

HEALTH & WELLNESS • HOROSCOPES • YOGA • PERSONAL ENLIGHTENMENT

FREE

the **JOURNEY**

A Mind, Body & Soul Connection

...to personal transformation



This Issue's Theme:
FREEDOM

Serving Northeastern Ohio, Western PA and Buffalo, NY

ATOS Productions

Issue 20

January • February 2005

National City Women's Expo

Presented by:



Sat & Sun, March 12th 10-5pm & 13th 11-4pm
Cleveland Convention Center

The Women's Expo is a weekend dedicated to the needs of women. Full of entertainment, education, information, health enhancement and a shopping extravaganza. Over 260 vendors will be on-site demonstrating & selling an enormous array of products and services. Businesses that cater to not only a women's home and family, but to her personal life as well.



This event represents all areas of a woman's lifestyle, including health, food, fashion, fitness, career, finance, household goods and arts & entertainment. Plus, it is a great place to find unique and special one-of-a-kind gifts.



Types of Exhibits

- Jewelry, clothing, shoes & Make-up
- Healthcare: body fat & cholesterol
- Banking, investments and retirement
- Vacations, museums and theater
- Home improvement and decorating



40 Free Seminars

- Weight Loss Clinics
- Self Defense Workshop
- Holistic Medicine Seminar
- Cosmetic Surgery & Dentistry
- Do-it-Herself Workshops
- Feng Shui Clinics

Home-Based Pavilion

This event is hosting a Home-Based Business Pavilion consisting of two dozen companies looking to help you start your own home-based business.



Women's Only 5K RUN

Sunday, March 13th @ 10am

Race begins and ends at the Women's Expo. \$12.00 Entrance Fee. Pre-Register Online with Hermes Sports & Events at www.hermescleveland.com



Runners get a T-shirt. Winners get a pair of new running shoes.

Also Sponsored by:



Exhibit booths are very affordable. For more info contact Molly Platter. Shows & Expos @ (440) 239-9200 Visit the website: womensexpo.org

the JOURNEY

A Mind, Body & Soul Connection

9557 Tamarin Court

Mentor, Ohio 44060

440-223-1392 E-mail: atoser@ameritech.net

Editor & Publisher - Clyde Chafer

Associate Editor - Bill Wahl; Proofreader - Carol Spears

Advertising - Clyde Chafer - 440-223-1392

Parker Bean - 216-288-6365

Feature Writers - T.M. Brown, Evstarr, Bryan Kest, Janee Kuta Iliano, Ted Lardner, Hunter McIntyre, Judy Mazel, Thomas Ockler, Jessica Robertson, Richard Schumacher & Wah!

Layout/Design - Bill Wahl - 440-331-1930

Distribution - Jason Devine - ICON Distribution

The Journey is a free bi-monthly publication. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised.

©2005 ATOS Productions • No portion of this publication may be reproduced without written consent from the publisher.

WORDS FROM THE PUBLISHER.....

There is a scene in the movie The Shawshank Redemption that has always resonated with me. For those that have not seen the movie, the character played by Tim Robbins is put in prison for the supposed murder of his wife and her lover. During his time in prison he is subjected to much brutality. This particular scene has him walking around the prison courtyard all beat up from terrible abuse the night before. Morgan Freeman's character is narrating and says something to the effect "And he would walk around the prison courtyard with not a care in the world - as if he were taking a stroll in the city park." Our theme for this issue is freedom. This scene reminds me that the path to freedom is an inside job. For me to find absolute freedom it has to start from within. Outside circumstances can be distractions, but my own personal freedom is within. The country that we reside in was founded on the spiritual principals of individual freedom. Our current administration would have us believe that some of these freedoms need to be taken away to protect us from our enemies. My question is what is the reason we have enemies? Consciousness has to change. Human consciousness. As long as we believe and live a lack mentality we will live in bondage. We can invade all the countries in the world and attempt to force our so-called democracy on them. I wonder how much freedom in their outside world the citizens of Iraq are feeling today almost 2 years after we invaded to supposedly liberate their country. Not a day goes by that more people haven't died in this war that Bush claimed, "mission accomplished" just a few weeks into his invasion. My question would be what is his true mission? Many associates have talked to me about their disappointment in the results of the presidential election. Perhaps it is now time that we start truly living the spiritual principals that our founding fathers wrote in the Bill of Rights. Freedom does not mean forcing one's own views upon people and saying it is the correct and only way to live. Freedom starts with non-attachment to what was or will be. In a 12-step program I belong to there are 12 promises that are the results of implementing those steps into one's life. One of those promises are that we will come to know a new freedom and happiness. The catch is that you have to do the work to get the result. By living those steps a psychic change comes about and you will see through new eyes, hear through new ears and react with a new mind. I believe that collectively we have to work to do our part to help to heal this world. On our cover is an eagle which is a symbol of freedom. The eagle also has a very keen sense of vision. In this new year, may we each do our work, find our eagle within and see our world in the light of freedom, happiness and joy. - Namaste' Clyde

INDEX

THIS ISSUE'S FEATURE STORIES

Confessions of an Intuitive Mechanic 4

By Thomas K. Ockler P.T.

Visiting Hell...But Choosing Not To Stay There 8

By T.M. Brown

It's Your Movie 14

By Evstarr

The Road to Freedom 16

By Hunter McIntyre

Mental Hygiene 18

By Janee Kuta Iliano

Freedom From Fat 20

By Judy Mazel

What Is Unity? 24

By Richard Schumacher, Unity Minister

Freedom-Falling-Balancing-Freedom 33

By Ted Lardner

Freedom & Yoga 35

By Bryan Kest

Moksha Yoga & the Freedom in this Moment 37

By Jessica Robertson

Freedom 40

By Wah!

the JOURNEY'S REGULAR FEATURES

Dreamweaver By Evstarr 10

Ask Louise Hay 12

Health & Nutrition Section 18-25

Speaking on Mental Health By Dr. William Glasser 23

Planetary Pathways By Evstarr 28

Messages From Your Angel By Laura Lee 31

Business Directory & Classifieds 32

The Yoga Pages 33-42

Yoga Teachers & Studios 42

ON THE COVER

Stained Glass creation of The Seal of the United States by Cleveland artist Sparky Lovano. View an array of stained glass at www.stainedimage.com. Sparky can be emailed at sparkup@earthlink.net

Download The Journey online at
www.thejourneymag.com

Our Theme for the Next Issue...

Devotion

CONFESSIONS OF AN INTUITIVE MECHANIC

By Thomas K.Ockler P.T.

On monkey business and shanagans.

I'm Tom Ockler and I approve this message.

It always amazes me how people use weasel words to say what they really mean. Nowadays they call it "spin, or slant." Anyway you slice it you are trying to lessen the negative perception, diffuse the situation or perfume something that stinks.

I remember walking in the house around dinnertime. It was the fall of my sophomore year at Hamburg high school, 1969. The smell of burning leaves was in the crisp autumn air and my eyes were stinging from the smoke. Back then we had the freedom to burn our leaves. How times have changed.

I had just finished swim practice and was getting home tired and hungry. I walked in the back door and announced, "I'm home, what's for dinner?" "Meat loaf, you Communist." came the reply from my maternal unit.

Well now, that was sure to make the meat loaf taste even better.

Apparently a letter was sent home from my school principal telling my parental units that I was one of the few students who was not participating in the "Pledge of Allegiance" during homeroom. It was 1969 and the nation was in the embroiled in a horrible war of choice, Viet Nam. I calmly tried to defend my actions by explaining that pledging allegiance was in essence signing a contract with no terms. Whatever our government did, it would be like saying, okay, I'll go along with you on whatever moronic, self-serving farce you happen to be participating in at the time. This time the moronic self-serving farce was called Viet Nam.

Well that went over like a turd in the punch bowl. Needless to say I spent the next few years defending myself and my position from my Archie Bunker brothers who, by the way, managed to escape the long arm of the draft with a medical deferment and a high number in the draft. And let me tell you, they got good and drunk the night they found out they would not be going to Viet Nam. So, this was freedom.

I voted in my first presidential election the year I turned 18. My maternal unit called me up at college just to gloat how McGovern had lost to Nixon. What she was really trying to say in a backhanded way was, "You're not old enough to know who to vote for and this is proof of it." I remember replying, "Just wait, Nixon is going down and he will go

down hard!" I don't know how I knew but I just knew that Nixon was going down in a blaze of shame. My vindication came two years later when Richard Nixon (or tricky Dicky as we liberal /radical commi pinkos called him) was impeached and resigned in disgrace.

How did I know that was going to happen? How could I look into his eyes and see dishonesty and evil. Was that a gift? A curse? When I returned home from College, my maternal unit wouldn't look me in the eye again. She said she thought I was the Devil. Maybe I was.

It is often said that we live in a free society, and that we should be thankful. Many soldiers had fought and died (my cousin Dick was killed in Viet Nam back in 65) so that I could speak out and protest when I thought something stinks. So in my way of thinking, I was honoring the dedication and sacrifice of those brave, unfortunate sons and daughters of the non-connected, regular old Americans who fought in wars. Those parents who didn't know someone in high places to get their kids out of the military or shuffle them to the head of the line to get a non-combat deployment. (Sound familiar?). I figured my modest protests were real testimonials to the things in this country that they died for. Maybe if I had protested louder and longer, they would still be here with us.

Without freedom, there is no voice of protest, and without the voice of protest, there is simply no freedom.

Flash ahead to November 2000. I stayed up to watch the election returns and went to bed with Al Gore as the new president. When I woke up I thought, gee that's weird, I could have sworn the announcer said George W. Bush was the new President. After I washed the "zombie wool" out of my eyes and listened to the morning news, I was told that there was something "fishy" (weasel word alert) with the election returns. Certain "irregularities" (another weasel word) had occurred and that the exit polls were wrong. Finally, the smoke cleared and the information of how the election had been "influenced" (weasel word for scammed and hijacked) by the Florida Secretary of State Katherine Harris was apparent. All I could think of was why did those brave unconnected Viet Nam soldiers have to die if we cannot have the freedom to honestly and fairly elect our leaders without the "monkey business" and "shanagans" (major weasel words).

Perhaps the freedom they fought and died for was freedom from "oppressive foreign governments." Perhaps the freedom I was protesting for was from "our own oppressive

and corrupt government.” Someday we need to decide just who the hell is really endangering our freedom.

Now some four years later, a man who was appointed, not elected, president has started a war of choice, against the wrong country. Over a thousand GIs are dead and six times as many are horribly maimed. I shake my head and wonder, this is freedom?

The 9-11 commission has made a final report on their months of investigations and when they went to release the information to the public I find out that 27 pages of it have been suppressed by the Bush administration and I think to myself, this is freedom? Yes 27 pages of information about the 9-11 attack have been suppressed in direct violation of the Freedom of Information Act. If we want to know what is in it we have to sue the federal government to find out what the Bush camp did not want us to know before the election. And I think to myself, this is freedom?

Did I mention that 27 pages of information from the 9-11 commission have been suppressed by the Bush ad-

ministration in direct violation of the Freedom of Information Act? Are we really a free society? I think not. Are we really free when 50,000 -100,000 innocent dead Iraqi citizens share the same party platform with PRO-LIFE and Family values? Have we lost our minds?

Are we really free when for a second time in a row, there is strong suspicion over the validity of our electoral process? When voter turnout was a whopping 123% in some precincts, are we really a free society? When voting machines had 4000 votes on them before the poles opened, are we really free? When certain ethnic groups of people are systematically eliminated from voting just because they tend to vote for one party more than the other, are we really free?

When an administration tries to tell you that by protesting the war and the current policies that you are less a patriot than the soldiers in combat or the citizens who do not let their voices be heard, do we really know freedom?

My entire concept of freedom has change in the past four years.

When I think of Pat Tillman, the NFL player and patriotic American who resigned from a lucrative career as a football player to enlist and fight in this war of choice, only to die in Afghanistan for what he was led to believe was a just cause, my stomach hurts so bad I want to Öwell, you get the idea.

I wonder how will those families of dead soldiers deal with their loss when they finally come to the realization that this war had nothing to do with freedom. Had nothing to do with destiny, or resolve. That this war was planed out long before 9-11. By a man who made it into office not by the will of the people but by a scam on the people. By a technicality of design. By the subversion of the most sacred part of our democracy, our right to hold and participate in free fair elections. Don't we owe it to those brave men and women who have fought and or died to hold free, honest elections? So that this sort of thing never ever happens again!

And if this isn't enough to make you sick, Presidential elections were

The
Silver Branch

“Your Passport to a World of Enchantment”

If You Like Design Tuscano and Pyramid Collection Catalogs, You will Love The Silver Branch!

Supplier of Fine Greek Inspired and Museum Quality Sculpture!
Huge Selection of Sterling Silver Jewelry by Sajen and Peter Stone,
Candles, Crystals, Incense, Oils, Books, Unique Clothing, Tarot,
Amy Brown Faeries and More!

Readings by Doug Mead by Appointment

The Silver Branch • 1024 Bridge Street • Ashtabula, OH 44004
Mon-Thurs. 10am-5pm • Fri-Sat 10am-7pm • Sun. Noon-5pm
phone: 440-964-2178

just held in the Ukraine and apparently there was widespread fraud. One candidate has already sworn himself in and the other candidate has declared this election void based on the widespread fraud. Riots are breaking out in the street in protest. The news shows riot police in full gear trying to dispel the crowd. And the Bush administration has stated officially that we (USA) are committed to insuring a corruption-free democratic electoral process in that European country, and all over the world. Will someone please find me a bucket?

Because when the good old USA marches into a country to monitor their elections because we suspect there will likely be "monkey business and shanangans, hey trust us.


When it comes to elections, we know all about monkey business and shanangans. We wrote the book!

And the time was 2004 and we were embroiled in a horrible war of choice, and that war was called Operation Enduring Freedom. I think I'm going to throw up!!!

As a foot note:

Go to Moveon.org and order two DVDs. One is called Unpresidented. It is the complete documentary of the 2000 election and the state of Florida's involvement. The other is called Uncovered. The Whole story of the Iraq War.

If there is an ounce of true patriotism left in your veins you won't be able to sleep for a few nights after watching them.



Citadel of Inner Peace Wellness Resource Center

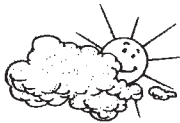
"Indigo" the Movie

Cleveland Area Premiere at A Touch Of Serenity
 Show times at 1:00 pm, 4:00 pm, and 7:30 pm
 Saturday January 29th and Sunday January 30th
 Tickets \$10.00, (440) 255-1638

A Touch of Serenity, 8785 Mentor Ave, Mentor, Ohio 44060

www.ATouchOfSerenity.net www.IndigoTheMovie.com

Citadel of Inner Peace, 8521 East Avenue, Suite F, Mentor, OH 44060 (440) 255-9988
www.CitadelOfInnerPeace.com



- Specialty Gifts
- Crystals
- Incense
- Books
- Wellness Products
- Candles
- Music
- Feng Shui
- Essential Oils
- Mama D's Magnetic Hematite Jewelry
- Cards
- Native American Ceremonial Tools
- Trips
- Flower Essences
- Aladdin Lamps
- Solar Chimes
- Statuary

A Different Way

4144 Erie Street

"Historic Downtown Willoughby"

440.953.3533

www.Adifferentwayinc.com

Adifferentway@nls.net

Happy  *New Year*

Resident Reader - Yvonne Hughson

Lily Dale Trained Intuitive Clairvoyant

Available Most Saturdays... 12-5 p.m.

Jewelry by Nisha

Handcrafted Sterling Silver And Gemstone Jewelry

Custom Designs Available

Psychic Parties
Telephone Readings



Shirley Fahey-Obbish
Gifted-Spiritual Psychic

9929 Pleasant Lake Blvd.
R-16
Parma, OH 44130

Leave Message
440-887-0114
Cell # 440-823-3559

READINGS BY:
H. MARIA WOOD

A Unique Blend of Guided Intuition,
Tarot, Numerology, Astrology, and
Spiritual Sense



By Appointment: (440) 392-2162



MARY ANN

**Psychic - Intuitive Spiritual Counselor
Tarot, Crystal Ball Readings, Reiki - Energy
Healing (nontraditional) Classes Reiki-Tarot
Group Parties and/or Private Consultations**
(216) 898-0919 or Cell (216) 312-0010
email: maryanntarot@yahoo.com
http://psychic-maryann.com

ENERGY SERIES

January 9 - Healing with Energy Guided visualization, exercises and demonstrations to develop healing abilities.

January 30 - Inner Light /Outer Radiance Guided visualization, exercises and demonstrations for self-confidence and magnetism in communication and exuding radiance.

February 6 - Soul Mates II (For Valentines Day) Discover your soul mate and strengthen your relationships, with guided visualization. Exercises on forming and strengthening soul energy bonds.

**To reserve a spot
Contact maryanntarot@yahoo.com
or call (216) 898-0919**

ahh...

a spa for your soul



books..candles..incense..essential oils..sun & wind chimes..crystals..jewelry..pendulums..
greeting cards..journals..music..divination cards..angels..fountains..crystal singing bowls..
meditation tools..readings and consultations..12 step/recovery program materials

Old River Shopping Area

19110 Old Detroit Road · Rocky River, OH 44116
440-333-1311
www.journeysofalifetime.com

Wed., Fri. & Sat. 11-5 • Tues. & Thurs. 11-8 • Sun. 12-4

Visiting Hell...

But Choosing Not To Stay There

By T. M. Brown

“Most people, even though they don’t know it, are asleep. They never understand the loveliness and the beauty of this thing that we call human existence. Tragically, most people never get to see that all is well because they are asleep. They are having a nightmare.”

— Anthony De Mello

“Just remember, if things look hopeless, maybe you’re facing the wrong direction.” — Ziggy

I didn’t see the wrecking ball until it was three feet in front of my face and moving in fast. It was way too late to stop or duck and it flattened me good. Only months later did I discover the real irony of this tragedy – I conjured up this demolition device, set it in motion and knocked my own block off. It was a long, difficult and frightening road coming to that realization.

I wanted to blame someone else, namely my wife. After all, she secretly packed her belongings and fled our house while I was at work after only seven months of marriage. When I walked in the door that night my initial shock grew incrementally to terrified panic as I walked from room to room and the evidence slowly dawned that she had moved everything out.

The word stunned only partly describes the feelings ripping through my insides. Suddenly I was in the *Twilight Zone*. I had been whisked from a pleasant, but unaware life, into a living nightmare, and the shock of this unexpected situation left me reeling.

I had been so blind to what was coming. The evidence had been there all along, but as usual for me I had been living a life of illusion, blissfully unaware of the red flags that warned our relationship was aimed straight for the rocks. For sure I brought love to the marriage, though I failed to express it nearly enough. I also brought selfishness and criticism. I had fallen in love with being “right” on pretty much any subject under the sun. She too had baggage, she also suggested counseling. I shrugged it off. The understanding that I created a recipe for disaster came crashing in too late, long after she was gone. In the immediate aftermath of her disappearance I was suddenly alone and desperate to get her back at any cost.

Though I had unknowingly taken the first steps on the journey much earlier, it was at this point that I began, in earnest, my headlong descent into hell. Over the next six months I spiraled down a path of self-imposed torture and torment, in agony over love lost and in denial that the wounds in this relationship were fatal.

We had many conversations over those months, some enforced by counselors, and there was a lot of push-pull

going on between us. I didn’t just *want* reunion; I was a puppy desperate for her approval. She, on the other hand, played aloof. A casual promise to meet for dinner sent my spirits soaring, only to be dashed days later with a last-minute cancellation. Warm telephone conversations were followed by days of silence, catapulting me into deep depression. Her casual musings over dreams about me created rainbows of promise that soon faded into blackness.

Constant agitation blocked uninterrupted sleep. I sat at a lonely dinner table, tears seasoning the untouched food on my plate. I drank to excess and daily I wallowed in grief and a whiney self pity, engulfed in dark clouds of depression. I had turned into a shell of humanity, empty on the inside and unavailable to the family and friends who loved me. My emotional reserves were touching empty. A doctor prescribed antidepressants which I tried for awhile, but set aside because of the loopy, strung-out feeling they left and because of an unspoken fear that once started, the pills might never stop. My mind raced with ideas, grasping at straws to save the marriage and the love I had hoped would last forever: new counselors, written commitments, romantic trips, anything.

Moments of sanity emerged in those months when I poked my head out of hell, unexpectedly found in nature or in long walks around the neighborhood. Sometimes awareness was prompted by spurts of anger, triggered when she would dangle hope of reconciliation and then snatch it away. In those moments of clarity, when my gut feelings spoke loudly, the message was simple: “It’s over, let it go.” That inner voice spoke to me on many occasions over those months, echoing the words of those around me. Instinct told me it was right, but I pushed the advice aside and again dropped straight down into the personal hell I had created. As painful as that hell was, it also offered solace and comfort. There was a familiarity to the agony and even a sense that it was deserved.

Perhaps that masochistic sickness triggered a genetically embedded survivor instinct, though to this day I’m not sure. About halfway into the six months I stumbled onto the wisdom of some very insightful people like Wayne Dyer, Anthony De Mello and Carolyn Myss. Reading their works, my eyes were slowly opened to the reality that I was creating this continuing tragedy. I was setting the scenes and acting them out. I was embracing denial and clinging to the illusion that my marriage was going to be resurrected and we would live happily ever after. It was a cruel, mind-engineered fairy tale.

Over time I began to take back control of my wildly

swinging emotions. I quit grasping for satisfaction and happiness outside of myself and began instead to turn and peer inward for solace. The joy of life was inside, not out. I had been looking in the wrong direction all along! A fantastic counselor taught me to meditate and, one by one, mentally unplug the cords of power that I had connected to my wife and plug them back into myself.

I learned to soften and eventually erase the terror I felt at being alone after hearing the simple common-sense advice of Dyer: "What you think about expands." My pain, my suffering, my hurt all came from my focus on being in hell and from my resistance to reality. And the energy I put in keeping all that negativity alive only attracted more of the same.

I realized it had been the story of my life. I was a classic glass-half-empty guy. But, thanks to De Mello, I learned another way — when I change, everything changes. That insight put me on the road out of hell. Though it wasn't easy to swallow, I knew I must accept that our marriage was over. Certainly my life was not.

As my inner strength grew it was clearer that divorce was the answer and we parted amicably three years ago. Since then, I've chosen to create a hell around other situations, but the flames of pain now trigger a quick wake up and a reminder that I have a choice. I can stay and torture myself or I can find a way to accept what is and embrace peace and sanity. It takes faith and courage, but most often, my visits to hell now are occasional and brief.



Scott Metzger Salon
13109 Shaker Square
Cleveland, OH. 44120
216-491-4910
www.scottmetzgersalon.com

Valentine's Day is just around the corner. In addition to our existing spa packages, we are proud to offer a new Valentine's Package for both of you to enjoy! It includes a 1 hour facial and makeup for her and a 1 hour relaxing massage and manicure for him! It's a perfect way to pamper each other before a romantic evening out!



LAWNFIELD

INN AND SUITES

8434 Mentor Avenue, Mentor, OH 44060
Phone: 440-205-7378 Fax: 440-205-8436
Toll Free: 866-205-REST (7378)

Lake County's Premier Boutique Hotel located in the
Heart of Old Mentor
Fitness Center - Outdoor Heated Pool - Upscale
Continental Breakfast Included
Smoke Free Hotel

Murder Mystery Nights

January 29th, February 26th,
March 19th, April 23rd

\$45.00 per person, plus tax (Dinner & Show packages)
\$169.00 Couple/ plus tax (Dinner, Show and
Overnight Accommodations)
Visit our new web site for details
www.Lawnfield.com

Serenity • Health • Well-Being



Reiki: Treatments and thorough Classes

Healing Sound: Harp, Crystal Bowls,
Native American Flute
~~Live and on CDs~~

Meditation: Classes (group and private)
Children's and Teens' Classes

Birth Doula: Labor and delivery support

Carol J. Spears, MS, RMT, CMP, CD
440-639-9958; caroljspears@cs.com;
www.heartinhands.com



For those of you who made New Year's Resolutions to start keeping a dream journal and *really* start paying attention to what your *dreamtime* is trying to tell you...here we go. Would you like to go to night school while you sleep? Our *dreamtime* not only provides us with a wealth of knowledge, but also is essential to our whole being. Do you know why you wake up in a cold sweat with a pounding heart after dreaming...why you have the same recurring dream? Dreams alert us to the unfinished business of our waking lives, providing answers to our burning questions and insights to our most cherished desires. The language of dreams through symbols and metaphors unlocks the key to the soul, providing insight and wisdom.

QUESTION: Why don't I dream, and how can I help myself to remember my dreams?

ANSWER: Everybody dreams, but you're right, some of us don't remember our dreams. There are various reasons why, such as being told as children "forget it, it's only a dream," lack of interest, waking up to a noisy alarm clock, and the tendency to block our frightening dreams are just a few deterrents to dream recall. Telling yourself you want to remember, and getting a notebook to start recording your dreams are just a few simple ways that will lead you on the path to dream recall.

Dear Duchess: The Baby Blue Tow Truck – I am waiting for my boyfriend to arrive and instead of his usual tan pick-up-truck, he arrives in a baby blue tow truck. He comes in and he's holding a 6-month-old baby in his arms, (he doesn't have any small children.) I'm annoyed that he comes in with a baby, and I'm thinking to myself "why does he have to bring that baby?" Meanwhile the baby keeps crying and he hands it to me. I resent this but take the baby anyway; the dream ends. Signed, **Baby Holder**

Dear Baby Holder: Your boyfriend may be towing around baggage from his childhood that is upsetting to him, and perhaps he wants to keep handing it over to you. He's carrying a heavy load; therefore he needs a tow truck.

Dream Tip of the Issue:

To improve dream recall, tell yourself you will remember your dreams, get a notebook or journal and keep it by the bedside. Upon awakening in the morning, literally don't move for the first 5 minutes, and ask yourself "*what was I dreaming?*" Then record your dream in the present tense. "Sweet Dreams!"

Evstarr, aka "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 new dream classes to start January 13th at Nature's Touch Massage & Wellness Center in Medina (330) 721-9357. Contact her at evstarr@yahoo.com and visit her website www.reachforthemoon.net.

The logo consists of a stylized 'EB' followed by the word 'DYNAMICS' and 'Inc.' below it.

Comprehensive Computer Service & Web Design

Services for your Home or Business Include:

- + Domain Name Registration + Network Wiring
- + Computer Repair and Upgrades + Web Hosting
- + Software Installation + Spyware Removal
- + Virus Removal + Hardware Installation
- + PC Tune-ups + Wireless Networks + Web Design
- + Service Contracts for PC's and LAN's
- + Graphic Design + On-Site Training
- + Search Engine Optimization + E-Commerce

Official Webmaster for www.atoser.com

www.ebdynamics.com
info@ebdynamics.com
216.791.1362

Join Our Team!

Advertising Sales & Beyond...

The Journey is expanding our sales staff. Looking for like-minded individuals to sell ad space for The Journey and our sister magazine Jazz and Blues Report. Other opportunities in our sales department include booth sales for upcoming Expos and recording packages within our audio recording development department. Great way to earn extra income and also be a part of a team of dedicated professionals in the holistic community. Commission based pay.

Please call 440-223-1392 for more details...



Starting 2005 with Unity of Greater Cleveland

If you've thought about attending Unity of Greater Cleveland, we'd love to see you at one of these exciting events:

January:

"Indigo, The Movie"

January 30 at 2 P.M. *Order your tickets early: \$ 10.00*

The only showing in Cleveland. *Indigo* is about the emotional healing of the wounds of a family through the catalyst of a nine-year-old *Indigo* child. *Indigo* is sure to move your spirit.

Unity Coffeehouse

January 14; 7 P.M.

Donation: \$ 5.00

February:

Walk the Labyrinth

February 20; 1:30 P.M.

Unity Coffeehouse

February 11; 7 P.M.

Donation: 4 5.00

Unity of Greater Cleveland

Rev. Joan Gattuso

3350 Warrensville Center Road • Shaker Heights, OH 216-751-1198

www.unitygreatercleveland.com

Sunday Services 9:00 a.m. • 11:00 a.m. Children's Church 11:00 a.m.

Affiliated with Unity School of Christianity Publisher of Daily Word.



DEAR LOUISE.....

A Monthly Column from Louise Hay



Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*. Since beginning her career as a Science of Mind minister in 1981, she has assisted millions of people in discovering and using the full potential of their own creative

powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Website: www.LouiseHay.com

Dear Louise,

Although I'm 28 years old, I sometimes feel like I'm 128. My life is lonely, as my friends have all emigrated to other countries, and I haven't found my Mr. Right to share my life with. This is frustrating because I feel that I have so much to give. Your book *You Can Heal Your Life* is helping me, but at times I feel so sad and helpless. How do I bring happiness and love into my life (and Mr. Right, of course)?

G.R., Zambia

Dear G.R.,

Old thoughts make you feel old. Choosing sad and helpless thoughts makes you feel like a victim. Yes, many of your friends have left, but you must realize that the Universe has given you an opportunity for a new life. Awaken each morning with an anticipation of good things happening today. Affirm: I LOOK WITH WONDER AT ALL THE GOOD IN MY LIFE. When you truly love yourself and enjoy being with yourself, then you'll be irresistible to others. No one is attracted to a sad, helpless victim.

Also affirm: I NOW BECOME THE HAPPINESS AND LOVE I WANT IN MY LIFE. I BRING JOY WHEREVER I GO. EVERYBODY LOVES ME.

Dear Louise,

I'm 22 years old and have been suffering from quite a severe depression for about two years now. I'm at the end of my medical treatment (antidepressive) and have just ended psychological therapy. I've got a wonderful boyfriend who supports me in every way, and my life is totally changed from what it was before. The thing is, now, when the healing is showing

good results, I still totally lose faith in life, and it all seems so painfully gray and vacuum-like. I'm afraid of getting hurt again, and it prevents me from saying a full and honest yes to living a healthy life.

Any advice for me?

J.R., Norway

Dear J.R.,

It's just an old habit of yours—choosing all this depressive thinking and losing faith. Say the affirmations below to yourself and then go and live life to the fullest. Be a wonderful girlfriend to your wonderful boyfriend. Let the past go!

I AM NOT THAT OLD, DEPRESSED PERSON ANY LONGER. I AM A NEW BEING, AND I LOVE EVERY BIT OF MY LIFE. I APPRECIATE MYSELF, MY FRIENDS, AND MY LOVED ONES. NO ONE WILL HURT ME AGAIN, FOR I ABSOLUTELY REFUSE TO HURT MYSELF WITH MY OWN THOUGHTS EVER AGAIN. LIFE IS GOOD, AND I AM ENJOYING IT ALL!

Dear Louise,

I'm in high school and I have such a bad habit: I bite my fingernails all the time. I don't even know why I do about it anymore. What do you suggest I do?

G.D., Los Angeles, CA

Dear G.D.,

You're so afraid of doing something wrong. You're worried sick that someone will find you failing. This is terrible pressure to live under. Don't do this to yourself. Let it go.

The fingers represent attention to details, and nail biting often masks frustration and anger. You're literally eating away at yourself with angry thoughts and feelings. Nail biting, like any addictive habit, is a means for coping with these uncomfortable feelings. The best way to release a negative habit is to find a more effective form of expression for your frustration. Active journaling or drawing may be helpful. An excellent book on this subject is *Recovery of Your Inner Child* by Dr. Lucia Capacchione.

Also, kiss your nails several times a day with love. They've been hated for far too long.

Affirmations to use are: I HAVE A HIGH REGARD AND RESPECT FOR MYSELF. I SUPPORT AND LOVE MYSELF UNCONDITIONALLY. AS A RESULT, I AM SAFE TO EXPRESS ALL THAT I AM! I RELEASE AND I LET GO. IT DOESN'T MATTER WHAT OTHERS THINK. I LOVE MYSELF, AND I AM PERFECT JUST AS I AM RIGHT HERE AND RIGHT NOW. I AM SAFE AND FILLED WITH JOY. ALL IS WELL IN MY WORLD.

Now you can learn tips on how to heal every aspect of your life—directly from Louise—by subscribing to the **Louise Hay Newsletter!** Call for a **Free Premier Issue** today: (800) 654-5126, or fax (800) 650-5115. Don't forget to ask for a free catalog of books, audios, videos, and other products by Louise Hay and other Hay House authors!

If you would like Louise to answer your letter in this publication, please send it to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100, or e-mail your letter to: admin@hayhouse.com (letters used in this column may be edited for length and clarity). Please visit Louise's Website at: www.LouiseHay.com or the Hay House Website at: www.hayhouse.com.

Rev. Timothy J. Brainard

CERTIFIED PSYCHIC - MEDIUM
SPIRITUAL COUNSELING • READINGS

CLASSES • GUEST SPEAKER • WORKSHOPS

CALL FOR APPOINTMENT

440-964-0457

VOICE MAIL 440-478-8323

PRIVATE OFFICE - PHONE AND GROUP READINGS

 **GODDESS
BLESSED**

"Blessed Be"

15725 Madison Avenue
Lakewood, Ohio 44107
216-221-8755

Kathy Curran

READINGS BY

Theresa



**Psychic Astrology • Palmistry
Cards • Business Astrology**

Private Consultations
Parties
Lectures
Astrology Charts

Theresa A. Manjas (440) 943-1814

RISHIS INSTITUTE OF METAPHYSICS

WHAT IS METAPHYSICS?

Rishis Institute of Metaphysics was originated for the purpose of helping individuals to understand the laws that govern all of life. It is an outgrowth of years of experience and research in human relationship. Man is a four-fold being governed by physical, mental, emotional and spiritual laws. These metaphysical Laws of Living are as exact as the laws of mathematics. When you learn to live and apply these teachings, you can learn to solve many human problems. When you help yourself; you can, in turn, help others. Traveling the path of light is the safe road to God. Metaphysics is the study of the Laws of Life for the achievement of the greatest physical, mental, motional and spiritual advancement for the attainment of the highest goal on earth: SELF-MASTERY. It is the New Age Philosophy which will show you the way to a happier and more abundant Life.

A NONPROFIT ORGANIZATION CHARTERED BY
THE STATE OF OHIO SINCE 1947

**21933 Euclid Ave. Euclid, Ohio
New 8 week Introductory Course
in Metaphysics
on Tuesdays**

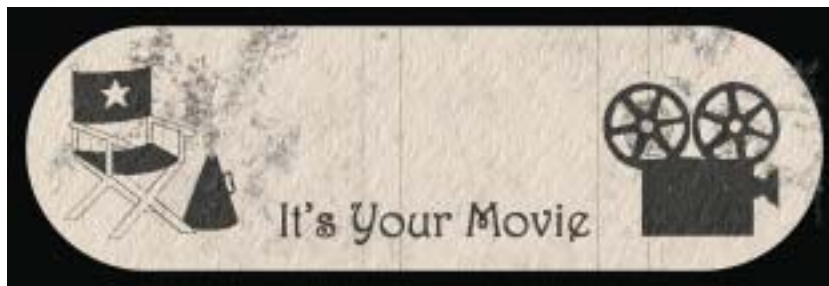
One Hour Classes • No Fees • Contributions Only
One Night Each Week

**For Further Information and for Class Schedule
Please Call (216) 486-7240**

THIS COURSE WILL TEACH YOU:

- I.** Who you are and your relationship to the Cosmos.
- II.** How to get the greatest use of the Subconscious Mind
- III.** How to use Silence & Meditation to reach your Subconscious Mind
- IV.** The way to attain greater health & energy.
- V.** The laws governing financial success.
- VI.** The way to develop greater poise & personality.
- VII.** How to have a happy & peaceful domestic, personal & business life

**For more information about Rishis Institute of Metaphysics,
visit us at our web site at: www.rishisinstitute.com**



By **Evsttarr**

When I think of the word *freedom*, what comes to my mind is the freedom to *choose your thoughts*. This I learned many moons ago when I first picked up Louise Hay's book [You Can Heal Your Life](#). Since that time back in the 80s...as many of you know...I began my metaphysical journey and my passion for teaching Louise's work.

A few years back I remember reading an absolutely incredible article about one man's experience in a Nazi prison camp, where he *himself* was not only tortured beyond one's horrific imagination, but unfortunately saw countless women and children mercilessly tortured and killed. The single most significant thing which stood out for me while reading this article was despite how cruel the guards were, how appalling the conditions were, and the most God-awful things he was forced to do he stated, "his saving grace was the *freedom of thought*." That was the solitary thing, nobody, not even the Nazi prison guards could take... the freedom to be in his own mind and *choose his own thoughts*, which kept him sane and alive long enough to eventually escape. While reading that article it takes me back to Louise and what I teach my students in my Louise Hay groups...*you have choice, I have choice, we have choice*.

It all started when you were merely a "twinkle, twinkle little star" searching for the perfect parents for whom would be a *best fit* for you to carry out your life plan...ooh they don't like to hear about that one. Well, like it or not, it's true — you've had freedom of choice from the beginning. At this point in my introductory class the hands go up, "I *have* to go to work," someone will say, then I respond "**NO**, you *choose* to go to work because you choose to have a job, because you choose to pay the rent, and the list goes on." You see, my friends, you can choose to quit your job at any

time — you'll have to deal with the laws of cause and effect, but it's still a **choice**. Then of course, there's always one in the group who will say, "I have to pay taxes," and my response once again is "**NO**, you *choose* to pay taxes because you choose to stay out of jail." Another good one I used to hear from my now teenage daughter, Shayna, as she was growing up was, "Ooh you make me so mad." I would calmly look at her and say, "No, you choose your thoughts, so you are choosing to react in an angry manner. I am not inside your head and cannot choose your thoughts for you." Since those early days, she no longer wastes her breath on *that* argument.

So you see my dear readers...it all boils down to a thought, and like Louise says, "A thought can be changed." Think about something right now that has you thinking sad, angry or any other negative thoughts in your mind. OK, now retrace those thoughts in your mind and rethink them any way you choose, you have that power at all times. When you allow another human being control over your thoughts, you've not only given your power away but you have become *powerless*. You see, when you allow another person to upset you...you then become unable to change the situation because you've given your power away and put the ball in their court. Reclaim your power — get the ball back in *your* court. Now change your thoughts and you're on the path to changing your course of action in any given situation.

Let me repeat something I heard many, many moons ago from one of my first metaphysical teachers, "You can't necessarily change *what* happens to you, but you can change *how* you respond to *what* happens to you." So many of us walk around powerless, blaming someone else for our problems, instead of taking responsibility for our own lives. We must remember for all of us, no matter where we live, where we work, who's involved in our little cinemas, like it or not, it's *your* movie. You're the director, you wrote the script, and *yes* you decided who the actors and actresses would be. So, now *you* are the only one who can decide whether you're directing and acting in [Life Sucks](#) (1991)—Mel Brooks or [It's a Wonderful Life](#) (1946)—Jimmy Stewart; it's *your* movie.

Evsttarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Louise Hay group at Unity Spiritual Center, Treasure Mapping workshops, & Angel Card Readings at Goddess Blessed. Contact her at evsttarr@yahoo.com to be added to her mailing list, check out her website [reachforthemoon.net](http://www.reachforthemoon.net) for latest class listings.

Reach For The Moon

Metaphysical Workshops
Personal Coaching
Treasure Mapping • Weddings
Astrology Charts • Angel Card Parties

Evsttarr
1-440-930-8865
evsttarr@yahoo.com
evsttarr@reachforthemoon.net

www.reachforthemoon.net

Ancient Ways

15219 Madison Ave. Lakewood OH 44107

216-227-8358

W F & Sat 12-6 Sun 1-5

Subscribe to The Journey!

Only \$21.95 per year

Call 440-223-1392

Unity Center for Transformation

... a ministry dedicated to the transformation of life through the conscious use of spiritual principles.



*"Be transformed
by renewing your mind."*

- Romans 12:2

Sunday Services, 11 a.m.

Jan 2 White Stone Ceremony

Jan 9-23 Healing and Wholeness

Jan 30 - Mar 13 A Season for Nonviolence

Prosperity Workshop

Jan 28, 7-9 p.m. Spiritual Financial Principles

Jan 29, 10:30-3:30 Practical Money Management

Wednesday Classes, 7-9 p.m.

Feb 2 - Mar 2 A Life of Prayer

Services & Workshop at 8785 Mentor Avenue, Mentor, Ohio.

Classes at 7875 Enterprise Drive, Mentor, Ohio.

For more information, call 440-954-4211.



Upcoming Events from Starbringer Associates

Messages From Beyond

Connecting with Your Angels

Sharon A. Klingler

Sunday, January 16, 2005, 2-4 p.m.,
Holiday Inn Westlake

\$15 advance/\$20 at the door

How do your angels help you on a daily basis? Receive messages from spirit through Sharon's clairvoyance and discover the methods of feeling spirit's presence.

Meet the cast of characters in your spirit world, from your guides and loved ones to the angelic realm.

Speaking to Spirit Intensive I

Sharon A. Klingler

January 28-30, 2005

Starbringer Center, Westlake

\$195 / \$170 (by January 15th)

Build a conscious rapport with your spirit guides and learn to practice methods of spiritual awareness and communication.

Discover how to feel spirit's presence and discern the "signatures" through which your spirit guides identify themselves.

This 12-hour seminar will provide a step-by-step approach to building a greater connection with spirit through easy, hands-on exercises.

Messages From Beyond

Relationship Guidance from your Spirit Friends

Sharon A. Klingler

Sunday, Feb. 13, 2005, 2-4 p.m.,
Holiday Inn, Westlake

\$15 advance/\$20 at the door

In honor of St. Valentines Day, let your guides and spirit friends bring you messages of love and hope for your relationships.

Receive messages from spirit through Sharon's clairvoyance and discover the methods of feeling spirit's presence.



To Register go to: www.starbringermedia.com / events registration or call 440-871-5448.

Visit www.starbringermedia.com for more information on our products and all upcoming events.



Starbringer Associates

871 Canterbury Road, Unit B

Westlake, OH 44145

Tel: 440.871.5448

Fax: 440.871.5447

The Road to Freedom

By Hunter McIntyre

Driving on River Road. A year and a half since he cut my lip, spent the night in jail, moved out. Ten months since he moved back in. Six months since I asked for a divorce. Four months since I started sleeping on the sofa. I have no bedroom door to hide behind, no one to help me pay the bills. I'm full, overfull, of resentment.

Driving on River Road. Eckart Tolle on audio CD, reading from *The Power of Now*. Your life situation is not your life, he says. If you don't like the situation, you have a choice. You can change it or walk away. It's not that easy, I argue out loud, as if Tolle is sitting next to me in the passenger seat. I have no choice. I can't change the situation—he won't leave until the divorce is final. And" I can't walk away if I want to keep the kids, my lawyer says.

Then it sounds as if Tolle's voice is speaking from inside my head: If you can't change it or walk away from it, he says, there is always another choice: Surrender to what is. If there's no way out, choose the situation in front of you.

Oh my God. Yes. Yes! I choose the sofa. I choose the sofa. *I choose the sofa!* I shout to the hawks circling the valley. The sun suddenly shines more brightly. A rush of energy rises from my pelvis through my chest and out through the crown of my head. My body shakes uncontrollably. My lips vibrate with a circular electric current. Tears drain from the corners of my eyes.

This is the sweet, first taste of freedom.

Of course, on this day, I don't know what misery lies ahead: Another ten months on the sofa, under the same roof with him. But although my life situation seems stuck, my soul feels free.

Every night on the sofa, I practice letting go. Feelings arise and sometimes take hold for a brief time, but eventually I release them all. One by one, I surrender to grief, disbelief, anger, rage, bitterness. And day after day, I choose the sofa.

I get my next taste of freedom a few months later, again while driving. I feel shaken, defeated. We've just had a terrible fight in front of the kids, which we swore we'd never do. I'm ready to fall on my knees and give up. Then, a voice I've never heard before says from nowhere, "The only thing left to do is forgive."

The sky brightens again and I can see more clearly. I see that, by not forgiving, I am keeping myself stuck. I've imprisoned myself, waiting for him to apologize or at least acknowledge how he's hurt me, us, the kids. I'm shackled by my own righteousness.

So I forgive, let go. Inhale, exhale. Forgive, let go. One breath at a time. Like Nelson Mandela, I find freedom in a prison cell. There is no freedom in resistance. Freedom comes from letting go.

NORTHCOAST METAPHYSICAL EXPO

Open Your Mind

**Intuitives
Inspired Gifts
Healing Arts
Fine Arts
Minerals
Inspiration**

FREE LECTURES ALL DAY

50+ vendors, readers, healers, mineral dealers, artists, etc.

DOOR PRIZE DRAWINGS ALL DAY

Admission \$2 per person

BRING THIS AD AND RECEIVE 2 FOR 1 ADMISSION

Sunday, February 27, 2005
10:00 am - 7:00 pm

Radisson Hotel & Conference Center
35000 Curtis Blvd. - Rte. 91 & Rte 2, Eastlake, Ohio

GRAND BALLROOM, PRIVATE READER ROOM JUST OFF GRAND BALLROOM & LECTURE ROOM

FOR INFORMATION CALL (440) 953-3533

Paradoxically, the areas in our lives where we feel the most stuck are also the ones that offer the greatest opportunities for letting go. On the yoga mat, as my favorite teacher likes to point out, it is the bound poses — the ones in which we tie ourselves up like a pretzel, with feet pushing against hands or knees pushing against elbows — that offer the greatest opportunity to find freedom. When we have something to push against, we can learn to let go and open up.

My divorce is over now. As I walk out of the courthouse with my lawyer, she tells me that in 20 years of practicing divorce law, mine was the worst case she's ever witnessed.

You're finally free, she says.

I take a deep breath in, exhale, and smile. I don't bother to explain that I've been free for a long time now. She wouldn't understand.



CHRIS DUNMORE
Investment Executive

Ferris, Baker Watts, Incorporated
Member N.Y. Stock Exchange, SIPC
25201 Chagrin Boulevard
Suite 190
Beachwood, Ohio 44122
(216) 378-7300
Fax: (216) 378-2255
Email: cdunmore@fbw.com

Gifts For The Free Spirited

4122 Erie St.
Historical Downtown Willoughby
440-942-0506

All Things Fairy
Statuary
Incense, Candles, Oils
Beautiful Silver Jewelry
Wiccan, Spiritual & Ceremonial Items
Renaissance, Gothic & Hippie Clothing
World & New Age Music
Metaphysical Books
Crystals, Tarot Cards, Runes, Pendulums
And so much more.....

Readings By Doug Dead Thurs. By Appointment
Call about Workshops or Events



Unity Spiritual Center

Westlake, Ohio

Experiencing and expressing the loving presence of God

Join New Thought Churches Around the Country...

World Indigo Day

Special showings of **Indigo** the movie
in the Newly Renovated Sanctuary

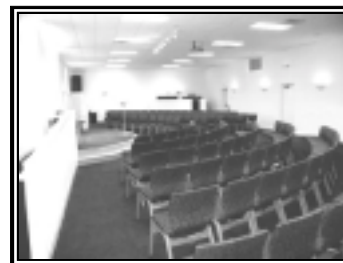
WWW.INDIGOTHEMOVIE.COM

January 29th 4:00/7:00 pm

January 30th

1:30 pm

\$9 adults
\$3 children



*"Guided by Wisdom, Inspired by the Imagination, Centered in
Love, and Knowing that God is Our Source"*

Sign up online for E-Inspiration Monthly Email

www.UnitySpiritualCenter.com ~ 440-835-0400 ~ 23855 Detroit Rd. ~ Westlake, Ohio

HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

Mental Hygiene

By Janee Kuta Iliano

I have been reading a book that has really opened me up, or, better put, has rekindled my deep personal feelings on spirituality and self-realization.

Feelings is the key word here. As I grow, I try not to be impressionable by what I hear or read. An old Persian proverb tells us to, "Seek truth in meditation, not in moldy books." The wise words continue to tell us to, "Look into the sky to find the moon, not in the pond," but I can't believe how these amazing books with such hidden knowledge find their way into the hands of those who are seeking truth. I don't plan on living my life by what I read in a book, but I can tell you that the universe definitely sends us these paper backs to get the rusty wheels turning again.

A huge part of this book declares that our physical world operates under one fundamental law of *maya*, the principle of relativity and duality. "God, the Sole Life, is Absolute Unity; to appear as the separate and diverse manifestations of a creation, He wears a false or unreal veil." That illusory dualistic veil is *maya*, not living from source and experiencing the illusion that there is an opposing force to life, good-bad, love-hate, ease-dis-ease. The state of *maya* attempts to divert man from Spirit to matter, from Reality to unreality.

I can write forever on this concept, but what is so amazing is that one cannot destroy this delusion of *maya* through intellectual conviction or analysis, but solely through the inner state of *samadhi*, through practice of deep meditation, prayer, through feeling the world in the present moment, not in moldy books. *Samadhi* is feeling the beautiful, ever-flowing current of love sent from source to source, breaking the bondage of *maya* and our earthly illusion of separateness. We are not separate; we are all one and for the mind or ego to perceive us as separate destroys this universal freedom. Freedom is a state of mind, a rediscovery of the perpetual union with

God. When I speak of God, I speak of it in a universal sense. This is not to be confused or tied to any specific religion or organization; so please understand this.

What's even cooler is that we briefly experience this free, unconditional consciousness, when we go to sleep. At night, we escape the false egoistic limitations that occur during the day. Innocent of all personal motives, in sleep we have an ever recurrent demonstration of the omnipotence of our mind. We end up being whatever we want in our dreams and free ourselves from the limitations of the physical body. Just imagine what we can create when we live in the light that is all around during our waking day! What a wonderful world it is and that is really the purpose of this writing. To show that once the illusion disappears, fear disappears and Freedom appears. We finally get on with life as spiritual beings having a human, earthly experience.

Moving beyond the painful dualities of *maya* is a process for us living in our modern Western world. But like anything it starts with an understanding. An understanding of how we have become a world full of hate, greed, suffering and disassociation with others because of this law of *maya*. Any emotion that is anything other than love is an illusion, *maya* and not from God. What is more extreme in life than love, my one friend said? We all deserve to find peace in this human experience. We can try hard to conceptualize God, but until you lay out your mat, quiet your mind, pray, meditate, get **ACTIVELY INVOLVED** in your pursuit for truth and for God, you will continue to be left with just thoughts and very well the continued pains of *maya*.

Get involved, get deeply involved in works that spread love in the world. Start with your family, start with you. Clean house and realize that we are much more than these narrow bodies. You can make a difference in your life by freeing yourself of *maya*. The light of God, universally, not specific to any one religion, is with us always. We don't have to live ascetic lives in the Himalayas to experience enlightenment. We can be freed while living right here in our little nook of the world.

We all deserve to find peace and freedom from *maya* in this human experience, but these are just words, you need to get actively involved in your spiritual practice.

Start doing something that allows you to quiet your mind, breathe with what is and connects you to source. Find your spiritual mat this New Year. Much peace and love to you always...

Janee Kuta-Iliano is a Health Educator whose passion is to empower others to take control of their health. She offers Swedish Massage, Colonic Irrigations, and Cleansing & Detoxification Programs. For more information contact Janee at 440-478-9802.



Natural Remi-Teas

Owner
Marion Gray 15 North Lake St. Madison, Oh 44057 (Tel) 440-428-0575
Toll Free 866-428-0575 www.naturalremi-teas.com

Thyroid Support Group

Hot & Iced Blended Coffees, Hot & Iced Chai, Smoothies, Loose Teas such as White, Green, Guarana, Ginseng, & Yerba Mate. Chia Seeds for Hydration, Weight Loss, & Controlling Sugar Levels. Blending the Traditional Ways with the Modern.
Not Your Normal Coffee & Tea Shop or Health Store.

Home of The Lobster Lasagna
Ask About our Vegetarian Dishes

Featuring Musical Artists Every Weekend

Monthly Drum Circle
Featuring Drumplay

Call about Valentines Day Weekend Info

FIRST DO NO HARM

What protects and supports your body?...
 and its ability to fight diseases, viruses,
 bacteria and infections...??

Diseases such as:

**Fibromyalgia • Chronic Fatigue
 Syndrome • Cerebral Palsy • Autism
 Cancer • High Blood Pressure • E. Coli
 Depression...etc.**

GLYCONUTRIENTS - are very specific nutrients
 that help support the immune system's fight
 against harmful toxins (that are everywhere in our
 daily life...) which enable the body's ability to
 regain cell-to-cell communication helping it to
 restore, defend, protect, cleanse and repair itself.

HOW CAN THAT BE?

The body has an innate preprogrammed ability to
 correct itself when given essential nutrients
 to operate efficiently.

INFORM YOURSELF at

A Touch of Serenity

**8785 Mentor Ave. (Behind DQ), Mentor OH
 440-255-1638**

First Wednesday of the month 7-8:30 pm

**TO ADVERTISE IN THE JOURNEY
 CALL (440) 223-1392 TODAY!**

**Subscribe to *the JOURNEY*
 Only \$21.95 Per Year!**

**Please fill out and send your check or money order to
 The Journey, 9557 Tamarin Court, Mentor, OH 44060**

Name _____

Address _____

City _____ **State** _____ **Zip** _____

E-mail (optional) _____

**Please make check or money order
 payable to ATOS Productions**

the JOURNEY
 A Mind, Body & Soul Connection

The Journey is a bi-monthly magazine
 serving the health and wellness needs of
 our local community. We provide articles
 and advertising focused on healthy living,
 alternative medicine, fitness, personal and
 spiritual growth. Our mission is to en-
 lighten and inspire all those who are seek-
 ing something more as they journey along
 their personal path of transformation into
 total wellness - mind, body & soul. We
 encourage your opinions regarding our
 publication. Please feel free to write or call
 us at ATOS Productions, 9557 Tamarin
 Court, Mentor, OH 44060. (440) 223-
 1392.

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

Sincerely, Clyde Chafer

Freedom From Fat

By Judy Mazel

When something controls you, you are not free. This is true for an ideology, a political value system, a boss, a parent – or fat. Yes, fat. It controls many of us. We battle with it, love it, hate it, and curse it. Americans spend \$40 billion a year fighting it, yet the majority of us are still overweight. And so the battle goes on.

It's a conundrum, really. Fat is a natural part of our bodies and of the foods we eat. Healthy amounts of it make our immune systems run better, our thought processes functional, and our skin healthier and more youthful. We need to control our intake, yet it is very good for us in the right proportions. However, most of us eat and carry too much of it on our bodies. It controls us. The secret to obtaining freedom from fat lies in our ability to control it. The eternal question is – how?

For me, my battle with fat came at a young age. As the youngest of three daughters – and the only fat person in a family of skinnies – I thought that the freedom from fat was impossible. Yet in a present from a friend, a book on nutrition, my eyes were opened and I set my task. I learned that it's not "what" you eat, or how much you eat... it's what you eat together. The idea of "conscious combining" was born.

As I shared these concepts with other people seeking to have freedom from the fat that controlled their lives, all over the world people regained their freedom from counting calories, weighing their portions, and making futile attempts at exercising away their extra pounds. They were given the tools to control the fat.

What thousands and thousands of people have found is that the freedom from fat isn't in the drug store or the diet clinic. It's in your refrigerator and you buy it at your supermarket. It's food that's going to get you thin and keep you thin.

Now I eat what I want when I want – with all of the butter and oil and fat that I want. It doesn't control me – I control it. Freedom from fat using conscious combining allows me to have the permission to enjoy my life – and my food – with great passion and appreciation for all this life has for us. And this makes me free.

And freedom for you is but a bite awhile!

Judy Mazel is the author and founder of the "New Beverly Hills Diet." If you would like to learn more about her diet program or to order books or materials, please call Judy directly at (310) 573-4263 or visit her online at www.cyberskinny.com.



Unleash The Power of Xanthonenes

About the size of a tangerine, the tropical mangosteen has a smooth, dark purple rind encasing snow-white fruit.

The people of Southeast Asia value this exceptional fruit for its heavenly flavor and its beneficial effects on the body. Modern science reveals that the mangosteen is the single greatest supply of xanthonenes, nature's Super-antioxidant.

Now you can experience the benefits of this heavenly fruit with Xango, the original whole fruit puree of the mangosteen.

INNOVATION

E.R.S., Inc.
PO. Box 212
Sterling, Ohio 44276
ers@lek.net
1-877-735-8364

Independent Distributor



DANNY'S ORGANIC MARKETPLACE

DANNY'S ORGANIC MARKETPLACE IS YOUR TOTAL RESOURCE FOR THE ORGANIC LIFESTYLE. PRODUCTS INCLUDE FOOD, CLOTHING, PERSONAL CARE, BEDDING & BATH, BOOKS, GIFT BASKETS AND MUCH MORE.

**VISIT OUR RETAIL STORE AT:
37111 EUCLID AVENUE
WILLOUGHBY, OHIO
(440) 946-2743**

WWW.DANNYSORGANIC.COM

RESTORING

The Region's Premier Provider of Recovery & Dual Diagnosis Services

HOPE



Substance abuse affects approximately 20 percent of the country's population, and nearly 3 million Americans experience the combined effects of chemical dependency and mental illness. Few programs have the expertise of treating both addiction and mental health problems. But thanks to UHHS Laurelwood Hospital & Counseling Centers, there is hope close to home. We provide a full spectrum of services to address addiction and/or mental illness, and all aspects of our treatment programs incorporate the latest research on these issues. Our comprehensive addiction and dual diagnosis services include treatment that is based on the rich tradition of 12-step recovery.

We may be reached 24 hours a day, seven days per week by calling:
(440) 953-3000 or **(800) GET-HOPE (438-4673)**

**UniversityHospitals
HealthSystem**

Laurelwood Hospital
& Counseling Centers

35900 EUCLID AVENUE WILLOUGHBY, OHIO 44094 WWW.LAURELWOODHOSPITAL.COM



Acupuncture • Chinese Herbal Medicine



Charles May, MD, DOM

Medical Doctor and Doctor of Oriental Medicine

Jefferson Park
6555 Wilson Mills Rd. #104
Mayfield Village, OH 44143

(440) 460-9401
Fax (440) 460-9402
www.charlesmaymd.com

Thomas K. Ockler P.T.

(440) 918-0836

Fax (440) 918-0853

E-mail: IHCS@APK.NET



Alternative HealthCare Solutions

Your Community Based
Non-traditional
Physical Therapy Practice

36200 Euclid Ave. Suite #5 Willoughby, OH 44094



Rosanna O. Zavarella, Ph.D. Wholistic Psychologist



BODY, MIND and SPIRIT

*Hypnosis * Energy Healing * Ceremony*

*Chronic Illness * Stress Management*

*Womens Health Issues * Life Transitions*

Health and Wellness Classes and Workshops

3951 Erie St.
Willoughby, OH 44094
(440) 602-9977

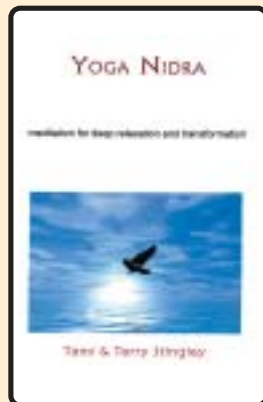
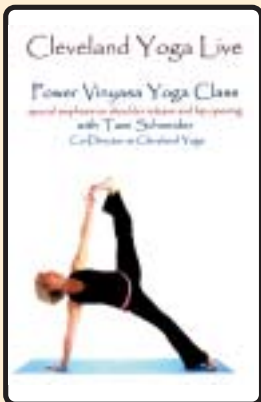
14055 Cedar Road #207
South Euclid, Ohio 44118
(216) 321-3025

A POWERFUL TOOL

Call us to produce a CD of your class, workshop, meditation or lecture....
or anything else you have in mind.

You can sell your package at your classes, in stores, expos, online....

We will come to you, record you at a location of your choosing,
burn, label and package your CDs attractively packaged in DVD longboxes with room for
your brochure inside. Additional mixing, equalization
and other audio enhancements are also available.



On Sale Now!

CDs recorded at the 2004 The Journey -
MIND•BODY•SOUL EXPO



Dr. Wayne W. Dyer
Complete Lectures Friday or
Saturday Night
Each is a 2-CD Set!

Available online at www.thejourneymag.com

Also available wholesale to stores

ATOS PRODUCTIONS 440-223-1392

Call today for a quote!

Speaking on Mental Health with Dr. William Glasser



My name is William Glasser. I now live in Los Angeles but I was born, raised and educated in Cleveland at Case Western Reserve University. I am a board certified psychiatrist who has been in private counseling practice for many years. I believe the people I counsel are all unhappy. They may even suffer from symptoms such as depression and anxiety but they are not mentally ill.

There is nothing wrong with their brains; they do not need psychiatric drugs. I have counseled successfully and never prescribed a brain drug. I see my role as a counselor to teach the people I counsel, just as I will attempt to do in this column, to live happier or mentally healthier lives. I have written many books and the following are the four that would be most appropriate to readers of this column. These books are published by Harper Collins and are available from bookstores. *Choice Theory* is the basic book. *Getting Together and Staying Together* is for marital and premarital problems, *Between Parent and Teenager* is for parents but teenagers will also read this book and *Warning, Psychiatry Can Be Hazardous to Your Mental Health* covers how you can improve your own mental health and become much happier than you are now.

Dear Dr. G.:

My son is in the fifth grade and his grades are dropping. He has always been very restless and has trouble staying on task. His teacher believes that he may have ADHD. I am very concerned and really do not want to have him put on medication. I have heard horror stories from other parents as to side effects. Any suggestions?

C. D.
Erie, Pa.

Dear C.D.

You have good reason to be concerned. Your son is unhappy in school and he needs your support right now. Stop trying to make him do school work. Spend some time with him and ask him to tell you why he doesn't like school. Also talk to his teacher and tell her to be patient with him. Tell her you will work with him and see if you can help him to like school more, but that you do not want to give him brain medication. Perhaps you can find a high school student who will spend a little time with him and offer to tutor him. A caring high school "friend and tutor" often works miracles with students like your son.

Dear Dr. G:

I am having all kinds of problems with my boss at work. It seems nothing I do is good enough. I if I am ever late—

which is rare—I am chastised in front of everyone. This is the job I have wanted my whole life and I get along with all my associates very well. He seems to single me out to ridicule and I feel very intimidated by him. I don't want to quit and am afraid to go above him because the company thinks he is the best manager they have. What can I do?

D. M.
Akron, Ohio

Dear D. M.

Make an appointment with your boss and discuss all of the things you have written in your question. Explain that you are very hurt, but that you don't believe he is trying to hurt you. Perhaps he doesn't even realize how much what he is doing hurts you. Let him know that you are upset to the point where it is harming your ability to work and see if he doesn't stop or at least reduce what he is doing. Be firm and look him in the eye as you tell him what's on your mind. Ask him if he understands what you are saying. Tell him it took a lot of nerve for you to have this meeting and he should appreciate your being frank with him. Don't threaten him or tell him anything else.

Speaking on Mental Health
with Dr. William Glasser
is a regular feature in *The Journey*.

Any questions can be directed to
Dr. William Glasser at:
info@thejourneymag.com



DEBBIE MUZIK, Ph.D., Professional Counselor,
Certified Hypnotherapist, Educator
Counseling, Hypnosis and Educational Programs
Trained/Certified by Michael Newton to do
Past Life and Life-Between-Lives Regressions
Reasonable rates In Perry, OH at **440-259-5102**

**ALLIANCE COUNSELING
and LEARNING CENTER**

WHAT IS UNITY?

By Richard A. Schumacher, Minister
Unity Church Centre-Girard, Ohio

When the *Journey* editor asked me to write a short article answering the question, "What is Unity", I wondered how I could relate a rich history of metaphysical thought and a complex theology in a short article. The answer that came to me was simple. I remembered my childhood days of skipping stones across the surface of a smooth lake. If the stone skipped four times before sinking to the depths that was a good throw. So this article will skip across the waters of the Unity movement touching down briefly on Unity's history, churches and centers, and five basic principles.

History

Unity is best understood in the context of its history. In the late 1800s there was an exciting movement in America that was rooted in the minds of a few creative and forward-thinking people. Charles and Myrtle Fillmore, the co-founders of the Unity movement, were but two of those people. Myrtle, a sickly woman, heard a lecturer say, "You are a child of God and you do not inherit illness." Something happened in her that night in 1886. By 1888 she was completely healed. Her husband, Charles, seeing the change in his wife, embraced a spiritual journey that was to last a lifetime. He believed that he could go directly to God and prove the spiritual laws that brought healing to Myrtle. So Charles and Myrtle and a small band of friends

began to pray and meditate together. Charles began to speak and write about his insights, and over a hundred years later the result is a worldwide metaphysical movement. The Unity focus, in those early days, was three-fold: first and foremost Unity was about prayer; and secondly Unity became a publishing house with several magazines and numerous book titles. Lastly, Unity was a place for education. People came to Unity to be fed spiritually. Through prayer, publishing and education Unity sought not to become another denomination, but to help people better understand and experience their own faith tradition. However, Spirit had something else in mind.

Churches and Centers

The time quickly came when individuals asked the Fillmores to send teachers to their community so they might deepen their study of truth. Around the country little study groups sprung up. These groups were the seeds from which grew the Unity Churches and Truth Centers we enjoy today. Unity has no formal creed or dogma to which Unity students must subscribe. Unity offers freedom of thought, the freedom to develop the student's individual consciousness as they see fit and it reminds the students that such freedom brings with it the responsibility to live out of that consciousness and to live in the experience that their consciousness creates. Often people confuse openness to different religious thought with not having a basis for believing. Unity is at its heart Christian. Charles Fillmore in his Statement of Faith wrote, "We believe in all the doctrines of Christianity, spiritually interpreted, and we agree with the Universal Truth evident in all religions, for each is a path to God." This spirit is evident in Unity churches and centers today. At Unity's services you can find individuals from all faiths. Unity is non-denominational and has become inter-faith in expression.

*Continued on
page 27*

Cleanse and Detoxify

**Yet another key towards
health and vitality**

- **Cleansing & Detoxification Programs:** Start your New Year off right with a Total Detoxification Program to help cleanse & rejuvenate your body. Offering a variety of ongoing classes to assist in your cleansing process. Inquire Today!
- **Colon Hydrotherapy:** A safe and very effective method of cleansing the colon, or large intestine, of accumulated wastes and toxins.
- **Deep Tissue Swedish Massage:** Offering Relaxation and Stress Massages and Deep Tissue Work.

By Appointment Only

**For more information, contact call
Janee Kuta Iliano
at 440-478-9802**

H. M. Reed & Associates, Inc.
Massotherapy
3951 Erie Street, Suite 104
Willoughby, Ohio 44094
440-975-0462



HENRY M. REED, LMT, NMT
Pain Banishment
Clinical & Relaxation Massage

"Combined Energy Techniques"

JoAnne

Aboussouan, RN
Reiki Master/Teacher



216-337-9053



Your online source for information regarding wellness, holistic health, natural health care, pet care, personal growth and alternative medicines.

Our goal is to make information available for people actively working (and looking) to improve themselves - mind, body & spirit.

"I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, of truth, of light, and of peace. When you are in that place in you, and I am in that place in me, We are One."



Visit www.HolisticPros.com and list your holistic practice for free.

HolisticPros.com and atoser.com were created and are maintained by www.ebdynamics.com

ALLERGY ELIMINATION (N.A.E.T.)

A person can be allergic to anything: food, drink chemicals, pollens, etc. Conventional treatment is drug therapy (with side effects) or avoidance.

N.A.E.T. is an innovative treatment for allergies that is completely natural, painless, and non-invasive. N.A.E.T. is a holistic treatment that provides relief from adverse reactions to allergens and allows people to live a better life and reach optimum health.

For more information contact:



ARCADE CHIROPRACTIC CLINIC

GREGORY G. KEMPF, D.C.
401 Euclid Avenue, Suite 140
Cleveland, Ohio 44114
Telephone: (216) 522-0300
Fax: (216) 522-0420
arcdechiro@earthlink.net

visit www.NAET.com

REHABILITATIVE SERVICES

- Orthopedics
- Aquatic Therapy
- Sports Medicine
- Occupational Therapy
- Wellness Programs

LAYTON PHYSICAL THERAPY
Recovery in motion.

Madison
5501 N. Ridge Rd.
(440) 428-0422
fax: (440) 428-0553
laytonmc@aol.net

Painesville
59 Normandy Drive
Painesville, OH 44077
(440) 639-8809
fax: (440) 639-8818
laytonpic@ftm.us



• Most Major Insurances Accepted
• Medicare - Medicaid
• Worker's Comp.
• Motor Vehicle Accident



Massage Therapy

Relax and Rejuvenate!

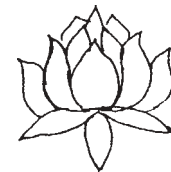
- * Deep Tissue
- * Relaxation
- * Swedish
- * Stress Reduction
- * Sports Injury

Joe Halsey

Licensed Massotherapist

Mentor

(440) 974-4366



Lotus Medicine

Acupuncture & Ayurveda

An Integrated and Unique Approach to Health and Well Being

- Specialties Include:
- Women's Health Issues
 - Pain Management
 - Headaches • Anxiety
 - Depression • Insomnia
 - Digestive Disorders

A special emphasis is given to lifestyle and dietary counseling, therapeutic yoga and meditation

Anisha Tambay

Offices in Solon and Parma

216-287-6147

www.lotusmedicine.com

FREEDOM

By Joyce Varona

“Love is the only freedom from attachment...because when you love you cannot even think of anything else. When you love everything you are attached to nothing. Each moment comes with new splendor, new glory, new songs; each moment brings new dances to dance.”

—“Love, Freedom, Aloneness: The Koan of Relationships” Osho

I met an amazing man and the package was so unconventional to me that it truly tested all my spiritual beliefs. Being Asian, I had an undistinguished Asian-centric view of spirituality that I was not even aware of until I met him. He was from the Ukraine, 5’9”, with a delicious Russian accent, a world-renowned artist with kind, blue eyes and grey-peppered hair. His laugh was from his heart and we read the same books. We studied the same spiritual masters and teachings and we spoke the same spiritual language. He was a Reiki master and each time he touched me my body responded with passion and ardor. The energy that ran between us was like electricity.

I fell in love with him. In my heart I loved him and yet my mind would tell me – what are you doing with him? He is not Asian! How could he know what spirituality is? How can he be as deep as you? Understand the Universe as deeply as you? You are from the East and you cannot be with someone from such a different culture. I was shocked because it was such a huge disconnect for me. I always thought and always professed to be a free, kind, loving human being. I used to say “Why can’t people just get along? Aren’t we all human?” I saw how full of crap I was. The Universe had sent me exactly what I had asked for in a package that I never dared or thought to ask for. It was the Universe’s way of playing a practical joke with me. You say you know how to love - well how about this one?

Love is the only freedom from attachment. Yes. I was attached to my own version of who ‘the perfect one’ would be. I was attached to a race, a look, a culture, even an accent. He confessed he had the same disconnect and his own version of cultural attachments. He always thought he would find a Ukrainian woman with blonde hair, blue eyes, big breasts, big ass – never a short, Asian girl with black hair, brown eyes, small chest and a body that resembled that of a teenager. Yet the deeper we related to one another we began to see a profound beauty and a profound truth emerging. We were one and the same! And all attachments fell away. We truly were just two Divine beings in love with each other. A reflection of each other that opened up a whole new world of possibilities.

When you love everything you are attached to nothing. I loved everything about him and this spilled over everywhere in my life. When I walked down the street I saw Caucasians for the first time in my life. I know that sounds weird but I SAW them for the first time. And he said, “Now I SEE Asian women for the first time. They’re everywhere!

Where did they come from?” It’s the same effect as when you are pregnant and all of a sudden you see pregnant women everywhere. Or, if you have a new, Nissan Maxima then you begin to see all the new, Nissan Maximas out there. I began to let go of my cultural attachments and my world exploded to encompass ‘all of it’.

There was a freedom to relate to people and to ourselves that allowed us to create new experiences beyond what we both knew. He had thought himself an idiot immigrant who spoke poor English and then he found the courage to submit his extraordinary Curriculum Vita to a prestigious university for consideration as Art Instructor. I no longer felt superior or inferior, consciously or unconsciously to another human being and I became still and joyful inside. I became confident to speak with anyone about anything. There was a freedom to look into blue eyes, brown eyes, green eyes and color became indistinguishable. Language barriers were brought down and a commitment to communicate and be heard no matter what was born.

Each moment comes with new splendor, new glory, new songs; each moment brings new dances to dance. The most beautiful part is that there is a freedom to experience life in the moment—in the right here and right now. Right Here. Right Now. I know now that what the great Spiritual Masters say is true. True freedom comes from living in the moment. Accessing being in the moment comes from the experience of Love. When one becomes Love there is no past time, future time - only Now. When one is Love there is no more attachment and identification to self and to the other—there is only Being and Oneness.

Experience brings a deeper understanding.

Understanding brings knowledge.

Knowledge brings wisdom.

Wisdom brings freedom.

All this as a result of a Universal joke that led to loving someone outside of my paradigm. I am thankful that the Universe has a great sense of humor.

Joyce Varona is a Classical Feng Shui Consultant and Instructor based in Chicago, Illinois. Her company, White Tiger Hall, creates courses and study tools for Geomantic training and is also developing a line of gifts for spirited individuals. joycevarona@sbcglobal.net.

Subscribe to The Journey!

Only \$21.95 per year

Call 440-223-1392

Unity...continued from page 24

People from all faiths can feel comfortable in Unity because at its core are five key principles.

Five Key Principles

The first and foundational principle teaches that God is good and everywhere present. God is only good. By this we understand that God doesn't play "gotcha" with people. By this we understand that everywhere present means not only every physical place, but also every place in consciousness. Wherever God is, ALL of God is, and we have instant access to all that God is. We have access to all the life, all the health, all the wealth, and all the peace that God is. We can never be separated from the good that God is.

The second principle states that you are divine because a spark of divinity lives in you. Some people find this idea somewhat disturbing. Unity teaches that the same Christ that expressed so perfectly through Jesus is the same Christ that lives in you as the perfect pattern for life expression that is continually seeking expression through you. It is this spark of divinity that Jesus referred to when he said, "Let your light shine." Thinking oneself to be divine can be a bit disturbing at first, but knowing oneself to be divine brings the second principle alive.

The third principle takes us to the source of all joy and sorrow. This principle states that you create your experience by what you think and feel.

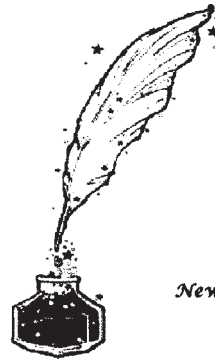
Simply put, life is consciousness. Your life, be it joyful or sorrowful, is the result of your consciousness. Earlier we stated God doesn't play "gotcha" with people. This principle demonstrates how we are co-creators with God. The truth is this: God doesn't do it to you, He does it through you. And more often

that not you do it to yourself.

The fourth principle states that through prayer and meditation you become aware of your connection with God. Prayer was central to the development of the Unity movement because prayer and meditation revealed the truth to Unity's founders. Prayer and meditation remain the one sure method to know the truth today.

The fifth principle states that, it is not enough to know these principles you must live them. This seems obvious, but as simple as these principles are they are not so easy to implement in daily living. Unity is a discipline. It requires application of the things you come to know are true. Unity is often called a work. The work these principles call you to do is a work in consciousness. It is through your consciousness that you demonstrate your true understanding of how God's good is made manifest in your life.

So Unity offers something for the spiritual seeker, regardless of the religious background. What does Unity offer to You?



Author Christine Jette

www.findingthemuse.com

www.newagewriting.info

www.llewellyn.com

New Age Books for Inspiration and Insight

Available in all fine bookstores

Psychic Fair

Friday, January 21 • 1-9pm

to be held at:

A Touch of Serenity 8785 Mentor Ave. Mentor, Ohio

⊕ Intuitives ⊕ Astrology ⊕ Palmistry ⊕
⊕ Tarot ⊕ Aura Imagery ⊕ Clairvoyants ⊕

FREE ADMISSION!

**Crystals • Candles • Books • Jewelry
Massage • Reiki Treatments**

*A Touch of Serenity is at 8785 Mentor Ave. Mentor
1 mile east of Rt. 615 Behind the Dairy Queen*

Also coming: Friday, March 11

Presented by ATOS Productions

PLANETARY PATHWAYS

By Evstarr

ARIES

January has you taking a look at unfinished business left over from last year in the areas of forgiveness...and issues involving your mother...as you heal feelings toward your mother you will be in a better position to manifest those New Year's goals

Good job Aries taking care of those January issues...now, in February you've got the Midas touch...all those new projects you're so famous for starting are beginning to turn to gold

TAURUS

In January it is time to take the bull by the horns and simplify your life...eliminate clutter from your home and the work place to balance the flow of chi energy

February brings a treasure chest full of rewards for all that previous clutter you got rid of in January...the wind blows good fortune your way

GEMINI

January is the time for you to put a little rhythm in your step...get out that old instrument...listen to music you love and just plain 'ol sing in the shower and watch your dreams unfold

February has you looking inward and forgiving yourself...it's time to let go of the past...you needn't carry that heavy load of guilt any longer...let it go...move on

CANCER

You will benefit greatly in January if you allow those Cancerian claws to release that grasp on the past and start anew...beginning with old relationships...clearing clutter & memories from the past that no longer serve you is the way to go

It's *D-Day* in February...the cards are laid out...it's time to make a decision...do what comes naturally to you...*trust your gut*...follow your intuition, you can't go wrong

LEO

As the New Year rolls in, January brings with it dramatic change...in typical Leo fashion, with all the bells & whistles...it carries with it bold blessings

You're on a roll...February has Cupid shooting its arrow in *your* direction...enjoy, snuggle & stay warm...this could be the other half of your yin or yang

VIRGO

After all the hustle & bustle of the previous months, January finds you spending time in the quiet of your own company...get to know your thoughts and desires and put them into action

In February the *sky's the limit*...reach for the moon and don't stop there...raise the bar...soar with the *eagle's*...fly, fly, fly

LIBRA

In January, though it may seem your dreams are never going to manifest, there is light at the end of the tunnel...have faith...remain positive...your flower is about to bloom

February brings answers to your prayers in subtle ways...pay attention to synchronistic events happening in your life...for everything there is a time and a season...pay attention to the coincidences and the good will multiply

SCORPIO

Reclaim your power back in January...you are one of the most powerful signs of the Zodiac...recognize this and empower yourself to move mountains

Follow through in February with your greatness...dream big...imagine yourself succeeding...eliminate small thoughts about yourself...you're an ocean, not a drop of water

SAGITTARIUS

The heavens are shining upon you in January...you are blessed beyond your wildest imagination...enjoy...be grateful...and expect change with blessings attached

You're still rolling the dice with a hot hand in February...everything you touch comes up roses...start new projects for they will be successful

CAPRICORN

January brings up unresolved issues with your father...now is the time to seek heaven's help in healing any open wounds...your personal power increases as you heal the past

February brings the much needed time to indulge in yourself...allowing your inner being to be nurtured by taking time to relax...be still and give yourself the royal treatment when it comes to tranquility

AQUARIUS

In January it's time for you to get back everything you've given to other people...it's your turn to receive...sit back, relax and allow others to indulge you with their kindness and loving care...*receive without guilt*

During February, the month of *hearts*, give yourself a pat on the back and realize how powerful your healing abilities are...keep true to your path...you truly heal hearts this month

PISCES

Synchronicity starts the New Year off in fabulous fashion...your prayers are being answered...your dreams manifested...continue to follow your heart

You've been working much too hard...February is beckoning you to take some time to *play*...enjoy what life has to offer and allow miracles to manifest in your life

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. New Astrology classes starting soon. Contact her at evstarr@yahoo.com to be added to her mailing list, also, be sure to check out her website reachforthemoon.net for upcoming class listings and to get your requests in for the ever so popular Solar Return charts, they make great gifts!



Subscribe to The Journey!

Only \$21.95 per year

Call 440-223-1392

Check our website for on-going workshops & events!

Inner Harmony Wellness Center

Experience a supportive, nurturing & educational environment that provides:

Life Coaching	Weight Management
Hypnotherapy	Stress Management
Massage/ Stone Massage	Aromatherapy
Reiki & Healing Touch	Workshops

T'ai Chi Chih Classes
Brain Food & Nutritional Counseling
Natural Support for Menopausal Symptoms
Acutonics Sound Therapy & Magnetic Therapy
Biophotonic Scanner & Electro-Reflexology

Strongsville Medical Building
17075 Pearl Road
Strongsville, Ohio 44136
440-572-5672
www.InnerHarmony.info

Our Fabulous Products

- Mannatech Glyconutrients
- Nature's Sunshine
- Himalayan Goji Juice
- Revival Soy Products
- Salt Lamps
- Books & CD's
- Aromatherapy & Aromaflovia Products
- African & Native American Drums, Flutes & Rattles
- Crystals, Stones & Rock Readings

A Touch of Serenity



**Spiritual
Bookstore**

**Recovery
Giftshop**

**Holistic
Health**



Home of the Healthy Harvest Café
Fresh and organic Gourmet Raw Foods & Juice Bar

**Candles, Crystals, Incense, Jewelry, Burt's Bees Products,
Meditation Music, Essential Oils, Buddhas, Yoga Apparel,
Sage Bundles, Books, CDs, Nutrition Products and much more!**

NEW NEWS!!! - Under New Ownership of Barbara Tisi

SALES, SALES, SALES, SALES, AND MORE SALES.....!

lots of great sales to reduce inventory and bring some new ideas and new items in...
A great chance to do some shopping for yourself or others!

“INDIGO” the movie.....Coming Jan. 29 & 30th.!!!!!!

3 showings - each day...1, 4 & 7:30 p.m.
Call for details...Don't miss it.....be informed.

Classes:

Yoga
Intuitive Development
Sculpting the Body
A Course in Miracles,
Glyconutrients
(cell- to- cell communication)

Workshops:

Tantra Yoga
Money Matters
From Mind Chatter to Bliss
Fibromyalgia & Chronic Fatigue Syndrome
The Artist Way
Tarot

By Appointment & also Walk-Ins:

Intuitive Readings
Reflexology
Reiki
Massage
Energy/Drum Therapy Work

Some New Items:

Hand Made - one of a kind:
Drums, Boomerangs,
Wood Sculptures
Native American Jewelry,
Beaded Stone/Gem Jewelry.....

8785 Mentor Avenue • Mentor, Ohio

One mile east of Rt. 615 - behind Dairy Queen

Please call (440) 255-1638

Check out the details at www.atouchofserenity.net

Resident Reader Maria Wood

Messages From Your Angel; A Weightless Matter

Questions Answered by Laura Lee



Laura Lee

Q. I have been depressed off and on for a long time. I'm still young, almost 19. I want to know if I am heading down the right path in life because I feel like I'm falling apart. I want to know if I will ever be happy in life because I come from a very depressive and unhappy family and my life so far has been kind of miserable. **Aaron**

Dear Aaron;

Being depressed is a choice. Though it is a human experience to have these feelings during our life journey, it is important to express these emotions rather than deny them, so that you can bring to light what is causing you the distress. Your predicament appears to be something you learned from a family whose livelihood depended upon those energies to feel sustenance. Obviously, this behavior doesn't serve you. And becoming aware of these feelings that lie within is the right path for you. You don't have to choose the same path your family embraces. You are a light in your own right where the world's riches of peace, joy and love are accessible to you as they are to any other. Because you have free will, at any given moment, you can choose to embrace life and be happy despite the circumstances and or who stands near by. You possess this power. It is recommended you practice asking to see the blessings in your life before arising each morning. When they are revealed, acknowledge these gifts and more will be brought upon you, revealing the miraculous life you lead.

I have had some block wall that seems to stop me from moving forward in the business that my daughter and I would like to build and get started. Although I have ideas, I have not created what I see in my mind. I feel that I am in a funk of some sort and not sure if depression has been the underlying cause. We both know that we want to bring in financial success to our lives so that we will not have to work outside the home for other people/companies. We truly want to see ourselves financially independent. Do you see us getting this business going and with the success where we will not have to go back to work for an employer?

Susanne

Dear Susanne;

I was having a conversation with a client who revealed she had a dream where she stood outside a door all the while believing it was locked. While waiting for it to open, someone passes them by, opens the door and walks through. They, my client, realized how silly it was that she stood there waiting any longer, reached for the door-knob and walked in. She then woke up!

A business is very much like a baby. It requires tender loving care consistently. It is an extension of you. Recognize that you have all the resources, all the right people to aid you, and enough capital to start now. Believe this is true

for you always. You have unlimited resources accessible to you in any given moment. To deny this otherwise, bars you from witnessing the blessings already present in your life.

Continue to hold the vision, however, don't be hung up on it. Rather, act on the ideas and inspirations, as they were given to you for a reason. These are the doors...you are the key. By walking through the doors, you are serving divine inspiration. Then many other doors will open for you. Some that you never realized were available to you until you've walked through the initial door. Just do it. Then continue to ask, "How may I serve?" and more blessings will be brought upon you.

Medium, Laura Lee shares messages she sees, hears, and feels from your guardian angels and deceased loved ones. As a gifted clairvoyant, claircognizant, clairaudient, and clairsentient, her talent is frequently profiled on radio and television shows throughout the country and abroad. Laura's practice extends throughout the world offering private sessions, workshops, and lectures by helping others recognize everyday miracles through their guardian angels.

To learn more about her services and upcoming events see www.MessagesOfLove.com. If you would like an answer from your angels, go to email angel readings www.MessagesOfLove.com. Please recognize that your question is a very private matter and is not published without your permission.

440.838.0911

Agnes J Thomas, Ph.D.
Animal Telepathic Communicator



Lectures
Workshops
Consultations

www.PetsTellTheTruth.com

PURE 
Romance

PAOLA BAGLIANO
Personal Consultant

phone 216.731.7725

email witchywoman000@cs.com

website <http://PaolaBagliano.pureromance.com>

We put the "O" in Romance

CLASSIFIEDS

5 Lines for \$20 Please Call (440) 223-1392

Willoughby Rental Health Related

In-store area approx. 3,00 sq. ft.
Ideal for office-therapeutic-retail
Located in busy strip
Call for details 440-946-2489

Psychic Fair!

Friday, January 21 at
A Touch of Serenity,
8785 Mentor Avenue in Mentor.
See the ad on page 7 for details!

"INDIGO" the movie

Coming January 29 & 30th
Where: A Touch of Serenity
When: 1, 4 & 7:30 p.m.
-both days
Call: for more info -
440-255-1638

Tanning Bed

Wolf system, new bulbs!
440- 942-7774

Automobile

2000 Honda CRV
Low miles • Excellent Condition
440- 942-7774

the JOURNEY
A Mind, Body & Soul Connection

BUSINESS DIRECTORY

As little as \$35 per issue. Please call (440) 223-1392

Acupuncture

Charles May, MD, DOM

Medical Doctor/ Doctor of Oriental Medicine
(440) 460-9401

Bookstores/Gift Shops

A Touch of Serenity

Books, Classes, Gifts & Workshops (440) 255-1638

A Different Way

Crystals, Classes, Gifts & Wellness Products
(440) 953-3533

Enchanted Grove

Clothing, Jewelry, Metaphysical Items, Wicca
(440) 942-0506

Goddess Blessed

Metaphysical, Wicca & Goddess Items
(216) 221-8755

Journeys

Books, Gifts & Audio for Conscious Living
(440) 333-1311

The Silver Branch

Sculpture, Faerie Prints, Tarot Cards, Oils & More
(440) 964-2178

Guidance/Healing

Agnes Thomas

Telepathic Animal Communicator
(440) 838-0911

Neal Sivula, DVM, PhD

Acupuncture, Manipulation, Herbs, and
Rehabilitation for Animals 440-639-8950

Hypnosis

Inner Harmony

Barb Clugh 440-572-5672

Massage

Joe Halsey, L.M.T.

Deep Tissue, Relaxation, Swedish
(440) 974-4366

Tami Shantery

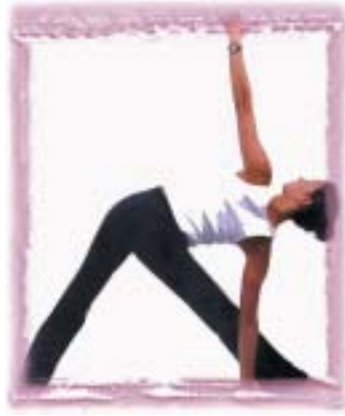
Thai Yoga Massage, Trad. Massage (216) 481-1026

Reflexology

Debbie Craven

Certified Reflexologist, Reiki Master 440-567-3156

To Advertise in *the JOURNEY*, Please Call
(440) 223-1392



THE YOGA PAGES

Freedom-Falling-Balancing-Freedom A Student's Perspective

By Ted Lardner

Anjaniasana knocks me over. Twist left, twist right, I tip like a book. I don't mind. When I'm falling nothing else is happening. I'm done being responsible. When I'm falling, that's about all I'm doing. ("Can't talk now!") Nothing much left to do.

Falling seems like an especially American form of freedom. Its small lettings-go are an escape ride, a wild west show. Freedom from engagements, commitments—the great unrestrained dreams that made America. I get a kick out of falling.

Take a deep breath in. It feels good.

Breathe out. I love balancing. Headstand or Half-Moon pose, I love the secret ways our bodies reach toward balance. I marvel when, reaching *out* through the whole body with intention and concentration, balance opens inside us, an inside-out hug. I love how, arrowing upward and outward, we at the same time move, sinking deeper into that receding center.

But I love to fall down. The whomp and skedaddle of it, the serial alarms before the legs and everything bang, crash. I love what falling teaches about balancing. When the student next to me tips, the glance, like a fastball of energy, from the teacher. When muscular force, pushing the elbow, provokes the lunged thigh— *Deep breath in.* Falling fascinates me. Freedom of movement to the nth degree, that's falling. Movement, ever-easing toward stillness: that's balancing.

"Liberation" is the final chapter in Georg Feuerstein's *The Deeper Dimension of Yoga*. "All forms, branches, or schools of Yoga have the same final goal," Feuerstein notes, "Liberation, enlightenment, freedom, the transcendence of the human condition, or the fulfillment of our highest potential." Describing the process of undertaking a yoga practice, Feuerstein accents "self-application... [W]e must be willing to examine...how we act and react in all kinds of situations." Enduring the "fire test" of "ordinary routine," Feuerstein says, means rooting our practice in the desire

to take hold and examine "deeply ingrained habit patterns that take time—a lot of time—to change." *Breathe out.*

Take a deep breath in. In Half-Moon pose or Anjaniasana, balancing teaches me to be fully engaged in the drama and strange play of yoga. Falling teaches me how much I have yet to learn. Feuerstein refers to Vidyananya's 14th century treatise, the *Jivanmukti-Viveka*: "He is a true *jivan-mukta* whom the world does not fear and who does not fear the world, and who is free from joy, jealousy, and fear." The goal, Feuerstein says, is to practice a loosening of that by which we ordinarily seek "to hold everything together." I get to practice that loosening in the edging-open of balance poses. I get a different lesson from "loosening" when I fall. Balancing teaches me freedom from fear. Falling teaches me detachment from my habitual need for joy.

When the Republican National Chairman refers to Volvo-driving, yoga-practicing Democrats, I resist an inward cringe, a snarl. Politics, especially the fearful, angry kind we make, seems un-yogic. *Breathe out.* As a student practicing yoga, I used to think that freedom meant escape and I put yoga in the same Exit Strategy box. However, I continue to be surprised to find the opposite result. Through practice, the outside comes more sharply into focus. *Take a deep breath in.* Practicing focuses where outside and inside meet. The cringe, the snarl, stand differently. I hold joy more gently, less greedily. I learn how these emotions, the grained patterns of my heart, tell me where my inner blue state meets Ohio, the red state of the "real" world. On the mat, the inner life I want to live and the outer life where I live it (this body, this time, this place) rub dangerously, the sharkskin borders. Balancing and falling kiss each other here.

If we're not talking about freedom through denial or brute force, it leaves us balancing fear and anger with the openness of hope. It leaves us practicing freedom. Balancing, falling, balancing again, we practice freedom. On the mat, or off, it's the same practice.



660 E. 185th St. • Cleveland, OH 44119
(216) 692-0397

Conveniently located 1/4 Mile North of I-90's E185 St. Exit
Just 15 minutes from Downtown!
Email: tranquilitystudios@earthlink.net

Tranquility Studios is truly a state-of-the-art
facility dedicated to the general wellness
of the mind, body & spirit

CLASSES NOW IN SESSION • DROP INS WELCOME

Power Yoga

Terry and Tami Stingley co-instructors
216-481-1026

Beginners Yoga

Jackie Toth instructor
216-246-2833

Yoga Nidra

Terry and Tami Stingley co-instructors
216-481-1026

Intermediate Yoga

Jackie Toth instructor
216-246-2833

Children's Yoga

Afua Alexander instructor
216-383-0324

Pilates

Daniela Slavovsky instructor
440-749-6211

Basic Yoga

Afua Alexander instructor
216-383-0324

Kundalini Yoga

Linda Kirby instructor
216-481-7332

East Meets West 1 & 2

Linda Kirby instructor
216-481-7332

Body & Spirit Hatha Yoga

Carol Ann Hensley instructor
216-410-3219

Lunch Express Yoga

Jackie Toth instructor
216-246-2833

New Classes forming Daily...Call For Details!

Space available for your class/studio...(216) 692-0397

Freedom & Yoga

A Teacher's Perspective

By Bryan Kest

Ahh, Freedom! How wonderful it is.

To release the truth from the pit of my stomach,
To release the sorrow through the tears in my eyes,
To release my love through union with my lover,
To release my joy at the sight of my newborn,
To release my tension with deep massage,
To release my bowels when it's overdue,
To release my semen deep into my lover,
To release myself from that time I was incarcerated,
To release my insecurities through acceptance,
To release my financial strain through financial gain,
To release my longing through my acquisitions,
To release my loneliness through friendship,
To release my uncertainty through knowledge,
To release my emptiness through selfless service,
To release ignorance through awareness!
Ahh Freedom! How wonderful it is.

Freedom can be described as a release from whatever binds you or the attainment of whatever is desired. The subtlest Freedom, or the most profound, is the Freedom from desire itself. This is the objective of yoga. Yet the path of yoga practice is not denial of desire or the attainment of all desired. (Yoga is pure awareness [enlightenment].) The path of yoga is the path of wisdom, the understanding of my own perfection. It is the perfection of my sorrow as well as its release, the perfection of my longings as well as my acquisitions, the perfection of my loneliness as well as my friendships and the perfection of my entire process as a human being, the true knowledge that all my experiences here on Earth are part of my process of becoming all that I am.

The highs and lows, ups and downs, struggles and successes are that which are shaping me. As this knowledge grows, the lows become less low, and the highs, less high. As the ups and downs become less extreme, my stress loses some of its potency and my center (harmony) grows stronger. The more I reside in my center the more peaceful I feel. This feeling of peace is my motivation to sustain my yoga practice. The stronger my practice, the stronger my peace, the less I desire. Welcome to the practice of yoga! Welcome to true Freedom. The knowledge that I and all my experiences are perfect!

Continued on page 36

Advertise your studio in
The Yoga Pages

Call now and reserve a space
for our next issue!

440-223-1392

ROCHESTER, NEW YORK • FEBRUARY - NOVEMBER 2005

ANUSARA YOGA TEACHER TRAINING

with Certified Anusara Teachers

Sianna Sherman, Mitchel Bleier, Naime Jezzeny & Sue Elkind
and Special Guests: Douglas Brooks, Sonam Targee, & Jonathan Geen

This year-long comprehensive study in Anusara Yoga is designed for anyone interested in teaching and/or developing their personal practice and understandings in all aspects of yoga.

The four presenters, Sianna, Mitchel, Sue & Naime, are among the most sought after and respected Anusara teachers in the country. The special guest teachers, Douglas Brooks, Sonam Targee, and Jonathan Geen are considered at the top of their perspective fields.

The course will include: asana, therapeutics, adjustments, teaching skills, pranayama, meditation, philosophy, sanskrit, and ayurveda. It will be a year of transformation in body, mind, and heart.

The training will meet every 8 weeks for 30 hours each session, beginning in February and ending in November. There are three phases to the program, which include all aspects of asana, yoga philosophy, sanskrit, and ayurveda.

"This comprehensive year will be a grand celebration of the heart while cultivating the depths of the mind and forming relationships within a community of friends."



Sianna Sherman & Mitchel Bleier

Sianna Sherman and Mitchel Bleier are certified Anusara Yoga instructors who travelled with and apprenticed John Friend from 2000 to 2003. They conduct workshops, retreats and teacher trainings internationally.

They share a great wealth of knowledge in yoga philosophy and therapeutics, and they are known for their poetic presentation.



Sue Elkind & Naime Jezzeny

The first certified Anusara instructors in Los Angeles, Naime Jezzeny and Sue Elkind have enthusiastically studied with John Friend and Douglas Brooks since 1998. They are former owners

of a successful Anusara yoga studio in Hollywood, where they conducted some of the best trainings in the country. Their teaching style emphasizes both alignment and fun in a manner that enlivens both the body and heart.



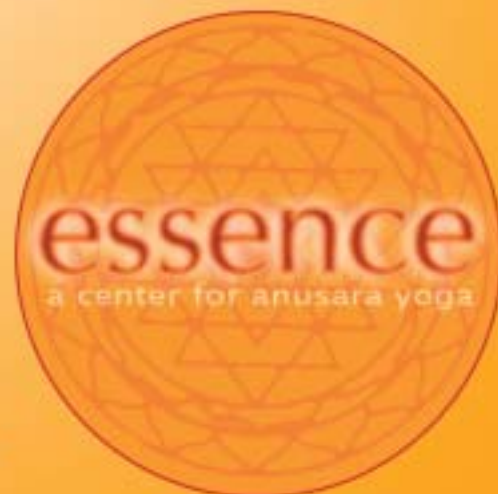
Douglas Brooks

Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantra and the esoteric traditions of the Goddess. He received his Masters and PhD degrees from Harvard University's Center for the Study of World Religions where he studied with several of the world's leading scholars of Sanskrit

and Indian studies. Dr. Brooks is the author of several scholarly books on Hinduism and Tantra, and is currently Professor of Religion at the University of Rochester in Rochester, New York.

For more info check out the website

www.opentograce.com or contact Mitchel Bleier at: mitchel@opentograce or call 585-385-4265.



the yoga studio
akron's premier power studio



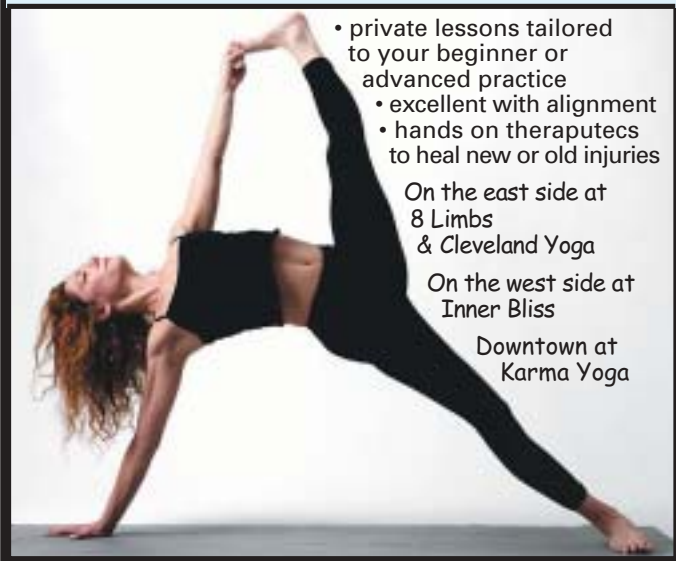
1653 merriman road • merriman valley
akron, ohio 44313
330.958.YOGA
www.akronyoga.com

Marni Task

Marni Task teaches Jivamukti (vinyasa) Yoga with an anusara (alignment) flair. She is excellent with therapeutics for injuries.

For private or group lessons call (216) 376-2521

or email marnitask@aol.com
For schedule & workshops visit www.marnitask.com



- private lessons tailored to your beginner or advanced practice
- excellent with alignment
- hands on therapeutics to heal new or old injuries

On the east side at
8 Limbs
& Cleveland Yoga

On the west side at
Inner Bliss

Downtown at
Karma Yoga

Teacher's Perspective...continued from page 34

Freedom is wisdom.
Freedom is a strong center.
Freedom is peace.
Freedom is harmony.
Freedom is love.
Freedom is God.
Freedom is the goal of all religion.
Freedom is the journey and the goal.
Freedom is my highest potential.
Freedom is an experience.
Freedom is George Bush, Mahatma Gandhi, and Jesus Christ.
Freedom is a state of being.
Freedom is mine!
Freedom is yours!
May all beings be Free!

Bryan Kest of Santa Monica Power Yoga will be at the 2005 Journey Expo on September 9, 10 & 11 at Lakeland Community College. For more information, please go to www.thejourneymag.com.

Advertise your studio in
The Yoga Pages

Call now and reserve a space
for our next issue!
440-223-1392

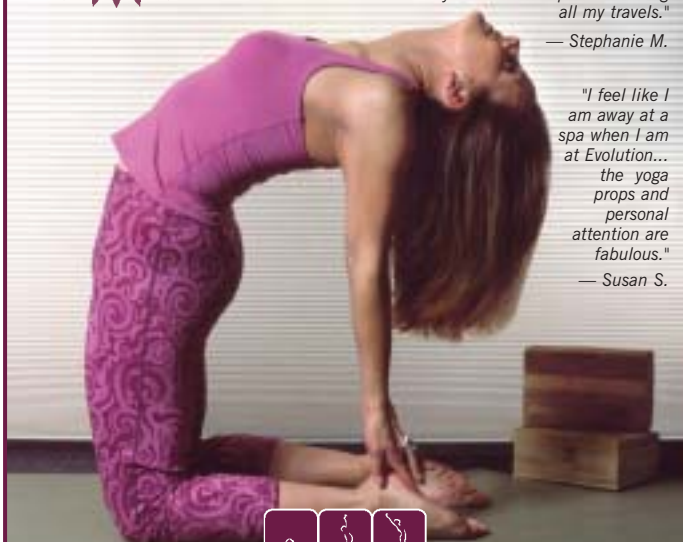
IF YOU CAN BREATHE,
YOU CAN DO YOGA



— Krishnamacharya, the Grandfather of Hatha Yoga

"The vibe at Evolution and especially the teachers, truly represent an amazing yoga studio...I live in Santa Monica, where I have great yoga at my fingertips and Evolution is truly the most comparable among all my travels."

— Stephanie M.



"I feel like I am away at a spa when I am at Evolution... the yoga props and personal attention are fabulous."

— Susan S.

Classes for all levels
www.evolutionyogastudio.com



EVOLUTION
YOGA
with Sandy Gross & friends

216.595.YOGA
3737 Park East, Beachwood

CENTER FOR

& WELLNESS

Moksha Yoga and the Freedom in This Moment

By Jessica Robertson

What I would do for a candle right now. But alas, instead of long-burning beeswax I light my way with the car dash light, at nearly midnight in downtown Toronto. I feel the need to write. In spite of my environment, or perhaps held by its contrast, inspiration penetrates after three days of the Second Annual Yoga Show and Conference. At the show I was privy to a window into the practice and teachings of Steven Cope, Dharma Mittra, Seane Corn, Paul Grilley, Ted Grand, Beryl Binder Birch and Mark Whittwell, as well as the countless practitioners with whom I connected along the way.

One of these practitioners was Clyde Chafer of Karma Yoga in Cleveland, whom I met at Moksha Yoga Danforth in Toronto. He reminded me of an article I was to write on Moksha Yoga—a new experience in hot yoga sweeping the nation here in Canada. It seemed appropriate for this issue as *moksha* in Sanskrit means freedom or liberation. As co-founder of this new sweaty style, I had found the idea of the article daunting. Where do I start? I knew I could not simply talk about the series of postures and the grace and thought behind their sequencing, or the myriad benefits of yoga in a heated room. Although fascinating, it would be like describing what for me is an ocean with only a glass of water.

Now, with the dash-light and the empowering words of so many beautiful teachers I feel brave enough to start. I mindfully ignore the impulse towards waiting until tomorrow, when this

moment will have passed.

Moksha Yoga began with conversations between Ted Grand, Natalia Brajak and myself. At the time we were teaching Bikram Yoga across the country. We talked about dreams of a community of like-minded individuals, visions of the freedom to grow and change organically in our yogic path, making yoga accessible to all, and the shared philosophy of walking the world with a light footprint. Today, we find ourselves with a huge extended Moksha *sangha* (*family*)—eight Moksha Yoga studios in Canada (we're wondering where the first studio will be in the U.S!). Sangha is a yogic concept that is central to Moksha Yoga.

Sangha is strengthened not only by the individual experience but by what is shared—at the studios for instance there is sharing and support between students, teachers, students and teachers, directors and teachers and so on. What we have found is that when the intention of creating a community is set, sharing is unavoidable; it happens like breathing. And when you open to it, it becomes another way of being free. Like freeing the diaphragm through awareness, it affects you every day.

Dharma Mittra pointed out in his lectures that “*God created man in his image*” does not refer to the human form but rather to a commonality that exists linking each and every human being together by a shared presence of the divine.

Continued on page 39

Transformational Yoga Therapy And Yoga Teacher Training (200 Hours)

Yoga Students, Teachers, Social Workers, Massage Therapists,
Physical Therapists, Nurses, Psychologists...and
Anyone interested in expanding their tools for healing

Graduate a Certified Yoga Therapy Practitioner
(Level 1 Yoga Teachers will also receive their (500 Hours) Advanced Certification)

Module (1) of (3) modules begins Monday January 24, 2005

Also...

Yoga Teacher Training (200 Hours) beginning
Jan 19 thru May 18, 2005; Wednesdays
@ Ursuline Sophia Center

Call: to register. . . 440-442-4160 For Level 1 Only

Both Trainings registered thru the Yoga Alliance
Jan Hauenstein, RYT jan@try4life.com, www.try4life.com
or Judi Bar, RYT 440-356-5991

(Some knowledge of yoga is helpful but not required)

Karma Yoga

Creating Your Own World

Downtown Cleveland's Only Yoga Studio

Featuring classes 7 days a week... morning, lunchtime,
early afternoon and evening

Classes in

- Basics & Beginners
- Restorative • Anusara • Power Yoga
- Hot Yoga • Jivamukti • Karma Yoga and much more!

Also, monthly workshops in Tantra, Couples Yoga, Kirtan and with
various well known Yoga Teachers

Opportunities in book studies and
community charitable involvement are also available!



Introductory
Special!

\$99

60 Days
of **Unlimited Yoga**
Special good on a one
time only basis.
A limited number
will be issued.

1382 West Ninth St.
on the second floor of
the Crittenden Building
in the Historic Warehouse District
www.karmayogacleveland.com

216-621-7085

Massage and Reiki
Treatments also Available!

I realize that at first Moksha may be the tight yoga body that comes with regular practice, but after a while the physical benefits seem only a great addition to a deep knowing that the sky is our landscape, our friends are all around, that there can be more than what is *expected* in life. My experience of Moksha

ginny Walters, RYT

Certified Yoga Instructor

has moved all her classes to:

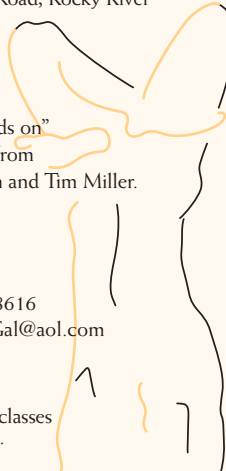
Cleveland's **Ashtanga West** at **Inner Bliss**

Beachcliff Market Square
19300 Detroit Road, Rocky River

Be taught "hands on" as she learned from David Swenson and Tim Miller.

phone 440.333.8616
email WindsrfGal@aol.com

Private and on-going classes for everyone.



Yoga is about everyone's experience as an individual and the shared product of those experiences. And mostly it is about knowing that, as Stephen Cope quoted from his Babaji, "Everything is already okay." Not because things will get better, not okay when we recover from the past, everything is *already* okay. For me this is what Moksha Yoga brings –the support and comfort to **open to this very moment** - and to me, this is freedom.

Jessica Robertson
www.mokshayoga.ca

THAI MASSAGE

Trained and Certified in Thailand

Thai, Hot Stone, Therapeutic, Pre-natal & Relaxation

Tranquility Studios
660 East 185th St.
(only 15 minutes East of Downtown Cleveland)

Tami Stingley
CMT, IYT
(216) 481-1026

"Tami has the most amazing, sensitive, strong hands of any masseuse I have ever experienced"
- Dr. Wayne Dyer (best selling author)

\$10 Off With This Ad
(New Clients, Please)

transform your body revive your spirit

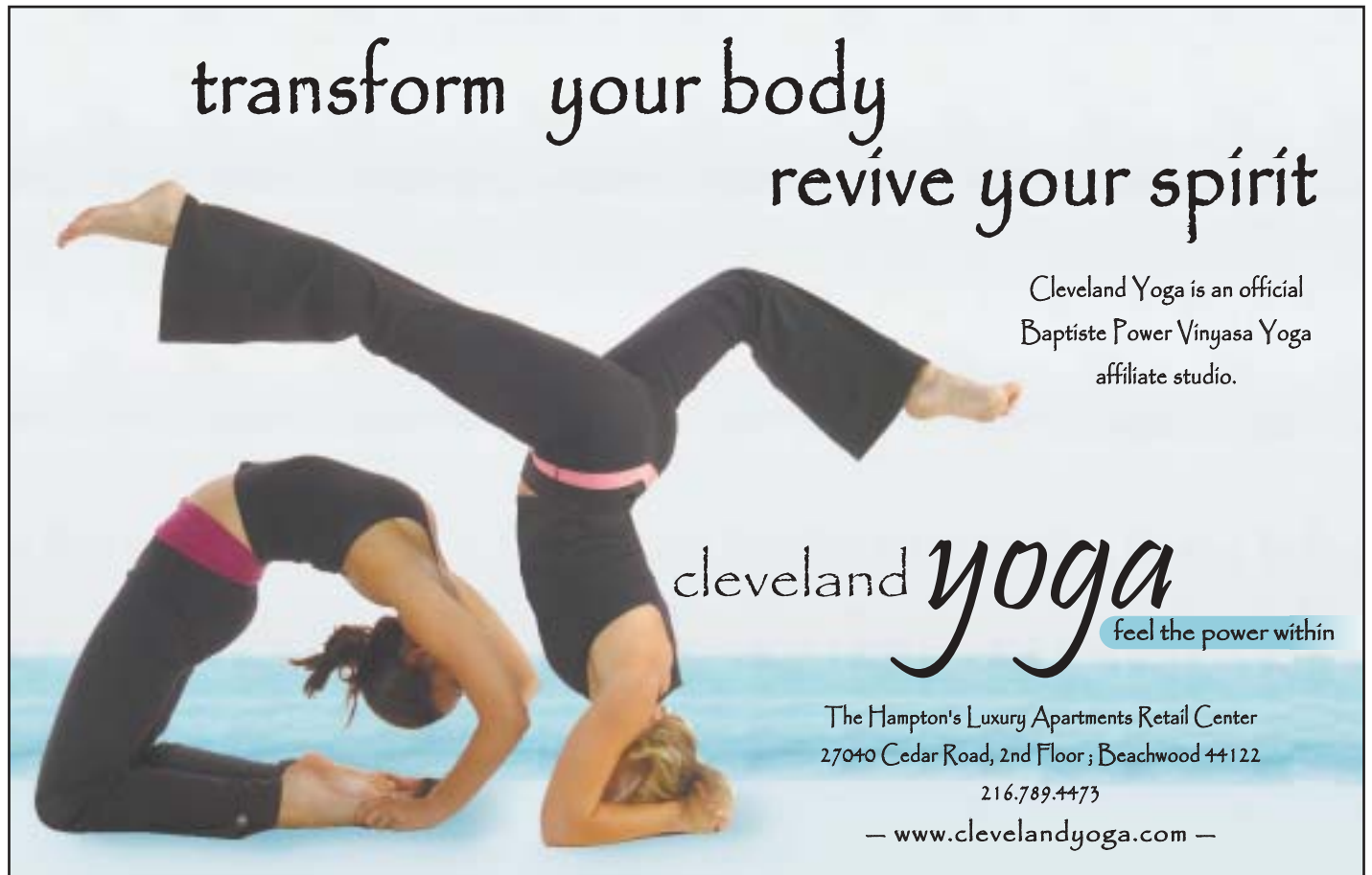
Cleveland Yoga is an official
Baptiste Power Vinyasa Yoga
affiliate studio.

cleveland *yoga*
feel the power within

The Hampton's Luxury Apartments Retail Center
27040 Cedar Road, 2nd Floor ; Beachwood 44122

216.789.4473

— www.clevelandyoga.com —



FREEDOM

By Wah!

Nature gives us boundaries. Everything from cell walls to solar systems is bound by natural laws of physics and structure. Boundaries indicate the limitations of our form. Physically we are defined by the form of our bodies. Mentally we are defined by our capacity to understand. Emotionally we are defined by our capacity to love. Spiritually we are defined by how much divine energy we can hold and utilize. The human life is an experience of natural limitations. When we transcend these natural boundaries we experience freedom.

I deal with several limitations almost every day. Gravity is the first that comes to mind. Trying to become weightless in my yoga practice is nothing short of hard work. Postures that seem easy take on new meaning when I try to defy gravity. Lifting the energy from the ground up through my limbs and into my heart makes even *tadasana* (standing pose) challenging. Supporting myself on my hands and flying freely through the air requires intense concentration. Sometimes I am stellar; other times embarrassingly dull. Why do I keep trying? To experience freedom.

It does not matter at what level I practice. If I exceed my current level, I transcend my limitations. After suffering a back injury one year, being able to touch my toes again was an exhilarating moment of freedom. New energy is unleashed when I am able to do something for the first time, or for the first time after a period of abstinence. I am giddy, innocent, amazed, and grateful, all rolled into one. Each time I go beyond my limited experience of self, I feel a sense of freedom in my life.

I see my spiritual endurance as a boundary. I am constantly trying to expand my capacity in spiritual practice. I am not alone in this pursuit. Yogis, adepts and sages through the ages have attempted to defy sleep, eating, laws of karma, time and space, even time of death. But let me just start here with length of practice and capacity to hold divinity. As a beginner, I might only experience an elevated state for a short moment. Using that memory as a touchstone, I try to recreate that feeling. With sustained practice, I might be

able to sustain that feeling for a longer period of time. After further effort, I might be able to sustain this energy not only during my practice but during other daily activities. My sense of freedom is the same, but my requirement to achieve it changes. Take for example a saint from southern India named Amma. As a young adult, She held public gatherings once a week, manifesting the divine energy of Kali and Krishna. The programs lasted far into the night, and She held an elevated state of consciousness for all present. Soon this was not enough. She saw She could help more people, and hold this energy for longer periods of time. She started offering daily programs and one all-night program each week. Gradually increasing Her stamina, She compacted Her weekly schedule to include travelling, daily programs and several all-night programs. Ever increasing the amounts of time where She can be in an elevated state and serve people, She has gradually increased Her spiritual service to almost 23 hours per day.

Going beyond your pre-conceived ideas of limitation unleashes undiscovered sources of energy inside you. Do a yoga pose for the first time; you unabashedly show everyone a great big smile. Complete your first all-night chant program, it blows your mind. Receive blessings from a realised master, it opens your heart like never before. Freedom is the rush of energy you get when you do something for the first time. Many saints exhibit a childlike innocence and cultivate the qualities of a beginner's mind as a means of experiencing freedom from denser worldly entanglements.

Karmas can also be considered a limitation. Being born into a certain family, or being married to a certain life partner, or having certain children or responsibilities could be considered a burden on your way to spiritual enlightenment. You might feel as if they were actually impeding your ability to grow. In expressing this, you have articulated your boundary. The boundary is there: your karmas will not go away. After all, you chose them for a specific reason. But as you learn to release the personal restrictions your karmas impose on you, you experience freedom while living with them. Your transcendence is in being able to experience your energy fully and freely while fulfilling your obligations to yourself and others.

Instead of looking for freedom, yogis actually look for more restriction. Why? Self-imposed boundaries can focus your energy. When used as a temporary tool, they can create more inner fire, more ability to transcend the human existence. Restricting food intake, fasting, going on silence, going into isolation, reducing possessions, begging for food—all these restrictions intensify one's power to hold divine energy. This honing of skill is not exclusive to spiritual life. A college student might limit his field of study to concentrate on a single specialized area. Parents might impose boundaries on their children to help them focus their en-

Green Tara Yoga and Healing Arts



Certified Iyengar Yoga Instruction

**Your first class is free
when you mention this ad**

2450 Fairmount Boulevard
Cleveland Heights, Ohio
216-382-0592

www.greentarayoga.com

ergy. A person who has no restrictions loses a chance to experience personal freedom. Freedom all the time (i.e. no restrictions) creates a *tamasic* or sluggish condition called boredom.

Artists experience freedom through surges of creativity. They might create limitations to intensify creative thinking and force new avenues of expression. A photographer might decide to work solely in black and white, an oil painter might switch to charcoal or watercolor, a musician might write songs only in the rhythm of 5 beats.

To remain free, the bar must be pushed higher. If you can create a higher energy for a few minutes, you will be asked to sustain it for longer periods of time. If you can do it for yourself, you will be asked to help others. If your yogic abilities include crow pose, you will be asked to assume flying pigeon. If you are well-provided for, you will be asked to give to those in need.

As you continually push the boundaries of your own capacity to love, to serve, to help yourself and others, you will experience freedom again and again. Just as an athlete defies a world record, so the spiritual aspirant expands his or her capacity to sustain elevated states of consciousness.

Boundaries exist everywhere. We explore the boundaries to understand our own personal limitations. Transcending our limited experience gives us an exhilarating rush of energy—freedom.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. You can reach her at www.wahmusic.com

YOGA

**allows union to happen
removes our illusion of separateness**

**asana
meditation
relaxation**

bliss & joy

**Tantra Yoga Workshops
At A Touch of Serenity**

Mentor

February 12 & March 12

At Karma Yoga

Downtown

February 19

Instructor-all classes: Shakthi

**Classes are every Thursday evening
from 6:30 - 8 PM**

216-849-6621



yoga, pilates + fitness classes

www.pravafitness.com

2337 W. 11th St
Cleveland, Ohio 44113
216.621.8179

Now open in Tremont

Corner of W 11th and Literary across from
Civilizations Coffee and Lincoln Park

Just 5 minutes
from Ohio City

Just 5 minutes
from Downtown



To 176, I-71
and I-480

Located in Historic Lemko Hall



fall Schedule

Monday
5:30-6:45PM..... Vinyasa Flow Yoga
7:00-8:15PM..... Sunset Yoga

Tuesday
6:30-7:20AM.....Sunrise Yoga
5:30-6:30PM.....Boot Camp
6:45-8:00PM.....Pilates

Wednesday
5:30-6:45PM.....Vinyasa Flow Yoga
7:00-8:15PM.....Sunset Yoga

Thursday
5:30-6:30PM.....Boot Camp
6:45-8:00PM.....Pilates

Friday
watch for our yoga happy hour!!!

Saturday
9:00-10:15AM.....Power Vinyasa
Flow Yoga
10:30-11:45AM.....Pilates
12:00-1:00PM.....Boot Camp

Sunday
9:30-10:45AM.....Sunrise Yoga

prices

3 month unlimited pass: \$190.
5 session pass: \$50.
10 session pass: \$90.
20 session pass: \$160.
Walk in: \$11.

Experience classes in a cool new studio
in historic Lemko Hall!!!

For more info and to sign up on line:
www.pravafitness.com

THE JOURNEY

JANUARY • FEBRUARY 2005

PAGE FORTY ONE

THE YOGA LISTINGS

Yoga Studios:

Cleveland Yoga, 27040 Cedar Road, Beachwood, OH, www.Clevelandyoga.com. Diana - 216-906-8537 or Tami - 216-789-4473. Power Vinyasa, Restorative, Jivamukti, Vinyasa, Yoga Basics, Meditation. All levels. Your path to spiritual and physical power!

Evolution Yoga Studio, Two, eco-friendly yoga rooms featuring 50+ classes weekly, Vinyasa Yoga, Hot Yoga, Restorative, Pre Natal, Meditation, Kids' Yoga, workshops, Teacher Training and more. 3737 Park East Drive, Beachwood 216-595-YOGA www.evolutionyogastudio.com

Green Tara Yoga & Healing Arts, 2450 Fairmount Blvd., Cleveland Heights, 216-382-0592, Study with Cleveland's only Certified Iyengar Yoga Instructors. Precise alignment and individual adjustment. Safe, effective, systematic approach. www.greentarayoga.com.

Inner Wellness Healing Arts Studio & School, Boardman, OH. 200 hour Yoga Teacher Certification Program, registered with Yoga Alliance. Yoga Classes for all levels, Reiki, Foot Reflexology, Massage, Psychics and MORE! Victoria Davanzo, 330-965-8372.

Karma Yoga, 1382 West 9th Street, Cleveland Warehouse District - 216-621-7085. Downtown's only dedicated Yoga Studio. www.karmayogacleveland.com

Pravda Yoga, 2337 West 11th Street, Cleveland. (216) 621-8179. New Yoga studio in the Tremont area. Call for schedule.

Tranquility Studios, 66 East 185 Street, Cleveland, Ohio 44119 -216-692-0397. New classes forming daily - call for details.

The Yoga Room at Eight Limbs. Little Italy/University Circle. A beautiful, sunlit space in the historic Murray Hill Galleries. Anusara, Hatha, Iyengar, Jivamukti, Pre&post natal. New! 6-week Introductory Series for yoga beginners. Student discounts. 216-556-0902. www.theyogaroomateightlimbs.com.

The Yoga Studio, Akron's premier power studio devoted to the practice of power yoga. 1653 merriman rd., merriman valley, akron, ohio 44313. 330.958.9642. www.akronyoga.com

Yoga Teachers:

Janice Hanrahan, private, and group instruction specializing in teaching proper alignment. Phone (216) 849-6191 email:

janiceh@ameritech.net

Bobbi Holliday and Leslie Thompson offer classes at the Ganesha Studio in Elyria. Day and evening classes. Yoga With A Difference presents area teachers with their specialties. Yoga and Metaphysics Intensives are offered twice a year. Next intensive starts in January. (440) 324-6373 or email at bholliday@eriecoast.com

Kundalini Yoga, Linda Kirby, Certified Teacher "Masters Touch." East Cleveland 481-7332, Beachwood 682-0413, Private or Group lessons, email: assortedbeings@yahoo.com.

Marni Task, private group or individual yoga lessons. Jivamukti yoga with an anusara flair. Phone (216) 376 2521; email: marnitask@aol.com website: www.marnitask.com

Shakthi, gentle hatha style yoga. Personalized classes with an intimate atmosphere. Tantra classes starting soon. Phone (440) 255-1638 or (847) 942-8440 email: Psumakanth@hotmail.com

Yoga Reach, Founded and directed by Char Grossman, MA, NCSP, RYT. Licensed Yoga for the Special Child™ Teacher. A therapeutic, educational program for infants to young adults. Private/small group classes. Workshops for yoga based school programs. Phone (216) 577-1507 email: yogareach@aol.com

Yoga Events/Workshops:

Anusara Yoga Teacher Training. With certified Anusara teachers Sianna Sherman, Mitchel Bleier, Naime Jezeny, & Sue Elkind, with special guests Douglas Brooks, Sonam Targee & Jonathan Geen. Training will meet every 8 weeks for 30 hours per session from Feb. - Nov., 2005. Rochester, N.Y. For more info, call 585-385-4265 or visit www.opentograce.com

"CHOOSING LIFE" with WAYNE CHANDLER AND MARNI TASK January 22/23, 12:30-3:30 p.m. - location t.b.a. Explore life enhancing asanas, sound healing, pranayama and more!! This workshop is based on the principles seen in the movie, "What the bleep do we know?" Phone (216) 376 2521

February 18-20 - Douglas Brooks, PhD, Tantric Yoga Philosophy. Douglas is currently Professor of Religion at the University of Rochester. This workshop will also present the philosophy behind Anusara Yoga. Evolution Yoga, Beachwood, 216-595-YOGA www.evolutionyogastudio.com

Tantra Workshop at Karma Yoga Downtown with Shakthi Saturday, February 19. Call 216-849-6621 for details and registration.

**Yoga teachers, studio and workshop listings
are available for this section.**

Cost is only \$20 per listing for each issue.

Please keep each listing to 35 words or less.

Call 440-223-1392 for more details.

Announcing....



THE JOURNEY
MIND • BODY • SOUL
EXPO 2005

SEPTEMBER 9, 10 & 11

Lakeland Community College • Kirtland, Ohio

The EXPO will feature over 100 vendors in 23,000+ square foot of space with everything to stimulate your Mind, Body & Soul, plus feature speakers, mini-workshops and lectures.

Headline Speakers:

Bryan Kest - World-Renown Yogi
Laura Lee - Your Guardian Angels Revealed

SPRING MINI-EXPO
Coming May 13, 14 & 15
GREAT LAKES MALL
MENTOR

More details in the next issue of The Journey!

For information on both events, including vendor space available, go to www.thejourneymag.com, or call 440-223-1392



“All the physical benefits of yoga are valid and important. This is about ‘Now what?’”

Seane Corn

Seane Corn and Ashley Judd,
YouthAIDS Global Ambassador

Photo by Jasper Johal www.jasperphoto.com

Every minute, somewhere
in the world a young
person dies of HIV/AIDS.

Until there is a cure or vaccine,
the only solution is education and
prevention. 100% of the proceeds
of the limited Off the Mat, Into
the World t-shirt, created by
yoga instructor Seane Corn and
sponsored by Gaiam, Inc., will
support YouthAIDS global HIV/AIDS
prevention programs for youth.

To purchase the shirt, go to
www.gaiam.com/youthaids



www.youthaids.org