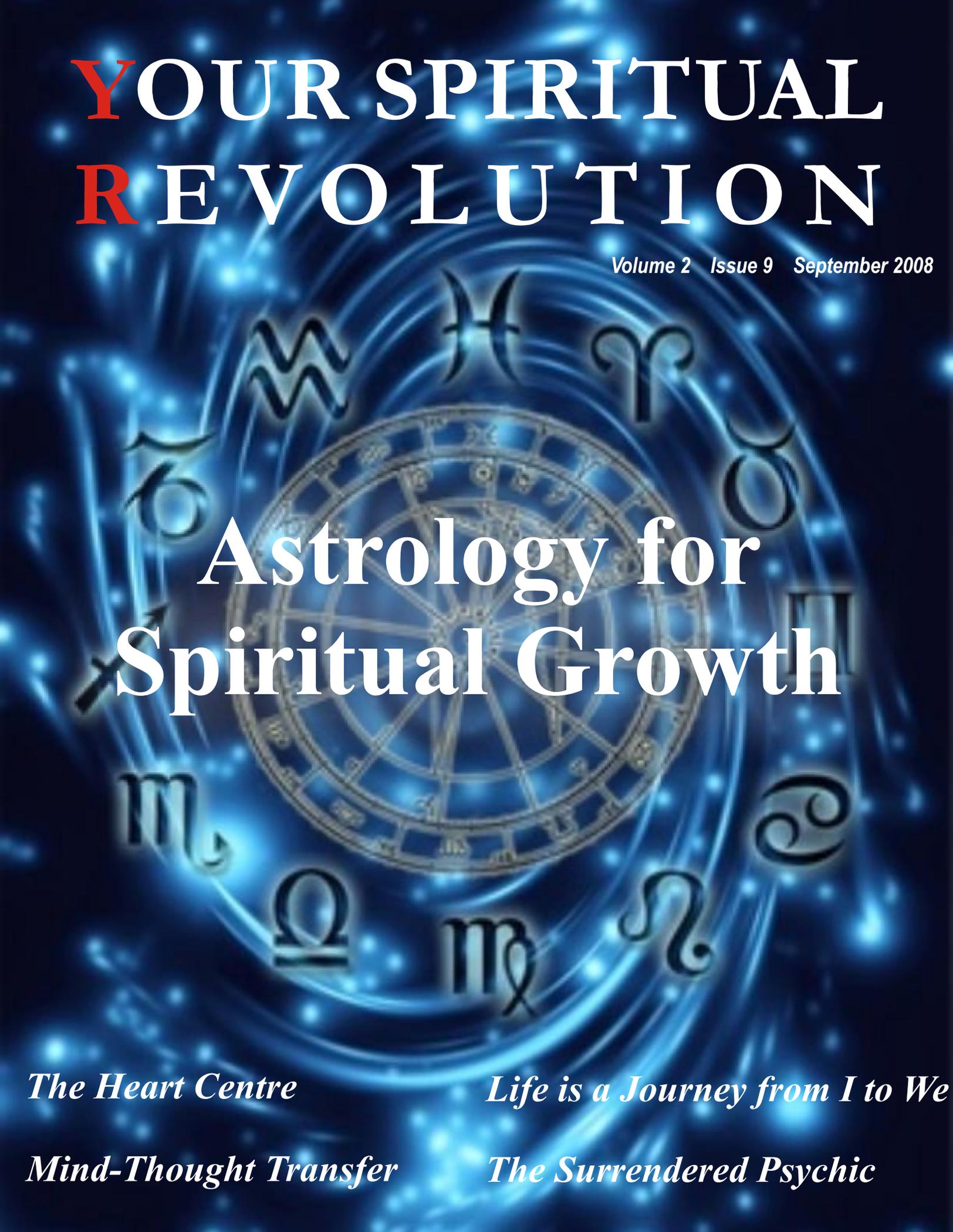


YOUR SPIRITUAL REVOLUTION

Volume 2 Issue 9 September 2008



Astrology for Spiritual Growth

The Heart Centre

Life is a Journey from I to We

Mind-Thought Transfer

The Surrendered Psychic



www.yourspiritualrevolution.org

Executive Editor

Amitt Parikh

amitt.parikh@gmail.com
editor@YourSpiritualRevolution.org

Editor

Prabhath P

www.envisionearth.net
prabhath77@yahoo.com

Cover Photo

© Saniphoto - Fotolia.com

Graphic Design

Gunaji M. Parab

Parikh Info Solutions P. Limited
info@parikhinfosolutions.com

Published By

Spiritual Science & Research Foundation

www.BeEnlightened.org

Editorial & Advertising Office

24, Shree Hari Nagar, Opp. Palika Nagar,
D. Z. Patel School Rd., V. V. Nagar Road,
Anand 388001, Gujarat, India.
Tel : +91-02692-229432 / 657582
adv@YourSpiritualRevolution.org

Message From The Editor

Astrology is a multidimensional and intricate system that takes into account several dimensions in the birth chart for understanding an individual. The cover story in this general issue explains how astrology is more than just knowing one's sun sign, and how astrology can be used as a tool for spiritual growth and understanding in myriad ways.



Other topics covered in this issue include an exploration of authentic divination, esoteric astrological characteristics of Aries and Taurus, healing the rift between science and spirituality, Herbal Healing, how to bring a Divine Being into your Aura, the importance of the journey from I to We, a spirit channelling about afterlife, a channelled message on the Heart Centre from another spirit guide, the merging of psychology and spirituality, a psychic medium's story of embracing surrender, and the journey to become a gardener of the Spirit. There are also spiritual poems as usual.

Love and Light,

Prabhath P

Prabhath77@yahoo.com





Beyond Sun Signs: Using Astrology as a Tool for Spiritual Growth

By **Melissa Simonson**

One of the most common misperceptions regarding Astrology is that one's Sun sign embodies the entirety of one's personality. Many individuals read the description of their Sun sign, and express that it could describe anyone; and in many ways, it is true that one Sun sign description can describe a large number of people, whether they share the same sign or not. People read their horoscope in the Sunday paper (I read mine only for a good laugh), and come to the conclusion that this Astrology stuff is a load of bunk. How can you not



come to that conclusion when persons who claim to be astrologers are making vague horoscopes such as: "Don't just sit there and worry, Libra. Figure out what's going on. You can make calls and do a little research. Call the friend who knows everything?" Yikes! That certainly is advice that could apply to ANY of us at any time, is it not?

What many lay people do not realize is that Astrology is an intricate system for understanding an individual that involves: (1) all of the planets; (2) for some astrologers, slow-moving asteroids and non-planetary points in the sky such as the North and South Nodes; (3) the areas of one's life known in

astrology as the 12 houses (i.e. Career, Partnerships, Spirituality etc); (4) all of the 12 zodiac signs from Aries to Pisces; (5) the elements influencing the signs, planets and houses, which include fire, air, water, and earth; (6) the complex angles formed between the planets and asteroids known as Aspects; and (7) finally, astrologers even take the direction that a planet appears to be moving in the sky into account when assessing a birth chart. Beyond Sun signs? I would say so. (For a better understanding of the basics of Astrology, I recommend the book, *The Only Astrology Book You'll Ever Need*, by Joanna Martine Woolfolk. It is certainly not appropriate for an in-depth understanding of the subject, but it is an excellent resource for a novice).

As a Spiritual Astrologer, I look far beyond Sun signs in the astrological chart to provide a framework in understanding my client's soul path. I use the key points in the chart to assist my clients in answering the following questions:

- What are the inherent gifts that you are meant to develop in order to create the most joy for yourself and others?
- What are the core limiting beliefs and habits that are holding you back from living your fullest life?
- What are the challenges that you are meant to overcome, and what are your tools in overcoming those challenges?

While the point of the Sun in my clients' charts certainly supports my answers to these questions, I see it as only a small part of the astrological puzzle. There are four specific points that I choose to focus on in the birth chart, and I have found that all of the other planets fall into alignment with those points in order to help me understand the deeper story of my clients' lives.

The Nodes of the Moon

Every astrologer chooses his or her initial point of focus when analyzing a birth chart - for some it is

the Sun, for some it is how many planets fall within a certain element, for example. Similar to the astrologer Jan Spiller (*Astrology for the Soul, New Moon Astrology*), I choose to look at the Nodes of the Moon. The Moon's nodes are not actually planetary bodies but rather, points formed by the Moon's orbit around the Earth intersecting with the Earth's path around the Sun. Always exactly 180 degrees apart, they move in a counterclockwise direction: The North Node is the ascending node (the point closest to our North Pole), and the South Node is the descending node (closest to our South Pole). Because the two nodes are always 180 degrees apart, the North and South Nodes are always exact opposites from one another within the Zodiac (i.e. Aries/Libra, Gemini/Sagittarius, Leo/Aquarius, etc.).

On a spiritual level, the nodes indicate the attributes within us that we are meant to strengthen (North Node), and those tendencies within us that are no longer serving us and we are meant to release (South Node). Many astrologers believe, as I do, that the South Node is a karmic point in the chart, pointing to past life experiences. Individuals come into this lifetime with old ways of being and thinking that worked well in past lives, but are no longer serving them. By embracing the hidden attributes revealed by the North Node in the chart, individuals are able to come more into balance and experience a more joyful and easeful life. I always stress with clients that they do not need to believe in past lives in order to benefit from the information revealed by the nodes. Whether we inherited it from a past life or not, we all have a Shadow side (South Node) that we need to learn how to integrate within our personality while choosing to live in the Light (North Node). This process of integration is not always an easy one, which is why I spend a lot of time with my clients, acknowledging them with every step that they take toward a more joyful life.

It is not uncommon that one's personality reflects the nodes, in some ways, more than one's Sun sign. In my own chart, I have very little Leo, except for my

North Node, but others could easily describe me as independent, creative, a performer, not afraid to take big leaps in order to create my own happiness - all attributes associated with Leo. My Sun sign is in Gemini, and so my expressive, friendly and inquisitive nature becomes a vehicle for my Leo North Node to shine. An even more distinct example than my own chart is the chart of a former client. Her Sun, Moon, and Ascendant were all located in Sagittarius, which at first glance, would seem to indicate an individual with a very buoyant, adventurous, dynamic personality. At times this was true for her; however, she was really quite subdued. Upon looking at her North and South Nodes it was very clear to me why this was the case. Her South Node was in Virgo, which was combining with the intellectual and philosophical aspects of Sagittarius to create a struggle within her toward over-analysis, the need to be 'perfect,' and the need to exaggerate the importance of details. Those characteristics were creating a very tight container for her expansive Sagittarian energy, and so our work together was to support her in embracing more of her Pisces North Node - surrendering anxiety to a Higher Power, choosing activities that helped her to focus on the spiritual pathway and acknowledging the connection with the universe. Through equipping her with tools to move in this direction, I was able to assist her in embracing more of her Sagittarian exuberance, sense of freedom and the ability to communicate from Higher Consciousness.

Saturn

The next point that I focus on in the chart is Saturn. I call Saturn the 'Tough-Love Planet' because Saturn in our birth chart represents the core challenges that we are meant to overcome over the course of our lifetime; and while Saturn creates constriction in our lives, it does so in order that we may learn from those challenges and master that area of our lives. As one of the slowest moving planets in our solar system, Saturn makes its way completely around the Sun only roughly every 28 years. I often work with individuals who are

immersed in what is called their Saturn Return, meaning that they are around the ages of 28-30 or 56-58, and Saturn is reaching the exact place in the solar system that it was when they were born. Saturn creates opportunities in one's life to grow into maturity, so the more aware one is of the lessons that Saturn is trying to teach, the more one can learn from the struggle and move toward ease and fulfillment. It is no coincidence that people often experience feeling more grown-up upon reaching 30 and experience mid-life crises in their 50's. People often come to me during their Saturn Return because they are feeling that their life is calling them to do more, or they realize that they are no longer happy doing the things that used to bring them joy. Saturn is challenging them to dig deeper and to live a more conscious life. Knowing where Saturn is located in one's birth chart can assist one in knowing what area of one's life is being affected and to be better equipped to navigate and learn from the challenging opportunities for growth that Saturn presents.

Saturn in the chart can greatly influence the expression of the Sun Sign within an individual's personality. If Saturn is in the same sign as the Sun in the birth chart for example, generally creating an Aspect called a Conjunction (the two planetary objects are at such a close degree that they are operating together), there will be restriction put on the pure expression of the Sun sign. One of my former clients had both her Sun and Saturn in Gemini. Sun in Gemini is purely expressed as being quick-thinking, curious, playful, expressive, alert, and witty. The Sun's Conjunction with Saturn made it more challenging for her to experience the lightness of Gemini, made it more difficult for her to share what she was truly thinking, and made her less open to new ideas and ways of doing things. My role with her was to help her understand the deeper reasons for her fear of trying new ideas and not speaking her Truth, and to assist her in inviting playfulness and flow into her communications with others and into her everyday life.

Chiron

The last point that I look at in understanding a client's soul path is that of the asteroid, Chiron. Known as 'The Wounded Healer' in the astrological chart, Chiron represents our deepest and earliest wound in life, the area that we spend our lifetime working to heal. Chiron gets its name from a Centaur (half man, half horse) in Greek Mythology who was a great healer and teacher who was unable to heal himself. In the birth chart, Chiron indicates areas in our lives in which we experience feelings of inadequacy and extreme vulnerability, and as we work toward healing that wound, we gain insight so that we become best equipped to help others heal in that way. Chiron's place in the chart reminds me of a statement that a very spiritual friend once made, "We all have our own unique brand of suffering, and that suffering is also our unique gift to the world." No one knows our suffering better than we do, and so despite our own struggles, we have much to teach as we grow through our healing journey.

I once had a client with Sun in Aries, but he also had Chiron in Aries and in the 3rd House (to put it simply, the House of Communication). He certainly had many of the bold, fiery features that accompany having Sun in Aries, but he also had a deep fear and struggle around communicating his individual identity. This contributed to a certain level of shyness and hesitation that does not normally accompany a pure expression of Sun in Aries. In his case, his Ascendant was also in Cancer, making him much more empathic and sensitive to his environment, which also contributed to his shyness. A large part of my work with him was to assist him in claiming the courageous, pioneering spirit that accompanies Aries and help him to discover ways to express who he truly is. As he discovered the power that comes from expressing his authentic self, he became more equipped to use his empathy to create a safe space for others to express themselves as well. Through having a better understanding of the ways in which he needs to heal, he was able to share his growth and assist others with their healing.

Conclusion

It has been my hope with this article to illuminate in myriad ways that Astrology is not only more than just knowing one's Sun Sign, but rather it is a tool for spiritual growth and understanding. My interpretations are based just as much on intuition as they are based on years of study, and while I see the ways in which my observations assist others in healing and self-discovery every day, I do not pretend to be the sole authority on Astrology. Just like in many healing professions, astrologers have many different ways of arriving at the same conclusions. It has been an honor to share some of my perspectives with you, and I encourage you to explore the many astrologers out there and discover what resonates most with you. All that I can ever hope for is that each individual may learn to listen to and follow the deeper pulling of his or her heart. I wish you many blessings on your journey.

© Melissa Simonson, all rights reserved

www.igniteyourvoice.com

As an Inspired Speaker and Spiritual Life Coach, Melissa Simonson combines wisdom gleaned from Zen Buddhism, Astrology, New Thought Traditions, and both ancient and contemporary philosophies, with a BA in Psychology, to create a safe space for her clients to explore their dreams, release the beliefs that are no longer their Higher Purpose, and manifest joy in their lives, NOW. She offers one-on-one and group coaching as well as individual astrology session both in person and by phone.



Becoming A Gardener of the Spirit

By Amara Rose

I'd never been a gardener, never had my hands in the Earth. Years ago as I began my spiritual quest, I dreamed The Garden inside me: an underwater Eden that symbolized my voyage into inner space, to remember my true purpose on Earth and to discover how to live this knowing. A passage from May Sarton's poem, *Invocation to Kali*, resonated like memory, and I taped the words to my wall long before my actual transition began:



*Help us to be the always hopeful
Gardeners of the spirit
Who know that without darkness
Nothing comes to birth
As without light
Nothing flowers*

Most of us fight to remain in the familiar, even when we feel trapped, diminished, suffocated. Usually, it's not until the pain of staying where we

are overwhelms our fear of the unknown that we're catalyzed to change. Because society doesn't recognize or honor life's inevitable transitions, we're left without a road map and must seek out our own guides.

One pathway into the Mystery is through illness. Others include getting married or divorced, changing jobs or professions, altering our eating or sleeping patterns, losing a loved one, receiving a degree - you get the idea. The catalyst is whatever breaks through the veil of daily life to reveal the sacred dimension of existence.

My 'time-out' pilgrimage initially took me across the country, from California to rural New York State. When I entered this passage, I was physically ill yet in a place of profound awakening, and went intending to apprentice with an herbalist at her farm. Instead, I plunged into a classic "dark night of the soul" that simultaneously terrified and strengthened

me, as I confronted my deepest fears in complete vulnerability, emotionally bereft except for my communion with the Ultimate Gardener.

I learned during this period of solitary spiritual journeying, how to live minus the trappings I'd thought defined my life - my home, my possessions, my business, even my friends and my health - and to pare down to the essentials. What I took with me fit into a suitcase: some clothes, my journal, a couple of books, a special necklace, and an aventurine crystal heart.

At the first of many people's homes where I stayed while healing physically, mentally, emotionally and spiritually, I created an altar on an empty bookshelf using my necklace, a candle, a leaf, a stone, a sprig of berries, and a stunning seashell I'd found at a local flea market. This was part of my process of learning to live in the present. I discovered that you create your altar wherever you are, with whatever is available.

A friend who is in this seemingly fallow place-between-the-worlds now expressed the feeling well: "Emptiness creates fright, because it's the opposite of belonging." Yet the willingness to be in free-fall, to release one trapeze bar before the next has swung into view, is a pivotal step in re-storying our lives: looking again at the story we've created about how the world is, and seeing how this filter distorts our view of beauty - our own beauty.

After a year of dissolution and discovery, I moved to New Mexico, needing to feel the warm desert sanctuary cradling me in this next phase of my gestation. During two years in Santa Fe, I began to re-weave my life into the fabric of community. Yet I knew I couldn't remain, that New Mexico was a crucial port of call on my journey Home, but not the final destination. In order to complete my rebirth, I would have to surrender the Land of Enchantment.

So I returned to northern California, to begin again after my healing hegira. Throughout the first year my entire being felt tender and new, as though I'd truly been reborn. A New Mexico body worker

sent me a card depicting a naked woman superimposed over rock, entitled, 'Petrified/Opening Heart.' The artist writes, "Opening the wounded heart requires courage, will and trust. Trust is born in seeing the beauty and perfection in all aspects of life and death."

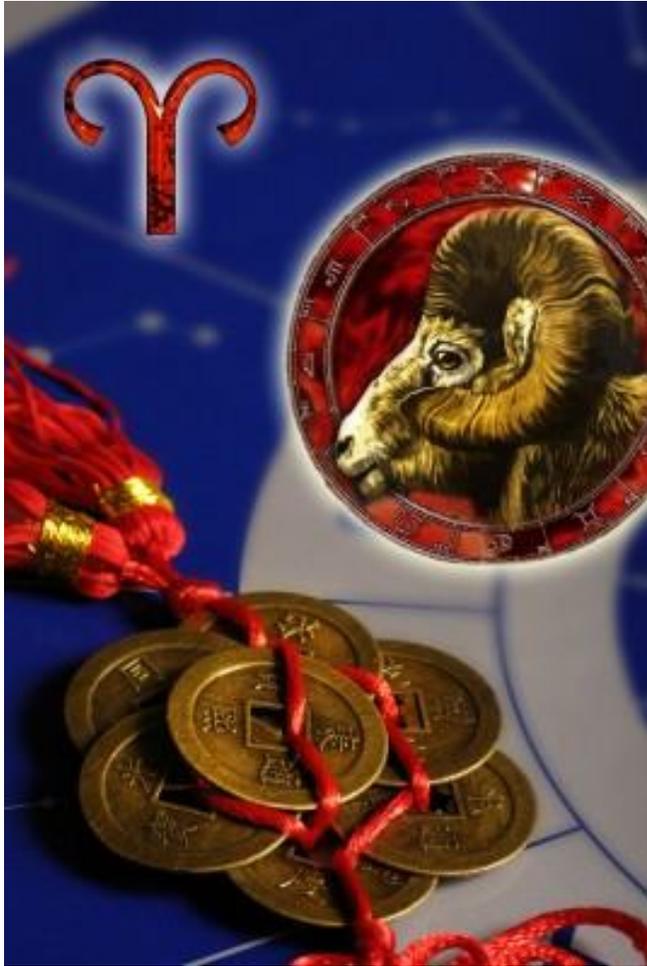
This is the journey to wholeness, to wildness, to the infinite joy of being "alive and above," as an old flame once said. As you live the experience from the inside out, you become intimate with its wisdom. The garden I dreamed has bloomed inside me and I am planted wherever I am, rooted in the Love that is who we are.

This is the gift I brought back from the Otherworld to share in these transformative times. I'm reminded daily to continue to let go and trust, to delight in the perfection of the moment, to be grateful - most of all, to laugh. And my heart remains wide open to the wonder.

© Amara Rose, all rights reserved

www.liveyourlight.com

Amara Rose is a 'midwife' for our global rebirth. She offers spiritually grounded pathfinding for individuals and businesses, and is the author of the eBook trilogy, 'What Shines: Practical Wisdom for Unleashing Your Inner Brilliance.'



Your Soul and The Stars

Part 1 - Aries and Taurus

By Ellaenah

“And if there is not any such thing as a long time, nor the rest of your lives, nor from now on, but there is only now, why then now is the thing to praise and I am very happy with it.”- Ernest Hemingway



Dear Friend, haven't we all questioned: “What is the larger purpose of my being on Earth at this particular time? Why am I going through the experiences that I am?” The answer to this lies in your soul map that views your natal chart through the eyes of Esoteric Astrology, i.e. Astrology of the Soul. In this article, and the others that will follow it in future, let us unlock the doors of our souls, so that we may see the road leading us home.

Our sun signs and rising signs (ascendant) are,

indeed, the keys that open hidden doors of soul consciousness. Your soul is already aware of your entire journey; how the earlier journeys have led to this current stage and where the road bends in the future. It is now time for the intelligent mind to catch up with the soul, so that life becomes meaningful and less stress-filled as the soul's purpose is lived and experienced in all life situations.

We are born under our sun signs with an express purpose. Nothing in this universe is by random chance. Though we may perceive events to be chaotic, Spirit Within understands the Divine Purpose. If this purpose were to be understood by the intelligent mind as well, we would be less confused by the events that we experience, and the harsh situations that sometimes leave us gasping for understanding. If you can recognize that you chose

your sun sign for a very specific purpose, you will comprehend your life experiences better.

In this article let us take a look at the spirit essence of Aries and Taurus, and the barriers that impede manifestation of this divine essence. Let us start with the sign of the RAM, Aries. This is the sign of the initiator, strongly influenced by the Universal Ray 1, the Ray of Divine Will. Though traditionally Aries has been associated with Mars, the planet of energy and force, Esoteric Astrology relates it to Mercury, the planet of communication. This correspondence between the sign, the planet and the Universal Ray reveals the important steps you have to take in this lifetime to move towards your soul-directed mission.

Your soul mission, dear Ram, is to be a trail-blazer, launching new pathways for yourself and others. The mission is vital as it urges you away from the selfishness of your past patterns. In all that you do, it is important for you to question yourself why you do it. Very often, you will find that there is a large element of the personal agenda involved. It is this tendency that your Aries sun sign/ascendant prods you into overcoming by understanding that all ideas coming from the soul are for the benefit of all humanity. A deeper study of the placement of Mercury in your chart will reveal to you how you can be the messenger of the soul.

You are here to learn about the right use of personal will. In the earlier stages of your journey, in past incarnations, you have been unable to commune with the inner self, preferring to live in your ego state. As a result, your communication with the outer world was on a superficial level, not exploring the depths of the human heart. Using the power of the exoteric ruler, Mars, you were, more often than not, aggressive and arrogant, intolerant of those you considered your intellectual inferiors. Your truths became the norms that all had to follow. Thus the Divine Will that you could have accessed was left untapped as you were misguided by the strength of personal power available to you.

You have two sides to you: on the one hand you are selfish, only thinking of yourself, your motives and your needs. You believe in complete independence and have yet to learn the value of interdependence. On the other hand, the sturdy Ram is passionate and filled with the desire to energize others and make them as strong as self. Service to others becomes an exciting adventure for you.

Aries, being a mental sign, finds it easier to intellectualize than to feel. You often 'think' that you feel, but it is very difficult for you to touch genuine emotional depths. This often makes you insensitive to the deeper needs of others, as you focus almost exclusively upon 'you'. Those around you, even your close friends, enjoy the mental stimulus you provide, but hesitate to approach you for emotional solace and support. They know they will get 'answers' from you, but, my dear Arian friend, sometimes answers can come later, and what is urgently needed is the warmth of an embrace.

Now the time has come for you to develop your potential, to be the divine leader that you have chosen to be, so that you can pioneer significant changes and shifts, paving the way for others to follow. The ego must be allowed to rest so that you don't need to be first just for the sake of it. Your soul-driven purpose is to clear the old and non-useful energies and make way for the new and enlightening. This purpose is significant, both, at the personal level, and in relation to the world around you. But, before you can attain this purpose, you must learn that true power is neither aggression nor subtle domination. It is the will to triumph over all odds, not being intimidated by any hurdle that is faced.

You must learn to find your balance between the stultifying desires of your lower three chakras and the right action of the higher ones. Control your need to fight and argue. Ask yourself why you need to be 'right' all the time? The battles that reflect the inner war between dominant ego and determined soul are manifest in your experience of broken relationships, unfulfilling marriages (even though your partner

plays a significant role in bringing emotion and passion into your life and teaching you to value others), inability to nurture children, alienation from friends, and power struggles with authority figures.

If your rising sign is Aries, your soul purpose is to stimulate the consciousness of humanity, to be perceptive, intuitive and creative in your thinking. You have to shift the focus from your personal needs to the larger needs of all so that you can be the inspirational channel of expression of divine ideas and truths. Replace 'desires' with 'purposes' and embody Divine Will so that you can exemplify how a warrior of the Light battles against the darkness of the ego.

Beloved Arian, go through the tumult of your rebirth, as you attain the soul-purpose of creating unity and beauty. Let your affirmation be 'Every day, in every way, I AM the Divine Fire that blazes through ego, setting Spirit free.'

And now let us turn our gaze upon Taurus - the endearing BULL. The Bull in the house of the ascendant gives you the powerful urge to make everything around you beautiful. You value Mother Earth and conservation of her rich resources is a matter close to your heart. You live by the inner belief - waste not, want not. Your weakness lies in the strong entrapment of material things that often blind you with their fleeting glamour. You are here to free yourself from the illusion of beautiful 'things' and to appreciate the magnificence that lies within. Once you have freed yourself from the allures of physical beauty and sensual satisfaction, you begin to develop the powerful spirit that dwells within and begin to learn how to get along with all; not only those who appear to fit into the scheme of your fine sensibilities.

You, my dear bull, are here to illuminate your mind, and the minds and hearts of others, by the Light of your consciousness. Your work involves freeing others from the accouterments of physical

forms, and your challenge lies in not getting entrapped by them either. Thus in your very soul purpose lies your greatest challenge. But, you are not a bull by random chance. The exoteric ruler of your sign, Venus, makes you susceptible to external beauty and charm, yes, but the esoteric ruler, Vulcan, gives you the fire to blaze through the chains that bind.

With the help of Ray IV, the Ray of Harmony through Conflict, you transmute your energies and transform yourself. You learn to be self-sufficient and self-reliant, looking inwards for the peace you seek, understanding that possessions can bring little comfort. Look around at all that you possess, and honestly question yourself how each possession validates your existence. Does your value come from a sacred space within you, or from the pretty valuables that you so enjoy?

The Taurean has so many interesting facets to

him. He is practical and down-to-earth on one hand, and a romantic on the other. A lover of nature, and a calculating assessor of monetary worth. Truly, my dear Taurean friend, you are enormously interesting and oh, so lovable! If you overcome your shortcomings of

mulish stubbornness, possessiveness and jealousy in matters of the heart, and hesitation in being an initiator, your generous spirit and steadfastness will always win you many friends and well-wishers. Have greater faith in your abilities so that you do not procrastinate or worry constantly. Allow your deep intuition to help you move away from the innate pessimism that often haunts you.

You are a friend everyone wants to have. Though you may make the impatient Ram tear its hair out as you slowly deliberate about the smallest details, you never give up on your loved ones. You love entertaining your friends in your beautiful home (of which you are so proud), with good food and wine. Your home is your 'mansion' and reflects your personality, your love for music, sculpture and art



being very evident here.

Though relatively calm, the bull is certainly not passive, and cannot be goaded beyond a point without an encounter with the very fierce repercussions of his exploding temper. Fortunately for the rest of us, this happens very occasionally, the strong bull being able to take the rough with the smooth with an equanimity that would leave the hot-blooded, easily incensed Scorpio gaping in surprise.

The Taurean is the true foundation builder, and his patience and ability to withstand storms, helps him to ride the waves of the world of business and stock markets. Unless, the bull is unnaturally imbalanced, he will rarely give in to greed, his financial decisions being ruled by solid common sense. Of course, there is always the strong possibility that a golden opportunity can come and go before protracted Taurean thought comes to a conclusion.

Children love their silly sense of humour, their gift of not taking themselves too seriously, and their ability to laze around doing absolutely nothing. But this sun sign has its own share of battles to fight, as the Taurean feels keenly, but is often unable to think things through. This results in huge mental somersaults that leave him physically sick. The throat is an area that the Taurean has to take care of, as he often swallows his words in order to maintain serenity, and ends up being wounded internally.

The Taurean has to learn to walk the thin line between stagnation and security. Often he is closed to enriching experiences, preferring to stick to old and accustomed patterns long after they have become non-productive. My Taurean friend, your soul purpose is to provide strength to others, to be their pillar even as they fear that they might collapse. To fulfill this purpose, you need to drop your deep sense of insecurity that is a hurdle of your sign over lifetimes. You have to fight against lack of self-worth, self-dislike, and deep wounds inflicted upon you by those whom you love. These are the emotional fetters that stop you from thundering towards your soul mission. Use the gentle power of Venus to

love yourself unconditionally. Remember ugliness, like beauty, is in the eye of the beholder. Allow Venus to teach you that Love discerns without judgment, rectifies without criticism.

In order to save the world (a desire strongly felt by all Taureans, but rarely acknowledged), you have to discern the dynamism of true sacrifice from the apathy of self-sacrifice. Open your mind to different possibilities, so that the Light of Divine Illumination can remove your inner darkness.

The Taurean ascendant and the Taurean sun sign, both, validate themselves through their possessions and their achievements. They love helping others because of the ego strokes they bask in. It is very important to the Taurean to be well thought of, be loved and needed by others and often this causes lack of discrimination and prudence. The challenge lies in not needing the external validation provided by others, which makes the bull a willing slave of another's expectations, the burden of which inevitably brings him down. This results in personal and intrapersonal conflicts that leave him wounded and angry.

Each day affirm "Every day, in every way, I am the Staff of God that anchors the Divine Beauty of Cosmic Plan into the hearts of all on Earth." Come on, beloved Bull, step out of your fool's paradise - the world waits for the heaven on earth you can provide for all.

© Ellaeenah, all rights reserved

www.jadefirelight.com

Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring about self-empowerment through complete recall of one's Godhood.



DIVINATION UNRAVELLED, AND PUT TOGETHER AGAIN

Homage to Authentic Divination



Divination - the very word makes us think in terms of predictions, forecasting and fortune telling!

The very concept makes us think of the future being revealed! Its very existence seems to be based on its ability to determine upcoming events! And yet, when divination is really explored and understood deeply, we find each of these misconceptions come apart to reveal authentic divination for what it truly is! A tool to better understand the nuances of the game of life; a

By Divyaa Kummar

symbolic language to better understand deeper and vaster aspects of self; vital clues from beyond the veils of ignorance and separation; a bridge indeed between personalized and universal consciousness!

The first paradox of true divination and clairvoyance is that its point of focus is not the future as it may appear on the surface, but on bringing clarity and insight to the present moment! 'Clairvoyance' literally means clear seeing and 'divination' literally means knowing the divine being within; and thus

their real power is in helping you deeply understand your current self! By facilitating your capacity to look into the myriad aspects that make up self, and aiding you to review your current beingness and all that has led to it, divination and clairvoyance enable you to recognize what you could be further creating in the Now! Thus ironically, divination is less about revealing the future, and more about revealing the past and present! In this understanding, you can utilize it better, rather than haranguing the system to put its spotlight on your future! Even 'forecasting' like a weather forecast simply implies using the current date to view its effects!

Another eureka that begins to unfurl is that divination deals more with causes, rather than its effects thus more with what leads to future events more than the events themselves! These causes can be viewed through many labels - as your 'thoughts' which manifest your reality; your energy fields that attract likewise; and your 'karma,' which you choose with full free will to explore, experience, empower or disempower through each current life! Certain systems of divination, like tarot and runes specialize in 'divining' your current thoughts, feelings and energy signatures and through that they help you view what their effect could be in the future! Other systems like astrology and numerology specialize in helping you understand your soul plans and purposes; the timings you have set into motion, the strengths and challenges you have elected to expand or disempower. Their centre of attention is on the very root causes, thus on the source, the basis and they thus point to what effects are probable or possible! Based on the seed you can tell about the tree; based on where the river emerges from and where it chooses to merge, you can understand its waters and flow; based on the building's foundation, you can envision its ensuing structure!

Befittingly, the inscription on the doors of the world famous Oracle of Delphi is: KNOW THYSELF! This brings up another eureka - your consciousness impacts your readings or experiences with divination! For in this responsibility of

'knowing thyself' lies the best clairvoyance - the clear seeing of who you are; your thoughts and feelings; your desires and fears; your soul plans and current life purposes! Most systems of divination are geared specially to this endeavor - to help you become alert and conscious of the myriad subconscious and even unconscious aspects that you may not be wholly aware of, but are shaping your reality. And the more you 'Know Self' or the deeper is your understanding of self, the 'other', life and God, the more liberated your consciousness! Thus when you are more conscious, the freer you are of your past and its subconscious energy signatures and their effects. Then your consciousness becomes vaster and your current self is more in tune with its higher aspects and thus freer to create life experiences! This leads to the paradoxical conclusion that the higher the consciousness of the querent, the less purely will predictive divination work! Indeed it will interest them less too! As conscious beings, empowered and living co-creatively, they now operate beyond subconscious causes and its obvious effects; and they are less bound to traverse within set parameters like the unconscious man, whose 'readings' will be easier in the predictive sense as he is mainly treading along a set plan!

In fact, your consciousness impacts your astrological charts, numerology, cards or whatever tool you are using, for they are all merely symbols encoded at multiple levels; and they reveal their truth relative to your consciousness! Thus the same horoscope, or combination of numbers or tarot spread, would mean different things based on your consciousness at any given time - for any truth truly operates based on your level of consciousness! I will share a personal example to highlight this point: for many years, whenever I had my horoscope read, my readings were almost always about my relationships, my marriage, love and the like! Recently, whenever I have a reading they are almost always about some spiritual aspect; my reaching out spiritually or my inner growth! Mulling within at this sudden volte-face of astrologers; I wondered

how they (without knowing the intervening changes in my life) were suddenly tuning into this. Did this not exist in my chart before? How come no reading had ever emphasized it previously? Then I realized deep within me, a gnosis difficult to put into words - that there is no separate inviolate 'chart' distinct from 'me'! There is no other, no thing other than I! And thus as I change, so does my seemingly static 'chart'! A horoscope or any reading is indeed dynamic, kinetic and alive - a reflection of its operating consciousness!

I hope you are with me; for at an even deeper level, it is your consciousness that brings to you those who do your divination, be it astrologers, numerologists, or readers of the cards, runes and energy fields. The same principle is at work - there is no one other than I! Thus I draw towards me that 'reader' which my consciousness attracts! Or I draw towards me that 'reading,' which I require for my highest good in the now! In fact, as we go yet deeper, we realize that there is no use blaming the diviner; no use thrashing a reading - that indeed there is nothing like a 'bad' reading for I drew it to myself for some higher purpose! If I do not resonate with its message, I must deliberate why I needed to hear that! Perhaps to become aware of something; or yes, surprising as it might sound, perhaps to move away from that something by the very act of affirming to self that it does not apply to me! This too serves a very vital purpose! Every reading is one of your many voices, being said aloud to you through the diviner, so that you may hear externally what you do not internally!

At a more basic level, you must seek that reader who speaks your language - whose deeper philosophy resonates with yours! This is an aspect not usually understood, but the consciousness of both the 'reader' and the querent plays a vital role! All systems of knowledge including the metaphysical are open to personal interpretation and thus the same information can be read at many levels, from merely 'predictive' to deeper insights; from dire warnings to empowering suggestions; from black magic and the like to your ability to impact your environment!

Authentic divination never leaves you wringing your hands in despair for it only uses the (a) present, (b) to point to probabilities ahead, (c) which in this current clearer seeing, (d) you can enhance, alter, change or embrace and better deal with! Let us briefly explore these four key points! The emphasis is on the word 'probability' and it is best to keep away from the word (or need for) 'predictions.' Predictions indeed limit and lock you into an outcome, whereas the word 'possibility' frees you into a field of options with you at the helm. And that is the whole point of doing any such reading so that you may in this awareness move towards and enhance a probability which is positive; or alter or better deal with what is yet only an unappealing possibility! Yes, some possibilities are stronger, indeed this is when most diviners call it a prediction, but you do your work a great disservice if you convey a probable outcome as a prediction - for in that you may rob your querent of any endeavor on his part! Quantum physics suggests the existence of many possible futures with each such future awakened by choices made in the present and this brings us firmly to the present; where the seeming future is being created! Thus divination's 'accuracy' is paradoxically not about seeing precisely into the future, but into all that makes up the present moment, as this is the only 'place' that you can impact the future in enhanced ways. In this awareness, a 'reading' comes back full circle to you! For it is up to you, to use the information in empowering ways! The task of divination is over after it has helped you see areas and aspects that you may be unable to, through the usual processes, and now the responsibility is yours!

Understanding the principles underlying divination, helps you optimize your experiences with its many tools - astrology, numerology, tarot, runes, psychic readings to name but a few, for you can even get a reading in your coffee cup! As mentioned above, divination is really a symbolic language and any set of symbols that the diviner resonates with, can work! However as the client, you often come across a strange dilemma with this vast

array, for when life seems complicated and you seek esoteric guidance, choosing an appropriate system sometimes appears even more complex than the issue itself! So before you mumble into your mirror of confusion asking which is the fairest divinatory tool of them all, explore each system that attracts you; appreciate each one's strengths and limitations; and while none is better or worse, know that each works in individual ways, offering you a distinctive insight of its own; know that different situations and queries are better suited to different methods; know that each offers you a piece of the larger picture, and in that make your choice or choices!

And finally, a clue from me to you - whenever you are entering into any reading, be open to whatever arises within it, be not stuck on the future! Often the divination focuses on *describing the current situation*; facets you had perhaps ignored or not seen; the dynamics between you and the 'others' or your environment, and this clarity is all that was really required! As Laurence J Peter said, "Ignorance once dispelled is difficult to re-establish!"

Sometimes this description may point more within - who you are being in this situation; where you are coming from; or at a deeper level what are your soul plans and purposes related to the issue; or the state of your energy fields, and this self-view is what was really required! A quote by Erica Jong brings this alive: "Take your life in your own hands and what happens? A terrible thing: no one to blame!"

Sometimes a reading veers more towards helping you get in touch with your feelings - positive or negative; unacknowledged or suppressed, and this recognition, acceptance or expression was all that was really required in the present moment! This time, let me quote Carl Jung: "Until you make the unconscious conscious, it will direct your life and you will call it fate."

Guidance is always a significant aspect of any reading - guidance covers a whole gamut from strengths and positive factors you need to tap into,

challenges you need to face or render null and void; what is the deeper learning behind this; why did you need to be here; to what you can best do or be in the now! This clarity of inner and outer aspects leads to two fundamental aspects of any divinatory reading - vital shifts within, also called 'healing,' and enhanced, conscious and empowered choices on the outside! Hear it from Einstein: "Significant problems cannot be solved at the same level of thinking that we were at, when we created them!"

Indeed another wondrous and lesser known function that sometimes arises in highly positive readings is that in enabling you to see your vision clearly in the present moment, it affirms your beliefs and removes your doubts and actually facilitates its smoother manifestation! Very often this is an important facet of the diviner's deeper function, for their higher consciousness can tap into, and their expanded consciousness can be the chalice vast enough to hold the querent's tenuous vision; and can be an important 'medium' for the querent's higher consciousness triggering the querent's current consciousness! It is called being the effect, which the reader transfers to the client! Osho describes this beautifully: "There is a spiritual secret, be the cause and the effect shall follow; but I tell you an even greater secret, be the effect and the cause shall follow!"

And finally we come to what most people think divination is all about - probable outcomes! This is often a very minor component of a deeper reading, and as discussed above, it is not predictive in essence, but more like indicators of where you are currently heading; how to get there (or not!); what is important; who or what you may encounter along the way; in a nutshell, it merely brings the myriad factors of the divination together to help you recognize what the existing factors are hinting at! And if you are disappointed with the divination's lack of precise predictions, I will quote from *A Course in Miracles*: "There are many answers you have received, but have not yet heard."

So come beloveds, enter your personal Delphis! Know Thyself! And allow authentic divination to become a part of your lives! Use the divinatory languages of symbols (independent of the constraints of religion) to make accessible what lies beyond the obvious! Bridge the gap between your universal and current self through the many divinatory tools that 'You' in your higher wisdom have created just for this! Seek not to know it all, but to know how to enjoy it all! Imagine playing a game where you knew every throw of the dice and every move of your opponents and teammates. Surely you would not enjoy such a game, or even play it! So use divination for what 'You' created it as - a guide book to enhance your life experiences! To enhance the play!

© Divyaa Kummar, all rights reserved
www.divyaakummar.com

Divyaa Kummar, from Mumbai, India, is a spiritual facilitator reaching out through discourses, writings, tarot workshops, personal energy sessions, and meditation groups blending ancient dhyana and tantra techniques with a more current approach.

INTEGRAL CONSULTANCY SERVICES



Prabhath P is currently evolving Integral Gaia Yoga, which aims for integral, individual and collective Enlightenment. Prabhath offers integral intuitive advice to help individuals manifest their infinite potential and create their own personal, professional and spiritual destiny.

Integral intuitive advice helps you to expand your consciousness and evolve your life in tune with your inner intuition and your life's purpose on Earth in co-creation with fellow beings.

Please indicate any questions you have and the areas of life you want the intuitive advice to focus on.

Prabhath also offers Integral Dreamwork services and Reiki.
Contact: prabhath77@yahoo.com

www.envisionearth.net



Life is a Journey from I to We

By John Penberthy

One Saturday afternoon when my daughter was not quite three, I strapped her into the child seat on my bike and we rode down to our neighborhood ice cream parlor. We bought a double scoop of Mint Chocolate Chip in a cup and shared it. When there was just one spoonful left, I scooped it up and ate it, believing that Erin was so small she wouldn't care or even notice. I laid the cup down and she picked it up, scraped out the melted drippings in her spoon, which I thought she would put in her mouth. I immediately felt ashamed. Instead she held it out to me and said, "Here Daddy, last bite for you."



That event happened 12 years ago and to this day I still cringe and feel a hole in my gut every time I think about it. For it revealed to me that despite all my spiritual endeavors, somewhere deep in my core was a greedy, self-centered demon willing to rip off even his toddler.

Posted all around the ashram of the great Indian saint, Sai Baba, are little signs displaying spiritual aphorisms, reminding visitors of the reason they are there. One sign reads 'Life is a Journey from I to We.' That message impressed me like no other, to the extent that I still remember it 20 years later. Why? Because it reflects a universal truth of all religions: the path to peace and happiness is not about the indulgence of oneself and one's ego, but rather is love and kindness toward others.

When we are born, we don't differentiate between ourselves and the rest of the world. Everything is I.

As we become toddlers, we begin to realize that others share our world and we learn how to make concessions and accommodate them.

When we become teens, peers become all important and we try to subjugate our egos to fit in.

When we become adults, in order to make our

way in a competitive society, we often put ourselves first, sometimes at the expense of others.

The time of greatest selflessness for most people is when we have children, and we put the needs of our infants above all else. We make tremendous selfless sacrifices for them, often without a thought for our own needs. We do this because they are innocent, helpless and beautiful. They need us. We love them. They love us back. The I/we boundary is transcended and, as those of us who have had children know, the results are heavenly.

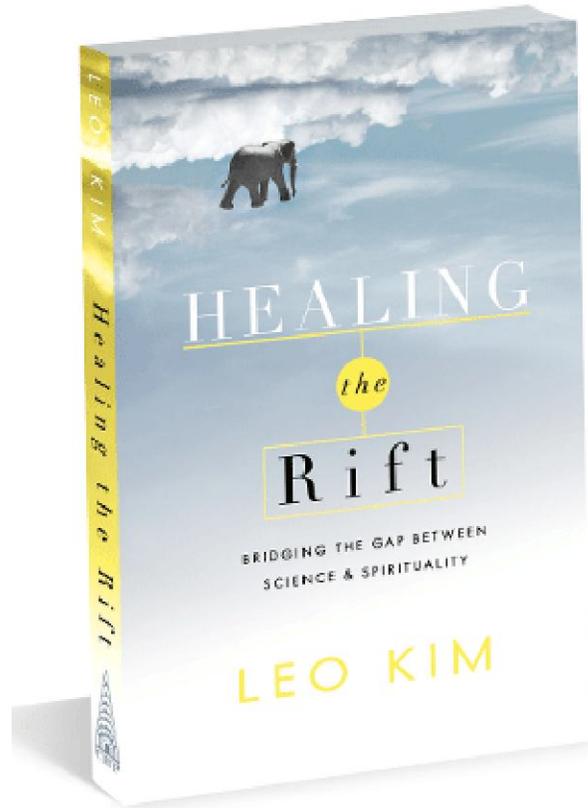
While most of us are able to take selflessness to this level with our children, we have difficulty doing it in our everyday lives - with colleagues, friends, strangers. We continually assert our egos to ensure that "our needs are met" and that no one takes advantage of us.

But there are occasional exceptions to this. There are the rare few who are able to transcend their egos and see through the egos of others - to see them as innocent, helpless and beautiful. They are able to do with adults what most of us can manage only with infants - they lower the barriers between self and other and become We.

Many of us have known someone like this. Despite the fact that they are continually putting others first, they are paradoxically yet invariably happy and at peace. Their lives are rich and full. People are attracted to them like magnets, they are not taken advantage of and good things continually seem to come their way. They have completed the journey from I to We and entered the kingdom of Heaven, right here on Earth.

© John Penberthy, all rights reserved
www.tobeebook.com

John Penberthy is the author of the spiritual allegory - now in 11 languages - 'To Bee or Not to Bee' (Sterling Publishing). Clever, witty and spiritually sophisticated, it's the 'Jonathan Livingston Seagull' of the insect world.



Healing the Rift: Spiritual Teachings Portend Scientific Discoveries!

By Leo Kim



Why have an elephant floating in the clouds as the cover for my book: *Healing the Rift: Bridging the Gap between Science & Spirituality*? It is provocative and on the surface, it appears impossible. In fact, many who reject spirituality find its teachings outlandish, therefore fiction. Now the table is turned. Scientists are struggling to explain seemingly bizarre concepts such as inexplicable dark matter and dark energy, hidden dimensions, and parallel universes. Are their concepts also fiction - or is everyone blindly feeling the elephant and reporting the same universe?

Healing the Rift addresses the ultimate mystery -

our existence. Its explanation has led to the recurrent wars between deduction and faith, science and religion, and materialism verses spirituality propagating corpses of dogma littering countless battlefields. I show how the conflict between science and spirituality can be bridged by understanding the deeper meaning of 21st century scientific discoveries, which reveal that our world is a blending of mind and spirit (excerpts below in quotations).

Many non-spiritual people including many scientists subscribe to the belief that our world is solely the result of matter - composed of tiny billiard ball-like entities. Do they really believe

that life is merely a succession of vignettes of memories, feelings, and experiences that vanish when we die? Is that it - nothing survives death?

“I recalled her penetrating eyes, animated gestures, and passion - and her emotional plea for a cure...I learned that she'd died a month earlier. The details of her death did not register - just the fact that she had died...I decided that I wanted to understand the definition of life and to understand what happened after death...I felt that I had to better understand what life was before I could tackle the mystery of death. How did star 'stuff' become life? If there are trillions of universes, are only a few capable of life? Are the missing dark matter and dark energy involved in life?”

“Science is a disciplined belief system. It is designed to utilize specific methods of tests and verifications to understand our world. Since both science and spirituality are belief systems, the teachings of each can be used to illuminate the other, with the ultimate goal of discovering the truth about life and what our world is all about.”

“My journey took me on a tour of the mind-boggling scientific concepts of the creation of the universe, life, and humankind. New theories reveal a startling view of reality. Recent breakthroughs explain how mind and consciousness emerge from body and brain, overturning previous dogmas and offering new healing methods. New studies provide fascinating insights into the possibility of an afterlife. Comparing 21st century science with spiritual beliefs, I found that a new truth was emerging.”

Many scientists' beliefs have been flawed. Scientific discoveries at the beginning of the 20th century revealed a world created from a dimensionless dot. Now in the 21st century, we find there might be an infinite number of universes, hidden dimensions, and dark, hidden secrets.

“In the 16th century, Copernicus demonstrated that the sun did not revolve around the Earth. This

was the beginning of the modern scientific era. Early in the 20th century, quantum theory led to transcendence beyond materialism and even language. With 21st century revelations, we are at the dawn of a new truth, which merges concepts of science and spirituality. This new truth will radically alter our world-view: We are one with our world, and this oneness, information, mind, and consciousness, is the universe and us.”

“If Wheeler is correct, then our universe can be considered mental, and mind and/or consciousness exist out there. What is reality? Is there evidence to support a mental or even spiritual universe? We've taken a look at dark energy, dark matter, and parallel universes. We've learned that 96 percent of our universe is missing. Can reality get any more bizarre?”

Yes. As I will reveal, everything is energy and *space; but space is not empty!*”

“Scientists postulate multiple or parallel universes to explain the slippery concepts of science...Ironically, in their attempt to find a non-spiritual solution to these mysteries, scientists propose theories that might be impossible to test or verify, thereby embracing what some might call faith.”

The universe is mental!

“The Western paradigm is that brain creates mind and consciousness, yet it cannot offer an explanation or evidence in support of this assertion. It is as though we were to watch a movie on television and insist that it was created by the TV. I have presented an explanation and evidence that mind and consciousness emerge from brain activities. But mind and consciousness are derived from the information realm...Our cartoon world of caricatures that we call matter is wedged between the seemingly strange world of the very small, containing the...vacuum, and the incredibly large universe that houses parallel universes, dark energy, and dark matter.”

“We now know that the mind can change the brain. The mind has been known for some time to heal psychological states and the body. Let me move to examples of the mind performing healings, exploring even a mind-gene connection.”

Spiritual teachings portend scientific discoveries.

“How do all these diverse beliefs in God affect the spiritual? Religions have taught that expectations, scientific concepts, notions of reality, ideas about God, ego, and personality all block our ability to know the reality of the spirit.”

“We find in this chapter that spiritual leaders from different times and places had similar metaphors for reality. These included life's vital essence being energy, the flow of such energy in bodily energy fields, and beliefs in the spiritual nature of our world. How could the ancient mystics have discovered truths that scientists are just now beginning to accept?”

Stay tuned for more scientific revelations which can further illuminate the spiritual path.

Matter which has been the focus of science comprises only four percent of our universe. It has been only a decade since scientists realized that 96 percent of our world is missing. It isn't that they misplaced it - they just can't find it. Scientists have evidence that mysterious dark energy and dark matter exist out there and they comprise nearly the entire universe. Where is this dark stuff? Perhaps, everywhere. In you, in me, and throughout the cosmos. However, even with the incredibly sophisticated arsenal of scientific instruments, scientists have yet to identify these entities. I describe these and other incredible findings of science and how in the next few years, several billion dollar experiments will be completed - and the readers will be ready to understand the implications of the results and the relevance to *Healing the Rift*.

Perhaps the next time you gaze at the sky you will

think about the elephant and realize that what is *really* out there is mind and spirit.

Healing the Rift: Bridging the Gap between Science & Spirituality goes on sale September 2008. ISBN: 978-0-9787213-2-9

© Leo Kim, all rights reserved
www.healingtheriftbook.com

Leo Kim (Ph.D. Physical Organic Chemistry) was research associate at MIT, a scientist, and executive in the biotechnology industry involved in numerous clinical trials of new pharmaceuticals. He studied with healers such as Barbara Brennan, Bernie Siegel, and Deepak Chopra. He is a certified clinical hypnotherapist, and has assisted numerous healings.



The Heart Centre

Excerpts from *Revelation: Joseph's Message* - Channelled by Michael G. Reccia



God can be likened to a Heart of Energy, a centre. The human heart is also a centre of energy. The human heart is a reflection, made flesh, of the Nature of God. It is a reflection of the cyclic nature of God-Energy and

God-Consciousness.

So little is known about the human heart and the energy chakra that lies within the human heart. It is from this chakra, not from the solar plexus, not from the head, nor from any of the other major energy centres, that the being of the soul pervades the physical body. The seat of intelligence of the soul within the human body is not the head, it is the heart.

The problem is that man thinks from the head and not from the heart. Man needs a re-seating of the intelligence within the human body from the head - which is merely a calculator - to the heart, which proceeds from the Heart of God.

The human heart is a reflection of the Heart and the Nature of God. The human heart is designed to give out - spiritually it is designed to give out, out, out, OUT and the energy it gives out comes from the God Centre.

The heart is trying to teach the soul in human form - that the key to existence and harmony lies in giving out, an opposite stance to the one your society is taking at present. At the moment, society takes in more than it gives out.

I would also like to talk about cycles today, because the heart beats to a cycle. There is a beat, then there is a gap; a beat and then a gap, and on Earth at the moment you are not living your lives in harmony with this natural cycle, which brings well-being to the individualization of God that is the human being and also to all mankind. There has to be, just as there is a cycle in the day - you have day, then you have night - there has to be activity and rest; and your society has reached a time where there is no

rest, there is only activity.

There is no daily withdrawal into the heart in order to contemplate God and to recharge the body with love; there is only activity on an outer, superficial level that degenerates and ages the body and corrupts the mind because the body and mind are constantly steeped in the illusion of your world and have no time to recover and heal. This is why you sleep.

Ancient civilizations knew that, in addition to sleep, contemplation was important and silence was paramount in examining the mysteries of life and in bringing forth the energies that are necessary for well-being whilst living within a physical shell.

When one shifts one's consciousness from the head centre to the heart centre, the energies from the heart centre irradiate the physical body and refine it and replenish it. The energies from the head-centre, from the thought-centre - the physical, complex, thought centre - are not able to do that. You cannot regenerate the physical body with logic, you have to regenerate it with love. You cannot heal people with logic, you have to regenerate people with love. And love comes not from the head centre, which is analytical, but from the heart centre, which is a mirror image of God.

There has to be a shift away from conventional religion towards spirituality and a more spiritual way of thinking to learn to withdraw, not only from the outside world, but also from the clamour of the inside world that is created by the mechanisms and machinations of the head centre.

Within each human being, within each soul, there is a chamber of peace; and that chamber of peace resides within the heart centre. A meditation that many - as you would describe them - mystics, shamans, high priests and priestesses used to know, used to practice, was one in which they would mentally go within that chamber, and lose themselves to the extent that all they felt, all they experienced during the meditation, was their pulse as a soul giving out into the physical and etheric

universes. That is a lost art. They became - perhaps only for a second during their meditation - pure love. In that instant they were transformed and they were then able to transform others through the energy stream that passed through them and emanated outwards from them. You have lost that ability as a species, and that is the sole reason why there is so much destruction at present.

The head *says I Want*. The heart *says I Give*; and the mission we have is to educate people into once again moving themselves into a state of consciousness where they can *give*. So nothing can ever be lost by giving; no one ever loses energy by giving out from the heart. By the fact that they absorb more God-Energy, by giving they become more God-like in thinking, because their thinking is not coming from the futile battleground that is the human physical mind.

You are living in the shadow of what God's purpose really is for souls at this time. And the only way to come out of the dark side of this radiation is by shifting consciousness. That is the task of people who are spiritually motivated at this time; nothing more, nothing less... *Simply to teach people to think from the heart and not from the head.*

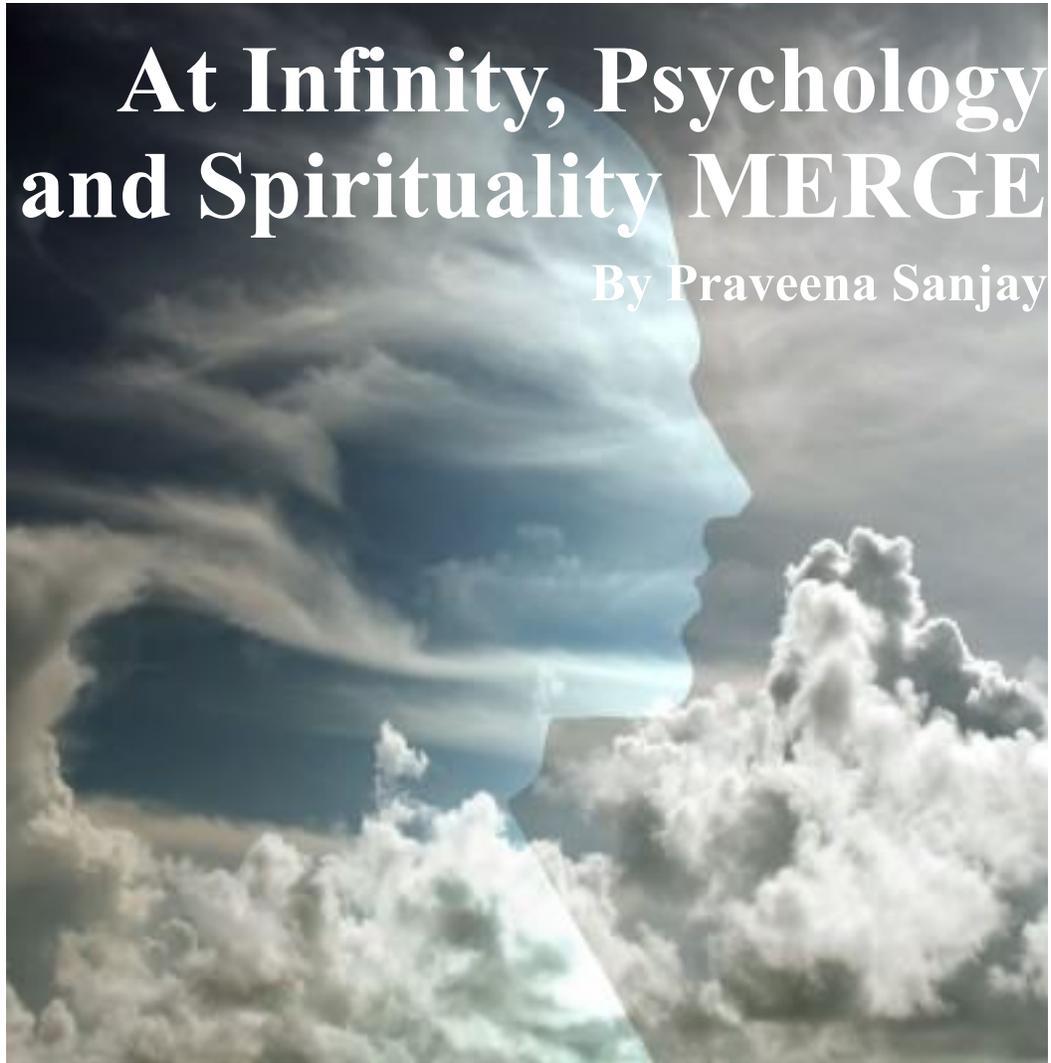
© Michael G. Reccia, all rights reserved

www.thespiritguide.co.uk

Professional medium, Michael G. Reccia, from Rossendale, UK has channelled spirit communication for over 23 years. His important book 'Revelation: Joseph's Message,' contains the channelled words of Joseph, a highly evolved spirit who is deeply concerned with the fate of the Earth. The channellings offer challenging revelations about the nature of life and reality.

At Infinity, Psychology and Spirituality MERGE

By Praveena Sanjay



Psychology has become a very intriguing science thanks to stalwarts like Jung and Freud. Irrespective of the numerous theories proposed by great psychologists, therapists and even scientists, the study of the mind continues to remain a mystery. Whether the brain is a part of the mind or the mind is a non-local entity, which is capable of making the brain think, I have always been interested in both the fields, though I am quite honest about the fact that much has not been written or explored in the area of spirituality. It is still to be recognized as a pure science and remains under speculation by doctors and scientists with some of them openly declaring that there is nothing

called mysticism.

When I think of numerous abnormal people in the asylum who remain in a constant state of ecstatic joy and happiness, unperturbed by the outside world, a strange gush of energy trickles down my spine. I have many a times experienced the same state of being while meditating. A sense of Joy and happiness that transcends everything irrespective of what circumstances surround me at that moment in Life. The question that comes to my mind is: “If a person, who is abnormal by clinical conditions, can attain a state of unending Joy and ecstasy, completely unaware of the surroundings, just similar to the state many spiritual seekers are yet to experience, then where does the difference

come in?" May be, there is nothing like the spiritual state of self; it's all the Brain and its neurological mechanisms that we are confronting in two different states of being. But NO! May be at some level of our being, our physical self that we identify as 'the Individual' is lost or shed in the case of an abnormal person and what exists beyond, is 'JOY' and nothing else. Now it really does not matter whether it happens to a schizoid patient or a spiritually awakened being. Scientifically speaking, the difference lies in the level of awareness. The man in the asylum might not be aware of his state at that time. However, a Spiritual master has consciously attained that level of existence after years of meditation and self exploration.

I have always believed that science and spirituality must go hand in hand and the perfect aim would be their Union. Science + Spirituality =? (say X); X being an illusory state as we are yet too many decades away from achieving this level of thinking. Every time we start believing in the wonders of Metaphysics (meaning beyond the Physical), the illogical mind, which has been severely conditioned, overrides the presence and completely brainstorms the Spiritual thought process. So, even if we as individuals choose to think out of the box, we are constantly corroded by facts and logical thinking; and we are back to our normal self. It takes a lot of courage to think and remain in that state of belief for long, while still holding on to your beliefs.

Back to psychology, I have been a student reading loads of psychological stuff since my school days and what amazed me were the unspoken truths each form of psychology revealed to me. I was new to the field of psychology. However, the astounding truths I came across were enough to keep me tuned to this field till date. Freud's concept of the unconscious; dreams or sexuality being the reason for explained and unexplained behavior and Carl Jung's strange concept of Archetypes that we humans have always been loaded with for ages now - everything made me go WOW! It also made me look at my self from a different perspective.

Psychology talks about how our mind affects our behavior, temperament, way of leading life and the expression of emotions, but it never crosses the fine boundary of what exists beyond the mind. What state can one experience when one doesn't remember who he is? Is he now his Body? Is he his Mind? Does reality exist then? *If we drop our concepts of the self and think beyond, do we also reach the state of insanity then? Or do we experience insanity when we undergo a deep state of meditation?* The answers are as mysterious as the questions seem to be. But no one has ever delved deep into this territory. There must be a point where spiritually awakened beings are called 'insane' as they are no longer in touch with what exists and what we tend to identify as 'Real.' However, this is a level that only Insane and Spiritual beings can attain.

Psychology talks of differentiating behavior in terms of factors responsible like stress, environmental conditions, childhood upbringing and cultural ethics. Every human being acquires a certain temperament due to his conditioning and belief systems. When a person transcends pain, he reaches a level of spiritual awareness, which is the same as in the case of a person losing his balance to become insane. The difference may lie in the level of evolution for some, levels of thinking for others. The difference may also be in the way we perceive things. For me, what I connect between both the states is the "shedding of the false sense of self," which is so prominent in both the spiritual achievers and the abnormal beings. So it all gets down to one thing - what we see and experience is all illusion. If we have control over our senses and shed the false self, the true self will emerge. Unperturbed. Unbothered. Unmoved by Emotion. Non-judgmental self. This is our true essence when we are living in this world, but still do not get affected by emotions or thoughts. We remain in a state of unending joy and pleasure even while people around us might feel we are turning 'crazy.' Every one of us lives in a comfort zone and carries a bag of memories that brings us tears and pain. We tend to remain in

that state always in order to attract unconscious approval and sympathy from the world. Anyone would be more comfortable being called 'poor guy' loaded with sympathy than being termed as a bold person who chooses to create his own destiny and lives happily irrespective of the situations surrounding him.

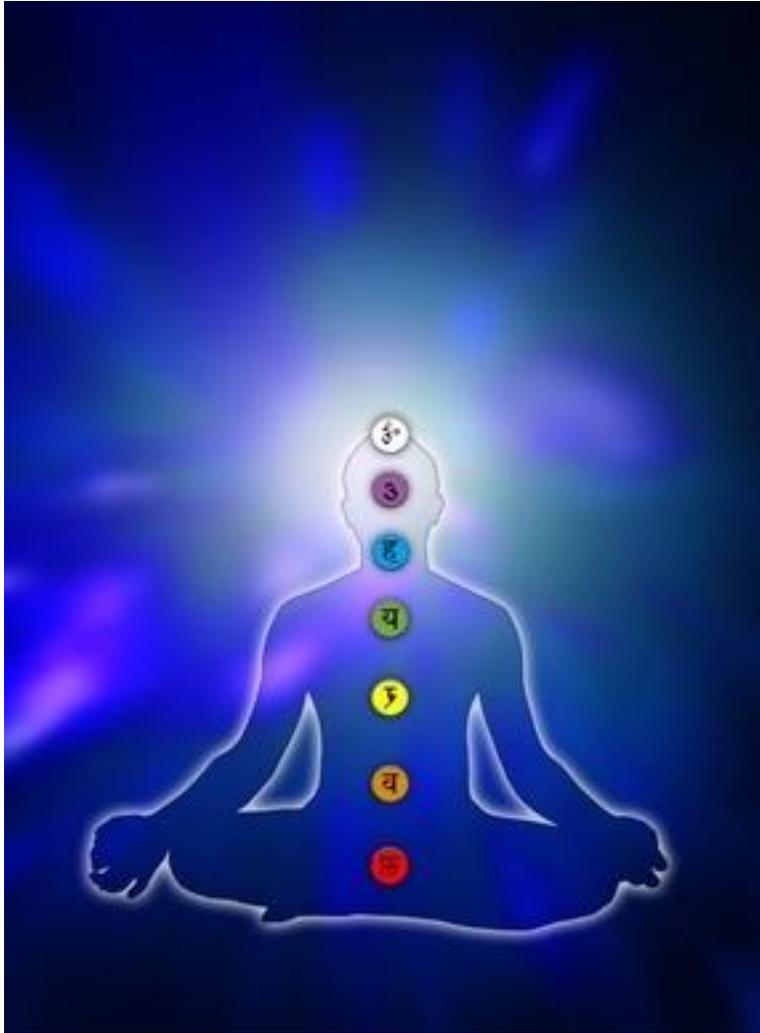
Move over to Scene II: a person who is 'abnormal' in clinical terms might be one who is always in a state of joy and ecstasy. One might see him experiencing high states of happiness and joy. Now what goes inside such minds? Have they too shed their false sense of self like the enlightened ones? I would say yes. But here the reason is different. When pain becomes so unbearable that it starts dominating one's persona, then one starts shedding the self that one used to be. And with the self goes the thoughts, patterns, expectations, behaviors associated with him. The person is no more 'Real.' He spins an entirely illusionary world of dreams and wishes. He wonderfully lives in it. In both these cases, the states of being experienced are the same - joy, unperturbed state of being, ecstasy, no awareness of surroundings. The reason why the mind has chosen such a way is different for both. For the enlightened ones, it is a conscious choice. A choice to be contented, to be happy, to be peaceful and to recognize the illusions of senses and thoughts. It involves understanding the mind's journey slowly and then reaching the state of 'non-emotion.' Also, such people are aware of their states even when they are out of these states. In the case of 'Unreal people,' (as I choose to call them because I believe everyone in this world is abnormal in some sense of the word), after facing a lot of internal trauma, pain, sadness, melancholy and abuse, such people decide to give up. Their self is shattered and broken. And then another self emerges that is away from all emotions, thoughts and pain. Their choice however is not conscious. It is mostly unconscious.

In any form, emotions and attachments are always a pain. Even while we experience joy, we have an element of sadness in it. The human form is

complicated enough to go through all the emotions in one lifetime. When the pain faced becomes unmanageable, one tries to take a different path. If the choice is conscious, one moves towards Enlightenment. If at an unconscious level, the person moves to a totally different state of being, we term that 'abnormal.' That's how I see it. I have something else to say. Whatever lies beneath, the fact is that in both these states, the 'Ego - false self' stops exerting its pressure any longer and the person is liberated. Sometimes I wonder that these abnormal people are really blessed beings. In some form they experience moments that one can only dream of, and my mind starts wondering why!

© Praveena Sanjay, all rights reserved
Email: praveena_thehealer@indiatimes.com

Praveena Sanjay is a practicing Spiritual healer and Counselor who aims to heal through Meditation, Reiki healing, affirmations and Spiritual Counseling. Her qualifications include MBA (HR) from SIMS Pune, Masters in Metaphysical Counseling from UMS and Reiki Masters Degree. She is also pursuing Ph.D. in Metaphysical Counseling from UMS, California.



Bring a Divine Being into Your Aura

By Rose Rosetree



With the new Indian edition of my how-to book, *Aura Reading Through All Your Senses*, just being published, I'm so happy to share this leading-edge technology for Deeper Perception. Part of my method involves using your spiritual connection in order to read auras most accurately. I call it 'Get Big.'

Here is a sacred technique - not in my book, but a useful add-on. I have co-created this technique with a Divine Being who works with me. If you do it, feel free to vary the steps until they feel comfortable to you. After all, you are the spiritual

authority in your life.

I do recommend that you start by reading through the following steps, tweak them to your satisfaction, and then go ahead and do them. You'd take that much time if this were a new recipe for potato salad, right?

Prepare yourself, for starters. Take a shower. Brush your teeth. Put on your yoga clothes. Do whatever you would normally do before entering a shrine. Create a sacred space, whatever that would mean to you. Perhaps you'll light a candle or burn incense. Maybe you'll stand in front of a favorite sacred picture or statue or symbol. Hold your favorite crystal. Put flowers upon an altar or do a puja. Actually, creating this space could be as simple

as closing your eyes, saying “Hello, God,” and then noticing how you feel in your body.

Enter into your sacred space. If you have a favorite prayer or chant or affirmation, start with that. If you have a favorite way to meditate, go there.

Now come the steps of initiation into bringing a Divine Being into your aura.

1. Remove your shoes, which will help to ground your energy. Sit comfortably, with your head not supported. (Use that Lazyboy recliner afterwards.) Or kneel in prayer position, or sit in a lotus or half-lotus, whatever position is your favorite for a sacred ceremony.

2. Close your eyes and breathe deeply but comfortably for several minutes. (If you know how to do Vibe-Raising Breaths from one of my workshops or *Empowered by Empathy*, use that).

3. Notice how you feel, just being you. Please don't expect to have a particular experience that is supernatural, mystical or strange in any way. Being you has a certain familiarity - at least it had better! And if you're not used to being alone with yourself when the lights are off, as it were, now's your chance. The experience of being YOU is the basis for consciously recognizing any spiritual experience. Forget any 'supposed to's or expectations, including that popular favorite, “I'm not allowed to think.”

4. Return to normal breathing. Think your favorite name for God and know that, instantly, you'll be connected. Explain in words or pictures that you are doing a ceremony now to bring a Divine Being into your aura, and that you'll gladly receive this if it is appropriate.

5. Take another deep breath and notice how you feel. Here is where you receive a response from God. Your way of noticing how it feels to be could involve any combination of physical sensations, emotions, sounds, visual experiences, hearing words, noticing fragrances, daydreams or cartoons,

or other thoughts. Any of this matter. In fact, all of it matters. Basically, if you feel good, count this as a go-ahead and continue with Step #6.

If you don't feel good, you have received a “No” or a “Not now.” Ask God to give you whatever blessing is appropriate instead. Then, when you're ready, open your eyes. Consider that you've received a spiritual upgrade, even if it wasn't what you originally expected. That's co-creation for you!

6. Choose a Divine Being. Name a Divine Being for whom you feel a particular fondness, such as Kwan Yin, Buddha, Jesus, St. Germain, Archangel Michael.

7. Inside your own self, eyes still closed, have a conversation with the Divine Being. This may seem like a dialogue or a monologue. Either way is fine. Know that, as soon as you choose the Being, you are connected - regardless of whether or not this connection comes complete with a flashy, vivid experience. Spiritual life is not like TV, with its lurid special effects. There's good reason why so many religions describe a still, small voice within.

8. Tell the Divine Being that you are interested in having Him or Her become part of your aura. Have any additional conversation you wish, including any questions that come to mind (or heart). After asking each question, take a deep breath and then sit, being you. Be alert to whatever you experience next because that's when your answer will come.

9. Welcome that Divine Being into your aura. Say “Thank You” and know that you are connected. When you're ready, open your eyes. What will it mean to have that Divine Being in your aura? All the techniques you use to pray, meditate or co-create with God will work better than ever. If you're doing techniques for deeper perception (like Aura Reading or techniques to turn ON your gifts as an empathy), call on this Being when you Get Big.

Maybe you noticed something interesting about the first sentence of what you've been reading here,

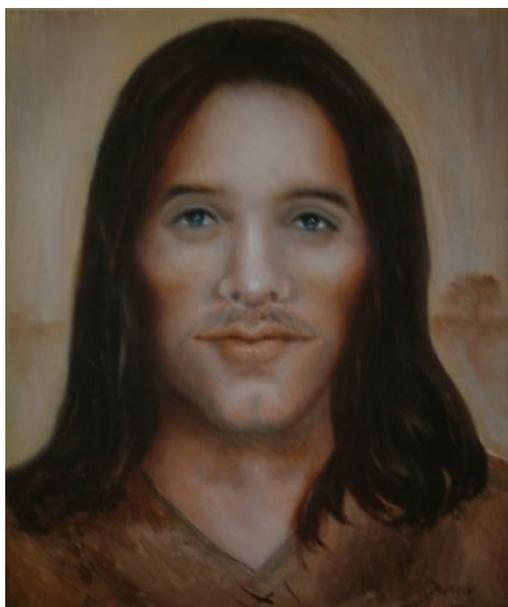
“Bring a Divine Being into Your Aura.” At the start of this technique, did I mention the particular 'Divine Being' who is in my aura? No.

Why not?

Sacred experience is different from public performance. Yes, I have neighbors who chant or wear the name of their Chosen Ideal on a tee shirt. But you don't need to announce this special relationship to everyone. Not unless you want to. In my opinion, whichever Divine Being helps you spiritually is nobody else's business. Just enjoy this sacred love relationship.

© Rose Rosetree, all rights reserved
www.rose-rosetree.com

Rose Rosetree is America's leading expert at Deeper Perception, with unique systems of Face Reading, Aura Reading and Skills for Empaths. She offers telephone sessions for healing, better relationships, and spiritual growth.



Spirit Guide Gregory Hays

Mind-Thought Transfer

Spoken by spirit guide Gregory Hays through deep trance medium Mick Avery



We wish to speak with clarity concerning what happens when a physical being passes to our side of life, and, most importantly, how it is that communication may be continued with a loved one after they have crossed over. It is important to understand what exactly mind-thought transfer is. To begin with, we have to show you how the product of mind is gained, which may, of course, be obvious to some but not to others.

As you walk along your daily life, sensory perception is what inevitably will make up the bulk of what your mind is: the many issues you become involved with, the scenery and pictures, the conversations, and the material that comes into your mind as thought or visions, the memory of your complete journey. While you are a physical being, this is brought about through the action of the

physical brain. The neurons' electronic capability of storing and retrieving information from the organ of the brain is a way in which mind retention and consciousness may continue in the physical world because you are a physical being.

There will come a point, naturally, for some who may suffer from some form of disease when perhaps a mental capability malfunctions or ceases to operate at all. This in itself may shut down certain quadrants of the brain disallowing any further thought forms to come. It may be that the disease is far reaching, and the individual may lose memory retention completely. Of course, it will not happen overnight. It may be in fits and starts. It may happen in a random fashion depending upon how the disease takes its hold on the physical tissue.

Many of those who are suffering from such diseases may have long blanks of memory loss. They may memorize things beyond what medical science has an answer for. For example, someone in a coma or someone who has lapses of mind control

from a form of disease, in lucid times of memory, can relay pictures, sceneries, and conversations that took place around them. People close by could even be remembered by this individual who was suffering from such a condition.

It may also be that the mind-memory is allowed to join with their spirit in an ether world journey, and this form of walk transfers understanding of a different journey, perhaps of what is to come. These may be conversations with those in the spirit world long before they are ready to pass. It is quite possible these conversations, for some, will be remembered and for others will be lost to the presence of memory at that time. It doesn't mean, of course, that they are lost forever. At the point of crossing over, when the physical body is left behind, all of these journeys will at some stage, be remembered, accounted for, and understood.

When a person passes to our side of life, what they will take is the whole and entire collection of mind-thought form; everything from the journey they have made, no matter how long or how short that journey has become. The presence of mind upon spirit is relayed as a memory and fixed to the spirit at the point of passing when the etheric bead is no longer connected to the physical state. The etheric bead is that which tethers the spirit to the physical being during physical life. It enables an individual to bring their consciousness along with their spirit and have a journey of sorts within the spirit realms during physical life.

Some may have difficulty with the way in which they are able to retain or further understand the signals that come from their memory because, of course, they no longer have a physical brain in which to function. You must remember that the physical brain is discarded and the way in which electrons and chemical reactions played a part previously in mind-retention and memory no longer has a place within the spirit world.

Genetics may also be recovered through this memory. For many on our side of life, once they

have passed, it is the genetic memory of cellular structure that will figure most heavily at the point of passing. They will retain their physical state through this memory. And that is, in fact, what they are actually retrieving, merely the memory of it, that allows their spirit to be clothed in the physical vehicle that they were.

It may well be that the spirit no longer wishes to be of the age they were when they passed, and they may be shown how to use mind-thought memory and the genetic imprinting to alter how they look. For instance, they may wish to represent themselves in their middle years if they passed as someone of an older generation. Perhaps even the cases of vanity may have taken precedence over such a decision. It doesn't really matter. It is their free will to do whatever they wish.

For some, they may feel so young at heart that they wish to adopt the attitude and likeness they had when they were children in physical life. And many may well use this familiarity for a while to recollect aspects of their physical journey, perhaps the situations that occurred throughout their life and they wish to view and enhance it within themselves. Not through mournful recollection, but to reconnoitre their event to see how they fared. Perhaps there may be some decisions that were made at that time, which would have to be addressed in their life now as a spirit being.

All must try to remember that, for some, coming to the spirit world is just like walking into another room, and they are able to continue with their mind-thought form and memory in a similar way as they did in physical life. It may well be that for others they have difficulty here. It is not recollecting how memory works, but possibly has to do with the way in which they passed or the attitude they had when they crossed over to our side of life. Perhaps they had difficulty in thinking past the point of their physical situation, and so did not know of or could not identify with a method or a way of continuation other than with physical life. So many things will set

a precedent for how the individual will be able to approach the energy field they live in.

What then of those who may decide and think they are of one vibration and disappointment creeps in when they find they were not the guiding light they thought they were? It is not for the spirit world to say "I told you so," for no one makes a judgment upon you. You have to judge yourselves. You have to come to the good light of understanding your every move, and it must be done in truthfulness. Harbour no ill will, for if you do, it will only hold you back.

Similar, I suppose you could say, about some situations in physical life. If you are locked in negativity or somehow driven into a corner of life by the slings and arrows thrown at you, you may have difficulty in responding how to overcome this situation. For some, they are able to continue their journey without missing a step, though most will have to have a mentor to show them how to operate the apparatus of mind and thought, because in the spirit world, thought forms are even sharper in their reflection than in the physical world.

In the physical world, some will find it very difficult to think in terms of colour or to have faith in the message they are sending to someone else in thought form. Perhaps it is a love gift or some other such thing. However, in the spirit world, it becomes acutely aware, spreading to all who identify with it; that mind-thought form is indeed alive and the precious state exists between how you are able to order it, how you are able to use that thought form for your benefit and for others' benefit.

You may wonder how you could possibly tell which way is up if you are not on a physical world? Truth is, dear friends, the spirit world is of a complex structure, and people on your side of life must try to remove the obstacles of physical thought in order to understand.

You may have heard stories of places where people are able to live in houses, perhaps continuing their occupation or hobbies, doing some of the things they did in physical life: eat, sleep, drink

alcohol, or smoke cigarettes. How is all of this possible - how the manufacturing process could take place in such an orientation, a place of non-physical reality?

At the point of your passing or moments later, you could come upon some aspect of mind that is your latent thought. Perhaps you have a vista or a place you identify with as home, and you may have heard stories of how people connect with that once in the spirit world, and, behold, there it is, bricks and mortar, exactly as you identified with it during physical life. It could be a memory or it could be a wish, a thought form turned into reality. How is that achievable in such a place of non-physical density?

It is achievable by memory transfer of what you have within your secular memory of your individuality that is recognized by the Shining One who controls your group. I will have to talk about Shining Ones in a little while. This individual will create the possibility for you to form your thoughts into practical reality. Naturally, you will have to be shown how to use this to best effect, otherwise, you may begin creating all kinds of random situations that you cannot control and, in fact, may impinge upon others' reactions, their self-will and their life. There has to be a certain amount of order about what you think and how you are able to transmit those thoughts into actuality in your existence.

This is obviously something precious to behold. You are able to walk upon grass or walk within a forest. Sometimes this may take place in the spirit world, and at other times, it may take place within the physical time zone that is your earth. You may revisit that place again and again if it is your desire to do so. It doesn't mean that you are banished from all travel once you come to our side of life. Indeed not. There may be many places you observe once you have passed from your physical journey. You may return to states of awareness of other things in other realities depending, of course, on your ability and how you have been able to make compensation for the events in your life. All of these things will have a

bearing upon the case in point. If you have done negative things to others in your physical life, you will not have this ability because you will have to earn it through the good deeds you will then have to proceed to do.

The Shining Ones are those beings who are all light and purity existing within the spirit world to bring substance and form to the soul group from whence you have come. A soul group is a place of familiarity and harmony that exists in the spirit world and it is your harbour. Your harmonic identity is based upon it; upon its reflection. The way in which love is felt within this harmony is of an identified difference that exists between you whilst in the physical realm also. In other words, dear friends, you would know those you are harmonically empathic to. Your sympathies will run far deeper with someone who is harmonically balanced and who is of your soul group type.

Within the human civilisation are many, many different forms; there are different aspirations within other soul groups. Some will have a certain vibrancy which cannot be contained by others, and they will have difficulty with it. This is the way in which the ether world is constructed.

Animals on your side of life will each come from different groups depending upon their species; depending perhaps upon their thought forms and how they are able to continue their life within the soul group. They too have the ability to maintain and grow from the understanding they have gained in physical existence. Some of these will continue in their own form adopted in physical life but perhaps their nature may change dramatically from something that was aggressive to something that is passive.

We are aware that for those of you in physical life, there is always an opposite reaction to any action. Within the spirit world, it is played out in a different way. If a thought form is perhaps dangerous to someone else, it is sent back to the sender so they will have to think again. This also is a

situation operated by those who are more understanding, more giving, and more loving than those who bring these thought forms. In their haste they make them.

For those of you who have perhaps had love and good fortune on your side of life, the thought forms you send continue to help others by your giving processes. They will allow you to move through new horizons and new scenery. You may begin to command an ability to truly understand the way in which the mechanism of the spirit world works; that it works in a way that enables you to leap from one idea to another, from one world into another. It is only the limit of the thought form that you give birth to that really limits your ability to journey throughout the universe.

Of course, this journey will be limited if you are of a negative disability as that energy in itself will not allow you to travel anywhere at all. It is only by the energy of love, by giving, by wishing to genuinely move forward that you will be allowed further understanding and, therefore, movement in an increasing way so you will benefit others as well as yourself.

Naturally, you will have to make recompense for all of those things you have brought about in the face of others. This is not something that we would wish to rub your nose in or make a point of, but all beings will have to make the recompense journey once they are on our side of life. Recompense has to be made for all of those ills conceived and carried out in physical life against any other species, particularly, where malice, lack of understanding and pure ignorance for the sake of it, was the reason for the ill will.

Once on our side of life, dear friends, the thought forms of love that you have for those you have left behind in physical life may remain the same. They may even grow, particularly if there is great grieving at their loss of your journey among them. It may well be that you will have to contend with certain energies coming from the physical side of life

toward you in mournful ways through so many being sad at your passing. So many different reasons for this exist. The physical presence, the voice, the energy, the companionship, and the love that exist between those on either side of the veil never lessen. It remains not at a constant either, but may grow and change just in the same way as it will grow and change in physical life. It doesn't mean that you need to keep a mournful post upon the relative or loved one who has passed and that you must forsake all others for that memory.

Naturally enough, it will become possible, if all wish it, that you would meet again in the spirit world, the kingdom of life, forever. And the true state of it, dear friends, remains that you are able to continue your journey. You may recover certain elements of your thought once lost in physical life, perhaps by being healed or perhaps through recognizing and learning new ways to show your ability to manipulate your consciousness for good in the face of all things.

We do not ever wish you to worry unnecessarily. And we are here to be informative; to crush those ill wills and the ignorance of the day and to bring new light to the minds of many, as far as we can, for those who wish to keep their eyes and minds open to the new horizon to come.

© Spirit Teaching, all rights reserved
www.spirit-teaching.com

Mick and Sylvie Avery are professional spirit mediums, healers, authors, and radio show hosts, who travel globally, inspiring and assisting others on their journey of personal development. They offer unique deep trance channelled Akashic readings by Spirit Gregory and many other services including books, CDs, film and merchandising.



The Surrendered Psychic

By Samantha Fey

Becoming a psychic medium forced me to embrace the power of surrender. All my life, I've done everything to fit in and be 'normal.' I simply shut up and shut out my abilities. But at night, spirits would come and visit me. Sometimes, they'd just appear, but usually they wanted to show me how they died. This terrified me, and I did everything I could to stop it. I slept with the lights and television on. I married a police officer, taught at the local community college and became a mother. I was normal, I fitted in and felt safe. But there was always another world calling to me and three years ago, I answered that call. I was at a metaphysical fair when a woman walked up to me, gave me an unsolicited but very accurate reading, and said, "My guides keep saying the word 'Reiki.'" I'd never heard of Reiki, but based on this one stranger's recommendation, I found a local Reiki teacher and earned my first degree. That's



when my intuition popped open again, but I still didn't tell anyone. I dreamt that my friend was pregnant before she knew. I started to see lights around people, and I would feel their deceased relatives around me. Every time I saw my family doctor, I fought an impulse to tell him his grandmother Anna is so proud he became a doctor. As a teenage boy packed my bags at my local grocery store, I almost said, "Don't worry; Lindsey likes you too." How could I tell anyone these things?

What would they think?

But then the unthinkable happened, and suddenly what other people thought no longer mattered. My husband, a police sergeant, was shot in the line of duty. A nurse told me to call the family and prepare myself. Our priest came to administer the Last Rites.

I thought about the nightmares I'd been having the last two weeks of someone reeling from a gunshot. I never saw a face, just someone jumping

back and holding on to their neck and chest. And all summer I kept finding heart shaped sea shells. I knew it was a sign of something coming, but I didn't know what. As I sat in the ICU waiting room, I fought even the idea of surrendering with all my might. When the doctors finally came out of surgery to speak to me, they told me he'd lost half a lung and so much blood. That's when I first began surrendering. Five days into his coma, I discovered I was pregnant with our third daughter. The doctor told me we had a good chance that Mike would get to meet this child. Staring into his eyes, I totally surrendered. I surrendered everything I was and hoped to be, gave it all to the doctors and focused on Mike's recovery.

Every day and night I would do Reiki on my husband. The nurses would come in and ask, "What are you doing? Every time you do that, his blood pressure stabilizes." Finally, after 14 days, he woke up. He suffered a brain injury which means he'll never work as a police officer again; he battles daily headaches and has almost no short term memory. But through the power of surrender, I truly see all this as a gift. I really appreciate my husband, especially the small things like picking up our daughters from school, going on date nights and sleeping next to him each night. These are all gifts I had before the shooting, but they remained unopened, unappreciated.

My husband's shooting gave me the confidence to join an intuitive development circle. I did a mini-reading for my best friend where her father came through with messages. She told a mutual acquaintance of ours who shocked me by asking for a reading. I knew this woman only from our children's playgroup. I feared that I'd give her a reading, she wouldn't validate anything, and she'd tell everyone I was a lunatic. In fact, I secretly worried that this was the only reason she had asked for the reading. Then my husband said, "It probably took a lot of courage for her to ask for a reading." I'd never thought about it that way, so I did it. She validated everything I said. Since then, I've learned

to celebrate this gift and surrender to it, no matter what.

Once during a reading, all I saw was a Banyan tree. Normally, I would have dismissed this and asked for something more specific. But I had already decided to trust what I received. The woman became emotional as she explained that when she was seven, she had seen her spirit guide while sitting in a Banyan tree. "I've always asked for validation of this," she explained. If I hadn't become a surrendered intuitive, she never would have received this confirmation. Another time, my brother-in-law's deceased brother kept bugging me to get a message to him. I was terrified because I hadn't told anyone in my family about this, and I knew it would just make him sad to think about his brother. But when I gave him dates, names, and even identified the car his brother drove, he was happy to hear that his brother was okay.

So now I am a psychic medium. I've surrendered to this, and in many ways it has surrendered to me, allowing me to still be a wife, mother and teacher. I've come out to my friends and family to mixed reviews. One thing doing readings has taught me is that we're all here for different reasons - to heal, inspire, teach - but really we're all serving the same purpose: to embrace with love our true self and see this reflected back in everyone around us. We all need to drop the blanket of doubt and fear clinging to us and let our light shine forth. How else can we do this but through surrender?

© Samantha Fey, all rights reserved

Email: samanthafey1@aol.com

Samantha Fey is a Reiki Master and Intuitive Medium. She teaches workshops on crystals, intuition and manifesting at Visions and Dreams in Wilmington, NC. She offers Spirit Guide readings where she connects with your guide and loved ones to get input on your soul purpose and life lessons.



Herbal Healing: *Back to our Roots*

By Stephanie D. Harper, MH



Herbal Healing has been the universal healing science, since ancient times, found in all cultures. This article will give you a brief overview of the history of Herbal Healing along with what separated the Science and Nature of

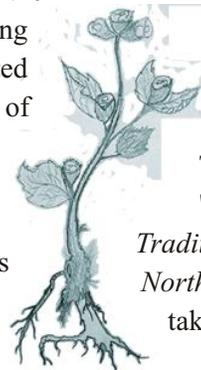
Healing. This article is by no means complete, but it will give you an idea and hopefully peak your interests to delve into your own cultural roots of natural healing, as well as bring you closer to the Earth.

As a small girl with a belly ache, I thought my grandmother was silly for going outside and 'making' me eat a mint leaf from the blanket of green that exploded in her back yard; all

cultures had ancestors with Healing Gardens at some point in time.

Herbs are a food source (essential nutrients derived from plants, shrubs, and trees) with healing qualities. Herbal Healing dates back to India's *Ayurvedic Medicine* (6000BC), the first form of preventative medicine. *Ayur* means 'light' and *Veda* means 'knowledge.'

This was and is still known today as the 'knowledge of how to live,' that influenced *Traditional Chinese Medicine* as well as *Modern North American Medicine*. Ayurvedic medicine takes into consideration the 'whole' of the person. *Prana* is the name given for the universal healing force; physical, emotional, mental, and spiritual. The key to prana is in a balanced lifestyle of diet, exercise, and behavior, as



is the cornerstone of most holistic practitioners.

The 'Yellow Emperor' founded *Traditional Chinese Medicine* (TCM) and this culture was the first to have a complete *Materia Medica*, a complete guide of medicinal healing, in print for the layman (2700 BC) to access for herbal healing. The root of TCM is in the balance of body, mind, spirit, emotion, and season; all hold equal parts in health. Taste is specifically important for Herbal Healing because some Herbs are bitter, sweet, pungent, or sour, and this may give a clue as to their healing properties, based on the Earth's elements. It is said that the Yellow Emperor tasted thousands of Herbs so that others would be able to know, recognize, and utilize these Herbs for their health.

The essential root of Herbal Healing in TCM is Qi, the life force. Qi is found in all living things, such as plants, animals, and humans. The Herb your body needs is based on where you are lacking a proper flow of Qi (energy). In 1960, TCM became the National Standard of Medicine, and even today we know that it encompasses a broad spectrum of healing. **Healing always comes back to your body's balance of energy, no matter the culture or doctrine.**

The roots of *Chumash Medicine*, American Indian Medicine, started with “talking and listening” to the plant for its name as well as its uses in the Medicine Bag. Each Herb (natural substance) has its roots in a member of a family and specific tribe, which has the story of the Herb and how its name came to be, as naming is a very important ceremony in Native American culture.

Wind Medicine, North Appalachian American Indian Medicine, includes many Appalachian trees for their medicinal properties. The inner barks of trees were and are still used today for bronchial infections as well as relaxing the spirit. We also learn from



Native American culture the importance of Sage. Sage is burned in cleansing rituals of the mind, body, spirit, and environment, because the smoke carries our prayers upward.

The roots of *Allopathic Medicine* (modern medicine) as well as the first Scientific Healer Hippocrates, the *Father of Modern Medicine*, began in ancient Greece. Hippocrates was the first to utilize Science and Nature in combination for healing; he was influenced by the Egyptians, Arabs, and Latins. Hippocrates was interested in our bodies' four humors (fluids) that correlated with the four seasons. This medical theory of humors was eventually expanded upon to a psychological theory of the personality.



However, the Greeks became more interested in the toxicology of Herbs in the 17th century; hence the gap between Science and Nature occurred as Galen (after Hippocrates) initiated polypharmacy. In the early 19th century, an active compound from an Herb was successfully isolated into a pure form. Later, Serturnet (1806) isolated the active compound (morphine) in the opium plant (*Papaver somniferum L.*). More recently researchers extracted Milk Thistle (*Silybum marianum*) and turned it into a pharmaceutical drug to treat liver damage and hepatitis C. These isolations were the foundation of the Pharmaceutical Companies' dominance; which caused the separation from the bonding with nature. We have replaced people freely picking their medicinal plants in the leisure of their Healing Gardens with over the counter (OTC) fixes.

Although some medications and supplements are necessary, it will never replace the power of the true form of an Herbal plant. 80% of doctor visits are caused by stress and 80% of the pharmaceutical drugs are based on Herbs. However, these drugs are not based on the whole

Herb but on one 'active ingredient' derived from the plant. These changes in the active compound of the Herb is duplicated in the laboratory and produced synthetically to alleviate a 'symptom.' This processing compromises the medicinal properties of the Herbs. The laboratory processing of the Herbal compound is why scientific studies sometimes fail to confirm an Herb's traditional use in healing because they often focus only on the *isolated* compound of interest, not on the *whole* plant (seeds, leaves, flowers, stems, barks, and roots). In nature, multiple Herbs combine to produce a greater effect than each Herb would provide alone. The body extracts the compounds it needs from each Herb and discards the compounds it doesn't need. Herbal Healing offers a cure for the whole body; mental, physical and spiritual, as Herbs can stimulate simultaneous needs at once; this is the miracle of nature.

We are now rebuilding the gap between Science and Nature of healing in Complementary and Alternative Healing (CAM). But, a small step that anyone can take to be in charge of their own body, mind, and spirit is to have their own Healing Garden (if you already have one, help someone else start theirs). As it does not replace a physician's care, it can help replace your OTCs, enhance your spiritual practices, bring you closer with Mother Earth, as well as make those cooking recipes delicious.



A Healing Garden can bring you peace, physical exercise, and a feeling of accomplishment, keeping you tuned into the miracle of nature. You come to find Herbs that regulate the body seem to have an inner intelligence with the ability to perform many different functions, depending upon one's needs. Also, it aids in your health to reduce the need for healing. For example, dark leafy greens such as Spinach (*Spinacea oleracea*) are so nutritious for you, that they help fight off the free-radicals that cause cancer,

infections, and fatigue. Marshmallow (*Althaea officinalis*) for example, strengthens your digestive system and improves the functioning of your immune system while relieving stomach distress. Lady's Mantel (*Alchemilla monticola*), as reflected in its common name, is a plant every woman should have access to.

Besides the obvious benefits, an Herbal Garden is just practical and fun to have. I recommend anyone and everyone to have at least a small Herbal Healing Garden where the plants you will use the most for your individual needs will be readily available for healing and cooking. I feel that Herbs are a part of the Earth and will always resurface on the front lines of healing.

© Stephanie D. Harper, all rights reserved
www.holisticapproacheshm.com

Stephanie D. Harper, MH is a Board Certified Master Herbalist, recommended by the American Holistic Health Association. As a Clinical Psychology Post-Doctoral candidate, Stephanie's focus is on the healing arts. Her business 'Holistic Approaches' focuses on the body, mind, and spirit philosophy concentrating on Herb, vitamin, mineral, exercise, and meditation tailored to the individual via an in depth-case study.

Spiritual Poems

Our Divine Love

*Our love is Divine,
because of our oneness.
Our love is Intelligence,
because we are intelligent.*

*Our love is unending
because we are unlimited in potential.*

*Our love sees beyond the physical,
into the universe.*

*Our love flows from one heart to another without
knowing for who it goes to or who it flows from.*

*Our love is shared because we are connected
from source and heart,
and it flows freely knowing that it may or may not
be reciprocated by the receiver.*

*We are one and I love that which you are,
because we are love itself in the physical.*

Love is all,

*Love is what we are,
Love is what we give,
Love is what we share,
Love is all we need,*

*allow your love to flow to everyone,
you come in contact with.*

*I love all of you with me
on this human journey,
thanks for being here with me
to experience this Love from
one heart to another.*

© Barbara Goulding, all rights reserved
Email: goldpoet@gmail.com

The Pride Slayer

*At the bottom of each and every page
He lies dormant, hoping to come of age
And by accidental chance or karmic mistakes
Kumbhakarna, the demon brother awakes*

*Forgetting that he is not supposed to be
He ruthlessly tries to steal center stage
He attaches himself to his victim like a flea
And slowly rewrites the poor guy's page*

*Kumbhakarna kills his victims one at a time
And then goes back to sleep after each crime
He knows that it is only a matter of fate
So he enjoys his sleep while he waits*

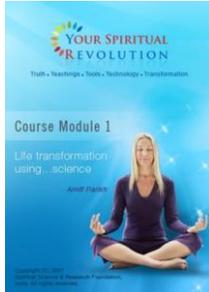
*Whether Kumbhakarna is selective or random
His victims are confused as sailors lost at sea
Powerless to stop him invading their kingdom
They opened the gates and throw away the key*

*Each generation he has struck with needless fear
Keeping them humble, is Kumbhakarna's career.*

© Amy I. Ramdass, all rights reserved
www.amyramdass.com

Your Spiritual Revolution Course

Life Transformation using Practical Spiritual Science



Be Ready for Miracles!

Truth - Teaching - Tools - Technology - Transformation

*"If you can start exploring possibilities,
you will start surpassing all known boundaries!" - Amitt*



What you will explore...

- Know Your **Self**
- Your **Desires & Dreams**
- **God** is Everywhere
- **Truth** leads to Peace & Happiness
- Art and Science of **Balance**
- Love and Fear - **Duality** in Design
- **Awareness** Transforms
- Consciousness + Energy = **Reality**
- Law of **Attraction** - Act to Attract
- **Freedom** of Choice - Evolution vs Entropy
- Law of **Karma**
- **Time** & Space - An illusion
- **Psychic** / **paranormal** abilities exist
- **Change** is the only constant - **Evolution**
- Enlightenment - **Immortality**
- Law of **Abundance**
- **Illusion** vs Reality - Analyzing Dreams

Objectives of YSR course

- Your Spiritual **Revolution**
- Significant improvement in your **physical health**
- Significant improvement in your **emotional health**
- Significant improvement in **financial condition**
- Significant improvement in your **intelligence**
- Significant improvement in your **relationships**
- Aligning your thoughts & activities with **life goal**
- Love, peace, happiness and **abundance** in your life
- Development of **divine ego**
- Development of dormant **psychic abilities**
- **Lucid dreaming & astral travel**
- Aura viewing, **time travel**
- **Healing** self and others
- Communication with your **higher self**
- **Truth** - seeking & understanding
- **Living** the Truth

YSR Course is Free!

[Click here to download](#)

YSR course emphasizes on fundamental cosmic laws and uses thought-provoking questions to restructure your belief system, thereby bringing positive changes in all aspects of your life!

YSR Course will be conducted by **Amitt Parikh** - Executive Editor of Your Spiritual Revolution eMag, founder of Spiritual Science & Research Foundation. He is an author, poet, mystic, IT consultant, translator, and a professional trainer. For questions and free guidance related to YSR Module 1, please email amitt.parikh@gmail.com with subject line 'YSR Course'.

Health, wealth, peace, happiness, satisfaction, truth... Aren't these the very 'things' you are trying to achieve out there? YSR Course will help you re-member them all in abundance, by guiding you to your true Master - your true Self!