

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 1

Winter 2012

Priceless

EVENTS

DEPEW, NY

January 27, 28 & 29
February 25 & 26
Hearthstone Manor

LIVERPOOL, NY

February 18 & 19, 2012
Liverpool Holiday Inn
Liverpool, NY

UTICA, NY

March 24 & 25, 2012
Holiday Inn -
Utica Business Park

CANASTOTA, NY

March 31 & April 1, 2012
Greystone Castle

WATERLOO, NY

April 28 & 29
Holiday Inn

CLAYTON, NY

May 5 & 6, 2012
Clayton Opera House

LITTLE FALLS, NY

May TBA
1Beardsley Castle

MORAVIA, NY

June 16, 16 & 17
Filmore Glen State Park

SYRACUSE, NY

Sat. & Sun. July 7 & 8, 2012
10:30a.m. - 8p.m.

ROME, NY TBA

Erie Canal Village

UTICA, NY

Sat & Sun, Sept. 8 & 9, 2012
Utica Business Park
Holiday Inn

WATERTOWN, NY TBA

Hilton Garden Inn

CORTLAND, NY

Cortland Psychic Fair
and Holistic Living Expo
Ramada Inn
October 13 and 14, 2011
10a.m. - 7p.m.

LITTLE FALLS, NY TBA

Beardsley Castle

CANTON, NY TBA

Best Western, Canton, NY

LYONS FALLS, NY

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

LIVERPOOL, NY TBA

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News, discounts, contests



By Bob Cesari

It just goes to show you that both sides of just about any topic can be found in the media, depending upon what source you explore.

Quite recently this headline appeared in a popular on-line news source: “ Japanese tsunami debris washes up on U.S. West Coast nine months after disaster (and there's 100 MILLION more tons on its way)”. The article goes on to say....

“Large black floats are the first remnants of Japan's devastating earthquake and tsunami to begin washing up on the American coastline. The debris traveled 4,500 miles on Pacific Ocean currents, pushed by wind and water, to reach the beaches of Neah Bay in far northwestern Washington state 280 days after the Japanese disaster. The 9.0 magnitude earthquake and ensuing tsunami that struck the eastern coast of Japan March 11 killed more than 15,000

people and washed homes, boats and human lives out to sea. Anything that floated is now riding Pacific currents. According to computer predictions from the University of Hawaii, most of it is headed for an area between southern Alaska and southern California.”

(www.dailymail.co.uk/news/article-2075110/First-Japanese-tsunami-debris-washes-West-Coast-9-months-disaster.html.)

Certainly a convincing article. Yet, another article in one of the stalwart news outlets in the land ran this headline: ‘Debate over "tsunami" debris on West Coast’. This article states that there might be 20-25 million tons of flotsam....far less than the other article indicated. And the scientists cited in this article predicted U.S. shores wouldn't start seeing objects arrive until late 2012 or 2013.

continued page 11

2012 ~ The Year of the Productive Activist

By Cindy Griffith-Bennett



A Hierophant year can be a year where people are more effective in making change. This is done by coming up with solutions instead of complaining about the problem. This is less a year of mob type activism and more a year where people get together with solutions and make the real change.

This year, we may find that we are willing to get involved because we see the importance of being a part of society instead of being apart from society. We can make real differences this year if we are willing to get involved.

The Hierophant year is also an important year to look at what role we want society to play in general. It is interesting that this is an election year. I would think that there should be a strong show of voters that feel strongly (one way or

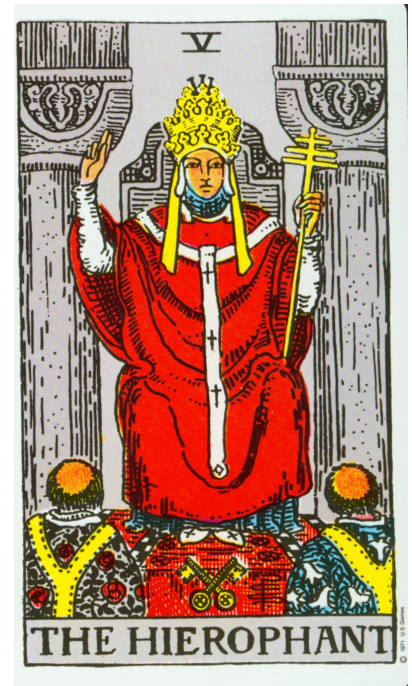
another) about the role government should play in our lives. This is also a year where you may feel the urge to be more involved in your community, be it food drives, local government or the neighborhood watch.

If the energy is not used wisely, you may find more rebel influence using violence instead of solutions to force change. This often will lead to little change and much violence.

In our personal lives, we may want to fight back against anyone trying to tell us what to do or forced changes. Remember, offering solutions to the problem is going to be more effective than just fighting about it or running away.

All in all, this can be an amazing year for change. If you find yourself yelling at the TV or your mate, instead look for the solution. Calm down and write a letter or have a heart to heart. You might be surprised at how effective you are at solving the problem.

Even with the multitudes of ways this year can go, I am very hopeful that we can make the most of this problem solving year.



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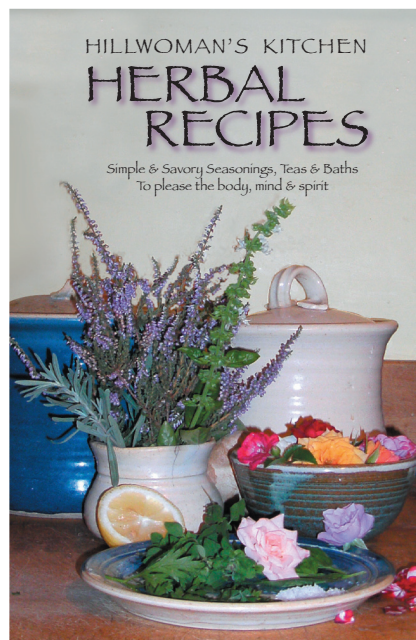
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See Sue-Ryn's Article Page #6

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SUN SIGN POTENTIALS

A Guide to Understanding Self and Others

AQUARIUS



by Dennis Cole

Greetings! We're back to what we began in the July 2011 issue of **Metaphysical Times**. In that column we covered some of the basics of Astrology, and for those who are interested you can review that information in the archived article by going to AquariusServices.net and clicking on the article.

Over the next several issues now we will discuss, one at a time, some of the key "Sun Sign" Potentials for each of the 12 signs of the Zodiac. We will try to line these up as close as possible to the actual Sign the Sun will be transiting through around the time of the publication.

The Sun is moving through the 30 degrees of the Sign Aquarius (Jan. 20 - Feb. 18) soon, so we will begin with that Sign. (Even if the current Sign is not your Sun Sign, you still might find it interesting to understand others you know who were born under that Sign - perhaps a friend, a relative or someone close to you).

Before we begin to talk more specifically about your natural life potentials, it may be helpful to briefly describe Astrology as it relates to your life.

Astrology can show that there are natural cycles and order in our universe. It can help us to feel that our lives **do** have meaning. And, that that meaning or purpose does fit into the greater Order.

In many ways, Astrology can show how all things are related and interdependent. It shows how natural Universal cycles parallel our Earthly development. The 12 signs of the Zodiac show, symbolically, the cycle of life through which soul development takes place.

Stated simply, Astrology is Nature's symbolic "language," available as an art-science "tool" for those who wish to seek deeper meaning to existence. Astrology has been referred to as a "consciously livable mythology."

There are many approaches to Astrology, just as there are many languages for communicating. Our approach will be based on the Sun's Sign location at Greenwich noon on the birthday. By "Sign" location we simply mean the Sun's relative position, as viewed from Earth, in reference to the Spring point. This point, beginning at the Vernal Equinox, is the beginning of the first of the 12 signs, Aries. The Zodiac ("circle of animals"), then, is created by the annual dance of the Earth around the Sun.

In the "language" of Astrology, the signs "color" or modify the energies and psychological drives symbolized by the planets in, or ruling, the Signs.

A "horoscope" is simply a map of where the planets are situated in the Zodiac at any given time as viewed from Earth.

In our **Solar house cusp approach** to your birth potentials, we will be mainly concerned with your **Sun Sign** and its relationship to the other 11 Signs. Your Sun Sign will be your 1st Solar "House." The next natural sign in the Zodiac, after yours, will then be your 2nd Solar house "cusp," and so on, until there are 12 Signs at the cusps - or "doors" - of the 12 houses. We will then be noting the meaning of how the 12 signs modify or "color" the 12

house cusps which represent 12 major "departments" or categories of life.

Due to space limitation we will mainly consider the 1st, 7th, 4th and 10th Solar Houses and their signs. These can be considered to show the **What - Where - How - and Why** of the birth mandala. These 4 "cardinal" Houses are generally the most significant to be considered.

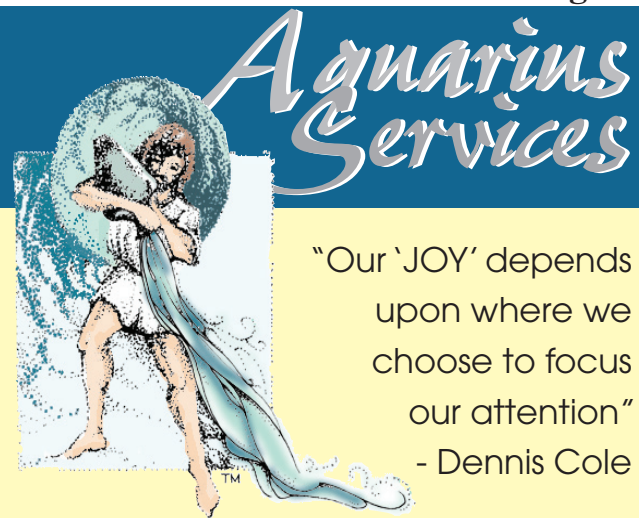
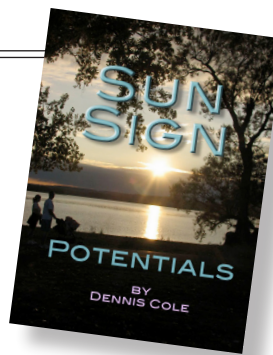
The main distinction between Signs and Houses is that the **Signs** show tendencies of the modes of action; and the **Houses** show the **areas** of life where these Sign expressions are most likely to take place. Each "house" can have several - but related - meanings. For example" The 1st house can represent the physical body, the individual, new beginnings, or persona. The 2nd "house" can represent: Money; but it can stand for **whatever** one needs to work with.

In other words we will be able to create a probable life story for you based on your particular Sign and House Cusp combinations. This is a stage beyond "Sun Sign" Astrology.

We all have **some** of the qualities and experiences symbolized by all 12 signs. However, we usually find that 2 or 3 of these signs will be more outstanding, and the **Sun Sign** is often a predominant influence.

A **natal** chart, using time and location of birth, and showing the Ascendant and Planetary Signs, might yield more detail. However, with our **Solar House Cusp** approach, the areas of life which the planets should influence will be shown at one level. Furthermore, there is another factor which we might call the "Clairvoyance of Life Effect." In this situation it means that since you have attracted this particu-

continued on page # 26



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

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Rambling Along the Metaphysical Path

Rambling back and forth, forth and back...

By Georgia E. Cuninghame, PhD

Publisher, Metaphysical Times

I'm glad I called this column "Rambling Along the Metaphysical Path" when we began printing the Metaphysical Times a few years ago. I figured then I wanted to learn a little bit about a lot of things and the title works for that. We've written about and printed almost anything that intrigues us.

When you ramble around you may go somewhere you were once before. You regret you left that place too soon.

I made a decision that at the time I felt was correct, I regret it and so does a few of our readers.

I told you all that we started this paper to discuss a variety of subjects that can be considered Metaphysical not only "the occult." Philosophies of all sorts belong to Metaphysical. I dropped the articles on health and wellness, because I felt "nobody cared." I have now changed my mind.

I read a posting on FaceBook that interested me about "cheese." I thought: *"That could be an article in the Metaphysical Times."*

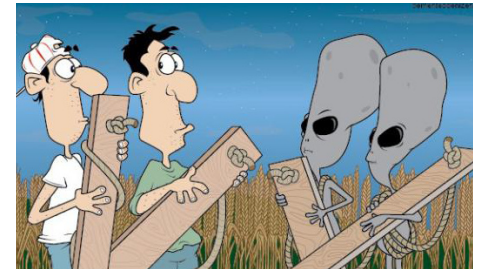
It was "cheese" that helped me understand that the Metaphysical Times should be open to a range of possibilities.

We recently received a letter from a lady who said she missed the health and wellness articles and that she was "part of the choir." That was real nice of her.

We are pleased to welcome Tony Riposo, who will be writing on a regular basis about the health benefits of Yoga. There are articles as well here and there by contributing writers about a variety topics that may touch on; government, health, seeds, gardens, as well as what is traditionally called psychic, holistic or occult. They may pique your interest as much as they do mine.

So here's the talk about "cheese": There are folks out there that say cheese, is addictive. I've found several sites that agree. I've found some others that disagree. Perhaps, I will study it more or maybe one of you are intrigued and might wish to write this article about: "Cheese."

Georgia



Awkward moments in the wheat fields.



Courtesy of Stevenson

Something goes around something,
but that's as far as I've got...



NEWS FROM LIVERPOOL ART CENTER



Liverpool Art Center celebrates 10 years in business with an expansion in space, products and services. This (now) 2100 sq ft center offers a full service, completely in-house frame shop, customize woodcrafts and very unique gift shop with the addition of LAC Woodcrafts. The classes at Liverpool Art Center have expanded into one-day classes in any medium and we have doubled out seating with a newly renovated studio. The gift shop will open by the end of January and the big celebration will happen in April 2012. Visit online for updates: www.liverpoolartcenter.com



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Eighteenth in a continuing series by Sue-Ryn

The Season of Dreaming Seeds

The earth is once again laid bare; her curves, hedgerows and scars outlined with delicate frosting or drifted piles of snow. Last season's nests decorate trees showing up in surprising places. The grey season is upon us. Living in a region where the seasons are marked by intense physical transformations and migrations reinforces the need for changes in energy requirements.

I used to think of winter as the quiet season, but now it is just a more internal season. The brake from incoming wounded and orphaned creatures that starts in mid-autumn usually stops with the first snow on the ground. I'm not sure if that's because snow makes animals easier for caring humans to see or if it's just part of winter's magic, that makes us slow down enough to take notice.

I'm frequently amazed by how many folks who live in the North Country really don't like winter at all. They find it uncomfortable, inconvenient, and generally depressing. I can understand each of those assessments, but refuse to see this season as a series of cold, grey, treacherous days put forth as an endurance test. Like all challenging situations, there's a vein of gold to be mined.

Winter walks are usually a little shorter, faster paced and rich in revelations. The changes alone are inspiring, but the wealth of tracks and other signs make one aware of the common struggle to keep one's life together. Mid day is usually the warmest, but moonlight can also provide some winter wonder. Walks almost always provide the perfect time to count one's blessings; be they ever so humble.

We frequently have pots of soup, sauce, stew, or baking squash cooking along on the wood stove. For those who don't heat with wood, creating healthy comforting meals can still be accomplished with a slow cooker or a stash of "second batch meals" in the freezer. Check your favorite magazines, web site, or library for inspiration. Hearty soups and stews are a wonderful welcome home at day's end this time of year. They are also healthier and probably less expensive than "take out". If you aren't on a low-carb diet, check out the artisan bread books by Hertzberg and Francois, they really can get you baking healthy loaves in five minutes a day. This is a season to gently nurture yourself. Maybe you have always wanted to learn a new skill. Maybe you have some catching up to

do with an old project or an old friend. Maybe you just need to take some time out to putter, sort, or take stock around your current dwelling after a busy season of work. Maybe you've been meaning to teach your children some simpler ways to entertain themselves. Maybe you have considered making changes in your diet or life style. Quiet time indoors can be the perfect time to start slowly growing in new directions.

We usually have our own "winter reading lists", but book reviews and reading lists are also available from NPR or your local library for those who need inspiration selecting titles. Books on tape can come in handy for times when hands are busy but minds are free and receptive. They can be a great source of inspiration and wisdom. Our ancient ancestors spent many a winter close to a fire listening to stories.

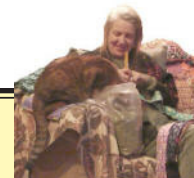
Warm beverages are another comforting tradition of the season. Hot mulled cider, "Chai", flavorful herb teas and broths are simple healthy pleasures for grey days. Switch to honey, maple syrup, stevia, or some other natural sweetener if you must have it sweet. These can be filling low calorie nourishment for those of us in need of shedding some insulation and this is the perfect season to try new flavors.

Soaks in herbal baths can also be comforting. Our skin is our largest organ and winter can bring a host of irritations. Soothing softeners like chamomile, calendula, and lovage mixed with other fragrant herbs can work wonders to cleanse, rehydrate, and rejuvenate a winter weary body, mind and spirit.

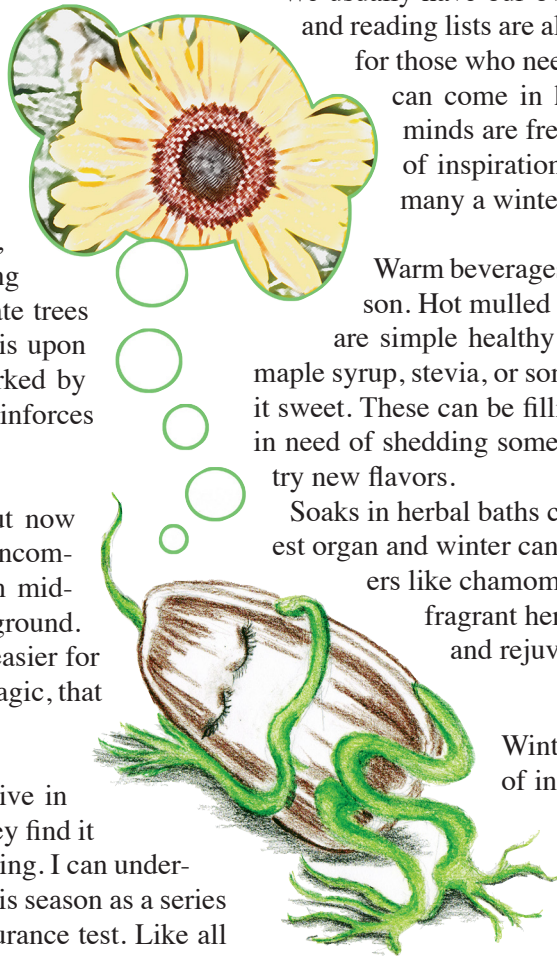
Think of it as healing tea for your skin.

Winter is the perfect season to nurture the seeds of intention, scattered and buried under the surface of busier times. When it's too cold, slippery or grey to go out and play, stay in and treat yourself to some productive down time.

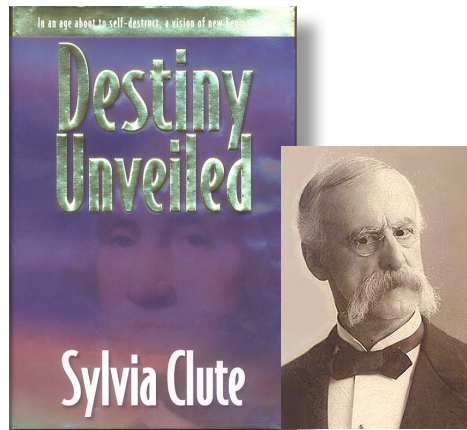
*As each day gains a few more
minutes of light,
you can nurture and regain inner
strength and peaceful joy.*



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Professor Booknoodle on Books : Past and Future - Real and Unreal.



Professor
Booknoodle, Phud

Destiny Unveiled

by Sylvia Clute

Sylvia Clute, the author of *Destiny Unveiled* is a lawyer - a trial attorney; she also has an MA in Public Administration from both Harvard and the University of California at Berkeley, as well as a Juris Doctor from Boston University School of Law. This all may seem pretty noteworthy and it is. But what is impressive about Sylvia Clute is not her degrees but her impassioned commitment to making the world a better place. Specifically she wants to make the world revolving around government, law, justice and social service a better place, in fact, she wants to reform the entire judicial system - to reform government and the judiciary. This is not Occupy Justice, but it could be called that - it could be considered an instruction manual for nurturing positive change. Clute is a patriot in the old definition of the word; she is not a flag-waver, she is a thinking citizen, who takes the words of the Constitution and the Declaration of Independence to heart. But more than all this Sylvia Clute is a spiritual patriot.

Destiny Unveiled is a novel. It is marginally a romance. It is marginally a thriller, it is marginally a terrorist horror story, it is marginally a fantasy, a novel of spirit communications. But more than all these things, it is a challenge - a challenge to the reader - and the nation at large. As well as reforming law and government, Sylvia Clute wants to reform our spiritual approach to these fields of endeavor. Her challenge to the reader is to step up and understand the choice between a life based on fear and a life based on love. To Clute all our emotions are variations of either Fear or Love. All our choices are based on our involvement with one or the other. *Destiny Unveiled* is a challenge to the reader to evolve from Fear-based thinking to Love-based thinking. She, of course, is not the first to have encouraged such a thing.

The heroine of *Destiny Unveiled* is a young trial lawyer working for a high-powered right-wing corporate law firm. The clients are mostly moneyed malfeasants who think they are above the law. Her job consists of finding moral and ethical loopholes so these clients do not do jail time. But Christi Daniel is experiencing a mid-life crisis; she is sick of walking such a moral and ethical tightrope, dealing with white-collar scoundrels, and, also, tired of fending off the unwanted advances of her boss, a hawkish egoist with political ambitions. So, one day, faced with an escalation of various things job-related that I shall not reveal here, she confronts her situation and quits. Leaving behind the corruption and

moral ambiguities, she buys a home in the Virginia countryside just over the hill from George Washington's home, Mount Vernon, and sets up a small, independent practice in a nearby village, where she befriends a charming country lawyer. Life seems much simpler as a country lawyer. The world has surprises in store for Cristi Daniel.

Miss Daniel's new home, like all old farmhouses needs a lot of work. In the course of doing this work, an old Masonic Bible and some Masonic documents are found, hidden in a wall panel next to a fireplace. One of the stipulations Cristi had insisted on, when she left her old firm was that she got to keep and take with her an old conference table and an antique engraving of George Washington dressed in Masonic regalia. Both of these items had given Cristi much comfort. Now the table sits in front of her fireplace, with the portrait of George Washington hanging above. Amazingly, in the Bible is an inscription presenting it to George Washington. The Bible is wrapped in documents of a Masonic nature. What a discovery! To some this may seem all too pat and contrived, but the author pulls it off charmingly. We are swept along by the narrative.

Now the fun starts. Cristi is awakened late one night by the sound of voices downstairs in the room with the table and portrait. Sneaking down the stairs in alarm she hears what seems to be a discussion of constitutional law. More amazing is that the discussion is being held by men dressed in colonial attire. More amazing than that is that Cristi recognizes some of them. Among the gathered gentlemen are none other than George Washington and Benedict Arnold. It is obvious that all gathered are Masons. They are their discussing personal actions during the country's Revolutionary War. It is all rather fantastical. The next morning Cristi thinks she has had a vivid dream.

But it turns out to be no dream. She receives a note from George Washington, who is able to visit from a plane of existence which transcends temporal restrictions. The note invites Cristi to meet with him. At first Cristi thinks someone is playing a rather elaborate joke on her. But again, without revealing the plot details, I will say it is no joke and Cristi has indeed, been asked to host the first President of the United States in a series of informal meetings, complete with tea and cookies at which George Washington will impart knowledge to Cristi Daniel. George Washington informs her that she is to be instrumental in helping to usher in a new era of spiritual evolution on a national level. The world is in crisis, but the many crises facing mankind are balanced by what is a dawning of new spiritual awareness and action in the hearts of humanity. Cristi has been chosen to receive instructions by George Washington on the true meaning of the Constitution of the United States - its spiritual meaning as taught through Masonic philosophy and ritual and Biblical scripture. He proceeds to teach Cristi the Seven Spiritual Principles for Governing a People. This entails seven meetings with an incarnated spiritual being - a ghost from the past - one of America's greatest citizens.

Is Cristi crazy? Is she imagining all this? Is there some incredible plot afoot to discredit her reputation? (and indeed there are plots afoot swirling around Miss Daniel).

Destiny Unveiled unfolds apace with a satisfying speed. One realizes that one is reading a spiritual tract in the form of a novel. But there is enough of plot intrigues to satisfy the reader's need for novelistic structure. However the import of what Sylvia Clute has written far transcends a mere novel. Sly Sylvia Clute. One wants a thrilling novel, but reads a discourse on proper government disguised as a novel. I shan't go further into describing the plot, but I shall deliver here two things from the book, which do not act as plot spoilers. And once I have done that I shall say merely, one could do far worse than to read *Destiny Unveiled* ... one might even find it inspirational.

George Washington's final letter to Cristi Daniels:

Dear Miss Cristi:

Our work together may appear to have come to an end, but, in truth, has yet to begin, for eternity has but one dimension - always.

On your journey to know God, always remember --

***When you meet another, it is a holy encounter.
As you see another, you will see yourself.
As you hear another, you will hear yourself.
As You treat another, you will treat yourself.
It is in others that you will find yourself
or lose yourself.***

Whenever two children of God meet one another, they are given yet another chance at salvation. Never leave another without first giving salvation and receiving it yourself. The place in which you meet is the meeting place of God. (One must read the book to understand what George Washington means by 'salvation'.)

At the end of this most engaging novel are footnotes, The Seven Spiritual Principles for Governing, and a lengthy chart delineating the differences between the Two Voices of the Mind: Love and Fear.

THE SEVEN SPIRITUAL PRINCIPLES FOR GOVERNING A PEOPLE

- 1) Fear shall not be used to manipulate the people**
- 2) Justice shall be delivered without judgment.**
- 3) The equality of every citizen shall be honored.**
- 4) The power of the people is inviolate.**
- 5) Peace comes only from within.**
- 6) Love is the source of power.**
- 7) E Pluribus Unum - The Many are One**

From the book's dust-jacket about Sylvia Clute:
"As a young woman, Sylvia Clute studied in Paris, France, when a unified Europe was a distant dream. She became an early Peace Corps Volunteer in a remote Himalayan village in Nepal. After graduating from law school and establishing a practice, Clute co-founded the only women's bank in the South, became chairman of the board, and helped move Virginia's laws relating to women and children into the twentieth century.

"In her career as a trial attorney, she found that clients often came to her with broken relationships, looking for solutions in a legal process in which justice means vengeance. We have seen our criminal justice system become a feeding frenzy of vengeance, now incarcerating a greater proportion of this country's citizens than any other nation. This vengeance model permeates much of our world. - foreign policy, politics, corporate culture, and even family life.

"Ours is a fundamentally flawed system built on 'an-eye-for-an-eye', with a carefully constructed system of beliefs that discredits the Golden Rule as 'weak'.

Throughout Clute's journey the question continually arose, 'If not this system, then what?' In *Destiny Unveiled*, that question is answered."

This is Professor Booknoodle,
wishing you an inspired evolutionary New Year!

(Visit Professor Booknoodle at:
<http://www.brothertownbooks.com>)

Eight in a continuing series by Bob Canino

"Without a Trace: The Strange Disappearance of Freddy Valentich" Does an Australian pilot's 1978 encounter show UFOs hostile intent?

On October 21, 1978, twenty year old pilot Fredrich Valentich rented a single engine, prop driven Cessna for a short night flight from Melbourne, Australia to nearby King Island. The night was clear, winds were almost silent and the conditions for flying were good, so the flight shaped up to be a routine one. However, what was to happen that night was to be anything but routine.

Just after 9PM, Valentich radioed Tullamarine Airport in Melbourne as he sighted something anomalous in the airspace with him. (The following quotations are from the actual audiotape made during the flight):

Valentich (VB): Melbourne, this is Delta Sierra Juliet (Valentich's flying ID) is there any known traffic below 5000?

Melbourne(M): Delta Sierra Juliet - no known traffic.

V: -seems to be a large aircraft below 5000.

M: What type of aircraft is it?

V: I cannot affirm. It is four bright...it seems to me like landing lights.

M: (no answer)

V: Melbourne, this is Delta Sierra Juliet - the aircraft just passed over me at least 1000 feet above.

M: Roger- and it, it is a large aircraft, confirm?

V: Er, unknown due to the speed its traveling - is there any Air Force aircraft in the vicinity?

M: No known aircraft in the vicinity.

V: Melbourne, its approaching now from due east - towards me. [The tower operator is clearly stunned and concerned, but stays off the frequency to let Valentich continue]

V: It seems to me that hes playing some sort of game- hes flying over me two-three times at a time at speeds I could not identify.

M: Roger - What is your actual level?

V: My level is four and a half thousand, four five zero zero.

M: And confirm - you cannot identify the aircraft?

V: Affirmative.

M: Roger - Stand by.

[The tower operator is clearly stunned and concerned, but stays off the frequency to let Valentich continue]

V: It seems to me that he's playing some sort of game- he's flying over me two-three times at a time at speeds I could not indentify.

M: Roger - what is your actual level?

V: My level is four and a half thousand. Four five zero zero.

M: And confirm - you cannot identify the aircraft.

V: Affirmative.

M: Roger - Stand by.

[Again, the tower operator is clearly concerned and checking for other traffic in the vicinity. Finally, Valentich breaks the radio silence...]

V: Its not an aircraft...It is...

M:Can you describe the...er, aircraft?

V: ...as its flying past, its a long shape...cannot identify more than that. It has such speed. It is right before me now, Melbourne?

M: Roger. And how large would the, er, object be?

V: It seems like its chasing me. What Im doing right now is orbiting, and the thing is orbiting on top of me also...Its got a green light and sort of metallic (like). It's all shiny on the outside.

M: [Silence]

V: It just vanished!

M: [Silence]

V: Melbourne, would you know what kind of aircraft Ive got? It is [a type of] military aircraft?

M:Confirm the aircraft just vanished.

V: Say again.

M: Is the aircraft still with you?

V: ...It's ah... [now] approaching from the southwest.

M: [Silence]

V: - the engine is rough idling. Ive got it set at twenty three, twenty four...and the thing is - coughing [At this time the engine trouble is audible on the audio tape]

M: Roger - What are your intentions?

V: My intentions are - ah - to go to King Island - ah, Melbourne that strange aircraft is hovering on top of me again - it is hovering and it is not an aircraft.

M: [No answer]

V: Melbourne -

[At that point there is a seventeen second pause during which there is a very strange, metallic sounding pulsed noise. It has no discernable pattern in time or frequency]

M: Delta Sierra Juliet - Melbourne.



But there is no reply and the audiotape ends there. And despite a huge search and rescue operation mounted by both the Australian Navy and Australian Air Force, Freddy Valentich's plane was never found and he was never heard from again.

While no one at Melbourne Tower was a direct eyewitness to the event, independent investigators were able to obtain reports from twenty eyewitnesses in the region who described an erratically moving green light in the sky at the same time of Valentich's flight. And some years later, investigator Richard Haines - a former NASA Space Scientist at Ames Air Base - was doing some work on the Valentich case when he came across a witness from Apollo Bay, Australia who was out driving with his two nieces

that same evening of October 21. They all noticed the lights from a plane, along with a large green light. The presence of the green light was so unusual that the witness decided to pull over, stop and get out of his car. When he did so, he clearly saw a second, large greenish, circular light "like it was riding on top of the airplane." He also noted that "it kept a constant distance above and slightly behind the airplane's lights", while he watched for about fifteen to twenty seconds, until both lights disappeared from sight. And in the late 1990s when the television show *Sightings* was reinvestigating the whole affair, they were actually able to come up with a spectacular photograph of Valentich's plane being shadowed by an enormous UFO. But even after thousands of hours of search-and-rescue, and hundreds of rounds of interviews, the fate of Freddy Valentich and his Cessna 1821 still remains vanished... without a trace.

Bob Canino

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Your Questions Answered - With Dennis Cole

Natural Relating: Friends or Lovers?

Dear Dennis,

Q. Dennis, you've mentioned that, ideally, a relationship should be based on a "two-way, spontaneous affection." Does that hold true as well for **friendships**? E.G.

A. Well, in the real world, this is not always the case. For example some great friendships have evolved from very difficult or negative initial encounters. Besides, true friendships usually involve learning more about each other - the weak points as well as the good stuff. And, if what they learn, about each other, over time, strikes a resonant chord, then this may help the friendship to evolve.

It is our nature to find things in common. We tend to like people when we discover - "Hey - they're just like me!"

The affection in a relationship may not be the same as the comfortable feeling of rapport in a friendship. The "spontaneous affection" we speak of is associated with "chemistry" and physiological changes that can take place when there's, say, a good "Mars-to-Venus" connection. Whereas the energy of a friendship is more Uranian or Aquarian - colored. In other words, more of an intellectual - social stimulus behind it. Both a friendship and a romantic relationship can evolve into Unconditional Love.

Another thing to consider is that the good-feeling brain "chemistry" or "falling in love" is not the same as Unconditional or true love. Spontaneous "falling in love" perhaps is a biological necessity for our evolution, or getting our genes into the next generation. And this mood-enhanced feeling may last a couple years (presumably, long enough to keep the supportive male "hanging around the cave" long enough for the baby to become am-

bulatory - so there's a better chance for genetic survival.)

The basic answer to your question, as to having a **friendship** be based ideally on this mutual "spontaneous affection," is that it - by definition - would be a **romantic** relationship, rather than only a friendship. Both levels of relationship can involve affection, but the friendship level does not always have to be "two-way" and "spontaneous" in the beginning.

Now, can a romantic relationship morph into a friendship - without the chemistry - in time? Of course! And can a friendship become a romantic, affectionate relationship? Of course, and some of the best relationships are those in which the partners are best friends.

For those who were ready and drawn to a way of knowing, in advance, what might be the most natural potential of their relationship, Synastry (the Astrology of compatibility potentials) can be an amazing tool for revealing the "seed potentials," or deeper meaning of their particular relationship. And, for some, that may simply be to have a brief karmic encounter, holding an opportunity for personal Spiritual growth, and then to move on.

Regardless of the type of relationship, Khalil Gibran's words can be beneficial: "In your togetherness let there be spaces and let the winds of heaven dance between you."

Relationships will take their natural course as we learn to follow our hearts, be our true Selves and allow others to do the same.

In Oneness,
Dennis



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Nothing is either black or white before first being neither.



By Kris Faso

December, and it is hot around my fire. The inside of my tepee mirrors a rusty burnt orange glow off the thin, dark layer of skin.

Smoke twists and raises skyward.

The flames coil and turn in a sacred manner, a sacred spiral. Like a dance, where energy merges within the fabric of space/time, folding into the core of its own being, drawing in, too, my attention. I distinctively sense gravity towing my body.

Gradually I relate to the distance occurring between myself and the fire; as like a balloon expanding, drawing me near the center ~ Folding into the fabric of space, where time dissipates into the awareness that I am not physically separate from the environment.

Suddenly a loud SNAP beset the air.

Immediately as my body reverberated, I no longer had the sensation of feeling only my physical senses.

I became acutely aware of every fiber of my being having its own unique "separateness" within the whole of me. As if I was in portions.

I felt both a vulnerability to the space between each fiber and the reassurance of that space being a platform for my awareness to "leap" or shift. I felt the air bending around each fiber as I passed through it while it seemed too, to be passing through me.

Yet it made no difference to my immediate attention, which was in awe of each fiber being a luminous projectile into a universe of the same. Still, as though nothing were unfamiliar, it all seemed nonchalant. And so, I knew then the door had just...opened. My awareness had shifted.

"Good morning, I am Anya"

The voice was that of an elder woman. As she spoke I instinctively felt a deep sense of assurance. Her voice sounded steady to my ears. Yet her words purged through me in waves and ripples. It was as if this way, I had the uncanny sensation of seeing her image as weathered, like old stone, aged of one hundred years in the hot desert sun.

continued on page 23 "Himalayas" painting (cropped) by Nicholas Roerich 1933



Kris Faso

PSYCHIC/MEDIUM

"Kris, My husband and I would like to thank you for the absolutely life changing experience you facilitated for us. We feel blessed to have met you. Your gift is warm, comforting and above all so accurate. I can not imagine how all the information comes to you, but thank God for being you". Tom & Janet

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FUKUSHIMA *continued from page 1*

There seems to be a difference of opinion. One outcome of the tsunami, however, cannot be argued. This is the arrival of traces of radioactive isotopes upon the shores of this country. Testing has found that it has made its way into the food chain.

The earthquake that struck Japan and the resultant tsunami has caused unprecedented damage to the country. The nuclear power plants that were devastated by this event have for months spewed radioactivity into the surrounding environment, the air, the ground and groundwater and the sea. After reaching 'cold shutdown' in mid-December of 2011, Japanese officials indicated it would be at least seven years before the interior of the reactors can be checked, due to high levels of radiation. Decommissioning of the plant will take 30 to 40 years.

Since this happened on March 11, 2011, rice grown in the vicinity of these plants has been tested to show high levels of radioactivity, and the farmers have been asked not to ship the rice. By March 18, several radioactive isotopes had been detected in Seattle, Washington air filters. By March 30, traces of radioactivity were found in Vermont, at 10 separate air sample stations. Amounts detected were low. Similar levels have been detected in grass which cows graze on in California. Radiation has been detected in trace amounts in milk across the U.S., and in strawberries, kale and other vegetables in California. For more information, see this article, entitled "Fukushima in Our Food" accessible online at: <http://www.foodprocessing.com/articles/2011/fukushima-in-our-food.html>.

As in most elements of this natural disaster, there is controversy as to whether the results of the radioactive isotopes that have permeated the global atmosphere will cause health problems. Perhaps that cannot be known for sure. But there are safeguards that can be taken.

***There are foods that will
help stave off the accumulation
of radiation in the body.***

There are also foods which will help eliminate such compounds from the body if they do accumulate.

One isotope of concern is iodine 131, a radioactive isotope that was emitted during the disaster. If we have sufficient iodine in our bodies, iodine 127, the only natural iodine isotope, our bodies will not take in the heavier iodine 131. This radioactive isotope, if it accumulates in the thyroid gland, can cause thyroid cancer. According to herbalist Susan Weed, relatively rare 20 years ago and unknown prior to 1945, thyroid cancer is now the number one cancer in children in USA. Thyroid cancer is one of the fastest increasing cancers in both adult men and women. She further states: if we continually take in 150 micrograms of iodine 127 daily, we will most likely be protected from iodine-deficiency "iodine aggressive uptake". We can do this by eating 5-10 grams of seaweeds daily.

SEAWEED.

There are many varieties suitable for human consumption. Those varieties most effective in inhibiting radiation sickness have been noted to be kelp, especially the digitata variety. Seaweed as food in America is virtually unknown, although it is used as an ingredient in a wide range of food products (carrageenan). It is, however, a staple of the macrobiotic approach to diet. Seaweed can be used in a vast array of cooking techniques. There are many types of seaweed....sea vegetables is perhaps a better term.

**For more information and ordering you may wish to
visit Maine Seaweed at: <http://theseaweedman.com/>**

Miso

Perhaps you are familiar with miso, an ancient Far Eastern staple food that has become increasingly popular recently.

***"Miso belongs to the highest class
of medicines, those which prevent
disease and strengthen the body
through continued usage."***

— Dr. Shinichiro Akizuki, Director, St. Francis Hospital, Nagasaki
Dr. Akizuki worked at St. Francis Hospital at the time of the destruction of Nagasaki by an American nuclear bomb, delivered toward the end of World War 2.

The hospital was about one mile from the epicenter of the blast. Dr. Akizuki had been feeding his patients the traditional Japanese diet of miso soup, vegetables and seaweeds every day. Remarkably, none of the patients or workers were affected by radiation poisoning, though American scientists declared the area uninhabitable for at least 75 years. At nearby University Hospital, 3000 patients suffered greatly from leukemia and disfiguring radiation burns. This hospital served its patients a modern fare of sugar, white rice, and refined white flour products. Dr. Akizuki and his workers continued to treat patients throughout the city, in spite of the warnings. Since then, many conclusive studies have been done showing the healing qualities of this remarkable food.

***Miso has the ability to help the body to neutralize
and eliminate the effects of radioactive poisoning.
So in this time of uncertainty concerning the effects
of the nuclear disaster at Fukushima, it is more than
wise to consider adding these foods to your diet.***

Basic Miso Soup recipe:

- 4 cups vegetable stock or spring water
- 1 (6-8 inch) piece dried wakame seaweed
- 1/2 cup diced firm tofu
- 2-3 tablespoons red or light miso paste, according to taste
- 2 tablespoons finely chopped scallions

Preparation:

Bring wakame and stock to a boil;
reduce heat to simmer and cook 10 minutes.
Remove wakame, chop fine, and return to stock.
Add tofu.

Dissolve miso paste in a ladleful of broth,
and stir back into the soup.

Remove from heat —do not boil .

Ladle soup into bowls and
garnish with scallions.



First in a series by Tony Riposo

Yoga, Wellness, and Self Discovery

by Tony Riposo



The one thing that everyone wants is to feel better physically, mentally and spiritually. People often feel like they don't have any control over what is happening in their life but nothing could be further from the truth. In this series of articles on "Yoga, Wellness, and Self Discovery" we will learn how yoga can help every person, no matter what their current condition, to once again be in charge of what they are experiencing on a daily basis and enjoy their life more fully.

Most people think that yoga is too difficult for them because they are too weak, inflexible, old, unhealthy, out of shape, or their minds are too active. The number one reason for not doing something to make a difference in one's life is "not having the time." As funny as these excuses sound, they are all so true. We easily dismiss the fact that there is a possibility to change our behavior, the way we feel, or the condition of our body. Yoga practices provide an opportunity to turn this thinking around so that we can actually begin to participate in what is happening to us instead of just letting it happen to us. By practicing yoga, we realize that we have the ability to actually create our own destiny.

*The belief that we
"can't" do something
to create change in our
lives stems from a
false belief
or misunderstanding.*

Over time we have forgotten who we are; we have become disconnected from our true nature. Realizing this sense of separation is what yoga is all about. Yoga teaches that we haven't lost anything, but that we've forgotten our true selves.

As our minds develop, we rely more and more on what we know, and eventually we believe in all the things that we think. Our thoughts are shaped, formed and created based on all of the experiences of our life; they are how we experience our life and we store them in our mind. These truths

become the means through which we interpret the reality we live in; our thoughts are real to us. They become like an internal "map of reality," and that reality is as real to us as the world we live in. If this wasn't true, then we would have to admit that we know nothing at all.

The yogic teachings suggest that this illusion of separation is false. In fact, Yoga is defined as the process of union, yoking, or bringing two things together. The mind creates the mistaken idea of separateness, because it records and categorizes all information as separate experiences; whereas the consciousness perceives experiences in a nondualistic fashion; without separation. The practice of yoga allows you to see that you have conscious choice, and that you can consciously participate in whatever you do.

When we become conscious of what we're doing, we change how we do it. Have you noticed that children change their behavior when they know that they are being watched? We all change our behavior when we are aware of what we are doing. Do you remember a time in your life when you experienced yourself crying and then stopped; or similarly when laughing; you noticed, and you instantly stopped. That's the beauty of yoga; whether you're practicing the physical postures, meditation or breathing techniques, you have the opportunity to become fully aware of what you're doing, and because you're conscious of what you're doing, there's a potential for change.

There are several ways that yoga and its practices can open the doorway to wellness and self discovery:

- **Meditation:** in our minds we open to new possibilities of awakening or being conscious of what we're doing, so that we can live with our minds instead of in our minds.
- **Yoga Poses:** in our bodies we experience our physiology. We face our fears, find challenges, and learn to accept ourselves as we are. We become conscious of our "maps", explore the possibility of change on a physical level, and develop a healthier overall body.
- **Breathing:** energetically we learn how the flow and regulation of our breathing is a reflection to how and what we're experiencing at any given time. When we become conscious of our breathing, it changes the quality of our experience.
- **Relaxation:** we learn how to recognize the difference between being tense and being relaxed, and learn how to bring the practice of letting go into our daily life.

In future articles we will look at each of these practices and explore how they can become a vehicle for real change in our lives. You can't do yoga and not change. If you're really ready to change, then find an experienced yoga teacher and start taking classes right away. It will change how you live your life!

Tony Riposo
Infinite Light Yoga Director

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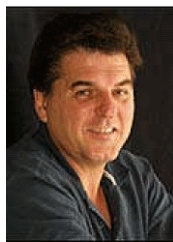
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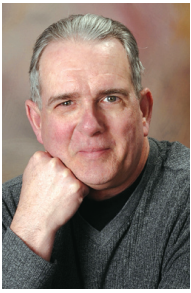
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Holiday Gift

by
Dave Bennett

sure, accomplishments and respect. Our hearts know deep down that this is not our primary focus. We then begin to teach the ego that compassion and universal love are the true focus our heart needs to strengthen the link to our higher nature.

*We learn through
interconnection
with everything in the
universe that what we do to
another we do to ourselves.*

What we fail to do for another we fail to do for ourselves. These are the lessons that build a relationship with our ego based on compassion and love.

We live in a world where anything is possible, yet to work with the energy of all potentials, we must be totally honest with ourselves and everything within our circle. We must come to accept our faults and strengths. This is not something everyone wants to do but it liber-

ates our heart and strengthens our mind. I favor using stillness, gratitude and mindful attention within my circle to accomplish this quest of personal acceptance. This honesty and acceptance is an ongoing practice, which is essential to having clear communication with our higher nature. With time our practice becomes a way of living and many of what we perceived as faults evolve into strengths.

With this new way of living we connect more with our higher nature and thus with the Divine Source. If we look again at the interconnection with everything in the universe, we begin to see how our living with our own truth and acceptance reduces and burns away our karma. In doing so we are reducing karma for others, and we are building honesty, love and compassion for the world. I can't think of a better gift during this season of giving.

Om Namaste
David Bennett
Upstate NY IANDS
Coauthor of Voyage of Purpose
www.VoyageOfPurpose.com

With all the shopping, cooking, gift-wrapping, and traveling over, it's time to start to focus on this new year of 2012. I would like to offer a concentrated focus to prepare us for the energetic shifts that are coming our way.

The more we connect to the Divine Source of Creation the more we begin to change for the better. Slowly a belief in unity replaces our belief in separation, and with that comes a sense of harmony. At first we are out of practice in connecting and creating our link. In order to polish our rusty link and have it communicating smoothly, we need to release and let go so we may flow with our higher nature. This means bringing our ego into balance. Before our transformation we are focused on wants and needs like wealth, fitting in, plea-



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As a Medium, I contact those who have passed on to the other side. When I go looking for a loved one, I ask that you give me no information at all. The less I know the better it is for the deceased to come through. I only need to know that you want to speak with someone. Please be aware that the one who comes through may not be the one you were expecting, so I ask that you remain open to that. I have been very successful at clearing dwellings of unwanted activity too.

*I often combine Tarot readings with Mediumship.

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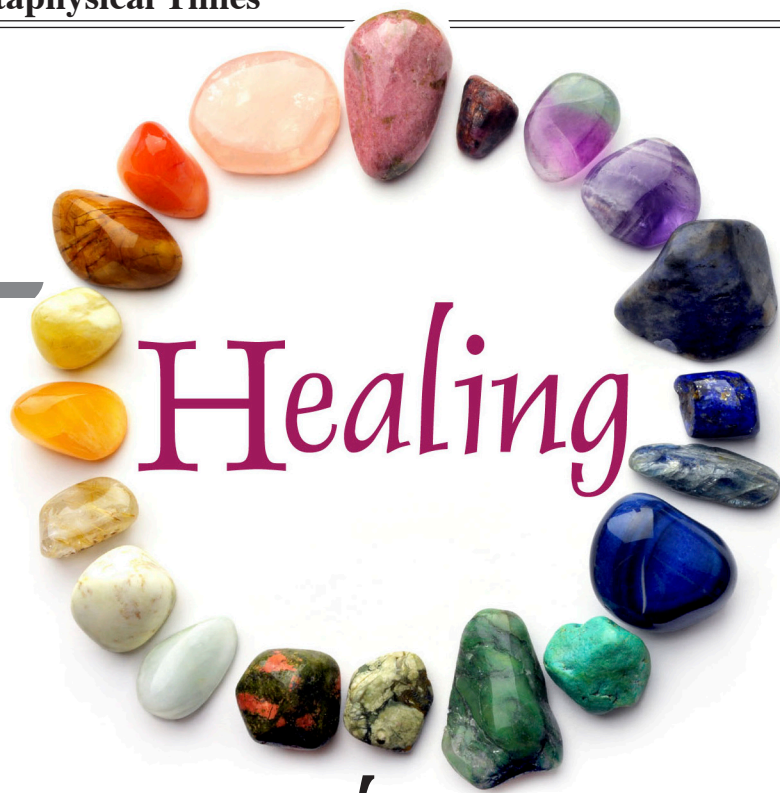
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Betsy Sams

Betsy Sams, soul proprietor, one of the original founders, has brought a fresh new look and feel to the space. The store still carries all of your basic holistic items like; hand crafted essential oils and candles, stones/crystals, jewelry, sage, incense, books, reading cards and more but there has been a deep restructuring of prices that makes stocking up on your favorite items much easier on the budget.

The focus of business at *Healing Inspirations* remains on the mind, body, spirit connection. Betsy has redecorated in many rooms making the space even more relaxing for you to learn, heal and grow on your *Spiritual Journey*. The feature services are Reiki sessions and classes, Tarot and psychic/medium readings, hypnotherapy, past life regression and of course NYS licensed therapeutic massage.

Beginning in February Betsy is introducing Thursday's at *Healing Inspirations*, each week a different event will be offered. Psychic/Medium Message Circle, discussion group, Reiki share, Reiki Classes.

- Feb 1 – Psychic Medium Message Circle
- Feb 9 – Discussion Group
- Feb 16 – Reiki Share
- Feb 23 – Reiki II Attunement Class

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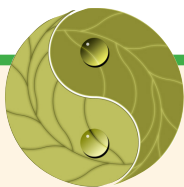
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Waiting To Be Saved

By Brenda Garriss

The Temptations had it right when they sang their hit song, Ball of Confusion in 1970. Now, 40 some years later, those old lyrics still hold true. It is amazing that in all the years since that song became popular, our planet is still in the same dysfunctional position we were in then.

We've not yet been able to take control of a world out of control. Instead, we've embraced more wars, which are clearly God's fault, as well as new forms of communicating. We now have the internet, I-pads, smart phones, digital, wireless connections (shall I include Skype and Facebook?) that increase the sounds of our voices and expose the shadows of our actions in record speed. We can see clearly now with our new abilities to visualize within seconds of an event taking place. Is the world speeding up? Possibly, where are we going?

We can depend on elections of any kind to present a dire picture of the status of our world. It is impossible to escape all the rhetoric, the picture painting and the name calling that propels voters to make some sort of an emotional stand. We get tired of it, yet we encourage the dark side of politics by the attention we give it.

We are a world that is waiting to be rescued. From being asleep for many years, we're finally beginning to awaken and we are terrified with what we see around us. We've spent generations of time ignoring signs that the Earth Mother was suffering. We have located fear in every corner of the universe and have produced more terrorists with our belief system than ever had existed. We are suddenly aware that we've overspent our budget and we're now in financial, physical and moral bankruptcy. We have each set the stage for personal and national disasters and we search for someone to blame for our dis-ease.

Perhaps we were waiting for our prince to arrive and make life perfect for us while we slept soundly, lost in our grandiose dreams of a life without retribution. Certainly if anyone could save us it would be our President who promised change. We assumed that meant there would be no price to pay for ignoring generations of misconduct. Our prince would eventually arrive and fix everything for us. He would waive his magic wand and all the fear, all the abuse and decades of dark manipulations would disappear. We'd be whole again; miraculously healed by someone or some organization outside ourselves. Sadly, somehow it didn't turn out to be that easy and we are indignant with the results.

Surely there is a president, a prime minister or world leader somewhere, a political party, a world bank, perhaps even a carefully selected minister of God that can save us. There must be someone that can step forward and heal our self inflicted wounds, making life a little less painful for us. Aren't there protestors everywhere that can sound the alarm that we need a savior of some kind?

We have lost our personal power and our freedom by mindlessly giving away our own, individual, responsibility for creating peace. We have given our rite to happiness to our governments, our spouses, our children, abusive relationships, our careers, religions, our politicians and our Gods. In our disorientated state of mind, we continue to blame everyone else for our personal tumblers, and our terminal dis-eases. We are dying a suicidal death and we're still waiting for someone to find us and gallantly save us before it's too late.

Suddenly the planet demands that each one of us is faced with our own likeness in the mirror. We are astounded to learn that it is we, ourselves that will be held accountable for the actions we have (or have not) taken. The winds of change have been blowing while we've been asleep and suddenly we find ourselves unprepared for the future we

have created. There is no one left to blame and there is no one coming to save us.

Yet, it is when we find ourselves in our darkest hour of need that we learn our truth and evoke our strengths. It is when we have come to the stillness of the deep that we are faced with our self created demons and we finally realize there is no way out unless we courageously find it ourselves.

It is there, in that darkness of despair where we make our decision. Will we continue to be victims, tossed about like a sailboat in a hurricane? Will we follow the example our distracted, elected officials are showing us by assigning blame to everyone else for our tribulations and our ineffectiveness? Are we waiting for God, the President or perhaps Oprah to come and fix what our ignorance has destroyed?

Isn't it time for us to bravely step forward and own what we've allowed? Isn't it time we finally take responsibility for our own healing by realizing that we are the savior we have been seeking. We are the answers to the questions we have been asking. It is each one of us, individually and collectively who has the power to confront our enemy (and excuse) which is named Fear.

There is an anonymously posted quote found on the internet which reads:

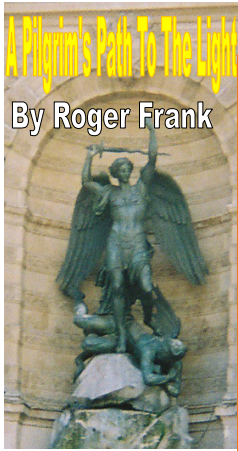
"The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one.

Only the moment you reject all help are you freed."

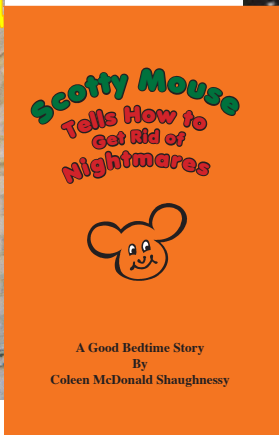
If it were legally possible I would rewrite the last sentence to read:

"Only the moment we reject all help and all excuses are we freed."

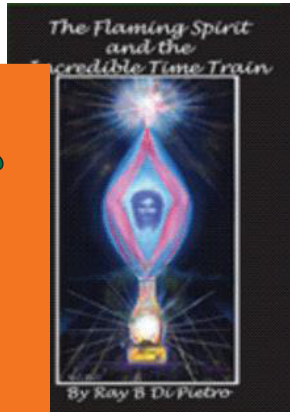
More books by local Authors



By Roger Frank



A Good Bedtime Story
By
Coleen McDonald Shaughnessy



By Ray B. Di Pietro

Rev. Roger Frank's book "*A Pilgrim's Path To The Light*" is the story of how he went from a non-believer to a Psychic Medium. But more than that it is a beginner's guide of developing your abilities. This is presented in a simple to read guide of opening your abilities properly safely, and with confidence.

Coleen Shaughnessy has written a children's book, "*Scotty Mouse Tells How to Get Rid of Nightmares*". This delightful book uses a story about how Scotty Mouse and his friend Bobby discuss nightmares. A fine discussion that would be as effective explaining Universal Energies as it is about nightmares.

"*The Flaming Spirit and the Incredible Time Train*" includes two stories by Ray B. Di Pietro, well known CNY author, about getting in touch with spirit and letting go of what is holding us back. Then we may be guided by spirit into the unknown where we will have the most incredible experiences of our lives.

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A note sent to the Metaphysical Times by our Friend Wanda Winters

My deepest gratitude goes out to all of the wonderful Angels that put together and participated with my benefit in Liverpool Sunday, Dec. 11. A big Thank You to all of you that sent in donations and to all the people who attended the fair... I am so blown away with so much Love and Kindness that I cannot express in words what I truly feel. I send Love & Light to all of you and may you be blessed along your path...

Love & Light
Wanda



My fondest wish for all that knew

TJ (Thelma Jean)

*is to hold her in your hearts
with that beautiful smile of hers.*

TJ was my closest friend, teacher and cohort in screwy adventures.

She helped me in my booth at almost every holistic show.

TJ showed and helped me to understand and accept people as they are, because they come into our life for many reasons/lessons.

Most of those lessons were, to face what we didn't like in ourselves and change what we didn't like for the better.

I will forever hear your laughter & look forwards to your guidance from the other side of that curtain TJ.

You've taken your last bow most eloquently my dear friend.

*Miss you already,
Barbie*

(Contributed by Barbara Hathaway)

AGE REGRESSION GUIDANCE

By Virginia R. Waldron, CH

This article is dedicated to Henry Bolduc and Thelma Freedman - two wonderful teachers and mentors in the world of Past Life Regression Therapy who made their transitions this year and will be sorely missed. Age regression, including past life regression, is a powerful healing modality and initiation in self awareness. It is used for many levels of growth and enlightenment as well as emotional and spiritual healing. Regression is based on the idea that many problems have origins in past experiences. When someone explores these past experiences they can access memories that lie within the inner or subconscious mind. Once these memories are brought to the surface of the conscious mind, the issues or problems are examined and released, often using forgiveness techniques to remove the emotional hook they still have in the client. Regression guides the client along their own personal time line into past events and memories that have connections or associations with their current situation. Regression uses age, dates, events, emo-

tions and, even bodily sensations to move along the personal time line to access the source or origins of the issue and bring it into conscious awareness.

Hypnosis is often used to guide the client into an altered state, where they have access to the subconscious mind and all that lies within. Being in hypnosis is like being very aware and relaxed at the same time. In this state unconscious material can be lifted to the conscious level where it can be examined and explored, and suggestions can be made for guidance, healing and growth. Much of this work is done as inner child dialogue and visualization.

Past life regression moves the experience into what appears to be a previous lifetime and personality. The product of a past life journey may be seen as a psychological metaphor, archetypal or genetic memories or simply a carefully created fantasy. Regardless of how one views the material uncovered, the fact remains that it is the individual's unconscious mind that is working to heal itself.

Age regression exploration can help an individual explore the aspects of their life experiences. A person may question a dilemma in which they find themselves, or the path they are on. They may seek to better understand their life circumstances, the choices they make, or a troubling relationship. Or they may have the feeling they have encountered



a place or person before, when in fact they have not, at least, not in this lifetime. There may be blocks or conflicts with a situation or another person that has no basis or association with the current life's experiences.

Virginia Waldron, a certified hypnotist, uses age regression techniques to help clients retrieve such blocked or lost material and bring about inner healing by releasing painful memories and conflicts in order to create a better future. This kind of work is a powerful exploration in the vast realm of the human mind, which transforms and brings depth and meaning to one's life. It is a process of personal growth and spiritual enlightenment.

Virginia Waldron is a certified hypnotist and a certified instructor in professional hypnosis through the National Guild of Hypnotists. She is also certified in past life regression through the International Board for Regression Therapy. The RoseHeart Center for Transitional and Trans-personal Studies offers professional training in Past Life Regression. The RoseHeart Center is in Fayetteville, NY.

Contact Virginia Waldron at 243-1828, or email at gatekepr@dreamscape.com.

Her web site is
www.gatekeeperguidance.com.

Past Life Regression Training Program

w/Virginia Waldron, CH, CI

at The RoseHeart Center
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Feb. 10-12; 24-26, 2012

The word regression means to go back or return to. Regression techniques guide the client back to a previous time, to re-experience circumstances and events from that time as if they were here and now. Past Life Regression means to go even further back, to memories and experiences from a previous lifetime. As a healing modality PLR has entered the mainstream of the helping professions as a rapidly evolving and dynamic field of holistic work, becoming more and more part of the choices that alternative practitioners are reaching for.

This 50 hours course offers an opportunity to master professional level past life regression through class lecture and discussions, as well as hands-on learning of the techniques, skills and methods of guidance, transition and transformation that are necessary to be a confident and professional past life regression practitioner.

In this course students learn how to facilitate exploration of past life memories in a group setting and as a one-on-one practitioner.

A requirement for this course is a sound training of skills in facilitating alternative states of consciousness, such as hypnosis. The RoseHeart Center for Transitional and Transpersonal Studies training program is accredited by the International Board for Regression Therapy (IBRT) standards for board certification.

To find out more about this amazing modality of healing, go to www.GateKeeperGuidance.com. The tuition for this course is \$675, due before the first class. To sign up or to find out more about this course contact Virginia at 315-243-1828 or gatekepr@dreamscape.com.



Discover Your Power to Create
The Life You Want to Live!

*Nothing is either black or white before first being neither.
continued from page #10*

Gradually I noticed a scene forming. It was not until then; I noticed that I seemed to be floating near the top of the tepee, twenty feet above the ground, looking out to the sky world. I must have noticed the spiraling smoke like a mist on the backdrop causing me to see.

Great stone mountains took shape in the smoke. Desert like tundra and dry weather plants formed on the earth's floor far below the cavernous openings in stone..
Just as this was occurring, the old woman spoke.

***"The Himalaya's, this is where I am from.
This is where we are now".***

I was confused and let her know, as I thought for sure, I was in my tepee.

"We are in your tepee. Yet you must remember that you are also now in the second attention. You have assembled your awareness on a location of 'seeing' consciousness outside of your normal state of awareness.

Consciousness is the foundation from which all locations are borne. Just as rock, plant, animal, you and I, even the air... everything is consciousness. Here in the second attention there is no differentiation of that consciousness. You are able to see that consciousness is a series of pulsations, emanating out of itself, a gestalt of energy, that even in the case of your normal state of awareness, where you must make that differentiation, is still only consciousness. Consciousness is the only way of perceiving the various forms of conscious reality.

Consciousness as you know it, in your normal state of attention, is highly specialized in that it allows you to perceive a three dimensional world. Yet there is also a

highly specialized purpose in that,(consciousness) must maintain cohesion to the physical experience. All this "creative personality" of consciousness arises out of itself for the purpose of its own evolution. So as you see not everything is black or white without first being neither."

Everything the old woman was telling me resonated deep inside of me. Without hesitation I understood and familiarized myself with each word she spoke.

I was reminded that consciousness is ***"All There Is"*** and in the infinite score of evolution, consciousness writes the play through our chosen experience relative to action/reaction, on the stage of our physical experience.

I familiarized myself with the idea that everything is only one force and that one force, before and after our differentiation and identification is still only consciousness.

Before the return to my normal state of attention, the old woman once again told me her name was "Anya". She shared with me how to summon her using this name.

***She reminded me
that the sky world
was a window
to scry the truth.***

She told me that by looking, one could see consciousness darting too and fro, reflecting light off its tiny molecular parts, forming a present body of information that may be relevant to the onlooker, while if so, beneath any relevance, was pure consciousness simply expressing evolution.

Peace on your Journey, Kris



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Journeys*

*Soul
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*Spiritual
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life between lives*

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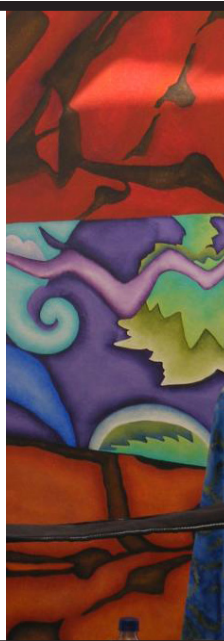
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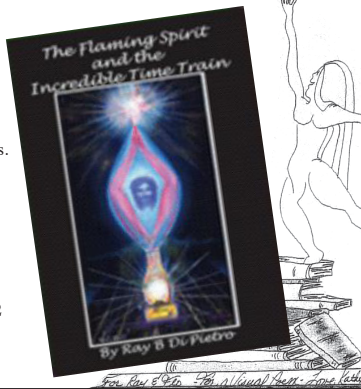


The Flaming Spirit and the Incredible Time Train By Ray B. Di Pietro

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Article and Art: by Coleen Shaughnessy

Happy New Year all you fellow Fairy & Nature Spirit lovers! Here we are at the start of the much anticipated year of 2012. So much hype has been expressed about this time on the planet and what might happen, it makes you wonder who or what is correct. The fact is, no one can completely foresee the future. However there are a lot of energy patterns you can pick up on. The fairies are good at this and are able to notice even subtle changes in vibration. They also have advanced into the tech world we live in today. They can affect computers, cell phones, ipods, cd players, etc. That is why one day something doesn't seem to work no matter what you do and the next day it's fine. It's a good thing to ask the computer fairies and gnomes to help out when you're in trouble. They definitely can nudge you in the right direction if you listen.

When I asked my close Fairy Folk and Tree Spirits what they thought of this new year the answers came back very quickly. One of which was that we will have our "energy return much faster" they said, that is, whatever we put out will be what we get back Very quickly. It can affect the planet on all levels, from the personal to the global and on out from there. This will be the year that it is especially important to put out only positive, uplifting energy. The Gentle Folk are there to guide us about all of this since it also affects them as well. Please invite them into your meditations for discussions. Take heed to be polite and patient, as they love to help, but not if people are rude or bossy.

They also told me that they will be opening more "doors" between the human realm and the fairy realm. They feel that many have advanced enough to "get it". Finally reconnecting with these energies will jump start any and all types of projects we wish to pursue. They have already helped me with several of my own. They did request that we learn to be more aware of what goes on around us. The indoor Fairies would like to be remembered here (the ones we bring in with flowers and plants as well as the ones already there) as ones to be consulted too. They feel they are sometimes overlooked. I had a fun visitor recently, a Moon Fairy decide to stay on my porch for awhile after I had asked Gramma Moon to bless the new crystal necklace I made and put out there in the light of the Full Moon. She was very sparkly. She and Gramma made my necklace extra sparkly.

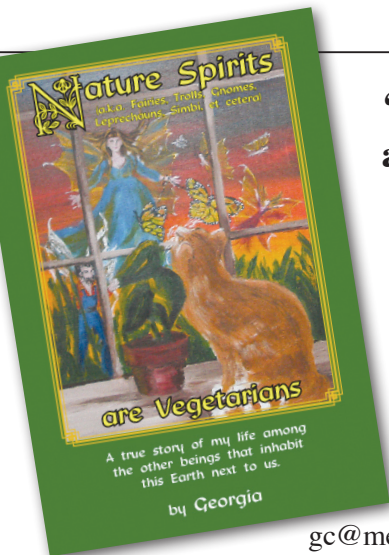
I feel so blessed to have their help and friendship as we start this new year. My wish is that even more people will start to connect with this amazing realm. Have fun, give it a try. Fairy Blessings to you all!

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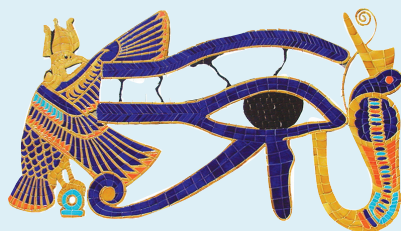


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Continued from page #3

SUN SIGN POTENTIALS - AQUARIUS

lar approach to Astrology and Self-knowledge it may be very appropriate for **your** needs at this time!

Your birth hour is **not** needed in Solar Astrology, and with our Solar House Cusp approach, only the Sun **Sign** is needed to describe your natural life potentials. The Sun is the center of our Solar System, **and** of this "Solar" approach to Astrology. Because the **Sun's** Sign energies are what really reflect from the Moon and Planets, we can see why, for simplicity, the latter can be omitted. Still, we have a system which reveals the essence of the life potentials.

Now the Sun symbolizes more than our conscious life purpose. It also describes, in part, the Ego - the basic person. It has much to do with our vitality, will power, character and creative self-expression. All of this, of course, as shown by the Sun's **Sign** "coloring." For these reasons your Solar chart Sun Sign Potentials and experiences can be strongly tied in with your character development and creative self-expression.

Astrology can reveal our feeling, acting and thinking tendencies. These, in turn, create our character - depending upon how we respond and what we dwell on with our free-will - and this **character** seems to create our tomorrows.

Astrology, can help us to better understand and accept self and others. It may even inspire us to open up more as a channel for Creation by playing out our unique creative role, dedicated in service to all!

As you read the **Sun Sign Potentials**, allow your gift of intuition to operate. This works best when your motives are from the heart and based on love.

When you feel, intuitively, or wonder, if a general statement may apply to a particular area or circumstance in your life, you will probably be right. Through this "clairvoyant" reading you may gain more understanding relating to your

birth potentials.

The Sun Sign somewhat describes the father, children, and traits a woman desires in a man. It "colors" how we tend to express ourselves romantically, and how we use our energy and creativity for personal development and **show**. So the following information will be revealing in these areas as well. Although this information involves probabilities, most highlights mentioned are likely to materialize sooner or later. By accentuating the positive potentials you may develop your character further. This **may** give you more freedom to consciously create your own future.

Nature's "language," Astrology, can help to bring you deeper self-understanding and spiritual knowledge. However, it may be worthwhile for you to consider that Astrology **may** work because evolving **Mankind** has created it through accumulated beliefs and consensus of agreement over thousands of years. For all we know, as "children" of Creation, or Perspectives of Source Energy, **we** may have thought-believed the visible physical plane, **and** stars, into existence - our Reality! Just as we believe in aging, dying, this religion, that religion, and so on! Our accumulated feelings and beliefs in the collective Mind, then, really can become our reality! Consider the aphorism: "As above, so below, as below, so above!"

What is being suggested, then, is that each of us may have the free-will to view Creation in our own way. And that truth can be **all** things - not just this reality **or** that reality. So "fate versus free-will" may boil down to what we choose to believe. Fate may involve a belief in the collective standards and generic criteria to be lived by. Whereas free-will may be proportional to our ability to live according to our deepest inner feelings as individuals. Carl Jung suggested that "Free will is the ability to do gladly that which I must do." The suggestion here, is

that the natal horoscope of "seed potentials," symbolizes the free will, before incarnating, of the "**What - Where to - How & Why**" of our Soul's "game plan."

In any case, as you read these potentials, you may find yourself wondering if a general statement may apply to a particular area, or circumstance, in your life. These first "intuitive impressions" will often be right. Through this "clairvoyant listening" you may gain more detail and understanding about your birth potentials... as **you** perceive them!

♊ Aquarius 1st House Cusp Influences

(The following ties in with the "WHAT" of your Life focus)

Your Sun Sign, Aquarius, is a fixed air sign. Like the other two air signs, Gemini and Libra, this is an intellectual and social energy. Being of a fixed quality, however, shows that you are not as changeable or adaptable as your airy relatives, Gemini and Libra. Instead, you're more likely to be persistent, goal-oriented,

and interested in organization. Often your results in life will come through determination. Your ruling planet is Uranus, the planet relating to originality, universality and sudden change.

Your energy is more activated through social pursuits, groups, organizations, your friends or your goals. You need people. In some way, people and social activities are a natural part of your life. However, you also need to be alone periodically. You need to know that you can have your independence and freedom to be an individual.

You possess creative genius and a capacity to make a personal contribution to the progress of mankind.

You are capable of being friends with all sorts of people, although not for too close a friendship with most. Most people view you as friendly. Yet some who might want to be closer to you, might see you as being somewhat detached or impersonal. You have a revolutionary spirit and some people see you as being wild.

Each sign has a natural love. For you, this can be a love of your friends, your social activities and ideas; and your goals and freedom. You are curious, communicative, diplomatic and appreciative of beauty and harmony. These tendencies stem from the Gemini and Libra energies within you.

You are capable of showing leadership and creativity - especially amongst your friends or in group or organizational activities.

You have an ability to teach or do social work. You could work with children or young people. Social situations, your friends and your goals, have a very personal influence on you. You can be quite proud or showy, when it comes to the people in your life.

New and progressive things stimulate you. You are likely to experience many new beginnings in your lifetime, relating to goals, groups, friends and social activities.

You are anything but con-

continued on page # 27

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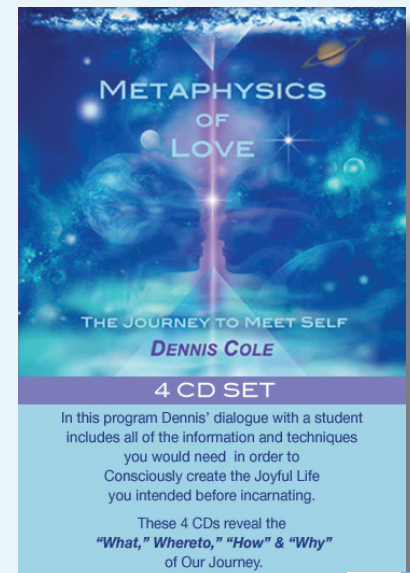
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ventional! Sometimes you tend to create revolutions or shake others up - or shock people.

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♌ Leo 7th House Cusp Influence

(The following basically relates to the "WHERE-TO" of your Life's intended experiences.)

You tend to attract a creative, romantic, dramatic and entertaining type of partner. You tend to be proud of your partner. This person is loving and generous - especially when they are in command or being the leader, or "running the show." Your partner would be strong-willed commanding personality with a well-developed ego. And this partner, or mate, would need to stand out as an individual. This is the sort of person with an ability to be "on stage" or to entertain others in some way.

Your partner also enjoys being entertained, including parties and vacations in the Sun.

Your natural-leader partner is a fun-loving person who seems to enjoy or attract children or young people. Your children would be a lot like your spouse.

It's interesting to note that you Aquarian types are the one sign in the Zodiac who naturally happen to attract your **own** type! So besides all of the Leo qualities we've just touched on, your partner would also have many of your **Aquarian** traits. These, of course, include: Intelligence, independence, social sense, strong will, and so on. And, of course, like you, they can be a bit weird or unpredictable at times!

You have potentials to form partnerships with people or groups. Other people are very significantly involved in your destiny. You also hold the potential for coming out before the pub-

lic in some way. You treat most people as equals.

You could meet your mate through school, while on vacation, or through a fun social activity. Often your type meets a partner through friends or a club or group. You have a strange connection between relationships at the friendship level and the romantic level. It's possible that you could first become friends with someone and then find that it develops into something more romantic. Certainly you have a need for your partner to be your friend and to share some common goals. You have friends in both sexes.

As much as you need others, you also need to be free - to be an individual.

Through your close associations **you'll** learn to be more creative, and to come down-to-Earth and enjoy life and love more. On the other hand, people who come closely into your life may learn through the experience how to be a bit more objective, independent, detached, and concerned more about loving **all** people! You can give love without always expecting it in return.

♉ Taurus 4th House Cusp Influence

(The following ties in with the "HOW" of your Life Purpose)

Your parents are determined, strong-willed, people. Your Mother is practical, down-to-Earth and sometimes stubborn. She is interested in quality, security and loyalty. As **you** get older you are likely to become more interested in security and harmony. You'll also become more practical, and could acquire quite a few possessions in the home.

Your home is your castle. You appreciate and will work to produce, things of beauty, comfort and harmony for your home. This can include art objects, good food and music.

Your Mom - or family - may assist you financially at times. You may tend to be a bit possessive or stubborn when it comes to home, property or family matters.

You tend to put money into the home or buy things for the home. Nature may become more - and - more important to you as you get older.

♏ Scorpio 10th House Cusp Influence

(The following relates to the "WHY" of your intended Journey through this incarnation.)

You are resourceful and a good manager in your work. Others see you as strong willed, inventive, revolutionary, and as a person with very definite likes and dislikes. You probably know just what sort of work you would like to do, and what you would not want to do.

You have the potential to get involved in issues or work which could affect many people. In fact, you're "born again" as you begin to feel that your accomplishments or career are not just for you, but could also affect mankind in some way.

You are capable of causing quite a stir in your work or social accomplishments or involvements. This is because you are somewhat of a revolutionary spirit and you are interested in progress and the future. Often others are not ready for what you know has to happen - sooner or later.

You are able to research and "solve puzzles" in your career. You may be able to use the occult and other progressive means in your work or to help find fulfillment in life.

You have a desire to be respected for your ability to research, make discoveries, and help bring about major changes.

What you do out there in the eyes of the world can have a regenerative effect on you. In fact, some of your most profound experiences relate to your ambitions, career, father, authorities, or a boss. And if you've developed a deep feeling sense of responsibility for humanity, the changes you get involved in could bring to you some degree of fulfillment or recognition.

Some Highlights in the Aquarius Year Ahead

Now let's take a look at a few key potential cycles of experience for Aquarius' year ahead to the next birthday:

Every year, your 1st, 4th, 7th and 10th Key "Solar" Houses, which were discussed, are "lit up" by the transit of the Sun for a month through each of those areas of your Life Experience.

February activates your "**WHAT**" area of Life, as well as new beginnings. **August** activates your "**WHERE-TO**" section - especially as it involves your relationship with those who are closer to you. **May** activates your "**HOW**" section and home or family and security, as well as foundations of the personality are in focus. **November** culminates with the "**WHY**" portion of your Life, and often this can, relate to career or other desires involving the drive to find fulfillment with others.

Please remember to look at the four sections we've discussed as their "season" or month come into focus.

Your "ruling planet," **Uranus**, ("the awakener"), will be in the Sign, Aries in your year ahead. And the transiting Sun and Moon will unify with Uranus as we approach the week-end beginning on **March 22, 2012**. There can be - physical or personal new beginnings - for you, Aquarius; and new humanitarian organizations may be created.

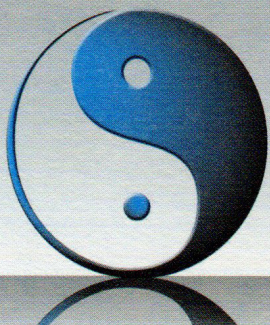
Since Astrology is "an Algebra of Life," this has a number of potential ways to manifest. For you, Aquarius, a new goal is "seeded," and whether it grows to be exciting, sudden, unexpected, explosive; or disruptive and very "different," it will depend on what you have "planted" and "cultivated."

On a more Universal level, this new Moon conjunct Uranus is likely to manifest - within a week or two of that **March 22, 2012** marker - as sudden changes in leadership. Sudden unexpected revolutionary new beginnings and goals for Humanity, as well as for Aquarius! Around the **3rd week of July**, there will probably be some heated opposition to what began in the spring and a renewed fighting for social justice may suddenly erupt.

We are wise when we begin to realize that we are always given what we need. It may not always be what we like - because we attract what we choose to think about most often! By accentuating the positive potentials of our "birth maps" we can create a more joyful Path through Life. The "silver lining" is **always** there for us, and every "stumbling block" is always a stepping stone! Our work is to learn to **Appreciate** the good that is all around us as we gladly live out our chosen birth potentials and move closer to the realization that We are All in this Together.

In Oneness,
Dennis

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




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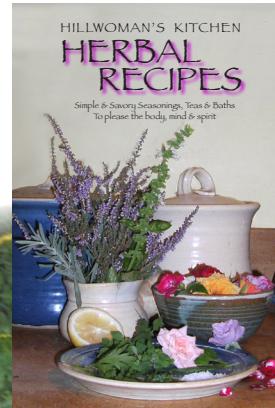
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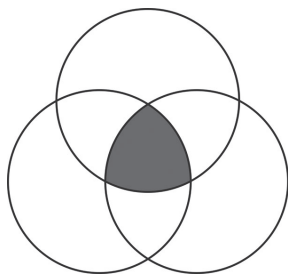
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Secrets of the Reiki Principles



By Don Brennan

The Reiki Principles were originally called the Gokai (Go = 5, Kai = Principles.) While they haven't been given much attention in western Reiki classes, they were very important to Usui in teaching his students. He realized that if people wanted to be truly healthy, they needed to address their psychological health, as well as their physical health. So he put together the 5 principles for his students to chant out loud, every day, mornings and evenings, with hands in the Gassho prayer position.

When asked, "What is Reiki," Mikao Usui would say, "The secret method of inviting happiness. The spiritual medicine for all diseases." These are the same two lines that he used to introduce the 5 Reiki Principles, which he considered to be instrumental in healing the mind and spirit first, so that physical healing could then take place more effectively.

Kyo dake wa	Just for Today
1. Ikaru na	Do not be angry
2. Shinpai suna	Do not be worried
3. Kansha shite	Be grateful
4. Gyo o hage me	Do your duties fully
5. Hito ni shin setsu ni	Be kind to others

The opening line Kyo dake wa (Just for today) reminds us to forget about the past and the future and to live in the moment. It encourages us to be in the "now." "Just for today, just for right now, I will follow these principles." And moment-by-moment, day-by-day, our lives become blessed.

One needs to understand that the Gokai are not intended as strict rules or commandments, but are more like very practical advice. The "na" in the first two principles means "don't," as in "don't angry" or "don't do worry." This is not a moral directive. The "na" is the specific Japanese word used when speaking from a place of experience, understanding and higher wisdom. An everyday example would be "Don't touch the stove."

The first two principles address negative states of being: Anger and Worry, which are highly toxic to the human mind. Both of these states can create serious physical illness. They are counterproductive - wasting energy and accomplishing nothing. And they take us out of the "now."

Anger is about the past. It keeps us living in the past and prevents us from taking right action in the present. Worry is about the future, it keeps us steeped in fear, and again it ties up so much energy that we cannot possibly take the proper action.

Usui gives us a valuable tool with the third principle... Be grateful. Being grateful means nourishing gratitude in your heart, for no specific reason. It means being grateful for the gift of existence. Gratitude eradicates anger and worry. It's impossible to be angry or to worry when you are feeling gratitude. Gratitude brings you here, into the present moment. And when you are present, you become well!

The fourth principle, Do your duties fully, can be interpreted in two ways. Duty can be understood to be one's job, obligations, responsibilities, and even one's life's purpose or mission. And in this case, it means doing it to the best of one's abilities. But a deeper understanding of this principle is to be and to act responsibly, to take right action, to right a wrong if it's within your power to do so. And duty is what you choose to do, not what someone else imposes on you. Duty is what comes naturally when we realize that we are all one.

The first four principles bring us through a personal transformation that will probably continue throughout the rest of our lives, but it leads us to the fifth principle, Be kind to others. The

greatest kindness to others is to remind them of their essential spiritual nature and their connection with all of creation. We do this in Reiki, especially when we treat the head or attune people because it wakes up the seat of the soul center in the brain. Often, people see an etheric light that is considered to be the light of the soul. When the soul center is activated, we become peaceful, calm, connected and transformed.

As wonderful as these philosophical teachings are, when translated into different languages, they lack the uplifting vibrations of the sacred sounds that are in the original Japanese. You see, Usui carefully crafted the words in these teachings based on the sacred sounds within them. He meant for his students to chant out loud every morning and evening, letting the sounds reverberate in their hearts. The sounds felt within and without would elevate their energy above and beyond the meditation on the principles. And his students always chanted the Reiki Principles as a prelude before receiving attunements. So the Reiki Principles are not just a back page in a manual, they are an essential part of the Reiki experience.

If you'd like to learn the Reiki Principles in the original Japanese, I've recorded an audio clip you can access at lifecenterforwellbeing.com. It's a fantastic way to begin and close down your day.

As we journey through this amazing new year of 2012, with all its challenges and opportunities, let us begin each morning by reflecting on the Reiki Principles – Just for today!



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Wil Alaura's Energy-Wellness "Firepants, Bones and Ancestry"



Firepants, Bones, & Ancestry

**Saturday, January 21, 2012
9:30 A.M. - 3:30 P.m.**

**Presented by:
Wil Alaura**

**Energy-Wellness,
Salina Meadows Office Park,
301 Plainfield Rd. Ste. 195
North Syracuse, NY 13212**

**\$225 - Includes: Auto blood therapy
Combi Kit by Soluna Labs
(6 bottles total)**

**Contact: Energy-Wellness 315-373-0683
or wilalaura@twcnny.rr.com**

You are your own Future! Contained within you are the Keys to the Past, Present and Future!

I am beginning a new healing modality starting this January...
Firepants, Bones, and Ancestry

It deals with going back in time for information about our bodies, our
Selves and importantly, the future!

You have your mother's blood, she has her mother's blood, and she had
your great grandmother's blood, onward through time.

That is what this modality is based on.

We will begin with a workshop on Saturday, January 21, 2012

Making a remedy at the end of the workshop that uses a couple drops
of your own live blood. Your history, your bloodline's history and if
you believe in reincarnation and you are your own ancestor, well then,
guess what?

And if you are a woman... it, also, changes the blood for those for your
future... your children's... and children's children... etc!

At the end of the one day seminar, one would make a group of 6 rem-
edies specific to you... that one would take orally one at a time over the
course of a few months...

How amazing. These remedies are very special and this is what is
known as Autoblood Therapy. Using the Sun and the Moon, and Wind,
Air, Earth, and Fire! One drop at a time these remedies address infor-
mation in the blood stream that might be thousands upon thousands of
years old or even older!

Using a pharmacological base and very special steps of Homeopathic
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specific, and the mind as a meditator.

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