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

WORDS FROM THE PUBLISHER.....

When my son Brandon was growing up we would play video games together. At times I struggled with getting the controls to cooperate with what my mind desired. On more than one occasion Brandon would remark, "Dad, you just have to find the pattern." I wish life could be that easy. Yet, perhaps it is. A couple of years ago I was having a dialogue with my friend Carlos Jones. We started talking about something we both have a passion for – drumming. Carlos remarked how he believed that there is a constant beat to the universe and when we drum we can tap into it. This I find to be true. I also look at it as the flow of the universe. This pattern, or flow to the universe, is always constant - yet ever changing. The only limitation we put on it is with our perception.

In the yoga classes I teach, I am constantly asking the students to find their flow through their breath. Tapping into their breath and finding a rhythm that will literally carry their bodies in the practice. In my own practice I get a yoga hit when my breath becomes rhythmic and my body just seems to move on its own. This in turn takes me to a deeper state of consciousness. That is where the true practice begins.

I believe when we allow ourselves to love we have again tapped into the energy and flow of the universe. Being in a relationship can be a great opportunity to be in the flow, or to buy into the ego based blocks that will seek to disrupt the harmony of love. There is a saying I have come to appreciate "Love brings up everything unlike itself." Where the light is the dark will come up to attempt to cover it. The light will always shine through the dark. It's just a matter of opening our hearts to it.

May we each tap into the flow and ride the wave of spiritual bliss.
Namaste' Clyde

INDEX

THIS ISSUE'S FEATURE STORIES

The Flow of Wind and Water 4

By AMJ Delgado

Ride the Wave 6

By Evsttarr

Just Go With It 8

By Laura Lee

Ancient River 10

By Carlos Jones

Gently Down the Stream 12

By Cindy Hauska

Go With the Flow 15

By Janee Kuta-Iliano

The Flow of Terra Firma 18

By Lisa Ann Pinkerton

Devine Current

A Yoga Teacher's Perspective 25

By wah!

the **JOURNEY'S** REGULAR FEATURES

Health & Nutrition Section 15-21

Planetary Pathways By Evsttarr **23**

The Yoga Pages 25-30

Yoga Teachers & Studios 29

Dreamweaver 34

The Cover

Essence, 20" x 20", Oil and Multi-Media on Canvas, Rebecca Schweiger

Rebecca Schweiger is an internationally renowned artist residing in New York City. Visit Rebecca's website at www.rebeccarts.com for further information.

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Our Theme for the Next Issue...

forgiveness

THE FLOW OF WIND AND WATER

By AMJ Delgado

I first started studying Classical Chinese Feng Shui in 1998 and I can remember my initial stubborn, rigid, arrogant attitudes of making sure all “The Rules” in Feng Shui had to be followed. For example, if you were born on X day in X month in X year, you had four positive and four negative directions. At X time of year during X sector of the house face X directions because, if not, then something negative might happen. Certain land formations forbade certain outcomes.

Certain home blueprints caused a certain outcome. After a while I became so anxious and was afraid of certain events happening and avoided certain formations that it drove me nuts! I continued my studies and my search despite it all and felt myself relaxing a little but still wanting to know “the Truth,” “the formula,” “the answer,” that I knew deep in my heart existed somewhere – if only I could take one more class or meet the *One* master/teacher that would open the doors for me.

I travelled from teacher to teacher, country to country, city to city, book to book, website to website in search of this nebulous thing that I KNEW would bring me the key to that door. The huge lesson I heard from the really good teachers: Learn “The Rules” and then break them! I thought to myself – but I don’t know ALL the rules and no one wants to tell them to me so I’m not yet ready to break the ones I do know!

Then I studied with a teacher in Santa Monica who did Qi Gong and he taught me how movement and breath could bring stability and harmony to my life. I could actually feel the currents of energy course through my body and I began catching myself when I held my breath unconsciously. I saw how afraid I was of life – always holding my breath to see what would happen next, breathing shallowly yet hoping, believing and thinking I was living life fully.

Yet, even in my Qi Gong practice as fluid as the movements were, there were still “The Rules.” Bend this way eight times, that way eight times, this way six times and that way 12 times and this movement can be combined with that movement but be careful because if not done properly X could happen or Y could happen. I also studied Kung Fu, Tai Qi, dabbled in Kundalini Yoga and different forms of meditation.

I moved from practice to practice, technique to technique, teacher to teacher, city to city, DVD to DVD in search of this nebulous thing that I KNEW would bring me the key to that door. The huge lesson I heard from the really good teachers: Learn “The Rules” and then break them! I thought to myself – but I don’t know ALL the rules, and no one wants to tell them to me so I’m not yet ready to break the ones I do know!

My next teacher was a Native American Shaman who taught me the power of sound and how to integrate one’s name with one’s date of birth and how all of that corresponded with the address through the practice of numeromancy. It brought my Feng Shui practice to full circle seeing how compatible yet very different the two traditions were. She taught me of the clashes between darkness and light, introduced me to the underworld, the spirit world, the world of human beings and their interrelatedness. She taught me to weave between the seen and unseen, to listen to the unsaid, to feel with extra ordinary perception, to understand that “reality” is often not without but within.

She told me there are “No Rules!” WHAT?! I grasped for straws. What do you mean no rules? What have I been practicing and teaching people all these years? I became paralyzed with self doubt. Some moments I completely stopped breathing. Thank goodness for our autonomic nervous system that keeps everything going!

I stopped my searching and fell into this unbelievable despair – let me rephrase that – un-believing despair. I suppose I could call it a spiritual crisis where EVERYTHING I ever thought I knew, believed or understood fell away and all my arrogance confronted me. Last year, I stopped my Feng Shui practice for a while and I stopped teaching as I knew it. I vowed only to teach the basics of Feng Shui and would no longer go further than that. I vowed to let the students search for their own paths and find their own Truths. I went back to the corporate world and was grateful and happy for a steady pay check and less tempestuous finances.

But, of course, once a Seeker always a Seeker, right?

About two years ago, in one of my classes there was this gentleman named Armando Resendiz who registered for my course. The moment I walked into the room there was something about him that caught my attention. Gray hair, kind eyes, attentive listener, wide smile, hearty laugh. He was also a teacher, a shaman, who worked with the healing power of the elementals. He too spoke of the battle between light and dark, to listen to the unsaid, to feel with the heart and most importantly to listen to my Inner Guides. This teacher who is now my friend always told me, “Listen to what your Guides are telling you because they see more than what we can see. They hear more than we can hear. They have more knowledge than we could ever know.”

He has seen and listened to me in my despair and gently called me on my arrogance. Always saying the same thing. Never once wavering from those words, “Listen. Listen. Listen to your Guides. Listen to your heart.” One day, probably about a week ago, I literally heard something break in the distance and it began the breaking of “The Rules” for me.

Somewhere in my thick skull and hardened heart the stirrings of wind and water are coming to life, breaking free from the dams of my narrow and confining understanding. I am beginning to feel what Feng Shui really means. Yes, the literal translation is "Wind and Water." But Feng Shui is not found in the placement of furniture. It is not in the dates and the times and the directions taken with my compass. It is not in the formulas and the rules. It is not even found in the sound and the numbers and the colors, nor in the forms in the land or even in the heavenly constellations. It is found somewhere in this vast inner expanse that has no words, no walls, no time. The flow of wind and water is found in the deconstruction of buildings and the deconstruction of concepts.

It reminds me of this poem by Rumi:

"You are in love with me, I shall make you perplexed.

Do not build much, for I intend to have you in ruins. If you build two hundred houses in a manner that the bees do; I shall make you as homeless as a fly. If you are the mount Qaf in stability. I shall make you whirl like a millstone."

A wise man once told me, "One day you will throw your compass away and you will enter a room and everything you need will come to you. Because everything you need is inside. You will be like the river that winds its way through the Earth finding its own level." I see that day coming and I welcome it with joy.

Annamaria Joyce Delgado is a Classical Feng Shui consultant and teacher who resides in Chicago, IL. Email: amjdelgado@gmail.com.



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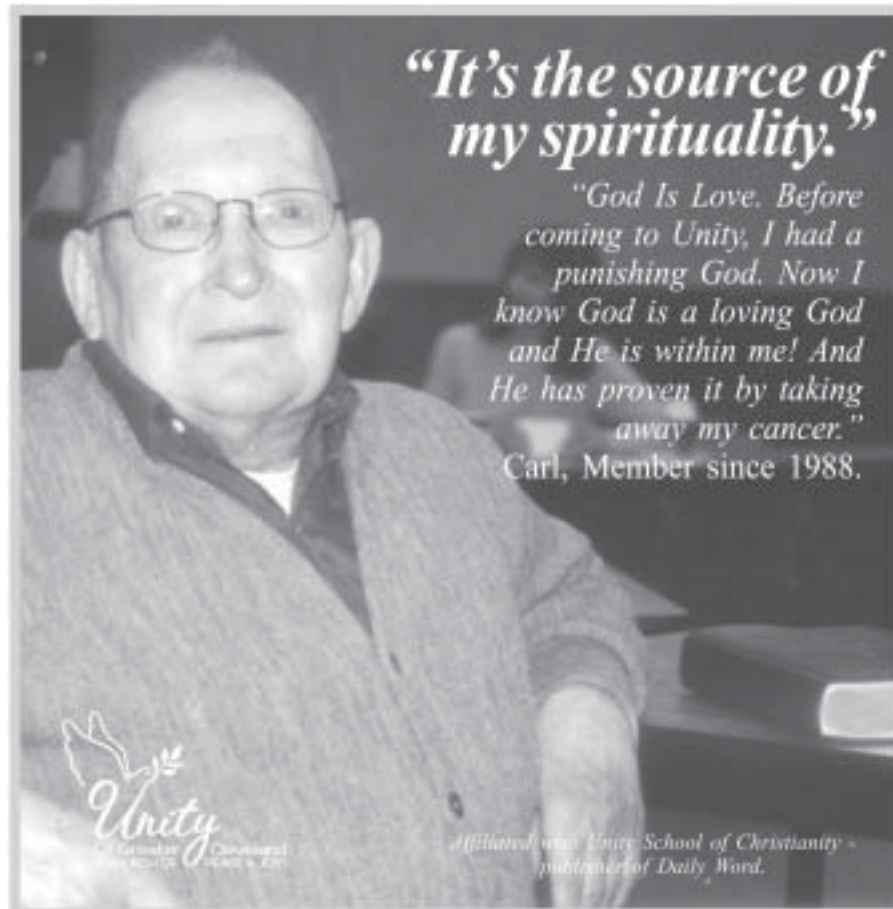
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Ride the Wave

BY EVSTARR

There is a Zen story about an elderly man who accidentally falls into a treacherous river rapids leading to a high and dangerous waterfall. Onlookers feared for his life watching as he miraculously, came out alive and unharmed downstream at the bottom of the falls. People asked him how he managed to survive. *"I accommodated myself to the water, not the water to me. Without thinking, I allowed myself to be shaped by it. Plunging into the swirl, I came out with the swirl. This is how I survived."*

So many times, we go through life fighting the current, bucking the system, and going against the grain instead of allowing life to carry us along its meandering stream. There is a cliché that I use in the classes that I teach, "it's not *what* happens to you...it's how you respond to *what* happens to you." When we try and fight the current (circumstances in our lives) we end up stressed out, and expend a lot of unnecessary energy causing a ripple effect of one frustrating event after another. Try it this way, take a look at the hand you were dealt, change the cards you can and fold the ones you can't. Life is a gamble, sometimes you're the wind-shield, and sometimes you're the bug. Go with *the flow*.

Our bodies are composed of 70-98% water depending on what research article you're reading. If nature can move the tides of the oceans in and out with a wave span of 300 feet for a wind-generated wave and 10,000 feet for a Tsunami, don't you think our bodies are affected by everything in and around us? Some of you may remember the movie documentary that was released in April 2004 [What the Bleep Do We Know](#).

"Empty your mind, be formless, shapeless - like water. Now you put water into a cup, it becomes the cup, you put water into a bottle, it becomes the bottle, you put it in a teapot, it becomes the teapot. Now water can flow or it can crash. Be water, my friend." –Bruce Lee



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In this metaphysical film, there is a lot of conversation about the messages that we give to water based on the experiments of Dr. Emoto. Our words and our thoughts can actually change the molecular structure of water from dark, murky, ugly looking specimens to a beautiful crystalline snowflake design. Stay with me here, if our words and our thoughts can change a bottle of water...what do you think we are doing with our bodies?

There is a web site you can check out with mind-boggling pictures of these particular experiments, which will just blow you away, <http://www.wellnessgoods.com/messages.asp>. Life is about being one with nature, going *with the flow*. Imagine the massiveness of an ocean...now think about how one drop of water is one with the ocean. It is a single drop of water; yet not separate from the ocean...it is part of the whole. We need to think of ourselves in much the same way and become one with nature to remain in the ebb and flow of the natural rhythms of life.

I myself happen to be a fisherperson, (I'm not sure if that is politically correct or not) and have fished the Metroparks several times in the last twelve years or so. I remember times when I tried to cast my line into a furiously rushing river just because I wanted to fish. The stream would carry my line down that river so fast that I'd end up recasting and starting all over again only to have the stream carry my line with it.

Now the other fishermen were in the stream with waders on and walking along the riverbanks following their line with the flow of the river. I wasn't dressed in a pair of waders at the time and in no condition to wade the stream. The moral of the story is that I kept casting the same line in the same river and never caught any fish. I don't quit easily, but some may call it just plain stupidity. Instead of going with the flow of nature, I wanted to do it my way, which is why I ended up eating hamburger for dinner instead of steelhead salmon.

"We must adapt to nature. Nature cannot change for us. If you try to fight the natural forces, they will overcome you. Because we are made primarily of water, it is easy to become a part of it." –Unknown

The ocean can teach us a great deal about the rhythms of life. You must be able to recognize when you're in a current and when you're resisting the natural rhythm, be it your personal life or your business. How many times have you tried to force a situation such as a relationship long after it has played its course? How has that worked for you?

The planets orbit in perfect rhythm, there is a time and a season for everything...everything has it's own gestation period. So next time you find yourself up against the tsunami of life...ride the wave!

Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. The ever-popular Treasure Mapping, Louise Hay & Prosperity workshops here in March & April...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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Just go with it...



By Laura Lee

I carefully trailed behind my friend who had somehow coaxed me into rollerblading. *How did I get here?* Standing upright on two single blades, let alone propelling them forward on a crowded boardwalk, appeared to be an intimidating obstacle course. I realized a mere pebble could bring me to my knees and cause a domino effect impending total disaster.

Release that thought!

My body tensed as I watch my friend weave in and out of the crowd with precision and skill. *Show off!* A light bulb goes off as I see an image of an Olympic speed skater. *Pretend as if you are.* I bent my knees making each step more purposeful as I found the courage to sway my arms back and forth like a pro.

People pass me smiling. Awkwardly, I feel permission for my courage as I stumble onward trying to keep balance.

I am a pro skater...I am a pro skater.

Ten feet ahead, I see a big palm leaf blocking my path. I sweat the obvious and slow down. A deep breathe. I effortlessly swerve around the palm. *Whew! No problem-o!*

My pace quickens with much more confidence. I feel joy. It tells me that this journey is no different than any other, I am always being led effortlessly. *Surrender.*

"Hey, Laura, catch the view," shouts my friend as he motions toward the waves crashing into the sandy beach on my left. As I turn my poise teeters.

Careful now, careful!

I notice the path takes a hard right turn ahead. On edge, I frantically calculate strategies to overcome this hurdle. My friend gracefully lifts his left leg placing it over his right skate with ease, all the while swerving between two cyclists.

I can do that too...right?

I ease up on my pace. While slowly lifting my leg, I place it over the other.

Tada. I did it! I did it!

What power! My speed quickens with the assurance that I can overcome any minor obstacle. *I am a pro skater!* I fly. The blades glide back and forth. I sway side to side, mimicking my friend.

It is a clear open sprint for the parking lot ahead. My friend heads for the clearing and does one of those fancy twist-hop-stops, flashing me a smile that sends a direct challenge to follow his lead.

Oh, yeah, I'm game!

I think my ego has gotten the best of me when I see in my peripheral vision an ambulance parked nearby, two paramedics enjoying their lunch break inside. I don't really pay much attention.

As I attempt to make the complex motion simple, my legs stiffen making my blades twirl into a tailspin. Out from under my body they go sending my legs airborne. *Where am I going with this?* This sends me into a forward skid slamming my belly into the pavement and my open palms into savior overdrive. *Chin...meet asphalt...asphalt meet chin.* It feels like someone has punched the life out of me.

No air...Air! Ohhhh, my ribs, legs and my wristssss... broken?

My friend moans in a distant call as if this were all a bad dream. "Breathe Laura," he says, "Just go with it."

I fight the urge to scream obscenities at him. Instead, I follow his guidance, deeply inhaling and exhaling while rolling over onto my back. The pain starts to ease when I hear the pitter-patter of feet running toward my side.

"Do you need any help," asks an unfamiliar voice.

When I open my eyes, all I see is light. It is hard to make out faces as my world is still spinning. I moan, knowing it is coming from my fractured ego.

"You couldn't have picked a better spot to fall," another voice comments. "We watched you from our van."

God, help me!

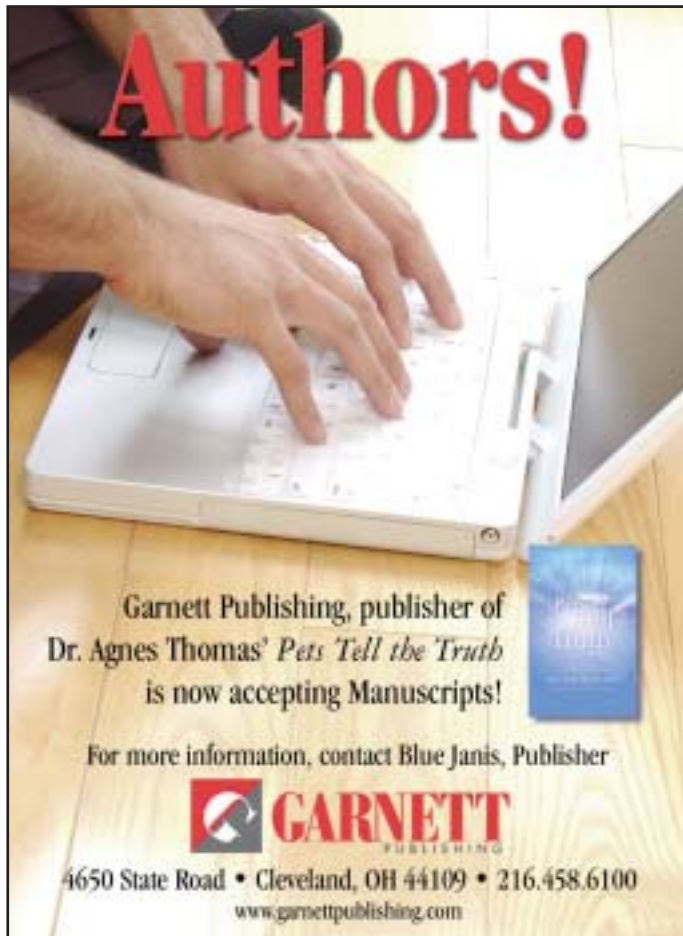
My vision focuses in on this handsome man in a white uniform leaning over me. The sunlight captures his whole essence. *Am I in heaven?* I gently rise into a sitting position with a strong presence at my side.

"She's fine," said my friend, laughing. I shoot him one of those looks. *You aren't going to be fine when I get up from here.* I carefully examine my body parts to see if I have any major injuries. *Nope.* My pain ceases as I feel a tender touch on my back from my dear, angelic paramedic friends.

An instant replay of my tailspin-dance flashes in my mind. It is so hilarious that I laugh until I cry. And I go with it.

Angel Medium, Laura Lee shares messages from the other side. A liaison between our dearly departed, heavenly host and their earthly companions, Laura's messages dispel fear and encourage hope by helping people make sense of their lives. Laura Lee is a regular guest profiled on California's Oasis 'After Life Show' and television broadcasts such as TLC's Possessed Possessions with James Van Praagh, Game Show Network's 'Your Worst Nightmare' and Discovery Channel's XOP's. To learn more about Laura see www.MessagesOfLove.com.


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By Carlos Jones

ANCIENT RIVER

Sure, we've all heard the phrase "Go with the flow." We might have a general idea of what it means, but has anyone ever stopped and asked themselves just exactly what flow it was? Is it the flow of time, events, what? Is there a river nearby? When you think of flow you think of movement in a constant direction. If we really stop to analyze it we might realize that *everything* is in constant motion, even things that appear to be still or stationary. On a molecular level, everything vibrates at various frequencies as their atomic components operate like macro-universes.

On the opposite end of the spectrum, what we perceive as our world – the universe, space, galaxies, planets, stars, black holes, quasars, supernovas— all go through an endless dance of birth, death, transformation, consumption and travel. All of this ceaseless activity and yet, when we look into the sky at night we are rarely able to detect any motion at all. Everything seems calm, still and quiet. We get a sense of awe, beauty, peace and wonder. Only through the development of super-high powered telescopes have we come to be aware of just how much is actually going on out there.

So what does this all have to do with going with the flow? Well, I propose that it might be safe to conclude that the same principle would apply to our perception of the world around us and how we relate to it. Our lives are a non-stop ride from birth to death. Time is a constantly running stream, moving forward unceasingly toward a point as infinite as forever. Yet, during our brief stay on the planet we are in a constant race against the clock. We measure our existence in days, weeks, months and years. We insist on breaking time apart and subdividing it into small increments in order to make it more manageable to us and to be able to use it as a tool with which we can manage our daily lives.

Many strive to go about their affairs as efficiently as possible, not wanting to waste a single second. There are those who fight tooth and nail against the effects of aging, wanting to preserve the appearance of youth at all costs. Then, there is the type of person that is content to take each moment as it comes and accept whatever circumstances that might arise. These people usually have a lower stress level and may be generally happier, sometimes at the expense of finishing tasks or being places "on time." When we try to go against the flow of natural time it requires much more exertion, like trying to swim upstream. It can wear you down so much more quickly than if you were to just turn around and let the current carry you, the trade-off being that you would have to be satisfied to see where it takes you, rather than go where you had intended. People with a great amount of faith and a strong sense of adventure will usually take this route and experience many exciting, life enriching things as a result, even if sometimes an element of danger is involved.

The practice of meditation is used to bring our natural inner rhythms into focus and synchronize our mental, physi-

cal and spiritual elements, which in turn makes us aware of our synchronicity with the natural rhythms that go on around us at all times.

Feng Shui is a Chinese philosophy that has come to light and has been put into practice in the U.S. in recent years. Its basic concept is that the way things in and around one's living environment are arranged can be more or less conducive to a harmonious flow of energy, which can affect the mood, disposition and productivity of the inhabitants.

Just as it is in the cosmos, there is unseen activity going on around us at all times. Like an electrical current, there are energies of various types bouncing around and streaking through on many levels that can only be detected or understood by the more sensitive among us. Some know how to "plug in" and use an energy flow like a surfer that waits for the right wave, then catches it and rides it in. It's all about synchronizing yourself with the rhythm of that particular frequency and then moving along with it.

Music is one of the types of energies that is most commonly tapped into, translated and understood. A person can hear music in their head that seems to just materialize out of nowhere and if they are fortunate enough to be able to capture it and translate it into tangible form, a song is born for the rest of the world to enjoy. Where was this music before it came to be? Maybe Bob Marley said it best when he said, "There's a natural mystic flowing through the air. If you listen carefully you will hear."

It is my belief that there is an unceasing symphony of rhythm going on around us all the time, a never-ending pulse that emanates from the universe itself and reverberates in the air and Earth resonating with our own heartbeat. The drum is the most primal instrument for interpreting and reflecting the rhythms of nature. When we hear that sound it reconnects us to what we forgot in the rush of our busy lives. We are reminded of something so basic and prenatal. I think this is why we so instinctively respond to the sound of the beating of a drum, to rhythm. Because, if you think about it, the first sound we ever hear, before we're even born, is the sound of our mother's heart beating, her blood flowing through her veins into ours, nourishing us and giving us life, her breathing and the rhythmic contractions that bear us out into the world. Once we leave the womb, that pulse still remains. The regular intervals with which the sun rises and sets. The tides that come in and go out. The changing of the seasons. The constant cycle of birth and death. Each like an ancient drum continuously counting out the steady progression that moves us all. When we quiet our minds and slow our breathing, we begin to come back in step with the rhythm of all life. It is like a river flowing, a river that carves through the existence of all things. When we connect with that and plug into that natural rhythm, we feel more in tune and relaxed. We realize in that moment the simplest of concepts: That we are all connected – all part of ONE thing. So, why not go with the flow?

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“...Gently down the stream...”

By Cindy Hauska

When I think of flow I think of a stream gently meandering along, making its way to the source. We could see our lives like that: Life is the stream and we are in a canoe, floating down the stream. We all learned this in grade school while singing, “Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, life is but a dream.” How fitting to teach us at such a young age the whole philosophy of life! Why are we rowing down stream? Because there’s no resistance; it’s easy when we go with the flow. Try hopping out of the boat and swimming up stream – that’s when the struggle ensues.

There is a natural energy flow around us at all times. Reiki practitioners use this flow and channel it toward a client who may have developed energy blocks. Massage therapy does the same thing, it frees up physical blockages to the natural flow of energy into the body. Things that affect our energy chi or qi levels are diet, exercise and environmental causes such as electromagnetic frequency interference, weather or seasonal changes, body injuries and medications. Doing yoga, qigong, tai chi and meditation help to move the energy through the body and keep the yin

and yang, or masculine and feminine energy, in balance. Wearing a Q-link, Quantum zero-point pendant or other type of EMF protector can help protect the body from environmental stressors.

We wear ourselves out going against the flow; against the stream of life. Going against the natural flow is called resistance. When we resist the flow, we are creating struggle whether we know it or not. We could be resisting the flow of energy, the flow of money, the flow of

friendships, even the flow of love. To find out what you are resisting, take a personal inventory and ask yourself what it is that you think you don’t have in your life. What we usually find is that it will be the very thing we have a resistance to on some level. We have become experts on blocking the flow of good into our lives, but we’re not very good at knowing how to recognize where we have constructed resistance or built dams in the stream. Yes, little beavers have nothing on us! We are great dam builders!

There are mental and emotional dams to natural energy flow in the body, which include judgment, criticism, envy, jealousy, fear and self-doubt, just to name a few. For instance, a co-worker gets a promotion. What is your initial reaction? Are you genuinely happy for him/her; or, are you silently jealous, doubting your own value? The extent of that feeling is the extent to which you either accept or reject your own flow of success. When we are not authentically happy for another’s advancement, we block our own good fortune’s flow into our lives. What lies behind that particular block is a fear that there is not enough. There is not enough to go around and I am not enough just as I am. This type of thinking demonstrates the idea that we can’t have what we can’t give away, because how can we give something we don’t believe we have in the first place? (Of course, we all have everything inside of us. We just don’t believe it.) In order to have something in your life you must be able to give it to someone else, whether it is money, success, friendship or love. So watch yourself; see how you truly feel about another person’s success on every level. You’ll get a clue as to what may be blocking your own flow. If you feel lacking in the flow of ‘good’ in your life, ask yourself, “What is it that I am not giving?”

One of the best things we can do to flow merrily down the stream is to stop fighting against what is showing up, WHAT IS. That doesn’t mean that we don’t take the necessary steps to improve our health and well-being. It means surrendering to the way things are right now in the moment. By doing that, a still peace surfaces from deep within. Not being attached to outcomes and being more flexible and compassionate in our reactions to WHAT IS is a result of resting in that still peace. Adopting the mantra, “*It is what it is, and I am OK right now right where I am,*” allows us to enjoy the flow of our boat, merrily, merrily, merrily down the stream, which is after all a dream.

Cindy Hauska is a licensed minister through the Seminary of Spiritual Peacemaking and is partnered with Creative Wedding Officiants. (440) 974-1170.



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The *Celebrate Your Life* conference is coming to the mid-west, specifically Chicago. What is the *Celebrate Your Life* conference you ask?

This amazing weekend event features over 15 of the country's top best selling authors gathered together to present workshops and lectures throughout an entire weekend. Some of the speakers include: Marianne Williamson, Neale Donald Walsch, James Van Praagh, Les Brown, Sonia Choquette, Iyanla Vanzant, Cheryl Richardson, Dr. Brian Weiss and the list goes on.

For the past 5 years, Mishka Productions, a Scottsdale based organization has been organizing this event to sold out crowds in Arizona. Due to popular demand, they have added a second location for this event in 2007.

The best way to describe this conference is directly from a couple of past attendees:

The conference was the most amazing experience and it truly changed my life! – Stacey L.

BRAVO!!!! BRAVO!!! BRAVO!!!

What a wonderful weekend. It ended all too soon and I said many times how I wished we could have a weekend like that about once every month!!! Thank you from the bottom of my heart for such a joy! - Ann

It is an incredible opportunity to experience all your favorite authors in one place at one time and to be able to meet like minded individuals from all over the world. Participants have traveled as far as South Africa to attend *Celebrate Your Life*. The conference offers the attendee a variety of workshops focusing on all areas of nourishing your soul and honoring your spirit. If you are interested in communicating with the spirit world, knowing about your past lives, manifesting your heart's desire or even finding inner peace, there is a workshop for you.

The conference will take place in Chicago the weekend of June 22 – 24, 2007 with additional pre and post conference intensive workshops. For further details visit the Mishka Productions website at: www.CelebrateYourLife.ORG or call: 877-300-7352.



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HEALTH & NUTRITION

A Special Section Now Inside Every Issue Of The Journey

GO WITH THE FLOW

BY JANEK KUTA-ILIANO

I never considered having to part ways with people in my life until now. Consciously deciding not to talk to someone you know always seemed cruel and unusual. I have been under the belief that people come into our lives for a reason. We meet the people we need to in order to learn something. However, I have recently realized that there are people in my life that are not supportive of the direction my life is going. It is extremely hard to admit but I know it to be true. There are people in my life that are very draining of my energy while others are simply not on the same page as I. Others have lifestyle habits that serve them and not me. If I am to achieve my full potential and fulfill my life's purpose then I must act on my instincts and let go of the past and people who are not flowing with my current life situation

Have you ever gone out with a group of people and come home that night feeling energized and fulfilled? On the flip side, have you ever gone out with people, engaged in behaviors you don't necessarily enjoy and come home feeling drained and unfulfilled? You are only as bright as your circle of friends.

I recently attended a weekend workshop about preventative health and wellness and I feel like my batteries have been recharged. Workshops are great and every time I leave an event I wonder why I don't see those people more often. I feel so motivated and see visions of what is possible. Then I go about my busy life and I see those people less and less. Eventually, the motivation is lost and I flow back to people that don't have the same interests as I and the cycle repeats.

I have been in denial for a long time about who helps and who hinders my life. I am unsure if these are the correct words but it is all I can muster at this time. I have always been a crowd pleaser. I want all happy and healthy, even at the expense of my own happiness and health. It is an overwhelming feeling knowing that you have to let someone flow out of your life in respect for the two of you.


When you think you are helping someone by keeping them in your life you need to look at it again. You may be keeping them from growing as well. As much as a person may no longer be good for you, you may no longer be good for them. Out of love and respect for each other, it may be time to part ways.

I wish for others to achieve their highest potential in life and sometimes that is not always supported by hanging on to them out of convenience or habit. We need to free up

space in our lives in order to allow other creative energies to flow in. Even if that creates pain and fear, let them go. Otherwise you remain stuck in a space that inhibits further growth for you both.

I am ready to make choices that don't always make everyone happy. I have to trust that the reasons for making such decisions will present themselves in the future. You can't make everyone happy. It is a hard life lesson. Send love and forgiveness if you need to. Free up space and keep looking forward.

We all know when someone or something is no longer good for us, as difficult as that reality is to accept. If you want to know your future, take a look at your friends. Continue to make changes and adjustments that are in accordance to your inner self. Hold no resentment or anger, for that only keeps you in the relationship on some level. Let it



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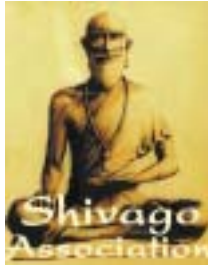


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go. Trust that life will open other doors. Have faith that life will bring in people and places you never dreamed of. At the same time, if you let something go and it comes back to you, then you truly know that it is yours. Clean your house, create some space and see who or what wants to come in.

Janee Kuta-Iliano is a preventative health advocate and director of ALIVE ONE whose purpose is to empower others to take control of their health. She offers Relaxation Massage, Colon Hydrotherapy, Whole Foods Nutrition and Internal Cleansing and Purification Programs. Visit her website at www.aliveone.net. For more information contact Janee at (440) 478-9802 or janee@aliveone.net.

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THE FLOW OF TERRA FIRMA

By Lisa Ann Pinkerton

The Earth is a closed ecosystem. Except for the occasional launching of satellites and landing of meteors, what's on the Earth stays on the Earth. To cope, our planet has developed fantastic mechanisms to reuse, recycle and rejuvenate itself.

Over the past 4.5 billion years, bacteria have evolved as the garbage men of life, biodegrading organic matter and transforming it into microscopic particles rich in nutrients. Plants of course thrive on these nutrients and contribute to the cycle by feeding off of carbon dioxide. Their waste is oxygen gobbled up quickly by the planet's moving, breathing beings – animals and us.

For millions of years humans flowed in this cycle too. The Native American tradition of the complete use of a buffalo is a perfect example. Hunting a buffalo was no small feat, so once an animal was killed the entire carcass was used. The hide became moccasins, robes and bedding. Horns were carved into cups, spoons and ladles. Rawhide became shields. Hair was formed into ropes, brushes and pillow stuffing. Bones were carved or assembled into farming and hunting tools. And of course, every muscle and organ was eventually devoured by the tribe. Nothing of possible use was left.

Yet, as society turned to agriculture, humans became specialized. Some hunters and gatherers turned to farming, others to blacksmithing, baking, money lending and merchandising. Slowly we broke away from the Earth's flow and developed operations outside of its life cycle. With the rise of the Industrial Revolution, mass production made goods cheap and accessible. More goods meant more waste. Soon society was throwing away just as much as it used. Today, the average American produces four pounds of trash a day. About one-third of an average dump is made up of packaging material.

Living outside of Earth's cycle means failing to put waste to good use. Society can get back into Earth's flow by rejoining the closed cycle.

However, some people view recycling and reuse as too time consuming to matter. They site warehouses full of recycled materials just waiting for a company to use them in their products. They ask, "What's the point of recycling if it's just going to sit around?" But, I've found once you get into the flow of reducing the amount of waste you generate as a person, the whole practice fades into the background of your life. You don't even realize you're doing it until someone unfamiliar with Earth's flow notices your behavior as

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bizarre. I like to use those opportunities to share my experience and give that person a taste of the flow I've come to know.


That flow can be seen in the growing sustainability movement as well. Each new solar panel, wind turbine, bike lane or post-consumer content label empowers individuals to small but accumulating steps to get back in sync.

Ultimately, a transition into a fully sustainable culture is the only way humans can hope to fit back into Earth's flow. But that can only happen when we as a culture demand it and strive for it. We can lead with our actions and vote with our dollars but until we bring others into this understanding life on Earth will continue to operate in two different cycles: A linear one of mass consumption, dead ending in waste; or, a cyclical, natural one as old as Terra Firma, itself finding a use for everything.

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- Recycling one aluminum can save enough energy to run a TV for three hours – or the equivalent of a half gallon of gasoline. Going to the extra effort to recycle is one way to get back into flow with the Earth.
- Since 1800, atmospheric carbon dioxide concentration has increased by almost 40%. Can you get from point A to Point B by generating as little carbon dioxide as possible?
- If your toaster stops functioning, think about how you could fix it before shopping for another one. Then, consider finding a secondhand replacement, before buying something new. If an appliance absolutely cannot be saved, ask local recycling centers what can be done with it.
- When you replace furniture or large objects in our house, put them on the curb a few days early. They may be gone before the garbage truck comes.
- Keep canvas bags in your car and use them each time you visit the store.
- When you go for coffee take a travel mug with you. Ask baristas to use it rather than a paper cups.

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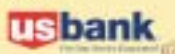
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PLANETARY PATHWAYS

By Evsttarr

March: Full Moon in Virgo Mar 3rd 6:17pm; New Moon in Pisces Mar 18th 10:42pm

April: Full Moon in Libra Apr 2nd 1:15pm; New Moon in Aries Apr 17th 7:36am

Mercury Retrograde: Feb 13th 11:38pm – Mar 7th 11:44pm

ARIES

OK Ram, so what if your world is turned upside down this month...change is what keeps the soul growing...it's also what makes you know you're alive...not to fret March brings some *colossal blessings* with all this upheaval...let go of what no longer serves you & make room, Lady Venus is lighting her fire in the Love Department

What's the problem Ram...you've said you're prayers...Heaven has heard you loud & clear, you're not one for whispering...so now *get your Ram horns out of the way* & let April's Universe do what it does best...you've got some help with the New Moon in Aries along with Sun & Mercury

TAURUS

Don't just sit there in that *Bull pen* of yours...there is someone out there who just may be able to put the finishing touches on that project of yours...investigate, find out whom that person may be & initiate contact...the stars in March are lined up for you to receive

You're almost there...just a wee bit more information is needed...you've got some assistance...start asking questions...*quit being so stubborn* & let the experts do what they're paid to do...give you expert advice in areas that are not your forte...Let the April showers bless you

GEMINI

Move over, the Miracle Fairy is on her way over to your neighborhood...and she's got enough blessings in her bag of tricks for *that twin of yours*...March is not only the month for Madness...but March Miracles are ringing your doorbell...get ready to *let the magic begin*

OK Twin...time to *give both of yourselves a break*...take some time out to rest, enjoy the April showers, let that creativity of yours come back with a bang...it's amazing what you can do when you take time to slow down just a bit...have faith & follow your guidance, & as an extra benefit Lady Venus has just showed up at your door, *both of them*

CANCER

Alright crab drown those fears of yours right out to sea...it's time for you to see yourself as King/Queen Crab...*you are ready to play ball with the big boys*...March says dream *BIG*...see yourself in the Major Leagues...step

right on up to the plate...batter up!

You've just hit a Grand Slam...don't stop now...you're on a roll baby...April is showering blessings upon blessings in your life...it's raining opportunities all over the place...the Universe affirms that *you* my dear Crab are utterly qualified to take on the whole ocean...*confidence is your middle name* this month...go get 'em

LEO

April says it's time for that mighty Lion to *swallow up a self-forgiveness pill*...let go of all those old vines of guilt that are messing up that Jungle of yours...everyone makes mistakes, even you Lion...March says quit beating up on yourself...*love yourself*, you've got a Jungle to run

Well done...now get back up on that throne of yours...and roar like you've never roared before...all that loving yourself in March has prepared that Jungle of yours into one beautiful paradise...all you have to do is make a wish...& in April the Universe answers with "*your wish is my command*"

VIRGO

Relax for just one minute will you...take some time to gaze up at that silvery ball in the sky...the Full Moon in March has your name written all over it...gather up some of those magical moonbeams, put your alchemist hat on it, and wave that Magic wand of yours...*you have the Midas Touch*

OK take some time to shut off your engines...let then cool off a bit...& when you're ready, re-fuel, start your engines...give it some gas...and Go Baby, Go...April is the perfect time to follow your dreams...go after them...let your inner voice be your guide...*put that critical voice to bed*...you're about ready to win the Grand Prix

LIBRA

Libra, the world loves your charm...but it's time to quit being so wishy-washy & make up your mind...you've prayed for the Universe to intervene...now move aside, & let someone help you in March, then just Do It...now more hesitation...allow yourself to receive...say "yes"...*no more hem & haw*

April not only brings with it a Full Moon in your sign, but a new dawn...entrepreneurship opportunities are all over the place...look right up to the Heavens at that glorious Full Moon, soak it all in...listen to your guidance...nobody says you need to answer immediately...but *you DO need to make a decision*

SCORPIO

Scorpion *your intuition is correct*, but you've know all along what you've wanted to do...you were just waiting for some validation...you've got it...Now follow the Universe's lead in March & start to move those mountains...take action where necessary

What's the hesitation for...you've gotten your answer...how many times do you need to hear it? You know what you need to do, you've started the job, now finish it...you've been pondering this for quite some time now, the Universe says *April is for Action*

SAGITTARIUS

The *Self-Forgiveness Fairy* is flitting around your heart...waving her magic wand...you've been way too hard on yourself...we all make mistakes...the key is learning from them & looking yourself straight in the mirror, & tell yourself "I Love You"...it's time to forgive & move on...March has plans for you, start moving...

I will say this for you...you are one of the luckiest signs of the Zodiac...the Heavens have just opened a new dawn for you my Centaur & the Sun is Shining right thru those April showers...Jupiter is going to be making itself at home in your sign for awhile...so *aim that bow & arrow at the Moon & Reach for It*

CAPRICORN

March says come down off that mountain, goat...it's time for you to *cash in on the waves of prosperity* that are ready

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to wash over you...don't even give me that pessimistic outlook of yours...start right this very minute saying thank you, for all the little things in your life & the Universe will grant you a thousand more wishes to be thankful for

Don't stop now, keep the faith, remain positive...the tides of the ocean flow in & out...it's part of the natural rhythmic cycle of this great planet earth...your prayers are manifesting...keep following your guidance & *be grateful for the showers of blessings* April brings with it

AQUARIUS

March brings with it the dynamic duo in your sign, Mercury & Mars...so with all that mental & physical energy abounding with that Aquarian eccentricity...keep your thoughts positive...& if there's any left over *healing work* that may need to be done with your *mother*...now's the time to take care of it

All that forgiveness work & positive thinking paid off...April says you're no longer a small fry in a large pond...you've moved on up the ladder...take a look at yourself in the Mirror, Mirror on the Wall & see the Queen/King that you are & *Dream BIG in April*


PISCES

OK fish, the Sun is Shining in your sign along with the New Moon...it's time to look into that pond of yours & see which one of those other fish might just have the answers you need...it's a sign of maturity to ask for help...& the Heavens are suggesting that it's time to *consult an expert*...so have them over for a fish dinner in March & de-bone them

Good job...advice well taken...April says it time to play...Mars is lined up in the sign of the fish...so invite some of your other finned friends on over to your pond...& have some fun...*play gets the creative juices flowing* & when you go back to the drawing board you'll be ready & raring to go

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. NEW relocations charts available, find out where you're best suited for career, romance, health & happiness by visiting her website reachforthemoon.net. More on the subject of Astrology on her new cable TV show Reach for the Moon with Evstarr. Contact her for speaking engagements, lectures, & workshops at evstarr@yahoo.com.

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THE YOGA PAGES

Devine Current

A Yoga Teacher's Perspective

By wah!

It starts with just a thread and you weave a tapestry. It starts with a drop in the ocean and you find yourself in a current. It starts with a change of heart and you build yourself a new life.

It is the greatest gift to create new belief patterns and energetic flows in your life. When your life falls apart or the people in it change you experience confusion. You can wonder what happened; did you do something wrong to cause your misfortune? But change is a most precious opportunity to create from source energy. You can use your thoughts and personal conviction to build a new life. You can study the process – from thought to dream to reality. Lee Iacocca said anyone could make a million dollars; it was losing your business and returning to make the second million that reaped true personal achievement.

John Friend's first principle in Anusara Yoga is, "Open to grace" – open to something bigger than you and flow with it. Grace is always there. Flowing with it brings expansion of heart and spirit.

Each time you open to grace you create an energetic pathway for yourself. If it were a visible path, you would see the first venture akin to bushwhacking. The second try, you might see a few grasses bent down; they help you see where the path might be. After many times, the pathway might look well-worn, feel and look familiar.

In the same way, the first time you make a choice to open to grace it might seem odd. You might feel precarious, curious, mischievous, hesitant. (Remember your first time in handstand.) But the moment you surrender your old belief system and get carried by the current you experience your first feeling of elation. The aha moment! A different way is possible!

The movie What the Bleep Do We Know illustrates this beautifully when the main character finally connects her thoughts to self-love and colors her face and body with designs and messages of Love. One of my aha! moments was meeting Amma – she blasted right past my messages of self-loathing and showed me the possibility of pure Love.

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Then you start trying to walk there yourself. You try handstand unassisted. You try to feel Love when you are not in the presence of a saint or loved one.

It begins when you notice that you are *not* there. You get angry and frustrated – why am I not feeling great? What happened? Where did she go? What caused the deviation from beautiful divine energy? When you walk down the path of self-negation, it might be hauntingly familiar but it's

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lackluster when compared to what you felt in divine flow. And so you start a self study. You watch where your mind goes. The first yoga sutra states, "As the mind, so the man." Where your thoughts go, energy and manifestation follow.

I want you to see that divine current is not just a faucet you turn off and on. When you need some juice you turn it on. When you've had enough you turn it off. No. Divine current is like a current in the ocean. It takes awhile to get

started. The position of the moon, rotation of Earth and other cosmic elements converge to create a movement of water and waves. These waves form tides' – high tide, low tide, rip tide – and the current is what you ride on. Great surf doesn't happen overnight; it swells.

As you walk down a path of self-love, your neurons and brain synapses learn to fire and connect differently. You might not find self-love every time. I don't know anyone who became fully realized overnight. You study your human nature. It is a process of self-examination. The thing to realize is, each time you connect into Love and find the divine current in you, it creates a resonance. It is another drop in the ocean. It's another thread in the tapestry. After many times, it becomes manifest. It is something that flows within you. You ride it.

But it takes time to develop. It's not easy to make something from nothing. It takes skill to build love from a life in shambles. It takes practice to create a loving relationship from lifetimes of abuse or self-defeat. You change your destiny by creating different belief systems.

Finding your connection and flowing with divine current is a personal experiment. There is no single method. There is yoga and chanting and biofeedback and reiki and sweat lodges and temples and meditation gatherings. There is lovemaking and shopping for others and silent retreats, hiking and volunteering at the soup kitchen...

I believe it begins with innocence, with a sense of not-knowing. You surrender your preconceived notions and then Grace takes over. Love rules the day.

If Love doesn't rule the day you know it because you feel stagnant. And then you study your thoughts, examine and retrace your steps: What was the moment you dove into self-doubt? You recreate different thoughts, different pathways, make different decisions. You dream —*What would I feel like if I were connected?* You remember —*What did it feel like when I was feeling great?* You remember how it felt and recreate the feeling for yourself. You start the divine flow. You chant; you walk; you call; you reach out. You do whatever you need to do to tap into the divine current again.

Masaru Emoto (*Messages from Water*) begins each day

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with the words, *Thank You*. But the mind, like water, does not retain an imprint for an indefinite amount of time. (The frozen crystals form in about two minutes and last a day or two.) The mind has to be re-impregnated with positive thoughts consistently and conscientiously. At first, it requires concerted effort; you must be vigilant. After many times, the mind retains positive direction as a habit.

Each time you move your heart toward Grace a shift in energy occurs. Each time you open to Grace you remember. You take the tools that you know work for you and use them to remind and reinforce personal connection and self-empowerment.

And then one day, after collecting many drops of water, your container overflows and the Universe sends Love back to you with such a force that you cannot deny its presence in your life. That is called being swept away... That is called Divine current. That is called opening to Grace...

May it be your experience.

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. Her latest book **Dedicating Your Life to Spirit** offers concert talks, teacher training lectures, life processing and yoga techniques. www.wahmusic.com.*



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Daily Yoga Studio - Traditional yoga classes for all levels. All teachers are Yoga Alliance certified. '13 convenient classes per week. Schedules on line at www.hubbub.com <<http://www.hubbub.com/>> ; click on Daily Yoga link. Located at 8005 Mayfield Road, Chesterland, Ohio (440) 729-2499 or email info@hubbub.com

Yoga Teachers:

Heartlight Yoga, Judi Bar E-500 RYT, RMT - Chronic Pain Specialist, Yoga Therapy Clinic, private and group sessions, workshops, Yoga Teacher Training www.heartlightyoga.com judib3@prodigy.net 440-356-5991 for info

Valerie Priebe - power yoga with a vinyasa flow. Phone 216.496.3993; email vpriebe@hotmail.com

In home yoga sessions - now available on the west side of Cleveland. Certified Hatha yoga instructor is offering one on one or special group rates. Contact gretchengintz@yahoo.com 440-623-2246.

Yoga Events/Workshops:

Yoga Teachers Training - T.R.Y. 4 Life 200 & 500 Yoga Alliance Registry - Weekday or Weekend Training - www.try4life.com janis@try4life.com 440-356-5991 or 330-995-4104

Doug Swenson, author of Power Yoga for Dummies. Ultimate Ashtanga, March 23-25 (full/ partial weekend), Strongsville. 440-236-6366. www.bhumiyoga.com

Energy Practices overnight retreat at CVNPA w/Bhumi. April 13-14. Learn energy balancing techniques, chakra attuning, flow yoga, deep relaxation. 440-236-6366. www.bhumiyoga.com

"Precision and Grace" Ron Reid and Meenakshi from Downward Dog studio in Toronto will be doing a Ashtanga Yoga workshop on Saturday March 31 at Karma Yoga. Details can be found at www.karmayogacleveland.com or by calling 216-621-7085

"Yoga Lounge" with Swaha from Toronto on Saturday March 31 at 6pm at Karma Yoga in downtown Cleveland. Come find your bliss thru asana and chanting! Copies of their new cd "Vishnus Dream" will also be available. Details can be found at www.karmayogacleveland.com or by calling 216-621-7085.

"Kirtan" with Swaha from Toronto on Saturday March 31 starting at 8 pm. This will be held at Karma Yoga in downtown Cleveland. Please call 216-621-7085 to register and for more details or go to www.karmayogacleveland.com.

**Yoga teachers, studio and workshop listings
are available for this section. Cost is only \$20 per listing for each issue.**

Please keep each listing to 35 words or less. Call 440-223-1392 for more details.

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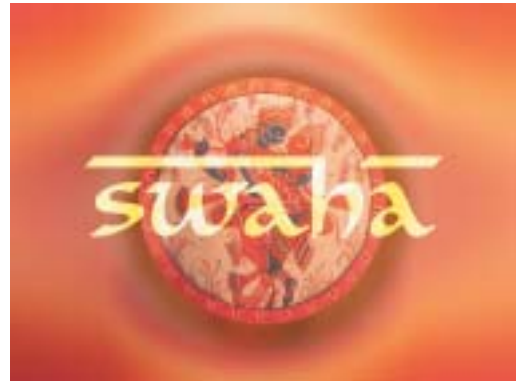
Precision and Grace

Deepening Your Yoga Practice

Saturday, March 31

11:30AM TO 2PM

At every level of yoga practice there is an opportunity to go deeper. In this workshop we will explore various ways in which to achieve this. By balancing "precision with grace" we celebrate yoga's gift of wholeness and completeness; a blend of mind, body and spirit. This will be a Vinyasa style class based mainly on the Ashtanga Yoga system of Sri K. Pattabhi Jois.



Yoga Lounge with Swaha

Asana and Chanting!

Saturday, March 31

6:00PM-7:30PM

Yoga Lounge is a Vinyasa style class, flowing with earthy trancey rhythms and healing chants to lift, balance and restore your energy. This class flows with the groove of Swaha's pre-recorded richly textured yoga lounge music, entitled "Vishnu's Dream". Yoga lounge is a dynamic class that is grounding, energizing, transcendental and transformational!!

SWAHA performs music that is both inspired and uplifting. It is an enticing blend of ethereal Sanskrit vocals soaring over rich earthy rhythms. The songs are composed by Meenakshi and Ron Reid. Following the Yoga Lounge - Swaha will be leading a Kirtan (call and response chanting) beginning at 8PM.

COST:

- Ashtanga Workshop - \$50 (\$45 before March 15)
- Yoga Lounge - \$25 (\$20 with Ashtanga Workshop)
- Kirtan - \$5

Please Register Early -
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- Philadelphia, PA, Level One - March 10 & 11
- San Diego, CA - Level One - March 17 & 18
- Cleveland, OH - Level One - April 14 & 15
- Columbus, OH - Level One - April 21 & 22
- Seattle, WA - Level One - June 9 & 10
- Level One - Phoenix/Sedona, AZ, Dates TBA

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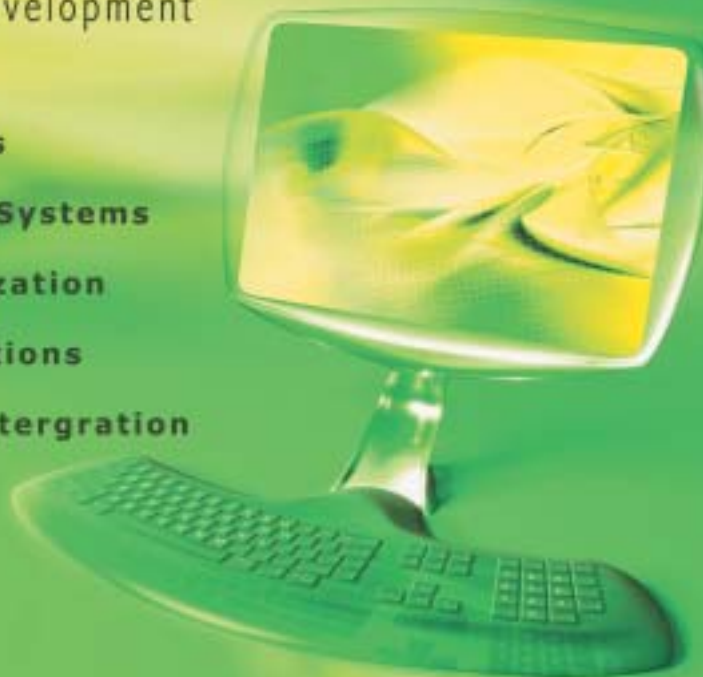


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“Man cannot discover new oceans unless he has the courage to lose sight of the shore.” ~ Andre Gide

With Spring approaching and the winter thaw generating floods of water and the April showers bringing more of the same but from above not below; let's take a look at water in our dreams.

Water is the source of all life, representing spiritual flows of truth, healing, refreshment, and our emotions. Water is an exceedingly common element in the dreamtime. I, being a water sign, Cancer, have a myriad of dreams dealing with water, hence my spiritual development as well as my emotions.

Let's break down some of the different aspects of water:

- Frozen: hardened feelings, unmoving, unforgiveness
- Melting Ice: a loosening, thawing out, relenting of repressed emotions
- Steam: process or change, transformation of our emotions

The different bodies of water also represent varying aspects of our spiritual journey and emotional growth.

- Lake: peace & tranquility providing the lake is calm & serene
- Ocean: the condition of our emotions, depths of emotions, sea of forgetfulness
 - Glassy sea: perfect peace on all levels
 - Muddy: emotional turmoil, being unable to see clearly
 - Stormy sea: emotional storms brewing, upheaval, a need to confront the storm
- River/Stream: your spiritual path & your ability to flow with life's events

Dear Duchess: Sick at Sea: I'm entering a small motorboat, the weather is sunny, and the water clear but I felt cold & went to get a jacket. I stopped at the bathroom & was throwing up. The toilet was overflowing & blocked due to my being sick. *Emotions run amuck*

Dear Emotions run amuck: I would take a long hard look at your spiritual journey & find out who or what is blocking your spiritual path as well as your emotions. In addition, who are you rejecting, or refusing to stomach (vomiting)? The toilet represents releasing apparently; you are unable to do that.

Evstarr, aka "Duchess of Dreams," has been studying dreams for the past 25 years, attending workshops throughout the country. She has studied under renowned dream author Robert Moss, along with the works of Edgar Cayce, Carl Jung and others. Visit her website www.reachforthemoon.net for upcoming dream workshops, (Mar 24 Avon Lake) send your dreams & questions to evstarr@yahoo.com



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