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January 2010

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The Great Invocation

From the point of Light within
the Universal Mind
Let Light stream forth into the
minds of men.

May Light descend on Earth.
From the point of Love within
the Heart Divine

Let Love stream forth into the
hearts of men.

May God/dess return to Earth.
From the center where the Will of
God/ess is known

Let purpose guide the little wills of men.
The purpose which the Masters
know and serve.

From the center which we call
the race of men

Let the Plan of Love and Light work out
and may it seal the door where evil dwells.

Let Light and Love and Power
restore the Plan on Earth.

VOICE OF CHOICES

Celebrating Life!

January 2010

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by Aaron Pyne pg 9**

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Whether you define 'spirit' as enthusiasm or spirituality, Voice of Choices supports you in exploring the many options for creating and enjoying your life! We feature articles on alternative healing, personal development, spirituality and a wide range of topics focused on spirited living.

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*Thank you for all your good work.
Blessings in all your choices.
Nam Myoho Renge Kyo*

- The Lord's Prayer -

O Cosmic Birther of all radiance and light! Soften the ground of our being
and carve out a space within us where your presence can abide.

Fill us with your creativity so that we may be empowered
to bear the fruit of your mission.

Let each of our actions bear fruit in accordance with our desire.

Endow us with the wisdom to produce and to share what
each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us as
we release others from the entanglement of past mistakes.

Let us not be seduced by that which would divert us from our true purpose
but illuminate the opportunities of the present moment for you are the
ground and the fruitful vision, the birth, power and fulfillment
as all is gathered and made whole once again.

HAPPY NEW YEAR!



Blessings From The Publisher
I Choose NOW

Kathy 'Whyte Wynde' Lowden

Happy New Year! As I type these words to you it is just a few short days until Christmas - many of us still swirling in the energy of 'hurry up', so much to 'do' and celebrate all at the same time. As you read this December

25th has come and gone for another year and a new calendar will assist you in planning today and the new dawns of 2010.

I feel like I've been an ingredient in some cosmic pot of goulash. You know, the kind where there's a bit of this, a dash of that and then simmering until all the flavors blend just right. First, and not so long ago, my outer 'skin' was 'washed'... water/emotions to rinse away residue from past experience. I think the chef used a bit of hot water and some scrubbing to guarantee no 'cling ons' would find their way into the main dish. The recipe must have read 'peel the tough outer layer' as for months I've felt my inner self 'stripped' of its protective coating and revealed, or should I say reflected, so the 'tastiest' core of my being could emerge.

The knives have been kind, chopping away the bits of me which no longer hold nourishment for the now. As careful as a skilled surgeon, the best remains to contribute my finest qualities, while the compost bin absorbs what is better energetically recycled into the newness that is the now.

I publish a magazine - yup, you know that and the reason I bring it up is because every month my email box gifts me with a variety of writing submitted to consider for printing. Reading through and deciding which will become ingredients in this month's menu can be an exciting adventure. And I take the task of creating a healthy, 'wholesome' and tasty dining experience for your mind seriously.

What we think, the thoughts we focus on, create the energy which attracts events to us. Some people believe that to be a silly concept and yet, it is only through our own perception that we see reality. My 'Truth' is unique and individual. It springs from a myriad of conscious and subconscious responses to my memories, the input I encounter in my daily life and the 'flavors' or spin I put on or remove from my personal cosmic stew called life.

This issue has been an interesting one to put together. With the beginning of a new year we often look to declaring our intentions for changing things we'd like to see shift. Detailed lists, resolving, at least in our minds, that we're going to do things differently... in the future. And what we truly have available to influence is our intention in the 'now'.

Articles about 2012, Galactic shifts, Ascension and preparation for the much promoted upcoming 'changes/challenges' continue to be popular fodder for the metaphysical community. Prepare for 'this' - watch out for 'that'. Get your ducks in a row, stand on your head, wiggle your feet six times (you know six is a magykal number) and then breathe into your..... ahhhh yes- the recipes for becoming an enlightened human.

As incredible as the following concept may seem, please allow me to suggest to you that you just may have already 'arrived'. The time is NOW- not in 2012, not when the 11th star from the right lines up with uranus or task master saturn moves into your 4th house and shakes up your foundation.

Hello? Anybody home? Anyone else finding the 'Peace that Passeth Understanding' as outside events no longer hold us captive in emotionally charged confusion? Am I the only one discovering that all this 'stuff' of daily life, you know, the not so little agravations that would have stolen our joy for a day, a week or maybe longer, can now be assimilated in record time.

No, I'm not saying resolved, fixed or made into our favorite desert.... just accepted, balanced and blessed as part of what can be referred to as a part of the 'Bigger Picture'.

It was many years ago that I came across an audio tape with a gifted speaker sharing the wisdom that when life offers up its craziest scripts.... There is a Higher Power creating the plot and there just could be an outcome beyond what we can comprehend in the moment.

So maybe we should head back to the kitchen and check on our goulash again. Hmm, seems the chef has lovingly combined all the ingredients and the heat is on. Double bubble, toil and oops, no that's a different story. Yes, the strongest steel is forged by fire - and the greatest soup must boil to bring out the best in every delicious element of such a gourmet concoction. In fact my dear Daniel taught me to make a rue - not as in rue the day - but as in cooking until you have the most incredible base which can flavor all it becomes part of. You boil, simmer and simmer and simmer - sounds like a page from my personal journal.... years ago.

So NOW. Choose NOW. This moment, here, in the present that can only be experienced by being exactly that, I suggest that you have arrived. You are an interdimensional being, cosmic and earthy in the only time and place that truly matters.

You are the perfect expression of Divinity - channeled constantly and not awaiting awakening by some calendar... Gregorian, Astrological or Mayan.

You have work to do - not to prepare for a future 'then' but to accept the opportunity to believe in yourself, NOW. 2012 may hold challenges or even herald the coming of a New Age. It is what you do in the NOW that will determine your perspective, focus and experience of every moment, day, week and year yet to come. I trust the articles and art in this month's issue may serve you well as you cook up your New Year's feast of life. Whether it's goulash or bouillabaise, vegetable or meat - your personal cosmic menu is always stirred by the hand of spirit. My New Year intention is to accept that which is beyond comprehension and realize I may only understand it if and when I can see the bigger picture.

Blessings in all your choices, Nam Myoho Renge Kyo and Ka Lei Aloha Ina Kapuna, Kathy 'Whyte Wynde' Lowden



"I had written so much about inner peace, balance, and harmony in cosmic terms, when all it really came down to was fallout from Mom and Dad on this earth. What a joke. You think you have a handle on God, the Universe, and the Great White Light, until you go home for Thanksgiving. In an hour, you realize how far you've got to go and who is the real turkey."

Shirley MaClaine,
"Dance While You Can"

Coming to a place of real peace in our hearts with mom and dad, whether they are still alive in the flesh or still alive in our psyches and memories, is often both the most difficult and the most important soul work one can do in a lifetime. We can meditate all we want, Feng Shui our home and work environments, visualize our goals, get healers to clear our chakras, and eat organic, live foods, chewing slowly forty times each bite, but if we have unprocessed indigestion from the hurt, anger and shame we felt when we were chewed out by our parents, it's going to get in the way of enjoying lasting love and happiness in our relationships as adults. Engaging in spiritual pursuits without psychological and emotional healing work is like placing icing on a cake of mud. No matter how delicious the icing, the cake won't taste good.

Sometime in my late twenties, a suspicion began sneaking up on me that the difficulties recurring in my relationships with women might have something to do with my connection to the woman I've always had the most difficulty with. (Take a guess!) My mother is one of the most passionately headstrong and expressive women I have ever met. She really voices her opinions and lets her feelings fly! Throughout childhood and on into young adulthood, I often felt swallowed up and overpowered by her emotional energy. It felt to me as if there was no room in our relationship for my own feelings, and even for my emerging (or submerging!) identity. My coping mechanism was to play the game of see-saw. When she raised her voice, I lowered mine. When she emoted, I suppressed. When she expressed caring, I danced at a distance. It was a very painful dance. My mother felt hurt, and she let me know it. I felt both guilty and resentful, and let nobody know it. I became an expert in emotional camouflage.

I started therapy to address intimacy issues that were showing up in my life with women. All roads led to my mother, and I decided to ask her to join me for a five day retreat that focused on healing between parents and their children. She shocked me by saying yes! We found ourselves, along with sixteen other fathers, daughters, mothers, and sons, diving deep into the unfinished business that held us back from loving and understanding each other in the present. Both my mother and I had hopes that the retreat would help us get closer. Much to our surprise and discomfort, what we found out was that we needed to psychically and emotionally separate from each other before we could explore creating a healthy bond. The facilitators recognized a lack of boundaries between us. They helped me see that I had chords going out to my mother, not umbilical, but just as binding, that needed to be cut before I could truly feel and explore my sense of an adult self in the world, as well as have a fulfilling relationship with a woman.

As a child I had gotten myself enmeshed in my mother's feelings. On an emotional level, I was assuming responsibility for her pain and joy, and she was doing the same for me. A song by Barry Manilow described our bond: "I feel sad when you're sad; I feel glad when you're glad." It was no wonder I suffered a bit from codependency in my love relationships with women!

The retreat gave us both a jolt, propelling us into uncomfortable and expansive new territory. We began to practice letting go of trying to change and control the other person, and started seeing

Blessing the Lessons Parents as Gurus

Scott Kalechstein



each other as unique individuals, two adults instead of simply mother and son.

A few weeks after that experience I wrote the following song, both to share my feelings with my mother and also to express empathy for what she was feeling in her letting go process.

(son) Oh, take delight in my awkward flight. Don't ponder the how or the why. I'm leaving the nest to discover my best. Don't squeeze on my hand as I fly. Let go and wave child goodbye. Oh, take delight in my awkward flight. Your love and your fears weigh a ton. The distance I choose is no verdict on you. Don't battle what needs to be

done. A man needs to grow from a son 1993 ScottSongs (complete lyrics at www.ScottSongs.com)

I would love to report that one retreat and one song was all it took for everything between me and my mom to be hunky dory. Some weekend seminars give the illusion of a quick fix: all we have to do is write one heartfelt letter or make one life-changing phone call in which everything unexpressed is put on the table and the conversation concludes with both parent and child saying their "I love you's" through a shower of grateful tears. Maybe it's that way for some people, but for me the healing has been and continues to be a gradual, and often messy process - one stumbling step at a time.

For instance, one weekend about seven years ago I took a clumsy, but giant, step forward. I was visiting my mother in Brooklyn, and became aware that I was walking on eggshells. I was still intimidated, not expressing myself fully in her presence. She was saying shaming, critical things that were pushing my buttons and I was pretending I didn't feel hurt. Finally I couldn't pretend anymore. My passivity was costing me too much. I recognized that I had been taking care of her feelings again at the expense of my own. I was exasperated, and felt desperate to break through to a new place with her. It was time for 'pattern interruptus' a phrase I coined for when something completely outrageous needs to happen to break out of an entrenched pattern.

What I did, in layman's terms, was throw a temper tantrum. I let her know how hurt and angry I felt about the ways she violated my boundaries over and over again. I threw out the window everything I've learned about non-violent communication, conflict resolution and taking responsibility for my feelings, and gave her a blast of good old-fashioned, unenlightened, shouting, i.e. "You are the most abrasive person I know! I am sick and tired of you trying to control me and put me down!! I demand to be respected and treated with decency, as an equal!!!" Etc. Etc. (I confess that I am only letting you in on the nicer things I said. For a complete unabridged version, just consult your own shadow fantasies!) Something inside me had snapped, and I was letting her have it with all the gusto that I had been tempering for years.

For ten minutes the storm raged. My mother had shielded herself by pretending to read the newspaper. She probably was somewhat in shock. Actually, I was too. But somehow I knew it was a positive eruption that would lead to healing, the way a thunderstorm leads to cleaner, clearer air and a refreshing break from stagnant humidity.

Continued on page 9



Taking Responsibility for YOUR Health

Kasara D'Elene

If you have read any of the latest new age books, *The Secret*, *Excuse Me Your Life Is Waiting* (Lynn Grabhorn), or any of Eckart Tolle's

books, you know that your life is your creation and your responsibility.

Along this same vein, it is interesting that so many people talk to their health professional and energetically dump all their health/emotional issues on the practitioner as if it is their responsibility to "fix" them. It is your responsibility, to fix your own stuff, and not anyone else's. We are all responsible for our own stuff. Granted, sometimes we need assistance from others to help us get back on our feet energetically, physically, or emotionally, and health professionals can be good sounding boards or mirrors to help us work through our stuff. But we all create our own environment in what we do, say and are each day. We are living the life and experiences that we have created for ourselves, no one created them for us. This is a huge concept for most people to grasp, bigger than I have room to explain in this article but the books I mentioned above can help you learn more about this if you inclined to learn more about the idea for yourself.

So then, how did we get to the point that we started making others responsible for ourselves? Historically it isn't hard to see how this happened as governments/monarchs of the past were very good at taking power away from people and controlling them in every aspect of their lives. Unfortunately, many governments around the world still do this today. Once the American Medical Association came along, they followed suit and continued to take our power away in regards to our healthcare. Many people tell me that when they go to their doctor they feel like a child; uneducated, uninformed and clueless as to what their actual choices are, so they do what the doctor tells them as they feel they have no other option. No one has empowered them to get educated on their own body and to learn what other options are available.

Now that our awareness has opened up as a society, it seems appalling to think someone that is isn't in our body, or with us all the time could truly understand what is best for us to improve our health and our way of life? Especially considering the fact that all of what we truly need for ourselves is inside us. All the answers we need in our life to help us with each of our unique wounding and healing lies within each one of us, typically it is right next to where the wound is that started the issue in the first place.

You are in your body. You know your body better than anyone else. Currently you might be uninformed about tools that you can use, or you might be blind to knowledge that your body is hiding from you (this is a common defense from our inner child to "protect" us from things that have hurt us in the past) when in the long run it really ends up hurting us more.

What can you do

Get a small notebook or paper, or a calendar and write these down consistently:

- 1- Take your blood pressure - if you have problems with your blood pressure, you should be taking it every day. If your blood pressure is normal, taking it once a week is a good way to see if it starts to change before things get so bad it is harder to repair it. Take it at the same time each day so that you have a consistent parameter in gauging it for yourself. You can get blood pressure monitors for around \$50 in many stores, or go to your local pharmacy as they have them there for free. Even if the numbers are not exact, if they are consistent, and then start to change, you will be able to see that there is a problem.
- 2- Take your blood sugar - if you are diabetic you should be doing this at a minimum of once a day, if not several times a day. If you are not diabetic, it is still a good test for yourself to ensure your blood sugar is staying within proper parameters. I would recommend at least once a month or if there are blood sugar issues in your family taking it once a week again at the same time, can then alert you to any changes immediately so you can do something about it. We like to see a baseline of 80 for blood sugar first thing in the morning. If it is higher than that, pay attention to how much fruit and sweets you are eating.
- 3- Take your pH at the same time every week- get some pH strips and take the pH of your saliva and your urine. Your saliva number should be 6.5, and your urine number should always be lower, ideally between 6.0-6.4. Your first morning pH tells how well you are able to digest your food, and the urine number tells how well you are excreting acid, and how affectively you are absorbing minerals.

Once you have these items recorded, the next time you go to your health professional, take this information with you. I can guarantee you that you will have a completely different conversation. The professional can now discuss your health on a different level with you. It shows them that you are serious about your health, you are paying attention to your body so you can see is something is going wrong when it starts to happen, instead of waiting till it is worse. It shows responsibility, and you owe it to yourself to take care of the one body you have.

In this notebook, it can also be helpful to put down when you have a vacation, when your diet is good or bad, how you are sleeping, how your bowels are doing (constipated, etc.), when you are exercising, and when stressful situations happen. All of these are clues to help the health professional help you to stay healthy. The more information you can give them, the easier it is for them to assist you with getting to the core of your health concerns.

Being pro-active gives you back the power you may have given the government and your health professionals in the past, and puts you in a position to step into the proper role of being responsible for yourself and your health.

Kasara D'Elene is a Master Herbalist, Yuen Practitioner and health educator that owns TruHealth in Mill Creek, WA. You can learn more about her at www.truhealth.com or 425-415-8410.

Giving Thanks for You

Starfeather

This is my prayer of gratitude today.

I experience you as part of a great guidance team
That is leading the way to Wholeness.
The Path is shimmering with Light, thanks to your
vibrational emanation Which is so positive, up-lifting
and full of beauty.

I am delighted to be traveling with you.

I know that we are expanding in Love...
more and more every day.

I know this, because I see it in you.
I give thanks for your courage and for your curiosity;
For your steadfastness to The Path.

I'm grateful for your unique expression in this world,
For your willingness to stand out in the crowd,
to speak your truth.

And for the way you engage with others in a manner
That speaks of compassion and kindness.
I learn from you.

I give thanks for your joy and your
enthusiasm for goodness.

When I think of you, I smile.

I give thanks for all the fun we have together,
and apart.

Have you noticed?

We have moved a mountain of out-dated,
unhelpful beliefs;

One grain of thought at a time.

I so appreciate The Shift that is taking place
Inwardly and outwardly.

I give thanks for all you have been willing
(driven) to create;

Finding new ways to make your life a dance
More fully, more gracefully, more easily.

Involved with Life, yes! We surely are participants
in our own evolution.

I give thanks for your generous spirit.
Your graciousness.

May your every day be filled with this remembrance:
That you are loved, cherished, and respected.

You are appreciated.

Today, I lift my hands to you in gratitude.

I'm honored to be with you at this time on Earth.
Co-creating our experience, an adventurous ride
on Spaceship Earth.

Warp speed to Oneness!

My heart is full to overflowing...

Loving you, *Starfeather*

www.StarFeather.com

Kasara D'Elene

*Kasara is a gifted intuitive herbalist
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in all your choices**





Receiving Divine Guidance

Sara Wiseman

What if there was a secret “on” switch you could flip in your brain—and whenever you turned that switch “on,” you’d access a direct connection to the Divine?

That’s right—you’d dial up a back-and-forth, two-way communication between you and God. You’d instantly link to One/All or whatever name you give the ineffable, infinite energies of the Universe.

The truth is, you can. Simply by switching yourself “on” through psychic and spiritual practices, you can access Divine guidance that is crystal-clear and easy to understand. That means guidance you can see, hear and interpret as easily as any everyday “earth” communication.

No crystal balls, turbans or Ph.D.s in metaphysics required!

As you might imagine, this kind of hotline into Source can come in pretty handy when you’ve got important questions on your mind, such as:

- Am I doing my life’s work? If not, how can I start?
 - Am I with my soul mate? If not, how can I find this person?
 - Am I moving in flow? If not, how can I get unstuck?
 - Am on the right path? If not, what’s my next step?
 - How can I heal from past hurts, pain, anger or illness?
 - How can I learn my soul lessons?
 - How can I open my earth heart?
 - Chocolate or vanilla?
- And so on.

Best of all, accessing a direct connection is remarkable easy to do. I know this, because in the spring of 2008, I had a spiritual awakening or “opening” during which I received The 33 Lessons, an intensive experience of channeled writing that begins “the purpose of life is soul growth”—spiritual teachings similar to A Course in Miracles or what Neale Donald Walsch received in ‘Conversations with God’. At that time, my psychic abilities also opened fully.

The term I now use is adult-emergent, but when this strange “opening” was happening, I didn’t have a name for it—all I knew

was that a whole new slew of information was coming in; stuff I’d never seen, heard or experienced before! More importantly, for the first time I was living in flow—in total communion with the energies of the Universe.

Today, from my practice, research and the Divine messages I still receive via channeled writing, I’ve come to some new understandings about God, the Universe, energy, and the awakening that happens within each of us as we journey to conscious awakening, including:

- Direct connection with God/All/One/Source is not difficult, tricky or available only to a certain few. It’s so simple that anyone can do it—you just have to know how.
- Psychic development and spiritual awakening are so intertwined,

they may as well be one and same thing. In other words, if you travel down the path of psychic development long enough, you’ll become a conscious spiritual being. Conversely, if you travel down the path of spiritual practice long enough, you’ll become a conscious psychic being. It’s a tandem bike. Two peas in the same pod.

- Receiving Divine guidance will change your life.
- Manifesting or co-creating with the Universe is effortless with direct connection.
- You can reach direct connection from many paths—through psychic practices such as clairvoyance, clairaudience, channeled writing and so on. Or, through spiritual practices such as prayer and meditation.

In fact, becoming a channel or receiver of the Divine is as simple as opening your “windows.” Here’s a partial explanation from The 33 Lessons:

“... This is one way we reach you. We find a place where there is a window or an opening through some person or community, and we open our window so there is connection between both. We are not able to connect with you when your window is not open. We ask that you please open all your windows! We have much to tell you!...”

Still not sure how psychic and spiritual development overlap? Well, people talk about hearing the still, small

voice of God. I’d like to point out—that’s clairaudience. Folks describe seeing spiritual visions or prophesies—that’s clairvoyance. Folks talk about trusting the “vibe” or “gut”—that’s clairsentience.

HOW TO RECEIVE DIVINE GUIDANCE

Making a direct connection with the Divine and receiving clear, specific information is easy. Here are 9 simple steps:

1. Find a quiet space where you won’t be disturbed, and enter a state of light trance—similar to what you’d experience in prayer or meditation.
2. Once in trance, open your “window.” to the Divine. To do this, simply ask to receive. For example, you might tell yourself in your mind “I’m in trance, and I’m here to receive from the Divine.”
3. In your mind, ask a question that you would like the Divine to answer.
4. Wait for the answer to arrive. Remember, you’re most likely to receive information psychically—i.e. via images in your mind’s eye (clairvoyance), spirit guides or angels (clairvoyance and/or clairaudience), words in your mind’s ear (clairaudience) or feeling and emotion (clairsentience). Usually, you’ll receive an answer while you’re still in trance; sometimes, it will come later.
5. Remember that psychic information is subtle, and often symbolic. For example, if you ask about whether a relationship is healthy, and you see an image of a lemon in your mind’s eye, or view the word lemon, or hear it spoken in your mind’s ear—you can interpret it with what a lemon represents or symbolizes to you; a favorite flavor or reminder of a sour memory.
6. Once you’re done receiving information (take as little or as much time as you need) simply say “thank you” and come out of trance. You may feel blissed out, floaty, emotional—having a direct connection with the Divine is big stuff!
7. You’ll receive Divine information as clues or “strands”—in other words you won’t get all the pieces of the puzzle all at once. Come back later, and ask for more!
8. Follow the guidance you receive! The more you can trust and act on Divine guidance, the more you will live in a state of flow with the energies of the Universe.
9. Each time you experience direct connection with the Divine, you are transformed—your heart opens, your body is healed, and you are filled with the bliss, love and comfort that comes only from Source.

Aaron Pyne - Hand & Heart Healing Art

Aaron M. Pyne is a visionary artist, energy healer, and meditation teacher. Since his youth he has been on this path. As a child he made sketches of Mandalas (without consciously knowing their deeper meaning) and had desires to be a teacher of subjects not taught in normal schools.

At 17 he began studying Astrology. From there he was told of his great potential in the spiritual field by a variety of psychics. At that point he began his spiritual training. With certification in Psychic development, Reiki, AHS, Reflexology, DNA Activation, Theta Healing and Crystalogy, Aaron has also studied and practiced Astrology, Yoga, Sacred Geometry, Qabalah, Shamanism, and other spiritual practices. At the same time his renewed interest in art reflected his spiritual growth. By the age of 21 he had his art and writings in various local publications, had been on PBS TV, and Fox 19 news. At the age of 24 he was initiated into Peruvian Shamanism. Aaron has done much traveling seeking spiritual truths and mystical places. He now seeks to help others who can benefit from his spiritual understanding and love.

He accepts the core truth behind all religions and believes they have all had their perfect place in the development of humanity. Aaron's experience has shown him that there exists one universal love energy/spirit/God/Goddess that is within all people and all things. It is through the awareness and understanding of this that we are released from suffering and we can each come into our full power of Love. It is Aaron's desire to help others realize this infinite potential within them through his healing, teaching, and art and help bring in a new level of peace to Earth, Humanity, and all creatures that live here.

Aaron hopes his art and design can serve as a visual guide in the evolutionary growth of the individual and the collective to assist in the manifestation of Heaven on Earth.

Visit his webpage at www.Spiritap.com to see his art gallery and learn about his graphic and web design services. You can also reach him at 513-703-0495 or amp@spiritap.com

GURU - Continued from page 5

I went away for two days. When I came back, I was eventually treated to the following miracle: "Scott, let's sit down. You talk, I'll listen." My mother, having been shaken up by a son she had never seen before, had new ears on. I told her (in a gentler way) what was hurting me. I had never felt so listened to and honored by her. She had been jolted awake by my anger and was now receptive to hearing my pain. Our relationship had again turned a corner.

Some people's parents are no longer on the planet. Others are completely unavailable for emotional dialogue. This may seem like a drawback to healing, but it doesn't have to be. The universe is gracious enough to help stage re-enactments of our childhood scenarios over and over again until the healing process is complete-through lovers, jobs, bosses, the IRS-whomever and whatever it takes to bring us in touch with suppressed emotions from our history so we can feel them all the way through to resolution, change our belief systems, and start creating the future without the past as a reference point.

Our parents, thank God, will show up everywhere, until we have learned the lessons they have come to teach. In my case they are still alive and I can relate directly, in the flesh. For many others they are alive metaphorically, in the mates and bosses and authority figures who resemble them. In either case, the gurus are there, not perched up high in the Himalayas, but woven into the fabric of our everyday lives, poking and prodding us in little and big ways, calling us to feel, to heal, to set boundaries, to stand up for ourselves, to release victim ways of being and come into our own power and authority.

How do you know you have completed the lessons your parents have come to offer? When you can admit that the childhood you had was exactly what your soul conspired to create for your highest good, that you were not the victim, and they were not the



villains. When you see them not in black and white, but as both imperfect and lovable people with strengths and flaws, people who did the best they could with what was given to them. When you can extend to your parents freely the kind of love, gentleness, attention and respect that you may not have gotten from them in childhood. When what you feel in your heart towards them most of the time is peace and gratitude.

That's when your life is no longer about conforming or rebelling. That's when your mate ceases to act out your past (or you get a new mate!), your boss gets nicer (or you go into business for yourself!), and the IRS is conspicuous only in its absence. Freed from the unfinished business with an earthly mother and father, you can then be about your Father's Business (your life purpose), with full joy and confidence.

After fifteen years of daily meditation, as well as trying all the shortcuts and workshops out there from LSD to NLP, I finally was humbled enough by life to get honest with myself about who my gurus were and where my real healing work needed to happen. A pilgrimage to Brooklyn may not seem as spiritually significant as going to India, and screaming in anger may not seem as peace promoting as chanting in Sanskrit, but whoever said a soulful and authentic life was going to fit our pictures and meet our expectations? As Maryanne Williamson is fond of saying, real growth is messy. Blessings on your healing journey, wherever it may lead you.

"As long as there is room in your heart for one enemy, your heart is not a safe place for a friend."

-Sufi saying

Scott Kalechstein shares his own healing and awakening process through music, humor, and the spoken word. For a catalog of his music or booking information he can be reached at www.scottsongs.com



Happy Birthday Capricorn and Aquarius
 "Relax into the present moment." – Gary Zukav
 WELCOME TO 2010 an number 3 year for the planet.
 Time for new connections, fun, learning and to perhaps learn to truly understand what we really need to live with peace within and without.

January 2010 is a 4 month Look around you during this first month of a number 3 year. Making January 2010 a number 4 month of home, family and security. There goes that scary word, Security: Haven't we learned in 2009 that what we perhaps believed was security was an illusion) What is real security? What would make you feel totally safe and secure?

If you say money, not that if the dollar keeps falling ..(right?) so, if you had a job you loved, friends who love and support you, those who honor and respect you and a support system which you knew would be there no matter what? Would that help enable you to feel good and feel happy and feel safe?

We enter 2010 with Mercury moving backwards joined with Pluto (transformational ideas in Capricorn, about the good of the all) Mars going backwards in Leo is asking us to reconnect with heart energy and our joy. And an Major earth shaking Solar eclipse New Moon on the 14th at 25 degrees of Capricorn asks us to eclipse some of our life in order for life to be more.

This month asks us all what do I need to be happy? How do I achieve the best life for myself, with the Sun, Mercury and Venus in Capricorn we are going to be given some very good ideas if we sit quietly and listen. What adjustments need to be made for you to TRULY KNOW YOUR DREAM is going to happen for you? Can you trust enough to let it happen? Can you keep your fingers out of the stew and let it happen naturally? OR will you try and control it all?

The planet Saturn moved into the sign of Libra for the first time in 29 years in October 2009 and we are experiencing already The beginning of a Cardinal Cross of energy, urging us to appropriate action for Self and the world.. Cardinal energy asks that we DO something, move our fannies and get going on the next step. A cross is a double square which is a rough energy in astrology demanding that we shift our views. When we do this we can see much more easily the other points which we need to see in order to make correct decisions.

To me this seems a New Year when NOT making those new year resolutions might be a great idea. Though we will be feeling the

energy of a Cardinal Cross trying to push us to do SOMETHING , this year. How do you not rush into the wrong thing seems to be the question that many are asking me now. So, I feel that there is an easy and simple way to ride this energy of 2010. And I will now ask you now to begin the practice of setting intentions on how you want life to FEEL in 2010.

We so often look at the Next step, what we want as outcome, what we need to do or manifest or Make happen. This year we really are going to be riding a very different energy and to learn how to do this we must get into FEELING life and get out of thinking that when we have or accomplish this or that or the other we have the answer.

As planets move from Aquarius to Pisces, and Pisces to Aries and Back to Pisces this next year we are truly in a mix of (we are one energy) Capricorn, Aquarius and Pisces are universal signs about the BIG Picture for us all. A gathering of planets in the Universal signs usually heralds Social changes and we are surely there. The last 4 signs of the zodiac, Sagittarius, Capricorn, Aquarius and Pisces are the Universal signs.

Aries is the first of a new cycle of being and Uranus entering this sign as it exits Pisces for the first time in 84 years on May 27th is a part of a VERY STRONG push forward energy. Many of us are feeling it now. I feel that we have the opportunity to truly begin new cycles of growth within ourselves this next year and carry that growth out to the world only by sitting back a bit and searching inwards.

Much of this growth is not about achievement as much as fulfillment ...Happy is a word we search for and maybe the goal in 2010 is to feel contented and in alignment with self and the world. Wouldn't that be equal or better than happiness for you?

Emotions are caused often by how we think of things, but feeling good about life requires that you put yourself first a bit this year and see what it is that feeds your soul.

With Mars retrograde and in the shadow until May 2010 of LEO we as being asked to step into Passion, to fun and enjoyment in order to really know what feeds our souls.

Saturn retrograde on January 23rd begins to ease off a bit on the push towards making things happen and until this planet moves direct on May 30th we are going to be feeling a bit less pressure.

On the 19th as the sun enters Aquarius it all will seem much easier, it will become easier to detach from the strong feelings and emotions around us and BELIEVE: On the 15th Mercury the energy of ideas here increases the push to believe as it moves direct in Capricorn asking us to KNOW that what we desire can happen, and we just need to do the work involved with changing our perceptions of things..

The full moon on the 29th offers us some strong opportunities to release the past as The moon touches that Mars retrograde for a Full moon in Leo and Aquarius. Getting rid of what ideas we have that have been fixed into our psyches would be a good usage of this power house of energy.

Once again we move off into a New Year with the experiences, joys, pains, and knowledge that WE MADE it for another year and this year will be better for us all. I KNOW this will be so because we are going to Get into the feeling of what this new world can be like and from there, get out of our own way and Allow it to happen aren't we?

The lucky Colors for January are Black and Brown & all dark shades use these colors to help focus you on the energy of January which is Capricorn, Achievement for self in order to be a part of the process of a better world for us all.

Stones Sacred to this time are the GARNET and the energy of Kyanite January flowers are carnations and Snowdrops. The Ruling planet of January is Saturn the energy of discipline, duty, organization and efficiency. Namaste' Carol Barbeau

For more on 2010 please visit Carol's website www.carolbarbeau.com

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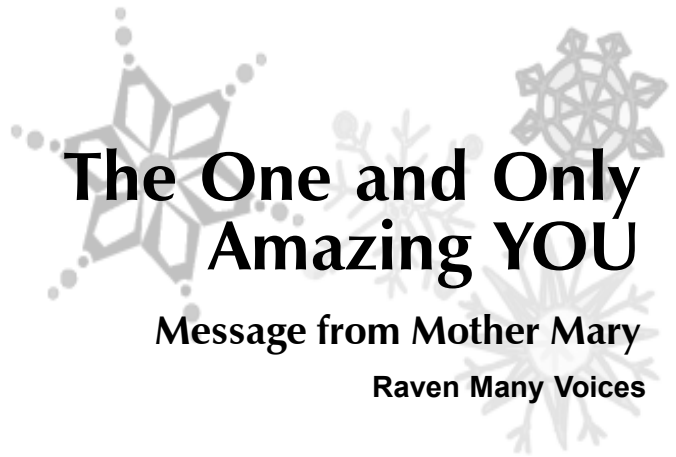
My dear children, as winter brings it's blessing of falling snow we turn inside to warm our hands and hearts. Snowflakes have long been a symbol of winter, purity, and depending on your age happiness or frustration when we play outside. But snowflakes have a special meaning when we see ourselves reflected in their shape. For each snowflake is unique showing us we are part of a whole community.

Each snowflake forms an amazing crystal that helps it glide down to Earth. Each of you has had experiences that guide to where you are in your journey. Often when we gather with others, or look to those that shine in their profession, we forget how special we are in our own unique gifts. Every one of you was given a gift to add to the community. Some may be leaders, singers, artists, researchers, healers, or activists. While others give time at shelters, pray for those in need, or just smile at strangers to brighten their days. Each one of these small daily acts is gifts you give onto the world. None is more important than another for all are needed to change the world. Just as all the snowflakes together change your world to a white wonderland.

What gift can you give today to your community? When we give from ourselves we help change the world to a better place. What are your special talents that makes you you? Do you love to cook? Can you sew or knit? Does holiday shopping bring you joy? Then share these gifts with others. Bring your co-workers a treat. Gift a child with toys or a warm hat. Or smile to every driver as you sail home to your family. Remember you are part of this great snow storm that changes everything it touches. Each flake is special.

I love each of you as you dance on the wind. I see in you what makes you special and unique, even if you can't see that for yourself. So shine bright! And be that special little snowflake so that you can change this world into what you all desire. Namaste' Mother Mary

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One Moonlit Night

Colin Mallard, PhD

I'd returned from India and been home just a few days. Our home was on the northern tip of the Big Island of Hawaii at about five hundred feet above sea level. The house stood in the middle of some cattle fields on the edge of an eroded grass covered volcanic vent, a long since extinct puu. Completely isolated from other habitation it had ocean on three sides. On this particular night there was a full moon and the trade winds had suddenly stopped; the night was calm. Still tired after the long trip I had fallen into a deep sleep.

Several hours must have passed when I woke up and from my bed could see the moon reflecting off the water between Hawaii, and the volcano, Haleakela forty miles across the strait. As I lay there I became aware of a great deal of tension in my body. It was as though it was vibrating with a kind of restrained or confined energy. It dawned on me that what was being experienced was the subtle vibrational energies that comprise the body itself.

Shortly afterward I became aware that everything vibrated; wood, stone, the grass in the surrounding fields, and flesh, all with characteristic vibrations peculiar to each of them. My wife was sleep-

ing beside me and I could feel her vibrations as well. I found myself looking down at the bed, the house and the island, it was as though they were in me. I found myself wondering, who is this "me," that was observing. Immediately I became aware that the "me," the normal consciousness with which I was most familiar was in fact an intense circumscribed, strongly vibrating sound. At once it became clear it was both an unnecessary constriction of consciousness itself, while at the same perfectly normal, an aspect of human manifestation. It was clear to me that the underlying consciousness was restricted by the structure of this personal consciousness.

As I watched, the "me" dissolved and as it did I sensed, became aware of that is, that all I am, and all I have ever been and all I will ever be is awareness, consciousness itself. As this awareness took hold I witnessed with a deep love and compassion the people on the planet. Like ants they crawled and scraped across this beautiful blue spinning place we call home. Each one exhibited the noisy cacophony that was the egoic consciousness, the chatter of the mind; each one bent on fulfilling the intentions of this illusory personal identity. From this it became obvious that this was part of the Divine "Lila," or dance of life.

Implicit to this realization was an awareness of the rise of conflict and war and its counter balancing force. Looking down at the planet I could feel the tension, the collective vibrational forces of the life of the planet and around it and above it the discordant and natural energy of the collective egoic consciousness.



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Observing, the planet receded and the moon appeared followed by myriad's of planets and spiraling galaxies all of which were born out of me, out of the totality of consciousness that I am, and then I witnessed them dissolving into me again. This happened, over and over again. It felt they were being born out of my belly and returning to it. I was both the potential and actual consciousness. From the void that I am, whole universes were being born and the world of form was taking place, deep within me.

The awareness that all there is is consciousness, all there has ever been is consciousness, all there will ever be is consciousness and I am not separate from it but the source of it was unshakable. It was a fact, and I had always known it; written as it was in the very heart of my being, and then mysteriously forgotten, obscured as it were by the personal consciousness I had mistaken for myself. Thus it can be said that nothing new is attained, nothing new is learned when enlightenment happens.

The humor of it struck me deeply and I found myself laughing quietly. It was so simple. I had missed the obvious for so many years and now the magnificent and wonderful nature of reality was revealed in its utter simplicity. It was what I am and what I have always been. This of course is true for all human beings, all life forms, without exception whether realized or not. The sense of "I" is not personal but universal. The experience, if that is what it could be

called, was one of profound compassion, of an unshakeable immovable love that has never not existed.

Death had become irrelevant, simply an illusion, all there had ever been and all there ever would be was life, consciousness itself and within it all, the ego would make its billions of appearances like winking lights over the vast expanses of space and time.

A deep and abiding peacefulness had appeared with the dissolution of the egoic consciousness and, despite the outer turmoil that occur from time to time, it has never left. I fell into a deep sleep and when I woke in the morning the awareness remained along with the humor of it all.

Colin, always intensely interested in peace on both a personal and global level, spent his life searching for spiritual understanding. He studied with Advaita Masters Dr. Jean Klein and Ramesh S. Balsekar. Trained in philosophy, psychology, and literature, he combined the wisdom of Lao Tzu with social activism and photography in his award winning books. He will be speaking at East West Bookshop, Seattle January 14th at 7 pm. colinmallard.com Advaitagems publishing.ca



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Lately I have been listening closely to what people choose to talk about, especially strangers. I often hear lots of woes, worries, fears and 'why me's. When people do this, I can sense the energy floating around the conversation, it seems to get heavier and darker and eventually it is so thick that I can feel it. People talk about their aches and pains, how horrible their spouse is and why they are in debt. Eventually, I feel nauseated and I have to simply walk away.

We all have had a bad day, some of us a bad year but rehashing our miseries with others is really a waste of oxygen. If you're going to seek comfort by complaining to others, then you need to at least take some responsibility to make some positive changes. Don't get me wrong, if you are upset, talking about it is always a great way to emote but when that same subject dominates all of your conversations for days on end and even for years, it can become a big problem. There may be a solution and lightening your attitude and conversation may help you find one.

When life gets you down why not try an alternative approach. I have found that you can lift the energy of a conversation by bringing up a light subject, like "did you see that new movie", "have you read that new book" or "have you tried that thing everyone else is doing?" For a minute, people who were all about doom and gloom become like curious dogs with their heads tilted, "what did she say?" After a pause, some will return to talking about themselves and their troubles. However, others are able to refocus their minds and shift their conversation to something much more positive and meaningful.

Recently, I tried this approach in an interaction that was going south by saying "I feel lighter after I let something go from my past." The woman with whom I was hoping to have a heart to heart conversation with looked at me and said "well I can't do that, it's a past-life thing." Then she added, "How would you know how I feel anyway... you can just go back to your lovely home, husband, and kids... you don't have any problems!" I felt that she was being a bit naïve. We have all been through something in our lives. I may not know how she felt right then, but I think that the idea works both ways. She has no understanding of what I have been through either, so why compare? I haven't seen anyone with the perfect life yet. Experiences give us lessons, but whether or not we learn from them and move on is up to us. My experiences have taught me that releasing negativity and focusing on something positive is vital to genuine growth.

My oldest daughter has been my greatest teacher on this subject. Years ago she had run into a bad string of events and things kept getting worse. The unfortunate thing is that she often focused on the idea of why me rather than asking "How can I change this?" She spent time with negative people, talking "trash" and engaging in self-destructive activities. One day, she was complaining to me, and I asked her, "Do these things add or subtract from your life?" Wide-eyed and a bit angry, she looked at me and I said "Just do the math!" I simply left it at that. I just couldn't entertain the energy that had formed around her any longer. It just felt bad!

It took some time, but she realized that she could be in control of

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Adding Joy To Your Life

Dena-Marie

her life, rather than only commenting on what was taking place. She began to add to her life instead of subtract from it. She let go of some of her self-defeating habits. First it was her words - for instance, she changed "Why bother, [good things] will just be taken away from me anyway," to "I deserve more." She began weeding out the negative people in her life, which also removed the negative activities. She paid her bills instead of running from them and showed up to her job on time, which resulted in not only raises but also a promotion. When she stopped complaining and took action, she started seeing the scales tip in the right direction. Today she continues to do the math.

This year put your mind and mouth on a diet. See if you can lighten up your conversations and lift others up instead of bringing them down. You could focus on the good that has come your way, what blessings have found you or even a dream you may want to manifest. If you do this, I guarantee you will not only see things turn around but also you'll begin to attract a different group of people into your life.

To quote Anthony Robbins "If you do what you've always done, you'll get what you've always gotten." This year make your resolution to be more positive. The energy that surrounds you will feel better and others will notice the change immediately. If being positive doesn't work, you can always go back to the way you were before. No loss, no gain...do the math!

Dena Marie is the author of Our Energy Matters and founder of Lift Your Spirits. If life is weighing on you, why not try workshops and counseling that will lift your spirits! "Dena Marie doesn't heal you, she gives you the tools you need to heal yourself." - Tanya www.LiftYourSpiritsinSnohomish.com. 425 350-5448

Divine Guidance from pg 8

The Divine has made it so easy for us to receive guidance, information, comfort and help in every moment of our day! All that's required is that we choose to connect—that we pick up our personal psychic/spiritual cellphone, dial in the Universe, and ask to receive.

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Sara Wiseman provides step-by-step instruction for direct connection with the Divine in her new book, Writing the Divine: How to Use Channeling for Soul Growth & Healing (Llewellyn). She also offers private readings and consults, and is teaching on the west coast. Find out more at www.sarawiseman.com



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