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...to personal transformation

WAYNE DYER
EXCLUSIVE INTERVIEW

HEADLINE SPEAKER
2004 THE JOURNEY
MIND • BODY • SOUL EXPO

EXPO YOGA WORKSHOP
JONNY KEST

This Issue's Theme Is
PASSION

INSIDE:
THE YOGA PAGES
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Issue 17

July • August 2004



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WORDS FROM THE PUBLISHER.....

I'm often asked what will be the theme for the next issue of *the Journey* several months in advance. I never really know until it pops into my mind. The theme for this issue is passion. I first came to that theme after seeing Van Morrison in concert back in April. Anyone that knows me will tell you that his music resonates with me. What really resonates is the passion I feel when I hear his music. So what is passion? Perhaps passion could be looked at as a high energy we connect with when we open our hearts. We connect with this energy at a deep soul level, and it encompasses our whole being. I believe just as beauty begets beauty, passion begets passion. I look over my life and see the people I enjoy being with and they are all very passionate people. Whether they are friends, work associates or my yoga instructors, all of them are passionate in what they do or how they live.

I believe that I live my life with passion in many ways. For almost six years, one of those ways has been to be the owner of A Touch of Serenity. My passion for what we have done there has carried me through a lot of difficult times and a lot of changes. Never did I waver or enter the thought of closing. I always had a knowing that I was doing the right thing. Just as I had that knowing, I now know it is time for me to step aside. The passion is still here; it is just time for others to allow their hearts to open to it. When I chose this theme I never dreamt I would be writing these words, but sometimes things happen quickly in my world. Within a few weeks of deciding I was done, what I believe to be the right people offered to buy A Touch of Serenity. Barbara Tisi and Mark Dressler will be the new owners, and there is no doubt in my heart that they will continue to run with the same passion that has been there from day one. I have been asked by a lot of people what I plan on doing. Trust when I say that the passion I live is not gone, but will be channeled in other directions. One of those directions will be to take *the Journey* to another level. I will have more time to expand and continue to fulfill our mission in doing our part to help heal the world. May we all live our passion and find the purpose of our lives.

Namaste, Clyde



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the JOURNEY
A Mind, Body & Soul Connection

Our Theme for the Next Issue...

Clarity

The Passion of Intention

an interview with

WAYNE DYER

By Allison Conte



Q: In your lecture in Cleveland last year, and in your new book, *The Power of Intention*, you said you want to “feel good” because feeling good means you’re connected to source energy, or Spirit. How is passion connected with source energy?

A: First of all, you’re never disconnected from source; that’s not possible. As long as you’re breathing, there is some source energy flowing through you. And so the question isn’t really whether you’re connected or not. The question is: How dirty or corroded is the pipeline between you and your source?

The cleaner the pipeline, the more passion you have for anything you do in your life. Passion is really nothing more than a corrosion-free connection to the source from which you emanated. Passion means that you understand what you’re here for and you don’t allow anyone or anything to interfere with that knowing.

You have a divine and perfect purpose for being here. When you know this and you trust it and you don’t allow anyone to deter you from it, you have passion. Passion is that internal burning desire. It’s an energy, a frequency that’s vibrating at approximately the same rate as the source energy.

You can be very quiet and peaceful and yet still be very passionate. People that I meet don’t really know what’s going on inside of me. But I know what I’m here for, and I don’t really pay attention – ever — to people who tell me what I can or can’t do. I’m very peaceful about it, very free, knowing that what I have to do is all laid out for me and I’m going to stay connected to it at all times. That’s what passion means to me.

Q: If passion is an energy that vibrates at approximately the same rate as source energy, I’m wondering how passion calibrates on the scale of consciousness that Dr. David Hawkins puts forth in his book, *Power vs. Force*?

A: It’s different for every person. It depends on how you perceive yourself to be matched up with the energy of Spirit, of source. You could be doing very little and still be very passionate. But others have to be very highly engaged and active 24 hours a day.

Another word for passion is *enthusiasm*. If you break it into the Greek root words, there’s *entheos*, which means *God*, and *iasm*, which means *within*. So enthusiasm, or passion, refers to the God within.

That means you have to be able to go to that quiet place within you. Gaining passion, gaining enthusiasm is really a process of remembering — not a process of learning something new. You’re remembering where you came from, which is the source of well being and abundance.

To remember this, you must first forget the ego and its beliefs: that you are what you have, you are what you do, you are what others think of you, you are separate from everybody else, you’re separate from God, you’re separate from what’s missing in your life.

“The memory of God comes to the quiet mind,” says the Course in Miracles. Source cannot be present where there is conflict. “A mind at war with itself,” says the Course, “remembers not the eternal gentleness from which it emanates.”

You have to let go of the confusion and the madness and the striving to be something else, and go back to a process of remembering, of connecting to the God within you. And that’s *entheos*, enthusiasm.

When people ask what they should do or say, I tell them to be enthusiastic. People will be with you if they know that you’re authentic and enthusiastic. If you want to be good at anything, go at it with enthusiasm. Look at the people we admire in any field: the great actors, the great athletes, the great painters. They live with incredible enthusiasm for what they do. And that enthusiasm is nothing more than a connection to the God within them. We all have God within us; we are not separate from God.

Q: So if I have enthusiasm for what I’m doing, is that a sign post telling me that my path is clear, that my pipeline is not corroded?

A: Yes. And it’s because you’re feeling good. When you’re enthusiastic about what you’re doing, you feel good — and that’s the same as feeling God.

The real barometer of whether you’re on the right path is not your intellectual assessment of the situation. It’s how you feel, in this moment. Your feelings are the barometer, the guidance system, for determining whether you’re connected to source energy. So you should always use your feelings to help you find the path.

Q: So people ask, “What is my purpose?” and you answer, “Follow your passion; follow your enthusiasm; whenever you feel good, you’re on the right path.” But for many of us, when we hear this, some form of resistance comes up. We say, “I can’t do this or that with my life because I have to pay the bills and take care of the children.” Is this the corrosion that you’re talking about?

A: Yes. That resistance is you doubting your own divinity. You’re doubting that you are a piece of God, a piece of well-being, a piece of abundance.

Does the source know what you need? How could it not? Think of the deer and bears in the forest. The source never

forgets to start growing thicker fur before winter. It takes care of every beast. It's the source that beats your heart, grows your fingernails. We don't go to bed at night worrying about the stars falling out of alignment. We don't worry about the sun being there in the morning.

But we take on these egos and the belief that the source is not there, that it's not taking care of everything. That's resistance to the absolute knowing that everything is in perfect divine order. All you have to do is remind yourself: "I want to feel good."

Q: How should we do that?

A: Just stop yourself when you start telling yourself, "It won't work out" or "It will never happen." Just let go and let God.

It's not complicated. We want it to be complicated; we want to come up with difficult formulas. But it's very simple. We don't have to understand it. There are many things in life we don't understand. I like it that way. I totally trust that I'll be provided for and taken care of.

Q: So you don't have to figure out your purpose in life?

A: You are your purpose. Your being here is your purpose. You came in with nothing, and you'll leave with nothing. So the only thing to do with your life is to give it away. Since you came from a source that is always giving, all you have to do is be in a state of giving, and you're matching up with that source. When you do that, everything is provided for you. In giving you receive. All you have to do is give forth like the sun does, without asking for anything back.

God doesn't need us to love him. God needs us to show our love by loving each other. We show our love for God by loving each other, by being love.

When we have thoughts of fear, anger, hatred, evil, we're not doing what source does, which is loving unconditionally and excluding no one. No one. Anything that excludes anyone... any thought that excludes others or any religion that excludes others... all of that is a movement away from source energy.

Q: What are your passions? What really lights you up?

A: I can't think of anything that doesn't light me up. Everything gives me passion. Just breathing gives me passion. I'm in a state of awe at all times, about everything and everyone. I can't think of anything that doesn't turn me on, other than ego-driven evil. I don't allow that into my life any more.

Q: Speaking of being turned on... What about sexual passion? How is it linked to source energy?

A: Imagine if sex didn't feel good. The whole population would come to an end. The process of creating and procreating feels good. And we all want to feel good.

Sexual energy is nothing more than the energy of God. It feels good because it's creative energy. If it feels good and doesn't hurt anyone else, it's Godlike. So sexual energy is the energy of God.

Most people have been conditioned to believe that sexual energy is shameful. They say it shouldn't feel good. But if God didn't want you to feel good, he would have made sex

something that feels bad. If he didn't want you to masturbate he would have put your sex organ out of reach. He would have put it behind your knee!

Q: What do you think of Tantra, which is about transforming sexual energy into the energy of unconditional love?

A: Unconditional love is the expression of God — and so is sexual energy. We try to carve it up and make it into something different. But it's all one.

If you see it this way, then you don't look at it as sex for pleasure or sex for procreation. That [kind of thinking] is why some people are opposed to gay marriage. If God made sex only for procreation, then anyone over the age of 45 shouldn't be allowed to be married!

Q: Buddhist and yogic traditions acknowledge that as humans, our tendency is to seek pleasure and avoid pain, which fits with what you're saying about wanting to feel good. But the teachings encourage us to feel whatever arises in the moment—good or bad. We are encouraged to make room for pleasure and pain, joy and sorrow, passion and grief.

A: Well, I'm just not a person who wants to feel bad. There's a lot of interpretation in religious traditions. In Islam, for example, there are interpretations that allow you to hate certain kinds of people. There are interpretations that say feeling bad really is feeling good. I have a different view.

Q: Maybe it's not such a different view; maybe it's a different way of coming at the same thing. The eastern teachings seem to be about allowing the feelings to be there... about not resisting what is. So if you have a feeling, you allow it to wash over you... and then you let it go.

A: Oh yes, absolutely. But ultimately, we must move from those lower energies, like anger, to a higher place — toward tolerance and ultimately toward love.

I get angry at some things that are going on in the world. It gives me great pleasure to get angry at people who are blowing up trains or wrapping bombs around children. That really pisses me off.

But while my anger is valid, there's nothing I can do about that situation. So I'm going to work on a way to feel good. Because when people practice terrorism and we watch it and feel bad about it, then we lower the collective energy. So it's important to feel good and feel God, even when you're watching things that make you feel frustrated and angry and hurt.

When you feel good, you CAN do something about it. You can become part of God consciousness, a higher awareness. We need people who, like St. Francis, elevate the consciousness of everyone the minute they walk into the village and heal people by their presence. That's what we need to practice: Where there's hatred, we need to be able to send love.

So you can be filled with anger, but ultimately you want to move toward feeling good. If you feel bad, you're becoming a part of what you're opposed to. I do what I can to make the world feel good. If enough of us do that, the world will be a better place.

Somewhere In Between Peter Pan & Louis Pasteur

By Evsttarr

Passion speaks in various forms to you & I. When I hear the word “passion” I think of what brings me out of an exhausted heap and turns me into an exhilarated firecracker of energy. That is different for all of us...the distressing thing is, some of us haven’t found what “*that*” is...some of us don’t even know we’re missing it in our lives...and sadder yet...some of us *think* we’ve found it...but haven’t a clue. Yes, I’m talking about “passion”.

To express in animated fashion while realizing our deepest desires and actualizing our heart felt goals through the everyday getting up and doing what it is we singed up for when we were a mere spark or twinkle before the almighty Universe and said “yes, I’ll take that challenge on, I’ll suffer like no other, I’ll go through the intensity of ups and downs like nothing this side of Cedar Point...sure sign me up.” That was when we signed on the dotted line. Now we argue... “Oh no, I would’ve *never* agreed to go through all this.”

Well, I have news for you my dear friend...you did *indeed* enlist yourself in this army of life...and a great deal more. The good news is...after you’ve gone thorough the trenches and to hell and back...(and you have the battle wounds to prove it)...you’ve discovered your passion along the way, your reason for living. How do you *know* what God put you on the planet for you say? It goes something like this...

There isn’t anything you’d rather be doing than that “par-

ticular thing”...you’d do it even if you didn’t get paid for it...there’s nobody that does it better or quite like you...when you’re doing it the whole world can see it in your face, your actions, the very breath you breathe...and time goes by so fast you could be doing it for days and not even realize the sun has come up and down and up again...you forget to eat...and the best thing about all of this is “you’re so exhilarated when you’re doing it you feel like “you can fly, you can fly...” and the whole world is flying with you. This is how I feel when I teach the Louise Hay groups. There are many things in life I’m passionate about, but that by far is the reason God put me on this ever loving planet...just ask any of my students...present or former...I light up like the Xmas tree on Times Square when I’m teaching.

Now, like I said there are countless things I’m passionate about...my cooking...my kitchen is a total disaster when I’m done...but boy do I have fun. I’m passionate about my spiritual beliefs...my children...my love of water and fishing...but nothing brings out the “*life*” in me like being in front of a group of people and sharing my passion for Louise’s work.

“Having a purpose is the difference between making a living and making a life.”

— Tom Thiss

Take a look at Peter Pan, a man more in touch with his inner child than most of us by a long shot...although many of us today are definitely doing more than skimming the surface of inner child work. Peter Pan had a gift and enjoyed enlisting others to follow him to Never Never Land...though he struggled along the way with his “shadow self” and had his inner conflicts and power struggles with Captain Hook and the crew. There was even a little mistress (Tinkerbell) and mother figure (Wendy) going on there. But bottom line...he had a passion for what he loved and he followed it and got others to follow him.

Now, let’s take a look at another fellow in history, Louis Pasteur, revered for possessing the most important qualities of a scientist: the ability to survey all the known data and link the data for all possible hypotheses, the patience and drive to conduct experiments under strictly controlled conditions, and the brilliance to uncover the road to the solution from the results. This man definitely had a passion for his life’s work and there is no doubt in the mind of those who were familiar with his work that God definitely had a plan for Louie.

So ask yourself these questions...what **do** you do best in life...what are your gifts, talents...what would you do if a Genie appeared out of a “magic lamp” and asked you “if money, or time, were no object what is it that you would do?”

Remember this my friends, somewhere between Peter Pan and Louis Pasteur in the dictionary lays “*passion*”. Where do you fall?

Evsttarr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. Look for her upcoming Treasure Mapping & Crystal Workshops, along with Angel Card Readings at the Goddess Blessed (216 221-8755). Contact her at evsttarr@yahoo.com to be added to her mailing list, also be sure to check out her new website reachforthemoon.net for upcoming class listings.

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Visiting Hell...

But Choosing Not To Stay There

By Clyde Chafer

The doctor was right. I was 15 years old and was in the emergency room at the hospital from a self-inflicted drug overdose. At least that's what everyone was supposed to believe.

A few weeks earlier I had gotten arrested with some friends and it looked like I may end up in the juvenile detention home. Not where I wanted to go, especially since they shaved your head and made you exercise all day long. This was the early seventies mind you, and my hair was past my shoulders and a large part of my identity. So a friend and I invented a scam. I would fake a suicide, crying out that I was scared to go to detention home and would finish the job if I had to. I thought we had fooled everyone, including my mother, stepfather and oldest sister, who had all come rushing to the hospital when they got the call. But the attending physician asked everyone to leave the room and he shut the door behind them. The doctor turned to me and said: "Clyde, you better wise up and stop the things you are doing or your life will turn to hell! You're too young and too smart to follow the path you are on and you can choose differently today if you want." I looked at him with a blank look like "what does this guy know." As if to read my mind he said, "I suppose you think I don't know what I'm talking about. You probably think I've got it all together because I'm a doctor and I probably have a wife and children with a nice big house. That would be partially correct. I have the wife, children and big house, but I am far from having it all together. You see Clyde, I'm addicted to drugs and my life is hell right now. I'm scared to death. Scared my wife will find out, or my bosses. But I can't stop. I write my own prescriptions. I never intended to

become an addict; I just started using for a way to get rid of some of the stress I felt. But the addiction took hold and I'm in hell. I just can't stop and I know it's just a matter of time until I'm caught."

The doctor took a big chance that day to try to reach me and I brushed him off as some kind of a quack. I know today that he was an angel sent to give me a message and I turned my back on that messenger and that message. I was already walking the path to hell, I just didn't know it. Using alcohol to get rid of the feelings I had that I didn't like, was working. I kept using and abusing alcohol. I got into a lot of drink-related trouble for the next several years. But then I got married at age 24 and simmered down, yet kept drinking. Problem was, once I started drinking, I couldn't stop. So I did my best to control the drinking. Today I know if you have to try to control something you are out of control. When I drank, I would end up saying or doing something stupid. I couldn't stand certain aspects of myself and I drank so I didn't feel. By the age of 29 I was deep into the hell he had warned me about. I was where that doctor was—married with a couple of great children, a big house, and my own successful business. Yet I couldn't stop drinking. I was in a perpetual state of hell in my mind. The drink numbed out the fear and pain I was feeling. I was drinking away the marriage and suicide became a daily thought. I was too afraid to live, yet too afraid to die.

It all came apart on June 20, 1988 when I found out my wife filed for divorce and I had a choice to make. Was I going to continue to live the way I was in this perpetual state of hell, or end my life? I chose to end my life – at least end my life as I knew it.

That day I took a chance and walked into a 12-step meeting for the first time. What I didn't know, was that it was my first step out of hell. I made a choice and it was the best choice I ever made. This hell I had put myself in started to go away. I remember when I was about three months sober and I woke up one morning and heard the birds chirping and I smiled. I was happy to be alive. That was a very important day for me. When I was using, I hated that sound. I dreaded waking up because the first thought would be I don't want to face another day. I was in the midst of a divorce with a lot of unanswered questions about what would happen. Yet I was glad to be alive for the first time in years.

It's been sixteen years since I took that first step out of hell and I would be less than honest if I were to say I haven't gone back a few times. But I have not found it necessary to use alcohol or drugs to numb out pain. More is revealed as we sometimes "trudge" this life experience. As it is revealed, I sometimes react in some unhealthy ways. This always leads me back to hell. I do believe we have a choice though. We can choose to do the same actions and live out the same thoughts, or take a chance and get honest. Honest with ourselves. Perhaps listen to those messengers. You never know how or when they show up.

Funny, the strange thing was I never gave that doctor another thought until years later after I got sober and made my escape from hell. Since then I have often prayed that he too has made it out.

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Natural Passions: The Logic Of The Heart

By Carol J. Spears

My father many years ago told someone that I got paid in “psychic dollars”, referring to my profession as a park ranger with the National Park Service. As a field ranger, my monetary salary was not much, but he understood that my job allowed me to live and work amidst what I treasured more than fortune—the natural world, in some of its most glorious places on earth. I could imagine no other thing for me to be doing. That concept defines passion to me: a passion for something means that it simply will not let you go.

Twenty-five years later, my soul and my heart are still compelled to revere this planet’s nature. As a person on a spiritually-aware journey, it is natural for me to have forged an unbreakable link between my human spirit and the spirit of nature. Understanding my inner, true self began in the ‘60s as a child, while sitting silently for hours high in a cherry tree in our urban backyard. It felt like “home”. I knew that I just had to be there, bathing in the essence of the life *outside* of our human-made house.

This acute awareness of Self as connected to All has led me to stand silently in witness of thousands of sunrises across our country after a night of camping, hold exquisitely-fragile chick-a-dees in my hands while rescuing them from harm, step in the freshly-made footprints of grizzly bears while hiking in Alaska, gently explore Oregon’s rain-forest

floor to reveal rare and endangered salamanders, marvel at ancient sea-life from inside an explorer submarine 1,200 feet below the Pacific Ocean. All of these experiences and countless others sing through my being. My passion for honoring nature goes beyond my own Love of it; my passion is to keep the other life forms on earth from being hurt by humans. I see a critical need for those of us in the spiritual community to recognize the perilous plight of our natural world, and to work actively to protect it, wisely and lovingly, and to not be an oblivious part of the problem.

Our passions are not accidents; we are meant to become enflamed by our particular passions. I have learned that my passions are my teachers and my healers. Through my studying and first-hand experiencing the incredible diversity of animals, plants, and ecosystems with which we share the earth, and how they survive here, I have come to learn many profound lessons on my spirit’s journey. And I have come to many precious healing places in my heart, through being embraced by the desert wind, serenaded by birdsong, caressed by shadows within a forest.

Passion is not necessarily exclusive; we may have several passions, some with us for a short time, others are as much a part of our being in this life as is our genetic code. In addition to my guiding-star passion for preserving nature, I have a great passion for holistic healing work, for teaching, for sacred sound and music, dancing, and cats. Just as my passion for immersion in the natural world, these passions will not be denied. For example, if more than a day passes without my playing the harp, the longing to sit and pluck the strings, to feel the resonance of the soundboard through my own body, becomes paramount—a passion that will not let me go. And, can you even begin to imagine a home without at least one cat?

Can there be passions that are harmful to you? I do not believe so. Your true passions will nurture you, guide you, and help you to live to your highest potential. Yes, there are other compelling activities and behaviors that do not nurture, guide, and help you raise your life’s spiritual energy level. These activities are those that you may indulge in with great feeling and consistency. However, they perhaps would be better defined as obsessions or addictions, and creations by this life’s ego. My experience with life passions, is that they are ego-less. They are not *created* by you—they *are* you; they are not of the mind, they are of the soul. They do not come from outside you, they are inherent. They bring unbound joy to yourself, your fellow earth beings, the light-beings, and the Universe. And they will not let you go.

Happiness is being able to recognize intuitively your life’s passions, and to honor them by living them. For me, passion is the language of the soul, the logic of the heart. I pray that I will always follow my passions, and continue to reap those “psychic dollars”, of which my father spoke.

Carol J. Spears is a National Park Service ranger, wildlife biologist, Reiki Master, Certified Music Practitioner of the Harp, Meditation Instructor, and Birth Doula. You may contact her at: 440-639-9958; www.heartinhands.com; or caroljspears@cs.com.

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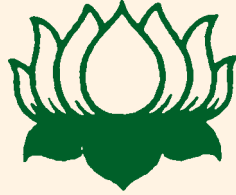
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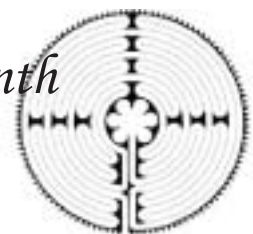
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PASSION

by Wah!

You have to fall in love. You have to. Or you will never know what selflessness is. You have to get excited about something in your life, or you will never reach your destination. Passion is a combination of falling in love and being driven to repeat the experience.

Have you fallen in love? You have. Do you remember how it feels? You don't know what day it is or how much time has passed since you were together. You lose yourself. It's buoyant and nourishing and beyond time and space, and altogether ridiculous. And you don't care a bit how it looks, because you are so in love. You'll go anywhere, right? Falling in love is part of the human experience. It is a great gift in each incarnation. We fall in love with certain things, on our way to falling in love with everything. We worship certain people, certain idols, certain beings, on our way to worshipping all that is. It has to start personally. It has to start as a one-to-one thing. It is special. It has enormous impact. It lets you know how special you are. What you have to offer, and what you bring to the relationship is vital and inclusive.

You know what love is. You had a grandparent or a teacher or a sibling or a lover who showed you love. You will never forget that feeling. They cared for you. Gave you special attention. You meant something. Can you remember someone who cared for you like that? Go back in your life and find one experience of love, of feeling whole, and try to recreate it in your mind and body. Remember how the sun felt, or how they looked at you, or how you felt when you received their love. This is a great tool that can be used with visualization – you can store these feelings of love in your muscle tissue, bones, and cellular structure to facilitate healing.

The way that person loved you is exactly the same way the whole Universe co-exists with you. The energy of Love that you receive is special and personal. It has enormous impact. Through your relationship with the Universe, you understand that your being is special. You realise that what you have to offer in this life is vital and means so

much. Each human life is taken very seriously in the spirit realm; did you know that? What you do with each life and each situation is enormously important. What you are doing right now is the result of many efforts before this. You have tried before to get to this point. And here you are – hoping to be able to let go and open to a higher energy. And you're dragged down with this person or that situation, and wondering how can it all work out? How can you *ever* get to a place of self-acceptance and a feeling of oneness with *this situation* in your life...

And that's the whole program. It's feeling a sense of Love *while* doing the relationship, *while* being a hated leader, *while* practicing kindness. Changes of the heart do not come easily. Hindu scriptures describe it as a speck of dust on the mirror of the heart. That's how small the issue seems. And yet, when you try and dust it off, what happens? Does it go away? No! It moves to another place on the mirror! (Oh, and you thought it was all resolved this time...).

The path leads to Love. Any path. Not a spiritual one, not an artistic one, not a service-full one. Every life journey leads to Love. In the end, your conclusion has to be Love. Love. Love for yourself. Love for the people in and around your life, who are also working towards selflessness. Love. It's the end all. If you have reached another conclusion, you're not finished yet. Love will be your last thought after you've worked it all out. It's not a concept. It's a feeling that permeates everything you do. Love is rushing at you, every minute of the day. Love. It's rushing at you, every moment.

What gets in the way? Why is our experience of Love so inconstant, when it's so available all the time? We turn our own heart away from the experience of Love. There are a million reasons to turn away. We won't allow ourselves full freedom of Self and self-expression. Or we have learned somewhere that everything has a price and we don't feel we've paid enough for it yet. Or we feel we have to do everything ourselves to get it done right. Look in your own

heart and ask. As you watch yourself go through your day, ask yourself *How much Love is present right now?* You can use the question as a barometer, to see how much you resist the inflow of Love. We all do it. It's not something unusual, like your incarnation is different from anyone else's. Life is hard. The human incarnation is a difficult experience. It is looked at as almost heroic in the spirit world. *Wow! You took a human incarnation?!* (Yeah, you know, you get some respect for taking it on.). Lots of lessons and deep-seated issues get brought into the open for you to work on, throughout the years of your life.

Passion is what drives us to continually seek a great experience. Call it God. Call it Love. It's not WHAT your passion is, but the fact that you have passion. For something. In ayurvedic terms, passion is fire. The fire energy can be applied to anything. Passion fueling lust creates sexual desire. Passion fueling creativity creates an artist. Passion for a deity creates longing. It's a remembrance. If you've tasted it once, you want to taste it again. An artist will remember being at one with a creative energy and having the painting flow into completion. He or she will want to experience that again. A meditator will remember the experience of deep absorption, and will strive to get there again.

You long for it, but you don't know how to get there every time. Factors of nature converge in a multitude of ways, never repeating the same pattern twice. We have to use deeper senses like intuition and creativity to navigate the Universe and its workings while being

fully present.

Your passion may not come from this lifetime. Some people recall a sense of wholeness from previous incarnation and seek it in present time. For me, my passion sources from a previous incarnation in Africa. As a tribal elder, I loved and cared for my people. We drummed, danced, worshipped, and shared in community. I felt very close to God. It was the last time I can remember that *I actually got it*. I understood how it felt to be personally close to the Universe, how it felt to be an important keystone in the energy of the group. My passion this lifetime was to find music again in a spiritual way. With all the traveling to Africa and India at a young age, it might have looked idiotic to an outsider. But from the inside, it was a continual search – a passion – to find musical settings which could enrich and uplift spiritually. Trance, drumming, chanting, gospel, Hare Krishna... I have soaked in as many of these sacred musical gatherings as I have been able. They take me to an experience of oneness. Of Love. They let me know that I belong, that I have an important part to play, not to anybody else, but to myself. I seek the experience of oneness so it can spill over into the rest of my day and enhance it. Embellish it.

It's not for someone else. Don't look and see if other people have light or love or passion in their lives. Forget it. You can't see it from the outside anyway. And the way it looks from the outside is never how it feels from the inside. Your thirst for spirit, your longing is drawing you forward. Passion makes you one-pointed. It creates clarity because 'you' are present, looking for something. You're

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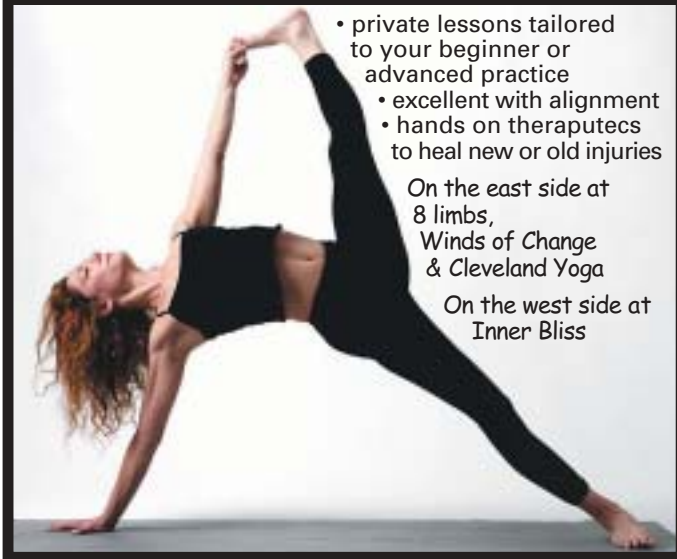
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showing up. You don't know exactly what it is, what it looks like, or what the current product is called. But you know what it feels like. So you try out different experiences to see if it gives you an inkling of wholeness.

You're passionate about something because it's working for you. It's connecting you to what you need. It's based on your inner belief that what you want exists out there, somewhere. You experienced it once so you know it's there. Whether you have Love or not, *you know it exists*. Whether you feel the Light or not, somehow you know it's possible. You might have seen a beautiful sunset sometime. And even though you can't see it now, you still remember it. You will look the next day to try to see that beauty again. In the same way, you know what it feels like to have Love. And so you long to experience it again. Passion is the driving force that compels you forward. It might propel you into a quandary, or maybe you'll look like an idiot to your friends. Who cares? Passion is illogical. It's not step by step; it's all the way or not at all. Good or bad, it's all welcomed in your search for The Experience. That's why we travel hundreds of miles to see our loved one. Or to be with a saint. Or to go to a concert. We want to feel open, expansive, free. We want to feel that space of selflessness.

Passion. It's a feeling thing. You can't use your eyes to find it. You have to allow your desires to lead you. You have to go forth blindly, searching for landmarks without eyes or intellect. It's using your heart and soul. Listening to your heart instead of what people say. Watching what is instead of keeping track of what people are doing. Searching for even the smallest taste of bliss. It's a madman's way. Hafiz, Rumi, Ramakrishna – their lives were directed by this inner thirst, a passion for the sacredness of every moment.

Everyone has a passion, something they love to do or create. Each passion ignites a spark for living, for being part of this Creation. So look for it - find it in what you do. Find it in who you are. Passion feeds your spirit. Let it go!

Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. She and her band will perform at The Journey's EXPO in Lakeland, OH on Saturday, September 11th. www.wahmusic.com

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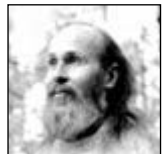
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Passion and Yoga: ANTITHESES

A Teacher's Perspective

By Harriet Russell

Passion is the antithesis, direct opposite of yoga.

Webster's Dictionary says, "Violent, high wrought, fit of emotional agitation. A state of being subjected to, or acted on by, what is external or foreign to one's true nature especially a state of desire, feeling or emotion."

Is this a surrendered peace of mind? Is this the state to aspire to?

Over 20 years ago, I lived eight years in an *ashram*, the largest yoga community in North America, with 350 residents. We lived a monastic lifestyle of a six and a half day Karma yoga work week. There I learned to understand the complexities of the mind. It was a welcome journey into the self and a training for the ups and downs of life off the yoga mat.

"I just want a little passion," I told the guru. His reply? "Why would you willingly desire such emotional turbulence?" I looked up "passion" in the dictionary. It was quite revealing.

Even passion for something desirable is still a passion of uncontrolled energy. While the dictionary addresses both

the emotions and lack of clear thought and reason, it doesn't address what yogis call the "witness consciousness".

Witness consciousness is a way in which we can observe a thought or absorb an experience. Without repression or resisting, and on the other hand without attachment or holding on, we can be fully in the moment in whatever way that moment manifests.

If we resist something we do not want, the same lesson will occur again and again in our lives in different forms. Until we allow the feeling to move through us, we cannot create full acceptance or potential for change. If we create attachment to something we want, the desire overrides our witness and we become enmeshed in passion.

With witness consciousness, we are able to go beyond the emotional mind and just watch the show go by without being taken over uncontrollably. This does not lessen the intensity of the felt emotion, and gives us an enlightened view of it. The energy is raised to a very high level because of the focus *abhyasa* and lack of distraction *vairagya*. It's seeing reality with truth, so our awareness raises as well.

How does this relate to the yoga practice? Enthusiastic emotion can give us a jump start. But this is only temporary. The mind wants control, yet the spirit wants freedom. The intense emotions make us feel as if we are "alive". Yet, this roller coaster of passion is the antithesis of yoga. The mind brings attachment and resistance, judgment and expectation. Our true nature is beyond this.

The ultimate path of yoga is to see life as it comes to us, to be vigilant and observant of ourselves as we interact with experiences, and to be aware of how we can change inside,

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while observing "witness consciousness".

I sit listening to the waterfall in my Japanese pond, the birds, all kinds of birds filling the quiet with calls and responses, like an orchestrated *kirtan* chanting. I see the definition of passion in yet another way. *Webster's archaic definition of "passion": "Passivity. Passion versus action."*

Is this the surrender of yoga? Yoga is a constant inquiry, a Path of Love, a journey of self- discovery.

Witness consciousness creates the light in the practitioner's eyes, openness of heart, and the ability to live life fully. So whether you are on your toes or on your head, be conscious of the mind, and witness the play of life!

Harriet Russell (Bhumi) is the Director of Bhumi's Yoga and Wellness Center. She offers local classes, retreats, and workshops internationally. Bhumi's Yoga Teacher Training certification was the first in Ohio and is nationally recognized by the Yoga Alliance. The new location for Yoga Teacher Training and meditation is on 8 acres of wooded land in Columbia Station. Next program is September, 2004. Website: www.bhumiyoga.com Telephone: 440-236-6366.

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Mission Statement: To enable people to truly relax, let go and feel the blessings of this abundant universe. To see the God in all and to BE THE CHANGE.

Each issue we feature a different Yoga Teacher
To be featured in an up-coming issue of The Journey, please call Clyde Chafer at (440) 255-1638

Passion

A Student's Perspective

By Parker Bean

"A passionate person is never a watered-down personality. Most people can endure passion for only a few moments. Yogis are passionate forever."

– Alice Christensen

It takes a warrior to make it into the rooms where we practice yoga. We have all been through some event or some feeling that has brought us to seek truth. There is a voice inside us that guides us there; it creates that miracle, that final push between growth and disparity. Inside of all of us is truth. Many of us have told the voice of truth to shut up, to just die, because we can't deal. We all have a voice. We all have a warrior. It is whether we want to listen to it or not. That voice is our soul, and our soul's voice is passion. We must not lie, shut it out, or rob ourselves. Here we breathe passion, experience prana, and live life.

I truly believe that one of the hardest things to do in life is "live". It is so easy to just "exist". We are deaf to what is screaming inside us. We don't listen, we tune it out: we settle for black. We can choose to go through our days without love, without drive, without yellow. We can sit in our own stifling pattern or we can choose to listen to what it is that we don't always want to hear. Yoga is our outlet to color. It brings joy to the child inside us. We submit to growth with our foreheads on the mat, our tears streaming and our sweat tapping the floor. We have a voice that can heal with passion.

We begin by making it onto the mat. We quiet our ego. We learn to breathe. Slowly, one moment at a time things become quiet. Our clutter begins to sweat away off our brow onto our chest down our stomach and through the earth. We begin to see and hear our soul's voice that is passion. It brings a clear perspective; it brings the moment. As the past and future leave, we grow stronger, we learn to trust, and we see the present. That painful push beyond our comfort zone comes from listening to the pulse of passion. It whirls around our insides with a cry of freedom: we are alive. We learn to breathe we find life. Passion is life.

We discover that we are two warriors, our mind and our spirit. It is a love affair inside of us. We are meant to be together and passion is our language. When we come out of black and listen to our truth we change. For a moment we are one; our mind and our spirit. The mind must set passion free and when the soul sings, it resonates. It vibrates around us and is contagious.

How could we ever discover our brilliance and beauty and forget? It is not easy to hold on to; it slips out of our grasp, when we leave our mat and get into our cars. The warrior in us fades, the lights dwindle and it is usually when we need our bright colors the most. This is the true voyage: remembering to come back to the heart to our yoga. Once we find our elation and contentment with what is present, it is torture to ignore it. If we do not listen we are choosing to

die inside. We must embrace passion, have a voice, and live life with vengeance. That is Life.

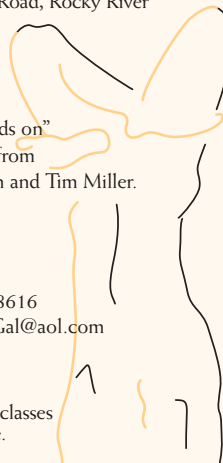
Some see results in their abs and their arms. For me, I know that this is not enough. Without passion and the constant humbling and learning, I become scattered and scared. I sometimes feel as if I am too lazy and there is always something lacking. I'm always doing something the wrong way. I should be doing something different. I will never ever be enough. It's hard to realize that the solution lies with embracing myself with life. We can have yoga and passion with everything that we do. .Passionate feelings encompass our lives. We are passionate towards others. We believe in all that we are doing. This way we are not robbing from ourselves, others, or the moment. We are adding our voice and growing. As we leave these rooms, our lovely warrior comes with us. We are the bright passion of yoga.

ginny Walters, RYT
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Name of studio: The Atma Center

Director of studio: Sannyasi Atmarupa
(Beverly Singh), AYT, RYT, CYT

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E-mail: atmacenter@aol.com

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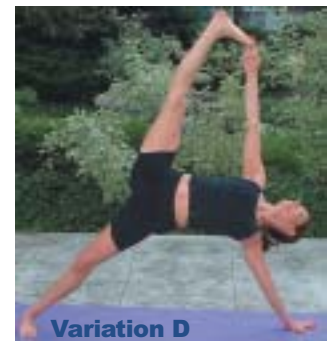
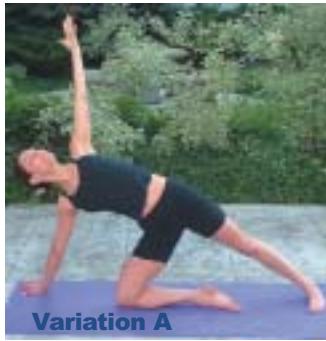
Names of teachers: Our AYT, RYT, and CYT instructors include: Jayasri (Judy Churchill), Madhuramurti (Martha Loughridge), Atmadarshan (Laura Santoro), Carol Ann Hensley, Dharmaraj (Paul Harms), David Harrison, Debbie Dobrzeniecki, Deb Smith, Gita (Lynn Kennedy), Mary Baird, Nancy Burgard, Sali Ryan

Mission statement: The Atma Center develops the skills and understanding of yoga by providing high-quality classes accessible to every body, and is an organization that meets the highest international standards for teacher training and in-depth studies of yoga.



Asana of the Issue By Marni Task

Vasishtasana - A Practice in Passionate Patience



Like many balancing asanas, vasishtasana (vah-sish-tahs-anna) (side plank pose) takes great strength and much inner equanimity, as well as patience and perseverance. The name of this posture honors the ancient sage Vasishtha. Vasishtha literally means “most excellent, best, richest.” He was a rishi, a wise man, and one who knows the secret of the Vedas. He was the author of a number of Vedic hymns in the Rig-Veda and was affectionately addressed by his disciples as Kulapati or chief preceptor. In those days a teacher who fed and taught at least ten thousand students was called Kulapati. He owned the divine “cow of plenty,” Nandini (“delight”), who granted his every wish by providing abundant milk and sweets for all who needed nourishment. Since Nandini had extraordinary powers, she brought him infinite wealth. To celebrate the infinite wisdom of Vasishtha, a shining star was named after him. Just below the North Star, you will find a group of stars in the shape of the English letter “u”. The stars are seven in number and are called ‘Saptarshi Mandala’ or the Great Bear constellation. The seven saints/sages after whom they are named are: Marichi, Atri, Angiras, Pulastya, Pulaha, Kratu and Vasishtha.

As you can see, Vasishtha’s legacy is one full of accomplishments and charitable acts. He generously gave to his disciples and his presence was always one of peace. Vasishtasana is exactly that. This pose cultivates tapas (diligent, passionate practice) within, so we can continue to uncover our deepest wealth and master the ability to create extraordinary feats like balancing on one hand and on the edge of one foot with the other leg extended into the sky like a shooting star!

Vasishtasana has several variations, all of which can summon an experience of bold freedom. The many benefits of this pose include:

- Toning of the arms, abdomen, and legs
- Stretching and strengthening the wrists and shoulders
- Flexibility in the backs of the legs (in the full version D)
- Improves sense of balance

This pose may be contraindicated if you have very weak wrists or severely injured shoulders. However, like Vasishtha, if you have conviction and practice good alignment, you can actually heal your weak areas. Below you will see a step-by-step way to build Vasishtasana from the simplest variation to a variation as way out as the big bear constellation. As you search for that delicate, fiercely bright balance, you may come across

frustration. Like Vasishtha, cultivate calm patience and persevere.

Vasishtha’s patience was tested many times during his life, especially by one of his most famous disciples, Vishwamitra. He tried to steal Nandini, Vasishtha’s divine cow, and created chaos at the ashram. While in this asana you may feel like the world is wreaking havoc all around you. Don’t waiver! Though Vishwamitra was a challenging individual to deal with, Vasishtha’s patience never fluctuated. No matter what Vishwamitra’s negative actions were, Vasishtha acted benevolently toward him. Through Vasishtha’s actions, Vishwamitra saw the error of his violent, greedy ways and decided to change them. Through his tapas (practice) he was transformed into a rishi immersed in the light of wisdom. Begin this pose with that kind of transformative potential. Reach for the stars!

Variation A

1. In Adho Mukha Svanasana (down dog). Exhale, lower your right knee to the floor and straighten your left leg back, left foot flat on the floor like in warrior 2.

2. Make sure that the supporting hand (right hand) is positioned slightly in front of its shoulder rather than directly under and perpendicular to the floor. So the supporting arm is lifting into the shoulder on a diagonal. Inhale, straighten the arm by firming the triceps muscle, and press the base of the index finger firmly against the floor.

3. Exhale, take your left hand onto your left hip, turn your torso to the sky and support the weight of your body on the right knee and right hand. Inhale. Lift the left arm to the sky and spin your chest to the stars.

(This beginning version is great for beginners and those who are healing wrist and shoulder injuries. If you soften the heart center and lift the bottom arm shoulder blade into the spine you will engage the rhomboid muscle and begin to lift the weight up out of the wrist as well as strengthen the shoulder girdle.)

Variation B continuing from A

1. Stay in Variation A and inhale, pivot your left foot to the left and step your left foot slightly in front of the right shin. Firmly planting the left foot into the floor, exhale, shift onto the outside edge of your right foot (as if your foot is karate chopping the floor). Keep externally rotating the bottom arm and with perseverance draw the right shoulder blade

up towards the spine.

2. Then, just like Vasishtha, be generous of spirit and inhale, extend your wisdom from your heart up through the top, to your left hand.

(You will notice as we advance through the variations the bottom wrist and arms are beginning to strengthen. The legs and torso are becoming firm and toned in order to find the delicate balance needed in the more advanced variations to come!).

Variation C continuing from B

This is the variation with which most are familiar. This variation depends on the core strength in our legs and abdomen. Continuing on from Variation B.

1. Inhale, stack your left inner foot (arch) on top of the right. Embrace the legs together and allow them to depend on one another. Like Nandini depended on Vasishtha to protect her, on the exhale squeeze the legs together and protect your balance by allowing your left leg to depend on your right. Being a great ascetic, Vasishtha labored for the welfare of the world. Inhale into the core of the pelvis, exhale extend the fruits of your labor down into the heels and up to the top of the head

2. inhale, stretch the top arm toward the ceiling and make a clear conduit from palm to palm earth to sky. Exhale, keeping the head in a neutral position gaze forward or turn to gaze up at the top hand.

Variation D continuing from C

1. Inhale, lift your left (top) leg, and reach for the big toe with your index and middle fingers (yogic toe lock). You may bend both knees to make it easier to take hold of the big toe, as well as allow for a more steady connection to the earth.

2. Exhale prepare. Holding the big toe, drink in a generous breath, on the exhale split the legs and extend the left leg forward and up telescoping into the sky.

3. Inhale, firm the scapulas (shoulder blades) and sacrum into the back torso. Strengthen the thighs by hugging them together. Exhale, from the core of the pelvis shine out into the heels and lengthen that energy through the head. Keeping the bottom (right side) in one long diagonal line from the heels to the crown, begin to turn the upper back into a bow and hold the big toe as if your leg is an arrow waiting to release from the arching bow of your back. With each new breath honor the wisdom within you and radiate your will up and out into the universe.

4. Stay in this position for 15 to 30 seconds. Come back to Adho Mukha Svanasana, take a few breaths, and repeat to the right side for the same length of time. Then return to Adho Mukha Svanasana for a few more breaths.

Revel in the challenge of Vasisthasana, and embrace your ability to be passionately patient with yourself as you rise above the Vishwamitra-like obstacles that try to sway you.

Marni Task teaches on the east side at 8 Limbs, Winds of Change, Cleveland Yoga, and Evolution Yoga; on the west side at Inner Bliss. She teaches Jivamukti and Anusara. She is excellent with therapeutics for injuries and is known for her hands-on alignment assistance within a vinyasa class. Her quirky humor inspires spirit in every class. For private or group lessons call: 216 376 2521 or check out her website www.marnitask.com

What is Passion?

By Jonny Kest

The word “passion” similarly to the word “tantra” often is just limited to or confused with sex. However, just like tantra, passion has a much deeper and spiritual significance. Passion in your yoga practice is key to unlocking your doorway to real health and happiness, without it you are left with boredom and atrophy. So what is passion? At its essence passion is a vibrant river of pure love that keeps flowing without expecting anything in return. So when you are truly passionate in your yoga practice it no longer becomes about looking good or expecting some benefit or result. You practice yoga for the pure love of it and as a byproduct all the most amazing spiritual, emotional and physical benefits arise. You no longer are motivated by money or any external form, your motivation comes from an inner sense of pure love and joy that arises like a fountain out of a pool. Passion is not something you can find, for many it just happens. Practice and all the reasons why you come to your yoga mat fall away and you simply begin to enjoy what makes you feel most alive! The healing power of your breath, the sensuality of your being and the flow of unconditional love that arises in the moment of true passion.

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Sacred Ground Yoga, 428 W. Turkeyfoot Lake Road, Akron, Ohio 44319; 330-706-0297. Rick Arko, CYT in Amrit Yoga offers beginner & advanced classes, Gentle yoga, Harmonic Touch Therapy, pranayama & meditation workshops, & posture clinics. www.sacredgroundyoga.com

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Yoga Teachers:

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

Lynn Kennedy, RYT "Gita" Pure and simple in the Satyananda Tradition Phone 440-526-4890; email lynnmkennedy@hotmail.com Group and Private Instruction.

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Jane Pontremoli RYT, YTT, private or group yoga sessions, west side, will come to you. Training thru Sophia Center Ursuline College, jpenf@sbcglobal.net. Beginners to Intermediate levels. Lots of verbal cues.

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

Yoga Events/Workshops:

July 25 Mind Opening Master Class for Hips and Backbends with Marni Task July 25, 2004 -4:00-7:00 p.m. In this 3 hour workshop we will go beyond our beliefs to discover new pathways into open hips and bendy backbends. At Inner Bliss Yoga Institute, Beachcliff Market Square, Suite 118, 19300 Detroit Rd, Rocky River. For Reservations call Tammy: (216) 469-6689 or Innerblissyoga@aol.com

July 30 - August 4 Sacred Ground Yoga of Akron, Ohio presents "Journey to the Heart of Yoga - An Amrit Yoga Intensive" featuring Yogi Amrit Desai, founder of Kripalu Institute. Call 330-825-1942 or www.sacredgroundyoga.com

Sept 2004-April 2005, OM yoga Vinyasa Teacher Training at Evolution Yoga. Eight weekends thru April equals 200+ hour certification program acknowledged by The Yoga Alliance. www.evolutionyogastudio.com

October 1-3 Mitchel Bleier, Anusara Weekend Workshop at Cleveland Yoga, 27040 Cedar Rd, Beachwood, (216)789.4473 or (216)906.8537, info@clevelandyoga.com. Mitchel is considered to be one of the most versed and sought after Anusara Yoga instructors in the country.

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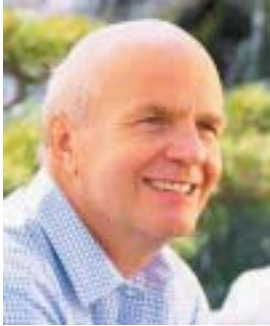
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Dr. Wayne W. Dyer

An internationally renowned author and speaker in the field of self-development. He has written numerous bestselling books, including the New York Times bestseller *10 Secrets for Success and Inner Peace*; has created many audios, CDs, and videos; and has appeared on thousands of television and radio programs, including *The Today Show*, *The Tonight Show*, and *The Oprah Winfrey Show*.

Howard F. Lyman

A 4th generation family farmer (and vegan) from Montana. After 20 years of operating a feed lot, he sold his ranch and started working for farmers in financial trouble. He was a lobbyist in Washington, and ran for Congress in 1982. He is the former Director of the "Beyond Beef Campaign" & the Humane Society of the United States' "Eating With Conscience" Campaign; past President of both the International Vegetarian Union, and EarthSave International; and is currently President of Voice for a Viable Future. Tickets for Howard Lyman are also available at Web of Life, 25923 Detroit Road in Westlake.



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Earnie Larsen

A nationally known author and lecturer. He holds BA Degrees in Philosophy and Theology, and a M.R.E. Degree in Religious Education, and an Associate Arts Degree in family counseling and chemical dependency. Earnie is a pioneer in the field of recovery and the originator of the Stage II Recovery process. He is known and loved for his ability to touch the hearts of hundreds of thousands of people who have accepted the challenge of creating change in their lives. His focus is on the importance of establishing interpersonal skills as the center of a healthy life.

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at age 17, studying in Europe, India and Africa. Wah! opened for Courtney Love (Hole), toured with Krishna Das, and went on to work with producer Herb Graham Jr. on *Opium*, a dreamy collection of R&B trip-hop songs about life. Her latest release, *Jai Jai Jai*, continues her unique approach to yoga and music, weaving devotion with hip production and industry talent. www.wahmusic.com

Saturday, September 11 at 7 pm, tickets are \$15 Advance/\$20 Day of Show

Demo & Mini-Lecture Presenters

Just a sampling of the many Demo & Mini-Lecture presenters at this year's EXPO



Rev. Tim Brainard

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Joan Gattuso

Joan Gattuso is the founding Minister of Unity of Greater Cleveland located in Shaker Heights, Ohio. She is a best selling author of *A Course in Love* and *A Course in Life: The Twelve Universal Principles for Achieving Life Beyond Your Dreams*. Joan is an International Speaker/Keynoter and writes extensively in the area of holy relationships for many organizations and publications including the Chatauqua Institute and UNITY Magazine, for which she is a columnist. She is a student of HH the Dalai Lama, Thich Nhat Hanh and Jean Houston Mystery School. She serves on the Board of Advisors for The Association for Global New Thought, and is the winner of the Enterprising Women award.



Janee Kuta-Iliano

Janee Kuta-Iliano is a health educator whose passion is to empower others to take control of their health. It is her belief that we must all do our part towards promoting good health by making educated decisions as to the foods we choose to eat. Janee has studied extensively how to Cleanse and Detoxify our bodies and teaches how it can be implemented into our everyday lives. Discover how you can naturally cleanse your most magnificent machine for optimum health and rejuvenation.

Stephen Lewis

Stephen Lewis is the co-founder of EMC2, co-author of SANCTUARY: THE PATH TO CONSCIOUSNESS and the foremost pioneer in holographic healing which is the basis of the spiritual technology used in the AIM Program within the Energetic Matrix Church of Consciousness. The technology of healing is a vast field, in which Stephen's primary contributions are the capacity to measure any aspect of life in "units of consciousness" and the rosetta frequency, which enables people to select the energetic balancing they require in order for them to be able heal themselves.



Joyce Varona

Born in Manila, Philippines and raised in the United States, Joyce is a graduate of Yap Cheng Hai Feng Shui Center of Excellence formerly based in Malaysia studying Classical Feng Shui directly under Grandmaster Yap Cheng Hai, considered one of the top five Classical Feng Shui Masters in the world whose lineage can be traced back to 1848. Currently, Joyce is one of four instructors in the world for Feng Shui National Institute of Canada. She is a commercial and residential Feng Shui consultant, lecturer and speaker throughout the United States, and is an author on the subject of Western vs. Classical Feng Shui. For more information, please visit www.fengshuinational.org.

Demos & Mini-Lectures

Just a sampling of the many Demos & Mini-Lectures at this year's EXPO

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Angels are among you. They whisper inspired revelations and foretell future events to guide us on life's journey. Many hear the call, yet few listen for fear that they are not worthy to receive divine guidance. Some even remain unaware that our heavenly helpers exist. Believe. It is our angel's mission to guide us towards heaven on earth. In this enlightening presentation, Angel Medium, Laura Lee reveals angelic messages for audience members. She will also discuss who the angels are in your life, what messages they deliver, and why it is important we make contact with our guardians. Be prepared to hear from your angels!

TICKETS: You can purchase advance tickets for all headline speakers as well as general admission at:

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From Akron, Canton and South - Take I-77 North to I-271 North to I-90 East. Exit at Rt. 306/Kirtland, turn right at the exit and look for Lakeland Community College immediately on the left.

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Laura Lee Contact Your Guardian Angel

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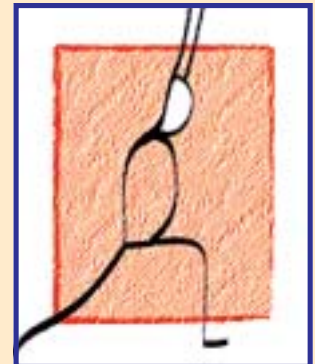
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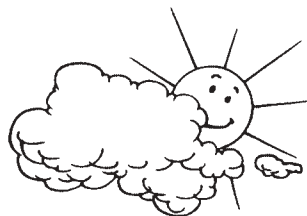


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PLANETARY PATHWAYS

By Evstarr

Aries

In July set aside the “me first” agenda...help your spouse/partner out who is having a hard-hitting time of it emotionally, from both sides...home and work.

Your finances are calling to you in August...look into either buying a home or refinancing the one you have.

Taurus

In July the seeds you planted in the beginning of the year are starting to take sprout...the pathway is lit...you are beginning to see the light...take this time to check your map and make detours accordingly.

Watch your thoughts & deeds in August...for they will affect the people around you...especially close contacts and siblings. Someone might come to you with news that is slightly appalling to say the least, don't be alarmed. Focus your attention to your significant other...and...if that other place setting is empty...start looking for a dinner companion.

Gemini

In July either you and/or your mate are involved with negotiations, learning and contacts from the “other side”...travel may also be on your agenda.

Back to the drawing board in August...work, work, work...but your work doesn't go unrecognized...a devoted friend or partner offers immense support...put your energy into calming those fires around the home front this month...before the volcano erupts.

Cancer

July finds you restless and seeking freedom...only to be called back by a partner to handle your responsibilities. Your career continues to grow, provided you make the correct decisions...put your spare energy into something creative/constructive on the home front to avoid smoldering ashes that could turn into a raging forest fire.

Go ahead Cancer; bring on those creative urges in August...do something for “you”...alas, put your thoughts and energy into making that soul-mate relationship and/or dream a reality...come out of your comfort zone & explore new avenues of growth...you have hidden talents that need to come out.

Leo

Your mind is wandering...so go for that vacation in July. Take the time to put a little energy into that side project...even though home is demanding a lot out of you these days.

August screams change...that political game you've been playing at work has finally reaped some benefits and

opportunity is knocking...a woman is behind the scenes egging you on to take that first step toward your journey, go for it...your money pot is growing...let those new talents shine.

Virgo

Come out of your mundane routine in July...play around with your appearance...try something wild and zany...money matters are still on the explosive side...but innovative opportunities are appearing in your path. Don't be afraid to stretch a little beyond your reach. If you have children they are calling for a little extra TLC this month.

If company comes to visit in August...try your damndest to stay out of their affairs...put a lid on the kettle, for there's a tendency for it to boil over...keeping physically active in your garden will help to calm those fires. Work off your emotions on those home projects...take some time for family.

Libra

In July the serenity of a Libran is about to be challenged...you have an abundance of energy...channel it into your relationships, work and those home beautification projects.

August finds you still growing...but of course, you can't make up your mind which direction you want to grow in...your escapist tendencies come out, but responsibility is calling. Romantically, this is one of those months where you can't hide from Love...even your old flames will find you.

Scorpio

Put a seat belt on your finances in July. Work is changing radically...but don't worry...you are one of those people that has lots of knowledge to fall back on. Your mate or significant other may be off gallivanting around visiting here and there...if you tag along you'll enjoy it...if not make your own merriment...do something you've always dreamed of.

Family matters are demanding of your time in August. If you've stayed true to what matters, you will reap the benefits now. Things are flowing smoothly in the relationship department...thank God for that because work is stressing you out...do what you've got to do...you can't hide any longer...this month is pivotal...plan your vacation around work...so you don't miss out.

Sagittarius

You're being pulled every which way but loose in July...keep one eye on your wallet and the other eye on your home...there's a possibility that an outsider may help in some way either financially or else wise...but remember my friend...there may be a price.

Family issues are monopolizing your time...take this time to put the finishing glue on a friendship...avoid conspiracy at work...things are not what they seem...and a woman is stirring the pot.

Capricorn

July is the month to schedule in some fun...for work is taking its toll on you...family issues are also bidding for your time...spend some quality time with friends and siblings...keep a check on those emotions on the work field...you could be stepping on land mines.

If you didn't take that time for "fun" last month, August is the time...go ahead & try something different...get a few friends to join in...you'll be glad you did...keep an eye on youngsters this month...they have some tricks up their sleeves.

Aquarius

Your mate/partner is feeling a little slighted in July...due to your mind on other matters...finances are at an ebb and flow...and you'll find you're enjoying more time at home...kudos are coming your way in the work arena.

You're back on the social train in August and may be traveling solo...you may even decide to take the "midnight special." Ideas and inspiration abound this month...you receive the recognition you deserve...beware of control games on the home front...ride the "peace" train...stay out of the warfare.

Pisces

The butterfly is coming out of his/her cocoon in

July...and you're also adjusting to changes surrounding your mate...travel is on your plate...and the daily specials are changing to suit your tastes.

You'll be called upon to referee in August where your mate is concerned...spend more quality time on the home front...communication is riding the waves and there's an undertow.

Evstarr's love for Astrology, inherent in her since childhood, is still a growing passion today. Contact her at evstarr@yahoo.com to be added to her mailing list, also, be sure to check out her updated website reachforthemoon.net for upcoming class listings and information on charts.

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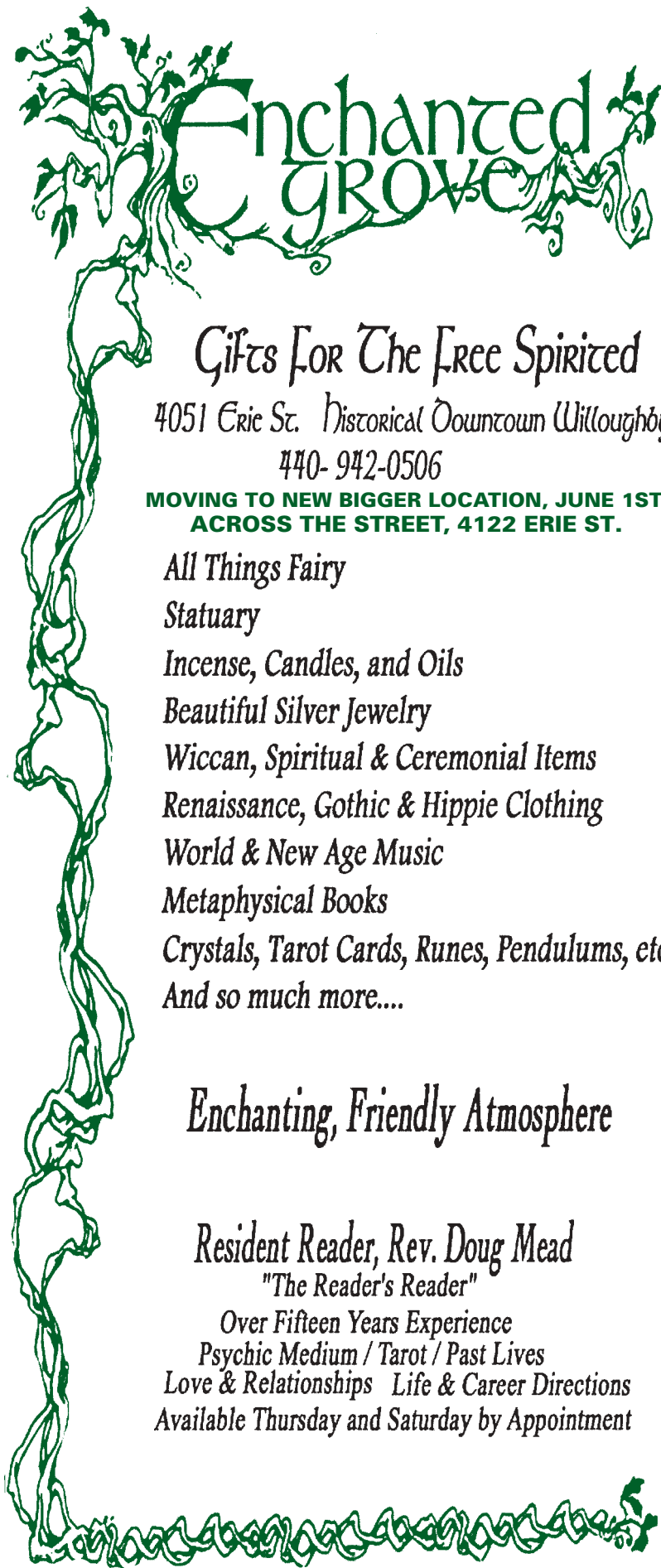
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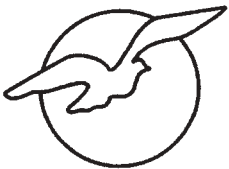


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Permission to be Passionate

By Janee Kuta-Iliano

I have always wanted to live my life following my true-life passion or passions, plural. It is something my parents have always encouraged me to do, to follow my heart. I think the support came particularly from my father who has remained neutral to my seemingly bizarre plans. I know he has always been that way, since he, too, knows his true-life passion, his music, and is supportive to anyone who has a vision. So when I would say on a whim's notice, "Dad, I'm going to Maine for the summer to live in a tent studying agriculture and harvesting blueberries," he would gently look upon me and encourage me to call when I could, meanwhile, flipping out inside. But he knew it wasn't his place. For he remembers a time when he played in his rock band and told his parents that their garage just had to be his "music studio." It was then, too, that his mother would gently look upon him (most of the time) and say, "Keep it down."

It is hard to see a family member, friend or especially our children pursuing ventures and passions that are not quite in alignment with our own beliefs. It is hard to see someone you love following something you aren't personally connected with. "You want to go where, and do what??" As your child approaches you with this idea of how he will become the most famous musician, poker player, professional baseball player, acrobat, dead head, whatever in the world, how will you react? What is the most appropriate way to deal with these types of situations?

The point examined here is how much do we let others live their own lives? Of course we are here to be of direction to our children, friends and family, but how much of our own bias rubs onto others' choices? When we offer guidance to a loved one, are we able to remain a neutral, objective source in order for him or her to make decisions. Is there such a thing, when you love someone so dearly?

Of course no one can really know for sure how he or she will react to certain situations, and of course you would never want to allow someone you love to do something "stupid" when you know it may endanger his or her life. But most of the time, day after day, if we remain the watcher, many of us can see just how much our own personal beliefs bleed onto others, affecting decisions other than our own.

I don't have children so I know my experience thus far is limited when it comes to a subject such as this. However, I am very personally connected to a person through marriage and already see how much we influence one another. We are both very young and still trying to figure out what we want to be when we "grow up." I wonder if we will ever know, but it is the process of helping one another figure that out that can be tricky.

I see everyday how important it is to allow my husband to make choices for himself, independent of my own belief. Especially when it comes to his doing things that support his true-life passion of golf. I know it may seem silly, but there are many

times when he wants to go out golfing or go on a golf trip or take golf lessons that I really have to bite my tongue to keep from holding him back. Most of my tongue biting is because I want to have him to myself. We have very little leisure time together, so when we do have time, the last thing my ego wants to see is him go off and play golf. Equally, when I tell him I am going to a raw food culinary school, living in a tent alone, when I tell him I have to work until the wee hours preparing for a catering event, or when I have to leave a family function during the holiday to go work on my business, he too bites his tongue so he doesn't hold me back. It isn't easy, but it is a common understanding that we are a union, but separate individuals, who need to do what we have to do in order to be fulfilled on this Earth plane.

I don't want to consider it tongue biting since you should always communicate to one another on how you feel. But once that understanding is there, you really do have to take a deep breath and remember what was already agreed upon. I never want to control someone, even though there are so many times that I want to. It is hard to let others be themselves and make their own decisions at times. But it is important to follow the Golden Rule, since I am sure none of us would want others controlling us either.

Continued on Page 42

The Passion of an Intuitive Mechanic

By Thomas K. Ockler P.T.

I grew up in a small town outside of Buffalo New York. As with most teenagers in college I worked a variety of jobs to help put myself through school. Everything from youth center supervisor to swimming instructor to lifeguard to gas station attendant, (yes, years ago someone actually pumped your gas for you *and* cleaned your windshield). At \$1.85 per hour, there was little incentive to show passion no matter what I was doing.

While working at the gas station I used to stand in awe at the work of the mechanic. His name was John Hoffman, a grease monkey by any standards with a very hard life ahead of him. John had a sarcastic sense of humor and with all that he had on his plate, it was easy to understand why. He had an angry bull for a spouse, as well as a deaf and mentally retarded daughter. His father in law, who looked like an ex-pro wrestler, hung around the shop just to torture him. That was John's place in life and if anyone deserved to be without passion it was John.

When a customer came in with a car problem John would sit back in an old rocker and listen as they described what the car was doing, the noise it was making, the way it started and ran, like... like a gifted old country Doc with the combination of wisdom and wizardry that only time, talent and passion could produce. The amazing thing was this greased up, downtrodden wizard had a track record that would make a surgeon envious.

Continued on Page 43

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Permission to be Passionate

Continued from Page 39

At the same time, personal true-life passions can overcome us as well. When we love something so much and believe that we have found what we consider our true calling, we can often times become completely engulfed in it. It is wonderful to have passion, but the more I mature, the more I see that you have to find a balance for all that energy you put into it. You have to tap into the universal battery once and awhile to recharge, reflect and know you have a life and people outside of your passion as well. If there is any time to gently intervene on someone's life, it may be here, if anytime, in my opinion. Set an example, yes I am following my true calling, running a business, whatever, but I also know that there is a time to stop and be with my husband. The more I continue to set an example of balance to him, the more he finds his balance to be with me. It is always a give and take when it's the real deal.

You can be more effective by example than by word. If I tell him he needs to back off on something his initial reaction will always be resistance to it. No one likes to hear what we already know. But by leading by example or with gentle reminders, most rational people will come around.

However, if a person continues to blow full steam ahead into their passion, where you can see that they are not quite balanced, then remember that this is their journey. You have to detach. How hard it is to disconnect from that, but it seems to be the only healthy way to deal with it. We cannot control others and if someone we love wants to go crazy working 50,60,70 hours a week, then we have to let go. Everything is in divine order and the truth will always come with patience and detachment. Because no matter how much we

want someone to be a certain way, I am finding out that there is no way we can make a person be what we want them to be. It is their journey good or bad. It becomes more a question of how committed we are to deal with this person's choices.

It is quite freeing at times to let go, though. Personally when I feel frustrated that Tony has decided to be in a golf outing this weekend instead of hanging out with me, I let it go realizing that maybe the message here is to go be with my friends during that time, to recharge that day with friends or family instead of him. I have found that most of the frustration comes from the realization that I too have to have friends and do leisure things with others not just always him. Being so passionate about my career, I have lost connection to my girlfriends and now realize that I have to pull the reigns in and take time to have a social life. My life will be more balanced if I take time out for these other important aspects of my life. Life is not just my true-life passion of teaching others about good health and vitality, it's not just about being with my husband, it is also being alone taking mindful walks, laughing with my friends at lunch, going shopping with my mom, planting flowers in my garden and much, much more.

So when you find resistance with someone you love, know it is a sign that maybe there is something else you are to be doing. Go let people follow their own life-passions because you too have many life passions to pursue as well. Life is almost always never how we plan it to be, and when we can understand that life is not about resistance, then we will see how that that is a passion for EVERYONE to enjoy. A passion for taking the path of least resistance. Let go of any resistance and allow yourself to do what is good for you. It is the only person you can control.



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The Passion of an Intuitive Mechanic

Continued from Page 39

You could see it in his eyes: the passion, the gleam, the twinkle of knowing he could do things that others just couldn't do. And amidst all of the difficulties this guy was going to face when he went home each night, he could feel like the top banana, if only for 14 hours every day. Each day I watched and wondered... ..what kept John going? How did he have the energy to get up day after day and drag himself into work. How did he get to be so good at what he did? And why didn't he have two nickels to rub together?

Being a poor, (and I do mean poor) college student enrolled in Physical Therapy school I drove a 1967 Volkswagen beetle. Complete with holes in the floorboards and an auxiliary blower installed under the back seat to aide in heating the car (remember this was Buffalo, New York and the winters were nothing to sneeze at). No matter how many times that old piece of junk broke down, John just listened to what I was saying while he rocked in the old rocker, told me what the problem was and in less than an hour the car was purring like a kitten.

John never charged me much. Many times he just said, "Don't worry about it," or "I'll catch ya next time." I was grateful but I felt a little guilty. After all, John was not wealthy by any means and if it not for him, I would have missed many classes at the University of Buffalo, some 45 miles away from my home.

I remembered John's generosity to me as a struggling student so as I was leaving Hamburg, New York to start my first practice in Ohio I stopped by to give him some money and to thank him for all he had done for me. Of course, John wouldn't take a dime. As I shook his greased and callused hand and got back into the old car to leave New York ... John leaned in the window and said, "Hey kid... show some passion... ..never be satisfied with the status quo ... it'll carry you through the tough times and it will take you well beyond what you ever dreamed you could be."

The classic purr of that old VW filled the air as I drove away, but I couldn't get those words out of my head. Passion. John Hoffman talked to me about passion. A beat up working stiff with more sadness in his life and weight on his shoulders than I ever want to know about told me to have passion in my practice, in my life, in what I do and who I am.

As the years went by in my practice, I grew more and more disgusted with traditional Physical Therapy and what I considered embarrassingly mediocre outcomes. Sure, I was using the knowledge that I was taught and yet if patients got better, I wasn't so sure that I had any thing to do with it. I thought, "There must be more to it. Someone must know a better way. There must be... ..a better way."

I began a search for a significantly better system. A way to take even the most difficult and resistant patients and cure them quickly without all the wasted time and money. I began taking hundreds and hundreds of hours of advanced (some called them voodoo) courses in Non-Manipulative Manual Therapy. The Osteopathic Physicians were willing to teach and I was willing to learn. And learn I did. Soon I started teaching these very difficult techniques all over the world. Australia, Canada, crossing the USA many times over. I often wondered, was this what John was talking about?

In 1999 when I decided to open my own practice, I knew that I would need a completely new model for treatment if I was going to produce significantly better outcomes. I would need to



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So now, some five years later, as I sit each day in *my* own rocking chair and listen to the patients from all over the world tell me about their pains, I can't help but wonder what John Hoffman would say. I was quite certain that what he had said to me 26 years ago was the most profound and inspiring advice that I could have ever received. I knew that it was that exact passion

he spoke of which drove me to do things that few practitioners ever do. I also knew that this model of treatment I adopted would never make me wealthy. Seeing only one patient an hour limits the income to be sure. But it takes your outcomes right through the roof. But then John was not wealthy either and his outcomes were renowned throughout the Buffalo area.

As I sit here in my rocking chair, some 26 years after I left Hamburg New York to start what ultimately became my ongoing journey to discover passion, I smile and envision the day I am tapped on my shoulder and inducted into The Society of the Intuitive Mechanics with all pomp and circumstance by my mentor in both passion and the true meaning of wealth, John Hoffman.

Thomas K. Ockler P.T. a non-traditional Physical Therapist can be reached at his practice, Alternative HealthCare Solutions, 36200 Euclid Avenue #5 Willoughby Ohio, 44094 440-918-0836 www.tomocklerpt.com

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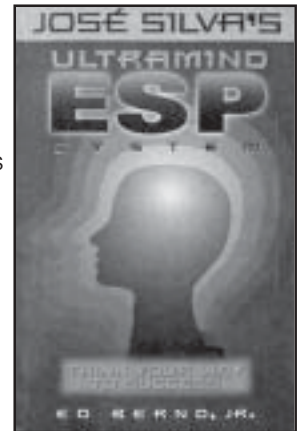


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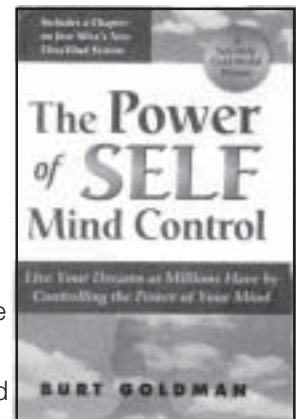
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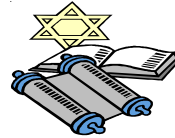
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