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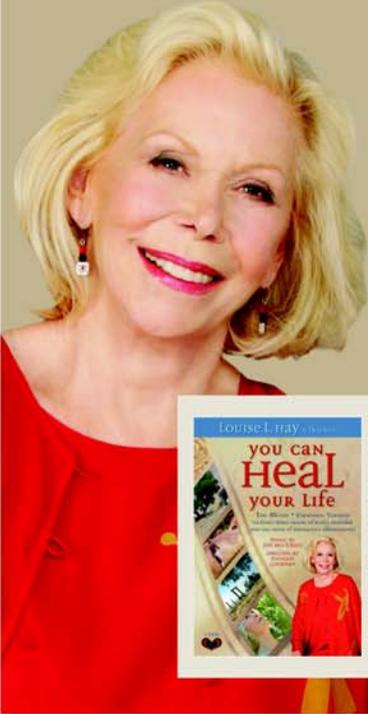
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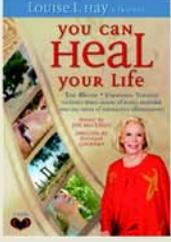
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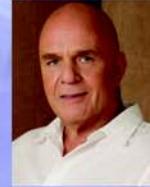
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The Cover: Divine Partnership: Energy of Creation

Acrylic on canvas by Eva M. Sakmar-Sullivan

Pittsburgh artist Eva Sakmar-Sullivan began drawing and painting at a very young age, but didn't pursue a career in art until her adult life. This month's cover, *Divine Partnership: Energy of Creation* celebrates male and female energy in a balanced union. The figures are receiving their life-force from the Creator. "All That Is," says Sakmar-Sullivan. "It calls us to joyfully allow all our creations and manifestations their birth from this holy state of being. That is Love." www.stardolphin.com

WORDS FROM THE PUBLISHER.....

Ask a hundred people what love is and I'm pretty sure you will get a hundred different answers. I know my own definition has changed numerous times over this life experience. Growing up I thought love was baseball. That it was the feeling I got when I was playing and imagining being in the major leagues. It was the feeling I had being outside in nature exploring the woods and streams in whatever neighborhood we moved to. Love was also the feeling I had when I went to my Grandmothers and there was actually home cooked meals at the dinner table every night and a warm comfortable bed to sleep in. I was safe. But most of all, my Grandmother was present to me and would teach me card games and loved to see me happy.

Back home was a different story. There weren't a lot of home cooked meals. There wasn't always a comfortable bed to sleep in. We moved around a bit when the landlords insisted on the rent being paid. My parents choose not to be around much and I was left to do for myself at a very young age. I didn't feel safe and I felt a lot of fear. I don't do well with fear. To rid myself of the fear I drank and drugged to numb it out.

Later in life I got love and lust mixed up. I thought they meant the same thing. I figured I'd tell whichever lady I was sexually attracted to that I loved her. Usually it was enough to convince her we were meant for each other. It would work for a while then "stuff" would come up and one of us would bail out.

A Course in Miracles says that love brings up everything unlike itself. I buy into that. Those times outside playing ball, in nature and at Grandmas were filled with love. Unfortunately, I bought into the fears that came up to meet it. The same was true with the relationships; I bought into the "stuff" and found a way out.

Perhaps all our life's lessons are to learn what love is. May we all be open to these lessons and not buy in too much to what it isn't.
— Namaste' Clyde

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Our Theme for the Next Issue...

Awakening

On Love



When Love beckons to you, follow him,
Though his ways are hard and steep.
And when his wings enfold you yield to him,
Through the sword hidden among his pinions may wound you.
And when he speaks to you believe in him,
Thought his voice may shatter your dreams as the north wind lays waste the garden.
For even as love crowns you so shall he crucify you.
Even as he is for your growth so is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,
So shall he descend to your roots and shake them in their clinging to the earth.
All these things shall love do unto you that you may know the secrets of your heart,
and in that knowledge become a fragment of Life's heart.
But if in your fear you would seek only love's peace and love's pleasure,
Then it is better for you that you cover your nakedness and pass out of love's threshing-floor,
Into the seasonless world where you shall laugh, but not all your laughter, and weep, but not all of your tears.

THE PROPHET by Kahlil Gibran
Alfred A Knopf Publisher New York 1923

CONTRIBUTORS

Dr. Steven Post

Dr. Steven Post knows loving kindness is beneficial to humans now all he has to do is prove it. He heads the Institute for Unlimited Love, in Cleveland, Ohio. It funds research at some of the nation's top universities (page 6). He says unlimited love is the measure of one's worth, in this world and beyond. "In the end, you think that you've had a successful life because you're greedy and selfish and prosperous, guess what? The real measure comes at your funeral."



Eva Starr

For regular columnist Eva Starr, the cliché "Love yourself first then the rest of the world will fall in love with you," rings true in her life and in her work. She says many of her clients come to her having lived their lives for other people, hoping to receive love in return. "Some people even use abuse or power to get people to love them, when in reality the answer is in the mirror." Take Starr's Love IQ, (page 16) and see where you put yourself in your own life.

Norm Williams

Love is generally misunderstood, but its the source of great power, says author and speaker Norm Williams (page 12). He says unconditional love of the self and others is the real measure of an individual. "To me Love means a limitless unflinching caring and understanding. This entails a genuine demonstration of kindness that does not discriminate or expects anything in return."



Sandra Taylor

New York Times Bestselling author Sandra Taylor (page 8) thinks Love, the most fluid, powerful force in the Universe, exists in accordance with our own loving energy. "To attract the most positive romantic experience," she says "make sure you live with an intention of love—for yourself, for others, and for your own life." In her experience as a writer and counselor, this peaceful, happy state always projects the most magnetic vibration possible, attracting Love with ease.

The City of Unlimited Love



Dr. Steven Post heads the Institute for the Research on Unlimited Love. In the past 6 years the Institute and the research it funds have been featured in over 600 media outlets including the New York Times, 20/20 and the Wall Street Journal.

When Dr. Steven Post wondered his childhood home as bored little boy looking for something to do, his mother encouraged him to go outside the house and do something for other people. Throughout his career in medicine, he's carried this "kitchen table wisdom" with him, seeking to understand the science behind the warmth and good feelings we experience when we demonstrate compassion and love. After some prodding by the billionaire philanthropist Sir John Templeton, Post opened the Institute for the Research on Unlimited Love in 2001. Since then, the Institute at Case Western Reserve University in Cleveland, Ohio, has funded over 50 research studies at the nation's top universities, to prove the life-enhancing benefits of caring, kindness and compassion.

What are some examples of research the Institute has funded?

One study we funded involved researchers from Wesley College in Wesley Massachusetts. Psychologists of great renown who went back to the study that began in the 1920's in the Bay area, mostly kids and adolescents. These are 100's of people who had been followed by the Institute for Human Development at Berkeley over their entire lifetime. So now they're in the 80's. They'd been followed every ten years, interviewed extensively, their mental physical health being carefully evaluated. So it turns out that the ones who very early in life identified compassionate purposes as important to them...are number one, clearly happier over the course of their lifetimes, clearly protected from depression, from a lot of stress induced illnesses and on the whole living longer not that they're in their 80's.

So that suggests a kind of life long "halo affect" that is important we want to teach out kids to be caring. Well of course, its great for other folks in the neighborhood, its probably great for us and its good for those kids in the long term. So that was important and there are many other studies. One study I think was really exciting looked at Alcoholics Anonymous...and the 12th step is to help someone else with alcoholism. So you're supposed to be an attentive listener, be attentive and maybe even sponsor that person, so they would join your self-help organization. ... This study showed the ones that fulfill the twelfth step have a 40% recovery rate after one year. The ones that do everything else but don't bother with the 12th step, they only have a 22% sobriety rate. So if you help others you pretty much double your rate of success.

Some of the brain studies have been really interesting. One of the study's that was in the news last year just sort of took people in to a laboratory environment and gave them a list of charities to consider donating to. This is in an artificial environment, so they're not actually giving out any

money their just deciding that they would contribute to this or that. So next to every charity there was a box and when they have the Eureka! moment, of "Yes I'd like to donate to the Alzheimer's Association," they check the box. When they check the box a part of the brain gets active under magnetic resonance imaging that's very deep, very emotional, very old, ...part of the brain and it's the part of the brain that doles out feel good chemicals like dopamine and serotonin. So we can understand the helper's therapy principle. What Allan Lukes and others in psychology defined in the late 1980's the "helper's high." Where people would come back and report a warmth, a greater happiness etc. But now we can begin to actually see in a brain scan what's going on here. That there is kind of connection to a generous set of emotions and a greater happiness.

How do you think society supports that, or does it?

It doesn't do it well enough. It's not just happiness but its psychological health. People who are able to involve themselves and be pro generative, they tend to be less depressed, they tend to be shielded from hostile emotions. That's the interesting thing. It's like the study in the 1990's, Redfield Williams, Anger Kills? He looked at the Minnesota Multiphase Personality Inventory that he most thought had to do with hostility, like quickly enraged, protracted anger...Then he looked back at people in 1950 who took the test when they were 25. The ones who were in upper 25% on hostility had a morality rate of 20% by age 50. So 1 out of 5 of them were dead by the 1975. This is accepted it's not controversial. The ones were in the low 25% in terms of hostility had a 2% death rate by age 50: 20%, 2 % that's big!

Basically, my simple point is if you look at if you look at it from a psychological prospective, from a physical prospective, the mortality studies are very clear. We now have 6 mortality studies with older adults, which show older adults who are involved at just 2-3 hours a week doing volunteerism have between 30 and 44% reductions in mortality compared to those who are not active in that way. And this is after correct for underlying health over a five-year period. So basically its good to be good, ad science says its so. Question is, Ok so we have this impulse. If you're a Buddhist you call it your True Nature. If you're a Hindu maybe you call it your Original Nature. But there's something about getting in touch with this essence of giving, of loving others that really is very hardwired and very good for us as givers. And when we inhibit it or repress it is not.

Studies are very, very clear, (in children) especially ones who are very impressionable that when they see a lot of violence and hostility in the media it lowers their own inhibition. And they are much more likely to express those kinds

of negative behaviors in their lives. ...What we need to do is insist that we create environments where there is an expectation

Do you see more unlimited love in tribal societies?

Oh, Absolutely! Listen I'm all for a good free market, don't misunderstand me, but we have been sold a bill of goods when it comes to this notion of possessive individualism. ...You look at the International Happiness Studies...the United States is 37th. You know I'm not glorifying simplicity and certainly not taking injustice or poverty lightly at all. But I will tell you that whatever happiness is the world we've created in modern day America is not it.

Whatever anyone says about realism or not, its pretty clear to me we need to work a little harder to solve some of the international problems around us by relying on love and goodwill and being a little more creative on peaceful solutions than we have been.

I'm not saying there aren't justified conflicts that sometimes, unfortunately because of the nature of radical evil need to be had. But what I'm saying we need to be much more creative on the love side. But we're feed so much stuff through the media about the inevitability and the ubiquity of violence that we just report to it prematurely in so many theatres of everyday life.

What's your definition of love?

To me love is really one thing, its when the happiness and security to another human being means as much or more to me than my own happiness and security. When

that happens, I love that person flat out.

Hopefully, everyone is fortunate enough in life, so we can look back in life over the years and remember those dozen or half a dozen people who really exuded a sort of affirming warmth and told us that our lives meant something, and they were able to express love though compassion or listening, or I call it *care-frontation*.

But the science is still important because in today's world people get interested in a sort of new *Epidemiology of Goodness*. That's what I'm calling it. That there are all these benefits to living in a world of generous emotions. The alternative is what, hostility, wallowing in self-pity? We know that those kinds of states of emotional being are very destructive over the source of ones life. Reducing length of life considerably. So the more we can do unto others and not be overwhelmed by it and be engaged in it at an effective level, the more we can shift from a preoccupation of the self and the worries and anxiety of the self, and discover the other is other and have a sense of awe and have a sense of respect and care, of course its great for those around us, but its wonderful for us. It's the best medicine in town.

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HOW TO ATTRACT A QUALITY RELATIONSHIP



By Sandra Anne Taylor

So what's the secret to finding quality love? Believe it or not, the answer is in modern science and it's all about energy - your energy! Quantum physics shows that everything and everybody projects real energetic frequencies that move out from us into the Universe. Each one of us is like a little radio station, broadcasting subtle but very real signals about ourselves. And it is this process that is actually the source of your relationship destiny. People who have the same kind of energy that we do will be the ones who "tune into" us and be drawn into our lives, for better or for worse!

This is true for all types of relationships and experiences, but it is especially true for romance. Love is a river of vibrations that moves through the Universe and through every heart in it. In fact, there are nearly 80 million singles in America alone, all of them hoping to connect in some way or another.

But if you are like most people, you are looking for more than just a mere connection, more than a temporary fling. What most of us want is a quality relationship, a person who will be supportive and caring, not just for a night, but for a lifetime. No matter what you have been through in the past, this kind of love is absolutely achievable. But it must first be achieved within.

Your relationship destiny depends on your own energy, so you have to first look to yourself to see what kind of energies you are broadcasting. Are the signals that you are sending to yourself the kind you want to receive from another? If not, they must be changed!

The Laws of Attraction are strict. You cannot send out waves of negative energy, and expect to attract only the positive treatment in return. Your treatment from others comes directly from your treatment of yourself. For example, if you are constantly criticizing yourself, it is very likely that you will magnetize a man who is willing to criticize you also. Is that what you really want in your life?

The biggest source of "stuff" that we send out can be found in our thoughts and beliefs. This is actually very liberating because, while we may not be able to do much about our looks, we always have the option to change the way we think. For this reason, it is very important to be aware of the types of thoughts and beliefs that you engage in every day.

One way to do this is to write some of your thoughts down. Make sure you are honest with yourself. Do you support and encourage yourself? If you do not, don't expect a partner to do so! Do you really accept yourself and believe that you are valuable? If not, why should anyone else?

The single most important factor in the energy you broadcast to the world can be found in your self-talk. There is no room for self-judgment in the mind of someone who is looking for a true quality love. If you want to attract a partner that is loving and respectful in the way he or she treats you, you must first create that energy in the way you treat yourself. If you want someone who is always there for you, you must first make the choice to be always there for yourself.

Therefore, investigate your beliefs and thought patterns thoroughly. It is well worth it because it will not only change the love you attract, it will affect all the consequences of your life. Do you tend to worry and fret about all sorts of things? If so, you will not only attract a fearful partner, but even more situations in your life of which to be afraid. Are you passive and submissive? Then you will either attract a wimp of a partner or one who is aggressive and overbearing and who seeks to gain his power through you.

For another to find you valuable, you must look into the mirror and see your own value there. No matter what you may see on the surface, you are a valuable and valid person, one who can bring joy to another if you begin to see the joy in yourself. In fact, this is the highest, most attractive frequency you can project to the world, an appreciation of yourself and your life, and optimism about your future.

Whatever you do, never get desperate over finding love. Desperation is a sure-fire energy killer. It will either push people away, or draw only desperate people to you. If that happens, the joy that you are seeking in the relationship will only turn to misery. Be patient and work on a strong, positive perception of yourself. Trust in your ability to create happiness for yourself, and then choose to do it every day! This turns your desperation into determination, one that works for you, not against you.

Remember that old definition of insanity: To do the same old things in the same old ways and still expect different results. If you seem to have suffered the same types of

relationship problems over and over again, you need to take action within yourself. You need to look at the ways that you negate and dismiss yourself. Intervene at every opportunity, and make a conscious effort to create acceptance and respect for the valuable person you really are.

It is never too late to attract a great love, and never too late to make all your relationships better. Take responsibility for yourself and your life. Create a life full of happiness, and your own happy energy will attract more in return. You deserve a quality love, and it will appear as if by magic when you finally choose to bring quality love to yourself!

*Sandra Anne Taylor has been a counselor in private psychological practice for 25 years. She is a co-founder of Starbringer Associates, and lectures throughout the world on healing, quantum psychology, and the energy dynamics of personal, financial, and relationship success. Sandra is the author of **Secrets Of Attraction** and **Quantum Success**, a NY Times best seller. Her in-depth, 9 CD audio program, *Act To Attract*, can teach you how to create a lasting relationship by revealing the science behind romantic success. To learn more visit: www.starbringerassociates.com or call 440-871-5446.*

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To Micheal, with love

By Psalm Isadora

“These three shall endure, faith, hope and love, but the greatest of these is love.”

1 Corinthians 3:13

“The greatest of these is love.”

These words taste true on my tongue and stir the finest emotions in my being. But how to love? Sometimes it is so difficult to love, sometimes it is so incredibly painful. I often feel inadequate to the task of truly loving others. My mind is full of chatter, petty thoughts and fears. It is difficult for me to love even my parents, or my son free of attachments.

When I was asked to write this article with the topic of love, I closed my eyes to see what would come to mind. My father was the first thing that came to mind; I have not seen or spoken with him in over 8 years. I thought I would write this article as an open love letter to him. I do not remember exactly how or why we had stopped talking, mostly it seems like a natural consequence of how difficult talking to each other had been.

We lost touch for many, complicated reasons, the kind of knotted confusion that can come with family. At the heart of it though, was a history of physical and sexual abuse. This abuse had turned into big secrets in my family, and I learned to hide large parts of myself away in shame closets of my mind. As I have grown older, I have met many, many people with similar experiences. So many that it seems bizarre we should all feel ashamed and isolated.

This history became a central story or karmic arc in my life. Looking at my own suffering, I wondered at the suffering of the world. Looking at my own pain, I wondered how God could allow pain in this world. Growing up Christian, I refused to believe that this world was full of sin and suffering and that we should store up our hopes for heaven only.

Even though I was angry with God, I still believed in him. I believed that God gave me this life, and it was my purpose to make peace with it and to find a way to love despite the suffering. I was not able to just accept things; I had to try to find the hidden meaning. I spent many years railing against God because of the pain of personal relationships. I have been down many back alleys of life looking for answers. I have struggled with regret, but in the end I believe all my actions and mistakes are prayers strung on a great rosary of faith in something greater and finer.

My searching eventually led me to India, where I met my guru. He asked me why I was there. I told him I wanted to be a loving person. He told me I already was a loving person. I told him I wanted to be more loving, to love all the time. He nodded his head and was silent a moment.

Then he said, “You want to love like this, like Jesus,” and

he spread his arms wide open. “But when you can’t, you get a little pain in the heart.” And he touched his finger to the center of his chest. And then he smiled and gave a little laugh. “It is our nature to love, and when we don’t it causes us pain.”

I had been waiting all those years to talk to my father, waiting for a time when I felt ready, when I felt it would not affect me in a bad way. Waiting until I was perfect so I would not experience suffering. I realized that when I told Guruji that I wanted to be loving all the time it was because I thought if I was loving and compassionate enough, I would never feel hurt by others. I realized that my motivation to love should not come from fear of suffering; it should come as my true nature.

I asked Guruji, “When does it get easier?”

He said “When pleasure and pain come the same.”

When I came back to America, I was meditating and a great feeling of warmth washed over me, I felt I was suspended in a syrup of love, and that love extended to everyone and everything. Then I felt the love flowing from me to my father, and at first a part of me was surprised. Then I knew deeply that the love was the simplest and purest love, I love my father because I was born his daughter. The seeds for that love are always in my heart, and it causes pain and repression when that love can’t go where it is meant to. In that beautiful, timeless moment of meditation, my love for my father was free. It did not matter what he had done, this love was still there.

After this experience I decided I wanted to find my dad. I had a private detective look for him, but he said it looked as if my father didn’t want to be found. I have faith that God will reveal the right time and means for this reconnection.

I would say to my father that I do not understand the things he did, but that he is still a part of me. There are so many things in this phenomenal world that I do not understand, that seem to come from our shadow sides, dark things like war, murder and rape. But turning away from those things, trying to cut off your hand and saying, “that is no longer a part of me” does not seem true or possible. It just makes me feel fractured and not whole.

I would say to my father that I love him simply because I was born his daughter and so it is my nature to do so. I would try to see him free from his actions, as I would like to be seen. I would try to see him as God and a soul searching for peace, it is my soul’s work to do so.

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True Love's Unconditional

By Dr. Norm Williams

"True love gives nothing but itself, and takes nothing but from itself.

Love does not possess, nor would it be possessed.

For love is sufficient unto love.

Love has no other desire but to fulfill itself..."

—Kahlil Gibran

Every day people all over the world say they've "fallen in love." Some say it was love at first sight. And, soon thereafter in many cases, they declare their intention to be together "until death do us part." However, after some time, many say their love has died and they decide to part ways. Increasingly, it's becoming the expectation rather than the exception. And it has led the popular culture to ask, "What's love got to do with it?"

Many people confuse their state of emotional dependency with "being in love." They've handed over the responsibility for their self-worth to another person because they don't love themselves. As a result, they feel an emptiness inside them that needs to be filled. Therefore, they're really "in need" and not "in love." And they have an expectation for what the other person must do in order for them to "feel loved."

Eventually, two needy people will become disappointed in each other. Each will blame the other for not loving her or him the way they he or she wants to be loved.

What they don't understand is that you love someone for who he or she is and not for what she or he can do for you. Besides, you can't give something you aren't aware that you have. You can't give love if you don't recognize that it's present within you. Furthermore, it's clear that we need to be reminded what love is.

Poet Gibran's words in this article's epigraph are quite revealing. However, it seems appropriate to look to Shakespeare for some additional wisdom.

The great poet and playwright wrote *"Love is not love which alters when alteration finds ...Or bends with the remover to remove. Oh no! It is an ever fixed mark that looks on tempests and is never shaken..."*

Both poets have provided us with profound complementary perspectives on love. It would appear that any confusion about love comes from what's depicted in the movies or written in romance novels. One or more of our emotions-based ego-controlled addictions provide(s) the driving force for this jealous romantic model of love. Therefore, it's clear that it's not true love.

Our inability to transcend our egos' power-addictive influences has resulted in many negative consequences. For

example, it makes us view love as something that ascribes right of ownership, and, hence, control over another. Therefore, it fosters the mistaken belief that "to love" is synonymous with "to possess." There's also the misguided notion that we'll only come to know real love when we find "the one who completes us." This is due to our lack of appreciation of the fact that we're all one.

Moreover, we were socialized to believe that someone must do something to earn or deserve our love. And that, in like manner, we must earn or deserve another's love. Consequently, we place some condition on love. It's, therefore, not uncommon to hear someone say, "If you love me, you would do (or give me) such and such."

However, true love is unconditional. It does not expect anything in return.

Jesus said: *"Thou shalt love thy neighbor as thyself."* And that we should *"Love our enemies."* Are these clues we've ignored? Unfortunately, none of our traditional institutions emphasizes what love is and its importance.

Underscoring the significance of love, the Apostle Paul, in I Corinthians 13, described its nature and characteristics in some detail. His description includes the fact that *"...Love is patient, and is kind and is not jealous ..."*

Furthermore, the Bible teaches that God is Love. Therefore, love comes from God; hence, it's divine. It surpasses affection or sentiment and does not judge or moralize. And because God is Omnipresent, He's in you; therefore, love is within you.

Since love is divine, it tends to turn attention upon the ideal, the perfect, and the beautiful. Therefore, it does not see people's faults. It focuses on their good qualities. It's, probably, for this reason they say that love is blind.

Love is not blind. Rather, it blinds us to the apparent flaws and shortcomings of others. Therefore it enables us to appreciate the beauty in everyone and precludes us judging anyone. Love is the greatest force in human nature. It influences the laws of nature to engender harmony in you, others, and your environment. And, it will improve everything in your life.

You're able to love unconditionally when you become one with the Law of Higher Consciousness. You can only reach this state when you overcome your ego-based, power-driven addictions or passions and preserve those divine qualities such as humility, compassion, and self-surrender. These divinely inspired attributes help to draw and bind human-kind together and bring gladness to the world.

And since we were created in the image and likeness of

God, loving unconditionally makes us more like the Creator. Loving unconditionally helps us to develop compassion for others and enables us to see the good in them and in every situation. Therefore, we are able to love them for who and what they are and not what we think they should be. It's this principle that underlies unconditional love.

The more you come to recognize and deal effectively with your ego-motivated demands, the more you'll come to love and accept yourself and others unconditionally. Moreover, you'll come to realize that you're doing exactly what you need to do with your experiences in order to grow to higher levels of conscious awareness.

As you begin to surmount your ego, any urge to manipulate or change others or your environment will disappear gradually. With an enhancement in your state of consciousness, you become attuned to the richness and abundance of the Universe. And you learn to harmonize your energy with that of the people you encounter.

Loving unconditionally entails loving on every level: physically, mentally, emotionally and spiritually. It's letting love flow through the Christ in you to all of God's creation. When you love unconditionally, you become a different person. Your doubts and fears disappear. You feel at peace and your relationships become spiritual.

There are many great laws that govern life. However, the one that's at its foundation is the Law of Love. It determines what we're to become and what we're to accomplish in our lives.

Jesus said that love is the greatest commandment. Love

engenders happy, successful, and prosperous living. There's absolutely no power greater than love. It's the only power that prospers us in every way.

Excerpted and edited from Dr. Williams's new book, Take Steps to Realize Your Dreams—a powerful self-help/spiritual, inspirational and motivational guide, available at <http://www.pdbookstore.com/comfiles/pages/NormWilliams.shtml>. An internationally renowned self-actualization/personal-growth authority and inspirational/motivational speaker, Dr. Williams is a Toronto-based seminar/workshop leader, business/executive and personal coach. He is a student of metaphysics, positive psychology and human molecular biology. The holder of a doctorate in engineering, his experience spans a wide spectrum from academia, consulting, entrepreneurship, ethicist, professional engineer, rocket research scientist to senior executive.



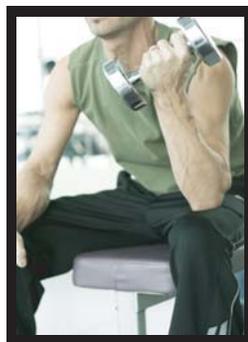
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We're Not In Kansas Anymore...

.....or, how to find "Oz" without the flying monkeys on your back

By Willowbrie

Love - what a concept. When we think of love, our thoughts turn to our spouses or partners, our children, parents, friends, and of course, our beloved pets. We can love an idea, a specific food, a special place, and love our lives on Earth. Love can be an overwhelming flood of emotions for others; a special caring and affection lined with trust and faith. Truly, it's the stuff some dreams are made of.

But, stop and ask yourself, "When was the last time you actually took the time to love yourself?"

People bombard themselves with worries, fears, and a million "what-if's" everyday. Loving others is wonderful, but you must find the courage to love yourself first. Loving yourself is not a selfish act.

To love one's self means being able to look into our true self and see ourselves' as we really are, fault's, little idiosyncrosies, and all. You are a unique individual, and every one of us has the capacity to love. We've all heard the saying *you are what you eat*. Well the same concept holds true that, *we are who we think we are*.

If you think you're unlovable, that is what you'll project out into this world. If you believe your undeserving of things, why would anyone else think you are? If you have no confidence or self-esteem, you'll catapult those fears out to others and may be sabotaging your own self without meaning too.

In the Wizard of Oz, recall how the Wicked Witch Of the West played upon Dorothy's fears and used them against her. All she needed was to find the wisdom and courage within herself to find her heart's desire. They skipped all the way down the yellow brick road with her - right next to her all that time - but she never realized it, thusly making her journey a harder one.

In order to love freely, you have to start with the self. Open your heart to you first, and then more love will naturally follow. Accept your self and then you can evolve. If there are certain things you don't like about your self, then open up to your higher being with a promise to change the things you can.

Push away negative thoughts, doubts, and feelings, and replace them with positive, loving energies. If you find that's a bit hard to do, one of my favorite affirmations is: "fake it until you make it." Then, go find a mirror and smile at your inner self.

When we don't love ourselves our life can take a down-

ward spiral. What you believe will be. It's the Law of Attraction, simplified.

I had a close friend who helps people through the healing power of touch. She'd usually call me after a session to tell me things went well for the recipient, but then proceed to tell me all the harsh realities of her life with all it's unpleasantness. She'd run the gamut on topics, until finally, I confronted her with her negative attitude and tried to explain, that until she started loving herself and having confidence in her abilities, things would probably continue on the way they were. How could she possibly heal others, when she was in need of healing her self?

Needless to say, things are still downcast for her. She's lost friends, her business is faltering, and she just cannot grasp the concept that self-love brings more love and confidence to your life, which in turn elicits positive change. Some self-absorption is not a bad thing. When you change your attitude and perception, even just a bit, you open the door for loving, positive energy.

It's a sad observation, for I've witnessed the beauty within her that can be brought back. Every one of us has the inherent power within to make our lives what we want it to be. Your view of who you are has everything to do with how you face the world and deal with Life's issues.

She refuses to talk to me anymore, but that's okay. I know she'll find her way. She's actually quite strong inside, and if she realizes that the power to transform her life lies within her true self, then can she begin her journey back to wholeness.

Look at poor, misdirected Dorothy, still skipping down the yellow brick road. She never found her heart's desire until she looked within. We must begin with our innermost being to embrace our true nature on the path to love.

Embrace yourself. Trust yourself. Love yourself for who you are. Be of good service to yourself, and joy, love, and harmony will surly follow. Clicking your heels together three times couldn't hurt, either!

Willowbrie is an avid Tarot card reader specializing in Matters of the Heart. She's read for over 20 years and had been a guest on television and the radio. She also makes oils, lotions, and bath salts in accordance with the Moon's Phases for optimum results. She is available for parties, private readings, and phone consultations, by appointment only. She can be reached at 440-232-3933 or willowbrie@gmail.com for more info or to make an appointment.

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THE GREATEST LOVE AFFAIR

By EVA STARR

What's your love I.Q.? You may be asking yourself right about now...love I.Q.... what's that? On the love-o-meter of life...where do you stand? Yes, on a scale of 1 to 10. Where are *you*? Do you put your kids first, your significant other, your boss, or your relatives?

Allow me to quote a verse from a Waylon Jennings song: "I was looking for love in all the wrong places / Looking for love in too many faces / Searching your eyes, looking for traces of what I'm dreaming of / Hopin' to find a friend and a lover / God bless the day I discover another heart, lookin' for love"

How many of us are looking for love in all the wrong places? What we need to do is look in the mirror and look no further...that's right. Happiness is an inside job and when we love ourselves, I mean really love ourselves...the rest of the world will fall in love with you.

Loving ourselves is the key to *healing our lives* and is the main staple of the Louise Hay work that I do. In fact, I have my students sing a song off a CD of songs I've created especially for the Louise Hay groups and it goes like this...

"I love myself the way I am, there's nothing I need to change. I'll always be the perfect me, there's nothing to rearrange. I'm beautiful and capable, of being the best me I can. And I love myself, just the way I am." That's just the first verse but you get the idea?

"To love oneself is the beginning of a life long romance."
~ Oscar Wilde

Are you one of those people sacrificing (for the *sake of love*) your own needs and desires and put others first? Let me explain it to you like this...the number one person on the planet is *YOU!* Remember the last time you took a plane trip and the stewardess gave the instructions for the oxygen mask in case of emergency? As she went through the instructions you were told to put the mask on yourself *FIRST*, then your children, then the other people flying with you. The reason for this is, of course, *IF* you cannot take care of yourself first, you are absolutely in no condition to take care of others.



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Now, I do not mean this in a narcissistic way, quite contraire.

Ask yourself, how many times have you put others needs before you own, only to resent, suffer, or maybe even get physically ill because of it. If you're saying yes, when you mean no...there's more going on then you just want to help somebody out. Make a list of your should's right now, go ahead grab paper and pen, I'll wait. Write down on a piece of paper at least six things that you *think* you *should* do. For example, a typical list may go like this:

1. I should be married
2. I should lose ten pounds
3. I should have my in-laws over for Christmas (or any other holiday)
4. I should quit my job
5. I should buy a house
6. I should move out of state

OK...you get the idea, now go over that list (your list) and ask yourself *WHY* you should do each one. Go ahead, take your time, and seriously ask yourself, why you should do the above listed things. Now, take a look at your answers, and see which one of them are because you truly beyond a shadow of a doubt, *want* to do the specific item listed because it brings you immense joy, will make you feel better/healthier, or because you've always had a burning desire deep down inside your soul to do it.

Now, go back over your list and ask yourself which one of the above listed are because society, your boss, your significant other, or your in-laws thinks you should do whatever it is. Take a big black marker and cross those items off your list, never to be looked at again. I've just saved you months of stress.

Take what's left over (the ones you truly want to do) and change the word *should* to *could* and start all over with "I could lose ten pounds if..." See the difference? Now it's doable; take it all the way down with, "I could if..." then the next if...and so on till you have your first step.

I can remember a Thanksgiving many years back my daughter and I decided we wanted to have shrimp-stir fry. I thought the roof was going to cave in with the family's reaction, just because a pilgrim landed some 400 years ago, doesn't mean I have to have a turkey.

"I do what I do because it resonates with my soul...I listen to the music of my heart and pick the instruments, which will complete the orchestra." ~ Eva Starr

How many of you are in jobs that you strongly dislike (or maybe even hate). Ask yourself why? How many excuses can you come up with? The bottom line is lack of loving the self. You see we do all of the above should's on our list to gain the approval of other people.

Continued on page 50

HEALTH & NUTRITION

DO WHAT YOU LOVE AND LOVE WHAT YOU DO!

BY JANEK KUTA-ILIANO

I have story of love to share. It is story of a growing love and appreciation for oneself which is so healthy and healing.

I recently decided to act on one of my many dreams I have for this life. The idea came from an experience I had when I was younger. Back in college, I decided to work in Maine for the summer harvesting blueberries. During that time, I met a person who showed me how to play the blues on a saxophone. Not just the blues as we know of it, but the emotions of a man's soul going right through an instrument. Each night while camping in apple orchards and blueberry fields, this person would leave the group and go to the farthest point in the camp to play his saxophone in the open air. It was so calming to hear those distant sounds as you drifted off to sleep. One time I found myself leaving my tent

and unconsciously hiking my way up to the top of the mountain just to hear him play. His sax played some of the most romantic, heart-felt music I had ever heard. I swore that I would one day learn to play one and sing some of my own blues into it.

So this past September, I met a woman at the *Mind, Body, Soul Expo* who has played the saxophone for over 13 years. Upon talking with her, I instantly knew that she was one of the main reasons I was supposed to be working at the Expo that year. I knew it was time to start acting on this secret love that has worked on my heart for so long. So with that, I went out and finally got one. As I drove away from the music store, I felt my heart become a little lighter. I grinned and mentally patted myself on the back for finally doing something I wanted to do. It may have taken me 9



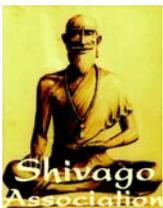
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years to act on this one dream, but I did it. I came home and couldn't put the thing down. I have fallen in love again and felt so ready to learn the process of playing this instrument.

What I also realized was that this event represented more than just me buying a musical instrument. It represented another opportunity for me to express myself. As I keep expressing myself and living out my heart's desires, I've started to discover that I have more love and respect for myself. The feeling of love and respect for yourself is so necessary and cannot be fulfilled by someone else. My inner self felt so proud as I drove out of that parking lot. I loved myself a little more because I took one more step in a direction my heart had asked me to go. It was not a major event to many, but a major event to me.

My life is not just about being a wellness coach and a nutritional educator, it is about living out the other little personal dreams, desires and wishes that help to renew the spirit and free me from bondage and the notion that I can't do

something. No matter what your desire, live it out, do it, and experience it because we really need to start following our gut on the decisions that will shape our lives. If we stop listening to ourselves, then who are we living for?

Take small baby steps. Start doing something that you love now because you will inevitably have the courage to start doing all the other little things you love as well. The little steps you start to make to improve upon yourself now will help you feel confident in your ability to make good decisions in the future. You achieve what you believe and you start to live what you act upon. So I am tooting my own horn this time, figuratively and literally in hopes of singing my blues into my own sax one day.

This experience will be just one of many things I mentally check off before I check out of this world. This experience continues to confirm my belief that I am worthy of living the life of my dreams, no matter how silly or little those dreams may appear. It warms my heart to finally believe that I am special and capable of anything. I thank God that I finally live in this healthy frame of mind. So realize that you are the artist in your own masterpiece. Design your life however you would like and make this New Year your best ever. You deserve it.

Janee Kuta-Iliano is the director of ALIVE ONE whose purpose is to empower others to take control of their health and well-being. She is a Wellness Coach and Nutritional Educator, offering Internal Detoxification Programs, Colon Hydrotherapy, Juice Plus Nutritional Products and Healthy Cooking Classes. Visit her website at www.aliveone.net. For more information contact Janee at 440-478-9802 or janee@aliveone.net



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1 small onion, julienne

2 Tbsp. sesame oil

Zest & juice 1 lemon

2 Tbsp. Sriracha chili sauce

1 Tbsp. soy sauce

4 cups water

Cook onion in sesame oil over medium heat, until translucent (about 6 min).

Add miso, lemon zest & juice, sriracha and soy, cook 3-5 minutes.

Add water (4 cups is a subjective amount, if you like a milder flavor add more water!)

Cook over a medium heat for about 10 minutes, do not boil!

Garnish with ground peanuts and/or tofu.

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INSIGHTS

ANIMAL COMMUNICATION

By Jill Huettich

Stories of pampered pets abound. In a quick online search, I found web sites that sell Chewy Vuiton handbags, Jimmy Chew heels, bathing suits, and pearl necklaces specifically designed for pets. For more serious spoiling, you can schedule an aromatherapy massage or a facial for your pet or send it off to day care. LA's Paradise Ranch, for example, offers Cat Nap Inn—a boarding suite complete with full maid service, calming music, cable television, and a 24-hour 'kitty loving staff'.

Yes, the \$41 billion dollar a year pet industry is booming. It is obvious that we love our pets and why not? Animals give unconditional love, lots of snuggling, and ready companionship. For most people, animals hold a special place in our hearts. I've been a lifelong animal lover, but my biggest enthusiasm has always been reserved for wild animals. I mean, the hippo, *come on*—what's not to love? Their lifestyle alone inspires great admiration in me. They spend a lot of time lounging in the sunshine and swimming, two of my favorite endeavors. That said, it was with great enthusiasm that I tried to break the communication barrier and get a conversation going with a squirrel.

As he scrambled up my porch, I telepathically sent him the thought, "Hi, squirrel. How are you?" Suddenly, he froze, cocked his head sideways, and faced me with a quizzical expression on his face. Did he hear me? I wondered. I sent the next thought, "I'm trying to learn how to talk to you, but I can't hear your reply." Bored with the deaf human or perhaps entranced by a blowing leaf, the one-sided conversation quickly came to a halt when he then turned and ran off. Did I actually make contact? I don't know, but after meeting with local animal communicators earlier in the week, I was inspired.

For many pet owners, it doesn't seem like a giant leap that animals can communicate with humans. After all, when your cat is loudly purring at 6AM, the tuned-in owner can quickly conclude that it's time to open a can of Friskies. Or when the dog gives a disdainful sniff of the new food you're feeding him and walks off, he appears to be making a pointed statement.

But what about the ability to communicate with animals by thought alone? There is a growing interest in the field of animal communication—the ability of humans to communicate with animals through telepathy, or the use of mind-to-mind communication. Animal Planet's TV show, *Pet Psychic*, was probably the forerunner in introducing this field to the masses, and although skepticism is rampant, there is research that supports the idea that the bond between humans and animals may be more complex than we

are currently aware.

In the article, *A Dog That Seems To Know When His Owner is Coming Home: Videotaped Experiments and Observations*, biologist and author Rupert Sheldrake tried to test telepathy between humans and animals by observing a dog, Jaytee, who appeared to know when his owner, Pamela, was returning home. Between May 1994 and February, 1995, Pamela kept a log of her activities—writing down when she left her home, what mode of transport she used to return home, and what time she set off for home. Pamela's parents maintained a log of Jaytee's reactions while Pamela was away. On 85 of 100 occasions, Jaytee reacted by waiting at the French window in the living room before Pamela returned, usually 10 or more minutes in advance.

Not surprisingly, Sheldrake's work was challenged. Professor Richard Wiseman conducted his own tests with Jaytee and came to a different conclusion. He theorized that Jaytee's waiting may have been part of the dog's natural behavior when Pamela had been away for awhile, rather than any evidence of a psychic connection between pet and owner.

Dr. Agnes Thomas, a Brecksville, Ohio-based scientist, author and animal communicator, ascertains that "the advantage of telepathy is it can be proved." In her book, *Pets Tell the Truth*, she recounts that when she first began learning animal communication, she would ask animals over the phone to tell her what they saw when they looked out the window. To validate the information, Dr. Thomas said that she would "drive there and... it's exactly the way the picture is that he sent me."

Pictures are one way that communicators say they receive messages—similar to a movie screen in the mind. Other times, the communicator will actually hear an animal's voice in their head. Or an animal might send a feeling to the individual; alternatively, the communicator might experience a sense of 'knowingness'.

Although communicating with animals might sound challenging, Thomas says that she wasn't born with the ability; she learned through classes. She now offers animal communication workshops and says, "I teach it in one day. It's a simple technique—all that's really required is a quiet, meditative state and listening."

Besides the obvious benefits of being able to tell you what's on your pet's mind, animal communicators can also assist with more serious behavioral problems—from determining why a cat suddenly stopped using the litter box to correcting a biting problem with a dog. Cleveland-based Holistic Animal Consultant Mary K. Drake says that she has



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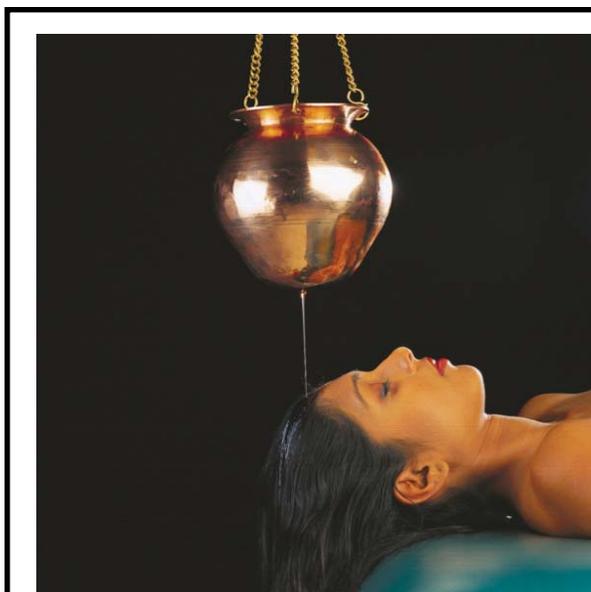
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seen some astounding outcomes using animal communication. "I have had excellent results with aggressive animals." She mentions that although she is not a vet, she can usually give a pet owner some sense of direction when they are experiencing problems with their animals. "A lot of what I do is information sharing," she says.

So what information do animals share, exactly? Many of the animals communicate how they feel, express gratitude toward their owner, and share what their life mission is. Yes, according to Thomas and Drake, animals do have a life mission—and what is that mission? It is unique for each animal. Some animals will express that their job is to guard the children or to help someone get more exercise.

For other pets, their mission is simply to love. As animal lovers can attest, the unconditional love of a pet is a profound and wonderful thing. *Scenes of Clerical Life* novelist George Eliot summed it up with this, "Animals are such agreeable friends – they ask no questions, they pass no criticisms."

Jill Huettich is a Reiki practitioner and freelance writer based in Lakewood, Ohio. She can be reached at healyourenergy@gmail.com.

Additional Resources on Animal Communication

Pets Tell the Truth by Dr. Agnes Thomas,

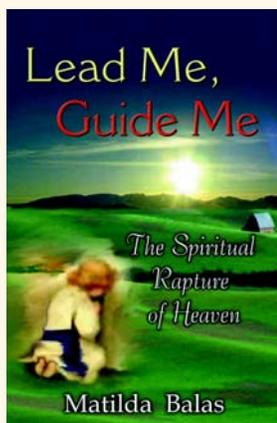
Straight from the Horse's Mouth: How to Talk to Animals and Get Answers and *Communications With All Life* by Amelia Kinkade,

Revelations of an Animal Communicator by Joan Ranquet

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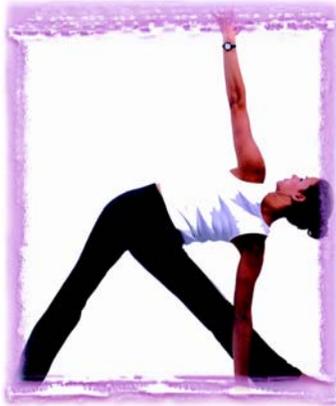
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Love Thyself

By Shakthi Paramasivam

“Love thy neighbor as thyself” said Jesus Christ. The issue with this statement is that it makes the assumption that we love ourselves. Do we? We say we will love ourselves when we, lose a few pounds, gain a few pounds, and get this house, car, relationship, and/or job.

Most of us do not love ourselves completely, hence our half assed love for our neighbor. We don’t accept ourselves completely as we are, so we can’t accept our neighbors as they are and we try to change them through various means the extremes of which are war and violence, causing misery. A more appropriate statement for us today would be “love thyself” as we accept our flaws and are not too judgmental of them; it will become easier to see others with the same level of acceptance, compassion and kindness. Thus will all turmoil within and without cease.

“Every act is an act from love or a cry for love,” says A Course in Miracles. This said, the act need not come from an outside source; it can very well be from your left elbow. What do we do when the elbow is screaming in pain? We try to get rid of it by applying some gel or popping some pain killers. This is like locking up a crying kid in the basement and hoping it is fine because you can’t hear them cry anymore. Absurd isn’t it? But we do it all the time. The ideal response is to stop and give the elbow your unwavering attention, presence and love. The elbow can’t resist this supreme power of your love; it simply surrenders to this warm embrace. Soon it’s dancing with joy.

This is what it needed all along, no gel or pills! It has

realized in its association with your mind that the only time anyone got any attention was when they were complaining or in pain, so it chose that path just to know that you cared and loved it. Thus when we love unconditionally that part of the body that does not meet our expectations, the body heals and responds with love. Only thus will we be able to love unconditionally another person, who in actuality is just another part of ourselves! So by loving every part of ourselves we can love the whole world.

Ever notice how some kids get their parents attention by crying and making a fuss for stuff or toys? And when they do prevail, they play with it for a few hours or days and then its history. A few days later it’s something else that they want! Now the kids want love and we all do, the act of wanting something and pestering their parents for it, is a cry for love, that’s not being answered right. If the child is given the attention and made to understand that he/she is loved no matter what, they would stop the nagging and craving for things because they are LOVED.

How do I know? I was once a kid (bratty, mischievous, lovable, depending on whom you ask) and anytime I wanted anything, my father’s response was to have a conversation with me, as to the need for it and if it was something I really wanted I got it, if not I still got IT(his attention and love). Thus I knew whether I received what I wanted or not, I was loved. That was simply enough.

How powerful is love? A couple of weeks ago, my boss was screaming at me, I simply looked at him without blinking and mentally started chanting “ I love you.”



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A few seconds into it , he stopped abruptly and gave me the answer I wanted. There is no force that can stand against love. It's the mightiest force of them all. We all know it; we just want to enjoy the drama, the ego a little bit longer, it's fine. So as we learn to love ourselves a little more, we can love our neighbors more. And pretty soon we will be appreciating the peace, abundance, joy and love that is already here.

Shakthi practices yoga, Tantra yoga, Fire Walking and other arts and teaches what he practices. For More information on classes and workshops offered by Shakthi log on to www.agnishakthi.com

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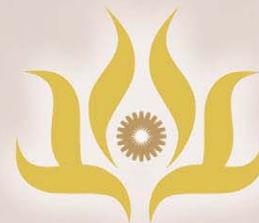
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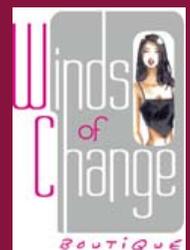


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Love, The Eternal Elixir

By Liaya Aneb Nua

Increased endorphins aside, the energy of love or Mer in my spiritual culture's language has the capacity to lift and transform. We learn through pain or love—and as my beloved teacher says “you'll get to your destination whether in first class or steerage.” I choose as often as possible to travel through the first class experiences of love. Although Love energy resides in all beings there is none like the experience of intimate relationships.

One of the principles I've embraced as a bliss activist as a way of life is the importance of embracing sexuality/sensuality as a path of evolution. I'm not talking about mindless sex with people I don't know, but to be in the sacred space of total surrender where two people allow their Divine Presence to emerge while in the space of temple meeting temple—to see beloved as Divine and to allow my own sometimes feelings of inadequacy and embrace intoxicating ecstasy to be replaced with the experience of adoration, a gift as it was meant to be.

We live in a culture that has bastardized and corrupted this gift to become something evil, tawdry, guilt ridden, sensation without heart experience and out and out foul. Sen-

sation divorced from understanding is a cheat to the Self. Unless the entire being is engaged you short-circuit sexual love's ability to transform and heal. It keeps one stuck in sensation and addiction, always hungry, never satisfied, usually drained and shut down and even angry—which can lead to illness. Although no one can “make you love yourself” with the appropriate intent and attitude your beloved has the capacity to look past your perceived shortcomings and view you as the God/Goddess you are, reaffirming what you already know to be true about yourself in your deepest heart.

This same essence of Love is available whether you are ‘in relation’ or not. This journey can be easier with a partner, but not impossible without one. Either way intrinsic trust is necessary to honestly strip away the masks and layers in order to reveal the true beauty and sharing of love.

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responses will let you know if this is someone you should be involved with. Ideally, at least four points of contact of mutually compatibility for both of you show potential for ongoing development in a positive way.

Neither of you should have had any alcoholic beverages for 3 days prior to the exercise (therefore it won't work if you meet someone in a bar while drinking and decide to do the exercise together before a one night stand!). The exercise should be done clothed. At each point of contact if there is a feeling of warmth, trust, openness, support, and ease this indicates compatibility. However if you feel fear, tension, tiredness, distrust, apathy, or defensiveness this is an indication of non-harmony with that point

with your partner.

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1. Hand to Hand-palms and fingers of both partners should be touching. Mutual compatibility indicates ease with each other in opening up past issues and sharing feelings. A feeling of simpatico. Good for mental connections.

2. Feet to Feet (bare)-Compatibility here suggests creating a good foundation together to actually build something tangible. Good for financial issues, physical well-being.

3. Back to Back-Should do this one standing up. No movements should be done. Focus on your own feeling. Will bring feelings of competition with each other, but also support. Depends on the people involved if this is a positive or negative experience.

4. Forehead to Forehead-Crucial for successful long-term relationship. Compatibility here is an indication of potential for best friend relationship, even more so than the heart.

5. Breast to Breast-Lightly embrace each other, important not to move. Imagine that your breasts are fusing together. Compatibility here indicates a good partnership, laughter together and ease in sharing emotions (good and bad). The ability to really listen to each other is present with compatibility here. Point: most people will have this compatibility in the beginning. That is why it is important to have at least 4 compatible points of contact as this point

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can change over time.

6. Belly to Belly-Important not to focus on the genitals but the belly button area. The lighter in weight can lie side-ways on top of the other. Compatibility here indicates the ability to spend long hours together. This is an important point for choosing a marriage partner.

7. Genital to Genital-Remain clothed. This is a point where it is OK to gently move with your partner. Of course, this is the sexual point of compatibility, which has nothing to do with the length of time a relationship may last. Also its a point to see how compatible your tastes are in food.

Besides receiving non-verbal information on whether this is a good match for you both, it can also serve as an open door for deeper verbal communication and intimacy. Trust your feelings while doing this exercise; you can save yourself a great deal of heartache. Learn to trust yourself and your decisions. This will help you be the empowered erotic being you are designed to be.

References:

1. Mysticism of Sex by Houzan Suzuki

Liaya is a Tantra yoga teacher, astrologer (using various systems), spiritual mentor, seer, and lineage holder for ancient Mother worship spiritual culture. She is available for consultations . Her book "Living Sacred For All Stages of Wombhood" and CD "Restoring Feminine Balance" will be available in late Spring of 2008. Phone: 641-715-3900; Ext: 31015#; her email is nitsdaughter@gmail.com; her websites: <http://communities.msn.com/lotusborn> and www.shaktifire.blogspot.com

YOGA TEACHER FEATURE

Name: Tammy Tsai Phone: 724 827-8047

Studios teaching at: Yoga Underground 3602 Darlington Road, Darlington Pa 16115

Website and email: www.yogaunderground.com – info@yogaunderground.com

Number of Weekly Classes: There are 8 classes per week for students ranging from beginner through advanced. There is the beginner level "Ashtanga Lite" and "Intro to Ashtanga", a Level 2 "Ashtanga Prep" and the full Primary Series which is level 3. I also teach an Advanced Class on Wednesday and Sunday mornings and am excited to have recently added Yoga for Teens to the schedule.

Private Lessons: Private sessions as well as group sessions can be arranged by contacting me by phone or through the website. There are group discounts available as well.

Do you do Workshops?: I am available for workshops in my studio or in another venue. Two examples of previous workshops include "Fundamentals and Foundations of Ashtanga" & "Arm Balancing Basics". I'm particularly fond of the Fundamentals workshop because it details the importance of building a strong foundation for any type of yoga practice. I also teach Ashtanga based Vinyasa classes that have a workshop feel to them. These classes are built with an intelligent flowing sequence that concentrates on specific areas of the body such as the hips, shoulders or backbending. This workshop style class is also offered at my studio on Sundays at an advanced level.

Styles of Yoga Taught: I teach traditional Ashtanga yoga as taught by Shri K. Pattabhi Jois of the AYRI in Mysore India. I myself have a personal practice of 6 days a week and continue my studies with bi-monthly trips to California to study with Tim Miller of the Ashtanga Yoga Center in Encinitas. I am currently being taught the Advanced A/Third Series of Ashtanga. It is my great fortune to be a student of Tim's for the past 6 years and I feel my commitment to his teaching has helped me become the dedicated & passionate teacher I am today. I have studied with many Ashtanga masters including Shri K Pattabhi Jois, David Swenson, Annie Pace. David Williams, and others but I consider Tim my main teacher and inspiration.

Mission Statement: To help others, through the Ashtanga Yoga system, to seek Truth within their practice, their lives and in their hearts.



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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

Yoga at Rivers Edge - 3430 Rocky River Drive, Cleveland. Overlooking the Rocky River and Cleveland Metropark. Call (216)668-1111 or go to: www.riversedgecleveland.com for details. See advertisement listing a selection of classes offered by certified teachers.

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.

Full Moon Yoga Studio - 2125 Front St. Cuyahoga Falls. Certified Yoga Alliance teachers, offering all levels of classes. Hatha, vinyasa, power, gentle, kids & teen, yoga for kids w/ disabilities, chakra workshops. Private sessions 330/926-YOGA (9642) www.fullmoonyogastudio.com

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Yoga Teachers:

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

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PLANETARY PATHWAYS

By Eva Starr

January: New Moon in Capricorn Jan 8th 6:37am/Full Moon in Leo Jan 22nd 8:35am
February: New Moon in Aquarius Feb 6th 10:44pm/Full Moon in Virgo Feb 20th 10:30pm
Mercury Retrograde: Jan 28th 3:31pm ~ Feb 18th 9:57pm

ARIES

January – Alright Ram...get out there and jump on the *self-employment bus*...it's a new year and it's time for you to get out on your own...Aries is a leader and a starter...so start your own business and tone down the butting of the horns...it's time to take another view from that mountain of yours...you're not the *only* one in town

February – So you took heed and went out on your own...see what toning down that temper of yours can do for your soul and everyone else's...people are starting to recognize that you do have a soft side, you're a powerful healer...so keep using that power to *heal* instead of fighting every kid on the block

TAURUS

January – Come out of that pen of yours Bull...there's magic in the air and it's time to catch a little bit of that fairy dust that's going around the bull pen...quit being so darn stubborn and set in your ways...what would happen if you decided to become *flexible* with that schedule of yours? Miracles that's what!

February – OK...so you came out of your comfort pen and saw a little more of the world than you're used to...now it's time to start making some more changes...like your thoughts...go on a *mental diet* of positive thinking...not only will the negativity from your life start to disappear...you may shed a few pounds while you're at it

GEMINI

January – The twins have a lot of dual action going on these days...Mars is in your sign, and one day it's Dr. Jeckyll and the next it's Mr. Hyde...so it's time for you to take a little time out contemplating on which one you are and what *you* really want...Mars is still Retrograde in the sign of the twins...but come next month you'll know *who* you are

February – OK...so you listened and took some reflection time...now that you've merged that dual personality into a holistic embodiment & Mars is direct...start to think about those decisions. Focus on what it is you *want*...not what you *fear*...what you think about you bring about...and with your busy schedule you need to be perfectly clear!

CANCER

January – You my dear Crab seem to have been living

on the right side of the waters these days...because the Universal energies have decided to bless the Crab with a magical mystery tour of the Solar System...take out that *magic wand* of yours and make a wish...then start to enjoy it's manifestation...and move forward not sideways

February – Alright Crab...take a deep breath and spend some time alone with your thoughts and meditate upon the direction you want your life to take, and your role in the *Journey*...remember to take the time out of every day for this contemplation time, it's more powerful than you think, and will yield tremendous results for you...*DO IT!*

LEO

January – The body part in Astrology associated with the Lion is the heart...so it's time for you to take a long look this year at your own *heart*, and make sure your charkas are cleared so you can start doing the healing work that you're here for...which is to heal the hearts of others...take advantage of that Leo Full Moon later this month

February – OK...Lion can't decide what to do with that Jungle of yours...do you need to have a meeting of the animals in your kingdom...how about just letting the Jungle run itself for a change and take some time to listen to your own intuition...then make a decision...but for Heaven's sake...*make the decision already!*

VIRGO

January – Hey Virgo...I think you've down enough work last year to take January off and get in some *R & R*...yea, you heard me...if the Virgin doesn't take time out to play how are you ever going to get back in touch with that creative side of yours...get outside and have some fun...it's January enjoy the *down time*...you'll be even more inspired

February – Someone wants to give you a helping hand...go ahead take a deep breath and say Yes, you don't have to do it all yourself...besides what are you trying to prove anyways...when you allow others to give to you...you're opening up the Universal energies into your own life, not to mention allowing them the *gift of giving*

LIBRA

January – No one ever said you were the King/Queen of decision making...but I've got some good news for you this month...let someone else do it for a change, you're missing some of the pieces of the puzzle and don't have all

the info to make a decision even if you wanted to...so get out there and consult an expert...let him/her *balance the scales*

February – See it's all starting to fall into place now isn't it...your prayers and questions are being answered by the synchronistic events happening all around you...start to notice all the coincidences that are occurring more frequently in your life...get yourself one of those beautiful journals Libras are famous for & start recording all the twist of fate

SCORPIO

January – Do you really want to sabotage everything...you've sent your request to the Genie in the sky, now get out of the way and let things happen in the natural order that's intended...you know you can't control everything, maybe this year working on *letting go of control* would be something the Scorpion could strive for...let it go

February – Tired of working for somebody else...well what are you waiting for...no one ever started there own business waiting for somebody else to do it...beside look at it this way...you like being the big cheese...so put those creative talents to good use and give it a shot...for every failure you're one step closer to success, the *how* is up to the Universe

SAGITTARIUS

January – The Centaur may have a lingering sweetie left over from New Year's Eve...Venus is dressed in full ro-

mantic gear and is planning to spend some time in your world for about the next three weeks...take advantage of Cupid's arrow and make sure the Centaur's bow and arrow has some hearts on it

February – It's safe for you to recognize your own worth...you are after all one of the *luckiest* signs of the Zodiac, so quit hiding behind somebody else's glory and come around full circle and start to claim your own power, you and only you can make lemonade out of lemons, start squeezing the *joy* out of life...you've waited too long

CAPRICORN

January – It's your turn this year Goat, and I don't want to hear any more glass half-empty and the skies partly cloudy out of you. Jupiter has landed in your mountain, and you my dear Goat are King/Queen this year...enjoy everything that's coming your way, you have the *Midas touch*...and Yes, everything you touch this year turns to *Gold!*

February – The only way you're going to take advantage of energies that are headed your way is to forgive yourself first, quit blaming yourself for every little thing, *Lady Venus* has just moved into your neighborhood and she doesn't have time for the pity party, so get over it, put on your best Goat gear, and trod forward to the *Mountain of Love*

AQUARIUS

January – You my dear Aquarian are the breath of fresh air of the Zodiac, and you dance to your own rhythm better than anyone else, so get out their and play the music that resonates to your orchestra and let that energy shine, Mercury is in your sign for the next two months along with a little Retrograde action...don't worry, *follow your own drum*

February- There may be some options you've overlooked, it's time to look at all the possibilities in your world, and make some changes, save your final signing of the contract and/or the final word for after the 18th when Mercury's gone direct again...then you'll be able to see clearly; once the dust from the Retrograde fades away

PISCES

January – Why do you swim in the *sea of confusion*, you have the ability within you to decipher that ocean of yours, you're more powerful than you realize, and you don't have to use it to bully people either, open up that warm wonderful heart of yours and start to *trust* the fish in your ocean, not everyone in your ocean is a shark

February – It's time to do a swim around that underwater world of yours, and move out some of the stagnant waters and sea urchins that are still lurking around sucking the life out of you...there are fresher waters available to you, get out your compass and set sail my dear fish, it's time to empty the fishbowl to make room for new guppies

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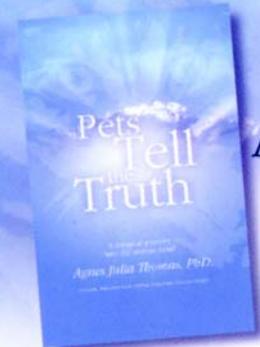
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THE GREEN PAGES



Unsustainable Love

By Lisa Ann Pinkerton

Several years ago, I found myself neck deep in an abusive relationship. When I began asking my friends for help, they're first reaction was disbelief. To them I was a strong, independent, liberated woman, "How could I, of all people, allow myself to be abused?" The only answer I had was things, of course, didn't start out abusive. Instead it was a behavior that gradually crept into the relationship. And it took some time for me to convince my friends I needed their help.

I see humans and the Earth in a similar relationship. In ancient times, the connection between Man and the Earth was strong. The Earth provided Man with shelter and food, and in return Man expressed his love through the worship and respect for the Earth. But as the human race became more advanced, it learned how to manipulate Nature into producing exactly what was wanted. Agriculture, metallurgy, and advancing technology opened a rift between Nature and Man. Soon, Man was using all the land he could, taking as many resources as were available, and giving back less. Like an abuser in a relationship, Man believes he loves Nature, but his love only goes as far as his own desires. He loves what the relationship *gives* him.

When it comes to the planet, many of us have blinders on. We are only willing to look at our small lives, instead of looking past ourselves and seeing the role we play in the preservation or destruction of the Earth. We tend to love ourselves more. Our love for the Earth is conditional and it stops when we don't want to change or don't want to be inconvenienced.

These blinders are synonymous with money in the world of globalization. If money can be saved by thinking sustainably, business is all for it. But it's difficult to remove the blinders, when the money that could be saved is far off in the future. When those savings and the rewards for creating those savings cannot be enjoyed by the people who made the sustainable changes. In governments, there's a

similar situation where those who have a vested interest in maintaining the status quo, will attempt to do so.

A recent the United Nations Global Environment Outlook report says there's a "remarkable lack of urgency" on the part of global leaders in rich and poor counties to tackle environmental problems that have been lingering for decades. Ban Ki-moon, UN Secretary General remarks, "past issues remain and new ones are emerging, from the rapid rise of oxygen 'dead zones' in the oceans to the resurgence of new and old diseases linked in part with environmental degradation." The UN report concludes that the well-being of millions of people in the developing world is put at risk by failure to remedy these growing problems.

Sometimes in relationships we love the other people more than ourselves. We put up with abuse and make sacrifices so others can be happy, never considering our own happiness. When it comes to the Earth and its health, we seem to have the opposite view. Sometimes I think we love ourselves too much. We love our conveniences, no matter how much we pollute. We want what we want, when we want it. Bottom line.

Take meat as an example. It's a staple on the dinner table of most developed counties. However, the UN says raising animals for food generates more greenhouse gases than all the cars and trucks in the world... *combined*. It's one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous oxide emissions.

So while driving a Prius prevents about 1 ton of carbon dioxide from entering the atmosphere each year, being a vegan stops 1.5 tons.

According to the University of Chicago, "You could spend more than \$20,000 on a Prius and still emit 50 percent more carbon dioxide than you would if you just gave up eating meat and other animal products."

But how far does your love for the Earth go? To be honest, I don't think mine even goes that far. I'll spend an extra hour each week sorting garbage for recycling, ride my bike or take the bus, filter my own water rather than buy bottles,

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take my own canvas bags to the grocery store, and compost all my organic waste...but I just won't live without nachos, and the delicious melted cheesy goodness that cows bring me.

My love for the land that supports my very existence is not unconditional. Like the man who hit me and then said he loved me, I love the Earth to a point. I think we all do.

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Perhaps the Earth has its point to. The earth is a self-regulating organism. Mother Nature has supported us for eons, unconditionally, but now her existence is threatened. It seems, her unconditional love has reached its limit and she must take measures to protect herself and her ability to create life from the excessive amounts of carbon dioxide we have put in her atmosphere.

Global Climate Change has been called humanities "greatest challenge" and the world's most grave environmental threat. It up to us, as individuals to look inside ourselves and determine how much love we are capable of expressing for the planet, in the forms of recycling, reducing our carbon footprint, and living a sustainable life. If only a handle of us can walk this talk, the love we show through our actions will be felt by others and maybe encourage a few more to do the same. This ripple effect is happening already and you can be a part of it.

In this New Year, ask yourself some things the modern environmental movement isn't. Where does your love with Mother Earth stand? And how far will you go to protect her? Ask yourself these questions every time you have an opportunity to commit a sustainable deed, (i.e. Do I love the Earth enough to carry this plastic bottle until I find a recycling bin?). You might discover you love the Earth more than you know.

Lisa Ann Pinkerton is an environmental radio reporter in Cleveland Ohio. Her work airs nationally on the Environment Report and at WYEP's The Allegheny Front. She joined the Journey Magazine as its editor in September 2007. She can be reached at comments@thejourneymag.com.

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Planet-Love

By Arielle Jacobs

The love I feel for nature is sometimes judged as unusual or unnatural. My heart connects to the air, the earth, the rain, the flame. My heart yearns to protect our Great Mother- our caretaker, our protector, our sustainer of life. My heart breaks at the thoughtlessness and disrespect our Mother must endure while providing us with everything she has, with limitless generosity.

But love cannot be forced. No matter how hard I try, I cannot force others to share my love for nature. The depth and sincerity of Love must be born within. It cannot be taught, forced or persuaded into beingness. Experience alone can manifest such a Love. Just as experience is the only way to feel love.

To experience love involves Risk. It involves the possibility of loss and heartache. Some people prefer to stay safe, building walls of protection around them so high that they themselves are forever trapped within. Are they happy, alone and safe? *Are they happy?*

The main character in the recent novel-turned-movie *Into the Wild* enacts this journey and concludes that *True happiness can only be experienced when shared*. I believe the same is true for love. The purpose of life is to share love. In sharing, we are able to experience our inter-connectedness, and subsequently our own expansive selves, to a degree that remains unattainable to the solo-seeker.

But how can one possibly define Love? That feeling of connection with another, or recognition, feeling known, heard, accepted, supported and appreciated. Or feeling those sensations towards another...your mother, your lover, your child, your friend. What is Love? Love is warmth, car-

ing, compassion, patience. The acknowledgement of another's divine light while honoring each other as reflections of the Divine. Your neighbor, your daughter, your pet dog. I'm serious. Everything and everyone is an embodiment of Love, of God... of All things.

Love has been a huge part of everyone's life since birth. Whether a baby received abundant love or the withholding of love has undoubtedly affected their ability to love and be loved in their adult life, whether they are aware of this or not.

If we truly hope for the next generation to live in a vibration of love, acceptance, tolerance, openness, compassion and ultimately, peace, then we must see every child as the hope for humanity, for our global community, and our Earth. It is our responsibility to instill each person with Love, thereby allowing them to treat others with Love and imagine the possibility of a loving global society- one that accepts our differences as a necessary balance, and respects our individual journeys as a beautiful path toward communal conscious evolution. In essence, a society based in Love for oneself, each other, and our Earth.

A society that recognizes "Love" as the key to simultaneously understanding and experiencing ourselves as the interconnected, responsible caretakers for all beings, large and small. Whether it be a baby, a tree, the mountain or the sea, it will grow to know peace if we love it unconditionally. If we can learn to love, protect, and appreciate Nature, then we will be able to witness beauty in other places too. We'll be able to notice the beauty inside of ourselves as well as each other.

And when we can do that, our planet will know Love.

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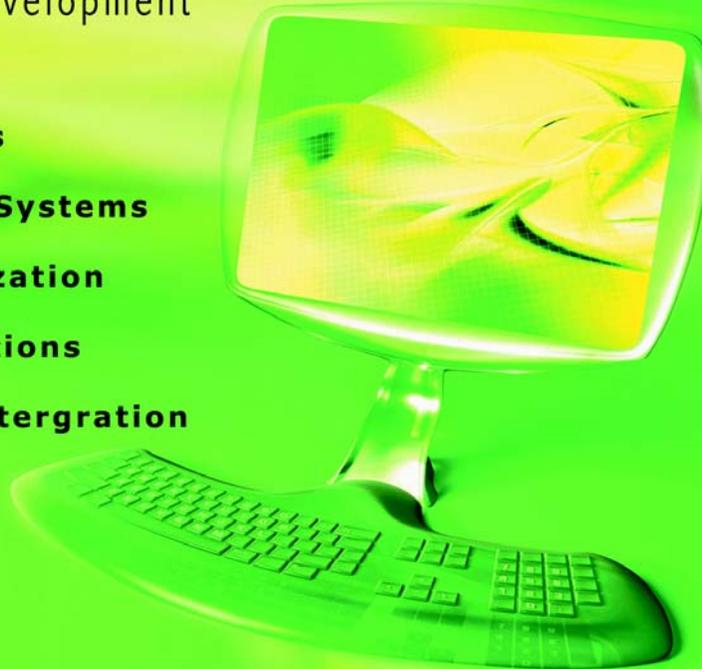
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New DVD Club Offers Inspiring Films Dedicated to Improving Our Planet

What do abandoned tires, empty beer cans and used soda bottles have in common? They make up the “bricks and mortar” of renegade architect Michael Reynolds’ energy-independent housing known as Earthships.

In a race against global warming, Reynolds has been experimenting passionately with radically sustainable architecture utilizing by-products of post-modern consumption. The inspiring documentary GARBAGE WARRIOR depicts Reynolds’ eco-friendly architecture and his battle with the New Mexico legislature to create sustainable living test-sites. This film is an example of the many exciting and informative films that will be featured in the new Earth Cinema Circle, a subscription-based DVD club launching in January 2008.

The Earth Cinema Circle (ECC), a GAIAM company, offers a bi-monthly selection of inspiring eco-friendly films, as well as exclusive membership in a community dedicated to improving the health of our planet. Every other month,

ECC will send you 3-6 films (features, shorts and documentaries) that explore subjects such as wildlife and conservation, green movies about environmental choices, inspirational biographies about environmental heroes, videos about adventurous eco-travel and informative films that address issues that concern all of us: global warming, pollution and species extinction, to name a few.

Earth Cinema Circle was created by renowned adventurer, author and environmental leader Rick Ridgeway and the Spiritual Cinema Circle both are GAIAM owned companies. GAIAM (www.gaiam.com) is a health-conscious, environmentally responsible lifestyle and media company that believes our personal health and well-being is connected to the health of our planet.

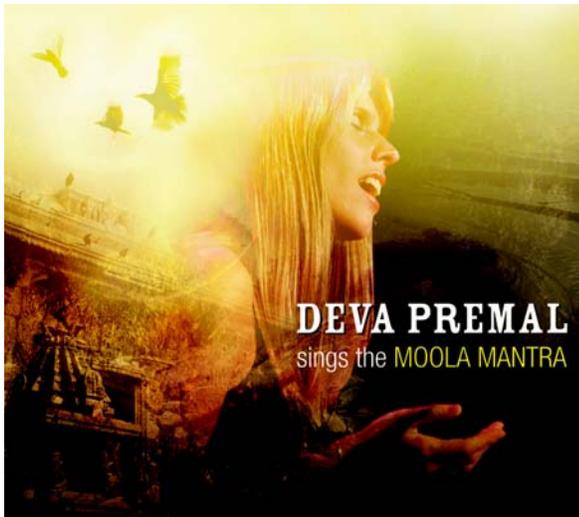
The films offered through ECC are movies with powerful messages that provide educational “eco-tainment” for the entire family to enjoy. For more information please visit www.earthcinemacircle.com.

Points to Ponder

- The Great Pacific Garbage Patch. About 1000 miles west of San Francisco there’s a debris field of plastic, 57 years old. The plastic flows into the ocean from beaches and sewers all over the world, leaving no country willing to take responsibility for its clean up, if its clean up is even possible.
- Guyana, a former British Colony between Venezuela and Brazil has offered England the largest Carbon Offset ever. In exchange for development aid from the UK, the small country has offered Britain its entire, intake rainforest. The forest is larger than England itself.
- Some climate experts say 2007’s enormous, wind-driven infernos could become a regular feature of life in Southern California. Research suggests Climate Change may make regions of San Diego and Los Angeles hotter and drier, with winds blowing more often- increasing the likelihood of massive out-of-control infernos.
- In China, developers plan to what they say will be the world’s first sustainable “eco-city” on a island plot three-fourths the size of Manhattan. To balance the countries demand for housing and energy, Dongtan as its called is being designed to support around 1 million people, recycle nearly all its waste, and use renewable energy like wind, solar and biofuel, that’s generated in the city. The first phase of the project is set to be completed by 2010.
- In upstate New York, the Mohawk tribe has become the first reservation in the US to have an official voice in the protection of its air from pollution generated outside the reservation. The tribe complains of fluoride and heavy metals drifting down stream for tow large industrial plants. Now the EPA has given the Mohawks a voice in the permitting process for pollution in their territory and other parts of the state.
- The Report, “A Poison Kiss: The Problem of Lead in Lipstick,” found detectable levels of lead in 61% of the brands tested, in excess of .2 parts per million (the legal limit) L’Oreal, tops the list with two products, Colour Riche True Red (0.65 ppm) and Classic Wine (0.58 ppm). CoverGirl, follows with Incredifull Lipcolor Maximum Red (0.56 ppm) and Continuous Color Cherry Brandy (0.28 ppm).
- Widespread deforestation has made Indonesia the third largest emitter of carbon in the world. Near-annual forest fires on islands such as Sumatra and Borneo send choking smoke as far as Singapore and Malaysia, are for the most part caused by the clearing of peatlands. When burned, peatlands release six to nine times the amount of carbon stored in regular equatorial forests. Greenpeace estimates this to be 4% of the world’s greenhouse gases.
- Duraflame artificial logs are made with sawdust and petroleum wax, a by product of oil refining. Now, officials say they will use only plant-based waxes eliminating consumption of 100 million pounds of petroleum wax per year.

DEVA PREMAL SINGS THE MOOLA MANTRA

CD REVIEW



Deva Premal Sings The Moola Mantra: New Album & North American Tour: An exceptional artist is an exception to the rule Deva Premal is living a musician's dream career. Barely a blip on the mainstream music industry's radar, she has sold over half a million albums and performed for hundreds of thousands of fans (or "friends", as Deva would say), a loyal community that grows with each tour. She and long-time partner Miten have created an original model on how to succeed in music on their own terms, touring the globe each year, making their own decisions along the way and never compromising their vision to attain commercial goals.

While the mainstream press maintains a bedside vigil for a music business on life support, Deva Premal doesn't just survive — she thrives, opening doors and selling CDs whenever and wherever she sings. As one ardent admirer says, "when Deva Premal sings, the gods listen." Deva and Miten consider their music to be "a gift, an offering...we don't care if we play for one person or one million people." This unorthodox approach has resulted in increasing legions of devoted listeners (numbering much closer to the one million mark), including such notables as His Holiness the Dalai Lama, Tony Robbins, Edward James Olmos and Cher, as well as yoga communities, spas, and healing and meditation practitioners worldwide.

Her newest recording, Deva Premal Sings the Moola Mantra (released on August 28th on White Swan Records), honors all spiritual paths, creeds and traditions. Deva's extraordinary voice — a silky, unmistakable, sustained vibrato — moves the mantra through a serene soundscape of sitar, bansuri, dotar, strings, piano, tabla and ambient electronica, in a suite of treatments of the single mantra. Produced by Ben Leinbach, it features special guest musicians Jai Uttal, Nepalese flautist Manose, Kit Walker and Benji Wertheimer.

The Moola Mantra's theme of universal oneness and

harmony between male and female energy is perfectly aligned with Deva and Miten's mission. Ever since meeting almost 20 years ago in India at the famous ashram of Bhagwan Shree Rajneesh (later known as Osho), these partners in music and life have traveled the world, exemplifying that male/female energy balance and offering their music as not just entertainment, but as a tool for creating an intimate circle of togetherness and healing in their stage performances and workshops. Indeed, in their annual sold-out retreats in Greece and Australia—and this year in Maya Tulum, Mexico—couples convene for a weekend of mantra singing, meditation, and Tantric teachings. Concert and retreat attendees depart profoundly moved, and many have found the events life-changing.

India's deep spiritual heritage also figures prominently on Deva Premal Sings the Moola Mantra. It was a visit to Sri Amma and Bhagavan's Oneness University in India last year that inspired them to record the Moola Mantra — a mantra especially cherished by the Oneness community in their practice of deeksha (a transmission of spiritual energy). As with *The Essence*, the intent was to offer a tool for practice — but the record already seems poised to become another Deva Premal classic, defying expectations and uniting a growing audience in song and celebration.

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Dancing Within the Heart of Love

By Roger Sams

*The pawn always sits stunned,
Chained, unable to move beneath
God's magnificent power.
It is essential for the heart's coronation
for the pawn to realize
There is nothing but divine movement
in this world. -Hafiz*

– translated by Daniel Landinsky in *The Gift*

The Sufi poet Hafiz reminds us that all of life is energy. All energy is vibration. And all vibration is movement. So from a metaphysical point of view, life can be viewed as one big cosmic dance. Time and time again the mystics write their love poems to God and speak of the powers of both dance and love . . . of the cosmic love dance.

Of course, there isn't just one kind of love. The vibration of love has many variations, each one of them moving through our lives and our physicality with subtle and not so subtle differences.

One of the most beautiful ways that love shows up is the unconditional love that flows from a parent to baby. There's nothing quite like watching a young parent in love with the fruit of his or her love. You can feel the gentle vibration flowing from the eyes of an adoring mother as she gazes love upon her child. For me, being in the presence of such love is like basking in the love of the Divine Mother.

I vividly remember one of the first times I was aware of experiencing the vibration of love within a context that was neither familial nor romantic. I was at the end of an eighteen-month training at the Gestalt Institute of Cleveland, where I had been in intense experiential learning community. We had bared our souls to one another and our hearts had opened throughout our time together. During one of our breaks a friend and I gave each other a big, long, open-hearted hug. And I experienced love as vibration in a totally impersonal way. I literally felt the love pulsing between the two of us as we hugged.

It was personal in that she and I had created a loving relationship over time. That trust was a requirement for this experience. But what was impersonal was my awareness of love as a physical vibration that could be felt as just that. I could feel, for the first time with awareness and understanding, a circle of energy that flowed between our two hearts. It was luscious and nourishing. When we closed our embrace I just looked into her eyes and asked her, "Did you feel that?" She did.

In movement meditation, or ecstatic dance, this sensation is most readily experienced through the Laban movement effort of *float*. *Float* is light. It is indirect, meaning it meanders

rather than moving in a straight path. It is sustained . . . the movement lasts a long time. *Float* is expansive. The best image we have for *float* is that of a cloud in a sky.

Consider giving yourself a few minutes to explore the effort of *float*. Find some mellow music with a very gentle beat. Stand with your feet shoulder width apart. Close your eyes and allow your body to relax in to your stance. Gradually give your head gentle permission to *float* in any way that it wants to. It doesn't matter what you look like. What matters is that the movement feels nourishing. Allow your head to *float* on its own terms. Incrementally allow the energy of that *float* to move throughout your body, engaging all of your physicality in your head's *float*. Just let your physical body *float* and be with the sensations. Gradually move leadership for your movement down to your shoulders and throughout your body. When your body is ready to stop allow stillness to come at its own pace and on its own terms. Soak up the sensations for a few moments as they flow through your body. What are you feeling now? What has shifted?

In many ways the sacred dance floor, which is anywhere you choose to dance with intention, creates space for you to experience the vibration of love in your physical body in a large, gross motor kind of way. This dance allows you to practice being with that energy in a non-personal way so that you can begin to know what the energy of love feels like as it moves through your body, without being attached to outcome. Over time, as your movement practice deepens, you will become more and more sensitive to the appearance of the vibration of love in your physical body.

In the last ten years I have been amazed to be sacred witness to my own body's growing capacity to teach me about God through movement and other body-based healing modalities. I have been blessed to share these tools with others and observe that, for many, movement meditation can be an extraordinarily powerful tool for supporting spiritual growth and the unfolding of our awareness of God within. I encourage you to put on some inspiring music and explore the possibility that love waits for you on the sacred dance floor. –Namaste!

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

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It's Time for Love

By Julie Mills

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around". -Leo Buscaglia-

What a simple and beautiful truth. Life is love and in giving love, you not only touch the heart of another being but your heart as well. Like a hot cup of tea, love provides a sense of peace and warmth that fills the mind, body, and soul. Today's world is hectic and thought to be filled with hatred and selfishness. I disagree. Yes, there is a war and yes, there is always work to be done and somewhere else to be but the decision is ours to see time and love as plentiful resources. Guided by a higher level of consciousness, we must be mindful in each moment of our day. Appreciate those around us, acquaintance or stranger. Be aware of all of the love that is expressed towards us, verbally and non-verbally. Take time to respect those you come in contact with and take time to feel joy when witnessing love expressed between others. The following are three stories of love taken from my life. I ask you now to close your eyes, take long deep breaths in and out and think of three stories of love you would tell if you were writing this article. Feel it, Give it, Receive it, Live it.

I know a man named Robert. He is a college graduate and published author of unbelievable poetry. He is a very gentle man- so humble, grateful, and intelligent. He is also homeless. He is just one of the many people I serve breakfast to alongside Aileen Getty and her non-profit organization, "Gettlove". To Robert, we also give money so that he can afford to print out and share his beautiful ideas and thoughts with us. My life is enriched by knowing Robert. My life is enriched by knowing Chuck- another homeless man that quietly washes my car windows before wondering off to collect cans out of the trash. It is his form of thanks and I am touched. This is love. I have learned that it can come in very unusual packages. Aileen Getty, the grand daughter of the famous American oil magnate John Paul Getty Sr., was a customer at the store that I manage in Los Angeles. From the amount of money that she spent each time she came in, I knew that she was wealthy but it was her shy, loving, genuine, and unassuming demeanor that drew me in. Each day, she works non-stop to better the lives of those less fortunate. From making hundreds of meals a day by hand in her own kitchen, to giving the tenderest of hugs- She is love.

My brother's name is Jason Distasio. He's 32 years old, recently married, and maybe the most loving, funny, charismatic person you could ever come in contact with. I flew home last April to say goodbye to him. As I walked in

his house, I picked up a bowl of peanuts that was sitting on the deck thinking I was doing him a favor by cleaning up after having guests the night before. My brother, who is 6'2" and resembles Mr. Clean, quickly corrected me, took the bowl back to the porch and explained that the peanuts were for his squirrel friend "nut-nut". Of course. What was I thinking?! His wife laughed and just rolled her eyes. Soon after, my brother was sent to Iraq.

He is a sergeant in charge of a platoon. It is his responsibility to conduct missions in heavily armored vehicles, locate, and destroy explosive devices that are in areas of high travel that may danger civilians or other soldiers. About 2 months ago, I received a letter from him saying that he needed soccer balls in his next care package. When they go out on their missions, they hand out the balls to the kids and spend a few minutes kicking it around. Instead of soldiers, the children see my brother and his platoon as the big hearted, young individuals that exist underneath the starched uniform. This love and unity is important to the hearts of both sides.

Back in LA: I was working on my store's sales floor having a conversation with a customer that included this story of my brother. Recently, I received a phone call at the store. It was my customer's daughter who happens to be a senior at a predominant high school and the President of the Key club. Each year, it is the President's job to determine a charity that the organization will be involved with. She chose my brother's. Over this school year the Key Club is working to raise the money and establish the network of businesses and individuals to get soccer balls sent to my brother and his platoon. I believe they are calling it "Soccer for Peace". This is love.

Once a week I volunteer at Children's Hospital in Hollywood. I do crafts with critically and terminally ill children. Most of the time, I travel room to room because the children are too sick to get out of bed or have too many tubes in them in order to keep them fed and medicated. Not long ago, I was stationed in the 6th floor playroom with a bunch of children. There was a moment that I just sat back in silence, looked around, and gained an understanding of the room's importance. The children looked so incredibly beautiful and innocent. To them, this room is a place where they can forget about their pain, condition, and ongoing treatments. They have the chance to escape and can actually be a child instead of a patient. For their parents, sitting and dozing off in the corner, this room is a place of solitude and peace from an otherwise stressful and worrisome life. I look up and see the plaque that states who the room is funded by and I give thanks for them.

Their gift is a blessing. They are love.

Born, raised, and educated in Ohio, I moved to Palm Beach when I was 22. There, I was a successful model, retail manager, and socialite. I was invited to places that most are never given the opportunity and included in social circles way beyond my means. For a short time, I thrived off of this. Then it hit me how empty and unfulfilled I felt inside. I backed off

and began to concentrate more on my spirituality, career, and unbelievable family. I left everything in April 2006 and moved to a city that I had never been: Los Angeles. I had no friends, no job to report to, and no residence to call home. A huge leap of faith and a giant step in my journey of self discovery. The first few months were probably the hardest of my life but it helped me become the person I am. Where I stand now is the most beautiful place I have ever been. It's almost hard to stop smiling.



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LOVE'S UNEXPECTED TEACHERS

By Aimée Cartier

Anyone who has a pet could testify to their uncanny ability to point out the essentials in life. When I truly think of it, I realize I could probably learn everything I need to know by watching my cats. They teach me an enormous amount. Sometimes those lessons are as simple as *play is important* or *cuddling is nice*. Other times they are as universal as *always make time for love—it is one of the essentials*.

I have two cats. Although they both have wise, playful spirits, they are as different as the lengths of their coats. My little girl, Freya Maeve, is what I like to call a “fluffer muffin.” Her poofy fur is in its height during the winter months, but even her summer version allows her to stalk in the warm rains with skin basically untouched. This happens to work well for her because as soon as the trees green, she moves to her second home, the great outdoors. Our garden shed doubles as her summer apartment—one that she uses mainly for rainy moments. Her long days are spent napping under ferns, curled up in the sun on downed trees, hunting moles, and sniffing flowers. Sometimes she is gone for days at a time, but most days she’ll gladly visit with you if you come over to *her place*, the yard.

My little boy, Gwydion, on the other hand is a more civilized version of four paws. He takes his afternoon naps, like a proper person, on the bed with his head resting on the pillow. He’ll join you for a project in the living room, just as easily as he’ll join you for some raking outside. His schedule is not generally beholden to the sun, it’s beholden to me. If I sleep in, he’ll sleep in. If I’m up early, he’s up early. He doesn’t look at me out of the corner of his eye with a “could you keep down the racket?” glance, he just judges from my tooth brushing that it’s time to get up. When it’s time for tea, you’ll find his silky short-haired body trotting down the

hall ahead of me, toward the kettle.

My girl is as wild as the stars that shine, and my boy as domestic as the candles that burn. Freya Maeve cannot tolerate being kept indoors. Gwydion cannot stand being left for long periods without people.

But despite their different natures they both point me to what is essential. Gwydion is pure love. Sometimes all I have to do is look at him to get his motorboat purring through the room. He rarely wavers from his natural eau d’amour scent. But even during the summer months when the house basically becomes Freya’s grocery store, she always makes an appearance for love. She’ll come barreling through the cat door on a mission— hunting me down wherever I am, meowing fervently to get her message across. It’s time for a refill—a little snuggle to carry her through the day.

I’ve learned the lesson. I drop everything. I mean what could be more important than giving and receiving love? I scoop her up in my arms, stroke her soft long fur, and whisper sweet nothings into her perky ears. I rock her, cradling her soft form like a baby. She nuzzles her head close to my chest, closes her eyes, and soaks it all up. Depending on her day this could last several seconds or many minutes. When she is full, she rotates in my arms, leaps to the floor, and leaves the cat door swinging behind her on her way out.

It never fails. She’s as regular as Gwydion in her own way. No matter the season, her back never turns on what is essential. Love, and food, now seriously, what could be more important than that?

Aimée Cartier’s love of life stories has led her to a career as a freelance writer. She writes on an island in the Puget Sound, where she lives with her partner and their two feline muses. <http://aimeecartier.wordpress.com>

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 My neck and back are out of wack, and I feel as if I cannot rise.
 There is heaviness in my chest, which makes it hard for my mind to rest.
 I am stuck in my muck, and this I detest.
 It hurts to reach, and any load is just too much....
 Obvious signs of self-defeat.
 Upon reflection, I see all of my imperfection...
 And so I seek distraction.
 But the hurt keeps me where I am – in the pain and paralysis of my own demise.
 I used to say “I haven’t got time for the pain”, it was easier to run away.
 I knew it all and was always right...
 Now I am only filled with spite.
 “I’ll do it myself” and I will be protected.
 Now, what once served to protect is being rejected.
 It’s time to surrender this complacency and blunder. And allow love to cradle me from under.
 Let this be an example of a chosen path of resistance. If it doesn’t appeal to you, choose the path of least resistance. Choose Love.

Nikki Pawlowski, intuitive guide and spiritual coach can be reached at 216.990.0238, or www.heartandsoulutions.com



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DEAR LOUISE.....



A Monthly Column from Louise Hay

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For the past 25 years, she has as-

sisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world.

Dear Louise,

I'm a 40-year-old woman who has been recently diagnosed with menopause and have also found out that I have the sickle-cell trait. I'm losing my hair, and I've just come to the end of a very bad job from which I've been laid off. Financially, I'm struggling. I've been bad with money and have no savings. For some of this time I've been victimized by one of my colleagues, who finally won a tireless campaign to get rid of me. I suffered playground bullying as a child, also. Despite this, I'm very strong and a fighter and am trying to regain my confidence.

My real desire is to have a successful career in writing, and I've been trying my hand at this. I've been to a writing class and some of the extracts I've read have been well received. My current job is as a senior administrator. Overall, I'm really exhausted at this point. What I want is a long rest away from working. I don't want to go full steam ahead into another job, but because I own a home and have debts to pay, I have no choice. Any advice? **D.F., London, England**

Dear D.F.,

It's hard to solve a problem by looking at everything that's wrong. Let's begin by looking at your strengths. Just because you have a "trait" doesn't mean you'll get a disease. You are obviously a survivor. You just ended a very bad job, you own your own home, you're a budding writer, you're strong, and you're half my age! Yes, you have a pattern or two from childhood that needs changing, but this is all doable. Your whole life is in front of you.

Please begin by forgiving the bullies from childhood and the one at work. By doing so, you're setting yourself free and releasing the old pattern that has followed you to the last job. Menopause is *not* a dis-ease. It's a normal transition in life. I went to a homeopathic practitioner when I went through menopause and found it to be most helpful. I see your hair loss as the extreme tension you've put yourself under.

Learn to relax, breathe deeply, and gently and lovingly massage your scalp. Write a daily gratitude list. Say something loving to yourself every time you pass a mirror. It all sounds simple, but this is the way you break old patterns and give the Universe a chance to bring new, wonderful experiences into your life. Affirm: *I am willing to release the*

past. I love and appreciate who I am. Life loves me and I am safe. All is well.

Dear Louise,

I recently adopted a dog, and although I've never experienced an allergy to dogs before, I appear to be allergic to him. I cough and wheeze whenever I'm around him. I love the dog and don't want to give him up. Could you kindly offer suggestions as to the root cause of my newly developed allergy? Thank you so much. **R.R., South Carolina**

Dear R.R.,

Seeing that you've never had an allergic reaction to animals before, I suggest that you contact Dr. Shawn Messonnier at www.petcarenaturally.com. They have natural homeopathic preparations that you'll give to your dog so that you'll have fewer allergic reactions. It sounds miraculous, and it is. Do give this a try.

You can also use the affirmation: *I have a healthy, happy relationship with my dear dog. We both love each other.*

Subscribe to the Louise Hay Newsletter! Call for a Free Premier Issue: (800) 654-5126.

Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Due to the volume of e-mails Louise receives, she can no longer respond via the Internet.

Visit Louise and Hay House at: www.LouiseHay.com or www.hayhouse.com. And, tune in to www.hayhouseradio.com for the best in inspirational talk radio featuring top Hay House authors!

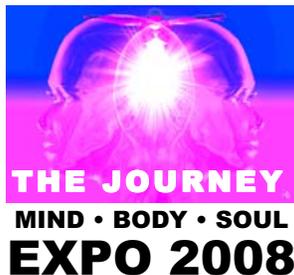
The Greatest Love Of All... Continued from page 16

It's time to take back your life! Quit giving your power over to other people...*give up blame* & take on accountability...reclaim your power. Stop worrying about what "OTHER" people. Think! *Following your own path* and staying true to yourself is one of the hardest things you'll ever do...but you'll feel damn good you did it! I've never been one to do "*the right thing*" who wrote the book on the "*right thing*" anyway! Instead of reading the book "this is what society or your family says you *should* do"...come on over to my neighborhood...and follow the lead from "*what you think of me is none of my business*" ~ Terri Cole Whitaker. You'll wake up and go to bed loving yourself for believing in your own heart!

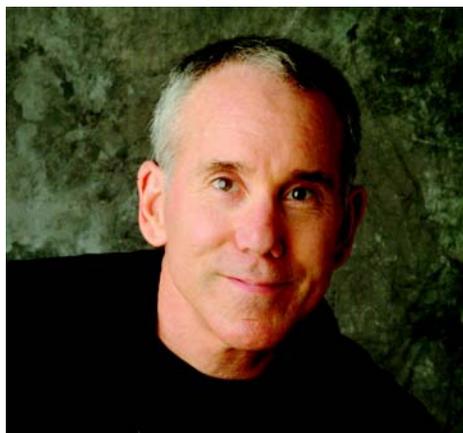
"He that falls in love with himself will have no rivals."
~ Benjamin Franklin

I ask you to start today...this very minute and *begin having a love affair with yourself*...I can guarantee you it will be the best damn love affair of your entire life.

Eva Starr's spiritual journey has taken her coast-to-coast studying the various schools of thought. She has recently relocated to the San Diego area. Check out her website reachforthemoon.net for updates & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.



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1-4 pm

Author of
"The Way of the Peaceful Warrior"

Caroline Myss
Sunday, September 7
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Author of
"Sacred Contacts: Awakening
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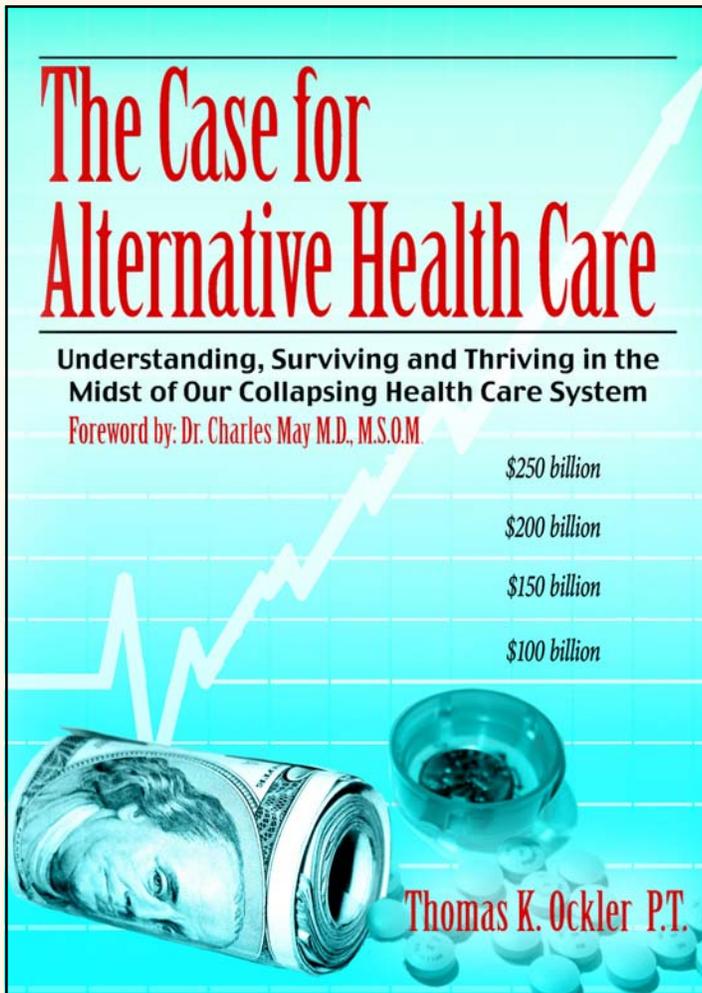
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Thomas K. Ockler P.T. is a North East Ohio Author, Lecturer and Alternative Physical Therapist