

It's Our 100th Issue!

Isis Scrolls



Healing Occurs as Perspectives Shift

online at www.IsisScrolls.com

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Isis Scrolls is always accepting articles, stories and poems for our bimonthly issues.

Isis Scrolls 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 or drop them off at 44 Sunny Brae Centre, Arcata

Our Mission: Creating Opportunities That Nourish Our Wholeness.

Isis Scrolls is a free bimonthly magazine creation offered from the **Isis Osiris Healing Temple**.

Through the *Isis Scrolls*, 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. *Isis Scrolls* 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 wide 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.

On The Front Cover ...

Peony up Close

by Susan Pearson



Susan says of her images: *I take pictures as a way of seeing the living world anew; a way of awakening what Goethe has referred to as 'new organs of perception.' I delight in discovering what face of a plant's nature it may be ready to reveal in any moment. I listen for its quiet call to step into wonder, ... to lose, and find, myself in its delicate intricacy and the tenderness of its touch: petals with sun, with mist, with honeybee, fragrance, and breeze.*

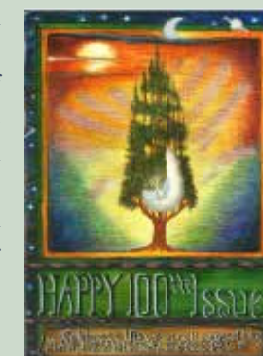
As an ecopsychologist, I am watchful for modes of communication that invite fullness of experience and love for our life-giving Earth, while enhancing our desire to care for her. For me, storytelling and photography have been bountiful forms for such discovery and sharing.

Anyone wishing to contact Susan can reach her at swpearson@myfairpoint.net.

On The Back Cover ... Happy 100th Birthday Isis!

by Tambra L Morgan-Smith

The use of an egg has been used around the world for thousands of years. In celebration of birth, rebirth, creation and the fertility of life and is shown here held by the tree of life. Touched by many hands and hearts with a rainbow of color dancing with ribbons of DNA. Painted in thanks to my ISIS Scrolls family. Happy Birthday with much love.



Updates from Isis



Please update our email address to

WholisticHeartbeat@gmail.com

We are having great difficulties with the old earthlink account so it is time to make the leap.



A note from Maya - In response to questions I have received, I am not moving away from the Isis name. Isis has held me in her wings for the last 16 years, continuously offering great love and guidance. The new website is an extension of Isis, not a move away from Her. At this time especially, I feel it is vitally important to continue to flow love, compassion, unity and healing through the name and the frequency of Isis and out into the world.



WHOLISTIC HEARTBEAT
OPEN TO THE HEART OF WELLBEING

WholisticHeartBeat.com

Though I had intended for it to be complete by now, we are in the rhythm of something much larger than my intentions and earthly timing! It's coming soon.

Join our mailing list to receive notifications about this and other important events and announcements. Just email me at wholisticheartbeat@gmail.com and I will happily add you.

So What is Reiki Anyhow?



When seeking a definition from a spiritual context, we find that **Rei** can be defined as the Higher Intelligence that guides the creation and functioning of the universe. **Rei** is a subtle wisdom that permeates everything, both animate and inanimate. This subtle wisdom guides the evolution of all creation, ranging from the

unfolding of galaxies to the development of life. On a human level, it is available to help us in times of need and to act as a source of guidance in our lives. Because of its infinite nature, it is all knowing. **Rei** is also called God and has many other names depending on the culture that has named it.

Ki is the non-physical energy that animates all living things. **Ki** is flowing in everything that is alive including plants, animals and humans. When a person's **Ki** is high, they will feel strong, confident and ready to enjoy life and take on its challenges. When it is low, they will feel weak and are more likely to get sick. We receive **Ki** from the air we breathe, from food, sunshine, and from sleep. It is also possible to increase our **Ki** by using breathing exercises and meditation. When a person dies, their **Ki** leaves the physical body. **Ki** is also the Chi of China, the Prana of India, the Ti or Ki of the Hawaiians, and has also been called odic force, orgone, bioplasma and life force.

With the above information in mind, Reiki can be defined as a non-physical healing energy made up of life force that is guided by Higher Intelligence or spiritually guided life force energy.

This explanation comes from www.reiki.org

Join us! Every Tuesday Evening at Isis for Reiki

By Donation 7:00-8:30

Reiki is an amazingly simple technique to learn to do and to partake in receiving. Its use is not dependent on one's intellectual capacity or spiritual development and is available to everyone.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use or receive Reiki.

Reiki treats the whole person, including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use and it always creates a beneficial effect.

Receiving Reiki energy feels like a wonderful glowing radiance that flows through and around you.



Dr. Mikao Usui, Father of Usui Reiki

Come Join Us for Healing Nights

Empower Yourself!
Everyone is welcome to join us.

It's an **Energy Spa** for
your **Body, Mind and Spirit!**

**EVERY TUESDAY AT
Isis Osiris Healing Center
#48 Sunny Brae Centre**

**Join Us Weekly ~ By Donation
7:00 - 9:00 pm**



**Reiki
Healing
with a
team of
Reiki
Practitioners**

*Through this wonderful community
service, we offer a space that is
uplifting and full of practitioners
who honor themselves and you!*

**Let the healing of this evening relax you
and allow positive movement to assist you
in opening up to your authentic soul self.**

**Call or text Per if you want to
participate as a practitioner or
if you have any questions.**

206-550-3263

Happy 100th Birthday Dear Isis Scrolls

Established July 15th, 2001 on I street in Arcata, California, The Isis Institute of Integrated Healing Arts quickly became a networking hub for the holistic community in Humboldt County. Hungry for something they could not name, aware that something essential to their wellbeing was missing, driven by a deep thirst for self-knowledge and an insatiable need for a spiritual context, the fine and curious seekers of our community flocked though our open doors in search of them selves.

Isis exists because I have a passionate belief that the healing arts offer us a way to discover and build a relationship with our essential selves. When we choose alternative healing modalities we are taking a seat at the round table of our own wellbeing. A holistic approach invites us become open and curious about the consciousness and intelligence of ourselves and the world around us. There are many creative and effective healing arts modalities and skilled practitioners available, who can help us tap into the wellspring of our inner wisdom and offer us the space and the ways, to consciously, mindfully, and intentionally participate in the healing our own body, mind and spirit.

Enter the heart of wellbeing

Discovering our deeper selves is a beautiful work of art and the practitioners who assist us along the way are visionary artists. This journey leads to the understanding that *wellbeing is the complete embodiment of our true essence*. Holistic healing modalities give us a way to explore the languages of our body, emotions, mind and spirit. Learning to listen to the perspectives of our various bodies, we begin to discover who we are at deeper levels. We live more fully in our bodies, animating more dimensions of our consciousness.

Living within the natural organic ecosystem of our selves, honoring the various perspectives that coexists within us, helps us live in a state of kindness, openness, and wonderment. It is a powerful step towards cooperatively living with each other on this planet. Honoring the diversity of our inner worlds fortifies our curiosity to explore and celebrate the diversity of the outer reality. As we learn to gracefully express and kindly embody ourselves we change the world.

In recognition of all who seek wholeness, in appreciation of each healing arts practitioner, in deep gratitude for the land and spirit of Humboldt which nourishes us all, we present the 100th issue of the Isis Scrolls, a voice for your healing community.

- with love, Maya

Isis Now Offers a Consultation Service

Support is Available For Your Unique

Healing Path

Meet with us
Share your needs
Understand your holistic options
Learn about different practitioners & modalities

What is the Healing Path?

The Healing Path was founded by a desire to provide a unique care plan for each individual we assist. Using intuitive, caring and knowledgeable guidance, our team will help connect you to the healer best suited to your needs.

The **Healing Path** is more than a consultation service; it is also your portal to information and education. Living in this community provides us with an overwhelming bounty of goods, services and healing methods that, for the busy or uninitiated, may be a bit overwhelming to navigate, let alone understand.

The primary goal of our team is **education**. The information we provide is meant to highlight and enlighten the community about healing modalities, local businesses and healing practitioners that have always been available to you *but may not have been easy to access or to understand how they can support and nurture you.*

Bimonthly, through the Isis Scrolls print magazine, and online at WholisticHeartbeat.com, we'll bring you **information:**

- Detailed information on featured modalities to help bring awareness and education to you about the benefits of the highlighted practices
- Interviews with practitioners to help you learn more about them and the services they offer
- Reviews of local businesses to help you make informed decisions before you spend your hard earned money

Call us for a 30 minute consultation to get you started on your Healing Path today. Reasonable rate: \$20 for a 30 minute consult.

707-825-8300

Interested in being featured? Contact the Healing Path Team for more information.

Healing Path Spotlight

Sarah Love

For our first spotlight, the Healing Path Team had the pleasure of speaking to the amazing Sarah Love. Sarah is an Usui and Kemeti Reiki Master and has been spreading the Reiki love in Humboldt County since 2011. She's a frequent face at Reiki nights at the Isis Osiris Healing Temple each Tuesday.

She took some time to talk to us about what motivates her, what she hopes for the future of the alternative healing community and the influence Reiki has had on motherhood.

What does the modality of Reiki mean to you?

Sarah: Reiki is the foundation to my self-love. It is a path that starts from gratitude and grows limitlessly. Reiki has given me the keys to loving myself, and others, without expectation or judgment and has shown me that you get back what you put into the Universe. Becoming a Reiki master has taught me to stay true to myself and fully accept this practice, even when I feel myself wavering.

How has your practice influenced you as a mother?

Sarah: Reiki is a light in my life. As I continue to integrate what I've learned, and am learning, I am more patient with my children and am filled with a profound love for all of them.

Where is your happy place?

Sarah: My children! I love sitting with them at the dinner table, as a family, watching as they interact and tease each other. I'm just filled with so much love for each of them.

What is something no one knows about you?

Sarah: I'm the mother of two angel babies. I think it's important to share this because it's such a taboo topic. When a mother has an angel baby, sometimes it's hard to move forward with living, and it's important to say that there is light on the other side. My internship with Maya and practicing Reiki, have helped me face my own truths and be accepting of what happened.

What are you looking forward to?

Sarah: Seeing Reiki become more integrated into day-to-day life. Expanding the practice to make it even more mainstream and accepted as a form of healing. Watching it evolve into something as commonplace as a "spa day". I also have a vision of the Humboldt healing community becoming more cohesive. We have so many amazing people here doing amazing things. I would like to see more connectivity between our individual practices and across the entire healing community. We all have so many wonderful talents to offer and everyone would benefit from our cooperation.

♥ Blessed love ♥



Interested in a Reiki session with Sarah? Please call, text or email her at **707-362-5875** or **weksev@hotmail.com** to set up an appointment.



Transmute Violence and Hate

By Juna Berry Madrone

By transmuting the violence and hate latent in our own souls, we can change our world. This four-card reading reveals opportunities for positive growth through mentoring, choice, altruism and how we do victory.

Our world is ripe for transformation. We stand at the threshold of a great turning. How can we become the change?

Terrorism, a disproportionate killing of black lives, environmental devastation, and homophobia are some of the issues arresting our consciousness. Our knee jerk reaction often is to meet violence with violence; to meet hate with hate.

Mentoring: Our individual behavior matters.



Let us consider a change that we really want to see in our own life. Let's say that we have a tendency to open our mouths or hit our keyboards in anger, saying harsh things that we later regret. Be clear about the new, improved behavior we want.

Being surrounded by great people can get you really really far. -De philosopher DJ Kyos

Next we survey our circle of acquaintances and beyond to find someone who models this behavior. We realize, "Jane is amazing. She is always so kind and diplomatic. People really listen to her." Initiate a mentoring friendship. Most nice people are flattered and very willing to share.

Let's become mentor material for others.

Choice: We always have a choice.



Violence and hatred find us. In the heat of the moment, we often respond in kind. Through exercising the muscles of restraint, we can train ourselves to be calm. We can think first. Then we can choose to walk away or to engage with compassion.

*Awareness precedes choice
and choice precedes results.*
-Robin S. Sharma

Every interaction that we have with someone has the potential to change the world. We have no idea what someone may be going through. A few minutes of listening, a little assistance, a little kindness could make someone's day or save a life.

May we choose life.

Altruism: We can cultivate a new way of thinking.

High-mindedness or altruism is the ability to live our lives from an expanded perspective. Our choices and actions are based on an awareness of how we will affect not just our own situation but All That Is.

In both the global community and the family, human beings need harmony and cooperation which come through mutual respect. Altruism is the most crucial factor.
-Dalai Lama XIV

If our ultimate goal is a world of compassion and peace, will hating a perpetrator of violence bring about that change? Evil people live amongst us. Every person has the capacity for growth and change. Let's practice tolerance. Let's strive to forgive the unforgiveable. Let's expect the best of everyone.

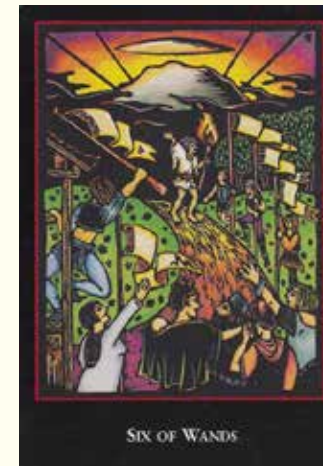
May we model higher consciousness.



Victory: We all win when we all win.

True achievement is never a solitary accomplishment. Integral to the experience are the many people who have supported us. Necessary are those people who challenge us with their own excellence. A true victor attributes her success to others.

*The fate of the world
depends on the triumph of
the good people!*
-Mehmet Murat ildan



When we credit our successes to those around us, even our opponents, we create friends and good will. If we are on the football field or in the international arena, consideration, honor and respect can diffuse enmity and build peace.

Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess in Ashland, OR. She supports you in creating the future you want through Tarot imagery, spiritual psychotherapy, and transformative ritual. Call Juna at (541) 973-6030 and visit www.naturalmysticguide.com.

Cards used are from The World Spirit Tarot



Photo: Lava Flow on the Big island, Hawaii by Deborah Linger

Kausalya, Denise Payne-Ollivier, RASi

Usui Reiki Master/Teacher
Jikiden Reiki - Shihan-Kaku
Singing Bowl/Sound Healer



Services Offered

- Usui Reiki classes, Level I, II & Master Level
-All Western Usui lineages honored—Privates & Groups.
- Jikiden Reiki Classes and Treatments
- Next Jikiden Reiki Group Course -Shoden Level (Level I) October 22nd and 23rd
- Jikiden Reiki is a Usui lineage directly from Japan as taught by Hayashi Sensei, sessions promoting behavior changes, mental-emotional, and physical healing.
- Singing Bowl & Sound Alignments—Private & Group sessions
- AromaTouch® Technique, Crystal Healing



Denise's CD Sounds For Healing Vol I
is available on iTunes and Amazon

707-382-2779

See website for events, classes
& other modalities offered

www.healingwithreikiandsound.com

www.ReikiMasterTouch.com

Quan Yin photo above by Chelsea Danielle

EXPANDING ZERO

The Pristine Opportunity of Our Epoch

By Jesse Austin

You are profoundly depressed. Nothing you do changes your despair. In the evening, planted heavily in the old rocking chair on the screened back porch, you fight through loops of doubt and corrosive self-attack.

As best as you can determine, nothing overt is really wrong in your life. But you are miserable. Sitting in the night air you ask your guides, your angels and your helpers what you are learning from the unremitting despair.

And day after day you don't seem to hear an answer. You begin to doubt the existence of your guides. And you fall into disbelieving the heavenly hope of spirit. Maybe there is only the grim reality of the flesh after all. You eat, sleep, poop and crawl through several days like a god-created zombie.

And then the revelation. You yell at a child. It is Sunday, you are fooling around in your small vegetable garden. You pull tiny weeds, curse at the bugs and pack the water can back and forth to the peppers. Out of nowhere a white ball crashes into one of your three tomato plants. A stem is broken, and green tomatoes, still attached to the vine are lying in the dirt.

In a sudden fit you scoop up the ball and fling it, not back into the neighbor's yard, where you hear the musical voices of children, but out into the empty lot. Even before it disappears you feel guilty. The ball will be very hard to find out in the blackberry vines and tall grass.

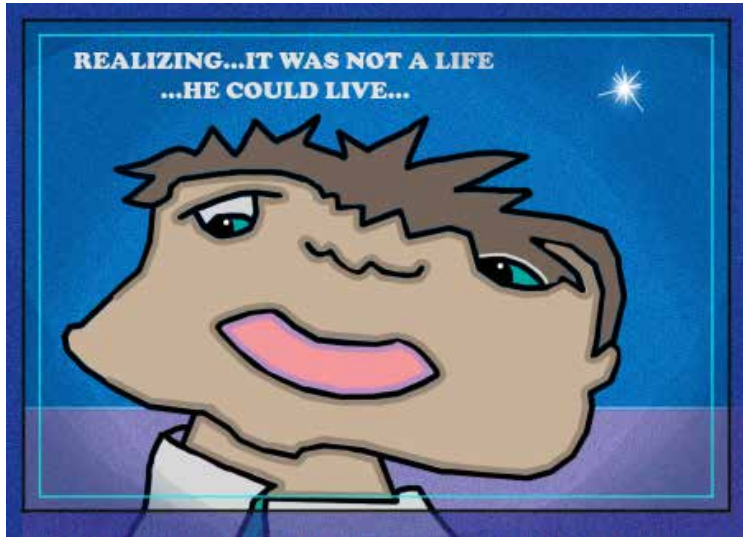
The face of a child appears at your gate. It is little Gretchen, just six, asking if you have seen her ball. Before you can check yourself, you shout.

"I threw your ball in the weeds!" And you gesture, in pure anger, towards the empty lot.

Tiny Gretchen runs off, crying.

Eventually you prowl the vine tangled field looking for the ball. In your blind rage you didn't track it, and now in the cool dusk you can't find it.

Finally you go next door empty-handed. You explain to the mother and father that you had no good reason to throw the ball into the brush. You were battling a bad mood. And, contrite, you tell Gretchen you will buy her another ball the next day. But the child will not turn her pure eyes towards you.



At four in the morning you come awake, gripped by anxiety. You crawl out of bed, dress and sit on the back porch. The black night is foggy, there are no stars. You rock back and forth feeling old, your tight back is screaming. You are nearly crying with frustration. How have you gotten so far out of sync?

You close your eyes and do your brief meditation: First you feel the intensity of your frustration and life-loathing.

Then you call on your guides, one at a time. And you say, "Please help me."

You mean it. You are hurting to your core. With all of your heart you are asking for help with the inexplicable. Why, why are you miserable?

You are a seventy year old psychic medium, mostly healthy; you still see several clients during the week, you have tender friends, a wonderful cat, a small house and a tiny garden. Up until a couple of weeks ago you were experiencing life as living in a state of grace. In your consciousness you danced through the hours of the day with joy, compassion and a deep sense of a meaningful life.

The light is breaking over the tangled field. You have finished your meditation. You have asked for help, for any hint or information as to how to proceed. You are exhausted from feeling miserable. You decide there is only one true sin – hatred of life itself.

As you trudge through the morning, you are hyper alert. Somehow you are back in the spirit of believing in your guides. You asked for help, now you are watching and listening.

And damn it, jeez, it did help to yell at that child. It brought all of your despair into one fit of expressed passion. You forgive yourself a little for being mean to Gretchen. But still, you wish you hadn't done it. In your mind you play with ways you can make it up to her.

Just after lunch you decide that not only will you buy the neighbor girl another ball, you'll make a little book for her. You will do several drawings, and write a few words explaining bad moods. You decide the characters will be an elephant and a little girl. In the alcove off the kitchen, your study, you fumble around for paper and other supplies.

You come across an old journal. It has a bookmark that you yourself made. You study the bookmark, then read the page. It is written in blue ink in your expressive script. It is a crazy speech you never delivered. You have always been committed to putting all sorts of stuff in your journals. Nothing is out of bounds.

You read the speech in your journal. And you gasp at the audacity of the words and ideas. You can see why you never presented the speech at any of the places where you have been invited over the years to speak on spirit and mediumship.

Your speech wanders a bit, then goes into the message, straight from your angels:

Global warming is real, and, as a consciousness, we have chosen it. It is not meant as a punishment, but as an opportunity. For several thousand years we have explored consciousness regarding the male aspects: war on each other and nature. The pressure of catastrophic climate change is meant to awaken the powers of our intuitive selves.

Become your own dream scientist. Seek to experience and express the power of your imagination and intuition. Become aware that you live many lives. And that you have countless adventures of consciousness not in a body. You are limitless.

That's it. You have been suffering for some weeks, now you know the reason. Your angels were attempting to remind you of your gift. You can save the earth, by inspiring others to develop the boundless gestalt of their imaginations. You are old, but there is work yet to do.

In the late afternoon you drop off the book you fashioned and a new white ball. Gretchen and her family are not home; you leave everything on the porch.

At dusk, through the kitchen window you see the little face at your garden gate. She is a trim figure, with two dark braids. You go out onto the porch.

"Open the gate and come in," you call.

Mute, the girl lifts the latch. You proceed down the steps. You see her racing towards you in the half light. You sit your old bones in a chair, just as Gretchen comes flying up to you. She doesn't stop. She flies through the air and hugs you with the fierceness of an angel. She knows what she is about.

She thanks you for the ball and the book. She tells you she loves the book. Then she gets serious.

"You were bad," she declares.
"Yes," you say. "I should not have yelled."

"I'm bad sometimes," Gretchen admits.

In the distance the mother calls for her child.

In the morning you make arrangements to begin a speaking tour. It will be at healing centers here and there in the Northwest. The audiences will be modest. Nothing to worry about. You are scared to death. You hear your angels laughing. They are pleased.

Jesse Austin is a Psychic Medium, and he is back in town and available for readings and group sessions. He can be reached at 503-929-8128 by text or jesseyesse@gmail.com by email.

Greetings to Conscious Seekers of Self and Spirit!

Psychic Medium

Jesse Austin

My gift is helping you understand and bridge the gap between your dream self and your earth self...

Individual readings - In person or by phone

I am also available for Group Sessions

jesseyesse@gmail.com

503.929.8128

Isis wants to know ...
What are you reading ?

Inspire others with your life!

E-mail us your book review for inclusion in the
next issue of the *Isis Scrolls*

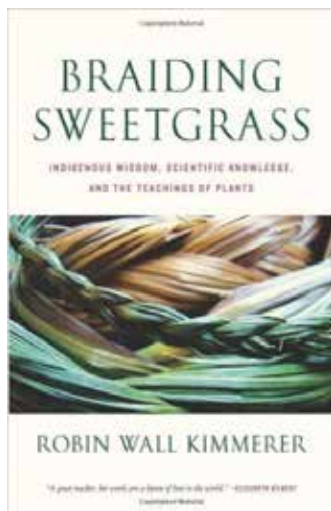


A Book Review by Ellen Dee Davidson

Braiding Sweetgrass

*Indigenous Wisdom,
Scientific Knowledge
and the Teachings of
Plants*

By Robin Wall Kimmerer



Combining the sensibility
and evocative language
of a poet, the scientific
knowledge of a botanist, and
her indigenous background,
Robin Wall Kimmerer offers
us insight and beauty in her

book, *Braiding Sweetgrass*. Although the book sparkles with
indigenous wisdom teachings, Kimmerer does point out that
we all cannot become indigenous. Instead, she hints that
perhaps those of us descending from immigrants can become
“naturalized,” like certain plants such as plantains.

As Kimmerer puts it, “This is the same term we use for the
foreign-born when they become citizens in our country. They
pledge to uphold the laws of the state.” Plantain does not act
like an invasive species, creating havoc in the environment.
Instead plantain is an “honored member of the plant
community” and “is so well integrated that we think of it as
native.” Kimmerer says, “To be native to a place we must
learn to speak its language.” Later in the chapter, *Learning
the Grammar of Animacy*, she adds, “Listening in wild places,
we are audience to conversations in a language not our own.”

The concept of listening in wild places grabbed me because it
is exactly what I’ve been devoting myself to for the past five
years. According to Kimmerer’s Potawatomi traditions, plants
and animals are our oldest teachers. After reading her book,
I’m convinced this is true because so many of the observations,
insights, and ideas that have floated into my mind dovetailed

with those in *Braiding Sweetgrass* while sitting alone,
often for hours, with the old growth redwoods. It thrills me
to think that, even in the absence of cultural guidance, the
earth is there to teach us if we listen. The earth herself can
naturalize us and bring us into a community of belonging,
here, where we live.

*“Being naturalized to place means to live as if this is the
land that feeds you, as if these are the streams from which
you drink, that build your body and fill your spirit. To become
naturalized is to know that your ancestors lie in this ground.
Here you will give your gifts and meet your responsibilities.
To become naturalized is to live as if your children’s future
matters, to take care of the land as if our lives and the lives
of all our relatives depend on it. Because they do.”*

The idea of becoming naturalized is only one small gem
in a book bursting with treasures, including the concept of
reciprocity. We are given such abundance from the earth—
life, water, beauty, fish, birds, animals, plants, trees, and
more—that it is our sacred duty to respond with gratitude.
If we do, and take the actions resulting from the state of
satisfaction and fullness that comes from giving thanks for
all we’ve been given, then we have a chance to choose the
green road of the Seventh Fire prophecy she shared from
Eddie Benton-Banai and other Anishinaabe elders.

The Seventh Fire prophecy “tells that all the people of the
earth will see that the path ahead is divided. They must make
a choice in their path to the future. One of the roads is soft
and green with new grass. You could walk barefoot there.
The other path is scorched black, hard; the cinders would cut
your feet. If the people choose the grassy path, then life will
be sustained. But if they choose the cinder path, the damage
they have wrought upon the earth will turn against them and
bring suffering and death to earth’s people.” If we choose
the grassy, green path, the prophecy tells that the time of the
Eighth Fire will be one of peace and plenty. I pray that each
of us, with our hearts, actions, choices, devotions and love,
do choose the good green path of life.

*It was our belief that the love of possessions is a
weakness to be overcome. . . . Children must early
learn the beauty of generosity. They are taught
to give what they prize most, that they may taste
the happiness of giving. . . . The Indians in their
simplicity literally give away all that they have—
to relatives, to guests of other tribes or clans, but
above all to the poor and the aged, from whom they
can hope for no return.*

-Charles Alexander Eastman, Santee Dakota physician

Flight

By Elizabeth Rau

*For my son, Cory, upon completion of high school
and a new beginning at UC Berkeley this fall*



In dreams you beckoned
Calling to be born through me,
Our karmic contract sealed
long before your conception.
My dream of motherhood realized,
Our destiny fulfilled
in the miracle of your birth.
A Love that knows no bounds!

Early years you clung tight
to the nurturing nest my body provided.
Encircled in loving arms
Sustained and nourished
in body, mind, and soul
You grew strong, and at last,
broke free.

I release you now to yourself
as I begin anew my self-embrace.
Fly free and far
knowing always that I am here
When your wings find their way
back to me.

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-Chief Joseph

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Honoring Your Girl's Coming of Age

by Caitlin McMurtry

When you were a young girl, where were you when you got your first moon? What time of day was it? What were you wearing? What was the first thought or emotion that flashed upon you? Most of all, was it what you hoped for? Were you celebrated, supported, and informed by a mother figure or elder?

If you are raising a young girl, what do you hope for her when her own menarche arrives? What legacy will you pass on to her budding womanhood?

Your girl's coming of age is a powerful and sensitive time. She needs your support, acknowledgment, love, and wisdom. She especially needs to have someone model and embody a sense of pride and comfort with their own body, menstruation, and sexuality. Modeling this will probably require you to heal your own inner maiden who may not have been recognized and supported as she came of age. With loving care for yourself, and dedication to doing some inner work, you can cultivate pride and appreciation for your womanhood in order to uphold and honor your girl – and yourself.

In most families, many generations have passed since a young person was given a rite of passage as they came of age. These days, girls rarely receive any first moon preparation, menarche celebration, or honoring. Girls are more likely to receive silence, shame, and scanty information about what's happening. For all the years of algebra and history they're made to learn in school, girls aren't taught the essentials of physical, social, and emotional well-being: the naturalness and goodness of their bodies and their pleasure, consent and boundaries, effective communication, healthy relationships, emotional literacy, listening to intuition, and accurate menstrual cycle education, among other things.

The gift herein is knowing that you, and all the people close to your girl, can bring reverence and honoring back to the fore whenever you want. It's never too late to start sharing books, starting conversation, and changing how you speak about and view things relating to bodies, puberty, menstruation, and sexuality. Here are five ideas for building communication, comfort, and curiosity between you, your young girl, and your family.

1. Stock the family library with great reading material. Books give your girl (and other children you have) the



chance to find subject matter that interests them at her leisure, and may inspire her to ask you questions and talk more in depth. I recommend *It's Perfectly Normal* by Robie H. Harris, *Reaching for the Moon* by Lucy H. Pearce, *The Care and Keeping of You 1&2* by American Girl, and *The Period Book: Everything You Don't Want to Ask (But Need to Know)* by Karen Gravelle. For moms or for anyone raising a young girl, two excellent books are *Moon Mother, Moon Daughter* by Janet Lucy and Terri Allison, and *Becoming Peers: Mentoring Girls into Womanhood* by DeAnna L'am.

2. Create a journal for you and your girl to share, packed with rich prompts and questions. Journaling can alleviate anxiety about face-to-face conversations, and facilitate more open communication. It's a wonderful way to learn about and appreciate each other. The journal might include questions or prompts such as, "When I was 12, I really wanted my mom to..." "What do you think about shaving?" "What's it like to get your period?" or "What's your idea of the perfect day?"

3. Share your thoughts, feelings, and vulnerabilities with her. Parents often wish their adolescents would communicate with them about what's going on in their hearts and minds, but adults need to pave the way and share openly about themselves, too. When you spend time with your girl, you can offer jumping off points to discussion, such as, "Did I ever tell you about how I used to get so mad at my mom for talking about periods that I would run to my room and cry? Have you ever felt like that when we talk about body stuff?" Offer stories and memories about what it was like for you to come of age, and reflections on what it's like to be a grown woman and what you like about it. Your girl may not

necessarily find it easy to engage with the conversation, but she'll likely be listening with fascination.

4. Hold a menarche celebration or a coming of age ceremony. You could research ceremonies from your family's cultural lineage, or you could invent something wonderful of your own and start a new tradition within your family. Ceremonies can be simple, with a few family members present, sweet words spoken, a poem or song of honoring, and a feast. Or they may be more elaborate, with special clothing, gifts, dancing, chanting, crafting, and a ritual officiated by a grandmother, wise woman, or other elder. Another idea is a Red Moon Party. Such an event is more casual in style and focuses on gathering and enjoyment with friends, family, food, and festivities. All you need to get girls excited about a Red Moon party is to promise that there will be strawberries and whipped cream!

5. Find a mentor for your girl. Girls benefit greatly from having a woman outside her immediate family to talk to and confide in. A mentor may be a family friend, an older girl, an elder, teacher, aunt, etc. Some mentors have formal training and offer classes and workshops to give girls the chance to express themselves, learn about the coming of age experience, ask questions, and get accurate information about growing up from a trusted source.

I hope these suggestions inspire you to welcome conversation and celebration to this time of your girl's life. We celebrate many milestones in a child's life—growing teeth, taking steps, speaking words—yet coming of age is rarely one of them. The same miracle of nature that makes teeth grow and language flow is the one that makes a young girl start to cycle, to grow stronger and more interesting and intelligent, from chrysalis to butterfly. May she be welcomed to her new self with love.

Caitlin McMurtry is a Certified Fertility Awareness & Reproductive Health Educator and Journey of Young Women Girls Mentor. Caitlin is passionate about guiding each woman and girl she serves to radiant body confidence, sovereignty, and empowerment. She is thrilled to unveil *Cycle Wise, a Coming of Age course for girls ages 11 – 13 at the Isis Osiris Healing Temple beginning October 1st*. This 7-part series focuses on healthy emotions, healthy relationships, body changes, boundaries and consent, and menstrual cycle education, care, and wellness. Get in touch, learn more, and download the course information ebook at www.enlightened-cycle.com.

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I have learned that the point of life's walk is not where or how far I move my feet but how I am moved in my heart.

-Anasazi Foundation, The Seven Paths: Changing One's Way of Walking in the World



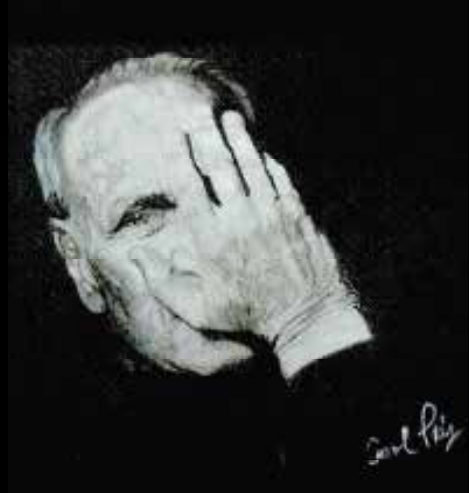
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sarva sroto nibandhena prāṇa śakty ordhvayā śanaiḥ
pipīla sparsa velāyām prathate paramam sukham
:

“Rivers of power flowing everywhere.
Fields of magnetism relating everything.
This is your origin. This is your lineage.

:

“The current of creation is right here,
Coursing through subtle channels,
Animating this very form.
Follow the gentle touch of life,
Soft as the footprint of an ant,
As tiny sensations open to vastness.

:

“Power sings as it flows,
Electrifies the organs of sensing,
Becomes liquid light,
Nourishes your entire being.
Celebrate the boundary
Where streams join the sea,
Where body meets infinity.”

:

-Lorin Roche, PhD from *The Radiance Sutras:
112 Gateways to the Yoga of Wonder and Delight*
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Living the Dream

by amy day

Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer. -Rainer Maria Rilke, *Letters to a Young Poet*

Show. Don't Tell.

It's a well-worn chestnut in many an art form and I've tried my hand at a few. (Writing, theatre, years huddled over the keys of my mother's hi-shine Baby Grand, and most recently the de-lovely ukulele.)

And still, I've yet to learn this delicate means of communication. To paint the picture, rather than plot out the detailed diagram. And trust the viewer to gather the essence gathered there.



To bring what's needed to the conversation and not the whole auxiliary cart of knick-knacks to boot.

To Do and not just bullsh*t about the Doing.

To Show up and get your hands a little bit dirty.

To Be In It.

Rather than just point an inert finger in the general direction of the Thing you Seek.

And it's so much messier ... and humbler ... and even tedious this way sometimes.

.....

"I love you, Mama."

She has taken on my own inherited, familial habit of tossing these words about like so much verbal

confetti throughout the day.

While driving to school or camp, from the backseat of the car: I LOVE YOU.

Right after waking, or just before sleep: I LOVE YOU. When attempting to squeeze another five minutes worth of shows or awake-time or play or one of the strawberry popsicles hidden in the freezer: I LOVE YOU. I LOVE YOU. I LOVE YOU.

And so we've entered into this delicate dialogue, she and I. The words that end up coming out next—**as much for my own education as for her own miniature heart.**

What are some ways we can **show our Love**, baby?

And she repeats the refrain.

Then rattles off a few of her favorite (read: Easy) ways to show Love in our world.

Cuddles are good.

Saying thanks.
Flushing the potty when we've done a number two.

And, after a silence, the trickier stuff begins to get examined next.

Things like, **"I'm sorry."**
Listening. And then **Responding**, too.
Picking up the toys.
Feeling the Anger but not letting it take Control.
Saying Yes when instead we've got two feet tethered deep inside the box of NO.

Showing up. In ways that feel both easy and damn hard.

In the Active NOW and not the whim of passive past or mythic future.

SHOW don't Tell.

And together we are learning, step-by-stumbling-footfall.

.....

And so this summer unwittingly unfolds into one of Gracious Doing. And Un-Doing.

Rather than the wait till mid-August or early September as the water cools and the whisper of sunshine dips into remembrance: **"Oh yeah. The River. Why didn't we go there more???"**

Instead, we hop into the camper van and, for the first 12 days of the season, **soak up as much sunlight, soggy-bottomed, gypsy time as we can handle.** And, upon returning home, plan six adventures more.

Periods of time set aside for healing and rejuvenation. Juicing and salads and berries plucked straight from the yard. Along with s'mores and margaritas, too.

Laying out the mat a little bit each day. Even if all that happens there is a little pre-school-style rolling around and some deep belly breathing.

Keeping the journal and jar of lemon water and the wisdom deck/tarot cards, and the palo santo, and the recipe for a kick-#ss herbal sun tea (and whatever other minor witchery we can uncover) close at hand. **So that the moments that spring up inside this tiny pocket of days**—both the magic and the mundane, the silly and the sublime—**can be peppered with a tiny dose of Sweet & Sacred.**

Finding tiny ways each day to let the Light—in all its current AbundanCe—**Come IN.**

And then actively—steadily—each day—finding ways to extend it Back OuT.

.....

May you continue down the path.

May your steps be joyous and Light. Steady and dovetailing. Guided all the Way.

I wish you happy trails and holy travails as well.

Yours, Ever inching together toward the Light.
xo,
~a

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When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money.- Cree Prophecy

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For Your Inspiration ...

The Power of Mantra

by Yogadon

"... we chant or affirm with joy, for fun, because we like the sound or the feel of doing it. If we chant or affirm with gratitude for all the gifts we already have then more will be added!" -Yogadon

Advertisers learned very early on the power of Mantra. They designed "jingles" with catchy words and melodies to stick in your brain so that when you find yourself in your car or the grocery aisle the jingle runs inside your head and you can't make it stop! The same is true in the political arena: candidates hire specialists to find just that right slogan to attract more voters. In sports, cheerleaders use chants to fire up the spectators and energize their teams. If you look closely you will find examples of the power of Mantra at work almost everywhere.

Want to give one a try? Begin by finding a Mantra that appeals to you; there are a variety available on YouTube.

Give a listen to Krishna Das, Deva Premal and Miten, and Snatam Kaur for example.

It is fun to explore the different styles, meanings, and traditions of chanting and "fun" is the key to keeping at it! Bring a childlike quality to your search and to your practice; it is not to be a chore but rather something you look forward to every time. Your mat is your playground!

Try it like this: First sit with your spine straight and body relaxed. Breathe slowly and calm the mind. Focus within. Then begin the chant first out loud for a while before making it slowly quieter and quieter until it is almost silent. Next bring it inside into your inner voice, chanting loudly, then again slowly, quieter and quieter. After a while just let it run on its own without your effort. After you practice for a few weeks or so it may start running on its own during your daily activities just like the jingles, slogans, or cheers! And that inner quiet focus you associated with the Mantra will be activated automatically!

Practice the chant to enter the trance of your choosing. Enchanted! Entranced!

Om Shanti.

Next issue more in depth about the Who What When Where Why and How of chanting. (The reporter's Mantra!).



IN SHADOW

by Roy Rosenblatt

Maya and I wander a trail,
her leash taut or slack
measured by the will of her curiosity.
Nose to soil,
Maya vacuums scents along the path.
Fixates on the wild fluttering of a butterfly
in shadow.
Seeing seamlessly joined with pounce.
Once. Twice. Three times.

Pulled from the soil beneath us
my eyes roam ahead
to where the trail bends unseen
which stirs the familiar onrush of thoughts
grasping to know
what is, from here, unknowable
Until a flushing exhale surrenders into a silence
untouched by effort.
And lifts my gaze to where

Encouraged by the wind,
browns and greens of native plants,
a patchwork of swaying rise up
into the fullness of their forms
tier by tier along the contours of hills
to a roofless blue sky open in a way
that appears more spacious today.

Beneath the canopy of an unformed question,
I wonder
about the things that draw us
and the shadows they cast.
And whether my gaze sprinting ahead
on the sun kissed path
was reply to the inviting gesture in a wave
by something unseen
yet felt on the playfulness of breezes.

photo by maya cooper

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*Between individuals, as between nations,
peace means respect for the rights of others.*

-Benito Juarez, Zapoteca

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In the Name of “Morality”

By Rebecca Blanco



So what is morality, and what purpose does it serve? This article will take a look at the belief systems surrounding them, where they stem from, what kind of effect they are having on the world today, and how we can start seeing them as they truly are.

If you look up the definition of “moral,” this is what you will find: *Principles concerning the distinction between right and wrong or good and bad behavior.*

Here are some basic generalizations I see in regards to morality; Everyone has a different set of morals based on their upbringing: what they learned, their family, their community, their family history, their religious beliefs (this is a big one), and so on. So there are different sets of beliefs about what is right and wrong for different individuals or groups.

Most would probably claim that morals are what is the good or the right thing to do. But at the same time, in the name of “morality,” people torture, terrorize, kill, beat, interrogate, and so on. All in the name of morality? The problem is, everyone thinks they are doing the right thing. A perfect example of this in the past was during the time of the Puritans. The Puritans had very strict ideas of what was moral, of what was right and wrong, and what did not fall into their definition of moral was considered of the devil or witchcraft, and was punishable by any means of torture or even execution. This was acceptable because it was done in the name of morality. This was a long time ago, but perhaps not as long as it seems; there is still this type of thing going on in the world every day. For example, there are

still a few places around the world where marriages are arranged. If a man or woman falls in love with another and secretly breaks the vow of their arranged marriage, in the act called “adultery,” the man will be beaten, and the woman will be stoned to death. All in the name of what is considered to be moral? In this example we see no place for love, compassion, or forgiveness, the very qualities you would imagine morals should be made of. So, is having morals really about doing the right thing? In the name of morality people use words like stones that they throw at each other. Isn’t this ironic? With this we see a type of outward retaliation made in self-righteousness, or from an “I am better than you” attitude. In truth, this reveals only a deeply rooted judgement of wrong and uncovers a deep feeling of inadequacy in the person claiming superiority over another.

Morality then does not become a question of right or wrong but a question of who or what belief system am I giving my power to? Where am I not allowing me to be myself? How am I allowing my fears or insecurities to dictate who I am? What has more authority over me than myself? What judgements or beliefs do I hold about myself or another that claim there is something wrong with me or the other person? And are these beliefs serving love or fear?

Some might argue that morals create rules or guidelines to follow. Without them people would commit insidious acts and crimes against each other. In other words, humans in general cannot trust each other and need to be controlled through morals. This very idea then attracts the very thing people are afraid of in the first place. It is similar to the idea of *build it, and they will come*. Build a stage made of fears

and insecurities, the “what ifs,” and the actors will show up and perform. But it doesn’t have to be this way. There is a feeling inside each and every one of us called intuition, the inner compass that tells you if something doesn’t *feel* right. So in defense of the idea of morals, you could say there are two types of morals, the ones that come mainly from the mind (programed into our minds through media, society, education, and upbringing), and then there are the ones that come from the heart. These are the authentic morals which really aren’t morals at all, since morals are beliefs picked up from the outside. The voice of the heart comes from the inside, from your inner voice. This is what truly matters, how something *feels to you*. If you live by someone else’s guidelines

you are lying to yourself, making yourself less. This creates suffering.

Sometimes we fear our dreams, inspirations, or expressions will hurt another or ruffle their feathers so we hold ourselves back. We fear another’s judgement. This is a denial of not only ourselves but of them also. Never, and I repeat NEVER, is your heart, your dreams, or your truth at the expense of another’s, never ever, even if they would try to make you believe it through fear or bullying. There seems to be an underlying belief throughout humanity that there is only so much to go around and that if you live your abundant dream, you will be taking that away from another. This is so not true! In fact, in following your inner guidance and living your truth, the beliefs that you choose for yourself (without compromise), you indeed provide the greatest service to yourself and to all of humanity. If you don’t live your truth, your authenticity, you only end up hurting everyone in the long run, especially yourself!

It is challenging to take responsibility for oneself and one’s creations because most people want to keep playing the victim game. It is the poor-me energy, the “look what they have done to me” energy, whereby the victim becomes the abuser who perpetuates the suffering. When we can free ourselves from the role of “victim,” of the accusatory blame and shame, we may then live the life that is meant for us, one that is filled with freedom, joy, and love for self. You do a huge disservice to yourself and all of humanity when you turn your back on yourself and dim your light because of some perceived insecurities of others. The greatest service you can provide for humanity is to release the shame and blame of “wrong” inside you, and instead allow yourself to shine.

So I dare you, readers, to be your bold and beautiful selves, to not compromise or give away your power to some outside force, ideal, or way of life that is not truly you. Even if all odds are against you and other people are shoving their judgements in your face, I challenge you to find the place in your heart that knows your beauty and your inner-strength. I dare you to throw out others’ ideas of what is right, wrong, or moral and to live by your own heart and guidelines. I dare you to be you.

And if any of this article ruffled your feathers, I can assure you it ruffled mine as well as I wrote it. I challenge us all to take a deeper look at the idea of morals, of right and wrong. When we let go of our limiting, fearful beliefs, we will get to meet and know ourself in far grander and more intimate ways than we can now imagine.

Original artwork by Rebecca Blanco



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Out of the Indian approach to life there came a great freedom, an intense and absorbing respect for life, enriching faith in a Supreme Power, and principles of truth, honesty, generosity, equity and brotherhood as a guide to mundane relations.
— Luther Standing Bear

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Transitions

by Denise Payne-Ollivier

I have had many transitions in my life
Some were good & some I disliked

I have had many transitions in my life
Some long and drawn out & some
fast without a fight

I have had many transitions in my life
Some have felt like they had very little effect
on my world today

But others had a great hand in guiding me
to live and feel this way

I have had many transitions in my life

My last major transition
there was no time to mourn my loss

So now my body has taken over
and demanded that I examine this road
I am to cross

These transitions in my life
are not just a fork or reflection
they have kept me on my path with each
old and new direction

I have had many transitions in my life
and I have been happy
for all of them in the end.
Without them I could not grow
or be this person
I have come to love and know.



Sutisa Kangvansap | Dreamstime.com

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Dance With The Earth



I often think of myself melting into the soil of the earth. My naked body lying in fields of golden wildflowers gently dancing in the breeze. I gaze out at the hills surrounding me and they sway like tidal waves. My hands dig into the rich dirt as my fingers become deep fractals of roots. I feel myself become one with the breath of the world. My inhales and exhales are the harmonious sounds of the wind caressing each textured branch, each delicate leaf, each lustrous petal. Every living being rambles the rhythm to this song while gazing through the different spectrums of lenses. Big and small, short and tall, it's really all the same. The ant climbs up the huge dirt mound as the human treads the mountain. Fairies leap through cotton candy billows as the giants roam the clouds. My feet caress the moist hardened terrain while the catfish glides through the silken stream. Every molecule of my being is a world within my world...broken down into infinite wonders. I dream in revelation of the creations I have yet to bestow. For now, I must continue this glorious dandle with the universe.

~Serena Fisher, 2016

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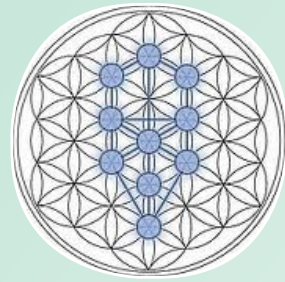
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Tarot Wise

Sept/Oct 2016

By Carolyn Ayres



Note: This column is an ongoing exploration of the Tree of Life on which the modern Tarot, that is the decks of the Waite Smith and the Thoth, are based. Most of the thousands of tarot decks created

since the 1960s copy these two decks without the context of their connection to the Tree of Life.

“... within each of us there is a deep silence, and it has a pulse. It is the pulse of this silence that turns us inward to seek the mystery of our innermost selves.” -Tarotschool.com.

Ah, September, and we begin the descent into darkness, an appropriate time to look at the High Priestess of the Tarot, “... the great feminine force controlling the very source of life, gathering into herself all the energizing forces and holding them into solution until the time of release”(GH Sorol). Sounds like the season of fall, doesn't it? Though Nature seems to be dying back at this time of harvest, the spark is still there waiting for the time of the Sun again. This reflects the energy of the High Priestess within us, our mysterious depths of knowing, our esoteric remembering. There is insight with the Priestess that cannot be spoken, an enigmatic sense that many call Intuition or non-rational knowing that

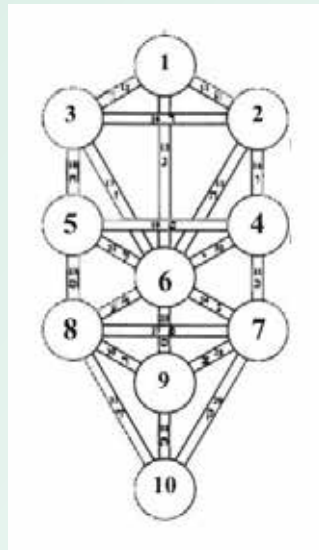


is always available to us. It only needs to be sparked by something like a Tarot card.

But first, a very short introduction to the Tarot on the Tree of Life. If this is your first time reading my column, look to the right for a very simplified Tree of Life diagram. Remember this is a two dimensional attempt to show us Consciousness, Source energy in a physical body; many Tarot decks

are the key as to how this Consciousness works in our daily lives. The numbers, one through ten, are the Minor Arcana which we covered in the last two years of Tarot Wise columns, and now we are embarking on the paths in between, shown as thin lines in this diagram. The 22 Major Arcana are placed on these paths, and in my last couple of columns we covered the Fool and the Magus. The Fool and the Magus, in their simplest terms, are the infinite potential of the Universe, but nothing is created with this potential until we have the Priestess, for the Priestess is the emergence of the Feminine who, with the Masculine of the Magus, then begins to create. Think about it. When all is One, it is heavenly to be sure, but nothing can happen. All is Bliss and the orgasm is ready to happen, but it cannot occur until ignited by duality, the Other, Chokmah, number 2 on the diagram and also the number of the High Priestess. She carries out what the Magician initiates, holding the thought forms, the vibratory patterns from which the Universe will be composed. But her path, her position on the Tree has a very different energy from the magician and is known as the Uniting Intelligence since this path connects our consciousness at Tipareth, (seen as 6 on the diagram) with the Divine Super-consciousness at Kether, (seen as the number 1). The Priestess as an upward path is long, perilous and mysterious, taking us from our human consciousness, Tipareth at the 6, across the Abyss into the abode of our highest possibility, the deep remembering of who we truly are, Source Itself. When we travel down the Tree from Kether, the 1, the Priestess's long path takes us to our True Heart, Tipareth, the 6. But we must again cross the Abyss, a deep area of what we might call “dark matter” which asks for a total surrender to not knowing before we can come to our heart, to Love.

The Priestess teaches us how to be Present with what is and sit between the two pillars of Mercy and Severity, holding the tension of Yin and Yang, dark and light; form and force. The image to the left is based on the Waite Smith tarot from the Builders of the Adytum deck which is Qabalistic, that is, the cards are connected to the Tree of Life. Notice the pillars with the Hebrew letters of Yod and Heh, masculine and feminine energies, force and form. Notice the Hebrew letter to the right of her name at the bottom of the card, the letter



of Gimel which is her path on the Tree. Gimel, among other things, means camel, so appropriate for traveling across the Abyss, for the path of the Priestess can be harrowing, a desert of sorts, moving from the One, Kether, at the top of the Tree, to the 6, Tipareth, the heart of the Tree.

The Priestess as the Moon goddess enables us to look upon this light of the Divine, otherwise too bright for the human to behold. For just as the Moon reflects the Sun so does this first feminine consciousness absorb and hold All That Is and present it to us in a form we can then translate as our intuitive knowing. The still, small voice within, higher guidance, there are many ways to describe this innate knowing that we all possess. In this image she holds the scroll of All Knowing, the Akashic records, which holds every thought, action and feeling of every human that ever was. Incomprehensible to our minds but in our Priestess depths, All is revealed.

If you have a Tarot deck, get out your Fool, Magus and High Priestess. Your deck may have a different image of the Priestess, but the underlying perennial wisdom is the same. You have in front of you The Fool who represents All Infinite Potential of Possibility, the Magus who represents all this potential focused and ready for action, and the Priestess who emerges out of the depths to begin the process of creation. The only catch is the waiting, the holding, the tension that happens as the Priestess sits in the center and holds all possibility.

High Priestess Reading Falling Into the Abyss

Card One: You at the edge of the abyss of memory and deep knowing.

Cards Two and Three: The Two Pillars you sit in between. Your choices in this reality.

Cards Four and Five: two more cards for each pillar...

Your fear of surrendering to what is.

Your desire for change.

Card Six: What would it mean to detach from these choices, to let go into the stillness of not knowing? In other words, what might happen if you let yourself fall into your greater Self?

Please **do not hesitate to call or email me with questions about the reading or this column.**

If you are following my column and want to know more about the Tarot and the Tree of Life, know that I teach “Tarot As An Evolutionary Path,” a nine month gestation for the emergence of spirit at my studio in Eureka. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. Private students are welcome, and I create Tarot Circles for groups who want a deeper knowledge of the Tarot. 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 check me out at my website: www.tarotofbecoming.com.

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The Bhagavad Gita

Sept/Oct 2016

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 Two, Verse Fifty-One

“The sage whose insight is firm
Has let go of attachment to the fruits of action.
Freed from the bondage of rebirth,
A place beyond sorrow is reached.”

Sri Aurobindo:

The sage who does works without desire for fruits and is in Yoga with the Divine reaches the state in which there are none of the maladies which afflict the minds and lives of suffering humanity.

Krishna Jaya:

A great sage of the last century, Sri Bhagavan Ramana Maharshi, lived in that place beyond sorrow. A saint with boundless compassion for the stream of visitors who came before him at his Ashram in South India, he was constantly “in Yoga with the Divine.” Bhagavan helped and healed those who were ready to be helped and healed. Pilgrims came from all over the world to sit at his feet. One of them, Paul Brunton of English descent, traveled to India to find a true master. In his book, *A Search in Secret India*, he describes his remarkable journey and his time with Bhagavan at the base of Arunachala, a holy hill. Brunton came armed with a long list of questions, but found that upon meeting Bhagavan, the subject matter of that list escaped him.

The following are excerpts from the book.

Pin-drop silence prevails throughout the hall. The sage remains perfectly still, quite undisturbed by my arrival. His body is as steady as a statue. His eyes seem to

look into infinitely remote space. The minutes creep by with unutterable slowness. I reach a point of visual concentration where I have forgotten the existence of all save this silent figure on the couch. There is something in this man which holds my attention as steel filings are held by a magnet. One by one, the questions which I have prepared with such meticulousness drop away. It does not now matter whether they are asked or not. I know only that a steady river of quietness is flowing near me. A great peace is penetrating the inner reaches of my being, and my thought-tortured brain is beginning to arrive at some rest. I surrender myself to the steadily deepening sense of restfulness until two hours have passed. The passage of time provokes no irritation, because I feel that the chains of mind-made problems are being broken and thrown away.

During subsequent days, Paul Brunton got around to his questions. One of his dialogues with Bhagavan revealed a way whereby the attachment to fruits of action may be attenuated.

Bhagavan (B): The life of action need not be renounced. If you meditate for an hour or two every day, then the current of mind induced will continue to flow even in the midst of your work.

Paul Brunton (P.B): What will be the result of doing that?

B: As you go on, you will find that your attitude towards people and events will gradually change. Your actions will tend to follow your meditation of their own accord.

P.B: How is it possible to become selfless while leading a life of worldly activity?

B: There is no conflict between work and wisdom.

P.B: Do you mean that one can continue the old activities, in one’s profession, for instance, and at the same time get Liberation?

B: Why not? In that case, one will not think that it is the old personality which is doing the work, because one’s consciousness will gradually become transformed until it enters That which is beyond the ego.

Paul Brunton had several discussions with Bhagavan during his stay. The last day of his visit arrived. He was somewhat frustrated, because he still had questions. However, in the end, just before he left Bhagavan’s physical presence, he received profound guidance and went on to become a great teacher in the West.

More excerpts from *A Search in Secret India*.

The assembled company squats in rows around the hall. There is no noise and no talk. Upon the corner couch sits Bhagavan, his feet folded beneath him, his hands resting unconcernedly upon his knees. It is not long before I fall into a trance-like state, lulled by the ineffable peace which, in the sage’s proximity, begins to penetrate me more deeply. There comes a gap in my consciousness, and then I am experiencing myself as a little boy of perhaps five years. I stand on a rough path which winds up and around the sacred hill of Arunachala. I hold Bhagavan’s hand, but now he is a great towering figure at my side, for he seems to have grown to a giant’s size. He leads me away from the hermitage and, despite the impenetrable darkness of the night, guides me along the path which we both slowly walk together. After a while, the stars and the Moon conspire to bestow a faint light upon our surroundings. The hill is steep and our ascent is slow. We continue to walk until the top of the peak is reached. We halt at last, my heart throbbing with anticipation.

Bhagavan looks down into my face. There is a mysterious change taking place in my heart and mind. Old motives which have lured me on begin to desert me. The misunderstandings and selfishness which have marked my dealings with many of my fellows collapse into an abyss of nothingness. An untellable peace falls upon me. I know that there is nothing further that I shall ask from life.

Bhagavan bids me turn my gaze to the bottom of the hill. To my astonishment I discover that the Western hemisphere lies stretched out far below. It is crowded with millions of people, vaguely discerned as masses of forms, for the night’s darkness still enshrouds them.

The sage says, “When you go back, you shall have this peace which you now feel. Its price is that you shall henceforth cast aside the idea that you are this body or this brain. When this peace flows into you, then you shall forget your own self, for you will have turned your life over to THAT!”

Bhagavan then places one end of a thread of silver light in my hand.

After this extraordinary happening, I “re-enter” the hall with the sense of its penetrating sublimity yet upon me. Immediately Bhagavan’s eyes meet mine. His face is turned in my direction, and he is looking fixedly into my eyes.

Krishna states in this verse that the liberated sage is free from

the bondage of rebirth and occupies an abode beyond sorrow. In his book, *Ramana Maharshi and the Path of Self-Knowledge*, Arthur Osborne describes the last year of Bhagavan’s life...

In 1949, a nodule appeared below the left elbow, and the Ashram doctor cut it out. Within a month it returned, larger and more painful. It was recognized as a malignant tumor and caused general alarm. Doctors came from Madras to operate. The wound did not heal up properly and the tumor soon began to grow again, larger and higher up. Henceforth there was an air of inevitability about the march of events.

The tumor sapped his remaining vitality. However, even as he weakened, his face grew gentler, more gracious, and more radiantly beautiful. Occasionally he would say “there is pain,” but not, “I have pain.” Bhagavan sought to give us strength to endure his body’s death. He had immense compassion for those who were so fearful. “Some take this body for Bhagavan and attribute suffering to him. They are despondent that Bhagavan is going to leave them and go away, but where can he go?”

Some students made a plea for their own welfare. “What is to become of us without Bhagavan? We are too weak to look after ourselves. We depend on his Grace for everything.” He replied, “You attach too much importance to the body,” clearly indicating that the end of his body would not interrupt the Grace and guidance.

The long crowd filed past the open doorway, silent with grief and apprehension. The disease-racked body they saw there was shrunken, the ribs protruding, and the skin blackened. Yet at some point during these last few days, each *chela* (student) received a direct, luminous, penetrating look of recognition which he or she felt as a parting infusion of Grace.

Unexpectedly, a group of chelas sitting on the veranda outside the hall began singing “Arunachala-Shiva,” a hymn Bhagavan had written. On hearing it, his eyes opened and shone. He gave a brief smile of indescribable tenderness. From the outer edges of his eyes, tears of Joy rolled down. One more deep breath, and no more. There was no struggle, no spasm, and no other sign of death. The next breath just did not come.

During the days that followed, it became clear how vital his words had been, “I am not going away. I am here.” The word “here” does not imply any limitation, but rather that the Self is and that there is no going for That which is Universal.

2016 Event Calendar

Ongoing And Special Events Upstairs at Isis Suite #48 Sunny Brae Centre in Arcata 707-834-6831

Every Tuesday

REIKI is being offered at Isis #48. Everyone is welcome from 7:00 - 9:00 p.m. No Appointments Necessary. First Come, First Served. Opportunity to receive healing sessions from 2-3 Reiki Practitioners at once. Call Per for more info at 206-550-3263. Offered by donation.

Every Wednesday Afternoon

TRANSMISSION MEDITATION NEW TIME! Led by Sue Jones, Wednesday afternoons from 2:00-3:00 p.m. Donation requested: \$2. Transmission Meditation takes about 15 seconds to learn and is practiced for the benefit of humanity, rather than the individual. Still, it's a most uplifting experience! Learn about it at www.SueAnnabrookeJones.com/transmission-meditation.php

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.

2nd Sunday of each Month

POWERFUL HEALING AND TRANSFORMATION with Damion Sharpe. **2nd Sunday Circle.** Empowering your heart's gift to the world through exploration, visualization, movement, and shaman journeying. **Sunday Oct. 9th, Nov. 13th & Dec. 11th From 5:00-7:00 pm.** Sliding scale \$10-\$20. damionpanther@gmail.com and 707-497-9039.

Special Event at Isis

Saturday Oct. 1st

CYCLE WISE, A COMING OF AGE COURSE for girls ages 11 – 13 beginning October 1st. Caitlin McMurty offers this 7-part series focuses on healthy emotions, healthy relationships, body changes, boundaries

and consent, and menstrual cycle education, care, and wellness. Get in touch, learn more, and download the course information ebook at www.enlightened-cycle.com. 707-616-4820

Saturday Sept. 17th, 24th & Oct. 1st

THE POWER OF BREATH: SACRED BREATH WORKSHOP WITH KAYA AND MALAKI Saturday September 17th and 24th from 3:00-5:00 and Saturday October 1st from 4:00-6:00 pm. Only 10 spots available-Shamanic breathing has been found to facilitate profound emotional releases, open new channels of awareness and clear toxicity from the body. This multidimensional journey incorporates sacred herbs, aromatherapy, conscious breathwork, vibrational sound, soulful music, energy healing, Shamanic tools, crystal therapy and light body expansion techniques to facilitate a personal Sacred Journey into the depths of one's soul. Cost: \$50 (sorry no credit cards) Email us at oursacredbreath@gmail.com.

Saturday Oct. 13th

SACRED SOUL CIRCLE WITH NANA HENDRICKS, visionary-channel-medium. Saturday Oct 13th from 3-5pm - join us for an afternoon of soul sharing with spirit-guided meditation, activations and sacred alignments. Recharge your energy field. Amplify your frequency, expand your consciousness and share soul-light with other beautiful illuminated beings! Every person will receive a personal Soul-message about your journey. nanahendricks@gmail.com or 828.337.5512. Please visit www.thespiralstair.com.

Ongoing in the Community

CREATING A SAFE SPACE for Your Body, Mind, Spirit! Awakened Heart Life Coaching. Kids, Families. Private, Corporate. Dana Biondo 541-499-4202. safespacespiritualcoaching.com

1st Tuesdays & 2nd Sundays

ECKANKAR: ANCIENT WISDOM FOR TODAY! HU Chant, 1st Tuesday of the month, 7 – 7:45 PM at Jefferson Community Center in Eureka. **Spiritual Discussions,** 2nd Sunday of the month, from 2:30-3:30 at the Adorni Center, 1011 Waterfront Dr., Eureka.

Sound Healing /Benefit for

Terra Pearson

October 15, 2016 @ 4-5:30 pm
Community Yoga Center, 890 G St, Arcata, CA



Photo by Eva York

COME BASK IN THE MAGICAL HEALING SOUNDS of the Earth Gong while supporting Terra's recovery from last year's medical challenges. In March of 2015 Terra had complications with a routine colonoscopy that led to five days in the hospital and being too ill to work for months. After a year of gradual recovery she has now regained most of her physical health. She even reports that in ways she feels more vibrant than ever before! However, one of the biggest sources of stress for her through this experience has been the financial strain and the many thousands of dollars in debt that accrued. Asking for financial help felt especially daunting in the midst of struggles with her health and energy. She has now found the strength to ask.

Please join us as we support this aspect of Terra's healing and nourishment. This event is also a celebration for each of us! A celebration of life, health, love, friends, and community! Suggested donation is \$20-100+, though all amounts are welcome along with your loving presence.

****Some mats will be provided, but bring anything you need to be comfortable and warm while laying on the floor for most of this time. For questions, call 267-8087.**



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In my opinion, it was chiefly owing to their deep contemplation in their silent retreats in the days of youth that the old Indian orators acquired the habit of carefully arranging their thoughts.

They listened to the warbling of birds and noted the grandeur and the beauties of the forest. The majestic clouds—which appear like mountains of granite floating in the air—the golden tints of a summer evening sky, and the changes of nature, possessed a mysterious significance.

All of this combined to furnish ample matter for reflection to the contemplating youth.

-Francis Assikinack, Ojibwe historian



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Poems & Artwork to
WholisticHeartbeat@gmail.com**



HAPPY 100th Issue

Celebrate! As we scroll pages of time in the understanding and enlightenment of BIRTH, the creation of our soul being...