

Issue 53 | July/August 2010

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G R O W T H

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July.August.2010 | Issue 53

From the Publisher

Austin MacDonald came into my life almost five years ago. He appeared one day at a yoga class I was teaching. A personable being, Austin stuck around after class and introduced himself. He explained he had moved to Cleveland recently with his girlfriend and was glad to find a yoga studio just a block from where they lived.

Austin quickly became a regular and then offered to volunteer to help out at the studio. We became friends and he shared with me that he had some physical issues for which he was being treated.

He had abused his liver over the years with drinking, drugs and eating unhealthy foods. His girlfriend suggested that to concentrate on getting well, it was best if he didn't work. She was able to support them both.

That January, Austin signed up to take part in a cleanse we offered; from that he began to eat healthfully, and he never drank again. I saw amazing growth in Austin right away. He took easily to the cleanse and the yoga practice.

I urged Austin to meditate every day, even if only for five minutes. He did. Again I saw great spiritual growth in him. He spent more and more time at the studio and actually managed it for a period of time before his girlfriend was transferred from Cleveland.

After Austin moved we always stayed in touch. He would come back occasionally, always returning to help out at the *Journey Expo* in September. Physically his condition was getting worse. Spiritually he was growing beyond anything I had ever witnessed before. Still living sober and on a healthy diet, he was practicing physical yoga several times a week, but meditating several hours a day.

Last year Austin commuted to Cleveland to partake in a teacher training/yoga studies program at the studio. His meditation brought him to *Paramahansa Yogananda* of the Self Realization Fellowship, to which he was initiated while doing the teachers training. A month later he married his longtime girlfriend, Hoang.

And in November, he died.

He never stopped growing spiritually in the too few years I spent with him. In our last conversation together, I was shaken because it was clear his time was near. He was concerned about me and assured me it was fine, and referred to his transitioning as "actually quite an experience." Austin told me the last four-and-a-half years had been the best period of his life. In the time since he'd walked into the studio, he had grown so fully that he finally learned how to live.

May we all continue to live in spiritual growth through our own life experiences – whatever they may be. Thank you Austin MacDonald for teaching me that.

– Namaste Clyde

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September/October Theme: Transition

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Contributors



Billie Tobin

Words are powerful. They can heal or destroy a human spirit in an instant. Spiritual advisor, ThetaHealer and Reiki Master Billie Tobin wonders at how people wield such power with so little thought or consciousness, and suggests that if we become more aware of what we are saying to others – verbally and nonverbally – the universe will become a more hospitable place for everyone.



Marilyn Wise

Learning about the concept of *entelechy* led Marilyn Wise, founder and director of a holistic addictions recovery program, to ponder on the acorn. The question is how, with no intelligence of its own, does the acorn so predictably manage to fulfill its potential, while people – the most intelligent creatures in nature – struggle their entire lives to do the same?



Wah!

Is austerity, penance and self-deprivation the path to growth? Wah!, a musician, spiritual seeker and world traveler has learned there is no spiritual path except whatever path you take yourself. And no matter what any guru might tell you, any path you take is the true path to growth and self-fulfillment if you remain true to yourself and committed to the journey.



Janee Kuta-Iliano

Janee Kuta-Iliano, a holistic health educator and raw foods chef admits, “Where I used to be was a completely exhausting, unhealthy place to live. I spent most of my time frustrated, unhappy and wishing I was somewhere else. I lived by emotion...” She believes she was pretty much like most Americans in that way, until she had a moment in which an inner voice – or was it God? – showed her the long, slow way to a better life.

‘**Y**ou have been taught to believe – from the very childhood, everybody’s mind has been conditioned to believe: believe in God, believe in the soul, believe in this and believe in that. Now that belief has entered into your bones and your blood, but it remains a belief – you have not known. And unless you *know*, you cannot be liberated... Only knowing liberates. All beliefs are borrowed; others have given them to you, they are not your flowerings.’

– **Osho**

THE MEANING OF DREAMS

By Wendy Stokes

The dream

I am trekking in an ice-capped, mountainous region. My feet are sore and I am tired. I see my brother, who died last year, ahead of me. As I notice him, my foot slips. I'm terrified as I lose my balance. I scramble and manage to regain my footing. When I look up, he has disappeared.

—BM

What it means

Your bereavement is showing itself in this dream. You are coming to terms now with the need to find your way in life without your dear brother. You are fearful that you will make a wrong decision, but you must learn to trust your instinct. Though you have been through a difficult time, you can, and will, manage without him. He would want you to reach for your highest goals and accomplish your greatest wishes. Hold him dearly in your memory as what he gave you is infinitely precious. You have a wonderful gift – that of life.

'Consider that we need trials in life if we are to grow; there is no true progress without effort.'

The dream

I am swimming off a beautiful island. The water is cool and the sun sparkles on the clear mirrored surface of a blue lagoon. I feel energized and light, as though I could swim into the sky. My body flows with the tide. Suddenly, I am out at sea. A foreign land with its shoreline is coming closer into view. It seems hostile and threatening. I fear being washed up on the beach and am unable to get my bearings or to swim back to my island paradise. —LD

What it means

Things are going very well for you; your circumstances offer a light and easy lifestyle. But you are anxious it will not last and that danger lurks. I think you maintain a safe environment for yourself rather than risk venturing into new areas of interest and experience. However, unless you are challenged and stretched in some capacity that offers you direction and long-term goals, you will continue to drift and not develop your skills in ways that you need to. Consider that we need trials in life if we are to grow; there is no true progress without effort. Use the affirmation: I have good judgment and am confident of my safety.

The dream

I am driving a motor vehicle, speeding along at high speed in reverse. I have no brakes, the gears and lights are not working and I cannot switch off the engine. —HT

Your Dreams Interpreted

The Meaning of Dreams is a continuing Journey Magazine feature. If you would like Wendy Stokes to interpret your dream, go to www.wendystokes.co.uk, and write on her contact form with the title *The Journey* and a description of your dream. State that your dream can be published in these pages, and provide your initials.

What it means

This sounds dangerous but all credit to you that you have so far managed to avoid a serious accident. Review your life to ensure that you are moving in the right direction. If you have a demanding job, take regular time off and do not take work home. Meditate on slow and careful progress. Use the affirmation: I will be conscientious about safety issues.

'I am driving a motor vehicle, speeding along at high speed in reverse. I have no brakes, the gears and lights are not working and I cannot switch off the engine.'

The dream

I dreamt I was sharing my money between my two daughters. I gave more to one than the other. Then I saw a pair of antique mirrors, one was cracked. —JB

What it means

Each daughter reminds you of yourself and one is more like you than the other. Consider whether you have shown one daughter preference and if you have, make it up to the other as favoritism is never healthy and jealousy is natural and destructive. Fairness is the vital ingredient in good parenting. Use the affirmation: I love my daughters equally.

The Life of Dreams

People from all over the world contact me to seek explanations for their dreams. In the dream realm, elderly ladies can win Olympic medals and people in wheelchairs can climb Mt. Everest.

Once a man told me he had dreamt he had a baby; everything is possible in dreamland.

I keep a diary of my own dreams and when I am bored I remind myself of the many things I experience throughout the night. I have been ballroom-dancing with Brad Pitt and Meatloaf (I will not say which I preferred).

One night, I dreamt I was dragging heavy furniture around in an old house and when I awoke I learned I had slept through a terrible thunderstorm. In another dream I met an old woman in a cave who told me extraordinary secrets about her life in a tribal village.

Dreams are a great source of fascination. One of my favorite pastimes is to sit with friends while we tell each other about our nightly dreams. Even strangers suddenly become friends when we disclose our dreams. By sharing, we are offering something special about ourselves that we do not often have the time for during a busy day.

Our dreams, however, are a great source of creativity and, where possible, should inspire and inform us.

Wendy Stokes is a qualified counselor with a special interest in dreams. If you would like her to interpret your dream, please use the contact form on her website (www.wendystokes.co.uk) with the title The Journey and a description of your dream. State whether your dream can be published in these pages, and provide your initials.

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The Creation and Growth of a True Tantrica



By Rishi

Photo: Jasper Johal

Psalms Isadora has become an inspirational yoga teacher based out of Santa Monica, California. She has found her purpose in sharing her passion of Tantra Yoga. I caught up with Psalm recently at a heavenly space in Pacific Palisades, California called the Lake Shrine. This space is one of Paramahansa Yogananda of the Self Realization Fellowship's mystical gardens open to the public for meditation and peace. A Garden of Eden. What better place to learn about the spiritual genealogy and spiritual growth of a beautiful Tantra Yoga teacher?

Rishi: Psalm let's start at the beginning, where you are from and bit about your immediate family.

Psalm: I was born in Mendocino, in Northern California, and lived on a Christian commune called The Lords Land. I have two younger brothers. It was an interesting childhood. We had a lot of ecstatic practices. Singing, chanting, talking in tongues, rattlesnake handlers and what they called laying of hands. Using all these rituals and techniques to get people worked up into an altered state to connect to what they were calling the Holy Spirit. People came from all over the world for tent revival meetings. There was a lot of freedom with those things, yet with that freedom there comes a lot of dogma...It was like a crazy train, but there was this common belief in Jesus being the one and only path to the Father. Not to stray from that path. Stay away from anything that would tempt you. Even yoga or Eastern philosophies. Yoga was considered demonic because with meditation you would empty your mind and evil spirits would come to fill the emptiness.

'The world looked one way – like it was perfect – and then I realized almost everything had been a lie.'

So it was interesting growing up with that. I did feel a deep connection to God. Dreaming at night about Jesus and Angels. Feeling very protected and safe because of them. I would call Jesus my boyfriend.

Rishi: Did the families all live together?

Psalm: Single women lived in a large building together as did single men. Families had their own separate cabins. We had no indoor plumbing or electricity. We cooked on a wood burning stove. I wore long dresses and a bonnet. A bit different than most kids growing up in California in the 1980s. The area was beautiful. It was close to the coast. The water was very turbulent, crashing into the coastline. Not like Southern California where you have a lot of beaches with people playing volleyball and surfing. It was majestic and fear inspiring. Even though it was incredibly beautiful, it's not containable, it clearly has its own purpose and power.

Rishi: Sounds like the ocean fit the energy of the commune, very wild.

Psalm: Exactly.

Rishi: How long were you at the commune?

Psalm: Until I was 10. I was told at the time we were leaving because my parents wanted to open a restaurant. I found out differently two years later when my parents separated and my mother told me we were forced to leave because my father had been sexually abusing children.

Rishi: How did you react?

Psalm: I was shocked. The world looked one way – like it was perfect – and then I realized almost everything had been a lie. I was stressed out, yet my mother was even more so. It brought up a lot of anger in my mother and she became physically abusive to me and my younger brothers. I tried to keep it together to help take care of my brothers. Hiding my pain. But after a few years it caught up to me. I didn't care anymore. At 15 I started to act out – drinking, using drugs and all the craziness that goes with it.

Rishi: What about your relationship with your father?

Psalm: I never talked to him about it. I was afraid. There was this code of silence because everyone was afraid of what would happen if he went to prison for what he did. He was working with my mom so we saw him a lot. They would get in a fight occasionally and it would be brought up in anger. Them shouting at each other. But other than that it was never talked about. The few times I tried to, it was followed by huge fits of anger and beatings from my mother. No one ever went to therapy. It was like the purple elephant in the middle of the living room that was never talked about.

'I broke up with Jesus and gave up on the God I was taught about. I wasn't afraid I would go to hell anymore. I was pretty much in it.'

Rishi: So when you were about 15 you started rebelling?

Psalm: I didn't talk to anyone about what was going on inside me, the confusion. I started changing how I dressed, wearing short shorts and tank tops to show off my boobs. I went from being this nerdy introvert to wanting attention in unhealthy ways. The drinking and drugs became a coping mechanism for me, a way to hide my pain. I kept getting in trouble and I was put in a boarding school.

Rishi: So when you were acting out, did you break up with Jesus?

Psalm: I don't think I broke up with Jesus for awhile. I was very angry with God but I think I was afraid of going to hell. I would pray to get out of trouble. Kind of like how you don't find an atheist in a fox hole. In my early 20s, I let go of my beliefs of Jesus and God. I made a decision to put it all down and risk going to hell until I had a God I understood. I wanted a God I could love because it felt good and I wanted



Photo: Amir Magal

to, rather than because I was afraid of him. I don't even know how to describe it. It was like a very invisible movement inside of myself. I let go of the insurance policy.

Rishi: Let's go back to the boarding school. How long were you there?

Psalm: I was there for about a year and a half and then ran away with a boyfriend. We went back to the town he was from in Southern California. We slept in people's garages. We tried to get by like that for a while. I got pregnant. Actually, I wanted to, because I wanted to feel love. I thought a child would give me that feeling. My boyfriend and I were very young and not ready for a family. After my son was born I went back to my mom's, because that was my best option at the time.

Rishi: Did you stop acting out?

Psalm: For a couple of years. Then I started up again. I guess you could say this is where I went into a path of deconstruction. I broke up with Jesus and gave up on the God I was taught about. I wasn't afraid I would go to hell anymore. I was pretty much in it. I had thoughts of suicide and having my son was the only thing that kept me alive. I was not happy in a world with so much pain and suffering. He gave me a reason for living.

'I didn't care anymore. I let go of all the rules. To the point where I had let go of God, as I knew God. By that time I was in this kind of Godless world. Yet I was lonely for that feeling of God.'

Rishi: Was there a time that you thought maybe it would help to get therapy for yourself?

Psalm: I got to the point where I couldn't sleep at night. I was exhausted during the day, trying to take care of my son. I was pretty messed up. Finally, I had a suicide episode and came to a place that maybe he would be better off with-

out me. I almost didn't make it through the night. I felt like this circle of pain. It was like there was my father's pain and my mother's pain and they were both probably abused. Then there was my pain from abuse and I was afraid of passing it on to my son. It prompted me to go to the Mental Health Department and seek help. They diagnosed me bi-polar and started me on medication. That worked for me at the time. I thought, "Fine tell me I have some brain malfunction and give me some pills and it will make it all better." The problem was my underlying issues were so deep that the medication was like a dirty Band-Aid over an open wound. I wasn't going to heal from the medication. I'm not saying nobody should take medication, but for me the pills weren't going to fix it. The pills numbed me out during the day and I was taking sleeping pills at night because I still couldn't sleep. Being numbed out and so confused I couldn't even make a living. We were staying at friends' houses, not really having a place of our own. I figured I could do speed and it would give me energy to function. You know, they're medicating me and I'll medicate me. So I took that walk for a while.

Rishi: How did that change?

Psalm: A few years before all that I was having some back issues and a friend told me about yoga possibly being

good for it. I went to a class and didn't really like it. But it always stuck with me. I would occasionally think maybe I should go to another class but always came up with excuses not to. I went to one yoga class and just felt like crying the whole time. It was like I was too raw to even be in the room with people. So I was also embarrassed to go back. Yet there was something that kept bringing it into my mind.

This was about eight years ago. Then I hit a bottom and I realized nobody or nothing was going to change my life but me. I was caught up in self destructive behavior. I ended up in a hospital emergency room. I thought my life was screwed up again because of how I was raised and abused. That I never had a chance. My parents were to blame.

Then I had a moment of clarity. I realized as long as I continued with that thought process I would continue to lead that life. I had to think differently. It was like the thought came for me to do one step at a time. And one of those steps was to do yoga every day. I had no money, but yoga was something I could do because there was a donation-only studio in Santa Monica. At first I was embarrassed about going and not having money to donate, but I got real clear right away that my life was going to get better by going.

Psalm Isadora...Continued on page 44



Photo: Amir Magal

'Tantra is understanding that life works on a principle of opposites and the opposites create the oneness and the oneness creates opposites. You are going to expand and contract and the contraction feels uncomfortable.'

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Lessons From the Acorn

By Marilyn Wise LICDC

Young, depressed and seeking truth in 1972, I read a new book called *Siddhartha* by Herman Hesse. Now a classic, this allegorical tale follows a young Indian man on his journey toward self-discovery and meaning. Reading it taught me that there are many levels of consciousness and internal growth available to us. I have been compelled to seek and explore them ever since.

Like *Siddhartha*, I have experienced different lifestyles, relationships, religions, philosophies, spiritual practices and joys, as well as the pain and suffering that can result in greater surrender to personal truth.

Now at 62, I am still on the self-awareness journey, as well as facilitator and counselor in the healing process for others. I run a holistic counseling program, specializing in addiction and practice energy and body work such as reiki, massage and guided imagery. Despite many years helping others, another classic,

The Course in Miracles, resonates with me as it states that “We teach best what we most need to learn.” In paradox, as the book *Siddhartha* points out, no one attains salvation or enlightenment only through other people’s teachings or dogma. The end result is always an inside job.

This brings us to my friend the acorn, and what this simple seed has taught me through its quiet, elegant example. We all learned early on that the tiny acorn has everything coded inside of it to become one of the strongest, most magnificent trees in the forest: the mighty oak. This amazing truth now takes on an expanded meaning. At a workshop I attended in California I fell in love with a word discussed by the brilliant human potential author and speaker Jean Huston. *Entelechy* (pronounced en-tel-uh-kee) is a vital force or agent directing an organism toward self-fulfillment. It’s basically an internal plan that we all have within us.

What does the acorn (and we as humans) need in order to fully self-actualize? Pondering this, I have learned that all my quests to ascend into higher consciousness left out an important balancing component: roots.

When I rose into bliss without the grounding of roots I always crashed ... painfully. Roots must be strong and deep and point in all directions. Roots connect me with my family, friends, ancestors, culture, community and planet. Most important are the roots that draw from my direct experience of life and spirituality that is wholly personal and true. I need roots that are firm and grounded in who I am, my values and core beliefs. I want roots that do not waver or shift with each passing teacher, book, course or relationship; roots that are unique to my own purpose and callings, that are the foundation for how I build my life. Having roots makes it possible to stay balanced and stand my ground.

We also know that an acorn will not grow out in the desert or stuck inside a closet. It needs the right soil and the perfect balance of support and room to grow its roots deeper. How do I know I am in the best soil or environment? I shine and smile from the inside out. I grow.

Another essential component for the acorn’s growth is water, the gift of rain. It’s a metaphor for all the gifts of grace that fall into our lives: the epiphanies, inspirations, synchronicities and lessons that open me and keep me fresh. Those moments that cleanse away crusty cynicism and ring me like a bell. Sometimes grace falls like gentle rain. Some-

‘No one attains salvation or enlightenment only through other people’s teachings or dogma. The end result is always an inside job.’

times it pours down like a waterfall, and I am transformed.

A time that I experienced a gift like that was in Africa as I participated in the teaching and inspiring of AIDS orphans. The laughter and joy in those beautiful children’s faces and the love they extended to me was pure grace. They taught and inspired *me*. All I have to do is bring back their memory and I melt like snow in the sun.

After the acorn is held long enough in the womb of Mother Earth and watered by the sky, it develops its own yearning and propulsion toward the light. To me, the ultimate meaning of light is love. Living the light means accepting the discipline of choosing to live as love. It means to embody love rather than seek love outside of myself, and to choose love over taking offense and recrimination.

It is by far, my most challenging spiritual practice. I wrestle with it every day, yet it’s the only practice that brings me a sense of my own truest peace and fulfillment. When I can manage to choose in any given moment to love, forgive, understand and extend compassion – instead of resentment – something shifts inside me. I warm. I grow.

As the oak tree grows taller, it spreads out its branches and becomes a home and shelter for others. It sheds what it has outgrown, what has served and now needs to go back to the earth. It develops fresh layers but uses its age and wisdom as tougher, thicker skin to protect from outside forces. Its scars make it stronger. It grows more beautiful

with age.

It dances with the wind and communes with the stars; it surrenders into deep and silent rest. It listens to its own internal plan or voice, because it stays quiet enough to do so. It serves with all that it is. It does not judge or withhold. To quote the writer Annie Dillard, "The tree bespeaks a generosity of spirit." It embodies love.

Siddhartha ultimately learned that his deepest peace lay in living by and listening to the river. I have always been comforted by the soothing melodies of rivers. I have learned that in order to hear my own internal river, and grow into my own *entelechy*, I must quell the distracting clamor inside as well as outside, and surrender to the stillness and love. Like the acorn, I will grow when I choose my thoughts, environment, relationships and work in accordance with what nourishes and supports the life force within me.

The famous poet Dylan Thomas eloquently states, "The force that through the green fuse drives the flower, drives my Green Age." We are all connected by this same *entelechy* that is hidden in the acorn, and encourages us to grow into the vast selves that are sleeping so softly within us.

Marilyn Wise LICDC is the founder and director of ASTARA, a holistic addictions recovery program, and a team member at Insight learning and Wellness Center. She facilitates groups on mindfulness training and "Living the Light," a program that involves working the laws of attraction in a group setting. For more information, visit online at www.Astaraaddictionrecovery.com or www.Livingthelight.net.

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THE JOURNEY MOVES ME

By Katie Krancevic

Growth happens whether we want it to or not. When we are younger, many of us pretend or act like we are older. When we are older, we wish growth would slow down. For the fortunate few, growth is welcomed no matter where we are in the process.

I have been proofreading *The Journey* since late 2004. It started when I was in college at OU completing my BS in Journalism. I thought it would give me experience and help me land a great job.

Back then, I was a junior in college, fresh home from six months living in Australia.

I lived in a naive bubble, focusing on nothing but life, parties, friends and school work. I knew then that growth was inevitable but part of me thought that I could live the college life forever.

As soon as I graduated college, I began working for AmeriCorps trying to stave off “real adult” life as long as I could. After that my plans were to move to Costa Rica and teach English. God had other plans for me.

In September 2006 I found out that I was pregnant. Talk about mixed emotions! I was ecstatic, yet scared and unprepared. I learned that sometimes growth is forced upon us. It is almost always uncomfortable. It can be painful and terrifying. Yet at the end of each growth spurt we go through in life we can look back and say, “Wow, was that worth it!”

Throughout the past three years, I have had the privilege of watching my son Connor grow up. He just turned 3 on May 26. God is so perfect. He created each of us to be perfect. His plan for me was to grow and bloom into an amazing mother. But each of us can look at an infant and know that there is a purpose in life. Every time we grow we metaphorically move through the same stages that babies do.

First, we watch and observe our surroundings. Then we learn to crawl – we’re still awkward and unsure of ourselves. Once we’ve mastered the easy part we move to walking, then running. Finally, one day, we’ve overcome our chal-

lenge or become a more mature person and we can then do those same things without thinking.

As my journey into motherhood has grown, so has my spiritual, personal and professional life. I now manage and help to grow a thriving business. I’m getting married to the man of my dreams. And, most important, I continue to listen to and build my relationship with God.

The amazing thing is that my relationship with God is made stronger through *The Journey*. It may sound weird to some, but every time that I get the copy for a new issue, I know that God is speaking to me in some way through the authors. Each article, each story, has been one of the stones helping to build the foundation of my spiritual path. I continue to edit copy because I know God is not done with my growth. In fact, He is the reason I am writing this piece. I have never felt called to write copy before but something inside of me told me that now was the time.

Growth comes in many forms. Sometimes it is invisible like it is when a plant grows. For example, I have a money tree in my living room and it seems like every time I look at it, it has sprouted new leaves. That growth is continuous but invisible to the naked eye. Growth may come the way it does in a baby – slow but every once and awhile there are spurts. Or, growth can be explosive; one minute you are one person, the next minute some thought or revelation has changed your whole perspective and you’ve exploded into a new consciousness.

No matter how it happens, we each need to become content with growth. Content with being uncomfortable. We need to be open and invite what the universe has to offer into our minds and our spirits. I will continue to move, change, endure and prosper with you as we all grow into our life’s purpose. God Bless.

Katie Krancevic (soon to be Aurand) lives in Willowick with her family. She is an RVP with Primerica who enjoys editing The Journey in her spare time.

‘No matter how it happens, we each need to become content with growth. Content with being uncomfortable. We need to be open and invite what the universe has to offer into our minds and our spirits.’



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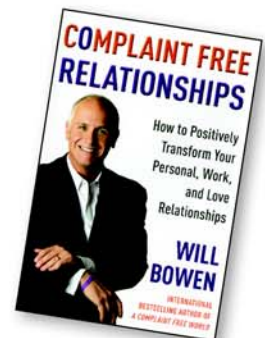
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HEALTH & NUTRITION

Healthy Communication & Growth

By **Billie Tobin**

“You can measure the impeccability of your word by your level of self-love. How much you love yourself and how you feel about yourself is directly proportionate to the quality and integrity of your word. Nurture this seed, and as it grows in your mind, it will generate more seeds of love to replace the seeds of fear. This first agreement will change the kind of seeds your mind is fertile for.” – Don Miguel Ruiz

Summer is here. As always Mother Nature amazes us with her magnificence. She is predictable and unpredictable in her infinite wisdom.

During winter she is dormant, but as we approach spring she gives birth in all her splendor. In the summer she is in full bloom, the peak of her growth. It is the natural rhythm of life. As the cycles of nature impact earth herself, we too, are influenced by her metamorphosis. We are in a constant dynamic exchange with our environment, each supporting one another in our development. We are one with nature there is no distinct separation. We breathe in her oxygen and she accepts our carbon dioxide, an effortless universal energy exchange of nourishment that cultivates growth.

This natural innate communication between us and nature is the harmony of life. So why is it so difficult for us to communicate with one another?

Communication is powerful. If we express ourselves in a healthy manner it can cultivate growth in a relationship or partnership. However, if we lack the skills to communicate in a healthy way growth is impaired and relationships or partnerships are terminated.

Words are powerful. They can heal or destroy a human spirit in an instant. Such power we have and yet we use it unconsciously. As human beings, if we could only remember that our exchange with nature is nourishing and effortless, and then embody this thought, it would render a shift in consciousness enhancing our ability to nurture one another. When we are available to support and encourage one

another in our evolutionary process we cannot help but to enhance relationships and humanity. We create our lives, relationships and circumstances through our verbal and non-verbal communication skills. This is why it is imperative to be aware of what we are saying to others and the universe, as well as what we physically express.

**‘Words are powerful.
They can heal or
destroy a human spirit
in an instant. Such
power we have and yet
we use it
unconsciously.’**

In my practice I spend the majority of my time listening to people and spirit in order to promote harmony and growth for the self and in relationships. It is through my listening skills that I discern where the core issues are.

Most of the time, the issue is communication.

Tobin...Continued on page 20



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We do not speak the language of life. Our words are harsh and our communication is violent. Not only do we communicate with others this way, we speak to ourselves in that language. No wonder we are so often angry or depressed. As human beings we feel stuck in our advancement because we lack healthy verbal and non-verbal communication. We need to ask ourselves if we are creating harmony or disharmony with our words or actions.

Spring and summer are times of renewal, rebirth and growth. We can choose to do the same through our interactions with one another. Our words can renew a person's outlook or invigorate their spirit. Our words and actions can expand our outlook on the future and humanity.

Just like summer, this is the perfect time to beautify our language and begin to create change so we can be in full bloom like summer. We can purify and reorganize our

vocabulary along with our communication skills.

Instead of using statements that judge, compare or are demanding, be more conscious and speak in terms of human needs.

Actively listen to what the person is saying and then ask yourself, "What is it that the person is expressing in terms of a need they want met?" We, as human beings, are constantly trying to get our needs met; we just don't know how to express it compassionately. Instead we communicate in a way that shuts down compassion and growth in ourselves and others.

Communication is about vulnerability and compassion. Whenever we are asking a person to meet a need of ours, we become vulnerable. However that does not mean we need to be defensive in our asking.

The next time you feel injured instead of nurtured in a conversation, realize a healthy boundary has been broken. Take a deep breathe and relax. State to that person what you heard or observed. Tell them how that made you feel, and then end with what your need is.

If you are asking that person for information, express how you feel first and then state your need. It is all about you remaining in the moment, your power and advancing your growth with healthy communication.

Remember: What you see outside of yourself is a reflection of you, so develop self-compassion and courage to speak the language of love.

'Communication is about vulnerability and compassion. Whenever we are asking a person to meet a need of ours, we become vulnerable. However that does not mean we need to be defensive in our asking.'

Let your communication skills radiate from a place of love and plant a seed for new growth.

Billie Tobin is a spiritual reader and advisor, ThetaHealer, Reiki Master and Perfect Health Instructor certified by Deepak Chopra. She owns the Inner Wisdom holistic wellness & spiritual center in Southfield, Mich. (www.innerwisdomtoday.com).

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By wah!

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Let's get one thing clear:

There is no spiritual path. Whoever is telling you that their way is the way to go doesn't live your life. You are going to have to carve your own way, make your own decisions and support yourself.

The flower growing has the sun to encourage it and the rain and worms for nourishment. That's it. Were you expecting the flower to have a guru? What kind of advice do you think the flower needed?

And can we talk about that advice? Every teacher I've ever talked to, every scripture and ecstatic poem says, "You will not find enlightenment through austerity, penance, postures or rituals." And every single one of them did it. Buddha, Christ, Amma, Shivabalayogi... you name the spiritual teacher and I will show you that they went through hardship and austerities and practiced ritual. That *is* the path!

Would Buddha have reached his teachings without his eight years of austerity, yoga and deprivation? That bowl of rice pudding that the village girl gave him, would that have had such a profound effect on him, if he hadn't been eating one kernel of rice per day for the last I-don't-know-how-many months? I can't say for sure; I only know there was a sequence leading up to his epiphany. And one thing followed the other.

'The flower growing has the sun to encourage it and the rain and worms for nourishment. That's it. Were you expecting the flower to have a guru? What kind of advice do you think the flower needed?'

You are doing it.

Don't be mistaken. If you are taking one step and then the next, with the intention of expanding, you are doing it. I want to embrace all the things you are doing, trying and being. Can we celebrate you for a moment?

If you are doing deprivation, I embrace you. If you are making your diet non-dairy, non-gluten, non-animal products or whatever, go for it. It will focus your energy. It will fine-tune what you decide to put in your body. If you are doing silence one morning a week, make it so. It will show you how much energy you lose in unnecessary chatter. The things you *do* say after that practice of silence will carry weight and credibility.

If you are doing hard work, I embrace you. If you are

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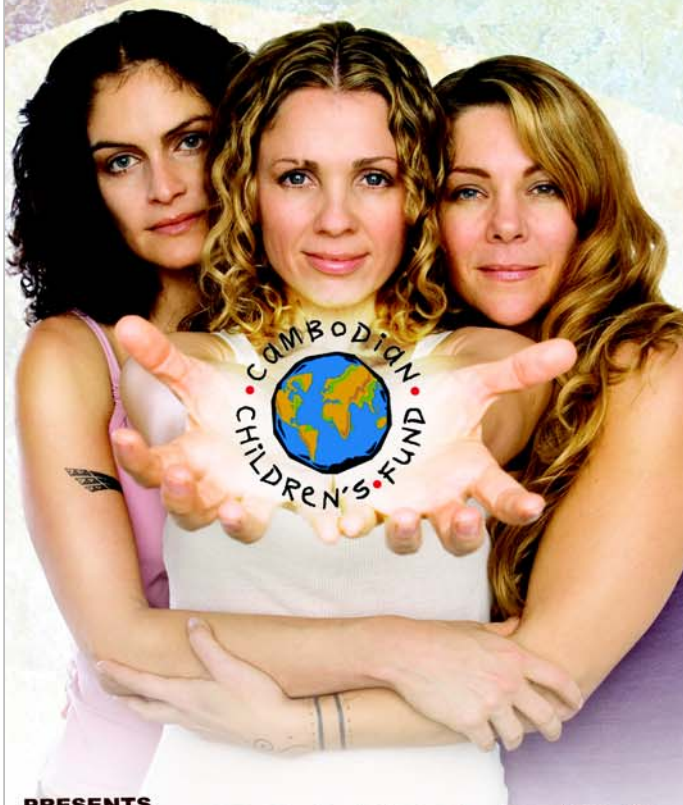
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obsessed with going to yoga class every day and mastering the next arm balance, go for it. If you have too much to do, and are still going to volunteer at the soup kitchen, I salute you. If you are over-exercising, running a marathon, obsessed with Pilates, creating a business, meeting a deadline or organizing a benefit charity, may it be blessed.

Does the world need your perfected arm balance? Do we really need another DVD to watch, CD to listen to or benefit concert to go to? No, and *yes*. You absolutely should do it.

What you do is vitally important to who you become. It is not the results – the products, businesses, money, success or failure – that matters; it is who you become while making them. *That's* what we need from you. That experience, that knowing that you can create something meaningful, that your hard work can follow an intention of love and create a good thing for you and your community. *Do* the arm balance. Make it happen. Your will gets stronger every time you take on the impossible.

'Growth looks like you figuring it out and making changes as you go along. Trying this and that. Experimenting. Evaluating. The path is, and you're on it.'

If you are doing endless hours of ritual, I embrace you. If you are meditating each day, or going to a Summer Solstice gathering, silent retreat, outward bound, or the annual camping trip, I salute you. If you think meditation is the end-all, your fire ceremony is the sacred sequence, your dogma is superior, your ten commandments or yoga sutras or four noble truths are the crystalline edge of wisdom, I celebrate your discovery. It will lead to your personal experience of truth.

This morning as I left the meditation hut we have on the farm, I saw a rainbow. It was raining and sun-shining at the same time. Two diverging roads in a yellow wood, two opposing paths happening at the same moment... Do we need to decide which one is the more desirable condition (rain or shine)? No. It can overlap; it's *all* good. The next time you seem to be going in two different directions at once, or putting two traditions together that don't seem to match, be an energetic rainbow and create a new paradigm. God knows we need your new paradigm.

Love: It grows like a flower through the cracks in the pavement. Nothing can stop the pure source energy of love. Your doubts are no match for pure mantra. Your anger is just a drop in the bucket on the way to 2012. There is no way to avoid the cleansing that happens now, no way to hide from the planetary movements that force all of our personal growth. Everything you are doing right now is an opportunity to come to a different conclusion about how you thought it all was. Your involvement with a person, business

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angel 'Faith' photo: by Kerry Swank

or group is all about reworking your beliefs about yourself and the world you live in.

Through doing it, you will have the opportunity to come to a different conclusion about who you thought *they* were and who you thought *you* were. Every personal victory changes the face of the planet.

Growth looks like *you* figuring it out and making changes as you go along. Trying this and that. Experimenting. Evaluating. The path is, and you're on it. If you're obsessed with cleaning your basement, I salute you. You will clean out all the subconscious beliefs you've been holding. If you are doing too much, overextended and overworked, I salute you. You will accomplish more this year than you ever thought possible.

Whatever you are doing, be true to it. Do it and watch what happens to you as a result. *Something* will happen, I assure you. Be like the farmer. If you see that doing a certain something makes your plant grow crooked, try something a little different to go the other way. If you are leaning toward the sun, celebrate! I think you're probably onto something good. Forecast ahead: rain.

May your days be joyous, may the path rise to meet you, may the wind be at your back.

May all beings be happy.

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HOW PRACTICE NURTURES THE GROWTH WITHIN

By Margot Milcetic & Julie Tamarkin

We all want to develop and improve ourselves. We think of this as personal evolution and a spreading of our wings. The true yogic journey is involution . . . folding one's wings.

—B.K.S. Iyengar

For plants, growth seems to be the natural state of life. A seed spreads roots into the soil and sends sprouts up toward the sun. For people, the formula for growth is not always so straightforward.

The experience of growth is expansive, and brings clarity and purpose. People seek this experience and the awareness it brings, but sometimes the search for growth leads right back to the start – and can leave you even more confused than ever. How can you nurture growth so you move closer to a deep understanding of yourself and lift yourself higher toward illumination?

It is helpful to have an understanding of the way we humans cultivate ourselves.

No one likes to feel small and confused, or to think that life lacks meaning. Therefore, people search for ways to clear the mind's bewilderment and fill the emptiness. Many have found that yoga practices calm the disturbances in their thoughts and help to develop a feeling of wholeness.

The paradox is that yoga offers a feeling of growth and expansion, and yet the essence of yoga is restraint.

The first step on the yoga journey is not outward; it is a gentle retraction. You draw inward, away from commitments and expectations, and toward a sense of self that is not defined by your outer life. Doing this is not so simple.

There are countless ways to be pulled outside yourself. Your body itches and aches; the senses seek out stimulation, your mind races and emotions run away with you. Agreeing to pull back and rest within, in order to find that inner orientation to the light – so simple for a plant – is nearly impossible for most humans.

When you first draw inside yourself, you may feel like you are shrinking rather than growing. You may long for the stimulation of the places, people and things you usually use to distract yourself. But as you continue to practice withdrawing the senses and quieting thoughts, profound growth begins.

In the *Bhagavad Gita*, Krishna tells Arjuna that practice may be uncomfortable in the beginning but, “What begins as nectar ends as poison, and what begins as poison ends as nectar.” Krishna is explaining that the habitual way humans have of soothing themselves – such as drinking alcohol, shopping, overeating or constantly seeking entertainment – feel right but can eventually become toxic. And while

the practice of drawing inward can be painfully difficult at first, it becomes the sweet nourishment needed for people to find the path of growth.

Growth is the steady assimilation of learning and the distillation of what you know to be true. You gently develop comprehension, strength and steadiness in yoga poses, in your awareness and in the face of change. You calmly confront your weaknesses as you go.

Yoga practice provides compassionate tools for self-cultivation: the ability to challenge yourself appropriately, to relax deeply and to stay awake. As you learn to trust balance rather than stimulation, you may discover the potential for growth.

‘The first step on the yoga journey is not outward; it is a gentle retraction. You draw inward, away from commitments and expectations, and toward a sense of self that is not defined by your outer life. Doing this is not so simple.’

Margot Milcetic, MEd, RYT E-500, is founder of Brahmishi Yoga, named after her guru, Brahmishi Vishvatma Bawra who taught in greater Cleveland from 1982-2002. Knowledge is its keystone, and a therapeutic hatha style aims to meet the needs of students. She teaches at Kent Yoga on the Cuyahoga (www.brahmishiyoga.com). Julie Tamarkin, RYT 200, is in the 500-level teacher-training program of the Brahmishi Yoga school. She primarily teaches women and children in transitional living situations. She delights in the possibilities yoga brings to anyone and she strives to study yoga in every moment.

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Prana Yoga and Dance Studio -8051 Broadview Road, Broadview Hts.-Yoga: All levels. Classes ongoing. Drop ins welcome. Workshops, Reiki, Meditation, Adult Dance including Belly dancing. Check us out at www.pranayogaanddance.com 216-346-1246

Family Karate - 8901 Mentor Ave. Unit E, Mentor - Adult fitness program includes Yoga, Tai Chi Chuan, and cardioKarate for one low price and class times 6 days a week. For more information and class times check out our website www.Karate4Family.com Or call 440-255-7300

Fairport Dance Academy's Branches of Wellness - 411 High St., Fairport Harbor - Yoga Alliance Certified instructors offering tailored classes for all ages and levels. Reiki treatments and classes available. Visit our website for all our wellness class offerings. www.fairportdanceacademy.com; (440) 639-8181

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Yoga Teachers

Virginia Collins - RYT, CYT In-the-Now Yoga at Swedenborg Chapel, 4815 Broadview Rd. Cleveland. Body-Mind-Spirit Integrative. Accommodating all needs and ages. www.circleofinnerlight.com or 216-398-7743. Yoga as a way of life!

John Silvestri - RCYP-3, children's yoga teacher for children of all abilities, kindergarten through twelfth grade, registered with www.childrensyoga.com.† Private and group sessions. www.johnsilvestriteachesyoga.com, 1000 N. Negley Ave., Pittsburgh, PA 15206, 412-391-0958.

Yoga Events/Workshops

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

Journey Mind, Body & Soul Expo - This year's Cleveland expo will be on September 10, 11 & 12, again at Lakeland Community College in Kirtland. Featured will be Psalm Isadora, Laura Lee, Dr. Agnes Thomas, George Cox and many others. Stay tuned to the Journey magazine for updates, or visit www.thejourneymag.com. Interested vendors can call 440-223-1392. See pages 32 and 33 in this issue.

Join Todd Norian and Ann Greene for Anusara Yoga Immersions. Level1 Sept. 10-14 Step Into The Current of Grace; Level 2 Oct. 13-17 Awaken the Heart of Transformation; Level3 Dec. 1-5 Bask in the Splendor of Recognition. For more info check out our web page or call 330-908-0700. Namaste' Yoga Studio, 367 W. Aurora Rd., Sagamore Hills, Oh. 44067 visit www.namasteyogastudio.net

Metta Bodywork- Traditional Thai Yoga Massage Training- National Continuing Education- Two weekends: Basic Thai Workshop I - July 16, 17, 18 & Basic Thai Workshop II - July 23, 24, 25, 2010 or Basic Thai I - September 24, 25, 26 & Basic Thai Workshop II October 1, 2, 3, 2010 Total workshop cost \$599, Certificate Awarded by Sarah Cheiky, LMT, NCTMB Provider #450534-07 The course will be located at: Karma Yoga Cleveland, 1395 W10th St. Suite 120, Cleveland, Ohio 44113 For more information call 216.210.2805, or you can email s.chaiky@massagetherapy.com. www.mettabodywork.massagetherapy.com

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Are we ever really alone?

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THE JOURNEY HOROSCOPES

INNERVIEWS

By Kimmie Rose Zapf

Aries

July — You may find that your emotions are being challenged. Try not to let these emotions create vicious words. Use the wrong words and you risk manifesting long-term relationship issues. Just be positive. Breathe and watch what you're saying.

August — You can assess your goals with an eye toward improving them and extending their range to encompass new dreams and aspirations. What once seemed unattainable will become a reality with your changed attitude. Success is yours!

Taurus

July — Is your patience running thin? Crazy feelings like wanting to get away are a sign you need a break. Take a vacation! Breathe.

August — You're feeling motivated and more positive. Things will go well with work and money. And you'll find happiness in personal relationships.

Gemini

July — Your mind won't stop whirling in multiple directions. Try to stay more centered when it comes to your thoughts. Remember — thoughts *create* things. You are what you think and it's better to create peace than turmoil.

August — You have more energy, increased vitality and you're even feeling more grounded. It's time to make plans for the next six months so that you can make more money.

Cancer

July — Things are coming to a head, so get ready. Tie up loose ends and finances will get better — especially if you watch your money and spending more closely.

August — Your health can be rocky, so eat right, exercise and maintain a positive attitude. While you're doing all that, manifest new job opportunities with positive thinking.

Leo

July — You're on an all time high and it will show in your life in many ways. This is a good time to look for a new job. Spend time with family and friends so you can rub some of that happiness off on them.

August — Past issues will surface with family members. Instead of ignoring your feelings, talk it out with them. This is good time to find peace in your relationships with them.

Virgo

July — You may feel an urge to move right now or to get out of town, but this is not the time to make life-altering

decisions. If you must, take a vacation. You'll come back feeling more grounded.

August — Someone in your family will need your help. Don't be afraid to ask for assistance from other family members or you'll find yourself overwhelmed. You can't do everything on your own and you'll feel worse if you do nothing to help.

Libra

July — Love is on your mind so much that even new situations may feel mundane. Don't worry about it. Take a breath. Feel the love, but don't jump too fast!

August — Love is the air! This is a good time to meet someone new or spend time with that special person in your life. Now is also a good time to travel and reconnect with old friends.

Scorpio

July — Some long-needed travel plans will come together, making you feel more grounded with decision making. Take a break and set some long-term financial goals for yourself.

August — Money issues surface, but they're only a mirror to help you understand that stopping emotional spending will help you find better fiscal balance. Think things through before buying. This is a good time to invest.

Sagittarius

July — Scattered. That's the best way to describe your feelings. To make life easier, make lists. Ask a trustworthy friend to remind you of important things. Don't procrastinate or you'll find yourself moving in a downward spiral. If you can get up an hour earlier, do it. This will help you clear your mind.

August — Your health is great! This will lead you to participate in physical events and have a higher sexual energy. You're in a place of producing good vibrations, luck, money and positive relationships.

Capricorn

July — You'll take pleasure in seeing your loved ones happy because you're very sentimental. This is a great time to take pictures. Put them away and when you're feeling overwhelmed, pull them out. These pictures will remind you of happy thoughts and happy times!

August — Caution! Relationship disagreements are ahead. Be careful not to say things you don't mean. Examine your buying. Financial issues will come to a head if you're spending because of depression.

Aquarius

July — After months of feeling invisible, you finally feel your words are being heard. This is a good opportunity to ask for a raise or have those long-needed talks with people about ideas. Financial gain can manifest when you share right now.

August — This is a good time to manifest new friends and job opportunities. Save money and set a goal. If you follow your instincts, you will manifest in huge ways. This is a time that offers you good connections with people.

Pisces

July — Moodiness is your middle name at times, but that moodiness allows you to fine tune your intuition. Don't be afraid to show your tears, but be careful with your words. They can cut like a sword. When we find peace, we embrace a quality that keeps us in the moment. Suddenly, we no longer seek things that take us away from who we truly are.

August — You'll find yourself in situations where people will ask for your help, money and other things. Remember, enabling them will only disable them. Focus on yourself and guide them, allowing them their own free will. When we spend time holding the cup with both hands, we embrace life's true beauty.

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

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Growth: A Byproduct of Consciousness

By Brenda Lightfeather Marroy

Growing is inevitable if we are walking a spiritual path. However, in order to experience growth we must stay conscious. Life continuously presents us with opportunities to grow our awareness, but if we are not present we will often miss the moment.

Since I consciously put my foot on this spiritual path, the chances for growth have been ongoing. But, in retrospect, I see where I have not always seized the moment. This is usually because I have been unconscious when the circumstances presented themselves. It is so easy to get caught up in thoughts, emotions and worn out beliefs, and in that process lose consciousness. When that happens, my saving grace is the realization that I can choose to return to a state of awareness and be present to myself and to life.

One thing I know for certain is that for every opportunity I've missed for growth, two more will show up. My job as a spiritual being is to remember to stay conscious and to be willing to do the work.

Recently, while out of town on a business trip, the universe presented me with a huge opportunity to experience a growth spurt. I share my story with you.

I'm sitting in a motel room, shouting into the phone at my husband, Paul: "Why is it when I'm gone, you invite Ron and Sharon over? You leave me out, and even though I don't like them, it would be nice to at least be included." This was the third time he invited his friends over to the house while I was gone. I'm angry beyond reason, but can't figure out why. All I know is that there's something bigger than Ron and Sharon going on here.

Slamming the phone down, I feel like a volcano about to erupt. Pacing the floor, I remind myself to take a few deep breaths until my head begins to clear. I keep asking, "Why am I so angry?" Thankfully, I sense something deep happening and know I need to be quiet and be present to my anger. I grab my journal and pen, plop down into the one comfortable chair in the room and begin to write my feelings and see where the process takes me.

As I draw black faces and scribble words of fury, I notice the anger is beginning to dissipate, being replaced with waves of anguish so deep it takes my breath away. I've felt this pain before, but have always found a way to ignore it. But this time is different. Leaning back in my chair, I make a conscious decision to let the pain in and find its source.

I remember painful childhood incidents from the late 1940s, when little girls played ladies. My playmates were Donna and Carol, who lived on either side of me. Donna and I would dress in our mother's clothes, shoes and hats, hold a candy cigarette in our white gloved hands, and joyfully pretend we were grown-ups. Usually, in the middle of playing, Carol would come running across the yard to join us. Once Donna and Carol got together, I would be excluded and told, "Go home, we don't want to play with you."

Crying, I'd run home and sit under my favorite willow tree. My grandmother would come and sit with me, and after hearing my story one more time, she'd repeat the ad-

age, "Two's company and three's a crowd." I didn't care about proverbs; all I knew was I was left out once again.

The sadness I feel revisiting these incidents overwhelms me. I'd forgotten about them, or perhaps I had neatly tucked the hurt away and filed it under *Do Not Disturb*. Regardless, the ghost of the past is in my present. Breathing deeply and dabbing at my tears, I remember another incident.

It was 1956; I was 14 and was hanging out with the cool crowd. It was a school day; I'd just finished lunch and was sitting in front of our school waiting for my girlfriends. The bright sun was warm on my face, and a Southern breeze caressed my skin through my white cotton uniform shirt and navy blue gored skirt. Like everyone else in the Catholic school I attended, I wore a blue beanie and black-and-white saddle oxfords. Lost in the moment I didn't notice my friends turn the corner.

"We need to talk to you," Deanna, the tallest of the four, sneered.

Shrinking inside myself, I fearfully replied, "Oh, OK."

"You have a bad reputation," Deanna continued. "Some of the boys are talking about you, and we don't want to be seen with you. Leave us alone. We are no longer your friends and we don't want to hang out with you."

Feeling my face grow red with shame, I stammered, "What are you talking about?"

Deanna glared at me, "You know what we're saying. Stay away."

As quickly as they came, they left, and I sat there shattered, carefully stuffing my sadness, hoping no one would see my humiliation and rejection.

Sitting in my motel room, feeling intensely sad, I recall how often I have been left out. I recognize the connection between the pain I felt as a child and the pain I feel tonight. I let the sadness in and sob out the pain I've held in over the years.

An hour later, exhausted and feeling like a used dishrag, I crawl into bed and fall asleep. I awake early the next morning, tired and sad, yet I decide to continue my discovery. Grabbing a cup of coffee and sinking into the chair, I write, "I recognize and feel the pain. Now what do I need to see to help heal this gaping wound?"

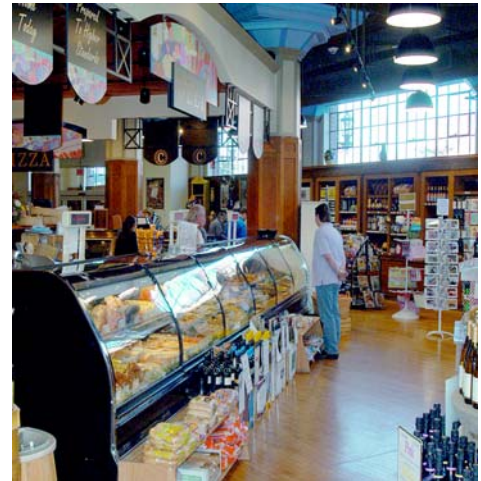
My catalyst for growth was twofold: recognizing the hurt I had carried over the years, and realizing how the rejection I experienced in earlier years served to shape the person I am today.

If I could choose which experiences to have in order to grow I would probably pick gentler lessons. But I know the universe is always on time and always presents the best possible catalyst. I am filled with gratitude to spirit for making growth an inevitable byproduct of consciousness and I am committed to staying present to life.

Brenda Lightfeather Marroy is a writer and a facilitator of women's groups. She has consciously been on her spiritual journey since 1982. She can be reached at blmarroy@yahoo.com

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Messages of Love

By Laura Lee



Q: My dad passed away in May, and my 3-year-old talks about Grandpa frequently. Is he seeing/talking to my dad, or is it just a 3-year-old who misses Grandpa?

Susan

A: Yes, Susan, your son is talking to your dad. Please don't discourage him from this effort though; he could be offering you a gift of comfort with his messages. Just what Dad intended. In fact, I encourage you to talk to your son and learn what you can from him while he has this connection to the other side. If he is lucky, it will continue for him. You just never know how it can best be used in one's future: He could learn to become a great doctor and/or a famous detective using his innate ability to help serve others. If anyone near him puts the 'kibosh' on him for making it all up, then he has the potential to lose that connection to spirit. We all need that connection, as humans, to thrive in our world. Your son has offered your family a gift to be cherished.

Q: I met a man on a flight from Minneapolis to Chicago in Oct. 2009. Although I never speak to strangers and am afraid to sit in the middle seat on any flight, I found myself asking if the seat next to him was available. We had a wonderful conversation talking all the way to Chicago. He gave me his business card and we have communicated since via phone and email. He asked me to travel to London over New Year's but I did not have a passport and passed on the opportunity. He arranged to meet me again in February for dinner. We had a wonderful evening. He has extensive and demanding travel surrounding his job. I've not dated prior to this for 10 years. He has not dated prior to this for 3-plus years. We seem to have a lot in common and a strong connection. Could he possibly be my soul mate? **Searching**

A: Dear Searching, no doubt he is a soul mate. Anytime someone comes in with a sincere connection, it is considered a soul mate. A soul mate is someone who comes in to your life for you to embrace deeper levels of love (for oneself and for another), which can also mean that you may have some karma from a past life to resolve in this lifetime, which is for the good of your soul's growth. However, a soul mate can also include friends, family, colleagues and even lovers. Now that he has made an effort to reach out to you, be sure to remain open to the opportunities he offers you and go for it. I'm shaking my head that you recognized the strong connect and then passed on London for New Years. Ten years without love is a long time for the heart. It is time to cast your fear away. And if that means you have to go get a passport, by golly go get it! Then open your heart to having fun...your life is worth it.

Q: I have been trying to find out the answer to this question all of my life. For as long as I can remember, I have 'known' other people's feelings. Often, it is negative emotions or situations I would never have wanted to know about. I am nearing 40, and it has only been in the past five years that I have been learning to work with it, instead of let it plague me. While I have no intention of "opening up shop," I feel that if I knew what this is I could study it, work with it and use it behind the scenes to help my family, myself and others. It sounds silly, I'm sure, but it has been very difficult all these years to 1) know negative things I never asked to know, and 2) carry other people's emotions around. I need to learn the difference between my feelings and theirs, and how to make this into a good thing for them and me. Thank you for any insight and any advice that you can offer. **Knowing**

A: Very simply, you are clairsentient or, as it's also called, empathic.

It is the ability to psychically tune into the emotional well being of others as well as situations – positive or negative. Some people may label you as "emotional" or "overly sensitive." And while that may be true, to a degree, it is a gift to be able to empathize with the emotions of others and/or feel out situations.

These skills are utilized by healers such as counselors, doctors, nurses, medics and such; also by firefighters, police officers and clergy; sometimes mothers have these inner senses heightened when it comes to their children.

Just be conscious that if you feel bad in a situation or around people – such as nauseated, headache, slight fever, pangs in the solar plexus/stomach area – these are signs from the universe to guide you to immediately step away. The downside, of course, as you know, is that if not carefully assessed and released, others can take you down. And you don't want to go there. You can assess the situation after you walked away.

Now if you feel good about a situation or around people such as goose bumps, warm feelings in the heart, butterflies in the stomach and/or even peace, then it's a good idea you stay and be involved for your own benefit and the benefit of those around you.

Psychic Medium, Laura Lee is heard on the Magic Morning Show and appeared on FOX, NBC, TLC, PBS and Discovery Channel. She volunteers her time to help legal authorities with missing children. www.MessagesOfLove.com; LA Office 818.762.1036 / IL Office 309.888.4589 Laura will be a keynote speaker and facilitate a workshop at the Journey Mind, Body & Soul Expo September 10, 11 & 12. See pages 32 & 33.

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TRUSTING IN GOD FOR A COMMITMENT TO GROWTH



By Janee Kuta-Iliano

For most of my adult life, I have been an emotional mess. Outwardly I acted normal, but on the inside, I was a head case. My story is not hard to imagine, though it does feel a bit silly to even talk about it, because there are much more serious things going on in the world today.

But I think that most average Americans, like me, are dealing with depression and lack of joy in their lives. I am not perfect, nor do I have all the answers. But I would like to offer some specific insights God has shown me on how to grow and change.

Where I used to be was a completely exhausting, unhealthy place to live. I spent most of my time frustrated, unhappy and wishing I was somewhere else. I lived by emotion and believed every thought that came into my mind no matter how negative or irrational it was.

I blamed everyone else or my circumstances for the way my life was going. I could never see that I had choices. I woke up each morning with fear and anxiety and I was vulnerable to the outside world. Unconsciously, life overcame the power that was inside of me and I had lost the essence of who I truly was.

I believe I suffered a spiritual breakdown on the way home from work one night and remember crying out in my car, "I can't take this anymore! I give up; please God, help me!"

It was a gut wrenching plea for help. I was so sick of the constant babble going on in my head. I asked myself, "How did I get here and what was so wrong with my life? Nothing really bad has happened to me so what was my problem? How long was I going to hold on to the dysfunction of my past?"

That night was a turning point because something shifted in me and I truly felt the presence of God in that car. It was almost as if God said, "It's OK, Janee. Let me show you the way."

Each day I continue to grow and climb out of that emotional black hole. It wasn't like everything instantly got better. That night was only the beginning of completely renewing my mind. In fact, my work had only just begun. I may have been saved that night, but I needed to start relearning how to live.

There have been some very specific revelations during this process of renewing my mind. First, I felt an understanding of watching my words and idle talking. Simply talking to everyone about a problem I was having was creating more opportunity for the problem to persist. At one point, I felt comfortable telling anyone my life story. My mouth was

so big that I would just blabber on about my life and all the issues going on. Every time we complain about something, we reopen wounds and make them worse.

To this day, I have to watch and hold my tongue. As soon as I begun to murmur and complain, I have to switch my thinking. Speak of things as if they already exist and keep everything on a positive note. This is not just positive thinking, but allowing our spiritual connection to work within us to start transforming us from the inside-out. Speak of things as if they already exist! Learning how to stay quiet is an ongoing process but complaining keeps God from working on our situations.

'If we are going to be of any good to this world, we need to stop caring about what other people think of us. Most of us are people pleasers. We either please God or please people; it is that black or white.'

Forgiveness was another area that needed tending to. I never really trusted people and I felt I had to do everything myself. I encourage everyone to consider forgiving people who have caused hurt in the past – and forgive ourselves for things we regret. It does us no good to hold on to the past. It only hurts us in the end. Forgiveness can open up the door for others to start loving us and treating us the way we need them to.

Being prideful is such a hindrance to Godly wisdom. My pride was and is still an issue in my life. Be humble; realize that we don't know it all and that we need God to help us understand how to behave. Trusting God to lead the way has brought more peace in my life than anything else.

If we are going to be of any good to this world, we need to stop caring about what other people think of us. Most of us are people pleasers. We either please God or please people; it is that black or white.

We cannot put our physical minds to spiritual truth. Putting our natural minds toward something spiritual is like mixing apples

with oranges. The wars we wage with ourselves and with others are not physical but spiritual. Evil wishes to keep God's children suppressed and oppressed and without knowing who we really are and how powerful we truly are, evil can ruin our lives and halt spiritual growth and peace.

I mention these insights not because I have mastered them. In fact, I am just in the beginning of discovering what they mean and how to implement them into my life. I am committed every day to becoming a better person – not for myself but so that I may become a witness of the transforming power of God and what it can do for our life.

I want more than anything for people to come to know God and experience how much better life can be with our Higher Power actively working in our lives. It as an accurate guide and road map to living life.

If you are suffering or hurting, there is a better way. Grow out of your physical sickness and emotional suffering through the power of God living inside of you. It will be your compass in times of darkness. God can take us to places we never dreamed of if we stay compliant to what our heart is telling us to do. Our works alone will never be enough; if we do not have the spirit inside of us convincing us and changing us every day we remain lost and wandering in the wilderness.

Janee Kuta-Iliano is the owner of ALIVE ONE, a health coaching business that focuses on teaching others the benefits of internal cleansing and purification of the body. She is a holistic health educator and raw foods chef, offering Internal Cleansing & Detoxification Programs, Juice Plus+ Nutritional Products and instruction on Raw & Living Foods. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net

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WHAT'S YOUR VISION?

Acceptance and Growth

By Robert Morgan

For many of us growth comes with experience, and frequently what we experience tends to be labeled—either ‘good’ or ‘bad’. You don’t have to like, condone or agree with any events that you experience. You merely have to accept them as they are at that moment and realize that those events are exactly *perfect*.

“Sure,” you might respond. “So a Chinese soldier is beating and raping a Tibetan Buddhist nun. How nice. What a wonderful perfection.”

Everyone who is here is here to learn certain lessons that will help them to develop into the person they are meant to be. I’m not condoning rape, brutality, Chinese soldiers or Buddhist nuns when I say that every event is a lesson, as is the way you respond to that event.

You can, for instance, grab that soldier’s AK-47 and send him back to Start and hope that he wants to learn something else in the next life.

Or you can wait until he leaves and do what you can for the nun.

Or you can try to find help, or take photos for your Pulitzer, or anything else that comes to you.

And *all* of those will be the right answer depending on what you are here to learn this time around.

Maybe the soldier and the nun both *volunteered* to come back to this life and live *this moment* just so that you could be outraged and take up the pen and enlighten the world on the struggles of the Tibetan people. Maybe the nun volunteered to live this moment because it’s going to be a turning point in the soldier’s life and he’s going to give up his evil ways and spend the rest of his life helping people. Do you see the point here?

You cannot, in this moment, see the ultimate cause and effect of what is actually happening. All you can do is have faith and do the best you can do in any given situation, realizing that every moment is a perfect lesson all in itself.

It Just Doesn’t Matter

So once you’re comfortable with the *Perfection of the Universe* you’ll realize that you are completely free. Since you *are* perfect then you can follow your voices in any direction.

I realize that this can become the ultimate cosmic cop-out. “My voices led me to lie on the couch, eat Cheetos and watch the Ultimate Fighting Championship,” you may say.

Maybe they did.

As I’ve said, we don’t have any way to know what the ultimate cause and effect of our actions may be. We just have to do the best we can with whatever guidance we have and try to make it all work.

There will be, for a while yet, those who need to come back to this plane of existence and learn the lessons of poverty, hunger and war. You can’t do anything about that, although you can step up and do your best to eradicate those issues. If you are led in that direction, then by all means embrace your lessons and empower yourself in every way possible. Maybe you feel called to be a relief worker or a soldier or a tyrant or a martyr. Go for it.

There are those who are here right now, however, who are here to learn about peace, love and abundance. There are those who need to learn the lessons of self worth and loving one’s self and embracing the infinite abundance of the universe.

‘You cannot, in this moment, see the ultimate cause and effect of what is actually happening. All you can do is have faith and do the best you can do in any given situation, realizing that every moment is a perfect lesson all in itself.’

My point here is that when you empower yourself and discover who you really are and what you truly want, then you have the freedom and ability to short-circuit the system to a certain extent. As usual it’s all about intention and awareness.

Good and Evil

The more I learn and the more I’m shown about concepts like good and evil, the more strongly I believe that they don’t actually exist in the way we think of them. Rather, what we have is *freedom* and *restriction*.

Many of us see freedom as the ability to, as Anthony Robbins says, “Go where I want, when I want, with whom-ever I want and do whatever I want for as long as I want.” I

agree. However, with freedom we also have responsibility and the realization that even when we are totally free we are still subject to certain natural laws.

You are free to jump off a building, for instance, but do so in the awareness that the Law of Gravity is going to come into play and you *are*, in one way or another, going to hit the ground.

You are free to treat others badly, but do so in the knowledge that the Law of Reciprocity is going to come into play and the universe will return exactly what you send out.

You are free to live your life with a negative attitude, but do so in the knowledge that the Law of Attraction is going to come into play and you will attract exactly what you think and feel.

So the idea of *balance* becomes important. You have a great degree of freedom, but you also have a responsibility to yourself and those around you.

With the above natural laws in mind, the question becomes, "When I exercise my freedoms, am I creating more freedom for myself and others, or more restriction?" How you answer that question will determine how the people around you will see you, but not necessarily how you see yourself. My suggestion is that you spend some time looking at the various events in your life and look at them only from the perspective of freedom or restriction, love or fear.

To experience true growth will always require one to get out of 'the comfort zone', but discomfort isn't the same as pain and suffering. Your ability to accept your situation exactly as it is, in this moment, can be the deciding factor between growth and misery. © 2010 Robert Morgen

'The more I learn and the more I'm shown about concepts like good and evil, the more strongly I believe that they don't actually exist in the way we think of them. Rather, what we have is *freedom* and *restriction*.'

Robert Morgen experienced a near-death kundalini awakening in 1992. He's a Reiki Master who holds a Black Belt in Hoshinjutsu and a Deputy Black Belt in Combat Hapkido. Morgen is host of The Inner Power Radio Show and author of four books and four CD's on meditation and energy work. His blog and a series of free guided meditation MP3s are available at his website, <http://innerpower.net/> 'Acceptance and Growth' is excerpted from his book, "Awaken Your Inner Power!" and is reprinted with permission.

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Anita Suthar received her 200-hour teacher training at Karma Yoga in Cleveland. Her love for yoga started in 2006 changing her life. Her style incorporates breath with movement, asana, and meditation using the philosophies of Hatha Yoga. As a certified Thai Yoga Massage Therapist, she incorporates a combination of acupressure, energy meridian work, and yoga-like stretching in her teachings. Private sessions are individually created to meet the needs or goals of the student. They can be for someone looking to deepen their practice, for a beginner who is unsure of how to start their practice or someone wanting one on one attention, preferring not to practice in a group. Yoga is never the same for two people. Yoga is a beautiful way of life.

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Melissa Ferrato's favorite topics are natural health and art. Her work includes teaching yoga, massage, and artwork. Melissa completed her massage training over 10 years ago in the red rocks of Sedona, Arizona. She incorporates aspects of swedish, deep tissue, reflexology, shiatsu, and reiki into her intuitive massages. She obtained her yoga teacher's training through the Sivanada School in Canada and has studied with a variety of teachers over the years. Her classes are accessible to all levels of sincere yogis. She is available for private yoga lessons. Her art and Akron class schedule can be found at www.Sunwaterpress.com.

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Psalm Isadora..Continued from page 10

Rishi: Earlier you shared that you were instructed at a very young age to stay away from yoga and meditation. Did you ever feel guilty and think you should go back to Church or Jesus?

Psalm: No. I had let all that go. I didn't care anymore. I let go of all the rules – to the point where I had let go of God as I knew God. By that time I was in this kind of Godless world. Yet I was lonely for that feeling of God.

It was interesting, because when I first started practicing yoga every day, I had these strong feelings of Jesus being with me just like when I was younger. I was safe and had a feeling of ecstasy. I would remember scripture. At first I resisted it because I thought this isn't good because of all the hypocrisy that had surrounded it. You know the Bible was used to beat me down. I was thinking, "This isn't good and I have to stop thinking these thoughts." Then I realized that it was OK to feel good – like I could take those scriptures and the Bible the way I wanted to. Take what worked for me and leave the rest. Let go of the parts that were used to hurt me and keep and stay with the beauty. Because the beauty was very real.

Rishi: So when did you decide you wanted to teach?

Psalm: Right away. I was suffering from chronic fatigue and depression and my body was so messed up from all the drugs, so there were some days I couldn't make it to class. The connection between my body and my spirit was really disjointed. I would just lie in bed all day and think about getting to the next class. I just knew it was my path.

Rishi: When did you get off the drugs?

Psalm: I got off the meds and street drugs after about a year. In that year I just tapered off until I was off them all together. As I increased my practice I was able to decrease my reliance on drugs. Remember though, this is how it worked for me. I am not advocating it will work that way for anyone else.

Rishi: Did you do anything besides the physical practice? Any pranayama (breath work) or meditation?

Psalm: For me, they were never separate. I took primarily power yoga classes and we were instructed to breathe deeply and I was having very transcendental experiences. I felt a portal opened to God. Not that every day was this total revelation, but every day I felt a connection to goodness and God. I found life was worth living.

Rishi: Did you go back to work?

Psalm: I actually got married and was able to devote time to my practice and my son. My husband, at the time, supported what I was doing. I knew I was going to teach and I viewed going to classes as a part of the process. I took to it with the zealotry of a missionary. Yoga saved my life and it makes the world a better place and I was going to share it.

Rishi: When did you start teaching?

Psalm: I took my first teacher's training after about a year. Even before I was done with the training I was able to teach at-risk youth. I was so ecstatic to get that teaching job; I went running in jumping up and down to tell the per-

son I was taking the training from. He just sat there and smiled and let me bliss out.

Rishi: Was it difficult to teach at-risk youth? A lot of them come from a place of abuse. Did it bring some of your stuff back up?

Psalm: Not really. I was so excited about teaching and sharing the practice. It took several years of teaching those types of classes and not until I went to India that I kind of was taken apart and deconstructed again. You have to build up some layers of stability before you can go deeper. Teaching gave me those layers. Plus I ended up doing another teachers training at a studio I was taking classes at. The studio owner told me he appreciated my dedication to my practice and said he would take me on as a student for teacher's training. It wasn't a conventional teacher's training. I did everything from answering the phones to scrubbing the toilets; I made the fliers. He gave me classes to teach and I could go to him one-on-one afterwards and ask questions on how to deal with certain aspects of teaching. I hung on his every word. He started giving me private classes for yoga therapy to teach. I was there every day for almost a year.

Rishi: When did you go to India the first time?

Psalm: I went there the first time about five years ago. It was almost a mystical experience. I again couldn't sleep at night so I would stay up and read, look things up and meditate. The books I was reading and the research I was doing made it very clear it was important to have a Guru, that there was a grace that comes from that relationship. Before that I thought I didn't need it because I had God. But it woke up a longing and yearning inside me that I wanted to have that relationship. One day I was in the studio and a woman talked about a man named Amritananda in India and what he was teaching. She had just come back from being with him. I knew he was my Guru because he was willing to teach [not just] a woman ... [but] a lesbian.

That told me he was open and not caught up in all the patriarchal stuff that goes on. So I wrote him e-mails and never got a response. And then again, mystically, I met someone who was a student of his that didn't teach publicly. I started studying with him and he made me go through a bunch of tests. First he only gave me breathing exercises and I had to do that for two months. And then he gave me a mantra for months. He wanted to see if I would stick with it. After six months he asked if I wanted to learn Tantra.

Rishi: What is Tantra?

Psalm: We could be here for two lifetimes and not be able to explain it. Tantra is non-linear, so it doesn't lend itself to easy explanation. The form of Tantra I was called to is more of an ancient form of Goddess worship. To see God in the more feminine aspect, which is more about unconditional love. That life is not to avoid feeling good or to enjoy all aspects. That life is not about guilt, shame and repression. But we are here for pleasure. And feeling pleasure is being in a more God-like state.

Rishi: Such as sex?

Psalm: Yes, sex is a part of it. When sex is repressed it

tends to be acted out in terrible and abusive ways. I look at what happened with my father at the Christian commune where there was a certain idea of proper sexuality being very strict and dogmatic. It was repressed and he acted out. Look at the priests that are repressed and the horrific stories that are coming out about them. When I got to India and discovered Tantra I found a way to be more awake in a relationship with sexual energy. Not to deny and have it come up in destructive ways. To recognize and unfold it into a spiritual practice. I started learning the practice from him, but was still yearning to go to meet this man in India. My heart physically hurting, wanting to go. So I went without ever getting any response from him.

Rishi: You went to India to answer the calling of your heart. What happened?

Psalm: The first time I saw my teacher I went to his ashram in the middle of the jungle. He was sitting on a bench surrounded by about five or six people and even from a distance I knew it was right. There was no big scene around him. None of the gold umbrellas or flower petals around his bench. Just a teacher with his students sharing. I sat down and felt the energy. I felt the love. I knew I wanted to be like him. On that first trip there he initiated me into some of the practices. He directed me to bring them back to the States and teach.

Rishi: Is he your one and only?

Psalm: He is my heart. I don't know how to explain it otherwise. I think a lot of people who don't have Gurus believe there is something dis-empowering about it. For me, there is something incredibly special and empowering about

having this relationship with this living person. So in a way he is my one and only. He is a person, who when I spend time with him I feel my heart opening to everyone.

Rishi: Did you feel that way with Jesus?

Psalm: Jesus was a feeling. More esoteric. I could never see what Jesus was doing. The great thing about having my living Guru I can see him get tired and grumpy, take a nap and then feel better. I see that it's OK to be human. With Jesus I had this idea that he was perfect and I always fell short of that. I wasn't as loving or compassionate as Jesus. So I would always beat myself up.

With Sri Amritananda teachings I have found it is OK to be human and part of the human condition is to sometimes give up everything and begin again. Tantra is understanding that life works on a principle of opposites and the opposites create the oneness and the oneness creates opposites. You are going to expand and contract and the contraction feels uncomfortable. Just get more comfortable with the times that are uncomfortable. It's OK. It's just part of the growth process of being alive and living in a circle of birth and death.

Rishi: Thank you Psalm.

Psalm: Thank you.

Psalm Isadora will be speaking at the 2010 Journey Mind, Body & Soul Expo at Lakeland Community College September 10, 11 & 12. Visit www.thejourneymag.com.



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LEAH'S SPIRIT FINDS GROWTH IN DARKNESS



By Laura Lee

I tucked my daughter, Ariaah, under the bed covers and she immediately pulls them up around her face. Her eyes grow wide.

"I'm scared momma."

"Of what?" I ask.

"Boos."

"Show me where, Ariaah."

She points to the dark corner at the ceiling. Personally, I don't see anything, but say nothing. This child has surprised me before with a sense of things beyond my own comprehension. I hold out my hand and pretend to be spraying the corner with an aerosol can.

"Pssssssshhhhhhhhh. There, I sprayed it with the white light, monster repellant." She giggles. Then I continue, "No more boos. To be sure, I'm calling all angels to guard the four corners of your room and let's have one guard your door and one stand at your window. Do you see them?"

She nods her head in agreement.

"Want to say a prayer with me?"

"Okayyyyyyy," she says in a reluctant voice.

"I welcome into this sacred space all angels of the white light to protect me while I sleep peacefully through the night until the morning light."

'Light.' She whispers.

I get up to leave the room and she whines that she doesn't want to be left alone. So I curl up alongside her in bed. I waken a few hours later, and slowly climb out of the bed, making sure not to wake her – and step on a princess figurine on her floor. Kicking it from my foot, I whisper an off remark while stumbling into the other room. I make a bee-line over to my laptop to look over incoming emails before going to bed. A message titled 'SCARED' catches my attention, especially when I see it's from an old military client.

Dear Laura,

I have a slight problem. For the past few months, I have been scared out of my mind to sleep in my room. I think there is a spirit that is lingering in my room and will not let me go to sleep. At night, I lay awake listening to it walk around my room and I can feel it staring at me from my vanity area. I pray to God and Jesus to tell it to go away but it never listens. This is not a joke. During the holiday, I went home to see my Grandma and told her the story. She told me that I needed to sprinkle holy water in my room and that the spirit would go away. She gave me a bottle of holy water. When I did what she told me to do, the presence got worse and went into my suitemate's room and started bothering her too. Every night, even though I feel safe, I have horrible nightmares. I need to know if there is anything else I can do. Thank you for your time.

Leah

I scratch my head debating whether to answer now or wait till morning. I'm so sleepy, but considering her circumstances at this late hour, I understand her plight and am inspired to draft a quick email.

I understand this isn't a joke Leah. I fell asleep under my covers fearing spirits hovering over me for years. The unknown frightens us. Especially if we can sense them intuitively, without using our earthly senses or having tangible evidence, watching over us (just like that kid in 'The Sixth Sense'). Most likely they are a guide and our dearly departed. If not, they seek out an intermediary, like a medium, between worlds to receive their message.

If they are 'darker entities' you will recognize the following symptoms: ill feeling in the pit of your stomach,

'These spirits cling to fear. So immediately shift your energy and tell them, aloud, to go away. They cannot remain in your presence if you ask them to leave.'

feverish, tired, stomachache, foul smells emitting from nowhere, temperatures dropping drastically, prickly feelings on skin, etc. If this is your case, it is important you take your power back by stopping being scared. These spirits cling to fear. So immediately shift your energy and tell them, aloud, to go away. They cannot remain in your presence if you ask them to leave. Bottom line, no one or nothing (physical/non-physical) can harm you unless you give them permission. Remember that as a soldier!

To manage fear, keep your attitude up. For instance, take care of yourself emotionally, mentally and physically: exercise, eat right, maintain positive relations, go outside, watch funny movies, listen to music, etc...most important, do things you love to do. If you mope around depressed before long you will surely attract darker entities and this includes the human form too.

I'm half done composing this email when I get the impression of a warm breeze and a scent of flowers permeating the air. I feel certain angels inspired me to write

the following instructions.

I recommend you and your suitemate do the following before resting at night:

1) With your eyes closed, visualize a white light, like the sun, shining on you and melting away all tension and insecurities. Then take a deep inhale of light and cast away all your concerns to the heavens on your exhale. See them drift away until they disappear.

2) Then state the following, "I welcome into my sacred space all angels of the white light (and whomever you feel inclined to call such as God, Jesus, Mother Mary, and or your Grandmother) to protect me while I sleep peacefully through the night until the morning light."

3) Optional: Sometimes I ask angels to guard over the four corners of my home for protection too.

You will wake up in the morning feeling rested. I Promise. Pleading to the heavens to make this spirit leave and dashing holy water didn't solve your problem because this spirit wasn't supposed to go at this time. They are trying to get a message across to you. My sense is that it may be a warning in association with your nightmares (if that makes sense to you). I get a hit that it may have been another soldier associated with the brigade: Male. Most likely he lived in the dormitories you live in now. You may want to ask around if there was a suicide in the building.

PS Praying for your safe journey over there...Are you still with that boyfriend? And is he the pilot I saw you marrying earlier?

Peace to you, Laura

After repeating that affirmation to sleep to the heav-

'Over a month had past and I had nearly forgotten my conversation with Leah until a Facebook thread popped into my inbox. It was a drawing by Leah and how happy she was to rediscover her passion for art.'

ens two times in one night, I lie down on my bed and fall asleep, peacefully.

Over a month had past and I had nearly forgotten my conversation with Leah until a Facebook thread popped into my inbox. It was a drawing by Leah and how happy she was to rediscover her passion for art. I was grateful she had taken my advice to heart and began pursuing the things she loved most. Shortly after receiving that message, I received another message from her directed to me personally.

So every night, before I go to sleep, I do the things

Lily Dale Assembly 2010 SEASON HIGHLIGHTS



Daily Event Schedule
June 25 – August 29, 2010

Meditation Services – 8:30am
Healing Services – M-F, 10:30am & 7pm,
Sat. 10am & 7pm, Sun. 12pm & 7pm
Welcome to Lily Dale Video – 11:30am
Message Services:
Inspiration Stump – 1pm & 5:30pm daily
Forest Temple – Mon-Sat. 4pm
Speaker & Clairvoyant:
Auditorium Daily – 2:30pm

June 26-28
*The Tibetan Monks of the Drepung
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you asked me to do. I sleep peacefully now, but still having weird dreams. I think it is sort of brought on by my medication.

Anyway, I did check into the dorms to find out that a boy had turned 21 and passed away on his birthday night from doing too many shots in our dormitory. He died in the early 2000s. I'm not sure if it was that spirit. Sometimes when I am alone in my room, I can feel someone intimately touch my cheek. I keep my room above 78 degrees because I love the heat. This touch is a cold feeling that automatically makes my hair stand up. I am not afraid, now, though. Am I reading too much into it?

PS I am still with my boyfriend/fiancÉe. He is in the Marines. He proposed last August.

Best, Leah

"I don't think he is the one," I mumbled to myself, "I'm pretty sure he was to be a pilot."

I scrambled out the door and headed to yoga. While stretching in class, my mind wandered about the dynamics of Leah on medication and the suicidal spirit hovering

around. Then my mind flashed back to an earlier Facebook thread of how Leah announced to me and other family members that since being sent overseas, how unhappy she was about life. A light bulb went off. I raced home and wrote her another message immediately.

For the sake of our recent discussions, what kind of medication are you on Leah?

Peace, Laura Lee.

Within a couple hours her response confirmed my fear.

I am on Celexa, an antidepressant. I tried to go off because I thought I didn't need them but I had a really bad case of withdrawal and went back on them. It's been beautiful outside today... Hopefully it stays that way.

Leah

I replied upon seeing her email.

That's what I suspected. The spirit hovers because of your depression/suicidal feelings. He, in fact, could be the cause of your depression, because he is in your field. His vibration is low due to his own suicide. Additionally, your anxiety of the relocation isn't helping much with your energy levels lately. This is serious enough for you to make life changes as I suggested in our earlier email. It is important you remain on your doctor's regimen with medication, but if you are feeling anxiety about your occupation in a new locale, *it is important to talk with a chaplain or therapist ASAP!* I know your life is mainly dictated by the military now, but when you do have free time, continue to engage yourself in activities that feed your heart and soul: Like your art. Finally, do get outside to enjoy the good weather. The sun is a natural healer. Keep me posted.

Laura

Again, it took awhile for the response to arrive, so I called her.

"I don't sense the spirit anymore and sleep peacefully" Leah said.

"That's good news. Really, that boy's spirit served you well. He helped you face that funk and offered your soul growth."

"Yeah," she replied, "I started seeing the company chaplain and he's made me see things in a whole new way. Like not only being scared of the other spirit but being scared of my own spirit." She sounded upbeat. "He encouraged me, too, to buy a journal where I can draw anytime I feel anxiety over my transition."

Goose bumps came over me, which is always a good sign of things to come.

"I feel good vibes with the steps you're taking Leah. Who knows, you could be embarking on a new career for yourself with drawing."

"Yeah, I think so too," she said enthusiastically, "I almost forgot to tell you, I was asked to draw a new logo for the company."

Psychic Medium, Laura Lee is heard on the Magic Morning Show and appeared on FOX, NBC, TLC, PBS and Discovery Channel. She volunteers her time to help legal authorities with missing children. www.MessagesOfLove.com; LA Office 818.762.1036 / IL Office 309.888.4589. Laura will be a keynote speaker and facilitate a workshop at the Journey Mind, Body & Soul Expo September 10, 11 & 12. See pages 32 & 33.

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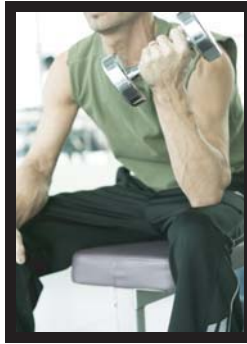
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