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WORDS FROM THE PUBLISHER.....

So, I'm sitting here at my laptop thinking about what I am going to write about awareness and a great many thoughts go thru my mind. Some I ponder more than others. I start examining the thoughts and find that I am actually in control of these thoughts and choose which ones I wish to keep and the ones I send out to the universe where they came from. Becoming aware of this actually is quite empowering. Many of the thoughts bring me back to past experiences or skip over to what I believe will happen based on the past. The problem with that is that I am skipping over the present and not allowing my self to live the awareness of what is. I can dwell on past "mistakes" I have made and become quite miserable. Let the chatter about what a fool I was take over and be a cancer to my whole being. Just let it eat me alive.

I believe the function of remembering the past is simply to know an experience – not necessarily good or bad – just what I chose to experience at the time based on the knowledge I had. If the result based on my choices was discomfort, I know that I can make a different choice or look at it differently. I would guess we also can create discomfort in our present awareness when we attempt to look into the future and base it upon that past. There is a saying I have come to appreciate, "make plans – but don't plan results." To me this means simply to have an awareness of a desire and work towards it, yet not to be too attached to that desire. This gives me an opportunity to live life in the absolute present. A couple of months ago I was on the way back from Toronto late one night and was listening to a radio show. The man that was hosting the show billed himself as a spiritual counselor. One of the things he said that night has stuck with me ever since. He said, "Fear usually has nothing to do with the present. Fear only deals with the past and what we believe will be the future." When the proverbial crap hits the fan and I become aware of what I seem to be feeling, I have to figure out what it is at the root level that is troubling me. This for me means I have to look at the feeling beyond the feeling and become aware of what it is I am feeling. Ninety-nine percent of the time it is a lack of some kind. That lack mentality has caused me more discomfort than anything else in my life.

I have noticed whenever I get a spiritual wakeup call these days – such as a relationship breakup, health issues or perhaps financial difficulties – my awareness of how I am feeling emotionally increases ten fold. With this comes my awareness of how fortunate I am to have the people in my life that love me and take time to listen and care. May we each become aware of all blessings in our lives and be present to each one.

Namaste', Clyde

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Our Theme for the Next Issue...

the flow

BE AWARE OF THE AIR

By Mary Ann Reiger

Most of November was cold, gray and rainy; the dampness stuck like double-sided tape. Without reason today, the sun burst through the grayness chasing clouds away to reveal a breathtaking baby blue sky. Even the birds and squirrels looked around in surprised delight. Fair weather opportunists filled the park by the boat docks. I happily joined them. I eagerly walked toward the lake before its waters sleepily languished in the frozen chill of winter. A herring gull flew precariously close to me then burst skyward in an operatic movement of air and wings. It landed atop a stone fishing pier and watched me from one eye. Perhaps it laughed at me thinking how its close flight must have startled me. Turning my mind back to reality, I was certain the bird only had feeding on its mind. As I approached, it flew away rising high in circles then glided gracefully atop the water while it searched. I watched in interest as it used the air, its wings and the terrain to maneuver through obstacles of people, wires, trees and cliffs. The gull flew intently without diversion, while I projected humorous intentions onto the bird. I wondered how frequently had I projected desires through the air only to watch them dissipate under a glaring sun of truth. I watched the gull rest occasionally to observe changes in the wind. Pausing to scan the ground for crumbs, it would soon resume its flight. The air seemed to lift the gull's wings as it breathed in new air with rhythmic release. Ah, to breath in experiences with ease and let go of the past. The gull, so thoroughly aware of the air currents, was never apart from the air. It did not angrily rally against the gusts of north wind blowing in from the lake but flew alongside. It did not hunt for insects under thick brambles then ask why not.

A blue heron majestically flies parallel to a large cliff circling back to land on a large rock. The gull lands farther away again on the pier, its favorite surveillance

spot. To land after life's shocks with both pride and stability intact, what a feat, to even know where to land when security and retreat are necessary. The blue heron rises from currents of air and sails elegantly past me, its route determined by air pressure. How admirable to rise high during times of immense pressure. The gull continued its flight leaving the boat docks far behind as it flew out of the channel to the open lake. If only to know how and when to move forward into the unknown fearlessly. Both the heron and gull flew in opposite directions yet neither had consulted with others. It is an aspiration to possess the courage to be fearless without prior approval. Both birds navigated many obstacles yet remained aware of the air. The air brought them life, and the ability to fly, which nourished them. Both birds learned how to work with the air rather than struggle against it.

During those times when I am aware of the energy of spirit, my connection to chi, my life flows easier. I struggle less and accept more. Those times bring me the greatest joy with a truer sense of freedom. When I struggle it is because I turn away from the abundant air out of pride or fear, or both. The air remains constant waiting for me to return, through prayer, meditation, intent or just to ask. When I don't return, I crash land from expectations, fly directly into buildings from stubbornness and dive into the murky waters of self-pity. The lake teases me like a "some day" promise never kept. How I remember too many dark days living in brambles confused, seeking rescue. I haughtily ruffled my feathers to try to place blame.

But, right here and now, the sun shines brightly on me and I breathe deeply. I forgive myself because for as long as I can keep breathing anew, I can fly again. Another gull flies by several men fishing in a boat and lands on the stern. I wonder if the gull is going to steal fish from the men....silly projections...like a cool evening breeze the air swooshes those thoughts away.

I leave the park renewed and think how soon Christmas will arrive. If someone asks me what I would *really* like for Christmas, I will say to live my life in such a manner so that I will always be aware of the air.

As the gull and the heron are enactments of the serenity prayer in flight, I too, only desire the *grace to soar through the air*.

Mary Ann Reiger is a Reiki Master and Spiritual Life Guide-Intuitive. You can contact her either at maryareiger@sbcglobal.net or (216) 898-0919.



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TO BE AWARE THAT YOU ARE NOT AWARE

BY EVSTTARR

I had a nice leisurely drive ahead of me this afternoon heading toward Oberlin, so I thought I'd listen to a motivational CD I had left in the CD player, preparing myself for a pleasant drive this balmy day in late November. As I turned on the CD player, what I heard next almost caused me to run the car off the road into Lake Erie.

It was some sort of rap music, or heavy metal, I'm not quite sure with some young male voice singing "oh baby, that's all I want to do is _ _ _ _ you." My seventeen year old daughter acquired her license not too long ago and has become *one* with my Nissan Altima. Is this the type of music today's youth is listening to? My motivational CD was nowhere to be found, and the rap CD surely wasn't going to get any playing time from me. I'll just listen to the sound of my soul I thought.

I was heading toward the Common Ground in Oberlin for a meeting of metaphysical like-minded people and, as per my usual route; I jumped on the turnpike anticipating getting off at the very next exit, Baumhart Road, Vermillion. Next thing I know I'm driving surrounded by eighteen-wheelers in front of me & eighteen-wheelers to the left of me and it seemed like I'd driven a bit longer than two miles. I thought to myself, how could I have missed that exit, I've been to the Common Ground at least a half dozen times, and I wasn't even talking on my cell phone. The next exit was a long time coming; I started seeing signs for Cedar Point – now I know I've gone too far. I searched for my cell now to let the Common Ground know I missed a turn and I'd be running late.

As I got off at the next exit at the Turnpike, the pleasant lady in the toll booth told me where I was and allowed

me to make a U-turn and get right back on the Turnpike heading back the way I just came. I made it to the Baumhart Road exit and got on Rt. #113 heading west...it'll be a piece of cake now I thought. What, you've got to be kidding me, I was now seeing signs for Wakeman, Ohio, and I was in Erie County, once again, I missed the turn. So hence, I went heading back once again from where I came. I wasn't distracted by music, I wasn't distracted by my cell, how could this be? What is the meaning of this I thought? I am a bit obsessive about everything having some kind of meaning symbolically and metaphysically. You do know, don't you my dear readers; there is NO such thing as coincidence.

As I was heading toward the Common Ground, I was pondering the meaning of all of this. There's got to be some grander divine reason in the scope of the almighty Universal plan of my life, it's just not hitting me in the face. Isn't that how we want everything in life, to stare us in the face in big bold letters? Actually, it would be nice if God would send me my messages via the Good Year Blimp carrying a banner, "Evelyn this is what I've been trying to tell you" so that when I look out my office window there it would be – my message from God.

As I finally arrived at the meeting one hour and fifteen minutes late and apologizing to the group, I was still pondering what does all this mean? I'm not one to let things go to easily...it's the Cancer (astrology) in me holding on and clinging to everything with those crab like pincers. OK, I thought, let's carry on with the meeting and when I get home, I'll ponder this one thousand times more. It was a great afternoon with wonderful minds brainstorming together on raising the Universal consciousness and how we could all be a part of it. Now I'm on the road again, let's see how it works this time.

I headed back toward home via a route I've traveled at least a few hundred times, and as I was approaching the exit Rt. #83 I made *another* wrong turn, heading south instead of north toward the lake where I live. That's enough. OK God, I shouted, what is going on here? Still no answer. So I figured I'd make use of my wrong turn and run a couple of errands since now I was headed toward the Avon Commons.

The weather had taken a turn for the worst, now it was pouring rain, and the winds started kicking up. The late November air had turned brutally chilly, to say the



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least. I headed home after an eight-hour day of making one wrong turn after another. Once I arrived home in the comfort of my living room, I was so exhausted the only thing I could bring myself to do is take a nap. So there I lay, at 7:30pm on a Thursday evening setting my kitchen timer for twenty minutes. I awoke two and a half hours later and I headed toward my home office to finish up some last minute computer work.

Awareness, hummmn...what is it all about? I definitely wasn't *aware* today missing all those turns. The only thing I had to distract me was my monkey mind, all that chatter in that brain of mine that never seems to stand still, except of course when I meditate, thank God for that. It brought to mind something Dave Tuscany said when I attended a fire walk last October. One of the main keys to life is to *pay attention*. His words rang in my head now. How often do we go about our days mindless, aimlessly floating like a canoe without paddles?

We need to examine this and become aware of what we are doing at the moment, every moment of every day. In this world that we live in where multi-tasking has become a buzzword, is it all that beneficial? How can you be giving your child 100% of your attention when you're typing away on the computer, balancing your checkbook, or watching television? These are just a few questions I encourage you to look at. When we are multi-tasking, we are not in full *awareness* of any one thing. I had a boss that would repeatedly say to me "multi-task, multi-task" which is what the business world feeds us. Then we take it home and allow it

to invade our home lives and our personal lives.

I have my greatest creative moments when I am either doing dishes or taking a shower...both tasks I do routinely with NO great mental concentration whatsoever. We need to be aware that we are NOT aware most of the time, and then do something about it.

"The first step toward change is awareness. The second step is acceptance." ~ Nathaniel Branden

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Exciting new workshops based on the movie The Secret...check website for times & locations. Check out her new cable TV show Reach for the Moon with Evstarr. Contact Evstarr@yahoo.com for speaking engagements & visit www.reachforthemoon.net for latest listings & to be added to her mailing list.

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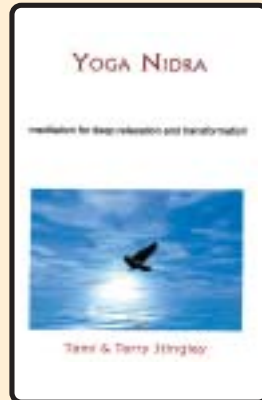
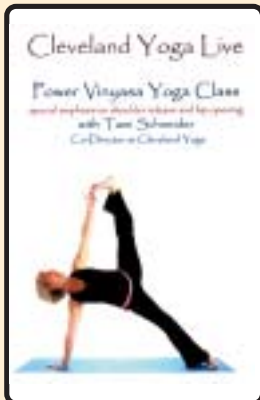
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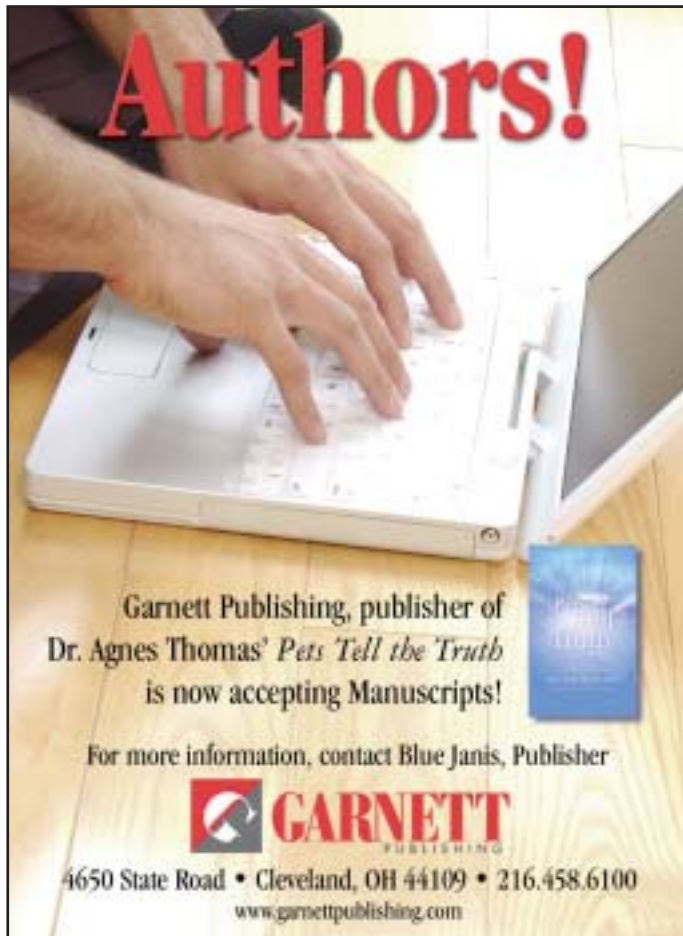
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The Unfolding Nature of Awareness

By Cindy Hauska

On my spiritual journey I have experienced deepening 'levels' of awareness. Awareness tends to unfold itself when I am ready to receive. From simple awareness in the present moment, to the totality of knowing that I AM the awareness and all points in between, Awareness unfolds and reveals itself through me.

Being fully present in the moment is a *level* of awareness that keeps me centered and stops the mind babble; it stops the wandering mind of undirected thoughts. Thoughts, being a creative force, can be beneficial if harnessed and directed toward a positive goal with loving intention. If left unharnessed, thoughts tend to digress into the past, into guilt, into excuses, then into blame, all of which have a negative effect on the creative process.

Being aware that my thoughts are creative leads me to my next *level* of awareness – I create my experience of reality by my beliefs and the thoughts I entertain about those beliefs. When I examined my belief systems I found that many of the beliefs I held about life, myself and others ex-

isted at an unconscious level. Consciously, I believed one way but unconsciously, I was attracting into my life things that showed me I was not fully aware of my true beliefs. For example, on the conscious level I believed myself to be deserving, fearless and outgoing; but, when I started becoming aware of the recurring relationships, incidents and issues that surfaced I realized that I was attracting situations based on deep unconscious thoughts and be-

liefs that I had agreed to as a small child. Until I became aware of them and began addressing them through inner child work and emotional release techniques they were running the show. Releasing destructive belief patterns takes courage and a commitment to stay awake and aware in each moment.

Understanding that my beliefs and thought patterns (adopted from childhood) were blocking my growth allowed my next-level of awareness to unfold. I became aware that I was fully responsible for what had been showing up in life! Accepting 100% total responsibility for everything in my life experience gives me peace, power and freedom to re-create from a new perspective, to choose again. No more wondering why this or that happens, no one to blame. Self-awareness or Self-examination requires that I constantly look within to uncover the false beliefs that need to be released or re-created to suit who I AM today. This is true power – Self-understanding.

Jesus said, "The kingdom of God is within you." A Course in Miracles states that we don't need to search for love; we need to remove the blocks to the awareness of love's presence. As these ideas become integrated in my soul, I can experience the truth that unfolds in the next *level* of awareness: Love is all there is. There truly is no 'out there'. There is only the projection of my mind and beliefs upon the screen called life. One Self, one Life, taking many shapes and forms, having multiple experiences – all within ME. Like the circle of life, I'm back where I started, centered in the present moment, aware that I AM awareness itself.

Cindy Hauska is a licensed minister through the Seminary of Spiritual Peacemaking. She is a Reiki Master, Spiritual Counselor, Vibrational Healing Consultant and is partnered with Creative Wedding Officiants. (440) 974-1170.



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Starting the New Year off right, I suggest you get serious about your dream life. In this issue of Dreamweaver I've created a resource guide to give you a good foundation to make dreaming a part of 2007 a little easier for you as well as enjoyable.

Here are a few of the top dream sites I recommend:

- Association for the Study of Dreams
- Robert Moss, Way of the Dreamer
- The Dream Tree
- The Dream Interpretation Center

Reading dream material before you drift off to sleep is exceedingly helpful in sending the message to your subconscious that you are serious about dreaming.

Here are a few of my beloved dream titles:

- The Mystical Magical Marvelous World of Dreams-Tanner
- Creative Dreaming-Garfield
- Dreams your Magic Mirror-Sechrist

- Dream Gates-Moss

There are certain herbs that induce dreams and assist in a good night's sleep. These are commonly found in dream pillows, but may be used as a tea:

To help you remember:

- mugwort, lavender, rose petals, chamomile

For protection:

- mugwort, sage, or cedar

I have found that sleeping with a crystal in my left hand promotes my dream life. Also, to hang a dream catcher above your bed with the below listed crystals is also helpful:

- amethyst, smoky quartz, herkimer diamond, azurite, blue calcite

Go to your favorite bookstore and pick yourself up a nice journal, something that speaks to you and invest in a desired type of pen. Keep these by your bedside, along with a small reading light or flashlight readily available and start your dream journey. Good Luck & Sweet Dreams. The Duchess

Evstarr, aka "Duchess of Dreams," has been researching the field of dreams for over 30 years, studying under renowned dream author Robert Moss, along with the works of Cayce, Jung, and others. Dream workshop Jan. 24th at Supplements. Learn more about your dreams on her new cable TV show Reach for the Moon with Evstarr, & visit her website www.reachforthemoon.net for upcoming dream workshops. Send your dreams & questions to evstarr@yahoo.com & contact her for speaking engagements.

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The Journey of Awakening

By Joan Gattuso

How aware are you? Really. Most folks consider themselves fairly aware, especially those on a spiritual path attempting to live life consciously. And yet that is not always the case. It takes tremendous awareness to become mindful to the fullness of one's own self.

We can consider ourselves thoughtful and kind, while others see us as abrupt and harsh. We can consider ourselves generous, while our actions often belie that. Or we can have moments of heightened awareness followed by times of intense denial of our personal responsibility in life.

“Just stand aside and watch yourself go by. Think of yourself as ‘he’ instead of ‘I.’”—Strickland Gillilan

A good practice to help us develop greater awareness is to become the observer of self. Watch yourself as if you are observing someone else. Notice your attitudes, speech, tone, judgments, body language. One man I know frequently speaks of the importance of being open and receptive to all people, while he most often poses in a very fixed stance with his arms tightly folded in front of him. He is not aware of the inconsistency between what he thinks he projects and what his body language conveys.

To be truly aware means to have a seamlessness between our inner and our outer world—as within, so without. If it is your desire to advance on your journey of awakening, it is most important to become aware of the honest state of any given situation, whatever that situation may be. Explore it completely. Ask yourself: What is really going on here? Are my attitudes and actions truly helpful?

We have to be in a focused state of awareness to clearly see into a situation. Ask yourself if you are really seeing it as it at first appears to be. As the old cliché goes, “Is there more here than meets the eye?” Or as a friend of mine asks, “Is there less *here than meets the eye?*”

Look deeply into yourself, examine the situation, and ask and seek to find the true heart of the matter. This requires us to be quite awake and spiritually aware, no longer sleepwalking through our lives. Here is a situation that was initially quite annoying to me, but with a little time and distance has become rather humorous.

Not long ago I was attending an extended Buddhist retreat. The morning meditation began at 7:00 a.m., rather late by Buddhist standards, followed by the morning teaching session at 8:00 a.m. I sat in silent meditation along with about 75 other practitioners.

Four mornings into this peaceful practice I was abruptly drawn out of a deep meditation by excessive rattling next to

me in the aisle. I did my utmost to ignore the commotion in this quiet, sacred space until the creator of this disruption began to pull on my sleeve. I was startled, to say the least.

I attempted to ignore the disruption, certain this person would go away. But she did not. Pulling myself fully out of meditation, I opened my eyes and inquisitively (perhaps with a little annoyance) looked at her.

“Is the seat next to you taken?” she asked. After I took an enormously deep breath, I said, “No.” She then proceeded to crawl over me dragging with her an overflowing backpack, an arm full of books, and the annoying rustling, puffy, nylon jacket she was wearing. She made such a racket that folks around us began to come out of their meditations, turn around and stare. (I suppose, if I had been totally loving and nonjudgmental, I would have stepped into the aisle to let her in.)

It took her a number of minutes to settle in and quiet down. My personal meditation was over, and soon the entire hour was as well. What particularly disturbed me was that, since there were approximately 225 empty seats in the auditorium, how was it the second seat in the third row had to be hers for that morning. I'll never know.

In attempting to release my annoyance and judgment that day, I figured this woman was a neophyte to the disciplines and the right action in a group setting. But later that day, when the Rinpoche asked the “crusty oldies” (those who had been part of his sangha, spiritual community, for many years) to stand, she stood up. Oh well.

“...it takes so many years to wake, but won't you wake for pity sake?”—Christopher Fry, *The Sleep of Prisoners*

What I know is the absolute truth about that “crusty oldie” is that she was doing the very best she could in those early morning moments. She was not aware of the disruption she was creating, nor of the wake she left behind. As Christopher Fry so perfectly stated, it does take so many years to wake.

And so it is in our journey of awakening that we must keep on keeping on, praying every day that we are awakening, that we are becoming more aware of our inner sacredness and more conscious of those around us.

Stay the course on your journey of awakening, and your life shall blossom into clearer and greater states of awareness. And one day you shall be able to look back with gratitude and know it has been worth all the time, commitment, expense and effort, as you awaken to living and being all you have been created to be.

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INDIFFERENCE – THE GREATEST SIN OF ALL RAISING AWARENESS IN DARFUR

BY JANEK KUTA-ILIANO

Only recently has the situation in Darfur has come into my awareness. It is sad, seeing as how this U.N. declared genocide has been going on for three years! The underreporting of this conflict is something I wish to bring awareness to. I also wish to share some unfortunate information as to what exactly is going on.

Darfur, the western region of Sudan, Africa is home to an estimated six million people. It is also the battlefield on which the 21st century's first genocide rages. It is estimated that some 400,000 have already been killed. 2.5 million are displaced; 3.5 million are hungry; 80–90% of all villages in Darfur have been decimated. Darfurians who make it to the crowded refugee camps along the Sudan-Chad border are plagued by lurking Janjaweed militias and inadequate food, water, shelter, healthcare and sanitation.


According to reports, the situation in Darfur is complex, resulting from many historic, social and cultural forces. Unequal distribution of economic resources and general neglect of the Darfur region prompted a rebellion against the Sudanese government in 2003. The two main rebel groups, the Sudanese People's Liberation Army (SPLA) and the Justice and Equality Movement (JEM), claim that the government is oppressing black Africans in favor of Arabs.

In response, the Sudanese government (often referred to as Khartoum, which is the capital of Sudan) is backing Janjaweed militias as they murder, rape, loot and expel non-Arab Africans from Darfur. Non-Arab men, women and children have been forced from their homes and face starvation and the constant threat of violence. Though the government denies that they are connected to the Janjaweed, hard evidence shows that they have aided the militias by providing them with arms and enhancing attacks with aerial bombardment. The tactics of the Janjaweed, including the systematic poisoning of wells and burning of food stores, indicate that the dispute is not over land or resources. Nor is it a religious conflict. It is believed that the Khartoum is utilizing the historic animosity between the region's mostly "Arab" nomadic herders and "African" settled farmers for its own benefit. By generating anarchy, the government weakens the position of its enemies.

A U.N. Commission of Inquiry found evidence of sys-

tematic rape, burning, looting and other crimes against humanity occurring throughout the Darfur region. The violence is visibly increasing. The International Rescue Committee reported that more humanitarian aid workers were killed in July of this year, 2006, than had been killed in the previous three years combined!

President Bush classified the crisis as genocide in September, 2004. The U.S. was the force behind a U.N. Security Council statement that began preliminary planning for the possible deployment of U.N. peacekeepers to Darfur. Though the need has been recognized, international troops



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have not been officially pledged to Darfur. All that stands between the Janjaweed and innocent civilians is the approximately 7,000 under-funded, under-armed African Union (AU) troops currently in Darfur, an area the size of Texas or France. Though the AU presence has been shown to deter attacks in some situations, AU troops cannot offer outright protection to Darfurian civilians.

The U.N. hopes to deploy peacekeepers by January, 2007 at the earliest. There are several obstacles. Troops take time to deploy, and the logistical and financial support of U.N. member states is both necessary and unlikely to be timely. Sudan, a sovereign nation, has stated that it will refuse to admit peacekeepers. The U.N. is pressuring Khartoum with little success while the situation on the ground continues to disintegrate. The increase in violence has put the humanitarian life-support system on life-support itself. The nightmarish scenario of a complete security collapse and the spike in death-rate that will surely follow now appears to be not a possibility but a probability. U.N. official Jan Egland has previously said that he believes the death-rate could rise as high as 100,000 per month if security collapses!

With non-Arab men, women and children being killed in Darfur, and millions of people being forced from their homes, will we continue to turn a blind eye? How long before we learn from history? How many more times will humanity let a Nazi Germany, Idi Amin, Khmer Rouge, Rwanda or Bosnia occur? I feel saddened and ignorant for not knowing much about this situation. Upon asking several residents of Cleveland about Darfur, I have shockingly found

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that I am not alone in my lack of understanding and awareness. As Election Day has come and gone, stopping the genocide in Darfur should have been on the agenda. By some figures, more have died in three years of genocide in Darfur than under the entire regime of Saddam Hussein (24 years)! We have fought two wars, spent hundreds of billions of dollars and lost thousands of our young men and women for that "brutal regime." Shouldn't we be urging the U.S. government to set-up an international peacekeeping intervention, or is the first genocide of the 21st century not worthy of national attention? Without immediate action we abandon thousands, perhaps millions, to a massacre. Can this happen under our watch? In our time? As George Santayana stated, "Those who do not learn from history are damned to repeat it." I fear, as the most powerful country on Earth, we will be judged harshly on the altar of history for our silence! I urge you to learn and raise awareness of this situation as I wish to no longer remain ignorant to such crimes against humanity. The whole underreported situation brings tears to my eyes.

Information for this article was taken from the group STAND (www.standnow.org) Volunteers are needed to help organize a fundraiser for organizations working directly with the refugees of Darfur. If anyone is interested in helping, please contact Janee Kuta-Iliano at 440-478-9802 or janee@aliveone.net.

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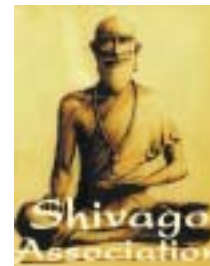


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THE PATH OF AWARENESS

By Rebecca Bode

The path of awareness is bringing a systematic consciousness to the experience of living. The path of awareness is the act of perceiving the entire content and context of each moment, yet seeing the whole. This art of conscious living requires sensing, feeling, knowing and being with our inner resources and sensing, feeling, knowing, being with our outer resources. The full spectrum living experience reaches its pinnacle when there is no longer a recognizable inner or outer – all is integrated as one. Ken Wilber's "one taste," the Dalai Lama's "mindfulness," Lao-Tzu's "the way."

Life is an adventure in awareness, a way of paying attention that we have not been taught in our current western mode of education. Instead we are taught, consumed and reinforced for "doing" rather than "being." Awareness is not valued. To find the path of awareness we must move from automatic pilot mode and all the doing and begin being in the present.

How do we make the "domain of being" an ally in our life? We move into the path of awareness by being in the moment during whatever life task we are doing such as walking, running, dressing, eating, working, creating or breathing. We stop "doing" the running, eating or breathing and concentrate all our attention on the activity, then

we are "being" the running, eating or breathing.

Try consciousness breathing. Notice your breath in. Notice your breath out. The practice of watching your breath makes your breath your ally and what emerges is a calm and centered moment.

Try consciousness eating. Fully immerse yourself in the act of eating. Restore awareness of the pleasure of food. This focus helps digestion and improves the body's ability to extract nutrients. Stop doing while eating. Turn off the TV and stop working while eating. Devote yourself to eating. Opening a meal with an expression of gratitude can be calming. Begin observing your food with all your senses and sense all the qualities of the food. Notice the color, texture, taste and smell of the food. Sit consciously upright for easier digestion. Take deep breaths between mouthfuls. Notice when you eat. Observe and become aware of surroundings and feelings. Connect to the emotions but with a sense of separation, so many of our struggles with food can be altered through a consciousness eating practice of cultivating awareness. We can shift eating habits that undermine our health by activating awareness, build strength of will to alter diet and use non-judgmental self observation to attain freedom of choice.

Try consciousness running or walking. An athlete

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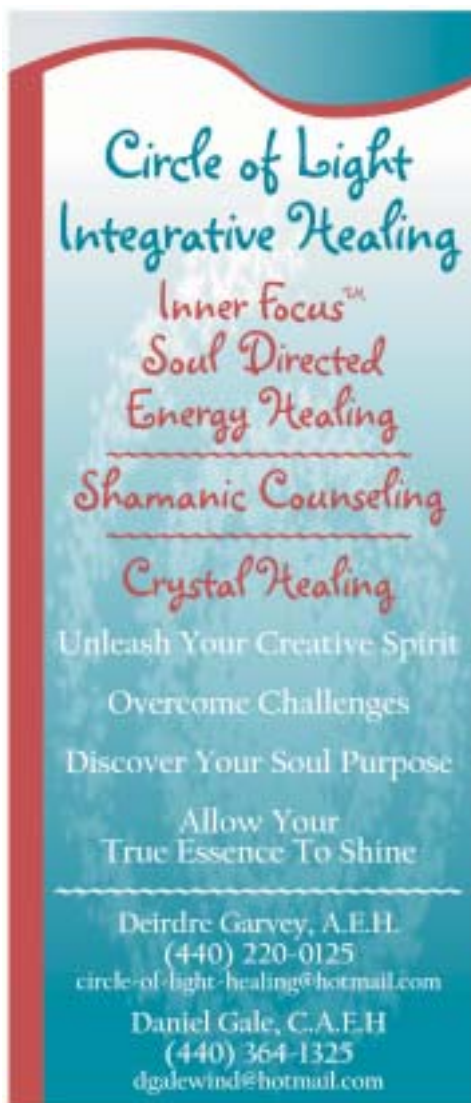
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practicing in the path of awareness performs optimally by being totally engaged in the moment and by focusing on the present. An athlete who stays attentive to his/her form/stride/breath and on the joy of the movement can go deeper into the present moment and farther down into the motivation. A long distance runner who attends to his discomforts and to extraneous distractions such as how many miles to go does not maximize his/her efforts. The aware athlete aligns the physical game with the development of the internal psychological strengths and develops the highly valued skill of devoting full attention to the present moment. An aware athlete recognizes those moments when mind, body and spirit are in total synchronicity. Sometimes it is known as "being in the groove" or "in the flow" when on the bike, on the link, or in the game – you know when you are there—"you are on", "you can't miss." The simultaneity of mind and body is present. The athlete in the path of awareness actually loses consciousness of movement and discovers a unity with nature and with a source of power that reacts harmoniously to the athletic demands. This experience is accessible through mental and physical exercise practices using visualizations and affirmations. The aware athlete is relaxed, focused and open to higher achievement; although unable to control the competitors, the

teammates or the weather, the aware athlete controls his/her performance.

Try the path of awareness.

Rebecca Bode, Ph.D., C.S.P., psychologist/sport psychologist/life coach & director of HealthStyles LLC wellness center. Rebecca combines 30 years in education and private practice with Behavioral Medicine training at Harvard University's Mind/Body Institute enhanced by a commitment to her own healthy lifestyle. She practices meditation and yoga and celebrated her 50th birthday by completing a triathlon.



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PLANETARY PATHWAYS

By Evsttarr

January: Full Moon in Cancer Jan 3rd 8:57am; New Moon in Capricorn Jan 18th 11:01pm
February: Full Moon in Leo Feb 2nd 12:45am; New Moon in Aquarius Feb 17th 11:14am
Mercury Retrograde: Feb 13th 11:38pm – Mar 7th 11:44pm

ARIES

OK Ram, January brings with it entrepreneur opportunities along with a new year. So take a few minutes to stop bumping those Ram horns of yours and get busy putting those brainstorm ideas to good use...the planetary energies support the Ram

Ram...what's the problem, you put your ideas to work and the Universe provided, February says you are worthy to receive good in all ways...you earned it, you deserved it...so open your hands wide and say *yes* to receiving, give that self-worth a boost

TAURUS

OK Bull so you didn't get rid of the old in December like the songs says, so January is giving you another opportunity to eliminate clutter...when in doubt, throw it out...the Bull needs to move around in that pen of yours, so use a little Feng Shui, get the chi moving, so your home and business life returns to balance

Now doesn't that feel good, you've got your pen in order and you're ready to move, ready, set, go...what are you waiting for...now is the perfect time to dive right in and embrace the bulls desires in February...and it's the perfect month for red...

GEMINI

OK twin, we know that your head is always bustling and hustling with one thought after another...so January is sending you a little reminder to make sure you focus on what you want...not on what you fear...the law of attraction is perfectly clear about this...so think positive, then allow your Gemini brain to run with it

It's not time to let up yet...keep those positive affirmations going...take time in the morning as you sip your cup of Java to repeat, repeat, and repeat those affirmations that you worked so hard on in January...it's too cold to do anything else in February...so work that brain hard to bring results

CANCER

January says no more side-stepping crab...it's time to move forward in a big way...take the steps needed to reach

your goals and manifest your dreams, push everything else aside unrelated to your life's mission...then dive right in, the water is waiting

Crab swallow your pride and ask for help, it's a sign of maturity...there is more information that you need, consult an expert in this particular area...I know you think you can do it all...but the Heavens are shouting in February consult an expert

LEO

Lion have you found love in that Jungle of yours...January is sending a lioness your way, and the Universe has set it up for you to embark on this new venture with a spiritual understanding...so take heed, this lioness just might tone that roar of yours down a notch or two...enjoy...and give some of that love back to the Jungle

Looks the planetary line-up shook that Jungle of yours up quite a bit in February...with any major life change comes great blessings, look underneath that cave you dwell in and stay centered in the chaos of the Jungle, there's growth in there

VIRGO

Virgo, do you ever quit worrying...your dreams are about to manifest...don't quit now, you're three feet from striking gold...the Heavens are sending you guidance, pay attention, follow your intuition, quit analyzing it, January is the time to visualize those dreams coming true

When's the last time you got together with a couple of good friends, just what I thought, too long...February is pushing you to take time out of that busy schedule of yours and schedule a play date with a few of your friends...go out and enjoy yourselves, spring is around the corner

LIBRA

Libra, listen to your intuition, quit weighing every single decision to death, the scales are tipped in January and they're in your favor...you've asked...now trust, follow your gut, and move accordingly...full speed ahead

I know it's scary out there, have faith, February is asking you to continue to follow your guidance, your prayers are manifesting, you've planted the seeds and they're about ready to push through the soil, so remain positive and let

nature do its work

SCORPIO

The heavens shook things up for you a bit, didn't they my dear Scorpion...it's only change, change is good...look for the rainbow after the storm, and you will be sure to come out with your own Sun shining...January brings with it great blessings

February says you can't do it alone, so get yourself a team of players who understand the game you're in and start brainstorming, between all those heads you're sure to come up with a sure fire solution to any problem...the Universe has orchestrated everything perfectly

SAGITTARIUS

It's about time Centaur, that's right you've jumped on that Jupiter wagon and you're ready to roll...January has given you the magic wand and everything you touch turns to gold...Mars is In Sagittarius and is backing you up with it's celestial energy...don't forget to say thank you to the Universe

The storm clouds have faded, the worst is behind you now, and the Sun is shining brightly on the horizon, there is a new dawn for the Centaur in February, ride through that forest and aim that bow and arrow right toward your dreams, you're on a roll

CAPRICORN

OK goat so your world was turned upside down, that

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happens with great growth, so roll with the January planets, the Sun and Mercury have moved into Capricorn, to be followed by Mars mid-month...this major life change has a silver lining in that cloud

Alrighty goat, you have a tendency to hang with negativity pastures...move those goat horns of yours over to the positive pasture and start hanging with other goats who will lift your spirits, feed your soul, and surround you with positive energy in February

AQUARIUS

The Sun moves into Aquarius in late January, with Venus and Mercury already waiting for you...so yep, you guessed it...get out that magic wand and start turning toads into princes, pennies into prosperity, and your brain into those creative inventions of yours

This month my Aquarian friend, February reminds you that you, your loved ones, and everything in your world is safe and protected by the Universal Divine White Light of Protection...rest assured the Heavens are taking care of you and your needs

PISCES

January's pond is full of new fish, just waiting to meet your acquaintance, opportunities abound, don't pull your line in right before you land the big one...you're about to hook the *catch of the day*...remain optimistic, there's going to be plenty of fish for dinner

Remain focused, you've got plenty of bait to fish that pond in February, just make sure you double check all details, the fish gets confused enough without having to add Mercury Retrograde in Pisces, February also brings with it Lady Venus, cast your line, it's magic time

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THE YOGA PAGES

Cultivating Awareness

A Yoga Teacher's Perspective

By wah!

Every day you are aware. From the moment you wake up, you notice how cold it is, the placement of your clothing and bedsheets, what time it is, how well you are breathing that morning. Your awareness simultaneously extends to internal realms as well – you notice your thoughts, what kind of mood you're in upon waking, you may remember dreams or events from the day before.

Awareness is there. You can't deny it. Every day, every moment you are receiving countless indications, information bytes and messages, both internal and external. It is no small wonder that the nervous system can process so much information in the blink of an eye.

The practices of yoga and meditation increase sensitivity and awareness. In addition to sensory, emotional and intellectual information, you may receive intuitive or psychic information from the world around you. Many healers and psychics learn how to "turn off" their intuitive gifts when they are not in session, to reduce the amount of information they receive and avoid overload.

A student tries to increase awareness, a healer tries to manipulate it, a master learns to direct it. These are all different ways of describing how to use and benefit from divine frequencies. The path, then, is cultivating awareness.

Awareness starts with the present moment - where you are sitting while you read this, how your body feels today, what the temperature of the room is. External awareness eventually recedes to internal – who you talked to today, how you felt about it, what you are accomplishing (or not accomplishing) and how you feel about that. Internal awareness deepens into intuitive awareness – how fast your chakras are spinning, any blockages in life force in the body, the presence of guides and/or saints near you, the brightness & strength of your energy field, your awareness of love.

There are, at any given time, many more things going on than you have attention for. In addition to physical stimuli (the temperature of the room) you have emotional stimuli (the fight going on between your neighbors) and intellectual stimuli (trying to install new computer software). You have to consciously select what you are going to pay atten-

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tion to. There is not enough brain power to focus on them all; you will naturally gravitate to one.

This is the fun part. You can consciously focus your attention on any one of these things. You can focus on how comfortable the temperature of the room is, or exactly what

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your neighbors are saying to each other, or the finer points of installing the new computer software. As you focus on one, the others fade to the background.

This does not sound like an enormous thing, but in fact it is. You can choose which reality you want to reside in. They are all simultaneously available to you. As you cultivate awareness in certain areas of your life, they grow and flourish. Other areas fade from consciousness.

If you cultivate an awareness of love, this will be your predominant frequency. It is actually the whole science behind *mantras* and affirmations and conscious intention (*sankalpa*) – if you focus your mind on a positive or infinite thought, your energy and subsequent thoughts will follow.

When you consciously cultivate a higher frequency over a lower one, you learn to direct your mind and energy to a higher vibration. This is no small thing. When you know you can choose which frequency you wish to reside in, it affords you enormous personal power.

Awareness is a continuous practice. It means being present with what's happening right now. How does that food make you feel? Does an interaction with this person make you feel more or less empowered? As you answer these questions, you gain self-awareness. You make shifts in your life to accommodate more of what you want and less of what you don't. Awareness is the key in making all those decisions.

Because you receive so many stimuli during the course of a day, it can be a daunting task to stay present with yourself and your reactions to everything. The faster you process, the clearer you remain. Unprocessed events sit in your system until they are attended to and resolved. Meditation, exercise, yoga give you time to "catch up" with yourself. I find I need the hour of meditation each day, not only to process unresolved personal issues but to reinstate higher energies in my electromagnetic field.

Dr Valerie Hunt, a UCLA professor, developed a method for measuring frequencies of the electromagnetic field in humans. She found four main groupings of brain and electromagnetic field activity – 0-250 Hz was recorded for activities involving material or worldly concerns, 250-400 Hz for psychic and intuitive frequencies, varying waves within 300-800 Hz for trance, and 100-200 kHz for cosmic frequencies.*

She found that most people's energy fields predominate in one frequency - material or intuitive or cosmic realms. This might explain why materially-oriented people reject cosmic explanations, or why intuitive healers and psychics are so ungrounded in their day-to-day lives. The only exception to this tendency was saints and sages (or mystics), who exhibited a full range of frequencies at the

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same time. These beings are fully present in worldly, intuitive, trance-like and cosmic frequencies all at the same time. This scientifically validates but still can't explain their amazing capacity to relate to all people at all levels, sometimes relating to several people simultaneously.

The word for awareness in Sanskrit is *chit* – which can mean mind, heart, thought, awareness, and realization. Awareness is a little bit of all these words – the awareness of thoughts, a compassionate connection to heart and mind, and cosmic realization. There is a continual stream of new things and situations coming forward in each life, with new information to process and new possible ways to connect heart and mind. As you cultivate self-awareness, you can develop more skills to process them in a compassionate and self-empowering way.

*Hunt, Valerie. *Infinite Mind: Science of the Human Vibrations of Consciousness*. Malibu, CA: Malibu Publishing, 1989.

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest CD Embrace is a collection of songs in English; sale proceeds benefit Ammachi's charitable activities.
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Blissful Awareness

By Jim Blue

Did you know that the average person has a staggering 60,000 separate thoughts per day? The Buddhists aptly describe this as “monkey mind.” Like a monkey, our mind jumps from tree to tree (thought to thought), tasting a piece of fruit from each, then jumping to the next tree (next thought) to taste another juicy treat. Your brain does this in the blink of an eye. Is it any wonder that so many people find it nearly impossible to quiet their mind and live fully in the present?

Not long ago, while working through a challenging life lesson, I was blessed with the talent to tame my monkey mind. I was blessed with the gift of blissful awareness. Awareness wasn't a trait I consciously craved to enhance although my intuitive intent was certainly to regain some semblance of tranquility. The universe, in its perfection, delivered exactly what I needed ...blissful awareness.

My gift arrived on a beautiful, slightly breezy, warm and sunny autumn day. I was walking in the woods chilling out with nature. But, as usual, my monkey mind was chattering away. Suddenly the incessant babble was silenced by an unexpected guest...a magnificent red-tailed hawk perched atop a rickety old fence post about eight feet away!

The huge, colorful bird was staring directly, almost



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hypnotically, into my eyes. As we both stood motionless, I felt an amazing infusion of celestial energy. Having become soundly grounded the instant the hawk entered my reality, I was filled with, embraced by and immersed in heavenly golden light.

By then my eyes were closed but I opened them just in time to watch the hawk gently fly away. The hawk's work was done. Somehow, I was now different. I immediately under-

stood the significance of this extraordinary event.

I realized that, like the hawk, all my senses had been fully engaged and alive! I could see, hear, smell, taste and feel the natural wonders of the woods. At another level, I was no longer a separate entity. I had integrated with the ethereal dynamic of the forest. I was in full vibratory alignment with the gently pulsating subtle energies of the wilds. Awareness over the top.

The majestic hawk frequently appears during my life transitions and is always symbolic of imminent spiritual growth. This was no exception. The hawk had shown me how, through blissful awareness, I could instantly be in the Now. I was so intensely in the moment during our encounter that I had absolutely no other thoughts.

I was energized to incorporate the teachings of the hawk into my daily life so, over the next few days, I was able to recreate my state of blissful awareness through walking and focusing on fully activating my senses.

I invite you to try this enlightening exercise! Activating your senses may seem like a daunting task but take it slow, one sense at time. Each activation brings you closer to blissful awareness. Depending on how much time you have, I suggest one to five minutes for each sense.

As you begin your casual walk, set your intention: activating your senses and absorbing the beauty of nature at all levels.

Focus on deep rhythmic breathing. You should soon feel more grounded and calm. Random thoughts may occur but gently acknowledge them and release them to Mother Earth.

Feel the vibration of the ground on the bottom of your feet and notice how you can even feel it in your legs, torso, neck and head.

Your sense of smell will be stimulated as you deeply inhale the wonderful aroma of leaves, soil and decomposing old trees. Remember to notice even the subtlest aromatic treasures.

Your attention will be drawn to the sounds of the forest and your hearing will intensify. Hear the chipmunks, squirrels, distant birds, the bubbling stream nearby, the wind rustling the leaves.

Notice how your field of vision expands as your attention is drawn to the visual splendor of the forest. Look to the sky and enjoy the fluffy white clouds against the baby blue backdrop.

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a vibrational haven of tranquility and balance. This is the body's natural state of being. My hope is that you will also attain blissful awareness and the serenity you seek as well.

Jim Blue, Reiki Master and Musician, composes and performs soothing music for bodywork, energywork and relaxation. Jim can be reached at www.BlueTranquility.com

Feel the warmth of the sun on your face and the breeze blowing through your hair and against your skin. Stop for a moment; turn into the wind; open your arms wide; close your eyes and feel it blow across your entire body.

Now lower your arms slightly, palms facing forward, and merge with the vibe of the forest. Your senses are now fully alive. You are one with nature!

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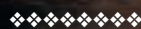
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Palmo has been studying and practicing Buddhism for eighteen years and has been ordained in the Tibetan Buddhist tradition for the past twelve years. Her main Teacher is Tulku Pema Wangyal Rinpoche.

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YOU ARE YOUR OWN BEST ADVOCATE

By Judee Nerren

Be Your Own Advocate – Your Best Advocate
Listen to Your Intuition/Gut
Tune into Your Inherent Wisdom

In July of this year I found out something was terribly wrong and in August I found out I had stage III cancer. It's like entering a world that is surreal and you can never go back to the normal insanity.

The first and most important thing I have learned in the past few months is that you must be your own advocate and listen to your intuition/gut. Almost one year ago when the doctor told me it was nothing to be concerned about, I felt he was wrong. The first doctor I was sent to after requesting my general practitioner exam the area of concern, wanted to do immediate surgery. As I was sitting there in shock, I first said yes and then requested we wait a week. I cancelled that appointment, thank goodness. Because 6 weeks later I learned that that would have been the worst action I could have taken. The cancer most likely would have spread and at the very least, I would have a permanent colostomy.

So, if you or a loved one is faced with a diagnosis of cancer, continue to get opinions and do research until your gut tells you this is the best course for you. Hope and healing are always possible! At the cancer center where I was treated, I met many people who were told there was nothing else that could be done and to make peace in their lives. They are surviving and some are thriving. Medicine is a practice, part art and part science. You have inherent wisdom. Take several deep breaths and tune into your intuition. Ask for help from family and friends when possible, you can't do it alone - no matter how independent you are or have been. With God, universal power, your higher power (whatever your faith or comfort) all things are possible.

Judee Nerren is the Publisher/Editor of the Lake & Geauga County Women's Journals. Dedicated to "Empowering Women Through Knowledge" and providing readers with easy access to some of the region's best professionals. lakecounty@womens-journal.com or 440-269-1460



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