force for good in our world—to live as a higher order being, to live out of our Christ nature, to live out of our Divine nature, to live as a noble being.

A noble being cares for others as much as he does himself. Above all else, a noble being desires to know oneness with all other sentient beings to experience unity and harmony in life’s great moments as well as in the ordinariness of daily living.

No matter how far we have journeyed along our spiritual path, the call continues to beckon us still farther to be the one who calls forth unity, oneness, harmony. There are always deeper levels, insights and understanding to achieve. There is always more love to give. There is always more that we can forgive, more to be healed through the transformation of our consciousness, whether in our world or in our home.

To live a noble life—a life committed to knowing our oneness—in any era calls us to bring forth from our depths the totality of our spiritual essence.

Once many ages ago a student of Brahma asked the Buddha a question on this very subject. “What must we do to become like you?”

The great one answered, “Daily you must practice the Four Immeasurable Minds.”

These four principles are to this day called immeasurable, because they are so vast. The blessings sent out to others and self are indeed immeasurable.

His Holiness the Dalai Lama said at a teaching I attended that, when practiced daily, these four principles lead to a happy life. As we journey toward living an awakened life, it is only natural and appropriate that we be happy. Living a so-called spiritual life and being miserable, suffering and being the martyr went out of style a long time ago.

When we are happy as an awakening being, then our desire for all other beings is that they also experience happiness. It is here that we can know our innate oneness. It is here that any sense of separation begins to dissolve, and the true essence of each individual can come forth. This awareness does not drop upon us from the sky. It must be remembered. It must be realized in our hearts. Then we must practice what we know every day of our lives. We all need to engage techniques and formulas that lead to higher states of consciousness. This is how we wake up. This is how we are able to see through the veil, past the illusions and into the truth that lies in wait within us all.

The teachings of Tibetan Buddhism offer to us in the West phenomenal techniques and processes that have been practiced for nearly 2600 years. Now in our time this ancient wisdom is available to us. It works! It has proven itself to be beneficial through the ages, and it still does today.

When on retreat with the Zen Buddhist master Thich Nhat Hanh, I heard him say that the “Four Immeasurables” are the very nature of an enlightened person. The four are (1) Love, (2) Compassion, (3) Joy, (4) Equanimity. Here’s how to make them work for you:

**Love:** Ask daily, how can I bring love into this situation? Look deeply into another person’s essence, her divine self. Love her. Be so filled with love that your very presence is a blessing to her and to all. Be willing to be the one who always chooses to be loving, to be the one who no longer holds onto grievances. Be the one who is quick to forgive. Be the one who is quick to help or comfort or provide whatever is needed. In practicing this first Immeasur-

*Continued on Page 6*

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able, it is most beneficial to meditate on love daily. Enter into a meditative state and breathe love into and out of your heart. With each individual exhalation send waves of love out into the world. Send love both to the individual and to the collective.

**Compassion:** Each day focus on the desire that all individuals be free from suffering. This is not empathy or pity. Compassion is the hallmark of an enlightened life. Compassion is genuine caring. It sees another's suffering as of equal importance as one's own suffering. Many of us in the West do not fully understand compassion. It is more of an Eastern spiritual concept. In the West we may have been taught to have pity on those less fortunate than us. Pity is actually an activity of the ego and engages concepts of separation rather than thoughts of unity. When we have pity, or even empathy, for another's pain, we are in reality keeping their pain or fear far away from us personally. And that is where we want it to stay—far away. When we practice spiritual compassion, we realize that when one of us suffers we all are suffering, not in a co-dependent, psychologically unhealthy way, but rather in an awakened way with an awakened mind that is beginning to realize there is only one of us here.

**Joy:** Here once again is the message to be happy. Both the spiritual work *A Course in Miracles* and His Holiness the Dalai Lama state that the purpose of life is to be happy. In my life I have experienced trauma and devastation. Believe me, "happy" is far better. We will all experience times of intense suffering in our lives, but what I have seen in myself and countless others is that when we move through the suf-

fering we encounter what lies underneath—the joy. Practice having a light heart. We must heal the wounds and disappointments of the past. Then the Joy of God will naturally rise and express brilliantly through us. When we are living out of our divine nature, tremendous joy rises in us.

**Equanimity:** Every waking moment we must see, feel and know others as equal to ourselves. Equanimity brings us to our oneness. Equanimity is the Buddhist term for oneness, for unity. To live an awakened life we must see all others as equal, as a son or daughter of God, just as deserving of goodness and blessings as we are. Through equanimity any walls of judgment, prejudice, or mental caste systems fade into nothingness. That which separates us in our minds dissolves, and we realize oneness—the oneness out of which we have all been created by God.

Each one of the four is contained within the other three, all are realized within each other. When we faithfully practice these Four Immeasurables daily, we shall feel anger, fear and hurt dissolving and love, compassion, joy and equanimity rising in us. Then we will be well on our way to becoming noble beings happily living a noble life, knowing unity with our fellow travelers.

*Joan M. Gattuso is minister of a church she founded almost 20 years ago, Unity of Greater Cleveland in Shaker Heights, Ohio. A spiritual teacher for the past 25 years, she is the author of two best-selling books—A Course in Love and A Course in Life. She is acclaimed for both her compassionate teaching and her deep, yet easy-to-understand and practical, writing.*

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Excerpt from **THE FORCE IS WITH YOU: Mystical  
Movie Messages that Inspire Our Lives**  
By **Stephen Simon, Hollywood Film Producer**

**The Matrix**

The Matrix is a brilliantly conceived and executed metaphysical action-thriller. On the surface, it is a fast-paced, visual effects-laden action movie. Underneath the surface, there is a breathtaking metaphysical message that is almost unprecedented in Hollywood big-budget moviemaking. For that reason alone, just getting

*The Matrix* made at all is an historic event.

Just think about it. Here is a film that asks its viewers to accept the conceit that the life they are living is not real. That there is no objective reality. That we live in an elaborately constructed experiment (although here it is designed by machines), in which we are mere players. This kind of thinking, minus the disempowering machine aspect, is at the very dew line of metaphysics. The fact that it got expressed in the Matrix with fantastic critical and commercial success says a lot about where we are as a humanity at the turn of the century.

There are enough people alive today who share this concept about the nature of our existence that the process gets exposed in both

*The Matrix* and *The 13<sup>th</sup> Floor*, two films with the very same astounding concept. To me, that says we are signaling our readiness to move toward a whole new openness to the questions of our very existence.

After all, the entire core of *The Matrix* is that we are

living in an illusion, that the entire fabric of our day-to-day life is an elaborately constructed illusion. Is that not the entire core of metaphysical thought? The fact that this film got made with a major star (Keanu Reeves) from a major studio (Warner Brothers) demonstrates how far we've evolved in just the past twenty or thirty years. This concept is so daring and so threatening to the status quo (within the film industry and in society as a whole) that we need to closely examine exactly how extraordinary its depiction in mainstream film really is.

First of all, this kind of spiritual message is anathema to Hollywood movie studios, to both production and marketing executives. To mainstream Hollywood, these movies do not even qualify as a distinct category. Mention "spirituality" in a studio meeting and the executives' eyes glaze over. They quickly change the subject or just directly reject the very notion as "non-commercial." I don't want this to sound like a rant against these people. It's not. Contrary to a lot of public perception, most of the people who work in Hollywood are decent, well-meaning people who really would like to do the right thing on a daily basis. They are good people.

The challenge is simply that the new spirituality that has become so prevalent in the world has not yet consciously penetrated the corridors of power in Hollywood. The publishing industry has certainly caught on. "Visionary books" are the fastest growing sector in the history of the publishing business. The growth rate in 1999 was twenty-five percent and the trend is continuing.

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# D.R.U.M.

## Delight, Rhythm, & Unity through Music

By Corky & Barb

Drum circles are quickly becoming one of this country's fastest growing community building activities. One of the reasons for this is the feeling of connectedness and unity we experience when we sit in a community circle creating and sharing our rhythm and delight through making music together. Drumming is done in circles for very special reasons. The circle is and has been a symbol of unity for thousands of years. It is a very simple looking symbol, but oh so complex in the way it controls and influences our lives. The circle has long inspired the human imagination with a sense of wholeness, perfection and completion, for every point on the circle is equidistant from the center. Without hidden corners or abrupt turning points there is no place to lose your way.

The circle is a powerful symbol of unity and wholeness connecting us with the cycles of life. It represents our soul's journey from birth to death to rebirth. It represents the cycle of the sun around Mother Earth, cycle or phases of the moon, and the cycle of the four seasons, just to name a few. The circle is also divided into 4 equal parts that in total represent unity and wholeness. Four is considered very sacred. Each part of the circle represents one of the 4 directions (North, East, South, & West) and one of the 4 seasons (Spring, Summer, Fall, & Winter), one of the 4 elements (water, air, earth & fire), one of the 4 kingdoms (mineral, vegetable, animal & human), and one of the 4 races (black, red, yellow & white). The Oglala Sioux Medicine Man Black Elk said, "The power of the world always works in circles, and everything tries to be round." He claimed that "The east gave us peace

and light, the South gave warmth, the West gave rain and the North with its cold and mighty wind gave strength and endurance."

The circle has no beginning and no end. It just is. When we sit in a drum circle, we are automatically connected to all that is. We are all equal. We are all one. There is no hierarchy. We can see each other's faces when looking around, drumming, listening or talking. In the ancient cultures all meetings, rituals or ceremonies were done in a circle.

Another key part of the circle is the drum. The majority of drums are round and they connect us to the rhythm of the universe which is connected to the cycles (circles) or changes that take place. We all have our own drum (heart) which keeps us alive. It has been said that the tree and the animals gave us the drum so that we and The Creator could speak in common tongue. When we drum in a circle, we begin by connecting our drum with the drum we are playing. This in turn connects us to everyone else's drum and hearts. This is done by the vibrations given off by our hearts and drums. The vibrations then connect us to the rhythms of the universe. And so the cycle continues on and on and on.

Drumming in a community circle reminds us of the circularity of experience, the roundness of creation and the spiraling, vibrational energies that unify us all as one. We are all connected. We are all one.

Corky & Barb of Inner Harmony facilitate both community drum circles and journey work drum circles around the Cleveland area. One particular protocol called Group Empowerment Drumming can be used in your company or organization for team building, stress management or as a conference opener/ice breaker. They also have a complementary therapy/healing practice using hypnotherapy and other vibrational therapies such as magnets, tuning forks and drums. Check out their websites for more information: [www.Spiritwise.info](http://www.Spiritwise.info) and [www.InnerHarmony.info](http://www.InnerHarmony.info).

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# The Unity of Mind, Body and Spirit

By: Daniel M. Clark, BA, MHT

In this current day and age, we are more and more frequently hearing the terms mind, body and spirit used in relation to wellness. Numerous studies are being done and have been done correlating the inter-relatedness between these three words and their impact on our health. In order to further understand how exactly our health is affected; we must first understand how these concepts work together. When we strive for truly creating a synergistic relationship among the mind, body and spirit, we are able to achieve a unity of self that contributes to a powerful reality with our energy, our wellness, and our contribution for the welfare of this world.

First lets examine how the mind works. In general terms, mind is divided into two parts with two entirely different functions. The conscious mind is our ordinary awareness of the world we live in. We see, hear, feel, smell, and sometimes taste things about our everyday world that gets processed through our conscious mind. Our conscious mind is responsible for making decisions, judging, analyzing, and ultimately coming to conclusions. Based on those conclusions, whatever they are for us, the information is then submitted to the subconscious mind. The subconscious keeps all of this information and stores it in our memories. The subconscious mind also has within it, a natural blue print for how our body is suppose to function. These functions take place within what is known as the autonomic nervous system. ( i.e., that which is responsible for regulating the heart beat and the electrical and chemical activity within the body.)

The subconscious mind absorbs information from all 5 senses, without questioning or analyzing the information. When there is a difference between what the subconscious and the conscious mind perceives, this can create a state of disharmony. The person may consciously want something to be a certain way, but maybe they have a more dominant thought/belief within the subconscious mind that is attached to a particularly distressing emotion, which causes them to feel a sense of gridlock from achieving their goals. If this is the dominant thought/belief/memory within the mind – then like a computer, that is how the body will function, according to its program. The information contained within our subconscious mind generates thoughts based on belief, this translates into energy, which then becomes the spirit of what you're doing, thinking, and feeling. The energy of our thoughts, which are produced by our mind, can be positive, healthy energy or negative disharmonious energy. The cumulative effects of our energy development can have a dramatic impact on our health, whether good or bad.

The body works according to a natural blueprint of functioning based on the information that is hard-wired within us. Aside from genetic information, there is information from the mind and spirit that can have a wide range of effect on the body – electrically and chemically. Think of the body as the vehicle for the fuel of thoughts and energy that is generated by the mind and spirit. Stress, thoughts, and emotions all have the ability to create a physiological response within the body. These responses can either be helpful or harmful to us, depending on their classification of positive or negative in nature.

A key phrase that I have often quoted in many of my other

articles that is prevalent in the mind/body profession is, “what the mind represses, the body expresses.” How many of you readers experience pain, headaches or discomfort in certain areas of your body in response to stress? Do you get tightness in the shoulders, tension in the chest, or even a heavy feeling in the stomach and abdominal region? These are a few of the main areas where stress makes us aware of its presence. Sometimes all you have to do is think about something negative that happened and soon enough you feel the uncomfortable changes taking place in your body.

The spirit is an area that often receives little attention. Mostly because people do not understand how it fits in to complete the connection. Spirit can be viewed in two ways; First, spirit as the motivation and ambition created by the mind. This is actually incomplete by itself, since the mind and spirit work together. The spirit becomes the motivation for the mind to generate the kind of energy based on the spirit of thoughts. So the mind generates energy and the spirit motivates the mind to generate more energy. The problem occurs when thoughts are negative. Then the spirit becomes clouded, dirty and obstructed with disharmonious thoughts. This filters down to the point of feeling pain experiencing illness and various other forms of mental and physical problems. The second way to view spirit is to view it as the true nature of the self, or as some put it – the higher self and/or soul. This refers to our divine self, our connection to our higher power, whoever we consider that to be. Regardless, of how you choose to look at it, they are both acceptable viewpoints. In all actuality, they are together as one, since negative thoughts and emotions, etc., have the same impact on both. If we experience negative thoughts and emotions enough, we create the circumstances for imbalance and disharmony to cause a disruption in our energy. This filters down and affects both the mind with a lack of positive energy coming from the spirit and to the body with the negative impact on our health. The discordant thoughts and emotion create havoc in the chemical and electrical responses of our body directly contributing to many forms of stress related illness.

Through a truly holistic approach to life, paying attention to the synergistic actions of the mind, body and spirit working together as one, we create wellness in our lives and the world around us. Keep your stress levels down, eat a healthy balanced diet, get some form of regular exercise and remember to allow time to focus on the needs of your spirit. What are the thoughts, words, and actions of your daily life that will enable you to be happy and healthy?

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*Daniel M. Clark, has a Bachelors Degree in Psychology. He holds a Master Clinical Hypnotherapist certification with the National Board of Professional and Ethical Standards and Advanced Hypnotherapy certification through the American Board of Hypnotherapy. He has specialized certification in the areas of: Stress Management, Learning Enhancement, Smoking Cessation, and Past Life Regression. He is also a Certified Qigong Healer through the Eastern Healing Arts Association. He can be reached at: (440)205-9549 Email: [hypnosis@memergy.com](mailto:hypnosis@memergy.com) Visit his website at: [www.memergy.com](http://www.memergy.com).*

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# I Am The Sea

By Evstarr

Over a decade ago, when my youngest daughter Shayna was just a toddler, we had a ritual like most mothers and their children of the “bedtime story.” One of Shayna’s favorite books was entitled By Day and By Night verse by Karen Pandell, Illustrated by Marty Noble. I particularly liked the book because of the beautifully illustrated pictures and it was short, you didn’t need to ad lib and worry that your child would catch you skipping sentences, whole paragraphs, and God forbid that you left out a preposition or two. It’s amazing isn’t it, how observant children are who can’t even read yet. She still has the book to this day. It is very simplistic, while at the same time, (me being wise in my years, and a student on the forever path of finding my meaning in life, and/or the meaning of life itself, for that matter) I wasn’t sure I quite understood it. It was pretty basic and went something like this... “By day I see the sun, the sun is me...I touch a ladybug, the ladybug is me...By day I taste an orange, the orange is me...By day I smell the sea, the sea is me...By night I watch the moon, the moon is me.” At the time I thought what does this mean, the orange is me? The ladybug is me, and on and on and on? I pondered over that off and on in my life for quite some time.

As I was thinking about Unity and what it means to me, I immediately thought about that book, which I probably haven’t picked up for over 8 or 9 years. My daughter has since advanced from that book, not to mention she’s a teenager now...and we don’t even need to explain what that means. I think God gives us teenagers so we can practice how NOT to react in the heat of the moment...and to learn how to respond from a loving and CALM place. Look me up in four years and I’ll let you know how I did. Back to the subject at hand...as I thought about Unity that book came to mind, now I get it, we are all one with everyone and everything on the planet...scary isn’t it? When you hear people say, “it’s a small world,” they aren’t kidding...and it’s getting smaller. More and more I run into circumstances, people, places and things that are all related to one another in one-way shape or form.

I was raised Catholic, but quit going to church after I

graduated from high school, never to set foot in a church again, for about the next 13 or 14 years...then the journey began. I started studying metaphysics, read every single book I could get my hands on, and walked into a Unity church in Westlake. I felt like I had come home! I cried every Sunday for the next year, not because I was sad, but because I was coming alive. I wasn’t even quite sure myself why I cried every Sunday, then I began to understand. It was the love I felt there, and the tremendous energy. I was overwhelmed with feelings of love and acceptance that I hadn’t felt for quite some time.

I have experienced quite a number of tumultuous situations in my tenure of attending Unity and I can’t tell you how much compassion, understanding and support I received from the people there. That’s what Unity is all about, there’s no you and there’s no me, there’s just we. **We are all one in Unity.** One particular Sunday I had gone to church after losing a great love of my life through a sudden heart attack. There I was sitting in the front row sobbing so hard I couldn’t even stand, a woman from the back of the church whom I didn’t even know came and sat with me the entire time. There was another time I was moving and had not a single soul to help me move. I stood up in the front of the church and solicited for a couple of able-bodied men. They showed up on moving day, after I had spent all the previous night before with my daughter in ER, laying next to her in a



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bed hooked up with tubes, left the hospital at 6 a.m., and had to move by 8 a.m., not at all prepared. These strangers helped me move and would not accept money or food for their help.

I have been teaching Louise Hay classes at Unity and have never experienced such a level of love and total acceptance, as I do from my students. I feel blessed beyond compare to have had the opportunity to walk into those doors at Unity some 17 years ago. It's NOT the building that makes a church, it's the PEOPLE...and there's not a more loving bunch of people anywhere on the planet.

There is such a critical need for unity, tolerance, and understanding in our world. Yet with all the divisiveness, there are still people and organizations around locally and globally who are doing their best to be inclusive. Unity Spiritual Center (formerly Church of Unity) in Westlake is an example of an organization clearly reaching out to embrace people on a variety of spiritual paths, and to hold sacred the great wisdom teachings from around the world.

Unity is universal oneness of God,

humankind and all creation. The only real unity is in Spirit. It is found nowhere else because personality always strives for its own success and aims for the good of the personal person, instead of the good of all humankind. We must rise above the personal and connect with the I AM of God, for that is our name as well. When we do this in prayer we come into an awareness of our unity with God.

So my dear readers, next time you look around you in awe of this great Universe, understand that...you are the sea, I am the sea...and we are the sea.

*Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Her most recent quest took her to San Diego to complete the certification program to teach Louise Hay's work globally. Look for her upcoming classes and workshops at Unity Spiritual Center (440-835-0400) LCCC (1-800-995-5222) Lakewood Adult Education (216-529-4081) and new classes at the Goddess Blessed (216-221-8755). Evstarr can be reached at [evstarr@yahoo.com](mailto:evstarr@yahoo.com), and be sure to check out her new website [www.reachforthemoon.net](http://www.reachforthemoon.net) for upcoming class listings.*



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Agnes J. Thomas Ph.D. received her Ph.D. in Physiological Psychology from Case Western Reserve University. She is nationally recognized for her work in developmental brain research and the development of respiratory control. Agnes has been communicating with animals for ten years, and has studied with internationally recognized pioneers in interspecies telepathic communication including Rebecca Farris of Los Alamos, NM, Dawn Hayman of Clinton, NY, and Penelope Smith of Point Reyes, CA. Agnes is author of a new book on animal communication soon to be released entitled, "Pets Tell the Truth"

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- 9 Community Drumming Circle**  
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- 21 Journey Work Drum Circle**  
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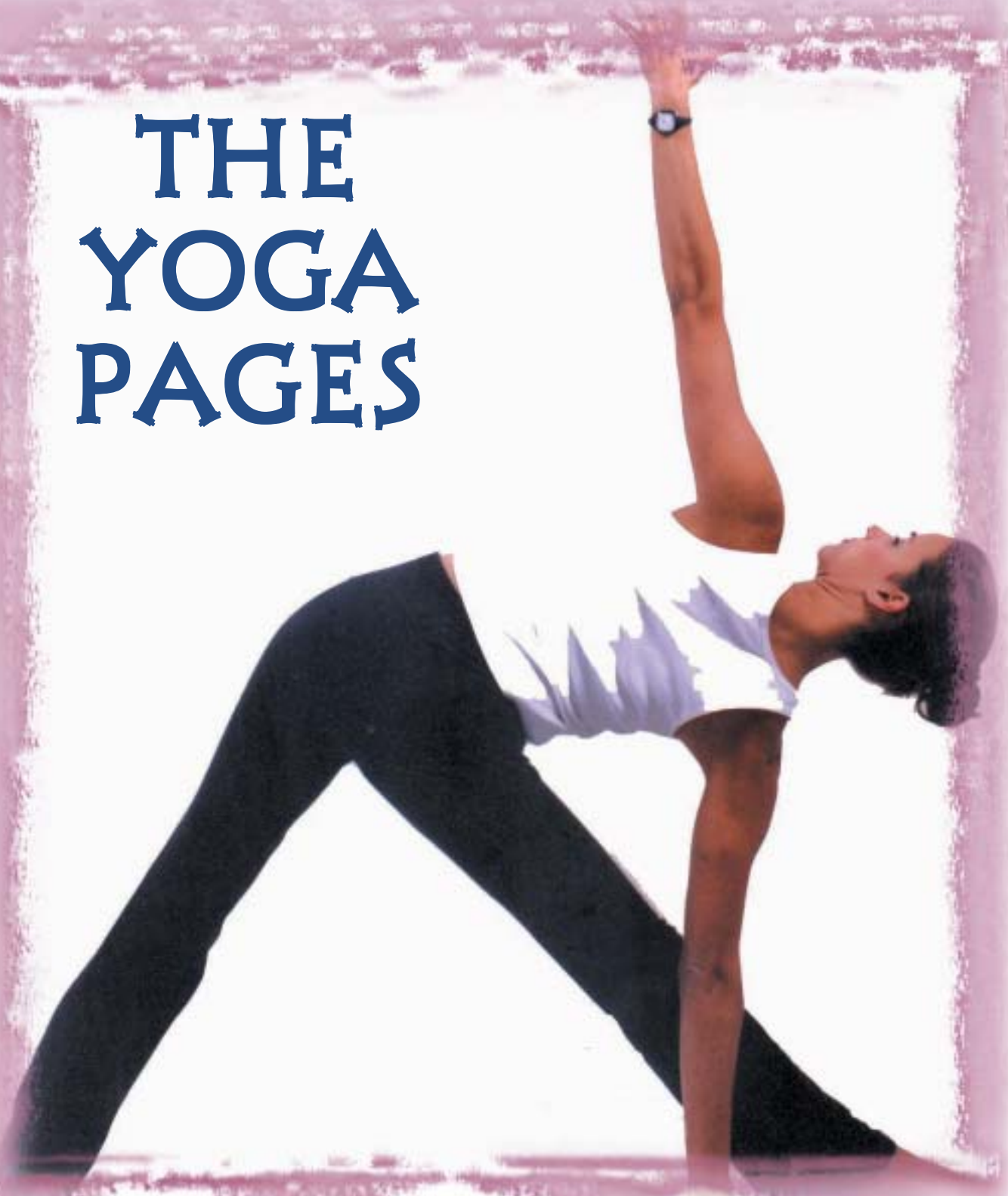
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# THE YOGA PAGES



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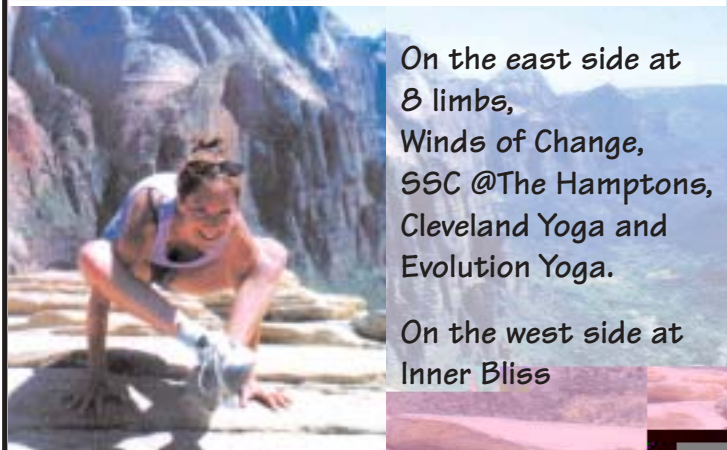
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# YOGA

## yoga & unity

### A Teacher's Perspective

by Tami Schneider

**Y**ou say Iyengar, I say Power; he says Jivamukti, she says Kundalini. If you haven't heard by now, yoga classes and its many styles have gained popularity in the United States as well as in the Cleveland area as a way to experience spiritual enlightenment and build a stronger and healthier body.

But what style of yoga to sign up for? Over the last several years, since yoga has grown in the US, many classic yoga styles were divided and separated into other styles with variations in methods and teachings. This division is a little ironic since yoga proclaims unity but now offers so many different styles.

However, because of the differences of people's intentions, living environments, personalities and physical and emotional states, offering various approaches to yoga appeals to greater numbers. While some may look for a more fitness-oriented approach, others might find a heart-centering meditation class more appealing. I was having this discussion with my friend and fellow yoga teacher, Janice Hanrahan, the other day and she made this comment: *"Just as there are so many different recipes for lasagna (cooks are always looking for their own special twist), it still ends up being lasagna. Yoga teachers stir up different recipes for yoga, adding their own unique blend of creativity, knowledge and wisdom. In the end, it's still yoga."*

Many traditionalists think that because of all of yoga's hybrids, yoga might be losing its time-honored values. But look at the bigger picture. The division of yoga styles is truly bringing greater unity to our expanding yoga community. Power Yoga, for example, is a style of yoga that hit the health clubs and group exercise classes several years ago. Power Yoga brought athletes into the yoga room because "power" was something that they could relate to. These athletes and fitness devotees would have never stepped into an Ashtanga class because they didn't know what Ashtanga meant. By experiencing a Power class, students eventually learned that Power Yoga's roots were from vigorous practice of Ashtanga. Then, maybe these Power Yoga students realized they wanted more detail to the alignment of the postures, or they were nursing an injury so they sought out an Iyengar class or a Restorative class. Or perhaps they want more of that soulful connection that yoga brings, so they research and find that Phoenix Rising or Kundalini might be their thing.

In the history of this 6,000 age-old system, yoga is now recognized and practiced by more people than ever! Yoga in America has become a major approach for improved physical health and mental stability. So you see,

yoga and it's multiple styles, along with the yoga teachers and practitioners are helping to create a whole new union. Therefore, when all of the styles are compared, rather than judging a certain style, look beyond the differences. The true essence of yoga remains: *to ignite the unity of one another to create peace and harmony.*

So whether you are a devotee of Kundalini, Phoenix Rising, Ashtanga or Power Yoga (why not try them all?), look at your yoga experience as an uplifting start to a long lasting relationship that begins with yourself. Through the many styles of yoga, you can create an experience for yourself that you can share with your loved ones, neighbors and friends. Yoga is transforming. Your transformation, no matter what style you chose, will have a rippling effect on those that surround your life. For all of us directly and truly affect one another. Every time we help to shine a little light on a single individual, it helps to shine a little light on the entire world. Remember, Yoga means UNITY.

Namaste.

*Tami Schneider is co-director and teacher at Cleveland Yoga located in Beachwood, Ohio. To experience one of her classes, you can view her schedule at [www.clevelandyoga.com](http://www.clevelandyoga.com) or call her at 216/789-4473. Private and group sessions are available.*

*The content of this article was inspired by other articles that I've read and the many discussions that I've been involved with. Ref.: [www.yogaalliance.com](http://www.yogaalliance.com) and [www.yogajournal.com](http://www.yogajournal.com).*

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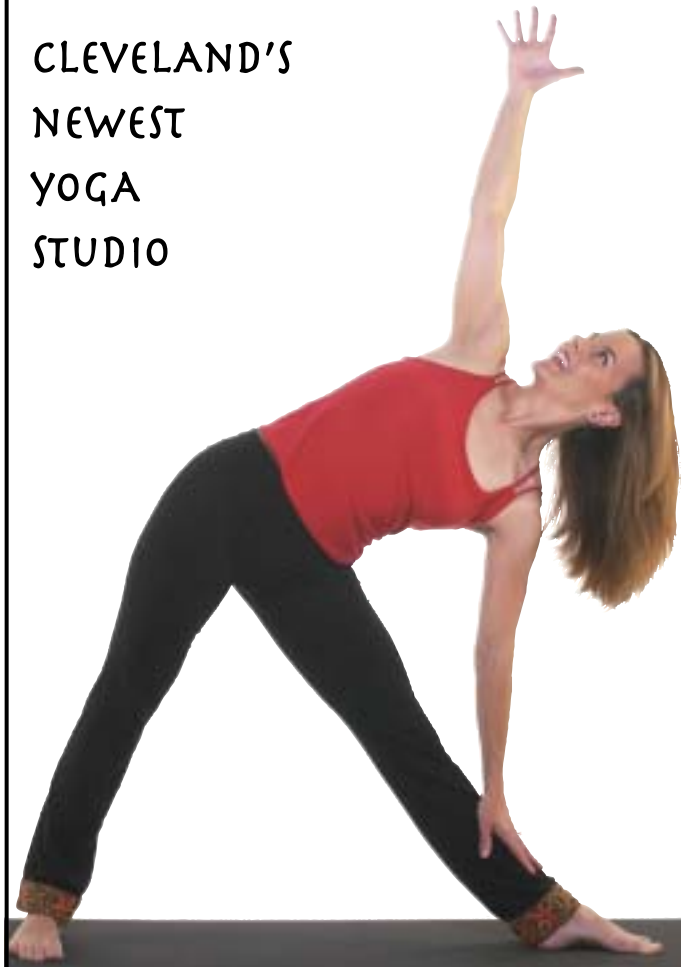
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# YOGA

## -a path to unity

**A Student's Perspective**

**By JoAnne Aboussouan**

The first time I did a yoga class I had an overwhelming sense of coming home, to myself, to my center, it was not just a physical exercise. Unity is defined in the dictionary as a coming together, combining, or oneness. Similarly, Yoga means to yoke, to join body and mind through breathing. It can also be understood to join our lower or individual consciousness with a higher universal consciousness.

We all have many unions in our lives, husbands, wives, lovers, children, parents, friends, and pets. It is easy to get caught up in the distractions, the excesses of these relationships. All the opportunities for giving and receiving joy, sorrow, compassion and gratitude sometimes cause conflict within ourselves.

Coming to my daily asana practice allows me to find oneness with myself. On my mat I try to let my ego go, listen to my breath and unite my mind and body. My daily practice nourishes me and has allowed me to develop nonjudgmental compassion. I experience a union with my inner being that keeps me grounded in the here and now and gives me strength. This personal compassion has made me tremendously grateful for my life and for everything that surrounds me, including family and friends. I no longer have a sense of being alone.

Prior to yoga, over the years, I had lost my spirituality. I had gone through my life making choices and decisions on my own without the benefit of a balanced appreciation of the tangible and intangible factors that may have influenced the outcome. The solicited and unsolicited advice from loved ones followed the same erroneous path. I found myself accepting the consequences, both good and bad, as something I had no control over.

Now, when I ask for guidance or answers on my mat I feel a communion with the universal consciousness (for lack of a better word). After a patient wait, answers appear to present themselves over the ensuing days, coming both from within and without in surprising solutions that I would never have previously imagined and may have completely eluded me without this spiritual guidance.

Yoga has brought a feeling of oneness to my life that I had yet to experience. It has strengthened my unions both spiritual and non spiritual in a way I could never have foreseen. This sense of union is made so obvious after a yoga class in the feelings of warmth and love that permeate the room. How could this coming together not transcend the mat and engulf the rest of my life?

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## Yoga Events/Workshops:

**Power Yoga Intensive w/Rolf Gates**, author of "Meditations From the Mat" at Cleveland Yoga, February 6-8, 2004 Friday/ 6:30pm-9:30pm Saturday & Sunday/10:00am-1:00pm. Individual class/\$75 Entire Weekend/\$190 Advanced Registration before 1/17 - \$170 Email info@clevelandyoga.com or call 216.789.4473 for details.

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**May 21-23, 2004**, Bryan Kest, Power Yoga Weekend at Evolution Yoga, Beachwood, Ohio, phone 216-595-YOGA or www.evolutionyogastudio.com. Bryan is the creator of the Original Power Yoga in 1979. Visit his web site at www.poweryoga.com.

**October 15-17, 2004**, Duncan Wong, Vinyasa Yoga/Yogic Arts Weekend at Evolution Yoga, Beachwood, 216-595-YOGA or www.evolutionyogastudio.com. From NYC, Duncan is one of today's most sought after Vinyasa Yoga teachers. Visit his web site at www.yogicarts.com

**Yoga teachers, studio and workshop listings are available for this section. Cost is only \$20 per listing for each issue. Please keep each listing to 35 words or less. Call 440-255-5301 for more details.**

# SPIRITUAL GENEALOGY

## THE JOURNEY OF ONE

### Baron Baptiste

By Clyde Chafer

Baron Baptiste is the son of two of America's yoga pioneers and is the third generation in his family to transform Yoga in America. For the past seventeen years, he has brought his charismatic and masterful teaching skills to students and teachers all over the world. He has trained extensively in classical yoga traditions, as well as the more physical Ashtanga, Iyengar and Bikram styles of yoga and integrated this wealth of experience into an amazing process, which is accessible to all that desire true and lasting transformation. We are honored to have been able to invite Baron to share his spiritual journey with us.

*Journey: Hi, Baron. Thank you taking time to share with us.*

Baron: Thank you! I am honored that you asked.

*Journey: Well, let's begin with where you are from.*

Baron: I was born and raised in San Francisco, California.

*Journey: Do you have any brothers or sisters?*

Baron: I have two older sisters that are both yoga teachers in the San Francisco Bay area.

*Journey: From reading your book **Journey Into Power**, your parents were very much into yoga not only in practice but also as instructors.*

Baron: They both were both yoga teachers. My father was a guru and teacher of Raja Yoga. They opened the first yoga studio in Northern California in the early 1950s.

*Journey: Are your parents still alive or have they passed?*

Baron: My father passed two years ago and my mother is still alive. He passed on just before his 85<sup>th</sup> birthday. You can go to my web site [www.baronbaptiste.com](http://www.baronbaptiste.com) and there is a section about my family history; specifically about my parents and how they were doing things in the forties and fifties having to do with holistic health that was considered very radical at that time, if not totally weird – before the hippies even came!

*Journey: Was your father still doing yoga at the time of his passing?*

Baron: Yes he was.....his thing was more meditation and the philosophical path.....you know more of like a Buddhist or Christian mystic.....much more into true yogic principles. Very authentic spirituality.....

*Journey: Did you have any formal religious upbringing?*

Baron: No, not really.... it was more of yogic, eastern mys-



ticism, eastern philosophy with a strong belief in God and faith and with some Christian mysticism, Buddhism and the eight limbs of yogic philosophy. Definitely a belief in God but in more of a non-traditional perspective.

*Journey: What was it like going to school when your fellow classmates were probably being raised in more traditional paths?*

Baron: I was the center of a lot of teasing, heckling, was called Hare Krishna. I was teased a lot. I was considered kind of weird. My parents would send me to school with wheat bread, a banana with brown spots and yogurt. In those days it was totally radical, even in

California.

*Journey: So it sounds like you were born and raised in household where yoga and yoga principals were with you from the beginning. Having had these principals ingrained at an early age, you then went on to develop your own style. It is well known that you have been very instrumental in the so-called "power yoga" movement in the late eighties and early nineties. What was the turning point in your life where you started to develop your own practice?*

Baron: Because I did have more of a traditional background....the thing with my parents was that they were a little more true with the tradition of yoga ...the lineage of gurus...I just came to a point in my life where I needed to begin my own journey of the soul....and discover what was it that was really authentically going to set me free. With tradition, I went that route...I spent years going from guru to guru and teacher-to-teacher.....searching and looking and found a lot of wonderful things, but I still left feeling empty in the end. I really began to question more deeply what was the meaning of my existence in that was it really through technique and traditions that I'm going to find the answers that I am looking for. What is life and real health? ....I discovered a teacher, a Jewish teacher of meditation, who was also a Christian mystic. He taught Christian mysticism and meditation on kind of a Judaic foundation. All of the principals I had heard were very iconoclastic, in that they rang very true to me but they didn't have any tradition attached to them. My point being that I was led to a place that there are underlying principals, timeless principals that ultimately are found in all traditions and all great teachings, that essentially don't even need teaching...teachings are built around these principals.....around these laws of life. I found that if I

were to submit, surrender, find an inner serenity, that these principals would come forth and give me standards to live by, but without the dogma and the man-made traditions. I think for a lot of people that traditions offer standards by which we can measure ourselves, measure our behaviors, we can measure our actions, and our lifestyles. Traditions are man-made, though, are interpreted by human beings and much more subject to error. I think that going straight to the source of those teachings is what we must do. I think it was Moses that said, "The laws are inscribed within our minds and within our hearts". We are born with this knowledge and wisdom. These inner standards have always been with us, but through karma we have gone off to other places. Our intuition has been put to sleep. Through practice we awaken it, whether it is asana practice, meditation, or certainly a process such as the twelve steps. There are ways that we can come back to it. It could even be traditional religion. Yet, ideally, all these things are not the way; they are the way to the way. I think it's not so much a process of addition, meaning adding more knowledge, but more a process of subtraction. My yoga practice is not so much of a learning process. It is more of an unlearning process. Kind of unlearning the lies, unlearning the belief systems that are built on sand. Belief systems that we have learned from society...from peers or even the false mechanisms of the mind that deceive me. I practice to unlearn my fears, my anger, my self-hatred or even my physiological and postural patterns, so that I am moving towards my authentic self. My teaching has evolved as I have evolved. In my soul searching, looking to break out of man-made tradition on the philosophical level, I have also done this on the physical level. My roots were on traditional asana training. I have broke out of the traditional

training and let my intuition be my guide. In my yoga practice I have gained wisdom and understanding and let go of ambition and competitiveness. My asana practice has evolved into letting go of stuff....that if you can let go of the excess you are naturally healthy. If you get rid of the toxins, whether they are physical or emotional that the body is naturally strong. Let go of the stress, anger and the fear and you find that the body is more flexible, suppler.

*Journey: So could we say power yoga is really about finding the power within through subtraction of unnecessary and unhealthy mindsets we have learned?*

Baron: Exactly. Yet, I don't call my practice power yoga any longer. I refer to it as Baptiste Power Vinyasa Yoga. It's based on adaptation, not so much based on rigid rules. There

*Continued on Page 27*

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are guidelines but they're flexible at the periphery. There are rules of using sound sequencing, very sound biomechanics, and really healthy principal alignments so you are doing things that are healthy to the body's design, but you are also adapting it to your own needs in that you are adapting it to your own levels of strength, flexibility, agility and coordination. You are actually reeducating as you're strengthening based upon who you are and your history.

*Journey: What teachers or mentors, besides your parents, have had a profound influence in your life?*

Baron: It's interesting. My teachers, in many respects, have been the ones that were always a bit more radical. Such as Kristamurti, Osho.....teachers that were nonconformists. Jesus, for me, was

and has been a great mentor - his way of being in the world...John the Baptist.....kind of iconoclast...those who came along and really questioned the status quo. They were in fact revolutionaries as spiritual teachers. They challenged the status quo and I believe first they challenged the status quo within themselves. My new book, **40 Days to Personal Revolution**, is all about that principal....about being a revolutionary... a spiritual revolutionary. To become willing to come apart at the seams, let your whole identity as you know it fall apart.... let your belief systems fall apart.

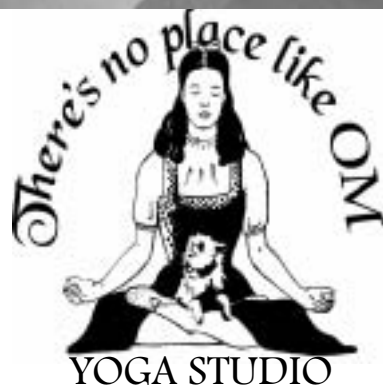
*Journey: That's very interesting. Please tell me more about your new book.*

Baron: **40 Days to Personal Revolution** is a three-part book. The first part of the book is the twelve laws of trans-

formation. The first law based on repentance. Repentance is a strong word for a lot of people...it brings up a lot of connotations, and I talk about that in the book. Yet I look at that word and what it means to me. I believe at the root level to repent just means a willingness to completely surrender. A willingness to come apart and not control or protect who you are. Essentially to allow and open yourself up to a true and new beginning. I think that is the first law to real change and I think that is very revolutionary; it is radical. That law or principal holds the key to deep, deep change. It's also probably the most difficult rule and that's probably why it so controversial.... it's also been a word that's been spouted from hundreds of thousands of pulpits every Sunday for

*Continued on Page 29*

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hundreds of years. I think it's been misused and beaten up. We need to take that word, brush it off, clean it up, and put it into a context that is authentic to us in our everyday lives. I go into all these different laws that I think are very powerful...to give up everything that you know; therefore, be open to really question on a deeper level all that you don't know. That is very revolutionary. When you ask about teachers, I connect with those that questioned themselves and the status quo. In my own personal journey.... in my soul journey...that is what has helped me the greatest, not just submission to a tradition or submission to a process.

*Journey: I read a book a few years ago called **Beyond the Twelve Steps** and the author talked about after being twenty years sober she found the twelve steps in recovery to be a great foothold for greater spiritual growth; it was just a beginning and not the end all. What I am hearing you say is that we can be very revolutionary in changing our thinking...clean out all of our old habits and egocentric behaviors...but then what?*

Baron: It leaves you open for inner direction. Without the mental bog down of self-defeating ego-directed mindsets, we have the opportunity and ability to find our purpose. Then you become the torchbearer for others to find their way, to share the light and spark the light for others; I think that is when we really begin to go through a process of transformation. Through giving, we receive. There is something so powerful from stepping outside ourselves...outside our inner focus; self absorption.....which is hell in my mind. When we step outside of our smaller selves, that's freedom and that's where we find true happiness. We really are living life, a life with adventure.

*Journey: The word discipline comes to mind as you speak*

*about clearing and opening up to change.*

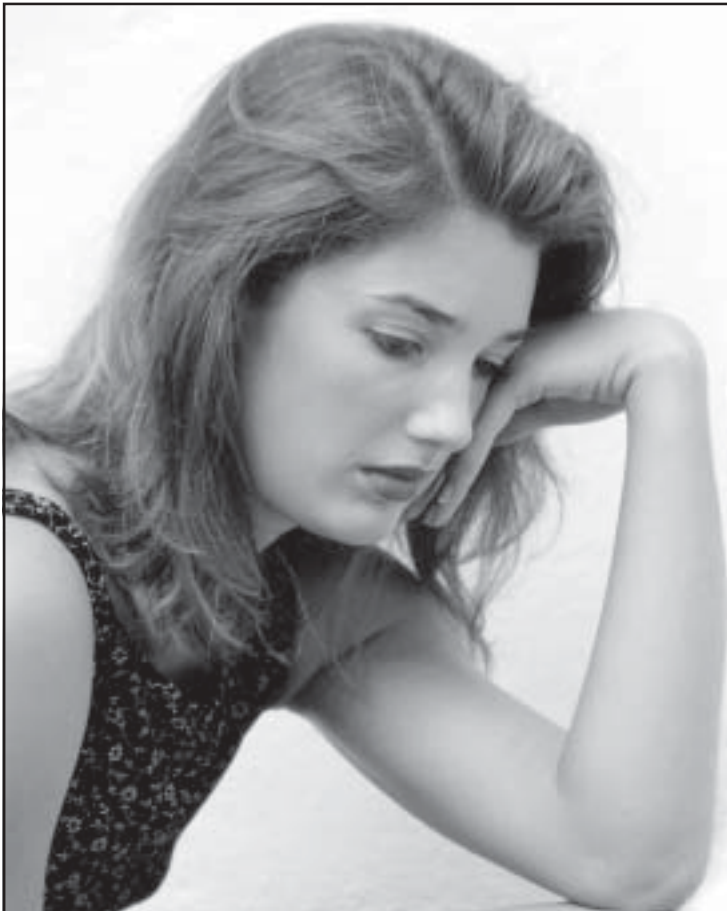
Baron: Exactly, discipline comes from the root word disciple. Ultimately, we need to become the disciple to an inner wisdom, an intuition, a Christ consciousness, something within that is greater us. That's why we can say yes to the good things in life. Because we have this discipline.... we are this disciple to this inner source that we love so much- we can only say yes to the right things, the right foods, the right relationships, the right actions and the right intentions. Bad habits just don't fit anymore. There is this inner discipline that leads us and is so true to us. As Gandhi said "My God is found in truth". And as Jesus said "Know the truth and the truth will set you free". This has been my experience.

*Journey: Baron, let's shift gears a bit. I'm sure you have seen a lot of change in yoga in your lifetime, some people put a knock on what is being called power yoga; that it has become westernized and lost its purity. Do you feel that to be true?*

Baron: Ummmm.... it can be true.... well, that's a tough one..... yes, it's true and no it's not true. A lot of times you wonder how true the people saying it are. I mean how much does it matter? If your just sitting around wondering or pointing fingers, you probably aren't that pure yet.

*Journey: It's almost as if it's bad because some styles of yoga are westernized. That has always troubled me.*

Baron: Right. Even if it is an aerobic teacher who went through a weekend yoga training and now is sharing some yoga with people at her gym.....is that such an awful thing? Is it not opening doors to greater truths and greater worlds? Isn't that how little seeds are planted? Who knows how many lives



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can be saved. I have seen it. Just a few months ago I was teaching a workshop in New York City. A man came up to me when the workshop was done and handed me a card. Later on, when I opened this card, he had written about how many years ago he was in Los Angeles visiting a friend and was strung out on heroin. His friend woke him up early one morning .... like six a.m.....to take him to a yoga class. He had never done yoga before. He said he went and took that yoga class; he said he struggled in that class.... but something in him broke and shifted.... not even knowing what. He went back to New York and engaged in a yoga practice and he found God...he found a 12-step program ..... found a whole new life. He thanked me and told me that the first yoga class was with me. His note said that with his whole being he thanked me that I may not have known it but I saved his life. Back then I was just a kid ....I was maybe twenty years old...and pretty naive ..... teaching a much more physical class, but I still had a philosophy. You just don't know, who is going to be touched and how you're going to affect them; it's really not our job to know. Our job is to come out of ourselves, and it's not even about being perfect. It's about doing our part as authentically as we can. I would much rather be real than pure. When the purists come at me with all this stuff sometimes.... its' kinda like...ummmm, it must be tough walking on water.... I'm just not there...but at least I'm real and doing the best I can...

*Journey: How do you find contentment and peace?*

Baron: Probably beginning with stopping looking for it. I think peace is something we find when we stop looking for things to be happy. We make peace with being in the present moment. We make peace with ourselves, through acceptance.

We make peace by accepting our shortcomings, our flaws, and our weaknesses. A lot of times we want to ignore our shortcomings and weaknesses, because we almost feel like we would than be less. We have become so into the more...more successful.... more perfect...more beautiful...more money. It's kind of the nightmare; we are such consumers and collectors and live a life of consuming and collecting - not giving and not accepting things as they are, beginning with ourselves. I think the greatest seeking is accepting everything, the light and the dark. I think when we learn to be okay with our flaws, that we own up to our mistakes, it actually lightens our load so much. We really make peace with our imperfections and then we begin a journey to work with them compassionately, with understanding and kindness. With this peace comes contentment.

*Journey: What is your mission in life?*

Baron: My mission in life is simply to do the best I can and find a simplicity that helps me to move away from the delusions and all the excesses that block me from my natural perceptions. Not to build empires; certainly I have a mission to share and express myself but also a mission to find a greater submission to the truth... a surrender to the truth that cuts through all the illusion.

*Journey: Thank you for sharing with us Baron.*

Baron: Thank you for asking.

*Baron Baptiste's new book 40 Days To Personal Revolution published by Fireside is now available at A Touch of Serenity and other bookstores. The Journey is currently negotiating to bring Baron Baptiste to Cleveland for a workshop in the fall of 2004 or early 2005. Details should be announced in the March/April issue.*

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# Conscious Contact

## Choose Unity

By Lori Rugle, Ph.D.

As I was thinking about the topic of “Unity” for this issue of The Journey, I found I had so many thoughts I wasn’t sure how to sort them out. I began wondering, “How many times a day and in how many ways do I feel disunity?” So often I can find myself feeling different than, set apart from, in conflict with, opposed to, opposed by, alienated from, etc. The list goes on. Why does it seem so much easier to think the thoughts that duel the feelings of disunity?

Certainly the media highlights conflict. We all hear endlessly about war, shootings, corporate scandals, hostile takeovers and random violence. Rarely do we hear about acts of forgiveness, random acts of love and kindness, or disagreements between individuals, organizations or nations that get resolved peacefully. As the old saying goes, “If it bleeds, it leads.” Blood and violence make the headlines, not love and compassion.

Perhaps this selective reporting is just a reflection of something basic in our human biological heritage. Is it simply that our attention to conflict, dissension and violence is a residual of our innate, automatic “fight or flight” instinctive response to potential danger? There may be basic survival value in being acutely aware of the possible dangers in my environment.

I recently had to drive to Columbus in the middle of the media coverage of the random shootings along I-270 just outside of the city. As I was driving on this stretch of highway, I found myself becoming more tense, more alert and vigilant than I had been for the rest of the drive. I wanted to be more aware of any potential sounds or sights which were out of the ordinary. I continually scanned the roadside for any warnings of danger. In that heightened awareness, I was probably united with many of the other drivers on the road.

If I had heard a gun shot and pulled off the road, ducked and called 911, that vigilance may have saved my life. However, let’s take this a step farther. What if my concerns led me to be so hyper-vigilant and suspicious that I began to worry that any other driver on the road might be trying to shoot me. I might decide to carry a gun for protection. Then if I heard what sounded like a gun shot, I might start shooting randomly in an effort to protect myself. Alternatively, I might be so frightened that I decide it’s not safe to go Columbus, drive on the highway or perhaps even leave my house.

These may be extreme examples. However, as a therapist I have worked with people suffering from paranoid disorders, anxiety disorders and agoraphobia. These individuals live with such extremes of suspiciousness and fear. Such disorders might even be considered disorders of disunity. Individuals who experience such a profound sense of separation that they believe everyone is out to hurt them, that they are so different or unacceptable, or that the world is such a fearful place that they must isolate themselves from the rest of humanity mentally, emotion-

ally, and even physically.

While most of us do not experience this extreme of separation and disunity, we do regularly feel alone, isolated or alienated from ourselves and those around us. I was recently walking in the park keeping myself in a fairly sour mood. I was obsessing about all the people and situations that were making my life difficult – “What is wrong with them? What is wrong with me? Why weren’t things working out? Why was everything so difficult? Why was the universe working against me?” In other words, I was in a total snit of struggle and suffering. I was separating myself from me, from my husband (who was walking right by my side), from the beauty of a rare 60 degree, sunny day in November in northeast Ohio, and from my Source.

Fortunately, it struck me that I needed just a bit of an attitude adjustment since I was very successfully sucking all the joy from my life and putting my mental energy into maintaining my sense of separation. I remembered what my friend Judy from my Course In Miracles study group says, “If your choices are making you miserable, choose again.” So I made another choice. I asked God to help transform my suffering, and I began to practice my meditation techniques. I started to focus on my breathing, just noting my vexatious thoughts and letting them go. I practiced surrounding my anxiety, anger and fears with all the compassion I could muster.

Gradually, my doom and gloom began to lift. I began to reconnect with the present moment. I noticed the warmth of the sun on my face. I heard the crunch of the leaves with each step I took. I smiled to my struggle as I let my thoughts simply drift in and out of my awareness. I began to feel re-united within myself. I was no longer trying to push away uncomfortable thoughts and feelings or tenaciously grasp and hold onto the way I desired the world to be. I could accept what was in the moment, including my pain.

I smiled to my husband and took his hand, rather than focusing on petty complaints that I had been building into a might edifice. Just more thoughts to drift like thunder clouds through my mind. While I realized I would address my disagreements with him all in good time, I was also aware of the spirit we shared. We could share the glorious present moment, we could be joyful together and lovingly and compassionately settle any conflicts. I wished both of us to be happy, protected, healthy and content.

As I chose to focus on these thoughts of loving kindness, I experienced one of those rare moments of truly “getting” the unity of everything around me. I was simply one cell of all that is. The trees, the leaves, the stones on the path, the clouds, the cars in the parking lot, my husband, we were all part of God, the Source, of the oneness of all creation. My only purpose, the shared purpose of all things, was to make a choice to be as loving as possible in each moment. I could choose to contribute the energy of love to all that is, or I could choose to add misery.

My human body and biology are likely to always pull me towards perceiving dangers, real and imagined. If I respond to these perceptions with fear and anger the result is suffering and separation. However, I can be mindful of making a different choice. When I respond with love, forgiveness and compassion the result is joy and unity. May I always remember that joy and unity are the choice I can make.

Peace and love.

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# PLANETARY PATHWAYS

By EVSTARR

January is the time of year most people take a hard look at their diets and exercise routines; I've thrown in a little info on the dietary needs of the Zodiac.

**Aries** – Subject to headaches, migraines and sinus congestion – always on the go, needs a well-balanced diet. Cell salt needed is potassium phosphate, found in tomatoes, brown rice, spinach, broccoli, figs, bananas. Avoid salt & liquor.

**Taurus** – Vulnerable to coughs, sore throats & neck aches – they need a steady diet of moderate exercise. Cell salt needed is sodium sulphate, found in asparagus, beets, horseradish, raw nuts, cranberries. Avoid carbs & heavy rich foods.

**Gemini** – Susceptible to upper respiratory ailments, bronchitis & asthma. Cell salt needed is potassium chloride, found in green beans, tomatoes, asparagus, celery, wild rice, oranges, peaches & also nerve foods such as grapefruit & raisins. Eat mini-meals and avoid coffee & stimulants.

**Cancer** – Sensitive stomach, this water sign tends to overindulge in wine & alcohol. Cell salt needed is calcium fluoride, found in egg yolks, whole grain rye, yogurt, beets, fish, cheese, tomatoes, okra, fresh fruits & veggies a must – Avoid starches, sugar, spicy foods & salt.

**Leo** – Weak upper back & heart. Cell salt needed is magnesium phosphate, found in whole wheats & ryes, almonds, sunflower seeds, lemons, coconuts, seafood, lamb, liver, raisins, plums, pears. Leos have a robust constitution but still need to eat properly, & cut down on fats.

**Virgo** – Sensitive nervous system & intestines. Cell salt needed is potassium sulphate, found in leafy greens, whole grains, corn bread, lean beef & lamb, brown rice, yogurt, melons, papaya. Avoid chocolate, spicy & fried foods.

**Libra** – Vulnerable kidneys, & lower back, they need bal-

ance with everything beside diet. Cell salt needed is sodium phosphate, found in strawberries, raisins, peas, carrots, broiled fish, poultry, brown rice, oatmeal, fresh fruits & veggies, then need plenty of water and should avoid too much alcohol, rich foods & carbonated drinks...they're hard on the kidneys.

**Scorpio** – Vulnerable area is the sex organs. Cell salt needed is calcium sulphate, found in asparagus, cauliflower, radishes, citrus fruits, berries, fresh fruits & veggies, whole grains, bananas, pineapples. Avoid large meals, light meal should be in the evening, bottled water is better, alcohol affects the skin.

**Sagittarius** – Weakness in the hips, thighs, & liver. Cell salt needed is silica, found in the skins of fruits & veggies, green peppers, potatoes, whole grain cereals, poultry, fish, skim milk, yogurt, brown rice. Avoid fats, creams, butter, chocolate, and alcohol doesn't help their liver.

**Capricorn** – Susceptible bones, knees & teeth. Cell salt needed is calcium phosphate, found in oranges, lemons, dandelion greens, spinach, corn, peas, potatoes, raw salad, fish, eggs, buttermilk, cheese. They should try varying their diet to avoid getting into a rut, and avoid chocolate, refined sugar & spicy food.

**Aquarius** – Weak calves & ankles. Cell salt needed is sodium chloride (common table salt), best way to absorb naturally is in ocean fish, tuna, lobster, cabbage, squash, lentils, peaches, pears, chicken, beets, whole wheat, yogurt. Cut down on coffee.

**Pisces** – Vulnerable feet & toes. Cell salt needed is ferrum phosphate (iron) found in liver, lean beef & lamb, egg yolks, whole grain cereals, dates, apricots, spinach. Cut down on table salt and way down on coffee, very susceptible to alcohol.

February being the month for love, let's take a humorous look at the male sun signs of the Zodiac & why we would fall in love with them.

**Aries** – Comes to the relationship already in love with himself, so why bother - because we feel like Scarlet O'Hara & are swept away by a night of uncontrollable passion.

**Taurus** – Wealthy beyond belief, but won't let you spend it, so why stick around - rumors of marathon love sessions are true & he makes a commitment at 3 & still loves you at 93.

**Gemini** – Quite a talker, but never bore you or his other 5 wives. Gets bored in the middle of lovemaking, so why you ask – he's smart, witty, makes you laugh & life is never dull.

**Cancer** – Deep devotion, saves absolutely everything along with his mother & other relatives camped out in the garage. And why would you even consider – to build a family, he loves children, knows how to snuggle & takes care of you when you're sick.

**Leo** – Most splendid guy on the earth, just ask him & he'll tell you. So why stop here – he's gorgeous & while others are swilling beer, it's champagne & a silk robe for you.

**Virgo** – Neat, precise, & once he knows you, he'll even quit wearing the hospital gloves during lovemaking. Who knew underwear could be alphabetized? So what was I thinking – he never bounces a check, can change a flat without getting dirty, & is an excellent cook.

**Libra** – A real ladies man, just loves women, all 17 of his female friends. Conflict makes him uncomfortable, why continue – he's the heart & soul of romance & will restore your spirit of magic.

**Scorpio** – Isn't really that secretive, just refuses to let you

in...one hobby SEX, will unchain you from the bed long enough to do laundry. So WHY – sex addict alone is enough, intensely passionate, intoxicatingly exhilarating.

**Sagittarius** – Loves dogs & horses, Peter Pan playful type, will never grow up, will let you support him. Why torture yourself – his point of view is irresistibly honest, sees the important truths, fun-loving.

**Capricorn** – Looks, acts & seems like a banker, he's got one priority and it's not you...workaholic, working is his reason for living. Why go there – ambitious, loyal, & won't cheat on you, except with a calculator.

**Aquarius** – Quirky personality, outrageous points of views, dates for 12 years, distant & detached. Why wait – someday he really "will" save the world, and it's nice to be with someone who won't make a commitment...then you won't have to deal with your own fear of closeness.

**Pisces** – More sensitive than any human on the planet...whiny, emotional wreck, some day in the next life he'll feel balanced. Why put yourself through this – his feelings run way deep, very tender & loving, idealistic romantic, pulls hard for the underdog.


*Eustarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Look for her classes and workshops at Lakewood Adult Education (216-529-4081), & LCCC (1-800-995-5222). She can be reached at [eustarr@yahoo.com](mailto:eustarr@yahoo.com) and [reachforthemoon.net](http://reachforthemoon.net).*

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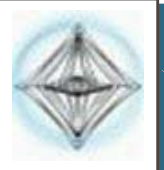
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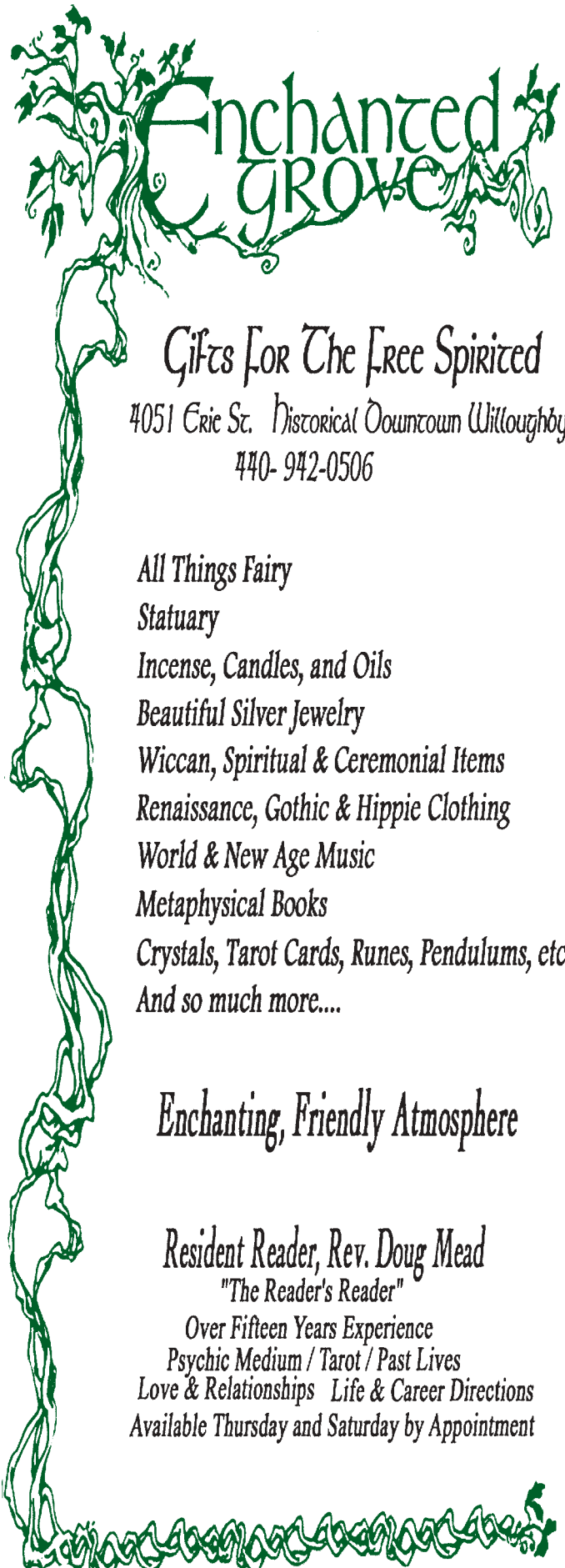
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Why should we remember our dreams? Our dreams are our “magic mirror” like “the Looking Glass” in Alice in Wonderland; the mirror to our soul.

Taking a look into that mirror and delving into what lies beyond, we open up a myriad of personal insight and wisdom. History has given us many inspired “ideas” through dreams, Elias Howe, (the sewing machine), “Silent Night”, the famous Bible dream “Jacob’s Ladder” just to name a few. Thomas Edison kept a cot in his workspace for such times of inspiration. Dreams are our most accessible avenue for tapping into a gold mine of ideas, insights, and solutions.

**QUESTION:** How do I go about finding the missing piece or solution to my daytime puzzle?

**ANSWER:** Ask, ask, and ask. It bears repeating. Ask for what it is you are searching for. Write it out. Repeat it before you go to sleep. Sometimes, our answers come from another source, such as a book, a billboard, or a conversation; the possibilities are limitless, so don’t get discouraged if it doesn’t come specifically in your dream.

**Dear Duchess: Two Fish in a Bowl** – I am in the kitchen and there is a goldfish bowl with two large goldfish in it. The goldfish keep jumping out of the water and I keep putting them back in, while at the same time I am talking to my lawyer.

Signed, Fishing in Fairview

**Dear Fishing in Fairview:** Sounds like there’s some ‘food for thought’ going on here (being in the kitchen). Also, I’d want to look at what part of this situation do I feel like a “fish out of water” and is my lawyer fishing for gold. Seems like those goldfish might know something you don’t.

**DREAM TIP OF THE WEEK:**

Write out exactly what it is you want a solution or inspiration to and “be specific”. Remember if you’re vague, you are going to get a ‘vague’ answer. Repeat the question, and literally “sleep on it”, put it under your pillow.

Sweet Dreams!

Evstarr

Evstarr, known by many as the “Duchess of Dreams,” has been studying dreams for the past 20 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Look for her upcoming Dream classes and workshops at LCCC (1-800-995-5222) Lakewood Adult Education (216-529-4081). Evstarr can be reached at evstarr@yahoo.com be sure to check out her new website reachforthemoon.net for upcoming class listings.

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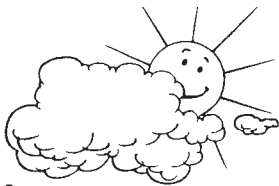
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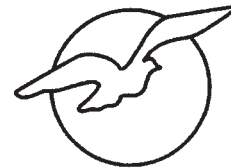
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