



# Wholistic Heartbeat

the power to heal lies within ~ look for us online!



# Wholistic Heartbeat

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**Wholistic Heartbeat is always accepting articles, stories and poems for our bimonthly issues.**

Wholistic Heartbeat is an embodiment of the evolving awareness of our wholeness. We appreciate your contributions and are glad to offer a place for your joyful expression. All submissions are welcome. We print what is in the flow of each unfolding issue.

Submit online at [wholisticheartbeat@gmail.com](mailto:wholisticheartbeat@gmail.com) or drop them off at 44 Sunny Brae Centre, Arcata

**Our Mission:** Creating Opportunities That Nourish Our Wholeness.

Wholistic Heartbeat is a free bimonthly magazine creation offered by Isis Heals.

Through *Wholistic Heartbeat*, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners and the rich variety of integrative healing modalities available to us. *Wholistic Heartbeat* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.

Our intention is to offer a variety of quality information that will support all of us on our healing paths by providing tools and resources for personal growth, awareness, and self-empowerment. Sharing our stories, wisdom, gifts and skills strengthens the overall health of our community.

Exercise your free will and discernment to ponder, embrace, or release what you find throughout these pages. Once you complete an issue, please pass it along, recycle it, or save it for reference or posterity.

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**Back Cover ~ WholisticHeartbeat.com**



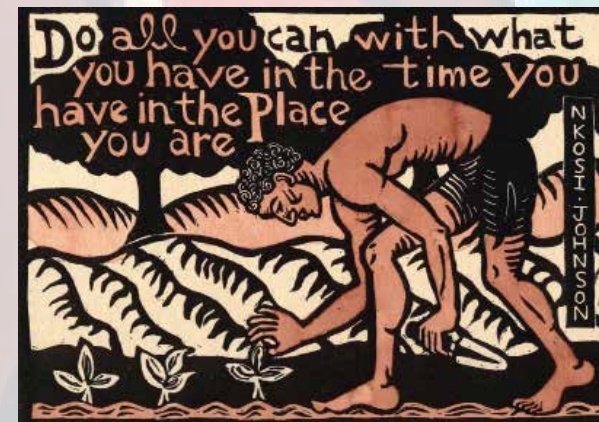
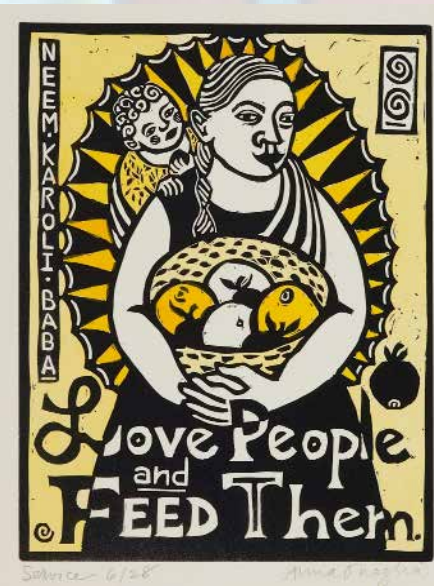
## Art On The Cover: Anna Oneglia “Things Flew Out”

oil on canvas 18” x 24” © 2017

I’ve been a painter my whole life, someone for whom making things is a necessity, if not a compulsion. After living in Santa Cruz for more than 30 years, I returned to Humboldt County and built myself a new studio in Arcata.

Here I currently work in oils on canvas and mixed media on paper, but I also make block prints, mostly an ongoing quote series. Travel greatly inspires my work as does the natural beauty of the world. The paintings begin as sketches made both locally and while traveling. I bring the drawings back to the studio to use as starting points for larger works. Combining these images collected in many different places with ones dreamt or imagined, I have a place to begin, an intention, but never know how or where the piece will end up. My paintings are published as cards by a few companies and my images are in We’Moon most years. I am at work on a graphic memoir about silent retreats and am also contemplating another trip to India to draw and collect collage materials.

To see more of my artwork please visit [Arcata Artisans](http://ArcataArtisans.com) and my website, or contact me at 831-477-9904 to make a studio visit.



[www.annaoneglia.com](http://www.annaoneglia.com)



# The Dark Egg

by Devon Love



*Liberation* is the way to evolution. As I align with my Higher Self, brilliance awakens within me. I release with ease that which depletes my vitality so I soar toward my special destiny. ~ Christina Caudill, Radiant Astrology

She was sick. Her body ached and the pain took her breath away. At night she tossed and turned, trying to relax, to get comfortable. The fear came then. She could imagine the tumors growing inside her body, all down her left side, breast, belly, leg.

She spoke to no one about this. Having no trust in the ways of the medical doctors, with their endless tests and poison pills, she knew the only way was to heal herself. She knew she must slow down and listen deeply, allowing her body's wisdom to be heard.

She went to her healer. Waiting outside the door, she felt a powerful wave begin to rise and gain power. She felt nauseous, like she needed to throw up. The emotions beginning to hit her were completely overwhelming. Something was surfacing from the deep.

On the table, she prayed for answers, asking the healer to tell her about the energy and the pictures she saw. As hands moved over her body and energy began to move and shift, she suddenly became aware of the ancient seed of self-hatred she had reached again and again over the years, every time she went deep in healing or ritual. That energy would make her shake and gag on its intensity and cause her to be reduced to wailing anguish. Each time in the past that she had reached this place and released some of this energy, she

came out of the trance feeling lighter and more free. But always the seed was there, waiting.

This time was different. This time it hit her all at once, fully formed and revealing its secrets. The Dark Egg, deep inside her, so deep it was hidden from sight. All those other healings just tapped its energies, cleared some of them away. But this time, it began to dislodge from its hiding place. It was incredibly heavy, like dark matter itself, a different kind of substance. Still energetic in nature, it was in the process of becoming material. Although it was made of the formless power of creation, it was gaining more and more the physical attributes of form. It was the source of her sickness.

As she saw the Dark Egg, she felt the self-hatred that fed it and saw its source revealed for the first time. She named it misogyny, the hatred of women. In a flash of insight, she saw the source of its creative power as all the ways in which women are oppressed, violated, demeaned, shunned, and annihilated within humanity. But, still deeper, she saw the defilement of the Divine Feminine, that pure, undifferentiated Oneness at the heart of all that is. She felt that everywhere you found men, women, children, organizations, institutions, communities, cultures, or religions embodying the Divine Feminine energies, you found them oppressed, debased, and vilified.

She saw that the Divine Feminine energy is what brings together lovers, families, and communities in unity and harmonious cooperation. It is the power that dissolves walls, boundaries, and borders in the spirit of oneness, compassion, cooperation, and celebration of life. Her culture had decided it was evil because it was so powerful, because all of life came forth from it and was absorbed back into it over and over again, in an infinite dance of birth and death and rebirth.

The Divine Masculine Principle, the energy of activation and individuation, the power that gave us separation and form and allowed All Creation to be born from the formless, this enlightening energy began to be worshipped and seen as the only power worthy of life.

From this denial of the dance of balance between the formless and form, all the illness of the world was born. The desire to acquire wealth and power in the physical form, to hunger after immortality of the flesh, to deny the inevitability of dissolving back into formlessness, this desire brought forth all the sicknesses of the soul: greed, competition, exploitation of Mother Earth, war, famine, slavery, oppression, and genocide. It brought the denial of the sacred nature of the flesh, the knowledge that all that takes form is born directly out of the formless web of infinity.

She saw how deeply this sickness was embedded in the fabric of our reality as a people. But in that moment, though the macrocosmic view was revealed in a flash as she sat on that table, she felt the Dark Egg living inside of her. It was hers. It was her collection of this poisonous power that she had absorbed through her ancestors, her family, her culture, and her experiences. She could see that it was not "out there" in the world. It lived in her. Just as it was the source of the soul sickness of her culture, it was also the source of her own soul sickness. She had given it lodging within her being and fed it with her own terror, her greed, hatred, anger, and self-denial. She fed it with her own internalized fear and loathing of the Divine Feminine Principle of life, the formless void of infinite potential from which we came and to which we will return.

And yet, as all things are born from the formless, as there is nothing that does not arise from it, she saw how this Dark Egg was formlessness itself, made manifest by the thoughts and emotions, the creative energies, within her. This Dark Egg was also, in essence, part of the dance. Her desire to heal herself, to love herself was itself the movement of the formless and the form, dancing within, creating union, harmony, and balance. And she was Divine Awareness, watching the dance of creation within her own being. The birth of this egg, as she released it, would be the birth of her own potential, her own access to the formless power of creation. It was her very own personal, direct experience of this dance between the Divine Creative Powers. And she saw how, deeper still, she was always at One with the source of life itself.

And so, as she sat up on that table, her healer asking her if she was ready, she looked within to find the answer. She saw how the Dark Egg was deeply embedded and entwined with her own being. She saw the death it would bring, and the return to formlessness, the dissolution into raw energy that it symbolized. She began to feel like a giant ovary, with the Dark Egg emerging into the world, preparing to pop out and be fertilized with her own Divine Masculine Power.

She knew she needed help to access and draw on Divine creative power for this energetic ovulation. Her healer called in all the powers of the universe, seen and unseen, all the guides and angels and guardians, all the Gods and Goddesses, Mother Earth and the four directions, the rain, the sun, the wind, and the trees. She closed her eyes and let the power flow into her.

The ocean rose up to meet her. Taking three deep breaths, she opened her throat and brought forth the birthing sound, loud and forceful and deep and enormously powerful. She felt it emerge from her, the great release of it. Then she began to laugh. It was a laugh that felt so good, so free. As the energy released and dissolved and expanded, she

saw so much more. She saw her own creative potential and how it was linked to all that is, how she would speak this understanding so others could feel it and birth it in their own way, as they, too, saw that the dance is within, always within.

In that moment, as the Dark Egg was fertilized by her own Love, a gestation was set in motion. She knew that the birth, when it came, would be her own freedom.

\*\*\*



*This* story is dedicated to the re-emergence of the Divine Feminine within all of humanity, and to my Grandmothers, Evelyn Torrey and Lynn Henderson, who were the first to show me the Divine Powers, and my Grandfather, Clifford Torrey, who told me to remember the dance.

What an incredible time to be alive. We are witnessing the re-birth of the Divine Feminine within the consciousness of our species. We can see evidence of this all around us and in so many ways. As the largely Masculine Principle dominated hierarchy begins to crack and crumble, the Divine Feminine is being revealed as the missing link, the Divine Life Principle that has been oppressed and shunned, only to break through the cracking facade with shining newborn beauty.

There is a very important distinction in this infant language we are learning to speak that must be made clear. The Divine Feminine and the Divine Masculine are principles underlying all of life. They do not reference physical gender. The Feminine Principle is not more inherent in women and the Masculine Principle is not more inherent in men. This may seem obvious but often the literature about this topic seems to bring some confusion to these concepts. All of life is made up of these two energies in some blending, and the most beautiful and harmonious life systems are composed of a balance between these principles. As the yin and yang, The Divine Masculine and Divine Feminine are forever locked



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### Colon Hydrotherapy

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in a dance which fuels the creative principle of life. All that is born from this dance is in a never ending flow of being.

The Divine Feminine Principle is the formless void. It is undifferentiated potential at its core. It is Oneness. It is receptivity, fertile and infinite, welcoming without resistance the activating energy of the Divine Male Principle. The Divine Male Principle is the Big Bang, space and time, individuation. It is the activating principle that sets into motion the creation of life, the energy which differentiates in order to create existence. From these core Principles, the myriad of life is born. Within all of life we can see these principles manifest. Our Mother planet shows us this dance in all forms of life. The vast oceans mirror the feminine, while the volcanic energies exploding forth and thrusting into space create the boundaries and potential for life to thrive. The seed contains the infinite potential of life, and must seek the dark earth to wait for the sun and moisture to penetrate and create movement, growth, and a thrusting action as it emerges through the soil and out into the light. The dance is inherent to being, with both principles equally necessary.

At some point in our ancestral human journey, many of us began to worship the Male Principle and hold it in higher regard than the Female Principle. We are now witnessing the results of that movement away from the balanced dance of the Masculine and Feminine principles, the condition which creates abundant, harmonious, balanced life. We have become a species that for the most part oppresses and fears the Feminine Principle. Anywhere in our culture in which the Feminine principle expresses, whether it be in an individual, organization, or living system, you can find violence toward and oppression of this primary energy. This oppression is so completely embedded in our culture and society that we can only see the most obvious forms of it. Much of it is hidden and needs to be dissected to be seen clearly. This deeply embedded fear and oppression of the Divine Feminine and the worship and corruption of the Divine Masculine have become the human soul illness that currently threatens all of life on this planet.

So, as we witness this most extraordinary time in human history, it is clear that a great shift is taking place. The power of Divine Feminine energy is being reborn in a big way in the consciousness of humanity. If life is made possible by the individuation of the Divine Masculine energy, then death is the dissolution and reabsorption back into the formless. We are facing our own extinction, which is awakening a very direct understanding of the Awesome reality of Divine Feminine energy. Is being driven to the brink what awakens us? Have we been here before? It is an incredibly intimate experience to contemplate that we could be the last of our

species. It opens the heart. We see, in this way, that we are One. So yes, it is a very exciting and activating time to be alive.

In the story, the woman is facing her own death. As she lies on her healer's table and surrenders, she understands it is time to listen deeply to her body (Earth Mother), and she opens herself to her own depths, her own unconsciousness, the void within. This is the realm of the Divine Feminine. Here she finds the Dark Egg. This egg represents that which is denied, repressed, feared, rejected. It represents her own death, the dissolution of her ego. It represents her own avoidance of her being, her denial of this reality. It represents her culture and how she has completely identified with it and internalized it on a deep level. It represents the misogynist monster cleverly hidden within her own psyche. But being hidden, in the shadows, it represents the Divine Feminine energy, gestating. This contradiction is mind bending but is also the source of the unraveling of all the programming, all the misunderstanding. We see how it is one fabric all connected. We come close to understanding the Tao which is the Way, Yin and Yang. The dance is always within. What we see and how we see is always a direct reflection of our relationship with our own Dark Egg.

Nothing is really "out there." We see it all playing out, but we have each created it, and we create it together. How do the Divine Energies of Creation express within our own beings? As the unseen, the unmet, the shadow, the void, come into the light of consciousness and thought, they move into the creative realm of form. This is the dance. The movement is always ongoing as more is revealed. We are birthing ourselves in every moment. Whether we are focusing on the big stage of life or looking inward at our own inner play, when we can see the dance behind it all, and when we can recognize that we are the dance, that we are creating reality right now and in every moment, and when we can let go and laugh and know that we can create our dreams out of this dance of form and formless, then we can be free.



*Devon Love, owner of OneHeart Intuitive Healing, is a spiritual mentor, intuitive healer and nurturing bodyworker, practicing at Arcata Healing Arts Center, arcatahealingartscenter.com. She is currently focusing her work primarily on supporting women who are ready to learn to love their authentic and amazing selves and who want to expand their self-care skills. Though this is her main focus, everyone who is diving deep into their own healing journey is welcome! You can reach Devon at 707-825-1153, or on FB at oneheartintuitive/facebook.com.*

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# Unlocking the Spiritual World of Dreams: A Free Workshop



By Clare Vettes

***Dream travel is  
your ticket  
to a world of  
wonder.***

—Harold Klemp,  
*The Art of Spiritual  
Dreaming*, p. 267

One day the water in my sink started to drain slowly and the garbage disposal stopped working. I don't use the disposal a lot, so it wasn't much of a problem. Then the water completely stopped draining. The color of the stagnated water went from grey to black. Now I have a problem! But I procrastinate going to the landlord and dealing with the hassle of lining up a plumber.

When my sister and her daughter let me know they are driving down from Seattle and are arriving tomorrow, I'm immediately motivated to resolve the kitchen sink issues. Sunday, it is the least convenient and most costly day to try to get a plumbing issue resolved. Why had I waited so long? How am I going to resolve this issue before my sister arrives?

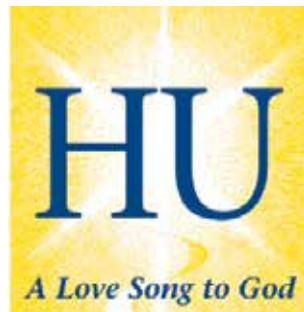
That night, before falling asleep, I chanted HU and gently asked, "What am I to do?" I had a vivid, colorful dream that felt joyous and happy. In it I went diving under a pool of clear and luminous water and pulled out a huge scallop shell with five pearls inside. The dream continued with me plunging my arm into a murky, dirty pool of water and pulling out what looked like a quarter. My arm plunged into the water again and pulled out something red.

Waking the next morning, as loath as I was to do it, I put my hand and arm down the drain of the murky sink water. I reached down beneath the garbage disposal blade and dislodged a small, round ¾ inch magnet. I turned on the garbage disposal switch and no go.

The dream had shown me plunging into the murk twice, so I reached down again, rooted around with fingertips and pulled out a red pushpin tack. When I flipped the switch, the garbage disposal whirled into action. I cleaned out the sink and found that what I had been avoiding and stressing about was fixed in minutes.

I was elated to get a clear solution from spirit to an everyday problem. DIY with no cost expenditure. Without the dream guidance, I would never have pushed my hand down the sink to feel about for weird lost objects.

\* \* \*



Exploring my experiences in the dream worlds is a fascinating journey of self-revelation which I look forward to each night as well as waking dream experiences during the day. The Spiritual Exercise of singing or chanting HU (pronounced hyoo) every night helps me explore the great adventures of

spiritual worlds in my dreams.

## Would you like to discover how dreams:

- Hold keys to understanding your life?
- Can offer insights on health, career, and relationships?
- Help you explore worlds of higher consciousness?

You are warmly invited to attend a free Workshop on ***Unlocking the Spiritual World of Dreams***. Experience spiritual tools and dynamic techniques such as singing or chanting HU that can transform your life!



A free book called *Spiritual Experiences Guidebook* will be given to each attendee. Share your spiritual experiences, or just listen as others share. Snacks served.

A Child and Youth Creativity Table will be available with dream activities.

**On Saturday, October 14, 2017**

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# Garden Party

by Roy Rosenblatt

*Breezes skip through the garden  
shapes and colors link up  
flow's festive mosaic*

*here a rumba  
there a waltz  
beneath shimmying tulips*

*daisies twist  
a lizard sprints  
across the dance floor*

*carrying the world  
in its patterns  
pluck's tango*



"What lies behind us and what lies before us  
are tiny matters compared to what lies within us."  
—Ralph Waldo Emerson

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*The point of power is always in the present  
moment. —Louise L. Hay*

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# *With Love to the Bride, from her mother*

Story, photography and poem share  
by Zachary Cooper

We recently traveled to Greece in order to witness two of our dear friends wed in the traditional Greek style. This was an event that we looked forward to for years, and it was so much more impressive than we ever anticipated. Irene, the mother of the bride, gave this speech as a tribute to the many journeys this couple has experienced together, each one helping to build the rich bond that they currently share. Many of the locations noted are in South Africa or from the nine month journey that ultimately led to an epic wedding proposal. Cheers to you, Zoi and Marios! May your future hold many more adventures and may each adventure bring you closer to one another.

**Zoi, my Pixie,  
Cart wheeling through  
Shopping centers  
Flick flaking and tumbling  
to Western Province colours  
Jumping out of an airplane and onto a static line**

**You found your super hero in Mario  
On HSA weekend away  
And from that moment the spark was lit  
And the Kefi\* ignited your love,  
And now we know a little more!**

**Mystical Transkei gave you  
The Silk Trail,  
And so began  
The awesome adventure  
Through Asia  
Starting the journey of a lifetime  
Through Majestic, busy India  
Protecting gems of Pakistan  
Bright cold lights of China  
Nurturing magnolia  
Making bread and cheese  
Horse riding freely  
In big open spaces  
Wet Gobi desert  
Poor beautiful Lao  
Romantic Philippines  
Abruptly ending in Indonesia  
An amazing race  
Forever etched in your memories  
And sealing your love  
For one another**

**Love can start from  
A delicate dew drop  
A trickling stream  
A rushing river  
A rushing waterfall  
To the mighty ocean**

**Life is like the ocean  
ever changing  
But constantly growing  
and evolving  
And forever getting  
stronger**

**Life will test your love  
And through all the good times and bad  
Be each other's anchor  
Be each other's rock  
And grow and nurture your union**

**And as you stand together  
Two young trees  
Standing tall  
Let your roots intermingle  
As you grow and blossom  
Into one beautiful majestic tree**

**You are both forever blessed  
Our wish to you is  
May your love grow and flourish  
And constantly be blessed with laughter, joy and  
happiness**

**Andrea Veronica George and I wish you all our  
blessings and love  
As you embark on this wonderful journey together  
Forever together  
Two beautiful souls joined as one  
And united in love**

**We wish you everything you hope for  
Constantly surrounded by love  
Forever together**

\*The word Kefi, translates to fun. It is a word used to describe the atmosphere of a party.

*Irene Ferendinos, mother of the bride, massage therapist, also fondly known as the crazy Greek mother, was born in Zimbabwe, and moved to South Africa when she got married in 1985. She is the mother of two wonderful children, Zoi and Manoly. She loves hiking Table Mountain and bush trips in Her beloved Namibia. She likes creating things, painting and sewing. Irene got into massage by accident by massaging people on the fish river canyon hike in Namibia, in 2000.*





# The Healing Power of Yoga

By Samantha Akers



In 1997, at the age of 23, I found myself lying on my couch with my one-month old daughter, wondering how I had gotten there. In too much pain to move, diagnosed with Chronic Fatigue, Fibromyalgia, Lyme Disease and Spinal Meningitis, all within a three-month period, I had gone from being a seemingly healthy new mom to a very sick woman, over night. Or so I thought...

Doctors were giving me large quantities of steroids and antibiotics. This likely cured the Lyme Disease but left me even more debilitated with a new plethora of health issues. The heavens guided me to a holistic practitioner who, along with many wonderful healing remedies, suggested I try yoga. I had been a dancer, avid hiker and tennis player, but I had never tried yoga.

I went to my first class, not knowing where to begin. I often hear from my clients, "What kind of yoga should I try?" I felt the same way. The not knowing led me to the perfect, imperfect class. I went to an active class which was not appropriate for my level of health at that time. As luck would have it, the teacher that day was the owner of the studio. We chatted after class and she guided me to a Restorative Yoga class. I did not go back right away, honestly feeling angry that she felt that all I could do was "lie on the floor with props." When I finally did return, I discovered that Restorative and Therapeutic Yoga was much much more than just lying around.

During my first class, I had an incredibly powerful healing experience. As I set myself up in Reclining Butterfly, and settled in, the tears began to flow and flow, rolling down my cheeks. I did not understand what was happening, but I intuitively understood that this was just what I needed and

that this was the beginning of a special relationship between myself and my body and myself and yoga.

I kept returning to the yoga class, and over the course of time I began to recognize that much of my dis-ease and illness were caused by being over stressed from caring for an unwell parent my whole life, as well as by not knowing how to pay attention to myself and my own needs. Slowing down and settling in was helping me get in touch with myself.

I came to understand that my body needed to begin by being in very supported, longer held postures to help my nervous system come back into balance. I was stuck in flight or fight and had been for many years. I first had to balance the nervous systems with long, slow yoga and lengthening the fascia before I could begin to get stronger. I also learned how vital it is to practice these slower, more therapeutic asanas, as they are the key to balancing our daily activities. Slowing down helps to connect more deeply to the roots of feelings, experiences, sensations and emotions and thus to address them with loving kindness and begin the healing process.

Yoga was a powerful reminder and teacher that I could always come home to my breath and my body sensations at any time. The more I turned inward, observed, explored and breathed, the better I felt and the more well I became. I discovered the power to heal with special tools and a safe, supportive container.



I found restorative poses such as reclining butterfly and yin poses such as dragonfly were both calming for the mind. I now enjoy any asana that is held for several minutes, allowing for witnessing and change.

I went home from my first restorative session, still very sick but declaring, "When I am well, I will teach this to everyone!" I bought my bolster, blankets, blocks and I have never looked back.

And I did get well! Within a couple of years, I took my first

yoga teacher training. I made my way into the study of therapeutic applications of practice as well as the deep study of anatomy, fascia and bodywork. I discovered that, as a teacher, I can share this sacred practice with sensitivity to all bodies, conditions and traumas. I continued on to become a certified therapeutic yoga teacher and myofascial release technician as well as continuing deep studies in sound healing with mantra, Vipassana meditation and Metta practice. I opened my own yoga studio and school in 2012, something I never dreamed I would have the health to do in 1997.

Yoga truly healed me. The practice created a safe space for me to find myself and to realize why I had gotten sick. I was no longer the victim of my illness, but a powerful partner in my recovery. I have seen firsthand how a holistic yoga practice can heal the body, mind and spirit. It is now 20 years that I have known and felt in my body that yoga is a pathway to healing. I will never stop sharing my love and gratitude for this powerful practice full of love, light and hope.



*Samantha Akers is a certified Hatha yoga teacher, E-RYT 500 through Yoga Alliance, a certified therapeutic yoga teacher, C-IAYT, through IAYT and CMT. Her modalities include Kundalini Yoga, Iyengar Yoga, Trauma Sensitive Yoga, Vipassana, Yin and Restorative Yoga. She has been leading the training of Restorative Yoga: The Subtle Art and Science since 2011 and a Yin Yoga training based in the science of stretch, a 200 hour Yoga Alliance Training and a 300 hour Advanced Yoga Therapeutics training for teachers.*

To find out more about her Upcoming 300 hour YTT beginning March 2018, please visit her website [www.therayogamethod.com](http://www.therayogamethod.com) or the event page at [WholisticHeartbeat.com](http://WholisticHeartbeat.com)

**Samantha will be hosting a Meet and Greet at Om Shala on September 24th at 4:30 pm.**

This is an opportunity for prospective trainees to ask questions about her Upcoming 300 hour YTT beginning **March 2018**

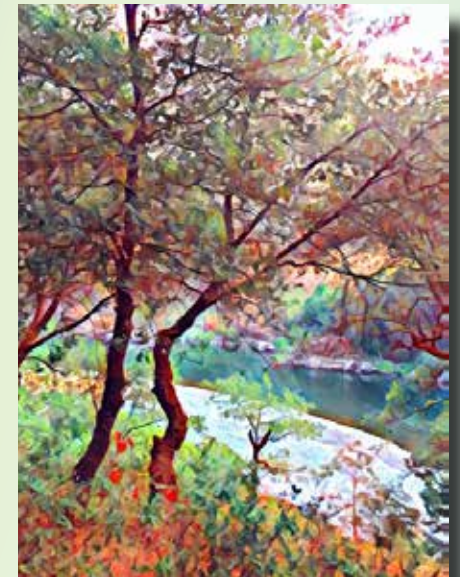


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**So that my heart beats to the rhythm of Her drum, and knowing, protecting and honoring Her becomes my reason for breathing.**



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Nature is rising. The intelligence of this pulsing, exquisite world is nudging us. She's tender and mischievous, loving and succulent, violently powerful and expressive, undeniable and unfathomably vast.

There are ways of more consciously calling forth that liquid fire and drenching ourselves with aliveness that is encoded with evolutionary wisdom.

Nature's intelligence has been pulsing through us every second of our lives, but many of us have been blinded to it, severed from it, misdirected in how we think and where we place our attention and value.

What if we collectively call this intelligence forth? What if we choose to turn towards the rising tide and not just say yes to it, but give it full permission to take us over and powerfully re-educate us so that we can finally know what we are and what we're for?

-Clare Dubois is the Founder of TreeSisters (photos by Maya)



# PSYCHIC MURDER MYSTERY

## *Kisses From A Dead Wife*

By Jesse Austin



You are a psychic medium. Do you have feelings? When you read people and they are suffering, do you suffer?

Well, yes and no. You do suffer in the moment with your client's travails. Your chest hurts if the departed mother died from her heart. But those sensations and sensibilities don't last.

When the client walks out of your office, your mind is divinely erased, and your prime needs will be lunch, dark chocolate and the score of the latest SF Giants game.

Are you a monster? Nah, just a person with a gift of seeing and hearing stuff about others, some of them dead, but certainly not gone.

You have adjusted, you are used to it. If your cat hurts her paw you certainly cry 'for reals.' "Oh, kitty I love you ... what happened? Squeaky kitty, if your paw doesn't get better we will have to go to the vet."

But when a plane crashes into the ocean, killing all on board, you will lose the signal of the departed dark-haired husband if you allow yourself to be overwhelmed by his lonely widow's anguish.

"He is showing me a cake," you tell the woman in your office, "Something about a birthday."

"Sunday," the widow sobs, "Last Sunday was my birthday."

Anyway, you are able to tune in and tune out all at once. You have learned to trust your inner universe. It is half fun being a psychic medium. As long as you always keep on hand a good supply of chocolate.

Recently you were face to face with a cop who had strangled his wife. It wasn't your job to make sure justice was done. But you did note the odd way your guides had managed to throw it all in your lap. It made you laugh to yourself as you faced the sinister barrel of the cop's pistol.

It all started way out in left field, as a missing person case. You were visiting your married friends, Bob and Hector in West Linn, Oregon, a posh community near Portland. The three of you had just finished breakfast when something jumped in your imagination.

"The police are coming up the drive," you said.

Neither of your friends questioned your intuitive hit that the police were motoring up the long driveway.

As your friends moved towards the front door, you drifted into the 'blue room,' a large sitting room just off the dining room. You were being flooded with images. Almost staggering under the intensity, you lowered yourself into a chair near the large window.

Images flashed through your imagination. A small boy in white shorts was being chased in the dark near a river by three much bigger

boys. You could hear mean laughter and feel the boy's terrified breathing. Suddenly the frightened boy slipped and tumbled down the bank into the brown water. You had the vivid sensation of going under, gulping and thrashing.

So, yes, you do suffer and feel the panic and profound sorrows of others.

You claw at the arms of the stuffed chair, heaving yourself to your feet. You breathe a moment, attempting to calm yourself.

Outside of your friend's house you see the patrol car you anticipated come to a halt at the end of the drive. You turn away, feeling your imagination jump once more into drastic action.

Suddenly you are with the boy again, being swept down river. You watch the boy fighting and coughing in the brown water. Finally he slams into a massive concrete bridge abutment.

Miraculously the plucky child manages to pull himself out of the water and up onto the large flat base of the abutment. But, poor thing, he is stuck far below the giant bridge, shaking and barely conscious in the darkness.

You are a little shaky yourself, but happy for the boy.

"What bridge is it?" you puzzle out loud.

Apparently your guides love you, and the little boy too. Suddenly a dollar bill flashes in your imagination. After a moment you make the connection, George Washington is on the dollar bill. And there are any number of bridges that cross the Willamette River in the Portland area, including the mighty Washington Bridge.

Your friends call to you from the front door entryway. You take a deep breath, close your eyes and give thanks. Then you gather your thoughts as you walk through the house.

Your friend Bob, ever the good host, introduces you to officers Hooper and Clington.

It is, in a sense a social situation. You make your hellos, as the cops looking stiff under their

psychological shells, return your greeting. Neither of them smiles. You get the vibe that they are not pleased to be talking to you—mister all things psychic.

"Mrs. Alice Nunley sent us," Hooper, the older cop, says, his eyes watchful. "Mrs Nunely said she has been a client of yours."

You turn your gaze on officer Hooper. He is Hispanic, maybe 50, with a bit of gray hair and a wide, trim body. You are shorter than either of the uniformed officers. You are in your seventies, balding, and dressed in jeans and an untucked shirt. You listen and wait.

"Mrs Nunley's youngster has been missing since last night," Hooper continues, setting his jaw. "Ah, Mrs Nunely thinks you might be able to help in locating her child."

"Was the missing child a boy, about six or seven years old?" you ask in a brisk tone. Officer Hooper gives a curt nod, the crinkles around his eyes going bright. "The boy has brown hair," you continue, recalling the images you had been shown earlier. "He was wearing shorts, white tennis shoes, and he was out looking for his dog."

"How did you know that?" The tall cop, Clington, grunts.

What's this? You feel officer Clington's dark, restive energy, as if he is being swallowed by enormous depression. Anger, agony and mayhem dance in his eyes behind his sunglasses.

For the moment you bathe yourself in a white light, ignoring the tall man's desperation.

The older cop clears his throat, betraying a sliver of anxiety. "Do you know the boy's whereabouts?"

"He fell into the Willamette, but he is alive," you announce, hoping you are interpreting your guides accurately. "The boy is holding onto a piling under the Washington Bridge."

"That's in his neighborhood," the tall cop in sunglasses can't help but voice his amazement. You don't look at him directly. His energy is like a wild



animal in a cage. You are extremely wary, sensing that he is near exhaustion from grief, guilt and an overwhelming compulsion to get away from his own insides.

What is his problem, you wonder?

“He strangled his wife,” your guides tell you.

Later you go for a walk on the grassy path that leads up a rolling hill. You miss Lena, your lawyer wife, dead now almost five years. Then you see a bush with red flowers. The musky smell makes you smile.

“Hi Honey,” you whisper.

Lena gives you the impression that you will be meeting a beautiful woman later in the evening. You laugh, pleased that your darling is still teasing you about foolish nonsense. But it is true, you are lonely these days for a romantic touch.



When you return to the house, your friends are happy and excited. The police called. The youngster was found alive, but shivering and incoherent under the bridge. The tearful mother had also called, thanking you.

That night Bob and Hector turn in early; they have a workday coming up in the morning. You are scheduled to do a psychic medium presentation; it was to be filmed at a downtown Portland Hotel. But your guides warn you to stay awake.

Later, through the window in the blue room, you see the pickup halt in the driveway and cut its

lights. You watch a tall man in a dark shirt start up the walk. You hurry and open the front door.

“Come in,” you say, your hand trembling slightly on the knob.

Officer Clingington, now out of uniform, grunts and tells you to turn off the porch light and to step outside.

You can feel the man’s desperate agitation. Your stomach tightens as you step out into the shadows. The pale moon is low in the sky.

“Do you know who killed my wife?” Clingington abruptly asks.

You know you have arrived at your moment of truth.

Suddenly the two of you are not alone. In your imagination flashes a vivid picture of a beautiful woman, maybe 35, wearing a print dress. She looks at you with imploring eyes.

“What are you looking at?” the off-duty officer demands. You can tell he is near the snapping point.

“A woman in a short dress with blue flowers. Her face is twisted with fear and sorrow. She is telling me she is your wife, and that you got into an argument, and in a fit of anger you put your hands around her throat and choked her to death.”

Clingington’s chin drops to his chest. Suddenly he is sobbing.

“Oh, my god,” the poor man says. “I have been pretending to be looking for who did it,” he says, “I have been searching everywhere—high and low. Everybody at the station is worried I am going crackers. They want me to take more time off. I loved Janet. We were together for thirteen years. We never had a cross word until our daughter died in a pool accident. My wife taught school, she was a good listener ... I met her when her car broke down. We both went to pieces after Leah died. I started drinking, Janet had an affair—and I, I confronted her.”

Suddenly he stopped talking and gazed at you with wild eyes.

“You know ... I killed ... my wife!” he whispered, his hand moving unconsciously inside his shirt.

You are not a monster. You are aware of the man’s anguish, and yes, certainly you understand that you personally may be in some danger.

“Your wife has forgiven you,” you say. “She wants you to start a girl’s horse riding club like you talked about ...”

But the cop pulls a gun out and points it at your chest. He cocks the gun. You hold your breath.

Then you see a young girl standing next to the tall man. She is maybe eleven, with a sweet oval face.

“He’s my father,” she says, pointing. “It is all my fault,” she tells you.

“Your daughter is here,” you tell the distraught man.

You can see a bit of his rigid face in the moonlight. You are not sure if Clingington heard you. You yourself are in a mild trance, concentrating and attempting to pass on information. You are only distantly aware that you are about to be killed.

“Your daughter is laughing,” you finally tell the cop with the gun. “She is saying don’t call her Cinderella.”

You see the light dance for a moment in Clingington’s eyes. He suddenly seems to see you. “I always called her that when she was late getting ready for school or was doing something bad,” he mumbled almost to himself.

Suddenly he lowers the gun.

“I loved them,” he says, crying. “I loved them both so much.”

Some weeks after you return to Northern California you hear that the cop has a website. You check it out and find he has followed his wife’s instructions and started a riding camp for troubled teens, Camp Cinderella.

Well, what about justice for this cop dude? That’s not your job, your guides told you. His daughter’s

drowning was a life challenge for both him and his wife. In some ways they both failed.

That night on the porch you hugged the cop, whispered that you would keep his secret, then went inside to sleep. His daughter walked you down the hallway holding your hand. She told you her father had suffered enough, that he and her mother had learned much, and they would learn much more, one alive on earth, and the other departed.

You fell asleep musing at the vast mystery of existence.

Then, deep in the night, you heard the gunshot. The cop shot you through the open bedroom window. You felt the fatal sting in your chest. Apparently you had miscalculated. Your psychic mediumship counseling had not been enough for saddened, scared officer Clingington to see the light for long.

But it was a dream, another reality, another path of learning. You were pleased to be both asleep and dead!

In the morning when you woke, you could hear from another part of the house, Bob and Hector making love. You didn’t feel left out, you felt blessed.

The possibilities of experience, of expansion were divinely endless.

*Psychic Medium Jesse Austin can be contacted by email or text: [jesseyesse@gmail.com](mailto:jesseyesse@gmail.com) and 503.929.8128.*

Jesse credits his wife, Rita, for the story’s artwork



Honoring Zoe, her spirit, and her continuing leadership for all of us...



# Everyday Spiritual Practices

by Angelica Jayne Taggart

Fall already—how could that be!?

Families are getting back in the routine of school, some people are looking forward to the new season of their favorite shows on TV, squash and pumpkins are appearing in the stores, and there are threats of war. Wait – what? War? How could that be!?

What does one do when all seems normal except for the constant barrage of an underlying tone of negativity in one's life?

I believe we can pray, meditate, or do some sort of spiritual practice. Did you know that anything can be a spiritual practice? All you have to do is be mindful while doing it.

When I lived next door to Queen Elizabeth Park in Vancouver, BC, I noticed that every Sunday there were lots of Japanese families walking the wooded paths. This walking is called Shirin-Yoku which means “forest bathing.” It’s a way to let nature cleanse away stress. The idea was developed in Japan during the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine.

I’ve felt that lifting of stress while walking in our beautiful Redwood forests, haven’t you? There’s something so calming about it. It’s like the energy of the trees wraps itself around me, and all stress drops away.

I’ve added meditation to my walks, which basically means being mindful of every step, every breath, every plant and animal and person I see along the path. I mindfully recognize

all as an expression of The Divine.

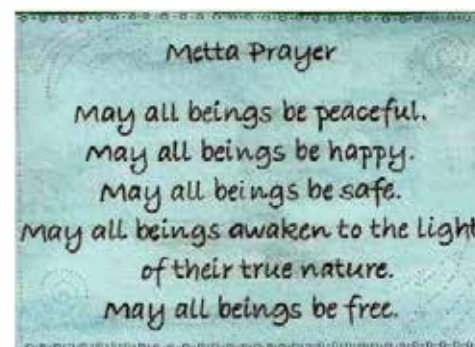
Gardening is also a spiritual practice for me. As I pull the weeds and deadhead the flowers, I release those beliefs that are no longer serving me. As I water, I envision that water as Spirit and see my world being green and peaceful.



Brother Lawrence, a Catholic Carmelite Lay Brother who lived in the 1600s, found washing dishes to be a sacred practice. Thich Nhat Hanh, in his book, *Peace in Every Step*, says, “Every breath we take, every step we take, can be filled with peace, joy, and serenity. ... We need only to be awake, alive in the present moment.”

Rather than allow ourselves to be overcome with fear and worry as things ‘out there’ seem so chaotic, let’s create our own spiritual practices and be filled with Peace. As we raise our own consciousness, I believe we are raising the consciousness of humanity.

*Rev. Angelica is the  
Spiritual Director of the  
Eureka Center for Spiritual  
Living.  
[www.eurekasom.com](http://www.eurekasom.com)*



*Original artwork Blooming #2 16 x 20, oil on canvas  
by Anna Oneglia. Visit her at [www.annaoneglia.com](http://www.annaoneglia.com)*

## BLIND DATE

by Roy Rosenblatt



She finger walks  
past the small goblet,  
selecting larger crystal  
which permits her to believe,  
watching waves of wine settle,  
that it's just a drop.

Anxious eyes now meet,  
a ballet of gentle bends,  
yielding to stumbles,  
starched pauses  
eclipsing words.

Word butterflies swirl  
lively dances of her hands.  
Air trembles. He trembles.  
His feelings bent  
so easily by wind.

Halting eyes touch.  
Something breathes  
in her eye,  
stolen from the iris,  
sliding into secret places.

The world, peopled and noisy,  
ceases to exist;  
aroused breath piercing words,  
sparks igniting  
a baptism of light.

Tossed  
into deepening silence,  
what speaks in her  
listens in wonder;

how she could have lived  
this road map of self denial.

Photo by Zachary Cooper



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-Louise L. Hay, *You Can Heal Your Life*



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# Living in Harmony with the Autumn Season

By Donald Hughes, LAc.

We have now passed the peak of summer and move into the waning of yang. In the Chinese calendar, we celebrate the beginning of fall around August 9<sup>th</sup> when the qi begins to become more yin. In the Gregorian calendar, we celebrate the beginning of fall at the equinox, the middle of actual fall. In the fall, trees lose their leaves in places where it snows. We can view this as the metaphor for the energy of the autumn season.

In the autumn, we deal with letting go of the bounty of summer and preparing to store food for the winter. We associate autumn with the metal element in the five transformations cycle. Metal corresponds to the lungs. In Chinese medicine, we associate the lungs with the emotion of sorrow and the sound of weeping. Sorrow disperses the energy. When we become frustrated, crying can restore balance, but too much crying can weaken us. We feel sorrow when loved ones die. Sorrow helps us to let go. The autumn corresponds to the time of life when we become a dry tree branch, when our yin fluids begin to be depleted. This causes aging.

We can consider the opposite of the emotion sorrow as something like cosmic awe. Though things in this world are temporary, there exists a higher order we can connect with through cosmic awe. We can only do this by letting go. Autumn is a time for letting go of old habits. In Chinese medicine we speak of *biao li* pairs, or yin and yang pairs. We refer to the yin organs as solid and the yang organs as empty. The metal element pairs the lung with the large intestine. We can consider both organs eliminatory in a sense. People will die from carbon dioxide build up before oxygen depletion. The lungs have the job of not only bringing in oxygen, but also of eliminating waste in the form of carbon dioxide.

The Yellow Emperor’s Classic refers to the lungs as ‘the delicate organ’. This means the lungs suffer assault from the weather more often than the other organs. In Chinese

medicine, we consider disease the result of the weather, imbalanced emotions, poor diet, injury, or environmental and animal and plant toxins. As the seasons change, we see people contracting colds and flus, particularly in the fall. The lungs paradoxically want to suck up all the energy, yet at the same time they have a pickiness and don’t like impurity. We represent this with the image of the white tiger who only wants the best and easily becomes irritated. We associate the lungs with the sour flavor. The sour flavor astringes and contains fluids, protecting against the dryness.

In the metal time, we must keep our guard up against the evil of dryness. In Chinese medicine, we list six evils: heat, cold, damp, wind, dryness, and summer heat. In the fall, the energy of dryness rises to its peak. During the fall, we must guard our fluids.

To stay in harmony with autumn, we should begin to restrict our external activity and turn inward. Going to school is helpful, particularly in this rooster year. The rooster refines and sorts data, seeking perfection, but it can also exhibit cockiness and puff up its chest. This year we have a fire rooster, so such tendencies become inflamed. We can see this in how people have become polarized over the presidency and the recent acceleration of the culture war. But, during a yin rooster year, such blustering will not result in a civil war. Resist temptation to rise to the bait. Seek the internal. The scholar benefits.

Ending old projects and beginning new projects benefits. We can consider the spring and fall the pivots, when yin changes from yang and when yang changes to yin. These transitions reveal new opportunities for growth, but they also make us more susceptible to disease. During the spring, people become susceptible to diseases stored within the body springing forth. During the fall, people become more susceptible to diseases brought on by the external weather.

We breathe through our pores as well as through our skin. In advanced meditation, you want to be able to feel yourself breathing through your feet, viscerally. Western science discovered this during the filming of the ‘Wizard of Oz’. They covered the Tin Man in silver paint and his skin couldn’t breathe in the costume. He had to be taken to the hospital and nearly suffocated. The lungs also control the opening and closing of the pores.

In the Chinese medicine model, most disease comes initially from the wind. The concept of wind in Chinese medicine has to do with chaotic energy. The wind blows open our pores, particularly in the back of our neck and our abdomen and lower back and invades the *cou li* layer, between the skin and the muscles. This creates a sensation of chills and either a sore throat or sniffles. Ordinarily, we expel the evil wind by sweating, but sometimes our pores become too tense due to cold in the lungs or we lack the heart energy to push out the evil wind. The heart controls the sweat which comes from the blood.

In modern Chinese medicine, we generally speak of wind cold and wind heat. The classics refer to wind as a ‘promiscuous evil’ because it brings along its friends, the other five evils. Wind cold has symptoms of sniffles, sore neck, and chills. Wind heat has symptoms of sore throat, fever, and chills. Usually these begin with a sore throat or sniffles. At first onset of a cold or flu, Chinese medicine can easily push out the disease before it manifests. But on the fourth or fifth day, the disease goes internal and becomes a complex disease, more difficult to resolve. So don’t wait to treat it. Treating problems in the beginning always proves easier than after illness has settled in.

I generally use one of two indispensable cold and flu treatments, *Gui Zhi Tang* and *Yin Qiao San* (Yin Chiao). *Gui Zhi Tang* forms the basis for the entire Chinese medicine herbology. It contains cinnamon twig which boosts the heart energy, white peony which nourishes the blood, ginger, which promotes sweating and thins mucous, jujube which boosts blood and assists ginger in strengthening the pores, and licorice which harmonizes the other herbs and boosts *qi* energy. In Chinese medicine, we combine herbs according to their synergistic effects. Use *Gui Zhi Tang* as a go to for sniffles.

For those with sore throat, use *Yin Qiao San*. This formula comes from a later school when scholars began combining herbs more according to bias than to experience, though *Yin Qiao San* remains a remarkable achievement. Very possibly the most widely sold herb formula in the US, *Yin Qiao San* can rapidly reduce the symptoms of and resolve early stage cold and flu. I generally recommend taking triple the recommended dosage every three to four hours, until symptoms resolve or the fourth day passes.

I twice contracted the H1N1 virus—swine flu. I started getting the raspy cough and simply couldn’t afford to be sick either time. The first time I took *Yin Qiao San* and it resolved in two days. The second time I contracted H1N1, I took *Gui Zhi Tang* as well as a decoction of garlic and onions, and that also resolved the illness. This leads me to believe that both *Yin Qiao San* and *Gui Zhi Tang* resolve both wind heat and wind cold. Stock up on *Yin Qiao San* and save yourself and your loved ones from the cold and flu season.

During the autumn, we should begin spending more time indoors. We should embrace introspection. Reflecting on the past year benefits. Let go of that which does not work for you and your growth process. Stay warm and bundle up. Especially cover your neck and abdomen so as not to contract evil wind. Don’t keep dressing for summer during the fall. Bundle up and keep warm.

Aside from threats from the evil wind, we must defend against dryness with proper nutrition. Sour foods help us to retain fluids and nourish the lungs. Pungent foods help us to cleanse the lungs and boost lung energy. Good autumn foods include pears, apples, mushrooms, carrots, figs, seaweed, cabbage, garlic, onion, black pepper, radish, sweet potato, olives, pickles, celery, apricot, banana, eggs, sauerkraut,



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yogurt, cheese, cucumber, broccoli, mustard greens, plums, grapes, soy, duck, pork, lamb, and beef. Avoid eating too many raw foods and start preparing soups. A teaspoon of raw honey can heal the autumn lung dryness.

Avoid smoking as it will exacerbate lung problems. If you chronically smoke, take advantage of the autumn energy to let go of old habits. Acupuncture can help to reduce cravings. We can consider addiction like a hole that wants to be filled. The addictive substance fills that hole, but it doesn't quite fit right, thus we become eternally hungry to fill it. Acupuncture can fill up the energy of the organs so that the feeling of lack becomes diminished.

Breathing meditation remains a strong purgative for difficult emotions and bad habits. In order to do basic breathing meditation, sit with a straight back, tongue on the roof of the mouth and count each out breath up to 10. If your mind wanders and you forget which number you counted last, then start back at one. If you can do this twenty minutes a day, you will make a lot of progress towards letting go of old patterns. Try to breathe into the abdomen just below the belly button or into your heart chakra. This will prevent the energy from accumulating in your head and causing headaches.

As we pass the midpoint of this rooster year, remember the rooster has a nature of refinement and sorting. The rooster wants to peck at mistakes to create perfection. We want to become less active and more reflective. Nature bids us to ready ourselves for our retreat to the caves. The rooster has a metal nature, so the fall season has an even more metal nature than usual. Educate yourself and study hard as you move towards hibernation. If you can guard against dryness and wind, stay covered up, keep a calm mind, contemplate and rest a little more, you will surely stay healthy this autumn.

*Donald Hughes is a licensed acupuncturist who earned his Master's Degree in Traditional Chinese Medicine from the Academy of Chinese Culture and Health Sciences in 2012. He has 20 years experience in the martial arts and energy work and 10 years as a body worker. Before that, he taught high school biology in Richmond, California. He can be reached at [Kamiyodojo.ca@gmail.com](mailto:Kamiyodojo.ca@gmail.com) or 510-923-0079. Visit his website at [Shiningdragonancientarts.com](http://Shiningdragonancientarts.com)*



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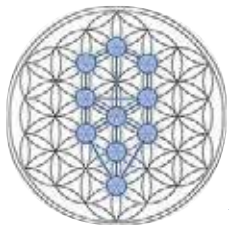
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# Tarot Wise

Sept/Oct 2017

By Carolyn Ayres

Note: This column is an ongoing exploration of the Tree of Life which the modern Tarot is based on. Most of the thousands of tarot decks created since the 1960s copy the Waite Smith and the Thoth decks without the context of their connection to the Tree of Life.

## The Hierophant

*The Lotus starts in the mud and thinks, 'oy gevalt, what a life!' Then it rises in the water and that's a little better but it's still murky. Finally the plant reaches the surface and opens its flower to the sun. It's the most surprised plant in the world. It looks back and says, 'Wow, I remember when I was thinking, 'oy, oy, oy' in the mud.'*

*The lotus was guided by a power from within.*

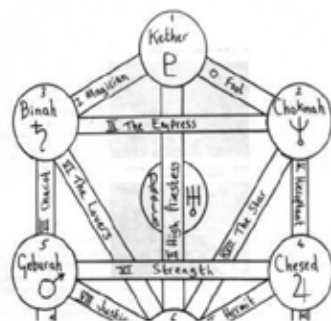
-Jason Lotterhand



The hierophant was the initiator of the Greek Eleusinian mysteries which celebrated the myth of Demeter and Persephone for the continuance of the seasons, among other things. The initiates were in the thousands. The Hierophant of today's tarot can be seen as the initiator archetype of the deck, the visible face of God, the inner teacher or any teacher of a traditional knowledge base such as the Shaman, seen to the right, from the *Star Tarot* by Cathy McClelland.



I find that many of my students struggle with this archetype because of the religious overtones. On the Waite Smith card, he/she is dressed as the Pope with the papal cross and headpiece, and then, even with the Thoth deck, you have an empty-eyed Babylonian priest. So it is helpful to look deeper into this card by observing where it is placed on the Tree of Life.



(Thank you to <http://www.esotericmeanings.com> for the use of their Tree of Life image above)

The Path of the Hierophant on the Tree is seen on the right side of the image, from the cosmic, blasting Wisdom of Chokmah to the Expansive Mercy and Compassion of Chesed. Since Chokmah is directly over Chesed, you can say they are the same energy, only more refined, as the energy descends. The path of the Hierophant refines the force of Chokmah for the possibility of manifestation in the Love of Chesed. This cosmic teacher archetype can also be said to unite the microcosm, our consciousness, with the macrocosm, Cosmic Consciousness, bridging our understanding from the illusion of what we think of as ordinary with the transcendent which we find difficult to even comprehend. A very positive path. But the most important aspect of the Hierophant is the concept of Listening. For the Hierophant, at its core, is about tuning into the higher frequencies and then interpreting them on denser, more mundane levels. This was originally what the Pope, the pontiff, the bridge, were supposed to be, messengers of the Holy Word.

What does the Hierophant, as a Five, give to the Emperor, as a Four? And why are the Tarot Fives so difficult? First think of the stability of the Fours as the vision of possibilities of the Emperor. What is added to the four elements of possible manifestation to create the fifth element of the Hierophant? Fire, Water, Air, Earth and then **Spirit**. With the gift of Spirit or Ether, we have the five pointed star. When this star is incased in manifested form, we then have the pentacle and the human form of five. But we also move from the certainty of our vision of the Emperor to the uncertainty that the fifth element, Spirit, the voice of the Hierophant, brings into our lives. We are asked to Listen to a voice which is beyond our reasoning mind.



I connect the Hierophant in the human body to the pineal gland, that tiny pine cone shaped organ that sits right in the center of the head behind the third Eye which is actually a vestigial eye which used to function in our earlier evolution. Now it has been so underused that for many people the gland shows signs of calcifying, mirroring our separation from our higher wisdom and our dependence instead on the illusions of our egoic intellect. The Hierophant holds our magical powers waiting to be tapped. Thus, the practice of the Hierophant is to listen to our inner, higher guidance beyond our human mind.

*The Work of the Hierophant of initiation is to integrate all of the four sacred dimensions within our Whole being.*

-Pamela Eakins, *Kabbalah and Tarot of the Spirit*



## Your Turn

Separate your deck into the four Tarot suits including court cards and your Majors, five piles in all. In Qabalistic terms these are called the Four Worlds and the Initiatory Archetypes.

## Reading for the Hierophant in the Four Worlds

*How does the teaching energy of the Hierophant reveal itself in each dimension?*

**Card One** Draw from your Wand pile  
**Your Teacher from the World of Wands, from your Spirit**  
What is this card's message for you in this physical reality?

**Card Two** Draw from your Cups pile  
**Your Teacher from the World of Cups, from your Soul**  
What is this card's message for you in this physical reality?

**Card Three** Draw from your Sword pile  
**Your Teacher from the World of Swords, from your Intellect**  
What is this card's message for you in this physical reality?

**Card Four** Draw from your Pentacle/Disk pile  
**Your Teacher from the World of Pentacle/Disks, from your Body?**  
What is this card's message for you in this physical reality?

*Now combine and read these four cards together.  
What is the message from your Hierophant?*

**Card Five** Draw this card from your pile of Majors  
**Which archetype would like to speak to you at this moment about integrating all these teachings so you may begin to constitute your desires?**

Close your eyes.  
Center yourself with your breath.  
Tune in. Listen

Bring forth a message from this card  
about how to begin this process.

As always I welcome questions and comments.

*If you are following my column and want to know more about the Tarot and the Tree of Life, send me an email at my site [www.tarotofbecoming.com](http://www.tarotofbecoming.com). I will put you on my email list so you can hear about my classes when they start up again in January, 2018. You can see my class schedules and read my latest New Moon Message and Tarot reading each month.*

*I teach "Tarot As An Evolutionary Path," a complete overview of the Tarot. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. Private consultations on the phone, Skype or at my Tarot Studio in Eureka are also available. For more information about my classes or private consultations, call 442-4240 or email me: [carolyn@tarotofbecoming.com](mailto:carolyn@tarotofbecoming.com).*

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# Useful Gods

By Dorje Kirsten



In the predictive and fascinating form of Chinese Astrology there is a delightful concept known as “useful gods”. These are the elements in the astrology chart that are useful to the native. When these elements are present in the life through timing or through location, the native benefits. As an example if your chart is hot, dry, and thirsty, the element water will benefit you. Living in a moist place will help you feel balanced, and during years,

months, and days ruled by the element water you will have success and health in life. If the place of marriage is ruled by the water element, being married will help you feel balanced. This concept can be translated to western astrology.

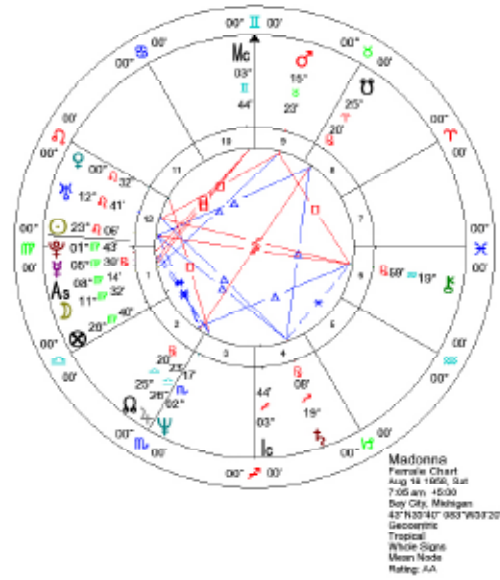
It is helpful to look at western astrology from the perspective of “useful gods”, but the idea is applied differently. To apply the idea in western astrology we look at which planet is most helpful to the native in their chart. This requires becoming familiar with some older concepts that have been part of the western astrological tradition for thousands of years.

In traditional astrology we have what are called benefic and malefic planets. The benefics are generally Jupiter and Venus. The malefics are generally Saturn and Mars. The Sun, Moon, and Mercury can swing either way depending on their chart placement and how they interact with other planets. The outer planets are impersonal and thus called malefics, but we will ignore them when talking of useful gods. Because they are impersonal, cannot be seen naturally from earth, and so have no personal connection to you. The two categories further break down into accidental benefics and malefics. An additional layer of complexity, benefics such as Jupiter can be malefic, and malefics such as Saturn can be benefic, depending on the structure of the chart.

The nuances of this are complex and require a bit of learning and study. Within your chart, some planets will act as benefics. You want these benefics to be present in your life. They are the “useful gods”. When you are in a period ruled by such a god, you will experience success, life will flow

smoothly, and in general your health will be better. Likewise, you can live in a place where such a god is present based on landscape symbols or where you were born. You can also invoke this planetary god into your life. Using this god is a form of magic.

Let us take the female pop icon of the 1980s, Madonna, as an example. When we look at her chart, we find Mercury conjunct the Ascendant in its position of rulership. Virgo rules the Midheaven, which is the place of career, and the Ascendant, which is the place of self. It is free of being harmed by the beams of the Sun. These qualities make Mercury a very useful god for her. The planet Mercury is going to work for Madonna and ensure success and good fortune. Mercury has domain over knowledge, voice, the exchange of ideas, and wisdom traditions. What we know about Madonna is that she received great wealth through her voice and she turned to the Kabbalah as a spiritual path. Mercury is also Hermes or Thoth, the mythic promulgator of the Kabbalah.



If we are to look at each planet on its own, the following simple statements are agreed on. The Sun rules noble leadership. The Moon rules the principle of nurturing. Mercury rules knowledge and learning. Venus rules love. Mars rules noble aggression and vigor. Jupiter rules philosophy. Saturn rules withdrawing into the spiritual life of stillness.

Activities for these gods would be some of the following. The Sun ruling nobility means taking positions of leadership. The Moon would be caring for yourself and others. Mercury would be studying and transmitting knowledge. Venus is poetry, art, and sensuality. Mars would be being athletic or a spiritual warrior. Jupiter could be a guru or lawyer or studying spiritual traditions. Saturn is stillness and meditation as well as being very practical. These are the positive virtues of each of the planetary gods. It is worth looking at your astrology and figuring out which planet is your guide and helper.

Let us look at Madonna again. One might assume that Venus would be her guiding star. After all, she was a sex icon who

opened up love and sex in American society during the great 80s. But it was Mercury who we find is most useful for her. It is the driver of her career. Looking further at Madonnas’ chart, we can see that she also has an auspicious Moon conjunct her ascendant and Mercury. This brings about a second useful god. The Moon rules nurturing and the feminine. Madonna took on the role of the “mother of god” in her music career. She became a pop image of the divine feminine. She moved to England which is ruled by the Moon.

A useful god can be beneficial when it is receiving transits, when the moon is in signs that are ruled by the useful god, and during the days that are ruled by the useful god. Use it during planetary hours that are ruled by the useful god. There are also larger planetary periods and cycles that are available to the useful god and with a little study of astrology, one can become familiar with them.

I highly recommend making an honorary shrine to the useful god in your chart. This is to acknowledge its energy and become familiar with it in your personal mythic work. You can use active imagination, painting, writing of personal poems and invocation to become familiar with this energy. You can also look up historical hymns to the useful god in your chart. The orphic hymns are a particularly inspired set of songs and poems meant to summon the energies of planets. Every planet has plants, colors, gemstones, and incense that you can use in creating an altar to the useful god.

Also, if you have access to your local space chart, you can find the direction that the useful god lies in your house, which room its energy is in, and place an image or object in that space to increase its energy in your life. This is a piece of western astrological feng shui that can have very interesting personal effects.

It has been my personal experience that one should be cautious when the useful god is afflicted. During these times, such as retrograde periods, that which was easy to rely upon may prove difficult. That quick wit of your Mercury may be quite a dunce, so to speak.

This is a very brief, presentation of the “useful god” concept for you to explore. Take it and apply it to your own chart. If you would like, call for an appointment and we can do a useful god reading. Everything you need to explore the idea has been presented here if you would like to do the work for yourself. Be well.

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- Louise L. Hay

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## The Power of the Crone

She enacts and teaches the truth —  
embracing the blessing of limitation  
she accepts Life's new gift of freedom,  
she discovers her power to choose,  
to say a Positive No to the things  
she doesn't want to do —

She focuses on what matters most  
in her life, letting go  
of the excesses that drain her energies,  
she practices tender loving detachment  
as she discerns or confirms

Where Home Is  
Where She Belongs  
What Her Heart's Desire Is  
And What She Cherishes Most

and embraces them  
and herself  
to the Full.



This poem is from the book  
*Accidental Wisdom* by Alla Renée Bozarth,  
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## ... a seat at the crone's table An Invitation to Join




Are you stalking the hot flash? Feeling tugged by the moon to not miss the mental, emotional, physical and spiritual wisdom embodied in this spiral of womanhood? I am calling out to women just entering through the gates of menopause. Would you like to gather with other sisters beginning this journey to share, learn and explore this rite of passage leading to your seat at the Crones' table?

This group will meet monthly around the new moon starting in October. We'll use Christine Northrup's book, *The Wisdom of Menopause*, as a guide to our conversations, while remaining open to inspired turns the gatherings could take.

If joining a circle dedicated to this  
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## Yoga Don's Inspiration Corner

### This Place Is Your Home

The whole of meditation practice can be essentialized into these 3 crucial points:

Bring your mind home.

Release. And relax!

-Sogyal Rinpoche

### The Fool on the Hill

Humor me for a moment and imagine standing up and taking a step towards the nearest door. Pause. Take another step. Imagine moving very, very slowly. Focus on the “feel” of moving your imaginary body through space, the touch of air on your skin and the pressure on the bottoms of your feet. Ask how is it you can generate the beginning of the imaginary movement and the stopping of the body at the completion of the step? Imagination is like a muscle; the more you use it, the stronger it gets and the easier this exercise can become.

Now actually take a physical step while keeping your focus relaxed within. Does the experience of the “physical step” differ from the “imaginary step”? How? The mind doesn’t really know the difference between image-ination and reality!

During this simple little exercise, did your thoughts wander or was your inner voice quiet and present? Was there a bubbly joy in this slow “dancing” performance with your physical and imaginary bodies, or were the emotions neutral or leaning towards boredom or distraction?

Who is it that judges and then labels experience as happy or sad, good or bad? The you who you think you are, that you have imagined you are, that you have been conditioned to believe you are, is judge and jury, prosecution and defense, accused and accuser, and “watcher” of it all.

Watcher of the play, the Lila, the dance of Shiva! The fool on the hill who sees the world spinning around.

Take a breath, inhaling primary nutrient,

elixir. Refresh. Release the imagination. Exhale and relax. Pause and consider: How does this feel, fantasy or real? Is this a dream or perhaps a virtual simulation? A mental stimulation? How far could i “push” my imagination? How far away from Home could i possibly get?

Let’s try another experience (science works with experiment; yoga plays with experience).

### Step Towards Yourself

Now, imagine taking a step towards yourself. What is your experience as you consider trying to move towards yourself, and what is going on in the inner dialog about even trying? What is the chatterbox-monkeymind telling you? Is it trying to distract you, wanting your attention? Don’t listen to all the thoughts—do not “click-on” any of those pop-ups! Instead, switch your focus, your spotlight of awareness, and bring your “cursor” to the silence that is present between each of those thoughts, noticing the space from which those thoughts originate. Now imagine expanding that space just a little bit while you lengthen the pauses between your breaths. Relax here in each of these pauses for just a moment.

You can trust this place.

This place is your home.

And yes, this is the ever-present, easily accessible “Home base” I have pointed towards in earlier columns. Could you ever really take a step towards this place, towards the “you” who is



reading this sentence and understanding it with the mind?

Release your imagination and take an easy, slow breath. Relax. Pause and consider: How does this feel, fantasy or real?

Awake, or lost in a dream?

### The Consciousness Beyond

Being here in this moment, reading these thoughts, and understanding what I am “sending” to your mind using these words can be understood as a form of telepathic communication! Consider how incredible, how magical this is! With a few symbols on a page I can share my thoughts and my mind with you and all the others reading this column. This is very similar to that “Magic” that can be experienced in the presence of a true Spiritual Master: the transmission of quietude and peace just by the power of presence without any need for words. A telepathic transmission. Not a verbal answer to any question but rather an experience of that Consciousness which is beyond questions or answers.

And the key to it all can be as simple as using your imagination to turn off the auto-pilot controlling your inner dialog so that you can take the wheel of the thought-train yourself. You can then generate thoughts when you need them and, more importantly, turn them off when you do not. In the Yoga Sutras, Patanjali defines Yoga as the cessation of thought (paraphrased). The quietude that then arises opens your mind to all possibilities, to higher vibratory frequencies of the inner and outer universes, to that Consciousness Beyond even the Imagination!

This is the essence of meditation.

Questions or comments are welcomed at  
yoga1don@yahoo.com.

Om Shanti

Next issue: Can anyone practice chess and become a Grandmaster, or practice the violin and become a Concertmaster? What about the Spiritual Adventure? Can practice make perfect?

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# The Bhagavad Gita

September/October 2017



A compilation of Bhagavad Gita verses, comments from the masters (sometimes paraphrased), and personal introspections presented for your pondering and enjoyment.

By Krishna Jaya

## Chapter 2, Verse 57

“Unfettered by selfish attachments,  
They are lucky and do not rejoice.  
They are unlucky and do not weep.  
I call them illumined.

Krishna Jaya:

A woman wins a brand-new BMW in a sweepstakes. She has never been able to afford a car before. Her friends congratulate her on her good fortune. She says, “Maybe.” One day she’s out running errands in her new car. Somebody runs a red light, broadsides her, and puts her in the hospital. Her friends visit her in the hospital that night and commiserate with her on her bad luck. She says, “Maybe.” That night there’s a giant mudslide, and her house three miles away is buried. Her friends gather around her the next day in the hospital and ask her if the house was insured. After she tells them that it was, they breathe a deep, collective sigh and one of them observes how lucky she is not to have been home at the time. She says, “Maybe.”

Swami Shivananda:

Sages with poised understanding and evenness of mind will not praise anyone when the latter does good for them, nor will they censure anyone who does them harm. They are quite uninterested in the effects of pleasure and pain, rooted as they are in the Self. They have no attachment even for their lives; they are identified with *Brahm*, the deathless Supreme Self.

Paramahansa Yogananda:

Self-realized saints are at all times and under all conditions in a state of neutrality towards the light-and-shadow play of creation that causes ordinary persons to react with pleasurable or painful responses. The neutrality of the wise is not a heartless indifference, but the conscious calm of illumined awareness. Though divine persons of steady wisdom live and move in bodies, minds, and external environments like all other humans, they have achieved what Patanjali describes in *Yoga Sutras* (1: 2) as *chitta vritti nirodha*—the cessation of the modifications of the mind-stuff. Their perceptions are not excitably distorted. They rest in the calm presence of pure soul wisdom. Those who perceive the difference between soul-bliss and the excitable nature of the body and mind are referred to as having a fixed discernment and an established wisdom.

Sri Eknath Easwaran:

With a certain degree of progress in meditation, we come to realize how, even in the most endearing of our relationships, we have a tendency to impose our will selfishly and often unwittingly on those around us. There is a Hindu saying that gives some pointers about how we can remove the taint of egoism in our relations with our children. According to this tradition, until the child is five, we are to treat the little one as a god or goddess. This does not mean that we give up our power of authority, but that we give our children all the attention and affection we can, hugging them, carrying them, and keeping them physically close to us.<sup>1</sup> These five years of intense physical intimacy and emotional love reassure our children more than any other experience and more than any words can. In later life they will be able to draw upon the security they received in early childhood.

After five, until the age of sixteen, the Hindu injunction tells us to treat our child as a servant. It sounds harsh, but the more I see of life, the more I appreciate the utility of this training. Growing young people get puzzled when their parents don’t take a stand. It is during the years five to sixteen [we need not take these ages imperatively, but rather think of them as ballpark numbers] that children are going to rebel, and it is during these years that they are to obey their parents so that they can later learn to obey the *atman*. In their daily lives, the parents are to adhere to the soul-image of the *atman* inscribed in their hearts. This is one of the reasons why parenthood is an extremely valuable aid to meditation.

From sixteen on, the saying concludes, your children are your equals. Don’t try to push them about. Don’t throw your weight around. Try to make them understand your viewpoint, and make a great effort to understand theirs. It is largely because parents and growing young people find themselves

unable to be detached from their opinions that conflict arises. Obsessive identification with opinions can be one of the most difficult kinds of attachment. Parents are not their opinions, nor are the children theirs.

When we listen with respect to opinions that are different from ours, we will sometimes discover that what the other party is saying makes sense. Where personal friction is concerned, the simple discovery that “what you’re saying makes sense” can go a long way to facilitate communication and bring about better understanding. A clear sign of spiritual awareness is the cheerful capacity to say, “Your point is well taken. I think I might have made a mistake on this one.”

Krishna Jaya:

Selfish attachment is what prevents us from being free. Sri Eknath Easwaran points out how attachment to our opinions often makes it impossible to appreciate the points of view of others during a dispute. As the attachment grows and heels get dug in, the pain and suffering that ensues when we do not get our way escalates the conflict.

The link between selfish attachment, pain and suffering underscores how human beings are different from other sentient creatures. Nature’s bloodbath of sacrifice, where smaller units succumb to larger predators (or smaller ones in the forms of deadly microorganisms), describes the organic tapestry of ordered wholeness through which life evolves. We humans are the only species to say “no” to the pain, suffering, and death intrinsic to the process. Yes, the trapped deer resists the attacking leopard, but it does so differently from a person resisting the idea of death by clinging to the idea of life-extension. The deer may be existentially terrified in the moment as it gives itself up to the food chain. We are terrified of *the idea* of our own physical extinction and the pain and suffering that it may entail, and so we say “no” to it all.

Speaking symbolically, God knew that this would be our big pushback, so he sent his son (and other sons and daughters) to show us ordinary folk how to say “yes,” so that we might enjoy eternal life, not as some nebulous far-off heaven, but as the here-and-now present moment in which we accept, by finding meaning in, life’s pain, suffering and death. This is the gist of statements like, “Christ died for our sins,” and “Christ gave himself for us.” His awareness of the big picture had nothing to do with founding a new religion. It was all about bearing witness to what it means to fully show up and say yes to pain, suffering, and death. It was the same kind of acceptance (explored in one of these articles some months ago) that was responsible for the incredibly dignified way that Sri Ramana Maharshi faced his own mortality as his terminal disease advanced.

Selfish attachment negates the openness and acceptance to which Christ and Sri Ramana Maharshi bore witness. Selfish attachment causes a person to perceive pain and suffering in all of their forms and variations as anathema. They are to be avoided at all costs. It is only when we begin to recognize our attachments for what they are that we begin to be able to see ourselves clearly in the mirror as fearful individuals with a lot of work to do. Arjuna is metaphorically looking at himself in the mirror before the commencement of the war. His spiritual warrior-nature gives him the ability to accept the extreme pain and suffering that engagement in the war will bring. With this acceptance comes the realization that it is his devotion to *dharma*, his devotion to the particular role that he has been assigned on the stage of life, that demands his primary allegiance.

Arjuna’s crisis is caused by the clash between conflicting core principles: devotion to duty and devotion to loved ones in the forms of family, guru, and friends. His courage enables him to discern the proper path forward. Each of us has experienced in the past, are perhaps experiencing now, and will experience in the future crises occasioned by conflicting core principles. To the extent that we are able to face each crisis with vulnerability, acceptance, and openness towards the pain and suffering that will necessarily ensue, we will clearly discern the optimal path of action and the way through the crisis.

Note:

1. This idea is beautifully developed by Jean Liedloff in her 1975 book, *The Continuum Concept*. The book provides insightful recommendations for parents-to-be.





# I vow to promote peace

by Kausalya Denise

"I Vow To Promote Peace"

These are the words that flow from me  
this morning as I stand in the shower  
washing away all the images of hate I  
have witnessed this last week.

"I Vow To Promote Peace"

Will you?



I vow to promote peace  
I will not fight for peace

I see you standing there  
in all of your hate  
I want to fight back

But I will resist  
I will take deep breaths

And as I see you standing  
there in all your hate

I will love you

No matter your race  
No matter your gender  
No matter your religion  
No matter your morals

I will love you  
No matter how much  
you hate others and me

I will promote peace  
I will promote love  
I will promote diversity

I will not hate you back and  
become you

I will not be a peace fighter  
I will not fight for peace

I vow to promote harmony

I will promote love  
I will promote Unity  
I will promote Peace

So as you stand there in your hate of  
others because of the  
color of their skin  
or because of whom they  
fell in love with  
or because of their religion

I will love you  
Because  
I will promote peace

*Original artwork Ocean Dress #6  
30 x 48 oil on canvas © 2010 by Anna Onealia.  
Visit her at [www.annaonealia.com](http://www.annaonealia.com).*

i am relieved.  
when  
i see the feminine presence  
in a man's eyes.  
it means  
he is a peace  
i do not  
have  
to  
bring to him.

— ease

PEACE  
nayyirah waheed



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Thank you Louise for helping guide so many of us home to our body's intelligence. May the next phase of your journey be peaceful.

Louise L. Hay's New York Times bestseller *You Can Heal Your Life* was published in 1984 and has sold more than 50 million copies around the world.

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## Finding Vision in a Difficult Time

By Ellen Dee Davidson



Of course I'm sad. There is smoke in the air. Trees are burning all across the west: in Canada, Montana, Idaho, Washington, and here in California, even in Sequoia National Park. These huge old trees will not be back in my life time.

I'm on my annual vision quest, a climb up Mt. Eddie above Deadfall Lakes. Every year, for more than a decade, I've made this climb. From the top, I can see Mt. Ashland to the north and to the west into the heart of the Trinity Alps where Thompson Peak and Wedding Cake preside, south to Castle Crags and Mt. Lassen, and east to Mt. Shasta, so close it feels like I can almost reach out and touch her. Coming here has been my way to check out the "state of the union", or at least my home territory of northern California and southern Oregon.

Today my view is limited. Haze from fires circles in all directions. I can't see Mt. Ashland at all. But this is still the best vision point around. I wonder, what does it mean to seek a vision in such unclear times?

It's not only the fires, burning trees when we desperately need more forests to sequester carbon and keep the climate cooler, that make these times murky. It's also the callous leadership, increase in hate crimes, racism, and more money to the military while all human services are being cut.

How do we find our highest vision during times like this? How can we stay clear enough to know what we do want so that we can head in that direction?

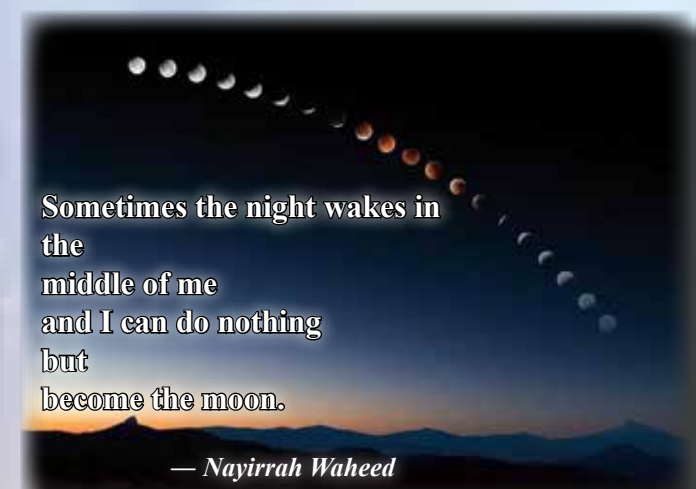
Contemplating this question, I hike down the mountain through the remaining August wildflowers. Bright orange/red Indian paintbrush smile at me like friends, Queen Anne's lace waves in the breeze, and yellow lupine grace the banks of sparkling creeks. Shady old Incense Cedars waft on the breeze and birds flit overhead. Warm mountain air caresses my arms. My body lightens and expands in so much beauty.

I'm still sad. So many trees are burning. So many animals, birds, fish, and people are threatened.

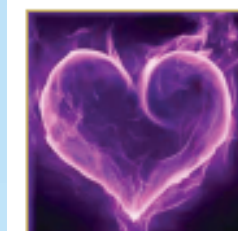
My tears water the Earth.

I pray that our hearts will guide us through these difficult times. I pray that we will remember the beauty of life even when our view is limited. I pray that we will come together to restore ourselves and our shared world.

Tree photo by Maya Cooper - Eclipse photo by NASA



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Check out the Events Section at [WholisticHeartbeat.com](http://WholisticHeartbeat.com)

## Ongoing And Special Events Isis Suites #40 & #48, Sunny Brae Centre in Arcata 707-825-8300

### Every Tuesday Evening

**REIKI** is being offered at Isis #48. Everyone is welcome from 7:00 - 9:00 p.m. No Appointments Necessary. First Come, First Served. Suggested Donation \$5.00-\$20.00. Call Per for more info at 206-550-3263.

### Every Thursday Evening Downstairs in Suite 40

**COMMUNITY ACUPUNCTURE WITH Donald Hughes LAC** every Thursday from 5pm to 9pm. Community acupuncture is a model where many people are treated at once in order to lower the cost. Come and enjoy a treatment for \$30. Expect to be there about an hour and to leave more relaxed and peaceful. Call Donald for more info at 510-923-0079.

### Thursday Sept 28th & Every Thursday in October

**SELF BREEMA OPEN HOUSE SEPT. 28TH.** Body-centered meditation exercise **CLASS** referred to as **SELF-BREEMA BEGINS OCT. 5TH** and is offered every Thursday in October from 5:30-6:30 at the Isis Healing Center. Best if you can sit comfortably on the floor or stand. \$12 drop in per class. Call Gail at 707-443-6943.

### Every Friday

**MEDITATION:** Self-Realization Fellowship Meditation every Friday from 7:00-9:00 pm. We practice meditation techniques and chanting as taught by Paramahansa Yogananda. Please contact John at [arcata.srf@earthlink.net](mailto:arcata.srf@earthlink.net).

## Ongoing in the Community

### In Humboldt

**CERTIFIED SMALL ANIMAL MASSAGE** Practitioner Lindsey Harris offers pet massage in your home. Call 916-693-0564 or email [lovinglifepetmassage.com](mailto:lovinglifepetmassage.com)

### 1st Tuesday

**EXPERIENCE A HU CHANT - ECKANKAR OF EUREKA/ARCATA: The Path of Spiritual Freedom.** HU Chant, 1st Tuesday of the month, 7 - 7:45 PM at Jefferson Community Center in Eureka. You're welcome to join us. Refreshments are served afterwards.

### In Ashland

**SPIRITUAL MESSENGER FOR THE 7TH GOLDEN AGE.** Humanity as a Whole is Transcending. My Mission is to Educate your Body, Mind, Soul with Honesty, Awareness, Re-Sponsibility - Re Creation! Awaken to True Self with Divine Light and Divine Intelligence. Om Mani Padme Hum! ♥ Contact Dana Biondo at [safespacespiritualcoaching.com](http://safespacespiritualcoaching.com) or 541 499-4202.

*I am unable to resist passing on such clear and wise elegance ~ Maya*

"The energy and intelligence of the cosmos has no known limit. The creative and evolutionary impulse that creates all life, created and arises through each of us as well in every single moment.

Whilst nature exists in a state of interconnectedness and indivisibility, the human ego and cultural conditioning sees us largely in a severed state of disconnection that is not our natural state. Until we can come back into conscious relationship with nature, we will continue to destroy Her which is why finding ways of moving back into a state of connection and intimacy with life is fundamental to the teachings Feminine Nature Based Leadership.

A strong enough shift of perception and direct 'felt experience' will catalyze lasting behaviour change.

When we can open heart, mind and body to the majesty of nature as the root of our own nature, and bow to a completely different quality of connected, instinctual, intelligence when we do, that act of humility offers up an extraordinary amplification of our energies and a rebalancing of our own role in relationship with all other life as we finally feel the reality of our indivisibility.

It offers a rediscovery of who and what we really are as part of a living system that operates with awareness of all its component parts. We are 'part of' not 'superior to' anything else, and we are invited to slow down, listen, feel and follow a completely different pace, flow and logic that offers a profound nourishment and sense of belonging.

Your own Feminine Nature Based Leadership will be its own unique expression of your own soul opening through your ever increasing relationship with the natural world that is fully aware of who you really are.

Because our focus is on women, we're focusing specifically on how opening our feminine bodies and psyches manifests in this world and what becomes possible through us as a result, but the concept is as valid for men as it is for women. Opening ourselves to the mystery is the receptive feminine principle embodied and provides the gateway to deeper knowing and transformation regardless of what gender we are."

~ Clare Dubois -Founder, [treesisters.org](http://treesisters.org)



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