

Issue 51 | March-April 2010

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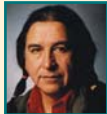
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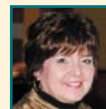
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# THE JOURNEY

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## From the Publisher

Recently I went to Michigan on a business trip. I woke up early one morning to take a class at a yoga studio I'd never visited before.

Being new to the studio, I needed to fill out paperwork at the front counter. As I was finishing, for some reason, I turned and noticed a beautiful young lady sitting on a bench a few feet behind me. What I noticed right away was a captivating smile, but even more pronounced were her eyes. Her eyes seemed so bright and clear. I returned the smile, turned back and finished the necessary paperwork, got instructions on where the changing area and practice room were located, and started to leave.

Before going to change I again turned around and faced the young lady and we exchanged good mornings. She welcomed me to the studio, I thanked her and asked if she taught there. It ended up not only did she teach there, but was the teacher for the class I was about to take. Again I noticed her eyes were so bright and clear. Actually so bright it seemed like light was radiating out of them.

We chatted for a bit and I told her that I looked forward to the class. As I was changing, the thought came to me to be very aware and present as I was about to experience a great class.

I was right. It was obvious that she was channeling throughout the class. Her easy, yet direct way of leading the class brought forth a high energy that seemed to envelope the room. She talked of love, and of letting go of the layers that hold us back from experiencing it; opening our hearts and allowing ourselves to be present to the light we all have within.

What I heard from her that day was exactly what I needed to hear. I was totally buzzed with a yoga hit I hadn't felt in a while. I am quite sure my eyes were beaming like hers when I left that studio.

For the next few days I would think about that class and how powerful it was for me. I realized her light within was coming out through those bright, clear eyes. That light touched and woke me up enough to be very conscious of the total experience.

Years ago I buried my light within so deep with layers of fear and self loathing, using alcohol to cover those layers even more. I would wake up each day to the sunrise and the first thought would be one of disappointment that I had even awoken.

But even then I could feel somewhere very deep inside me that I had purpose, a reason for being. I know now that the light within will eventually cut through those layers. Its up to us to believe we can access it. Just a spark can ignite a great light. The light shining through the eyes of a yoga instructor that morning helped to spark mine once again.

May we each be open to those sparks we are given to bring forth our light to the world.

-Namaste, Clyde

March, April, 2010 | Issue 51

## Walking Into the Light: A Conversation with Debbie Ford | 6

By Bob Rosenbaum

## Diwali: Celebrating the Light of Wisdom | 10

By His Holiness Sri Sri Ravi Shankar

## Did The Harsh Wind of Society Blow Out Your Inner Light? | 12

By Christian Schoyen

Health & Nutrition | 17-21

The Yoga Pages | 23-28

## Casey Sees the Light | 17

By Laura Lee

## Threads of Light | 23

By wah!

## HOROSCOPES | Inner Views | 30-31

By Kimmie Rose Zapf

## Moving Into the Light of the Frequency Shift | 34

By Dr. Schavi M. Ali

## Messages of Love | 36

By Laura Lee

## The journey of 'Mind of Light' | 40

By Robert Thibodeau

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**On The Cover: Gratitude** - Gratitude is a state of being thankful for the wonderful experiences you have in your life (whether it's people, objects, situations, etc.) and being open to the possibility of more. Read more at [www.spiritap.com](http://www.spiritap.com) - By Aaron Pyne of Portland, Oregon. Aaron is available for graphic design, web design, and online marketing for spiritual, holistic and green businesses. See his ad on page 42 and visit his website at [www.spiritap.com](http://www.spiritap.com) to see his art gallery and learn about his services. You can reach him at 513-703-0495, e-mail [amp@spiritap.com](mailto:amp@spiritap.com)

## May, June Theme: Belief

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# Contributors



## **Debbie Ford**

Awareness – the analytical – is the first step of moving from the shadow into the Light. But spiritual work is the important next step, which takes the process from the mind to the heart. It begins with forgiveness – of others and yourself. It begins with uncovering pain. So says best selling author and life coach Debbie Ford, in a Q&A about moving into the light.

*Ford is a featured speaker at The Journey Expo Detroit 2010.*



## **Sri Sri Ravi Shankar**

There are many legends about the festival *Diwali*, but it is essentially celebrated to ignite the light of wisdom in every heart, the light of life in every home and bring a smile to every face, according to Sri Sri Ravi Shankar, founder of the Art of Living Foundation, which seeks to help build a global society that is free of stress, violence, and misery - and full of service, wisdom, and celebration. In this article, he discusses how this festival of light can become a part of daily life.



## **Christian Schoyen**

Most of us have been indoctrinated by society to play a role of pleasing others. It's a role that often forces people to make wrong decisions and ignore their own needs. Or, as Life Architect Christian Schoyen puts it, society's harsh wind blows out our inner light. But you don't have to accept this programming; everybody has the chance to live life in the light – if only they have the courage to do so.

*Schoyen is a featured speaker at The Journey Expo Detroit 2010.*



## **Laura Lee**

Medium Laura Lee is haunted by the image of a young boy screaming at his parents, 'I should just kill myself!' She's also haunted by the mother's search for an answer by trying to make spiritual contact with her deceased Shaman. It's a delicate situation that Lee has to navigate – helping the mother to help the child without intervention from the spirit world.

*Come see Lee in person at The Journey Expo Detroit 2010.*

‘**T**hese were the last words of Gautam the Buddha, his parting message to his disciples: “Be a light unto yourself.” ...He does not mean become a light unto yourself. There is a great difference between being and becoming. Becoming is a process, being is a discovery... The seed does not become the flowers. The flowers were there unmanifest, now they are manifest. It is not a question of becoming, otherwise a pebble could become a flower.’

**– Osho**

# WALKING INTO THE LIGHT:

## A CONVERSATION WITH DEBBIE FORD

By **Bob Rosenbaum**

Life Coach Debbie Ford ([www.debbieford.com](http://www.debbieford.com)) is a New York Times No. 1 bestselling author, internationally acclaimed workshop leader and trainer who is committed to the evolution of human consciousness. She will headline Journey Expo Detroit 2010, at the Radisson Inn in Livonia, Mich., April 23-25.

Journey Editor Bob Rosenbaum talked with her about this month's theme: the Light.

**Journey:** In the last issue of *Journey*, you wrote about the Shadow. This month, we're talking about the Light. How do you define the Light?

**Debbie Ford:** I define the Light as love – as a beautiful energy that exists within you and me. It's a higher calling, an energy that opens us up to a level of consciousness where we can see where we are, both as a human and as a divine being.

It's God. But for me, God doesn't belong to any religion; I just like that word.

Other people might use another word – divine spirit, or love. I use God because we all need to find the word that is going to work for us.

Religion has made a God of the mind. But I feel there is a God of the heart; God is that power, that force, that we can tap into – a holy vibration that we can feel only when we're not tapped into anger and resignation of the mind.

The mind can go around and around, and [in our effort to heal ourselves] we listen to the same thing over and over, nothing changes. But when we tap into that holy space, that Godly space, there's a quietness and a power that can help us.

When we have those moments, that we can feel complete peace, that's when we're having a Godly moment.

That is the Light.



**'What we're drawn to do in that outer world is, usually, to have some experience from our inner world feel differently. We feel bad with what we're doing most of the time; we're bored, dissatisfied, resentful, negative. We want to feel good.'**

## **How does the Light differ from, or relate to, the Shadow?**

Something is only in the Shadow when it's not in the Light. Really, even though I go in through the Shadow – I go in most of the time through people's judgments, criticism, self sabotage and pain – I only go in through there in order to get to the Light.

You will go from darkness into the Light. When you do, nothing in you changes. The way you understand it and deal with it changes.

When you bring this holy perception into our worst pain, it's no longer dark anymore.

It's the simple metaphor of walking into a pitch-black room with a flashlight. Once you turn on the flashlight, the darkness keeps opening up.

When you talk about the darkness, it's only that which isn't in the Light.

## **So the shadow is the same as Light but without awareness?**

I think awareness – the analytical – is the first part of the process of moving to the Light...But I feel like spiritual work, which is a bit different from analytical work, is also part of it. We want to move into the heart. Into forgiveness.

We're talking about stages. The first stage of breaking through from the shadow into the Light is to uncover our pain.

Then we go into that place of owning it – being able to analyze it, to see, 'Why am I looking at it through these eyes? Why am I stuck with this feeling?'

Then we go to the third stage, which is the Light – which is accepting it and understanding it; spiritually understanding why we need this experience, this quality.

People are so heartbroken over losing a job, or losing someone – we're all heartbroken. Unless we're able to make that spiritual leap, we're stuck in the heartbreak.

## **I imagine you talk to a lot of people who are searching for something, but they don't know what.**

Makes me want to sing, "Looking for love in all the wrong places." A lot of people are searching.

What I do when people come to me and don't know what they're looking for, I work with them to understand what the predominant feeling that they want to experience each and every day. When we can get to that feeling, whether it's compassion or peace or love, then we can work to design a plan for them to work toward that feeling each and every day. Within a couple of weeks people start to see what they [really] want to do.

What we're drawn to do in that outer world is, usually, to have some experience from our inner world feel differently.

We feel bad with what we're doing most of the time; we're bored, dissatisfied, resentful, negative. We want to feel good.

## **But it's all the same experience – just a different understanding of that experience.**

I do believe that what [people] will do is going to be different when they work this way. Our soul's purpose doesn't always come through us. When it does, it's usually a spontaneous creative birth that's like, "Wow."

But when we cultivate it through our mind it's more de-

**'A lot of people who think they have faith really just have faith in the areas that are working, but they're quite faithless in the areas that aren't working.'**

liberate; it's "What am I going to do right now that will give me that feeling I desire?"

Let's say someone wants to feel fulfilled; that's their goal. You could list seven reasons why you don't feel fulfilled. But if fulfillment is what you're looking for, you can say, "What can I do today that will make me feel fulfilled?"

I call it "shadow magic;" when you've taken something out of the shadow all of a sudden things change.

## **Give me an example of shadow magic in action.**

I have this woman who's been in the Consciousness Cleanse [the basis of Ford's new book, discussed below]. She had been [struggling] in her business. After nurturing the feeling day after day, on day eight she finally surrendered. And the next day? Someone called and [offered] to fund her project. How does that happen? That's shadow magic.

The universe knows that you want something, and when you put yourself in alignment with what you want, it comes.

Most people are completely in fear; they'd rather sell their souls than take a risk. Only spiritual practice will give us faith in taking that risk.

A lot of people who think they have faith really just have faith in the areas that are working, but they're quite faithless in the areas that aren't working.

## **It sounds like you have another example in mind.**

I have a woman who is beautiful, faithful, she works in the church as a spiritual counselor. I was talking to her and she started going off about her troubled relationship with her son. She was telling me the story and I said to her, "Do you have faith that you could ever have a great relationship?" She said yes. I said, "If you had a great relationship, what would it look like?"

She started telling me all the things that would work. But after a few minutes she broke down in tears and realized that she's completely resigned that the one relationship that is breaking her heart could never work. She has no faith.

When we can uncover the truth of our own self-deception, we bring in light. The truth that she realized is that she didn't want to write to [her son] because she was afraid of being rejected. When she realized this, she was able to contact him. Of course it takes time, but the relationship is being repaired.

## **In your experience, are people generally all searching for the same thing?**

In the end it's for our soul's expression; we're all looking to connect to our soul's expression. We have disconnected from the holy part of ourselves. We have to reconnect and be in partnership with this power that has the force to guide us to our highest potential.

Humans are never satisfied in the robotic nature of the human fate. So whether we self-sabotage, or it's the economy or a loved one, we all want to be in that same level of peace.

No matter what's going on, whether I'm diagnosed with a disease or someone's taken my money, that I would know that I'm loved, cared for and at one with this force is what I think we're all ultimately looking for.

**So Yoda had it right?**

Yes. [Laughing]. Yoda had it right. That's the force. The Light. Or co-creator.

**You have a new book, *The 21-Day Consciousness Cleanse*. How does that relate to the Light?**

I just wrote *The 21 Day Consciousness Cleanse* because I realized, after teaching all these years, that so many people are stuck doing affirmations over and over for hours and hours to no avail. I always tell people that if you're doing affirmations in your mind, it's like putting ice cream on top of poop. You're trying to make something right, something good. But then there is all this toxic emotion.

Interpretation and experience that we've never brought into the Light – they're toxic. But they're only toxic *because* we failed to bring the Light to it. We only see it through our own ego's mind's eye, so it stays toxic. Unless we cleanse ourselves.

**As we speak, you have a 21-day consciousness cleanse going on. Do you have any estimate of how many people are involved in that cleanse?**

It's a new book. Some of us started January 4, but there's a whole ton of people who are doing it.

I wrote the cleanse based on the spiritual teachings of Emmett Fox, who wrote *Power Through Constructive Thinking*. I carried that book around for over 27 years. When I was going through a very difficult time a couple years ago, I needed something. I couldn't find what I needed...so I wrote *The Consciousness Cleanse* for myself. It was actually called *Your Holiness* but my publishers said [book stores] would put me in the religion section, so call it something else. I called it *The Consciousness Cleanse*.

Now there's tens of thousands of people doing it around the world and we're hoping through *Oprah.com* to reach millions of people. And help take people into their inner world. It's not a process of the head; it's a process of the heart – of opening up their consciousness.

**You were going to relate this to Emmet Fox.**

Right. Fox wrote, "If we go to ocean with a cup, we can only walk away with a cup of water. If we go with a gallon, we can walk away with a gallon. The ocean is a metaphor for our consciousness or God. We can only take in as much as our container can hold. We're the container. Most people go in to get their daily dose of God, but their cup is limited." The cleanse is about enlarging the cup by getting rid of all the toxins and all the things that don't do us any good. It's about opening up the whole being so consciousness can just run through you.

**Most people go in to get their daily dose of God, but their cup is limited. The cleanse is about enlarging the cup by getting rid of all the toxins and all the things that don't do us any good. It's about opening up the whole being so consciousness can just run through you.**

Fox also said, "The state of mind is really the one thing that is worth possessing, for having that one has it all, and lacking that one has nothing."



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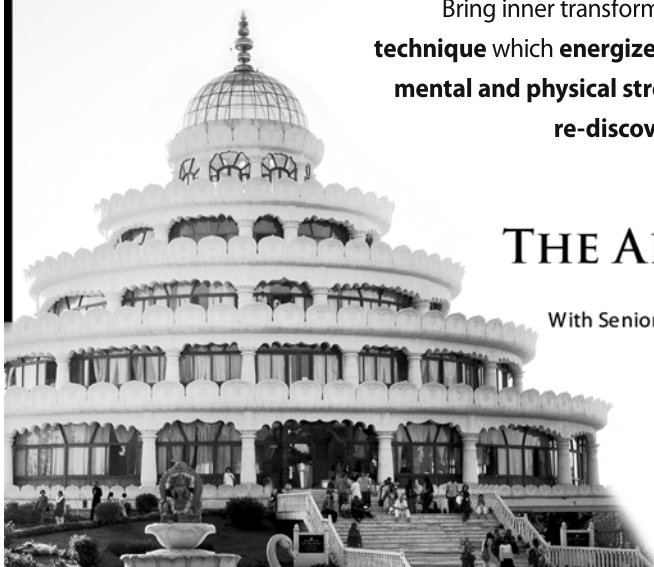
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# DIWALI: CELEBRATING THE LIGHT OF WISDOM



BY HIS HOLINESS  
SRI SRI RAVI SHANKAR

**D**iwali, the festival of lights as it is known the world over, celebrates the victory of good over evil, light over darkness and knowledge over ignorance. Lights are lit on this day, not just to decorate homes, but also to communicate a profound truth about life.

Light dispels darkness and when the darkness within you is dispelled through the light of wisdom, the good wins over the evil in you.

Though there are many legends about the festival, *Diwali* is essentially celebrated to ignite the light of wisdom in every heart, the light of life in every home and bring a smile to every face.

Diwali is the shortened form of *Deepavali*, which literally means “rows of lights.” Life has many facets and stages to it. It is important that you throw light on all of them, for if one aspect of your life is in darkness, there can be no complete expression of life. That’s why rows of lights are lit on Diwali: to remind you that every aspect of life needs your attention and the light of knowledge.

Every lamp that you light is symbolic of a good quality. There are good qualities in every human being. Some have forbearance, love, strength, generosity; others have the ability to unite people.

The latent values in you are like a lamp. When they are lit, awakened, that is Diwali. Don’t be satisfied with lighting one lamp; light a thousand. If you have the value of service in you, don’t be satisfied only with that. Light the lamp of wisdom in you, acquire knowledge. Awaken all the facets of your being.

Another profound symbolism is wrapped in the firecrackers that go off during Diwali. In life, you often become like a firecracker, waiting to explode with your pent-up emotions, frustration and anger. When you continue to suppress your emotions such as cravings, aversions and hatred, they are bound to reach a bursting point.

Bursting firecrackers is like a psychological exercise created by ancient people to release bottled-up emotions. When you see an explosion outside, you feel similar sensations within you as well. Along with the explosion, there is so much light. So when you let go of the suppressed emotions, you become hollow and empty and the light of knowledge dawns.

**‘Celebration is the nature of the spirit and every excuse to celebrate is good.’**

Wisdom is needed everywhere. Even if one member of the family is shrouded in darkness, you cannot be happy. So, you need to ignite the light of wisdom in every member of your family. Extend it to every member of society, every person on the planet.

When true wisdom dawns, it gives rise to celebration. Often in celebrations, you tend to lose focus or awareness. To maintain awareness in the midst of celebrations, the ancient *rishis* brought sacredness and *puja* (rituals) to every celebration. For the same reason, Diwali is also a time for pujas. The spiritual aspects of Diwali add depth to the celebrations. Any celebration has to be spiritual, as a celebration without spirituality has no depth.

Celebration is the nature of the spirit and every excuse to celebrate is good. In celebration, you should not only have a party; you must remind yourself of the wisdom.

For the one who is not in knowledge, Diwali comes only once a year, but for the wise, Diwali is every moment and every day. Be wise and celebrate Diwali every moment and every day of your life.

*His Holiness Sri Sri Ravi Shankar is an international humanitarian and spiritual leader, founder of the Art of Living Foundation. He will be visiting Cleveland on April 24 for a public event. For more info visit <http://events.artofliving.org> or you can contact [Cleveland@us.artofliving.org](mailto:Cleveland@us.artofliving.org).*



# Did The Harsh Wind of Society Blow Out Your Inner Light?

By Christian Schoyen

**I**f you are trapped mentally by negative energy, if you feel out of control, lost, hopeless or simply unmotivated and unsatisfied, you will find the reason for your struggles and disconnection from God is caused by society's negative belief systems, which have disempowered you. If your life is messed up, it's not your fault!

Many people go searching for "the Light" and God when they need a miracle, when they or a loved one is sick, when a relationship fails, their career fails or when they feel somehow they have failed.

There is no such thing as being in a situation that is too difficult to overcome, or being at an age when it's too late. The timeline for your awakening and emergence into a new life is not about getting to a destination in weeks or months from now. Instead, it will happen as soon as you commit to activating the "Light" within.

The wrong information that society has used to indoctrinate has led you to make the wrong decisions in your life. Without knowing it or consenting to it, you have been programmed to live your entire life to playing a role to please others. In reality you are not living your own life, not living a life in the "Light." It has been stolen from you.

Your every thought and action is being controlled by false belief systems. Although most people believe they are living as free individuals and making their own choices, the opposite is actually true. You are living a false reality that has been created by what you have been told and trained to accept. There is no prison worse than being trapped in this mental slavery, and if you are a slave to this thinking, know that it is not your fault.

While growing up, each of us is programmed to think and act in certain ways, which most often create limitations in what we believe can and cannot be done, thereby eliminating many of our opportunities. After a while we are ruled by self-doubt, fear and being judgmental toward ourselves and others. In this created reality we are like actors in a movie, with the script of our lives and directions of our actions being conducted by someone else. This wrong programming turns the stories of our lives into movies that do not necessarily go the way we would plan.

**'In this created reality we are like actors in a movie, with the script of our lives and directions of our actions being conducted by someone else.'**

At this moment you are the sum or total of the thoughts and values of your family, friends, your community, your country, race, sexuality, gender, experiences, events and the media that you have absorbed.

These destructive belief systems have been operating like a virus infecting your hard drive. They have blocked you from God and your true potential, and stopped you from being who you truly are, and kept you from truly walking in God's great "Light".

## A Bumpy Ride

For most people life is like a roller coaster ride on rusty unstable rails. It sometimes takes you nowhere, and other times it takes you to the very top or to rock bottom. Although ups and downs are just part of life, not being able to control your journey causes uncertainty, fear and a feeling of helplessness inside.

Your life is a game masterminded by God, presenting you with many challenges that He wants you to win. The battles you fight serve a purpose: for you to evolve and become who you truly are, instead of living life in denial – pleasing everyone but yourself.

You must become a warrior, a warrior of the Light, who not only welcomes your daily battles but who also knows that you will rise to victory every time you stand face to face with life's challenges. God has given you unique talents and gifts that no one else has so that you can make a very special contribution to the world.

You find yourself drawn to do these things because they ignite your passion, connecting you to your true self, God and the Light within. That passion is the clue to figuring out

your life's purpose, which has been programmed into you from birth.

Unfortunately, for most of us, our original program has been overwritten during our lives with the programming of society's expectations. But you can look beneath society's programming to discover the plan God has mapped out for you. Anything that you do that comes from this place of Light can only lead to your success.

### The Power of Fear

If you look back at your life right now, you will immediately see that fear has been your biggest obstacle, and it continues to this day, this very moment. Fear of disappointing others, fear of not living up to society's standards, fear of being unloved and alone, fear of failure, joblessness, homelessness, starvations, ill health, suffering, even fear of death. The truth is, by living with that kind of fear, you have been dying a slow death each day, disconnected from God because you are not fulfilling your life purpose. You have been living this way because you are a victim of society's ultimate power over you. Only by realizing this and making a decision to change, you can change everything in your life.

We are here to serve God, and walk in his perfect "Light". God wants us to be happy and live without fear and limitations. By being God's divine unique creations we are destined to be whatever we desire in this lifetime.

Without the fear-driven roles we have been trained to play in order to please others we are free to live a life aligned with our heart and passions. When we are activated to the Light there are no more voids to fill. There is only limitless unconditional love for all of God's creations —ourselves, humankind, as well as the animal kingdom and our planet.

**'You must become a warrior, a warrior of the Light, who not only welcomes your daily battles but who also knows that you will rise to victory every time you stand face to face with life's challenges.'**

There is no judgment toward ourselves or others. We know in our hearts that our purpose is to contribute to making the world a better place. Ego gratification will no longer exist as a motivation to do anything; our actions are driven by passion and love. We see God in everything, including ourselves. We forgive everyone who caused us pain, knowing they were also running on negative programming.

We know that the past and future do not exist, that all we have is *now*. We no longer have anything to prove to anyone else. We go to sleep each night smiling with the assurance that if this is our last day on Earth we have fi-

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nally returned home, to our true selves and oneness with God and his blessed Light.

Who you are is best explained by Michelangelo's response when asked by an ardent admirer, "How do you create your beautiful sculptures?"

"The beauty is already there, my friend" Michelangelo said. "I do not create beauty; God creates beauty. I merely chip away the surrounding marble so as to reveal the beauty. The beauty is already within. It's already perfectly in place."

*Life Architect Christian Schoyen (www.asecondlife.com) is a bestselling author, internationally acclaimed trainer and spiritual teacher, who has committed his life to helping others achieve their fullest potential by assisting them to delete society's negative programming, which has caused them to disconnect from their true selves, higher purpose and spiritual connection to God. He will be speaking at the Journey Expo Detroit 2010, and The Journey Mind i Body i Soul Expo 2010 Ohio. Tickets available at www.thejourneymag.com.*

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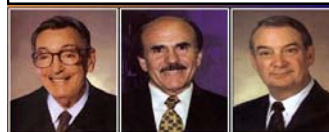
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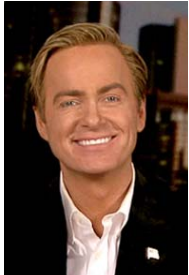
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# HEALTH & NUTRITION

## Casey Sees the Light

By Laura Lee

*Lane is really sick. He was diagnosed with H1N1. He was really angry before all this happened. He had his heart set on a dirt bike for his birthday. My husband and I were fine buying it for him, until we discovered that there was absolutely nowhere to ride legally in our neighborhood. We tried to talk to Lane about our dilemma, but he was irrational and saying things like, "I should just kill myself...I hate my life!" My late shaman, Karl, said Lane was immersed in this dark energy for years. Fortunately, he was pulling out of it just before Karl died. Karl always said Lane needed more time in the light. I am so sad for my son. What can I do for him?*

– Casey

My mind replayed the vision of seeing a young boy screaming the words, "I should just kill myself!" to his parents. My heart sank. I leaned back in my chair and took a deep breath to bring myself back into the moment. I had talked to Casey a week ago so that she could make contact with her former shaman, Karl. She had become dependent upon his assistance, almost daily, in recent years before his passing. I knew communicating with Karl was not the answer to bring peace back in this household.

"Please give me the right guidance in response to her question," I murmured aloud. Then I closed my eyes. Despite the cold chill in the air, I could feel the sun's rays shine through the window, which gave warmth to my space. I felt the sudden urge to respond accordingly.

Dear Casey,

I am sorry to hear of Lane's health, however, I know he will pull through the virus fine. I am much more concerned about his mental state when he claims to want to kill himself. You can assist Lane by taking his plea seriously. I recommend seeking attention from a traditional therapist for Lane's well being. I also recommend holding him in his higher vision, visualizing him healthy, happy and whole, while sending him the light from your heart to his heart. This light, called love, is what Karl was referencing. The more you put your attention on seeing him broke, he will continue to play out being broke. By practicing the above exercise, your child will demonstrate miracles in his behavior in due time. If you still feel it is necessary to talk over the phone, you can reach me in my office tomorrow. Laura

**'I hung up before her message was completed, feeling a bit annoyed that she asked I bring forth a deceased shaman to work through me for Lane's healing.'**

I pressed send, but the feeling lingered that it wouldn't be the last I would hear from Casey regarding the situation. My hunch was right; it wasn't 24 hours before I heard back from her. I was sitting in my car, scanning voicemails when I heard her cry for help.

*"Hi, this is Casey, uh, if you're still available, call me... I am so against traditional therapy! Don't you remember when I was having a really hard time when they wanted to medicate me? Fortunately, I am no longer in that space, but the mere fact that I would have bought into that idea would have really held me back." She gasped, "I know that I sound like a nut, but an angel once appeared to me and announced that my love will heal him...meaning Lane. I must not understand what this love looks like because God knows that I have prayed for 10 children. I really need to talk. Please ask Karl to be with us. He was the only one who could help Lane."*

I hung up before her message was completed, feeling a bit annoyed that she asked I bring forth a deceased shaman to work through me for Lane's healing. I know that she, too, has the power to call forth the light to assist her with this challenge. It dawned on me that she didn't know how.

I was motivated to call Casey back immediately as I strongly felt that her son's health was in jeopardy. She was surprised to hear from me so soon.

"Casey, we've worked together for nearly six years now, so hang with me when I ask you the following questions."

"Okayyyyy," she said curiously.

*Continued on page 18*

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“What would you say I do for a living?” I asked. She knew where I was going with this question because she laughed.

“You mean that you talk to angels...and deceased?”

“Yesssss,” being a bit sarcastic, “and what is the name of my Web site?”

“Messages

of love.” She laughed louder, which was a good starting point despite our heavy subject matter.

“So,” I began, “When the angel told you that *your love will heal him*...do you think that an angel would have responded to what you can do for Lane in the email that I sent you?”

“Yes, but it doesn’t seem to work for me,” she said frustrated.

“It didn’t work for you, Casey. But, you asked the ques-

*Continued on page 20*



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Continued from page 18

tion for Lane!" I persisted, "A traditional doctor is an instrument of God, so too, is medication. The word *kill* is a red flag. He needs medical attention, even if it is temporary to help him shift."

"Okay, I hear you," she said reluctantly.

"You are the parent, so bottom line, you make the final call. However, I am guided to help you with the energy healing."

"Again," she stressed, "It doesn't work when I try to do it."

"That's because it is

not you, Casey," I explained. "It is the light working through you. You are just the vessel, that's all. Can I show you how?"

"Sure," she sighed, overwhelmed, "I'm open to anything right now."

"Good. Then I will perform the exercises with you. Then you can apply it again should things become difficult with Lane's behavior. Does that sound good?"

"Yes."

"Good, let's begin by closing our eyes," I said. "Visualize a white light overhead sending its warm rays upon us...now deeply inhale, pulling the light through your crown and exhale through your heart. Do it again. We welcome in our sacred space angels of the light, to protect us as we open to their guidance and wisdom for our highest spiritual, mental and physical well being." I paused for a moment, waiting to receive further instruction on what to do. Then it came, "Okay, now, with our eyes still closed, let's pretend, much like a child,

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that Lane is standing before you in your mind's eye. Do you see him Casey?"

"Oh, yes."

"Now, what I want you to do is see him glowing, radiating perfect health in peace, love and joy."

"I see him." She said excitedly.

"This is his ultimate truth, Casey, as it is for you and me, but sometimes we are afraid to access this space." I paused, "Because it is easier to be less than who we truly are, especially if people don't expect it from you."

"Hmmm..." she replied. I could hear her shift in her chair at this thought.

"Now, let's send him light from your heart to his heart like a laser beam. This is your love. Then, telepathically, state to him that you see him in perfect health...*Believe*, Casey, that this is true in your heart."

"Yes." She affirmed, "I believe."

"Just let the light beam continue until you feel done."

"Right before you said that, I felt it tapering off," she said.

"Good. Now you can open your eyes."

"I don't remember feeling this good since Karl did his clearings," she said.

"We'll now you can do it too." I reminded her, "Without me or Karl. This exercise will perform miracles in time. Watch and see."

"Thank you, Laura." She said, "I'll keep you informed if anything changes."

We exchanged our goodbyes and I said a silent prayer for both Lane and his mother Casey to receive a miraculous healing. Days passed before I received word from Casey. Only this time, her message came with much relief for all involved.

**'She said, "I am so against traditional therapy! Don't you remember when I was having a really hard time when they wanted to medicate me?"'**

Laura, THANK YOU, THANK YOU, THANK YOU! Our mediation was so powerful that a ball of light hung around me for days. There is peace and happiness among us now. Lane, however, did wake upon the 'dark side' the following morning, but all I felt for him was love. I replayed the meditation, as you instructed, and there was an instant shift in his behavior. I can't thank you enough for holding my hand. I experienced something for the first time that I now know I can call back. I could actually see the white light run through me! I hope that space heals him as the angel told me it would so long ago. Casey.

I immediately replied to her inquiry of hoping that the light will heal Lane.

In the subject header I wrote:

And it is done.

*Psychic Medium, Laura Lee is heard on the Magic Morning Show and appeared on FOX, NBC, TLC, PBS and Discovery Channel. She'll be presenting at the Detroit Journey Expo on Sunday, April 25. [www.MessagesOfLove.com](http://www.MessagesOfLove.com); LA Office 818.762.1036 / IL Office 309.888.4589*

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# THE YOGA PAGES

## Threads of Light

By wah!



Wah! - Photo by Kailas. Used with permission.

**T**his year my teacher Amma (a nickname for Mata Amritanandamayi) abandoned the rest days on her tour. I wouldn't call them rest days actually; after an all-night program that concluded three days of programs in one city, the next day was spent traveling and setting up the hotel ballroom in the next city. It involved airports and taxis; packing the bookstore and PA system into luggage and hauling it to the next location; finding a laundromat, tending to a few personal matters; squeezing in a few hours of sleep.

Everyone stays up for the all-night program, hoping to catch and retain the threads of bliss that penetrate deeply during moments of sleeplessness. Eyes open, yet not functioning with the same intensity as during business and daytime hours, the bliss moves in through the layers of Self, rendered transparent by the constant chanting, activity and service.

**'There is nothing to figure out when you sing. The mantra is pure energy, pure love. The sounds and syllables of your own thoughts are no match for the pure intention of the mantra.'**

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See pages 14 & 15

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## THE JOURNEY A Mind, Body and Soul Connection

# Mind Body Soul Expo Cleveland 2010

September 10, 11 & 12

See page 33

I cannot say for sure why the rest days were taken out. The first day of each program in a new city was labeled "tentative," just in case flights were delayed or canceled. It didn't seem like any luggage was lost, the programs all started on time and somehow the crews got the room set up and were ready to go in record time.

The question that remained in my consciousness was this: How quickly can you set up the threads of light? It was not a question of whether or not they were resting or over-worked, sleepless or awake. It was the spontaneous combustion of the light network that intrigued me.

Frequencies of bliss, light and love are *etheric* in nature yet tangible to those who encounter them. Practices of making *yantras*, performing *asana*, sitting in meditation and chanting create frequencies of love which expand the Self. How are you using these gifts?

It is not a question of if you will fall from grace: You will. Not a question of if you will encounter challenges and obstacles in your life: You will. Dark forces present themselves, egocentric detours reroute your plans. Desires manifest. These things exist in the palette of human existence, to be tasted and understood.

**'Threads of light look exactly like you would think: lines of energy moving through space.'**

So what, if you find yourself in a nasty space with a loved one, how quickly can you soften? If you encounter darkness in yourself or others, how quickly can you make the detour and initiate frequencies of light? It takes a moment to realize you are in a bad space, and then one more moment to take action towards love.

#### Why We Sing

Chanting is such a beautiful and easy practice. The sound waves created by your voice travel through the air, touching furniture, skin, clothing, hearts. A person's words are powerful – just a few nasty words can decimate a friendship – or a simple "I love you" can support and lift. But chanting has the added element of music. It sustains and carries itself on rhythm and chords, the melody extends itself into your surroundings.

There is nothing to figure out when you sing. The mantra is pure energy, pure love. The sounds and syllables of your own thoughts are no match for the pure intention of the mantra. Taking 10 minutes to sit with yourself or sit with friends and chant begins a weaving of light. This light is something you can bask in. This weaving is something you can wrap around yourself to keep you in the presence of Love.

Threads of light look exactly like you would think – lines of energy moving through space. Using all the colors of the spectrum, the lines are tinged with different hues according to energetic frequency – red for creation, orange for the earth, yellow for interaction, green for growth and so on. These



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threads can be woven to create matter, change direction or heal.

Sound, and especially mantra, added to the threads of light strengthen its current and resonance. Adding breath to the asana gives it power. We want your breath. We want your song added to the cosmos. We want your light. What better way to put it out there than to chant? Starting a business or starting a song, it is the same. Put your frequency out there. The Universe will respond. It is a conversation.

Will your threads of light be decimated? Yes. How quickly can you set it up again? Will you be uprooted? Yes, no one can stay in the same place forever. How quickly can you establish your own light in a new location?

I am convinced this is why saints travel. It develops extra strong muscles to create new threads of light wherever they go. It teaches the lesson of impermanence.

Spiders are wonderful examples of thread building. They spin, build, repair and recreate their web each day, sometimes laden with drops of dew, sometimes damaged by the wind or a passerby.

**'We want your breath.  
We want your song  
added to the cosmos.  
We want your light.'**

Is it an unpredictable Universe? Yes. Will crazy things happen to you now and again? Yes. Doing yoga and chanting will not immunize you from having an earthly experience, but it will give you techniques to magnify your inner spirit so you can experience your Self above all other experiences.

Music is a wave. Thought is a particle. You can create so many coherent thought particles and collect them into a cohesive structure, or you can sing and play music until the sound waves permeate yourself and your environment.

I find the technology of thought more difficult – so much of one opinion versus another, one thought paradigm outweighing another, the convincing and debating takes too much time. Music carries an innate sweetness, a coherence of energy that absorbs all opposing thought – even your own negativity, should it arise.

Next time things don't work out, quell the urge to run. If you lose your way, stay calm, it's all part of the play called life. (In Sanskrit, it's called *leela*.)

Don't convince anyone, debate or wonder why. Sit down and use your voice to sing your way into a new headspace. Use the mantra to create new threads of light for your thoughts to follow. Take a moment to call in the Divine. Build your network of light.

*WAH!* has spent a lifetime immersed in spiritual pursuit, beginning yoga and meditation at age 17. She has worked with various jazz, pop and world musicians to create trendy meditative music for the yoga community. Her much anticipated CD *MAA* will be available in April 2010. [www.wahmusic.com](http://www.wahmusic.com)

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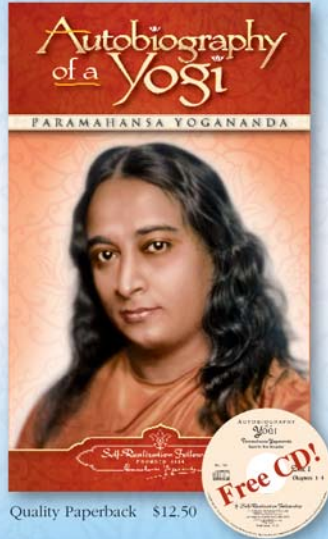
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# THE JOURNEY HOROSCOPES

# INNERVIEWS

By Kimmie Rose Zapf

## Aries

**March** — Have fun when possible, but be aware of your mischievous nature. Also, be cautious of bad spending choices. Traveling is great, too, but remember when you're far away from home, you tend to do things you wouldn't do where others know you. Make careful choices in all your actions.

**April** — You're experiencing anger and resentment with relationships. These emotions are OK — in *very* small quantities. Don't let yourself become obsessed with them. The pain they cause will only hold you back. Let things go so you can move forward.

## Taurus

**March** — New relationships arise. You'll be able to have fun and not worry about how things will turn out. Your positive emotions will produce a wonderful, freeing sensation. Enjoy this time.

**April** — A new love in your life will bring a great depth in intimacy. Open your heart and mind to this new romance and you'll be pleasantly surprised. Pay attention and you'll learn a few things about yourself.

## Gemini

**March** — Communicating clearly will help you avoid misunderstandings in relationships. Being careful in your speech will prevent down-the-road regret. Speak with clarity and empathy.

**April** — Yes, you're related to them, but be careful. Family members have feelings, too. Be kind and empathetic and your relationships may improve, not worsen. And there's no harm in doing a few family favors, but set limits. Remember, you don't have to get angry to turn down a request.

## Cancer

**March** — Feeling tired may make you want to detach from the world, but remember that you're not alone. If you pull away too abruptly, those around you may misunderstand and think you're detaching from them. Just explain that you need time to yourself.

**April** — It's true: Letting go is hard. But dealing with your emotions constructively while allowing yourself to grow is even harder. Give change a try and be understanding of others on the same journey.

## Leo

**March** — This is a good time to think about investing, but advance carefully. Keep in mind that money can

be very difficult. Protect yourself by doing ample homework before investing your time and your hard earned money in any new endeavor.

**April** — When that Leo ego starts roaring inside you — calm it down! Yes, you're known for your ego, but if you set it aside you'll find good things manifest more easily for you.

## Virgo

**March** — Watching your words will help you avoid relationship issues. This also is a good time to travel, but be nice to the new people you encounter. They may turn up in unexpected places later.

**April** — Now is the time for forward movement. You'll find good options with finances and investments, so keep your eyes open to all opportunities. As always, invest your time and energy wisely.

## Libra

**March** — This is a favorable time for you, but you'll have to keep your eyes open to unexpected things to see all the good opportunities coming your way. Look for educational opportunities and workplace advancement.

**April** — That's not just spring. That's familial love in the air. Keep that warm, energizing feeling by communicating clearly and openly with family members. Yes, it's OK to love them, too.

## Scorpio

**March** — The past is in the past. Allow yourself to move forward by learning to appreciate the lessons you've learned and expressing happiness instead of regret. With your new, improved attitude, things really will get better.

**April** — Be empathetic and don't make superficial assumptions about people or situations. Open your mind and heart to others rather than jumping to conclusions. You may find things are different than they initially appeared.

## Sagittarius

**March** — Yes, you're busy, but don't forget to breathe. Remember that *your* time is lucrative. Make the best of it. Don't keep secrets. And take the edge off that honesty. Being tactful doesn't rob your comments of their value.

**April** — Happiness can only come when you behave in an honorable manner with yourself. There's no shame in setting boundaries, but that isn't enough. You

have to actually operate within those boundaries in order to reap the emotional benefits of living honorably.

## Capricorn

**March** — Your family ties will be strengthened as you become better at communicating with each other. In the beginning, this communication may be difficult, but don't give up. Take small steps and watch the improvement begin.

**April** — Worrying isn't good for your mental or physical health. Stop. Don't wait for outside forces to solve problems or make you happy. Make yourself happy by finding constructive ways to balance your life with positive thoughts and actions.

## Aquarius

**March** — Relationship issues speed ahead when you find yourself in complete awe of a new person. But don't move so quickly that you fail to enjoy each moment. New bliss is euphoric. Always enjoy the journey and the good emotions that come with it.

**April** — Beginning-of-the year financial problems can be overwhelming, but not for you. Spend wisely to prevent adding new problems. Don't become discouraged. Give things time to settle and remember that a new start is often very refreshing and calming.

## Pisces

**March** — Spring may be off to a hectic start, so make time for yourself. Explore a relaxing hobby. In your relationships, allow yourself to forgive. Truly forgiving can be courageous and powerful. You'll feel better and all your relationships will improve greatly.

**April** — Embracing new beginnings in your own life will help you resist the urge to be judgmental of others. Release judgment. Making time for yourself during this period will allow you to attract abundance.

*Kimmie Rose Zapf is a professional intuitive, vibrational astrologer, author, public speaker and radio host on CBS and BBS Radio Networks. She is available for personal readings, classes and seminars. For more information, call her at Lite the Way, (734) 854-1514 or visit [www.kimmierose.com](http://www.kimmierose.com).*

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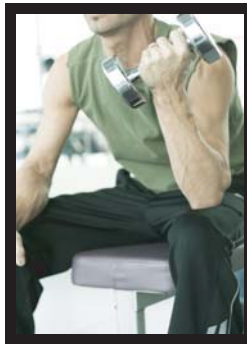
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BORDERS

# Moving Into the LIGHT of the Frequency Shift

By Dr. Schavi M. Ali, B.A., M.A., Ph.D., D.B.C.A.

As many people know by now, according to ancient Kemetic (Egyptian), Dravidian (those who ventured into the Indus-Kush Valley of Asia from eastern parts of Africa many thousands of years ago) and Mayan prophecies, humanity is due to experience a “New Golden Age” by the Winter Solstice of December 21, 2012 A.C.E. (“After the Common Era”) or by February 19, Of 2013 A.C.E. according to Tibetan scrolls. Of course, these dates are based upon the western Gregorian dating system developed by Pope Gregory XIII (1502—1585), a correction of the Julian calendar. However, close scientific research has given us these approximate dates for our time. From the ancient Indus-Kush Valley inhabitants who wrote such sacred revealed texts as the MANVANTARA and the UPANISHADS, both considered the “Vedic” scriptures, we are taught the principle of “Yugas” or “Ages”. A “Yuga” lasts for thousands of years, covering many, many generations. The most important ones are the “Kali Yuga” which means “Age of Chaos” and the “Krita Yuga” which means “Age of Purity”. There is a very brief period called a “Dwarpa Yuga” between each of these.

There have been numerous “Kali” and “Krita” yugas over the eons of time of Earth’s history. We are supposedly experiencing the one which began in 3102 B.C.E. when ravaging hordes invaded the northern and western Indus-Kush Valley and sped into parts of the African continent to do the same. They toppled temples dedicated to the worship of the Divine Mother, destroyed lands, homes and people and took others into captivity. Such evil actions caused “Earth Changes” which manifested as massive earthquakes, tsunamis, hurricanes, volcanic eruptions, etc.—the same kinds of patterns we are experiencing today. Such weather patterns are “Frequency Shifts” that align with the collective consciousness of humanity which has been gifted with free will and thus dominion over the material plane. In other words, our thoughts, words and deeds literally create vibrations which crystallize as experiences for good or ill because they are sent into the “Akashic Record”, the ethereal “library”, where all of the actions of human beings throughout all time are recorded.

During the last years of any “Kali Yuga”, there is an intensification of the Earth changes mentioned as well as an increase in warfare, all manner of crime, economic crises, famine, pestilence and atmospheric toxicity. These are the birth pangs that will bring forth “Krita Yuga”—the “New Golden Age”—that will offer us peace, safety, abundance, healing and love. Just before this age pushes into the world from the cosmic womb, however, there is a mini Golden Age called “Dwarpa Yuga” where humanity is given an opportunity to soar into high

levels of consciousness, and such opportunities come via what may seem to be strange meetings with mystic teachers, through books, through dreams and through meditative revelations. Some people may be forced to elevate higher because of a health problem or some other challenging experience that becomes a lesson. All of us are in “Earth School”, and some of us will move through our courses with relative ease, and some will not. One’s level of consciousness is the key.

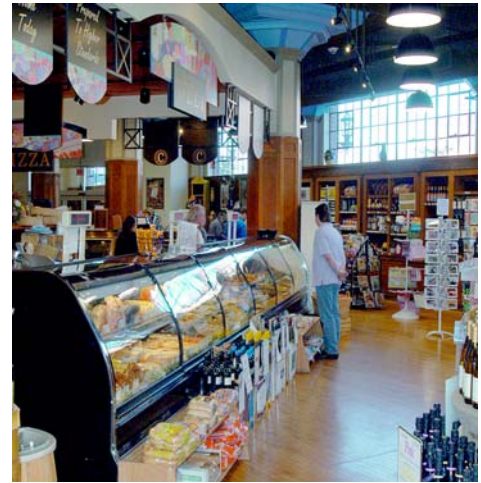
Everyone will experience physical, mental and emotional re-calibrations that are meant to cleanse us of the disharmonies in our cellular records—our own as well as those down through our ancestral line. We are being brought into the LIGHT, and beforehand, we experience individual and collective frequency shifts. Some of these are headaches, extreme fatigue, nausea, heating-up of the torso, dizziness, irritability, insomnia, joint pain, flu-like symptoms, diarrhea, skin rashes, tingling in extremities, restlessness, anxiety, depression, heart palpitations, a sense of time being sped-up, strange dreams and a general feeling of being unwell. Physicians who are spiritually-oriented can help us to move through these challenges without harmful chemicals or unnecessary surgeries. We can heal via the natural and metaphysical ways by eating fresh vegetables, fruits and grains; taking herbal extracts, sniffing essential oils, wearing healing gemstones, getting weekly massages, exercising and performing meditation twice each day. Of course, we must commune with the Creator in prayer according to our own spiritual path. All of these modalities help to ease our “labor” pains.

We must not look upon our symptoms as illnesses. We must remember that they represent the labor of a new birth. Think of the caterpillar which spins its cocoon, and while inside, it actually melts down, and eventually comes forth as the beautiful butterfly with gorgeously-colored wings. It soars into the sunlight. Think also of the mythical colorful phoenix bird which comes forth from the ashes to a new life. Although we are certainly living in challenging times, these are opportunities (a word used quite often in this essay) for us to love each other into wholeness. Seize the opportunity to heal, and hold on! You are coming into the LIGHT!

*Dr. Schavi M. Ali is a retired college Professor who owns a consulting company called “Kem Sia International” whose motto is: “Dedicated to the Elevation of Planetary Consciousness and the Healing of Spirit, Mind and Body”. Dr. Ali is a Reiki Master, a Gemstone Therapist, a Dried Blood Cell Analyst, a Sufi Mystic and a Kabbalist, a Seminar Teacher and an Author. She has recently been appointed as the Vice-President of the Southfield, Michigan LIONS CLUB. She may be reached at [Divinelight@att.net](mailto:Divinelight@att.net)*

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# Messages of Love

By Laura Lee



**Q:** I need help on all fronts. My entire life seems to be upside-down, and I don't know which way to turn to best help myself. My ex-husband has stopped paying the alimony ordered by the court, claiming that he cannot afford it. I have suspicions that he is "hiding" money, but no proof. He has our daughter believing horrible things about me, which have not only turned her against me, but have caused her severe depression and emotional distress. Now, my daughter is not speaking to me.

Because of the lack of money, I have been unable to complete a course of studies that I could use to generate income. Also, the constant stress and distraction of dealing with foreclosure on my home and fending off bill collectors has made it impossible to focus on finishing a feature film project, which has attracted a very high level mentor who has committed to helping me get it made once it is finished. The attorney I have consulted to help me collect the money that is owed to me is dragging his feet. I purchased Doreen Virtue's Angel Cards, but I'm feeling such chaos that I don't know how to interpret them. I have asked the Lords of Karma for help. I have tried visualizing my perfect resolutions. I've done sand paintings. I listen to brain entrainment CDs. I don't know what else to do to turn my life around. When I meditate I ask for messages in a language I can understand. I see letters that are all jumbled and seem to be nonsense. Please, do you have any insights for me? Lisa

**A:** Whew, what a load you carry. Obviously, you're in crisis mode. When you are in this frequency it is difficult to receive clear communication. That's why the letters seemed jumbled, the angel cards don't make sense and your relations are strained.

Your ex, your daughter, your attorney, your mentor, your bill collectors are *not* your source of power. You're looking at all things external for your validation, prosperity, well-being/health and career/life ambitions. Stop. Let go of all these burdens. These things are out of your control.

So what if your daughter believes those horrible things about you?

You will restore your relationship!

So what if your ex isn't giving you the money for schooling?

You will succeed at your dreams regardless!

So what if this high level mentor isn't in your life to

guide you?

A higher level mentor exists in your heart!

So what if you haven't enough, momentarily, to pay collectors?

You are prosperous by divine right!

So what if you have to foreclose on the house?

You will thrive by finding a better place to live!

So what if your attorney is dragging his feet to collect your money?

You are prosperous by divine right!

You must look within for your strength and power. Nothing or no one can hold you back when you know who you are Lisa. The truth is that you are beautiful child of God that was made in His/Her likeness! Everything you need, you already possess. You hold the key to unlock the power beyond your wildest imagination. You are healthy physically, emotionally and spiritually. You are prosperous. You are achieving your dreams. You are a good person. You are love. You are guided by your own heart. You will bounce back from this lesson stronger than ever because you are a powerful woman.

Every day, before lying to rest and upon arising, please state the following prayer/affirmation so that your guides may help you realize your power within.

1) State the following affirmative, "I release these persons and situations to the heavens."

Then visualize your ex, your daughter, your bills, your attorney, your house, your film project float off of your chest into the heavens, so far away that you don't see them anymore.

2) Then see a white light glow down upon you and warm your body with its rays. It touches your heart like a laser beam restoring balance and power to its rightful owner: You. Feel it and breath it in. Then state the following affirmation,

"I welcome all my (angels, guides, God and whom-ever) into this sacred space to help me realize my inner power and strength to achieve great health, prosperity, relations and my dreams."

Then allow yourself to daydream about the possibilities of achieving these outcomes.

Continue this practice should you ever feel the weight of your pressures. This is so easy that before long you will see outward actions harmonizing with your inner world. Miracles will occur.

Finally, take care of yourself. Do things to nurture your-

self to restore balance, body, mind and soul so that you can handle your daily affairs with positive energy. It will be easier to see things that happen as opportunities rather than setbacks.

Hug people. Be around children. Be around animals. Play up beat music. Go dance. Sing. Buy flowers for yourself. Read positive literature. Watch funny movies. Laugh. All this easy, light stuff is serious business. These things change your frequency and open the mind to the possibilities to hear your heart/guidance clearly - to give and receive heavens gifts now. Believe in you.

“Change your mind, change your life.” – Ghandi

*Psychic Medium, Laura Lee is heard on the Magic Morning Show and appeared on FOX, NBC, TLC, PBS and Discovery Channel. She'll be presenting at the Detroit Journey Expo on Sunday, April 25. www.MessagesOfLove.com; LA Office 818.762.1036 / IL Office 309.888.4589*

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# The Journey of 'Mind of Light'

By Robert Thibodeau

"When you possess light within, you see it externally."  
– Anais Nin

What is light? It's hard to look into the sun or even a bright electric light, let alone see its true source. So what is light? Can we know light without dark to contrast it? I think of the light of consciousness. I think of the light in another's eyes as the doorway to the soul. I think of all of the people who had a near-death experience and claimed they saw the light of peace. There is a light of knowing, a light of imagination, a light of being, a light at the end of the tunnel. In the beginning, the first creation was light. Thank God there is light. Who could imagine 'Dark on Yoga'? It's 'Light on Yoga'!

"Beauty is not in the face; beauty is a light in the heart."  
– Kahlil Gibran

How many songs are there talking about the light of love? Even I have a song with the words, "I want to be the light on your road, I want to be the light on your rose, set free the heart of your soul." What about the light of awareness? Nobody says the "dark of awareness." Consciousness and growth, goodness, even heaven, depend on light. It's an old wisdom that it's better to light a candle than to curse the darkness.

"A man should learn to detect and watch that gleam of light which flashes across his mind from within."  
– Ralph Waldo Emerson

There is the light of heaven, the light of the stars, sun and moon. There is the light of enlightenment, the light of dharma, the light of scripture, the light of wisdom. There is the falling light of sunset, eve. There is an inner and an outer light. Light warms and enlightens the inner side of life.

On the shadow side there is the fallen light, electricity – known in western esoteric circles as enslaved, discarded, disintegrating, astral bodies; or artificial light. Desire and fear, anger and jealousy, obsession and compulsive actions seem to more fit this negative state. It can bring rainbows if we can learn to transform negative experience and perceptions into spiritual insight – a light of knowing, kindness, compassion.

In spirituality and the mind of yoga, we are not talking about the outer physical light where we see differences, separation and contrasting views. I am talking about inner light, insight, spiritual light, even the light that illuminates dreams and imaginative adventure, joy. This light of spiritual possibility exists inside us. It exists outside us when we, from our spirit selves, learn to see and feel the unifying principle, the universal light and love available to all of us. Our Higher

Self is united with all, there is a great spiritual oneness, wholeness in the universe. Yet each of us is a unique expression of that oneness. Each of us, out of freedom and capacity, can choose to explore and unfold a unifying principle of love and truth. Each of us can choose love over hate. Each of us can choose to act out of wholeness rather than out of separateness. As the Dalai Lama says, "Everyone wants to be happy. There is a vast richness inside each of us that is infinite."

"His high endeavors are an inward light  
That makes the path before him always bright."  
– William Wordsworth

Light and dark meeting in balance produce the rainbow. Goethe and Rudolf Steiner indicated this. The sky is blue because we look at dark space through light. Looking at light through dark (dusk) we see the red sunset. This can be demonstrated in any classroom and is self-evident once observed. Without light, we could not see with eyes. Goethe thought light itself, over time, created the eye. Light itself is invisible. We see what catches or reflects the light. In an analogy of spirit and matter, light is a spirit force that matter entangles or romances, creating consciousness and form. Light and electricity are opposites like good and evil.

Turning on a light can chase away the darkness, but a simple electrical light usually does not banish the darkness of ignorance, delusion, anger, jealousy, fear and hatred. Nor does a love that lacks wisdom stop an unnecessary war. Only hard-earned wisdom born of compassion and a love that is infinitely patient and wise can be a spiritual alchemy of lasting change and progress.

"A sensible man will remember that the eyes may be confused in two ways – by a change from light to darkness or from darkness to light; and he will recognize that the same thing happens to the soul." – Plato

Light and life (substance) are always in affair. In this respect, theosophy tells us that Earth gave us our form. The stars (suns) gave us intelligence. Between the upper light of intelligence and the dark light of will, is the heart of love or the middle way. Light, love and life make the great trinity of a human being.

Light can be cold, warmth can be dark. Love is what reconciles opposites, marrying the higher and lower, giving birth to divine presence. The light of intellect alone can be cold, calculating, even ruthless. Love alone can be naive and foolish. Trees are in nature's harmony yet they get chopped down, often for trivial reasons. Flowers are love yet they get picked and stepped on. It seems that we need the light of

wisdom and the higher love of kindness, virtue, compassion, oneness, union, to find lasting peace and happiness.

“Nothing in the universe can travel at the speed of light, they say, forgetful of the shadow’s speed.”  
– Howard Nemerov

When Jesus Christ said, “Ye are the Light of the World,” it indicated the possibility of an intelligence holding a world conception. “Ye are the Salt of the Earth,” perhaps indicated the need for practical earthly intelligence. Surely the beatitudes of the New Testament indicate a higher love, a buddhist-like compassion for all who suffer. When both Jesus Christ and Buddha indicated that “you will know them by their deeds,” it was a strong indication that light and love, intelligence and virtue, need to be put into action as the Bhagavad Gita of spiritual India implies. The further injunction, “By their fruits you shall know them,” is a further indication of virtuous actions leading to an even higher fruition of freedom and love/compassion to come.

“Alas! Must it ever be so?  
Do we stand in our own light, wherever we go,  
And fight our own shadows forever?”  
– Edward Robert Bulwer Lytton

It is a dangerous thing to live in just good intentions. The old saying is, “The road to hell is paved with good intentions.” To live in just words, pictures and thoughts, is the beginning of spiritual pornography. One lives in pictures rather than reality. One reads a menu but never eats. To live in feelings, even loving ones, that have no headlight is to set oneself up to be a victim. It is in the heart where intelligence and love, wisdom and compassion learn to meet and agree, learn to die and be born again. (Being born into spirit is a teaching as old as time in ancient Egypt, Greece, Persia, India.) Hermes is thrice born – spirit, soul and subtle body! It is in the heart that true light and love is born and reborn. Here the blues turn into the warmth of loving kindness, compassion. The heart, like the sun, can shine all the time.

“The sun shines and warms and lights us and we have no curiosity to know why this is so; but we ask the reason of all evil, of pain, hunger and mosquitoes and silly people.”  
– Ralph Waldo Emerson

In the heart of the teaching, yoga is love. It is the union of purified mind (light) with purified body (form). This implies not only coming to light, but also coming into being. It implies a healthy darkness that holds the light, allows you to see the light. These are deep mysteries that modern physics and science touch upon in the discovery that there is a black hole, a dark void, at the center of each star. The light and the dark, the *purusha* and *prakriti* of old India, coming together – creating the planetary system, the solar logos, the music of the spheres. The void is the dark heart of matter interacting with the universal spark at the heart of our own little planetary system of chakras, colors, tones and notes continually alive and creating. To awaken to spiritual nature and consciousness the ancient wisdom has given us meditation and yoga. In freedom, each of us can come to ever new insight and compassionate understanding of our self and the universe

around us. May all beings find light and love, self-realization, enlightenment and the virtue of being true to the Higher Self of the world.

“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.”  
– Carl Jung

If in the dark, be the light. If there’s too much noise, movement, light, be the dark still calm abiding peace beyond understanding. Be empty to become full.

“The Self shines in all, but in all it does not shine forth.”  
– Upanishads

When the light outweighs the darkness, the teacher is present; quick, listen with your whole heart! A heart of love is the bell, truth is what rings us clear in the journey of light. Bless your heart and mind!

“Love is not consolation. It is light.” – Friedrich Nietzsche

“Ring the bells that still can ring.  
Forget your perfect offering.  
There is a crack in everything,  
That’s how the light gets in.”  
– Leonard Cohen

*Robert Thibodeau is an astrological consultant, singer/songwriter, metaphysical speaker and proprietor of Mayflower Bookshop and Gifts in Berkley, Mich. He can be contacted on his Web site at <http://web.mac.com/mayflowerbookshop> or by calling (248) 547-8227.*

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*"Creativity is God energy flowing through us, shaped by us, like light flowing through a crystal prism."  
 ~ Julia Cameron, *The Artist's Way**




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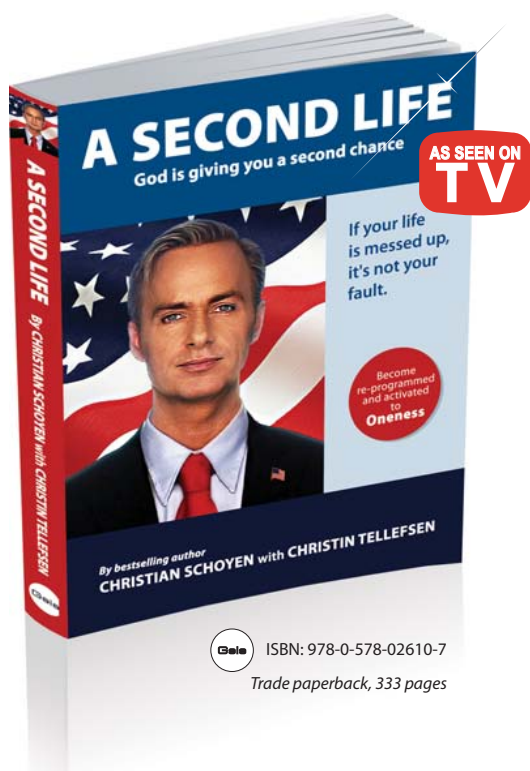
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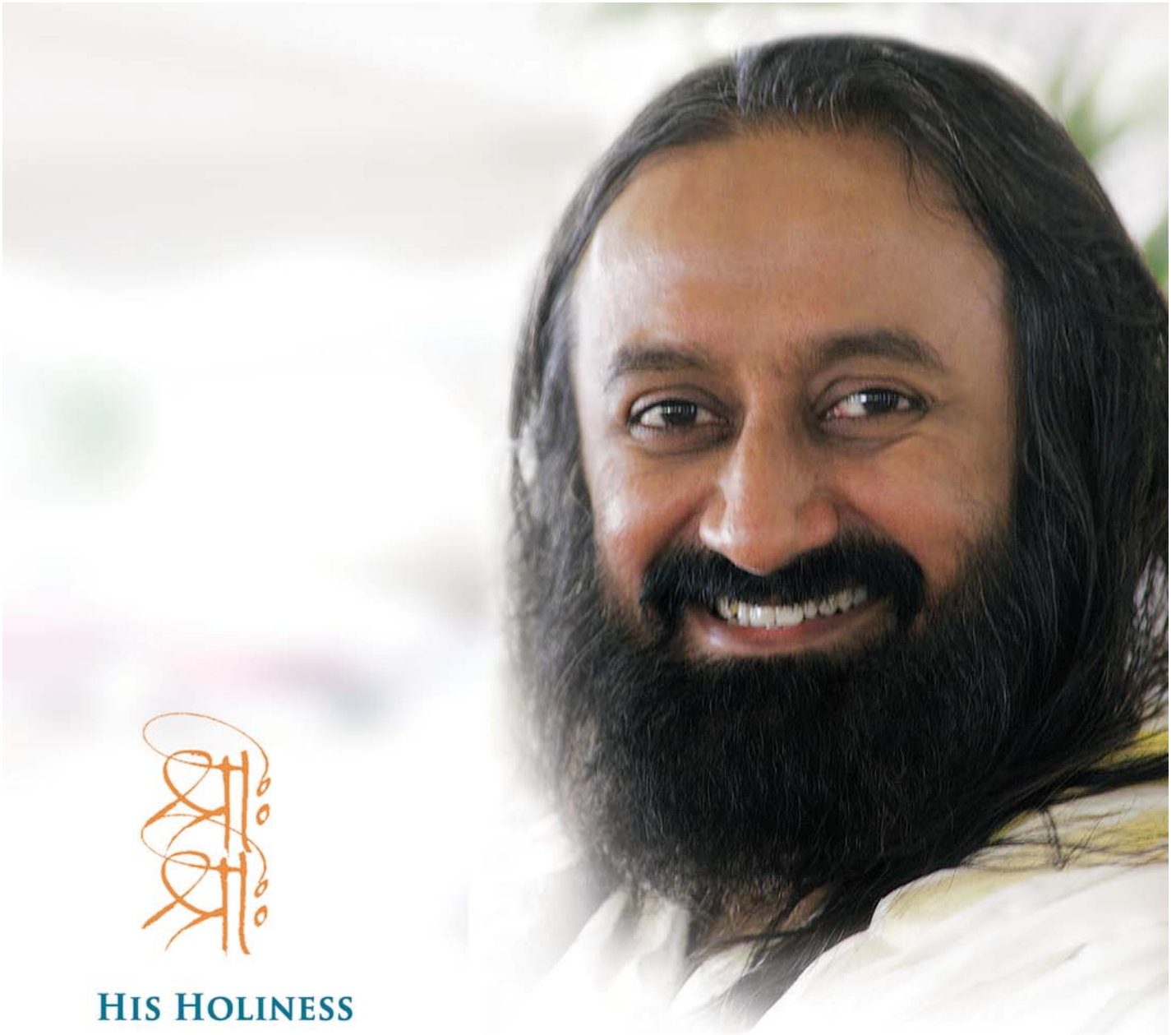
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*Life Architect Christian Schoyen ([www.asecondlife.com](http://www.asecondlife.com)) is a bestselling author, internationally acclaimed trainer, and spiritual teacher, who has committed his life to helping others achieve their fullest potential by assisting them to delete society's negative programming, which has caused them to disconnect with their true selves, higher purpose and spiritual connection to God.*

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