

Metaphysics (from Greek: (meta) = “after”, (phúsis) = “nature”) is the branch of philosophy concerned with explaining the nature of the world. It is the study of being or reality.

# The METAPHYSICAL TIMES

*are here!*



Volume VII Issue 4

Fall 2012

Priceless

## EVENTS

### WATERTOWN, NY

September 29 & 30, 2012  
The Hilton Garden Inn

### CORTLAND, NY

Cortland Psychic Fair  
and Holistic Living Expo  
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### LITTLE FALLS, NY

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Henrietta Dome Center,

### CANTON, NY

2, 3, 4 Nov. Canton, NY

### LYONS FALLS, NY

Fri., Sat. & Sun., Nov. 9, 10, 11,  
Edge Hotel, Lyons Falls

*On the  
consideration of  
Hydrofracking.*

**The Metaphysical Times  
received the following  
piece from a reader who  
is writing under the name  
of Aquafina:**

As autumn takes hold in New York, those of who live on the Marcellus and Utica Shales (about two thirds of Upstate New York) wait with trepidation to hear the Governor's decision about allowing the gas industry to begin its assault on our air, water, health and quality of life. For those looking to the New York State Department of Environmental Conservation (DEC) for protection, think again. It has been publicly acknowledged that the agency drew up its environmental guidelines for fracking in deep consultation with the gas industry. Minimized, and missing from their guidelines, are any kind of health impact study or even an ac-

*continued on pg.# 4*

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Story on page #31

## William Again



by David S. Warren  
a proposed excerpt from the  
soon to be released novel:

### *Dog's Plot* *The Book of William*

Trying to hang on to our family home after my parents died, I decided to turn the house into a Bed and Breakfast. There were a lot of delays and obstacles on the way to eventual failure of the enterprise, and my imaginary brother William was one of them.

While we were redoing the bathrooms, the old claw-foot tub stood in the middle of the living room for several weeks. One morning I came downstairs and discovered my sometime brother William in the tub..... just waking up, squinting his face and rubbing his head with his knuckles.

When we were kids, William and I shared a bedroom at Edgewood Place, but he had spent more nights in that tub than in his own bed. Full of water too. A normal child would have drowned.

I didn't know how long it had been since I last saw him,

*Continued on pg. #7*



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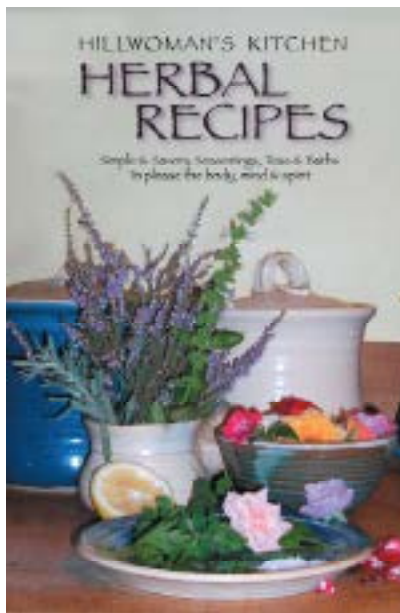
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See Sue-Ryn's Article Page #6

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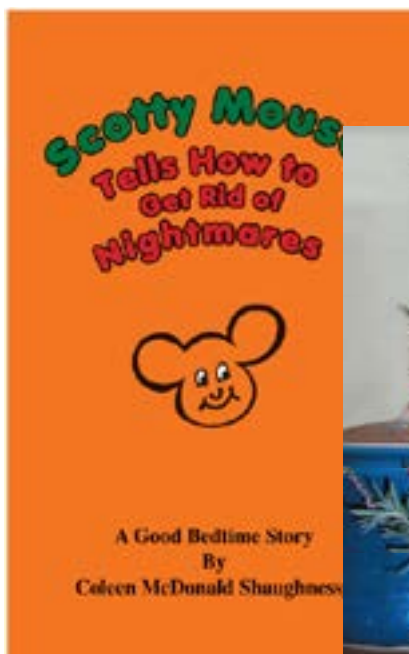
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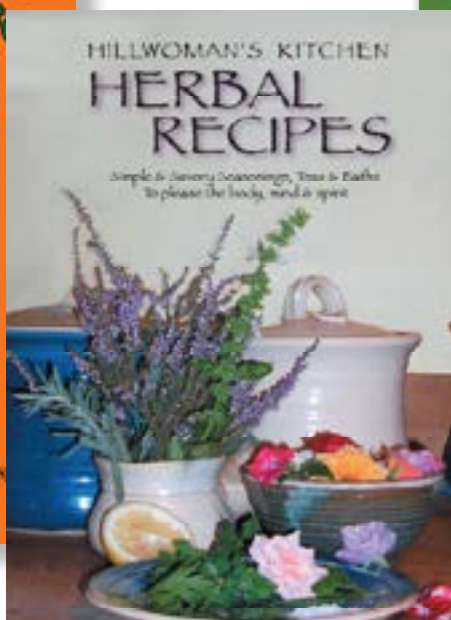
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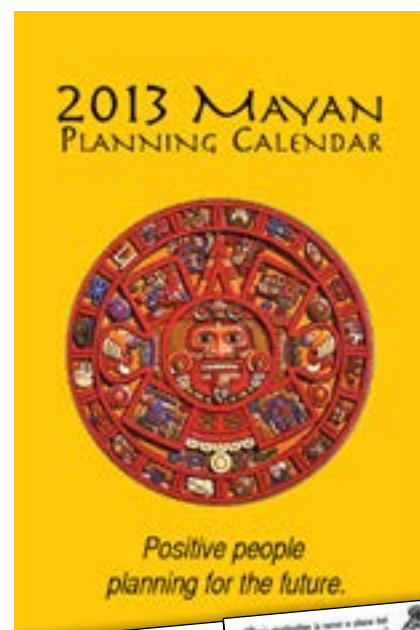
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See ad on page #33



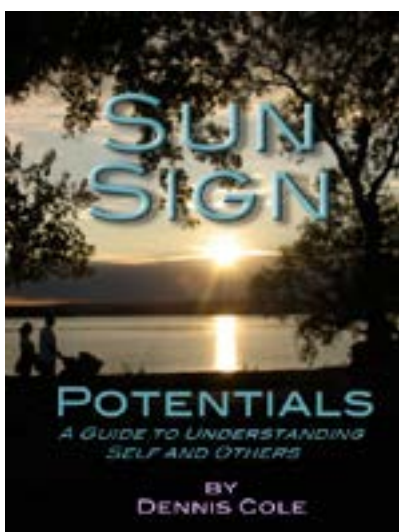
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NEW - See ad on page #31

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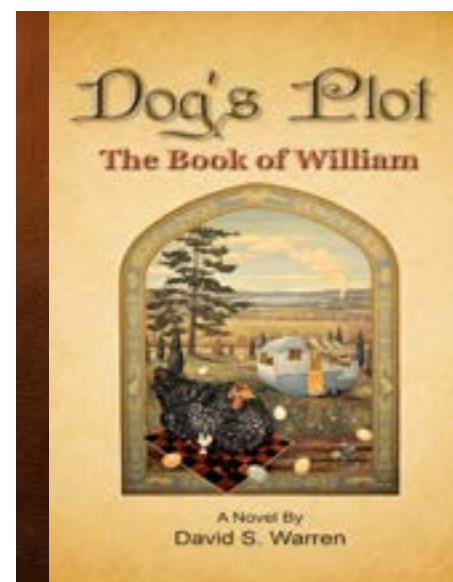
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**Sun Sign Potentials - A Guide to Understanding Self and Others** by Dennis Cole, internationally renowned Intuitive Astrologer, can serve as a useful guide for a better understanding and acceptance of Self and others. (More information and an excerpt from the book is available beginning on page # 25)



*Rambling Along the Metaphysical Path*

# Question Everything.

By Georgia E. Cuninghame, PhD

Publisher, Metaphysical Times

I've been thinking a lot lately about my basic skeptical personality trait. I always thought that I question just about everything. We received an article on hydrofracking from a reader. Now, I had driven around the state and seen the "No Fracking" signs here and there. I knew enough that I figured it probably, NOT to "Frack" **might be a great idea**. *That was about all I thought about hydrofracking.*

I saw a bunch of commercials on TV from energy companies about new energy production in New York State. I knew enough about the economy that energy production would help the economy and whatever they talked about sounded like it **might be a great idea**. *That was about all I thought about this new energy production.*

I've had the TV on a few times in the last few months and I've heard some of the politicians talk about what they believe in, almost all of them have an idea that sounds like it **might be a great idea**. *That's about all I've been thinking about politics.*

continued from pg #1 **On the consideration of Hydrofracking**

knowledge, despite mounting evidence, that in states where fracking has been practiced, humans and animals exposed to toxic water and air have become ill. There is no plan for funding, preparing or training for local first responders to deal with mishaps, accidents and hazards associated with an industry that deals in highly toxic materials. There is no analysis of costs for destruction of New York's roads (a known problem in other states to due the massive heavy truck traffic involved). There is no plan or viable method for disposing of the multi-millions of gallons of toxic and radioactive water that the process produces, and no discussion about the real and permanent risks to our aquifers and thus to our drinking water.

Horizontal Hydrofracking is the process used by gas drilling companies to extract natural gas from shale deposits. It is proceeded by a massive industrial installation which often involves reshaping hillsides, destroying old growth trees, and turning the lush rural landscape into a hazardous industrial zone. During the hydrofracking process, millions of gallons of chemical-laced water are injected deep into the shale layer while a series of underground explosions are set off. The cocktail of chemicals used by various gas companies are

considered to be proprietary. But some are now known, and they include such solvents as benzene and toluene, which are toxic and carcinogenic, even in very small amounts.

The explosions shatter the rock and release the gas. While underground this toxic water-chemical mixture blends with highly saline water and naturally occurring radioactive elements including radium 226, barium and strontium. (The Marcellus, among many types of shale is known to be significantly radioactive.) A portion (millions of gallons) of this mixture comes back up to the surface and is stored on the fracking site, usually in open pits which are subject to seeping, overflowing and flooding during storms into properties, streams, and waterways and being ingested by animals. All of these hazardous situations have occurred in other states where fracking has already been in operation. The New York DEC had originally stated that in our state, exposed pits would be replaced by enclosed tanks, but that promise was later rescinded.

In public lectures, state legislature hearings and in letters to Governor Cuomo, Cornell University engineer and expert on hydraulic fracturing, An-

So, I sort of started thinking about my skeptical traits when it comes to Metaphysical things. I question... "what is "belief" and what is "certainty." I have actually stayed awake at night worrying about whether I lived a past life as a housewife in Atlantis or a slave in ancient China or if it was just a fantasy. I stayed awake over that. I thought knowing about this **might be a great idea**.

Funny, sometimes I am so questioning about the "Metaphysical" world that I don't pay attention enough about the "physical" world around me.

I made the conscious decision to put the article about Hydrofracking on the front page and to continue in a couple of different places just so readers might stumble on it here and there. Because I am that inherent skeptic, I don't want to tell you what to think about gas production and hydrofracking or who ends up in congress.

I do "figure" that questioning anything that effect our own physical universe, yeah, that sounds like it **might be a great idea**.

thony Ingraffea has repeatedly warned that because of specific unsolved issues in gas well construction, it is virtually certain that gas wells will eventually leak underground, exposing our water aquifers to methane and fracking fluid. Should this pollution occur, there will be no way to remedy it. Underground aquifers are not reclaimable. Unlike a lake or a river, aquifers cannot be cleaned and re-established. According to Ingraffea's statistics, six percent of wells fail immediately, and fifty percent fail in thirty years. In hydrofracked areas of Pennsylvania, incidences of methane migration and radioactive chemicals polluting water wells are well known. Sadly, residents not only drink and shower in this water before they are aware that it's been polluted, they often have to do legal battle with gas companies to get compensation in the form of a water tank and clean water deliveries. In exchange, they sign non-disclosure agreements preventing them from letting anyone know about their plight. Residents also have to pay to keep these outdoors water tanks (called water buffalos) heated throughout the winter, resulting in huge electric bills. And in all cases, when water is ruined, so is the value of a home.

*continued further on pg. 13*

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*Twenty second in a continuing series by Sue-Ryn*

## Moving Back Inside

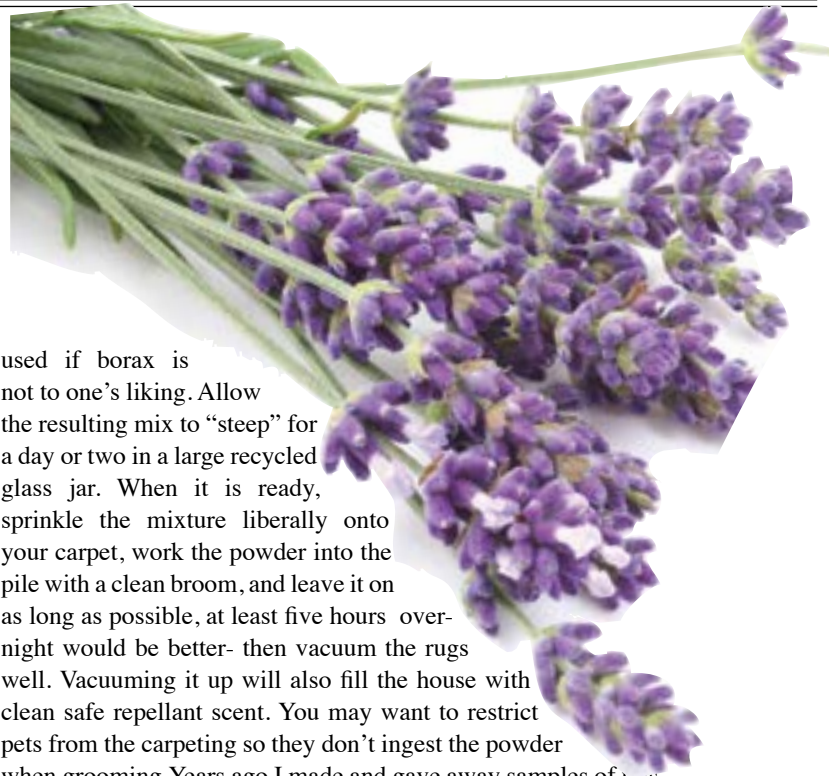
Another busy harvest season is upon us, in spite of the “strangeness” of this year’s gardening adventures. Our “workfull” days are punctuated by evenings in the kitchen putting up beans and tomatoes between all our other commitments. A few batches of jelly are on the shelves, with more to follow. Some plants are moving back into the house after “vacationing” out in the fresh air and blazing sunshine as the nights cool and windows close. It’s time to get ready to move back inside.

Depending upon where you live, weather, and the presence of pets, there are a number of unwelcome fall houseguests that appear annually. Deep cleaning may help, but isn’t always an option. Here are a few simple ways to make one’s home less appealing to pests without resorting to the dark side of toxic chemical use.

For those who preserve food, compost buckets can become clouded with fruit flies seemingly in minutes if left on the counter for long. Try putting a tablespoon of cider vinegar or dregs of wine into a clean recycled bottle as a fruit fly trap. Vinegar and water spray cleaner also repels ants. Some folks also place a small chunk of natural charcoal in the compost bucket to absorb fly attracting-people repelling odors. There seem to be really annoying houseflies that materialize “out of nowhere” this time of year. Anyone who lives in an old building has experienced this annual invasion. They live in the walls and cracks and crevices on minute particles of debris until they emerge in their “fly cycle” to feast and lay eggs and generally gross most of us out. Some folks use small dishes of water with a few drops of lavender or sweet orange oil placed in sunny windows to repel the creatures. Others have had luck with small containers of clean crushed eggshells placed in similar locations. My favorite “fly repellent” is sweet basil. I’ve made strong basil tea and sprayed both animals and areas to discourage flies. A few drops of basil essential oil in a diffuser or pint spray bottle of water will also work. Small dried basil sachets tucked around will also help. Some say growing a basil plant in a sunny window, watered from the bottom only, produces a strongly scented repellent plant.... plus, after housefly season you can make pesto! Cleaning kitchen and dining surfaces with herbal or citrus scented kitchen soaps pleases our senses while discouraging most insects. Fly swatters, strong fans and sticky old-fashioned flypaper are also effective and may be the best choice for folks with fragrance intolerances.

This is also the season to make the house flea repellent. If you live with area rugs and roll-up carpets, you can create a very effective repellent with dried herbs. Tansy, basil, pennyroyal, rosemary, lavender, and thyme usually provide an abundance of leaves to dry. You can also use eucalyptus leaves, vetiver root, or other fragrant repellents available from your local herb supplier. Roll back your rugs and sprinkle the floor liberally with dried herbage, then replace the rugs. Every step or compression will release a little repellent herbal essence. Any debris that escapes will also be repellent. You can also craft flea repellent pillows for your pet’s bedding. This can also be used simply for the non-toxic natural fragrance it will put in your home. Craft an herbal mixture, or use single fragrant herbs.

Laid carpeting creates the need for a more complex flea repelling strategy. You can create your own carpet freshening blend using herbs, spices, baking soda, and your blender. The proportions are roughly equal parts herb-mix with baking soda. If fleas have been an ongoing issue, add a ½ a part borax laundry booster, for example 2 cups herbs, 2 cups baking soda, and 1 cup borax. Borax is a natural desiccant and will dry up flea eggs and larvae along with absorbing odors. Once you’ve chosen your herb or crafted a scented blend, “whiz” a couple of tablespoons full of herbs with an equal amount of baking soda to blend them together. Add borax after the blending process. Salt may also be



used if borax is not to one’s liking. Allow the resulting mix to “steep” for a day or two in a large recycled glass jar. When it is ready, sprinkle the mixture liberally onto your carpet, work the powder into the pile with a clean broom, and leave it on as long as possible, at least five hours overnight would be better- then vacuum the rugs well. Vacuuming it up will also fill the house with clean safe repellent scent. You may want to restrict pets from the carpeting so they don’t ingest the powder when grooming. Years ago I made and gave away samples of this “carpet freshener” at an Earth Day event. The following year folks with old carpets in camps that had been closed up in our humid environment attested to its freshening qualities as well as the insect repellent capacity. Test the mixture on a small area of carpet first to make sure it doesn’t have any adverse effects. Small amounts sprinkled under paper in dresser drawers and left in open topped containers in closets and cabinets are also effective. My herbal blend was a savory mixture including thyme, rosemary, garden sage, pennyroyal, coriander seed, clove, and juniper berries crushed with baking soda and people still ask for it.

Another way to freshen up the inside while cleaning is to place a few drops of essential oil onto a cotton ball or scrap of cloth and place it in your vacuum cleaner while you work. This will scent the exhaust from the machine while you work, filling the air with fragrances of your choice, possibly enhancing your housecleaning experience in the process.

This is also a great time to take advantage of solar power to freshen up stored blankets and cool weather wear. We don’t own a dryer, so this time of year our clothesline alternates between the regular laundry and assorted blankets, sweaters, and coats on sunny days. I have also used the closed up car as a “solar dryer” to freshen up items donated for wildlife bedding. This also provides an opportunity to see if things “still fit” our bodies and our style, or if it’s time to move them along. There are many thrift stores and organizations doing winter wear drives this time of year. Using some herbal bounty and simple kitchen ingredients to help freshen our environments can help keep a pleasant fragrance in the air and a smile on our face as we prepare for the season of indoor living ahead.

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## William Again

*continued from page #1*

where he had been, or what he was doing back at Edgewood Place again, but I was not all that happy to see my mystery brother just then, and I did know he wouldn't be capable of speech for five or ten minutes yet; so I went to the kitchen and made coffee.



William isn't my real brother. We never even knew where he came from: he just appeared in the garden with our dog Binker one day.

I was five years old. It was Spring of 1949 and we were getting ready to move from Lewis County to Ithaca so dad could teach at Cornell.

I went to the bay window just as my father came in the driveway and my mother went out to meet him. I think we must have all seen the strange boy in the garden at once.

His big dirty face was only high as Binker's head, and he held on to her collar, as if he were using her to climb out of the ground.

**My mother and father walked slowly toward the boy, as if he might sink back into the ground if they were too abrupt.**

They stopped few yards from him for what seemed like a long time, talking at him I suppose, and finally Dad took Binker by the collar and led her toward the back door, the boy twaddling along side.

I tried to hold the door shut when they came up the steps, but Dad growled "BOY" through the door, and I stepped aside.

The boy was barefooted; His hair and skin and clothing seemed to be all about the same uncolor, except for around his mouth which me must have put in the creek to drink. Mom and Dad led Binker, boy attached, right up to the bath room. I followed, well behind, and watched from the upstairs hall.

He had freakishly short, slightly curved legs like the jaws of pliers. His toenails brown and curled.

I didn't like anything about the situation. I called Binker to me, and we went downstairs.

William came fairly clean, but he never stayed that way long, and he didn't talk for many

months. His first words, or at least the first we heard, were song lyrics he picked up from the radio. Goodnight Irene, which he sang, not to well, with some attempted yodeling, which he must have picked up from the Hank Williams, but never mastered.

Whether his underdeveloped legs were result of a Thalidomide poisoning, inbreeding, or just a chance mutation, we will never know. I suppose he wasn't too well liked at home anyway, and imagine he must have lived in somebody's attic or cellar, or in a brush pile behind the out-house for most of his life before he came to us.

Well, we were the Warrens, and we were going to treat him justly, so the move down to Ithaca was delayed while Dad tried to discover who the boy was, and where he belonged.

In the meantime Mom, us kids, and the boy went up to Lake Bonaparte.

He and I didn't always play well together. It started with us earnestly stalking one another around the island, and developed into scrambles, chases, climbs, swimming, and wrestling, all of which and William was better at than me.

**Very quickly I grew to admire and resent him equally.**

William would sometimes stay out in the water into the evening. Mom would call him in and ring the camp bell, but there was no controlling William. Thinking of him out there on the water as I lay safe in bed, I felt deep aloneness.

In a few weeks of poking around, Dad could not establish William's identity, so he took on guardianship for the mean time, and it was a long mean time. Mom and Dad named him William, for no reason I know of except that there were no other Williams around, and the name Bonaparte, they pulled from the lake because it was handy, but it was appropriate enough



William was totally at home on Loon Island but never so in Ithaca. During the first

years there, mostly speechless he didn't go to school and mostly went out only at night, like a cat.

Sometimes I locked the doors when he was out, but he would just go up a tree and in at the third floor.

At Lake Bonaparte William would sometimes be gone for days at a time. He was obviously able to take care of himself and Mom and Dad couldn't keep William in, so they grew to tolerate his wanderings. And they couldn't adopt a child who didn't officially exist, but they did everything they could for William. One of those things was to pay for a hormone therapy which our doctor suggested might help restart the development of William's attenuated legs.

What the primitive hormone therapy of that time actually did, was it grew only his Privates. This has complicated his life in ways you can imagine for your self.

I took the coffee to William; still in the tub, in which he immediately spilled half the coffee, then he slurped down the remaining half as fast as he could, so he could finish it before he spilled it again.

I poured him some more.

William told me that he had been up North since last I saw him, and he only planned to stay in Ithaca for a season. He wanted to dip into the money economy briefly, to save up for a bus ticket to Wyoming where he knows some horses. Horses and William are a Minotaur, if you have ever seen them. Not many horses around Ithaca, where he mostly wears his sheet rock stilts to be normal, and used to borrow my bike to ride out of town. The spring loaded sheet rock stilts work very well for him on the bike. I wished he had his own bike, but every time he gets one, usually free one way another, it gets stolen from him.

William has no locks, has nothing to lock anything to, and manages to get past locks when he encounters them.. He had slept the night before in my new garden shed, and washed up in the watergarden.

**It was a nice little shed, he let me know.**

You can visit David Warren  
and the world's tiniest town at  
<http://dogs-plot.blogspot.com>

*Nineth in a continuing series by Bob Canino*

*continued from page #6*

# What (Really) Happened To Gary Wilcox? [Part One]

From Binghamton in the East to Jamestown in the West, the Southern Tier of New York is a wonderful array of bucolic landscapes, natural wonders, and, at times, breathtaking vistas. Its inherent beauty is so strikingly apparent that AAA once dubbed NY State Route 17- the highway that traverses the region- one of the "most scenic highways in America." Paired with the Northern Tier of neighboring Pennsylvania, the population of the "Twin Tiers" is scattered throughout the many small rural towns that sit nestled amidst the rolling foothills of the Appalachians.

Newark Valley is one of those small towns. Founded in post-Revolutionary times by land grant settlers and situated halfway between Ithaca and Owego, it is a scenic rural hamlet surrounded by farmland. Ironically dubbed "one of the most ordinary towns of in the Southern Tier" what happened on a nearby farm almost 50 years ago was anything BUT ordinary.

The date was April 24, 1964 and the Spring farming season was well underway. Up on Davis Hollow Road, about 2 miles northeast of the village, Gary Wilcox, a 27 year old owner of a 300 acre farm was out doing morning chores which included distributing the daily ration of manure to his fields. He was working a lower field above his house and barn when he saw a very odd and very bright flash of light on one of the nearby hills. Observing that the flashing was intermittent, Wilcox knew right away that it wasn't a reflection of the sun on anything that lay up in the field, so he set out to investigate. What he saw would land him on the front pages of innumerable newspapers across the nation and around the world, eventually gaining him international notoriety.

What Wilcox found was a metallic object,

"oblong shaped" resembling an egg that was hovering slightly above the ground. He estimated that it was approximately 20 feet long, 4 feet high and 15 to 16 feet wide. He later stated that he "thumped it" and even kicked it when he got closer. Determining that it was definitely metallic and the color of aluminum, Wilcox saw that the surface was smooth and when he touched it "he detected no vibration nor was there "any sensation of heat of



anything else out of the ordinary." Standing back he was abruptly surprised when he saw two little men each about 4 feet tall come out from underneath the craft. Dressed in white/metallic suits with no parts of their body showing, they were carrying a metal tray about a foot square "that was filled with alfalfa, roots, soil, leaves and brush."

Badly frightened, Wilcox thought that some-

one might be playing a trick on him. Later, he recalled the first few minutes of the incident: "their voices did not sound like a voice I could describe. I could understand what was said, but [could not] tell whether they were speaking English or not." He didn't speak or say anything for a few minutes and then he remembers the Beings telling him, "Don't be alarmed we have spoken to people before." For the next two hours the little men proceeded to ask him several questions about the mechanics of farming. He explained to them about his tractor, his manure spreader and then about manure itself. Wilcox claimed that "they were very interested in organic substances as Mars (where they said they came from) was rocky and not fit for growing anything. In a more bizarre moment in the encounter: "Wilcox asked the Beings if he could go with them [back to their planet]. They turned down his request, stating that their atmosphere would be too thin. They added that they avoided congested areas on Earth because of automobile fumes, as [the fumes] seemingly interfered with the performance of their vehicles. They preferred operating in areas where the air was clean. They seemed so interested in fertilizer that Wilcox offered to bring up a bag and give it to them. The Beings seemed to be pleased with that and Wilcox indicated he would return with it for them shortly. However they indicated that they "must go", but before they left they mentioned that they had a warning and a prophecy to deliver.

NEXT TIME: A Warning for Earthpeople and the Investigation(s) Begin.

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*Can a person be "in love" with 2 people at the same time?*

Dear Dennis,

I did what you said and made a list of the qualities and attributes I would want in a significant other. Then I let it go.

Two of them appeared out of "nowhere." Is it possible to love them both? What do I do next? ~ E. M. W.

Dear E. M.,

A Yes, it is possible to be "in love" with more than one person at the same time! However, this depends on how we choose to define "love."

"Falling in love" involves a good feeling brain chemistry, which serves a biological evolutionary purpose. However, this is often a more exclusive or possessive love, because the Ego wants to be "special."

On the other hand, **Unconditional** Love comes from **Oneness** Consciousness - the realization that "It's **All** God"! In such a Unity Consciousness there is a capacity to Love All; to open the heart to the diverse Perspectives of Our One Source Energy.

And, yes, there can be some special connections - "Soul Mates," if you will, with some of our "Siblings in Spirit;" but there's still the **Unconditional** love involved. Meaning: You do not need the "other's" behavior to be such-and-such a way in order for you to feel good.

In order for you to Love You!

### *This is our Journey into Forever!*

The love we seek is a reflection of the deeper Inner Being's desire to unite in full intimacy with the Creation.

Attracting "two of them" could suggest a number of things, E. M.! At one level it might reflect that there is such a powerful desire to be loved that more **outer** (false) sources of **self** love "appear." The inner state always attracts the outer conditions!

We always attract someone who represents our transsexual side. Most relationships, until we have grown Spiritually and emotionally, are **Unconscious**!

Ideally we would be looking for a mate with whom we can **share** love and grow, versus someone "to make me feel happy." When we put the "Inner Marriage" first and **Love Self**, then we are able to bring the whole-of-who-We-really-Are into the relationship. Such an **emotionally available** relationship does not need the "other" for us to feel Love. Joy (Life's Purpose) is an **inside** job!

### *"Like attracts like"!*

As for your question: "What do I do next?" Be **Self-ish**! Be yourself! But do so without an "attitude"; i.e., without resentment or judgments of any kind. Don't "sell your soul" by compromising your values.

When you are clear and focused on how **you** would love to feel and be in a relationship, then Source Energy - under the Great Law of Attraction - will orchestrate and assemble all the cooperative "actors" into your "Play," which **you** are "writing" by your conscious or unconscious choice of thoughts. Thoughts which reflect your current beliefs and self-picture!

The different qualities you love in each of these two people you've attracted can be found in one person, but you will always attract in accordance with your current, dominant, average choice of thoughts! And if that calls for experiences involving love of more than one; well there's no rules written "in the sky" about **any** experience for growth being "wrong."

Love you! Be yourSelf! Then you will attract a relationship that matches that love and harmony - but without the confusion or ego gratification games that can come about when we are living by default.

"What next?" Enjoy the "Play," **Knowing** that you can do no wrong and there can be no "victims" in a Universe based on "Like attracts Like."

In Oneness,  
Dennis



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# Just The Facts

## Part III



In 1919, Mikao Usui, the eventual founder of Reiki, began his spiritual quest to obtain An Jin Ryu Mei, which is the Zen Buddhist term for permanent, complete enlightenment and peace. After 3 years of hard work at a Zen Buddhist monastery, he did not find what he was looking for. Deeply disappointed, he sought the counsel of the abbot of the temple.

The abbot then told him that perhaps he needed to die. By this, he did not mean the death of the ego, but the actual death of the body.

According to Zen Buddhist beliefs, there are certain age windows when enlightenment is more likely to occur than others: 18-21; 27-29; 33-36 and 41-44. Usui, at this point in his life, had already passed these age thresholds, so the path to enlightenment became more difficult.

In Japanese Buddhism there are three pathways to enlightenment. There's the temple experience, which is hard work, discipline and ego destruction. He tried this for three years and it didn't work for him. Then there's the extreme trauma of physically, emotionally, or mentally challenging life experiences.

The third way is through death. The Buddhist belief is that if someone works hard on his inner self and spiritual development, when the physical body is dying and the etheric body begins to disintegrate, he may come to understand his true nature and then die enlightened.

So he went to Mount Kurama to die and hopefully become enlightened. He didn't go there to fast or meditate. He went there to end his life, to prepare for death. He sat in front of a small hut on Mount Kurama and waited for death to approach him. After about 20 days he had the soul transforming experience of something hitting him in the forehead like a lightning bolt, and he became unconscious.

When he finally came to, he felt at complete peace, within and without. He wondered if this was the enlightenment that the abbot had told him about. As tradition suggests, Usui went to his teacher to confirm this. The abbot said yes, and now you must go out and teach others.

The abbot then asked him what else he had experienced. Usui told him that after he had his experience, he began his descent down the mountain, tripped and ripped up one of his toenails. He put his hand on his toe and it stopped bleeding and stopped hurting. He thought this was rather peculiar.

When he got down the mountain, he went to the next village to get some water. In a tea shop, he saw a girl who had a dental infection. He wondered if he could help her. He put his hand on her cheek and soon the swelling went down and she didn't feel pain anymore.

Upon hearing this, the abbot felt that these two episodes were significant and was convinced that Usui should include in his teaching, the teaching of healing.

Usui then went home and began practicing this healing on his family and friends. His experience on the mountain took place in March of 1922. One month later, in April of 1922, he started the association called the Usui Reiki Ryoho Gakkai.

Many of his first students were officers from the army and the navy, because he knew them from

his former career in political service. At this time, the government was persecuting many healing groups for healing without a medical license, and their leaders were put in jail. Because of his military connections, Usui was left alone and his Reiki association flourished.

On September 1, 1923, about a year and a half after Usui started his Reiki association, the worst earthquake in Japanese history hit Tokyo, at least until that point in time. 140,000 people died, 700,000 houses were destroyed and 2,500,000 people were made homeless within a half an hour.

The horrible part of this was that the earthquake struck 2 minutes before noon when thousands of homes and restaurants had lit fires for noontime meal preparation. What the earthquake didn't destroy, the fires finished off. Flammable materials in industrial plants and explosions at a munitions factory fed the flames. And then the oil tanks in the city began to leak and burning oil was flowing through the streets. People tried to escape to the sea, but even the sea was burning.

This was a terrible tragedy that continued its devastation of life in Tokyo for a long time to come. With several hundred thousand people in need of healing, Usui realized that there was no way he could help all these people by himself. And so the earthquake changed Reiki history completely.

**Next issue:**

**Usui's mission to bring healing to the earthquake victims and the growth of Reiki**



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# THE COSMIC SHAPE



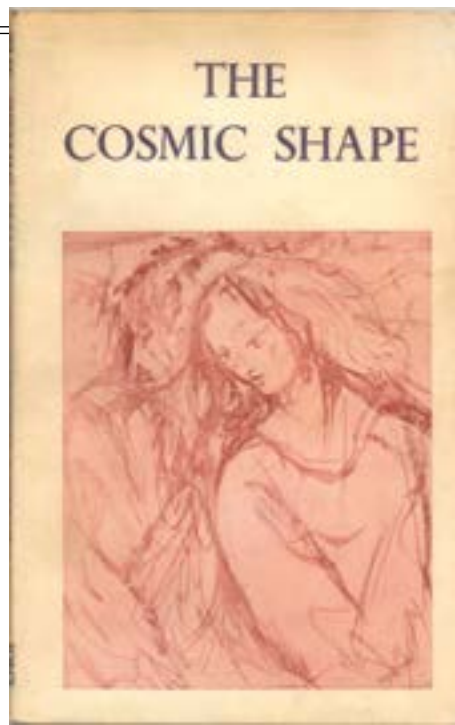
A Forgotten Poetic Masterpiece

Literary historians say that before prose there was poetry. That may or may not be the case, but certainly poetry speaks much more to and from primal imaginings than does prose. We can look at a landscape and describe in minute and careful detail each and every facet of the 'lay of the land'. Pages and pages of descriptive voluminosity may give us but a quotidian pronouncement that the land is hilly, that the land is filled with trees and shrubbery, and that a stream runs through it down the hillside. And, indeed, there are masters of prose, such as Thomas Hardy who give us rich descriptive passages into which we can travel ... but in prose, no matter how rich and wonderfully precise in detail, we travel through it and come out the at the end, still sitting in our easy chair - wistful. And the prose, while it may indeed strike a telling resonance within us, remains on the page.

One line of poetry, on the other hand, can forever lift us into a magical realm - and there are indeed classic children's stories and magical novels that do this very thing - but I am not addressing them - allow me my pressing fantasy and that fantasy is that of all types of literature, it is poetry that most speaks to and from the soul. Not really fantasy, for it is true. Yes - true; a single line of verse, laden with profound meaning, hidden, possibly to those whose will denies the mystic, but pregnant with meaning and possibility to those who have an open heart and an unrestricted mental consciousness. A single line of verse can take root in the heart - in the soul ... forever.

I have before me a book - a book by two individuals - only one of them is a poet - one is an essayist, the other a poet; or perhaps they were both poets but in this book only one of them is THE POET. Not all poets consciously set out to produce poetry of mystical import. But each one of them, whether speaking plainly of rustic but doughty country folk, or casting about in the nether reaches of mythology and history for universal truths, or dreaming from a mountain top and sending out spiritual insights in swift, puissant poetic pronouncements enriches our world with a thing far beyond the leaden, clayey feet of prose. Such is the poetry of "The Cosmic Shape".

You may say, wait a minute! How can there be two authors of a single poetry? Well, don't worry, it is not poetry by committee. Ross Nichols is THE POET, and James Kirkup the essayist. Kirkup is the individual who first gives us, in this book, a wonderful discourse on the importance of ancient mythologies as both source and



continuing natural sustenance to modern humanity and, especially to our poetic consciousness. The essay alone is worth the price of admission. Mind you, this is a generation before Joseph Campbell's illuminating work. Kirkup's essay is certainly prose, but of the best sort, as it informs and it points our minds to intricacies and formulations and possibilities:

"Mankind may have grown out of myths simply as explanations of the universe; but its need for myth as dramatization of nature's processes, as shapes to feed the imagination, as foci for seasonal activities, is probably as great as ever."

And this, wherein we see the germ of New Age deliberations (it was 1946) about the necessity of regaining our roots and our connection to the land and the universe (after a devastating World War):

"The bringing back of average people to a land from which they have been divorced by industrial developments over which they have had little if any control is urgently necessary; ... this means we are again at the ground-plan of civilization; we have to consider the conditioning of the assumptions made by the average man, a man now strangely alien from the earth: doing in new form the work done by the earlier myths."

Kirkup's essay, "An Examination of Creative Myth", is excellent and still speaks to us, maybe even with a greater sense of urgency, as the world we know, love and cherish is being threatened by corporate, industrial machinations that will ruin forever our environment. Some of the chapters (short as they are): The Gods and the Soil; Myths and Greater Faith; The Social Functioning of Myth; The Native Deities; The Archtype of the Cosmic Myth; Some New Valuations of Myth.

Which brings us to our POET, Ross Nichols, a mapmaker of the "mind's anatomy". He and Kirkup present a statement of intent just prior to the poems, which says, in part: "In the belief that myth and legend, new or old, are of operative value in the adjustment of man to natural environment, to

study the use and creation of myth, especially of seasonal myth, and of regional legend, as means of inducing more imaginative co-operation between man and nature." and this: "Whilst guarding the right to literary experiment, to endeavor to relate the the momentary flash of image or phrase to an organized whole, renouncing the cult of novelty for its own sake as archaic and distracting."

The first poem is titled THE COSMIC LEGEND, which gives us the title of the book. It is a passionate explosion of mythos and spirit presented in poetry of high beauty and wonderful strength. I shall only present a few brief excerpts, which, I hope will serve to demonstrate the poetic power of Mr. Nichols. (four periods in a row indicate skipped lines)

*"Coos the ringdove with incipient domesticity,  
fishes dart in water manifold in progeny.  
The May-King leads the celandine smiling over field  
and hill,  
Adonis the white hunter tips his arrow for the kill.  
On mountain-side the moon Selene loves Endymion's  
sleep,  
monthly in her waxing waning dotes upon his fleece-  
touched cheek.  
Adonis will not Aphrodite, Endymion care but for his  
sheep:  
yet goodness of love and death still the young men seek.  
Dark the young strength of Arthur's name,  
pale as the fatal horse his fame  
who Gascoyne too with iron hook (swimming serpent of  
the night)  
fisher of the northern mere and islands scarfed with  
light.*

*The cup is filled the cup has power  
the waters of new vision flow,  
the crops upstart, and into flower  
the later grasses grow.  
The deep mist drowns the northern land  
and channels of the yellow south  
floodwater fills; the lance upstands  
and pierces the balloons of drought.  
Within the storehouse fill the shelves.  
The people in the copper throne  
intensely burnished, see themselves:  
the people and the king are one.*

Legend of the earth's beginning, of the unaccomplished state Innocent of crime and virtue, Isis and her Horus-mate son and husband, master tale whereon the race-myths variate."

In another poem, **THE GLASS FABLE**, portents of doom given ... such an old mythos .. awake! awake! pay attention.

*"The young prince rides in the wood  
alone, upon a crimson steed.  
The green leaves are gone,  
the white flowers are a ghost the rain  
dissolves, and dead leaves remain.  
....  
He speaks not, his tears fall on the ground.  
The sun is frozen  
in the distant archways of the clouds.  
He wears the twilight as a veil  
and darkness follows in his train.  
continued on page #20*

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continued from pg #1

## On the consideration of Hydrofracking

There is little discussion of the impact to air quality in areas of fracking. Accompanying well pads which often cover about five acres, are compressor stations which pump the harvested gas through pipelines. These compressors are fueled by diesel engines that run 24 hours a day, making constant noise, emitting diesel exhaust and venting fracking chemicals and methane into the air. This mix creates a layer of ground level ozone which can cause serious lung damage.

The gas industry has plans to put over 80,000 wells in Upstate New York. While New York has boasted that it will have some of the strictest gas drilling regulations in the country, in fact it has proposed some of the most lax guidelines. According to the DEC's Supplemental Generic Environmental Impact Statement or SGEIS, well pads will be permitted within one hundred feet of a home or school and three hundred feet from a water well. New York also has a law called Compulsory Integration. Even if you do not sign a gas-drilling lease, you may be forced to allow drilling to take place under your land.

**If you are worried, you are not alone.** When the SGEIS was released it received more than 66,000 comments from the public, an unprecedented number for an environmental issue. During the past year there have been numerous efforts at lobbying the State Legislature, letter writing, rallying, and local efforts to get towns to pass moratoria and bans. Scientists, engineers, medical professionals and medical associations have made pleas to the governor's office to listen to objective science, rather than that presented by a particular industry and its adherents.

**What can you do?** Find out what stance your town is taking with regard to gas drilling. Read everything you can about hydrofracking and inform your friends and neighbors. Circulate a petition requesting that your town pass a moratorium to halt any possible gas drilling activity while your town board better understands the human and financial costs of this process. If a moratorium is already in place, follow the same process to request that your town enact a ban. It will be vital to get like-minded residents to attend and speak-up at town meetings. If your town board is unresponsive, remind them that their primary responsibility is to protect the health, safety and welfare of their constituents. Finally, write to and call your local and state politicians and let them know that this issue will affect the way you vote.

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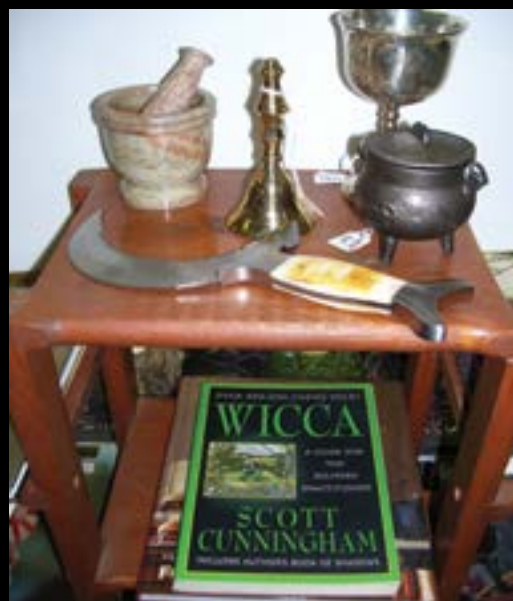
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# Developing Communication with Spirit and Finding Purpose



by **Dave Bennett**

Since *Voyage of Purpose* was released, I have been receiving increasingly more correspondence from people who are starting on similar paths as mine. Some are asking, "How can I develop communication with Spirit and find my purpose?" In this article I want to encourage and give some initial guidance and recommendations.

Developing our communication with Spirit can be confusing and difficult, especially

in the beginning and even more troubling when trying to use that communication for finding purpose. I've learned it requires spending time to discern what is Spirit communication and what is normal mind chatter. I had similar problems especially after my Near-Death Experience (NDE), because my mind would sometimes try to sound like Spirit. I found it helpful to start using Creativity to help me get a handle on what was Spirit and what was incessant mind chatter.

I believe our inspiration comes from Spirit. I know we all have something that we love to do that brings about inspiration, maybe it's music, art, crafts, writing or whatever. As we participate in these activities that bring us joy, I recommend devoting all our attention to it and see what new ideas pop into our consciousness. Explore the new ideas further and try to accomplish them. I found as I worked in my creativity my heart would sing when new inspiring ideas came into my thoughts. That is a very subtle way Spirit can start to communicate so we can hear it above the chatter in our brains.

I also recommend meditation to everyone on a spiritual path, I know, I know, that in itself can be a challenge. Meditation is great, yet if your having trouble quieting the mind try a ceremony before the meditation. Ceremony gives the mind a chance to wind down. Something like lighting a candle and giving your gratitudes for all the good and all the obstacles in life, then visualize them going into the light so they can achieve the highest good for all. I found that simple ceremonies gives the mind something to do and helps in quieting it. For example, look at all the ceremony that is part of church services, they have a purpose.

Take a moment to unplug from all the technology and visual sensations. Focus instead on "Being." Once we tap back into the world around us we can see it as it really is; Multiple streams of consciousness that are part of a single wholeness with infinite possibilities.

Our Purpose reveals itself with spiritual maturity.

*continues on page #29*



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# NY LIGHT Angel Light Spiritual Center of Utica, NY

Hi -

My name is Roger and I would love to help you heal yourself, your life, and ease your grief. I am a Spiritualist, Psychic Medium, and Reiki Master offering peace, health, and life situation.

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Love and Light,

Reverend Roger Frank



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# Hypnosis for Fears and Phobias

By Virginia R. Waldron, CH

In hypnosis we use a process of systematic desensitizing, gently and permanently, to help our clients overcome and release fears and phobias. So, what is fear? What is a phobia? How are they different? How are they the same?

The dictionary tells us that 'fear' is the emotion or condition of being afraid; an uneasy and disquieting feeling that one is threatened, not in control. A 'Phobia is a persistent, abnormal, or irrational fear of a certain thing or group of things that goes beyond fear's unease.

A Fear is something you CAN deal with

A Phobia is something you CANNOT deal with - fear intensified

The subconscious mind does not differentiate between real and unreal. If you think hard enough about something that causes a feeling or emotion, you will feel it. What the mind believes the body manifests. If the mind perceives something as a threat, even if that belief is not part of the real world, the whole person experiences fear and dread.

A phobia is an irrational fear, the experience of which can produce an irrational response - such as chewing ones nails, or a massive response where the body systems are involved, as in a panic attack. The word "phobia" originates from a god of ancient Greece - Phobos the god of Fear. There are countless definitions of phobia, but the most apt one defines a phobia as "a fear of a fear".

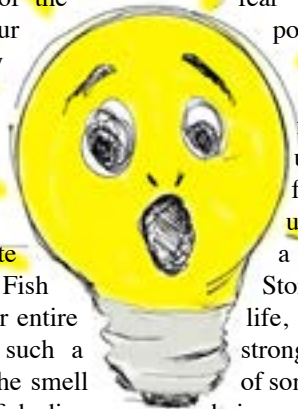
Fears or phobias are not rational, they do not come from the rational part of the mind, they are not cognitive, they don't need to make sense to anyone else to be painfully real and powerful. Individuals with these issues often spend lifetimes avoiding any circumstances that bring them into contact with the object of their fear and dread; or they go to their doctor and often end up taking drugs like antidepressants. Hypnosis, on the other hand, can, in most cases, eliminate or alleviate the fear or phobia with minimal effort and no negative side effects.

## Hypnosis, Regression, and Desensitization

One very effective and often immediate way of releasing and overcoming a fear or phobia is with hypnotic regression. This is a process where through the altered state that is hypnosis, the subject moves through memories that are affiliated with the fear or phobia, right back to the original experience, what we call the initiating event. This is the place where the negative emotional charge was first experienced and a trigger is set up that repeats the negative emotional charge whenever the memory is touched. Sometimes we know where that place is, most often we think we do but we don't. Through hypnosis and regression we can find that place, the event where the fear is initiated. Most often this is all within the subconscious mind, and not much lies above the surface in the conscious mind. Finding this

source enables and empowers the subject to release the negative charge and let go of the fear. Once that is accomplished, any associated emotions or fears are also released.

The basis for regression is that once the origins are brought to light, once we know where the negative energy is blocked, we can release it, let it go - name it and claim it - and we will be free of it. Hans Ten Dam writes in his many books about regression therapy that "It is what we do not know about ourselves that can hurt us." Knowing what the origins of the fear allows us to reclaim our power, all the energy and power we have put into fear at bay us and we are released from its us. In the article I wrote a few years ago, "Kiki's Fish Story", Kiki had spent her entire life, over 40 years, with such a strong aversion to fish that the smell of someone having eaten a fish dinner being near her would make her gag and the sight of fish swimming in an aquarium would make her nauseous and dizzy. While doing some past life work for another issue, she discovered the place where the smell or sight of fish was deeply associated with shame and guilt. Bringing to the surface of the conscious mind the source of the negative emotional charge allowed her to understand her aversion, realize that it was in the past (some 1600 years ago) and had no place in her current life. Today, more than 14 years



later, she enjoys eating fish on a weekly basis.

Desensitization, as a process with hypnosis and regression, focuses more in the current life, but uses regression to find the source of the issue - the origins of the fear or phobia in the current life. Step by step, the subject moves towards the initiating event, releasing any negative emotional charge that comes up, and allowing the client to dissociate from that event with the awareness that they are safe and calm no matter what. There are several techniques where this can be done safely and with ease and comfort. In some the event is re-framed so there is no longer any cause for the fear.

In the case of a flying phobia, for example, the hypnotist will take them through the entire experience of taking a trip on a plane, from initial stage of choosing to make the trip to entering the airplane and landing at their destination, step by step. At each step the negative charge of the fear or phobia is released, at a subconscious and conscious level.

Of course, the individual must want to get rid of their fear or phobia and must act in partnership with the hypnotist, in order for it to be fully effective. If for any reason the person believes there is still something to be gained by being afraid - even unconsciously - they will resist the changes of being free of their fear. This is the kind of emotional baggage that would require a fully qualified mental health practitioner's expertise. You know the joke -

**How many psychologists does it take to change a lightbulb?  
It depends - first the lightbulb has to really want to change. ....**

### RoseHeart Center Classes for Fall, 2012

The RoseHeart Center  
254 Highbridge St.  
Caryville, NY 13066

This is a list of the classes that will be offered at The RoseHeart Center in September through November, 2012. To find out more about these classes or sign up contact the instructor as listed, or go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com)

#### EFT - Tapping Thing

w/Virginia Waldron, CH, CI - 315-243-1828 or [gabeco@diamondscape.com](mailto:gabeco@diamondscape.com)  
Tuesday, Sept. 11th - \$25 (by Sept. 5th)

#### Angels Through The Ages: A Multimedia presentation

w/Virginia Waldron, CH, CI - 315-243-1828 or [gabeco@diamondscape.com](mailto:gabeco@diamondscape.com)  
Sunday, Sept. 16th - \$25 (by Sept. 10th)

#### Connecting to Your Inner Mentor: Self-Hypnosis For Self Betterment

w/Virginia Waldron, CH, CI - 315-243-1828 or [gabeco@diamondscape.com](mailto:gabeco@diamondscape.com)  
Sunday, Sept. 30th, 2012 - \$25 - (by Sept. 25th)

#### Past Life Regression Training Program

w/Virginia R. Waldron, CH, CI

Friday evenings and all day Saturday & Sunday - October 12-21, 2012

To sign up for this course students must have NGH training in hypnosis or equivalent (40 hours of training) and at least 5 months practicing as a hypnotist. The fee is \$675, with a non-refundable deposit of \$175 before Oct. 1, 2012.

To find out more contact Virginia at 315-243-1828 or [gabeco@diamondscape.com](mailto:gabeco@diamondscape.com).

### Healing Through Time - A workshop in past life journeys

w/Virginia Waldron, CH, CI - 315-243-1828 or [gabeco@diamondscape.com](mailto:gabeco@diamondscape.com)  
Sunday, December 2, 2012 - 1:00 - 5:00 - \$55

This is an experiential workshop in past life journeys. The first part will include some lectures and discussion on past life journeys. The second part will be guided journeys into past life memories in a safe and comfortable group environment. There will also be plenty of time for questions and sharing experiences at the end. Bring a comfy pillow and/or blanket, your journal if you have one, and all your questions! Space is limited to 12, so pre-paid registration is required by Nov. 20th.

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

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

#### Introduction to Shamanism

w/ Cindy McGinley - [www.blackhorseconsulting.com](http://www.blackhorseconsulting.com), or 315-289-2930

Tuesday, Oct. 2nd, 2012  
6:00 a.m. to 8 p.m.  
\$35.00

#### Basic Course in Shamanic Journeying

w/ Cindy McGinley - [www.blackhorseconsulting.com](http://www.blackhorseconsulting.com), or 315-289-2930

5 consecutive Tuesdays beginning Oct. 16 and ending Nov. 13, 6:00 a.m. to approximately 8 p.m. (Prerequisite: Introduction to Shamanism) \$175.00

#### Advanced Shamanic Journeying

w/ Cindy McGinley - [www.blackhorseconsulting.com](http://www.blackhorseconsulting.com), or 315-289-2930

5 consecutive Thursdays, beginning Thursday Oct. 18 and ending Nov. 15, 6:00 to 8:00 PM (Prerequisite - Basic Course in Shamanic Journeying) - \$175.00

#### Healing the Earth

w/ Cindy McGinley - [www.blackhorseconsulting.com](http://www.blackhorseconsulting.com), or 315-289-2930

This new event will take place on the first Wed. of each month starting November 7, 6:00 - 8:30 PM. A donation of \$5 is most welcome.

# THE COSMIC SHAPE

continued from page #11

*Around his head  
the night begins to brood.  
Upon his shoulders slant  
the last leafless shadows, and a faint  
horn is sounding in his brain.*

*.....  
The prince is at the door,  
before a golden window  
the shepherd-boy is seen  
his face is glimmering like swans  
through countless dark, translucent screens  
they pass like specters into glass  
as leaves sink through the surface of a lake.*

*....  
And over all a gray arch bends  
in which is hung one soundless, cloud-filled bell  
that listens in the centre of the night.*

*this is petrification that can breathe and stir.  
From hidden, countless stars the pillars  
hang like stalactites; and pedestals  
emerge and grow from bases in the floor;  
the cornices and parapets along the topless halls  
are fashioning their own design,  
and put forth ornament and peristyle,  
capital and plinth, as any growing plant  
delivers teems of flowers to the air.*

*....  
In all the air a strange hush hangs,  
as if a multitude had vanished;  
the lutes, the lyres, and the harps  
that lean their heavy, gilded wings from galleries of  
clouds,*

*await the touch and return of invalid musicians:  
the empty crescent of a ballroom  
hovers fluorescent on the dark - a masquerade  
of dancers has dissolved, here, and fallen*

inexplicably into the darkened radius of the moon.  
Who is **THE SLEEPER IN THE EARTH?** which poem  
begins more prosaically, with what may be deemed, even,  
a conversational attitude, as the poet regales his audience:

*"I wish that I could tell you all,  
and how it came to be  
that I, a wanderer on hidden roads,  
was roused from the mephitic spell of clay  
in which my weightless hair had seemed to drag my  
loaded head away.*

*How I, a chained creature, whose elastic shadow  
chafed at the freedom of the public parks,  
was suddenly constrained to make my best departure,  
summoned by an urgent bell, that stopped  
my heart with silence at a shut gate's iron No.*

*And I became a veiled figure of the evening, hurrying  
along deserted pathways, sinister, alone, and always late  
...  
how with half-averted face  
I stumbled slowly round the darkened room of death.*

*But it is difficult for you to know  
that I cannot announce myself  
conventionally, with formulated greeting:  
no, I must take you unawares, insidious as fear, or slow*

*poison, suddenly as spring, or night in the tropics.*

*Who is it that speaks in this poem? Further on, a clue  
is offered:*

*I am the earth's black crescent  
shadow on the white wall of the moon.  
I can be simple or profound  
like mountains or indolence,  
unapproachable as silence, and good as love.*

*I love the shape of man, I am the warm  
current in the grey rock of grief.  
My skin is white or dark, my clothing fur  
or silk or grasses: still my curious human form  
remains unchanged, my blood is warm with love.*

*You clouds, that go  
before me if I am the wind,  
and die for me if I am rain or snow,  
are made whole again, somewhere,  
somehow, by a secret we all shall know.*

*You, volcanoes, whose black  
hearts bleed in pits of ice,  
and you, the jellied sea-cave, re-echoing  
a harp-shaped ocean, like a delicate shell  
embedded in the forehead of the listening cliff.*

*Darkness, you, too  
with your mysterious offerings  
of sleeplessness and sleep,  
and sometimes the moon's half-smile*  
immobilizing action in a dream of flight.

And memory, that comes and goes  
without a sound, and at a word  
revives and flourishes like toy  
flowers in the remembering brain's  
dark pool of lost colours.  
Illness, that breaks the hand's subtle lines  
and numbs the cherished face with pain, or fright ...  
(O pain, destiny and death, O how  
shall we destroy you, glittering  
underground, inexhaustibly mineral?)

All these I find again  
as I dream I move within  
my chrysalis of wood and earth.  
Wait for my hollow eyes to be re-opened  
and my limbs to be renewed in Time's

curious rebirth.

I walk now  
through the earth gathering flowers.

There is much of Arthurian suggestion and hints of  
Taliesin wisdom, For those entranced by the powerfully  
imagined mythology of the distant Celtic past he offers a

## CELTIC SONG

Browse around my island-ground  
mute my trees and magic flocks,  
brown sands silvered: tabor sound  
in and out the giant rocks.

Birds of glory and of pain  
diving into stream and sea  
in the rainbow-coloured rain  
are fishing for the salmon beauty.

In the white mists hang the saints  
standing on seraphic stones  
of cloud reflecting in the sea,  
over ossifying bones  
browsing on eternity.

Mute my trees and magic flocks,  
tabor in the giant rocks.

From a poem titled FLOWER AND SPIRIT we acquire the  
following (and this shall be the last I shall excerpt from  
Nichol's beautiful work:

Pattern repeats, the mother pattern linking  
design between humans, ritual elaborations  
the primitive and the fantastic decorations  
the enrichment of Thibet and Nijinsky's arabesques ...

Fixed hieratic formal  
the quartered symbol of the golden flower  
in thousand variations: universal dream  
primary in the mind's anatomy,  
a symptom, an expression, a purgation,  
fixated shape of madness and of art,  
man's flower of unfoldment.

....  
With spirit draw trees, rocks and clouds, so that the heart  
spirit-resonant, shall be able  
to move the hearts of beholders, and cause them to ponder  
behind appearance upon the very meanings.  
The spirit causing the brush to move is seizing  
without doubt the shape of things  
and in an order will establish them;  
and so from the wonderful winnows by art the true.  
and following flexible the transient forms  
of mists and moon, of skies and wind,  
between the scene and the ink and the brush must move  
rapidly, so that all things fly or move.  
and so from the heart reach to significance  
and so from reality move to one sublime meaning  
uniting the likeness and the spirit in truth.

Ross Nichols partakes of all western mythology and sacred  
memory in his poems (and some of the East too). He dares  
to reflect on the terrible. He rejoices in the beautiful. It is  
all there as can hardly be sufficiently pictured in these brief  
lines. A poet is like a guide, pointing out the placement  
of our feet on the path so that we may come safely out on  
the other end. We traverse the path they limn through the  
dark - as they have painted with enlightening gold its edges  
like the sun on a dark cloud. This poet's path leads to and  
through the heart.

THE COSMIC SHAPE - An Interpretation of Myth and  
Legend with THREE POEMS and Lyrics.  
by Ross Nichols and James Kirkup. Published by The  
Forge Press, London, (1946) The Second Edition.

The book is long out of print and may be difficult to find.

*Fourth in a series by Tony Riposo*

## Yoga, Wellness, and Self Discovery - part 4 YOGIC BREATHING

*by Tony Riposo*

How often are you aware of your breath? Everything you do throughout every moment of the day is inseparably connected to the way you breathe. The quality and the rhythm of your breath changes the way you experience whatever you are doing and most importantly, your overall wellness. So how are you breathing?



You might be thinking, "I breathe just fine, after all I have been breathing all of my life." Ah but could you breathe better? Your overall wellness is reflective of the quality of your breathing habits. In fact, of all of the sources of energy that sustain us the breath is the most important; without it we die in minutes. Interestingly, most people never work on their breath. Our breath is a habitual experience, something that we just do and take for granted, but you can change the way you breathe just like you can change anything you do. Think of breathing as a form of exercise, a way to strengthen your respiratory muscles so you can be healthier.

On average, most people are shallow breathers utilizing only about two fifths of their lung capacity. Shallow breathing affects our overall wellness because our bodies maintain certain levels of oxygen to maintain vitality. By exercising our bodies to breathe fuller breaths and increase saturation levels in our bodies, we improve our overall health and wellness.

The breath is connected to every function of your body. Your breathing directly affects heart rate, brain function, memory, mood, stress and energy levels. Breathing also has a positive effect on the immune system and healing. Deep breathing massages internal organs, improves circulation, and strengthens muscles. Breathing practices have been helpful with respiratory allergies and sinus conditions. How do you tie into yoga?

Yoga has been using breathing practices for thousands of years. In yoga, the

are called Pranayama. Prana means energy or life force, the energy that sustains us; and Yama means to control, master or restrain. So the practice of breathing or Pranayama is the practice of being in control of your life force energy. Becoming conscious of what you are doing creates an opportunity to change your behavior. You change your very being by changing the relationship you have with your breath. You are not just breathing; you are the one that is breathing.

Yogic breathing practices are usually led at the beginning of a class and are used to create a certain kind of experience depending on the type of class. There are dozens of yogic breathing practices, all wonderful and beneficial depending on what you're looking to do, but the most important thing is that you practice. As with anything, the more you practice the better you become at doing it, using it, controlling it, and understanding it.

Starting a class with pranayama creates a calm, focused, relaxed mood often referred to as centering. Many types of yoga also use breathing practices as a meditation focus.

The first step is to relearn how to breathe and then build from there. In a yoga class you become aware of your breath and then you relearn how to breathe with control. As a result you

begin to change your habitual breathing patterns and the relationship you have with your life; your mind, body and spirit. You start to have control over how you are and what is happening to you. If you change your breath, you change your world.

For more information on breathing from a yogic perspective and easy to learn breathing practices, see our website at [www.InfiniteLightYoga.com](http://www.InfiniteLightYoga.com), articles section, "Breathing and Yoga."

Yoga and everything it offers us is beneficial to our health and wellness; our mind body and spirit connection. Yoga is for everyone if you find the right teacher.

Let today be the day that you become more. Find a yoga teacher in your area that incorporates Pranayama (breathing) into their classes and start taking classes right away. It will change how you live your life! Remember, if you change your breath you will change your world!

In future articles we will continue to look at yoga-related practices and explore how they can become a vehicle for real change in our lives. You can't do yoga and not change.

Tony Riposo

Infinite Light Yoga Director





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# SUN SIGN POTENTIALS

A Guide to Understanding Self and Others

## VIRGO



by Dennis Cole

### Autumn Greetings!

In this issue we will continue in our series on the 12 signs of the Zodiac, with **Virgo**.

To learn more about this **Solar Astrology** approach to interpreting our "seed" potentials, you can refer to the Metaphysical Times Summer 2012 Issue (pg. 25). These are also achieved and you can find that Issue online by going to [aquariusservices.com](http://aquariusservices.com) and click on "articles."

Again, we will look at some excerpts from my book, "**Sun Sign Potentials A Guide to Understanding Self and Others**," with a focus on the four major Signs that relate to **Virgo's**: "**WHAT - WHERE TO - HOW AND WHY**" approaches to the essence of this life's focus.

### ♍ VIRGO

August 23 - September 22  
This 1st Solar House Cusp relates to the "WHAT" of Your Life Focus.

Your Sun sign, Virgo, is an adaptable earthy

sign. In other words you can be flexible, intelligent, discriminating and practical. Your ruling planet, Mercury, relates to the analytical and discriminating conscious mind, intelligence, assimilation and communication. Your life, like the last days of Summer in which you were born, can focus on growth and development. This discipline, personal training and growth, then enables you to adapt readily to the world of others. Often this can be through some form of **work in service** to others.

So much of your life's energy is poured into self-discipline, personal development, learning, and work. In fact you can grow well as you overcome crises. And crises situations - whether work, health, "critter" or otherwise related - often seem to be your approach to growth. Harmony through conflict!

You have a tendency to analyze, structure, categorize and control things in your detailed drive for order. Perhaps that's why you

attract imperfection - so you can "do your thing" and try to perfect it, or him, or her. Of course you also have a tendency towards self-perfection. There is a saying: "Perfection is the antithesis of creativity."

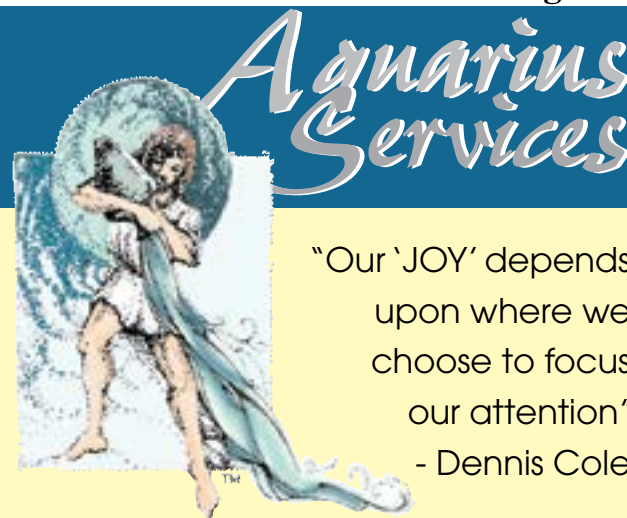
Your "cousins" in the Zodiac are the two other earthy signs, **Capricorn** and **Taurus**. From them you inherit such qualities as perseverance, ambition, determination and loyalty.

Negatively, your need for order can manifest as an excessive preoccupation with petty details. Sometimes it comes out as nagging or complaining. Sometimes as criticism, sarcasm, and even self-criticism. Mark Twain said: "I've seen a lot of problems in my days, most of which never happened."

So you can see, your in-born talents for discrimination and methodicalness can be used for good or bad.

Sometimes it might help you to realize that there is probably an overriding

*continued on page # 26*



"Our 'JOY' depends upon where we choose to focus our attention"  
- Dennis Cole

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continued from page #25 **SUN SIGN POTENTIALS - VIRGO**

"Hand" and order in Creation. There is a reason - and a season - for everything and everyone is connected in some way.

Life is pretty important and sometimes you will benefit by not taking it quite so seriously. Having some fun and play periodically is good for both your personal growth and your health - not to mention, your relationships!

Sometimes your inclination to analyze, categorize and perfect can come out in rather mundane ways. For example, you may find yourself while dining, unconsciously brushing the crumbs into a neat little pile and pinching them onto a plate as you sit and talk with others. This sort of discrimination and structuring will not likely hurt you nor others. However, complaining about some facet of the meal or the weather, and so on, this does hurt you, as well as others! James Allen wrote: "There's no room for a complainer in a Universe of Law." And the most Universal of all laws, Virgo, is the "Law of Attraction" ("Like attracts like")!

Because you are practical and discriminating, many of your negative complaints may be kept to yourself. This, of course, would come out, in the long run, as some form of "dis-ease." Whether this is in the area of health, work or otherwise - it all stems from **within!** By changing your thinking you will find an amazing change in your outer experiences. The Universe is unfolding as efficiently as possible for the benefit of the Whole. This is true because we all attract in accordance with our **choice** of thoughts. This, in spite of any tendencies to complain and sometimes think that there isn't Order.

Although your brushing the crumbs - or straightening a picture can be rather mundane manifestations of your energies, you do have a gift. This is an ability to take the initiative in dealing with details and practical organization. You are very capable of applying much energy and creativity into new work situations, personal development, and other practical new beginnings. Obviously work is a keynote in your life; and this can become a great source of Joy and creative fulfillment for you, as well as for those whom you serve.

We all have a love for certain things. For you this can involve such things as your work, your training and disciplines, maybe even your pets! You can take pride in these areas. You can shine at your best when you are able to be creative in your work, or in service to others.

To get to this point of discipline and self-development, so that you can joyously serve others, there are prerequisites. You will find that you will do better when you discriminate and observe Nature's laws. This includes a need to view the body as a Temple. In order to become an active participant in positive Creations, there is a need to find relative balance between Body, Mind, and Spirit. Voltaire gave one key which could help with this balance when he said, "All things in moderation, nothing to excess."

You probably will feel a need to be respected for your hard work. This includes a need for respect for your practical intelligence and organizational powers. You are capable of leadership, initiative and creativity in your work. And the respect comes through discipline and generosity motivated by

service to others, based on the highest standards of quality.

Whether in one place, or many, you are likely to see many new beginnings relating to your **work** and **personal development**.

Virgo is associated with the intestines and abdomen, and where the life is not disciplined the soul may try to get your attention to the need for letting go of resistance to change, through anatomically related problems: Colitis, irritable bowel syndrome, colon cancer or constipation for example. So, King Solomon's words of wisdom can prove helpful to you: "A cheerful heart doeth good like a medicine."

♊ **Pisces 7th House Cusp Influences**  
(This 7th Solar House information relates to the "WHERE TO" of your current intended Life's Focus)

You attract an emotionally-giving, sensitive and idealistic

type of partner. Your mate or partner - anyone whom you may have a close relationship with - would be the type of person who sometimes gets caught up in the past. Also, partner can confuse, or become confused, at times. This person can sometimes become quite emotional and protective - not to mention, secretive.

Your mate may sometimes show a "what's the use of trying" attitude. On the other hand, spouse or partner is capable of leading a spiritually-rewarding life, and often can help others in some way.

Before this person in your life can begin to succeed, they may have to learn to overcome self-doubts, self-pity, emotionalism or fears. Perhaps they may best do this by realizing their spiritual inner connection with all people and Creation.

Your mate's ideals begin

to be realized more as they evoke more of a "Thy will be done" attitude, and as they lose themselves more in selflessly helping others. Your partner also grows by adopting some of your practical, discriminating, hard-working habits. And you grow by occasionally being open to your mate's tendencies towards compassion, feelings, and a capacity to tune into the inner worlds - the spiritual and the abstract. Through partnership experiences and influences you can learn more about faith and idealism. Through your mate you may learn to loosen up more emotionally. You may learn that life can sometimes be lived quite enjoyably without always getting caught up in details or analyzing everything.

Your mate and, possibly, some of the children and co-workers who come into your life, have likely

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## METAPHYSICS OF LOVE THE JOURNEY TO MEET SELF

by Dennis Cole

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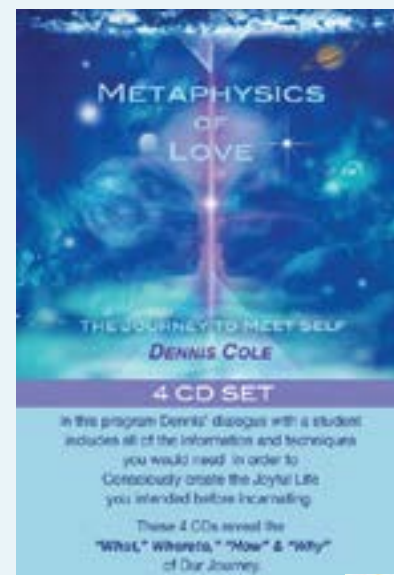
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been with you before. And through these close associations you will more deeply realize the spiritual significance of others.

As you occasionally let go of tendencies to get caught up in words, plans, explanations and details, you may begin to learn to "see the bigger picture" in life. You may reap the rewards of personal growth and inner peace through well-timed balancing of the practical details with the Universal perspectives.

### ♐ Sagittarius 4th House Cusp Influences (This 4th Solar House information relates to the "HOW" of your current intended Life's Focus)

Your family - especially your mother - in some way, has a strong influence on your outlook on life. This includes the moral, spiritual and psychological foundation you are developing.

As time goes on you are likely to become more interested in religion, philosophy, psychology and other forms of higher knowledge and understanding. In addition you're likely to be more in need of freedom, travel, the outdoors and, possibly, some form of writing or teaching. You may even end up living in another country or place far removed from your birth place. Other later interests may include medicine, travel, work, law, speaking, or some creative service to others. You can be generous in nurturing others. There is likely to be travel and distant communications associated with mother or

family. You have luck or can benefit, through mother or family. Also, through property. You would appreciate a spacious home. You could enjoy a home in the country or where you could have some freedom and space. You need this "elbow room" in your home, and, in some way your home can attract people from distant places - including other countries.

Your mother, and family in general, values honesty, has a sense of humor, and a tendency to get to the point. She may have to learn not to "step on others' toes" however, with her philosophy. For she can be a bit outspoken at times!

Truth, freedom, knowledge and understanding are important "cornerstones" in the foundation you are building in this life. These will make you feel more secure and rooted, and will better enable you to "do your thing," which is to reach out actively in service to others.

### ♊ Gemini 10th House Cusp Influences (Relating to the "WHY" of Your Life Focus)

You need to be respected for your intelligence, your ideas, and your ability to assimilate and deal with immediate situations in your work or social activities. Yet this full respect or recognition seems to take some time before it is achieved. You may have a need to be remembered for what you can accomplish with your mind, your ideas, or your hands.

Perhaps there is a delay in this recognition because of your flexible, serving nature! Or perhaps it is due to

your innate shyness or nervous nature! It could also be because you sometimes have more than one ambition, or career, on your mind. You could easily be involved in two major areas of expression for fulfillment in life.

Your work not only involves striving for respect for your creativity and original ideas; it also allows you to communicate and to meet a variety of people.

Your father is probably an intellectual, youthful, freedom-loving, person who tends to view life in an objective manner. He is likely to be significantly involved with people, words and ideas. And his work can involve helping others who are limited or confined in some way as he sees them.

Finally, Virgo, may all of your hard work and crises situations bring you to a point of pure discipline and balance.

Yes, continue to work on self-development, but by also being willing to "get out of self" and helping others who are in need, you are likely to create a much needed inner harmony. And, yes, continue to discipline self, discriminate and work hard! However, by learning to occasionally escape from this routine and relax - without a negative or critical attitude - you will bring much more balance and inner peace into your life. By letting go, periodically, and loving yourself, you will ultimately be better able to love and serve others.

*In Oneness,  
Dennis*

## Some Highlights in the Year Ahead for Virgo

The following Key planetary cycles for **Virgo** will relate especially to the "**WHAT**" - "**WHERE TO**" - "**HOW**" & "**WHY**" experiences in the life of Virgo. The preceding **article** for **Virgo** will give you more detail, as to what you can expect to be highlighted when these cycles come around **every** year.

So, please also refer to those keynotes, which apply **every** year. Then, you can factor in some of the following cycles that are specific to Virgo's year ahead:

Your "**WHAT**" cycle of life is activated for self-renewal and new beginnings every year at summer's end. This year the new moon of **September 15, 2012** can bring you the urge to meet life with a more spontaneous, simple and pure, approach to life, as you get into new beginnings in such areas as: Your work, health, self-development and training. Much of this to begin before the full moon of **September 29th**.

Under this full moon cycle of approximately 2 weeks, your "**WHERE TO**" potentials (as shown in the preceding **Virgo** article) come into play. This can often involve **relationships**. And, with **Uranus** - the "Awakener" - conjunct this full moon, you might experience some sudden shocking or disruptive, break ups... **or** exciting renewal in a relationship! It all depends on how you've responded to the "**WHAT**" cycle of new beginnings and a new you, as well as how open you may be to Spiritual Guidance ("good **feels** good; bad **feels** bad"). For some, this can move you forward with others along the Path of **Individuation**; i.e. the process of discovery of your true Inner Being!

The "**HOW**" cycle of your life takes place each year as the transiting Sun moves through Sagittarius, between **Nov. 22** and **Dec. 20**. And as you come into mid December 2012. There may be considerable activity centering around home, family, relatives, travel and arriving at long-range decisions in relationships and future foundations. Working toward communications, cooperation and stabilization seems to factor in. Self-containment and good humor will prove helpful in this turning point cycle.

The "**WHY**" period of your natal potentials "lights up" more significantly in the last month of Spring each year, approximately around **May 21 - June 21**. During this cycle in 2013, including in the **last week of May** and in the **2nd week of June**, several planets align in ways that symbolize **opportunities for change**; new creative ideas, career change opportunities and connections. For some this may involve relatives. For others, a new vehicle to show off, and for others some good fortune or reward for works well done. Certainly this is an opportune time to make up your mind about laying foundations for long-range fulfillment, even if it calls for a move.

In Oneness, Dennis

# A Conversation with a "Chip-Monk"

By Kris Faso



Recently over several mornings I was awoken promptly at 6:00am by the incessant chirping of a Chipmunk. This critter brother seemed to speaking as loud as any critter could. In fact, if I didn't know any better, and I didn't until the third morning, I'd say this brother was yelling. On top of it the chatter went nonstop for a half hour. Without a single breath in-between!!

Finally on the third morning I opened my window and hollered out to the brother. I said hey, chipmunk, as a monk, shouldn't you be in silence somewhere meditating on world prayer or something?

The critter looked up at me as if, to have known exactly what I said, and began to speak... *"And what, pray-tell, do you think I am out here doing this morning? Do you think we animal brothers and sisters don't know what's going down? Why shoot man, we gather in council each night and pray for the hypocrisy of our human brothers and sisters to stop. We think it's funny in a way...this great paradox... it is very serious".*

What great paradox? I asked.

*"Our human relations"... the Chipmunk replied. "You all...thinking, as you do, at the top of the animal chain. When with certainty, and do not see the broken links. That the chain has disintegrated so amongst yourselves, you cannot see the forest through the trees".*

You mean the trees through the forest, I said.

*"NO, no, no"! The Chipmunk replied. "Human brothers have cut the trees. If you have no more trees, you have no more forests. What then would you see? If you have no Peace, we are not content. Now our prayers are not silent, as yours ought not to be. Go; go tell it on the mountain. Sing for the glory of Peace, and the saving of our Mother Earth! Save yourselves to the Spirit of your relations – black, red, yellow and white. Pray for humans-being, rather than arguing between humans-doing.*

Of course I was totally blown away at hearing all this. Let alone listening to a Chipmunk speak. I asked the Chipmunk to hang out and have coffee with me. Obviously by now I was no longer annoyed at being awoken. The Chipmunk obliged and requested instead that I bring out the other half of the apple I had recently left out as a treat.

I made myself coffee and brought out the half apple for the "monk". I made myself comfortable in my lounge chair next the fountain on my patio. The Chipmunk was perched on the top stone chirping. Apparently there were two of them speaking to each other from a distance. The Chipmunk conveyed to me that it is getting onto harvest season and they were preparing a ceremony for their beginning preparations. They were discussing details. Evidently they were conferring on a Black Walnut stew, one of the dishes for the celebration.

While visiting, the Chipmunk asked if, by the way, I could add a few more stones to the foundation of the water fountain. The Chipmunk clan lived there and needed more area. I agreed as long as the chipmunk would answer my question. The chipmunk agreed and asked me what was on my mind. Tell me, "monk," I said; what is the key to life?

Chuckling, the Chipmunk replied; *"Key, Key-there is no lock! How can there be a key? I have an idea, how about you tell your human brother's and sister's to look away from the TV and get up off their couches. We animal brother's and sister's don't believe there is any key in that box.*

If you live in the city, you go to the country. If you live in the country...go out in it. Go somewhere where there are woods, is water or a field of tall grass. Find a rolling hill and sit there-maybe you will find a key or... perhaps you will find a flower. Try going out at night and looking into the starlit sky. Count the stars, or wait till you see one fall. Make a wish...maybe you could wish for a key!

Once you encourage your brother's and sister's to get off their couches, inspire them

*continued on page # 32*



# Kris Faso

**PSYCHIC/MEDIUM**

Kris, I have always believed in Psychics with a consideration that some, if not alot, is for entertainment. I have had several readings over my life and some hit on a little, but it takes alot to impress me and I was more than impressed with the reading you gave me on the 19th of August in Rome, NY. When I inquired whether my father was around me, the only person that knew what items of his I was carrying was my mother and she was not there. You absolutely blew me away when you mentioned the items in regards to a message from dad-you were spot on 100%. You didn't guess, you told me what they were. Not to mention the issue he was having before passing-again you hit that 100% on the money! It doesn't bring my dad back, but I have been so comfortable in the last days knowing he is around me.

You are a great guy and very compassionate! I look forward to dealing with only you for future readings. To anyone reading this feedback, Kris is the real deal!!!! Not to mention a great guy.

Thank you Kris-You ROCK! Jeff (from Syracuse)

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Thank you so much Kris, and I will see you again. John

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# Ringing in the New Age - A Mindfulness Technique

By Cindy Griffith-Bennett



your thoughts were positive or negative? Bring your awareness to your thoughts and bring yourself to a positive mindset. Next, check your body. Are you sitting in a way that is comfortable and supportive? Then check your breath. Are you breathing deep or shallow? Bring your body and breath into alignment with what you know is best for you. Don't judge yourself, or your mind, as it is not helpful. Simply bring your awareness to your mind, body, and breath. You don't need to check each aspect, every time. You could choose to just check mind, or check body and breath. It is a flexible technique, yet after you have checked in, you simply adjust what isn't the way you want it and move forward in your day as mindfully as possible.

No one denies that Mindfulness is a good thing and that using the 'bell' technique will help you to bring more mindfulness into your day. Yet it is doubtful that you can afford to higher a Monk to follow you around and randomly chime a bell. Finding the perfect, preexisting 'bell,' that will work during your hectic day is necessary if you wish to follow this proven mindfulness technique.

With all the bells, whistles, and ding-dongs in your day, you would think finding a bell to act as a reminder to pay attention would not be hard, yet having so many sounds is actually the problem. It

used to be that your cell phone only made noise when someone called you. Now, every text, email, Facebook notification, and Tweet sends your phone into orgasmic shivers, singing out the Halleluiah Chorus or latest country music song! What's a boy or girl to do?

Finding a 'bell' really isn't hard if you rethink what a 'bell' needs to be. A bell does not really need to be a sound. It could be an activity or a location. For example, if you are a busy Mom, who is in and out of the car a number of times a day, you could use turning the car on as your bell. It takes a second to turn the car on anyway, so why not take that time to check where your mind is, what you are thinking, how you are sitting, and if you are breathing deeply? If you are stuck at work all day, you most likely walk in and out of your cubical a few times a day. Use an entrance to a room or a different place, like going to the copier, as your 'bell.' You could use opening your pocketbook or wallet as a bell or the FedEx and US Post mail delivery. You can use just about situation or movement as a bell.

So let's say you don't get a lot of phone calls when you are at work, but the phone rings about 3 times a day and you only get up for lunch and potty breaks. Then combine a sound and activity as your bell. You will get three bells with the phone call and three getting up from your cubical. That is a total of six 'bells' just at work! Other 'bells' you can use at home are the microwave bell, going into the kitchen, turning on the bathroom light, or the front door opening.

Using a 'bell' that goes off about five or six times a day works well, yet 'bells' get stale, so you might want to change them every few months. If you really like your cell phone for your bell, you can go to the app store and search "mindfulness bell." You will find a number of apps for your cell phone that allow you to preset a bell that will ring throughout the day.

Using a 'bell' technique to develop mindfulness has worked for Monks throughout the centuries, and using a 'bell' can work just as well in our busy, technological lives today! Remember, there is an App for that!

*continued from page #14*

## Developing Communication with Spirit and Finding Purpose

Once we commit to living a spiritually heart centered life, our purpose will start to reveal itself. First it comes in small ways. For example, when we have synchronistic events occur, it tell us we are in the flow and where we're supposed to be. Be patient and quietly aware while looking for the purpose and it will show itself, meanwhile enjoy

the direction spiritual development takes you. Many times in life we are attracted to what we need, mostly this give us the skills or knowledge we will need later. When we keep at it, we find what works for us. We are each unique individuals that are helping the universe shift into a new tomorrow. The more we work on ourselves the more we help the universe

become a more peaceful and sustainable environment. Spirit is quietly waiting to give us the assistance necessary once we relax, focus and understand our ability to communicate.

Shanti, David Bennett  
Upstate NY IANDS - UNYI.org  
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continued from pg #1

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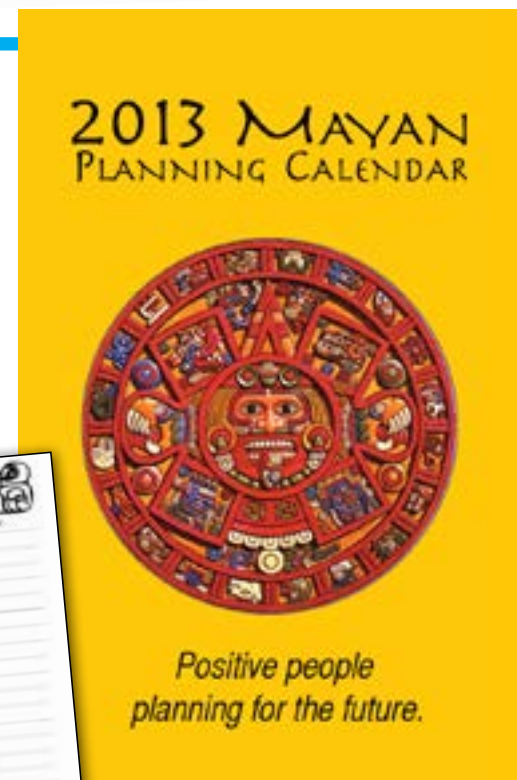
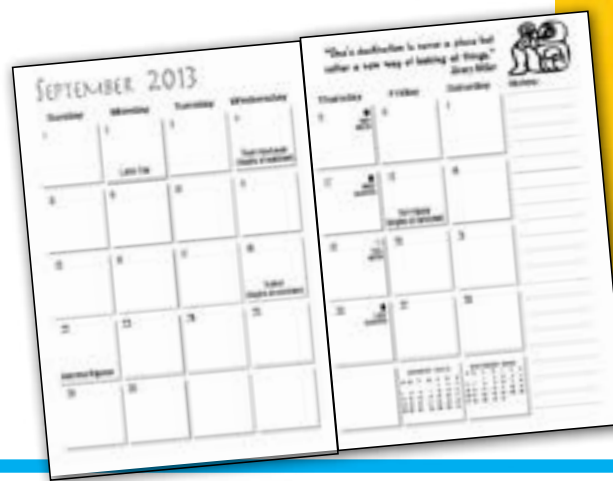
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Conversation with a "Chip-Monk"  
continued from page # 28"

*to go sit in some unfamiliar location. Have them let a Daddy Long Legged Spider brother crawl on them. Chances are, if they don't let their unfounded fear cause them to jerk or a jump, they may find a key. Chances are, at the very least, they will find this spider brother isn't there to eat them, bite them, or otherwise even know they are there outside of a terrain to be crossed.*

*Go find a stone or stick. Pick something up off our Mother Earth. Make some good medicine out of it-fashion yourself a key. You could put it in a pouch and tie the pouch to your body somewhere. This way, where ever you go, you would have the key.*

*I have another idea... how about you roll up your pants and your sleeves and stand in the water. Scoop it up in your hands and splash it on your face. Let the water touch your lips. And for goodness sakes, don't worry. (There is certainly no key in worrying!) Unless you swallow, it won't find its way into your stomach. And if perhaps... water, having a life of its own, does make it past your lips... well, perhaps you will get a taste of a key.*

*Have I suggested the woods yet? Now there's a place where Crow brother's and sister's hang out. Go there, sit and listen. Let the Crow's tell you what they are talking about. Maybe you could ask them, if you can get a word in edgewise. If you are patient the whole Murder will fly over you. And while their wings displace the air... well now, there's a key... you will never forget the feeling of the displaced air pressure against your body. Heck, there is no other experience like that".*

It was then I noticed the Chipmunk staring at me. I recalled an old conversation from memory with the Dream Council I once had on grabbing the attention of someone by use of the eye as a muscle of conveying intent. That by the use of the left eye, looking into the right of another, and one could "capture" another's consideration to what was being transmitted. I knew then that if life truly needed a key that it was because we, as humans, have placed the lock on it. And the key... simply remove the lock!

Peace on your journey, Kris



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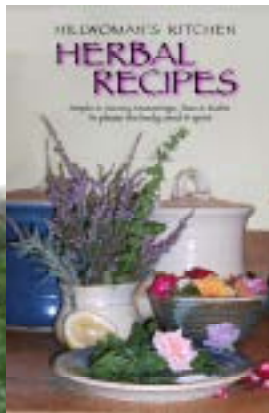
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by Coleen Shaughnessy

## Hello Fairy Lovers! Happy Fall!

Fairy Article #9

Hello all you fellow Fairy Lovers! As we begin to slip into cooler, crisper evenings I know the beautiful Fall season is almost upon us. Now is a great time to talk to all your garden fairies about any changes they think might be good for next year, such as bulb replacement, new shrubbery, etc. They have a keen eye for what needs to go and what needs to stay or be refurbished. As for an update on my surprise vine this spring, it was a pumpkin vine! I now have an amazing chubby, twelve inch in diameter, bright orange pumpkin to use in my Fall décor! I love it when the Fairies give me s'prises.

Did you ever wonder why a Fall walk is so energizing? Besides the wonderful fresh air, you are actually doing a little color therapy for yourself. Remembering that our bodies are great energy systems, different frequencies of color can affect how we feel. Red, for instance, is the color of our root chakra and it stimulates our energy and bring our passion out. Fairies love red. Orange is connected with our second chakra energy center. It warms and soothes as well as making us feel more social. Yellow is connected with our solar plexus chakra and will cheer and brighten your spirit as well as open you up to wisdom. The fairies bathe in all the colors frequently, and we need to do the same! A helpful book about using colors is "How to Heal with Color" by Ted Andrews, in case you want to explore the world of color more. This is also reminding me to set up another Healing with Color class at my office, we have such fun at those! Also, be sure to watch for the little fairy faces in the leaves looking back at you. This is a great time of year to visit your local farmers market (always loaded with fairies there too).

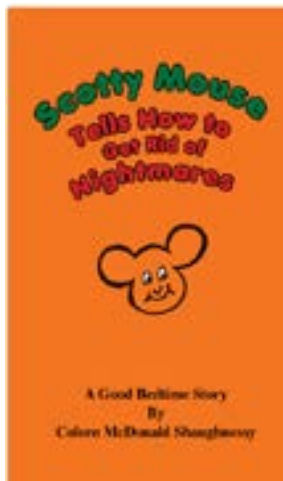
They told me that they do a lot of trading there. The pumpkin, colored corn, and gourd fairies are more than happy to come home with you and bring some of that Fall beauty and energy indoors. I have always thought a Higher Power gives us Fall to cheer us up from the sadness of having to let go of summer every year. It works! So get out there with all the fairies and do a little color therapy for yourself. Have fun watching all that Fall beauty come in. Must scoot for now, til next time, colorful Fairy Blessings to everyone!

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