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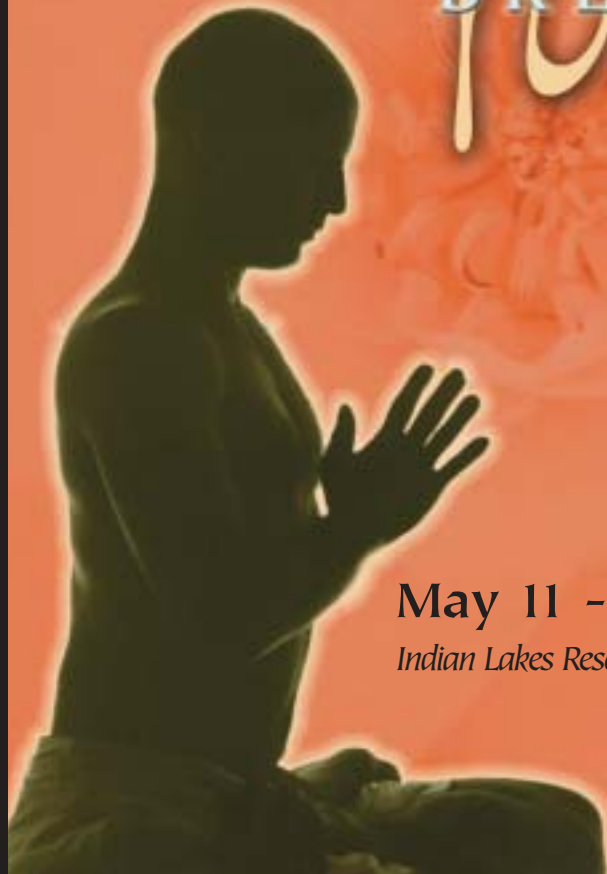
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WORDS FROM THE PUBLISHER.....

In June of 1988, a couple of weeks before I got sober, I was at the bar that I drank at after a Sunday morning softball game. The wife of one of my teammates came up to me and asked if I knew what my then 6-year-old son had said. I looked at her curiously and said, "No, what?" She said her husband had seen him acting up and told him to cool it, and my son said to him, "Shut up or my Dad will beat the hell out of you." I told her he knows better than to talk and act that way. Her response was that he just wanted to be like his daddy. I blurted out, "I don't want him to be like me." My teammate's wife took one look at me and said, "Clyde, then you damn well better start changing." I tell this story because I believe that it fits with this month's theme of "Seeds." A seed was planted within my mind that day. I didn't want my son to be like me because I detested what and who I had become. I had to change. Within a few weeks that seed started to grow. I started a new life of sobriety, and started to really find out what in my life is nurturing the development of what I really want to be. This has not always been easy. Old habits are sometimes difficult to break. Yet one thing I find to be true...if I find that things are not working in my life it's time to look at how, or what, I am doing to nurture or grow the seeds I am constantly given. Seeds come in many varieties, whether in relationships, experiences, or as in the above case, a conversation with a concerned friend. Each new day brings a fresh batch of seeds to cultivate. May we all remain open to that inner gardener for guidance.

With this issue of the Journey we are planting some seeds of our own. You will find a new enlightening section called "Health and Nutrition". This section will be dedicated to helping people find answers to issues concerning their health and ideas for proper diet. Our commitment to these two areas is such that we have added eight pages to the Journey. It is our hope and desire that our readers find nourishment in our magazine as it continues to grow.
Namaste, Clyde



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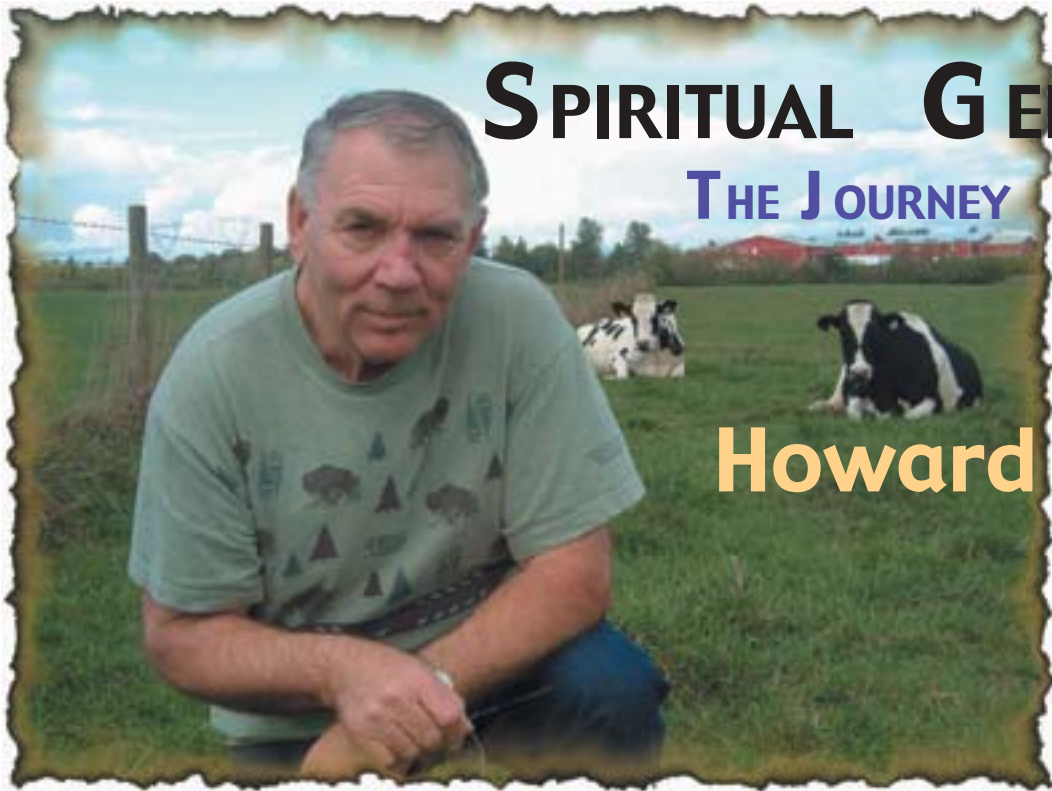
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Our Theme for the Next Issue...

Commitment



SPIRITUAL GENEALOGY

THE JOURNEY OF ONE

Howard Lyman

By Clyde Chafer

The Journey: Did you go to church because you wanted to or because you were forced to?

Howard: I would say that I didn't know there was another way. Going to church

and reading the bible is what we did. I was well indoctrinated. Till I got to high school and I learned about partying and playing football. My church attendance slacked off considerably.

The Journey: From high school did you then go off to college?

Howard: I graduated from high school, spent a year working on the farm, and became convinced that I did not have the tools to run the business, and it was a business. So I went to Montana State University and got a degree in agriculture and chemistry. I ended up with a commission in the United States Army and became a tank company commander. When I finished with that I came...actually I was discharged the day that president Kennedy was shot.

The Journey: Well, I'm sure you remember where you were that day.

Howard: There's a few times I remember in my life exactly where I was when they happened. One was the day Kennedy was shot and another was when the Challenger blew up. Its amazing how there are certain things that happen in your life and they are imprinted on you and others that you think are important but they're really not.

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In this issue of the Journey we are honored to have spoken with Howard Lyman, otherwise known as "the Mad Cowboy". Howard was a fourth generation cattle rancher from Montana who has changed his life entirely and become an advocate of vegetarianism and ethical treatment of animals. This came about from a commitment he made when he was given a one-in-a-million chance that he would ever walk again after a tumor was found inside his spinal cord. Howard is also well known as the former rancher who was sued along with Oprah Winfrey for remarks made on one of her shows in 1996. The suit was for libel filed by the National Cattlemen's Association. Not only did Howard and Oprah get a judgment in their favor, but much information was given to hundreds of millions of people throughout the world in regard to the unethical treatment of animals, and healthier eating.

The Journey: Hi Howard. Thanks for taking the time to talk with us.

Howard: My pleasure—thanks for asking!

The Journey: Well let's start at the beginning. Where are you from? And please tell us about your family of origin.

Howard: I'm from Montana and was a fourth generation farmer. My great-grandfather got the original homestead in 1908. My ancestors came from Germany in 1635 and we have all been preachers, politicians or farmers. My grandfather was a Congregational Minister and he and my grandmother raised my brother, two sisters and myself during the Second World War. My parents had the largest dairy farm in the state and couldn't hire any help so my parents were busy with milking the cows and taking care of the farm.

The Journey: So your Grandfather was a minister? Were you involved with the church yourself?

Howard: Oh yes. I never missed a Sunday in 11 or 12 years. We were always reading from the bible, you know bible stories. And to this day I could still recite them to you—chapter and verse.

The Journey: Do you still consider yourself a part of that church, a member of that congregation?

Howard: I consider myself a non-denominational Christian. I go to many different churches. I am more in tune with the spirit than with the organized religion. Yet there is no doubt that I consider myself a very strong Christian.

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The Journey: This kind of falls in line with our theme for this issue "Seeds". Such as what are the seeds in your life that were planted and than nurtured to help you to be the person you are today?

Howard: The things that I think are probably at, say, the seed of my soul, is the learning I got from my grandfather and grandmother when I was growing up. And working in the family garden. I had the greatest affinity in the world for putting my hands in real live living soil. I loved the birds and the trees. Just being outside in nature. My first job was to collect ladybugs from the garden. Not to kill them, but to count them. The more ladybugs you had, the healthier the garden. Another job I had was to cut the asparagus from the garden for dinner and I had to cut twice as much as was needed because I ate more raw asparagus than probably anybody else alive today. Eating fresh from the garden is one of the most spiritual experiences you can have. These were seeds that were planted early in my life. A love of God and his planet.

The Journey: So after college and the service you went back to the farm?

Howard: I had planned on staying in the service but my brother had gotten ill. He had been running the farm and got sick with Hodgkin's disease and was dying. Like I said; I was going to stay in the army – it was the first time in my life I only worked 5 days a week. My father asked me to come home and take it over. So I felt that I had a responsibility and I went home. This was in 1963 and at that time we

had about 500 acres. When I sold the farm in 1984 I had 12,000 acres of crop, 7,000 head of cattle and 30 employees. Between 1963 and 1984 I was involved in developing a multi-million dollar agriculture business.

The Journey: Did you feel validated by doing that?

Howard: You know the thing I have to tell you is that I never felt the comfort with this farm as when I was working in the garden. What I was trained in at college was "better agriculture through chemistry." I had an uncle that was so adept at farming that I swear he could grow a 40-bushel wheat crop on a paved road. He was one of the greatest agriculturists I ever met in my life. You know, he basically grew a crop and was spiritually in tune with it. My difficulty was that I was so busy and wrapped up in the economics, the chemicals, the hormones, antibiotics, the bank loans, interest rates...I was never really able to go back and commune with the farm. It wasn't really until after I sold the farm that I was able to admit to myself that I was part of the problem, not the solution.

The Journey: Is it safe to say the ego ran amuck?

Howard: Absolutely. Up until 1979 it was go, go, go. Buy more land, more cattle. Always looking for more.

The Journey: What happened in 1979?

Howard: I ended up in the hospital. I became paralyzed from the waist down due to a tumor in my spinal chord. They told me they would have to operate and I was given a one-in-a-million chance of ever walking again. It really brought what I had been doing into focus. When you are

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given a one-in-a-million chance of walking again, you basically look at the fact that you better buy a wheelchair. It isn't like lying in bed and saying to God – "Whatever it takes if you allow me to walk away from here I will do." That night in the hospital room I got honest with myself for the first time. I realized that all those things that I professed to really love I had shoved aside...I was more wrapped up in my own ego and financial success. So I made a commitment that no matter what happened I would spend the rest of my life trying to get the farm back to what it was when I was a kid—the birds, the trees...the living soil. I would stop farming the way I had been and stop using the chemicals and hormones. I fully expected I would never walk again. I did not try to negotiate with God. I made a commitment to do what I thought was right.

The Journey: Which was?

Howard: To get the farm back to where it came from. I had been a chemical farmer and the farm and animals had suffered from that. I made a commitment that I would do whatever I could to change that and stop killing that which I had loved so much growing up. When I came to after the operation I could feel the foot of the bed and that was something I couldn't do before the operation. I had the most euphoric feeling. In the bed next to mine I watched as a man died of kidney failure. Minute by minute I watched as life

drained out of him. That day I invoked the greatest regard for life. I actually walked out of the hospital with a one-in-a-million successful operation. All this totally changed my life. I had a different set of values. After I came home from the hospital I realized what I had learned in college was all brain washing.

The Journey: Did you have any idea before?

Howard: Oh, I probably did. But I would never admit it to myself. I figured it was the cost we paid to feed a hungry world. Better agriculture through chemistry.



The Journey: Just for clarity, did the doctors have any idea how you got the tumor?

Howard: Going into the hospital— no. After the operation, I asked my doctor what caused the tumor. He told me that there were adolescent cells that were stimulated to grow probably from the chemicals I used on the farm. These weren't things taught in my college classes. I then set out to re-educate myself. The first of many books I read was Rachael Carson's book, *Silent Spring*. That was the first time I really knew what was happening to the birds and the trees and the soil. When I went back to farming I decided that I was going to be an organic farmer. I went to my banker and said I needed his help. I told him we needed to start farming with nature and he reared back in his chair and said what does that mean? I explained it to him and he laughed and said you want me to lend you money and you're not

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going to spend it on my other customers – the chemical and pharmaceutical companies. He said that would never happen. Without a banker, I had to sell my farm in 1983. I then started working with other farmers in helping them not to make the mistakes I made. I started helping them to become organic farmers.

The Journey: Was this still in Montana?

Howard: Yes, I started working for a farm organization called the Montana Farmers Union and going out talking to other farmers about getting off of the chemical bandwagon. Talking to them about going back and farming with nature. In 1987 I got a call and I was asked to go to Washington, D.C. to be a lobbyist. I actually had run for Congress in 1982. I lost to a six-term incumbent who out spent me 20 to 1 by only 4 percentage points. A lot of people pushed me to run again, but my wife and I decided against it.

The Journey: Was part of your platform having to do with organic farming and having a safe environment?



Howard: Absolutely! Farming with nature. It really resonated. It doesn't

“I was given a one in a million chance of ever walking again.”

matter if people are Democrat or Republican, when you start talking about doing things correctly — it resonates. So when I went to Washington in 1987 I was convinced that 535 members of Congress absolutely wanted to do what's

right. What I learned was the Golden Rule – Them (sic) that got the gold make the rules. After five years of working in Washington I decided to go out and take my approach to the people, because I do not believe we will ever come up with the solutions in Washington, D.C. until we educate the people at the grassroots. That's what I do now. I talk to people about making a difference. I talk to them about every time they spend a dollar they are voting on the future. It's not about pointing your finger

and saying let me tell you what to do. We are a visual society. We learn a lot more from what we see than what we hear. It's about walking the talk.

The Journey: How about your lifestyle. Did your diet change after the operation?

Howard: Well let's put it this way. Before the operation I was a 300 lb. former football player that never found an animal product I wouldn't stuff down my throat. After the operation, and I started reading, I decided I wasn't go-

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ing to live very long if I didn't clean up my act. My blood pressure was sky high. My cholesterol was over 300. I would sit down for lunch and my nose would bleed.

The Journey: I guess having a lot of time recuperating from the operation gave you the time to read. Evidently you found answers in a lot of ways.

Howard: I started to learn a lot about nutrition. But, you know being from Montana I would rather be caught riding a stolen horse than admit to someone I was thinking about being a vegetarian. So I became a closet vegetarian. I didn't tell anyone about it. I lost some weight and my cholesterol went down. I thought, wow, if I could do that being the world's worst vegetarian what if I became vegan? I became vegan and lost over 130 pounds, my blood pressure went from sky high to normal and my cholesterol went from 300 to 135. So I think I saved my life from changing my diet.

The Journey: Did you feel different?

Howard: When I started to knit all the pieces back together—spirituality, the environment, diet—I became a whole other person. I was not uptight. It was like I had been re-born.

The Journey: Sounds like a lot of changes. Lets talk about your appearance on Oprah and the lawsuit. How did that all come about?


Howard: During the time I had the farm, at one time my cattle ended up with a disease called TEM. About ten percent of the cattle died from it. It was a virus that attacked the brain. They would get a very high temperature for a few seconds and the animal would appear healthy but it wouldn't know to eat or drink and it would starve to death. Financially it was devastating. In 1990 when I was in Washington I had heard about a brain disease in England that was called Mad Cow disease. I thought wow, if that is anything like

TEM it would just absolutely wipe out the cattle industry in the U.S. So I went to the Library of Congress and researched it. They knew very little at the time. It was first identified in England in 1986. By 1990 it was an epidemic. It was so bad that they actually killed four and one half million head of cattle. They incinerated them at 1100 degrees and stored the ashes in old World War Two blimp hangers because it was still infectious. I started traveling around the country talking about Mad Cow and some people thought I was the one who had the brain disease. They had never heard of it. They thought nothing like that could ever happen...nothing could ever stand a thousand degrees. I was invited to England to testify at the McLibel trial in 1996. I was invited by the court as an expert witness. The trial was about a group of activists that were handing out pamphlets in front of McDonalds restaurants about everything from how they were violating and treating animals and their employees to the unhealthy food they served. While I was in England, low and behold the Minister of Health in England stands in front of Parliament and says that they could no longer assure the English people that Mad Cow disease cannot be transferred cows to people. I was one of the only people who was willing to stand up and say we are doing the same things in the U.S. that they were doing in England to the cattle. The things that brought about the spread of the disease. I ended up doing 70 press conferences in England in nine days. I was on the BBC Radio in 200 countries. By the time I got back I was a full-blown celebrity. And that's when Oprah called. She said we are thinking about doing a show called "Dangerous food - Could it Happen Here?" and she asked if I would come on as a guest. I said sure. When I got there, Oprah came up to me and said, "I saw the movie Babe five times. I will never again eat pork. I thought—"Lord this is going to be a great day!" This lady really has her act to-

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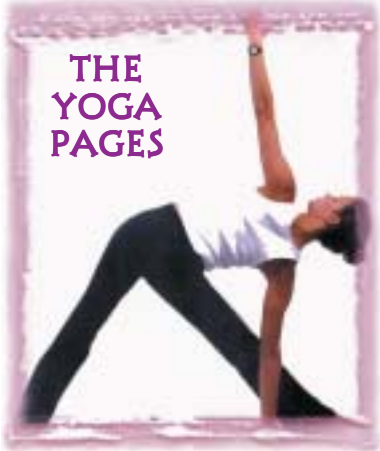
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Dandelions or Roses

By Evstarr

The most vivid memory I have of the word “Dandelion” is when I was a very young child in grade school when the teacher gave us a list of words to illustrate...and one of the words was “dandelion”. My mind of course being a steel trap, even at a very young age, searching for the abstract and surrealistic of any situation (ignoring the obvious) drew a picture of a lion, full mane of course, very courageous looking and above his picture I wrote the name “Dandy”. I kid you not; the “dandelion” weed variety totally eluded my steel-trap mind, now beginning to look like a sieve. I’ve grown leaps and bounds since then, but still have a lot of gardening to do, but I will always remember that particular incident.

When pondering the theme for this issue, “seeds”, my brain took off in many directions, like the true Aries rising person I am, only to come back to the basics. When I think of the word “seeds”, I think, how does your garden grow? Like all of us on the spiritual path, we know that “like produces after its own kind”... “as we sow, so shall we reap”... “a thought manifested in here (our mind) produces out there (the world)”. This is not news to many of you I’m certain. But, how many of us really pay attention to those seeds we are continually planting in our minds day after day, night after night?

Did you rotatill your garden, or are you one of those people who like to take short cuts and think you can start planting the seeds without doing any of the real heavy duty work? Well, I’m here to tell you that, much like our gardens, our minds work the same way. In order to get that soil ready for those new seeds that we all want to plant, we need to rotatill, and rotatill, and rotatill till all those rocks, and weeds, and miscellaneous garbage is cleared out of there. How do we do that? Simple, dig deep, become aware of all those rocks (stumbling blocks), those dandelions (our deep-rooted beliefs), and anything else that no longer serves who we are, that may have gotten into the ground over the past year or so (negative thought patterns).

Are you fertilizing your garden (mind) with cheap low-grade fertilizer or are you using top quality brand soil. We feed our minds daily with the thoughts that we think. Now, that you’ve prepared the ground, you’re ready to plant those seeds (your thoughts). In the Louise Hay classes that I teach, I am relently

reminding my students what you thought about and said yesterday is creating your tomorrow. Most people are under the assumption that what we say and do today is creating our todays. **WRONG**, you did that yesterday! So when we walk around complaining day after day, in essence what the Universe hears is “oh, Mary, John, or whoever is complaining, so let’s give them more to complain about, because that must be what they want.” The Universe is like one big giant computer, you program the material in, and it processes it out, easy as one, two, three. It doesn’t stop to think, “let’s see now, did Mary or John really mean that, or are they just kidding”...**NO** feed in, feed out.

OK, now it’s time to fertilize. How are you fertilizing your seeds (thoughts) on a day-to-day basis? Do you wake up in the morning and feed them nutritious thoughts of love, self-nurturing, acceptance, and compassion or do you kill them with poison such as judgments, resentments, unforgiveness, self-hate and anger? You’re the gardener; it’s up to you. Do you water them only occasionally, or do you shower them with gratitude and blessings? Now, much like the seeds we plant in our garden, we let go and let God do the rest with a little nurturing and watering along the way. We don’t keep pulling the seeds out of the ground to see how fast they’re growing, we trust that we did the work to have a beautiful garden and let the Universe take over. In our daily lives, we think we surrender, only to go back and dig it up again, take a look at it, wonder why it’s not growing as fast as we want it to, but oh, “we said we let go” still with the yo-yo affect going on.

Look at it another way, “this is your life”, similar to that old TV show, and you are the director. Yes, it’s your movie, is it a drama, is it a comedy, or is it a horror flick? You are not only the director, you are the main character, and you wrote the script and placed all those actors and actresses in the movie. Yes, you wrote every line, all the players are mirror images of what you are projecting, sounds scary huh? The good news is, you can re-write the script any time you feel like it! Yes, you can even change it from a thriller to a feel-good movie. You can even eliminate some of the players, (get that Drama Queen out of there) and add new players, ones who support who you are, and contribute to your higher purpose. So is it a mystery, one in which we’ll never find out who you really are, or is it an Academy Award winner like Ghandi?

So my dear readers your life is your garden, it’s up to you to do the work. Do you want roses or dandelions? The choice is yours. Happy gardening.

Evstarr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her Louise Hay inter-active classes at Unity Spiritual Center (440-835-0400), New Dream classes at Journeys (440-333-1311) & Unity, workshops at LCCC (1-800-995-5222) & Angel Card Readings at Goddess Blessed (216 221-8755). Evstarr can be reached at evstarr@yahoo.com be sure to check out her new website reachforthemoon.net for latest listings.



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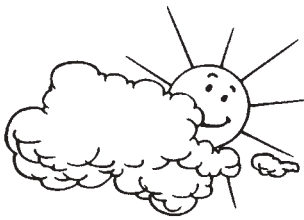
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Seeds of Spring

By Aida Faria
Enchanted Grove

All it takes is the scent of burning sweetgrass on this otherwise bleak midwinter day to transport me to a field of long grass blowing in warm spring winds. When I think of spring, I think of new beginnings, new life, hope and inspiration. This is the joyful time, the seed time, when life bursts forth from the earth and the chains of winter are broken. The Spring Equinox is the time of balance, when light and dark are equal and the advent of longer sunnier days propels us to cleanse and balance ourselves.

During the winter months we laid dormant “with our stuff”, working through old thought patterns, planning, dreaming, perhaps sitting and eating too much. Just as the force of nature pushes out the seedlings, so too we are pushed out of our slumber to create new growth in our own lives.

The Prince of the Sun stretches out his hand and the Winter Queen returns from the Land of the Dead, cloaked in the fresh rain, with the sweet scent of desire on her breath. Where they step, the wild flowers appear. They dance, and despair turns to hope, sorrow to joy, want to abundance. This is the old metaphor for spring. There are many names and many faces, many stories to describe the magic that lies at this turning time of the wheel of the year.

This is the moment of perfect balance, for night and day are equal. Now the wheel turns toward light and life is reborn from the belly of the earth. The Goddess emerges from the underworld bearing new life in her arms and the sun grows strong. The sun is warm and the earth is green again. We rejoice as our lives emerge from the dreamtime and take their shape. We plant the seeds of a new harvest, for the earth is ready and the sun is high.

We might want to ask at this time, “What is it that I need to do to put my life back in balance?” Now is the time to take the necessary steps to eliminate that which is no longer useful, that which is taking away from personal balance and happiness and leave room for positive change. That may be anything from clutter, negative habits, negative thinking patterns, negative people, etc. It is the time to sweep away the old and plant the seeds for a brighter and healthier future.

There are a few simple and beautiful affirmative actions that we of the Old Religions do to manifest new and positive changes into our lives, that I can share with you. One is to take an egg, and with a marker or paints, draw symbols of what you want to bring into your life for the upcoming season. Bless the egg (symbol of rebirth) and either bury it in your garden or leave it on your altar until you feel it is time to bury it in the ground. Decorate your altar or table with spring flowers and appeal to your Higher Power for strength and guidance to make it all come to fruition.

You can also take some seeds, bless them, and plant them in pots to sprout before planting them in your garden as well. Nothing like getting your hands in soil to neutralize negativity and bring you back to source of it all — the power and abundance of the Great Mother.

Above all, leave a large space in your heart and soul to dance and sing. This is our inherent birth right! It is very natural and requires no training. Don't worry about the technical aspects of voice or dance moves — just let your spirit soar, dance and sing with abandonment and joy and feel your chakras spin and balance themselves out. Put on your favorite music, go out to our precious metroparks and breathe in the fresh air, feel the earth pulse under your feet, spread out your arms and let the four winds move through you and free you up from much self-inflicted bondage. There is so much power in nature, so much to learn from—all we have to do is stop long enough and listen. Nature recharges and refuels us so naturally and gently. Let us not take our Mother for granted especially in these times.

Honoring seasonal changes reminds us to stay connected with the life force. No matter what happens in our personal lives the birds still fly, the seasons change and the geese head home again. The cycles continue. We must continue to evolve as well. We can also mark our growth by reflecting on how we have been blessed by much, and how we have worked through problems during the winter months. Spring is a time of fertility: fertility of the land, consciousness, and the abundance therein. *Happy Spring!*



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Cultivating the Seeds of Healing

By Cate Cummings

The seeds of healing are within us, which is to say embryonic, in the sense that we are seeds. The All-Inclusive Method (AIM) program uses consciousness to free the energetic matrix within which our highest self can blossom and achieve its potential. Stephen Lewis, co founder of EMC2 and The AIM program, has developed the spiritual technology of energetic balancing, which facilitates the processes of healing and of growth. By removing hereditary, past-life, and karmic imbalances, the soil in which our pure spirit resides is at the optimum level for germination.

Healing is a spiritual process which recognizes that everything we have and are, where we live, and all that surrounds us, is energy, sacred and connected to everything else. Awakening to our connection to this Energetic Matrix involves a felt sense of life force flowing through us, unimpeded by imbalances in our energy system. As a gardener tills his soil, removing impediments to growth and adding natural nutrients to his soil, EMC2 re-creates our individual “energetic matrix” at a higher level to effect the spiritual change needed for us to increase our consciousness level, which enhances our awareness of this life force and of our true purpose.

The EMC2 doctrine includes the belief that changing our individual levels of consciousness involves a spiritual changing of the energetic matrix, enabling us to regain energetic integrity and health. With a basic belief in the tenet that spirit is energy and energy is spirit, we come to the idea that all illness is energetic in nature. “Dis-ease” is understood to be a result of an individual’s misalignment with the power of the spiritual energy, life force, the subtle energetic matrix, which is both within and around us. There is no physical disease without a mental equivalent moving first through the emotional, and then the etheric body. If there is nothing to change the chain of events, whatever is festering in the etheric body can manifest as disease. By realigning our individual self to be in harmony with our higher self through energetic balancing, physical, emotional, and spiritual healing can occur.

Imbalances that are created in the sub-consciousness can come into being when our attention is diverted. Hereditary, past-life and karmic issues can get buried inside us, becoming dense and compacted. These imbalances need to be dealt with directly in order not to manifest on a physical level.

The AIM program of energetic balancing removes energetic imbalances, which impede the flow of life force by bringing them to our conscious awareness through a computerized prayer technology. Known as the QID (Quantum-Consciousness Imprinting Device), it measures our subtle energy forces in units of consciousness, allows us to choose the frequencies we need to heal ourselves, and then puts us on a program that continuously delivers rebalancing frequencies. As part of a holographic universe, the smallest particle of our unique self contains everything about us. Therefore, generating energies in consciousness toward one’s hologram, helps one remove the ener-

getic imbalances that prevent us from realizing our full potential—physical, emotional and spiritual.

In the process, the very seed of our higher self-awareness is able to choose the balancing frequencies necessary for us to rectify our particular imbalances. Layer by layer we become aware of emotions that need to be acknowledged, felt, and then dealt with so that they can be released. As we continue to detox, awakening to what is going on in and around us, we can continue our purpose in life, which is to achieve total consciousness with everyone and everything. It is our life’s work.

This higher purpose of energetic balancing is to consciously unite us with the divine energy that is in all things. We already know of this unity; our life purpose is to bring that knowledge to a level of higher consciousness. Only then can we begin to see ourselves as part of the continuous energy field, without boundaries, that links us all. In doing this, we are creating harmony not just within ourselves, but also throughout the entire Energetic Matrix.

We actually become seeds ourselves, then, of a larger healing of the environment around us, enabling the other seeds that exist around us to recognize their own highest inner message to heal themselves.

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

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- 10 Angel Card Reading with Evstarr at Goddess Blessed**, 15725 Madison Ave., Lakewood. Please call the store @216-221-6238 for an appointment.
- 10 A Night of Elvis Memories** - Memorial Spiritual Christian Church, 19204 Pawnee Ave. (E. 185 St. Exits I-90, 7 PM. Info 216-695-0085, lacespirit@yahoo.com
- 12 Community Drumming Circle**
Facilitated by Corky & Barb of Inner Harmony
8:00 p.m. Unity Spiritual Center, 23855 Detroit, Westlake,
Info 440-572-5672, www.Spiritwise.info
- 12 Psychic Fair at A Touch of Serenity**, 8785 Mentor Ave., Mentor, Info call 440-255-1638
- 17 Journey Work Drum Circle**
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- 19 Spring Equinox Celebration & Potluck**
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- 20 Community Drum Circle & Potluck**
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6:45 p.m. Unitarian Universalist Church, 20401 Hilliard Blvd., Rocky River Info 440-572-5672, www.Spiritwise.info
- 27 Invigorating the Soul of the Goddess at A Touch of Serenity**, 8785 Mentor Ave., Mentor, Info call 440-255-1638
- 29 Journey Work Drum Circle**
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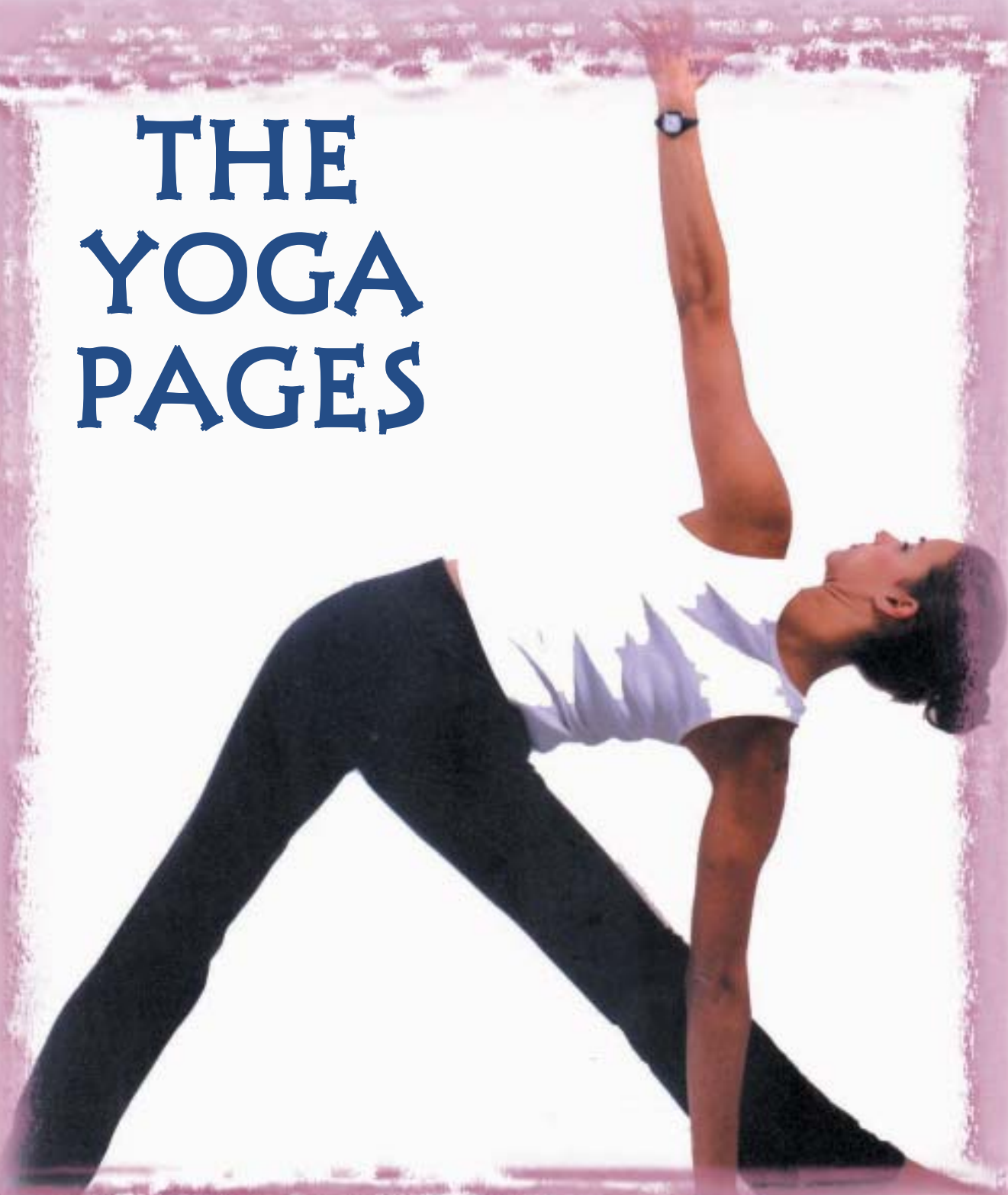
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Tantra is the Seed Love is the Flowering

By Shakthi

Tantra is an all inclusive philosophy. Stop! It's not just about sex. Tantra extends to all the dimensions of life. The breadth and width of tantric wisdom is beyond description. So what am I trying to do here? Plant the seeds of exploration into life unmanifested. This article aims to give you a peak into the real world, a world without illusions. It's just a **seed**, which if you allow it to be, will **flower** within you.

In tantra, life is accepted in all its glory and experienced fully in all the many ways possible. It's about enlightenment through the world rather than liberation from it.

When we experience any activity by being totally immersed in it, with full presence and awareness, then we cease to create karma, thus cutting the chains of ignorance and suffering. We are freed from the attachment to that particular activity. It doesn't mean we can never perform that activity again, it means we are no longer defined by it. We could be in the world but not of it.

Do we have to live a rigorous ascetic life of a renunciate to be free from suffering? Or do we have to travel far and long before we reach this state of grace? No. The secret is to let go, and understand that the universe has got us covered. In this moment of letting go, we arrive here and now to eternal life. All desires, including those of getting enlightened, have to be dropped. As the Buddha said, "Desires are the root cause of suffering." When we desire for something in the future to bring us joy, we miss the most important thing in life--the present moment—and create pain and suffering.

We can end this suffering right now, through the techniques of Ipsalu Tantra Kriya Yoga. Ipsalu means transcending desire. This way certainly is not the only way to peace, joy and love; I believe that there are as many ways available as there are beings on this planet, so there are billions of ways to be here now. Ipsalu tantra offers a systematic approach to free the soul from the clutches of the mind-imposed state of delusion. The spirit within us has been locked up by the barriers that we erect so that we can function in this world without getting hurt. Tantra offers the practitioners techniques to bring down these walls gently and in an almost imperceptible way. It honors everything about us, our anger, anxiety, our fears, and our sexual urges. In honoring and accepting the feelings and emotions we can transform them. Anything we deny or resist just comes back at us with greater force. In a tug of war, if you let go, the other person falls down, since he/she doesn't have the resistance from you. So the trick is to let go of the things that have been plaguing us and they will come tumbling down, ending tension and conflict, creating love and joy .

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YOGA

Seeds

A Teacher's Perspective

By Sandy Gross

As I venture along my own yoga path as a teacher, I am most inspired by other teachers who encourage me to find my own path rather than choose theirs. It can be a mixed message in today's capitalistic yoga world as teachers of today are selling their brands of yoga, their videos and their books. So when I take workshops from master teachers who are marketing their own spin on yoga of today, my first question to them is, "Who are *your* teachers?" I am looking for *their* seeds, *their* roots, and *their* lineage and I have learned along the way that they all have one thing in common: a link to a man known as the Grandfather of Modern Yoga, Sri Tirumalai Krishnamacharya.

Born in late 19th century India, he came of age in an era when the indigenous practice of Hatha Yoga had lapsed into a nearly forgotten art. Few yogis remained and his father was one of them. Krishnamacharya started studying Patanjali's Yoga Sutras at age five. He embarked on an odyssey of mind, body and spirit that would enable him to become an expert in asana, pranayama, Vedic scripture, chanting and Ayurveda. He is responsible for helping to revitalize yoga in his homeland through frequent tours and asana demonstrations, and the teachers he trained eventually and famously brought yoga to the West.

During one stopping point along his lengthy path, he lived in the mountains with a living guru named Brahmachari. Brahmachari's cave became Krishnamacharya's home for 7 years. During that time, that cave was his university, laboratory and dormitory as he studied asana, pranayama and therapeutic aspects of yoga. He supposedly mastered 3,000 asanas before he was told to leave and begin teaching a standard of yoga that would benefit the masses.

Krishnamacharya taught until he was over 100, a teaching career that spanned seven decades; however, he achieved fame only near the end of his life. What I find most interesting, is that he was not the same teacher at the beginning as he was when he passed. His most well known students, Pattabhi Jois, Indra Devi, BKS Iyengar, and his own son, Desikachar all received lessons that varied in emphasis.

Pattabhi Jois of the Ashtanga Vinyasa tradition, studied with him first, and his dynamic brand of vinyasa yoga reflect the early days when Krishnamacharya was young and athletic. Devi was the first woman that he taught, and she was instructed in a gentler and more individualized manner. She ultimately became one of the first Hatha Yoga ambassadors, opening studios all over the world. BKS Iyengar had a brief apprenticeship, and perhaps his style of adapting asanas to the physical ability of each student through the use of props is an extension of Krishnamacharya's emphasis on individualized instruction.

His own son, Desikachar, as a boy, hid from his father to avoid asana practice, but much later in his life, realized the wealth

of his father's knowledge and became his apprentice. Srivatsa Ramaswami, Desikachar's contemporary, studied with Krishnamacharya for 35 years, and it is said that these two men experienced this yoga legend at the height of his wisdom and compassion, when he advocated that yoga should be adapted to the age and lifestyle of each student.

In today's branded yoga market there is debate about which style is the purest form of yoga, the one that adheres closest to Krishnamacharya's principles. In the end, it is impossible to say because his relationship to yoga evolved over time, and he refused to brand it. It is easier to place a finger on one single element that unites all the approaches that stem from his lineage, and that is his emphasis on the breath. In addition, what Krishnamacharya ultimately focused on was the adaptation and application of the ancient discipline of Yoga to contemporary lifestyles, thereby enhancing health, longevity and quality of life.

As a yoga teacher, I have learned to balance out all the workshops and trainings I attend within a variety of yoga styles with my own search for seeds of the past, so that I ultimately stay true to my own path and can encourage the same. There is much information along yoga's evolution. In Krishnamacharya's words, "No one is wise by birth, for wisdom results from one's own efforts."

Sandy Gross is the founder and director of Evolution Yoga in Beachwood, which has two eco-friendly yoga rooms, features 45+ Vinyasa-based classes weekly for all levels, and also offers workshops, teacher trainings and events from various yoga traditions. Evolution Yoga is located at 3737 Park East Drive, near I-271 and the Chagrin Blvd. and Harvard Road exits. Visit Evolution Yoga's web site at www.evolutionyogastudio.com

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Every first Wednesday of the month; Bhumi's Yoga and Wellness Center, Rocky River Presbyterian Church 21750 Detroit. 7pm-8pm.

Yoga Teachers:

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

Diana Kampinski, Registered Yoga Teacher individual lessons - teaching power vinyasa yoga. Phone (216) 906-8537 email: dkampinski@adelphia.net

Jayasri (Judy Churchill), Accredited, Certified & Registered Yoga Teacher. Trained in the Satyananda Yoga Tradition. Beginning through Intermediate classes and workshops in asana, pranayama, meditation. Phone: 440-255-1629 or email: jayasri54@hotmail.com

Katie O'Leary, gentle, beginners oriented Yoga classes Tuesday a.m. and Wednesday p.m. classes, eastside - Lake County area. Please call for times and location. Phone 440-669-6850 or email: Libran_qoddes701@Yahoo.com

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Roberta (Bobbi) Holliday, RYT teaching Yoga since 1969. Kelley's Island June 25, 26, 27, 2004, July in Austria. Semi-annual Metaphysics Intensives at Ganesha Studio, Elyria; Yoga in Lily Dale, NY August 14. (440) 324-6373 bholliday@eriecoast.com; bholliday.com

Yoga Events/Workshops:

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May 21-23, 2004, Bryan Kest, Power Yoga Weekend at Evolution Yoga Studio, Beachwood, (216) 595-YOGA or www.evolutionyogastudio.com. Bryan is the creator of the Original Power Yoga in 1979.

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



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Yoga Teacher Feature

This Issue's Feature:

Denys Morgan, LMT



Where do you teach?: Mondays, 12 noon at Reserve Square on East 12th St. (Downtown) and 1 pm— HFC Athletic Club at One Cleveland Center. Tuesdays, 12:30 pm at the BP Building and 6 pm at the Club at Key Center (Both on Public Square). Thursdays, 5:30 pm at HFC Athletic Club. Saturdays, 2 pm at Reserve Square.

Teaching experience: 9 years

Styles of Yoga taught: Hatha , Ash-tanga

Do you offer workshops?: Yes, and I have produced a meditation cd

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YOGA Seeds

A Student's Perspective

By Kristen Zarzychi

"The Body is the Garden of the Soul"- Misaim

When I was asked to write a short essay on my thoughts of a seed and the relationship it has to my yoga practice the juices just started to flow however; being that I am not a great writer I was not sure how to put my thoughts down on paper- this is where I see how my own yoga practice fits in to all areas of my life. My teachers have taught me to just "

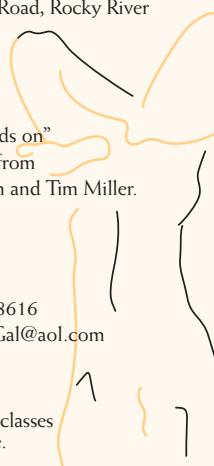
be in the moment " and let the juices and breath flow, so here it flows!

When I stand on my yoga mat I feel a sense of calmness, peace and energy I love being there. In mountain pose I try to imagine myself as a mountain and rooted in the earth. My practice is about opening my body up to whatever I may need for that moment in time. I am learning to follow my breath and let that set my pace and as Tammy Lyons my instructor says "try to leave your ego at the

door " this is hard for me. I now have come to understand there is no right or wrong in yoga and I feel myself growing from the inside out just like a seed grows (a little corny I know) Our bodies, the human species have always been subjected to various stresses that we can not control and can't always avoid. This causes wear and tear on our body and mind. A seed deals with environmental stress, which is

Continued on Page 28

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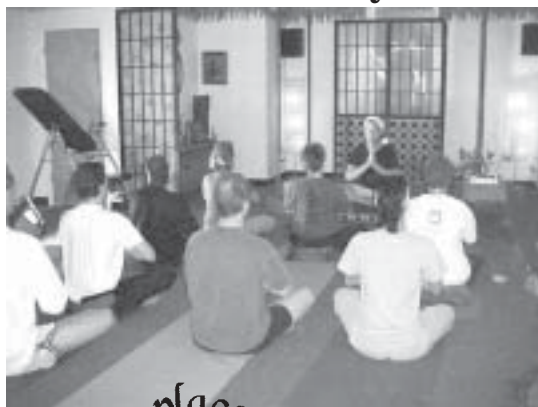


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**Next Weight-loss
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unavoidable. Stress is a natural part of life and it is how we choose to handle it that makes the difference. I have always known but I am reminded daily that anything in excess can and usually do become harmful. Slowly, I am growing to appreciate my own skin, this is not an easy process for someone (me) that puts an awful amount of self judgment on myself and I tend to be a bit over analytical and indecisive when the situation presents itself on making a choice. Yoga both physically and spiritually emphasizes balance. Trust in oneself and to follow the heart and the intention is what yoga is all about. We each have a path and sometime a wrong turn is taken but just then we find a new direction to get us back on the path (the path of life I suppose)

As Ralph Marston says "Pay heed to the cycle that pervades all of life and life will work great for you."

Yoga is constant, growth in my life, my actual moving flowing practice, my breathing and my state of mind this also constant, yet I am changing every day and so does a seed, we plant the seed, water the seed, feed the seed and even move the plant around depending on the sunlight or shade to help it grow trying to find just the right balance to have a bloom. My body is the seed that I am working towards growing and balancing with just enough.

My yoga practice began about 3 years ago, I feel blessed to have discovered a wonderful way to spend my time and energy and to live my life. Thank you to the awesome instructor's here in Cleveland and beyond and to the amazing folks I've met on and off the mat.

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HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

The Conscious Shopper Do You Know What You're Eating?

By Bruce J. Schaffer

CLEVELAND—If your dietary choices reflect ethical or health concerns, there's only one way to really know what you're buying and eating: *read ingredients*.

Sometimes, even that isn't enough!

For example, if you buy snack foods, candies, fried foods, packaged processed foods or baked goods from most grocery stores, you may not realize that you're getting plenty of *trans fats* [you won't see it on the label]. Let's look at what that means.

Trans fats, or trans fatty acids, are produced when liquid cooking oils are hardened artificially, through the addition of hydrogen, to create hydrogenated or partially-hydrogenated oils for the purpose of increasing the shelf life and flavor stability of foods. *Many foods*.

The problem is that trans fats *raise* the levels of low-density lipoproteins (LDL, or "bad" cholesterol") and *lower* levels of high-density lipoproteins (HDL, or "good" cholesterol"). As a result, the health risks associated with the consumption of trans fats include Type 2 diabetes and coronary heart disease. Widely considered to be more harmful to human health than saturated fats, trans fats—like saturated fats and cholesterol—occur naturally in some animal-based foods (and, like cholesterol, *do not* occur in plant-based foods).

For a sobering idea of the pervasiveness of trans fats in your life, try this simple and fun little experiment: look for the words *partially hydrogenated* in the ingredients lists on packaged foods in your own kitchen. After this exercise, you just might start thinking about how you can avoid this nasty stuff.

The Bad News—if you shop at conventional supermarkets, without large natural or whole food sections, it'll be challenging, since trans fats aren't listed anywhere on food labels. Partially hydrogenated oils *are* listed in the ingredients, but that makes label-reading a very frustrating experience, as they're present in about 40% of stores' products!

The Good News—there are other choices available, namely natural food supermarkets like *Wild Oats* and *The Mustard Seed Market*, or smaller stores like *Nature's Bin*, *Web of Life* or the *Food Co-Op*, where foods are readily available *without* hydrogenated oils.

The Even Better News—*Wild Oats* has now *eliminated* all products containing hydrogenated oils from their stores; it can't get much easier than that!

Reading ingredients is still a good idea, though, because packaging can be misleading. For example, genetically-engineered ingredients or hydrogenated oils can be lurking in foods labeled natural. So, I'll tell you about some other common stuff that you may want to avoid or reduce in your own—or your family's—diet.

The first thing to look at, in my opinion, is the overall *ap-*

pearance of the ingredients list. If it's about the size of an O. Henry short story, "be afraid; be very afraid!" Seriously, an excessively large list typically contains lots of unnecessary and unsavory ingredients, almost certain to include partially hydrogenated oil along with such goodies as artificial flavors and artificial colors (how appetizing and nutritious does *artificial* sound?).

If you're vegan, which by definition requires the avoidance of all animal products, or if you have other reasons for sidestepping dairy products, some no-no's include *whey*, of course, and *casein* (or *caseinate*), a milk protein found in most alternative cheeses, even if made from rice or soy.

Vegetarians might look for *gelatin*, found in marshmallows, Jell-O, and the capsules and softgels wrapped around many dietary supplements and vitamins, because gelatin is actually boiled bones, skins or tendons of animals. *Yum!*

If you're buying animal products—meat, eggs or dairy—but wish to cut down on cruelty, pesticides, hormones or antibiotics, look for labels that say *organic* or *free range*. And, for produce that's free of pesticides/herbicides, look for *organic*.

Genetically-modified organisms (GMOs) present a par-

See Shopper, continued on Page 31

Honoring Ourselves

By Janeé Kuta-Iliano

MENTOR—It has been some time since the New Year rolled in. Midnight hit and many of us made resolutions for a better, more productive 2004. We made those resolutions wholeheartedly as we swore to stop smoking, lose weight, regain health, stay more patient, make more money, find a new job, etc. Months have passed, and it is time to process how things have gone thus far. Are we continuing to care and nurture those seeds planted back in January? Are we passionate and persevering or have we rationalized a way out of it? Either way, it is important to analyze our actions and monitor our progress. Otherwise, it may be difficult to see where we're going and what we're manifesting.

We all will experience goals that are attainable and goals that are hard to stick with. Recall times of deep fulfillment when you put your mind to something and accomplished it. On the flip side, recall when you didn't stick to your goals and supposedly fell off the wagon. Typically, we tend to feel more upset and disappointed with ourselves than before we started. Challenge is good, but if things aren't going as well as you had planned, honor yourself for where you are in your journey. Although it may not always seem like it, we are always exactly where we need to be.

You will read that there is no such thing as an unachieved goal, just goals that include inappropriate deadlines, inaccurate information, conflicts or a general feeling of not really wanting to achieve the goal in the first place. Self-sabotage is often a

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common occurrence. Typical manifestations of self-sabotage are, manifesting a poor self-image, blaming others for misfortunes, expecting failure, negative self-talk, repeating past mistakes or surrounding yourself with people who bring you down. Sometimes we do these things in little ways and other times it becomes a way of life. Thoughts are things, and we will most certainly be sowing weeds with these bad seeds. If this negative conditioning is learned, can it not be unlearned? Can we take out the negativity of self-sabotage and turn it into an opportunity? Can we turn it into an opportunity to look the tiger in its eyes and ask what keeps us in this negative space.

There are always many roads to the top of the mountain; however, here is a more concrete way of finding Resolutions that resonate with you wholeheartedly and help you grow into all that you wish to represent in this world. The information provided has come from an extremely participative book by Cherie M. Sohnen-Moe. This book has been a great source of

inspiration to many people making the exploration into goal setting both personally and professionally.


The first bit of advice for readers is to find a context for your goals, something to connect them. Otherwise, goals become chores, and most people will do anything to avoid chores. It is **Purpose** that provides that context. Purpose is very general, a direction or theme that cannot actually be completed but is an ongoing process. The most significant feature of having a distinct purpose is that it becomes easier to resolve any conflicting goals when you know the direction for your life. An example of a Life Purpose can be, "My life is an expression of love and joy." Or simply, "I am happy." A Career Purpose may be, "My career is a source of joy and prosperity." Or, "I make a healthy difference." Once your purpose is stated, it will become so much easier to set goals that fit in accordance with your purpose. "The purpose of life is to have a purpose," as Robert Byrne states. We are all here for a purpose, and with each of us actively defining that purpose it will in turn help everyone else fulfill theirs as well.

The next advice is now to loosely define your **Priorities**, which are general areas of concern. Priorities are said to be statements of intention that are connected with values. For clarification, an example of a General Life Priority is, "My body is a manifestation of health and beauty." Or, "My relationships are nurturing and fun." Career Priorities may be, "My career is fulfilling and provides me with the income that I desire." Or, "I continually expand my knowledge and skills." Priorities are not as vague as your purpose, but not as specific as your goals.

It is recommended that you write out your Purpose and Priorities. Never, never underestimate the power of the written word when it comes to self-exploration. By inscribing your intentions, you say to yourself and to the world that you know you deserve to have these things happen. You put it out there for the

See Honoring...continued on page 32

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ticularly interesting dilemma. Because genetically-engineered foods have never existed in nature, they are, logically, outside the knowledge of human DNA and could thus seem alien to human physiology. Since the FDA has determined that safety testing of GMOs is unnecessary, however, you might simply choose to avoid buying or eating such foods. Unfortunately, the FDA has also deemed it unnecessary to label products that contain GMOs.

Some deductive reasoning can help with this identification problem. By knowing, for example, that soy and corn are largely genetically-engineered—some 81% and 40% of the 2003 U.S. crops, respectively—we might judiciously assume that any occurrence of the words *soy* or *corn* (or *canola*), unless accompanied by *organic* or some statement of *nonGMO* (which may appear outside of the ingredient list), refers to a genetically-engineered ingredient.

Bottom line? If you're gonna *eat it, read it!*

References:

- www.wildoats.com
- www.fda.gov
- www.bantransfats.com
- www.pewagbiotech.org

Bruce Schaffer is a vegan and animal activist, as well as a conscious shopper and a semi-conscious writer (whose work appears in the Northern Ohio Wellness Connection newsletter). Email comments: schaffbj@bp.com

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Shopper...continued from page 30

universe to bring back in abundance. Also, written goals can serve to support and teach you, enhancing your self-knowledge.

Now we move into specific Goal Setting--that is **never** set in stone. First start out with your creative flow writing, using picture collages, or audiotape recording of your goals. "I earn at least \$40,000 per year," "I invest 5 hours a week in exercising," "I eat dinner with friends one time a month." Whatever it is that you wish, it is recommended that you find goals that are honest and attainable for you at this point. Below are some further recommended techniques to help you make effective goals.

1. Always state your goals in present tense. If you write in the future, "I will" the goals may remain in the future as you keep pushing them away. Remember, Energy follows thoughts; no weeds!

2. Personalize your goals, use your name, or I, we or they.

3. Make goals that YOU see as real without the help of others or someone waving a magic wand over you.

4. Avoid terms like "try," "will," "not," "never," "should," "would," "want."

5. Include deadline dates whenever possible, and mostly,

6. HAVE FUN.

These are supposed to be *your* goals, not what everyone else's goals are like. Maybe it is to use the stairs instead of the elevator, reading a book every 6 months, eating healthy 50 percent of the time. Then once you hit those goals consistently, set new ones. Keep it interesting for yourself and keep it challenging; we inherently know of what we are capable.

Feel empowered to personalize your goals and look at them

See Shopper...continued on page 34

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Shopper...concluded

honestly, not generically. It may seem like work, but it doesn't have to be. This is your life we are talking about; plan for things you've always wanted step-by-step. The magic is inside. In the words of Henry David Thoreau, "If one advances confidently in the direction of his dreams, and endeavors to live the life which

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he has imagined, he will meet with a success unexpected in common hours." There is no such thing as an unattainable goal just as Life isn't just about getting by, making it from day to day. It's about reaching our full potential at all levels.

We are all capable of change. As we define and refine our goals and resolutions, gently whisper a prayer for peace within. Let us not only be true to improve ourselves, always, but also love and appreciate where we are. Create a bouquet of your most colorful dreams. Con-

tinue to plant seeds that represent what you see and know your true self to be. These magical seeds are already there. They're just waiting for a little water.

Janee Kuta-Iliano is a Health Educator whose passion is to empower others to take control of their health. She is part owner of Healthy Harvest Café, a Vegetarian/Raw Foods Deli and offers Swedish Massage, Colonic Irrigations, and Cleansing & Detoxification Programs. For more information contact Janee at 440-478-9802.

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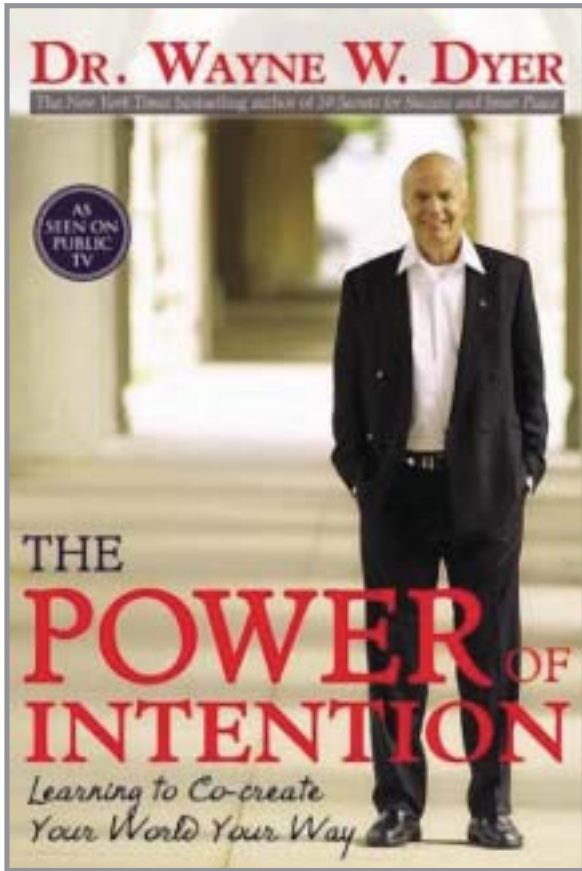
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BOOKS!

THE POWER OF INTENTION

By Dr. Wayne Dyer



By Fred Green

So far, Dr. Wayne W. Dyer has written 20 books and has produced numerous videos, audios and CDs in the field of self-development. Although his background is in psychology, this latest book, *The Power of Intention*, published by Hay House and to be released in March of this year, could also be considered not only another manual of self-development by Dr. Dyer, but also a statement of his spiritual beliefs developed over a life time. Certainly, that removes the book from being a straight forward explanation on how everyone can maximize his or her happiness and material success.

Once you start reading the book, you'll see that Dr. Dyer believes in reincarnation and the wisdom of many religious traditions, such as the Islam followed by the poet Rumi, the teachings of the ancient Hindu texts, and the basic philosophy of Buddha. Right there a large percentage of the reading public in North America is going to find fault with Dr. Dyer. He is absolutely not a fundamentalist Christian. Nevertheless, Dr. Dyer freely relies on the basic philosophy of Jesus as found in *The Course in Miracles*, so although this book often reads like a religious text, it's im-

possible to pigeon hole as Christian in the most profound sense.

What then is *The Power of Intention*? The book is divided into three parts. Part I has six chapters describing what Dr. Dyer calls Intention. Part II has eight chapters telling us how to put intention to work, and Part III gives us a portrait of someone who supposedly has put it all together. Although in the beginning of Part I we are told that the concept of intention partly comes from the works of Carlos Castaneda, later on I realized that intention is another way of describing God or Spirit. Dr. Dyer then goes on in Part I to talk about what he calls the seven faces of intention. First of all, he describes intention as being creative, the force behind all physical matter. Next, Dr. Dyer talks about intention being kind. It's a force to promote happiness and fulfillment. Next, intention is described as the face of love, a love that wishes for us to flourish and grow. Intention is also described as the expression of beauty, not only beauty that you can see but what you can feel as well. Fifth, intention is the face of expansion. Just as the universe is continually expanding, so does intention. Sixth, an aspect of intention is unlimited abundance. There is no reason why we cannot have material prosperity in our lives. Finally, Dr. Dyer describes intention as the face of receptivity. No one is denied access to the power of intention.

Dr. Dyer then writes how to connect with intention or God, and the second part of the book gives us plenty of advice on how to put intention to work to better our lives. The first part of the book, then, gives us the theoretical stuff, and then the second part gives us the practical how-to stuff. Finally, the last part gives us an idea where we'd end up if we were able to apply all this advice. The book then is Dr. Dyer's most recent treatise on Spirituality and a guide on how to put it all together.

That might sound easy, but the suggestions of Dr. Dyer could take several life-times to perfect. For that reason, this book cannot be looked at as an easy read to be tossed off in a few hours. The work is too thought provoking and profound to be treated lightly. Just as some people read a portion of the Bible every day, this is a type of book that probably should be taken in small doses and mulled over repeatedly during the day. As a matter of fact, it is such a profound, and in the opinion of this reviewer, such a potentially life-altering book, that it should be read by everyone and Dyer's teachings followed as much as intellectually and emotionally possible.

The Power of Intention is on sale now at *A Touch of Serenity in Mentor*. Dr. Wayne Dyer will be a featured speaker at *The Journey: A Mind, Body & Soul EXPO* at Lakeland Community College in September. See the EXPO ad on page 43 of this issue.

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PLANETARY PATHWAYS

By Evstarr

Planting your Seeds with the New Moon

With the upcoming Spring Equinox (New Moon) approaching March 20th 5:41 pm let's look at how we can use this prevailing energy to plant seeds in our life. Pen in hand, compile a "wish list" in the present tense of things you would like to see manifest in the coming months. Suggestions for the upcoming Equinox, matters relating to new beginnings, independence, focusing on self, and courage, i.e. "I find myself acting independently, and exercising my leadership qualities." Date and keep your "wish list", trust your intuition, and believe in your dreams. Treasure Mapping with the energies of the Spring Equinox is particularly powerful.

March Forecast

Aries Follow through is needed on some of those prior plans... your communication skills are top notch... play that Ace in your hand at work or school. Keep an eye on details, and keep honesty to the maximum.

Taurus This is a time of rototilling your garden so to speak, not to worry, you'll have help. Sacrifice is needed where relationships are concerned.

Gemini You'll be Reaching for the Moon as far as your dreams go, even if they turn out differently than expected. A life altering decision is made with the help of a soul mate.

Cancer Mucho opportunities for short trips abound... don't forget to take time for yourself... your nerves may need it.

Leo Relationship issues reach their boiling point... independence issues are at stake... look over finances, and take your career seriously...responsibilities show their face... reckless behavior WILL get you into a mess.

Virgo You are more at ease with relationship issues... pursue those artistic endeavors in the comfort of your home... keep one eye on your wallet and don't let money get the better of you.

Libra Be careful of the politics around you... . fall back

on your natural ability to play mediator and you'll come up shining. There is a money tree in your garden. Expect some hassles with children... love is in the air, but look over your shoulder

Scorpio Things started in January concerning your career are falling into place. Peacekeeping, though is necessary... attack your finances with a creative flair... watch for a female to stir up trouble in the nest.

Sagittarius You tend to be floating on air due to dreams of another, plant those feet... and watch opportunity come knocking at your door... your creative juices are flowing, explore photography and the media.

Capricorn "Door mat no more" is your slogan this month... your kids especially (if you have them) will have to rise to the occasion... . your social arena with a particular someone will start to bloom... pay attention to work (as you always do)... there's some politicking going on.

Aquarius Women, women, women is the theme this month... play your cards right and your career and finances will be moving along quite nicely... now is the time to reap what you have sown.

Pisces This is an excellent opportunistic time for education... use those great communication skills of yours to catapult forward.

Mercury Retrograde is Back

Yes, it's that time again; Mercury Retrograde is here starting April 6th through April 30th. Take a deep breath, I'm going to get you through this with some "Do's and Don'ts." Things that usually go awry during Mercury Retrograde are communication breakdowns, double-check all info. People change their mind regarding contracts, don't sign anything of importance. Mechanical problems abound, back up your computer, and triple check all car details. Schedules are thrown off, be flexible. Don't start anything new such as a business or bank accounts. Travel plans go awry, double-check all flights. When all else fails stay home and meditate. Happy Retrograde!

April Forecast

Aries Family matters come to the forefront... decisions need to be made... think them through.

Taurus This is a time of deception or euphoria regarding relationships, the seesaw is teetering... it's up to you to take responsibility.

Gemini Opportunities for travel and education are prevalent... smooth sailing regarding health concerns... your mate will provide opportunities in your career... jump on it.

Cancer You'll be dealing with relationship issues this month... you're still working too hard... take a break... don't lose your autonomy due to explosive people around you.

Leo This is a month for personal growth... a blast from the past comes back... keep a tight-lip on money matters... in romance the "lion" in you comes out.

Virgo You're as busy as a bee socially and at work... the butterfly is emerging... finances are improving but watch the budget... you'll enjoy all aspects of learning... beware of a female wolf in sheep's clothing.

Continued on Page 42

Special Events: *Save the Dates*

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9 AM – 4:30 PM



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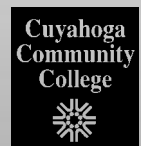
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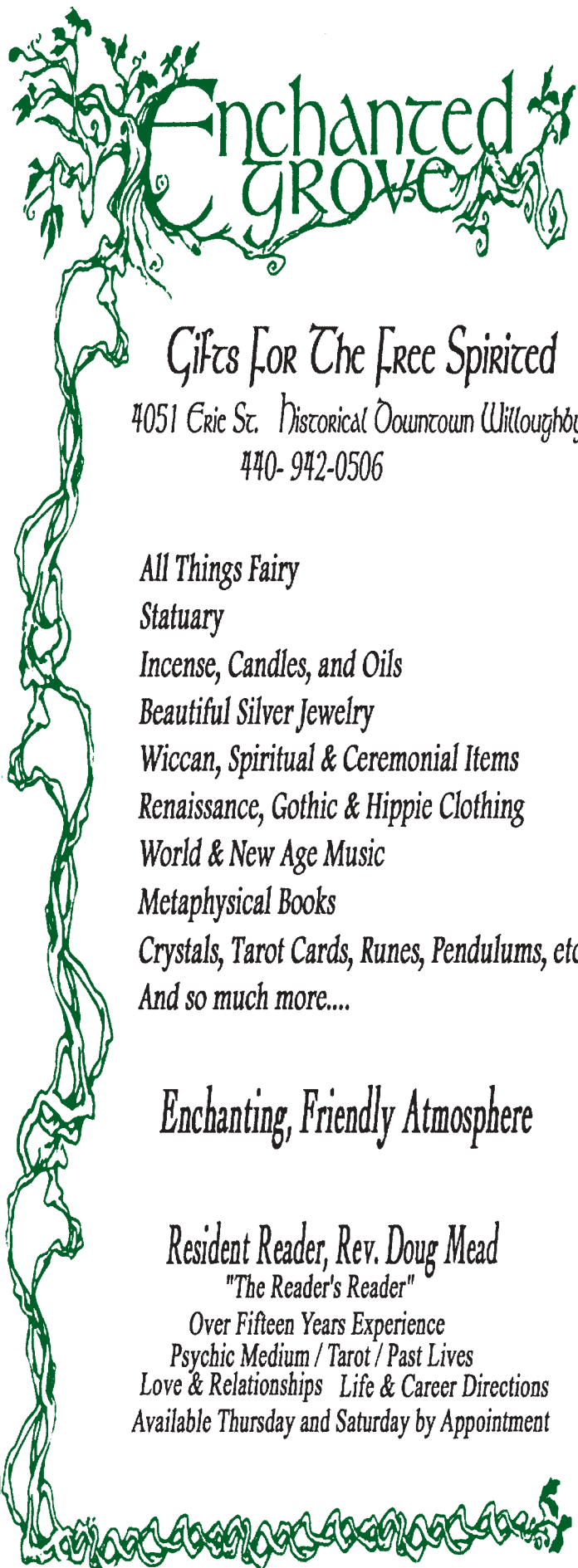
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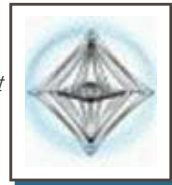
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PLANETARY PATHWAYS

Continued from Page 38

Libra This is the time to make your mark on the world... but take care of your mate and responsibilities at home first... unexpected travel opportunities arise.

Scorpio It's time to go undercover with your own projects. If single, you may be the hunter... finances move in and out like the tides... work matters are starting to take off... it's smooth waters at home.

Sagittarius Major changes for you this month... you or someone close to you will be changing keys to the home... avoid conflicts over money... you have buried hidden treasure this month.

Capricorn This is a month of high energy and high emotion... put all that extra energy into one of "your" hobbies... otherwise you'll wear everybody out around you.

Aquarius

Don't lose your freedom when it comes to relationships this month... if you know what's good for you, you'll keep your agenda to yourself... take time out for children and also for pursuing your creative interests.

Pisces

Manipulation tactics and control issues come to the forefront either from afar or in-laws... keep a third eye on travel details.

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Look for her classes and workshops at LCCC (1-800-995-5222) & Lakewood Adult Education (216-529-4081). Look for Spring Equinox Treasure Mapping workshop at the Unity Spiritual Center (440-835-0400). She can be reached at evstarr@yahoo.com and reachforthemoon.net for info on charts and workshops.

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gether. During the show, Oprah says, “Here is a man that believes within ten years we could have a disease that makes AIDS look like the common cold.” I said “Absolutely.” She says, “That’s a strong statement.” I said, “Oprah, we have a hundred thousand cows a year fine at night – dead in the morning. We grind them up and turn them into feed for other cattle. We take road kill grind them up and feed them to cows. We take euthanized pets – dogs and cats – filled with chemicals to kill them and feed them back to our pets and food animals.” I tell you what, Oprah’s eyes are as big as saucers and she turns to one of the other guests a man from the National Cattleman’s Beef Association and says, “Dr. Weber, are we feeding cows to cows?” He said, “There is a limited amount of that going on.” From my understanding about 95% of cattle on factory feedlots are eating the remains of other animals. The next thing out of Oprah’s mouth gets us sued.

The Journey: Which was?

Howard: “That just stops me cold. I will never again eat another burger!” Now she didn’t say to her viewers that they shouldn’t eat a burger or that she thought the meat was infected. She just said she would never eat another burger. A few weeks later I get a call from a national news magazine and I am asked if I knew that I was getting sued along with Oprah and Harpo Productions by a group of Texas Cattleman.

The Journey: Where was the suit filed?

Howard: Amarillo, Texas. Right in the heart of the beef industry. Largest employer in Amarillo was a slaughter facility. I told my lawyer we need a change of venue. We go in front of the judge and ask for the change of venue. She slams down her gavel and says motion denied. The jury pool files in—140 people—and I never saw so many cowboy hats, buckles and boots in my life. I looked at my attorney and said we may as well write the appeal today, I don’t think we have a chance of winning. By the end of the day we get 12 jurors that were absolutely steeped in the cattle culture. My attorney says the plaintiffs and their attorneys are laughing right now about how that there are not 12 people in the state of Texas that wouldn’t find a vegetarian not liable. My attorney told me the next day when I was on the stand the first question the plaintiffs’ attorney will ask is if I am a vegetarian. Sure enough, the plaintiffs’ attorney is looking at me and laughing and giggling and looks at the jury and says, “ Mr. Lyman, is it not true – I can hardly say this – are you not a vegetarian?” I looked at the jury and said, “Yes, I will not apologize for that which has saved my life.” The jury was nodding in agreement. We were there for six weeks and ended up with a unanimous verdict in our favor. The cattlemen appealed it. It was there for a year and we won a unanimous panel in favor again. One of the amazing things was that in their written judgment, the Court of Appeals wrote that everything that Lyman said was true, and the truth is not actionable. Then they asked for a re-hearing. That was denied. From there they filed in state court, and not being from Texas, I was able to move it from state court to federal court. They appealed that and lost. Finally, six years after the show, the federal judge threw the case out, with prejudice. Which meant the cattlemen could not re-file it.

The Journey: A very powerful story. What about today?

Howard: Well, if you look at what is happening today, if you remember on the Oprah show I had made the remarks about the danger of Mad Cow. In December of 2003 we end up confirming a case of Mad Cow disease in the United States. In the thirteen years since I started educating the American people there have been about 390 million head of cattle that have been slaughtered in the U.S. Out of those 390 million they have tested 57,000. That is .01461 of 1%. That’s like sending a blind man out to find a needle in a haystack. We have 100 million head of cattle and have only tested 57,000 in thirteen years. In France they have 11 million head of

cattle; they test 67,000 a month. This was because of Mad Cow. Unfortunately, in the U.S. I believe we have a policy of don't look – don't find.

The Journey: So what has carried in all these challenges?

Howard: Faith. I wasn't sitting in that courtroom for no reason. I never would have held up if I hadn't been paralyzed. When you are faced with the prospect of never walking again and the Lord has helped you through that, you get a whole new prospect on life. I was convinced that I was in that courtroom for a reason. To educate people and let them know some facts they may not have been aware of. I just knew that I hadn't come that far to be convicted by a bunch of people I believed were doing the wrong things. I will tell you it was a very difficult time. But I had been in worse situations. So I will continue to do what I can to help people make healthy decisions. And I will tell you this, Clyde, if I were to die today I would die the happiest man in the world. I am at peace.

The Journey: What is your mission?

Howard: I would say my mission is to educate people and help people to realize that they can make a difference.

The Journey: Thank you, Howard

Howard: Thank you!

More information about Howard Lyman can be found at www.madcowboy.com Howard also will be one of the headliners at the Journey Expo on September 10, 11 & 12 at Lakeland Community College. For tickets or more information please go to www.atouchofserenity.net or call (440) 255-1638. See the Expo ad on page 43 of this issue.

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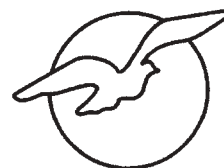
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