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Deva Premal & Miten

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On The Cover

Deva Premal and Miten, who will be the headline Music concert at the 2008 Journey Mind, Body & Soul Expo at Lakeland Community College. Deva and Miten will perform at the Expo on Saturday, September 6 at 7:30 p.m. The Expo will take place Friday through Sunday, September 5, 6 & 7. For more information on the Expo, see the special preview section in this issue on pages 45 through 50, and visit www.thejourneymag.com. For more info on Deva & Miten visit www.MitenDevaPremal.com

WORDS FROM THE PUBLISHER.....

Several years ago I was driving with my son and I started expounding on my new knowledge of reincarnation. I had been reading books and listening to tapes and figured it was important to share with him. When there was enough of a pause that he could actually reply, he simply stated, "Dad, don't you think you have enough to deal with in this life and not be so concerned about other lives". Well, that pretty much ended that lecture and my interest in the subject. This is not to say that there is no benefit for people to look at and perhaps gain their own information on this belief. But, after a bit of processing, I found that I was going a bit overboard on it and not staying in the present. The past can have a benefit if we keep it in a proper perspective. Perhaps using it to remember lessons that we create along our life experience.

On June 19 of this year I celebrated 20 years of uninterrupted sobriety. I could dwell on some of the mistakes I made during those years I was abusing or come to peace with my past. Remembering what it and I was like before setting down the drink, is very useful to keeping me from picking up again. Not only for me but to be able to share with others that have had similar struggles and a desire to change. So I tend to believe there is a true value to remembering the past.

Our past can haunt us if we choose to keep living in some of the not so pleasant periods where we seemingly made mistakes. Rather than look at them as mistakes perhaps we call it opportunity to shift our consciousness to a higher plane.

One thing I know for certain is that the past cannot be changed. But our perception of it can be. Some of the darkest times of my life, I can now look back as some of the greatest catalysts to spiritual growth.

May we each come to peace with our past and find its use in our present. -Namaste' Clyde

INSIDE!

My Journey with the Gayatri Manta 6

By Deva Premal

Songs and Stories of my Life with Osho 8

By Miten

Row, Row, Row Your Boat 10

By Eva Starr

**Remembering Past Lives
and Healing Present Pain 12**

By Dick Sutphen

How Roots Grow Into Branches 14

By Nancy Nicholas

HEALTH & NUTRITION

The Nature of Disease:

Our Past Predicts the Future 17

By Janee Kuta-Iliano

Recipe 24

From Lucky's

THE YOGA PAGES

**Waking Up and Forgiving
the Dream of the Past 25**

By Psalm Isadora

Yoga Teachers & Studios 32

Planetary Pathways 34

By Eva Starr

THE GREEN PAGES

**Dancing Out of the Past
and Into Present Moment Living 37**

By Roger Sams

Points To Ponder 39

Burning River Fest Returns 40

By Kami Dolney

Pressure Points 44

By Freddy Silva

Special Journey Expo Preview Section 45-50

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Our Theme for the Next Issue...

The Future

MY JOURNEY WITH THE GAYATRI MANTRA



By Deva Premal

I met Gayatri Lee at a concert Miten and I gave in Asheville, North Carolina in the US in October 2000. After the concert we talked about the idea of me writing something on spirituality and creativity. As my whole life is centered around these two issues, it was no difficult task for me to say yes to her invitation.

My father has been on the spiritual path since the 50's, studying Yoga, spiritual scriptures and whatever books were available then, making it his daily discipline to meditate every morning between 3 and 5 a.m. He taught himself Sanskrit and began chanting mantras. When my mother was pregnant with me, their welcome was to sing the Gayatri Mantra throughout the pregnancy.

The Gayatri Mantra is said to be the oldest and most powerful of mantras, being thousands of years old. It purifies the person chanting it as well as the listener as it creates a tangible sense of well being in whoever comes across it. Translated, it means "May all beings on earth reach enlightenment," but as with all mantras, the meaning of the Sanskrit words isn't as important as the effect the vibrations of the words have on the body and energy centers.

As I grew up we continued to chant the Gayatri Mantra together regularly before sleep. I didn't really know what I was singing... and why. I just did it because I was told to. It wasn't until much later that I came to appreciate these precious times.

Other spiritual practices my father had me do was to say the mantra 'Om' whenever I put something down on the table, or say 'Ram' when I switched on a light. This was to increase my awareness.

He was (and still is!) definitely not the normal kind of father. He talks of himself only in the third person, and at the age of 79 is still active and creative. He is an artist by profession and a passionate drummer in his spare time. He makes the drums he plays, too!

As a child all I wanted was to be 'normal' but with a father like this I didn't stand much of a chance! As a family we were vegetarian (to this day I still haven't tasted meat or even fish) with no TV and no comfy couches. We sat on beautiful wooden meditation chairs my father had made

himself. All I wanted was to be able to bring friends home to a house with leather couches, a TV, and parents who were young and groovy! My mother was 38 and my father 49 when I was born.

At the age of nine, I developed an interest in Christianity and began saying the Lord's prayer every night—secretly at first, because I thought it may be forbidden! I needn't have worried. When my terrible secret was finally discovered my parents were absolutely supportive even when I asked to be baptized! I was always encouraged to be myself.

Anyway, just before the baptism, fate stepped in: my mother went to India and returned as a disciple of Bhagwan Shree Rajneesh! My interest shifted to a living master. I was 10 years old at the time and I was allowed to experiment with his active meditations. I just loved them! And although I was young, whenever I looked at his photos, I recognized what I later realized to be unconditional love. His world looked incredible to my innocent eyes (still does), and although I couldn't understand his words, I knew that I wanted to 'take Sannyas' or to become his disciple.

I had to seek my father's approval because I was under-age. Again, I received only encouragement and good wishes. He was happy for me to do what I felt was right. At that time, being a Sannyasin meant wearing red clothes and a mala, and meditating every day.

So once again I found myself being different from everybody else! But this time it was out of my own choice. From then on my life became centered around my meditations and school life. The mantras and all other spiritual practices from my childhood dropped away and were replaced with something that I'd discovered for myself.

The next 10 years were a roller-coaster ride. By the time I was 15 I was spending all my time in India at the Ashram. I trained in Shiatsu, Reflexology, Cranio-Sacral Balancing and Massage. I learned how meditation could enrich life, and I learned the art of Celebration.

It was at the Ashram that I met my friend Miten. Although I was 20 years old and he was 42, our hearts immediately connected. I knew he was one of Osho's musicians,

but that was about all I knew—apart from the fact that I felt warm whenever we were together. We laughed a lot... and still do! He wrote the most beautiful songs, some of which I knew from the communal celebrations. So when he began encouraging me to sing harmony with him, I didn't need a big push! I had grown up with music, playing violin and piano, so the ground work was already done. We soon began to sound pretty good!

We began offering voice workshops, using mantras and chants from different cultures to open the voice, and later we began playing concerts in Europe. At this point, I played a supporting role, singing second voice, playing keyboards, and co-leading the workshops. I was very shy to sing alone, but encouraged by Miten, I became more confident and eventually discovered my voice.

One day I heard the Gayatri Mantra being sung by a friend in England. It was a different version to the one I had grown up with, and knowing the text so well, I was touched and excited by what I heard. I felt re-connected. This time I could feel the power of the mantra as never before, the strong effect it had on me, and the sacredness of it.

We began featuring it in our concerts. At last I had found my song! I had found something that felt like 'mine.' I felt at home with it, and I watched as it touched people night after night. I began searching out more mantras and before I knew it, I soon had enough for my first album! We recorded it in my mother's flat—the same one I was born in, where the Gayatri Mantra had been sung to me all those years before.

Our plan was to make an album for people who attended our workshops. We gave it the title, The Essence. How it was received was beyond our wildest dreams. We were soon receiving floods of orders, and had to continually replenish stock! Now two years and 35,000 albums later, my next CD, Love is Space, has been received with the same love and appreciation as the first one by friends all over the world. Love Is Spacel feel so deeply blessed and grateful that spirituality, creativity, work...and love all mean the same thing in my life. Existence has graced me with such a beautiful way to share myself and my music. I know that I am no more than a vehicle for these precious mantras, and I feel only humbled and honored to have become the messenger.

Editor's Note: Deva's father Wolfgang left his body on July 9, 2005 at the age of 83 accompanied by the Gayatri Mantra. Deva writes:

"I feel so grateful that I could be there until the moment of his death. We were singing the Gayatri Mantra to him until the end and so the circle is complete: He accompanied the beginning of my life with it and I the ending of his. I am also very touched by my family...how they were all joining Miten and I with the singing for him and how we are totally in tune with each other about how to deal with everything now..."

Deva Premal will be performing in concert with Miten at the 2008 Journey Mind, Body & Soul Expo at Lakeland Community College in Kirtland on Saturday, September 6 at 7:30 p.m. For more information on the concert and the expo, visit www.thejourneymag.com.

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Songs & Stories of My Life With Osho



By Miten

The idea to share Songs & Stories Of My Life With Osho arose because so many people have asked Deva and I about him. We never really have enough time in our groups or concerts for all the questions, which range from 'Did you really sing for him?' to 'What about the Rolls Royce's?' and just about everything else in between.

So, while in Byron Bay, I decided to devote an evening to him and to leave it open to whatever happened...in the true spirit of Osho. It was a very special gathering, with people from all walks of life attending, and so I thought it would be nice to offer the same kind of event at The Rainbow Festival. Not that I have any answers!!

Being with Osho, or any master for that matter, is a lesson in trust - trusting in something that the mind cannot grasp. Let's call it the 'Way of the Heart'. And the deeper you go into the heart, the more obvious it becomes that answers are not only irrelevant and unnecessary, they are actually non-existent! I found the evening in Byron Bay helped me personally, to reach a deeper understanding of my connection with Osho, so I'm looking forward to going deeper into it again, at the Rainbow Festival.

When I look back at my life, I see it has been pretty easy. I didn't go through any big traumatic youthful rebellion or anything... I meandered through life, growing up in a loving family in England to the sound of rock'n roll and eating lots of meat and potatoes! (It wasn't until the age of 25 that I became a vegetarian.) After school I played folk songs and Beatle songs with a friend and that nurtured and sustained any religious longing that I may have had.

Music has always been a door to spirituality for me. Around the time I discovered Osho - through reading one of his books on Zen, No Water No Moon - my 'easy' life had been shattered by a frustrating career as a rock musician and a broken marriage. Music felt like a lie - in fact EVERYTHING felt like a lie. I decided to sell all my guitars, and I disappeared from my old life, and dived headlong into the communal life of Osho's sangha.

It was an amazing revelation. I wasn't prepared for the healing power of the music that was happening there. This turned my head to what real sacred music was - even though it was western in style, it still had the most uplifting and spiritual nature, especially the 'Music Groups' and the Sufi dances. I was hooked on Sufi dance and never missed an opportunity to participate. All this music, along with a life

of communal integration, deeper relating, and Osho's discourses and meditations, healed me from whatever wounds I'd been carrying around music, and life in general.

I began to join the musicians, and found myself entering a new world of music that was played from the heart, for the heart. In this healing I dropped into a deep state of trust, that nothing has ever been able to shake - not the falling apart of the ranch in Oregon, or the scandals, or the bad press that Osho always received, or any distressing personal issues that I had to face...nothing shook the trust that I had been guided here to my Master's feet and that I was meant to be exactly where I was, doing exactly what I was doing - whatever happened.

And that has never changed - every day continues to be a new miracle. But don't get me wrong: living in Osho's sangha wasn't exactly a bed of roses. I had my share of hard times too. I had to face my 'demons', but in such a spiritual community, I could do it with a feeling of being supported and understood by my fellow sanyasins. Sanyas was - and still is - a real mystery school where everything happened, and everything was possible. It was certainly no life for the faint hearted, but definitely an amazing experiment for the open hearted.

Basically, I watched as Osho created his 'vision' day by day. Sometimes, before discourse he'd want wild music, other days it would be 'Zen-like', the next 'silent'.... it all depended on what subject he chose to speak on. He was working with a very broad canvas - thousands and thousands of people were attracted to him, from all walks of life, and from very diverse cultural traditions and backgrounds.

Osho himself was not attached to any lineage, so he had no tradition behind him; in fact, I guess you could say he was anti-tradition, although in reality he wasn't 'anti' anything. He awoke at 21 years of age, and continued to experiment and deepen his experience - beyond enlightenment as he'd say - until his Samadhi, in January 1990. We were just blessed to be around his physical presence for those few precious years.

And of course, some of us participated in the experiment, some left, disappointed and mistrustful. Personally, I felt like I'd stepped into a holy fire, and saw myself being cleansed as a result. For that I will be eternally grateful. And as you know, there are no such things as 'mistakes' on the Path - every step is an enquiry, an experience to learn from, so whatever happens as we go on our way, becomes a bless-

ing. I have found it is important to never label any experience 'good or 'bad', or 'right' or 'wrong'... no matter how bitter the pill may be, to swallow. This helps me to be grateful for every lesson I've been given.

Now Osho's sangha has splintered into many, many fragments. There are sannyasins everywhere, but nobody knows who they are anymore! Not even the sannyasins. This may be a good thing. I'm sometimes sad that we were never able to realise Osho's vision of large global communes in which we and our children lived openly together, but that obviously wasn't meant to be. Instead we all dissolved into the vast global village of like minded souls...no more a segregated community of 'orange people, ' but one big family with no borders, whether you're 'with' Papaji, or Osho, or Ramana, or Maharaji or whoever.... some of us have arrived at an understanding that All is One, each of us bringing our own distinct fragrance of whatever master inspired us. We are beginning to learn from each other - and appreciate each other's unique fragrances! This is healthy, I feel.

So, bring your questions, bring your love for your own Master, bring your laughter, bring your tears... all will be welcome. We can all sing our hearts delight together. And we can have a glimpse into the world of one of the most rebellious and inspirational 'spiritually incorrect mystics' of our time.

Miten will be performing in concert with Deva Premal at the 2008 Journey Mind, Body & Soul Expo at Lakeland Community College in Kirtland on Saturday, September 6 at 7:30 p.m. For more information on the concert and the expo, visit www.thejourneymag.com.



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Row, Row, Row Your Boat

By Eva Starr

About 10 years or so ago, my youngest daughter Shayna and I were camping at Pymatuning State Park, which borders Ohio and Pennsylvania. Pymatuning is the largest man-made lake in Pennsylvania, consisting of 17,088 acres of open water, known for its Walleye fishing.

This one particular afternoon I decided to rent a rowboat and take Shayna on this colossal lake for the afternoon to take our shot at fishing. Her and I had fished the metro parks countless times for bass and blue gill, and occasionally had the opportunity to go out on someone's boat for the day and show off our perch fishing skills. That day was our first shot at going out alone on a lake where the shoreline disappeared from the likes of a rowboat.

We took our turns at rowing, which isn't the easiest task on the planet, and headed for the ideal bass fishing spot, nestled amongst some drooping tree limbs in a cove-like area. The anchor happened to be a plastic gallon milk jug filled with wet sand. So I hauled that anchor over the edge and we proceeded to out smart the elusive bass, or so we thought.

An hour or two went by and we decided to try another spot on the lake. So I took the oars in hand and attempted to row the boat to the next bass "hot spot". About a half hour or so went by and we seemed to be getting nowhere. I couldn't understand it...I rowed and I rowed and I rowed. The only thing that appeared to be happening was the row boat seemed to be going in circles...that's when the light bulb went off in that Mensa Mind of mine. Duh, yes you guessed it, I forgot to pull the anchor up. Famous story, which I shared for several years, I don't mind poking fun at myself in certain situations.

The moral of this "fish tale" is that the anchor is exceptionally symbolic of what we carry around with us on a day-to-day basis, our *past*. Interesting isn't it...the *past* keeps us anchored to the same ol' spot not allowing us to fish uncharted waters where there may be schools of bass, an anglers paradise. It's quite challenging to row your boat down the river of life, when you're anchored to that stagnant fishing hole from days gone *past*.

Take a lesson from Ebenezer Scrooge in the Charles Dickens classic, *A Christmas Carol*. The Ghost of Christmas Past was the first of three spirits that haunted ol' Scrooge. It showed him scenes from his past, his old boarding school where he was deserted by friends and family, his time as an apprentice to Mr. Fezziwig, and one of the most hurtful of all (for Scrooge to relive) was when he let Belle, his fiancée leave him because of his love for money. Scrooge was given a second chance, as are we all, when Scrooge grabbed the metal cup, and extinguished the flame of the androgynous figure, known as the Ghost of Christmas Past.

Being a Cancer, an astrological sign born between June 20th-July 22nd, I know only too well about holding onto the *past*. The Crab is infamous for holding on with its pinchers, refusing to let go. The fourth house of the Zodiac, which is ruled by Cancer, deals with nostalgia, memorabilia, antiques, home and family. Let's just say, it goes with the territory being a Cancer, which is something I've learned to accept and deal with. Lots of Cancers have issues with constipation because of their inability to release. This Universe of ours is incredibly symbolic.

What I've found in my own life is even though I reverted to an occasional slipping back to days gone by, I prefer to leave that anchor behind. After all, it would've been a much harder journey if I traveled the 3000 miles to California with my anchor still in the sea. Lighten up your loads dear readers! What I've also found, especially in my work with the teachings of Louise Hay is that we need to observe our negative patterns, take a look at where in our past they stem from, usually from about birth to the age of seven, recognize that we are still carrying that anchor with us transferring the negative patterns and beliefs into our present and then carrying that anchor into our future. Next time you find yourself in a place where you just don't seem to be rowing along at the speed you'd like, ask yourself these questions:

- What am I holding onto from the past?
- Who am I punishing?
- How is this serving me?



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- What am I afraid will happen if I let go?

When a huge ship is starting to sink, what is the first thing the Captain does? He throws everything overboard that is weighing the ship down. Let me ask you this, if you were in a rowboat with 100 pounds of gold and yourself; and God said to you from the Heavens above, "Throw the gold overboard or you will drown," what would you do? Life is about taking chances, letting go of the old to make way for the new. When I was in the bar business, I remember one particular establishment I worked at where the tip cup was no bigger than a six-ounce plastic cup to hold rubber bands. I said to the man who was training me, "That will never do," and grabbed a big beer pitcher. He shook his head and said the owner won't like that, I assured him the owner would be just fine. We filled up that beer pitcher, emptied it and filled up another beer pitcher, emptied that and filled up a third. You see, you need to empty your old cup to make room for the Universe to fill it up with new substance. The Universe abhors a vacuum and encourages us to continually let go of the *past* and make way for the new; this is Universal Law.

So let's look at the darkness, (our *past*), understand where it came from and what it was here to teach us, feel it, move through it, pull up anchor and row, row, row your boat to broader horizons across the sea of life.

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr has recently relocated to San Diego, CA. Visit reachforthemoon.net for updates, also new e-books, audio mp3s & CDs & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.



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REMEMBERING PAST LIVES AND HEALING PRESENT PAIN

By Dick Sutphen

"Wisdom erases karma," is one of my favorite lines. "You can't change what you don't recognize," is another. By finding the cause of a current-day problem, we can begin to resolve it by forgiving ourselves and the others involved. Then we can resolve the problem completely heal the situation. By using regression hypnosis and reprogramming release techniques that have proven to be very effective, the healing process is streamlined and easily accomplished.

The following cause and effect case histories are from my "Human Potential Trainer Techniques" course I will be teaching at Fellowships of the Spirit near Lily Dale, NY this summer and fall. In each case, my subject was a professional hypnotherapist who was attending to learn new techniques. They were all trained so that when I touched them on their forehead and said the word, "sleep," they immediately dropped into the deepest possible hypnotic sleep.

Following a "What Pushes Your Buttons" process, a middle-aged female participant shared that whenever she feels someone is judging her, it just makes her crazy. So I did a quick "back-to-the-cause" regression. The woman began to tremble, and was soon reliving a situation in which her accusers had judged her to be a witch and she was about to be hung.

In another case, a tanned woman in her mid-forties explained that she had fibromyalgia and other physical problems, which caused her to be in constant physical pain. I hypnotized her and directed her up into Higher-Self to meet those who love, teach and guide her on a regular basis. At this mental level, and with the help of those in spirit, I directed her back to the real cause of her pain.



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She began to describe her hard life as a Christian nun. She resided in a tiny cell and suffered physically. I asked her to explain. She said, "Christ suffered for us, so we must suffer for him as well." In seeking to understand the nun incarnation in relationship to her current life, my subject explained, "The physical pain began about the time I decided to devote my current hypnosis practice to Christ Consciousness work.

Somehow her unconscious mind "connected" the past-life suffering for Christ to a need to suffer doing similar work today. I directed her to release the past, acknowledge the false fear associated with the lifetimes, and to let go of the pain over the next 24 hours.

In another exploration, a mid-forties woman explained she could never get ahead monetarily. In a back-to-the-cause regression, she perceived herself as a child living with her parents on a remote prairie. Her first impressions were of playing in a garden, surrounded by cabbages. But when progressed forward to an important event, she saw herself older, alone and desperate. The garden had dried up, her parents were dead, and she was starving. The session ended when she laid down and died.

My subject began to cry. From a Higher-Self level, she said, "Everything can be taken away from you just like that. You can lose it all. So today I keep so much emergency stuff around me I don't have room for anything else. The trunk of my car is so full of emergency gear I don't have room for groceries." I directed her to release the past, the poverty consciousness and the false fears that were playing havoc with her current life. Over the lunch hour, she emptied out the trunk of her car and gave away all the emergency gear. "I don't need it anymore," she said.

Another woman in her forties talked about her relationship with her husband and how she needed to get a divorce. "It's like all the life just went out of him," she explained. "It's like he is alive, but dead." In a back-to-the-cause regression, she saw herself as a male Viking, killing villagers for sport. He raped a woman, then shoved her over a cliff. One of the villagers managed to shove him over the cliff as well. He landed next to the woman he has just raped. As both lay dying, he watched as the woman's blue eyes turned to brown and became the eyes of her current husband who has become dead to her.

Cause and effect: With regressive hypnosis we can always find the cause of a current situation, which gives us new opportunities for resolution and healing.

Dick Sutphen is President of the American Board of Hypnotherapy (2007-8), the author of 21 books, and a practicing hypnotherapist. Since 1976, Dick has trained over 165,000 people in his seminars. He is also a featured speaker and trainer for the International Federation of Hypnosis Conference the International Medical & Dental Hypnotherapy Conference and the American Guild of Hypnosis. He is currently working in association with Fellowships of the Spirit to teach a four-tier Professional Hypnosis Training Certification which begins in July, 2008. This training is open to all who are interested. For More Information contact Fellowships of the Spirit, P.O. Box 252, Lily Dale, NY 14752, or www.fellowshipspirit.org or 716-595-2159.

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HOW ROOTS GROW INTO BRANCHES

By Nancy Nicholas

“Only another breath will I breathe in this still air, only another loving look cast backward, and then I shall stand among you, a seafarer among seafarers. And you, vast sea, sleepless mother, who alone are peace and freedom to the river and the stream, only another winding will this stream make, only another murmur in this glade, and then shall I come to you, a boundless drop to a boundless ocean.”

~ Kahlil Gibran, *The Prophet*

I was shown a vision as I began writing this article. It was of a huge oak tree with thick, deep roots reaching into the lakes that surrounded it. Each of these lakes represented a period of my life and contained a piece of myself. Thinking of this vision, I realized that coming to terms with the past and discovering how to connect the many lakes of my life is not only about having access to the beautiful memories and the love for those times and people, but also for finding the thread that connects the lakes together...connects me to all the people I have been on my life path. It is the continuity that I found myself seeking, rather than the peaks and valleys that always seem to stand out the most.

So what is this continuity in my own life? What are the things I've loved in every period? What are the common experiences that were repeated throughout the very different times of my life?

I realized that as much as the peaks and valleys seem to stand out in my mind's eye, they are actually only a small portion of my life. They are the land portages between the lakes, not the lakes themselves. In truth, the majority of my life has been filled with everyday things, a quiet predictability, moments of simplicity and steadiness. Ordinary days filled with both clouds and sunshine make up the lakes of my life. Like a thread that

runs through a tapestry helping it stay together, those simple, ordinary things are the threads weaving the pattern of my life and bringing it to a place of wholeness, instead of swatches of cloth forever separated and severed. Who would have guessed it would be something so inconsequential that truly is the most important aspect of the life I have lived?

And just as the “portages” of my experiences stand out most clearly, so do those aspects of myself that were born during

those often difficult transitions. The challenges of each experience called forth a different aspect of me, a part often exiled once the crisis had passed. As I look at the experiences, I take time to honor and embrace those parts of me that developed to handle that which was seemed beyond my ability to cope. Now I recognize that the pain of the portage became associated with those aspects of my psyche and as a result, they were pushed away.

Yet, as I embrace this understanding of my roots, I realize that each of these parts of me is essential to the whole. Just as the foundation is rooted in simplicity, so too are my branches rooted in the “trunk” of the core aspects that are me. Letting go of the pain of transition and embracing the joy of ordinary moments and gentle personal truths, I see how my tree has grown full and bountiful.

For those of you who are also looking to integrate your past into your present and future to discover the fullness of the tree of your life, I encourage you to try the activity below.

Exploring Your Roots

1. Use a timeline to chart your life from birth to now. Divide the timeline into sections for each of the periods of your life. Look for places where you moved or had some major change in life (either internally or externally) as you make the divisions.

2. Draw a series of circles, one for each of the periods of your life, and label it by your age during each section. Leave space between to draw in the “portages” where you traveled from one period to the next. In each circle, write the key facts from that period in your life. *Where did you live? What was significant about that time period for you? Can you describe yourself in a word or two during those years?*

3. Draw lines between the lakes and write a short sentence describing the move from one lake to the next. *What stands out in your mind as you think of the change from one period to the other? What part of your psyche helped you get through that transition? How did you feel about the change?*

4. Below each circle, make a list of what experiences stand out in your memory. Remember to include, simple moments as well as the bigger events. *What were the bulk of your days during that period like?*

5. Take a look at your lakes. Let yourself imagine that you are living in each of those periods again. Write a letter from your younger self to who you are now, telling about what you love in yourself and in your world during that time. Focus only on the positive for this activity. Let this be a narrative about all that was good for you during that period of your life.

6. Read the letters you wrote and imagine yourself embracing your younger self and all the joyous moments



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from those periods. Let the love fill your roots and flow up to your branches. Recognize what an amazing human being you are and have always been.

I hope this article inspired you to revisit your roots and to pull the joy and love from the lakes of your life into the whole of you. May the tree of your life be filled with deep, strong roots and abundant branches!

Nancy Nicholas is a Life/Career/Spiritual Coach who is also a Medium and Intuitive Healer. She offers a unique approach that provides Divine Guidance from your Guides and Angels with practical coaching strategies and techniques to help you understand your life and relationships from a spiritual perspective. For a free consultation or to learn more, call (330) 416-6184. For free gifts, products or to schedule a session, visit her Web sites: www.empoweringlightworkers.com and www.crossroadscoachingonline.com

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HEALTH & NUTRITION

THE NATURE OF DISEASE: OUR PAST PREDICTS THE FUTURE

By Janee Kuta-Iliano

Doesn't it seem like more people are diagnosed with some form of cancer or degenerative disease today than ever? How many of you know someone who is sick or on their way to being sick? When the news arrives, you can see the panic and fright in that person's face. Many are in disbelief and feel lost as to what to do next.

My heart goes out to people who are dealing with such health issues. The big "C-word" changes a person's life in an instant. The things that once concerned a person are no longer a priority and meeting basic needs for survival take precedent. These life-changing events can be such a blow physically, emotionally and financially to everyone involved. So what can we do? Is there a way to not fall victim to all the health issues facing our country?

As you read more about the disease process, you hear that it is something that takes time to develop and progress. It is our past that predicts the future. Many books state that we are given signs much sooner than we think to warn us of things to come. How many of you know when you are pushing your body too hard or treating your body in ways you know it cannot handle forever?

Every little sign and symptom is the body talking. The body is *constantly* talking to us. Whether it is that chronic indigestion after meals or that steady rise in our cholesterol and blood pressure with each yearly exam, the body is doing its best to deal with all the things we put it through. Most often we blow off the signs, or push through them.

We don't actually plan on getting sick, nor do we think it is something that will happen to us. We put off what we should be doing today for tomorrow. We vow to start eating better after a birthday or after the holidays. We stay in relationships that are toxic to our whole being because we see no other way out. We work incessantly either because we have to, or because we know no other way.

Not only are we outwardly pressing the body, but let's face it, our minds are never idle. We let every little thing get under our skin and upset us. How many of you are incessantly thinking about things? Worrying about this, that and the other? And then there's the resentment and grudges we

hold on to. The thoughts are created and with every thought is a physical reaction aging and stressing the body.

One argues that our genes have a lot to do with our risk of getting cancer. Of course they play a role, but how about our lifestyle. Are habits pardoned and genes at fault? Can't the environment turn genes on and off?

If we sit and think about the way we live our lives it is not conducive to good health. That is not rocket science. We run, run, run, and for what? What are we trying to achieve? Who are we trying to impress? What kind of pleasure will success bring to a burned out shell? You look at people driving to work and most seem blank or numb while sipping down quart sized coffees, unless it is the person honking their horn to get you out of their way.

Advancements in technology were meant to make our lives easier and more efficient. I respect it all but cannot see how this modernization has enlightened us to the true meaning of life and its wholeness. I am really concerned at the state of our world today. Mainly because I see the end result of people's lifestyles and how the stresses of life have directly contributed to the health conditions we see today. It tells me something because I also see younger people who are faced with health issues that are meant to develop much later in life.

So where are you today? Do you believe you are treating yourself the way you need to? Are you creating the life of your dreams on purpose, or are you caught up in this rat race headed down a road you hate? Take a deep breath, close your eyes and feel your body. Really feel your body for a moment. Do you know that you are doing something that can make you sick? Is there a habit or behavior you would desperately like to change?

Pick one thing, just one thing, and decide that today is the last day you are going to engage in that behavior. "Today is the last day I will smoke or drink too much or obsessively work or eat." Just pick one thing to focus on because chances are we have more than one habit to address. Decide which one irritates you most and see how that habit has influenced your life. On a piece of paper write your reasons for giving up the habit. "I have decided

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to stop smoking for the health of my body.” “I have decided to stop taking care of everyone but myself. I do this for the health of my body and mind. I am important enough to be taken care of.” Those are just examples, but the most important part is that you are there, you have had enough and your desire to quit bad habits is now backed with your word.

We all dream of what it feels like to be successful in our endeavors. Our dreams are never filled with the thought of being sick. We always appear peaceful and on purpose. We smile effortlessly in our dreams and feel confident and strong. When you take control of your life and stop having life happen to you, you regain back all of those qualities in your dreams. You can be vibrant, powerful and present. You just have to start walking the walk. Enough is enough.

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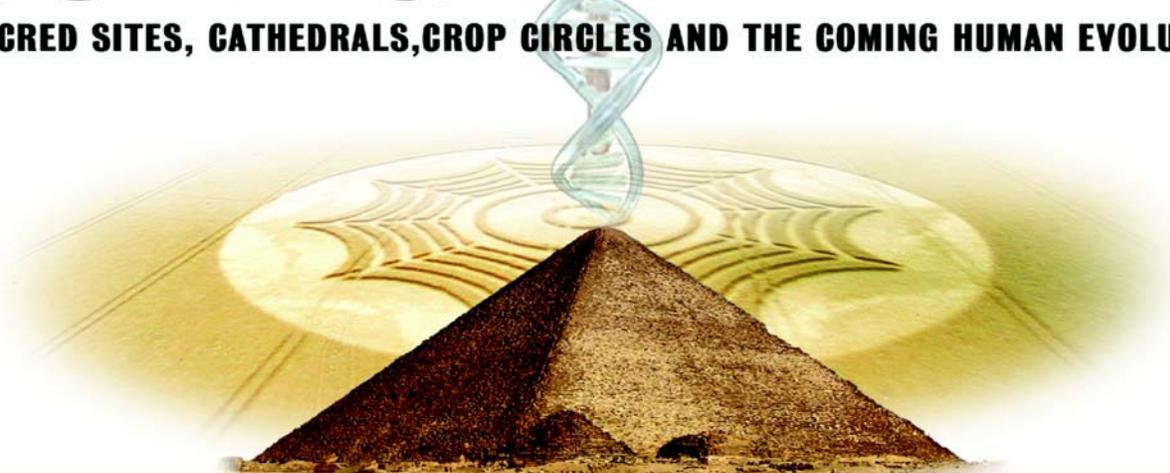
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When you are ready to change, the people, the techniques and the support appear, but the strength is all

within you. You have to be the one to light the fire. Take a breath, close your eyes and tap into your most magnificent self. Start letting go of habits that no longer serve you. The ride and effort are definitely worth it.

Janeé Kuta-Iliano is a holistic health educator whose purpose is to empower others to take control of their health through education, internal cleansing, purification and whole foods nutrition. She is a raw foods chef, a detoxification coach and colon hydrotherapist. Visit her Web site at www.aliveone.net. For more information contact Janeé at 440-478-9802 or jane@aliveone.net

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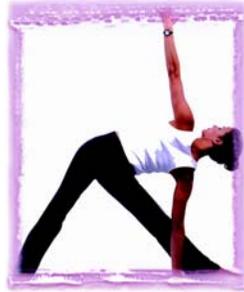
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PREHEAT OVEN TO 350 DEGREES. PLACE ALMONDS ON A SHEET PAN AND TOAST FOR APPROX. 15 MINUTES, UNTIL GOLDEN BROWN. SET ASIDE TO COOL. USING THE PADDLE ATTACHMENT OF A MIXING BOWL, AND THE SPEED ON 1ST, TOSS TOGETHER DRY INGREDIENTS. ADD APRICOTS AND ALMONDS. ADD THE COLD BUTTER. MIX UNTIL THE BUTTER PCS. ARE ABOUT THE SIZE OF HALF A DIME. STIR TOGETHER THE LIQUID INGREDIENTS. WHILE THE MIXER IS ON, ADD THE LIQUID AND MIX UNTIL THE DOUGH JUST STARTS COMING TOGETHER.

TURN MIXER OFF AND PLACE DOUGH ON A FLOURED SURFACE. PRESS DOUGH TOGETHER BEING CAREFUL NOT TO KNEAD OR WORK WITH HANDS. DIVIDE DOUGH INTO 3 PCS. SHAPE EACH PC. OF DOUGH INTO A DISC AND THEN CUT EACH DISC INTO 4 PARTS. PLACE SCONES ON A SHEET PAN COVERED WITH A PARCHMENT PAPER, WITH SPACING SO THAT THEY CAN DOUBLE IN SIZE. BRUSH TOPS WITH BUTTERMILK AND SPRINKLE WITH RAW SUGAR. BAKE FOR 25-30 MINUTES, OR UNTIL GOLDEN BROWN.

THE YOGA PAGES



Waking Up and Forgiving the Dream of the Past

By Psalm Isadora

*"I understand the wounds that have not healed in you.
They exist because God and love have not yet become real
enough. To allow you to forgive the dream.
You still listen to an old alley song that brings your body pain."
~ Hafiz*

Waking up:

When you are unable to forgive the past, you keep living in the hold of that dream of how you wish things had been. You do not want to be woken up. When you are dreaming, you are asleep to the present moment and the contentment and joy it holds for you. *"You still listen to an old alley song that brings your body pain"* (Hafiz). You keep thinking, "This person hurt me," you think, "I am not whole because of how this person hurt me," and your ego thinks that is who you are.

Why would you choose to keep listening to that which brings you pain? Why not attune your ears to a new song, to the Highest possibility and to the limitless nature of Spirit?

Memories are like water:

In yoga philosophy, the hips and sexual organs are the seat of Swadhisthana chakra, the seat of feelings and the subconscious mind. This is where the mental impressions from all of your life experiences are stored, and all the unborn karma kept. The karma repeats itself as subconscious habit energy until you become conscious of it. The element of this center is water. The way these impressions and memories are stored in the subconscious is likened to a water silo. If you walked by the same water silo every day for 10 years and dropped in one object you collected, and after 10 years you drained the water out, the objects would not be the same. This is how the subconscious works, it is dynamic not static and your memories are like the changing objects. In yoga postures, you use the body to become aware of the subconscious. In a deep hip opener, you bring your awareness to the hips and allow yourself to breath through the sensa-

tions, thoughts and feelings as they rise. Memories bubble up from the subconscious and you are able to see them in the clear light of your meditation.

Small children are able to release feelings very quickly, crying one minute and laughing the next. They do not identify themselves with the emotions they are feeling or the experiences they are having. With adolescence comes puberty and the awakening of the consciousness in Swadhisthana, the sexual center. This is when the individual begins to create his/her identity around his/her emotions. "I am a depressed person," or "I am a popular person." In the spiritual path, we work to transcend our emotional adolescence and become mature, able to let our human feelings flow easily through us and simultaneously stay grounded in our unchanging spiritual center.

The kaleidoscope effect of perspective:

"Well, that's one way of looking at it," my therapist responded after I told him about my past abuse and why that meant I was destined to suffer. I was confused and infuriated. When I shared my story, I felt it was the truth; that there was only one way of looking at it. I felt he had not been listening, that he was callous to my emotional pain. I was not able to see that most of my pain was coming from my perspective. The actions of myself and others were in the past, but I was living with them every moment as if they were tattooed on my body, which they were, not visible to the naked eye. I was actively choosing to hold onto pain as proof or testament to what I had lived through. I was trapped in this survival mentality. Now I try to think, "What is the way I can remember my past that will bring me the most options for happiness in the present?" This is not wishful thinking, it is taking responsibility for my own happiness.

Becoming a spiritual adult

When you hold onto disappointments and nurse them, they become a blueprint for how you are wired to receive new infor-

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mation and experiences. This is like being an emotional robot, repeating the same experiences and impressions over and over again. This is not being truly awake and alive, present to the endless possibilities in the new moment. When you stop dreaming and wake up to this moment you take responsibility for your perspective on the past. This is becoming a spiritual adult.

“When I was a child, I spoke as a child, I understood as a child, I thought as a child: but when I became an adult, I put away childish things” (1 Corinthians 13:11).

Take responsibility by finding a spiritual practice that heals you and be accountable to your practice consistently. You do not need to spend a lot of time reaching into the past to remember “what went wrong” analyzing or trying to remember. The best way to douse the flames of disturbed thoughts is by simultaneously stilling the mind through self-discipline and engaging yourself in a higher form of activity.

Freedom for yourself, Freedom for your scapegoats

To be free of painful memories and disappointments for yourself, you have to let others be free of them too. You have to free people from their role in disappointing you. This is very strong medicine; it is very difficult for the ego to do.

When I look deeply at the people I hold the most anger toward, I see that I am carrying a lot of remorse for my own behavior toward them as well. I see that I must be willing to feel my own regret and forgive myself, and only then can I release my anger toward them. Where I have felt betrayed, I have betrayed also. Where I have felt hurt, I have hurt also. Where I have felt abandoned, I have abandoned also.

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Forgiveness is the best medicine:

To forgive the dream and to forgive others, you must be willing to re-experience your suppressed emotions. You must be willing to see who you have been. Some memories from decades ago can still make me cringe, to see the way I acted or reacted. It is not easy to look back and really see who I have been when I was afraid. And to respond by loving myself unconditionally, like a mother soothing a child.

Self-forgiveness exercise:

I am willing to see who I have been

I am willing to change

I am willing to see who I truly AM

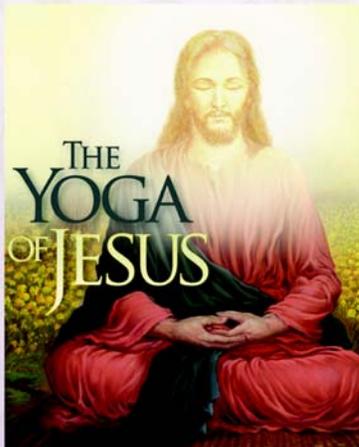
I am willing to let go and become that

Prayer for peace with the past:

I pray that my heart is clear enough to sing a new song each day, that I am present enough, free of attachments enough to have an open heart that can be tuned by God each day, each moment, so that I can be an expression of love. I have let my heart sing the same songs for too long.

Psalm Isadora got her unusual name growing up on a spiritual commune in northern California. She has traveled and studied yoga in India where she was initiated into Sri Vidya by her guru, Sri Amritananda. She firmly believes that yoga can help anybody face the challenges of life with less suffering and more joy and love. She is opening a Community House and Yoga Outreach Program in Goa, bringing western yoga teachers to India to teach free yoga with an emphasis on health and empowerment to the local Indian community. There will also be an India Immersion retreat for western students who want to get the authentic flavor of India. To find out about the project go to www.psalmissadora.com

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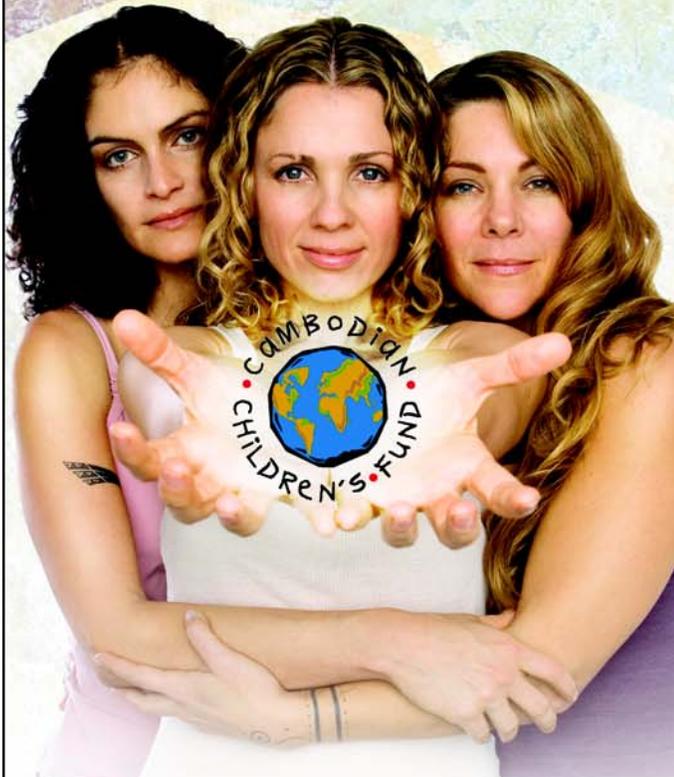
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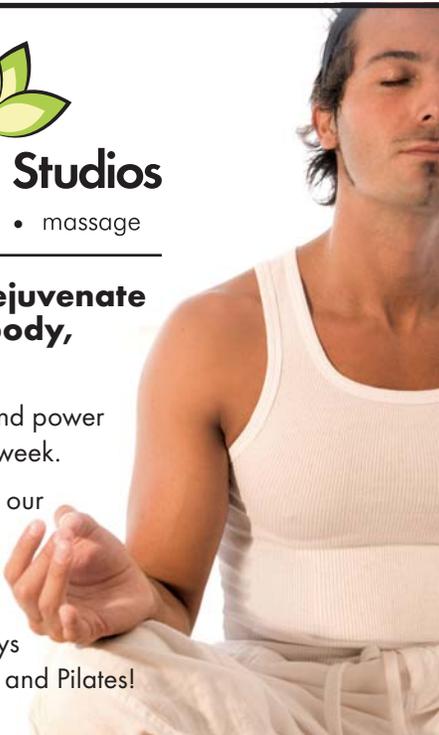
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Please keep each listing to 35 words or less.

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PLANETARY PATHWAYS

By Eva Starr

July: New Moon in Cancer July 2nd 3:53am/Full Moon in Capricorn July 18th 3:59am

August: New Moon (Solar Eclipse) in Leo August 1st 6:12am/Full Moon (Lunar Eclipse) in Aquarius August 16th 5:16pm

Second New Moon: August 30th in Virgo 3:58pm (EST)

ARIES

July – Simmer that temper down just a wee bit Ram...no sense butting those horns of yours where they don't belong. The weather's not the only thing that's *hot* for the Ram this month. Pay attention to where you're throwing around all that extra heat. Looks like its time to do some Chakra balancing.

August – Balancing those charkas did you some good...look's like that fourth heart chakra of yours got cleared out and a little love Ram/Ramette is headed over to your side of town. Just remember keep a lid on that temper of yours. Let that heat come out in the passionate side of the Ram...and you'll be *heating up that love nest*

TAURUS

July – Looks like love is still hanging around for the Bull...Venus in Cancer is *watering the earth* for the Bulls...enjoy those planetary heart throbs and water the flowers while you're at it and don't forget to take some over to that Bullette you've had your eyes on. Who knows what a little coming out of that Bull Pen of yours just might do for you

August – OK...loosen up those reins a little bit...feeling a lit bit of emotion are you? The Bull isn't used to all that sentimental energy floating around. Not to worry, even an earth sign like yourself, with all your sensible logic, and practicality has to shed a tear or express an emotion every now and then...don't worry, *you're not losing any ground*

GEMINI

July – It's time for you to see the world Gemini...and I'm not actually speaking about hopping in a hot air balloon and seeing where it takes you. I'm talking about opening up that intellectual mind of yours and try to see the world from another perspective...I'm merely suggesting, listening to other points of view and saying *how interesting*

August – Now that you've opened up Pandora's box...isn't it interesting how we're all connected...and the Twins of all people have a *dualistic* way of viewing things in the first place...so now take the Twins on a road trip, or fly into the wild blue yonder and actually see first hand how the other half of the world lives...it'll do you good.

CANCER

July – Hold on to your hats my dear Crab...the emotions are *stirring up a tsunami* and it's all around you...with

the Sun, Mercury and Venus in the sign of the Crab...you're swimming in some pretty fast moving waters...but there's a beautiful waterfall here and there...so take time to enjoy...for those of you with daughters it's time to connect...

August – OK...you're in tune with your spirituality this month...but it wouldn't hurt to check out some other avenues, say Shamanism for a change...or anything that brings that Cancer spirit back to it's purpose here on the planet, and that my dear Crab is *to nurture your soul*...yes, quite worrying about everyone else this month, nurture within

LEO

July – The Sun is entering your Jungle at the end of the month...and Lady Venus is about to show up at your door midway through...so fancy up that mane of yours and *strut your stuff* all over that Jungle...it's all about you, isn't it always? Spruce up the Jungle while you're taming your mane...you're about to get a few visitors

August – Oooh baby...the Lion/Lioness is sure getting a sky full of starlight energy continuing to head your way with the Sun still shining in your sign and now Mercury's moved on over to that Jungle of yours...Take time our to smell the flowers, take a spa or bubble bath...and spread some of that *star shine*...light the stars of others

VIRGO

July – Mars just landed in your sign...as if you don't have enough on your plate, but the good news is...you've got the *planetary energy to back you up*...so make hay while the Sun shines...and then enjoy all that hard work under the moonlight...cook yourself up an organic feast that you Virgo's love so much...invite the neighbors...

August – It's double your pleasure, double your fun...not only is Mars still going strong, Lady Venus just joined him...take advantage of this *Solar Duo* this month and combine all that magnetic energy and serve the world...you may just end up meeting someone else to share in the clean-up, it's more fun when there's two of you...keep smiling Virgo

LIBRA

July – Libra you're all about partnerships, so why not ask someone to give you a helping hand...you're just about ready to climb over the top of that wall you've been hurdling...but you may need an extra hand to give you that final push...up and over, you see how easy that was...*open*

up your arms to receiving and say yes, yes, yes

August – New beginnings are on the horizon for Libras...and it looks like it's an endeavor that may involve using some of that intellectual ability of yours, maybe your skills in mediating, or the balancing act Libras do so well...in any case this is the start of something novel & exciting in your life, *don't vacillate* or you may miss it

SCORPIO

July – If by chance the Scorpion has any buried issues dealing with the father figures in their lives, this is the time to bring them out from hiding, take a look at them in the light and do what's necessary to heal the situation, whether your father be of this planet or gone to the ashes...allow the *Phoenix to rise above* the situation and heal for both of you

August – Well done! You've done more than your share of rising above the situation, now spread those wings and fly baby fly...it's time to *reclaim your power* and show the world what the Scorpion is all about...after all why do you think people fear you...you're one of the most powerful signs of the Zodiac...let's use that power in a constructive way

SAGITTARIUS

July – OK Centaur it's time to go deep into that forest of yours and do a little *self-reflection*...you heard me, I didn't say bring a whole bandwagon with you, the word *self*, means just that...take a look at your life...and get crystal clear about

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where you want to go with it...then write it out, yes, in black & white...then take some *ACTION...DO IT*

August – It's time for a *death and rebirth*, hopefully with all that self-reflection in July the Centaur knows what I'm talking about...things can *NO* longer stay the way they have been...the status quo must change...YES, something must DIE in order for something else to be born again...things need to change and *YOU* need to initiate the changes!

CAPRICORN

July – Dive right in, the water is warm...yes, the Goat knows only too well what it's like to jump head first into a project, being the *workaholic* of the Zodiac...well good news Goat, this is the perfect time for you to start a new project...your hand is loaded with Aces, so take that hand of yours and initiate action, new beginnings abound for the Goat

August – Take the Goat off the mountain and spread those wings, it's time for you to fly...all that hard work paid off, now soar like the eagle, they'll be time for you to come back to the mountain after you've taken that new project and ran with it...eyes are looking at you, and a good job indeed...congratulations Goat, *tell it to the Mountain*

AQUARIUS

July – Put on your traveling shoes...and call upon your *Chariot*, it's time for you to take a little ride about town...you've got ideas galore up your sleeve and it's time for the world to hear about them...so start peddling your wares, gather thee horses, they work for less, and ride that Chariot, you and your *Ben Hur* self...go take the world by storm

August- Now let's get back to that *Inner Child* energy of yours, she wants to come out and play; too much intellectual stimulation for her these days...let her work off some of the physical energy out in nature, go hiking, dancing, scuba diving...anything physical just give that brain of yours a rest for now and get the physical mojo going on

PISCES

July – The fish has been busy as a bee, while as long as you can *bee happy*, then that's what it's all about now isn't it? Take some time to stimulate your intellectual side this month, yes, you can still sit by the pool or take the boat out for a spin, water is good for the fish, but the brain muscles need to be exercised a wee bit more this month

August – Alrighty I didn't tell you to go into intellectual overload, where you just about *short-circuited* yourself...it's time now for a little R&R and a little self-reflection...now go into the woods with your rod & reel, catch you up some bass, and listen to the crickets in the deep woods, spend some time around the camp fire listening to the *soul of the fish*

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THE GREEN PAGES

Dancing Out of the Past and Into Present Moment Living

By Roger Sams

How
did the rose
ever open its heart
and give to the world all of its beauty?

It felt the encouragement of light against its being,
otherwise we all remain too afraid.

Hafiz. Translated by Daniel Ladinsky in *Love Poems from God*.¹

Several years ago a friend introduced me to Daniel Ladinsky's beautiful translations of Hafiz's poetry. I've been hooked on the wisdom imbedded in these poems ever since. As with most gems, you need to go digging for the most beautiful and they usually come to the surface unpolished. It is always worth the effort to move beyond the surface and uncover their beauty. What does this verse have to say to us about the past? The answer lies in the last line, "otherwise we all remain too afraid." Fear is what keeps us committed to living out of the past, rather than in the present moment.

In Chapter 2 of *The Mastery of Love*, Don Miguel Ruiz presents a clear metaphor.

"Imagine that you live on a planet where everyone has a skin disease. For two or three thousand years, the people of your planet have suffered the same disease: Their entire bodies are covered by wounds that are infected, and those wounds really hurt when you touch them. Of course, they believe this is a normal physiology of the skin...When people are born their skin is healthy, but around three or four years of age, the first wounds start to appear. By the time they are teenagers, there are wounds all over their bodies."²

Instead of physical wounds, we carry emotional wounds on the skin of our hearts. For much of our lives we're unaware that we're acting from a place of past woundedness. We are convinced that our current hurts are normal and appropriate. Someone touches one of our tender places and suddenly we're acting from a place of childhood pain without even knowing that it is happening. This may be typical, but there's a better way to live.

The transformative spiritual path invites you to deeper levels of self-awareness and the possibility of seeing these wounds for what they are. Simply the act of watching without judgment is a powerful act. Playing sacred witness to

your own life over a period of time allows you to notice familiar patterns. You'll begin to recognize the bodily sensations that signal you are taping into something from the past and that an emotional response is on the way. This is when you're invited into the refiner's fire.

Emotion is energy...energy in motion. There are many ways for that energy to move through us. Cultures all around the world have used dance as a form of prayer and healing that allows energy to move through the body in positive and healing ways. Westerners are rediscovering this healing modality.

The next time you find yourself with anxiety in your belly, heaviness in your chest or tightness in the throat, consider these sensations invitations to the sacred dance floor. Select some music that feels appropriate for the emotional release. You can actually be a little mellow-dramatic here, as the goal is to amplify the emotion in a safe space and timeframe so that it can move through you and dissipate. If you need to release some anger, consider music that is big and bold and give yourself permission to punch yourself free as you dance around the room. If you're feeling sadness, put on the best broken hearted music you can find and "wring out the dish rag" as you twist and roll on the floor. If emotions are there, don't deny or suppress them. It supports you to make them bigger through movement. When they are vividly real in the moment, find the wise voice within and speak to yourself lovingly. Remind yourself that you've tapped into the pain or sadness of a past wound and that you are a compassionate adult now. You are capable of loving and nurturing yourself. Choose to care for yourself as a loving parent to your own inner child.

Then allow your dancing prayers to move toward forgiveness. Forgive yourself. Forgive the past. Forgive the current situation. Through forgiveness your dance becomes an invitation into grace. Find some very gentle music and close your movement prayer with gratitude for the possibility of dancing out of the past and into present moment living. End with a period of quiet and allow your body to lie very still. Stay in the state of quiet grace for as long as you'd like. Thank yourself for having the courage to honestly face your fears. Thank yourself for having the courage to forgive. Thank your God for bringing grace through your prayers. Bring yourself back into your daily life gently

with a renewed sense of your own capacity to live gracefully and peacefully through the day.

Much like yoga or meditation, ecstatic dance is a practice. You get better at it with regular practice and the power of the dance is amplified when you dance your prayers with others. The possibilities for living a powerful life in the present moment through movement are limitless. Accept the invitation; dance yourself whole.
Namaste'

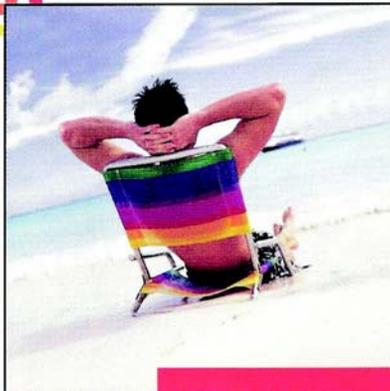
Roger Sams is the founder of *Dancing Paradox: Transformation Through the Arts*. He travels throughout the U.S. leading workshops for music and movement educators and retreats for those interested in touching God through the arts. He is Spiritual Director of the Sacred Arts & Healing Center, in Lakewood, OH, leading ongoing classes and drop-in events that support spiritual evolution through the arts. Every Sunday morning the Dancing Paradox community gathers together for Dance Church at the Sacred Arts & Healing Center. Contact Roger at DancingParadox@mac.com or visit www.SacredArtsHealingCenter.com.

FOOTNOTES:

1 Daniel Ladinsky, *Love Poems from God: Twelve Sacred Voices from the East and West*, Penguin Compass, 2002, p. 161.

2 Don Miguel Ruiz, *The Mastery of Love*, Amber-Allen Publishing, 1999, p. 10-11.

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Points to Ponder

You are what you eat... think Shrek! Green that is!

Our food system in the US consumes way more energy in fossil fuels than it creates in food energy. The livestock industry alone accounts for 18% of greenhouse gas emissions. One-fifth of solid waste is the outside of the package and 98-99% of that is shipped from another part of the globe.

OK...let's take a look at the birds and the bees, I don't think the bees are standing in line waiting for the honey to be shipped from China or Turkey and the birds aren't waiting for the 50 lb. bag of bird seed to be shipped from India or Ethiopia. The aforementioned countries produce the most honey and birdseed respectively. I'd bet my bottom dollar that the birds and the bees are searching locally for their food and not waiting for the next shipment. Here are a few things we can do to Think Green:

- **Become a Rabbit...Eat Fresh**

Frozen foods take a lot of energy to ship, store, etc.... unless you're an Eskimo eat fresh foods. Cook fresh food in bulk...store for lunches & quick fixes during the week. Dry food like rice, & beans keep for long periods of time. Buy local fruits & vegetables that are in season. Fresh has more nutrients & taste better. J

- **Skip the Pretty Package**

Unless your picture is on the front of a Wheaties box, then skip the extra cardboard. Roughly 20% of all

municipal solid waste comes from the package, again buy fresh and buy bulk.

- **Ditch the Bottle**

No, I'm not asking you to give up your Vino or Bud Light...but bottle water requires 2.7 million tons of plastic. Buy a filtered system for your home...it will pay for itself.

- **Become a Bag Lady**

Between 500 billion and a trillion plastic bags are used just once, and then trashed! Bring your own canvas bag when you shop, go get a cute one that will become your signature bag & become known as the coolest bag lady on the block.

- **Bulk it up...More is Less**

To reiterate buy bulk, bulk bins carry everything from beans, honey & shampoo. This sends a message to producers and soon you'll be seeing more items in bulk.

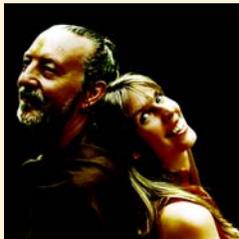
- **Save Porky Pig & Elsie the Cow**

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- **Tis the Season...**

Enjoy what's in season...you'll save \$\$\$ and carbon dioxide that's used to ship the produce. Go to your local farmer's market, roadside stand, or grow a garden. Go to <http://www.seasonalcornucopia.com/cc/default.asp> it's an amazing tool chefs, restaurateurs, home cooks & gardeners use. Check it out!

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For more information on the 2008 Journey Expo, see the special Expo section on pages 45-50!

Burning River Fest Returns Bigger and Better in 2008!

By Kami Dolney



August 1, 1969 – Excerpt from *Time Magazine*:

Some river! Chocolate-brown, oily, bubbling with sub-surface gases, it oozes rather than flows. The Federal Water Pollution Control Administration dryly notes: ‘The lower Cuyahoga has no visible life, not even low forms such as leeches and sludge worms that usually thrive on wastes. It is also—literally—a fire hazard. A few weeks ago, the oil-slicked river burst into flames and burned with such intensity that two railroad bridges spanning it were nearly destroyed.’

August 4, 2004 – Excerpt from *h2g2.com*:

In 1998, such a great degree of improvement had occurred since the fires that the Cuyahoga was designated as one of 14 American Heritage Rivers by the Environmental Protection Agency. The water chemistry of the Lower Cuyahoga River has finally become suitable for aquatic life, and the fires are a thing of the past.

The progress since the 1969 tragedy is noteworthy and ultimately the reasoning behind the 8th Great Lakes Burning River Fest on Saturday, August 9, 2008, which recently migrated from Whiskey Island to the spacious Nautica Entertainment Complex in downtown Cleveland. Ample parking, a central location, amazing facilities and the beautiful boardwalk right on the river create the perfect venue for this one-day, family-friendly environmental and music festival!

The mission of the Burning River Fest, which benefits the Burning River Foundation, Inc., is:

Teaching You How To Make Your GREEN Difference Through

- Great Live Music
- “Edu-taining” Kid’s Activities
- Artistic Marvels & Designers
- Educational Boat Tours on Lake Erie
- Interactive Green Exhibitors



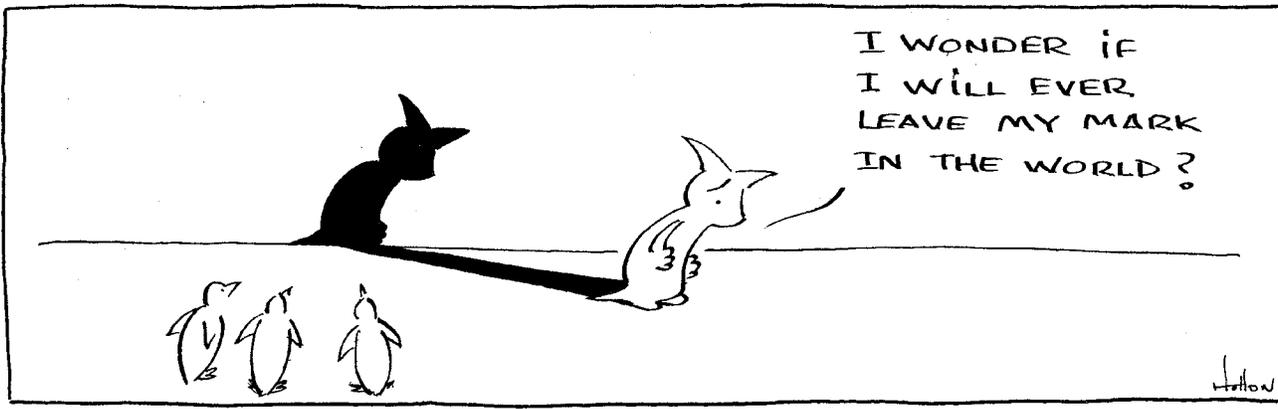
- Local Farmer & Chef Demonstrations
- Eco-Discussion Forums & SO MUCH MORE!

“The goal is to provide attendees of all ages and backgrounds with simple eco-solutions to integrate into their homes, schools, businesses or communities and not to overwhelm visitors with trying to solve problems on a global scale. Small changes to daily routines snowball into identifiable bigger changes that benefit young and old, and Burning River Fest is a great platform to learn how to make these changes,” states Kami Dolney, *Burning River Fest Steering Committee*.

Festival highlights currently include:

- The Dave Matthews Tribute Band – music headliner in the Plain Dealer Pavilion (8:30pm-11:00pm) opening with The Ark Band (7:00pm-8:30pm)
- Boat tours on Lake Erie via *The Holiday*
- Sunset sails on the *Appledore V* Tall Ship
- Eco-Discussion forums on stormwater management, community supported agriculture and understanding/supporting development and design projects along Lake Erie
- Kulture Kid’s “Spirit of the Corn” music and dance
- Food and cooking demonstrations by Chef Brian Doyle (the Chameleon Chef), Muddy Fork Farms, Millgate Farms and Killbuck Valley Mushrooms
- St. Edward High School Trash Talkers
- Yoga demonstrations by Karma Yoga

Online presale tickets are \$8/person; tickets are \$12/person at the gate and kids 8 and under are FREE! Visit www.burningriverfest.org for detailed information on volunteering, exhibiting, sponsoring and attending. We look forward to seeing you on Saturday, August 9th!



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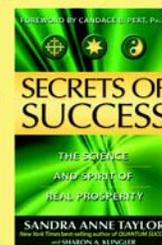
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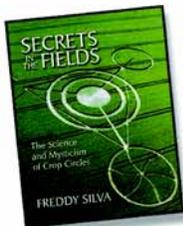
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PRESSURE POINTS By Freddy Silva

HOW SACRED SITES, CATHEDRALS AND NOW GENUINE CROP CIRCLES, HAVE INFLUENCED HUMAN EVOLUTION

Around 2400BC a change took place in human experience. All across the Earth, monuments of stone, strategically erected along the Earth's magnetic grid as umbilical cords to the spirit world, came under the control of a few misguided individuals: a priestly caste usurped these portals, manipulating their energy and ushering a new experiment in human affairs: centralized power.

Thus began a world revolution based on the frequency of fear. For the next 4000 years humanity would experience a gradual disconnection with the invisible Universe and an over-association with materialism. But what exactly are these subtle energy points?

Back in the 1920's enlightened archeologists postulated that all ancient temples "without exception, lie at the crossroads of invisible, yet measurable paths of earth energy". By the 1970's experiments at stone circles, pyramids and other temples of veneration clearly showed how the local electromagnetic (EM) field is significantly altered at these sites.

Magnetometer surveys in stone circles show how magnetism flows like a spiral into their center. Moreover, the specific types of stone used at the sites contain high amounts of quartz, a programmable material. In a sense, the temples operated as energy storage devices. Tests conducted inside the pyramids of Giza show how they act as harmonic resonators that both store and emit all kinds of EM and sonic frequencies.

The temple builders carefully aligned their buildings to specific angles, positioning them along invisible, yet detectable energy grids, as if the architects wished to collect and amplify subtle forces with a grand purpose in mind. There exists another type of temple that is also electromagnetic: the human body; even our thoughts and feelings are electromagnetic. Consequently, any excitation of an EM field can affect a person's state of awareness. When the body is diseased, DNA can be deformed. Consequently, placing the body in an environment of natural harmonics, magnetism and sound reorganizes DNA back to its natural and harmonic geometry, leading to healing.

So, no wonder ancient temples were held with such veneration: not only are they able to ally with the Earth, they also have a profound affect on the human body. Not surprisingly the emerging Celtic Christian church erected its churches on top of pagan temples, a practice that continued into the 12th Century with the Gothic cathedrals, masterminded by the original Knights Templars — an Order originally entrusted with the ancient Egyptian Mysteries and their knowledge of subtle energies. The Gothic cathedrals are, in essence, Egyptian temples, complete with their sacred geometry, harmonics and relationship to an underlying energy fingerprint, allowing for the honoring of the Earth to be

performed occult ("hidden from the eye").

Recently, interest in sacred sites has surged, as if these places have come alive, as if we instinctively feel that a reconnection severed 4000 years ago is overdue. And this surge is receiving help from friends in higher places. The 'awakening' of sacred sites coincides with the appearance of crop circles, all of which exhibit identical features shared by sacred sites, particularly, magnetism, sound and harmonics.

Documented as far back as 1680, crop circles came to our attention during the early 1980's. Their anomalous features fascinate open-minded scientists: Why, for example, are the plants swirled according to the Golden Ratio, nature's own spiral? Why are the stems bent an inch above the soil and undamaged, demonstrating that no physical force has been used? Why has the water in the stems been boiled? As for their chromosomes, as well as the crystalline structure of the affected soil, all show drastic deviations away from normal under a microscope. So much, then, for the human hoax argument put forward in mainstream media!

But crop circles also contain frequencies missing in the human body, as if part of our genetic code — like ancient sacred sites — is being activated. Thousands of people have experienced altered states of awareness, even healings, when coming into contact with crop circles. Their brainwaves show enhanced right-brain activity, as they do inside Gothic cathedrals, sometimes by as much as 4000% above normal!

Crop circles, like sacred sites, are positioned above or beside water, and water samples show an imprint 136% above normal. Because the human body is both electromagnetic and 2/3 water, the force behind crop circles is also having a direct effect on humans, both physically and mentally.

It is not far-fetched to suggest that crop circles are the new temples. They are appearing along the Earth's pressure points at a time in our evolution when we are poised to reclaim our status as enlightened co-creators. If the crop circles are here to awaken our potential as co-creators, then that potential is staggering.

Freddy Silva is one of the world's leading experts on sacred sites and crop circles, and bestselling author of "Secrets in the Fields." He is also a leading researcher into ancient systems of knowledge and the interaction between temples and consciousness. He directed the documentary "Stairways To Heaven: The Practical Magic Of Sacred Space", and the inspirational DVD "In The Footsteps Of Isis". Freddy has appeared on The History Channel, Discovery Channel, BBC and national radio shows such as Art Bell and Shirley MacLaine. Web sites: www.invisibletemple.com and www.cropcirclesecrets.org



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Visit www.thejourneymag.com for more information on the 2008 Expo

Dan Millman: Head In The Clouds, Feet On The Ground

Saturday, September 6

1 - 4 pm

Heart of the Peaceful Warrior's Way

A Living Conversation with Dan Millman



Years ago - as shown in the film, "Peaceful Warrior" - a college athlete named Dan Millman met an old service station attendant and warrior-sage he nick-named "Socrates." But there's much more to the story: After journeys around the world and study with other extraordinary mentors, Dan developed an approach to living he calls the Peaceful Warrior's Way.

With a fluid, interactive style to illuminate whatever topics best serve the interests and evolution of those gathered. The result is a living conversation around the practical realities of living with a peaceful heart and warrior spirit. His presentation is likely to include (or go beyond):

- Living as a peaceful warrior
- Moving between the worlds
- New light on ancient practices
- How to simplify your life in the present
- Turning what we know into what we do
- The power of reality (a de-programming experience)
- Responses to your interests and questions

Many people find Dan's peaceful warrior teachings among the most practical, clear, and illuminating they have heard. Join him in this living dialogue. The benefits can last a lifetime. We encourage you to bring questions, an open mind, a sense of humor, and a friend! Dan Millman is a former world champion athlete, university coach, martial arts instructor, and college professor.

His 14 books — including Way of the Peaceful Warrior, Wisdom of the Peaceful Warrior, The Life You Were Born to Live, No Ordinary Moments, The Laws of Spirit and The Journeys of Socrates — have inspired millions of readers in 29 languages worldwide.

The feature film, "Peaceful Warrior," starring Nick Nolte, was adapted from Dan's first book, an autobiographical novel. His keynotes and seminars have influenced men and women from all walks of life, including leaders in the fields of health, psychology, education, business, politics, sports, entertainment, and the arts. Dan and his wife Joy live in northern California. He has three grown daughters and two grandsons so far. For further information about his life and work: www.peacefulwarrior.com



Carolyn Myss: Healing Through the Mystery of Grace

Sunday, September 7

1 - 4:30 pm

For everyone, especially those dealing with illness...

Healing can be an overwhelming challenge, especially if you are facing a serious or long-term illness. In recent decades, the holistic arena has opened up numerous approaches to healing; yet, the experience of complete healing from major sickness remains rare.

In this workshop with internationally renowned healer, teacher, author, and medical intuitive Caroline Myss, we will explore the deeply mystical components of healing, through exercises based on Caroline's best-selling book, *Entering the Castle*.

"We tend to approach healing through the mind," Caroline says, "as if we can reason our way through it and find the lesson that will make the illness go away. The mind is an inadequate tool for complete recovery from an illness, as illness does not respond to reason."

"Complete healing," she says, "is a mystical experience, not a rational one." Through pursuing the mystery of grace and embracing it as a Divine substance, we can discover ways to transcend the mind and cease asking why.



Deva Premal & Miten in Concert

Saturday, September 6

7:30 pm

Deva Premal and Miten met in India in 1990 and soon began a journey into love and creativity that has taken their inspiring blend of song, mantra and meditation to a worldwide audience. They have released a string of acclaimed CDs with sales of well over half a million, and their concerts and ecstatic chant workshops are met with rave reviews throughout Europe, Australia, Canada and the United States.

Their music transcends all the usual musical boundaries, with fans including rock icon Cher, who featured one of Deva's most popular chants, the Gayatri Mantra on her Farewell Concert Tour; world renowned author and motivational coach Tony Robbins and even His Holiness The Dalai Lama who, after hearing Deva & Miten sing for a private audience, exclaimed, "Beautiful music, beautiful...!" Best selling author Eckhart Tolle notes: "As you listen to the music of Deva and Miten, the sacred space that lies beyond the mind emerges naturally and effortlessly. Pure magic."

As Deva says, "Without the silence that follows the chants, you get only half the story. It's like the climax of a good story. The silence is there because it exists in the music. It just needs to be exposed and acknowledged. It's so easy to overlook the silence inside the music... and it's that which is healing us... if we allow it to be there. This is really one of the main reasons Miten and I sing - to bathe in Silence. It's our nourishment. It's what keeps us on the road. For me there is nothing more precious than having sung with an audience, ecstatic with bliss, and then entering the deep silence that the mantra brings... so deep, that with closed eyes you really feel there is 'nobody' there at all... all personalities dissolved for a tiny sacred moment."



Sandra Taylor

"Secrets of Success"

Saturday, September 6

10:30 am – 12:30 pm

The Science and Spirit of Real Prosperity

Are you inspired by the Laws of Attraction, yet not quite sure how to use their power in your own life? What does it take to truly achieve all that you desire? This mind-altering workshop reveals how your energy really works in the world. It's your full Life Force—not your individual intention—that gets the results! New York Times bestselling author Sandra Anne Taylor will help you unlock your quantum psychology, shift into truly positive consciousness, and tap in to the powerful Universal forces that can make your dreams come true.

Included highlights:

- Identifying and shifting consciousness;
- Reversing negative vibrations to attract more joy;
- Powerful holographic visualization for accelerated results;
- Rapid energy changing techniques and dynamic strategies for personal power;

The world of endless possibilities is awaiting you. Now is your time of destiny creation. Learn how to make every moment count!

Sandra Anne Taylor is the author of the New York Times bestseller Quantum Success. She has been a counselor in private psychological practice for more than 25 years. Her first book Secrets of Attraction was the first internationally published book applying the Universal Laws to romantic love. Sandra is a motivating and inspiring speaker who focuses on the quantum mechanics of personal happiness and financial and relationship success. Her books are available in 13 languages and dozens of countries around the globe. Look for her new book, Secrets of Success, available in May of 2008. www.sandrataylor.net and www.starbringerassociates.com.



Suzanne Sterling - Kirtan/Concert

Friday, September 5

6:30 pm

Devotional Performance and Modern Kirtan Exploration with Suzanne Sterling

Join Suzanne in musical prayer to explore the realms where the spiritual meets the scientific, ancient songs meet joyful contemporary expression, and opposites meet to dance in divine Leela or play. Flow with the

rhythm of creation and dance with the pulse of life as you sing the names of the Divine!

Suzanne is a long time kirtan wallah who brings a modern, improvisational and deeply spiritual interpretation to this ancient art form.

WORKSHOPS



Toni Bergins

Journey Dance

Saturday, Sept. 6 at 4:30 pm - \$25

JourneyDance is a grooving celebration that will have you loving your body and loving your life! Weaving simple, guided movement sequences and free exploration, JourneyDance re-connects you with your innate state of joyous well-being. Your mind becomes clear, free, and positive, and your body feels supple, energized, and powerful. Practiced barefoot to inspiring world music, your dance is an empowering journey of transformation. Toni Bergins is the creator of JourneyDance, a movement dance exploration that transforms and energizes your life. You freely dance your personal expression, feel your joy, and affirm your passion for life. Toni leads workshops at Kripalu Center and teaches JourneyDance internationally. To experience Toni's popular instructional CD, visit www.journeydance.com, and tour her schedule of workshops, teacher trainings, and more information on JourneyDance: Love your Body. Love your Life.



Dahna Fox

Prosperity Marketing Through the Akashic Records

Sunday, Sept. 7 at 10am - \$25

Learn to increase your personal or business financial prosperity and move into abundance! Join Dahna Fox, Certified Akashic Records Teacher & Consultant, as she demonstrates how to consciously access the Akashic Records. Dahna will share the history of the Akashic Records and bring forth a message, a meditation and tools, specifically for the group gathered, to unleash the power of manifestation. You, who are called to this event, can shift your life today! Ask the Akasha your questions regarding your financial prosperity and more! Dahna Fox has been working with the Akashic Records for over 12 years as a Certified Akashic Records Teacher and Consultant. She travels nationally and internationally offering lectures on the Akashic Records as well as workshops teaching people how to access their own Records, the Records of others, the land and animals. You can listen to Dahna on her live internet radio show, Akashic Wisdom every Sunday night on <http://www.bbsradio.com/> Station One, at 8 PM PT, 9 PM MT, 10 PM CT & 11 PM ET.



Janee Kuta-Iliano

Inner Healing-Outer Beauty: Achieving Optimal Health & Vitality

Sunday, Sept. 7 at 10:30 am - \$25

Our eating habits & lifestyle directly affect the disease & aging process. Discover ways to protect and strengthen your body to prevent & attack disease at a cellular level. Learn ways you can start to create the body you want while achieving optimal health in the process. Receive delicious & nutritious whole food recipes to get yourself glowing from the inside out. *Class includes a raw foods cooking demonstration with **food samples**.* Janee Kuta-Iliano is a holistic health educator who empowers others to take control of their health through education, internal cleansing & detoxification and raw foods nutrition. Janee is an Internal Cleansing & Detoxification Coach and Raw Foods Chef who can help people create a healthier, more vibrant body. As a cleansing coach, Janee has developed specific techniques and information that can help people jumpstart their bodies towards better eating and lifestyle choices.

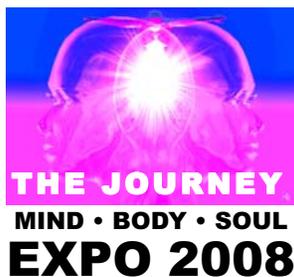


George Cox

Aromatherapy For Wellness

Sunday, Sept. 7 at 10:30 am - \$25

This is a fun, "hand's on" class that focuses making aromatherapy simple and easy to use. Humor is used to keep the class light, interesting, and still be informative. You will learn how to use aromatherapy to assist issues including sleeplessness, psoriasis, restless leg syndrome, hot flashes, lack of energy or focus, sinus problems, arthritis, fibro, & depression. Come and learn about this wonderful natural healing modality. George has been teaching aromatherapy for 13 years at 19 Massage Schools in 5 states, works with Skilled Nursing Facilities to incorporate aromatherapy into their treatments, and teaches to the general public as well. His clinical approach to aromatherapy has lead the way for him to develop associations to use aromatherapy in a clinic specializing in headaches, test a hot flash product with an OB/Gyn, and work with an MD to assist with cramps and restless leg syndrome. He developed the curriculum and teaches a three credit hour class at Cincinnati State College.



A Sampling of Mini Lectures and Vendors... with More to Come!

MINI LECTURES

Light Crystals – with Ken Harsh

Manifesting Your Angelic Presence – with Cindy and Michael Fess

The Importance of Energy in our Lives – with Susan Mikolic

Messages from Beyond – with Sharon Klingler

Animals, Atlantis and the Egyptian Dynasty – with Dr. Agnes Thomas

What is Your Psy-Q – with Rev. Melissa Leath

Say No to Drugs -Say Yes to Herbs – with Dr. Jane Semple

Spiritual Wisdom on Prayer, Meditation, and Contemplation – with Julie Beckstrom and Dave Oldham

VENDORS

Alternative Healing Inst.

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jadewinds

Di Christi Coaching LLC

Chemam Inc

Creative Healing Center

Trendz...

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Intuitive Wisdom

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Friday, Saturday & Sunday September 5, 6 & 7

Friday 5-8 • Saturday 10-8 • Sunday 10-6

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Delphic Books
1793 Coventry Village
Cleveland Heights, Oh. 44118
216-321-8106

Westside:

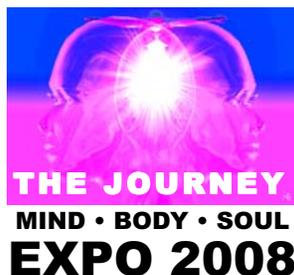
Goddess Elite
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North Olmsted, Oh. 44070
440-777-7211

Downtown Cleveland:

Karma Yoga
1382 West Ninth #300
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216-621-7085

Akron:

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330-798-0098



Friday, Saturday & Sunday • September 5, 6 & 7

Driving Directions

Lakeland Community College
7700 Clocktower Drive
Kirtland, Ohio 44094

From Cleveland, Toledo and West - Take I-90 East through Downtown Cleveland towards Erie PA. Exit at Rt. 306/ Kirtland, turn right at the exit and look for Lakeland Community College immediately on the left.

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.

From Youngstown & Pittsburgh - Take I-76 West (PA Turnpike) to I-80 West (Ohio Turnpike) Exit at I-480 and take 480 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.

From Erie, Buffalo and East - Take I-90 West and exit at Rt. 306/Kirtland, turn left at the exit and look for Lakeland Community College immediately on the left. Upon entering the Lakeland Campus, turn left at the fork and follow the EXPO signs. Do not worry - parking will not be an issue.

Have a safe trip! Lost? Call 440-867-4166 for help.

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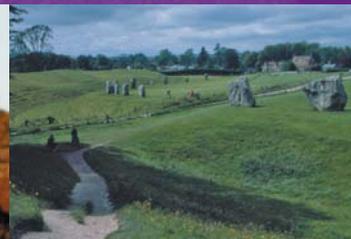
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Spiritually Based Hypnotherapy/
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School of Sacred Knowledge
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A Healthy Balance**
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