

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 VIII Issue 3

Fall 2013

Priceless

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*see our ad pg. #18*

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*see our ad pg. #15*

### SHOPPINGTOWN

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October 26 & 27th  
*see our ad pg. #14*

### FAYETTEVILLE, NY

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## The Soap People

by David S. Warren

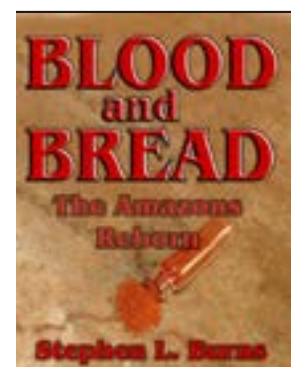
**Lake Bonaparte, on the north western edge  
of the Adirondacks, has a human history  
known in its basic form to every school kid  
in the area;**

*but the lake also has  
deep secrets to which  
I, and  
maybe only I,  
have merely a clue.*

The lake's namesake, Joseph Bonaparte, was installed by his brother Napoleon as king of Spain; but after a short and unpopular reign, was driven out by his reluctant subjects. He got away with the crown jewels though, and with enough gold to eventually buy a big enough swath of Adirondack wilderness to start his own country.

At the heart of Bonaparte country was a lake that, sight unseen, he named “Diana” after the goddess of the hunt. He built a residence twenty miles away in the hamlet of Natural Bridge, which was then little more than a convenient river crossing where the Indian River plunges into the ground and runs through caverns. The Bonaparte house was less than a hundred yards from where I lived until we moved down state. it was lined with sheet iron for security, and people have speculated that it had an underground escape route to the caverns, but the foundation and the basement were still there when I was living in Natural Bridge and I can attest that there was no tunnel out of the basement and anyway, the Natural Bridge Caverns, are no place anyone would want to

*continued on pg. #5*



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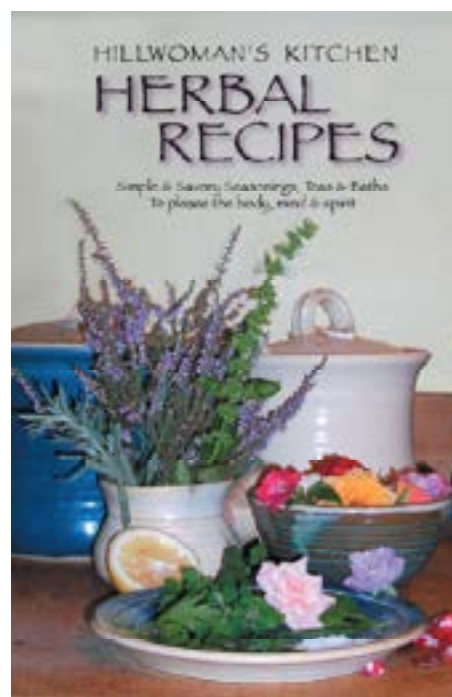
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## *An Engineer's Guide to the Spirit World, My Journey from Skeptic to Psychic Medium.*

By John Roncz.  
Self published 2012.

The first section of John Roncz' book is titled, **How the Spirit World Got My Attention.** If you purchase this book hoping for a scientific analysis of mediumship you will be disappointed, for although Mr. Roncz is an award-winning aeronautical designer, he offers little in this book that unites the world of science and the world of psychic events. There is no scientific analysis of Mediumship. It is, however, a fascinating spiritual autobiography.

Mr. Roncz is a medium. Mr. Roncz is an aeronautical engineer. That either of these two careers have anything to do with the other is something that one might hope to find illuminated in this book. But, even though he talks about both, such is not the case. The world of engineering and mediumship remain separate. I doubt that is actually really the case in his life. Mr. Roncz says he was a skeptic. It says so right in his book's title : **"My Journey from Skeptic to Psychic Medium"**. If you are looking for a detailed analysis of psychic mediumship through the eyes of science and



that he didn't fit in ... even within his own family structure ... and hence a good part of his life was spent drifting from one spiritual exercise to another, testing the waters here, testing the waters there ... a typical untethered American with no real spiritual meat added to the bone structure of his life. Roman Catholicism was the root garden bed into which he was born and from which he started his spiritual journey. And , no bones about it ... Roncz was a believer - so much so that he entered a seminary. It may seem a long haul to some from Roman Catholic seminary to world class psychic medium through whom dead people communicate. On the way he embraces Judaism and Buddhism. He comes to understand the part animals play in the spiritual world. He is faced with all of the problems that regularly face humans in their quest - accidents, disease, death - and especially the death of dearly beloved ones. Along the way he also deals with his own sexual identity, ultimately finding though a strong and overwhelming love the strength to accept and live freely. All of these experiences were instrumental in forming John Roncz into the successful medium that he is today. In this book he recounts how each experience connected in some way with

engineering, you will be disappointed. If you are looking for a detailed-exploration of mediumship though the aegis of love, you will not be disappointed.

This book is basically a spiritual autobiography. John Roncz always felt

his spiritual and psychic growth.

Roncz's designs for airplanes were admired the world over. But in the midst of admiration and awards from the engineering world, he felt inwardly restless. His experience with the church had ultimately proved unsatisfactory. To Mr. Roncz's credit, while making clear his doubts, he does not paint the Church with a black brush, and talks with fondness about his Catholic schooling. But from Seminary to communicating with the dead? Sure there were glimmers of latent ability ... but then everybody has had experiences of one kind or another that remain unexplained, and which send little shivers of doubt or recognition through ones marrow, only to find that such things subside and become hazy memories, intimations of something once dimly perceived or experienced. Roncz did not know what to make of such things. Early in his life he had not the knowledge nor training to recognize his ability. It had not been revealed. And so he felt lost ... and lonely. Of course, he had friends and acquaintances, for he is a likable guy, well meaning and companionable, if somewhat shy.

So John Roncz's life meandered on, and maybe nothing would have come of his latent psychic abilities. Except that one fateful day he visited the ruined temple of Karnak in Egypt. It was there that the latent seed was germinated within John Roncz. I will excerpt John's experience at Karnak (In the city of Luxor), because it was the first 'supernatural' experience that the author remembers. It shook him to his core, but it would be years, yet, before he understood its import. John and a friend, Tim, were touring Luxor, and marveling at the amazing temple complex:

After Dr. Fathi finished our brief tour, he told us that we were free to explore the temple,

*continued on pg. # 21*

## Rambling Along the Metaphysical Path

# 25 articles.

By Georgia E. Cuningham

Publisher, Metaphysical Times

## *I would like to thank our contributors.*

25 articles is a lot of writing. Several of our authors have contributed that many. These articles are wonderful gifts to the Metaphysical Times and to our readers.

Many of our contributors have been giving us articles for several years now and each one has helped us change and grow over the years. There a few who have been with us from the very beginning and who are contributing their twenty-fifth article with this issue. We want to give them special recognition. Without our contributors this publication would not have gotten a start.

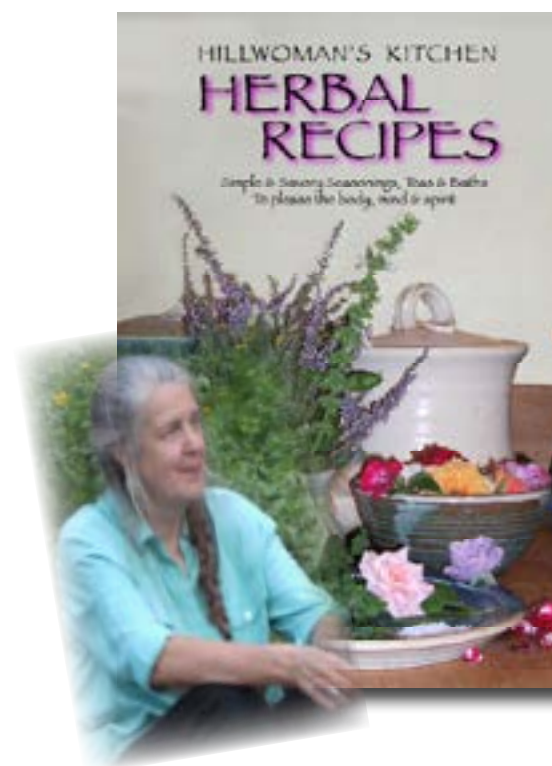
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## The Soap People *continued from page #1*

escape to.

That house was his residence only while he constructed a railroad spur to the shore of the lake and built there a grand lodge he called The “Hermitage”, to which he bought many guests and furnishings, including a few gondolas.

Joseph found an American mistress and had a child by her, but he never found the fertile and tillable land he would need to sustain his estate, and after a few years he abandoned the territory to the Black Flies, Mosquitoes, Horse Flies, Deer Flies, and the invisible midges so small they could just about fly right through a silk stocking.

Left behind, his daughter Caroline eventually married one Zebulon Benton, who adopted a Napoleonic hat and kept his hand in his shirt when photographed. Benton somehow got a Swiss investor to back him in a scheme to build an iron smelter – a great stone pyramid – a mile or two down the Bonaparte outlet. Iron ore was to be brought there for smelting and the pig iron hauled away forty miles by ox cart over roads he had to build. He built the town for his workers too, , and he called it “Alpine”,

despite the absence of any visible mountains. The building of the little town itself provided more work than the short period of its iron smelting ever did. My mother remembered when some of the buildings were standing. Now the foundation walls are spilled, the cellars only dents in the second growth forest floor, the smelter mounted by Birch and Aspen, looking like an Aztec ruin.

Joseph Bonaparte’s Hermitage burnt many years ago and so did the Hermitage hotel which succeeded it; but maybe a gondola rests intact somewhere on the bottom of the lake, or drifts in swirling currents deep off Bullock Point.

Of course, after Joseph was gone, everyone called his lake “Lake Bonaparte,” rather than “Diana”.

I don’t know what Indians called the lake, but the Algonquins and the Iroquois who drove them out were here only for their hunting seasons.

As a ten year old, scuffling idly with my shoe as I sat on the doorstep of our Bonaparte camp, I turned up a flint spear point. More recently a backhoe working near the outlet of the lake turned up a set of bones from an ancient burial, which shows that though people may never have lived here permanently, they have been dying here for a long time.

Since we used to leave Lake Bonaparte when summer ended and return again when the next summer

To me the child, “Bonaparte” suggested “bones apart.” , even after I was told about the fugitive king who had tried to settle here. I often thought of my Grandfather’s friend Ernie Thomas, one of the few people actually bon at Alpine, who, years before I was born, fell through the ice and his bones are still down there.

In the nineteen twenties, for five hundred dollars, my grandfather Bert Failing brought an island near the north shore of Bonaparte from a logger who owned much of this part of the lake then. We call it “Loon Island”, but naturally most everybody else calls it “Failing’s Island”.

Loon Island was only a peninsula when the aboriginal hunter lost his spear point there, but it was made an island by the dam Zeb Benton built at the outlet to power his sawmill.

. Loon Island Camp was framed mostly by Ernie Thomas and his son Harlan, with a monumental fireplace of stones carried from the lake shore and few from Alpine foundations and from the abandoned mica mine behind Round Island.

The building was intended as a hunting and fishing

camp Within a few years the mantel-piece had as stuffed Pheasant, a Wood Duck, and a Snowy Owl that a farmer had shot as it perched his barn and then brought to my great grandfathers medical office to finish dying. Covering the stove pipe hole left over the mantel for winter hunting hook-ups of a box-stove, was a six foot set of Longhorn Steer horns that my grandfather brought back from a train trip to Texas. The battered furniture and implements from two generations of older camps made the the place old, even when it was new.

A pump house, a boathouse, and an ice house went up in the next few years. By 1943, when I was born, there already were too many of us for that camp, so my grandparents built another cottage



*For me, it  
was always  
summer at  
Bonaparte.*

began, as a child I never saw the lake frozen over, never walked on it, heard it groan, or watched the ice break up and sink to the bottom in the spring. For me, it was always summer at Bonaparte.

*Deep in the lake where  
the ice sinks to, there are  
no seasons, and  
all time is a  
swirling present.*

*continued next page*



*continued from page #5*

back off the bluff nearer the middle of the island; later a log sleeping cabin, a boathouse, a gazebo, and a bathhouse.

Grandfather Failing, who practiced every profession going in Lewis County, outside of mortuary science, medicine, and mink ranching, retired at the age of fifty-two so that he could fish. Fishing to him was not sitting and drifting and dreaming, but a dead serious, and often hopeless, pursuit.

Though most of the other lakes and ponds in the area are red and acidic from the tannic swamps, Lake Bonaparte is essentially a big, clear spring hole, fed and enriched mostly by springs issuing from limestone. In Joseph's and in great grandfather Drury's time it was Lake Trout and Whitefish water, but since then its population has changed ... and it is mostly we who have changed it.

The lake originally had been populated by a stranded species of Char, which evolved into the lake trout now found in some northern lakes. Northern Pike, Smallmouth Bass, Whitefish, Bullheads and Ling (only one of which I ever saw, floating dead in the middle of the lake) may have been native to the lake when the aborigines fished here. The Lake Trout was the fish of my great grandfather, the Walleyed Pike the fish of my grandfather. I saw my last Bonaparte Walleye when I was snorkeling off our island, and now it is the largemouth Bass which provides most of game fishing, though the Northern Pike are doing well living off the Rock Bass and Sunfish that my grandfather introduced for the kids to catch. The state stocks the lake with trout, but the trout are dependent on the stocking program, to survive all the predatory species.

Since World War One the old Pine Camp military reservation wilderness bordering the west shore of the lake had morphed into Fort Drum, the heart of which is the impact zone for heavy artillery practice. The impact was at times loud enough that it rattled our windows and made the old train bell on top of the camp resonate. Then people used to complain that the artillery kept the fish from biting.

By the time he was eighty years old, my grandfather was walleyed with cataracts. But he had learned to walk the island by feeling the path with his feet, and using a flashlight intensified by reflective paint on the tree trunks. The lake itself, he knew by heart.

He fished mostly at night, hoping the fish might be active when the artillery was asleep, hoping against possibility, as if it were the ancestral Red Char that he sought.

One morning my brother Herb told me that the night before, my grandfather had hooked and brought to the boat a Walleye as big as a log: a monster that got off because the landing net was too small.

For days, my grandfather was as grim and silent as if the bottom had drained out of the lake.

Less than a week after he had lost the grandfather Walleye, I was searching the flotsam of our beach for baby snapping turtles disguised as rotting leaves. I liked to take one home each fall for the aquarium, although they always escaped the aquarium and often disappeared forever in the house, except for one we found mummified under a radiator thirty years after its escape.

I found no turtles that day, but in the scrim of leaves, lake weed, and twig ends, was my grandfather's briar pipe ... startling me as if it were a part of him lying there.

It must have fallen out of his pocket during his struggle with the Walleye. I picked it up and ran up onto the island with it.

Grandfather was sitting on his porch, still brooding over the lake. He accepted the pipe without saying anything.

He stared at it for a moment then closed it in his hand and examined me with the pearls that were his eyes.

Still, he said nothing, and I backed away; but I think it was then that he decided to share his secret. I was the one he had taught stillness, patience, and quietude. I was the one who would inherit his fishing tackle, if not also his desperate mission.

***“Come on Davey,” he said one day after dinner. “Get your hat and bug shirt on; it’s time you and me do some special fishing,” It wasn’t just fishing, it wasn’t really fishing at all.***

We went straight to the open lake where we never fished because there was no shoal or weed bed. My grandfather took his bearings on some landmarks then lowered the grapple type anchor twenty or thirty feet down while telling me to get in the middle of the boat and row in slow circles.

I didn't make many circles before he grunted and began hauling, eventually bringing aboard a rope tied to the handle of a glass jug. He shipped the anchor, left the jug to float on the surface, and then hauled some more, as I stared into the depths and a cage began to appear: a wire cage like the ones he made for fish-traps, but this was larger, and those vague objects in it were not fish.

***Amber colored bodies, human shaped, some without a few or any limbs, and some limbs without bodies, hard and pale amber like old glycerine soap.***

They were small as children or dwarf peoples, and nothing remained of hair or clothing, victims maybe of a battle on the ice, or they might have been systematic deep lake burials by a vanished culture that knew of the cold, whirling currents with the power to transubstantiate flesh into essential soap - currents grandfather discovered when he snagged his first gyiring while trolling where few or none had bothered to fish before. He had accumulated half a dozen complete bodies over the years, plus the occasional arm or leg, and a recognizable dog.

I was fascinated, and no more frightened or repelled than by any fossil.

So now that I had witnessed his dubious treasure, Grandfather opened the cage door and freed the Soap People, telling me, “Now Davey, say nothing to anyone about this.”

We didn't even speak to one another about the Soap People after that.

I frequently dreamed of them gyiring in the deep of my sleep, but our silence on the subject was so complete that sometimes, especially in later years when I no longer even dreamed of them, I wondered if it was only in my dreams that the Soap People had existed.

*continued on page #14*

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## Going with the flow... or how we ended up with 20 squirrels

The season started normally enough or what passes for normal now. Spring was cold and wet, and seemed to take forever to warm up. Seeds rotted in the ground, more than once. Eventually, babies started arriving, along with some unfortunate migrators. We cared for the usual array of baby birds, bunnies and squirrel babies came in mostly in pairs and trios. Many of the plants that managed to germinate and grow gave up during periods of extreme heat or deluge, and we settled into the chaos of summer caring for whoever showed up, while weeding watering, and harvesting whatever grew in the gardens.

The high point of mid summer for me was the arrival of an adorable fluff ball Ring Billed Gull chick. She was about four days old and quite able to fish minnows out of her bowl and trash her cage with ease. Some children had picked her up as she emerged from her shell and insisted they keep her. Four days into vacation, the family realized the 24/7 commitment--and error of their ways--and brought her to me. She would eat almost anything as most gulls will, but her favorites were earthworms and minnows. For quite some time she seemed somewhat mystified by the long appendages that would eventually carry her to freedom. Occasionally a wing would drape out while I carried her to the back yard for the day and she would look at it with wonder, seeming to have no control over the thing. The fluff gave way to a beautifully patterned covering of beige and white feathers. She earned the name Mimi because she screamed almost constantly and while I didn't know the bird's sex, to me she seemed like a girl. We taught her many things and when she realized she "got it right" she would spin around in a circle screaming and flapping happily – reminiscent of Betty Boop's grandpa. She started to fly. First it was short trips across the yard or up onto the deck or my head, then big figure eights overhead, and then she discovered the joys of screaming from the rooftops in the neighborhood. When she started leaving the yard I was thrilled and worried. She started "hanging out" at a neighborhood diner. She landed on peoples cars and they were not happy to see her. We all agreed it was time for Mimi to move. She went to live on a friend's island where there's a shoal



that gulls usually populate for the summer. We are all hoping she makes a connection there before everyone migrates. As the humans become scarce, she may get over her imprinting – we'll be on the lookout and may have to send her south with migrating friends.

Early on, one of my rehab muses told me, "the one's you'll learn the most from will probably be the creatures most people consider pests".

It's been true so far. Wildlife rehabilitation tends to set the rhythm of one's life. Baby season can get overwhelming and the pattern of feeding and cleaning can seem endless. Releases and deaths happen and holes appear in the tight schedule, which usually manage to fill with chores that have been neglected. Creatures come in waves, depending upon the weather, food supply, and environmental challenges. We don't go far from home for long or together, and if we do manage to visit a friend, we look like the "Clampetts" arriving with our vehicle full of cages, heating pads, and assorted foods and feeding implements for the ones in the cages.

Somewhere around the end of July we got a call from the vets about taking 2 baby squirrels orphaned after a storm. When I saw the small box, I realized they must be Reds – I hadn't asked. Within a few days they called again with a litter of 5 orphaned Gray squirrels. They also came with their eyes closed. Soon a call came from a woman who had 3 orphaned squirrels – two grays and a black, all technically Gray Squirrels. They were just opening their eyes and appeared on her lawn after a bad storm, probably blown from their nest, no sign of a mother. A week or two later, a frantic woman called about a litter of seven baby red squirrels. The family had been gone for a week to visit relatives.

When they got home, her husband had gotten up and driven to work at 4 AM and upon arrival, babies started dropping out from under his truck. He kept them warm on the truck floor all day. They also arrived with their eyes closed and mostly ate and slept for a few weeks. We assume the mother left as soon as the engine turned over. The next call came in from a man whose neighbor has a history of trapping, killing and poisoning squirrels. She even cut down a beautiful old pine tree to rid her neighborhood of varmints. The man found a gray and a black baby wandering around at the base of a tree, skinny and cold, their eyes not open yet. He had cared for them overnight, but one of them did not make it. Number 18 was a singleton and they are difficult, because they are so lonesome they can get very attached to their caregivers and vice versa. When a woman called with a young gray squirrel her neighbor's cat had caught I was thrilled to have a companion for the singleton, even though they were a week or two apart in age. I moved their cages close together so they could get used to each other. Number Twenty arrived from the vet's found alone somewhere on a lawn in Watertown. She was a beautiful black Gray squirrel, her eyes were just barely open, she was



very wobbly, and she was probably a week and a half younger than #18, but her cage went on the other side.

Eventually the two reds, the trio of grays & black, and the litter of five grays moved to outside cages to “wild up”. We get to watch them go from being fairly shy to thundering around and around, stashing and burying food (and other stuff), and leaping and jumping – which are all important prerelease skills. This was just in time for the seven reds and three singletons to move into bigger indoor cages to get used to limited climbing and scooting around as their eyes opened. The seven reds climbed as high as they could as soon as they were placed in their new large bird cage. The three singletons were all sleeping together in a squirrel sack within twenty four hours.

Feeding that many babies takes time, quick hands, organization, and a sense of humor. Steve got to the shed ahead of me one afternoon, opened the cage door on the seven reds to start the process and they swarmed up his arm in a ravenous horde. He couldn't pick them off and get them back into their cage fast enough. They went up sleeves, into pants pockets, down inside of his jacket and up onto his hat faster than you can say “Squirrels”! Fortunately, their former cockatiel cage has several little doors, and once we got them back inside we started opening and grasping from different directions, challenging their little brains to figure out where we would open next. Once fed, the squirrels get placed in a separate cage that's full of blankets and toys until all are fed. They chew the bars, rattle the doors and carry on as only reds can do until the post-milk coma sets in. Usually by the time their main cage is cleaned, restocked, and the dirt pan changed ( yes, a litter box) for them they are more cooperative. The grays can also get beside themselves but seem to have longer fuses and more decorum, at least until they move outside.

Because these were all second litter babies, they need to get out into the woods as soon as possible. The two reds went to the back of some family land in a small birdhouse. They stayed there for a few days, then moved on. They will need to make a nest and start cacheting food. The three grays moved to other family land and abandoned their release house for better digs quickly. The litter of five stayed at their release house in the mixed Oak, Hickory and Beech forest in the state park for about 24 hours. They are scatter hoarders and will start burying food for later use once they choose a location. We think we have figured out where the next ten will be released. We never want to put them in harms way or have them become a problem for anyone.

Many folks find squirrels annoying and they can become quite destructive with their capacity to chew, hoard, and shred things up. There are plenty of “squirrel deterrents” on the market; cayenne pepper products to mix with bird food, electric shockers, “squirrel proof” bird feeders, and yes, even poisons. There is some doubt whether cayenne is harmful to birds or not and “squirrel proof” is a notion that only seems to make squirrels more devious. Poisons will come back to haunt you. Dogs, cats, and birds of prey are frequently the unintended victims of rodent poisoning after they ingest a poisoned carcass.

“Aromatorture” is still the easiest non-lethal deterrent. Squirrels locate their hidden treasures by scent, like most rodents. Those little baby reds would wake up for feeding because they could smell the warm milk when we

brought it onto the rehab shed even before their eyes were open. They didn't bother when we went in and out noisily doing other chores! Perfume samples, strongly scented dryer sheets, mint scented herbs, moth balls or “predator urine” from a trapping supply can all be effective repellants and allow for personal preferences. The main thing to remember is you need to contain the “offending” fragrances. Put the repellants in a clean recycled jar with holes in the lid or staple the samples, dryer sheets, or essential oil soaked strips down so that they can't be removed by disgruntled squirrels. If all else fails, borrow or buy a live trap, bait it with peanut butter, and move the squirrels to a rural location where there are plenty of oaks, hickories, and beech trees during the summer or fall. Please resist the urge to heave the trap off the dock, like that man's neighbor (so much for having a heart)! Most wildlife prefer wilderness. They become opportunistic when their environment and habitat gets destroyed...usually by humans. Overpopulation is also a problem, again usually traced back to a lack of predators to maintain the balance.



The squirrels we cared for were all orphaned by storms, peoples' pets, or human intention. Some folks question why we need them. If you like old forests, thank a squirrel who busily stashed more seeds than needed and moved on to other adventures. If you are a fan of Owls, Hawks, Foxes, or Coyotes, consider the many creatures they must eat to survive and thrive. Or perhaps you just need to spend some time observing their playful antics instead of chasing them off.

If you find orphaned squirrels, observe from a distance to make sure they are truly orphaned. If they need rescuing, place babies in a closable box or carrier with air ventilation. Keep them warm and away from noisy situations and nosy pets. Resist the urge to feed them anything but water or Pedialyte, and do not use a dropper. If they need to nurse, use a small brush, cotton swab, or small sponge that they can suck the liquids from – squirrels aspirate easily. The New York State DEC website lists licensed wildlife rehabilitators with contact information.

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# Just The Facts

Part VI



By Don Brennan

We continue our examination of the actual history of Reiki with a look at Dr. Chujiro Hayashi, an important link for all westerners. Although Hayashi was an actual M.D., he became involved in Usui's association, not because he was a doctor, but because he had been an officer in the navy. He first heard of Usui and Reiki from his former commander, Admiral Taketome, who later became the third president of the Reiki association.

As other healing groups were being prosecuted for healing without medical licenses, Usui became concerned about the future of Reiki. After training Hayashi to be a master teacher, Usui asked him to set up his own clinic and explore Reiki and its integration with mainstream medicine. Certainly, he realized that Dr. Hayashi had medical credentials and therefore could not be prosecuted for practicing medicine without a license. In this way, he hoped that Reiki would have more protection from the law.

Perhaps his motivation was even deeper

than that. Could Usui have foreseen that Hayashi would one day teach an American woman, Mrs. Hawayo Takata, who would eventually teach Reiki to westerners and initiate the process for Reiki to be shared with the rest of the world? Only Mikao Usui can answer such questions.

A great deal of information on Dr. Hayashi comes to us by way of Chiyoko Yamaguchi and her son Tadao Yamaguchi, whose family began learning Reiki from him in 1928. Her uncle, Wasaburo Sugano, was instrumental in bringing Reiki to the family. After losing one child soon after birth, and the other one at the age of 15 to tuberculosis, he heard Dr. Hayashi speak and became very interested in Reiki. Once he began practicing Reiki, he actively promoted it amongst his coworkers and extended family. His wife contracted tuberculosis, and through many intensive Reiki treatments, she was able to make a complete recovery.

Having recovered from TB, she became even more enthusiastic about Reiki than her husband and went on to become a Reiki master teacher like her husband. After Dr. Hayashi's death in 1940, Mrs. Sugano helped his wife, Chie Hayashi, teach classes in the Ishikawa prefecture.

Because the Suganos had no more surviving children and Chiyoko Yamaguchi's family had seven, she was invited to live with that part of the family. But at the age of 10 she moved from Osaka to Ishikawa to live with other relatives, the Ushio family.

The Ushios were very wealthy. The Suganos, who lived in Osaka would stay with them for a month in the summer. Travelling to Osaka to take Reiki classes was too expensive for many people in Ishikawa. So Mr. Sugano suggested that Hayashi come to Daishoji, Ishikawa to teach Reiki. They treated him royally with lodging at an elegant resort and a taxi to bring him back and forth each day.

Hayashi's first seminar in Daishoji took place in 1935. He then came twice a year, in the spring and fall, to teach the first two levels of Reiki over the course of 5 days. Whenever he was in the village, everyone who practiced Reiki would attend along

with the new students. When it was time for attunements, everyone in attendance would receive attunements, not only from Hayashi, but also from other Reiki masters. So students received several attunements, each day, over the course of 5 days.

By this time, Reiki was well established in the area. Everybody did Reiki. However, Chiyoko Yamaguchi's uncle insisted that she finish her high school education before learning Reiki. In 1938, at the age of 17, she was finally allowed to take the training with Dr. Hayashi. In 1940, with Dr. Hayashi's permission, she learned the master training from her uncle, Mr. Sugano.

At the beginning of World War II, Chiyoko Yamaguchi moved to Manchuria, unaware of the horrible difficulties that would come to Manchuria as the war progressed. People were starving. There was much illness and no doctors or medicine. Fortunately, she had Reiki to help her family and neighbors.

Somehow, she managed to board a ship returning to Japan. The voyage home was worse than the experience in Manchuria. Again, Reiki was a blessing for her family and other children who got food poisoning from old rice which was all there was to eat.

It was during this trip that she lost many of her possessions, including her Reiki documents and personal notes. Some skeptics initially tried to discredit Jikiden Reiki

because she had no proof of having been taught by Hayashi. But a wealth of information, documentation and photos has come forth from the rest of the family. There's even a group photo of her first seminar showing her and her sister in the front row and Dr. Hayashi in the back row.

Hayashi travelled extensively in Japan to teach classes in Tokyo, Osaka, Ishikawa, Aomori, Mie, Wakayama and other villages. As students became masters, they developed branches in each location. They then organized monthly attunement sessions so students could receive attunements each month from local masters, even if Hayashi wasn't there.

With the creation of so many branches and so many students, it's possible that there are other groups or individuals, yet unknown, who are practicing Reiki as Hayashi taught it. Who knows what wisdom from Usui Sensei and Hayashi Sensei is still waiting to be shared?

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Next issue: Reiki's Passage To The West

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# Healing the Past While in the Present Moment



By Cindy Griffith-Bennett

teachers have long taught to live in the present moment, yet the painful past still pops up to interfere with our “in the moment” mojo as we return over and over again to past hurts.

It doesn't have to be a serious hurt; even a seemingly small event like a small dent from a parking lot hit and run can keep your thoughts in the past. Whether judging your own actions or someone else's, spending time in the past takes away from the positive contribution you make to the present moment, which is the one place you actually create healthy change in your life. Being positive is wonderful, but pretending or suppressing a past hurt in order to stay positive in the present can do more damage than good.

What if you had a way to start healing that past hurt while staying in the present moment? The Blessing Meditation is such a tool. As a way to stop obsessing about a situation, this meditation can be practiced when you are in bed, during the day when sitting at your desk, or even when you are taking a walk. You don't need to close your eyes or dust off the meditation cushion!

*continued on page # 29*

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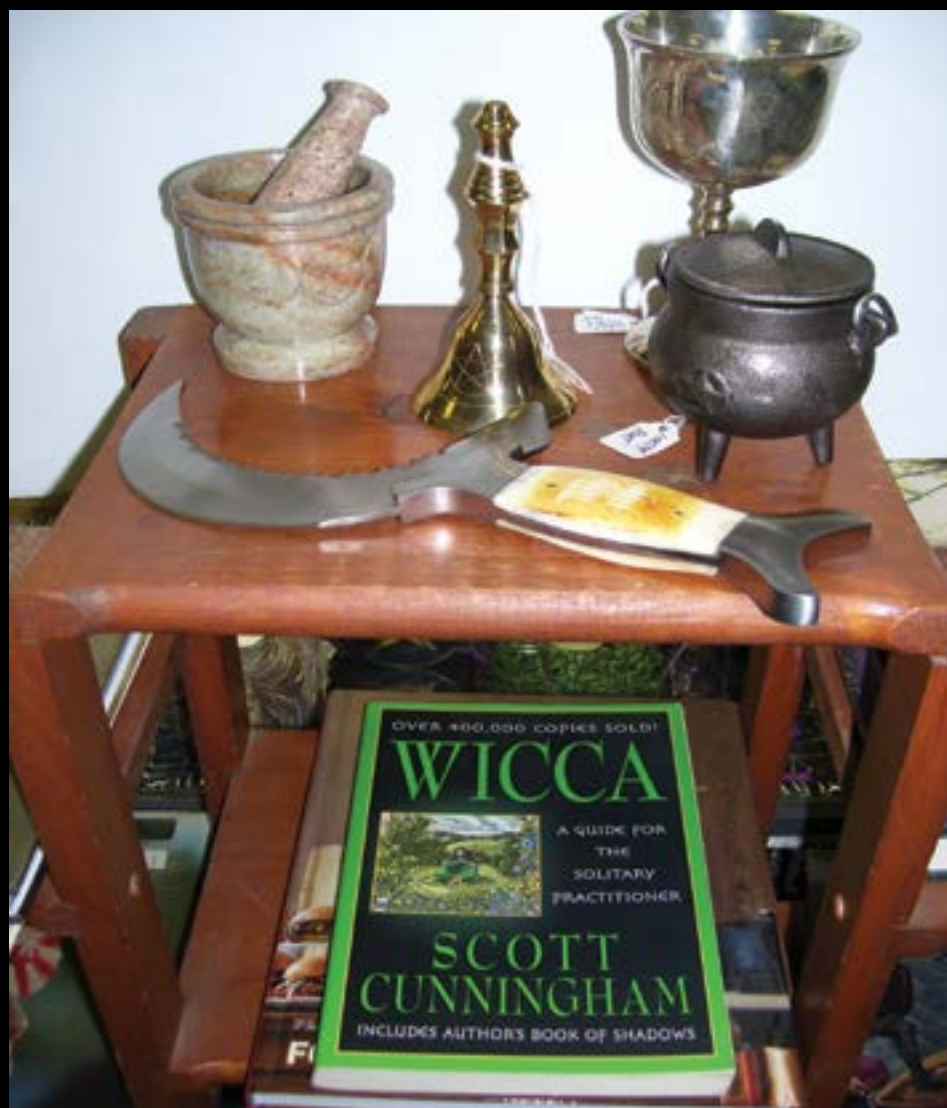
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The Soap People *continued from page #7*

That fall my grandfather closed camp by himself after the rest of us had left. Still tough as leather at his age, he hauled the boats out of the water and carried the outboard motors to the pump house, then he went to Florida where he and my grandmother wintered each year.

But he may have known already of the cancer developing in his spine, and which kept him from returning the next season, or ever again.

When I was in my early thirties and beginning to wonder about my memories, I canoed to approximately that same spot near the middle of the lake, a location he had triangulated using shore markers I didn't know and and that probably no longer existed ... and there I rowed in slow circles for at least half an hour, grappling with the same anchor Grandfather had used, but got nothing.

The Soap People may have dissolved in the more

acid water of these days. Maybe the remnants washed up on our beach, looking like the chunks of soap we used to bring down there to wash the dog or own hair. Maybe we brushed the sand off a few and set them on the raft until we used them up.

*Some things,  
we will never know.*

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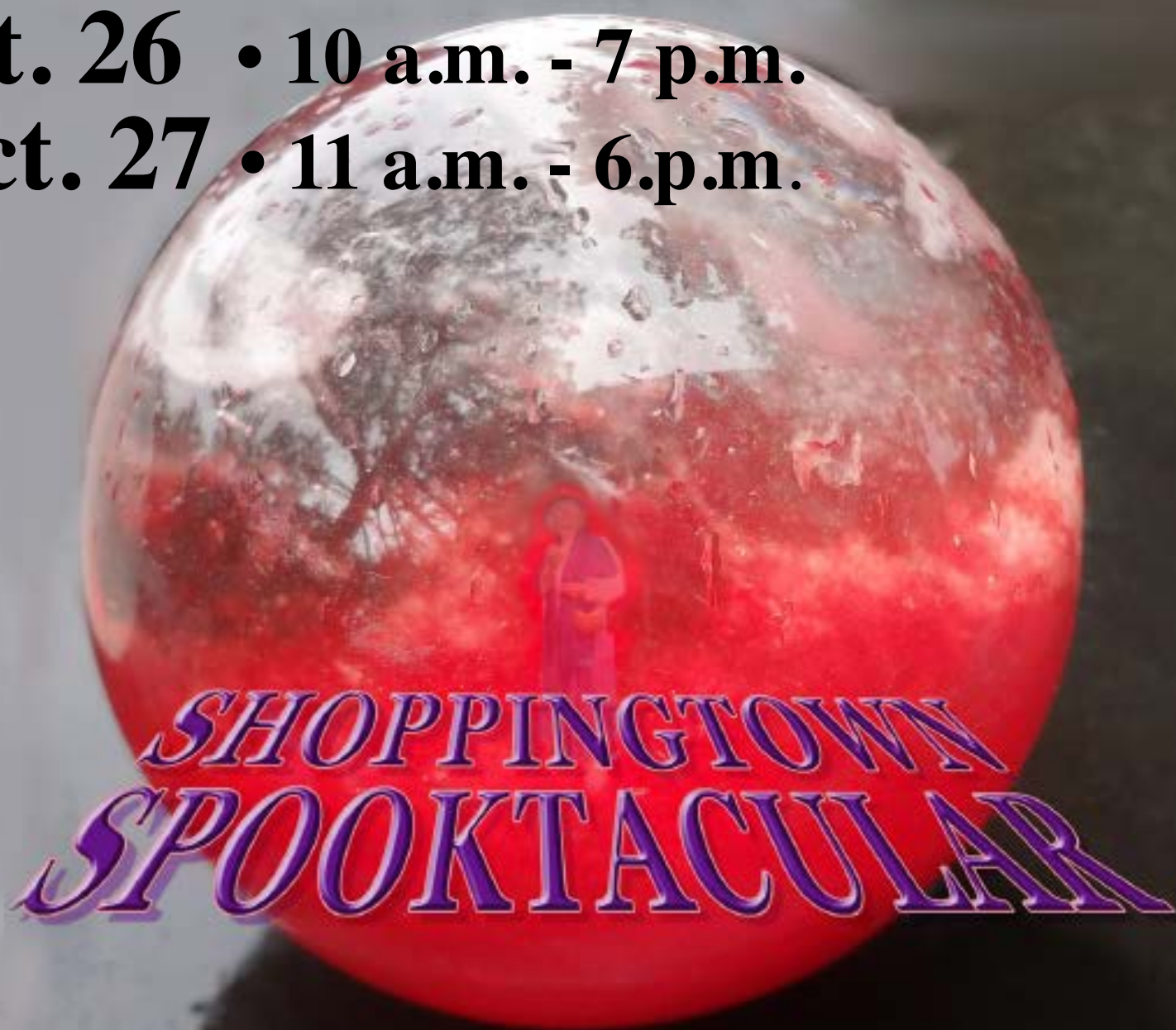
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# In My World...

By Kris Faso

Fall is uniquely a busy time of year. Not only are all the late year fruits and vegetables in need of being picked, processed and stored, in my world, where this old farm house leaks air through the walls, windows are in certain need of covering from the oncoming cold winter months. This time of year I must be moving and stacking wood to dry locations that has been previously processed for my source of winter heat. Not only does this mean I must clean out those dry areas that seem to collect stuff over the year; this means too that the wood stoves, stacks and chimneys as well must be cleaned and readied before burning can happen. In the meantime, all the regular daily maintenance of owning land, keeping home, and dogs that require long walks, etc... means working overtime. Lord knows, in my world, working overtime/let alone the term work, only inspires me to not want to list all the other requirements for winters preparation, but inspires me too, to indulge in my daily practice of gratitude, where for the whole of its parts – this 'psychology' of daily living is the balance to living this daily life, where when chores then bleed into the following days, everything is just the way it should be without the overload.

So on this day I leave it all behind to lie upon the ground. To acknowledge the Universe, the Earth and the sustenance she provides. I close my eyes and breathe deeply into my being. I notice my body from left to right and begin the rhythm of balancing my weight to the point of its weightlessness, a union of inner and outer self. In time, as I completely and totally relax, I am absorbed into the local environment, where contrary to defining a detachment of self – in my world - I would define it as the threshold of merging with the source.

As the Sun caressed my skin, I became immersed in its embrace. A great expansive sensation overwhelmed me and I opened my eyes to gaze into the vast body of sky. Quite naturally in the breadth of space, I noticed only the peripheral and knew then, that I was peering deep into the center.

The incalculability of blue became so dense; I saw the particles of its space. Each one refracting light in a chaotic ballet darted and danced about in every direction. And as much from my point of reference, came from all areas with no definition of its space being limited or confined to my reference of sight.

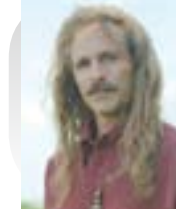
With my unbending intent to see, I peered deep into the center. Layers upon layers of needle like shards became evident. They filled my sight and as they did - I felt intent rise from the core of my being. The immediate rush was so intense and moving, as to suddenly thrust out of every single pore of my body. The subsequent explosion of light from my being, too, was as much layered now and similarly like needles - mingling within the scene, filling the peripheral in a web like pattern, I underwent the complete and utter feeling of buoyancy. By then I knew that I was in the second attention. A 'shift' to the side, where within the reality of daily waking perception stirs the expressive expanse of consciousness in its eternal state of becoming. And before it becomes greater of its previous state of being, has a common ground of perception where one can rely on familiar symbols to the waking state to interpret the fresh stimuli of information.

In my world, as a participating Shaman of the natural way and Seer, we are all related.

We are not separate, yet we are diverse. And consciousness, as a neutral source to define All That Is, allows a non-bias perception. That in the case of 'duality' for example, has real and true meaning to our human experience that relates to the larger synthesis of consciousness becoming. Yet as humans, in the myths and mystery of our being alive, we have allowed this character of 'duality' to root itself into our social, economic, political and spiritual experience so much that even in the imbalance of a patriarchal society, we have eluded to the point of necessity, the feminine role, which of course is a good thing. As the more we find balance, so to shall our mother Earth. However, at the same time, the experience as such, is related to a larger synthesis of the self as consciousness being expressive both as Anima and Animus – female and male. And within the purpose of 'duality' to our experience, will one day grant us to perceive in a new and expanded light.

You see in my world, perception imbued through the 'art' or 'psychology' of daily gratitude is the only difference to anything being (perhaps) more than what appears.

Peace on your journey, Kris



# 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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Hello Kris, You did a reading for me August 12 in Rochester this year. I was there early in the morning with my late partner's sister. Needless to say you blew me totally away. You knew way too many details for it to be coincidence. I walked away from our session feeling a great deal of warmth, knowing my partner has crossed over and is ok. You absolutely floored me when you mentioned his name being around me today he was ok.

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

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**23** Drum Constructing Workshop. Held at The Energy Lounge in Baldwinsville, NY. For info. and registration\*

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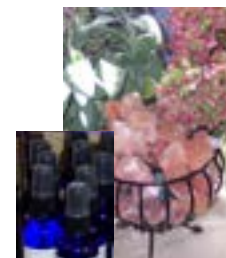


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*An Engineer's Guide to the Spirit World, My Journey from Skeptic to Psychic Medium.**continued from pg. # 3*

as long as we were back on the bus in an hour. I wanted to take some photos, so I went off on my own, walking around a lake and through some rubble, searching for good camera shots. I was fairly far from where I started when I came upon a smaller temple with four statues outside. I went inside and, because there were no interior lights, I waited for my eyes to adjust to the dark. Eventually I saw that at the end of the corridor were two doors, one going left

and one going right. I walked down the center hall and entered the doorway to the right. It was even darker inside, so I stood still. Suddenly I felt shaking, and my immediate reaction was that we were having a mild earthquake. But the shaking didn't stop. Then I smelled incense - a sweet wooden scent. I wondered who had come here to burn incense. The shaking and the incense continued. At first I thought, "this is cool!" But as it continued, I thought to myself, "This is getting scary." I wished Tim were there. Within a millisecond of that thought, Tim appeared in the doorway, which was even more startling. In a remote area of a 247-acre complex, how could he magically appear at the exact instant that I wanted him there?

The shaking stopped, but the incense smell lingered. I asked Tim if he could smell the incense. He replied that he couldn't smell anything because his sinuses were all plugged up. as we left the temple I told him exactly what had happened we made our way back to the bus, where Dr. Fathi was waiting for us. I wanted to know where I had been, so I drew a map in the sand. He told me that this was the temple of Khonsu, who was the son of Amun and Mut, the chief god and goddess. "That's an interesting place," he added. When I pressed him for more information, he explained that there was a legend associated with that temple.

The legend claimed that from time to time Khonsu would see someone in the temple complex that he loves and call that person to himself - always alone, never with anyone else - and bless him with incense. I had goosebumps the size of camels. Tim had to tell him what had happened to me because I was speechless. That night Dr. Fathi took me to a jeweler friend of his, who made a special symbol on a gold chain for me, saying that this is a symbol of divine protection.

This was my first supernatural encounter. I know what I experienced, and I could not find any way of rationalizing it; it was what it was. Why me? How could Tim be drawn to the same place, only to appear at the exact instant that I wanted him there? It left me with many unanswered questions.

Much of the book is taken up with John Roncz's account of his training at the Arthur Findlay College (AFC), which is a spiritualist college in England, devoted to training and nurturing mediums, among other courses of study. John calls it "The Real Hogwarts". We are given an intimate glimpse into what life is like at the school, and especially what the mediumship sessions are like - how individual talent and ability is nurtured and guided to usable fruition. John is surrounded by people who have gifts like his - in so far that they share the gift of mediumship - it seems to manifest in each person according to their own personality and strengths.

John Roncz found that he had exceptional ability - his fellow students, and his teachers all express their encouragement that he should pursue what was an very high talent.

We are instructed in this book - always personally and with humility, the various ways in which spirits communicate, and the various ways in which mediums receive the messages. John is very clear how mediumship works through him.

He is very clear about the spiritual debts that he owes those who guided him- both on this temporal plain and to those who guided from another dimension - from a dimension beyond death. As John says, the spirits are not summoned, but desire on their own part to communicate, This they do in different ways - through mental imagery, through voice, through manifestation, through the awakening of memory.

It is an inspiring story. John Roncz's journey is not over, and neither is his teaching. Through inspirational revelations, through personal growth through spiritual and physical love ... and sadly through the great personal loss of the loved one - the man John Roncz is today was forged on the hard anvil of experience.

At the end of his engaging and fascinating book John Roncz quotes a poem he found in a Jewish prayer book that he says expresses his sentiments better than even he can:

*"It is a fearful thing to love what death can touch.*

*A fearful thing to love, hope, dream: to be -  
To be and oh! To lose.*

*A thing for fools this, and a holy thing,  
A holy thing to love.*

*For your life has lived in me,  
your laugh once lifted me,  
Your word was gift to me.*

*To remember this brings a painful joy.  
'Tis a human thing, love,  
A holy thing.  
To love  
What death has touched.*

Contact the author: [www.johnroncz.com](http://www.johnroncz.com)

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#### *Sexual identity concerns affecting parental relationship*

Dear Dennis,

*I met a young person recently who was having some difficulty discovering their sexual identity. This youngster approached one of their parents and was admonished and condemned for these "sinful thoughts." I know that this young person has looked at your web site, but is too shy to write their question here. My concern for this youngster is not their sexual preferences at all, but rather their relationship with their parent and the repercussions stemming from the already apparent self-loathing and lack of self-worth.*

*How should she handle this situation with her parents?*

Namastae, J. D.

Dear J.D.

Thanks for submitting this question, as it gives us an opportunity to shed some light on a widespread false premise. And that is about how we all get what we get in Life. Basically that premise or assumption is that things just "happen" to us. And that is simply not the case. Everything of significance that has ever "happened" in our lives has originated from within us – our free-will positive or negative choice of thoughts! We always attract what we think about most – whether we like it or not! Like attracts like!

The Dali Lama refers to this great Universal Law of Attraction: as follows: "When you think everything is someone else's fault, you will suffer. When you realize that everything springs from yourself, you will have both peace and joy."

This great Universal "Law of Attraction" works "24/7" whether we've heard of it or not! It works whether we believe in it or not! What makes it so hard to accept responsibility for our choice of thoughts is the widespread belief that we're not Eternal, and that we're separate from each other. Many also have this belief that when we attract "bad" things that we must be doing something wrong; that we are "bad" in some way. That is never the case, at least not under the "Spirit of the Law!" Why? Because we are eternally expanding Spiritual Beings having human experiences as unique Perspectives of All-That-Is. Without these so-called negative experiences in this leading edge, yin & yang, Creation there would be no growth and EternalExpansion. "Heaven" would be "over"!

We are here to ever create ourselves anew. And before each incarnation we- with our free will - have outlined the essence of our current life experiences, heredity, conditions, relationships, temperamental tendencies, joys, crises, and major Life turning points for continued soul-growth, while learning how to Joy our way to Joy!

So when someone like this young person is in a crisis with a parent, these "Siblings in Spirit" have actually been drawn into that experience in accordance with their own souls "game plans" for growth. And this "Manager in the Sky" or Law of Attraction is always seeing to it that cooperative components are orchestrated and assembled. "Like attracts like!" There are no victims. We always reap in accordance with how we choose to think. James Allen wrote: "There's no room for a complainer in a Universe of Law." That "Law" has been around Forever. You may have heard: "As ye sow, so shall ye reap."

We can heal when we come to realize that we are not "bad" or doing something "wrong" when we have these repeat-pattern crises and suffering experiences in Life. We're not here to be judged or "saved". We are loved, unconditionally from that "heaven within"! But we can't receive Love, nor love another, if we don't love ourselves! No! Instead we are "Good" as we learn to turn situations - which we've set up - into "stepping stones"- for wisdom, growth and Love. One simple technique for healing a relationship, which may seem to be falling apart, is to simply focus only on something you love about your relationship and/or about that person. Do this for about 3 weeks and without telling anyone. Then watch what happens! The Law of Attraction is always working!

Our conflicts and trials are a gift – a blessing in disguise! We "wrote" these experiences into our Souls "game plan" for this "time" around. Things will get better than "right Now", when right Now gets better. And how can anyone make right Now get better!? It's so simple that most people won't believe it! The holy Moment – the only Place we ever operate from – gets better as we simply choose thoughts that feel better-and-better.

You might think: "Why would God allow suffering and death to 'happen' His 'Children' – His 'begotten sons and daughters'?" The answer is, because It's All "God" and we are not our bodies. And contrast is the necessary "engine" of Creation's Expansion. We, in our diversity, are unique Perspectives of the One! We can't "get it wrong" in our co-Creative experiences because "IT IS" is never "over." And All-That-Is (God) is about Joy and Eternal Expansion. "Heaven" (Creation) is a Process and we're in it – Onward into Forever!

When this parent and child begin to realize that the "kingdom is within" and begin to put that "Inner Marriage" first – but without "attitude" – then they may begin to look for that spark of God within each other. They may choose to focus on things they love about the "others" in Life and to Love and Appreciate Self and others. In Oneness Consciousness there is no room for fear, worry, ego, control-respect issues, complaints or judgments. Unity Consciousness sets the stage for Unconditional Love, and there is no greater Power than the capacity to Love unconditionally!

In Oneness, Dennis

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# SUN SIGN POTENTIALS

A Guide to Understanding  
Self and Others

# LIBRA

by Dennis Cole



Greetings!

We continue in our series on the "seed potentials" of Life experiences for each of the 12 Signs of the zodiac. Libra is featured in this Issue. We will look at some excerpts from my book, "Sun Sign Potentials – A Guide to Understanding Self and Others"

Our focus will be on Libra's relationship to the 3 other Signs which form a cross of 90 and 180 degrees to Libra. Using these we can somewhat describe the "WHAT, WHERE, TO, HOW and WHY?" of Libra's Life.

To learn more about this Solar Astrology approach to interpretation, in which the time of birth is not necessary; you may refer to the summer 2012 Issue, pg. 25, of the Metaphysical Times, or go to [aquariuservices.com](http://aquariuservices.com) and click on "Articles";

♎ Libra  
(Sept. 23 – Oct. 22)

**This 1st Solar House Solar House cusp relates to the "WHAT" of your current Life's intended Focus**

Your sign Libra is an active air element sign. Meaning that you may have a tendency to take direct action with current situations, and that you possess a significant degree of intellectual-social energy. Stimulating activities, ideas, social connections and communications can, therefore, be important facets of your life Plan – your natal birth map of "seed" potentials! Venus is the ruling planet of Libra. And this factor has a lot to do with your need for shared love and harmony in your life; and especially, your need for cooperative, stimulating and balanced close relationships.

You learn much about yourself through marriage and other close associations. This stands to reason because much of your life's activity and new beginnings involves others who are close to you in some way.

You have the ability to diplomatically take the initiative in starting, and maintaining, a relationship. You probably have a natural gift for expressing yourself when you are with people whom you feel a close rapport. You also have public relations talent potentials, and there is a good chance that you will come before the public, or deal with people publicly through your work.

Your creativity and individuality seem to blossom when you collaborate and work in cooperation with others. Your gifts include a strong sense of balance, fairness, and the ability to appreciate others' viewpoints - respect their values.

*continued on page # 25*



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continued from page #4

Whenever you're in a crunch, it may prove helpful to examine your values.

Truly you are a person who can feel a need to be with someone - to share enjoyable and loving experiences with others. It's no wonder, then, that much of your life's energies are put into relationships. You also have a strong appreciation for beauty, the arts, music, and the more refined things of life. You may possess an artistic talent; music or art for example.

You naturally seem to get involved with people, yet you also need to be free and to be an individual. Your goals and friends, group activities, meeting people, and exchanging ideas and communicating - these, too, are important factors in your life.

These stimulating interactions stem from Aquarian and Gemini energies within you. You share many traits with these zodiacal "cousins," including intelligence and a need for a degree of independence and freedom. In your social involvements you have a natural tendency to diplomatically take charge and create balance. You're a born peacemaker, moderator, "ambassador", and "referee"

Coarse or crude people are not for you, and you may tend to avoid such people, as well as inharmonious circumstances - when you can!

You understand others' viewpoints, and you can be quite charming and well-mannered. However, if you feel that you - or others – are not being treated fairly, you have the courage to fight for justice. Speaking of justice, you are likely to have some significant involvements with legal matters, contracts, or the law at some point in your life. And since your Sign is associated with beauty, and your planet Venus tends to attract, it is possible that you might get involved or interested in activities having to do with harmonizing, beautification, and bringing people together.

Although you are likely to have your fair share of relationship tests and responsibilities, you are likely to eventually find harmony and love. One of your keys to social success and relationship fulfillment is to learn cooperation and fairness. "Do unto others as you would have others do unto you" is very much a Libra statement. Your life energies are tied in with your relationships and, anatomically, with the kidney regions.

You, Libra, more than the other 11 Signs, have an innate potential to benefit through the application of Winston Churchill's: "Diplomacy is the art

of letting others have your way."

☾ **Aries 7th House Cusp Influence**

**This 7th Solar House information relates to the "WHERE TO" of your current intended Life's Focus**

You attract an active, action-oriented, "do-it-now," type partner. Your mate is fiery, courageous, impulsive and somewhat impatient.

This partner of yours will likely be involved in many new beginnings. You will probably experience many renewals, in some way, associated with your relationships, or through your mate.

Your partner has a competitive spirit, and there are times when this may show in negative ways; for example, a lack of consideration, diplomacy, or appreciation of others values. Many things are done by partner in their own way. And your partner tends to "march to a different drummer" when it comes to their goals, friendships, and social activities. Applying the words of Khalil Gibran might be helpful for you to contemplate, then. He wrote: "In your togetherness let there be spaces and let the winds of heaven dance between you."

The better side of your mate's competitive nature can show up as initiative, courage, creativity and leadership. At times your partner shows a high degree of wisdom or understanding. Also, this is a person who can be dramatic, entertaining, philosophical, and with a natural ability to use psychology and humor. Although you may have some heated discussions, at times, with your mate, you are enabled to learn much from each other. Through your close relationship, your partner may learn to be more aware of their strong ego, and to be more considerate of others' values. They may also learn how to "weigh things" a bit longer instead of always acting impulsively or impatiently. "On the other hand" (as you might say), you can learn, through your close relationship experiences, to be a bit more decisive and willing to commit yourself to one side or another of an issue! You can also learn to be more self-assertive and to rely less on passive aggressiveness. (" I don't care - which do you prefer."

It's likely that you'll pour considerable energy into your relationships. This can be to attract attention, but it can also be to get your mate to share activities and

experiences with you.

There's a good possibility that you could enter a relationship rather suddenly or marry at a fairly early age.

Both you and your mate can lead quite active lives; and your relationship will probably involve a considerable amount of shared activity and new beginnings. Therefore it might prove beneficial to consider the wisdom in Victor Borges's: "Laughter is the shortest distance between two people."

♈ **Capricorn 4th House Cusp Influence**

**This Solar 4th House Information relates to the "HOW" of your current intended Life's Focus**

Two major turning points, known as "Saturn returns" in our lives, occur around age 29 or 30 and, again, around our late 50's. For you, Libra, ambitions or career could be involved during those periods. Relationship matters could also be involved. It's likely that property, home or family will be in focus. Some of the keynotes covered in this Capricorn section can apply to these major life turning points:

You probably take home and family matters quite seriously and you may, at first, experience delays and difficulties therein. However, as time goes on these same areas have the potential to become a significant source of fulfillment. Also, as time goes on you can become more practical, disciplined and successful. At first, however, your struggle may be for security, personal harmony, and stabilization. You may even seem to get younger as you age.

Your family is probably quite respected. You probably like your home to look good so that others will respect you for your work to make it look nice. And you do like your home to be organized, balanced and a place of beauty and comfort. It's likely that a good deal of your tests, hard work, and frustrations, will in some way tie in with your home and family. Certainly this could manifest sometimes, as hard work in, or for, the home and sometimes family difficulties and responsibilities calling for your support..

You could also work hard in a career in order to have the kind of home you want. Some of your drive for success and respect may be as a result of your need

for family approval or love. Your parents and your marriage family seem to have a strong influence on your driveto get ahead. These people are hardworking, conservative and ambitious.

Under this Capricorn 4th House energy, you have the potential to operate a business from the home &ndash; especially as time goes on. And since Astrologyhas been referred to as an "Algebra of Life", we can also plug in other valid variables to that Capricorn 4th House "equation". For example: Your work could involve dealing with property or other forms of responsible support for others. It could also involve a lot of hard work to establish a stable "base of operation"; and this can include personality integration and deep realizations, such as :Heaven is within."

Again, your career or ambitions for fulfillment, may be connected with home, family, or responsibly helping others to get onto their feet. On that note, the "Course in Miracles" states that, "Everything I give, I give myself. This is Salvation's simple

formula.&rdquo; That is, if the "giving" is from the heart.

☿ Cancer 10th House Cusp Influence  
This Solar House influence relates to  
the "WHY" of your current intended  
Life's Focus

You probably have a deep need to be appreciated or respected for your social nurturing of others. This includes a need to be respected for your home and family accomplishments. Family has a strong influence on your drive for successand approval.

Your work and achievements could involve nurturing or helping others, in some way, to get onto their own feet. Your work might also involve land home, food, or families in some way.

At times you may find that your home or family, somehow, ties in with your career or ambitions. At one time or another, you may even operate a business from your home.

You tend to aim for fulfillment through home or family. You also tend to be sensitive about how you appear in the eyes of others. You may tend to view a home as a symbol of your status or accomplishments. On the other hand, you may also feel a need to be successful or respected in order to feel stable. Your family or spouse tend to help nurture your drive for success. It may prove helpful to realize that the ultimate "success" is Joy!

**Finally, Libra**, may you find the social connections, love, harmony and balance which are so important to your life. May you accomplish this even as you learn to emerge as a self-expressive, decisive, individual. One who is willing to bring the whole of who they truly are into their relationships. Perhaps your emerging self-expression and individuality will work out best as you bring them about with honesty, fairness, consideration, kindness, and unconditional love!

*This article was excerpted from Dennis' forthcoming book: "Sun Sign Potentials"*

# Some Highlights in the Year Ahead for *Libra*

By Dennis Cole

**These highlights will cover some of your potentials from this birthday period to your birthday in 2014.**

We will focus on some of the key cycles through the "**WHAT**", "**WHERE TO**", "**HOW**" & "**WHY**" areas of growth in your birth map. These were covered in this Issue "Sun Sign Potentials. Libra article. By factoring in some of those natal highlights with these forecast notes you may be able to intuitively add more detail about these cycles in your year ahead.

Your "**WHAT**" of these 4 cycles of growth can begin to "light up" under the Libra new moon cycle, between October 4th to the full moon in Aries on October 18th. This is a time of personal new beginnings with others every year, around your birthday period. This year, I feel you will be digging deep to extract past knowledge. At the same time, you may want to consider emerging from this past so that you can lead a more balanced life.

The "**WHERE TO**" of your life focus becomes highlighted during the first month of spring each year. In the weeks following the Aries new moon of March 30th, 2014 &ndash; also a time for your new beginnings with others each year – the focus is more on a revision of attitude in relating with others. The outcome

could lead to a higher level of experience with others, thanks to your expanded consciousness.

Your Capricorn solar 4th house, "**HOW**" experiences, in your Life Plan, becomes more activated around the beginning of the New Year, every year. In your current year ahead this can begin between the January 1, 2014 new moon and the full moon of mid-January. This period can be a significant turning point in your life. You may find that your ambitions for success and stability will become more rooted in aristocratic values. These may bring you more opportunities for leisure &ndash; and whatever you feel you may need to work with! This can include money as you capitalize on your skills.

Finally Libra, you enter the "**WHY**" section of your life with more emphasis each year, as summer begins. In 2014 this period can begin during the last week of June and into the ";honeymoon" cycle (summer&rsquo;s first full moon) which begins on July 12th.

That period may find you becoming more domestically and maternally inclined; more instinctively involved in supportively giving of yourself. Besides fixing up your base of operation and nurturing children or animals, you may get in touch with your true Inner Being!





**Barbara  
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# Developing Clear Consciousness



*Is our love  
reflected in  
every aspect  
and every  
waking  
moment?*

by **Dave Bennett**

For most of us I would have to say no. We are human after all, and our material lives make this difficult with all the distractions that cross our paths knocking us off center. Although many of us will pay to hear a talk on spiritual living, most struggle to apply the basic principles in our day-to-day lives. Are we just talking about love or are we actually working toward demonstrating love and spirituality? The best way to apply this is to get our heads out of the clouds and start step by step bringing clear conscious light down to earth into a daily practice.

While working on our spiritual maturity we are also developing clear consciousness. When I speak of clear consciousness, I'm talking about how we learn to live with clarity, and a centered sense of grace. There are many spiritual teachers from the past and in the present that are teaching us to live more simplistically by being in the present, this is a wonderful way to start. As we follow these teachings, bringing them into our practice, we are returning to truth, harmony, and the spiritual integrity of knowing who we are. What a wonderful place to begin, knowing who we are, knowing our True Nature.

If we look deeply at who we are, then we need to make sure not to overlook the secrets and bad habits that make up our shadow side. Our shadow parts are those parts of us that we are ashamed or embarrassed of. We should acknowledge our shadows so we can transcend them and become better people. As we move forward practicing our new disciplines of being present more than likely we will achieve a pivotal moment, a divine realization. It is in these pivotal moments that our world opens up with new possibilities. This could be the spiritual key that unlocks our lives so we may live a centered life with spirituality in our hearts.

This practice leads us to develop a coherence between our hearts and our heads. Bringing those two spiritual receivers into unity infuses every cell in our body with knowing the perfection of our presence and the absolute rightness of this moment. That is a strong foundation of presence to build upon. Once we achieve this, we can allow ourselves to be cast into infinite new levels of knowing.

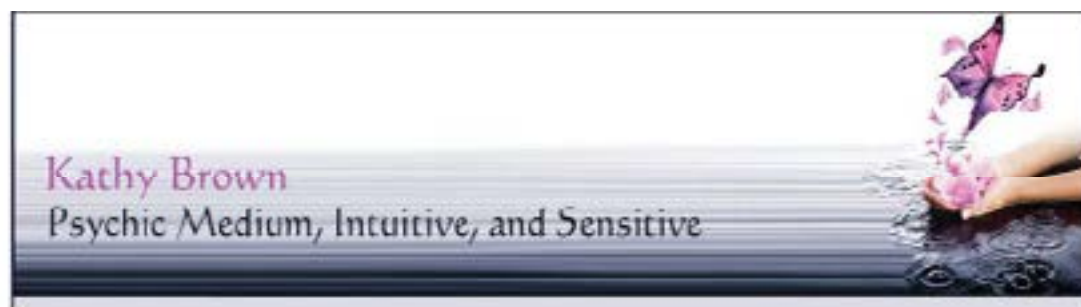
For example, think of an invisible point in space, where our conscious minds and hearts in union can burst like a flash of light.

*In a millisecond,  
we experience expansion  
of this physical world and  
beyond, a new birth or  
shifting consciousness.*

Once we experience a knowing such as this, we begin living in that expansion.

When living with clear consciousness we can start truly living our sacred saga, dedicated to following our divine talents and guidance. Always remember, clear consciousness requires balance and positive movement forward. It all starts within each of us, constantly requiring reevaluation of ones awareness and attunement. Always remember; we are living these physical lives and we cannot start from absolute perfection. Being perfect doesn't matter. Just experience life with a good connection to your true nature.

David Bennett  
Author and Energy Healer



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## ***Healing the Past While in the Present Moment***

You can try the Blessing Meditation now. Think of a time you felt love. It could be love for a child, animal or even a loving time of gratitude. I use how I feel toward Spirit when looking at a beautiful sunset. Bring that feeling of love into the present moment and actually feel the love deep in your heart. Allow the love to grow in your heart until it is so big and feels so strong that it cannot be contained in your heart. Imagine the love rises up out of your heart and forms a golden ball of loving light

For our example, remember when you first saw the big dent in the car. See the setting as if it is in the distance, like at the end of a hallway. Now in the present moment, feel that love and send your golden ball of light down the hallway toward the parking lot. As it reaches it, see the loving energy bathing the past in the love you are feeling in the present. Intend that the loving ball of light sooth the situation in a way that be for everyone's highest and most loving good. You do not need to force the loving light onto the situation, you don't need to forgive the person who hit your car or pretend that you will never think of it again. As a matter of fact, it will most likely take a few blessings for the loving effect to become stronger than the hurt.

How can a mental vision make a difference? When you go back to the past over and over again, you relive the energy that accompanied the memory, whether it is guilt, shame, anger, or regret, bringing that energy back into the present moment. With the Blessing Meditation, it

is as if you are repaving the road to your memory with love, shifting the energy of the memory. This technique does not take place of therapy if that is warranted, yet it helps to start shifting the energy surrounding the memory. You can then deal with the emotions that accompany it, allowing you to work through the hurt. It also brings you back to the present moment and surrounds yourself with love rather than hurt, empowering you instead of leaving you with the feeling of helplessness.

The next time you find yourself thinking of the hurtful situation, immediately come back to the present moment and do the Blessing Meditation again. Your memory will now have both the loving energy from the last blessing and the love from the present to empower you. The more Blessing Meditations you do, the greater the loving energy that is invoked. Eventually the loving energy will become stronger than the hurtful memory.

You can also use the Blessing Meditation when you worry about the future. Bring that loving feeling into the present moment and send the loving ball of light to the future situation. Remember to always intend the love to help in ways that are for the highest and most loving good for all concerned. Using the Blessing Meditation for future events can help relieve anxiety and worry, plus how great will it be to receive a ball of loving energy sometime in the future!

The Blessing Meditation can work in the present moment as well. You can go about your day blessing people as you

meet them on the street. They don't need to know. You don't need to say, "Bless you my child" as you pass someone in the hall! You can charge up your heart with loving energy in the morning and keep blessing people all day long! What a gift!

*This Blessing Meditation is a gift for both the receiver and the giver. Every time you bless the past or future, you are surrounding yourself with that loving energy in the present moment! Try the Blessing Meditation right now. Surround yourself with loving energy and start soothing your soul today!*

Cindy Griffith-Bennett, author of ***Soul Soothers: Mini Meditations for Busy Lives*** and co-author of ***Voyage of Purpose: Spiritual Wisdom from Near-Death Back to Life*** will be teaching her class, The Alchemy of Shape Shifting in Spring 2014 before she heads to Japan in June 2014 to teach the same class!





**SARINA**

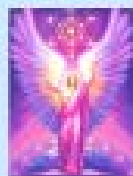
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October 5-6, 2013...Sat. 10-7, Sun. 11-5  
Holiday Inn, Burnstone Rd, Utica, NY

**CORTLAND PSYCHIC FAIR**

October 12-13, 2013...Sat. 10-7, Sun. 10-6  
Ramada Inn, 2 River St, Cortland, NY

**SHOPPINGTOWN SPOOKTACULAR FAIR**

October 26-27, 2014...Sat. 10-5, Sun. 11-6  
Shoppingtown Mall, Dewitt, NY

**CANTON PSYCHIC FAIR**

November 1-3, 2013...Fri. 4-8, Sat. 10:30-8, Sun. 10:30-6  
Best Western, 90 Main St, Canton, NY

**THE EDGE HOTEL WEEKEND**

November 8-10, 2013...Fri. 4-8, Sat. 10-8, Sun. 10-3  
Rte 12, Lyons Falls, NY, [www.TheEdgeHotel.com](http://www.TheEdgeHotel.com)

**SYRACUSE PSYCHIC FESTIVAL**

February 15-16, 2014...Sat. 11-9, Sun. 11-6  
Holiday Inn, Electronics Pkwy, Liverpool, NY

**AMY'S SLUMBER PARTY 93Q**

February 21-22, 2014...Fri.-Sat. 4-Midnight  
Double Tree Hotel, Syracuse, NY

**GIRLS NIGHT OUT**

March 7, 2014...Fri. 4-Midnight  
Embassy Suites, Syracuse, NY

**WATERLOO PSYCHIC FAIR**

March 29-30, 2014...Sat. 10-7, Sun. 10-6  
Holiday Inn, Waterloo, NY

**CHERRY VALLEY PSYCHIC FAIR**

April 13, 2014...Sat. 11-7...Old School, Cherry Valley, NY

**METAPHYSICAL TIMES PSYCHIC FAIR**

July 12-13, 2014...Sat. 10-7, Sun. 10-6  
Whitney AT Center, Onondaga Community College, Syracuse, NY

Please share with interested friends. Thank you.

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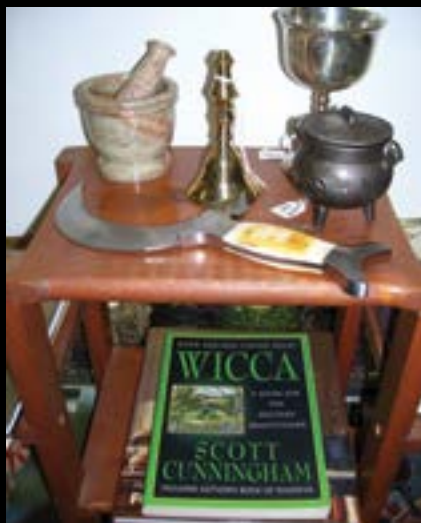
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