

Wholistic Heartbeat

the power to heal lies within



*Another world is not only possible, she is on her way.
On a quiet day, if I listen very carefully, I can hear her breathing.*

— Arundhati Roy

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 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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'Dying ~ Leads to Death'

One of Life's Majestic Mysteries ~ Dying

By Jesse Austin

Dying means change...

Dying brings a new journey. Dying is the next step. Being dead is a place. A big place, glowing masterfully with unconditional love and many, many levels of consciousness.

Dying, my love, is the faithful horse that carries you unerringly to *death*. *Death*: being departed, being in spirit, being without the wondrous, gravitational body.



So obviously, to enjoy the considerable fruits of being dead - first the dying.

Dying Daydream...

My friend, you died quick.

You did scream. And your scream was itself a force of consciousness, propelling you from your body. Effortlessly you floated, now hearing a gigantic, reassuring hum.

Certainly you are allowed, dearest, to experience a degree of shock. You are stone cold dead. Can it be?

That morning, your last on earth, you stumbled half asleep, on aching legs, preparing for your usual two block slow, halting march to the sea. Weaving down your dim hallway you can almost taste the salty, early morning foggy air waiting just outside.

You are 72 years old, mostly healthy, but with some real difficulties.

Your hearing is flighty. Your back has the misery now and then. And your left leg is tired, and you drag it on your bad days. Still, at a slow but remarkably steady pace, you have the beatific habit of walking to the ocean before breakfast. It takes courage. Because, from your very first steps, everything hurts.

However, this fateful morning, your mind is too far ahead to see the dangers of your circumstance. *You have forgotten—your porch was under construction.* And you, with the kindest of intentions, of walking, of living, and of later lunching with your granddaughter; you stumbled dramatically and

fell, with a quick gasping scream—and like magic, you felt lovingly propelled into the deepest, most wondrous point of your inner space.

You were free of logic.

After one serious blow to your noggin, you no longer felt your life-long instrument, your body. There was no pain, no sensation at all. You did have one stray thought.

“Oh, my,” you thought, realizing you had forgotten about the construction. “I must be getting old.”

Is 72 old really? Your grandmother lived to be 95. Even falling, your mind was searching for abstractions. Oh dear child, your inattentiveness allowed a mighty crashing of bones onto the dusty but respectable concrete sub-floor, four feet down from your front step.

Medics arrived, but it was too late. In the pit they pronounced you as dead as a doornail.

You, wild child, you experienced a tidy sensation of lightness. You yourself knew instantly that something indescribably major had just taken place. But what? You slowly became aware of the sensation of effortless movement, of being thrust forward, not just falling, but gently accelerating - a kind of glorified floating—but *where were you?*

Then, floating, you saw the shell of your body below, lying without promise in the open hole of the unfinished porch. You realize that you are dead. That’s you down there. You have, at long last, after a lifetime of flips and flaps and joy and pain - you have finally and everlastingly died. Goodness. And that means you have gone through the exalted dying process. You have crossed over. You are a departed person. Hallelujah!

Your mind shifts.

You are floating in a dark tunnel. Up ahead is a bright light. Your feelings of joy are intense. Still in motion, you wonder about, well, everything. But really, what is there to think about...you feel wonderful.

And thus you are dead and astonishingly no longer a slave to your aching back and left leg. Dying happened almost in a breath. You attempt to understand the magic.

And back, yet again, to your dead self on the porch you go. You don’t try to re-enter the body, even though you look on in wonderment. Two uniformed women lift you out of the porch pit and place you on a stretcher, smoothing your arms and legs.

“I’m such a little thing,” you think.

You watch with detachment.

Your consciousness is in the bright, floating body you now occupy. This body is free of cranky pain. You feel deliciously light.

“I’m floating,” you form the thought, the same way as when you were alive. Only now, your conclusions are different. “I’m floating...I’m floating in a realm of unconditional love.” You feel warmed and encouraged.

You have the sensation of wind. You hear the two attendants talking in the streaking ambulance.

“First she was alive, then bammo, dead,” one of attendants remarks, writing in the log.

You find yourself hovering near the ceiling of the rushing vehicle.

From the front the driver aimlessly hums...“Old as the hills and twice as dusty...”

And then, magic beyond magic, you have the sensation of your granddaughter. Your yearning and love for this child is deep.

When you hear her cry, you turn away from your speeding carcass, and look some blocks distance into the home of your daughter and family.

You see Gwen, your little grandchild, bewildered and alone in her bedroom. She is five, and somehow senses you are dead. Even her parents don’t know, they are calmly eating breakfast down the hall in the kitchen.

“Hello, Gwen,” you say, floating and making a concentrated effort to pitch your thoughts to her.

The child’s head comes up, surprised and hoping. Her brown hair dances as she searches for you.

“Gwen, Gwen,” you say, smiling, riding a wave of desire. You want to reassure the dear child. She is your hope on earth. The one left behind to do great deeds. The one you will guard with your spirit for eternity.

Suddenly your granddaughter’s eyes light up. She recognizes your lovely thought body. Her round face jumps.

“Grandma,” she calls out in her sweet voice.

Jesse Austin lives with lawyer wife Rita and sleek cat So-so in Northern California. He can be reached at 503-929-8128 for Psychic Medium readings or groups.

Original artwork; *Gwen at funeral*, by Jesse Austin



Greetings to Conscious Seekers of Self and Spirit!

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Goddess Alchemy

and how to



Wake Up Sleeping Beauty

by Sabrina Ourania

Goddess Alchemy is an erotic art and science aimed at awakening the Divine Feminine in every woman.

As women, we are innately erotic beings, deeply connected to the cycles of the Moon and the rhythms of Nature. The erotic is that sensual wisdom rooted deep within our feminine mysteries, in the power of our life-creating potential. When this connection to our erotic energy has been suppressed, inhibited, or taken from us, we can find ourselves out of alignment with our lower chakras, particularly our sacral center, and will inevitably experience menstrual, sexual, and emotional distress.

Simple enough, but what do we really mean when we say “awaken the Divine Feminine”? Is she Sleeping Beauty or what?

I am going to argue that yes, SHE, as in the archetypal feminine principle, conceived of as the erotic, as Nature, as your own soul, has been under a spell for centuries, and now Sleeping Beauty is trying to wake up. As a necessary and synchronistic evolution of life-unfolding, SHE is being called to awaken from her slumber and take her place as Queen. Her princessing days are over.

Did you know that in the earliest stories of Sleeping Beauty she was not kissed by the Prince, but raped and impregnated? The symbolism of the solar “hero” conquering and claiming the lunar Beauty is an apt metaphor for the patriarchy, the elevation of the rational mind over the heart, the ravaging of the Earth by humanity, rape culture, and so on. It also is a clear metaphor for the relationship between the masculine and feminine aspects within our own psyches.

Over time, the story as an expression of our evolution has shifted. In Disney’s retelling, she is only kissed (without consent) and rescued by her Prince Charming. More subtle than before, but something is still not right when a generation

of women are still sleeping, waiting on a Prince Charming to awaken their bodies, their erotic natures.

Enter Goddess Alchemy.

The symbolism of this fairy tale is best interpreted as an alchemical marriage of our own inner masculine and feminine selves. There is a heroic prince in each of us, and his role is not to rescue our slumbering inner Beauty, but to kneel before her in service. Read: The conscious mind must humbly bow before the unconscious soul in surrender. Only then can the Divine Feminine within awaken, fully empowered. Only then can we experience the alchemical union of opposites and feel our wholeness.

The alchemy lies in being replenished though the embracing force of the erotic, opening us to the revelation of our personal power and joy, in other words, our Goddess nature. When we come to recognize ourself as whole and holy, we instinctively trust in our Feminine wisdom and no longer seek external validation from the masculine. We don’t need the prince to save us or kiss us awake! We are self-liberated. At the same time, we free ourselves from unhealthy attachments and give birth to healthier boundaries. We settle into feeling safe in the Universe and at home in our bodies. We are able to attract high vibrations of LOVE from all sides. In this, we become living attractors for abundance.

How I awakened my Sleeping Beauty and Discovered Goddess Alchemy

In my 20s, I was busy trying to build my self esteem through education. I graduated from college, became a certified yoga instructor, qigong teacher, Thai massage practitioner, and Reiki master. I also intensely studied Astrology on my own and through an online academy.

During this time I was struggling with depression, and then I was diagnosed with Polycystic Ovarian Syndrome. I was so disconnected from my body that my period had stopped entirely. I wasn’t ovulating, and I was in a tremendous amount of pain. Feeling very unsatisfied with the treatment my conventional gynecologist recommended, I decided to get a master’s degree as a health and wellness coach and concentrate on hormone balance. Applying what I learned, I was able to heal myself completely of my PCOS and reclaim my cycle.

With my health condition behind me, I managed a small local health food store where I studied voraciously about nutrition and herbs, taught yoga classes, and facilitated monthly women’s gatherings and local retreats. But things still weren’t right. I still didn’t feel whole.

Then, just before my 30th birthday, during my Saturn Return, I left my abusive marriage and steady job to set out on a journey of liberation and self-love. Activated initially by an intense Kundalini experience, I had an awakening. Blessed with a strong community of sisterhood in my life, I developed a daily practice of self-love and a new connection to my erotic life-force, augmented by practices with yoni eggs and tantric breathing. Through this I was instilled with a new sense of my true Goddess nature and felt empowered enough to let go of that former life that was no longer serving me.

The planning of my first international Goddess Retreat was a huge wake-up call, as I realized that to do the work of holding space for Goddesses cultivation, I had to step fully into my power and leave that life that was hindering my own awakening. Through this I also discovered my life’s calling as a facilitator of liberation through personal transformation. I had experienced the magic of Goddess Alchemy!

How Can You Awaken Your Inner Sleeping Beauty?

By gathering together with women in sacred space to honor each other, the cycles of the Moon, and the cyclical nature of the healing journey, your forgotten connection to the Divine Feminine begins to stir from her slumber. By consciously cultivating a relationship to your moon-cycle and exploring your untapped creative center, you can begin to awaken to the erotic life-force of your Goddess power.

One of the most powerful tools for this awakening is in our lady landscape. Our yoni, womb, sacral chakra are the seat of this juicy power within. Connecting with her through tantric breathing, a yoni egg practice, herbal yoni steam therapy, and Mayan Abdominal Massage are some of the ways we can help awaken Beauty.

What if we could trust our inner wisdom enough to fully let go of all the shame, guilt, and negative beliefs that hold us back? How many of our menstrual, fertility, and reproductive health issues would be healed? How much of our depression, anxiety, and codependency could be lifted?

When we break the spell, we see that we are heiresses to the empowered and ecstatic life of a Goddess. These potent days demand that we wake up, that we no longer play the damsel in distress, hiding from our personal empowerment.

Sleeping Beauty Meditation

*Find a comfortable place to lie down
Begin taking deep breaths. As you breathe in, feel the air
filling up your womb space.*

Imagine you are deeply asleep, that you have been slumbering for centuries. While you were dreaming, your kingdom has been suffering. War and destruction have devastated the countryside, because the mind has been left to run the kingdom without the counsel of the soul.

In your sleep you sense a presence nearing you. A man has entered your chamber, dressed like a prince. You recognize that the prince is you, the part of you that has been trying desperately to save the day, fighting through brambles and thorns, slaying dragons, all for you. As his eyes behold your sleeping face, they well up with tears and he falls to his knees.

You feel compassion for your princely self. He has been trying his best, but he needs you now. He needs the wisdom of your intuition. He needs the dreams that you carry of the future. He needs your love and compassion to save the day.

You begin to be aware of your body which has been frozen for ages. From deep within your womb you feel a stirring, like the opening of a portal between your thighs. The heat generated from the portal begins to melt your frigid limbs.

The portal is opening wider now as it begins drawing energy from the earth through the base of your spine and up towards your heart.

As your body warms, you begin to feel your heart beating in your chest. As the current of energy moves its way up your spine, you begin to feel restless. Your body wants to move!


Begin by gently wiggling your fingers and toes. Next allow your body to move and stretch in any way that feels good. As the energy moves its way into your throat and head, roll your head from side to side. Finally, your eyes flutter open.

Light radiates all around you now, entering through the portal between your legs, filling your heart space with light and shining out from your crown.

You are awake, and ready to claim your throne.

Sabrina Ourania is a menstrual, fertility, and reproductive-health coach, yoni yoga instructor, archetypal astrologer, and transformational retreat leader. She is founder of Goddess Alchemist, dedicated to the erotic art and science of invoking the Divine Feminine through myth, movement, massage, menstrual mysteries, and moon magic. Visit her website at www.goddessalchemy.com or contact her at 513-463-3355. Learn more about her Upcoming New Moon Hoop Circle in the calendar section on page 30 of this issue.







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Ho’opono’ pono

By Christy Robertson



Ho’opono’ pono is an ancient Hawaiian practice of reconciliation and forgiveness. It is used to “make things right” with one’s self, family, gods, and ancestors.

In the modernized practice of ho’opono’pono developed by Dr. Ihaleakala Hew Len, we are considered 100% responsible for everything we perceive. Therefore, when we perceive something as negative or unwanted, it is our responsibility to clear it. By clearing it from our own selves, it is also cleared from all existence. This practice is detailed in the book *Zero Limits* by Dr. Hew Len and Joe Vitale.

Ho ‘opono’ pono has many variations and different cleaning tools, but one of the most powerful and simple is the use of these four phrases:

**I love you
I’m sorry
Please Forgive Me
Thank You**

It is important to note that we are not apologizing for any wrong doing, only for our participation in the creation of this thing that is seen as negative. We are saying sorry to the Creator, to our inner child, to the situation as a whole, to all of creation.

After attending training in Ho’opono’ pono, I developed the following process through my work with clients to help heal old wounds brought on by specific events.

Ho’opono’ pono Process for Clearing a Specific Event

1. Do One Round of “Ha Breathing”

Inhale for 7 counts, Hold for 7 counts, Exhale for 7 counts
(Repeat this cycle 7 times to complete one round)

2. Picture the Event that Has Caused You Suffering, Playing Like a Movie in Front of You

Make it small (the people should look about 6-12 inches tall) and surround it with a bubble of indigo light. Make sure that you see yourself there too if you were present when the event took place.

3. Use the 4 Phrases to Clear the Energy Surrounding this Event

Say “I love you” in turn to each person in the bubble including yourself.

Repeat this with “I’m Sorry,” “Please Forgive Me” and “Thank You.”

Now say all four phrases to the whole bubble.

4. End With Another Round of “Ha Breathing”

Repeat this process as often as needed until you feel neutral about the event.

Christy Robertson is a Reiki Master-Teacher. In addition to offering and teaching Reiki, she is available for spiritual counseling, massage and bodywork. You can contact her at 707-845-0238 or visit her website, [www. SacredFireEnergetics.com](http://www.SacredFireEnergetics.com).

Photo credit: Deborah Linger - Hawaii Volcanoes National Park is home to Kilauea volcano, one of the most active volcanoes on earth.

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*“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 graffiti in Athens, most of it politically-inclined graphics, was everywhere and made a huge impression on me. Its as if you were pulled between these huge magnetic poles: the spectacular ruins with the ideals they represented along with the graffiti. Haunting voices of the past and the present competing for attention and strangely harmonizing too.

IN ATHENS

By Roy Rosenblatt

Beneath the press of heat
on this summer night a man
stands before a wall staring
at the angry mural painted there.

His face weathered
in the Greek way turns
an inward gaze searching
for a long silent sound.

This house built long ago
like the rest styled to mimic
that Golden Age
is dying from neglect.

The broken shutters of a window
beneath, a well bucket failing
and climbing out wild
roses.

High above this wall
along the darkened ridge
seen from every quarter
the marble facade so fabled

the Parthenon
floating there in the eyes
of floodlights and prized
by the wealth of tourists.

The man's eyes sunken
with life's battle scars
fall to the soil
and here he spots

abandoned and shining
in the shadows
paint cans. Then climbing
a mountain of silence he sees

the high columns of the temple
rising once
as if to touch Olympus
felt in those long ago days

as a calling to the people
to this higher ground
Now the mythic shrine awash
in the vacant stare of footlights

cast this way nightly
as if they could deliver
evicted in those changing times
Athena's second coming.

Breaking out of his trance
the man's hand limp
at his side til now
reaches for a can of paint

seeing, in this moment, only that
He places a trembling finger
on the spray top and father
to the child of his courage

squeezes it like a trigger
making his mark
upon the ancient stone wall
the color of blood.

Below the arch of the street lamp
the fullness of his shadow
stretches many times
the man's size.

The shadow is not his.
Robed in the warring aegis
of her father
the Patron Goddess of the City

seen fleetingly
gone.

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Isis Osiris Healing Temple Sunny Brae Centre in Arcata

Tenaciously Spring

by Kendra Anderson



Spring is here on the north coast. We feel it in fresh blossomy breezes and the bright warmth of sun peeking through loving ferocity of rain. Flowers are nature’s plentiful offering during this season. The height of their perfection supports the fertile dance that weaves our world anew. An area in which many of us could use this powerful surge of energy is our sexuality. As such, spring is the perfect time to begin new projects, release burdens, and let go of outdated ideas about ourselves as well as situations that no longer serve us. Flowers are the sexual expression of plants, after all. They are here to guide us in these endeavors through the use of flower essences.

One such devic ally is Wisteria. Our relationship to our sexuality and our need for renewal are common ancestral themes passed down to us from family members who have struggled with similar issues due to their specific cultural and societal expectations. Wisteria, a long-lived plant (indeed some live to be well over one hundred), is an elegant classic revered by generations of people. It is also a flower essence whose primary focus is to support and open women’s sexuality. Wisteria flower essence helps men to tune into their feminine side as well. The flower is a gorgeous reminder of well-loved gardens and enticing fragrance. Wisteria, even though technically a vine in the pea family, is a spring bloom, and, like many spring flowering trees, is at its peak before it leafs out. The flowers predominate and their beauty fills us with wonder. There is no distraction from the soft and deep purples that mysteriously veil and open the senses when standing underneath Wisteria’s flowering lushness. Both the color and the scent promote a blissful connection to the body. Its roots dig deep and grow, expanding over structures often

placed nostalgically from the past. A personal example is my grandparent’s home where a hand-built deck with a trellis had the purple plumes cascading every spring. My child eyes remember swaying blossoms and the feeling of being in a bower. That spot in real time, long since past as my grandparents sold their home, has influenced me through the dream world around themes of sexuality and liberation. My family of origin had a fairly repressive view of sexuality. I share this as an example of the graceful power of plants. I believe my connection to Wisteria in my childhood allowed some of the flower essence medicine of that plant to influence me as an adult through the dream world long before I understood the true nature of Wisteria’s flower essence healing qualities.

Harmonizing completely with the fertile cycle of spring, Wisteria flower essence has a graceful way of opening sensitivity to the receptive, surrendered side of one’s nature. Its trusting, playful ways, expressed through the surprising spontaneity of the growing vines, invokes a dreaminess through nostalgia and enchantment that stirs the heart, the senses, and the imagination. We feel our flowering yin side, the place where softness, sweetness, and connectedness combine. The yearning tides of winter are ready to be experienced and acted upon. We are ready to merge. Sexuality is the theme that wafts its rhythm. Tender in its persistence, our time to open has come. For this reason, issues of shyness, uncomfortable feelings around sexuality, sexual repression, sexual trauma, dormancy due to cyclical changes in relationship, spiritual aspects of aging and sexuality, and raising our kundalini through being connected to God are all addressed by this flower essence. Native to North America, China, and Japan, Wisteria is a multifaceted flowering plant revered by both eastern and western cultures. I have included internet site information for those interested in learning more of the lore concerning Wisteria as I believe that is helpful to receiving the flower essence medicine as well.



In conclusion, Wisteria is a flower essence whose tenacious beauty can help us reframe and reenchant our sexuality. The use of flower essences, a vibrational healing art made popular by Dr. Edward Bach, is particularly effective due to their gentleness. The dew or water imprint of the etheric spiritual essence of the flower is captured in water by the sun or moon when making a particular essence. It is potent energetically as the deva qualities of luminous threads that connect us to the planets, stars, and the interdimensional beyond become available for use in a dropper form. Flower essences work by themselves and combine well with other healing modalities, including Western medicine, as they are subtle and do not interfere with a medical regimen as do some herbal medicines. Traditional application of flower essences is a few drops taken in water or juice, used in a spray elixir, and/or topically through massage or bath water. When using flower essences, the healing qualities engender a mild self reflection when working with specific issues. They are greatly enhanced by creating affirmations for the specific person using them. Clarity ensues and the physical and emotional body are restructured. Blessings in your journey with these kind helpers.

To learn more please visit:

- 1. flowerlife.com.au/2013/09/19/wisteria-purple-rain-of-sensuality/
- 2. www.whats-your-sign.com/wisteria-meaning.html
- 3. livingartsoriginals.com/flower-wisteria.htm
- 4. www.fesflowers.com/product-info/flower-essences/what-are-flower-essences/

About Kendra: I have had a deep abiding love and respect for the esoteric arts for over thirty years. Astrology, tarot, and flower essences are woven together in my practice to bring love, clarity, and healing to specific questions and challenges. As a practicing astrologer for over twenty three years and a tarot reader for over fifteen, the bliss of sharing cosmic knowledge has enriched my respect for the joy, sorrows, and creative possibilities that reigns down on everyone’s lives. A reading from me aids your ability to move lightly through challenges that our earth walk presents. You can contact me at (707) 633-8560. Blessed Be.

research/ © Inguvap1 | Dreamstime.com - Wisteria

© Jpb | Dreamstime.com - Fantasy Woman In Enigmatic Meadow Over Cloudy Sky Photo

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Heart

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Being Here

By Juna Berry Madrone

What messages does Gaia long to share with us through her body? Interacting with place affects us profoundly. Each location carries its unique vibrations. Places can be spiritual vortices that attract and support various life experiences. The longing for home, our own unique and special place, is primal.

The Sacred Circle Tarot deck by Anna Franklin and illustrated by Paul Mason is a wonderful deck for exploring our relationship with place. Relationship with land is central to Celtic pagan spirituality. This is my go-to deck for issues that relate to the material world. Let's play with four randomly drawn cards.



8 of Swords: BONDAGE

Preconceptions and habituated thought patterns can keep us from seeing through to the horizon of endless possibilities stretching out before us. The bondage of the 8 of Swords is one of limited perception.

Travel to new places and full immersion into alien cultures are great ways to expand our vision. If we have remained in one place for a long time, we may have become insular in our thinking. A change of venue can propel us into new levels of insight and spiritual growth.

The stone monument in the foreground of this card is Men an Tol in Cornwall England. Holed stones represent the Goddess. The womb and the birth canal signify a passage from one state of being to another. The Goddess is beckoning us to brave the challenging passage of literally moving from one place to another. Liberation and expansion await.

Travel is compost for the mind.

— Martha Gellhorn



The Moon: XVIII

This card pictures a full moon shining above the West Kennett Long Barrow, a chambered Neolithic tomb in Wiltshire, England. This spooky, otherworldly scene represents the subconscious. We are being encouraged to explore the meaning of place in our dreams.

Each location that we dream about is a map. It tells us subconsciously how we see our lives and ourselves. The subconscious mind

is extremely powerful. It can sometimes identify issues before our conscious mind becomes aware.

Now may be a good time for focusing some energy on the messages that are coming to us through our dreamscapes. Here are some simple steps to support this exploration. Set an intention to have meaningful dreams. Make it easy to record any dreams by having a pencil and paper or computer keyboard nearby. When you record a dream that seems important, carry it around for a while. Re-inhabit this dream in waking life. Be patient. Share the dream with other dreamers. In time a meaning will emerge. As we exercise our dreaming muscles we will become more and more adept.

Dreams are shores where the ocean of spirit meets the land of matter. Dreams are beaches where the yet-to-be, the once-were, the will-never-be may walk awhile with the still are.

— David Mitchell, number9dream



Ace of Wands: CREATIVITY

Fresh green life bursts forth from a barren oaken wand. Lanyon Quoit, a megalithic portal dolmen or tomb, shimmers in the dawn light. Here is the powerful fiery magic of geography as muse. Connecting with landscapes like Cornwall with its ancient

stone monuments inspires creativity.

The Ace of Wands portends a powerful new burst of creative energy and inspiration. We are encouraged to get out into nature. This gift is accessible to everyone whether we are artists, writers, and musicians or operating in the arenas of business, community or family.

We may find ourselves in a creative rut. Spending too much time indoors or looking at a computer screen affects how we function. We can greatly benefit from experiencing expansive vistas.

The latest research in neuroscience shows that the prefrontal cortex is increasingly taxed by the demands of emails, notifications and expectations for instant response, making us fatigued and distracted. Neuroscientist David Strayer's research shows that the prefrontal cortex is less active when people are out in a natural environment. The 'imagination network' is activated and creativity is supported. In simple language, spacing out while enjoying awesome scenery is one of the best ways to promote creative flow.

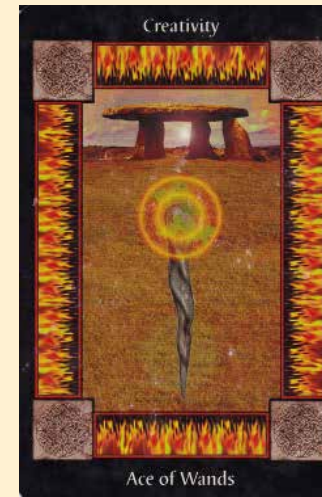
We all want to have a place where we can dream and escape anything that wraps steel bands around our imagination and creativity.

— Bob Goff, Love Does: Discover a Secretly Incredible Life in an Ordinary World



Ace of Swords: INTELLECT

Incisive clarity and brilliance awaken our minds. A fresh infusion of mental power holds the potential to heal and to bring peace, or to destroy. New ideas and concepts can forever change our world-view and our lives. Such is the message of the Ace of Swords.



Looming in the background of The Sacred Circle's Ace of Swords is the most dramatic of Cornwall's landmarks—a mythical castle perched majestically on its own island. Legends of dragons, the giant Cormoran, the Archangel Michael and King Arthur mix with a history that dates back to Neolithic and possibly Mesolithic settlement. The site has long been significant militarily, an ancient port of trade for metal, a monastic site set on a major ley line, and the inspiration for allegory of the supplanting of paganism by Christianity.

The potent mix that characterizes St. Michael's Mount is cautionary. When we temper the power of intellect with spiritual compassion, we can transcend the violence and destruction that often accompany new ideas and the clash of cultures. May we use our intellectual gifts for the highest and best in service to All That Is.

I was convinced that all the answers to the dilemmas of human existence could be found through the intellect, that is to say, by thinking. I didn't realize yet that thinking without awareness is the main dilemma of human existence.

Eckhart Tolle, A New Earth: Awakening to Your Life's Purpose



Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess located in Ashland, OR. She supports you in creating the future you want through Tarot, spiritual psychotherapy, dream interpretation, and transformative ritual. This work is equally effective face to face or long distance. Call Juna at (541) 973-6030 and visit www.naturalmysticguide.com.

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What is Human Design and How Can It Benefit Your Life?

by Marta McCary



Human Design is a consciousness map that reveals each person's 'Part in the Whole'. Human Design is literally our genetic intelligence.

The Design map is accessed from your birth date, time, and place, because the moment you were born, a genetic imprint took place in every cell of your body. This imprint reflects the planets and stars at that moment. 'As Above, So Below' quite literally. The map is calculated by a computer program, and it is read by a professional analyst who is properly trained to read it. The Human Design map, or 'body graph', reflects the deeper nature of who we are, how we function, and what our potential is.

Understanding our deeper nature is key in living out the potential of our unique purpose.

This genetic encoding, or 'Design Map', reveals deep insights into our own true nature, the inner architecture of the personality, and how each one of us fits into the whole evolutionary process. It reveals the natural strategies of how

to navigate important decisions. Following the strategy of one's Design ensures that one remains on the trajectory of one's optimal potential while experiencing the fullness of being oneself.

The bigger Cosmic Program is designed for our species to awaken, to live in harmony with Life, with one another, and with nature. Living in accordance with one's Design reminds us how to wipe the dust off our inner navigating faculties, go within, and feel into the right decisions.

As we make wise choices according to our unique nature, our path is illuminated toward an inspired life of expressing our gifts, strengths, and talents and leading us to profound fulfillment and actualizing our 'part in the whole'.

Human Design principles are resonant with universal truths from all traditions and wisdom lineages. It is utilized as a de-conditioning method, highly beneficial in the awakening process. This is because the map clearly defines the authentic self, as opposed to the conformed, or conditioned, self.

Unfortunately, our society is not in balance with nature. It is too easy to conform with the status quo and not experience the fulfillment of the human journey that is part of the Great Design. Although some of our conditioning is healthy and beautiful, it is still limiting in terms of our true human potential. The Human Design map clearly defines a person's potential beyond the social/cultural conditioning.

This system is also exceptional in its capacity to balance, enrich, and harmonize relationships. We have never been taught the mechanics of human dynamics. Therefore it's hit and miss in sustaining highly functioning relationships. Enormous human suffering can be minimized by attuning to the laws and mechanics of energy. In other words, understanding one's own Design and the Design of one's partner can transform a dysfunctional relationship into a healthy one.

Parents can support and guide their children more effectively when they understand their deeper nature. Family dynamics can be reconfigured as the children are seen and respected for who they really are. Because of TV programming and some types of schooling influences, the nature of our children, on deeper levels, is not always apparent.

When human consciousness is out of balance, our world is out of balance. Aligning with the principles of our nature (Human Design) is one of the great modalities, akin to Meditation, it has the potential to bring humanity back into balance. Meditation brings our soul into attunement with the Great State of Being, The Great Tao, while Human Design

brings our mundane lives into alignment with ourself, one another, evolution, and the cosmos.

Ra Uru Hu, the founder of Human Design, was shown the breadth and depth of our genetic intelligence through profound mystical experiences, revealing the synthesis of the I Ching, the Kabbalah, the Hindu Chakra System, Vedic and Western Astrology, physics, and biochemistry. This extraordinary revelation has since been scientifically and statistically substantiated.

It may take a few sessions to really grasp how Human Design works in relation to oneself and one's loved ones. Yet the benefits are life changing. Imagine how it would feel to realign one's primary relationships into a deeper, more harmonious flow. Imagine the feeling of knowing one is in resonance with one's unique purpose.

Learning how to embody one's Design is like learning yoga or a martial art; it requires some practice. It also requires building friendships within the language and principles of Human Design to utilize and synergize the potential of this extraordinary knowledge. This is all an entirely delightful and doable process as this modality naturally begins to take hold in the community. We are witnessing this knowledge spread like wildfire throughout Europe, and just beginning to take root in the United States.

Be prepared to experience a radical discovery of your own wisdom through your Design. This can lead to a quantum leap into synergizing human capacities and potentials in ways we cannot imagine.

It takes several years of training to become a Professional Analyst. Marta brings 14 years of experience to her professional practice. You are warmly invited to call her at (707) 630-3637 for scheduling and pricing. Before the Reading she will need your birth date, time, and place, (no blood sample is needed. Also, if you do not have an accurate time, there are other ways to calculate your Design.) Design Readings can be done in person, or remote, long distance through phone, recordings, and internet. For more information, you may also visit Marta's website at GoldenAlchemies.com

Explore Human Design through humandesignamerica.com, or jovianarchive.com.

May our individual microcosms attune to the great macrocosm. Thus, may we synergize with the momentum of evolutionary change in living out our unique 'part in the whole'.

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A bridge of silver wings stretches from the dead ashes of an unforgiving nightmare to the jeweled vision of a life started anew.
— Aberjhani

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My niece, Mermaid Molly taken in Koh Samet by a friend

I must be a mermaid,
Rango. I have no fear of
depths and a great fear of
shallow living.

— Anaïs Nin



Dearocean.
Thank you
for making
us feel tiny,
humble,
inspired,
and salty...
all at once

Background photo Kona Hawaii taken by Deborah Linger

To ShyleeStar,

I see the ocean in your eyes,
mountains that rise like waves,
sand in the space between you and me;

salting the sea
is the might in your plight,
the courage it takes to just be;

you know where to look
each time the brick falls,
exactly the fit for the key;

because no matter the story,
the motion is rise and fall,
your eyes ever shining bright in reverie;

reverie review reality
sands seeds stars
ocean open omnipresent
let go, let be, let dreaming see-
this is the real you and me.

- Camille Brody



Rainbow over Trinidad by Rebecca Of Colors

I'm as done as the son
as wet as the rain
Coming so close
to nothing again
Where it appears
as not at all
The dancing Shiva
the rise and fall
When out I look
it's in I see
All of that
is all of me
Lines of division
that appeared before
disappeared beyond that door
First they fell
then I ate
Able and willing to participate
Had a taste
of the awful dream
Just to wake up
another man in me
The one that dreams
that it's all true
That God is love
and love is truth

by Glenn C. Simcox



Yoga Don's Inspiration Corner

Opening Night

(Of the Performance of Your Life)

"Kindly let me help you or you'll drown," said the monkey, putting the fish safely up a tree.

-Alan Watts

"So, kindly let me help you on your path to where you already are," said the Temporal Entity to the Self, in hopes of delaying the inevitable Realization that there is nowhere to go and nothing to do but have a good laugh! You can just relax and enjoy the show once you know the secret of Enlightenment is that there is no big Secret to it at all.

You are in the Light right now as you read these words. Just ask yourself who is aware of that inner voice as the words are recognized and translated and understood? And who is aware that there is a "something or other" that is aware of that? And when you answer that question "Duh! I am", then who is this "I"? Pretty clumsy wording, I know.

Who Am I?

This brings us to the question that Ramana Maharshi suggests we ask ourselves as the easiest and most effective "practice" along the Path to what we eventually discover is our own front door: "Who Am I?" Very similar in effect to the questions Rupert Spira asks "Are you Aware?" and "Are you Aware that you are Aware?" These questions seem to be so simple, but if you will just keep "knocking", eventually the inner door will open, giving you a glimpse behind the "curtain", an unmasking of the Wizard running the machinery that perpetuates the illusion of the Conditioned Self I described last issue. That Vampire in the Mind that sucks the Life Energy right out of you. That Vampire that is terrified of the Light these questions bring.

Rupert Spira and the many current "stars" of the non-dual approach to spiritual investigation borrow heavily from the Advaita Vedanta tradition of Ramana Maharshi. Advaita just means non-dual or not two, but not necessarily the popularized "all is One". One

answer of Advaita to the "Who am I?" question is that I am That or Tat Tvam Asi (That Thou Art). I am the Universe, everything I see is Me! Wow am I ever Something. Or is it Nothing. Am I a "Thing"?

I Am a Tricky Little Monkey!

Bingo, the Conditioned Mind keeps spinning and blowing smoke and complicating the Simple. making the easy hard! Perpetuating itself by turning Spiritual into Philosophical chatter again and again. Tricky little monkey!

The unspoken purpose of the non-dual teaching is to just give a glimpse, a look thru a "cleansed inner lens" (paraphrasing Blake) that reveals the Light in which we always reside but just don't recognize. A "something-anything" to inspire us to come down off that branch of the tree our monkey mind put us on! (I know!)

Yeah, a lot of mumbo jumbo and philosophical self-stim that so many of those non-dual "traveling snake-oil" salesmen and women use to impress and en-trance you into buying their books and attending their workshops. And hey! It works for some folks! It works for me. And really they are just using the same "skillful means" or "considerate concessions" that the Teachers before them used to reach people where they are. Hmmm? One conditioned-mind to rule them all, one c-mind to find them, one c-mind to bring them in, and in the darkness bind them! (Couldn't help it).

Smoke and Mirrors?

So I hope I ruffled some feathers. I am sure I confused you but if you are not confused, even anxious, you are not aware of what is going on or who it is behind that damn curtain. And who put up that curtain anyway?

How do you pull it down? Which "you" could possibly do that if "you" haven't done that yet. Why bother, All is One anyway? Right?

And about that fish? Is all the "Spiritual Chatter" just smoke and mirrors? Do all the questions leave you out on a limb? When you fall off the limb back into the water do you still paddle around asking "where is the water"? Even "why am i reading this column anyway?". I know who I am and of course I am aware! Right?

I hope you are full of questions as that is my purpose. If someone gives you answers just say thank you and run the other way. This game we are in is not about answers! However: next issue I will be giving you all the answers! And clearing up any doubts you may have about who you are and who you are not. Then I will move on to why there is no such thing as "practice".

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Rupert Spira,-The most exciting and enjoyable thing you could be doing this moment!
https://www.youtube.com/watch?v=_oWHbsHO2-0

Alan Watts- How to still the mind
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Questions or comments are welcomed at
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Om Shanti

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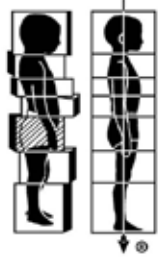


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Lightening Up

By Ellen Dee Davidson

We are the stars shining in the night.

We are the stars shining in *this* dark night.

And as the night becomes darker, it's easy to see us shining brighter and brighter.

Do not despair!

This is a time of darkness visible.

And it will pass.

We are learning what we do not want.

And now we can let it go, because this is also a time with the potential for mass enlightenment. I've heard it said that the predicted second coming of Jesus Christ is when Christ consciousness (kindness, compassion, love, forgiveness, sharing) awakens in many people all at once. I've also heard it said that we all have Buddha nature.

I imagine Buddha nature as the inner light of our deep selves, the part of us connected to the loving, radiant presence of pure being. The part of us that IS that. WE ALL HAVE THIS. It is who we are.

And, honestly, I don't think finding it – enlightenment – is really going to be all that hard.

Does that sound heretical? For centuries we've reserved the right to enlightenment for a few holy people willing to devote their lives to the quest.

But those pioneer souls have already quested and achieved. Avatars have shown us the way. They have set out templates, patterns, and paths. Now all we have to do is follow along. And the more of us that do

this, the easier it becomes, because the vibration grows in magnetism, momentum, and energy.

We can practice kindness, treating others the way we'd like to be treated, and let go of everything that is not our Buddha/Christ/Love nature. We can let go of despair, anger, anxiety, hatred, disappointment, ambition, not feeling good enough, judging ourselves and each other, needing to control, grasping, trying to be more special than anyone else in order to be loved, greed, and anything else that is keeping us dim.



We will probably have to let go again and again, until it becomes a habit, skill and abiding joy. And it will become a joy, because underneath all our misery is this deep, loving light

that is in each one of us and all life.

We've all experienced this state in precious moments when, for some reason, we actually did let go. At these times, we are in love with life.

Being in love with life makes sense. It's what life does. Life is in love with life. Animals, birds, reptiles, fish, humans, plants, insects all seek to thrive and to live. Seeds sprout tendrils seeking growth and so do we.

This does not mean we will ignore the horror that has usurped our political system for mainly commercial reasons. What it means is that we will not relate to it from a place of fear, anger, hatred, or despair. Sure, we may feel these things, but as this habit of letting go takes hold, we will no longer be feeding the evil with our own life force.

Instead, our actions will come from the place of being in love with life.

The evil will become compost.

And we will grow a beautiful shared world.



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Quan Yin photo above by Chelsea Danielle

The Bhagavad Gita

May/June 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 54

Arjuna asks:

“Krishna, how can one identify a person
Who is firmly established and absorbed in Brahm?
In what manner does such an illumined soul
speak?
How does she sit?
How does she walk?”¹

Sri Aurobindo:

Arjuna, voicing the average human mind, asks for some outward, discernible sign of the illumined soul. No such sign can be given, nor does the Teacher attempt to supply it, for the only test is inward. Equality is the stamp of the liberated soul; discernible signs are exclusively subjective.

Krishna Jaya:

A person may seem outwardly equanimous through the practice of self-control, while psychic volcanoes may be erupting within. When Joseph Knecht, protagonist of Hermann Hesse’s novel, *The Glass Bead Game*, resigns from his post as the head of his order, he calls on the chief administrator. Nearly overwhelmed by the immense implications of Knecht’s shocking decision, the fearful administrator immediately begins a calming, breathing practice to maintain an outward semblance of equality. Had the administrator been truly an illumined soul, there would have inwardly, spontaneously arisen an open, fearless engagement with Knecht regarding his spiritual crisis.²

Chapter 2, Verse 55

Krishna replies,

“She knows bliss in the Atman
And wants nothing else.
Cravings torment the heart:
Her cravings have been consumed
In the fire of illumination.”

Sri Eknath Easwaran:

Arjuna’s question introduces the final eighteen glorious verses of Chapter 2. There is no human being, unless he belongs to the category of a Sri Ramana Maharshi, for example, who does not have some taint of selfishness in the consciousness. Maharshi would say that selfishness is I-ness. He also said that the “I”-thought is the mind. If we could tirelessly endeavor to expunge the I-thought from consciousness by subordinating our pleasure, profit, and prestige to the welfare of all, our purification would be complete. The Sanskrit word for this “I-maker” is *ahamkara*. *Aham* means “I” and *kara* means “maker”.

Krishna Jaya:

Sri Eknath Easwaran extolls purification in action through the exertion of strict, conscious controls on the “I-maker,” or the egoic mind. This is one way to reduce the cravings of the mind and heart, that is, to control them through “tireless endeavor (sheer will power) by subordinating our pleasure, profit and prestige to the welfare of all.” Though Sri Ramana Maharshi counseled the importance of effort, it was primarily effort of a different sort. From 1936 to 1939, one of his students kept hand-written notes of the teachings which were compiled in a book, *Talks with Sri Ramana Maharshi*. The following are excerpts gleaned from three different times he was giving instruction between December 13, 1936 and January 23, 1937:

“The feeling of limitation is the work of the mind. What is mind? If you search for it, it will vanish by itself, for it has no real existence. It is comprised of thoughts, and it disappears with the cessation of those thoughts.”

“Meditation is sticking to one thought. That single thought keeps away other thoughts. By constant meditation, fugitive thoughts give way to the enduring Background, free from thoughts. This expanse, devoid of thought, is the Self.”

“The thoughts arise from the ‘I’-thought, which in turn arises from the Self. Therefore, the Self manifests as ‘I’ and other thoughts. Concentrating on one thought, all other thoughts disappear. Finally, that thought also disappears. Remember the ‘I’-thought and seek its Source. The Source may be said to be God or Self or Consciousness.”

As pointed out above by Sri Eknath Easwaran, the Sanskrit word for “I” is *aham* (pronounced “ah hong” in which the final “ng” sound gradually vibrates into silence). When I first read Sri Ramana Maharshi’s book of recorded teachings, I was so struck by passages such as those quoted above that I embarked on a practice of the *aham* mantra. *Japa* (pronounced “joppa” and defined as mantra repetition) had been a favored practice of mine and continues to be so. I have used several mantras in my lifetime, sometimes received from living masters or a representative, but it is the *aham* mantra, which I received from a no-longer-in-the-body master and out of a book, that has had the most significant impact on my life. Up until about a month ago, this was my mantra of choice. The timing is interesting, because there is an unwritten law that “going public” with a personal mantra somehow dilutes its potency and therefore the mantra should be kept to oneself. I am comfortable communicating my involvement with this mantra at this time because of the recent switch.

Because *aham* is two syllables, it lends itself nicely to coordination with the breath, “ah” silently on the inhalation and “hong” silently on the exhalation. When beginning *japa*, it is difficult to stay with the mantra consistently. Other thoughts rise to the surface of consciousness clamoring for attention. This is a natural and indeed necessary part of the process, but with persistent, regular practice, distracting thoughts diminish gradually; and it becomes possible to focus more and more fixedly on the mantra.

What was happening when I did so? I was experiencing the “I”-thought rising up out of its divine foundation of pure, content-free consciousness and then sinking back in to it, just like every other thought and feeling that rises and sets, and not unlike the “rising and setting” of sub-atomic wavicles in their continuous dance of creation and destruction amidst the background of the Self. On a macrocosmic scale, too, stars across the Universe are always birthing and dying, emerging out of the bedrock of Consciousness only to be reabsorbed after running their course. The only constant in this universal flux is the undifferentiated substratum of the Self.

The “I”-thought is prior to the innumerable threads that follow, such as, “I live in Arcata, California; I like bananas; I can’t stand cilantro; I am five feet eight inches in height; I once saw the rising Sun light up Mt. Everest, and so on and so forth virtually *ad infinitum*. The “I”-thought, when stuck to like glue, nips all of those threads in the bud. With practice, this turns into a profoundly intimate connection with the undifferentiated continuum, our sacred birthright. The most precious part is after the exhalation when the “ng” sound has vibrated off into nothingness. At rest between breaths in quiet stillness, there’s no hurry to initiate the next

inhalation. Paradoxically, it is gradually revealed that this nothingness is at the same time a great fullness. The cosmic joke is that as soon as you notice how great the fullness is (“Boy oh boy, am I ever having a great meditation today!”), it’s gone. You’re no longer in the zone, because the egoic mind has once again reared its head in predicable revolt.

No matter what the mantra is, I find it helpful to introduce meditation practice with *pranayama*, the Sanskrit word for “breathing practice.” This calms the mind and makes a deep, meditative state more accessible. The sages of ancient India found that when they were in deep meditation, their breathing had become slow and shallow with their minds at rest. They reasoned quite rightly that if at first the breathing was made slow and shallow, then it would naturally follow that the mind would more easily slough off its distractions and become calm. This is what happens when *pranayama* is practiced correctly. A word to the wise: *pranayama* can be extremely potent in its effects and should not be undertaken except under the direction of an experienced teacher. Many sincere seekers have come to grief through *pranayama* practices found in books/online and engaged in it without supervision. If your interest has been piqued, seek out a qualified teacher to initiate you.

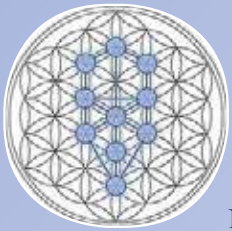
Japa is only one form of meditation practice. Thankfully, there are many forms. The trick is to find one that works for you. If you have found it already, thanks be to God. If you are actively seeking, happy hunting. If you couldn’t be bothered, that’s fine, too. There are as many paths to God as there are sentient beings in the Universe.

Notes:

1. The literal text refers to the illumined soul in the masculine gender, for the cultural context out of which the Gita arose was patriarchal. It is past time to recognize that soul-illumination is a phenomenon that transcends gender and is equally accessible to all humans, as long as certain needs have been met (for a discussion of these needs, see Abraham Maslow’s, *Toward a Psychology of Being*).

2. Wikipedia: “Knecht, in German means, in general, a servant.” Joseph Knecht went through a transformation in which an allegiance to his position in society was replaced by an allegiance to the promptings of his own heart. All of us are challenged to come to grips with such choices and allegiances. Knecht’s transformation necessitated a relinquishment of his role as civil servant and an adoption of his role as servant of his own personal individuation process.





Tarot Wise

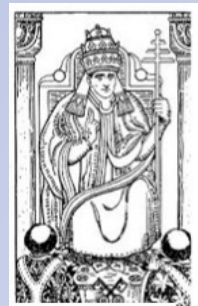
May/June 2017

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 work of the Hierophant of initiation is to integrate all of the four sacred dimensions within our Whole being. -Eakins

So, what do you get when you combine a Magus/Magician, a Priestess, an Empress and an Emperor? No, this is not a cosmic joke but a way of looking at the Hierophant of the Tarot. As a Five, this Major tarot card is the first archetype of humanity, for Five is the number of the human form. Think the Vitruvian Man. (Hierophant card from *The Star Tarot*, courtesy of Cathy McClelland)

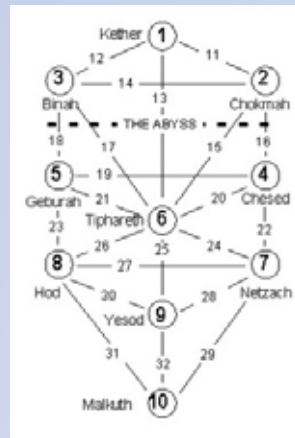


If you have a Thoth deck, take out The Hierophant and notice the faint outline of a pentagram in the image. (I would show it here but cannot for copyright reasons.) We humans are a pentagram of two arms, two legs and a head, the five elements of Fire, Water, Air, Earth and Spirit. I can show you the black and white version of the Waite Smith card, though, which shows another important aspect of the Hierophant: bringing spiritual wisdom to earth which was what the Pope, the original name of this card, was supposed to do. The Golden Dawn, the magical society from which the modern tarot emerged, changed the name from The Pope, connected to Christianity, to The Hierophant, a term for a priest who initiated people into the Eleusinian mysteries of Demeter and Persephone. This change expanded the meaning of the card to one who initiates and can be applied to any spiritual teacher including the one within yourself. This idea of bringing down spiritual Wisdom is directly

connected to this card's placement on the Tree of Life, the path from Chokmah, translated as Wisdom, to Chesed, translated as Mercy, Love, Compassion as seen in this image from Dee Finney http://www.greatdreams.com/tarot/28th_path.htm. Called the Magus of the Eternal Intelligence, the Hierophant on the Tree unites the microcosm with the macrocosm, that is, our more human self with our spiritual, soul Self. He or She is a bridge between the ordinary and the transcendent. How do we connect with our inner Hierophant? We LISTEN. We listen beyond the ongoing conversation of the personality voices. We listen carefully for that more loving, wise Guidance.

Wald Amberstone of the Tarot School in New York City says that the Hierophant is the only official teacher of the Tarot on the involutionary path, that is, the path of incarnation. Then, as we evolve, we become the disciple of our Higher Self.

The Emperor, described in my previous column, and the Hierophant emerge from the same Sephirot number 2, Chokmah, called Wisdom. The Emperor, as path 15, connects to Tipareth, number 6, while the Hierophant as path 16 connects to Chesed. Remember, these paths on the Tree were originally named for their Hebrew letter. Later the Tarot cards were put on the Tree as corresponding symbols. The difference between these two paths becomes apparent when you look at the Emperor as the letter Heh meaning window, the Emperor's vision of manifestation. The Hierophant, on the path of the Hebrew letter Vau, meaning hook or nail, can then be seen as the Hierophant hooking us up to our spiritual Self across the Abyss of separation. You can also look at the Hierophant as a Five in Gevurah, sitting in opposition to the Emperor as a Four in Chesed, for additional depth of meaning. The Emperor as a Four sees the vision of the infinite potential that has crossed the Abyss to be manifested. Then, as this vision moves across on the Lightning Path to Gevurah, the Fives, the Hierophant takes this very high and expansive vision and brings it into form, interpreting it so it can be understood in our own consciousness. You could say that the Hierophant as a Five breathes Spirit into the foundation of the four elements of the Emperor for the possibility of the human form. But the most important thing to keep in mind with this card is that when it appears, Spirit wants something from us, wants us to Listen. What happens when we give over to Spirit? When we listen to the higher guidance of our inner teacher?



Reading for The Hierophant in the Four Worlds of the Tree of Life

For this reading you will need to organize your tarot deck into the four suits which will include the Court Cards of each suit and your 22 Majors. You should have five piles. Shuffle up each pile and turn face down. Notice how the Hierophant, as a Five, encompasses all Four Elemental suits with the archetypal Majors as Spirit.

How does the teaching energy of the Hierophant reveal itself in each elemental dimension of your life? LISTEN carefully to what each card wants to tell you.

Card One: Draw from your Wand pile

Your Teacher from the world of Spirit, Atziluth.

What is this card's message for you from your Spiritual Self?

Card Two: Draw from your Cups pile

Your Teacher from the world of Creative Imagination, Briah.

What is this card's message for you from your Feeling Self?

Card Three: Draw from your Swords pile

Your Teacher from the world of the Intellect, Yetzirah.

What is this card's message for you from your Personality Self?

Card Four: Draw from your Pentacle/Disk pile

Your Teacher from the World of Pentacles/Disks, Assiah.

What is this card's message for you about how to use all you have learned with the previous three cards in this physical reality?

Card Five Draw from your Majors pile:

Which archetype would like to speak to you at this moment about integrating all these teachings so you may begin to constitute your desires?

Meditate with this card. Bring forth a teaching.

As always I welcome questions and comments.

"Tarot As An Evolutionary Path," a complete overview of the Tarot, meets twice a month 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, email carolyn@tarotofbecoming.com. Class schedules are at my website: www.tarotofbecoming.com.

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— Sanobar Khan

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Giving Yourself Permission to Suck

(clues to a more creative life)

By Tym Smith



How many creative projects have stalled in your mind long before you committed your vital energy and effort to bring them out of the aethers? If you are like most of us, quite a few. (If you are one of the rare souls that can confidently say this hasn't happened, well, blessings, this article isn't for you.)

The whys of this have been considered since antiquity. The ancient Greeks, the Romans, the Egyptians, the Chinese, all the great cultures of the past and those with oral tradition have given this much thought. If you go to your local bookstore, you will find a wall of life-coaching and self-help titles with this very theme permeating the pages.

So why, then, why do we stall? Why do we have that impulse to create and so often fail to begin or, perhaps worse, once beginning, are stifled by the echoes of invalidation of our inner critic or our past?

It's a very confounding consideration and no explanation feels quite right. I have been interested in creativity and the process of unfoldment for much of my life. I have had the opportunity of studying with intensely talented and creative people, and on more than one occasion have asked them, respectfully, how they are able to return to that wellspring year after year.

Is there a solution to internal resistance? I don't think so. But there are, I believe, clues, and I want to share two of them.

The first is the notion that you should have the feeling that will enlist a motivation. That's the way for most of us, right? How often do we say "I just don't feel it ...", in terms of practice, in terms of the continuation of a project, and especially ... especially, the outset of a creative endeavor.

When the feeling isn't there, the subsequent urge seems to have nothing to draw from. That was the problem with my question to the Creatives. I presumed that they were able to get motivated by having passion; that was the progression. I presumed that they woke with some fire burning in their chakras getting them up and to their instrument, canvas or computer keyboard, and the words or the notes or color ... whatever, just flowed from that. I can say now, I am not so sure that is right.

What happens when the passion isn't there?

What happens when the fire just isn't burning within?

Is it possible, and this is the first clue, I think, to access motivation prior to feeling?

Think on that a moment. Can you start the process before you're feeling it so that the idea potentially calls forth the feeling, much like Prometheus grabbing the fire.

The creative impulse might not always be there, but sometimes we just have to get up off our butts and grab it. As Picasso said, "Inspiration exists, but it has to find us working."

That is the first clue ... it is possible that we can place the motive first and find that, through it, we might actually generate the feeling, the passion and the drive. At the least, it's far more interesting than ruminating on the suffering of not doing anything, wouldn't you say?

The next clue, would be on the fear of sucking.

When we were kids, say with finger-paints, we didn't stop to think about the complementary aspect of the reds and greens, the application of dimension and development, we didn't stop to think, to wonder if we sucked. We just did the art, as if it was a natural extension of our spirit.

But then, something happened, didn't it? (And much, much has been written on this through the years!) Be it invalidation from the environment, comparison to others or ideals ... the parchment goes rather long when we think about what the hell happened to us that put that creative impulse in the psychic closet.

We started to think that indeed there was a possibility that we just sucked. And that possibility would often turn into probability. When we commit to a meditation practice, you usually realize that you have this running dialogue, these seemingly negative affirmations often bubbling up from underneath waking, normal consciousness. The "I suck" affirmation, in all its guises, is certainly one of the most common.

And so again, is there a cure? No, but again, the muse leaves her clues if we pay attention. There is one thing that was offered to me by one of my favorite artists and teachers, Alex Grey. I had the opportunity of taking a class with Alex at Omega Institute in upstate New York some years ago. And during the class, one individual was just beating herself up as she progressed during an artistic assignment.

You could hear her moans, feel her self-criticism, and though it was annoying, it was also an opportunity. Alex walked over to her, and just stood there ... just stood there! Didn't say anything, didn't offer anything, just stood there, with this wry smile. She kept going, though obviously seeking some solace from him. Finally, after some time, she said, "It's not good is it?" And he made a chuckle.

He said, "Why are you asking me?" A question I thought quite interesting.

She looked back at her work, and said, " ... well, it just sucks."

He walked over to the canvas and with an air that I will never forget said, "Give yourself permission to suck."

I honestly don't know how she processed that comment, but for me, it was illuminating. Give yourself permission to suck has resurfaced and been reaffirmed in my journey since that class, and I am very grateful.

Do I continue to struggle with resistance? I do. Do all those who seek a more fulfilling life through creativity share the same struggle? I tend to think so from those I know and have studied with.

So I would offer this to those reading this little article. Invite the possibility that you don't have to be perfect, that your creative work, whatever it may be, can be messy or flawed or any of the so-called negatives that we place on such things. What would it look like, and more importantly, what would it feel like, to offer yourself room to not be perfect and, really, to just give yourself permission to create? It might be fun!

Tym Smith is just an ordinary guy, living an extraordinary life.

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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.

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2017 Event Calendar

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