

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

# The METAPHYSICAL TIMES

*are here!*



Volume VIII Issue 1

February 2013

Priceless

## 2013 EVENTS

### LIVERPOOL, NY

February 16 & 17, 2013  
Liverpool Holiday Inn

### CANASTOTA, NY

April 6 & 7  
Greystone Castle  
201 N. Main St.

### UTICA, NY

April 6 & 7  
Utica Business Park  
Holiday Inn

### SHARON SPRINGS

April 13, 2013  
Sharon Springs, NY

### WATERLOO, NY

April 27 & 28  
Holiday Inn

### CLAYTON, NY

May 4 & 5, 2013  
Clayton Opera House  
405 Riverside Dr.

### LITTLE FALLS, NY

May 19, Beardsley Castle

### SYRACUSE, NY

Sat. & Sun. July 13 & 14, 2013  
10:30a.m. - 8p.m.  
Onondaga Community College  
Whitney Applied Tech Ctr  
4585 W. Seneca Tpke

### ROME, NY

August 2013, Erie Canal Village

### UTICA, NY

Sept. 2013, Utica Business Park  
Holiday Inn

### WATERTOWN, NY

Sept. 2013, Hilton Garden Inn

### CORTLAND, NY

October 12 and 13  
Cortland Psychic Fair  
and Holistic Living Expo  
Ramada Inn 2 River St.

### LITTLE FALLS, NY

TBA Beardsley Castle

### ROCHESTER, NY

Oct 19 & 20  
New Moon Psychic Festival  
& Holistic Healing Expo

### LYONS FALLS, NY

Nov. 8, 9, & 10  
3952 Rt 12

**Evolving Essence Psychic Fairs,  
BUFFALO at Hearthstone Manor,  
Depew NY ROCHESTER at  
Rochester Radisson**

BUFFALO January 18-20  
ROCHESTER February 2-3  
BUFFALO February 23-24  
ROCHESTER March 2-3  
BUFFALO April 20-21  
ROCHESTER August 17-18  
BUFFALO August 24-25  
BUFFALO November 2-3  
ROCHESTER November 9-10



by Oren Pierce, B.A. , B.S, M.S.G.

## Chapter 1 – Uncle Threadbear

Our Uncle Threadbear, formerly known as Fredbear, became threadbare when the small boy to whom he originally belonged dragged him by one arm or leg up and down the stairs two or three times a day, and rubbed away much of Fred's fur with his knuckles while having recurrent nightmares about a giant cat in the attic.

(this Chapter continues on page #5 along with Chapters II & III)

## Opportunity

by Franklin Crawford



**Opportunity:** When one door closes, another one opens. So you go close that one, too. But be careful. Some times the first one opens again. So you get an eye-hook for the door and an eye-screw with hook for the door jamb. You place them about level to one another and use force to get the fastening pieces to agree. Then the one door stays closed. You can open and close the other door and there is no problem with intake or outflow of air (which is not just air, but that's a small set of lists). What's important is that because you've now re-aligned the door, there is a shift in the angle of repose. Now the window rattles because the door seals when it shuts as it creates suc-

continued on pg. #4



## More authors!! More books!!

This edition of the Metaphysical Times there's a few more authors and books we hope you will take the time to consider. Right here next to this column is about **Stephen L. Burns** newest novel. → Read the ad, the book sounds intriguing.

The author, **Oren Pierce**, is sharing three chapters of "*Nowella and Uncle Threadbear*" in this paper. It might be from a children's book. I really am not sure.



**Rhian Ellis...** wrote "After Life." a novel that takes place in a community of psychic mediums located in western NY. Read more about it on page 28

### METAPHYSICAL TIMES

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## The New Fantasy Novel by Stephen L. Burns

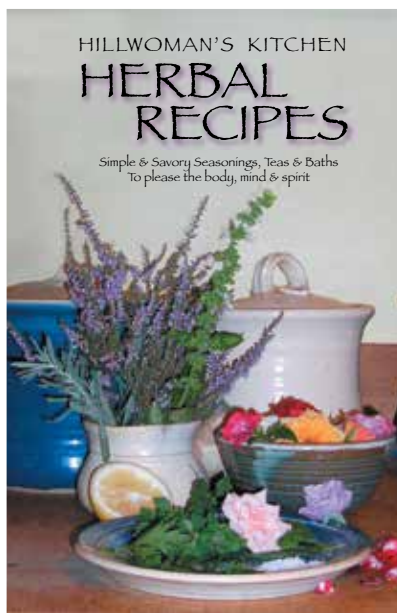
What's in Festivael? Magic, mayhem, murder, mistaken identities, and an exceptionally fine tavern. Epic romances, love--and dislike--at first sight, and lust gone horribly wrong. A pirate Princess, two powerful witches, three ghosts, several mystical charlatans, one cheerful assassin, a retired Royal Headsman and his tremendous grave-digger wife, an innkeeper with a fondness for tragic songs and thin widows, and three hundred barbarian invaders. Large and small acts of heroism, suspense and silliness and sex, and a demonic suit of armor with enough power to level a city. At the center of all these people and situations is one gentle, hapless man: Orban of Brandylse, the Bookworm King.

Sprawling, bawdy and comedic, and full of vivid, unusual characters, Festivael will make you laugh, cry, and wonder how it can all turn out right in the end.

See Sue-Ryn's Article Page #6

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**Canastota Psychic Fair**  
at the Greystone  
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**Clayton Psychic Fair**  
Clayton Opera House  
May 4&5

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# Does it Really Matter?



By Cindy Griffith-Bennett

Does a small choice really matter, especially when no one even knows about it? Yes. Definitely! Most of us already know that choices we make today will influence the type of life we have tomorrow. We also know the importance of making these choices in a sincere manner with loving intentions. We know that our intentions should always be for the highest and most loving good for all those concerned. Yes, we know all that. Yet, we often think only the big choices in life have the big requirements and big effects. This could not be further from the truth.

The reality of how the big and small choices affect our future will become unmistakably clear throughout the year 2013. Why? Because... 2013 is the "Year of The Lovers," or more clearly, the "Poop or Get Off the Pot" year.

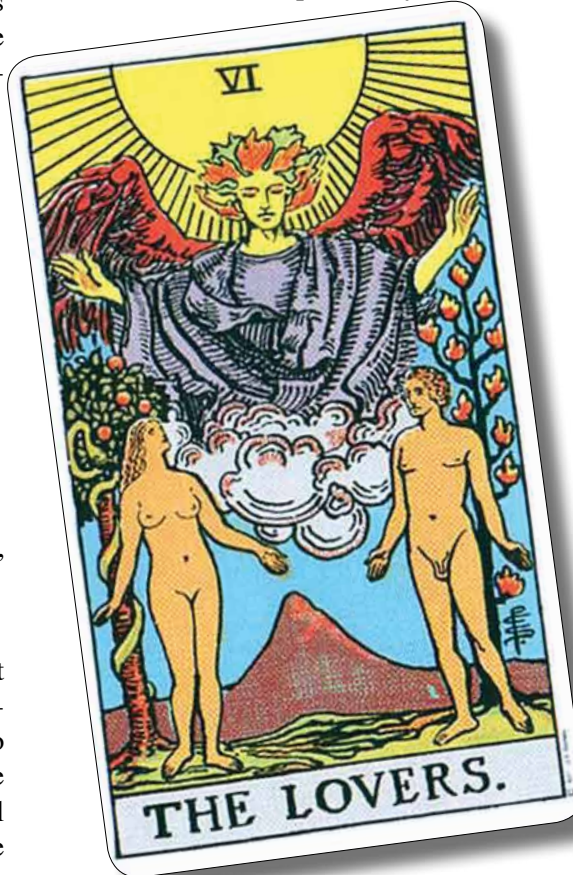
During 2013, you will no longer be able to sit on the fence, be it putting up with a relationship that isn't really working, a job going nowhere, or a self destructive habit. This is the year that you make real choices to make real change. Making the right decisions about these choices requires the wisdom found in the Lovers tarot card.

The Lovers tells us that we need to trust both our intuition and our common sense equally. Just because you hear it is time to move to a place you have never been, while meditating on New Years Eve, doesn't mean it should be your choice for the New Year! Take time to write down what your common sense is saying as well. Use both your intuitive instruction and your common sense to make the big and small choices.

You will find that even if you don't tell anyone your choice, and there is power in keeping new decisions quiet for a while, the Universe will start testing to make sure you are really on board as well as send you messages if you have

got it wrong. If you show you really mean it, opportunities will start to manifest throughout the year for you to make the changes. Oh, and make sure your choice is for the highest and most loving good of all concerned. This awareness of the bigger picture is how you develop spiritual maturity.

We are coming into an age where the goal is to mature spiritually. Learning to balance our common sense and intuitive guidance, the wisdom of the Lovers, is a prime way to do so.



Now the Year of the Lovers sounds great for romance, right? Not necessarily! It is a year where you will be 'strongly encouraged' to deal

with relationships or what might be blocking a healthy one from coming your way. So, if you are in a relationship that isn't healthy or are avoiding taking the necessary time alone in order to become "relationship ready," you may find the Universe will create the perfect conditions for your best relationship potential by ending any relationships deemed limiting.

This is also a year to work on self-love. It is impossible to be in a healthy relationship with someone else without a healthy relationship with your self. With that said, if you have done your relationship homework and are ready for a relationship or your relationship is healthy and ready for the next step of commitment, the Year of the Lovers is a wonderful time for relationships.

So back to choices..... Whether you make big or small choices about relationships, health, career, family, finances, or spiritual growth, The Year of the Lovers can almost guarantee that your choices start change in motion! Many, but not all, of these things could take until 2017, the Year of Good Luck and New Beginnings, to manifest. So think big this year, start small with healthy spiritual, mental, emotional, and physical choices, and choose wisely my friend!

Cindy Griffith-Bennett is a psychic, author, and metaphysics teacher. Living in Skaneateles with her husband, David Bennett, Cindy is currently writing her Master's Thesis in Consciousness Development and her book, *Soul Soothers: Mini Meditations for Busy Lives* will be published by Findhorn Press in April. David and Cindy co-authored *Voyage of Purpose*, which is available in bookstores now. Learn more about Cindy at [PsychicSupport.com](http://PsychicSupport.com) or [SoulSoothersBook.com](http://SoulSoothersBook.com).

In Bookstores, April 2013

**SOUL SOOTHERS**  
Mini Meditations for Busy Lives  
CINDY GRIFFITH-BENNETT  
co-author of Voyage of Purpose  
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Published by Findhorn Press

## Cindy Griffith

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Rambling Along the Metaphysical Path**Coffee.**

By Georgia E. Cuninghame

Publisher, Metaphysical Times

I like coffee.

I have ridden the waves of popular and scientific approval and disapproval. At the moment coffee is popular and even has been shown to have some health benefits.

I make coffee in a French press. If you don't know what that is... it is pretty darn simple. You grind some beans, throw them in the bottom of a glass container with hot water and then shove down a plunger with a screen attached to it and you have coffee. It isn't much more complicated than making a cup of instant.

I usually buy what's on sale or a bag of coffee beans from Aldi's.

A lot of people I know have expensive coffee pots and buy expensive coffee with fancy titles. I really can't taste much of a difference. I have tried to appreciate coffee with fine labels from expensive shops. Some really do taste better to me and if I am in the mood to treat myself I might go down to Smith Restaurant Supply in Syracuse and "nose" around and buy a bag of coffee beans from them. There's another coffee shop in Ithaca

that is a great source of beans. Then, there's the Paul deLima plant up in Cicero. When I visit my friends in the north country I stop in there. If I am being nice I buy my friends a bag as well as for myself. Paul deLima coffee may not have the best "name" BUT if you're ever in the Cicero area, stop in. I don't have room enough here to explain how many selections are waiting there to go home with you.

I like fresh coffee. The best coffee loses its taste when its stale.

All of this thinking about coffee got me considering people and their titles. Titles are like the labels on bags of coffee. Some are worth it and some are not. What's important is inside the bag and how fresh it is kept.

Most of my life I have been just plain Georgia E. Cuninghame. No. Miss, Ms. Dr. in front of my name. No alphabet soup at the end of my name. I tried using my title in this newspaper for the last few years. I did it because other people had all these titles and I thought I "needed" to use it. It just makes me feel silly. It certainly didn't make me any smarter. If you see any of those initials on something with my name on it... it's a mistake.

My mistake.

I drink my coffee black, by the way. No cream, no sugar, no flavours. I've tried all of that. I like it fresh and simple.

### You may now order "Dog's Plot: The Book of William" by David S. Warren at [metaphysicaltimes.com](http://metaphysicaltimes.com)

Author David Warren's imaginary brother first appeared standing beside the family dog in their back yard garden: the stunted boy's head no higher than that of the dog.

William, as the wild boy would be called, was never traced back to his origins. He stayed on with the Warrens for years, sleeping mostly in the bathtub, sneaking out and about at night.

His rambles soon kept him away for nights on end, and then for weeks at a time. He built one-night nests and more permanent habitations - some laid up neatly of stone, some dug into river banks, a few in trees, most not much bigger than a refrigerator box, although he spent a year in the attic of the Cornell University undergraduate Library. When in the North woods, he often lodged in one of his modified beaver houses, and for a year while still an adolescent, he was sent to live with his "Aunt" Sammy on her Florida rooster farm.

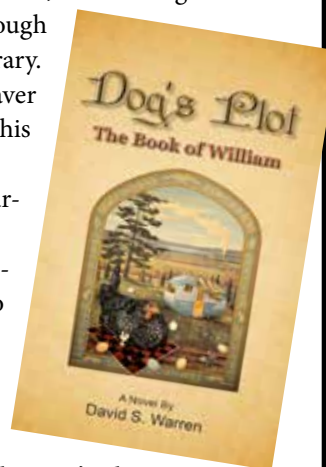
Contact between William and the Warrens became infrequent during his adult years.

Then around 2005, author David Warren moved out to the country, and soon found himself with a flock of chickens unbalanced by too many murderous adolescent roosters. If anyone could wrangle roosters, William could. Author Warren located William, and after he was promised a hand-me-down laptop, William soon moved to Dog's Plot.

As an adult drifting through coffee houses, William had taken to the computer like it was a magic slate, and while at the farm, started the Dog's Plot Blog, chronicling his days at Dog's Plot, re-imagining his past, and expanding beyond his recollections and exaggerations, to offer contrarian theories on cosmic origins and natural history ...

*until a woman from the past arrived at Dog's Plot.*

The **Metaphysical Times** is offering you a one year subscription or renewal with your purchase of "Dog's Plot: The Book of William" when you purchase at [metaphysicaltimes.com](http://metaphysicaltimes.com)



continued from pg #1

### Opportunity

tion from the intake around the seams of the leaky window.

So, opportunity reveals an inherent instability. This opportunity may be a good one, since it was nice of the door to be open in the first place (so much to be said about an open door).

Then again, an open door is merely an opportunity to pass through and across a threshold, and crossing thresholds can be a tricky business as it places oneself in an entirely other frame of reference. You are not on the other side of the door any more.

Whoa, Nellie! How much time did that take? Do you get a reimbursement for all that time? How about the materials? O Man, help thyself! There was no mention even, of a knock on the door -- you could be in big trouble buddy boy!!!

*You can find more of  
Franklin Crawford at:  
[TinyTownTimes.com](http://TinyTownTimes.com)*

*A vast and incomprehensible resource  
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and tiny at the same time*



*Nowella & Uncle Threadbear**continued from page #1*

When the boy started middle school and became interested in football, hardball, basketball, and Boy Scouting, Fredbear was pitched into the arch-backed steamer trunk along with dead-ended hand-me-downs, antique clothing of recent ancestors, outrageous Christmas gift clothing and all sorts of rag tag stuff, all brought out only for dress-ups and house plays, but more regularly in Halloween season ... mostly to dress the boys as hobos, and the girls as Victorian fairy queens.

For better or worse, Fredbear had grown used to the dark of the trunk during the first full year he spent in there.

een to be the boy hobo's hobo bear. He'd had to wear a red bandana tied around his neck, and was forced to smoke a bubble pipe through a hole made with a pencil between his sewn lips. Nevertheless, he had a great time. Halloween was his all time favorite holiday, though he only ever saw just one Halloween.

After that one night of Trick or Treating, he was returned to the steamer trunk ... along with the hobo pants, which had exactly fourteen forgotten corn candies in a back pocket.

Thanks to the bubble-pipe mouth penetration and the very slow action of his fibrous digestive system, he was able to eat corn candy steadily for three months.....and to enjoy it even longer after that, because of his ability to savor flavors and events long after they had occurred... and even before they occurred, as well as events which might never occur.



When the boy was very young, Fredbear spent most of his time in and under the bed, also under the bathtub, one evening actually IN the bath, and a week right after that with his ears clothespinned to a towel bar to dry him out. Of course nobody could hear Fredbear calling out to get him down, because his mouth was only stitches and he had no voice.

One Summer day when Fredbear had slept late in a wicker fishing creel where he liked to take long, bear naps, he was accidentally taken fishing up the Legendary Oswegatchie River to Rainbow Falls ... from which he returned in a bed of ferns interlaid with sweet smelling Brook Trout as large of himself.

Bears do love fish, even more than cats love fish, but of course, he never hoped to eat one ... what with his stitched mouth.

After the stow-away trip he had always wanted to go trout fishing again. He never did, but he was always able to re-enjoy the very exact smell of trout, pine, fern, and the tea-red Oswegatchie foaming over Rainbow Falls.

For fun and adventure he imagined himself Fly Fishing on the Wind River in Wyoming ... which was because of an article by Ted Trueblood in an Outdoor Life Magazine which had spent a year on the toilet tank top.

Fredbear enjoyed the Wind River expeditions very deeply, even though he had never been to the Wind River, and had in fact been fly fishing only that one trip up the Legendary Oswegatchie to Rainbow Falls.

Because of his tired and worn look, Fred Bear himself was once pulled out at Hallow-

Threadbear had, in fact, grown so comfortable and adjusted to living in the steamer trunk, that if he was outside of it for too long, he would become afraid that he might be shut out of the trunk away from his bed of dead-end hand-me-downs, rag-tag shirts and pants with non-matching knee patches, very old Easter hats, worn only once on Easter, Fedoras which had been worn to Church and Office before serving as fishing hats, outgrown scout uniforms, a suit so old and small that it seemed a small child might have been buried in it, sashes and loose sea shells, and three alphabet blocks: the letters W. S. and G. which could be arranged in many different ways, especially if you could turn the W upside down ... or maybe it WAS a W, but none of the arrangements seemed to spell anything, unless it was in code.

At night when he had tired of writing with the limited letters, Fredbear lay back and dreamt the vault of stars, or enjoyed adventures up the Oswegatchie and out on the Wind River, viewing all in full color and smell-o-rama, but knowing very well that he was only PRE-TENDING to go fly fishing.

*continued page #14*

*Twentyt third in a continuing series by Sue-Ryn*

# Simple Herbal Aides for Dogs

Shortly after I discovered herbs for health and wellbeing, I also became aware of using herbs to support and enhance the health of the animals my family and community raised. There were digestive aides for cows, foot soaks and fly repellents for horses, supplements for poultry, and all sorts of healing applications for the dogs in the neighborhood.

One thing was obvious right from the start, even forty years ago. In dogs most of the physical problems I was seeing and hearing about were rooted in diet. Dietary issues usually manifest first as digestive reaction. When not addressed, the problem then usually manifests as skin irritation. Persistent allergies can result in the manifestation of other chronic health problems. Many canines, including foxes and wolves, will chew at their feet when they have a food allergy. Some also develop darkened skin, especially in their “creases”.

Figuring out the mystery can be done in much the same way it is for humans. If there are no other major health issues, put the dog on a diet of rice or oat meal and nothing else for several days (including treats - use rice cakes or oat products). You can add a little organic vegetable broth for flavor if you want to. “Fasting” is a natural occurrence in the wild, so be strong and make sure your dog has access to plenty of water. Slowly add other foods to the diet while observing closely for reactions. The two most common allergens are soy and corn, but there may be others troublesome ingredients affecting your pet, like artificial colors or preservatives. If you haven’t been reading the label on your dog’s food, it’s time to start!

Theories abound concerning the best diet for dogs, with as many fads and supplements available as there are for humans. Research will help you figure out what works best for you and your pet. Over the years I have experimented with different diets and supplements. Two of my favorite dog diet supplements are probiotics and frozen green tripe which enhance digestion of food and absorption of nutrients. You may have to go on line to find them.

Fresh air and exercise is just as important for dogs as it is for people. Many have turned pet fitness into part of their own fitness program, walking before work, and then again at night. I did

some dog care after school as a teen and later made hiking a habit when my family started breeding registered dogs. There may be someone you know who would be happy to help in some way. Our rescue dog “Chloe” turned out to be a natural born “couch potato” and has developed arthritis, plus she has corn allergies. We have adapted by putting her on a light corn free high fiber diet to satisfy her food cravings, using short outings for exercise, and giving her two herbal anti-inflammatory herbal tablets daily to keep her joints happier.

The following herbs are generally considered as safe for home use as simple health support. Dandelion root (*Taraxicum off*) is cleansing and supporting to the kidneys and liver and may be added fresh or dried to food. Chickweed (*Stellaria media*) is very cleansing to the blood and lymphatic system. As a tea or salve it is also used topically and internally to help dissolve minor growths. Plantain (*Plantago spp*) makes a wonderful drawing salve or poultice herb for infections and

splinters. As a wash it can help relieve stings and itches from insect bites. Cleavers (*Gallium aparine*) is cleansing to the urinary and intestinal tracts. It can knock out long standing yeast infections, even really itchy “*Malassezia*” yeast infections, when combined with dietary corrections. Licorice root (*Glycyrrhiza glabra*) has potent anti-inflammatory effects and stimulates the adrenal glands in a manner similar to corticosteroids, without the side effects. It is also detoxifying to the liver and soothing to skin and mucous membranes (I’ve used it for coughs). Soothing skin washes can be made with a strong tea of Calendula flowers, Red Clover, Chickweed, Plantain, and Licorice root, with Lavender, Pennyroyal, or Lemongrass added for insect repellent properties.

Animals are very sensitive to the “energies” in their environment, and domestic pets may be more so because they can’t “escape”. Additional stressors or changes to daily routine can cause adverse reactions. When nerves become overloaded, physical and be-

havioral responses can erupt. Calming herbs can be used effectively when given a half hour before a known stressful activity (a trip, an unsettling visitor, or toe nail cutting) or throughout the day during recovery from pain or trauma. Teas, tinctures, homeopathic tablets, and herbs fed with food can all be effective methods for use. Valerian root (*Valeriana off*) soothes anxiety and aids rest and relaxation. Skullcap (*Scutellaria laterifolia*) helps high strung dogs calm down physically and emotionally as well as helping reduce response to pain or traumatic situations. Flowering oat tops and oat grass (*Avena sativa*) soothe the nervous system while improving nerve transmission and speed recovery from exhaustion and depression. Passion flower (*Passiflora incarnate*) helps lessen fear-aggression and can be soothing to





insecure or jealous dogs.

As with any healing mode, "more" is not necessarily "better". Most dosages on products made for human use are figured on an average weight of 150 pounds. You will have to do the math to figure out a dose according to your pet's weight. For instance, a fifty pound dog would use a third of a human dose or less to start.

Some of my favorite remedies for any animals in my care are flower essences. These may seem like major "woo woo" being created by steeping flowers in water to make a master essence, then stabilizing with brandy or shiso vinegar, then further diluting for healing use. I have found them to be very fast acting with no side effects. The worst they will do is nothing. A few drops can be added to the water bowl or used as a room or bedding spray when blended with pure water in a spray bottle. Flower essences may even be massaged into the foot pads, ear tips, or gums of injured or unconscious animals while awaiting further treatment without any danger of drug or nutrient interaction. "Rescue Remedy" or "Five Flower Remedy" is a good blend to keep on hand for animal or human emergencies.

These supportive treatments are not meant to be replacements for medical attention. Consult with your veterinarian when making changes and see if they are willing to help monitor progress. Some vets are willing to see if alternative products and methods will work or not and can be helpful allies. Herbs continue to play a supportive role in my work with wildlife. Some of my favorite resources for alternative animal health information include written works by CJ Puotinen, Juliette di Baracli Levy, Randy Kidd DVM, and Richard Pitcairn DVM.

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## Upstate NY LANDS 2013 Events

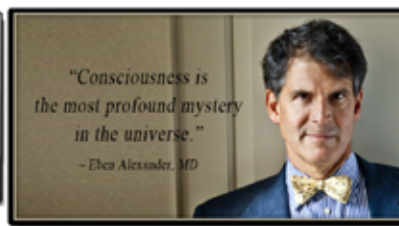
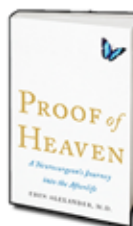
These Events are at the Liverpool Holiday Inn  
441 Electronics Parkway, Liverpool, NY 13088

**March 8, 2013 6 - 9 pm**

### **Ken Prather ~ Journey To The Animal Kingdom**



Ever since Ken's Near-Death Experience in 1998 he has been able to embrace the feelings of the animal kingdom. He communicates with animals on the Earthly plane and with animals on the other side. Come hear the stories of animals coming to help their loved ones cross over that Ken has witnessed through his Hospice counseling. Ken is constantly in touch with the animal kingdom and animal spirits through his outreach programs and counseling as a Docent and animal educator.



**May 10, 2013 6 - 9 pm**

### **Dr Eben Alexander Proof of Heaven**

#### **#1 NEW YORK TIMES BEST SELLER**

Dr. Alexander, a renowned academic neurosurgeon, spent 54 years honing his scientific worldview. He thought he knew how the brain & mind worked. A transcendental Near-Death Experience (NDE), in which he was driven to the brink of death and spent a week deep in coma from an inexplicable brain infection, changed all of that completely! He was shocked to find the hyper-reality of the spiritual realm. He spent the last few years reconciling his spiritual experience with modern physics and cosmology. His experience is totally consistent with the leading edges of scientific understanding today. Dr. Alexander was recently on Oprah's Super Soul Sunday.

**Sept 13, 2013**

### **Dr. Raymond Moody Glimpses of Eternity**

A Dynamic Lecturer. Dr. Moody has enlightened & entertained audiences all over the world for over three decades. If you know anything about near-death experience, you know Dr. Moody; he's been on the cutting edge of the research since the publication of his first book, *Life after Life* (1975). Now he takes the phenomenon to another level. Where Moody takes on some of the most-asked questions raised by the idea of shared-death experiences.

Dr. Moody captures enormous public interest with his groundbreaking work on what happens when we die.

He has appeared on Oprah three times and the Today Show, among many other media appearances.

**Nov 8, 2013**

### **Dr. Mary Neal To Heaven and Back**

Dr. Mary Neal is a board-certified orthopedic spine surgeon who drowned while kayaking on a South American river. She experienced life after death, where she went to heaven and back, conversed with Jesus and experienced God's encompassing love. She was returned to Earth with some specific instructions for work she still needed to do. Her life has been one filled with the miracles and intervention of God. To Heaven and back Her story gives reason to live by faith and is a story of hope.

Mary's life has been forever changed by her newfound understanding of her purpose on earth

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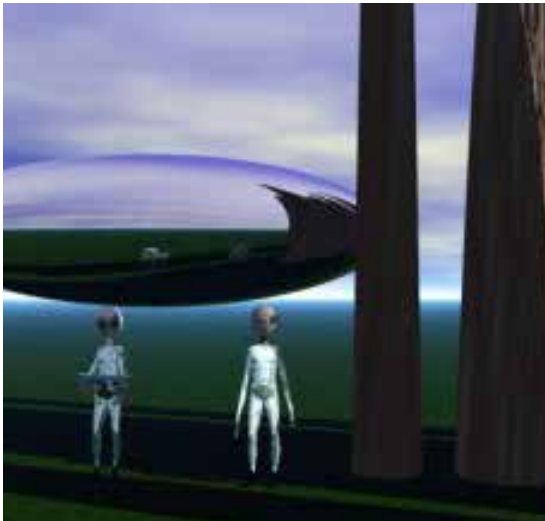
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Registration starts at 6:00 pm. A \$10 donation is requested, No advance sales

*Tenth in a continuing series by Bob Canino*

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

When Gary Wilcox drove his tractor up to the back part of his farm that day in May, 1964 little did he know he would soon be included in a scenario worthy of the "Twilight Zone." Investigating a strange sort of flashing light high up on his property, he expected to find an old refrigerator or something sizable made of metal as the cause. Instead, he was shocked to find a large, oblong shaped metallic object, approximately 20 feet long, 4 feet thick and 16 feet wide. What was even more shocking was what happened next: two small beings dressed in metallic suits stepped out from under the object. Around four feet tall, one standing in front of the other and both wearing metallic helmets, they seemed to be carrying trays filled with sod. Badly frightened, Wilcox started to walk away when he heard a voice address him, "Don't be alarmed, " it said,"we have talked to people before." In a later statement Wilcox recalled, "the voices did not sound like a voice I could describe. I could understand what was being said, but [could not] tell whether they were speaking English or not." Wilcox then settled down and the beings went on to talk with him for almost two hours. They asked him detailed questions about farming, growing crops, and especially, fertilizer. Claiming they came from Mars, the entities conveyed the sense that they had been "watching people for a very long time." They also mentioned that "they obtained their food from the atmosphere" as Mars had such a rocky terrain that it was nearly impossible to grow crops there."



They knew little about agriculture, but were visiting Earth in the hope that they could restore their soil and raise food crops...They also mentioned that "cows were quite a mystery to them" and that "they could only come to Earth every two years." On this voyage, they said, they were collecting samples from the Western Hemisphere. The beings also "expressed an interest in commercial fertilizer" so Wilcox offered to bring them some.

What happened next seemed even more surreal: expressing an interest in visiting Mars, Wilcox was told

"that the thinness of the atmosphere would make that impossible. In fact, Earth's atmosphere was so thick that they [couldnt] stand it." They also told Wilcox that landing in congested areas was impossible because traffic fumes affected the performance of their space vehicle. Although they had a variety of ships, they usually did not appear after dark because their craft were much more observable then. "[The being] expressed great concern that their ship had been seen. When Wilcox explained how this happened (i.e; how he had spotted them) he was told that no one should be able to see the ship beyond 100 feet. The conversation ranged into other topics...and [the beings] spoke of space, their ships and other subjects that went over Wilcox's head."

Wilcox could see the beings were preparing to leave, but they then turned to him with one last message. They said people from Earth should not send individuals into space. They predicted that the astronauts "Glenn, Grissom and two cosmonauts from Russia would die within a year from exposure to space." (Grissom and two other astronauts died in an Apollo launch failure on January 27, 1967. Russian cosmonaut Vladamir Komarov was killed on April 24, 1967 when his capsule's paracutes did not open on re-entry.) Wilcox was also advised not to say anything to anyone about the experience. The encounter came to a close and as Wilcox described it in a later police report:"they then walked back under the ship and disappeared. They ducked in a little bit as they went under it.The ship then seemed to hover. I heard a noise that sounded like a car motor idling. It was not loud. Then it just took off slowly forward above the ground in a gliding manner and flew over the Valley...and disappeared into the air as it was about 150 feet away. There was no heat, blasting, wind dust, noise (other than that of the idling sound) light or anything else left behind when the ship took off." After the ship left, Wilcox noticed pairs of 2.5 inch squares in the ground where the figures had stood. He also noticed some red dust where the vehicle had rested, but it disappeared in a couple of days. Arriving home shortly after, Wilcox immediately called his mother and told her of the experience. He then proceeded to milk the cows and do some other chores. Around 4:30 he went to the site of the experience and left a 75 lb. bag of fertilizer on the spot. When Wilcox went to check the area the next day and the fertilizer was gone.

News of the encounter spread quickly through the small hamlet. A neighbor of Wilcox's - Priscilla Baldwin - became interested in the story (she had been a radar operator in World War II and had tracked UFOs on her radar screen several times during the war) and came over, sat with Gary and took detailed notes of his experience. On the following day, she accompanied him back to the site and collected some rocks and leaves from where Wilcox said the red dust had accumulated. A recent rain had, however, washed away any signs of the dust. After visiting the site, Ms.Baldwin contacted the Tioga County Sheriff's Department and Officer George Williams came out to investigate. As soon as he visited the site and talked with Baldwin as well as Wilcox, he asked Gary if he would come that night

to Owego and make a formal statement. Impressed with Gary's openness and his willingness to talk about the affair, Officer Williams wrote: "this man does not appear to be unstable or mentally disturbed in any way. The complainant in the case [Baldwin] says that she has no reason to doubt him." After the police report was filed, the Sheriff contacted the FBI office in Binghamton and the Atlantic Coast Air Command in Boston. Although Wilcox claimed that the Air Force never contacted him, he also claimed that officials from the nearby Space Guidance Center in Owego paid a visit to the farm. According to another investigator (the well respected Walter Webb from the National Investigations Committee on Aerial Phenomena [NICAP]: "the FBI or Federal agents of some kind visited the sheriff's office and according to Wilcox, pointed out that certain items in the story should not be divulged [and that] these items might alarm the public."

Four years later, after all the excitement had died down, Dr. Berthold Schwarz, Assistant Attending Psychiatrist at Montclair Community Hospital in Montclair New Jersey became interested in the case and asked Wilcox if he would undergo a psychiatric evaluation; a request that Gary readily agreed to. Schwarz had studied many different "contactee" accounts in depth and was intrigued upon hearing of the Newark Valley encounter. At the time of Schwarz's interview, Wilcox was no longer a farmer, but working as a highly skilled mechanic. Dr. Schwarz not only subjected Wilcox and his wife to a long and arduous face to face interview, but also ran a battery of three standardized tests on them - the Cornell Medical Index Questionnaire, the Ritter Incomplete Sentences Test and the Minnesota Multiphasic Personality Inventory (MMPI). Schwarz's final conclusion in his report speaks for itself: "In summary, Gary Wilcox, almost 28 years old...claimed he had a close range experience with a UFO and two of its occupants. From psychiatric evaluation of Wilcox and interviews with various members of his family, neighbors and friends, it would seem that he is a truthful person with no emotional illnesses and that his experience was 'real' even though the interpretation of his encounter is a complicated and uncertain matter."

***So what REALLY  
happened to  
Gary Wilcox  
on that bright  
Spring day in 1964?***

Hardened skeptics of the case would have you believe that the whole thing was a complex fabrication - a lie- coming from a farm boy who wanted to make up a story, no matter how fantastic, to account for a few loafing hours away from hard work. Although continued on pg. #9



continued from pg #7

## What (Really) Happened To Gary Wilcox?

Wilcox never changed his story (in more than 40 years) and never took a penny in exchange for it (turning down several lucrative offers for exclusive access) the possibility of a hoax, however small, cannot be totally ruled out. On the other hand, Wilcox's general innocence and ignorance of anything remotely having to do with UFOs, his long list of positive personal references, and his general "normality" (as Dr. Schwarz put it) argue for the possibility that he experienced something incredible, even something unearthly. But perhaps there is a third possibility. Paranormal scholar Jerry Clark posits that experiences such as Wilcox's belong to a different category. That is, such encounters have very little to do with UFOs (as we know them) and the small beings that so often seem to inhabit them. Pointing to a long history of such encounters, all seemingly believable AND unbelievable, Clark terms such encounters "phantasmagorical." Such encounters really DO happen, he argues, but the seeming simplicity of them mask something deeper that cannot be discerned at the time - or perhaps ever. It's almost as if the percipients cultural norms and categories overlay the actual experience itself so when the experiencer brings back the story of what happened to him to his fellows, it comes out as Wilcox's story did: radically simple in terms of its narrative, but well nigh unbelievable in terms of its content. Clark is skeptical that we may ever pierce the "veil" that surrounds such experiences as we are always constrained by our physical and cultural boundaries that have developed over the eons and are reinforced every day.

*So in the end, we may indeed glimpse a glimmer of the truth of what REALLY happened to Gary Wilcox - but glimpse it through a glass very, very darkly.*

*Sandra*



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# METAPHYSICS OF LOVE

## THE JOURNEY TO MEET SELF

Addressing Your Concerns - With Dennis Cole  
Go to [metaphysicsoflove.com](http://metaphysicsoflove.com) to send in your question

### Is there a loving relationship in the near future?

Dear Dennis,

*I have been working on my self esteem love of self issues. I wonder if you can see me being in a loving relationship in the near future?*

Ginger

Dear Ginger,

To address the timing probabilities in response to your important question I would need your birth data, and that approach is beyond the purpose of this column. The "good news", however, is that I will share with you some information which may help you to release any unconscious resistance to allowing and attracting the love of your life.

Since we always attract experiences and relationships which match our self-concept and current free-will dominant choice of thoughts, it's a good thing that we don't jump into a relationship before we establish a relationship with Self. Before we learn to put the "Inner Marriage" first! Neale Donald Walsch wrote: "The feeling of love is your experience of God."

It seems like you are taking an important first step toward this love of self. A Jewish proverb states: "He who cannot be good to himself cannot be good to others." There's not one thing that could be more important, in attracting and sharing two-way natural affection with a "Sibling in Spirit", than to practice Oneness Consciousness and to love and appreciate others and self.

Self-parenting can also be very helpful in this Journey to meet Self through a significant other. For this "Other" is a beautiful reflection of another side of you! And when you are together and are able to look into their eyes and say, with deep heart-felt feeling, "I love you", you are finally saying that to Self! Saying it to that deeper Inner Part of you who knows you are worthy and who adores you.

By being kind, forgiving and loving, towards yourself, and without guilt or worry about what "others" might think - but without

an "attitude" about you being you, then the Universal Law of Attraction will assemble, and orchestrate cooperative components and

match you up with "You" through this "Other". Two unique Perspectives of the ONE coming together to co-Create and share in Our Eternally expanding Creation!

When you know who you really are, when you realize that "heaven is within", then there will no longer be a need to talk yourself into a

relationship which does not reflect your authentic Self. There would no longer be a need to "be with someone" in order for you to find Love and Joy in your daily relationships with any of the unique "Perspectives" ("Others") of Our One Source Energy.

Ironically, when we become unconditionally loving and no longer need anyone - or anything - external to our divine Self in order for us to feel Love and Joy, then - in response to your question about timing - then is when they "appear". And this will be when it feels like the next natural step. In the interim, enjoy the holy Moments, knowing that your desire was your prayer and it's on its way to manifestation.

Of course you always have the option to not pay attention to your Inner Guidance - to care about and pay attention to how you feel (good feels good and bad feels bad). This is your Intuition - your "hotline to Source Energy".

When we are not choosing in accordance with our deepest feelings and values, we are living by default and wondering why we keep repeating patterns. So it's up to you. Your Soul's intent here is to feel good and to learn how to Joy your way to Joy. We can best do this by evoking general and believable thoughts that just feel better-and-better.

When you can imagine and FEEL as if you're already in that loving relationship and that you wanted it because you would feel better in having that deep sharing of intimacy and Love with the Universe, then you will have created it and it will be "just around the bend". You will have created your own answer to your question.

In Oneness,  
Dennis

"Metaphysics of Love - The Journey to Meet Self" the book will be available soon.  
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*These are wonderful times  
for those who are Reiki:*

# Just The Facts

## Part IV

By Don Brennan



The Great Kanto Earthquake, one of the worst in Japanese history, devastated the Tokyo area on September 1, 1923, about a year and a half after Usui started his Reiki association. It seems to be one of life's ironies, that horrible, tragic events sometimes bring forth unexpected blessings. This catastrophe, and Usui's heroic efforts to bring healing to hundreds of thousands, made Reiki and Usui instantly famous all over Japan. That fame certainly played a role in helping Reiki to thrive in the beginning, to survive in later years and eventually to find its way out into the rest of the world.

Seeing so many suffering people, Usui began treating several people at the same time: one on each hand, one on each foot and one with the eyes. Then he began to treat groups of people at the same time. Usui realized that he couldn't help all these people by himself and that realization changed Reiki history in a very dramatic way.

Up until that time, Usui was the only person who could pass Reiki on to others. Because of the tremendous urgency, Usui decided to teach eight of his master students how to attune people to Reiki. Together, they went out, day after day, treating and attuning several hundred thousand people. So it was this horrible earthquake that made Usui realize the need for Reiki to be shared with the world.

As his fame grew and more and more people were drawn to Reiki, Usui moved his training center to a larger space, in 1925. He continued his outreach efforts by traveling throughout Japan to teach Reiki. His health was failing. He had two previous strokes, but was able to cure himself of the after affects of those strokes with Reiki. In photos of Usui, we can still see some lingering after effects in his face and posture. But, he was able to recover enough to continue his mission of teaching.

It seems ironic that Usui was so willing to help others heal while he neglected his own health needs. There is even a report of Usui treating a man who just had a stroke. During the treatment, the unconscious man suddenly started to salivate. Shortly afterwards, he became conscious and

soon walked home.

Usui was aware of his failing health, but, for reasons known only to Usui, did not ease up on his teaching efforts. His students were also aware of his failing health. On January 16, 1926, two months before he died, 19 of his 20 master students gathered to pay tribute to their teacher. A group photo documents the event, in which we see Usui, looking a little worn out, surrounded by his devoted master students.

Among the questions that come to mind is why his students didn't encourage him to ease up on traveling and to focus more on his own healing. And why didn't they offer to give him lots of Reiki treatments?

To examine these questions, we have to look at the cultural standards in Japan at that time. It would be considered arrogant, presumptuous and disrespectful for students of such a teacher to intrude on his personal life. Any suggestion regarding his health would be unwelcome. It would also be inappropriate for them to offer him Reiki. The cultural mindset was that such a teacher takes care of his students and does not permit the students to take care of him. A description of Usui during his teaching seminars reports that Reiki radiated from his whole body, and that students gathered around him to touch his clothes to receive some of his energy. It would have been considered taboo to actually touch his physical body.

On March 9, 1926, he was teaching that final class in Fukuyama, in the Hiroshima Prefecture, when he had a cerebral hemorrhage after a stroke and died. I find it fascinating that this happened while he was attuning a group of students to Reiki.

What could have been going through his mind during this experience? In that cosmic bliss a teacher

experiences while giving attunements, could Usui have made his connections on the other side and simply acknowledged that his work was completed and that it was now finally time to die?

After all, he had been looking for death in 1922 on Mt. Kurama, when he was seeking An Jin Ryu Mei, just 4 years earlier. As one who became enlightened, it's possible he could have seen glimpses of his own death and the future of Reiki.

Tadao Yamaguchi tells us that Usui had taught that one must be prepared for his own death. By allowing his master students to teach Reiki, Usui insured that Reiki would continue to be taught after his death. His selection of Dr. Chujiro Hayashi as a teacher was also a very prudent move. Because of Hayashi's medical credentials, Usui asked him to start his own training center. As a medical doctor, Hayashi avoided the prosecution that leaders of other healing groups experienced for treating patients without a license. This was also instrumental in the survival of Reiki.

How much Usui could have envisioned before his death, is anybody's guess. Only he could explain the decisions and choices he made. Only he could share with us his great vision for Reiki. What is clear is that he wanted Reiki to be shared throughout the world for the benefit of all people.

And we are so grateful for that blessing, today, when Reiki is needed now, more than ever!

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If you missed Parts I, II, or III, you can read them online at [lifecenterforwellbeing.com](http://lifecenterforwellbeing.com)



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## ALL HALLOWS EVE A NOVEL

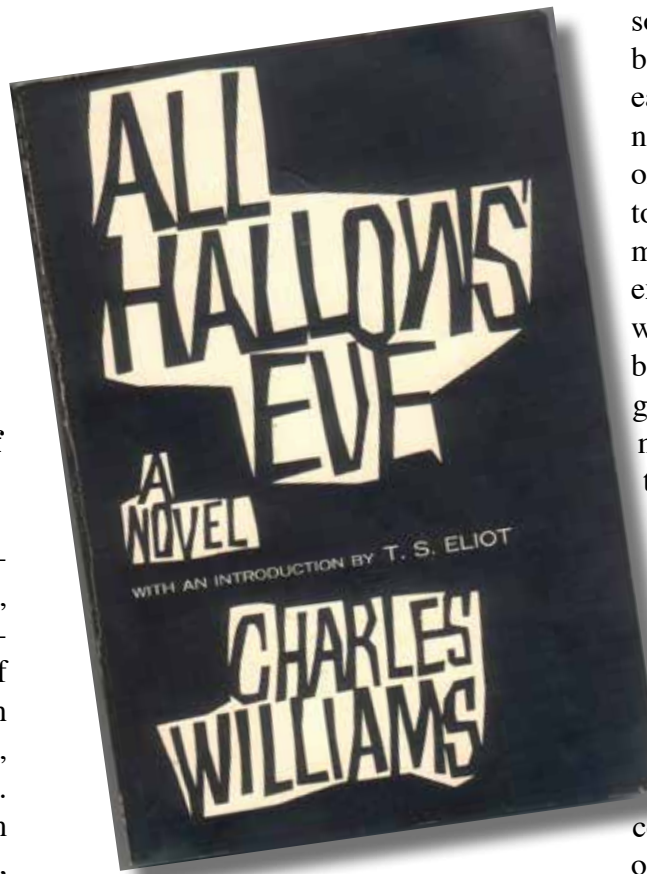


**Charles Williams : Mystic Architect of  
the Theology of Romantic Love  
(1896 - 1945).**

Williams was a poet, a critic, a novelist and a mystic Anglican Christian. He, for a while, was a member of the Salvator Mundi Temple of The Fellowship of the Holy Cross. Friends with and much admired by a number of major authors, including W. H. Auden, C. S. Lewis, T. S. Eliot, and J. R. Tolkien, he was to leave an indelible mark on the writing of several, including C. S. Lewis, who stated that his novel, "That Hideous Strength" was entirely influenced by Williams. Williams, along with Lewis and Tolkien were the most important members of the literary society called "The Inklings"

T. S. Eliot called the novels of Williams 'supernatural thrillers'. However, while there are certainly elements of suspense in each of his novels, it is the mystic element that is most important - that ... and Romantic Love, which for Williams was entirely tied up with deep mystical currents and his Anglican beliefs. Each novel in its way, depicts the action amongst its characters as a battle of Good against Evil. And the evil that is conjured and battled against in his stories is truly, deeply inimical towards Love - with a capital L. LOVE is what conquers evil and hate and bigotry in the world as spun by Charles Williams.

Before me is a copy of William's last novel, "All Hallows Eve", the Introduction to which was written by T. S. Eliot. It is, perhaps, and despite some truly horrific passages, one of the most cerebral mystic novels you may ever read. Even



this doughty reader made his way slowly through Williams beautiful, but densely packed and meaningful text. A very little bit of action could happen, but one finds that it has taken several pages for the describing, and in that describing, so much was said and understood and communicated about what might at first be thought of as so little - but upon reflection and rereading one finds that there is an entire other world described and at work. Reading Williams is no romp in the park, at least not in this last, weighty novel, which is about the attempts of one dark magician wholly given over to evil - his attempts to subvert, and even blot out real Love.

It may do to quote a brief excerpt from Eliot's Introduction: "I have already tried to indicate the unity between the man and his work; ... it is true to say that Williams invented his own forms - or to say that no form, if he had obeyed all the conventional laws, could have been satisfactory for what he wanted to say. What it is, essentially, that he had to say, comes near to defying definition. It was not simply a philosophy, a theology, or a set of ideas: it was primarily

something imaginative. ... I have always believed that he would have been equally at ease in every kind of supernatural company; that he would have never been surprised or disconcerted by the intrusion of any visitor from another world, whether kindly or malevolent; and that he would have shown exactly the same natural ease and courtesy with an exact awareness of how one should behave, to an angel, a demon, a human ghost, or an elemental. For him there was no frontier between the the material and the spiritual world. Had I ever to spend a night in a haunted house, I would have felt secure with Williams in my company; he was somehow protected from evil, and was himself a protection."

Strong words, those from T. S. Eliot, but it seems that Williams had that effect on people. In "All Hallows Eve, the antagonist, Simon the Clerk, an evil sorcerer, is described several times in the act of conjuring. It is a slow, painful, sweaty, even slimy business, and in the novel, even though they be characters invented by a man whom Eliot thought of as a protection, the poor characters move through the novel without defense against the evil machinations of Simon the Clerk. That is except that they have LOVE.

The novel starts out with two young women, Lester and Evelyn, who have just died - they have been killed in a plane crash - this is in London just after World War II. They both are inhabiting that Other City - a city not of the living, but with many familiar landmarks, but wholly different. They are grappling with the facts of their death and their continued existence in this strange half-world. One reads - and the descriptive passages so successfully deliver the lost feeling - the murkiness, the sudden glimpses of brilliant insight - the incredibly hard time that the women have even thinking about who they are and to where they have been transported. It is the Other City. One is caught up in the dream like substance of the text. For the reader, the afterlife takes on a palpable, if slow and under-watery feeling. The dead woe will find that their past actions directly play on their ability to adapt

*continued on page #29*

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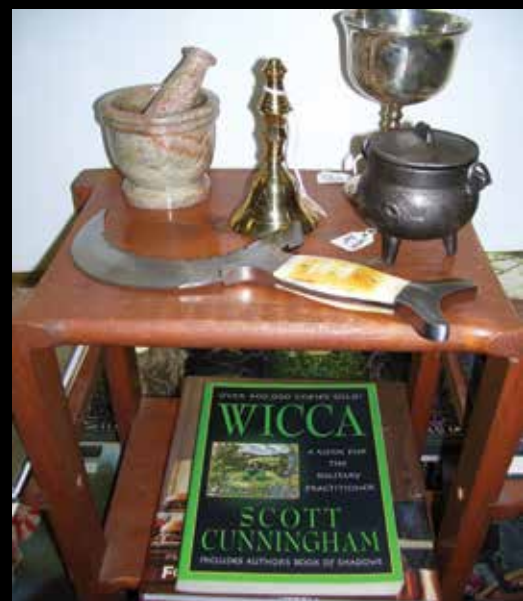
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**Nowella & Uncle Threadbear***continued from page #5*

And he really, REALLY wanted to really go Fly Fishing. Dry Fly Fishing. What is a bear if not a fisher? And what finer and higher form of fishing could there be than Dry Fly Fishing? The fly didn't even get wet (unless of course a trout hauled it down) and, since the incident in the bath that left him hanging by his ears to dry out, he had a special fear of getting wet.

As much as he loved and admired trout, dead or alive, his interest was more in flying the fly and keeping it dry, than in catching the trout.

There was not much real chance of accidentally catching a trout and drowning a fly though, because it seemed he was never REALLY going to go trout fishing.

Then our Nowella showed up, telling how she, while traveling through Patagonia on her way back from her mistaken trip to the South Pole, had caught a Rainbow Trout the size of a seal that she rode seventeen or seventy miles up the coast.

After a few such stories, it began to seem to Uncle Threadbear (which is what Nowella called him and we do too) that most anything might be possible.

## Chapter 2

### Nowella's Travels



Our bear Nowella is an off-whitish, or pale carmel- colored bear (depending on the season) whose mother was a Black Bear and her father a White Man.

Mother Bear had been infatuated not so much

with the man ..... who smoked too much bad tobacco and whose poor skin showed through the sparse hair on his back ..... as with the snowmobile rides, and the bright moving light of the television in his mountain cabin.

Mother Bear had loved the cartoons: especially Rocky the Flying Squirrel and Friends.

Although Nowella's father had been a White MAN, according to Mother Bear he had been a white BEAR: a roguish Polar Bear with several gold teeth, who had been performing with Missy Hoolihan's Tall Animal Review, wearing a red vest, and balancing on a large ball while smoking cloves in a meerschaum pipe. They were briefly married ... so Mother Bear said.

The father bear, she claimed, had left her abruptly, quit performing for Missy Hoolihan's "Tall Animal Review," and gone back home to the SOUTH POLE.

When Nowella was an adolescent full of questions and ripe to wander, she went off to the South Pole in search of her father.

That journey alone took many bear years during which Nowella had many instructive adventures we can skip over for now, but which she would later tell to her boatload of small bears. With embellishments.

When she arrived in Patagonia - only a hyphen away from the South Pole, she learned from a Penguin that Polar Bears reside only around the NORTH Pole.



It was more Bear Years, and many modes of travel again, before Nowella made it half way to Alaska, quartering back and forth across the spine of the continent and northward up

the coast inquiring after a Polar Bear with several gold teeth, who wore a red vest, and smoked cloves in a meerschaum pipe carved in the shape of a man's head. But she but got no response from any bear, squirrel, or hawk, except for skeptical sidewise looks.

So, grown skeptical herself, Nowella drifted back to her native Bonaparte Cave State Forest to confront Mother Bear about the truth.... if in fact, Mother Bear was still alive after all these bear years.

The fact is that Mother Bear WAS alive and had long thought that NOWELLA was dead.

It was a very emotional, if not a tearful reunion. Bears do not cry tears, so much as they simply howl. We are not speaking here about roaring or growling, but savage howling so horrible to witness that we can be content to skip that scene....only to say that they reached a reconciliation of sorts during which Mother Bear finally broke down and told the truth; that Nowella's father was a White Man.

But by then, Nowella had seen enough of People that she had no desire to go off looking for her human father with the T.V. the snowmobile, and the bad tobacco.

So then Nowella went off searching for HERSELF.

Searching for herself, there was no place in particular on the Globe for her to look, so she simply wandered, and during the nineteen nineties, she found herself living from shelter to shelter here in the Finger Lakes area, half way between North and South.



That is where I encountered her.

*continued next page*



## Chapter 3

### Nowella's New Clothes

### Or

### The Bear Who Came in From the Cold

I am sure that the first few times I encountered Nowella the Bear on my ski expeditions up in Ellis Hollow I looked right past her, or through, or over her, because she was a white bear in a white landscape, and was not at that time in the habit of wearing a bandana, colorful shoes, or any of her many hats.

Nowella was not originally a domestic bear...not a tame bear, a pet bear, or an kind of indoor bear, although her father had been a White Man.

And although I didn't at first notice the lurking, unclothed Nowella, I am sure that Deerdra my sensitive Dog did.

By late that Winter, I found myself occasionally imagining that I had glimpsed a small white bear, and by the time I was sure I had, Deerdra seemed to be quite unconcerned with Nowella plunging through the snow beside her, so I expect they had met often during Deerdra's constant quartering through the woods ahead of me.

And then was the day we found Nowella asleep in the hollow tree. It was the snores that called my attention to her; snoring very loudly for a bear so small.

But all I could actually see of her, was her bear feet.

Although the entire rest of a bear is covered all with hair, a Bear's feet are not, and this Bear's feet looked cold. They were sticking out of the tree almost.

Deerdra sniffed her feet, but moved on, and we let the snoring bear snooze.

The next time I returned, I brought along a small pair of sneakers which I left there just in the entry.

I looked back after we had skied into the field some, and I saw her little face appear.

The green bandana, which was the next item of clothing she adopted, wasn't my idea. It was just a bandana I must have lost out of my pocket when I took a glove out. Nowella found it while trailing us, and tied it around her own neck ... which is a hard thing for a bear without what you could call fingers, or any thumbs at all. This lack of thumbs is why bears don't write except with alphabet blocks.

The first hat was Nowella's own innovation: the burdock hat, which is easy to make and stays on in the wind, but then it is very hard to get off and most unpleasant to sleep in, so she no longer wears it, much preferring the



Oriel nest hat or a simple sock from the singles drawer.

As Nowella grew more civilized in her dress, her peregrinations brought her closer and closer to town, closer and closer to our Edgewood Place ... and then she was in the garden and the bushes by the back porch steps ... until she was going in and out of the house with Deerdra as if they had been litter mates.

But wearing the clothes and just getting herself indoors was only the beginning of learning to be a House Bear.

First of all she would learn that houses are MUCH BIGGER on the inside than they are on the outside. It was a week before she discovered the third floor and met Uncle Threadbear, as she was soon calling him, although he was not an uncle exactly and his real name was Fredbear, as you know.

In those days several grandchildren and great grandchildren spent time visiting or living in the house; all of them found their way up to romp on the third floor where the ping pong table, the train set, the closets, and the trunks were, and some of them brought their Teddy Bears, which they sometimes abandoned there.

Soon enough there were eleven bears.

The bears would sit up in the trunk at night and listen while Nowella, the only one of them to have really traveled, would tell, for instance, how in her travels from pole to pole she had ridden an Ostrich to cross a big river but her Ostrich had been attacked by Alligators so she had to finish the crossing on an Alligator. And she would spin many other such yarns, some of them based on true stories, some not so much.

Then, quite surprising to all, and especially to Uncle Threadbear, after Nowella had repeated the one about riding the Rainbow Trout up the coast of Patagonia, Uncle Threadbear popped up and ... in a voice at first tiny and indistinct, then somewhat louder but fuzzy, and finally quite audible and clear, though they all still had to lean in close to hear ... he told a tale of his fishing on the Wind River in Wyoming, and illustrated it with a continuous pantomime of the fly casting, during which he sometimes positively danced, like a May Fly over a Spring riffle.

After that performance, Uncle Threadbear became a story teller to the bears nearly as popular as Nowella, though it was always stories about fishing, and the small bears all had to lean close to hear.

*Soon, there began a movement among the bears, to actually go fishing.*

*possibly to be continued....*



# Taking the First Step

We have completed the end of an era and we are beginning on a new road of light and awakening. We all have a part to play in bringing a greater spiritual consciousness to our world. The intentions of awakening were laid down long before our births in the illuminating light of unity and the completion will be known by our children's children. Breathe in this new dawn and let it fill you with Love, Hope and Courage as we emerge from the darkness.

practice in our day to listen to our heartbeat and rhythm, hearing the message of this moment. In that way we bring our being into perfect and proper order.

As we learn how to live in harmony with the rising and falling energies of our lives, we flow with the ups, downs, ins and outs to progress toward our goal of spiritual maturity. Now, carefully study your inner relationship with the outer world, see how your inner states are projected onto the screen of life. As we develop universal unity and love in our being, our values shift to be more in alignment with the greater cosmic order.

by **Dave Bennett**

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Let us begin our walk from the darkness with an understanding of our rhythms and long-term spiritual development. We have within us the most effective monitor of our rhythms. Our heartbeats reflect our life's rhythms and cycles. Our first step is to develop an orderly discipline and

continued on pg. 23

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# Ease & Grace

By Kris Faso

Blue Turquoise skies and big puffy white clouds always get my attention. It is as if they are an invitation from the universe to come join the day. I always consider my devotion to the natural world a display of my spirits accessibility within the framework of a “busy human life”, where it is all too subtle – this idea that we are a spiritual beings involved in a human experience. But shall I say, the Ease and Grace of such a natural wonder, as often as it may appear, and as often as we may take it for granted, is one of the most powerful voices that springs forth from our universe calling on us to stop, breathe and listen. For it is in the Ease and Grace of our nature, an innate ability, to always be connected.

I give way to this day and lay upon the Earth. I close my eyes and breathe. The extension of my abdomen upward towards the sky, as I imbue my being with air, permeates my spirit with Ease and Grace and I exhale.

With each breath, I take inventory of my body. From the right side to the left, my spine is neutral. Lifting and falling, releasing each muscle of its duty from head to toe, the rhythm of Ease and Grace is my abandon.

Responsive to the physical release is the liberation of all thought. I become conscious to the transition of energy being compromised by habit to the Ease and Grace of my energy being free floating. And as natural to being psychic is as to being connected to the universe, I hear the voice of the Dream Council speak.

“Well, well, well, it is good to speak with you once again”, said the Dream Council. “How may this council direct you”?

Without having differentiated any thought, not expecting an encounter, I immediately examined my surroundings. What I would describe

*continued on page #30*



# Kris Faso

**PSYCHIC/MEDIUM**

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

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

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

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**Kris' Schedule - Feb., March, April**

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**2/10** Readings in Kris' Stone Room

**2/16&17** Syracuse Psychic Fair. Exit 37, Electronics Pkwy.  
23rd Oswego, NY. Private Party

### March 2013

**3/2&3** Rochester Radisson. Evolving Essence Psychic Fair.  
175 Jefferson Rd., Rochester, NY

**3/16** Private Readings in Kris' Stone Room

**3/30** Utica, NY. Private Party

### April 2013

**4/6&7** Canastota Spring Psychic Fair.  
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**4/20&21** Evolving Essence Psychic Fair. Hearthstone Manor.  
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Virginia Waldron is a Certified Consulting Hypnotist through the National Guild of Hypnotists, and a Guild Certified Instructor for Hypnosis. She has been working and teaching throughout the Syracuse and Central New York area since 2000.

This course takes place over 4 weekends, including two Friday evenings, and all day on Saturday and Sunday. Dates for the 2013 course are -  
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# Hypnosis and Fertility

by Virginia R. Waldron, CH, CI

It is generally thought that women who seek fertility assistance are those who have waited too long to try to conceive, and their body's natural processes are slowing down due to aging; or they have some health issues that interfere with conception. This, however, isn't necessarily the case. Fertility is a deeply personal and individual issue for all women. While, on the purely physical level our bodies are designed (divinely or otherwise) to reproduce, it is not a given that every woman deep down inside feels she isn't whole or complete unless she's had a child of her own. Today we women are more likely to make choices based on our own views and desires, rather than the expectations society puts into our heads.

Fertility, as a process, has many emotional and mental as well as physical components. One of the most supportive components is harmony - being in harmony with one's physical, emotional, mental and spiritual self. One of the biggest barriers to fertility is stress and fear, which is about being in disharmony with self. That sounds so simple, almost too simple, and yet it is simply true. Today more and more doctors and healers work with the awareness that there are a combination of mental/emotional components that go into creating physical harmony (and disharmony) within our bodies.

The levels of chronic stress that all of us experience today is incredible. We have talked in the past about the affect long term chronic stress has on the body, male or female, in terms of physical health, mental and emotional well-being, and inner harmony. Add to this the very personal stress of trying and failing to conceive and it can be seriously overwhelming to any woman, no matter what her age.

Stress is the mind's belief that there is a threat and the survival instincts trigger the 'fight or flight' response. That means all the systems of the body, respiration, blood flow, hormones, etc., focus on the outer extremities, the hands and feet. Flow of oxygen and blood to the core of the body is reduced, which includes the reproductive organs. The hypothalamus gland, which is responsible for health and functioning of reproduction system, is highly susceptible to this level of chronic stress.

Fear can create stressful feelings. Fear due to past events, emotional or sexual abuse, rape, miscarriages, previous pregnancies, memories, stories (we women love to share our stories), images, words from self and from others create the fear thought patterns that can cause so much stress and anxiety that the reproduction system is completely blocked. At the time of ovulation fear constricts the fallopian tubes, blocking conception. Fear impacts the physi-

cal body - mind connection. These fears must be processed and released. That means brought to the surface, shown to the light, and consciously healed.

There is a great deal of scientific evidence, today, that support fertility and hypnosis. The key to any kind of healing is to find and deal with the root cause, physical and emotional. Each person has their own root causes, their own story. Hypnosis works directly with the subconscious mind to find the root cause, to bring it into conscious mind awareness, so it can be healed and released.

In 1994 one of the first programs to treat infertility with hypnosis was in Israel. It was written up in the European Journal of Clinical Hypnosis Collage. It stated that adding hypnosis to the protocol of fertility brought a success rate 45%. In additional studies the success rate was 42% - 55%. This is double the success rate for women undergoing fertility procedures without adding hypnosis to the protocol.

How does hypnosis help women who are trying to conceive, either naturally or with medical assistance? Simply by helping these women remove the fears that create disharmony within their mind/body connection. Also, by relaxing the physical body and the mind, the woman gets out of the way and allows her body to do what it knows how to do best of all, create a new life. For example, when blood flow to the uterus is reduced or blocked, it means it cannot create a hospitable environment in which a fetus can implant and grow. Releasing the stress factors allows the hypothalamus to do its job, allows the tubes to be open and ready, draws blood flow to where it needs to be in order to help the woman's body prepare the womb for the new occupant. Guided visualizations can help release the fears and false beliefs, reduce the stress, reconnect her to her body, and thus bring the woman to a more content and peaceful state of mind, allowing her body to do its work properly.

There are 7 major components to a fertility program with hypnosis. Stress reduction, Mind/ Body healing techniques, Overcoming expectations and perfectionism, Regular meditation, Energy work, Cell pattern change, Processing emotional issues that cause blocks or interfere with conception. A hypnotist that has the training and skills for fertility work will create a tailored program that guides the woman through the components that are part of her story, supporting her efforts, whether they are medical or natural, using relaxation and energy techniques, guided visualizations and imagery to help her release the fears, false beliefs, personal doubts, shame, grief, or whatever it is that is blocking this natural process. There can be very real physiological reasons for a woman to have trouble conceiving or keeping a pregnancy, and today's health care practitioners have some wonderful medical techniques that aid and support women who are struggling to get pregnant.

Hypnosis can help these efforts in a collaborative way. If there is an unexplained fertility issue - which means there is no obvious or clear physical reason for the difficulty, - that can mean the emotional bod-

ies need healing. Hypnosis works especially well with these issues, too.

Hypnotists deal with feelings, behavior & thought patterns, and belief systems - we are not medical doctors or psychotherapists (unless we have received the necessary training and education for these fields of medicine, as well as hypnosis training). We offer tools and skills that enhance the medical professionals efforts to help women who are working so hard to bring about a new member of our society.

It is my very personal belief that mothers who are gestating or giving birth are Goddesses and should be treated as Goddesses. I was very young when I had my children and I was still going along with the social expectations and perceptions of women and beauty and being feminine. Today I would be much more insistent that I be treated with regard and honor, with my big belly and very physical changes in my body, my mind, and in my life. I did not feel like a Goddess! My work with hypnosis and age regression has shown me that in no uncertain terms what the mother believes and experiences as self, the unborn child also believes and experiences as self. If the mother feels shame because of her changing body or her shape, if she is afraid or uncertain, if she hears scary stories about blood and pain and indignities, so does her child. No pressure here, ladies, but we are Goddesses when

it comes to transmutation and bringing forth life. Fathers, it is your divine duty to make sure she knows it!

Virginia Waldron is a certified hypnotist and a certified instructor in hypnosis through the National Guild of Hypnotists. She has been in private practice in the Syracuse area since 2000. She is also the director of the RoseHeart Center, currently in Fayetteville, where she offers private sessions as well as teach classes in professional certification in hypnosis. The next class is coming in March, 2013. To find out more contact Virginia at 315-243-1828 or [gatkepr@dreamscape.com](mailto:gatkepr@dreamscape.com). Or go to [www.GateKeeperGuidance.com](http://www.GateKeeperGuidance.com), or the website for The RoseHeartCenter - [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com). The RoseHeart Center will be moving in April. In May there will be a Grande Opening - stay tuned for more!

## Suggested Reading

Eastburn, Lynsi. 2006. "Its Conceivable"

Lewis, Robert, Dr. "Infertility Cure"

Northrup, Christine. "Women's Bodies, Women's Wisdom"

Schwarz, Jim " The Mind/Body Connection in Fertility"



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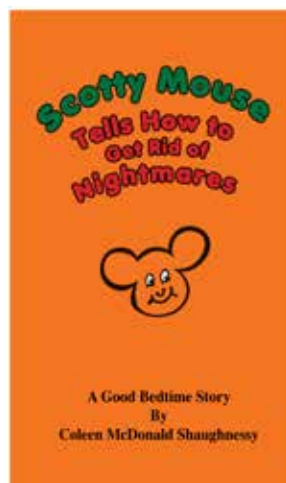


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## Hello Fairy Lovers! Happy Winter & New Year!

### Fairy Article #10

Hope everyone had a lovely Holiday and are enjoying this time of year to hibernate a bit, just like many of the nature spirits and fairies do. Although the fairies love to sing and dance through the holidays and it was great to have all the snow fairies & frost fairies so prevalent. Did you ever look out on a winter night at the freshly fallen snow and see a special light out there? Or maybe an extra bright little twinkle of light off in the yard? That's the Winter Fairies out there dancing on the snow. The frost fairies on the windows do amazing art, the kind that when you look close it takes your breath away at the beauty of it. I was chatting with my house plant fairies the other day only to find that they all agreed it was way to dry in the house again. Even though I water them regularly, we have way too much dropage (is that even a word?) going on. I miss the Christmas tree, real or not, the image of a beautiful tree right there in my living room is very comforting when I can't get out into the woods as much.

I have two little fairy houses over in the corner of my living room on the floor under a table with various little fairies around them, some physical and some spirit. I have a fairy door that seems to open and close on it's own. Anyway, I always give them a small Christmas tree to enjoy also. When I go to put it away, they sadly protest like I do. But as I remind them and myself, it's important to keep that loving spirit going in your heart all year long. As we move into the New Year it's also good to remember that there is magic all around us in every season if we but look for it and connect to it. It's all energy and we are made up of energy too, so why not use it to help manifest what we want in our life and lighten our load as we move forward on our journey. Go outside if you can and give yourself the blessing of a "snow walk". If that's not possible, at least sit by a window and look out at some peaceful spot and mentally go there and have a visit with the winter nature spirits and fairies. Have a cup of tea with them. (The whole purpose of a cup of tea is to slow down anyway, I think!) Share what's new, talk about the old. I promise you will come away refreshed.

This is a great time of year to call in the house brownies to clean out that closet or unclutter that desk or whatever. Soon enough we'll be wanting to be back outdoors all the time so why not unload some of that extra baggage we're asking our house fairies to carry? As they say, one person's trash is another person's treasure. My brownies have been bugging me about a certain file cabinet!

*Must scoot for now, for all my class info feel free to sign up for  
 my newsletter on my website: [www.coleenshaughnessy.com](http://www.coleenshaughnessy.com)  
 Til next time....stay warm and Winter fairy blessings to you all!*



*Fifth in a series by Tony Riposo*

## Yoga, Wellness, and Self Discovery - part 5 YOGIC SLEEP RELAXATION

by Tony Riposo

For many centuries, yogis have used the technique of yogic sleep-relaxation as a highly effective method of recharging the mind and body. During relaxation you may feel like you're asleep, but what naturally happens is that you begin to access a different level of awareness, you fall into a deeper level of consciousness. This deeper level of consciousness allows the inner intelligence of prana to move freely throughout your system, relaxing, rejuvenating and healing you on all levels – mental, emotional, and physical. The human body is designed to restore itself. We are bio-engineered to heal. Given the right circumstances and the right conditions, the body will repair itself. It is our nature to be healthy.

Because we are reactionary beings, we hold onto a lot of tension. This bodily tension affects circulation, reducing system efficiency and the body's natural ability to heal. When the body is at rest and the breath is calm, the nerves are soothed, de-stressing the body. Relaxation allows us to let go, to release that hold we have on reality both mentally and physically. Any relaxation technique; contraction and release, mantra, breath following, or guided relaxation is beneficial. Being relaxed fosters a sense of wellbeing, equanimity and peace.

After a hatha yoga session the body is in the best state to receive the beneficial effects that relaxation brings. During hatha yoga exercises the bodily systems are stimulated, irrigated and detoxified, making possible a more efficient, health restoring human system. The postures also affect the musculature system; contracting and lengthening the muscle fibers flushes the tissue with fresh oxygenated blood (the lymph system), removing toxins and waste; all of which makes practicing relaxation at the end of the class most beneficial; the perfect time for the body to heal itself naturally.

Yogic sleep-relaxation can be practiced on a daily basis; it will gradually decrease the level of tension in the body, helping to keep it supple and healthy. Yogic sleep relaxation may be practiced at any time. Whether it is in a yoga class or an



at home practice, it is recommended that you stay in relaxation for a suggested minimum of 10 minutes at a time. There is no set maximum time; one may remain in relaxation for as long as one's schedule permits.

Like swimming, the true experience of deep relaxation can only be understood by jumping in and trying it. The experience will also help your ongoing awareness of your physical and mental states. You will come to recognize your potential for calm awareness, resiliency and adjustability to unexpected events or demands made upon you.

So are you ready to learn yogic sleep relaxation? The practice is called Yoga Nidra, (yogic relaxation or sleep relaxation) the actual position for relaxation is called Savasana (corpse pose).

The position is simple; you lie on your back, legs straight, with a space between your feet that's comfortable, with the legs completely relaxed. Place your arms alongside your body, not too close and not far away, the palms facing a comfortable direction. The right position should be very comfortable. If this position isn't comfortable at first, modify it for your body.

There are several techniques used for relaxation. Basically you need something to do while

you're doing nothing. Most people like to be led through the practice; you could use a CD, a podcast or just listen to relaxing music. Some of the practices include breath following or breath awareness, contraction and release, mantra, or being guided on a healing or relaxing journey. The best way to learn relaxation is to go to a yoga class and be led by an experienced yoga teacher. Try to practice the technique regularly, at least once a day. Soon you'll become old friends with a state that is rightfully yours: the peace and tranquility of a tension-free body and mind. Such an experience will continue to be reflected in what you think, say and do. The experience will also help your ongoing awareness of your physical and mental states. You will come to recognize your potential for calm awareness, resiliency and adjustability to unexpected events or demands made upon you.

Yoga is amazing and everyone can do it with the right teacher. Let today be the day that you become more. Find an experienced yoga teacher in your area and start taking classes right away. It will change how you live your life!

***You can't do yoga and not change.***

***Tony Riposo***

Infinite Light Yoga Director

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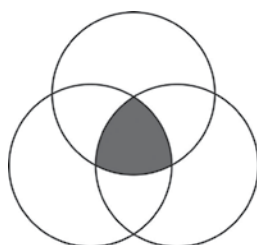
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continued from pg. 16

### *Taking the First Step*

Our being is connected to all the beings of the world. As we change ourselves, we change the world we know. In this way we introduce our seeds of truth into the earth, with our new found inner and outer relationship, and transform her. We are here to embody the highest good and bring it into the greater whole.

The whole is greater than the sum of its parts, but not in a sacrificial way. We contribute more in the manner of the greater good enhancing all individuals along the way, so not one part gains more than the others. Always there is balance and movement forward within each of us and our world.

As we advance in our spiritual maturity we contribute beyond just this physical world, we contribute to the universal consciousness. Awakening comes as a realization that there is a higher dimension of reality with which we are connected to and this higher dimension is a universal consciousness of unity & oneness.

The new road is bright and shining with cooperation. It may be a long road, yet as we help each other we will advance to a new way of being. Now is the time to take the first step.

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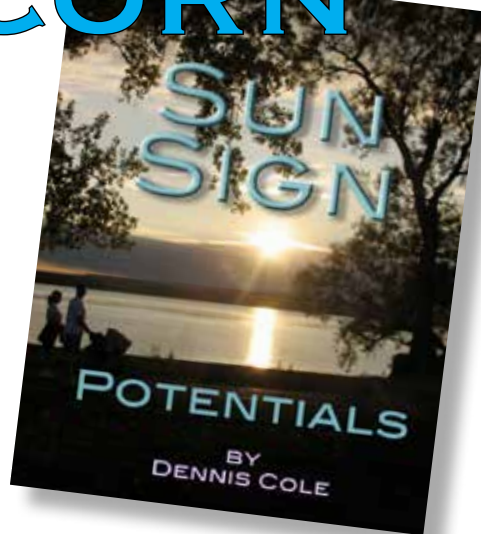


# SUN SIGN POTENTIALS

*A Guide to Understanding  
Self and Others*

## CAPRICORN

by Dennis Cole



### Winter Greetings!

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

To learn more about this **Solar Astrology** approach to interpreting our "seed" potentials, you can refer to it online by going to [aquariuservices.com](http://aquariuservices.com) and click on "articles."

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

## ♄ CAPRICORN

December 22- January 19

**This 1st Solar House Cusp relates to the "WHAT" of Your current intended Life Focus.**

Your Sun Sign, Capricorn, is an active, earthy, sign. Saturn, the planet of patience, control and organization rules Capricorn. You're likely to be a practical, cautious, hard working individual. You have considerable initiative and personal ambition. You're a perfectionist, with a desire to be respected. You need to be a leader - to get to "the top of the mountain" - to be first. You have a built-in need for respect and personal attention for your accomplishments. Your natural tendency is to want to impress others. It is a significant drive in your life, to want to stand out and be respected in the eyes of others. This drive started early in life! Maybe you wanted dad to sit still at the dinner table and listen to what you did in 4th grade!?

In any case the drive can be useful and it's more important how you use your power. Misuse usually leads to downfall or blockages.

Besides your need for social approval - you may be defensive, often feeling a need to prove yourself. You are likely to build some pretty strong "walls" around your ego in your struggle for perfection.

You'll go far as you practice self discipline and cultivate patience and constructive working habits. You have to lay solid foundations in order to be successful in any new ventures. And there are likely to be many new beginnings relating to your work or your ambitions for fulfillment and stature.

Your personal fears and self-protectiveness are stronger when you are younger. You tend to appear younger as you age!

You need to be an authority in some area. You are likely to gain a degree of success and recognition because you are always steering in the direction of achievement. Also, because you are capable of being a leader-organizer and of bringing out your

*continued on page # 26*



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

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

creativity best through your work.

It is natural, and likely, that much of your life's energies will be poured into your ambitions to gain respect for your accomplishments; often through a career.

People born strongly under your sun Sign's influence can often appear to be somewhat melancholy, serious or dejected. Perhaps this is largely due to a seemingly never-ending barrage of tests, delays and frustrations which you may experience! However, you are perseverant, and you usually have a down-to-earth reason for everything you do. Your closest "relatives" in the Zodiac are Taurus and Virgo. From Taurus you inherit your determination and interest in security and practical results. Your discrimination and desire for order come from the Virgo within you.

In the long run, you will probably come to understand that your delayed success was your natural way to develop some of your greatest strengths and assets. One of your biggest assets, and keys to fulfillment, is character development. This will include social concern and responsibility, and, above all, the proper use of power.

Your hardships can help you to develop such latent strengths as determination, discrimination, organization, practicality and perseverance. Much depends upon your patience and willingness to use your "stumbling blocks" as "stepping stones." Through courage and perseverance you are likely to eventually make it to "the top of the mountain."

We all derive pleasure from some area of life. For you, this "love" can be for a career or some form of social success. And, for you this success comes as you learn to accept the challenges set in your path, and not to blame others, or life, for your frustrations.

There are two major turning points in your life. These take place around age 29 or 30, and again in your late 50's. These periods may emphasize career or other social ambitions. Personal new beginnings are likely at these turning points.

Many of the highlights discussed up to this point are likely to factor in during these major cycles of your life. Whether these turning points will prove rewarding or not will depend largely on how well the lessons we've discussed have been learned.

More than any other sign, as a Capricorn,

your search for being, your character development, and your creativity, will be closely interwoven with your career or other ambitions and drives for success.

## ♋ Cancer

### 7th House

#### Cusp Influences

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

Your tendency is to attract a sensitive, loyal, type of partner; someone who likes to protect, "mother" and be mothered.

Your mate wants a stable base of operation and will be concerned about loyalty, family, property, food in the cupboard, and building for the future. This partner would have much in common with your Mother.

At times your partner may tend to withdraw into an emotional psychological "shell." For an example, you may say to your partner, "What's the matter, now!?" Partner might respond with something like: "Nothing - forget it!" - as they slam a door or walk away. Yet they may really want you to show more concern and pull them out of their "shell."

Your partner's emotions may tend to change quite a bit.

Your partner is concerned with helping others to get onto their own feet - especially family.

You and your mate may form a strong attachment to each other once you learn to show your feelings more; and as your mate learns to be more practical and disciplined emotionally.

You're likely to have much activity with your partner relating to home, family, domestic or property matters.

As time passes you may begin to lighten up more and drop some of your protective, reserved, "masks" and start to express and receive more love. After a long independent stage, it's natural for you to "dissolve" somewhat and to be more emotionally available.

Your Mother experience probably has a strong influence on your marriage values.

Your partner is a domestic type and will likely fit in as a natural member of your family.

At some point in your life you'll likely get involved in legal matters relating to home, family or property. You also have the potential to work before the public in some way.

## ♈ ARIES 4th House Cusp Influences

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

You seem to become more stable as you begin to prove yourself - to yourself and your family. You will probably become more active and courageous - more of a leader type - as time goes on. You have leadership potentials at your roots.

Much of your energy can be put into the home and into building more stability for your future.

Your home often seems to be a center of activity. Many changes and new beginnings are, in some way, associated with your home or family, as well as with your personal or physical development.

You tend to take things personally - especially those things which relate to your home or family, or, things between you and family members.

Many of your family members are active, impulsive, creative types. They possess courage, initiative and leadership abilities. Family members can be competitive. Many of these traits apply to your mother, as well.

It seems that many things are started, but not always finished, around your home or property. There may also be a number of new beginnings relating to home - certainly considerable activity!

Arguments are probably not uncommon to your home environment, or, at the least, heated discussions!

You can also be a sensitive individual and with tendencies to go sometimes into some kind of ego defensive mode by taking things personally.

## ♊ Gemini 10th House Cusp Influences

**(Relating to the "WHY" of Your Life Focus)**

Sooner or later your life is likely to bring you out into the public eye. Any work could involve the public or bring you into contact with important people. You have the potential to bring more balance, harmony or beauty into the lives of others. Through determination and discipline you might be

*continued on next page*



able to develop artistically. This could help you to gain social acknowledgement for your values or your talents. Your work could touch on such areas as human relationships, politics, law, public relations, social work or the arts.

You can - or may have to - work hard to establish harmony and love in your personal life as well as for others.

People may tend to see you as being a fair-minded, peace-loving person with good judgment.

You will probably have a number of serious career and relationship decisions to make in your lifetime. There may be times when it can be difficult for you to maintain a fair balance between marriage, and "marriage" to your work or ambitions. You tend to stick with a relationship, even when it becomes unbearable. This may be out of a strong sense of responsibility, fairness, or guilt. You probably want a partner whom you can be proud of.

Through patience and fairness you begin to see that everything in life tends to balance out

in the long run. This parallels your learning not to judge others nor some of life's seemingly unfair situations. This opens your life up for more success, fulfillment, and harmony in your relationships.

Reward comes in both your work and relationships as you learn to compromise, and as you let go of tendencies to want to have everything your way in your close contacts with others. Reward also comes as you take on the responsibility of making a determined commitment with others. Another possible lesson is to be aware of self-conscious tendencies and a desire to impress others. It is natural for you to desire respect for your choice of partner and your values. You could meet your spouse through your career or social activities.

You gain success as you cooperate and work with others, and dedicate your work to people. You have the potentials to form a partnership in business, or to cooperate with spouse's career. You could marry someone who is an organizer, a boss, or a person with

some authority or status. Your partner would tend to have a significant influence on your career or social ambitions. You have the potential to deal with important people, due to the diplomacy and awareness of others you can develop in your drive to get ahead. Your father is somewhat diplomatic and may be involved with the public in some way. He appreciates harmony, beauty and peace, he may be artistically inclined and in some way, he can have an influence on your ambition to succeed in life. Finally, Capricorn, may you come to realize that perseverance, power, practicality and seriousness are not the only keys to your desired success. By also developing emotional sensitivity, compassion with detachment, in nurturing stable interchanges with others, you may then find that your controlled qualities are nicely complimented, you may come to appreciate that the ultimate "success" is Joy.

*In Oneness,  
Dennis*

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

## Some Highlights in the Year Ahead for Capricorn

*by Dennis Cole*

These 2013 highlights will focus mainly on the impact of cycles through the **"WHAT"**, **"WHERE TO"**, **"HOW"** & **"WHY"** areas of Capricorn's life, as covered in the preceding article. By factoring in some of those highlights you may be able to intuit more detail from these cycles.

Your **"seed"** **"WHAT"** cycle of new beginnings and self-renewal becomes more active each year around your birthday. (Note the dates for the sun's transit through each of these 4 birth and growth cycles; e.g., Capricorn is Dec. 22 – Jan. 19 each year).

This year the Capricorn new moon falls on January 11, and can generally be in effect until the full moon of the 27th. Your new beginnings during this cycle may center around your evoking inner strength and accepting what appears to be defeat as you demonstrate nobility of character. Just know that these "delays" in life are always opportunities for personal growth!

The **"WHERE TO"** of your Life focus is described in the Cancer section of your solar birth mandala. The new moon on July 8th suggests that you may, during this 2 week cycle before full moon, begin to feel a strong urge for growth with someone whom you feel is "meant-to-be". Of course, this is

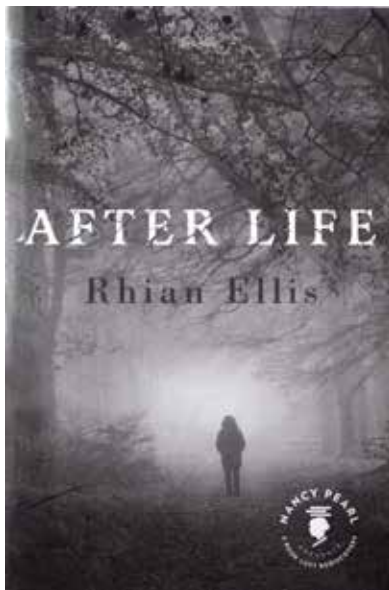
a time of year in which family relationships also get your attention!

Your Aries **"HOW"** cycle this year may be triggered powerfully under the 2 week new moon phase, beginning on April 10th. This can be a propitious time for you – a turning point in self-renewal – perhaps a time for knowing who you are at the core of your Be-ing! New beginnings and fighting courage could relate to property or family matters.

The **"WHY"** period of your life this year suggests that after the 5th of October you may decide that, yes, your work and fulfillment in rewarding social relationships is important, but, "to every thing there is a season"! Your intellectual dedication in uncovering deeper realities is important.

However, you might find it rewarding to emerge from this at times so that you can breathe easier and lead a more natural life. Such a time for your potential change and laying a new foundation in your life can come about under this year's **"WHY"** cycle in this, your year for more in-depth management with others.

*In Oneness,  
Dennis*



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*All Hallows Eve* a book review continued from page #11

and act in the spirit plane. The two women have different paths to follow in the after life - but it is all about choice - choices made in life and choices yet to be made in the spirit world.

In the London of normal reality are the grieving husband of Lester, Richard, and his friend, Jonathan, an artist of some ability. Jonathan is engaged to Betty, who, we find out, is Simon the Clerk's daughter. But she has been conceived solely for the purpose of Simon's necromantic conjuring. He intends to use her to enter and communicate and act between the material world and the spiritual world, even if it kills her. He intends to take over both worlds. Big plans.

Everybody who gets involved with Simon the Clerk pays the price of contact. For some it is dissolution and complete servitude. Others do battle, but it is a hard battle, and the rules of engagement are only revealed as things progress. This passage from later in the book should serve to display the intricate denseness of the sorcerous parts of the narration and notice that it is well communicated that there is something revoltingly repulsive about this magical conjuring (What an imagination Williams had!):

"She did not understand what was going on [the dead spirit of Evelyn, that is]; only that there was something disagreeable in that sign and countersign of agreement - 'For me?' 'For you'. The Clerk stretched down his hands again, but now as if he sheltered the early flicker of a fire, and immediately the fire was there.

"It came from his palms. It was not fire, but an imitation of fire. The palms themselves gave no sign of it and even through the seeming flames showed no reddening from the heat. The fire itself was pallid; it had no strength, but the flames darted down and hovered around the dust. They ran over it and clung to it, and as he encouraged them with mimetic movements of his hands, they sank deeper and were absorbed. As if their movement was communicated, the dust itself rose in sudden gushes and fell again, but each time the heap was larger than before. It was now about six inches high and had grown more like a column than a pyra-

mid. It was waving to and fro, as a single unbranched plant might, and the whistling came from it, as if a dying man were trying to breathe. The whistling was thin, but so was the plant, if it were a plant, which it was not, for it was still dust, even if organic dust. It was vaguely swaying and waving itself about, as if in search of something it had no means of finding, and the pallid fire played about it as it sought. Simon's heavy sighs exhaled above it and his hands shielded it, though (to Lester's apprehension) there was a great, almost an infinite, distance between those palms and it, as if she saw something of a different kind that was with our relation to the place in which it stood. Suddenly, for the third time the Clerk spat on it, and this time it grew at once higher by almost another six inches, and its movement became more defined though no more successful. It was now certainly feeling out with its summit - with that which would have been its head, but it had no head. The fire was absorbed into it and disappeared; and as it did so the whole small column from being dust became a kind of sponge-like substance, an underwater growth. It began to try and keep a difficult balance, for it seemed to be slipping and sliding on the floor and by throwing itself one way and another just not falling. The thin whistling became spasmodic, as if it had got some of its channels free, and was only here and there obstructed; and as the whistling ceased, so did the heavy breathing of the Clerk. He began to rise slowly from the position in which, like a witch-doctor, he had been half crouching; but he did so in sudden jerks, and as he did so the spongy growth in sudden jerks followed him and grew."

This is all creepy enough, but there are pages more of detailed and dense description of the conjuring and forming of this non-sentient creature - an evil-spawned creature into whose horrendous interior the surviving consciousnesses of the two dead women were meant to be entrapped, and thus to go out into the material world to do the bidding of Simon the Clerk. It is all quite horrid, and the horror does not stop, as the living only slowly begin to realize what the Clerk in-

tends for the world - let alone for the souls of those recently deceased women. This is only one (and as I said not completely recounted) - only one of several magical conjurations. These conjurations combined with the detailed descriptions of the 'Other City', down to the spine-gripping magical climax and spiritual denouement, will convince you that Charles Williams is a novelist like no other.

I'll finish with the ending words from Eliot's introduction: "For the reader who can appreciate them, there are terrors in the pit of darkness into which he can make us look; but in the end, we are brought nearer to what another modern explorer of the darkness called 'the laughter at the heart of things.' "

The novels of Charles Williams:

- **WAR IN HEAVEN** ...

what happens when the Holy Grail appears in an obscure country parish.

- **MANY DIMENSIONS** ...

An evil antiquarian steals the Stone of Solomon so that he can transcend space and time

- **THE PLACE OF THE LION** ...

Platonic archetypes of Christian symbolism appear and wreak havoc until the protagonists understand them.

- **SHADOWS OF ECSTASY** ...

Attempts are made by adepts to extend human life eternally ...

- **THE GREATER TRUMPS** ...

the Tarot takes physical form in the world, unleashing metaphysical powers that may - or may not - be harnessed

- **DESCENT INTO HELL** ...

Sin, forgiveness, selfishness, perversion, redemption ... played out amidst a succubus, a doppelgänger and a ghost. Does Love stand a chance in the face of academentia?

## Ease &amp; Grace

continued from page #17

as my surroundings, with the idea that from one place to another, our surroundings may change, was nothing of the sort. It was as if at once everything was there. As if there was a disarticulation to the term surroundings. It was just then that the Dream Council spoke.

*“Don’t be confused. Although it has been some time, you are in the second attention. You have assembled your awareness to an alternative, yet familiar to you, location. What you perceive is characteristic to quantum reality that in your normal state of awareness, being fixed, is only now coming to light with in terms of the human evolutionary track to do so. Only until recently has human development been able to speculate on this non-ordinary reality (said as) to being what might be termed as normal reality. In other words the system of singular identification has the most prosperous opportunity to be experienced in its full potential once examined within the actuality of substantial option. Do you understand?”*

Somewhat, I said.

*“Let us put it this way”, spoke the Dream Council. “Some humans thought that their world would end recently. It did not. Some humans believe their world is becoming a spiritual world. Although the current spiritual evolution is offering significant insights, humans have always been a spiritual race of beings. These new age perceptions have always been available for comprehending, and yet en mass, they have been left out of the accepted stories. Of course these stories, as we refer, have significant value to the evolution of the human psyche within the synthesis of a universal development. Yes the world is changing as the human experience evolves. One cannot stop a process that is eternal and expanding. Do you see?”*

Yes, I said. But how shall I convey this conversation? And before I returned to my normal state of attention, The Dream Council answered...

*“With as much Ease and Grace that is available, at any given time, for each human being to understand it with.”*

Peace on your journey,  
Kris

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