



SUMMER 1995

Features

VOLUME 4 • NUMBER 4

34

A Spiritual Path to Creativity

Interview with Julia Cameron on recovering creativity.

MARY NURRIESTEARN

39

Original Innocence

Replacing original sin with abiding innocence.

ALAN COHEN

41

Art Comes Naturally

Preserving creativity in a culture that does not.

DAVID FONTANA

49

The Mystery of Eating

Food as spiritual and physical nourishment.

ANNE SCOTT

53

How Groups Can Help

Characteristics of healthy groups.

CHARLOTTE DAVIS KASL

58

A Money Addicted Culture

Effect of social attitudes on our relationship with money.

DONNA BOUNDY

64

The Return to True Self

What our deepest desires reveal.

MARTIA NELSON

68

Grandfather Gandhi

Lessons on nonviolence.

ARUN GANDHI

71

Spiritual Renewal

Creativity, intuition and spirituality.

NELLY KAUFER &

CAROL OSMER-NEWHOUSE

75

Growing Up at Any Age

Recapturing our childlike spirit.

STEVEN BAUM

Departments

SUMMER 1995

7

From the Editor

Exploring creativity.

9

Reflections

Letters from our readers on breathing, cosmic jokes, and more.

14

Conscious Notes

Information to raise awareness.

20 • 24 • 28

Success Stories

JOEY GARCIA

MARGO FEINBLUM

KATIE KARAM

30

Summer Opportunities

A listing of programs and workshops for personal enrichment.

44

Healthy Pleasures

Protecting health with simple pleasures.

45

Realm of the Sacred

A photo essay on creativity with commentary.

52

Sitting Meditation

Guidelines and essentials for sitting meditation.

57

Movement Meditation

Description and benefits of movement meditation.



Finding Original Innocence 39

We chose the name Lotus because it is one of the most sacred symbols from antiquity. The seeds of the lotus contain, even before they germinate, perfectly formed leaves, the miniature shapes of what one day as mature plants they will become, an illustration that archetypes of all things exist in the nonphysical world before unfolding in the physical world.

The lotus plant grows up through the water, having its root in the mud, and spreading its flower in the air above. The root sunk in the mud represents material life, the stalk rising through the water, and the flower floating above the surface symbolize our development into spiritual beings.

Lotus is a profound and powerful reminder of the vast potential within us to manifest our essence, to be the grand men and women we were meant to be.

63

Unlimit Your Life

Exploring ways to accomplish your goals.

67

Living Deliberately

Perspectives for living intentionally.

72

Vision Quest

Facing one's innermost depths.

73

Pleasure, Intelligently

Enjoy new experiences.

RAY SAHELIAN

78

Song of Heart

Discover the singer within.

80

Book Reviews

On paths for healing.

88

Music Reviews

Music for movement and celebration.

90

Network Calendar

Upcoming events, intensives, workshops, seminars, and travel.

102

Love

More words for love needed.

ROBERT JOHNSON

COVER PHOTOGRAPH: MARKO SHARK.

Center for the Study and Practice of Spiritual Psychology

The University of Santa Monica offers graduate education designed to positively transform your life while you earn a Master's Degree!



UNIVERSITY
OF SANTA MONICA

GRADUATE PROGRAMS

M.A. PROGRAM IN APPLIED PSYCHOLOGY
M.A. PROGRAM IN COUNSELING PSYCHOLOGY

This professional training program fulfills the educational requirements for M.F.C.C. licensing in California

A Certificate of Completion option is available for those not seeking a degree.



All programs have an Emphasis in Spiritual Psychology and meet in a weekend format.

Classes are scheduled to begin October 6, 7, & 8, 1995 in Santa Monica, California.



FOR FURTHER INFORMATION CALL NORM FRYE, DIRECTOR OF ADMISSIONS
TELEPHONE (310) 829-7402



Work with Drs. Ron and Mary Hulnick, educators and leaders in the field of Spiritual Psychology. President and Academic Vice-President, respectively, of the University of Santa Monica — an educational institution dedicated to wisdom, integrity, and academic excellence. Ron and Mary have facilitated thousands of classes and seminars over the past 20 years. Both Ron and Mary are licensed in California as Marriage, Family, and Child Counselors and Mary is a licensed Psychologist.

FOR A COMPLIMENTARY CATALOGUE CALL OR WRITE THE UNIVERSITY OF SANTA MONICA, 2107 WILSHIRE BLVD. SANTA MONICA, CA 90403 (310) 829-7402

Send For Our NEW VIDEO TAPE --AT NO CHARGE!--

Empower Yourself with Love, Happiness, and Clarity of Purpose

From the people who brought you Happiness Is A Choice and Son-Rise, The Miracle Continues. . . A learning center teaching easy methods to infuse your life with new direction, new passion, new purpose and techniques that enable you to live your dreams, not simply dream them.

On a peaceful Massachusetts mountainside, a dream flourishes. Barry Neil Kaufman and Samahria Lyte Kaufman and a dedicated staff have spent twenty years teaching people to make profound, lasting changes using simple, "no-pain" methods. Our year 'round programs have helped thousands of people improve the quality of their lives and become happier, more comfortable, more successful and to find a deep place of communion within themselves and with others. Also, people challenged by adversity (such as illness, stress, abuse, depression, loss) have found new possibilities for hope and healing.

We invite you to attend a program at our learning center and empower yourself with practical tools you can use to improve:

- **Relationships** – develop the skills to become a more loving, non-judgmental, exciting and supportive friend, lover or parent.
- **Personal Growth** – we are a "living laboratory," providing a safe, supportive place for you to design, try out and solidify new ways of thinking, feeling, communicating and behaving. You'll be taught how to daily maintain in your life the changes you make here.



- **Work** – learn a whole new perspective that will help you improve your creativity and effectiveness while you expand your ability to enjoy your work.
- **Health** – acquire practical methods to harness the power of attitudes and beliefs to create physical vitality and well being.

• **Happiness** – sustained peace of mind, comfort, confidence and happiness need not be an impossible dream. We teach people from every corner of the globe how to attain it now.

Let us support you in making your dreams tangible in your life, not in some distant future, but right here and now. We focus on empowering people to make easy, immediate change. No lengthy "process" . . . instead we teach practical tools you can use to begin improving your life right away. It will be our great joy to assist you in such an endeavor.

"Inspiring, ground breaking, and visionary. Barry Neil Kaufman's work is the science of love, compassion, and insight which will transform the world."

–**Deepak Chopra, M.D.**
Author, *Quantum Healing* and
Ageless Body, Timeless Mind

"Simple and effective for all."

–**Bernie Siegel, M.D.**
Author, *Love, Medicine and Miracles*

"Offers hope to those who have been challenged by adversity."

–**Coretta Scott King**
President and C.E.O. of
The Martin Luther King, Jr.
Center for Nonviolent Social Change

**Please send me the
Option Institute Video
at no charge** LM1

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Mail to: **THE OPTION INSTITUTE
AND FELLOWSHIP**
2080 S. Undermountain Road
Sheffield, MA 01257
(413) 229-2100 / Fax 229-8931

Ad-4-95-1

THE OPTION INSTITUTE & FELLOWSHIP

From the Editor...

In this issue of Lotus we explore creativity. David Fontana, in "Art Comes Naturally to a Child," describes how children are naturally creative. We have an inborn desire to draw, to paint, to sing, to dance, and to reflect the world around us with our own inner vision. Creativity is its own end, it is delight in doing, rather than delight in achieving a product. Societies that live close to nature have never lost sight of this fact. Dance, song, ritual drumming, and body painting are loved as much by adults as children.

David further describes how our culture literally teaches children to stop being artists. With our materialistic outlook upon life, we start asking children what their creations mean or what they are for. To be constantly asked to explain the purpose of creative acts quickly teaches us that without a purpose, the activity is of no real value and should be put away with other so-called childish things. With our preoccupation with end products, we pass judgment upon children's creative endeavors. This detracts away from the delight of creativity itself and offers instead goals to be striven for and standards to be attained.

In our feature interview, Julia Cameron discusses the importance of supporting our creativity. Creativity is process and it taps our intuitive nature. In order to expand our creativity, we need to set aside reason and logic, and tune into intuition. Julia identifies our artist nature as our inner child. We have to protect this artist child from negative social myths as our product oriented culture does not value creativity. We need to nurture our youthful artist with like-minded friends, daily journal writing, and by taking ourselves on mini adventures where our artist can enjoy stimulating, soulful experiences.

Recovering creativity is necessary for personal healing, as creative living aligns us with our spiritual

*Why should we
use all our creative
power? Because
there is nothing
that makes people
so generous, joyful,
lively, bold and
compassionate.*

—Brenda Ueland

observers of the creativity of others. Our healing task then is to recover our creative nature, our expression of life energy. In the Success Story, "Lessons in Life," Margo Feinblum says that creative expression lies at the heart of human fulfillment. Her story chronicles her personal journey of removing obstacles that inhibited her ability to be creative and whole.

So turn on the music and let your body sing and dance. Dig out the Crayolas and draw whatever wants to be drawn. Try a new recipe and take a different route to work. Fuel your playful impulses and fan your creative fire.

May this issue breathe life into your creative urges.

Welcome to Lotus.

Mary NurrieStearns

Mary NurrieStearns

nature and inner essence. Creative activity is relaxing, therapeutic, and an aspect of our humanness. Through art we express our emotions, our world-view, our relationship with others, our spiritual longings. Being creative brings energy, curiosity, love of life, and experimentation to our daily living. Creativity shows up the ways we decorate our homes, prepare food, dress ourselves, appreciate sights, sounds and smells, and bring fresh ideas to our work.

Clarissa Pinkola Estes, in our photo essay, says that it is the creative fire within ourselves that makes us artists, and that we all have this burning. Unfortunately, we often suppress this delight in artistic expression and become mere

HEAL • WHOLE HOLY • HOLISTIC

COLLEGE DEGREE PROGRAMS
NATUROLOGY • METAPHYSICS • DIVINITY

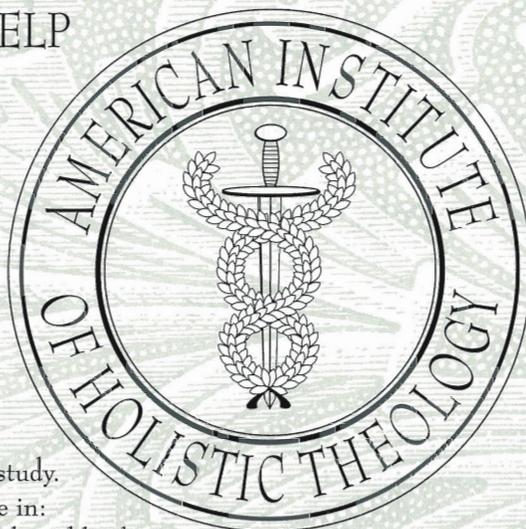
LEARN HOW TO HELP
YOURSELF AND
OTHERS BE
HEALTHY
IN BODY, MIND,
AND SPIRIT.

The American Institute
of Holistic Theology offers
accredited nonsecular college
degree programs through home study.
You can earn an advanced degree in:

- Divinity - the study of health and healing as presented in the Old and New Testaments.
- Metaphysics - an applied nonsecular science of psychology.
- Naturology - the study of natural healing and God's laws as they apply to the health of humankind.

HOME STUDY...AN EXCITING ALTERNATIVE

Independent, self paced study gives you a chance to direct your own learning within guidelines developed by holistic health and religious science professionals. Delve deeply into Biblical teachings about health and healing in the Doctor of Divinity Program. Earn a Ph.D. in Metaphysics to prepare for a career as a theocentric psychological counselor. Or explore the concepts of natural healing with an added emphasis on religion in the Doctor of Naturology program. You can do all of this without leaving home.



COURSES IN THE DOCTOR
OF DIVINITY (D.D.)
PROGRAM INCLUDE:

- Biblical Authority for Health and Healing
- Food for Man
- Emotional and Financial Success

COURSES IN THE
METAPHYSICS (PH.D.)
PROGRAM INCLUDE:

- Interpretation of Dreams
- Spiritual and Psychic Healing
- Psychology

COURSES IN THE DOCTOR OF
NATUROLOGY (D.N.) PROGRAM INCLUDE:

- Herbolgy
- Psychology and Religion
- Acupressure

Learn how to practice as a holistic health counselor. All programs offer comprehensive courses in the legal and administrative aspects of building and maintaining a counseling practice. And all programs lead to the opportunity to become a licensed minister/practitioner of health and healing, if one so chooses.

FOR A FREE CATALOG, CALL 1-800-949-HEAL
Or write to:

AMERICAN INSTITUTE OF HOLISTIC THEOLOGY
6714-L Market St. Suite 5
Youngstown, OH 44512

Lotus

Lotus, The Journal for Personal Transformation, (ISSN 1056-3954) is published five times a year (September, December, February, May, July) by Lotus Publishing, Inc., 4032 South Lamar Blvd. #500-137, Austin Texas 78704, (918) 683-4560. Copyright 1995 by Lotus Publishing, Inc. All rights reserved. Reproduction without permission is strictly prohibited. Annual subscription rates are: U.S. \$24.75; Canada and Mexico \$27.75; Other countries \$32.75. Single copies \$6.00; Canada \$7.00. Manuscripts, photographs, and art work are welcome and must be accompanied by a stamped, self-addressed envelope. The magazine cannot be held responsible for loss or damage of unsolicited materials. Send submissions, address corrections, and subscription request to Lotus, 4032 South Lamar Blvd. #500-137, Austin Texas 78704. Printed in USA.

EDITOR

MARY NURRIESTEARN

MARKETING & ADVERTISING

MARY ANN VAVALETTE

SUBSCRIPTION MANAGER

JACKIE FOUNTAIN

BOOK REVIEW EDITOR

RICHARD HOLMES

COPY EDITOR

KATHRYN BURKE

PUBLISHER

RICK NURRIESTEARN

Reflections



Following are letters from our readers. We encourage readers to share stories of growth as they inspire others. Your feedback and input are important and welcome.

TRANSFORMATIONAL BREATHING

As a research associate currently engaged in case study and field study to document the effects of a breathing modality called the Transformational Breath, I read with interest your list of available holistic health resources (Spring, 1995). Imagine my surprise when I found no mention of any of the many breath work approaches to wellness.

As many of your readers are no doubt aware, there are several established paths to greater well-being that utilize some form of directed breathing. The most well-known are Holotropic breathing, popularized by the Grofs, and Rebirthing. There are others, most of which share some general principles about the value of diaphragmatic breathing.

While our research at the International Breath Institute is not complete, the results of our early case studies indicate that the Transformational Breath may be instrumental in releasing stress, repatterning dysfunctional behavior, resolving deep emotional issues and improving overall physical vitality. Our case studies tell some remarkable stories about individuals who have given up smoking, alcohol, and substance abuse, and who have healed the scars of child-

hood sexual abuse after regular practice of the Transformational Breath.

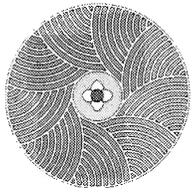
For those who are interested in learning more about the results of our research or about the Transformational Breath, we welcome inquiries at (800)484-7248/access code 0311. We will gladly send information or connect interested parties with the nearest of our 600 professional Transformational Facilitators.

I trust that in the future the oldest of all available healing modalities, the breath, will be given due consideration when informing the public about responsible choices.—*Tod Young, International Breath Institute, PO Box 1496, Center Harbor, New Hampshire 03226.*

DELIGHTED

First of all, I want to tell you that I think *Lotus* is the best magazine I have ever seen. I'm delighted to have been a faithful reader since fall of 1991 when the Dalai Lama appeared on your cover. I save every issue and read it cover to cover. Often my clients borrow an issue to read a particular article. We liked the interview you did with the Hendricks last spring. Keep up the good work!—*Donna Martin, Kamloops, British Columbia, Canada.*

JOHN F. KENNEDY UNIVERSITY



Master of Arts in INTERDISCIPLINARY CONSCIOUSNESS STUDIES

A unique and innovative approach to the study of consciousness that acknowledges the need for personal, societal and global transformation.

Areas of emphasis include organizational leadership, deep ecology, consulting psychology, living systems theory, mysticism, holistic health, transpersonal psychology, arts and consciousness.

GRADUATE SCHOOL FOR HOLISTIC STUDIES

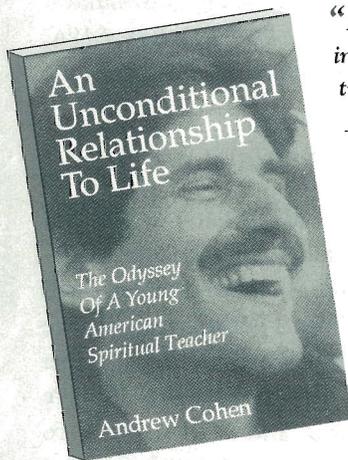


For further information phone 510 /254-0105

JOHN F. KENNEDY UNIVERSITY IS ACCREDITED BY THE WESTERN ASSOCIATION OF SCHOOLS AND COLLEGES.

360 CAMINO PABLO, ORINDA, CA 94563

"A hurricane of fresh air..."



"How rare, a realized person who is still exploring, still discovering the principles of the great traditions, free from their cultural chauvinism."

—LEX HIXON, author of *Great Swan* and *Mother of the Universe*

ANDREW COHEN'S fourth book, *An Unconditional Relationship to Life*, is a strikingly original and powerfully experiential journey through the modern spiritual world both East and West. Describing the evolution of his own understanding through his meetings with teachers from various traditions, Andrew Cohen weaves an exposé that is surprising in that it is simultaneously provocative and uplifting. Through questioning many of the current

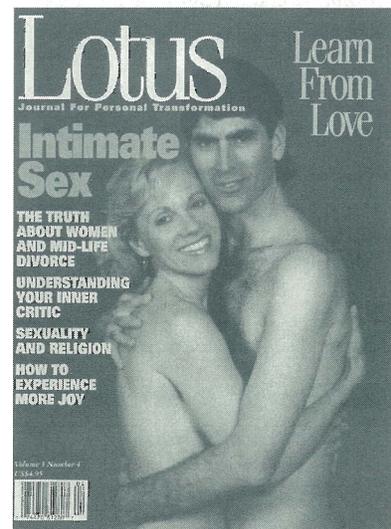
spiritual paradigms, this contemporary teacher opens a door to a deeper understanding revealing what the goal of liberation actually is, unencumbered by the usual myths and superstitions which are so rampant in the spiritual world today. The author's bold call to think independently challenges the reader to look beyond that which may have become all too familiar in a way that both inspires and liberates.

Available at bookstores or send \$10.95 plus \$3 shipping (CA res. add 7.25% tax) to: Moksha Press, Dept. L, P. O. Box 5265, Larkspur, CA 94977 Tel: (415) 927-3210

Reflections

OFFENDED

A friend of mine just loaned me a copy of your Summer 1994 issue. I can't adequately tell you how offended I was to see its cover. I have read more recent issues and was seriously considering subscribing, but that was before I saw this one. My friend however put me back on track by explaining that there had been many complaints already regarding its offensiveness. Needless to say I am glad that others felt this way also. Right now I have it face down on my desk not wanting anyone to see it, and I probably will put it in a brown paper bag later. I can't believe a sensitive person, I mean one that is sensitive to all members of our human sexual universe, could portray this as the "appropriate" picture of sexual intimacy. It certainly isn't mine. That was "smut," and belongs in a brown paper bag.—*Pamela G. DeRensis, Falls Church, Virginia*



PLEASE WRITE

Through the mail I'm finishing my B.A. degree. My wife and I were born with cerebral palsy and live in a small town with no public or private transportation for us.

A BEAUTIFUL SETTING FOR SEMINAR or PERSONAL RETREAT at MT. MADONNA CENTER

- *Seminars* – nationally known presenters: Jack Kornfield, Angeles Arrien, Thich Nhat Hanh, Dr. Vasant D. Lad, Brooke Medicine Eagle, Jeremiah Abrams, Judith Cornell, Gay and Kathlyn Hendricks, and more.
- *Personal Retreats* – over 350 acres of redwood forest and rolling meadows overlooking all of Monterey Bay.
- *Facilities to Rent* – includes athletic fields and facilities, hiking trails, hot-tub, massage and herbal steam treatments.
- *Yoga Community* – Yoga Classes/Retreats.
- *Vegetarian Meals.*

■ For info, registration, or a free brochure, write Mount Madonna Center, 445 Summit Rd., Dept LS, Watsonville, CA 95076, or call us at 408/847-0406. Office hours: Mon-Thur 9-5, Fr-Sat 11-5.

Reflections

This last issue of *Lotus* is an especially powerful one—I really haven't found any that weren't enormously helpful and inspiring. You and Rick are making a great spiritual contribution to the planet. Best wishes to you in all your work.—*Paula Sullivan, Tulsa, Oklahoma.*

WHY NO MEN

I am enjoying the Spring 1995 issue of *Lotus*. I was disappointed, however, in the photographs of only women that went with the Feminine Spirit article. The introductory paragraph did such a wonderful job with the idea that the feminine "...is manifested in both men and women" that it led me to expect the photos to show the feminine spirit in both men and women. I felt it would have been quite an opportunity to see through these photos the feminine in men as well as women.

The idea that feminine and masculine reside in both genders has always made sense to me so when I saw the photos, the unbalanced representation jumped out at me.—*Amy Schauer, Huntington, New York.*

LIKED YOU BETTER

Truthfully I liked you much better in your beginning days when you had more spiritual, enlightening, inspiring, philosophical, and nature/man things in your articles. Lately it seems to dwell more on man/woman relationships which you can get in a lot of other magazines. I really miss what you were... and am not fond of where you went. Even the personal experience articles by guests are not inspiring to me. Sorry, but you wanted honesty, right? But I'll "hang-in there."—*Jan Baker, Absecon, New Jersey.* •

New!

Finding Yourself in Transition
Using Life's Changes for Spiritual Awakening
ROBERT BRUMET

"A wonderfully insightful journey from fear to trust. This book will be of great value to anyone on the threshold of a leap of faith."
—Alan Cohen
Best-selling author of *I Had It All the Time* and *The Dragon Doesn't Live Here Anymore*

Brumet masterfully weaves together strands of Eastern and Western mysticism, psychology, metaphysics, Bible interpretation, and personal history, presenting an effective way to gracefully move through change.

FINDING YOURSELF IN TRANSITION
Using Life's Changes for Spiritual Awakening
By Robert Brumet
Softcover, 167 pages, ISBN 0-87159-012-3
\$9.95
*Please add \$2 for shipping and handling

ORDER TODAY!
1-800-669-0282

Unity School of Christianity
Dept: L
1901 NW Blue Parkway
Unity Village, MO
64065-0001

UNITY® Books
"Spiritual growth publishing since 1889"

Ask for a free listing of other Unity books, cassettes, magazines, and spiritual growth programs.

Tell us what you think.



HOW DO YOU PROMOTE YOUR CREATIVITY?

Creative expression lies at the heart of human fulfillment. Creativity aligns us with our spirituality and unique nature. It makes us generous, joyful, lively and compassionate. Creativity gives us energy and direction. Since our culture does not value creativity we have to take special care of it. We want to know how you nurture creativity. Please fill in the circles that apply to you. Please mail your responses to *Lotus*, 4032 South Lamar Blvd. #500-137, Austin, Tx, 78704-7900 or Fax us at (918)683-2466.

Please fill in the circles completely and darkly. ● ○

How do you nurture creativity? Do you.

- Listen for your intuitive whispers
- Act upon your inner knowing
- Participate in regular, pleasurable body movement
- Schedule time for creative expression
- Journal as a way to support creativity
- View creativity as a process
- Take classes to develop creative talents
- Belong to a supportive group of artists to share creative endeavors
- Surround yourself with pleasing sights, sounds, smells
- Take mini adventure trips
- Spend time with nature
- Play frequently
- Practice regular solitude
- Other outlets _____

HOW DID YOU LIKE THIS ISSUE?

Thank you for responding to previous questionnaires. You helped improve *Lotus*.

1. Please rate the following features from 1 to 5; 5 being the most interesting and useful to you, 1 the least.

	1	2	3	4	5
Spiritual Path to Creativity (p. 34)	<input type="radio"/>				
Original Innocence (p. 39)	<input type="radio"/>				
Art Comes Naturally (p. 41)	<input type="radio"/>				
Realm of the Sacred (p. 45)	<input type="radio"/>				
Mystery of Eating (p. 49)	<input type="radio"/>				
Groups Can Help (p. 53)	<input type="radio"/>				
Money Addicted Culture (p. 58)	<input type="radio"/>				
Return to True Self (p. 64)	<input type="radio"/>				
Grandfather Gandhi (p. 68)	<input type="radio"/>				
Spiritual Renewal (p. 71)	<input type="radio"/>				
Pursuing Pleasure (p. 73)	<input type="radio"/>				
Growing Up (p. 75)	<input type="radio"/>				
Love (p. 102)	<input type="radio"/>				

2. Please rate the following departments.

	1	2	3	4	5
Conscious Notes (p. 14)	<input type="radio"/>				
Success Stories (pp. 20, 24, 28)	<input type="radio"/>				
Summer Opportunities (p. 30)	<input type="radio"/>				
Notes (pp. 44, 52, 57, 63, 67, 72, 78)	<input type="radio"/>				
Book Reviews (p. 80)	<input type="radio"/>				
Music Reviews (p. 88)	<input type="radio"/>				

3. Please rate the condition the the magazine was received in. 5 being good and 1 being poor.

- 1 2 3 4 5

4. Where did you get your issue?

- Subscription Health Food Store
 News Stand Friend
 Other _____

Fax us at (918)683-2466
 Or mail to: LOTUS
 4032 SOUTH LAMAR BLVD. #500-137
 AUSTIN TEXAS 78704-7900

Conscious Notes

LIVE SOCIALLY, LIVE LONGER

A study, reported in a recent *EPIDEMIOLOGY*, confirms what others have suggested—that it is a healthful practice to know and befriend people and to benefit from their support. How does one benefit? By living longer.

So shows a six-year study of 2,503 Finnish males, aged 42 to 60. A correlation worth noting—one not prevalent in earlier research—is that *quality* is quite possibly more significant in prolonging life than frequency of social interaction.

George A. Kaplan, a coauthor of the study (with the California Department of Health Services' Human Population Laboratory in Berkeley), reported increased risk of dying during the six years for those men who shunned participation in social get-togethers, whose relationships suffered, who neither extended nor sought support, and who remained single.

For example the research team found that men totally lacking organizational ties had twice the chance of dying than the more



TONY STONE/MARTIN ROGERS

active men who joined groups. Also, men who reported discontentment in their relationships came up as 1.8 times more likely to die early than men established in satisfactory relationships.

Lastly the researchers responded to the question of sound health and social involvement. It seems there is a positive association between participating in a satisfactory social life and risk of death, even among those men whose self-rated health was average or barely above.

So to mingle or not to mingle is a question everyone might wish to consider.

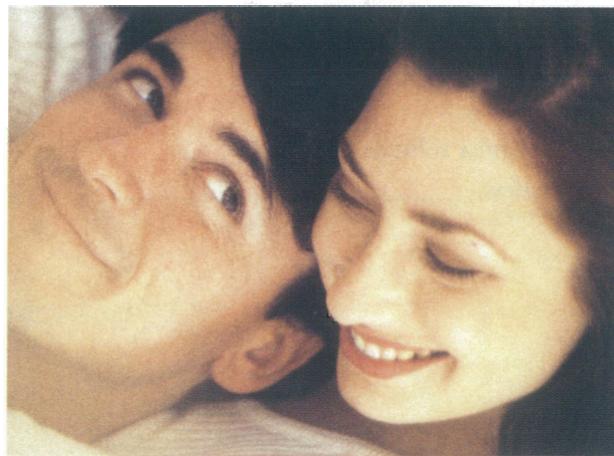
NICE GUYS FINISH FIRST

The question has been asked many times: “What does a woman look for in a man?”

Past “attraction research” has shown that the two most common factors women seek are

“dominance” and “physical attractiveness.”

Conclusions reached by Lauri A. Jensen-Campbell and colleagues and reported in the March Journal of *PERSONALITY AND SOCIAL PSYCHOLOGY* refine the picture, showing that women look more



TONY STONE/MARTIN ROGERS

deeply into male personalities than formerly thought.

Women still prize dominant behaviors and physical appeal, but these qualities don't stand alone. Women, this study reports, are more inclined to rate a

opinions. His "attractiveness rating" went up or down, dependent on what the researchers called his "agreeableness," or his lack thereof.

So who says nice guys finish last?

Linda M. Williams and David Finkelhor in the January *AMERICAN JOURNAL OF ORTHOPSYCHIATRY*. They assert that incest is strongly inhibited and a nonsexual appreciation of the daughter is nurtured if a father learns and practices parenting skills from the cradle on.

Their extensive study confirms these contentions. They recruited 118 incestuous fathers (55 from the U.S. Navy and 63 from civilian treatment centers) and 118 fathers with no parental history of abuse (the same 55/63 split as above) who served as controls for the questionnaire. It was determined to what extent, if any, the respondents actively parented a child, whether they had been victimized as children, and if they had been past victimizers.

Despite being active as parents, there were still one in five fathers who reported to have committed incest. Why? Williams and Finkelhor noted they were predisposed to child abuse by their own past experiences of abuse.

Overall, the argument for the direct involvement of a father in his daughter's upbringing seems valid and should be encouraged.

HOMOSEXUAL PARENTS RAISE WELL-ADJUSTED CHILDREN

Controversy over homosexual parents should be diminished by the publication of three new studies in the January *DEVELOPMENTAL PSYCHOLOGY*. Social and legal debates will probably continue but people who think homosexual parents can't raise well-adjusted children should consider these findings which suggest otherwise.

All three studies found no interference in a child's emotional development because the father was absent or because either parent was homosexual. Also one of the studies dispels the myth that most sons of homosexual men will become homosexual. In fact, only seven of a sample of 75 sons self-rated themselves as homosexual or bisexual.



nice guy—i.e., one who is kind, sensitive, and sharing—as a more desirable mate than a guy lacking this image. The nice-guy interpretation gives the assertive male an even greater edge in desirability.

In one of three studies the A. Jensen-Campbell team carried out, 159 female college students observed two men or a man and a woman engaged in deliberations (working from prepared scripts) over a hypothetical criminal case.

In brief, a male rated better if he were warm and sensitive to his partner and respectful of her

CHILD ABUSE LESS LIKELY AMONG CARING FATHERS

Fathers who are neglectful of their daughters during those crucial preschool years, or who fail to parent actively, are more of a physical or sexual threat to them than fathers who take child rearing seriously as active participants.

This trend holds regardless of the father's past—whether or not he himself was abused or lived in a family rife with emotional problems and characterized by marital discord.

So say psychologists



THE NEW WARRIOR NETWORK

A not for profit corporation Empowering men to missions of service to themselves, their families, and their communities

The New Warrior Training Adventure is a process of initiation for adult men to develop a healthy and mature masculine self. Contact the Network office or a Center near you for a brochure or more information.

"The real accomplishment (in life) is the art of being a warrior, which is the only way to balance the terror of being a man with the wonder of being a man."

—CARLOS CASTENEDA

New Warrior—Chicago

Dave Lindgren
(312) WARRIOR
1501 Magnolia
Chicago, IL 60622

New Warrior—Denver

Dennis Ondrejka
(303) 830-0027
6434 East Harvard Lane
Highlands Rch., CO 80126

New Warrior—Houston

Edwin Broadwell
(713) 267-3993
P.O. Box 7696
Houston, TX 77270

New Warrior—Indianapolis

Tim Laughter
(317) 283-8701
P.O. Box 20385
Indianapolis, IN 46220

New Warrior—Louisville

Craig Herink
(502) 228-4231
6203 Fox Valley Drive
Prospect, KY 40059

New Warrior—Memphis

Bobby Taylor
(901) 726-6978
3251 Poplar, Suite 200
Memphis, TN 38111

New Warrior—Milwaukee

Karl Larson
(414) 966-7595
W. 315 N. 7631 Hwy. 83
Hartland, WI 53029

New Warrior—Minneapolis

John "Jet" Teisberg
(612) WARRIOR
614 Portland Ave. #14
St. Paul, MN 55102

New Warrior—Philadelphia

Bobby Hayes
(215) 230-5490
P.O. Box 5162
Trenton, NJ 08638

New Warrior—Portland

Mogens Gilmour
(503) 795-9454
P.O. Box 2255
Clackamas, OR 97015

New Warrior—Rochester

P.T. Ryan
(716) 586-5339
P.O. Box 1110
Fairport, NY 14450

New Warrior—San Diego

Pete Bilicki
(619) 794-6800
P.O. Box 8317
Rancho Santa Fe, CA 92067

New Warrior—Tucson

Ed Sheridan
(602) 798-6682
P.O. Box 31693
Tucson, AZ 85751

New Warrior—Washington, DC

Jeff Duvall
(703) 522-6812
1829 N. Jackson Street
Arlington, VA 22201

New Warrior—Windsor/Detroit

Dan Cahill
(519) 974-7276
8525 Unit One, Little River Road
Windsor, ON N8S-4R3

For trainings in other cities contact: **New Warrior Network**, Joe Laur, Executive Director, P.O. Box 844, Wendell, MA 01379, 1-800-870-4611

In cooperation with:
Institute of Noetic Sciences
International Center for the Dances of Universal Peace
Yoga Journal
The Association for Humanistic Psychology
presents its 33rd Annual Conference

Wholeness Embodied: Creating Peace From the Inside Out

August 10, 11, 12, 13, 1995
Johns Hopkins University
Baltimore, Maryland

**For more information
or a free, detailed
Program Brochure
call (415) 346-7929**

Featured Speakers:

Christiane Northrup, Nathaniel Branden,
Joan Borysenko, Larry LeShan,
Steve Andreas, Maureen O'Hara,
Ashley Montagu, Bennett Wong &
Jock McKeen, Belleruth Naparstek,
Ilana Rubinfeld, Neil Douglas-Klotz.

Special Concert:

with pianist Michael Jones
& Chungliang Al Huang

Pre- & Post-Conference Institutes
Keynotes & Concurrent Plenaries

Continuing Education Credits

More than 30 Workshops

Economical Housing & Meal Packages

Conscious Notes

Moreover the scientists of this study reasoned that because sons of homosexuals did not live at home longer than sons of heterosexuals, they evidently felt no compulsion to imitate their fathers' sexual orientation, nor did the fathers put pressure on them to do so.

A second investigation included 15 lesbian couples and 15 heterosexual couples, parents of children aged three to nine. Developmental factors weighed quite evenly between the two groups, hence suggesting that parenting isn't solely a heterosexual skill.

And in the third study, four-to-nine-year old children (conceived through artificial insemination) of 26 lesbian couples compared quite favorably in "psychological health" to the children of eleven heterosexual parents (factoring in similar variables).

Understandably, a psychologist who reviewed the studies noted that this data, though suggestive, is limited, the samples being small and not random.

"LET IT BE" OR "MAKE IT HAPPEN"?

In Larry Dossey's new book *HEALING WORDS* he documents several studies of how prayer works for healing. One such study, he reports, done by the SPINDRIFT ORGANIZATION in Salem, Oregon, has for a decade performed simple laboratory experiments showing that prayer works. After proving that prayer is effective, they proceeded to investigate which type of prayer strategy works best. One of their most important contributions is a distinction between directed and

FELDENKRAIS®

Professional Training Program
Boulder, Colorado August 1995
Frank Wildman, Ph.D., Ed. Director

- *Embark on a creative journey to the center of perception and awareness.*
- *Learn new possibilities of thinking, moving and feeling.*
- *Be involved in the evolution of an exciting new profession.*

MOVEMENT STUDIES INSTITUTE
1832 SECOND STREET BERKELEY, CA 94710
800-342-3424
510-649-6655 FAX 510-548-4349



The International Transpersonal Association presents:

Spirit in Action

Awakening to the Sacred in Everyday Life

Presenters

Jeanne Achterberg	Babatunde Olatunji
Isabel Allende	Helen Palmer
Angeles Arrien	John Robbins
Jerry Brown	Gabrielle Roth
Christina Grof	Jean Shinoda Bolen
Stanislav Grof	Gloria Steinem
Michael Harner	John Vasconcellos
Andrew Harvey	Frances Vaughan
Jack Kornfield	Andrew Weil
Ralph Metzner	Roger Walsh
Raymond Moody	and many more...



Come work and play
with us to create a
new ITA experience—

the transpersonal village

- Santa Clara, CA •
 - Westin Hotel / Convention Center •
 - June 6-11, 1995 •
- ITA: 415.383.8819 or 800.533.3641

P.O. Box 6518, SANTA ROSA, CA 95406 • (707) 526-4006

person centered EXPRESSIVE THERAPY INSTITUTE

Experience the person-centered approach to Expressive Arts Therapy.

Developed by Natalie Rogers,

this method has enriched lives around the world.

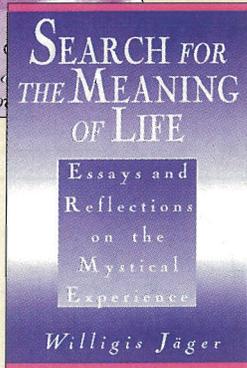
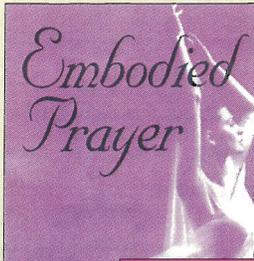
Programs available in California, New York and England.

Call 800-477-2384 for a Program Schedule & Expressive Arts Resource List

Awaken Your Creative Self with Expressive Arts



TRIUMPH™ BOOKS
 Spiritual-growth titles that
 celebrate the union of...
 Mind. Body. Spirit.



EMBODIED PRAYER
Harmonizing Body and Soul
 Celeste Snowber Schroeder

"...will intrigue, delight and (literally!)
 move the reader."—*Marjorie Procter-
 Smith, author of In Her Own Rite*

This handbook reveals how body
 movement can be used for spiritual
 exploration and to heal the body/mind
 split. Provides therapeutic exercises and
 improvisations to find deeper spirituality
 in a way that respects all faith traditions.
 ISBN 0-89243-782-0 • February • \$10.95
 paperback original

**SEARCH FOR THE
 MEANING OF LIFE**
*Essays and Reflections on the
 Mystical Experience*
 Willigis Jäger

In this bestseller from Germany,
 Jäger draws on a myriad of sources
 from traditional Christian mystics to
 contemporary Zen masters. This
 Zen master/Catholic monk offers a
 comprehensive guide to mysticism
 which describes how methods such as
 controlled breathing, quiet sitting, recit-
 ing mantras, and rosaries may produce
 lucid, even life-transforming insights.
 ISBN 0-89243-774-X • June • \$14.95
 paperback original

Available at your local bookstore
 or directly from
Triumph™ Books
 An Imprint of Liguori Publications
 Call Toll-free: 1-800-325-9521

Conscious Notes

nondirected prayer. Practitioners of
 directed prayer have a specific goal,
 image, or outcome in mind. They
 are "directing" the system, attempt-
 ing to steer it in a precise direction.
 They may be praying for the cancer
 to be cured, the heart attack to re-
 solve itself, or the pain to go away.
 Nondirected prayer, in contrast, is
 an open-ended approach in which
 no specific outcome is sought. In
 nondirected prayer the practitioner
 does not attempt to "tell the uni-
 verse what to do."

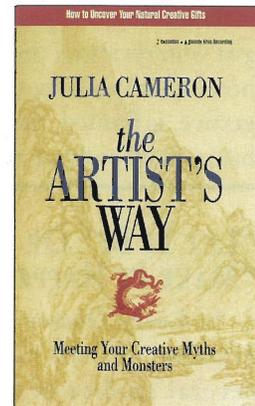
Which prayer technique—di-
 rected or nondirected—is more ef-
 fective? It is important always to
 bear in mind that the most impor-
 tant discovery of the *Spindrift* tests
 is that *prayer works* and that both
 methods are effective. But in these
 tests the nondirected technique ap-
 peared quantitatively more effec-
 tive, frequently yielding results that

were twice as great, when com-
 pared to the directed approach.

The SPINDRIFT researchers sug-
 gest that healers are most effective
 if they strive to be completely free
 of visualizations, associations, or
 specific goals. Physical, emotional,
 and personality characteristics are
 excluded from thought, and re-
 placed by a pure and holy qualita-
 tive consciousness of whoever or
 whatever the patient may be. It is
 this method that is referred to as
 genuine spiritual healing.

An obvious question arises con-
 cerning nondirected prayer. If one
 does not pray for a specific result,
 how can one tell if the prayer is an-
 swered? SPINDRIFT believes, on re-
 sults from a large number of tests,
 that when a nondirected prayer is
 answered, the outcome is always in
 the direction of "what's best for the
 organism."

"The Artist's Way" Now on Audiotape!



Learn to unblock your natural creativity and
 unleash your inner artist directly from Julia
 Cameron with *The Artist's Way* on audiotape.
 Hear Julia Cameron teach this unique system
 in her own words, to help you develop the creativity
 "habit" while yielding powerful results. God's greatest gift to you, she begins, is
 the gift of creativity. It is a divine expression which can be repaid only through
 another creative act. Citing our anti-art culture, she discusses creativity's
 unlimited capacity for transformation, and her step-by-step methods for getting
 started. Are we all born creative? How can you overcome "I'm not talented
 enough" conditioning that is stifling your dreams? Cameron examines these
 questions with a cutting wit and a helpful heart. Includes informative live lecture
 on her book and exercises, and studio question-and-answer session. Two
 Cassettes / 180 minutes / Order #A230 / \$18.95

TO ORDER: Send \$18.95 plus \$3 S. + H. to Sounds True Catalog, 735 Walnut
 Street, Dept. LAW951, Boulder, CO 80302.

Call Toll-Free to Order: 800-333-9185

What is best for the individual may sometimes involve death, not life, as in the case of someone with a painful condition that is clearly beyond cure and for which medication has ceased to work. In such a situation, nondirected prayer for that person could be answered by demise.

It is not easy to employ a nondirected prayer strategy. When our health fails, we usually waste no time in telling the universe what to do. We want the cancer to vanish, the pain to subside, the high blood pressure to resolve. Even if we try to follow a nondirected approach, we may have a hidden agenda, "I'll pray nondirectedly, but I wouldn't mind a cure!"

MORE TO KNOW ABOUT LIVING LONGER

Two studies highlight four factors for better survival rates. A

longer than "nonconscientious" peers.

Another compelling finding is that these conscientious kids lived even longer if raised in stable families, not characterized by divorce. They lived 81 years on the average, compared to the nonconscientious males who, having lived in families disrupted by divorce, survived an average of 74 years.

Another study, reported in the January-February *PSYCHOSOMATIC MEDICINE*, shows that strong religious beliefs and an active social life might be important life-enhancers for patients having undergone serious heart surgery (especially coronary artery bypass). Two weeks after surgery, a team of researchers interviewed 232 persons, at least 55 years of age.

The findings: one in five patients, not involved in a religion or a social agenda, died during the six months following an operation. One in 13 patients, adhering to one but not both of the above, died during that period. Most tellingly, only one in 50, citing both reli-

gious and social leanings, died during this follow-up.

MUSICIANS FOUND TO BE LEFT-BRAIN DOMINANT

The February 3 issue of *SCIENCE* reported that perfect pitch involves more than just an ear for



PHOTO: EDIT/TONY FREEMAN

music. Musicians with the innate sense of being able to hear a tone, identify it, and name it on the musical scale are not only lending their ears to the music but to a specific region in the left hemisphere of the brain, the planum temporale. This region has been found to be much larger on the left side of musicians who display the ability for perfect pitch. Gottfried Schlaug, a neurologist at Beth Israel Hospital in Boston, and his co-workers have contended that this region is adept in its management of the verbal and musical information that makes perfect pitch possible.

To acquire their results, Schlaug's group utilized magnetic resonance imaging—a technological technique that generates refined neuroanatomical pictures—on 30 right-handed professional musicians, eleven with perfect pitch, and 30 adults not so musically inclined and not gifted with perfect pitch. •



study of 856 boys and 672 girls, all with high IQs, has led to a follow-up 70 years later. Psychologist Howard S. Friedman and his colleagues reported in the February *AMERICAN PSYCHOLOGIST* that conscientious boys (more so than girls) lived two to four years



Struggling With My Feelings

J O E Y G A R C I A

For years, housework was my form of meditation. It was the only time when my mind lapsed silent, my breathing steadied, and the outside world eclipsed my inner landscape. I lived in a world of manufactured busyness. All of my professional life I had worked at least two jobs, juggled a bevy of volunteer activities, and kept up a relationship. I did these things because I believed I was supposed to do them. And because I was afraid of what might happen if I stopped.

I had been struggling with my feelings about myself for years: that I wasn't good enough or fair-skinned enough or smart enough or well-dressed enough, well-educated enough, well-intentioned enough and so on through the treadmill of self-absorption that my ego had cleverly disguised as a lack of self-esteem. As a funnel cloud of these feelings would whirl around me, I tried to pin them on to others. "If he would only..." "She should..." But in the end, these demons always returned to me, the one who birthed them. I would sink into a depression to nurse them, becoming strong enough to cut the apron strings after writing my way back to life or having kind words lavished on me by a friend.

I had woven this behavior pattern into my life over many years. Psychotherapy provided support to help cope with the situation but contained no tools to allow me to transform myself. I pondered this and a new project I was devel-

CONTINUED ON PAGE 22



Joey Garcia, Sacramento, California.

Tell Your Success Story

Each issue, *Lotus* presents stories of *success* from people who have changed or transformed their life.

Do you experience inner peace and joy? Is your life fulfilled with loving relationships? Are you directed by your wisdom and aspirations? *Lotus* wants to present your inspiring story. We want to tell our readers how you changed your life.

You may have overcome some major trauma or handicap. You may have made a major career shift to one truly suited to you. You may have developed your creative potential. You may have filled your relationships with love and understanding.

Please send a recent picture of yourself and a 1000 +/- word story, type-written and double-spaced, describing

your success, why you did it, how you felt during the process, and how your family and friends reacted. Your story is important if you are not a skilled writer our editorial staff can assist.

In your story please include:

- Events or experiences that launched your transformation process.
- Decisions that greatly impacted your growth.
- Coping skills during the time of change and disruption.

- Resources that helped you.

Send your story and picture along with this completed release form to *Lotus*. If your story is used, you will receive a one-year subscription to *Lotus*, plus two gift subscriptions for friends.

I understand that I give rights for usage of the material I submit to *Lotus* and that it shall constitute a grant for the use of my name, likeness, and story. *Lotus* may edit and condense my story as needed.

Success Story Release TYPE OR PRINT CLEARLY

Name _____ Mail to: Lotus,
 Address _____ 4032 S. Lamar
 City _____ State _____ Zip _____ Blvd #500-137,
 Phone _____ Austin TX
 Signature _____ 78704-7900



**CREATIVE
ENERGY
OPTIONS**

Spring House
Village
Professional
Building

909
Sumneytown
Pike
Suite 105
Spring House
PA 19477

Phone
215-643-4420
Fax
215-643-7031



For a detailed brochure registration form please write or call (215)643-4420

Exploring Options for Creative Growth & Discovery... Healthcare, Education & Business

ADVENTURE PROGRAMS

**LEADERSHIP
IN ACTION**

May 19-27, 1995

**POWER OF THE
SOUTHWEST**

August 11-19, 1995

Stay in magical Santa Fe, white water raft the Rio Grande, participate in pottery making, drumming, sweat lodge with Native Americans, camp out and vision quest in the beauty of Chaco Canyon. Both trips available for graduate credit.

MASTER TEACHER SERIES

The Master Teacher Series are seasonal in depth life learning programs for personal growth as well as professional development in specific learning areas. These programs are designed to fulfill requirements for graduate credits. All programs are held at The Country Place our 50 acre retreat center located in the Pocono Mountains in Pennsylvania. "The Country Place" is approximately two hours from Philadelphia and New York City. Dorm style accommodations and gourmet vegetarian cuisine are available.

PSYCHOLOGY & HEALTH

Cloe Madanes, Harry Aponte
James Framo & Froma Walsh
*Oct. 6-8 1995; Jan 26-28,
Apr 19-21, & Jul 12-14, 1996*

WORKLIFE & HEALTH

Carol Sanford, David Whyte
Harrison Owen & Michael Ray
*Oct 27-29, 1995; Jan 12-14,
Apr 26-28, & Jul 19-21, 1996*

CREATIVITY & HEALTH

Susan Osborn, David Darling,
Lucia Capacchione &
Jean-Claude van Itallie
*Nov 10-12, 1995; Feb 9-11,
May 31-Jun 2, & Aug 9-11, 1996*

CROSS CULTURAL PRACTICES

& HEALTH
Angeles Arrien
*Nov 17-19, 1995; Feb 23-25,
Apr 12-14, & Jul 26-28, 1996*

THE BOSS SHOULD BE A WOMAN

How Women Can Manage Their Way to the Top and Compromise Nothing



JACK McALLEN

The Boss Should Be a Woman

How Women Can Manage Their Way to the Top and Compromise Nothing

Jack B. McAllen

Encouragement and practical tips on quality workmanship, goal setting, organization and leadership skills. Jack urges women to challenge the glass ceiling and other limits they encounter in the workplace or in themselves. An inspiring guide to help women reach for their career potentials with determined enthusiasm.

Available at your local bookstore or



Blue Dolphin Publishing, Inc.

Orders: **1-800-643-0765**

ISBN 0-931892-56-2
208 pp., \$12.95, pb.

SUMMER CONFERENCE

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY

IMAGINATION AND THE ARTS

Gateways to the Soul

AUGUST 3-6, 1995

ASILOMAR CONFERENCE CENTER
MONTEREY, CALIFORNIA

With Julia Cameron, David Whyte, Angeles Arrien
and 100 workshop presenters

Information/Registration: 1-800-937-8723

2nd Annual
MIDWEST

*drumming
and dance*

FESTIVAL
*celebrating the
harvest*



August 10-13, 1995

Oakwood Farm Retreat Center
Selma, Indiana

For more information call
317-282-0484.

Sponsored by
Enlightenments.

For a free sample
copy, send your
name and address
to:

Enlightenments
Dept. D
5449 Marina Drive
Dayton OH 45449



Success Story

Continued from page 20

oping that would provide mentors for women on Aid to Families with Dependent Children, while the vacuum purred beneath my hands. In the next moment, I heard a voice say, "You will meet a nun, follow her." I turned off the vacuum, thinking that there was a television or radio on. "Hello?" I offered, considering that perhaps my husband had come home early. The house was empty.

I feared that I had suffered a break from reality and sat down heavily on the bed. As if to curb my decision to dismiss the incident, I heard the voice again. A nun? I thought. I don't know any nuns. Raised Catholic, I had vowed not to attend Mass again until women were ordained as priests. The only nuns I knew were specters remembered from grammar school.

The following week at a meeting for the mentor program I hoped to start, I met a Catholic nun who was starting an art program for homeless and low-income women. She invited me to create my mentorship/job training program as a part of the school she was starting. I began as a volunteer and was soon hired. But after employment came a requisite that I handle fund-raising and public relations work for the art school. I had worked in journalism, public relations, and fundraising for many years. I longed for a new and different career and had hoped that the mentor project would lead me into one. Rather than follow this, my heart's desire, I agreed to do the work that I was not hired to do in hopes of eventually getting to do what I wanted. I now see I was clearly caught in a "wanting to be a good girl" mentality.

I learned a lot about myself while working at the art school. I

Success Story

discovered how jealous, resentful and angry I could become when I felt obligated to do something that I didn't want to do. I felt how heavy my heart could be when I worried more about how to please others rather than about what brought me joy. I also saw my dream.

Since childhood I have loved four things: God, writing, art, and nature. But I repeatedly denied myself time for art or creative writing and opportunities to go deeper in my spirituality or to be with nature. I was afraid that I wouldn't succeed.

And then, I saw how easily art came to the women at our school. An average of 12 women spent eight-hours each day, five days weekly engaged in painting, creative writing, ceramics, and drawing. I was jealous. The school was conceived as an art empowerment program, to allow women to use the creative process in an effort to create their own lives and cycle off the dole. But job training was voted against by the staff and counseling was spotty. I became angry and couldn't hoist any energy from within myself for fundraising for "a day care program for women on welfare."

In truth I was angry because I wanted to spend my days similarly, doing art and writing poetry. But I told myself, I had bills to pay and didn't have the option of the dole.

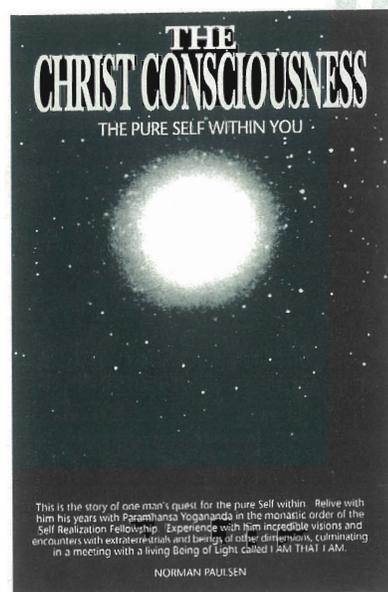
Once again, in the process of vacuuming, I heard a voice, "It's time now to be ordinary." At first puzzled by this wisdom, I eventually saw how hard I tried to be extraordinary—extra, as in focused on external sources. I began to extricate myself from the jobs and volunteer work that occupied me. A month after hearing the second

voice I awoke from a dream with a poem in my head. I recall writing two poems in childhood, but nothing since that time. This poem was a reawakening of my creative spirit. I quit my job at the art school.

I began working on peeling away all of the layers of "shoulds" in my life. These "shoulds" were actually ideas belonging to other people—parents, ministers, teach-

ers—that I often adopted without examination. Each time I encountered a thought or opinion that bothered me I began, alone and with the aid of a spiritual director, to find its roots. If it had meaning for me, I kept it. But most often I discovered that these thoughts enslaved me to belief systems that were not mine.

TURN TO PAGE 29



"Millennia passed until the evolving creatures were ready to receive the incandescent brilliance and power of the Angel Men and Women into their bodies and their Tree of Life, the central nervous system....The creature stood upright to stare into the infinite heavens with a piercing cry and a longing to know its creator face to face...."



Your meetings with the Mother of all Mothers thrilled me. — Dawn, Nevada

This book is a clarion call to all spiritual seekers to get busy and achieve enlightenment in this life. — Herman, Canada

Your book has surely given me so much inspiration and broadened my faith. It is an inspiration! — Damien, Australia

What courage it took to write that book. Thank you for your book — your contribution to humanity! — Cherie, Arizona

"Here is one of the most important documents of our time." — John Michell, author of *The View Over Atlantis*

"Norman Paulsen is a man whose being shines with the light of cosmic consciousness. He is an articulate spokesman for the role of near death experiences in human evolution and planetary regeneration." — Kenneth Ring, Ph.D., author of *Heading Toward Omega* and *Life at Death*

"*The Christ Consciousness* will reveal the true spiritual interpretation of our past worlds. It will also give, to those who search, spiritual confidence — what the Good Book should have revealed in the beginning." — White Bear, co-author of the *Book of Hopi*

"To Norman, dear one, May your birth bring happiness to many spiritually, may your birthdays be filled with God-Consciousness. With unceasing blessing," — Paramhansa Yogananda, author *Autobiography of a Yogi*, February 3, 1951



This is the true story of one man's quest for the pure Self within. Relive with him his years with Paramhansa Yogananda in the monastic order of Self Realization Fellowship. Experience with him incredible visions and encounters with extraterrestrials and beings of other dimensions, culminating in a meeting with a living Being of Light called I AM THAT I AM.



THE CHRIST CONSCIOUSNESS *The Pure Self Within You*

by Norman Paulsen

Paperback — ISBN #0-941848-05-1
496 pages/illustrated, including 8 color plates
\$23 includes postage

Builders Publishing Company
P. O. Box 2278 (S), Salt Lake City, UT 84110



Lessons in Life

M A R G O F E I N B L U M

"I won't give up. I'll do whatever it takes. I am a creative artist and I'll never be truly happy unless I fulfill my dream as a performing musician."

"Who am I kidding? I'll never amount to anything. I can't do it. I'm not good enough to make it as a musician. I quit."

Lessons in life come back until we learn them. One of my most difficult lessons has been overcoming fear of failure. Music is where I faced this fear. Music is where I lost and found myself.

When I was ten years old, my mother signed me up for band. When my mother asked me what instrument I wanted to play, I said, "I don't know," which wasn't true. I did know. I really wanted to play the flute, but was afraid to. If I took flute lessons and failed I knew I would feel horrible. I didn't want to risk a devastating failure, so didn't tell her. The more my mother pressed me for a decision, the quieter I became. Finally, she said, "If you won't make a decision, I will. You will play the clarinet." Now my task was more difficult. The only way to change things was to take a definite stand, to show that playing the flute meant something to me. Failing at the clarinet was safer than risking failure at the flute. So clarinet it was. I took lessons for two years and dropped it. Looking back, I feel very sad. By the age of ten, I had already lost myself.



Margo Feinblum, Saddle Brook, New Jersey.

Success Story

My desire to play the flute didn't die. It hid in the secret room of hope, a room that I kept shut tight. A few years later, the lesson came back. My father's cousin and her husband lived about a two hour drive away, so we didn't go there often. Flori and Ralph were retired classical musicians. Flori played trombone and Ralph, bassoon. At age thirteen I discovered that they had a flute. The flute was in their downstairs den, hanging on the wall. I wondered why it was hanging there. "Was it a just a decoration? Did it work?" "Can I play it?" I really wanted to play it, but was afraid to ask. "What if I ask and they say no? What if they say yes and I find out that I can't play it?" So I stood there, staring at it, caught between fear and desire. Eventually, my mother came into the room and I managed to ask if I could play the flute. She said I'd have to ask for permission. That would take more nerve. "Never mind," I said. So my mother asked for me and returned with the flute. I waited until she left, then played and played. I knew nothing about the instrument, but didn't care. It sounded good to me! I wanted to take flute lessons, but asking, after quitting the clarinet, seemed an insurmountable task. I tucked the dream away in a bed of forgetfulness, as if it didn't matter, as if I didn't matter. I didn't touch the flute again until the lesson came back when I was twenty-six.

My friend Carol had a flute. She had taken a few lessons, but never followed through. She brought it along one day when we went hiking. We hiked to "Sun Rock", unloaded our knapsacks and kicked off our shoes. I waited for her to

take out her flute. Carol must have noticed my wide-eyed look as she pieced the flute together, because she asked, "Do you want to play it?" My nonchalant "sure" concealed a screaming "YES." I played and played. After about fifteen minutes of playing, an amazing thing happened. Carol turned to me in the midst of my flute joy and said, "Margo, you play this thing a lot better than I can. You keep it. I give it to you." "You're kidding?"

was my response. When I was sure she wasn't, I felt as though my heart would explode with joy! At age twenty-six I decided to learn to play the flute. My journey was just beginning, I had more obstacles to overcome.

Jerry was an experienced jazz musician who played flute. I took lessons from Jerry for three years, sort of. Jerry was busy, and the lessons were sporadic. Although I loved the lessons, with his laid back

A GUIDE TO RELATIONSHIP

"A wise, bold, honest map through the maze of intimate relationship"

Gabrielle Roth
Author of *Maps To Ecstasy*

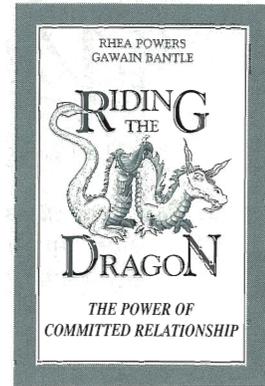
"This book leaves conventional ideas about relationship far behind"

W. Brugh Joy M.D.
Author of *Joy's Way* and *Avalanche*

"An exceptional and insightful book that offers ground breaking insights on the most difficult of life's challenges - fostering deep and meaningful relationships."

Beth S. Jarman, Ph.D.
Author of *Breakpoint and Beyond*

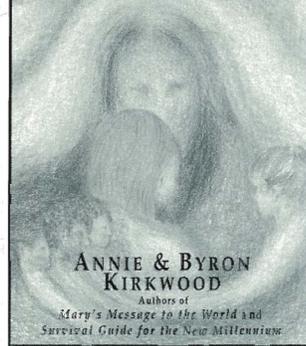
At your local Store
or
1-800-342-6121



ISBN 1-880823-09-8 \$14.95



MESSAGES TO OUR FAMILY



Messages to Our Family

from the Brotherhood, Mother Mary, and Jesus

Annie Kirkwood (*Mary's Message to the World*)
and **Byron Kirkwood**

(*Survival Guide for the New Millennium*)

The Kirkwoods have compiled these powerful, new messages over the last five years. Already hailed as "a layman's *Course in Miracles*," these messages will change your life! Open the book anywhere for the highest guidance for yourself and your family.

"Gather your family together to pray and meditate."

Available at your local bookstore or



Blue Dolphin Publishing, Inc.
Orders: 1-800-643-0765

540 pp., pb., \$17.95
ISBN: 0-931892-81-3

Success Story

attitude and infrequent lessons, I picked up some bad habits. Perhaps, due to my enthusiasm, Jerry thought I didn't need much supervision, but my fear of failure was still there and I was able to hide my mistakes from him. I felt like a cheater. When Jerry became too busy to teach me, I found another teacher. This teacher was more tra-

ditional. I went for a lesson and became frightened. She gave me a list of my weaknesses. My self esteem issues kicked in. I didn't believe I was capable of learning her disciplined regimen. Instead of acknowledging my limitations, I became arrogant. "Who does she think she is? She's wrong, I'm a great flutist. Who needs her!" I

never went back. My fear outweighed my desire. I felt as though I was found out. I was no good after all. So I ran away, telling myself I didn't need her, that I could do it my way, which was my basic outlook on life. I tried to control everything and everyone for fear of being found out. I wanted to play the flute more than anything but couldn't get out of my own way. I let my arrogance conceal a world of insecurity and self doubt.

I practiced on my own for about a year. My playing was limited, just as I was limited.

I managed to perform in public for money. Mark, a classical guitarist, and I clicked. We were both amateurs with a love of music and a desire to play in public and make money. We made a demo tape, put an ad in the paper, and got work! We worked together part-time for four years. I loved it. After a while, my years of improper body positioning, lack of discipline, and self-imposed limitations began to take their toll. The battle of determination versus fear effected my body. After two years of working with Mark, I became unable to play for more than two hours without experiencing pain in my shoulders, neck and hands.

I tried to practice more, to exert more will, but it only made things worse. I had desire, determination and drive, but lacked the ability to surrender. Part of me was afraid to let go. I held on to the flute as tightly as I held onto life. I was my music, limited by fear, wanting to live on my terms, in constant fear that someone would find out how incompetent I really was.

I took a good look at myself, didn't like what I saw, so I took a

*Wings of Fire gives voice to a search
most of us make in silence.*

WINGS of FIRE

Anna Rubyán WITH Jim Oliver

*These vocals and instrumentals draw us deeply into
our own Spiritual Journey. Each piece can be used as a
meditation while the music creates an atmosphere,
an opening into a world of beauty.*

*Many of the words come directly from Herman
Rednick, a mystic and Spiritual Teacher, who said,
"All around us is the Spiritual Presence waiting for a quiet
mind and an open heart."*

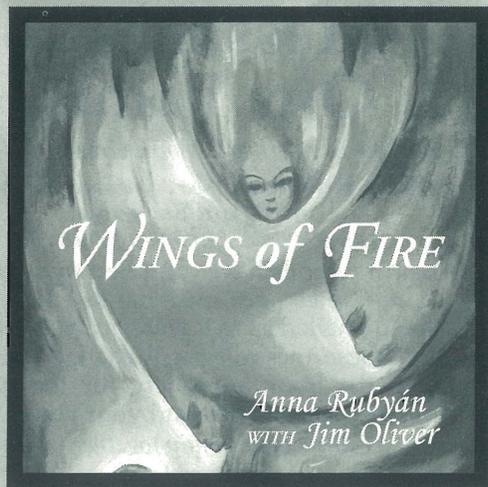
ANNA RUBYAN

*Anna Rubyán's voice compels one's inner nature to
rejoice in its existence, and acceptance into the world
of love.*

CHARLES COLLINS
God in the Arts
Foundation
Taos, New Mexico

*People are saying,
"This music is
changing my life."*

CDs and cassettes
are available
through your local
New Age or Unity
stores and are dis-
tributed by DeVors,
Moving Books and
New Leaf.



Success Story

brave step and entered into therapy. I started to change. After two years of therapy, the lesson came back again. This time I was ready to listen.

I was a waitress in a local cafe. Two customers came in one day when business was slow. One man had a music book and was teaching the other man. I talked with them. Tony came back two days later. We exchanged music tapes and listened to each other's work. When Tony heard my tape, he smiled. He liked it! He gave me his tape. I was shocked! It was a professional quality jazz tape. Tony produced and sang on the tape, but the featured artist was a flute and saxophonist named John. When Tony asked me what I thought of John, I said, "He's awesome!" Then a miracle happened. Tony said, "I'll hook you up with him so you can take flute lessons. John is an excellent person, you'll love him. If you take lessons with him, he'll change your whole life." A voice inside my head said, "Do it. He's telling you the truth." I asked Tony for John's number. When he gave it to me I cried. I was ready to surrender. I was ready for John.

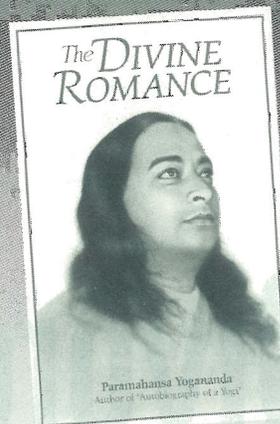
My journey with John has been and still is a journey of healing. He is my mentor. He is an excellent musician and teacher. John's teaching specializes in the relationship between flute and artist. He rehabilitates musicians who have sustained muscle damage due to years of improper playing. My first lesson with John was difficult. He gave me an extensive list of what I was doing wrong. This time I listened. This was an opportunity of a lifetime and I was ready to learn. I made a big decision. No matter how difficult the task, I was going

to study with John. It was a turning of my will to thy will, a relinquishing of control.

I have studied with John for two and a half years. My lessons are about more than just music. To excel in music is to connect body, mind and spirit. The damage to my body from years of improper playing needed to be corrected, so for the past year or so, I've been receiving regular physical therapy. It's painful, but worth it. My shoulders and arms are slowly releasing. I'm learning to let go. Recently John told me that I need to quit my job! For years I have supported myself (and paid for lessons) by waitressing and tending bar. The damage to my shoulders from lifting heavy trays and beer cases is undoing all the corrective work from my lessons. Although the physical therapy is doing damage repair, I keep re-injuring myself when I work. The government offers National Endowment for the Arts grants in jazz study. Although it's not a lot of money, it will help me pay for lessons while I look for a job. John is helping me get the grant. The universe doesn't want me to be in the restaurant business any more, but I wish the angels would tell me how I'm going to earn a living while I study. My journey came down to a leap of faith! So I took the leap. I gave notice at work. I want to be a successful musician. Music is who I am.

My "music lesson" is my journey to wholeness. It's the arena of my life challenges. The creative struggle has been with me always. So I take up the shield of faith and the sword of determination and press onward into the unknown. •

— NOW IN PAPERBACK —



Is the desire for "perfect love" an illusion?

If so, why does this desire seem to be such a universal experience? In this anthology of over 40 talks Paramahansa Yogananda, author of *Autobiography of a Yogi*, speaks to the deepest needs of the human heart and soul, addressing many of the "unanswerable" questions of life which often form the core of our most vital personal issues.

Profound yet practical, *The Divine Romance* offers a wealth of fascinating metaphysical insights and positive solutions to the fundamental problems of human existence.

"An inspiring and joy-filled resource."

—LEADING EDGE REVIEW

"Explores the challenges to our physical, psychological & emotional well-being.... Extremely relevant."

—NEW FRONTIER

— Quality paperback, 496 pages —
\$10.75 postpaid (plus tax in CA)

AVAILABLE AT YOUR FAVORITE BOOKSTORE, or DIRECT:

VISA/MASTERCARD ORDERS, PLEASE CALL.

213-342-0247 (9 a.m.-5 p.m. Pacific Time)

FAX: 800-801-1952 (24 hours)

Self-Realization Fellowship

FOUNDED IN 1920 BY PARAMAHANSA YOGANANDA

3880 SAN RAFAEL AVENUE, DEPT. LTP, LOS ANGELES, CA 90065





Divorce, A Learning Experience

KATIE KARAM

Half of all marriages end in divorce. The dreaded divorce statistic we've all heard undyingly. We've heard all the negative aspects of divorce, and there are a great many. Perhaps divorce itself is never positive but despite its seemingly pessimistic effects, divorce can be a positive learning experience when you handle it correctly.

When my parents separated, there was no doubt in my mind they were over and done with. And I was right. This wasn't easy for me to handle. I accepted it as it had come, so abruptly and suddenly. I had no time to analyze my feelings and thoughts so I dealt with them as best I could which of course wasn't easy.

I exploded and fumed at times, and in other moments I sat in my mournful mode and cried tears of disgust and denial. I hardened like clay fired in the kiln. I became a mature young adult. And I learned what true pain was.

At times I thought all this could have been avoided. It had taken an expensive toll on me and my "adjustment" summer. But now, four months after the separation and not quite to the divorce, I look back in retrospect and reflection, and I realize that just as everything happens for a reason, my parents divorced for a reason.

Divorce is not a temporary speed bump on the road of life. Anyone who has experienced it will tell you, it stays



Katie Karam, San Antonio, Texas.

Success Story

with you and is never forgotten. But it can be beneficial as I learned.

I began to realize just how important education really was. I learned that young women can not simply depend on their husbands to make money. They have to make some themselves. They must be strong and independent. They must have a college education. I didn't have to become a feminist to realize that women can not continue to turn to men for answers. Women must find these answers themselves.

In addition, I became a stronger person. Through all the tears and suffering and losses, I hardened and learned to be my own comfort in times of need. It wasn't without pain but I feel that I have now become resistant to sudden unexpected changes, a skill many have yet to learn.

Divorce has also made me more responsible in two ways: I have become responsible for my future and I have taken on responsibilities which in the past I had not had the patience for. I learned to save my money and buy only things I needed or could get that would last. There was no more jewelry shopping; I was lucky to have the numerous overflowing hatboxes of earrings and pendants prior to the divorce. I have become a better student in order to receive scholarships necessary for college, something I could never live without. I no longer whine or go rigid when asked to do chores. I have found I must simply make the time to finish them. Maybe I won't have a car until I'm out of college. Everything is up in the air, and I must be responsible enough to deal with it.

Independence is not easily

achieved but I feel after all I have been through, I have become more of an individual than I was before. I am no longer a child clinging to my mother's skirt. I must go out, sometimes totally alone in my cause, and do what I feel is best. This is probably the most difficult lesson to be learned. You are not unharmed by greed, selfishness, and abandonment after a divorce. Rather, you know these and more all too well but that is not to say that it is not beneficial.

Of course, despite all the hardships, mental transitions, adjustments, and arguments for lost causes, divorce can and will be a positive learning experience if you choose to make it one. It goes without saying that divorce is an indescribably stressful situation for a young adult. However, you may be a stronger, more independent, responsible, educated person in the end. •

Success Story

Continued from page 23

I also explored the spiritual traditions of my great-grandmothers who were shaman and curanderas in Belize and the Yucatan. I studied with natural healers and apprenticed with a local herbalist. And I began expressing myself in artwork and poetry.

I now have a simple life of great pleasure. I generate income by facilitating workshops for adults and children on spiritual traditions, writing, creativity, and herbs. And I generate joy by writing poetry, creating visual art, and meditating—without the aid of housework! It's been a long road, full of briars and roses. But I'm finding that it's the road that I treasure most. •

SO... You Want to Change the World?

**PRESCOTT
COLLEGE**
offers a positive
alternative to
traditional education.



Here, Students become self-directed, creative, and competent in their chosen fields. They learn how to have a real impact on today's global community, through real experience in internships, hands-on research in the wilderness, as well as in the classroom. In cooperation with an outstanding faculty, they work in such interdisciplinary fields as Environmental Studies, Cultural and Regional Studies, Human Services, Humanities, Outdoor Leadership, and many others.

Your home will be a warm, yet demanding educational community located in the mile-high city of Prescott, Arizona. Your educational journey may take you to remote parts of the Grand Canyon, the Sea of Cortez, the mountains of Colorado, and to many other parts of the world. It will also take part within yourself, and into the broader world of thought, knowledge and learning, giving you the tools to make a difference in your world. For more information call or write to:



Prescott College

FOR THE LIBERAL ARTS AND THE ENVIRONMENT

RDP Admissions, Prescott College
220-L Grove Avenue,
Prescott, AZ 86301
(602)776-5180

Prescott College grants the Bachelor of Arts and the Master of Arts Degrees, and is accredited by the Commission on Institutions of Higher Education of the North Central Association of Colleges and Schools. Prescott College does not discriminate on the basis of race, color, sex, age, religion, condition of handicap, sexual orientation, or national and ethnic origin in admission to programs and activities, in the administration of its educational policies, scholarship and loan programs, or any other College administered programs.



PHOTO COMPLIMENTS OF THE OPTION INSTITUTE

Summer Opportunities

*Come, come, whoever you are, wanderer, worshipper, lover of learning.
—Rumi*

Take a week or a weekend to play and study in the beauty of summer. Experience the joy of meeting others with similar interests. Partake in the pleasure of stretching your mind and awakening your soul. Enjoy a summer of creativity and joy.

Summer Opportunities

■ Summer is the time of the visionary and it is a perfect time to leave our modern ways and begin again to envision what we wish for ourselves, our relationships, and our communities. The Power of the Southwest offered by Creative Energy Options is an adventure into the Native American culture as a means of learning about ourselves through the wonders of storytelling, drumming, chanting, and the silence of a vision quest. Study with Native American teachers, participate in a sweat lodge, make pottery, and river raft. Beginning in Santa Fe, New Mexico, and traveling to Chaco Canyon, here is an opportunity to leave every day worlds and connect with your deeper parts. Dates are August 11-19. Contact CEO for information regarding this and other programs. The Master Teacher Series are seasonal in depth life learning programs for personal growth as well as professional development and take place at CEO's 50-acre retreat center located in the Pocono Mountains (with dorm style accommodations and vegetarian cuisine). For dates and more information call (215)643-4420.

■ Take time to turn inward and explore yourself through drawing, painting, movement, music, drama, poetry and ritual. Reawaken creativity and expand skills as a therapist. California Institute of Integral Studies is now offering

Summer Intensive 1995, the first of two summer sessions designed specifically for practicing psychotherapists. This program combines training sessions that focus on experiencing and practicing expressive arts therapy processes, seminars exploring the research and theory which underlie these methods, and discussion of cases and clinical issues unique to the practice of expressive arts therapy. With an outstanding faculty of pioneers in the field, the seminars explore the power of art to transform us physically, psychologically and spiritually, the use of each art modality in the therapeutic context, and how to modify your current practice to include expressive arts work. Held in the beautiful country surroundings of the San Francisco Bay Area, there will be free time for inner reflection, exploring the hills and beaches of the coast, or just relaxing. Contact CIIS (415)753-6100 Ext 250.

■ Educo, founded in British Columbia, Canada, offers wilderness leadership programs for youth each summer in Crestone, Colorado, in the terrain surrounding the San Luis Valley. The mission of Educo

is to encourage personal transformation, environmental and spiritual sensitivity, and leadership development through wilderness based experiences. Educo Discovery Courses are an intensive opportunity for young people to discover their own depths and power. Activities include rock climbing, backpacking, peak climbs, team building, solos, and environmental sensitivity training. Rites of Passage are doorways into the experience of manhood and womanhood, initiating youth into adulthood to assume their place as creative, powerful members of society. It combines dynamic adventure with contemplative, quiet work. For information on the many summer programs call (303)679-4294. International programs include Educo Africa in which participants on a 18-day expedition share a broad spectrum of experiences with peers from southern Africa.

■ Journey into Wholeness combines community experience, Jungian analysts, and a wilderness setting on Langskib Island, Lake Temagami, Northern Ontario, for an experience called Vision Quest. The Vision Quest is an age-old rite

of passage where individuals staying alone in the wilderness, on a mountain, in the desert seek to find a deep connection with the whole of creation. Not many of us are prepared for time alone in the wilderness or for extended time alone by



PHOTO COMPLIMENTS OF EDUCO

KIRKRIDGE

Living with Disability: A Spirituality of Being

Dr. Nancy J. Lane
June 16-18

Is Nothing Sacred? A Retreat for Women Survivors of Sexual Abuse

Marie M. Fortune
June 22-25

Women at the Well: An Approach to the Life- Passage of Menopause

Joan C. Borton
June 24-26

Sophia: Facing the World with Soul

Dr. Robert Sardello
July 7-9

Rediscovering/Revisiting Masculine Spirituality

Dr. Robert L. Moore
July 7-9

Spirituality, Justice, And the Long Haul

Robert McAfee Brown &
Sidney Brown
July 14-16

Soul Making for Women

Marjory Bankson
July 21-23

Victims No Longer: A Men's Recovery Weekend

Mike Lew
August 4-6

Fathers and Daughters

Julianna Simon &
Sidney Simon
August 18-20

Write or call for rates, registration, and further information.

KIRKRIDGE
Bangor, PA 18013
(610) 588-1793

A mountain retreat center 85 miles from New York City and Philadelphia, accessible from Allentown, Newark, and NYC airports.

Remember! You can bring your group to Kirkridge and enjoy pleasant facilities and gorgeous vistas. Call for details.

Summer Opportunities

ourselves. This Vision Quest experience incorporates dream groups led by Jungian analysts working deeply with dreams and other manifestations of the unconscious as well as a wilderness expert and staff trained by Native American medicine people in the use of the sweat lodge, vision quest, and other rites of passage. Dates are August 21-29. For further information on this and

other programs presented by Journey Into Wholeness, contact Jim or Annette Cullipher (704)877-4809. Kirkridge Retreat and Study Center since 1942 has welcomed pilgrims seeking solitude and community, rest and discernment as they move toward personal and social transformation. Located on 270 acres of mountainside in northeastern Pennsylvania, the Ap-

Journey into Wholeness

Exploring Jungian Psychology for the Spiritual Journey

The Way of the Dream

A film series featuring

Dr. Marie-Louise von Franz

June 25-30, 1995

Kanuga Conference Center - Hendersonville, NC

C. G. Jung discovered that in sleep we awaken to who we really are.

Yet few people explore this world we visit each night.

We need understanding to follow the way of the dream.

Using this film series, we will venture into the world of dreams with the foremost living authority on these strange nocturnal visitations.

To lead in this exploration will be Jungian analysts

Battle Bell • Jan Clanton Collins • Gilda Frantz

(Program gives time for your personal dreamwork, creative arts, and the mountains.)

TEMAGAMI

VISION QUEST

August 21-29, 1995

Langskib Island, Lake Temagami
Ontario, Canada



A unique program combining the understandings of modern depth psychology with the ancient rituals of the Sweat Lodge, the Vision Quest and shamanistic teachings.

**Robert Johnson
David Knudsen
Louise Mahdi
Barry Williams**

Dream groups led by Jungian analysts are a significant part of this experience of these ancient rituals. We will work deeply with our dreams to better prepare us for this time apart in the wilderness and to better understand the experience that comes to us.

*Come seek a greater vision for your life
and discover ways to live a more connected life every day.*

PO Box 169, Balsam Grove, NC 28708 - ph. 704-877-4809



palachian Trail runs through the property at the top of the mountain. Pasture land surrounds the 1815 farmhouse with modest but comfortable facilities and tasty and healthy food. Events encompass presentations, small group sharing, time for reflection, opportunity for silence, hiking, hearthside conversations, and morning and evening prayers. Summer programs include The Spirituality of Sacred Storytelling, A Retreat for Women Survivors of Sexual Abuse, Rediscovering and Revisioning Masculine Spirituality, Soul Making for Women, and Fathers and Daughters. For a complete listing of workshops, call (610)588-1793.

■ The theme of this year's Naropa Summer Program is Summer Better than Others and indeed, the courses ranging from leading edge transpersonal and somatic psychology to traditional T'ai Chi Chuan and calligraphy are especially designed to enrich mind, body, and spirit. Every year, the Naropa In-

stitute Summer Program invites internationally renowned scholars and artists to present an innovative summer program. Combining the study of specific disciplines such as dance/theater, music and psychology with sitting meditation and contemplative disciplines cultivates a deep and personal understanding of the nature and relationship of body and mind. This approach to learning at the Naropa Institute, a private, nonsectarian liberal arts college in Boulder Colorado, is inspired by a unique Buddhist heritage. It is called contemplative education and encourages a process of lifelong learning and personal development that goes beyond the college experience. The Summer Program events extend from June 19 to July 30. For information call (800)337-3855 or (303)-546-3568.

■ The New Warrior Training Adventure, developed by Joe Laur, is a process of initiation for adult men to discover a healthy and mature masculine self. The New Warrior

is a man who has confronted his "shadow" side and achieved energy that empowers and shapes his inner masculine self to live with integrity and without apology. (Much of what has been called destructive about masculine energy is really dysfunctional masculine energy.) The staff serve as guides, but one's own level of commitment will determine how far one can explore and discover treasures and obstacles buried within the self. For information about the weekend initiation retreats nationwide contact New Warrior Network (800)870-4611.

■ Welcome to Omega Institute's 18th Summer Season. Join with the community of people who come from all over the world each week and weekend to expand their understanding of themselves, others and the world. Their reasons vary and can be as simple as needing a relaxing week or weekend in nature or to continue professional training, perhaps the desire for a spiri-

TURN TO PAGE 97



MURKO SHUBIK

A Spiritual Path to Higher Creativity

INTERVIEW WITH JULIA CAMERON
BY MARY NURRIESTEARN S

Julia Cameron has been a working artist for twenty years, serving in Hollywood as a film and television writer, director, and producer of independent features and documentaries. Julia served recently as writer-in-residence at Northwestern University where she applied her creative-unblocking techniques in teaching screen writing and fiction in her workshop "The Vein of Gold." Julia makes her home in Taos, New Mexico, with her partner Mark Bryan, her daughter Domenica, and three horses and four dogs.

LOTUS: In *“The Artist’s Way”* you said that creativity is the natural order of life; that life is pure, creative energy. Would you discuss that, please?

JULIA: I am often asked to separate creativity from living or spirituality. People ask, “What’s the difference?” There is no difference. Creativity moves through us. It shows up in the kitchen curtains we hang, the geraniums we buy, the difficult conversation we handle gracefully, a bath that is luxurious, and the way we sway to music. Creativity infuses every decision we make when we strengthen our contact with our own desire nature, which I believe is a manifestation of God. We are God loving God. We desire and are drawn to other forms of God, from the God in ourselves to loving the God in creation.

But doesn’t our culture devalue and discourage creativity?

We are a product oriented culture. We don’t know how to value process. Creativity is process. Living in a culture that is product oriented, we tend to think, “Where will creativity get me?” Will this sell? Can I get these paintings into a gallery if I follow this impulse?” Our thinking casts us immediately into the marketplace. The poet Rumi talks about the difference between the lover and the man of intellect. If you live too much by intellect, your brain responds to creative urges by going to the marketplace to haggle price. The lover says there are a thousand different doorways, many creative outlets. When we talk about creative living we are essentially talking about the courage to love life.

Why does our culture stifle creativity?

Creativity is threatening. We

BASIC PRINCIPLES

Creativity is the natural order of life. Life is energy: pure creative energy,

There is an underlying, indwelling creative force infusing all of life — including ourselves.

When we open ourselves to our creativity, we open ourselves to the creator’s creativity within us and our lives.

We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.

Creativity is God’s gift to us. Using our creativity is our gift back to God.

The refusal to be creative is self-will and is counter to our true nature.

When we open ourselves to exploring our creativity, we open ourselves to God: good orderly direction.

As we open our creative channel to the creator, many gentle but powerful changes are to be expected.

It is safe to open ourselves up to greater and greater creativity.

Our creative dreams and yearnings come from a diving source. As we move toward our dreams, we move toward our divinity.

like things to be repeatable, like the lug bolt. We have an assembly-line mass mind. For example, I think Americans would love to watch more intelligent television. But a decision has been made that there is no audience for intelligent television. What is produced is very

mediocre. We have a culture that is continually patronizing itself rather than granting individuals the dignity of intelligence and discernment.

And so the myths grow. What are some societal myths about creativity?

We believe artists are crazy and broke. We believe artists are selfish loners. We believe that artists are born knowing it. We believe artists are irresponsible and self-centered. I have tested this group mind over and over. When teaching I ask people to associate rapidly around the phrase “Real artists are...” The unanimity with which we as a culture regard artists with suspicion, as dangerous creatures, is astounding. In order to develop our creativity we need to dismantle this negativity. As a culture we also believe that there is an elite, small tribe of creative people. We say, “Real artists are visionary. Real artists are God driven.” We have a list of impeccable characteristics. Unless we awaken feeling visionary, inspired, and fearless, we say, “Then I can’t be a real artist.”

And we separate ourselves from our own creative flow.

We separate ourselves from our creativity because we don’t want to participate in the negative aspects of the myth or because we are afraid that we do not qualify for the positive aspects of the myth.

Let’s talk about the blocked artist.

All of us are creative and all of us can be more creative. What stands between us and more creativity is a faulty belief system and a faulty belief system is a block. When you do yoga postures, you clear physical blockages. When you work with the tools in “The Artist’s

Way”, you clear spiritual blockages.

“The Artist’s Way” recommends two primary tools for creative recovery. One tool is morning pages. What are morning pages?

Westerners have a difficult time with meditation. Morning pages give Westerners an active form of meditation. You do three pages of longhand writing off the top of your brain. Morning pages are not intended to be art. They are the equivalent of writing down what meditators call cloud thoughts. Morning pages build the active part of a two-way radio set. When you write, you send. You notify the universe of your likes and dislikes. You tell and clarify your real feelings about your life. The second tool, the artist’s date, builds the receiving end of the radio set. When you work with your artist’s date (a block of time, one or two hours, once a week when you consciously practice a festive solitude, pursuing some creative, spiritual adventure a bit off your beaten path), you become attuned to hearing responses to the queries and desires you send out in the morning pages.

How do morning pages help us work through the logical brain and open up the artist brain?

As a culture we are trained to de-value our intuitive forms of knowing. In our universities we are taught more about taking things apart than building things. We tend to criticize rather than construct. Things can be built logically, but art is often built intuitively. In order to expand in our creativity, we need to trust the impulse to switch off logic and lean into intuition. It can be very simple. Intuition says “Oh, try swabbing the fabric this way across

Rules of the Road

In order to be an artist,
I must:

Show up at the page. Use the page to rest, to dream, to try.

Fill the well by caring for my artist.

Set small and gentle goads and meet them.

Pray for guidance, courage, and humility.

Remember that it is far harder and more painful to be a blocked artist than it is to do the work.

Be alert, always, for the presence of the Great Creator leading and helping my artist.

Choose companions who encourage me to do the work, not just talk about doing the work or why I am not doing the work.

Remember that the Great Creator loves creativity.

Remember that it is my job to do the work, not judge the work.

Place this sign in my workplace: Great Creator, I will take care of the quantity.

You take care of the quality.

the window.” It’s not logical but it works wonderfully. Most of us box ourselves in with a punitive voice that says, “That’s not logical.” We have another voice that says, “This isn’t logical, but try it.” This is an intuitive whisper. In spiritual traditions it’s called the still small voice. The tools in “The Artist’s Way” serve to amplify each individual’s still small voice. Through writing morning pages people become more autonomous, keep their own

counsel and hear the counsel of what some people call a higher self. A business man might think of the quiet voice as a mentoring self. In new age practice, it is referred to as a guide. It doesn’t matter how we language it. The inner youngster, the creative voice, is the part of the personality structure that speaks to God and hears God.

You describe the artist within as a child. And the artist’s date is a way to have quality time with the artist child. As creative beings we need support. How do we support and protect this artist child within?

We need to learn discernment. Morning pages give you a private place to discover whether or not you are being supported in your life. We’re often told in order to make art, we need to have a room of our own. The morning pages are a portable room of our own. We can retire into a quiet spot and ask “Am I being supported?” Often when people enter a creative recovery, they make a break with their peer group. They walk through a portal the others aren’t yet ready to walk through. They juggle the mobile, if you will, of the dynamics of their peer group. And they feel a certain amount of pressure after jiggling the mobile to go back to the old place, the way they were. Embryonic enthusiasms can be greeted with sarcasm, pessimism, and be generally wet blanketed. We need to look at our friends and ask “Who gives me a sense of expansion? Who supports my dreams? Who sees me as potentially larger than I am now?” We need consciously to plan time with and gravitate toward supportive people to discuss our dreams with.

Discovering our own identity and defining ourselves is a major

component of recovery. How do we recover a sense of who we are?

I'm writing a book titled "The Vein of Gold". It deals with the fact that we are told about our life by those around us. We are constantly being reinforced to view ourselves as others see us. We're told, "You're so kind. You're so spirited. You're so self-centered." We are described to ourselves. One of the gifts of morning pages is that we begin to describe ourself to ourself. As we work with morning pages, memories surface. As our present becomes less chaotic, we are able to connect to our past. When we connect our past to our present, we have a personal through line and are able to move into the future more authentically.

In addition to developing our identity, you say we need to recover our own power. What is this power and how do we align with it?

"The Artist's Way" has one hundred and twenty-two tools in it. Each tool is designed to do part of a process which I call spiritual chiropractic. The two basic tools which are enormously powerful are the morning pages and the artist's dates. People need to work with specifics rather than generalities so I can't say, "Here's how you come into your power." Work the rest of the tools to recover personal power. Each week "The Artist's Way" builds on the previous week. There is a definite trackable shape to a creative recovery. When teaching a class, I can pretty much tell when it is going to be an angry week, a peaceful week, a week of consolidation, or a week of giddiness. I've been watching the process a long time.

One example you give of a creative block is an addiction to fantasy. To recover we have to live in

the present and we accomplish that by paying attention. How do we pay attention?

There was a wonderful truck commercial that announced, "This truck has been driven across the Baja Peninsula." In the next scene the viewer was inside the truck driving across rugged terrain and the windshield wiper was clearing the windshield. The morning pages work like a windshield wiper. They clear the dust and the debris from your past and other people's associations so that you have clear visibility. When you have clear visibility, you are able to be in the present. You can notice the rock in front of you or the beautiful mimosa tree blooming. When you are preoccupied by a thousand unfocused, unnamed, unconscious concerns, you are not able to practice being in the now.

Recovery also restores a sense of our own integrity. How do morning pages help?

Integrity holds the word "integer." Integer means whole and morning pages teach us when we're giving away too much of ourselves. As a result of morning pages we begin to draw different boundaries. We say, "No, that's not all right; I don't feel comfortable with that." We begin to hold our own integer, a sense of wholeness. We know what is right for us and what is not right for us.

As our vision clears do we also experience less ambiguity?

Ambiguity is a very interesting creative problem. Even a room can be ambiguous. In a messy room it's difficult to think clearly because you don't know where things lie. After people have been doing morning pages for two or three weeks they often clean their whole house. Goodwill Industries has a

huge harvest out of my creative classes.

To make room for the new, we have to clear out the old.

It's funny. I'll go to class and say, "How many people moved furniture this week?" People raise their hands, look around, and wonder how I know. Morning pages automatically move you into this. They shift you from logic brain to artist brain which is from left brain to right brain. Your right brain dominates your sense of space and color so you'll notice yourself drawn to different colors. You'll want a different traffic flow in your home. The ambiance in your house will definitely improve.

To access creativity we have to experience life as filled with possibilities. You talk about how we place limits on the amount of good we can receive so that we can settle for less. What is the root of this scarcity thinking and how do we extend our range of possibilities?

Scarcity thinking is victim thinking. It has to do with whether you posit an external God or an internal God. If you believe that God is an authoritative figure out there and that you have to go through an operator to connect with God, you're naturally afraid that your source of supply can be cut off. When you begin to do morning pages you connect to an inner sense of abundance. Synchronicity is speeded up and you have good coming at you from multiple sources. You recognize that no human power holds all your goods, that the universe can deliver from an infinite variety of avenues, and the doors to possibility open again.

This external, punitive God concept is pervasive in our culture.

Your sense of God will automatically change as you work with

morning pages and artist's dates, period.

Because we begin to have different experiences?

Yes, you have spiritual experiences as opposed to spiritual theories.

Another recovery aspect lies in developing right attitudes for creativity. As a culture, we're very perfectionistic.

Writing morning pages and doing artist's dates automatically dismantles the perfectionist. There is no wrong way to do morning pages. Your inner censor may say, "Oh, it's whining, it's dribble, it's too airy-fairy, it isn't getting me anywhere," but the results in your own life will show you something different. You learn on a daily basis to move past your inner censor, your inner perfectionist, and you become empowered to take larger and larger risks. You begin to hear the voice of your perfectionist as simply the voice of your perfectionist and not the voice of truth.

It becomes a character in a play.

Yes, it becomes the cartoon character, the wet blanket, the negative one.

Detaching from our perfectionist diffuses its power.

Absolutely, you can comment, "Oh, there he goes again."

As we take risks and develop talents, our blocked friends and family or the public may criticize us. How do we deal with criticism?

Recovery is catchy. Initial resistance is often followed by, "What book are you working with?" People find an influx of new positive people and the people who initially were critical begin working an Artist's Way program for themselves. I've seen that over and over.

Many of us have attempted creativity, met with failure, and

given up. How do we heal our wounds? How do we comfort our frightened little artist so that we can begin again?

Review your wounds. You have to mourn your creative losses. Then you become willing to take new risks. With each artist's date you learn to take a small risk. By the end of the course you're ready to take risks again. You've been trained in tiny little sneaky increments.

To nurture our creativity, we have to learn that our credibility as an artist resides within us, no matter what the public, family, or friends say.

The way this happens is interesting. An upstairs bedroom is painted a different color. An old dresser suddenly has a wonderful floral design on it. A messy closet becomes organized. A fish tank is bought for the bathroom and a shelf added to burn candles and hold incense. These tiny little changes add up to a different sense of possibility and power. People begin to think, "I'm pretty creative; look at what I did with this room." This leads them back to the easel. They begin taking creative risks in areas that they may not have identified as their creative arena. And then it spills over.

So as we paint, throw out clothes, and bring in flowers, we validate ourselves as well as our creativity. Our renewed life supports us in the face of others judging us, either positively or negatively.

That's right. And we learn not to show our initial work too quickly to critics and buyers. People learn other ways to validate themselves. They begin working in supportive clusters. Many artists have banded together after doing

"The Artist's Way" and now have cooperative galleries and meet regularly to reinforce and celebrate their creative works.

Creativity requires that we have faith, that we relinquish control, and trust that we will receive creative ideas. We're taught in our culture to be in control and to contain ourselves. How do we let go and trust?

This happens through the morning pages which become, as you work with them over time, more of a listening than a speaking process. You listen to yourself, to hear what you think. Morning pages teach you to go with the flow. They teach you to listen to what is moving inside yourself and then to let it move through yourself and out your pen. On a much larger scale, that's what you begin to do with all of life.

You keep coming back to the simplicity of the process. Is it as simple as it sounds, writing morning pages and taking weekly one or two hour artist dates or is it more complicated than that?

It's powerful but it's not complicated. In a spiritual practice, we are advised to seek through prayer and meditation. That's all we're doing, seeking through prayer and meditation. It's just custom-fit for Westerners. We're trained to be skeptical and tricky and to look for the lead lining. It can't be so simple as I'm actually creative and powerful, can it? Well, yes, it can. I've been teaching this a long time now and watching the before and after in groups of people. I see how they alter their dress, hear their increased laughter, and see changes in the lines around their eyes and mouths as they let go of tension. It's remarkable. It's like watching a garden grow. What's most exciting

TURN TO PAGE 79



THOMAS STONEMAN/GETTY IMAGES

Original Innocence

A L A N C O H E N

I saw a twenty-year-old prostitute being interviewed on a talk show. When Candy was fourteen, her mother took her to a street corner in Los Angeles, gave her twenty dollars, and left her there. She hadn't had a home since that day.

I was struck by the hardness of this young woman's face. Though tender in years, she seemed old, tired, and heavily defended. She looked at least twice her age, and then some.

The show host announced that his staff had found Candy's father whom she loved and had not seen for many years. Moments later he walked on-stage and embraced his little girl, whose makeup was now streaming down her cheeks with her tears. I wish I had a picture of Candy's face when she saw her dad. In an instant those horribly painful years fell away, uncovering the tender child who had been cast unprotected into a cold world. Candy's innocence was not lost; it was just hidden.

Alan Cohen is the author of several books including "The Dragon Doesn't Live Here Anymore" and "I Had It All the Time." Alan resides in Maui, Hawaii, where he conducts retreats in spiritual awakening and visionary living.



Each of us, in our own way, has constructed a personal fortress to protect ourselves from the harsh world into which we have found ourselves thrown. To survive, we prostituted ourselves in some way. We sold out on who we are and denied what we are here to do. We made compromises with our integrity, said yes when we meant no, and gave ourselves away in ways that demeaned our sacred gifts. Some of us even came to believe that defense and denial were all that life was about, leaving us to wonder why we are even here.

Meanwhile the tender child within us lives. The innocent, trusting being has survived all of the storms and rests secure in a harbor untouchable by the winds of outer change. The child did not die; she or he just took refuge until it was safe to come out again. Place that child in an environment of trust and love and watch it come to life. There is no greater joy than to reclaim the tenderness of innocence.

Every soul on the planet has retained its divinity, whether the person knows it or not. The spiritual adventure is about regaining the vision of who we are and living in the worthiness it reveals. The more we can remember our innate

goodness, the quicker we can bring dad on-stage to be reunited with the child he loves.

LIKE FATHER, LIKE SON

Scanning my car radio while driving along Route 101 near San Francisco, I was startled to hear a deep voice boom, "You are divine! You are a blessing to the world! You are a source of good to everyone you touch!"

"Dude!" I exclaimed aloud. "Someone on the radio is broadcasting the truth about who we are—what a phenomenal service!" The voice went on, "Your essence is love. Your being is eternal. Within you greatness resides."

With each pronouncement I felt brighter, lighter, and freer. It said that "the Spirit within us loves to hear the truth about itself." Deep within me the words resonated like an ancient bell and I turned the radio volume up. I was excited that these positive statements were being broadcast to thousands of people around the city; the voice of self-worth had found a place on commercial radio!

You can imagine my shock when the voice continued, "Yes, O God, you are all, and we are nothing." Bummer! "You are perfect and we are vile refuse beneath your holy feet... You are divine, and we are contemptible... Save us from our wretchedness..."

Scan...

I turned down the volume of the song on which the scan stopped and had a good laugh. Here I was rejoicing in the affirmation of my divinity while the speaker had divorced his own. He had correctly assessed the truth of God's perfection, but he stopped short when he failed to appreciate that the self-

same Spirit he adored lived within himself.

In 1536, French Protestant reformer John Calvin declared,

God, who is perfect righteousness, cannot love the iniquity which He sees in all. All of us have that within us which deserves the hatred of God... and therefore the very infants themselves, since they bring with them their own damnation from their mother's womb, are born not by another's but by their own fault. For although they have not as yet brought forth the fruits of their own iniquity, they have the seed thereof inclosed within them; yea their whole nature is a certain seed of sin.

I present this quote for your inspiration—but not for you to be persuaded by Calvin's words which reveal a dreadfully darkened mind. We deserve a lot of credit for showing up on a planet steeped in such fanatical self-loathing. It took tremendous courage for us to walk into a belief system that defeats us the moment we adopt it.

Our position however is one with our purpose: we came to dismantle the notion of original sin and replace it with abiding innocence. Through holding our most hideous self-images up to the light, we expose them as flimsy facades. In confronting intensely dramatized self-hatred, we recognize that this is not who we are or how we would live. So hats off to Calvin for pumping up the shrieking voice of sin so we can realize its emptiness and dismiss it in the grace of a higher love.

ROCKS OR LIGHT?

On the island of Bali in Indonesia
TURN TO PAGE 79



TONY STONIS/ACTUS MEDIA

Art Comes Naturally

DAVID FONTANA

Young children are naturally creative. They have an inborn urge to draw, to paint, to model objects and people out of clay and sand, to sing, to dance, to respond to rhyme and rhythm, to reflect the world around them in conformity with their own inner vision. In all my work with young children, I have never found one who did not delight in creative expression, whether she or he be extroverted and outer-directed or of the quieter, introverted kind.

David Fontana has been involved in child psychology and the study of spiritual growth for over twenty five years. He is a fellow of the British Psychological Society and Reader in Educational Psychology at the University of Wales, Cardiff. He is the author of fifteen books on psychology and personal development.



Why is it therefore that as they grow older (and particularly as they enter adolescence) children lose this instinctive delight in artistic expression and become, if anything, mere observers of the creativity of others? The answer is very much a cultural one. We literally teach children to stop being artists. The process begins early in childhood when, with our utilitarian, materialistic outlook upon life, we start asking children what their creations actually mean or what they are for. To the young child, creativity is often its own end. It is the delight in doing, rather than the delight in achieving a product, that fires the child's enthusiasm. To be constantly asked to explain the purpose of the creative act quickly teaches a child that unless there is a purpose, then the activity is of no real value and should be left behind along with other so-called childish things.

Many parents comment that their children will spend a long stretch of time absorbed in a creative activity and then leave the task half-finished or complete it only to show no interest in the end product. Even in a highly practical activity such as cooking, the child

Many parents comment that their children will spend a long stretch of time absorbed in a creative activity and then leave the task half-finished or complete it only to show no interest in the end product.

will enthusiastically knead pastry and add ingredients and mix and mess endlessly, yet ignore or actively reject the goodies concerned when they finally emerge from the oven. Baffling as this behavior seems to parents, to the child it makes perfect sense. The fun is in the making, and in his or her mind there is little or no real connection between this making and the food that finally arrives on the table.

The secret therefore is to allow young children to engage in the sheer joy of the creative task without demanding an adult response to the end-product or an adult determination to finish the job even when the interest has gone (adult artists worth their salt are in any case constantly putting work to one side and starting all over again, constantly experimenting, trying

out, rejecting, re-doing, much like children).

INHIBITING ARTISTIC INTERESTS

The process of educating children not to be artists continues when, with our preoccupation with end-products, we start passing judgment upon children's creative endeavors. We compare one child with the next; we give marks and grades; we pass comments; we show our disapproval. Each of these responses attracts attention away from the delight of creativity itself and offers instead goals to be reached and standards to be attained. Children can certainly be helped and guided to develop their talents but only against a background of acceptance and encouragement. It is deeply disappointing to hear children start to confess that they 'can't draw' or 'can't sing' or 'can't paint' or can't do a host of other creative acts. Everyone who can hold a pencil can draw, and everyone who can make sounds can sing. A negative view of one's own creative abilities only arises in response to the judgments of others, judgments that miss the point that the value of art lies in large measure in the deep fulfillment it gives to the artist. With our natural urge to create, we humans are only psychologically whole if we are creating. Creative activity is relaxing, therapeutic, and a vivid token of our humanity. It is one of the things that sets us apart from other species and one of the things that produces our civilization. Through art we can express our emotions, our unique world-view, our relationship with our fellows, our spir-



itual longings. Without art, a large part of our birthright goes to waste.

Peoples who live close to nature have never lost sight of this fact. Dance, song, ritual drama, body painting are loved as much by adults as by children and when engaged in socially, help to hold the community together and give opportunities to each of its members to communicate feelings and share emotions. Without art, we cut ourselves off from each other and lose ourselves in alienation and in a breakdown of the natural forces of social control.

The secret therefore is not to crush the child's creativity under the weight of adult judgment. Children are best helped to develop their sense of standards by being exposed to as much art in their environment as possible, by being presented with the materials

through which they can express their own vision, and by encouragement to believe in their own creative process. Importantly, this lack of unnecessary judgment should stretch also to the highly talented child. There is a natural tendency in adults to think of the gifted child musician or dancer as heading for a professional career in the area concerned, yet all too often this is a mistake. It is once again to place art in a utilitarian context. If the child is gifted, then we assume he or she will want to make a living out of it. But the reality may well be that the child sees art as serving another part of life than the professional. He or she may want always to keep it as its own end, as a means of refreshment and renewal and not as a means of earning a salary.

A third mistake we often make

(especially within formal education) is to demonstrate to children that we value the creative arts less than the other subjects in the school curriculum. Particularly from the early years in the secondary school, the child is given the impression that painting, drama, pottery, even poetry are fringe subjects, there for the less able or because the unfortunate teachers of these disciplines must be employed somewhere, but of far less importance than the 'serious' subjects such as science, mathematics, technology, languages, and even social studies. Taking their cue from their teachers, it is small wonder that children begin to look down upon the creative arts as poor relations, and in many cases drop them for examination purposes at the earliest opportunity.

Thus, sadly one of the mainstays

Healthy Pleasures

ROBERT ORNSTEIN M.D.

At a time when medicine is almost wholly drug and surgical interventions, it may seem far-fetched to suggest that health could be protected or healing promoted simply by what we hear, see, smell, taste, or feel. Yet the evidence is that everyday, minor, sensual pleasures enhance both mood and health.

The comforting touch of a nurse seems to help stabilize heart function and blood pressure. Pleasing music piped into an operating room may be worth 2.5 milligrams of Valium. Aromas like that of spiced apple make people measurably happier, less anxious, and more relaxed. Many people find the heat of a sauna relaxing, and it also may trigger the release of endorphins, the body's own pain relievers, and bolster immunity. One study shows that when children take regular saunas, the number of days missed from school due to infections dramatically decreases.

Healthy habits don't need to be grim. Exercise doesn't need to be a painful marathon to be healthful. Puttering in the garden or taking a pleasant walk is sufficient. Relaxation doesn't need to be twenty minutes of silent meditation. Watching fish in a bowl, laughing at a funny movie, watching football on television, or even taking a quick deep breath at your desk can let you ease off. Many simple pleasures and indulgences are helpful to health. •

For source, see Appendix, page 100.

of psychological health, of emotional expression, of social coherence disappears from our children's lives and we are left to bemoan the increasing alienation, purposelessness, and materiality of the young.

THE MEANING OF CREATIVITY

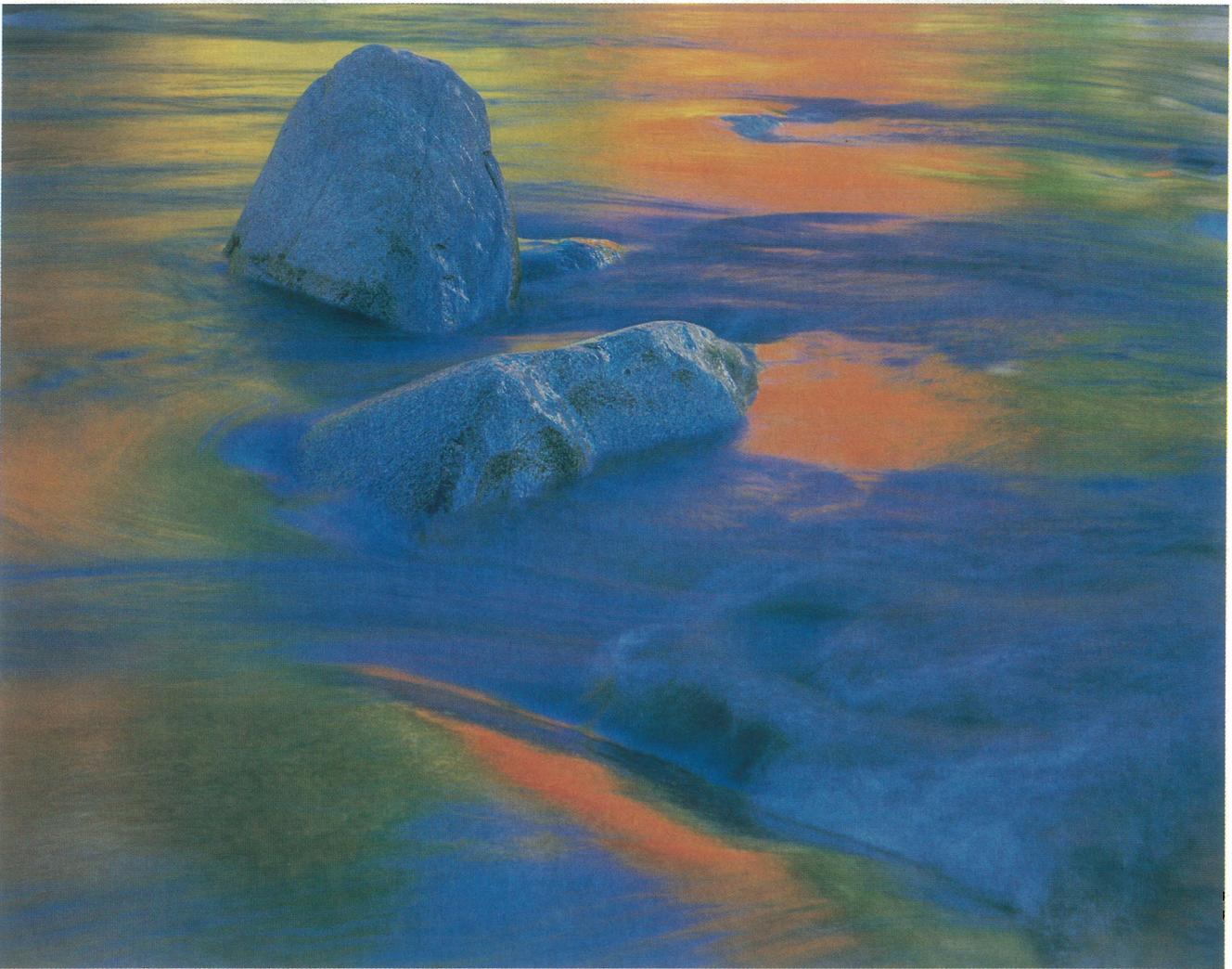
This emphasis upon the creative arts must not allow us to forget that creativity is important in other areas of life as well. Great scientists are highly creative in their approach to their subject. Good parents are creative in their approach to parenting and to homemaking. Each of us is creative when we choose new clothes or lay out a garden or decide where and how to spend our holidays. Psychologists recognize that in addition to imagination, creativity is evidenced by three main qualities, namely fluency, flexibility, and originality. Fluency refers to the number of ideas creative people are able to come up with, flexibility to the extent to which they can adapt to new circumstances and new challenges, and originality to the extent to which their ideas are fresh and novel. Highly creative people tend to be high on all three of these measures, though some may excel particularly on only one or two of them.

Fluency is encouraged in children and in ourselves by allowing the free flow of ideas from the unconscious to enter the conscious mind. Usually fear of failure or of ridicule has a powerfully inhibiting effect upon this flow. Many of our best ideas, quite literally, are never allowed to see the light of day. Initially this fear comes from the reactions of others but all too soon we

take over their attitudes and start the internal process of judgment and rejection that eventually cripples our creative energies. In management training and planning, one of the most productive activities is known as brain-storming. During this process, the members of a management group together confront a problem by contributing all the solutions, no matter how seemingly outlandish and impractical, that come into their heads. The atmosphere is totally non-judgmental and accepting. Later when the session is finished, the group goes back over the ideas that have surfaced and identify the most promising. What has happened is that by removing censorship and the desire to come up only with the 'right' answers, individuals have been allowed to contact the inspirational source that gives rise to new ideas. These ideas are then available for scrutiny and selection and refinement by the conscious, rational mind.

The second aspect of creativity, flexibility, is encouraged by letting the mind move out of one-track thinking and realize that when one way forward is blocked, there are other paths that can be followed. For example when assembling a piece of furniture or machinery from written instructions, we may reach a frustrating impasse. The thing won't come together however hard we try, and in frustration we vilify the manufacturers and the writer of the instructions. However, suddenly we begin to think flexibly and realize that the problem is of our own making. We have been holding our would-be construction the wrong way round.

TURN TO PAGE 98



TONY STONE/CORBIS CLIFTON

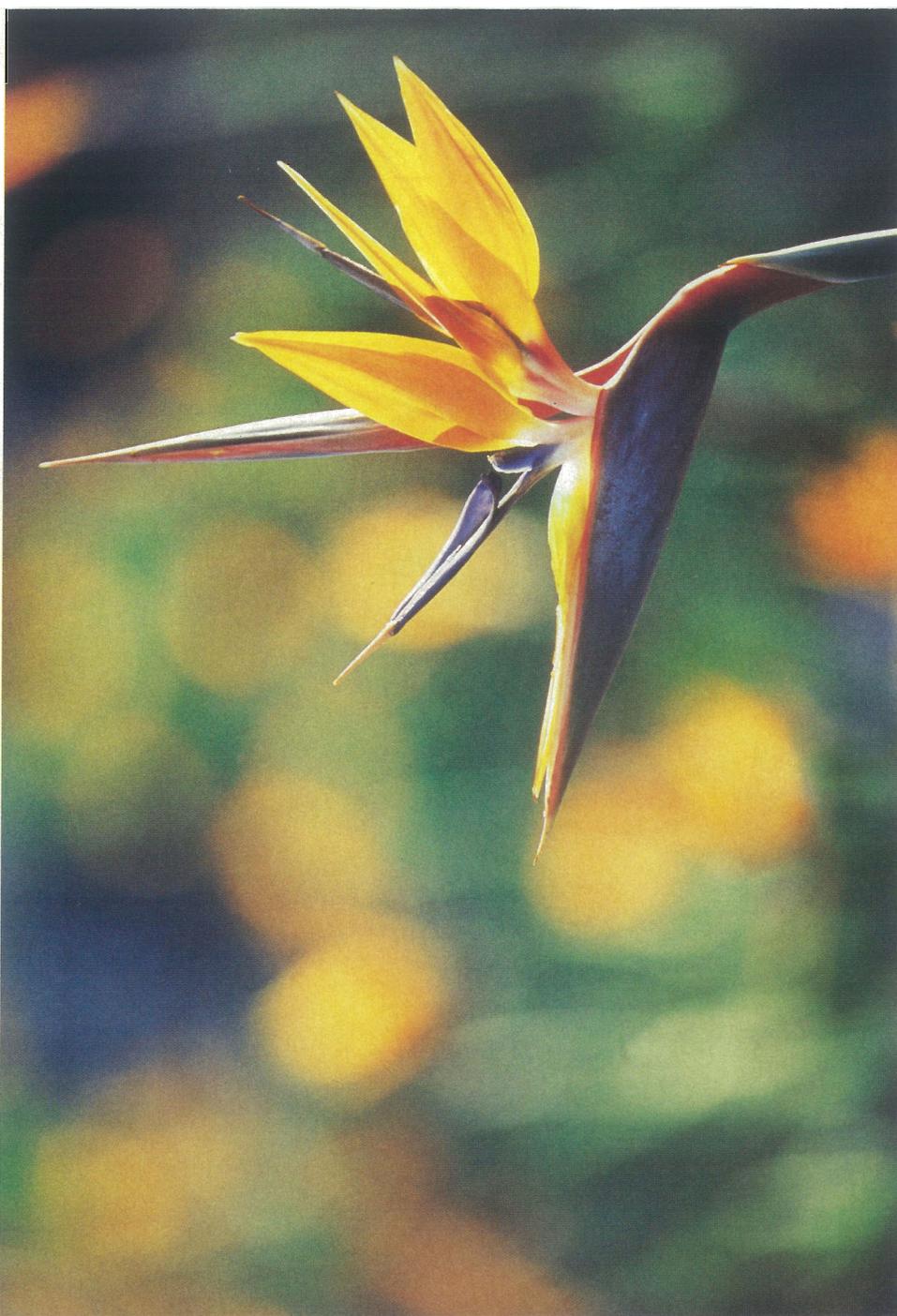
Realm of the Sacred

Art is an act of the soul. We are in the realm of the sacred, involved with forces and energies larger than our own. We invoke the Great Creator when we invoke our own creativity and that creative force has the power to alter lives, fulfill destinies and answer our dreams. As artists, we belong to an ancient and holy tribe, carriers of the truth of that spirit that moves through us all.—Julia Cameron



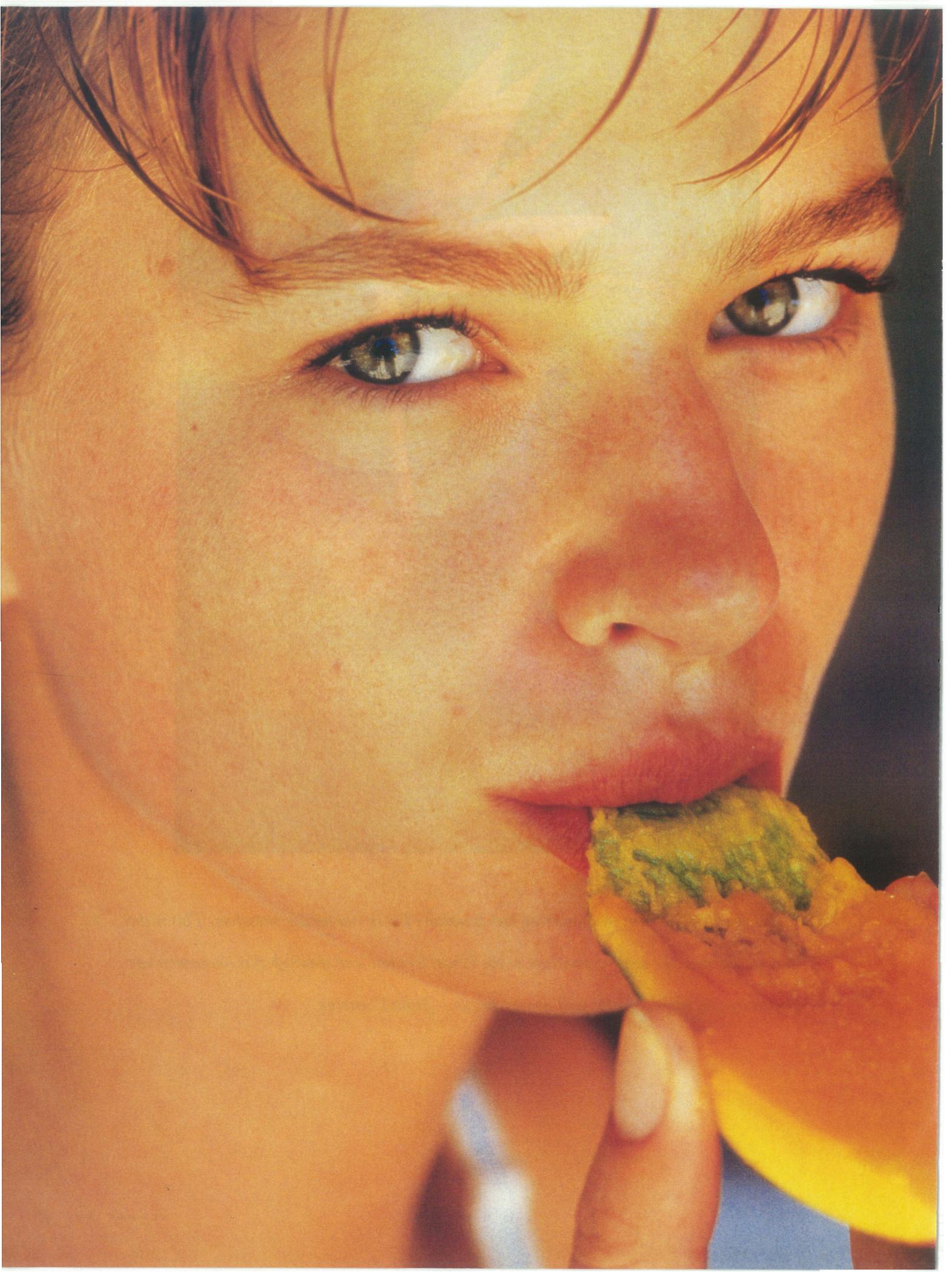
TONY STONE/DAVID JACOB

An artist is an artist no matter what. An artist is an artist before they ever produce a single thing. The production of something is not what makes a body an artist. It is the soul that makes the artist, the center of the psyche that fills the person, the creative fire inside a person that makes them an artist and if a person has the soul of an artist, that is, they have the fire, the burning, as each and every individual does, then they are entitled to the title of artist.—Clarissa Pinkola Estes, “Creative Fire tape.”



TONY STONU/BOB TORREZ

The essential element in nurturing our creativity lies in nurturing ourselves. This is the way we nurture the inner connection to the Great Creator and through this connection our creativity will unfold. Paths will appear for us.—Julia Cameron.



The Mystery of Eating

ANNE SCOTT

There is great mystery in the eating of food. When we put food into our bodies, the stream of life flows through us. Educator and philosopher Rudolf Steiner felt that some time in our future, eating will no longer be considered merely a physical activity but will become something consummated with soul and spirit. He wrote, “Why is it that the initiates of all ages have urged people to pray before eating? The prayer was to be an affirmation that with the food, spiritual substance enters into man.”

The way we eat—our conversation or our silence at the table, our way of blessing, even the attitude in which we chew our food—can become a practice that helps to repair the broken hearth. These practices, open our eyes to the possibilities of healing our relationship to the hearth and to life.

We are no longer as integrated with the world of nature as nomadic peoples today are or our early ancestors were. Once everyday life was innately and acutely connected to the forces of nature; now only young children seem to retain this connection.

Look at a very young child eating a piece of watermelon. Her

whole body is involved. She savors the seeds, the texture, the juice—she is delighted from head to toe. No thoughts of calories, vitamins, or hazardous pesticides interfere with her watermelon rapture. She is totally absorbed in the process. In later childhood she will develop an awareness of self, a separation from that oneness with the watermelon.

At the age of six, our daughter Maya explained to me she once thought that where she was and what she saw at that minute was all that existed. “I stood in the field and looked at the sky, and there was nothing else, no other day and no year. Now I know there is a

road, and the store, and grandma’s house, summer, winter...” and she continued at length to describe her ever-expanding world.

As adults, we screen out many of the impressions that continually come to us through our senses. Finally becoming aware of something that has been there all along, we say, “That’s funny, I never noticed that before.” Habit, hurry, or mind chatter are a few ways we keep ourselves from being present to life.

But when we do choose to step into the mystery around us, we are never turned away. Unlike the little girl eating watermelon, we must consciously choose to participate in our experience of nature and the world around us.

When you sit down to a meal, do you ever wonder what it is that you are eating? Beyond the fiber, the fat, the taste, the crunch? We are eating life itself. Powerful forces stream down to us from the cosmos and rise up from the earth. We draw our nourishment not only from the physical molecules of food but also from the life energy and spirit contained in food.

One day Maya was sitting at the breakfast table with a friend, cutting up pieces of French toast to save for their dolls. I asked if the dolls always ate the same food as the girls or if they liked different



food. Maya's friend replied matter-of-factly, "The dolls eat the spirit that's inside the French toast but we eat the outside."

Physician Larry Dossey writes, "There is only one valid way thus to partake of the universe—whether the partaking is of food, water, the love of another, or indeed, a pill. That way is characterized by reverence—a reverence born of a felt sense of participation in the universe, of a kinship with all others and with matter."

Taking meals together is a consistent way of practicing on a daily basis. The family meal holds the family heart, no matter how narrowly or broadly one defines "family." When those who consider themselves family eat together, harmony and healing within the group and within each individual can be supported. Mealtime is often the only chance we

have of coming together and of sharing not food alone, but life itself.

A recent survey reveals that among those families who dine together at home, nearly four out of ten watch television, study, work, or read while eating. My family used to do the same. We were forced into change when my husband became ill and we discovered that eating together without these distractions is a simple but powerful practice.

Like millions of other households, our family goes through change and growth, moving out of old patterns of relating to discover more loving and truthful ways of living together. This work is not easy, but the rhythm and ritual of eating together provides a thread that can carry us through difficult times. Just as a child requires a central point from which to move out-

ward and explore, so do adults need daily rhythm to keep us connected to each other. Like giant hands, the rhythm of eating together holds us safely when all else is in a state of flux.

At the root of many family problems is a fear of change. A family can go round and round in circles unless change is allowed to enter and heal. When a sense of peace subtly permeates a household for even a breath, a fraction of a moment, it opens the pathway to change. We are strengthened during such times because we are forced to find meaning inwardly.

The *Upanishads* remind us, "Whatever you do, make it an offering to me—the food you eat, the sacrifices you make, the help you give, even your suffering." We make way for the mystery of eating by offering ourselves at the table,

by becoming both the food and the eater of food.

CELEBRATION AND RITUAL

Living ritual can touch our hearts through our senses. It can involve taste, fragrance, singing, silence, or beauty. Breaking bread at a meal, admiring the beauty of flowers on the table, sitting for a moment's silence, or singing a simple round are ways of feeding our souls. The sense of harmony that is created when a family joins hands before a meal, or sits in silence for a moment, can influence a child throughout his life. It is the time when parents and children can step aside from daily problems and celebrate together. Rather than explaining to children about ritual, the meaning for them will grow as they grow.

Many cultures have rituals that celebrate the sharing of food. Our friend Michael introduced our family to the Jewish custom of Shabbos on Friday evening. The children listened quietly while he gave thanks for the freshly baked loaf on the table. When Michael broke off a piece of bread and with the blessing "Good Shabbos" fed it to one of our daughters, their eyes widened in amazement. It was hard for the children to do this in solemnity, and we were soon laughing with the relaxation this blessing gave us.

I have seen similar rituals in other cultures. In Panama, as a guest at a celebration, I watched the Kuna Indians offer their cups of chicha, a drink made out of fermented corn. They drank only when another villager held up his or her own cup for the other to drink. This is done with great camaraderie and doesn't inhibit the amount they drink. The rural Quechua Indians of Peru feed the



TONY STONE/LORI ADAMSKI PEEK

earth. They always pour some of their chicha onto the ground before drinking any of the liquid themselves. The common denominator in these blessings is the symbolic gesture through which we acknowledge our relationship to others and to the earth.

In ritual we step out of the way and allow grace to enter into our lives. "Establishing a pattern to our seeking is rather like cutting paths through the underbrush on our

way through the forest to the river," writes theologian Sara Wenger Shenk. "We can fight our way through the underbrush to arrive infrequently at the river or we can cut paths which lead us with relative ease to the river for refreshment, cleansing, and recreation."

I was once invited to share with three friends in a twenty-minute Japanese tea ceremony. With a minimum of action, our friend

Sitting Meditation

Although there are meditative practices of ancient origin or modern adaptation, the primary mode of meditation is associated with the physical act of being seated.

There are three essential elements required for sitting—posture, frame of mind, and an associated spiritual practice.

The forms might vary but there are universalities among meditators that can be addressed. For instance, the basic rule for posture is to sit with the spine relatively straight. As for frame of mind, the key is “intention,” to keep one’s self centered despite the distractions of one’s mind or the surrounding environment. A sense of humor is important for those too embroiled in the riotous chatter of their talking heads.

Stability is recommended—the ability to “hold the same posture for the duration of the sit without external movements.”

A clearly defined discipline is another recommendation, but that doesn’t rule out experimentation on one’s own. For instance, individualism can be manifest in the choice of meditation cushion or paraphernalia that assure comfort. Nothing should be considered official.

Regarding length of a sit, there is no set consensus, but thirty minutes to one hour seems to be the norm among most meditators, even the experienced ones. The idea of sitting hours on end to develop tenacity or to achieve spiritual progress is questioned by many teachers and usually not recommended.

However one meditates, it can be thought of as communing with the source of creation in a way otherwise inaccessible.

For source, see Appendix, page 100.

served us a delicate, crumbly cookie and green, frothy tea. Except for some humorous comments, we ate and drank in silence. I consumed not just the cookies and the tea, but everything—the sound of the spring rain outside, the clarity of every twist of the wrist as my friend whisked the tea, the sharp clack of the bamboo instrument as she placed it on a tray, the texture and sweetness of the cookie, the burning taste of bitter tea, the beauty of the teapot and the moss-colored cup. How could I possibly be so full and content after eating a one-ounce cookie and drinking a half cup of liquid? Was it the calming effect of the ceremony, the loving presence of the server, the simplicity of our interactions? Yes, but perhaps most significantly, the friend who served us suggested that we not worry about correct form, only that we be comfortable and be ourselves. In this spirit of acceptance, we became full.

CHEWING PRACTICE

How to eat is not a new subject. In the Essene Gospel of Peace, Jesus instructed his followers on how to eat:

And when you eat, have above you the angel of air and below you the angel of water. Breathe long and deeply at all your meals, that the angel of air may bless your repasts. And chew well your food with your teeth, that it may become water, and that the angel of water may turn into blood in your body. And eat slowly, as if it were a prayer you make to the Lord. For I tell you truly, the power of God enters into you, if you eat after this manner at his table.

Just as the ritual of silence is common in some cultures, the

American culture also encouraged eating slowly and thoroughly until World War I. Now our language is rich in descriptions that attest to our desire for speedy eating: fast food, gulp it down, grab a bite, eat and run. Eating has become hazardous. Choking on unchewed chunks of food is a common cause of accidental death in the United States. Statisticians call it “death by food inhalation.” Many of our grandparents were taught to chew each bite as many as thirty times; they knew the wisdom of chewing.

Noboru Muramoto, teacher of traditional Oriental healing, explains the importance of chewing. “Healing power, a strong immune system, and body rejuvenation are all enhanced by good chewing... Chewing is not a subject that satisfies intellectual curiosity; it is a matter of practice.”

Thorough chewing requires deliberateness, focus, and attention; when approached in this manner, it can be a meditative act. It can also be, of course, commonplace and boring. I once had a dream in which I saw what seemed to be the props for a still life painting—a vase of flowers, a bowl of fruit, and a pitcher of water. I thought, “How dull, how ordinary.” Then a voice said, “You must turn this into beauty by the way you look at it.” The objects then began to shimmer and radiate exquisite colors and light. As in my dream, we can choose to see chewing, just like every action in our daily lives, as ordinary—or perhaps not.

During a lecture about the art of eating, I once asked a roomful of fifty people to chew a piece of bread until it became liquid in their mouths. They then closed their eyes and chewed with concentration, generating the sound of a

TURN TO PAGE 97



PHOTO EDIT/DAVID YOUNG-WOLF

How Groups Can Help

CHARLOTTE DAVIS KASL

Groups can be a powerful force for good. They can help assuage loneliness and increase self-acceptance through discovering commonalities with others. They can instill a sense of hope through meeting others who have grown and changed. Groups operate at many levels. They can teach skills for life and positive ways of thinking. They can and do help people explore their life history. At a deeper level, groups can help people develop trust and the ability to be intimate with others. The very fact that people attend regularly, live through change, express feelings openly and respectfully, and struggle together without harming one another promotes trust that may help heal negative beliefs from earlier betrayals.

Charlotte Davis Kasl is a psychologist, healer, and author of *Women, Sex, and Addiction: A Search for Love and Power.* She lectures and leads workshops in the United States and abroad. She lives in Minneapolis, Minnesota. From *Many Roads, One Journey* by Charlotte Davis Kasl. Copyright 1992 by Charlotte Davis Kasl. Printed by arrangement with Harper Collins Publishers.



Ideally, a group helps to free the highest, wisest part of each individual, resulting in a collective wisdom that is greater than the sum of its parts. It takes people beyond where they started. In ongoing therapy groups, I have seen new members make incredible changes because they are pulled toward the high level of the group awareness.

An effective group is a subtle dance between the initially stated goals of the group, the personalities of the members, and the model or approach employed to achieve the goals. There needs to be a balance of structure, receptivity to change, creativity, and room for individual differences. Groups operate at both a conscious level and an unconscious level, where people's buried or repressed needs operate outside their awareness. It is important to realize the power of group norms. People have been lifted to new heights in groups, and they have been abused and led to violate their own values.

It is also important to have a sense of what to expect from a group. Here is a list of positive traits you might use as a basis for assessing a group.

1. *There is flexibility and responsiveness to the needs of the attendees.* People are supported in finding their own belief system and in using parts of the model-belief system they like and dismissing the rest. "Take what you like and leave the rest behind!"

2. *All members are encouraged (but not pressured) to participate but not to dominate.* If a few members monopolize the time, this is processed within the group, giving responsibility to those who talk the most and those who remain silent. No one is blamed. This sort of discussion is more typical of a therapy group than a recovery/uncovery group but it sometimes happens in the latter.

3. *The sharing is at a personal level.* It is honest, authentic, and not loaded with platitudes, phrases, or advice. People share their personal experiences using "I" statements as opposed to "That's how it is or should be, You should be, This is the way, etc."

4. *People attend regularly and are committed to their healing.* Group cohesiveness depends on a core group of steady attendees committed to themselves and the well-being of the group.

5. *There is openness to self-evaluation of the process or how the group is working.* Groups should do a "group inventory" or "group conscience" evaluation process at least every twelve weeks and more often if the group is having difficulty. It is important that group members be able to verbalize and discuss the group norms—in other words, to take a participant observer stance and reflect on the unspoken rules and beliefs that are operating without being acknowledged.

6. *The group has clarity of purpose.* The group is clear about its goals and adopts a process or form that logically works toward fulfilling those goals. It doesn't purport to cure everything or everyone or be the answer to all problems.

7. *Sexual or emotional exploitation is not accepted as part of the norm.* People do not emotionally, sexually, or in any other way exploit each other. The group is not used as a place to find sexual or dating partners. (Remember groups often become one's psychological family and it is incestuous to have sex with one's brothers and sisters.) If two members become involved, one should leave.

8. *Group members coalesce to protect the group from exploitation or abuse of its members within the group.* It is crucial that people work together to maintain healthy norms. People being abused or exploited should not be left alone to defend themselves. It is important for others to rally around and kindly confront people who are being inappropriate, as well as to support vulnerable members in standing up for themselves.

9. *People are regarded as whole individuals—not just junkies, codependents, addicts, or someone with a mental illness diagnosis.* While a group may have a specific purpose, individuals are supported in finding all means that support their growth. Outside means of support are respected and encouraged.

10. *People are not coerced into staying if they desire to leave.* They would be supported in weighing their decision, but told it is always their choice. They are not given dire threats such as, "If you leave,



covery groups for addiction that operate at this rigid level may result in symptom reduction—in people staying sober—but they do not foster growth and self-awareness.

For people with traits of codependency-internalized oppression, a rigid, non-reflective group is totally counter to the goals of the participants who need to develop an internal self as guide rather than looking to outside authority or rigid rules.

NEGATIVE/LIMITING CHARACTERISTICS OF GROUPS

This is relevant to twelve-step groups, other models of recovery, discovery, religious groups, or spiritual communities.

1. *The group discourages or blocks outside involvement.* “You should only stick to people who follow this path.” “If you do this right you won’t need therapy or other people.” When a group starts to isolate itself from the outside world, it is time to be careful. Isolation gives charismatic leaders the ability to act without interference.

2. *The group limits or discourages access to reading material or other forms of personal growth.* “You should only read approved literature.” In my own experience, reading from a wide variety of magazines, books, newspapers, and literature brings constant stimulation to my mind. When I am writing and feel dull, I do things to give my creative self a charge. I start

you’ll surely drink again,” “No one will ever love you like we do.”

11. *There is a defined process or norm for dealing with conflict.* Groups must acknowledge that there will be conflict among members and have some form for dealing with it. This can be done inside or outside the group but when a group pretends there is no conflict, members often repress their feelings which smolder away, affecting the group’s functioning.

12. *The group has a sense of humor about itself.* If a group can’t laugh at itself, watch out! Laughter reflects an ability to stand outside our own dramas and see them from a broad perspective. We need to remember the form we are using is only a form, not a credo. It was created by ordinary mortals with biases and imperfections. In other words, a person can be in the group but not of it.

13. *The group does not stay frozen in form.* The group form expands

and changes as people grow and change. Instead of fitting people into a form, the form expands in response to people’s needs.

UNHEALTHY GROUPS

On the negative side, groups can descend into meaningless, rote rituals that dull the human spirit, block creativity, squelch spontaneity, limit growth, or abuse and violate individuals. I felt that dullness as a child mouthing the words in a traditional Protestant church. Groups can adhere rigidly to a form or ideology and say words in a perfunctory way rather than constantly re-creating the group and the form through the input of its members.

When people are pushed into or submit to a rigid form, it confines their growth of faithing. They are still controlled by outside forces, be it the Bible, the Koran, Alcoholics Anonymous, churches, twelve-step recovery groups, or whatever. Re-



reading from a variety of sources, go to movies, go hiking, attend workshops, tune in to my surroundings, and visit friends. Being without this kind of stimulation dulls the mind and leaves a person more susceptible to indoctrination to rigid beliefs. According to James S. Gordon, who was part of a think-tank on “Why Spiritual Groups Go Awry,” the Rajneesh Community had no library (although Rajneesh himself had a huge personal library) and had only six copies of the *Portland Oregonian* for six thousand people. Oppressive systems are known for limiting reading material because they live in fear of losing control. Literature has historically been a catalyst to help people free their minds from oppressive thinking.

3. *Expression of dissension is punished, squelched, or strongly discouraged.* A way to recognize that group norms are against expressions of dissension is to check your fear level when you want to challenge group dogma or norms. If you have sometimes spoken up in other situ-

ations, but tremble with fear at the thought of questioning the group philosophy or leaders, very likely you are picking up the fear of the group, which wants to stay in its dogmatic niche. When groups are open to conflict, people typically experience much less fear about bringing up differences.

4. *The group becomes grandiose in its self definition.* “Ours is the one way, the road to salvation.” “We have the answer to everyone’s problems.” “If only those poor unfortunates would follow our way, they would be saved.” This is an us against-the-world stance and a form of narcissistic bonding. (One might call this the internalized oppressor syndrome, whereby privileged men constantly reinforce the idea that the model that worked for [some of] them is right for women and people from different cultures and backgrounds.)

Narcissism, according to the Diagnostic and Statistical Manual of Mental Disorders, includes traits of a grandiose sense of self-importance and uniqueness, a preoccupa-

tion with fantasies of unlimited success, being exhibitionistic, having a lack of empathy toward others, and thinking one is the center of all things. Narcissistic bonding occurs when the group takes on these characteristics and thinks it is the best, the only one.

A healthy level of group narcissism would be expressed as, “This really is a good group. I think it can help me. It’s exciting to be here.” But when people extol the group with unlimited

praise and say it is fabulous, miraculous, and the best there is, they are often blinding themselves to the natural imperfections of the group. They are often projecting onto the group their childlike longing for the perfect parent, group, and world.

Many approaches to personal or spiritual growth have claimed to have the answer to serenity, power, and happiness. This has included different sorts of recovery models, therapy models, and spiritual communities, along with forms of body work, meditation, yoga, healing, religion, or nutrition. All these methods or approaches can be helpful, but life is still a matter of getting up every day, meeting oneself, and making minute-to-minute decisions based on one’s inner voice. The goal is not to transcend life, rather to become at one with it. Life is not a sickness to be overcome. The idea is to accept joy and sorrow, happiness and sadness as parts of life to be experienced and

Movement Meditation

put into perspective, not fought with like some devil.

5. *People get locked into stereotyped roles.* This can be based on gender, class, race, or roles such as leader, follower, placator, peacemaker, lackey, or scapegoat. This limits people rather than helps them expand their self-definition.

6. *The group becomes paranoid about outsiders or those who question the norm.* The leader(s) of the group, instead of expressing their own inner rage, project it onto outsiders. They tell themselves that the outsiders are dangerous. The followers, whose egos have merged with the leaders, agree. This often becomes justification for repression, abuse, or violence toward the outsiders.

For three years straight, the same woman has interviewed me concerning my perspective on The Twelve Steps for a newspaper column written by a famous treatment establishment. While listening to my answers, she would sometimes sigh and say things like, "Oh, I love what you're saying but I know they won't print that, it's too radical for them; they don't support questioning the twelve steps in any way." Twice she called to tell me the article had not passed the review committee. A happy sign of the changing times is that the third year, they did accept an article that included my views on the first step and the use of the word *powerlessness*.

Women counselors in a treatment program have also told me that male directors instructed them not to tell women clients about Women for Sobriety or other models. They were to recommend twelve-step programs and have

people come into treatment to "talk up" the twelve step model. Only if clients attend AA for a while and could not connect, were they to be told about other models.

7. *People talk like robots.* People spout off rhetoric that seems vacant, vacuous, and prerecorded. They can be very nice and polite but you feel something is missing when you talk with them. You don't feel connected. They don't pause or reach inward for a response to a question; the answers feel glib, rehearsed, and without struggle.

When I was visiting a spiritual community, nearly all the people used the same intonation and phrasing when rationalizing the leader's strange behavior. It felt like they were spouting a party line. I started to feel very lonely, and eventually I began doubting my own reality. Maybe I'm just resistant to joining groups, my ego is in the way (thank heavens), or some such rationalization. Sometimes when people mouth the leader's/teacher's words as if they have been handed to them off a mountain, I want to say, "Can't you get real or have an opinion of your own?"

8. *In-group jargon predominates in conversations.* All groups, families, and lovers develop a common language. This is a natural part of developing intimacy. What I mean by jargon in this context is the use of language as a superficial translation of deeper human problems that feels one-dimensional, glib, and detached from human emotions.

9. *The group exerts pressure on people to stay.* The pressure can come from the ideology such as the twelve-step assertion that people

Meditation is not always practiced in stillness, sitting quietly in a favorite spot, safely away from the noisy and frequently distracting turmoil of everyday life.

Although a sitting meditation is usually an important, if not larger part, of a spiritual retreat, it might be wise to consider the possible value of movement-oriented meditation of which there are diverse forms. But whatever the outward practice, it becomes advantageous to develop a skill in moving meditation to enhance the bringing of the meditative mind to everyday life.

For instance, the asanas practiced in Yoga can make the transition from the formalism of entering, holding, and releasing poses to the same consciousness of movement brought to such a simple act as "sitting down to a meal."

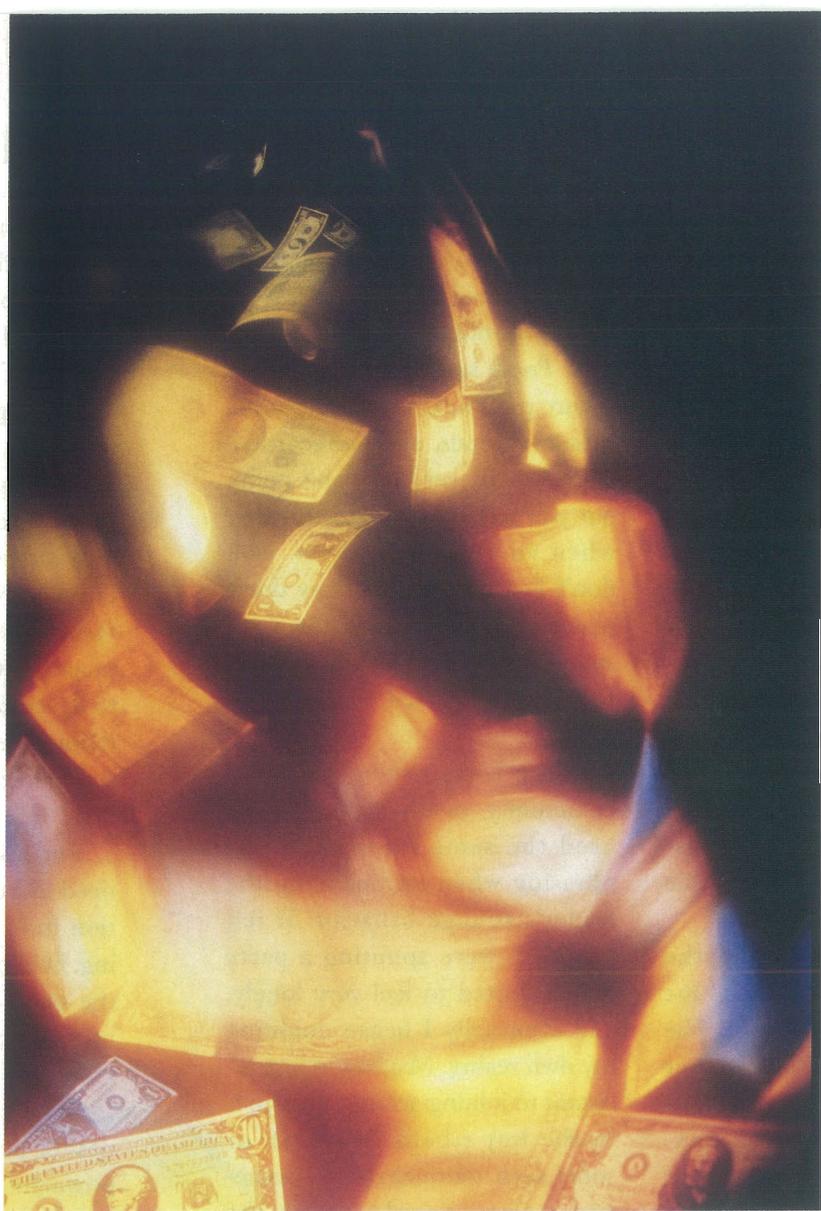
In other words, The consciousness of smooth, steady motion is a powerful concentration that we can bring to what are normally mundane activities.

As mentioned, movement meditation is variegated. It can be subtle, ritualistic, free form, and extremely energetic. The meditative aspect of an activity is centered in the intention and consciousness of the individual.

So whether engaged in walking, participating in a sacred dance, learning the fine art of the Japanese tea ceremony, or mastering t'ai chi chuan, the spiritual principle is quite similar—that movement used as a spiritual practice is a different form of stillness which requires strong attentiveness and results in increased inner balance.

For source, see Appendix, page 100.

TURN TO PAGE 98



TONY STONE/ALPHA HERCER

A Money Addicted Culture

D O N N A B O U N D Y

Money disorders on the individual level have been all the harder to identify because we have been living in what amounts to a money-addicted culture, in which the use of money as a mood-changer has been pervasive. And dysfunctional approaches to money at the national and corporate level both reflect and help shape our own earning, spending, and debt patterns. The more we hear about compulsive spending and debting at the highest levels, the easier it is to rationalize our own self-defeating habits.

Donna Boundy, M.S.W., is the coauthor of "Willpower's Not Enough." She has also written for "The New York Times," the "Chicago Tribune," and other national publications. From "When Money is the Drug" by Donna Boundy. Copyright 1993 by Donna Boundy. Printed with arrangement with HarperCollins San Francisco a division of HarperCollins Publishers.



This is not to suggest that all our individual and societal fiscal woes can be attributed to money addiction, for this would be a gross simplification of the complex and varied forces at work. It is however to venture that the paradigm of addiction is a useful metaphor for understanding something of what motivates people to behave with money in ways that are ultimately self-defeating. Certainly the way we have been using money as a society is having some serious ramifications for us. And though there are many other interpretations and schools of understanding that could be applied to our current money crisis, I choose to look at it here through the lens of addiction.

I am also not implying that we should *blame* society, or the government, or corporations for our individual or collective money habits. Blaming distracts us from taking corrective action in our own lives and denies our collective responsibility for monitoring what our elected leaders do. Perhaps because so many of us have become compulsive spenders, chronic borrowers, and wealth addicts, we have elected—and reelected—leaders who reflect those same addictive



orientations. Though blaming is to be avoided, it is important to become *aware* of the addictive patterns exhibited at the level of government and business. The more aware we become, the better able we will be to recognize and reject addictive thinking when we see it and hear it.

There are a number of signs that we *as a culture* have become dysfunctional with money. I will

first discuss compulsive consumerism.

SHOPPING AS A WAY OF LIFE: COMPULSIVE CONSUMERISM

Since World War II, shopping has become synonymous with the American way of life. U.S. citizens spend more time shopping than the people of any other nation, consume twice as many products as they did forty years ago, and use twice as much energy as either the Europeans or the Japanese. Fur-



TONY STONE/STEPHEN JOHNSON

ther, our spending is out of proportion with our earning. During the 1980s, consumer debt tripled and credit card purchases quadrupled, despite the fact that average real wages declined. And though the recession of the 1990s has seen a drop in spending and a slight rise in saving, we're still the number one consumers in the world.

Ironically however all this spending hasn't made us more content. According to surveys, the percentage of the U.S. population who reported being "very happy" peaked in 1957. Despite the failure of our consumer culture to satisfy us, there are a number of reasons why we persist in our spending.

For one, there has been a steady shift away from the values of conservation and thrift in favor of consumerism: buying, using up, discarding, and buying more. As we shifted from our identity as citizens

to that of consumers, our collective money behavior entered the realm of addiction. If we weren't fulfilled, rather than question the premise that consumerism was the ticket to happiness, we assumed that we simply didn't have *enough* money or possessions yet.

Meanwhile, this myopic focus on the material side of life exacerbated the very feelings of emptiness we were trying to avoid. Like a dog chasing its tail, we could never quite get where we wanted to go. "Enough," as Paul Wachtel observes in *The Poverty of Affluence*, "is always just over the horizon." Our average income is sixty-five times the average income of half the world's population and well over a million Americans are millionaires. Yet only 0.005 percent of us consider ourselves "rich."

As businesses sought to keep consumers in this expansive, shop-

ping mode, even children became potential consumers. Picture this magazine ad for a kiddie shopping cart: a smiling child stands proudly next to her plastic cart brimming with toys. Above her is the lead copy, "They'll shop 'til they drop." The rest of the ad reads, "The house can become a shopping mall. In every room a store, bursting with fascinating things to buy. All it takes is a preschooler's imagination. And the Shoppin' Basket." We were shaping a new generation of compulsive shoppers. Having grown up on ads like this, no wonder the majority of teenage girls now name shopping as their favorite pastime.

In order to keep people buying in the seventies and eighties while their real incomes were declining, debt was recast as a positive thing. Until then, debt was considered a last resort rather than a way of life,

and bankruptcy carried a stigma. But recent mores changed all that. Naomi is a corporate project manager, many thousands of dollars in debt. She describes how she and her husband Edward fell under the influence of the idea of debt as normal.

In the eighties, all you heard was, "Debt is good"; "You have to spend money to make money"; "The smartest people spend other people's money." And we bought into it all: charge cards up the wazoo, the home equity loan. We had no idea how much we were spending. None. We were charging vacations, dinners out, wardrobes, thinking nothing of it. Then I got laid off, and suddenly we came face-to-face with the reality that we owed a hell of a lot of money.

Our collective behavior during this period seemed driven by an addict like fantasy of limitlessness, as if we could keep taking on ever more debt—personally and collectively—without ever having to pay it back, as if we could keep using ever more of the earth's resources without depleting them and keep releasing toxic chemicals into the waterways and stratosphere without polluting them. The fantasy of a permanent high with no ramifications is the only way to explain the fact that American middle-class consumers continued to spend more and more throughout the 1980s even though their income was falling, their debt load increasing, and their savings dwindling.

Moneythink, as Philip Slater calls it, was taking hold, whereby everything began to be evaluated almost exclusively by financial criteria. Having money is what mattered; what you did to get money didn't. Whether you enjoyed your

The fantasy of a permanent high with no ramifications is the only way to explain the fact that American middle-class consumers continued to spend more and more throughout the 1980s even though their income was falling, their debt load increasing, and their savings dwindling.

work and how it contributed to the greater good—or hurt it—didn't matter as much as how well it paid. And only a sucker or a sappy idealist considered anything like the greater good even to be important. As Laurence Shames quips in *Hunger for More*, "In the eighties, community service seemed to be thought of as something you did in place of jail time if convicted of a white-collar crime."

In the thrall of the addictive thinking of the eighties, some of us were seduced by our own greed, by

the fantasy that we were all going to share in the boom, that we were all going to be winners now that the killjoys and wimps had been ousted from the White House. Those who didn't buy into the mood of frenzied consumption felt like outsiders, failures, downers, members of the losing team.

But it was an illusion. Like drug addicts lured into chasing an elusive euphoria, we as a nation wanted to believe we would be better off spending than saving, better off consuming than conserving, better off identifying with those driven by greed, acting in their best interests rather than our own.

Like any addict's lifestyle, compulsive consumerism is not sustainable in the long run. As E. F. Schumacher pointed out in 1973, people basing their economic lives on nonrenewable fuels are living on capital instead of income. Now we're not even living on capital any more, but debt. We've stopped producing much and have been selling off our assets to meet our debts. And we're doing the same thing with the earth—using up and polluting its capital—nonrenewable resources—to maintain today's way of life while undermining tomorrow's security and all but ensuring the impoverishment of our children. This is what Gandhi called commerce without morality. "Earth provides enough to satisfy every man's need," said the renowned Indian leader, "but not for every man's greed."

RECOVERY?

In some ways, our collective money behavior of the past two decades represents the victory of addictive thinking over rationality, of denial over reality. We seem to want to believe, like the individual

MAKING PEACE WITH MONEY

This is an exciting—if challenging—time to be alive. The recession of the 1990s, bone-aching weariness from overwork, and a growing awareness of consumerism's heavy toll on us are all helping to break through our collective denial about money dysfunction. There is a growing awareness that the way we've been managing our resources—individually and collectively—is leading us not toward enrichment but impoverishment, even for the materially well off. As we reassess our priorities and develop healthier attitudes, we move toward what I call "Right Use of Money."

What is Right Use of Money or "healthy money"? How does one achieve it? First of all, it doesn't have anything to do with actual dollar amounts. You can have few resources but utilize them in healthy ways and feel prosperous, just as you can have plenty of money and still be dysfunctional with it. What matters is not how much you have, but how you use it and how you experience it.

Of course, we may not become perfectly healthy with money because recovery is an ongoing process, but we can head in the right general direction. Basically, the healthier and sounder you become in managing your resources, the more likely you will be to do the following:

- Use money as a means to a life well lived.
- Communicate clearly about money matters.
- Take assertive action on your own behalf when necessary.
- Ask for what you want.
- Save without hoarding and out of self care rather than fear.
- Spend in ways that enhance your life, without undue anxiety, fear, or guilt.
- Accept realistic limits on spending; spend less than you bring in.
- Eliminate expenses that do not serve your true interests.
- Avoid unwise debt obligations.
- Play fair in matters of money; practice integrity in all your affairs.
- Express gratitude.
- Expect just compensation for your work.
- Reject work that requires the sacrifice of your health, relationships, or peace of mind.
- Acknowledge the "shadow side" of your money habits, without self-rejection.
- Accept without crippling envy that some people have more than you do.
- Accept without crippling guilt that you have more than some people.
- Share resources with others, passing the gifts along.
- Maintain clear boundaries, warding off exploitative demands on your resources.
- Experience "enough."

addict, that we are collectively invulnerable, that we are always right and always in control. If something does get out of control—like our spending, debting, or greed-driven crime—we simply deny it and when we can no longer deny it, we ignore it.

Recovery for our money-dysfunctional culture can happen in one of two ways. We can stay the course and wait until we completely bottom out—perhaps with another Great Depression—and are given an extended opportunity to reflect on our individual and collective money patterns. Or, we can begin now—before such a calamity—to acknowledge the addictive qualities that have pervaded so many of our institutions and start developing healthier approaches to money and to resources in general.

As Thomas Moore writes in *Care of the Soul*, "When a society becomes corrupted by money's shadow, that society falls apart; whereas a society that owns up to its financial shadow can be nurtured." We have to admit that we have a problem before we can begin to nurture ourselves and our society, before we can begin to live by a value system other than greed and compulsive consumerism.

Regaining fiscal sanity and solvency will require that each of us not only take responsibility for our own money recovery but take an active role in monitoring the behavior of those we have entrusted with our national resources. As we do, we can begin to move from compulsive materialism—with all its negative consequences—to the responsible stewardship of resources. •

Unlimit Your Life

ESTABLISHING GOALS

It does not take additional energy to improve one's life, just a redirection of effort into more profitable channels.

BASIC GOALS

If we wish to become conscious beings-in-process, we need to recognize the necessity of working towards such sound and healthful goals as willingness to be happy, increasing the capacity to love, enjoyable work, and good health.

An especially essential goal is inner integrity which can be thought of as having more control over your own life without the need to change or restrict the lives of those around you.

SELF-ACTUALIZERS

Aspiring to reach one's highest and finest goals is characteristic of the self-actualizing person

Self actualizers are relatively free of neurosis and make excellent use of their innate talents and capacities.

INDIVIDUAL GOALS

No two individuals set the same goals; all individuals though should honestly assess their wants and needs, pursue both tangible and intangible goals, and observe how they intertwine.

An example of an intangible goal is this thought, "As lifelong learning becomes more and more of a necessity, many people set as a goal improving their capacity to remain effective students."

CHOOSING AND DEVELOPING GOALS

Integral to this goal-establishing step is the asking of questions pertinent to one's life.

Examples: "Do I truly want what I'm asking for?" "Should I set time limits?" "Are my goals realistic?"

LIMITATIONS

The limitations that loom the largest are those we maintain on our own.

INHIBITIONS

Inhibitions are subtle self-imposed limits on intentions, feelings, thoughts, and actions. They are part of our character and personality, and at their roots is fear. Awareness is key: The first step in regaining your freedom is to accurately describe your prison.

COMPULSIONS

Compulsions are similar to *you must enter* signs that pressure you to think there are no choices. Getting beyond fear and the belief in ensuing punishment requires an intense look into the past.

When the vision of punishment is followed by review—through adult eyes—of childhood conditioning, fear dissipates; and, instantly, the compulsion becomes more manageable.

RESTRICTIVE HABIT PATTERNS

Sometimes a pattern "behaves you," meaning you are subjected to its control without conscious help or awareness.

Knowing their key aspects is an important lesson—that they restrict freedom of choice and action, are implanted during childhood and are linked to fear, and are largely unconscious.

MISTAKES—CRITICISM—GUILT

It is useful to cultivate an understanding of mistakes, criticism, and guilt and the ways they restrict happiness and perpetuate habits that are especially self-limiting.

See the vicious cycle to get beyond it. Mistakes lead to criticism, criticism to guilt, guilt to lowered overall effectiveness and so on to new mistakes.

THE POWER OF HABITS

Habits are compelling in terms of how forcefully they insert themselves into one's daily thoughts and actions.

The best modifiers of habit patterns are motivation, awareness, knowledge, and practice.

A liberating habit pattern, conscious and under your control, can displace a restrictive one.

BELIEVING IN LIMITS

Our limits are within ourselves.

One can, for instance, think of the *Guinness Book of Records* as a book of limits asking to be exceeded!

One can also think of his or her own life in the same way.

ACTION STEPS

Put down in writing what you consider your limitations and then recognize that you haven't made "a list of faults but of misconceptions."

From this stance, see how you have defined yourself through limitations and how you can redefine yourself through the pursuit of new goals.

For source, see Appendix, page 100.

THE RETURN

Satisfying the longing for abundance begins by hearing compassionately your own long-muffled cries for greater self-love. It requires opening your heart to a level of inner need you may have ignored since childhood. Being without self-love creates an inner barrenness, which manifests circumstances of lack in your outer life. If your inner experience is "I cannot have love of self; I cannot have the inner richness of fully being and loving all of who I am," then the outer experience will be "I cannot have the richness of what I most want in external reality, either." So you are likely to manifest recurring situations of not having enough money or love or friendship or whatever would bring a greater richness to your life.



TO TRUE SELF

MARTIA NELSON

To heal this empty spot, you must look within. Looking within does not mean being critical or coldly trying to track down your flaws to get rid of them, for harshness does not heal. Instead gently turn on an inner light, and look with tenderness and compassion to learn how you can love yourself more.

Pretend for a moment that a small child whom you deeply love comes to you crying and sits on your lap. And pretend that you can see right away that this child's problem is self-esteem, that this child does not believe that she or he is really lovable. What would you do? You would not chastise this child for being so unself-loving. Instead, you would hold the child close and say, "I see that you have forgotten what a wonderful being you are. You have forgotten your beauty. You have forgotten your vitality, your magic, your lovability. I allow my love for who you are to fill you, to teach you, to remind you. I hold you in this knowledge of who you are so that you may remember to treasure and love yourself."

Do the same for yourself. Be willing to hold yourself on your lap, so to speak, and look into the being that you are with that same love and compassion. Simply see

where you have forgotten your own magic, where you have forgotten the love that you manifest and the beauty you carry within. Then make a commitment to rediscover it in some way each day.

You already have unlimited ability to create in physical reality. The fact is that you are involved in the creation of physical reality all the time. At this very moment, just by being who you are, you are creating the next moment and the next and the next. You could say for example that the next six months of your life are created already, not in fate but in possibility, just by your being who you are in this moment.

In your essence, you are an unlimited spirit who has come into physical form. It is through your physical body that your spirit communicates with physical reality, and it is through your physical body that your inner creative force moves outward into the physical world to manifest itself. Most important to know about this process is to know that your experience of self creates every aspect of your life.

EVERYTHING IS ENERGY.

Physical matter is energy. Thoughts are energy. Feelings are energy. Every image, thought, feeling, and belief you consciously or unconsciously hold about yourself carries a specific energy formula or pattern to it. These energy patterns are complex and very real. Collec-

tively they make up your "experience of self," which is your inner reality. This ongoing inner reality creates the outer reality you live with every day.

Your auric field is the energy space extending outward from your body. It links your inner experience with the outer world. Through your auric field, the precise energy patterns of your experience of self are transmitted outwardly into the physical world. There they take form, or manifest as your life. These energy patterns create all your outer experiences (situations, relationships, prosperity, etc.) and your responses to them. Everything you encounter in life is a reflection of your inner experience of yourself! In that way, your experience of everyone and everything is a mirror and is also subject to change as your experience of self changes.

It is said that you reap what you sow... because whatever you emanate, you will encounter.

If you are aware of yourself as love, for example, those energy patterns are transmitted outward through the auric field and what you encounter in your life will be the manifested experience of that love. Then the world may seem to you to be a loving place or at least a more loving place than it would seem if you were not so conscious of your inner source of love.

On a practical level, consider

Martia Nelson is a nationally known author, speaker, and consultant. She facilitates clients in spiritual discovery and personal growth. She lives in Sebastopol, California.

also that the experience of self you carry will determine what actions you take in life. If you carry conscious love of self, you will tend to take actions that are loving and will then reap loving responses from the world. If you are not in touch with the deep love of your being and do not cherish and honor yourself, your energetic patterning of “nonlove” is sent outwardly through your auric field into the world and manifested in your life. You may continue to encounter situations in which you are not loved, not honored, not treated as kindly as you would like to be treated. Life can then be a frightening and alienating experience.

As you consider this example of love, understand that you are not bad or flawed for not loving self more, only hungry for the nourishment you deserve. When you are caught in such limitation, it is always possible to open to greater experience. Remember, the change begins within your self.

You alter your patterns of outer manifestation by altering your inner experience of self.

Be willing to allow yourself greater love. Nurture that love of self in spite of what life seems to be giving you or telling you. Then automatically you will be adding more self-love to your energy patterning, which transmits outwardly for manifestation. After a period of time the world will seem to change and you will encounter more love in your life. You will begin to find yourself treated more honorably and cherished more often. You will be more supported in outwardly living the love that is your true nature.

EMPOWERING YOUR DESIRES

Your manifesting energy never

Everything you encounter in life is a reflection of your inner experience of yourself! In that way, your experience of everyone and everything is a mirror and is also subject to change as your experience of self changes.

stops working for you. As a highly creative and purposeful force, it literally enables you to interact with projected forms of your being everywhere you go. To whatever degree your experience of self includes inner nurturing and support, your outer relationships will show nurturing and support. To whatever degree you inwardly experience abundance, your outer manifestations will be of abundance. Yet nothing you manifest in physical reality is important in and of itself. It is all there purely as your refec-tion for learning and growth. Every person, thing, and situation you encounter is symbolic of some aspect of your self.

The sole purpose of manifesting anything is simply to make your experience of self real in physical re-

ality. When you insist on manifesting something for any other purpose, you are at cross-purposes with your own nature. This in itself can be very frustrating and can leave you wondering, “Why isn’t that which I want coming to me? Why isn’t it happening?”

When you have that feeling, let it remind you to drop into a deeper level of awareness. If you find yourself in a situation of being very attached to having more money, a relationship, a new car, a better job, or whatever, and you do not seem to be getting it, experiment with looking at the situation differently. Be aware that your desire for the thing (the money, relationship, car, etc.) is a desire from the most superficial level of your being: your personality.

Although you may be more aware of your personality than you are of the deeper levels of your being, your personality carries the least power. (It is the most oriented toward control but it carries the least true power.) Because the deeper levels of self are progressively more aligned with true self, they carry progressively more manifesting power. You can activate this greater power by simply shifting your awareness. Attuning to the following four levels will take you progressively deeper: (1) Superficial Desire, (2) Essence Desire, (3) Internalized Desire, (4) Desire for True Self.

Each superficial desire is a symbol for a greater desire you hold at a deeper level.

1. SUPERFICIAL DESIRE

Your personality is most familiar with superficial desire, which is the desire for things (and situations) that you assume will bring happiness or fulfillment. This desire is

Living Deliberately

reinforced by cultural messages that achievement, material gain, and other people affirm your sense of self and your well-being.

Of the four levels, superficial desires come to your attention most frequently. Yet they take the most exertion to pursue and are the least satisfying, even when fulfilled. Recognizing that your superficial desires are incomplete in themselves frees you to look for your deeper power.

You can empower yourself by going directly to the essence of your desire.

2. ESSENCE DESIRE

It is easy to let your awareness descend from the superficial to the essence level by asking yourself, "What is the essence of this desire? What is the quality in my life or experience of myself that I want from this?"

For example, money is the most common desire at the superficial level. Yet money is a symbol for many things. What is the essence level of money for you? Perhaps you feel that when money comes it will bring you a sense of ease in the world. Having your basic financial needs met can indeed bring a certain type of ease. Or maybe having more vacations would bring you joy. Or maybe you simply want the feeling of being supported in life.

The essence of what you want is the feeling or quality that would come into your life by getting the thing (money) that you're focused on. The ease or joy or support is always a deeper desire than the money is. And regardless of how often it may appear otherwise, you always want the essence more than you want the thing.

Let the superficial desires of

TURN TO PAGE 99

KEEP A JOURNAL

Henry David Thoreau, a journal-keeper par excellence, wrote more than two million words on the necessity of living alertly and making all of life a conscious endeavor.

"My journal," he wrote in 1851, "is a record of the mellow and ripe moments that I would keep. I do not preserve the husk of life, but the kernel."

LIVE MINDFULLY

One of the experiments one might try to encourage mindful living is to reduce daydreaming, especially if this activity is a slavish habit in constant service of the ego's needs.

"Cultivate mindfulness," Thich Nhat Hanh teaches when he offers to his pupils the example of "washing the dishes to wash the dishes."

"Meditate to focus on the truth within," both in a quiet environment and, with practice while engaged in everyday activities.

TAKE CONTROL OF YOUR THOUGHTS

To be able to "fine-tune your awareness" and to make choices over your thoughts, rather than be subject to their seeming power over us, is beautifully expressed in this journal entry from Thoreau:

"Man is the artifice of his own happiness. Let him beware how he complains of the disposition of circumstances, for it is his own disposition he blames."

EARN A RIGHT LIVELIHOOD

As Thoreau put it, "how to make the getting of our living

poetic" is a supreme challenge that affirms life and is sustained by loving.

Among the principles of "right livelihood" that make this possible are work that doesn't harm other people or nature, that is free of "deceit or dishonesty," that is mentally and physically healthful, that nourishes everyone's creativity, that deploys our "talents and skills," and that is truly joyful, making our life "poetic."

UNDERSTAND MONEY

Money can be thought of as spiritual energy in motion which naturally flows to us as we earn a right livelihood.

A first step in understanding money is simply to list all the reasons that money is important to you, consult great thinkers' views on money, and then reassess whether the money flow in your life is natural or unnatural.

For example, think about Thoreau's statement, "Money is not required to buy one necessity of the soul." Nurture a spiritual awakening

Accepting one's role in a Spiritual Renaissance will require seeing beyond symptoms into causes of human problems—namely, our spiritual slumber.

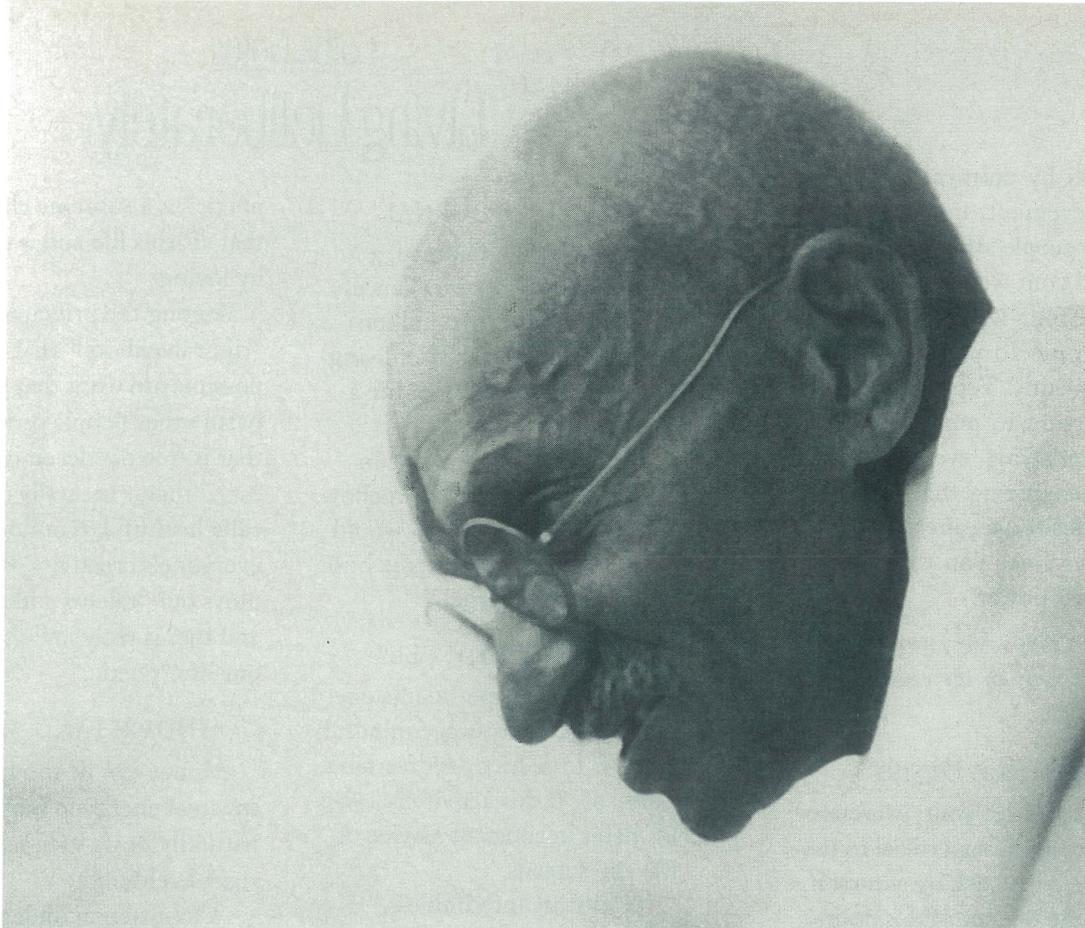
RECOMMENDATIONS:

Affirm a positive future.

Act as if your every action influences the future.

Understand our need for spiritual experience.

For source, see Appendix, page 100.



AP/WIDE WORLD PHOTOS

Grandfather Gandhi, Peace Was His Way

ARUN GANDHI

Fifty years ago, as a ten-year-old, I was growing up on a hundred-acre farm amid a sea of sugar cane fields in South Africa. Apartheid, the government policy of racial discrimination, had already burned its ugly brand across this fertile land. We lived on Phoenix, established by my grandfather who his followers insisted on calling Mahatma (Great Soul) Gandhi. He set up Phoenix in 1903 as the first Institute for Nonviolence. Now he was locked up in an Indian palace, where my grandmother died while in prison.

Phoenix was the only island of sanity in a color-crazed South Africa. All prejudices, hate, anger, and discrimination were left outside its borders.

Fifteen miles away in Durban, all these feelings were unleashed in gale force.

On this Saturday afternoon in Durban, while others enjoyed a siesta, I walked to a little Ma and Pa store to spend the sixpence Dad had given me for candy. As I chewed on my candy, I ventured around another block. Behind me someone was whistling a lilting tune. It was a young Zulu, probably domestic help in a nearby home. Despite grinding prejudices and poverty, he was in a gay mood.

Up ahead three white men, probably university students, loitered on the curbside. As I drew even with them, they decided to have some fun and excitement. They blocked my way and one grabbed my collar.

"How dare you whistle in a white neighborhood, you m'kule," a derogatory corruption of coolie they called Indians, one shouted. Still whistling the Zulu passed us by. He seemed to derive some satisfaction out of my predicament.

"I didn't whistle," I sputtered. "You lying m'kule," one spat out as he smashed his fist into my nose. All three pounced on me. Blows came from all sides. When I fell they kicked me in the ribs. Suddenly they stopped, looked around, and ran. I struggled up and ran in the opposite direction. Blood covered my face and shirt. I was bruised and my clothes were torn.

This was my first encounter with the physical violence of apartheid. It filled me with tremen-

"Do you know," he went on, "that anger is like electricity?"

When I asked what he meant, he told me, "Anger can be as powerful and destructive as electricity. Do you know what happens if a bolt of lightning falls somewhere or if you touch a live electric wire?"

dous rage. To suffer discrimination because one is considered black is bad enough. Suffering a beating for something I didn't do was worse.

A few months later in another part of the city, I was stopped by several Zulus on a street corner. As I tried to pass, one of them tripped me. When I stumbled and fell, he kicked me in the ribs. Everyone was laughing.

The wounds of humiliation from both blacks and whites would not heal. I joined a health club, subscribed to Charles Atlas' body-building program, and worked to become big and strong. My anger manifested itself in other ways. I

became an introvert and collected stones and a brass "knuckle-buster" to protect myself.

By then Grandfather was out of prison. It had been a long time since we visited the family in India, and my parents decided it was time to go. Although he was world famous, he lived simply in a place called Seva Gram (Service Village). All the homes were made of mud and bamboo, with thatched roofs.

Many well-known political figures of the day, including Lord Mountbatten and Jawaharlal Nehru, who was to become India's first prime minister, traveled nearly five hundred miles from Bombay to confer with him. In August 1917 his dream of a free India came to pass. He was deeply troubled by the violence between Hindus and Moslems which accompanied setting up the new nations of India and Pakistan. He had just ended a five-day fast dramatizing the need for friendship between these religious groups when he was shot to death by a Hindu assassin.

Grandfather was very much alive when we arrived from South Africa. One of the first things he did was to ask me to describe the circumstances of the beatings I had suffered. He listened intently as he put his arms around me in a gesture of love and comfort.

"I can understand your anger," he said. "But do you know they acted out of ignorance? They do not know what they are doing."

"Do you know," he went on, "that anger is like electricity?" When I asked what he meant, he told me, "Anger can be as powerful and destructive as electricity. Do you know what happens if a bolt of lightning falls somewhere or if you touch a live electric wire?"

“Yes,” I said. “It destroys or kills.”

“Well, anger is the same. If you don’t harness your anger as we harness electricity then anger, too, will destroy and kill. Anger should be used the same way we use electricity.”

He encouraged me to write an anger diary. He said every time you feel the surge of anger, write your feelings in a diary. Writing will give you an outlet for your anger and it will also be a record of your feelings. When you are calm, you can read the diary and decide how you should have used the anger positively rather than negatively.

At the end of my eighteen months visit with Grandfather, I understood much of the concept of peace that he taught and lived. He reserved an hour each day for me, irregardless of other events in his life.

Grandfather was convinced relationships must be built on unconditional love beginning at home. Those who believed and followed him practiced this nonviolent approach to life.

In our home when we misbehaved, my parents took the punishment upon themselves. I remember on several occasions my mother or father, or sometimes both, skipped a meal because I had misbehaved. This punishment was so effective I would never do it again.

At age sixteen, while living in South Africa, Dad asked me to drive him to Durban so he could attend a day-long conference. I had to do a few chores and get the car serviced before picking him up at a prearranged intersection. Being an avid fan of Hollywood films, I spent the afternoon in a theater. I was so absorbed in the movie that I did not realize it was past five.

“There is only one God. We human beings have given God different names and found different ways of worship. If we are all going to the dining room, does it matter which direction we come from?”

When I got out it was almost 5:30. I ran to the garage and drove as quickly as I could to where Dad was waiting. He was worried. I could see the relief on his face when he saw me drive up.

“What happened?” he asked in a concerned tone. There was no anger. I felt ashamed to say I was watching a movie and so I lied. “The car was not ready.” Father looked at me with hurt in his eyes. “That is not true,” he said. “I called them and they said the car was ready long ago.”

“Please stop here,” Father said and when I did, he added in a voice of anguish, “There has to be something wrong in me that you felt you had to lie to me. There must be some fault in the way I brought you up. As penance for this, I am going to walk home.”

Father got out and started walking. I did not know what to do. I

cursed myself for having lied. I could not leave Father behind and drive home. Most of the way Father would have to walk through farm lands at night. I crept along behind him for four and a half hours. After that experience, I was determined never to lie again. My father had learned this from the man the world knew as Mahatma Gandhi. I learned many important lessons from this man, too.

He called himself a Universalist (respecting all religions of the world). He spent hours studying the Bible and the life of Christ. He particularly liked the philosophy Christ expounded in his Sermon on the Mount.

He had many Christian friends. When they asked him why he didn’t become a Christian since he admired the Sermon the Mount so much, he answered, “When you can convince me that Christians live by it, I will be the first to become a Christian.”

On one occasion Grandfather said to me, “There is only one God. We human beings have given God different names and found different ways of worship. If we are all going to the dining room, does it matter which direction we come from?”

Later he said we must learn to respect the right of every individual to seek God in the way he or she feels comfortable. To show the oneness of all human endeavors to seek salvation, we should learn about each other’s ways and respect them.

He believed, as I am trying to teach through the M.K. Gandhi Institute for Nonviolence at Christian Brothers University in Memphis, that it is worthless to study the scriptures if we cannot use them in our daily living. •



Spiritual Renewal

NELLY KAUFER AND
CAROL OSMER-NEWHOUSE

To create is to bring into existence. To create we reach beyond the limits of the known; we connect with unformed ideas and breathe life into them. The act of creation moves us into the uncharted waters of the non-material world, where anything is possible. There is an energy that comes with being creative, a curiosity, a love of life and experimentation. This is the energy that drives us forward in our endeavors, sometimes despite great difficulties. Particularly creative moments or breakthroughs when we get new ideas or inspiration, feel special, set apart from ordinary life experience.

Vision Quest

For centuries a rite of passage called the *vision quest* has been practiced in societies as diverse as the American Indians and the Aborigines. One doesn't have to look far to see contemporary vision quests, which can be part of an organized retreat or a solitary venture into the deep woods but usually and optimally taking place under the guidance of someone who has experienced the rite.

A vision quest is a mercilessly inward-bound experience, which thrusts us directly into confrontation with primal nature. This is not a cozy or safe spiritual process. Anthropological accounts consistently refer to vision quests in the metaphoric sense of birthing and re-birthing. In all accounts, it marks a transformation of sorts—for example “from spiritual darkness into light.”

A vision quest ultimately implies revelation. This revelation comes from confronting our anxieties, dwelling in the realms of primal fear, and finally suffering a symbolic death that signals the transition to a new awareness.

It is important though not to allow the trappings of the rite to ensnare our minds in needless superficial pursuits. For instance, such past practices as symbolic death by hanging or actual body mutilation should be replaced, though that doesn't mean softening a vision quest so much that security overrides the need to “go directly into a confrontation with our primary inner survival gear.”

For anyone intent on self-observation, the vision quest provides a dramatic challenge to face one's innermost depths. It is self-reflection at its most intense.

For source, see Appendix, page 100.

CREATIVITY IN CHILDHOOD

Creativity involves the willingness to imagine. It first blooms in childhood along with our spirituality. We invent games filled with imaginary people, places, and wild adventures. We build tree houses, play houses, or hideouts. We make up dances, invent silly rhymes, and play practical jokes. Although seen as child's play, these activities include elements of artistic expression: acting, storytelling, songwriting, and creative dance. When we create a house with our building blocks or a new game or story, we bridge the gap between form and spirit. Our childhood imagination takes us beyond ordinary life experience.

Creativity seems to come naturally to children but as we take on the responsibilities of adulthood, we find it increasingly difficult to find the time to access our free creative spirit. Eventually we may come to believe that creativity is given to only a chosen few; we may tend to feel intimidated by its expression. Celebrating your creative potential may provide unexpected opportunities for spiritual renewal.

LISTENING TO YOUR INTUITION

“Intuitive knowing is a spiritual event. It involves seeing things clearly, seeing things as they really are.”

We live in a culture that relies on reason and logic to obtain knowledge and understanding. Non-rational ways of knowing tend to be discouraged. How many times have you put forth a vague feeling about something, a tentative hunch about a situation, only to be greeted by a derogatory remark about women's intuition? In spite of or perhaps because of this seemingly patriarchal emphasis on logic, women retain an

apparent facility with intuitive thought.

The use of intuition for accessing spiritual knowledge has long been the domain of women. Although women appear to feel more comfortable relying on intuition, intuitional thought occurs in both women and men; it is part of our inheritance as human beings, a way of knowing ultimately which is available to us all.

Intuition can be like an apparition, here one minute, gone the next. Its mysterious appearance however is not an accident, a few crossed wires in the brain creating a special opening to hidden knowledge. Intuition is cultivated in stillness, by being with oneself in very much the same way one prays or meditates. The magic or mystery of intuition arises from its ability to unlock the door to direct knowledge without the use of rational thought. Its quality of knowingness can be described as a feeling of penetrating a situation with the mind, going under a problem, or seeing within it. A friend describes the use of her intuition as shining sunlight on a foggy situation.

“The fog clears and I am left with the truth. I can see the real picture.”

Because intuition does not provide a logical pathway to knowledge, when asked from where the knowledge comes or how we know it, we cannot rationally say; for when we use our intuition, we tap into knowledge that is part of our consciousness but normally exists beyond our awareness, information that until a moment before had been unavailable to us. •

From “A Woman's Guide to Spiritual Renewal” by Nelly Kaufer & Carol Osmer-Newhouse. Copyright 1994 by Nelly Kaufer & Carol Osmer-Newhouse. Printed by arrangement with Harper Collins San Francisco a division of HarperCollins Publishers.



PHOTO: ERIK/DAVID YOUNG-ADOLF

Pursuing Pleasure, Intelligently!

R A Y S A H E L I A N

Planet Earth provides a bounty of sensual and pleasurable potentials, yet we nibble shyly from the edges. We cloister ourselves from new experiences. Our senses are repeatedly re-exposed to the same stimuli. We lose touch with our novelty-seeking drive and slope imperceptibly toward the ordinary, the routine, the unconscious. We wonder why we're not obtaining pleasure and satisfaction from things we used to enjoy. Familiarity turns into routine. One week becomes no different from the week before or the week after. Eventually, familiarity metamorphoses into a master demanding the same television shows, the same meals, the same vacation spots... the same everything.

Ray Sabelian M.D. is a physician in family practice in Marina Del Rey, California. He lectures and writes on health and happiness.



The pendulum arcs to and fro. Seasons come and go. The borders of comfort zones retreat and bake... Like the shores of a drying lake.

It happens to all of us. Familiarity, in very subtle ways, numbs our senses, and saps our initiative. Once aware of this trend, we can take steps to turn the tide. A little effort expands our comfort zone, watering our parched shores. Having made this effort, we realize how easy it is to continue expanding. The first step is the hardest. While in the process of expanding, let's also remind ourselves to *appreciate* and *love* the familiar, being grateful for everything we already have and are able to do.

Sample! Explore! Expand! Do you feel stuck in a rut and wish to break free? If so, shatter the eggshell surrounding your senses and step outside. There is so much to experience. Enhance your consciousness by adding variety. Life is a sumptuous banquet and many of its delicacies are free or inexpensive. Why not try something new?

- Camp in a National Park—there are so many to see: Acadia... Zion... Hot Springs... Glacier... *Ab, Wilderness!*

- Create and cook a new recipe: dice, dot, and dredge.

- Seclude to a monastery, convent, temple, or ashram and meditate in *time stands still* silence.

- Write a letter to the editor of a local paper. Express your opin-



PHOTO: JEFFREY K. HENDERSON

ions and feelings. Use gentle words.

- Go on an archeological excavation. What ancestral mysteries lie unseen in subterrestrial soil?

- Attend an acting or improvisation course—doth a Thespian spirit roam restless amid your depths? Voice lessons, perhaps?

- Select an alpine sport. Slide and ski down enchanting Austrian *Sound of Music* snowy slopes.

- Wind, string, or drum in a trio—piccolo, cello, or bongo?

- Climb your state's highest peak. Delawarians, pick a neighboring state's mountain range.

- Grow a garden—plant a pansy, pot some parsley, bud and bloom a lily of the valley—forget-them-not!

- Bicycle through Vermont's *roads less traveled* kaleidoscopic autumn foliage carrying a pocket volume of Robert Frost poetry.

- Solve a crossword clue—personality trait, four letters, après self-

- Enroll in a public speaking course or join *Toastmasters*. People do not know you by what you think but by what you say and how well you explain yourself.

- Produce a poem and present it to your precious partner.

- Raft the Colorado River;

gorge on the greatness of the Grand Canyon.

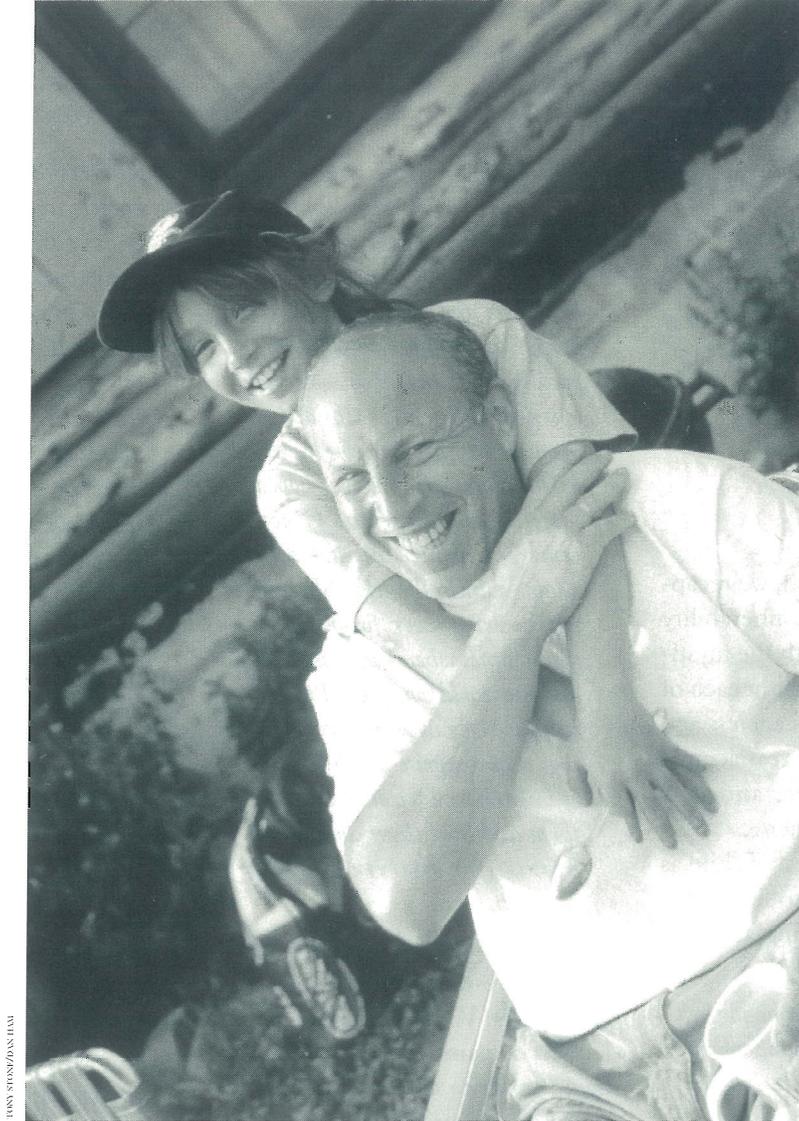
- Master new steps and tap into terpsichorean talents or country western, minuet, tip-toe ballet?

Unlimited possibilities await you. List in a journal ideas you come across through conversations, books, and magazines. Try at least one.

As you may have noticed, all the above suggestions involve active involvement. These types of activities absorb our total concentration. They energize us. They seem to provide so much enjoyment and satisfaction that a time distortion occurs. Minutes and hours slow at a snail's pace or speed like a video tape on fast forward.

Passive types of entertainment—watching television, movies, and going to the theater—are enjoyable, relax us, and sometimes have inspirational qualities. However, they rarely engage our full physical, intellectual, and creative potential, as does active involvement. As a society we over-rely on these passive forms of entertainment at the expense of creative pursuits of pleasure. •

Copyright 1994 by Dr Ray Sabelian.
From "Be Happier" by Dr Ray Sabelian.
Printed with permission from the publisher Be Happier Press.



TOMMY STONSON/DAVID HARR

Growing up at Any Age

S T E V E N B A U M

In some sense, true adulthood is childhood recaptured. Popular psychology has recently—with great fanfare—discovered the inner child. Yet my research and the investigations of countless gerontologists support the fact that as long as we are healthy emotionally, physically, and socially, we are ageless. In childhood, our emotions were real and not culturally filtered. As children, we were in touch with our basic needs and not interested in status. In childhood, there is a sense of connection with others and an intuitive appreciation of a universal soul. Or to put it another way, in childhood, we were more connected to our essential human spirit.

Steven K. Baum, Ph.D., is a psychologist and gerontologist in private practice in the Detroit area. He lectures at Oakland University on adult development, meaning, and the aging process and is a regular contributor to many periodicals. He is host of the documentary, "How Adults Grow Up" under development with PBS.



In true adulthood, we recapture our basic vulnerability and connect with the mystical élan and spirit in each of us. This spirit is ageless and genderless. It transcends time and space, and it is free of worldly attachments.

Jung recalls this sense of child as a creative life in his autobiographical "Memories, Dreams and Reflections."

The first thing that came to the surface was a childhood memory from perhaps my tenth or eleventh year. At that time I had a spell of playing passionately with building blocks. I distinctly recalled how I built little houses and castles, using bottles to form the sides of gates and vaults. Somewhat later I had used ordinary stones with mud and mortar. These structures had fascinated me for a long time. To my astonishment, this memory was accompanied by a good deal of emotion. "Aha," I said to myself, "there is still life in these things." The small boy is still around and possesses a creative life which I lack. But how can I make my way to it?

Several decades later and a continent away, Jane, the suburban Detroit homemaker, reflects on a similar struggle to integrate these various feelings of her inner child.

There was a time much too brief, but oh so sweet, when that little girl, now in the persona of woman, truly believed in the happiness and goodness alive in herself and the people who supposedly loved her. Too soon she learned differently. Childhood dreams rapidly became adult nightmares. All that was hoped for now was hopeless. Given time she would adjust and adapt, which she did. She did not however ever forget those gentle times when love was sweet and the world was good. I'm entitled to those dreams, those feelings that comprise my little Rock of Gibraltar. I want to embrace them and hold them close to my heart—for therein lies my strength.

As we become emotionally adult, we re-integrate our repressed child parts. We may take up piano lessons or painting again. We may begin to write creatively. We may move on to careers that are more consistent with our childlike underdeveloped parts, producing a stronger, more solid, and comprehensive self. We are no longer fighting a hidden enemy within. As true adults we can re-examine our values and determine our inner feelings. The storm is over; we can relax and play.

Through his work with dolphins, wolves, and children, play specialist Fred Donaldson has simplified the magic formula for play. In a recent book, "Playing By Heart," Donaldson suggests that kindness, trust, and enchantment are childlike qualities that we long to recover as adults. Donaldson suggests that the quest to recapture these qualities requires—

(1) an openness to experience life's mystery, (2) a capacity for

fearlessness to meet the unknown, and (3) a willingness to practice steadfastly. Fearlessness moves one to all, openness moves all to one. Without openness there is no ground of potentiality to support fearlessness. Without fearlessness there is no means of actuality to reveal mystery. Through practice, openness and fearlessness become kindness.

Play is truly a flight of fancy and a whit of wisdom—play requires a vocation and a quest requiring trust, fearlessness, and action. Play is being aware and taking care without appearing to do much of anything.

This integration of spirit and practice in useful and effective action is described as a "way" in Eastern thought. It is based on kindness—a realization that we are one of a kind.

Anthropologist Ashley Montagu has written extensively about neoteny—how being childlike is helpful in maintaining agelessness. He has identified the following neotenous traits:

Playfulness, imagination, creativity, experimentalism, flexibility, open-mindedness, humor, joyfulness, laughter, tears, optimism, song and dance, honesty and trust, compassion, intelligence, curiosity, exploration, sense of wonder, resiliency, friendship and love, sensitivity; the need to know, to learn, to organize and to work.

Related work in psychoimmunology, the investigation of the mind-body relationship, is still a fairly recent area of research. And the scientific study of play is even more recent. But to experts the pursuit of play is serious—deadly serious. "Play may be the body's

front line of defense against illness and pain,” says University of Rochester psychoimmunity specialist Robert Ader. Documenting the relationship between play and the immune system, Ader showed how cells of the immune system take their cues from chemical activity in the body, which in turn is triggered by our responsiveness to outside stimuli.

On the West Coast, neuroscientist Marion Diamond and her colleagues at the University of California, Berkeley, demonstrated an important positive relationship between play and agelessness. She placed mice that were 766 days old—roughly equivalent to seventy-five-year old humans—in an under-stimulated environment. Not unexpectedly, they began to grow listless, and their capacity to learn new skills diminished. In short, they showed all the signs of what we call growing old. Given toys and novelty items in an enriched environment for their last 138 days, they learned to do new tasks more quickly, and they lost all signs of aging. Autopsies of these mice showed evidence of positive biological changes: larger neurons and increased glial cells.

Another Berkeley study, on older adults, found that those who keep play at the forefront perceive their lives to be rich and happy.

Other studies show that playful adults have more close friends and tend to be more socially involved than their more somber counterparts. In a Yale study of 7,000 adults, respondents with strong friendship networks outlived their socially disconnected counterparts. How can you tell true adults? They play and love.

TRUE ADULTS DO PLAY

Most people in our culture don't

The whole of the individual is nothing but the process of giving birth to himself; indeed we should be fully born when we die although it is the tragic fate of most individuals to die before they are born.

—Erich Fromm, *“The Sane Society”*

know how to play. Take Betty, eighty-one, who in spite of her advanced age is vigorous and considers golf her true play. One day as Betty and her friends were about to tee off, Betty paused to take a Valium. “Is everything all right?” her friends inquired. “Of course,” she said, “I just like to take a little of the edge off before I play.”

How sad. Here is a woman out with her friends for an enjoyable morning and she cannot play without first sedating her competitive self.

Long before we became competitive and responsible adults, we were children, and children have a natural ability to play. In the process of growing through childhood and adolescence toward adulthood, we learned to discard many aspects of ourselves in the name of maturity—but we discarded too much. Part of our task

as adults is to permit the natural, childlike tendency to play to re-evolve. The ability to play and express humor, to experience joy and feel laughter, mark the true adult.

On the other hand, Ron, fifty, a business manager for a major automobile manufacturer, assumes that adult life is all work. “Play? Ha! My job doesn't allow me to at all.” But Ron's inability to play does not stem from his job—it's a product of his acculturation.

We were a good German Protestant family. You know, fairly strict, the kind where you weren't permitted to oppose your parents, where we couldn't talk about feelings, and certainly weren't supposed to have fun. Besides, I had to be the serious one since my brother, Bob, was always getting into trouble and making my parents worried sick.

For his next vacation, Ron promised to do something “wild.” At long last, he wanted to learn how to play.

Play is hope and optimism making way for curiosity. It is a sense of awe and wonder that feeds a basic need to know. “Perhaps the saddest loss of all,” says Montagu, “is the gradual erosion of the eagerness to learn.” He goes on to say,

Most adults stop at any conscious effort to learn early in their adulthood and thereafter never actively pursue knowledge or understanding of the physical world. It is as if they believed that they had learned all they needed to know by the age of eighteen or twenty-two. At this time, they begin to grow a shell around their pitiful store of knowledge; from then on, they

Song of Heart

GABRIELLE ROTH

Singing and songs are an integral part of every culture. In songs, we express our fury and pain, our joys and sorrows, our caring and concerns. In traditional societies—African tribes, Scottish villages, Native American communities—everyone sings. The songs are for everyone. But for contemporary, secular people, singing has become a specialty; professional singers sing and the rest of us listen. Still for reasons we are barely conscious of, songs remain a vital part of living: musical cultures flourish—rock, opera, jazz. People are listening, night and day, in their cars and homes to songs. Once you think about it a little, it's clear that we're dependent on songs and singers to supply us with almost constant emotional energy. Our hunger for songs and our adulation of singers signal our desperate need to share in the raw expression of emotions. Songs are one of the few areas in which the exploration of the full range of emotions is publicly sanctioned and wholly accepted, even in a mass culture where the tendency is to repress real feelings or replace them with pale or cheap imitations.

If the magic of the singer shows us how to explore the full range of the emotions, then one thing we can do to catalyze our emotions is to discover the singer within ourselves. An easy way to do this initially is just to sing along with singers you like and with whom you identify. Find songs that connect to your fear, anger, sadness, joy, and compassion. •

For source, see Appendix, page 100.

vigorously resist all attempts to pierce that shell with anything new. In a world changing so rapidly that even the most agile-minded cannot keep up, the effect of this shell surrounding a person results in a dislike of the unfamiliar. The hardening of the mind—"psycho sclerosis"—is a long distance from a child's acceptance.

True adults have the ability to play throughout their lives as passionately as children. As French symbolist poet Charles Baudelaire said, "Genius is childhood recaptured." When we play, we temporarily take leave of our self-possessed world and abandon social conventions. Altered states of consciousness, very often artificially induced by drugs, may be the mind's natural attempt to create a feeling of play when we have been deprived of it for too long.

CREATIVITY

As true adults play, they are able, to look beyond themselves and to leave a mark upon the world. Playful thinking can be the catalyst for creation in the fields of fine art, music, literature, and scientific invention; it can also manifest itself in kindness, consideration, and generosity.

Play can evolve with the birth of children—the ultimate creative act. Diana, thirty three, says,

My daughter is beautiful and is almost three now, and I feel that she's changed my life. I'm a different person. I get home at the end of the day and just unwind with her and play.

TRUE ADULTS DEVELOP FINER SENSIBILITIES

Often it is only when we are faced with death or tragedy that we understand that molding ourselves

to society's image has been a mistake.

COMPASSION

In 1991, Lee Atwater, George Bush's hardball campaign strategist and chairman of the Republican National Committee, died from a brain tumor. He was thirty nine. Shortly before his tragic death, he shifted gears and found a new level of adulthood. He apologized.

In 1988 fighting Dukakis, I said that I "would strip the bark off the little bastard and make Willie Horton his running mate." I am sorry for both statements: the first for its naked cruelty the second because it makes me sound racist which I am not. Mostly I am sorry for the way I thought of other people. Like a good general, I had treated everyone who wasn't with me as against me. After the election when I would run into Ron Brown, my counterpart in the Democratic Party, I would say "Hello" and then pass him off to one of my aides. I actually thought talking to him would make me appear vulnerable. Since my illness, Ron has been enormously kind—he sent a baby present to my daughter, Sally T. He writes and calls regularly—and I have learned a lesson: politics and human relationships are separate. I may disagree with Ron Brown's message, but I can love him as a man.

Even the hard-nosed Atwater came to realize, as he looked toward death, that his life had been missing emotionally adult thinking; had he been able to do it again, he would have had "a little [more] heart, a lot [more] of brotherhood."

PASSION

"Without passion, man is a mere latent force and possibility," writes

social critic Henri Amiel. Passions are the driving force of willful intentions. Without finding and acting on our passions, we can never be fully adult. When we are able to play, to be empathic, and to create with passion—when we are able to live with body and soul, and to give ourselves fully to whatever tasks we feel are right—then we come alive and finally experience the meaning of true adulthood.

In Leo Tolstoy's "War And Peace," Pierre, the main character and a member of the nobility, is captured by Napoleon's army and undergoes terrible deprivations. He is surrounded by cruelty and suffering and sees no hope for the world. But one fellow prisoner, an elderly Russian peasant, is full of zest despite the travails. He meets every event that befalls him with good cheer and he passionately continues to care.

Confused by what he sees, Pierre one day asks the peasant, "What is the secret of your happiness and contentment?" "Secret?" asks the peasant, "the secret is to live!"

Some time later, the peasant is killed. But his example sets Pierre on a course of introspection that culminates when he vows to live life to its fullest, never again to follow the dictates of a decadent society, and to follow his own passions, wherever they may lead. He has become a true adult.

NURTURANCE

The highest function of true adulthood is nurturance—the ability to be empathic and put aside one's own needs, to reach out and give. When an individual nurtures because it is culturally esteemed—that is not true adulthood. True adults have achieved the state of being able to nurture themselves—

and so they can nurture those around them.

Sue, aged twenty-nine, describes her attempt to nurture by sharing,

This girl at work got married the other day. She's all of twenty-one and came to me crying about some nonsense. I tried to tell her, to talk to her and tell her what she was doing. You think she'd listen? Nope. I tried. When I was that age, I thought I knew it all. Now I'm older and I realize that I don't know anything. She's a good person, and I'll try again.•

Copyright 1994 by Steven K. Baum.
From "Growing Up At Any Age," by
Steven K. Baum. Printed with permission
from the publisher Health
Communications.

Innocence

Continued from page 40

sia, I discovered an entire culture of people still living in a state of original innocence. The Balinese are the happiest, most peaceful, and most loving people I have ever encountered. Their world is the closest I have seen to heaven on earth.

The Balinese have a custom which reflects their recognition of original innocence. When a child is born in Bali, its feet are not allowed to touch the earth for the first hundred and fifty days of life. The Balinese regard their children as angels from heaven, and they do not want them to be shocked by contact with the heaviness of the world. Every Balinese child is constantly held until approximately five months of age. Then a colorful ceremony, with prayers and blessings, is held at which the child's feet are placed upon the earth.

In Western culture we do not have such an understanding or respect for our original innocence. Most of us arrived not amidst reverence, but under bright lights, drugs, a slap on the behind, and immediate separation from our mother. As soon as we showed up, worldly identities were laid upon us. The first phrase you probably heard upon entering this world was a loud, "It's a girl!" or "It's a boy!" Immediately you were labeled with a self-concept that limited you to half of the population in my seminars I ask participants, "How many of you, upon being born, heard your doctor exclaim, 'It's the light of the world!'" Nary a hand is raised.•

Copyright 1995 by Alan Cohen. From the
book "I Had It All the Time" by Alan
Cohen. Printed with permission from the
publisher Alan Cohen Publications.

Interview

Continued from page 38

for me is that people form creative clusters. They gravitate toward people to support them and often continue to meet as an Artist's Way group. My partner, Mark Ryan, and I travel around teaching and our intention is to leave behind independent Artist's Way clusters. Johnny Appleseed was one of my favorite childhood stories. He traveled America and left orchards behind. I like to think that I sow the seeds of creativity.

Julia, is there anything else that you want to add?

I want to say that people learn to trust themselves and learn that they can be trusted. Their will and God's will are not at opposite ends. There is a great force moving through us, toward connection.•

Paths of Healing

Book Reviews



R I C H A R D H O L M E S

Embracing the Beloved: Relationships On the Path of Awakening

Stephen and Ondrea Levine. New York. Doubleday, 1995.

At the very beginning of *Embracing the Beloved*, the authors want readers to know that their book is not about “how to ‘make nice’ in relationships.” Rather, they write, “This is about using relationship for profound inner growth.” Near the end they voice a similar caveat that their book is not “meant to keep couples together.” Rather, “It is an invitation to be fully alive.”

Stephen and Ondrea Levine have certainly demonstrated through fifty-one chapters of insightful writing that their own relationship has been characterized by “profound inner growth” and has always worked toward being “fully alive.” They open themselves up to you, the reader, with a candor that is refreshing, and further they share in loving detail how “relationship as a path of self-discovery” is possible.

They are unsparring of themselves at their worst and best, meaning that they show no fear in telling of their imperfections and extend in enjoyable poetic prose revealing passages of their truest natures in bloom. Their book is a joy to read and a learning experience in itself. The following passage alone will convey the depths of their learning through relationship. “The distance from your pain, your grief, your unattended wounds is the

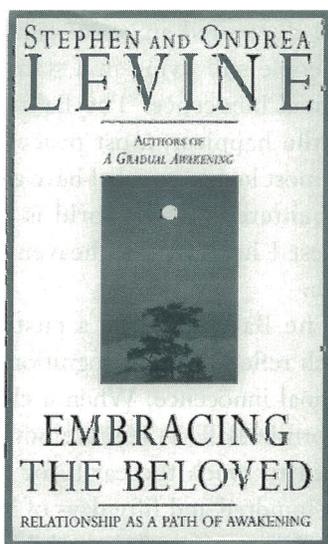
distance from your partner. And the distance from your partner is your distance from the living truth, your own great nature. Whatever maintains that distance, that separation from ourselves and our beloveds, must be investigated with mercy and awareness. This distance is not overcome by one ‘giving up space’ to another, but by both partners entering together the unknown between them. The mind creates the abyss but the heart crosses it.”

What about this word, “Beloved”? The Levines point out that the term has had significance in many spiritual traditions (notably the Sufis). Not a person or place, not a philosophical concept, the Beloved, they write in most poetic terms, “is the ever-experienceable vastness of our true heart, our original nature. And for all it is the possibility of freedom, the divine capacity to transform our pool of tears into the Ocean of Compassion.”

Put another way, “It is the heart of being where pure awareness and pure love are indistinguishable.”

As becomes clear while reading the book, there are “first things first” practices we must undergo and work through. Or as they put it, “To meet the Beloved we need gently let go of that which is unloved, judged, concocted from old impressions and old mind clings.”

In fact, there are a couple of “experiments in consciousness” and nearly a dozen meditations to enable



one to align body/mind and heart/spirit. The Buddhist influence is unmistakable, but the Levines have been responsive to other source-influences too. Their meditations are directed toward the Beloved, healing, bonding, soft-belly, mindfulness, the “grieving heart,” forgiveness, loving kindness, mindfulness of breath, mindfulness of process, and “afflictive emotions.” These meditations would be valuable to any couple as part of the practice of “being present.”

Of course the Levines are well aware that a conscious relationship in which partners are indeed *present*, their lives characterized by “moment to moment attentiveness,” is not the result of a sudden, mind-jarring illumination or lightning flash of heart-opening transformation. Though an almost overworked word, it is still imperative to say, as the authors do, that the path toward the Beloved needs to be a gradual “process.” This word is sometimes flung about vaguely, but they know through experience (which they share in personal stories throughout the book) that a “commitment to the co-evolution of consciousness” is part of a life-long path. One’s “levels of conscious connection”—the sensual, mental, heart, consciousness, and what can’t be named—are subjected to unending efforts to love and be aware.

How we do that is first accept our limited self or “small mind”—to embrace Narcissus, which they refer to as a “ghost seeking incarnation.” “Narcissus is captured in his gaze,” they write. “Our work is to free him of that fixation by focusing that self-interest into an inquiry into self that explores in the

mirror of the heart the workings of the mind.”

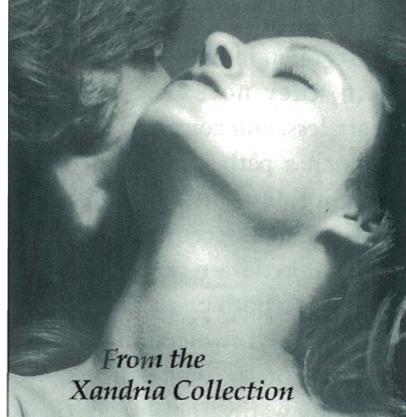
Again this “work” is arduous and never-ending—but Stephen and Ondrea Levine will assure you that it is joyous. Sounding like a proverb from *The Book of Wisdom*, they write, “Conscious relationship is the art of transforming the dystrophy of the mind into the alchemy of the heart.”

Surrendering to the unknown, they clarify often, doesn’t mean circumventing the mind, killing the ego, or shielding oneself from the vicissitudes of life with positive attitudes. “We live our life and die our death entering fully the fires of our discomfort,” they advise—and their stories will attest to that advice being sound. As for the ego, they recommend not killing it, but “just inviting it to peace, offering it whole to the Beloved.” And the mind? There is no need to relinquish mind while seeking our true nature. There is a Middle Way, in which mind will be answerable to the heart but not like an automatic answering machine. “Acting from the appropriateness of the heart,” they affirm, “we are freed from the neediness of the mind.”

Heart and mind can be partners. At their best they become teachers: “mindfulness teaches us the nature of the shadow. Heartfulness teaches us the nature of the light. Without these qualities in balance, we will either evolve eyeless in the darkness or blinded by the light.”

For the distance between the heart and mind to be closed, they point out that the distinction between *I* and *other* must first be understood. “The synapse between *I* and *other*,” they teach, “is filled with mythical serpents and familiar demons.” Face them, embrace

Sexual Products



From the
Xandria Collection

If you've been reluctant to purchase sexual products through the mail, we would like to offer you three things that might change your mind.

1. We guarantee your privacy.

Everything we ship is plainly and securely wrapped, with no clue to its contents from the outside. All transactions are strictly confidential, and we never sell, rent, or trade any customer's name.

2. We guarantee your satisfaction.

If a product is unsatisfactory, simply return it for replacement or refund.

3. We guarantee that the product you choose will keep giving you pleasure.

Should it malfunction, simply return it to us for a replacement.

What is the Xandria Collection?

It is a very special collection of the finest and most effective sexual products from around the world. It is designed for the timid, the bold, or for anyone who has ever wished there could be something more to their sexual pleasures.

The Xandria Gold Collection celebrates the possibilities for pleasure we each have within us. Send for the **Xandria Gold Edition Catalogue**. Its price of \$4.00 is applied, in full, to your first order.

Write today. You have absolutely nothing to lose, and an entirely new world of enjoyment to gain.

The Xandria Collection, Dept. LS0795
P.O. Box 31039, San Francisco, CA 94131
Please send me, by first class mail, the Xandria Gold Edition Catalogue. Enclosed is my check or money order for \$4.00 which will be applied towards my first purchase. (\$5 CAN., £3 U.K.)
I am an adult over 21 years of age:

Signature required _____
Name _____
Address _____
City _____
State _____ Zip _____
Xandria, 165 Valley Drive, Brisbane, CA 94005-1340
Void where prohibited by law.

them, and regard them with merciful awareness. Such a path admittedly requires us "to keep our hearts open in hell." But any other path, they note, is delusional, heart-less, and constrictive.

Such a path is also profoundly healing. For instance Ondrea Levine, at different points in her life, suffered from cancer and lupus disease. In both cases, Stephen and she engaged in deep meditations that eventually resulted in cures (or speaking warily, the absence of disease). But they admit openly that healing "seems to be composed of equal parts of wisdom and 'don't know.'"

The beauty of *Embracing the Beloved* is as a loving catalyst to those who can intuit wisdom when it presents itself and accept those mysteries that are at present unknowable, yet felt deeply.

"Our work is to stay present," Stephen and Ondrea Levine tell us, "available to the universe and vulnerable to the truth."

Let us all carry on this work, in one way or another, as long as we put our whole heart and mind into it.

The Power of the Mind to Heal

Joan Borysenko, Ph.D. and Miroslav Borysenko, Ph.D. Carson, California Hay House, Inc., 1994.

"Real development," wrote G.K. Chesterton, "is not leaving things behind, as on a road, but drawing life from them, as from a root."

The above quote is one of many taken from *The Power of the Mind to Heal* in the chapter called "Inspirations and Affirmations."

Joan and Miroslav Borysenko must have taken this one to heart,

for their book is an inspiring and affirming look at the possibilities of mind/body medicine working from a spiritual foundation. Healing, as they have observed time and again, is linked to "real development" as a human being and requires a mindful and compassionate understanding of not only our past, as Chesterton affirms, but of our moment-by-moment present, exemplified by this observation (taken from the same chapter), of Father Kallistos Ware: "The present is the point where time touches eternity."

Noting the past and always living in the present, with loving kindness and discerning wisdom, can heal much more than the body, the Borysenkos have observed. We can break through our everyday hypnotic trance and open up to a world in which, as they put it, "we

WE INVITE YOU TO MAKE *Changes* A PART OF TRANSFORMING YOUR LIFE!

Each issue of CHANGES is packed with encouragement and practical insights leading to physical, emotional, and spiritual well-being. Explore for yourself the positive benefits of:



- **Intimacy and Relationships**
Acquire the skills to deepen the bond of love and trust intimate relationships.
- **Dissolving Anger**
Free yourself from anger and enjoy peace within.
- **Forgiving and Letting Go**
Free yourself from yesterday and experience joy today.
- **Positive Mental Attitude**
Guarantee positive results by implanting positive beliefs.

- **Impulse Control**
Control any out-of-control impulses—overeating, gambling, shopping.
- **High Self-Esteem**
Empower yourself with positive feelings of self-worth, the most important step to building a positive, whole life.
- **Rescripting the Child Within**
Accept and love yourself and get a new lease on life.

Subscribe today to *Changes* Magazine—at **40%** less than the basic price. Pay only **\$18** for a full year. We'll even bill you later. For your convenience, use the coupon below or call our subscription center at:

1-(800) 998-0793

Clip and mail coupon to:
Changes Magazine
P.O. Box 609, Mt. Morris, IL 61054-0609

YES! Please start my subscription to **CHANGES** right away. I'll get one year, 6 bimonthly issues, for only **\$18**.

Name _____
Address _____
City _____
State _____ Zip _____

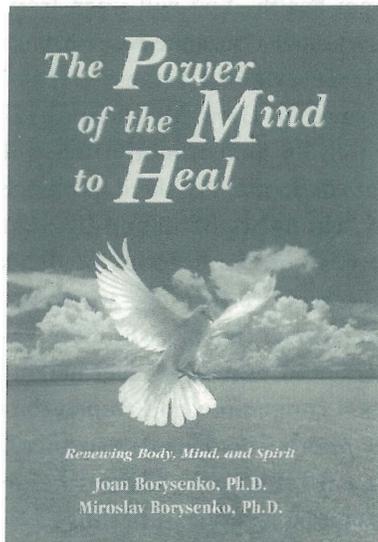
Payment enclosed Bill me later
 Visa MasterCard
Card # _____
Exp: _____
Signature: _____

Basic price: \$30/yr. FL residents add \$1.08 state sales tax. Canadian and Foreign orders must be prepaid in US funds. In Canada: add \$7/yr S/H; Foreign: add \$10/yr S/H.

Reviews

will be able to relate in a more meaningful way to that Great Mystery.”

Their pivotal insight on this blooming-forth of our true nature is expressed as, “The art of using the power of our minds to heal comes through the ability to *notice* when we are stuck in an unproduc-



tive mindset—to become *aware* of the mental movies that are limiting our creativity—and to make new choices. The two keys to healing are *awareness* and *choice*. With these keys, we can learn to awaken from the unconscious trance of life into a much more creative reality.”

Joan and Miroslav Borysenko are not shoot-from-the-hip New Agers though, who think that all one needs is a positive mind to conquer illness. Seeing this as a twisting of the Buddha’s message, they write, “rather than transcending suffering, which means that we must learn and grow from it, the ‘New Age’ message is that we can eliminate it.” Although not minimizing the value of a positive frame of mind, they caution that support groups sometimes consider any thoughts or feelings that aren’t

positive as “signs of failure.” The authors counter with the insightful observation that “‘Positive thinking’ can sometimes amount to pushing away the very pain and fear that can motivate us to heal our lives.” In other words, embracing our fear, not suppressing it indefinitely, is likely to sustain the healing process much more effectively.

This theme of facing ourselves to heal ourselves is important to them, and the claim of spirituality being a panacea for illness irks them. For instance, Joan relates a story about a time she spoke at a health-care conference in which someone did just that—probably capturing the attention of the audience by saying, she writes, “that spiritual awakening is a sure-fire cure for illness.” This individual, she continues, “represented a subtle, dangerous type of New Age Gestapo member.” The rest of the story bears repeating as a cautionary reminder that “spirituality and perfect health” are not likely for most people (even the Buddha died of food poisoning). “I explained that he was unleashing terror on people, giving them the impression that illness is—if not the result of the wages of sin—at least the badge of the unenlightened. I pointed out that all the mystics and spiritual teachers were dead, many of cancer... His last attempt to uphold his dangerous thesis was that perhaps the saints I had cited really weren’t enlightened after all!”

It would appear that this New-Age spiritual perfectionist had not heeded the Borysenko’s motto, “Keep an open mind, but don’t let your brain fall out.”

Quite obviously, this husband-

Lotus

Customer Service

Let Us Help You

As our valued customer, you deserve the best available service. We have a staff of trained personnel to answer your inquiries about payment or deliveries and to process label corrections and changes of address. Simply write to our post office box and attach your mailing label to your correspondence. Please use the coupon below for change of address.

- | | |
|---|--|
| <input type="checkbox"/> New Subscriber | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> Change of Address | <input type="checkbox"/> 1 year: \$19.50 |
| <input type="checkbox"/> Canada/Mexico add \$3yr. | <input type="checkbox"/> 2 year: \$37.50 |
| <input type="checkbox"/> Other Foreign add \$8yr. | <input type="checkbox"/> 3 year: \$51.25 |

For Change of Address or Renewal ATTACH YOUR CURRENT LABEL HERE We need your change of address 4 weeks before the next issue date.	Name _____
	Address _____
	City/State/Zip _____

Lotus
4032 South Lamar # 500-137
Austin Texas 78704

FEELING My Way
ORIGINAL
PIANO
by
CHARLEY
GEHRINGER



EXPERIENCE THE PEACE IN THIS lovely, MEDITATIVE piano music. EXCELLENT FOR USE IN MASSAGE AND EMOTIVE THERAPIES. THIS IS MUSIC FROM AND FOR THE SOUL. Enjoy!

To order cassette, send \$9.95 plus \$1.00 postage and handling to:
 Charles Gehringer, Inc.
 P.O. Box 71718
 Madison Heights, MI 48071

The McClintock
PIANO COURSE
A New Experience in Learning

Have you wished you could read music and play the piano, but never had the time to take lessons?

Now, without previous knowledge of music or the keyboard, you can confidently teach yourself at home—at your own pace.

After 30 years of research and experimentation, a complete Course (from basics to Bach) is available. Recommended by and for students, music educators and professionals.

3 volumes of music and 8 volumes of corresponding text in 2 handsomely boxed sets. Price: \$388 plus tax where applicable. For a free brochure, write or call: McClintock Enterprises, 853 Seventh Avenue, New York, New York 10019 800-428-0018 or 212-956-3529

Lotus is a powerful reminder of the vast potential within us to manifest our essence, to be the grand men and women we were meant to be.

and-wife team of mind/body practitioners—both with extensive backgrounds in medical science—have kept their minds open and brains inside their craniums. They have written a book that brings together the best information available concerning medicine, psychology, and spirituality. They are exemplars of what they most endorse—that is, a “healthy mysticism” (Joan’s role model being the 12th-century Christian mystic, Hildegard of Bingen). Drawing from both medical studies and personal experiences, they recommend principles of healing that should take one far beyond the “joyless striving” of too many people for a meditative way of life, infused with loving kindness, forgiveness, imagination, intuition, and clear minded insight.

Besides the medical and experiential citations, they have also formulated a dozen useful meditative exercises, inspired by Buddhism, Judaism (Joan was reared in a conservative Jewish family), Christian, and other spiritual sources. For instance, they adapt one from an ancient Tibetan meditation called tonglen, “the meditation of giving and receiving.” The interesting story behind their interest in this meditation has to do with the Dalai Lama, who has told people that his response to the Chinese—who carried out a holocaust against the Tibetans during the 1950s—is, the Borysenkos write, “that he practiced a form of meditation in which he took the pain of the Chinese and returned his peace and happiness to them.”

He practiced tonglen, a beautiful response from a marvelous person.

Joan and Miroslav Borysenko

range across this field of mind, body, and spirit with an enthusiasm that is thankfully infectious. Their book is a virus of good information that one should catch. You will discover, for instance, that “social support” is the greatest predictor of health—and why. That loneliness is associated with less than optimum health. You will learn from psychologist Suzanne Kobasa what characterizes a “stress-hardy” person. Dr. David McClelland’s research on human motivation will put you in mind of the importance of “thoughts of unconditional love.” The implications of Bell’s Theorem are that “we are always connected.” People who have experienced near death feel heightened compassion and responsibility afterwards. Rituals can thrust one from an unconscious belief system and result in healing. The importance of breathing in meditation becomes evident—what the authors call “the gear-shift between fear and creativity.” You will learn how working with “subpersonalities” can be a healing experience. You will even see how angels can hasten healing.

These informational tidbits, and the many more one will read about in *The Power of the Mind to Heal*, are not as random as they seem; for throughout the book one will begin to recognize that healing through a meditative way of life is a mindful and loving process in which all that we think, say, or do is interconnected in some way.

What Joan and Miroslav Borysenko are saying in their informative and heartfelt book is that to bring awareness to our lives and to our “true nature” is the most healthful practice of all. This is

advice we can and should take for life.

A Path with Heart: A Guide through the Perils and Promises of Spiritual Life

Jack Kornfield. New York. Bantam Books, 1993.

Jack Kornfield has come a long way since the summer of 1972 when he returned to America from Asia to live as a Buddhist monk, head shaved and body robed. The apparent incongruity of his presence among multicultural Americans impelled him to rethink ways to live his life. He writes, "it became clear that I would have to find a way to reconcile the ancient and wonderful teachings I had received at the Buddhist monastery with the ways of our modern world."

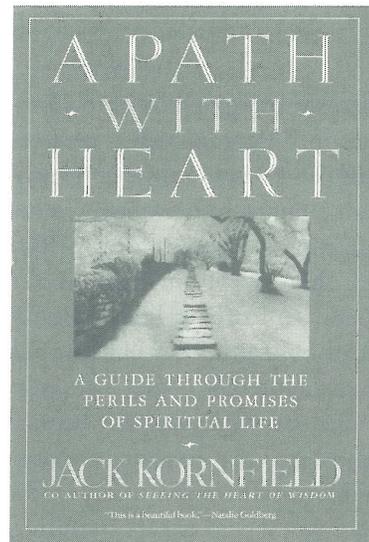
He has met his own challenge, having co-founded the Insight Meditation Society and introducing many westerners to the teachings of *vipassana* (see review of his audio cassette presentation, *The Inner Art of Meditation*, in *Lotus*, Vol. 3, No. 5).

His richly detailed and wonderfully informative book, *A Path with Heart*, should become a classic in contemporary Buddhist literature, deserving a place on the bookshelf beside *Insight Meditation* (reviewed in *Lotus*, Vol. 3, No. 3) by Joseph Goldstein, also co-founder of the *Insight Meditation Society*.

Kornfield writes prose so crystalline that even the most complex aspects of Buddhist psychology become intelligible though at its core, the book is a gentle and loving invitation to awaken to one's vast inner self and to *experience* a shift in the way one sees the world. One who follows a "path with

heart" will embrace life with vibrancy and compassion, never trying to escape but always entering into what is most difficult, with a heart and mind attuned to each other and to what has been called, among other things, the Great Mystery.

There is nothing compartmental about the spirituality Kornfield writes about, as can be seen in this



extended passage, "To open deeply, as genuine spiritual life requires, we need a tremendous courage and strength, a kind of warrior spirit. But the place for this warrior strength is in the heart. We need energy, commitment, and courage not to run from our life nor to cover it over with any philosophy—material or spiritual. We need a warrior's heart that lets us face our lives directly, our pains and limitations, our joys and possibilities. This courage allows us to include every aspect of life in our spiritual practice: our bodies, our families, our society, politics, the earth's ecology, art, education. Only then can spirituality be truly integrated into our lives."

As this book attests to so beauti-

fully, the mindfulness practices of *vipassana* (derived from the Theravada Buddhist tradition) cannot be likened to escape valves to shut life out; rather, they can open us up like reservoirs to take life in but never become slavishly attached to what is most painful and can cause suffering. Being the sagacious teacher that he is, Kornfield admonishes heartfelt seekers of truth not to become ensnared by the belief that the purpose of spiritual life is to gain a psychic edge or to develop "special powers." "In fact, such seeking can take us away from ourselves," he writes. "If we are not careful, we can easily find the great failures of our modern society—its ambition, materialism, and individual isolation—repeated in our spiritual life."

Indeed, one need not look far to observe just such trends—deluded individuals who are like rusty, unpolished mirrors, reflecting a de-based spirituality.

Though life changes, Kornfield teaches that sincere seekers can learn to "live from the spirit of the heart" and "let go" of all those monkey-minded tendencies that compel them to be judgmental, as if final truths could be arrived at amidst the everyday flux people must encounter.

Kornfield tells wonderful stories that highlight the importance of balance in living the spiritual life. But sometimes people in pain try to detach mentally, escaping more than retreating, as meditation requires. He includes this quote from Rumi to draw up an analogy, "The spirit and the body carry different loads and require different attentions. Too often we put saddlebags on Jesus and let the donkey run loose in the pasture."

ABOUT YOUR SUBSCRIPTION...

We want to provide you with the best service we can. If you have a question about your subscription, you may find the answer here without contacting us.

If you receive a renewal notice or invoice after you have sent payment, please disregard it. They probably crossed in the mail. All renewal notices and invoices have a date on them which reflects the time we updated our records. If you paid for your subscription more than four weeks before that date, let us know. Send a copy of your canceled check and we'll make sure your payment is credited.

If you move, you must send us your change of address, including your old address, zip code, and your previous name, if it has changed. We need to receive changes of address four weeks before the issue date to insure that your next journal will be sent to the right address. If you do not send in an address change in time, we cannot replace magazines sent to your old address. We are not responsible for the Post Office's forwarding of mail.

If you are a subscriber outside the United States, we need to receive all payments in U.S. dollars. If your payment is not in U.S. funds, it will be returned to you. The simplest way for you to send payment to Lotus is by international or postal money order.

Please direct all inquiries to:
Lotus Journal
4032 S. Lamar Blvd. #500-137
Austin, Texas 78704-7900
or call (800) 775-6887

Reviews

But as the twenty or more meditations in this book make clear, spiritual priorities can be realigned, and our most "compassionate attention" can be directed towards our difficulties, hence eventually transforming them. In fact, one of his meditations is called simply, "Reflecting on Difficulty." Among others are those of loving kindness, "Stopping the War Within," healing, "Seeing All Beings As Enlightened," death and rebirth, and "Transforming Sorrow into Compassion." Paradoxically, meditations can become habits of detachment ("I must be detached") rather than mindful observances of flux and change ("I am detached"). There is a world of difference between obligatory detachment and detachment that comes naturally. In one the meditator can become bound up in a psychic cocoon, unable to face difficulties; in the other he or she enters mindfully into whatever life throws at him or her, never surrendering to the compulsion to run away and hide in meditation practiced wrongfully.

"A genuine spiritual path does not avoid difficulties or mistakes," Kornfield teaches, "but leads us to the art of making mistakes wakefully, bringing them to the transformative power of our heart."

And so he presents clearly in great detail the Buddha's teachings, the Middle Way: the Four Foundations of Mindfulness, five "hindrances of awareness," principles and "skillful means" of dealing with difficult problems, principles on how to work with "unfamiliar realms of our spiritual life" (e.g., side effects from "unusual experiences"), maps for "expanding and dissolving the self," teachings of the "Near Enemies," types of

"karmic conditioning," qualities of "spiritual maturity," and one of the hallmarks of Buddhist teachings, the "Five Precepts."

He also demystifies, if not humanizes, spiritual teachers in an eye-opening chapter called "The Emperor's New Clothes: Problems with Teachers." He notes that their major areas of difficulty are "misuse of power," money, "harm through sexuality," and alcohol or drug addiction. In fact, he tells of interviews he conducted with fifty-three Zen masters, concerning sexuality, in which he discovered, quite simply, "The birds do it, the bees do it, and most gurus do it too." But his opening up to this topic is intended to convey the message that seekers be *aware* more than to *beware* of the human limitations of one's teachers. Again, he counsels balance—that is, ask honest questions, disentangle from the "halo effect," and "take what's good" of someone's teachings.

Jack Kornfield brings a personal touch throughout *A Path with Heart*, relating anecdotes from experience and retelling stories from various spiritual traditions. Yet he is humble enough to agree with Suzuki Roshi that all Buddhist teachings can be summed up as, "Not always so."

"When we try to repeat what has been in the past," he reasons insightfully, "we lose the true sense of life as an opening, a flowering, an unfolding, an adventure."

Be assured that this book does not reflect such a loss. Reading it can indeed put one on a path with heart. •

STRETCH YOUR HORIZONS

***Discover the many
paths of
transformation.***

**For U.S. and Canadian
credit card orders only,
call Toll-Free (800)775-6887.**

**For customer service,
please call (918)683-4560.**

**\$19.50 for 1 year
\$37.50 for 2 years**

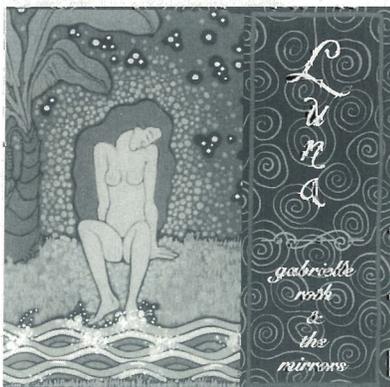
Lotus

Music to Move By

Music Reviews

In ancient times, the wisdom of shamans was shared with tribal members through all night celebrations of sound and movement, story, song and dance. Today, modern healing rituals are evoked by group participation in informal get-togethers where body, spirit, and soul are united through the rhythms of nature, represented by the “voices” of hand drums, shakers, click sticks, and other percussive instruments. The resulting rhythmic creations enable participants to access previously hidden parts of being as well as celebrate union with all of life. There is an initiation, exploration, discovery, and reward process being offered whenever the rhythm is present; to reap the benefits, one only has to get up and move.

Here's a selection of recordings that demonstrate the wealth of movement music possibilities waiting for you to enjoy.



Gabrielle Roth & the Mirrors Bones, Waves, and Luna

Tapping the rhythmic dialogue between flesh and spirit, urban shaman Roth directs and choreographs the performances of her top flight ensemble on these three popular recordings that present almost three hours of uninterrupted dancing pleasure. “Bones” is a calling to the inner dance, an invitation to experience fully the idea of motion in every cell. This primal invocation is sinuous and seductive, whereas “Waves” is a heady delight of dervish rhythms and ecstatic vocals, upbeat and irresistible. “Luna” is more balanced between Roth’s philosophy of five rhythms: flowing (feminine, circular), staccato (masculine, forceful), chaos (abandoned but rooted), lyrical (light, harmonious), and stillness (quiet, centered). Roth creates the concepts, chooses the key, sets the foundation beat, and selects the musicians, then uses her own intuitive movements to lead the band into primitive movement rituals. Because of the wide range of ethno-percussive instruments used on these recordings, there is always something “new” to hear, and the infectious rhythms make it easy to surrender one’s self-consciousness in the bliss of movement. *Raven Recordings.*

World Dance Beat, World Dance Beat—Beyond The Border

Compiled by Van Alpert and Jeremy Powers, these two CD’s are

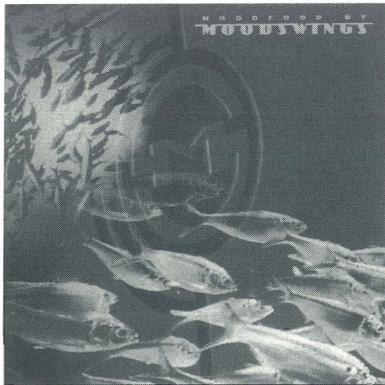
first rate anthologies that cross imaginary boundaries and unites the disparate social, political and percussive visions of well known and lesser known personalities into a truly liberating physical and emotional experience. *Beyond the Border* begins with a hip hop/swing instrumental, a soaring sax line captures the enthusiasm of the dance floor



before yielding to the pulse pounding intensity of a Haitian vocal ensemble. While all selections are upbeat, they are sequenced so that each song presents a different tempo and movement. *K-Tel Records.*

Moodfood by Moodswings

One of the most fascinating and enlivening CD’s we have come across. The CD cover identifies its self as “Aural medication for tired minds.” The music seems to draw from the same philosophy of Gabrielle Roth’s five rhythms, with one difference, “intensity.” A



deeply mystical rhythmic beat permeates throughout the tracks as the music waxes and wanes. One of the recordings contains excerpts from Dr. Martin Luther King's famous "I have a Dream Speech." *Arista Records.*

Culture Clash, "Culture Clash - The Sound of Two Continents Colliding" (Multitone Records)

This excellent compilation album is an example of the breadth and depth of the new Bhangra-Dance sound that has bowled over Europe and is now making its debut in the States. This new music stems from the "world House" movement, a holistic disco style that attempts to embrace global unity as well as some wicked grooves. Bhangra is powered by the beat of the dholak (a traditional double-faced drum), rather than synthesizers, and so its rapid pace blend of Eastern and Western influences is more organically appealing than techno or industrial recordings, especially when played over the course of an evening. Instead of the rhythm wearing one down, it revitalizes, and conveys a sense of something deeper than just high speed dance music. A fabulous chanteuse Bindu suggests, "You'll feel no pain when this hits; let it take the hurt off you."

"Rising High Trance Injection" (Instinct Records)

Smokin'! This double CD package presents over two hours of pure body shakin' pleasure from some of the world's best trance/techno artists. Perry & Rhodan's "The Beat Just Goes Straight On and On" pretty well sums up the entire presentation. Disk 01 boasts ten cuts that overflow with pulse pounding rhythms, ear catching sound effects, and many innovative tonal variations created on state of the art electronic gear; not as harsh as industrial techno, Disk 02, overall, is prime rave material that everyone can enjoy.

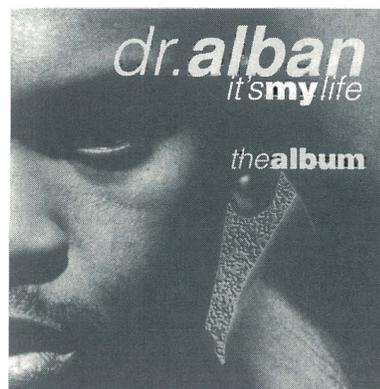
"ESP Vol. 2: The Trance Groove" (Sonic Records)

Top quality ambient and trance artists record for a Holland label called ESP; now, the hottest European tracks from each of these musicians are available in America for the first time! Sound sculptors deliver the cutting edge of dance music today with hard-core breakbeats, slamming rhythms and ethereal effects. Check out the introductory teaser on "Heaven's Tears" for a sense of the fun and frivolity that highlights these post-techno, experimental dance tracks. Resonant electro-harmonics and superior audio production are featured throughout. If you like soul stirring trance music, you'll love this one.

The Big Bang

This 3-CD set with 44-page booklet has notes written by John Diliberto of the popular public radio program, "Echoes." It counterpoints the riotous rhythms contained within and serves as a tour of four continents of drumming. Top name performers performing on Celtic bodhran, Japanese taiko,

Afro-Cuban congas, North Indian tablas, Balinese gamelan and other exciting, exotic percussion instruments demonstrate the remarkable variety and versatility of rhythmic form and tone. From Native American pow wow to Pygmy water drumming, the heart-centered beating resounds the glories of life, while reminding us that all music comes from nature. Underscoring this natural theme are selections of environmental sounds which capture the drumming styles of the great apes in their jungle habitat. This boxed set is an excellent introduction to the magic and magnitude of the drum. *Ellipsis Arts.*



Dr. Alban It's My Life, The Album,

This one will pull you up out of the chair and dance you around the room. Upbeat African Reggae music, it starts with a beat that pulsates with life energy and savory lyrics, brash and sensual. Dr. Alban expresses himself primarily with African drum, bass and vocals. All selections are upbeat and unique, and a pure expression of life's energy. Express your own joy, feel your feelings, feel the beat... this is the chance to let go and dance, celebrate living with Dr. Alban as he declares "It's My Life." *Arista Records.* •

Network Calendar

MAY

18-21 EMPOWERMENT WORKSHOP

The methodology of this workshop is to bring fuller consciousness to the power our thoughts have in creating the reality of our lives in all areas: relationships, sexuality, money, work, body, emotions and spirituality. For a complete schedule of workshops contact Empowerment Trainings (914)331-1312.

19-21 A GATHERING

Explore new ideas in psychology, ancient mythology and traditional Native cultures. Share information and personal experiences in a variety of lectures and discussion groups. Activities include The High Ropes Course, Healing with Herbs, Drum, Dance & Howl at the Moon, Traditional Beadwork, and much more. Presented also in October. Contact A Gathering (513)677-1710.

20-21 THE WAY OF THE SHAMAN

Presented by California Institute of Integral Studies with Michael Harner. Emphasis is on the classic shamanic journey, one of the visionary methods used to explore the hidden universe known mainly through myth and dream. Contact Foundation for Shamanic Studies for other dates and locations and advanced workshops. (415)380-8282.

20-21 EMBRACING THE BELOVED

Relationship as a path of awakening with Stephen and Ondrea Levine at Town Hall, New York City. A combination of lecture, guided meditation and group sharing, focusing on forgiveness, compassion and merciful awareness. Register through Omega. (800)944-1001.

21 THE ART OF HEALING

This workshop with Bernie Siegel is designed for anyone and especially those dealing with, or treating chronic or catastrophic illness and explores the role of hope, love, spirituality, unconscious beliefs, dreams, and meditation in the healing process. Innersource Conferences Inc. (410)269-6298.

23-30 PAINTING FROM THE SOURCE

Immerse yourself in the creative process, surrounded by the beauty of New Mexico with Aviva Gold, artist and psychotherapist. Rediscover creative expression in the gardens and courtyards of Synergia Ranch, with clear vistas of surrounding mountains and walking paths through the desert and orchards. This workshop is also offered August 1-8. Contact Aviva (518)392-2631.

JUNE

1-4 COMMUNITY IN ORGANIZATIONS

A conference designed to help people understand the dynamics, challenges and rewards of building community within organizations. Explore group creativity, learning and vision. Contact Greg Zlevor (617)551-0220.

2-4 THE SACRED CONVERSATION

Begins the Summer 95 Conferences and Re-

treats at Pendle Hill, a Quaker center for study and contemplation. It is a center for the nurture of religious life for people of all faiths. Summer workshops include a youth camp, basic Quakerism and parenting. For a complete listing and information on the residential study program call (800)742-3150.

2-4 MEDICINE WHEEL GATHERING

This event can help one learn to heal oneself and Mother Earth and the opportunity to be part of powerful ceremonies to honor this sacred time on earth. Special guests if the time is right will be Don Mariano, high shaman and spiritual leader of the Q'ero people of Peru, and Don Juan, high shaman-priest and elder. Celebrate, drum, dance, laugh, and learn. Children are welcome. Earth Vision (505)758-1491. Northwest Medicine Wheel Gathering, July 14-16, Mt. Ranier, Washington (206)745-2093.

2-10 VIPASSANA MEDITATION RETREAT

Bhante Gunaratana leads this retreat, designed both for new and continuing students. Bhante, born in Sri Lanka, became a monk as a young boy. Silence will be observed except for the evening talks and private interviews. Contact Ocamora (505)666-2389.

4-18 MACHU PICCHU & THE INCA TRAIL

The journey begins in the city of Cuzco, once capital of the Inca empire and will include a four day hike along the ancient path to Machu Picchu. Contact Triquetra Journeys, dedicated to the authenticity of experiential shamanism. Lorna Roberts. (212)727-1898.

5-11 EMBRACING THE SHADOW

Accessing the deeper source of our spiritual potency through acceptance of the shadow side of our human nature has been an important part of the inner work of Eupsychia. Leaders are Jacquelyn Small, Jeremiah Abrams, Linda Piscitelli Wolf and Greg Zelonka. (512)327-2795

6-11 SPIRIT IN ACTION

An ongoing interactive retreat includes group work, an open art studio, music, movement and dance experiences. The presenters include Jack Kornfield, Marion Woodman, Jean Shinoda Bolen, Andrew Harvey, Jai Uttal, Gabrielle Roth and many more. International Transpersonal Association. (800)533-3641.

8-11 THE HAPPINESS OPTION WEEKEND

A powerful program that can improve the quality of your life. Learn how personal growth can occur quickly and easily, how to release self defeating habits and create and maintain a sense of personal well being. Presented by Option Institute and recommended for first time visitors. Also on September 7-10. (413)229-2100.

8-11 DISCOVER YOUR HIDDEN WEALTH

Techniques and practices for self transformation presented by The Himalayan Institute and includes sessions on Ayurveda, holistic health, homeopathy, yoga therapy, spirituality, mysticism

and reincarnation. Featured speakers include: Pandit Rajmani Tigunait, Sri Kriyananda, and Father Joe Pereira. This congress is held in three locations during June and July. For details call (800)822-4547.

9-11 HOW TO MEDITATE WEEKEND

Perfect for Beginners. Explore why the mind is restless and how to still the wandering thoughts. Guided practice periods and individual time. Return home refreshed. Offered one weekend each month by The Expanding Light, Retreat Center of Ananda Village, in the scenic foothills of the Sierra Nevada Mountains. (800)346-5350.

16-18 SUMMER SOLSTICE SEMINAR

Join Brant Secunda in the Catskill Mountains of New York State for an opportunity to experience Huichol Indian Shamanism, Healing, and Ceremonial Celebration. Participants will take part in a Dance of the Deer ceremony in honor of the summer solstice. (408)475-9560

16-17 STORY-MAKING

A creative writing workshop begins Summer 1995 at Rudolf Steiner College. In this workshop writing will be both playful and serious, seeking to encourage the life of fantasy from which stories arise. For a complete listing of summer programs and dates call (916)961-8727.

16-18 NAMASTE RETREATS

Women Alone with Julie Keen and Lone Jensen begins the retreats at the Living Enrichment Center in Wilsonville, Oregon. Namaste offers an atmosphere to relax, learn and grow. Father Leo Booth in July and Pathways to the Future with Jean Houston in September are featured this year. For a complete listing of dates and presenters call Diane Nelson (503)682-4224.

22-25 HEALING SCIENCE TRAINING

Intensive, hands-on instruction with Barbara Brennan, author of Hands of Light and Light Emerging. Participants will perceive and work with the human energy field for healing. Seattle, Washington. Other dates this summer are July 13-16 in Boston, Massachusetts, and August 10-13 in Long Island, New York. Barbara Brennan School Of Healing. (516)329-0951.

24-15 THE HEALING JOURNEY

A workshop sponsored by the Oasis Center with Jeanne Achterbery, Helen Bonny, Lucia Capacchione and others. Focus is on energy medicine for self healing. Call for brochure on this and other programs with Malidoma & Sonbonfu Some, Jean Houston, Bernard Siegel. (312)274-6777.

24-29 TAI CHI IN PARADISE

Create Balance and create a life of harmony, power and joy. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body. Kalani Honua Retreat Center, near black sand beaches and the spectacular Volcanoes National Park, Hilo, Hawaii. Pa-

cific School of Tai Chi, Chris Luth (619)259-1396.

25-30 THE WAY OF THE DREAM

A film series featuring Dr Marie-Louise von Franz. Venture into the world of dreams and penetrate the mysterious world of sleep. The major segments in this series are produced by the late Fraser Boa, film maker and Jungian analyst, and interpreted by Dr. von Franz. Held at Kanuga Conference Center in Western North Carolina. Presented by Journey Into Wholeness (704)877-4809.

19-JULY 28 WALDORF PROGRAM

This program is for practicing teachers seeking to implement the Waldorf approach in their classrooms and enables sharing among teachers from diverse school settings. The emphasis is on practical application of Waldorf pedagogy. Rudolf Steiner College. (916)961-8727.

26- AUG 18 LIVING THE DREAM

An in depth program for those wanting to make a profound and lasting change in their lives. Learn practical, specific methods to recreate yourself in whatever ways you choose: attitudes, personality, health, relationships, career, lifestyle, with the confidence and know-how to continue these changes in all your future endeavors. Option Institute. (413)229-2100.

JULY

1-9 MOUNTAIN WALKING RETREAT

Walking in the San Juan Mountains of Southern Colorado begins at the Crestone Mountain Zen Center. Walk with llamas and friends in high altitudes in tundra and forests, high passes and flower filled meadows, practicing meditation and developing insight and stability, as well as commitment to the preservation of wild lands. Joan Halifax and Randy Fox, Upaya. (505)986-8518.

1-11 EDUCO DISCOVERY COURSES

An intensive opportunity for young people to discover their own depth and power. Includes mountain backpacking, rock climbing, solo time, peak climbs, campfires and environmental activities. Crestone, Colorado. For ages 11-18. Rites of Passage Courses for Young Men and Women are offered in June and July. Educo (303)679-4294.

8-15 A WOMAN'S WEEK 1995

Join with a community of women to create, learn, relax and play, gathering at St. Mary's College in the countryside on the St. Mary's River. Activities include journaling, movement, dreamwork, songs and stories, as well as time for swimming, canoeing, windsurfing and walks by the river. Presented by Woman's Well, Mary WoznySmith (703)237-9429.

10-16 WOMEN AND THE PLANET

A PeerSpirit event with Christina Baldwin and Ann Linnea in conjunction with a women's drumming workshop with Barbara Borden and Sue Lundquist. Sponsored by Hollyhock Farms at their retreat center on Cortes Island, British Columbia, for women who want to deepen their spiritual

An Experience You Won't Forget

May 19, 20, 21 & Oct. 20, 21, 22, 1995



Just ask someone who's been there...
A weekend in a cabin . . . in the woods
. . . Native American teachers & elders .
. . . Eastern philosophy... learning more
about relationships...
finding them, keeping them ...
Men & Women howling at the moon...
Don't miss it!

A Gathering™

P.O. BOX 4685
MAINEVILLE, OH 45039

513-677-1710

REGISTER BY PHONE WITH CREDIT CARD
Cost \$250

for cabins, meals & workshops

THE HEALING JOURNEY: ENERGY MEDICINE FOR SELF HEALING

---a workshop with---

Jeanne Achterberg, Helen Bonny,
Rosalyn Bruyere, Jacob Liberman,
Lucia Capacchione and John Thie

June 24 and 25, 1995

sponsored by the

OASIS® CENTER

New Horizons for Mind, Body & Spirit

7463 N. Sheridan Road
Chicago, Illinois 60626

312-274-6777

also bringing you programs
with

Matthew Fox • Larry Dossey, M.D.
Andrew Harvey • Zerka Moreno
Michael Meade • Don Campbell
Jean Houston • Bernard Siegel, M.D.

CALL OR WRITE FOR BROCHURE

REGISTER BY PHONE WITH VISA OR MASTERCARD

OMEGA INSTITUTE

FOR HOLISTIC STUDIES

This summer we're offering more
than 250 workshops and retreats
with renowned faculty, including:

BUDDHIST TEACHINGS ON LOVE

Thich Nhat Hanh

EMBRACING THE BELOVED

Stephen & Ondrea Levine

CARLOS CASTANEDA'S "TENSEGRITY"

Florinda Donner-Grau, Taisha Abelar
& Carol Tiggs

ELDERS' COUNCIL

Ram Dass & Rabbi Zalman Schachter

VIPASSANA MEDITATION RETREAT

Joseph Goldstein & Sharon Salzberg

Plus... Jon Kabat-Zinn

Gabrielle Roth • Larry Dossey
Harriet Lerner • Sam Keen

For a free catalog, contact us at:

800-944-1001 or 914-266-4444

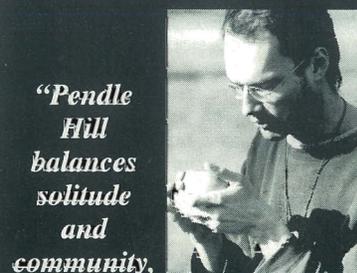
260 Lake Drive

Rhinebeck, NY 12572-3212



PENDLE HILL

A CENTER FOR STUDY AND
CONTEMPLATION



"Pendle
Hill
balances
solitude
and
community,
contemplation and action so
gracefully that all who come
can be refreshed."

The Pendle Hill community welcomes
all those seeking a time of spiritual
enrichment and study. Come to our
beautiful, wooded 23-acre campus for
a short-term sojourn, a weekend con-
ference, or one to three residential
terms. 63 years of Quaker leadership.

(800) 742-3150

Box L, 338 Plush Mill Road
Wallingford, PA 19086

SAFE & SACRED HOUSE

**A Gathering Place
For Spirit Work in a
Writer's Bahamas Home**

Complete Packages Including Meals, Household Service, Accommodations, Island Transportation to and from Airport, and Round Trip Airfare from Miami ...

From \$700.00/p.p.

For Three Day Weekends

Spacious Accommodations and Informal Meeting Places for up to Eight in a Very Relaxing, Private, and Secluded Environment, for a Self-Directed Group Experience.

- Small Workshops
- Retreats
- Intensives
- Spirit Gatherings
- Focussed Sessions
- Lost Weekends

Contact:

J. B. GANS, Miami, Florida

Phone: 305-668-0052

Fax: 305-668-0650

(O): 305-773-0904

WomanWisdom MYSTERY SCHOOL

**Celebrating the
sacred dimensions of the
feminine- a nine month
journey beginning
October 1995.
Heart of the Goddess
(610) 695-9494**

10 LEOPARD RD • BERWYN, PA 19312

TRIQUETRA JOURNEYS

Experiential journeys led by shaman,
Lorna Roberts, MFA

PERUVIAN AMAZON

with jungle shaman, Agustin Rivas
July 1 - 15, 1995

\$2,300 includes intrnat'l airfare, land transport, & lodging

INCA TRAIL / MACHU PICCHU

with esoteric master, Jorge Delgado June 4 - 18, 1995

SOUTHERN FRANCE

The Black Madonna/ Mary Magdalene/ The Dark Feminine
October 15 - 29, 1995

For information, call or write:
181 W. 4th St., #3, NY, NY 10014, (212) 727-1898

A Landmark Film by Christy Baldwin

"A pioneer film" — Elinor Gadon, author of *The Once and Future Goddess*



Narrated by
Isabel Allende

Scripted by
Phil Cousineau

THE PRESENCE OF THE GODDESS

"A Vision Whose Time Has Returned"

The Presence of the Goddess is the first and *only* film that traces the development and history of the Goddess throughout Western civilization. It helps us to develop solutions to contemporary problems by understanding the relationship between the natural and spiritual worlds. *The Presence of the Goddess* empowers both women and men to more clearly and fully understand the impact of the feminine principle. (VHS format)

To order or for more information: Balcorman Films,
202 Meda Ln., Mill Valley, CA 94941 415-381-6662

Yasodhara Ashram

Yoga Study & Spiritual Centre

Hatha, Mantra, Dreams, Teacher Training,
Festivals, Retreats



Founded by Swami Sivananda Pacha

On the shores of beautiful Kootenay Lake
in B.C., Canada

Call for free catalogue:

(604) 227-9224

ahp

Association
for Humanistic
Psychology

*Putting the
humanistic spirit
to work in the world.*

For membership information contact:
AHP, 45 Franklin Street #315,
San Francisco CA 94102
(415) 864-8850

connection to nature. There will be indoor and outdoor circle work and exploration of the island on foot and by kayak. Hollyhock Farms (604)935-6465 or Peerspirit (360)321-8404.

12-17 OPEN HEART, OPEN MIND

Sharing stories, wisdom, and commitment to service, the Transformative Spirit of Service is a practical and inspiring exploration of creative work and compassionate action with Matthew Fox, Robert Theobald, Frances Vaughan and many others. Presented by Institute of Noetic Sciences (317)329-8445.

12-28 THE GODDESS TOUR OF TURKEY

Women's tour of Anatolia. Believing that a group of women on a journey creates sacred space and that sharing this experience is magical, Goddess Tours offers the opportunity of joining with women and guides to visit sacred sites of the Goddess. Lydia Ruyle, Goddess Tours (303) 352-1643.

14-16 DREAM SYMPOSIUM

Dream workshops, symbolic walks, discussions, panels, presentations, and the opportunity to work with one's own dreams. Featuring Fred Alan Wolf, Jayne Gackenbach, Lee Piper, Kelly Bulkeley and others. The purpose of Dream Yoga is to gain knowledge of the Divine and to realize and liberate oneself. Yasodhara Ashram, Canada (604)227-9224.

14-AUG. 7 HIGH ON LIFE

The Art of Being's annual Hawaii summer event. A life-transforming adventure with Alan Lowen, Paul Carter and Niyaso Carter. Body, Heart and Soul (July 14-22) is a way to rediscover innocence and delight in your sensual and sexual nature. Maui Adventure (July 23-31) and Kauai Adventure (Aug. 1-7) flow with the rhythms and forces of nature and find the quiet, playfulness and joy to create fulfillment and success in your life. (808)572-2234.

17-28 SPIRITUALLY LIVING WITH NATURE

Being mutually interdependent, not only with each other but with the natural environment, the relationship between inner consciousness and the outer environment is a key aspect of transpersonal studies at Atlantic University. (800)428-1512.

19-23 PILGRIMAGE TO MT. SHASTA

Join Brant Secunda at Mount Shasta in Northern California which has been known for centuries as a healing place of power. On this pilgrimage experience Huichol ceremonies such as the Dance of the Deer and Huichol shamanic practices of purification, prayer, dreamwork, visionary arts and drumming. Dance Of The Deer Foundation (408)475-9560.

21-30 GOLDEN EAGLE VISION QUEST

This ancient rite of passage led by Michael Young provides a setting for transformation. Bull Mountains, Montana will be the wilderness location. Other locations: Blue Ridge Mts, North Carolina, Belize, Central America and Green

Network Calendar

Mts, Vermont. For dates and more information (704)254-7747.

31- AUG 12 JUNG AND RELATIONSHIPS

Jungian Summer Seminar in Switzerland at the CG Jung Institute, Zurich, and in Wildhaus, a mountain resort in the Toggenburg Alps offers an opportunity for personal and professional growth with time for recreation and relaxation. Jungian Seminars. (800)258-3533.

31- AUG 18 EXPRESSIVE ARTS

Reawaken a language of image and metaphor, revealing the deepest aspects of the self and opening communication with others. Held in a tranquil retreat setting overlooking Tomales Bay on the Northern California Coast. California Institute Of Integral Studies (415)753-6100.

27-AUG 6 ALASKA, A LIVING DREAM

Meet at Juneau's only wilderness retreat center, near the Mendenhall Glacier and the Tongus Mountains, overlooking waters teeming with whales, porpoise, and seal. Listen to ancient stories of creation and learn practices of shamanic health and healing. Recognize and approach places of power in nature and bring that power into your life. Dance Of The Deer (408)475-9560

AUGUST

3-6 IMAGINATION AND THE ARTS

Exploring the mystery of imagination and the arts as an expression, this program includes plenary sessions, workshops, conversation forums, presentations and special activities. Presenters include, Julia Cameron, Jeanne Achterberg, Angeles Arrien, Don Campbell and Stanislav and Christina Grof. Presented by the Association For Transpersonal Psychology (415)327-0437.

7-13 MACROBIOTIC CONFERENCE

A week of summer fun, exercise, entertainment and vegetarian meals that revolves around a natural health program. Classes include Cooking with Natural Foods, Women's Health Issues, Healing the Environment, Natural Home Gardening, Food and Emotions and ongoing Tai Chi, Chi Kung, Yoga, Shiatsu Massage, golf and tennis. Kushi Institute (413)623-5741

9-22 GODDESS TOUR OF GREAT BRITAIN

Explore myths, legends and sacred sites of the ancient goddess in England, Wales and Cornwall. Beginning in Glastonbury and the Isle of Avalon, climbing the Tor and visiting Chalice Well. The journey will go from the natural world of our early ancestors to the sacred Neolithic landscape of mounds, barrows and wells. Visit healing waters. Witness the sunrise at Stonehenge. Lydia Ruyle, Goddess Tours (303)352-1643.

11-19 POWER OF THE SOUTHWEST

In the majesty of Santa Fe, New Mexico, experience Native American culture. Participate in a sweat lodge, make pottery, and white-water raft. Storytelling, drumming, chanting and a vision quest are part of this trip presented by Creative Energy Options (215)643-4420.

11-20 YOGA THERAPY TRAINING

EARTHQUEST

Your Sedona Source For New Age Products
From All Over The World

- Music • Books • Jewelry • Greeting Cards •
- Angel Products & More •

Call for **FREE** Mail Order Catalog

Retail

1-800-298-4888

Wholesale

1-800-293-3388

REMEMBER WHO YOU ARE!

Avatar is a powerful self-evolution course based on the simple truth that your beliefs cause you to create situations or events which you experience as your life. It serves as a catalyst and provides you with tools to re-engineer your consciousness, relationships, life and world.



What excites people about **Avatar** is the:

- **Mental clarity** that comes from turning off the noise of the mind
- Greater sense of **appreciation** and **connectedness** with all life
- **Ability** to handle self-sabotage and begin creating your life deliberately.

COME EXPLORE WHO YOU ARE AND WHAT YOU ARE HERE TO DO.

For information call Roseann Gould at: **800-381-2465** or **415-381-2465**

Avatar is a registered trademark of Star's Edge, Inc. All Rights Reserved.

When your world has
been turned
...**UPSIDE DOWN**



...Rescue Remedy® will help TURN THINGS AROUND

Rescue Remedy will give fast, dependable temporary relief anytime you feel your world turning upside down: an accident, during or after an argument, before public speaking, when you have received bad news, taking an exam, loss of a loved one, a visit to the dentist or doctor. Formulated from 5 of the Bach Flower Essences. To order your 10ml bottle of the original RESCUE REMEDY®, send \$9.95 plus \$2.95 shipping and handling to: Dept. LM 25, NELSON BACH USA, 1007 W. Upsal Street, Philadelphia, PA 19119.

1-800-314-BACH.
Free Newsletter/Catalog.



DharmaCrafts

MEDITATION SUPPLIES

Statues, Cushions, Ritual Objects,

Incense, Benches, Books

Wholesale and Retail

For Catalog send \$2.00 to:

DharmaCrafts, Dept. 1

405 Wallham Street

Suite 234

Lexington, MA 02173

617.862.9211

Reiki Plus® Publications offers the books of **David G. Jarrell: Reiki Plus® Natural Healing** \$15 and the **Professional Practitioner's**



Manual for Second

Degree \$22. Excel in your Reiki education at home. For a **Sample Tape** of Classes in the Home Study Program taught by David G. Jarrell, the 24th Master in the world (1981), send \$5.00 to:

Reiki Plus® Publications,

Rt 3 Box 313, Celina, TN 38551 (615) 243-3712.
Available at fine book stores. Distributors- Atrium, Ingrams, NewLeaf, BookPeople, Weiser, Moving Books & RPP.

An opportunity to grow professionally and personally, opening to the full potential in all aspects of life. Presented by Phoenix Rising at the Song of Morning Ranch in Vanderbilt, Michigan. This program will be held at other locations in October and November. (800)288-9642.

13-20 SPIRITUAL RENEWAL WEEK

A special week of inspiration. Topics include Meeting Life's Challenges with Joy, Learning How to Love and Keeping Your Spiritual Momentum Going. Classes are given outdoors in the amphitheater at The Expanding Light, a spiritual haven for people from around the world and from every spiritual background. Located in the scenic foothills of the Sierra Nevada Mountains. (800)346-5350.

THE COMPLETE HOME STUDY PROGRAM ON DEVELOPING YOUR PSYCHIC ABILITIES.

Automatic Writing. Super consciousness. Personal Powers. Psychometry. Reincarnation. Laws of Karma. The Astral body. The Personal Guide. The Master Teachers.. and much more.

For information, call: (212)886-4888 or Write: The Institute For Advanced Metaphysical Studies 511 Avenue of the Americas, B365, New York, NY 10011

13-26 QUEST FOR VISION

Using dreamwork, shamanic and other modalities of transformation in the natural outdoor setting of the ARE Camp, explore personal issues of transformation. The work will work toward and conclude with an overnight vision quest in the Blue Ridge foothills. Dr. Henry Reed. Atlantic University. (800)428-1512.

15-20 LOVE, EROS AND SEXUALITY

A Core Energetic Intensive with John C. Pierakos, MD. Discover new pathways to increase the capacity to enjoy and understand life. This workshop will be held at Trimurti, an ancient cultural setting in the South of France, a few kilometers from the Mediterranean beaches. Institute of Core Energetics (707)937-1825.

18-20 WOMEN'S HERBAL CONFERENCE

Leading women herbalists share their wisdom of the plants and natural healing methods. The focus will be on women's health, herbal crafts, medicine making, plant identification walks, and many hands-on demonstrations. Presenters include Dr. Rosita Arvigo, Rosemary Gladstar, Gail Ulrich and Jeannine Parvati Baker. Sage Mountain (802)479-9825

SEPTEMBER

2-9 VIPASSANA MEDITATION RETREAT

This course will follow the traditional Vipassana format of silence with sitting and walking meditations. Carol Wilson, a teacher in residence at the Insight Meditation Center in Barre, MA,

and Guy Armstrong from the Spirit Rock Meditation Center, California, will lead the retreat. Ocamora (505)666-2389.

18-22 RETREAT WITH THICH NHAT HANH

Sponsored by the Community of Mindful Living, Berkeley, California. Saturday, Sept 23, will be Day of Mindfulness at the Spirit Rock Meditation Center. Dharma Talk, Tuesday, September 26, location to be announced. For more information call (510)525-0101.

OCTOBER

4-8 THE BUDDHA'S TEACHINGS ON LOVE

A mindfulness retreat with Zen Master Thich Nhat Hanh focuses on traditional Buddhist practices that help cultivate love in ourselves and others. Participants are invited to come as families. Children ages seven and older are welcome to attend and participate. Omega Institute (800)944-1001.

6-13 CORE ENERGETIC, VISION QUEST

Led by Siegmur Gerken, Director of the Institute of Core Energetics West, this special event will take place near Mendocino, California. For details on this and other workshops worldwide call (707) 937-1825.

10-24 SPIRITUAL JOURNEY TO NEPAL

This tour will include storytelling and writing with Laura Simms, guided tours with Ian Baker, harvest festivals honoring Tantric Goddesses, traditional sacred dance classes, and exploring myth and ritual in one's own life. Quest Tours (804)977-7344.

14-15 WOMAN WISDOM

This celebration of women's mysteries revolves around the cycles of nature and the sacred stages of womanhood. This is a nine month training which consists of six weekends beginning with this October workshop. Combines shamanism, movement, myth ceremony, art, meditation and more. Presented by Heart of the Goddess Wholistic Center & Gallery, Sue King (610)695-9494.

15-29 JOURNEY TO THE BLACK MADONNA

In the cathedrals of Europe, and particularly in Southeastern France, are sculptures known today as "The Black Madonna." Journey with Lorna Roberts to explore the mystery and the spirit of this archetype. Triquetra Journeys (212) 727-1898.

19-22 DANCE THERAPY CONFERENCE

Celebrating thirty years of professional practice. This is an opportunity for professionals to learn more about dance/movement therapy as a powerful and effective treatment tool. Presented by American Dance Therapy Association (410)997-4040.

20-22 SPECIAL MYSTERY SCHOOL

Jean Houston's 20th century version of an ancient tradition: The study of the world's spiritual mysteries. This special preview weekend allows newcomers to experience some of the mystery of the year long School. Held in the lake and forest setting of upstate New York. Mystery School (914)354-4965. •

“Desperate 32 Year Old Discovers Amazing Method For Creating Love, Luck, Money & Confidence”

By Sean P. Kearney – Special Feature Writer

Denver, CO.- Bob Scheinfeld had it all, lost most of it, then got it back bigger and better. In the process, he discovered an amazing new method for getting anything he wants with a lot less effort and a lot more enjoyment. Now he shows others how to do the same.



At age 32, Scheinfeld was rich. He had a big income, 2 cars, 2 homes, and all the electronic toys. But he wasn't happy. Something inside was eating away at him and he didn't know what. Then, suddenly, he lost just about everything.

Most of what he touched, work or personal, went to dirt. His relationship with his girlfriend ended in a lawsuit. He was hemorrhaging money! He couldn't understand why it was happening. He was a good guy. He hadn't done anything wrong. He became angry and confused.

Desperate, he quit his job to look for answers. He went to seminars, read hundreds of books, listened to tapes, consulted psychics, channels and astrologers. He tried hypnosis, meditation, sound and light machines. You name it, he tried it, but things still weren't working. The rage and

confusion were still there. He still didn't know why. And his bank account was going dry.

Then Scheinfeld had an amazing breakthrough. He discovered a new method that showed him what was causing the craziness and how to turn it around immediately!

Five years later, he has all the money and material things again, but with a joy, an ease, a balance, and the quality relationships he never had before. And this time, it's resting on a stable and lasting foundation.

"The beauty of it," he said, "is the methods I discovered are so simple, anyone can use them to get anything they really want, no matter what's going on around them."

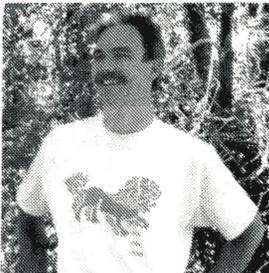
Scheinfeld is so excited about his discovery, he's decided to give away, for a limited time, a FREE report explaining the amazing strategies he uncovered. To get a copy, call 1-800-865-1242, Extension 555, 24 hours, for a free recorded message. Or write: The Transition Institute, 9075 S. Jill Drive, Conifer, CO, 80433.

Classifieds

Apparel—Jewelry

Yoga Group T-shirts & Tanks

Help support The Yoga Group, Inc., a tax-exempt, non-profit organization providing no-charge Yoga classes to persons living with HIV/AIDS, and get a great all-cotton shirt too! The wind lion in our logo is a Tibetan symbol of strength and hope. Send check for \$17.50 to The Yoga Group, 5474 W. Leawood Dr., Littleton, CO 80123. Please specify: color (white or gray); size (S,M,L,XL); & style (T-shirt, men's tank, or women's tank). Please allow 6-8 weeks for delivery. Namaste!



AFFORDABLE GEMSTONES AND JEWELRY. Jyotish Meditation. Mail Order. Free Brochure. Satisfaction Guaranteed. Free Vedic Astrologers List upon request. King Enterprises, P.O. Box 2121-S, Wells, NV 89835. (702)478-5112 (Business Hours).

Audio-Healing Music

AUM Audiotapes designed especially for meditation, relaxation, hypnotherapy, and bodywork. Highly effective. Audio Universal Music, 3857 Wolf Drive, Kalamazoo, MI 49009 (616) 375-3080.

Books—Publications

Practical Jungian Psychology

Women's issues, masculine psychology, relationships and spirituality, midlife crises & dream interpretation. 70 titles.

For free INNER CITY BOOKS catalogue, call toll-free 1-800-444-2524, ext. 12.

SEEKING MANUSCRIPTS FOR CHILDREN'S Books which emphasize, but are not limited to, environmental issues, establishment of self-esteem and personal empowerment, and the exploration of the imagination. Submit with SASE: D. Anderson, Acquisitions Editor, Portunus Publishing Co., 3435 Ocean Park Blvd., #203, Santa Monica, CA 90405. (310)452-2601.

JOIN OUR SUCCESSFUL ANNUAL Prosperity Program. Send \$1 for personal copy of Abundant Living. Achieve health, love, success, peace of mind. Abundant Living, Dept. LS, P.O. Box 12525, Prescott, AZ 86304.

BE HAPPY TODAY. Tips for daily living. Send for booklet today. \$3. Mountain Stream Publishers, 191 University Blvd. Suite 312, Denver, CO 80206.

SHAMANISM: World's true religion. Free Copy: Box 641, Helena, AR 72342.

HIGHWAY TO HAPPINESS: Understanding Your Life & Transforming Your Consciousness. A comprehensive book of wisdom which answers the great mysteries of life. Tremendously illuminating, inspiring, and therapeutic for the gen-

uine seeker of truth. 297 pages. \$7 + \$2 shipping. David Cottis, Dept L, Route 4 Box 95AA, Rusk, TX 75785. (903)795-3442. Order now, receive the book, and pay only after your life improves.

"**SECRET OF THE AGES**" and "Riches Within Your Reach" by Robert Collier have helped millions and are now available by special reprint: \$17.95 hard cover, \$9.95 soft + \$2/book S&H. 1-800-484-9518 PIN #3237.

Education—Instruction



When you hear or see the word Rosicrucian, does it trigger something inside you? A memory perhaps? Now is the time to rediscover who you are. Write to:

The Ancient Rosae Crucis, ARC
P.O. Box 4764, Dpt.L, Dallas, Tx 75208

B.A. Programs for Adults in Holistic Studies, Writing or Visual Art

Self-designed B.A. programs carried out through independent study, brief residencies, and work with faculty advisors. Accredited. Vermont College of Norwich University, Box 616, Montpelier, VT 05602
Call 1-800-337-6794

ANTHROPOSOPIHICAL SOCIETY In America 1993 Directory now available. Complete listing

of Waldorf Schools, teacher training, groups and activities including medical, curative, art, eurythmy, biodynamic farming and more. Send \$1, Department L, 529 West Grant Place, Chicago, IL 60614.

YOU ARE HALF WAY THERE if you are in the health/healing arts field. Deep Tissue Body work, known as Postural Integration, taught in an intensive three-week residential program. Training and housing suited to your individual needs. Write or call Dr. J.K. Johnson, 5837 Mariner Drive, Tampa, FL 33609. (813)286-2273.

FOURTH WAY SCHOOL. The Circle of Angels at Walden Farm, Rte 1, Box 1520, East Hardwick, VT 05836.

Speak Spanish French or any of 81 Languages as diplomats do, using the same U.S. State Department easy self-study cassettes and Textbooks. Call for free Catalog: **Audio Language & Knowledge Institute** 1202 Lexington Suite 272-L1, NY, NY 10128.
Dpt: L1 **800 722 6394**

EXPLORE THE MYSTERIES OF SACRED ARTS Independent study, nonresidential certificate and degree program. Send \$1 for detailed information: Via Creativa, POB 14755-L, Clearwater, FL 34629.

CLASSIFIED ADVERTISING FORM

CATEGORIES

Apparel—Jewelry, Audio—Healing Music, Beauty—Body Care, Books—Publications, Conferences—Workshops, Education—Instruction, Environment, For Sale, Health—Herbs & Fitness, Miscellaneous, Retreats, Single Network, Services By Mail, Video, Whole Foods.

CLASSIFIED RATES

\$25 minimum for 10 words; \$2.50 for each additional word. (Please note: cities, states, zip codes and telephone numbers all count as one word each.)

FREQUENCY DISCOUNTS

Less 20% for 3 consecutive issues. Less 30% for 5 consecutive issue (same ad) all ads must be prepaid initially to qualify for frequency discounts.

CLASSIFIED DISPLAY

\$65 per column inch. Multiple insertion rates are \$55 for 3 times and \$45 for 5 times.

AD DEADLINE/ON SALE DATE

(January 22/February 22) — (April 2/May 2) — (June 11/July 11)
(August 27/September 27) — (November 5/December 5).
Call 800-775-6887 for phone orders. FAX (918)683-2466.

AD COPY

Please type or print clearly on a separate sheet of paper.

PAYMENT

Check or Money Order Enclosed: \$ _____ for _____ words, for _____ issues.

Please charge \$ _____ to Visa/MC# _____ Exp. Date _____

Authorized Signature _____

PRINT Name _____

Address _____

City/State/Zip _____

Telephone _____

Mail this form with your ad, payment and literature about your product, service or organization to:

LOTUS CLASSIFIED, 4032 South Lamar Blvd. #500-137; Austin, TX 78704

SAVE YOURSELF THOUSANDS ON DOCTOR Bills!! Study herbal medicine-economical home study "hands on" courses. Brochure/sample newsletter - \$1.00. Herbal Healer Academy, HC32 Box 97-B, Mountainview, AR. 72560. (501)269-4177.

30 DAYS TO A STRONGER RELATIONSHIP! Complete Program! Send \$14.95 + \$3.00 S&H to Standard Educational Services-L, P.O. Box 1200, Cumberland, MD 21501.

REIKI KAI INTERNATIONAL
Usui, Tibetan, Sai Baba
Systems of Reiki Training
2449 South Willis, Suite 201
Abilene, Texas 79605
(915) 692-3874

For Sale

GODDESS STATUES! 125 authentic, affordable ancient archetypes. Informative color catalog \$3 to JBL, POB 163, Crozet, VA 22932

PIPESTONE PIPES AND CRAFTS. Send \$1 for color brochure. Pipestone Indian Shrine Association, Dept. L, PO Box 727, Pipestone, MN 56164.

ORGANIC • CAFFEINE FREE & DELICIOUS

At last! Coffee satisfaction from a coffee alternative.

SUNDANCE Barley Brew
Drip Brew or Espresso

\$4.45/lb. 
+\$2.90 S/H For 1-5 lbs

SUNDANCE ROASTING CO.
BOX 1886 • SANDPOINT, ID 83864 • 208/265-2445

Health & Herbs

Pennsylvania's Largest Medicinal Herb House for over 70 Years!

- Largest selection of Herbs, Herb Capsules and Herb Powders available anywhere!
- Ginseng Products of every description!
- Homeopathics, Vitamins, Body Care, Health Books, Videos, Ess. Oils, Pet Products...More!

Send for FREE COLOR CATALOG

PENN HERB CO., LTD. 601A North 2nd St. Phila., PA 19123-3098

Omega Juicer Only \$198.95

HERBAL HEALER ACADEMY offers you economical correspondence courses in Herbal Medicine and Reflexology. Free Brochure. Complete natural medicine catalog (Essiac herbs, Shark Cartilage, Chaparral...) Complimentary Newsletter, \$4.00, HC32, 97-B, Mountainview, AR. 72560.

MIGRAINE RELIEF. Enriched water. Safe. Not a drug. Information and sample \$10.95. No Moore Pain, Suite 519, 3463 State Street, Santa Barbara, CA 93105.

HOMEOVITIC + BIO + NUTRITIONALS for clearing, detox, support and stress. Free Information for you and your practitioner. HoBoN (800)521-7722.

CELEBRATE THE GIFT OF PERFECT HEALTH With breakthrough Soundwave, Sacred Light Geometry and Photon Light Xenon-Krypton-Neon-Argon Rare Gas Tube Tec-Knowledge by Ed Skilling, advances the concepts of Tesla, Rife, Abrams and Lakhovsky for all issues of emo-

tional, mental and physical well-being. Free Brochure! 2 excellent cassettes \$5.00. IHS, PO Box 817, Sedona, AZ 86339.

HOMEOVITIC + BIO + NUTRITIONALS for clearing/detox, support and stress. FREE of alcohol, sodium and sugar. Since 1979, HoBoN (800)521-7722.

NATURAL & ENVIRONMENTALLY FRIENDLY Products: Herbs, Vitamins, Natural Foods, All-Natural Chocolate, Home and Pet Care Products. Natural Resources (800)747-0390.

Real Estate

COSTA RICA LIVING. ECO-RESORTS. A tropical paradise on the Carribean, offers lots from \$18,000 (financing available). Spacious "Eco-Design" homes from \$49,900. Write to: Eco-Resorts, 134 West 32nd Street, Suite 602, Dept LM, New York 10001.

Retreats

GORGEOUS TROPICAL RETREAT on the Caribbean. A place to nourish yourself. Ongoing Program of Meditations, Yoga, Massage. Delicious Vegetarian Food. Ideal for Vacations and Workshops. Osho Oasis, PO Box 99, Tulum, Q Roo 77780 Mexico. Tel/Fax (52)987 42772.

TRANSFORMATIONAL VACATIONS — Powerful one week personal growth programs in spectacular nature locations: Maui, Sedona, California Redwoods. Quantum Shift Retreats. (800)573-0528.

WIND ROCK SPRINGS RETREAT CENTER. Integrating East West traditions, Meditation, Native American Spirituality, Ecology, Peace Practice. For a workshop/retreat schedule tel. (619)287-5591 or Write: WRS, 2295 Needham Rd. #66, El Cajon, CA 92020.

Services By Mail

NOMADICS TIPI MAKERS. For a 35-page color catalog, send \$2. 17671-T Snow Creek Road, Bend, OR 97701. (503)389-3980.

ANGEL'S EXPRESS One-of-a-kind catalogue of absolutely heavenly gifts everyone loves! Inspiring T-shirts, tote bag, pens, pictures, stationery, jewelry are just a sampling. \$1.00 POB 8094, Gaithersburg, MD 20898. (301)216-2638.

HANDWRITING ANALYSIS quickly and easily delivers the dramatic in-depth insight you need to develop effective and timely personal and interpersonal transformation and growth strategies. Details Free. Graphology, 520 Washington Blvd. Suite 134, Dept. Lotus, Marina Del Rey, CA 90292.

ANGEL'S EXPRESS—FREE CATALOGUE delivering Love of Angels to mailboxes around the world. Absolutely heavenly items include Luggage Tags, Stationery, Stamps, Statues. POB 8094, Gaithersburg, MD 20898 (301)216-2638.

THE WISHING WELL. 20th Anniversary! Women loving women write/meet Everywhere! Confidential (codes used). Beautiful alternative to "The Well of Loneliness." Supportive, per-

sonal, prompt. Introductory copy US \$5 ppd. (discreet). Free information: Box 713090, San-tee, CA 92072-3090. Or call (619)443-4818

Singles Network

SINGLE BOOKLOVERS. A national group, has been getting unattached people together since 1970. Please write Box 117, Gradyville, PA 19039. 215-358-5049.

MEET SINGLES who value personal growth, spirituality, peace and environment. Free details. At The Gate, Box 09506-L, Columbus, OH 43209.

ASTROLOGICAL PERSONALS NEWSLETTER Answer our exciting ads or place your own. For free copy of newsletter, call Stargazers. (800) 782-7497.

ASTROLOGICAL PERSONALS NEWSLETTER and Dating Service. Answer our exciting ads; place your own! For free sample newsletter: Stargazers (800)782-7497.

FREE PREVIEW "THE SINGLE MAN'S GUIDE to a Fun Loving Vacation in Costa Rica," write Federico Editions #FC, 2625 Alcatraz Box 227, Berkeley, CA 94705.

Miscellaneous

WANT HELP, NOT SIMPLY COMFORTING? Greyfox and Kathy provide meaningful help with connecting, emotional healing, personal transformation, resolving dilemmas and living soulfully. Flexible fees. Describe your concern, include SASE. Denali Center, HC 89 Box 451-L, Willow, Alaska 99688-9705.

Travel

SPIRITUAL JOURNEY TO NEPAL to experience the Sacred Female. Tour includes storytelling, discussion, and writing with Laura Simms and guided tours with scholar/traveler Ian Baker, harvest festivals honoring Tantric Goddesses, traditional sacred dance classes, and exploring myth and ritual in your own life. October 10-24. Light trekking, small mixed group. Quest Tours, 1630 Brandywine Drive, Charlottesville, VA 22901. Ph/fax (804)977-7344.

Whole Foods

33 LOWFAT VEGETARIAN ENTREES. Please send \$5 to L. Williams, 2222 Foothill Blvd., Suite E205, La Canada, CA 91011.

*Give a
subscription that
will transform a
life, give Lotus.*

Summer Opportunities

Continued from page 33

tual retreat and the support that comes from being among other seekers of beauty in the Hudson River valley. Omega Celebration Weekend (June 10-11) is a rich variety of workshops and special community warmth, bringing together a sampling of workshops designed to celebrate life each day with a lighter spirit. Included are early morning and evening tai chi, yoga and meditation sessions. Highlights for 1995 are A Mindfulness Retreat with Thich Nhat Hanh, Carlos Castaneda's "Tensegrity," Womad: World of Music, Arts and Dance with international teachers and performers. For a catalog of more than 250 workshops, professional trainings, and spiritual retreats from May to October call (800)944-1001.

■ Option Institute and Fellowship offers programs for individuals, couples, families and groups seeking to improve the quality of life by becoming happier and more effective. Living the Dream Instead of Just Dreaming It is one of the programs that teaches practical, specific methods to recreate yourself, your attitudes, relationships, and lifestyle. Barry and Samahria Kaufman, founders and directors, are known for their unique work with adults and children. The 85-acre property includes ponds and meadows, lawns and forests, streams and waterfalls, reflecting their intention to create a place where tranquillity, joy and a delight in life are nurtured and supported. Swimming or sunbathing, hiking on the Appalachian Trail, canoeing, and outdoor dining are experiences which lend a vacation atmosphere to your summer. For a Calendar of Programs call (413)229-2100.

■ Think how different your life

might be if there were a place for you to get away, a place for women to learn the ways of women where you are nurtured and steadied as you seek to become yourself. Woman's Well, a learning center dedicated to creating a community of women to pursue spiritual and personal growth presents A Woman's Week from July 8 through July 15, when mind, body, and spirit will be honored and nourished through woman's circles, yoga, meditation, music, guided movement, storytelling, art, swimming, walks by the river, windsurfing and canoeing, learning and playing in the quiet countryside on the St. Mary's River in Maryland at Saint Mary's College. Mary M. Wozny Smith, founder of Woman's Well, has helped women for many years increase their self-awareness through spiritual exploration. For reservations or more information call (703)237-9429. •

Eating

Continued from page 52

peaceful, swishing stream. At first I watched, but then closed my eyes because I felt as if I were intruding upon something very private. As I sat, I could feel the energy in the room change from self-conscious embarrassment to complete calm and peace.

When I asked for responses, a reserved man shared his surprise that he felt connected to his heart while eating. He hadn't realized that such a connection was possible between conscious eating and the heart. A woman described how full and complete she felt after that one bite and wondered if, in the future, she would not need to eat so much if she chewed more thoroughly. Another person described feeling calm, and one man said that he felt

as if he were remembering something he had long ago forgotten.

I have found that the busier I become, the less I want to chew. I grow impatient and eat faster. Slowing down, breathing deeply, and concentrating on what I am eating forces me to pay attention. Eating in this way brings me back to my body when I have forgotten about it.

According to a study conducted at Temple University in Philadelphia, students who meditated while eating digested their oat cereal much more efficiently than those who were asked to perform mental arithmetic during the meal. This study found that relaxation not only produces more saliva, but also raises enzyme levels which improve the body's ability to digest carbohydrates. Tension reduces the production of saliva, making digestion more difficult.

Yogic philosophy holds that the prana, or life energy, contained in food can be absorbed by the nerves of the tongue, mouth, and teeth. The act of chewing liberates this prana, which can then be conveyed to different parts of the nervous system. From there, it is distributed to all parts of the body, furnishing energy and vitality to every cell.

Find out for yourself what works for you. But I suggest you go far beyond chewing. Eating can be prayer. Jewish mystic Michel Abehsera hints at this prayer when he describes a Sabbath meal in which he prepares *cholent*, a dish cooked for eighteen hours.

You have to come ready for this type of dish. It will be hard to digest if you are not happy. I am not speaking of usual happiness, the one which arises from one's own nature. This has its own limits. I mean the kind of happi-

TURN TO PAGE 98

Eating

Continued from page 97

ness that Heaven commands one to have. This one is a deed, a great catalyst that has you transmuting stone into baby cream and nightshade food into dance. A Sabbath meal and the happiness that accompanies it, the chants, the singing, the light, touch a place in the memory which gives vigor to the entire being. Eden is only a breath away. You are made king by law. At last you reach your real dimension. •

Copyright 1994 by Anne Scott. From the book "Serving Fire" by Anne Scott. Printed with permission from the publisher Celestial Arts.

Art Comes Naturally

Continued from page 44

We made a false assumption right at the outset and treated the top as the bottom or vice versa. Once we correct this assumption, everything falls into place with no more trouble.

Flexibility is the ability to see different ways of tackling old problems, to think laterally (as it is sometimes called) rather than sequentially, to recognize that existing objects or ideas can be put to alternative uses, to tolerate ambiguity in a situation rather than to be happy only if everything is straightforward and readily explicable. The good parent allows children where feasible to try to do things in their own way, to work out their own methods, instead of always rushing in with their own

prepared solutions. Fluency alone may give us many new ideas but all going in the one direction. Flexibility allows us to strike out into new territory.

The third aspect of creativity, originality, is characterized by the ability to come up with ideas that are novel and fresh in themselves and to make new discoveries or propose new theories. Originality is best helped in children by recognizing that many of their ideas are original for them. No matter how many people have thought of the same thing in the past, for the child it is an exciting first. Originality thrives upon encouragement and recognition. All too often adults look at a child's ideas and with the intention of being helpful, point out how much better the same ideas have been proposed by someone else in the past. Faced with this unfavorable comparison, the child relegates his or her own insights to insignificance and tries instead to take over, ready-made, those of other people.

To be truly productive, creativity must be guided, directed, and subjected to the necessary hard work and self-discipline. But there is a world of difference between initiating the child into making use of creative ideas and inhibiting the production of these ideas in the first place. The wise parent allows creativity to come to the surface in the child, welcomes and respects it, and only then prompts the child to look for ways of developing and improving upon his or her original vision. This prompting is done primarily by questioning and inviting ('What else do you think you could

do to it?') 'How do you think you could extend/improve/expand upon/make use of this?' 'Let's see if you can give it more color/make it stronger/get it to look more life-like') rather than by telling and instructing ('Now put more color here,' 'Rub that bit out and start again,' 'Use thinner/thicker/longer lines').

One of the best ways of re-creating our own creative energies as adults is to watch our children and to allow ourselves the same spontaneity and the same joy in drawing, painting, making music, or whatever. By dropping our severe self-judgments and enjoying and valuing the creative experience for itself, we are able to enter the world of the creative artist. Whether we compare with the great painters or poets or musicians of the past is of no importance. What matters is that in creating we are experiencing the same process that they experienced and freeing the same part of our psychological lives. In no time, we may even hear our children say how much they like what we are doing, which is reward enough for anyone. •

Copyright 1994 by David Fontana. From the book "Growing Together" by David Fontana. Printed with permission from the publisher Element Books, 42 Broadway, Rockport, MA 01966.

Groups Can Help

Continued from page 57

need recovery groups for life to assure sobriety. Pressure can also come from individuals who project their separation and abandonment anxieties onto anyone

who wants to leave. Because someone leaving triggers childhood memories of abandonment, they avoid the old discomfort by “guilting” people to stay.

10. *People use the group for sexual needs.* This happens in cults, spiritual communities, treatment programs, between counselors and clients, and in twelve-step groups. It can range from outright sexual abuse to covert sexual manipulation.

11. *The group is unable to reflect on itself, its history, and its values from a broad perspective.* Instead of seeing that it is just an ideology, a way, a movement, and that its creators were mere mortals seeing things through their programming, people take a fundamentalist stance. This is the way, the truth.

NOTHING STAYS THE SAME

There is a natural ebb and flow to groups. They may start, gain momentum, and be wonderful for a while, and then lose energy and fall apart or reconstitute themselves. The form is always changing and our ability to deal with the changes and not hold on to a fixed routine or form is part of our growth.

Whatever type of group you join, remember that it is for you. You are the consumer; it's your life and it's important to listen to your inner voice.

Groups can be extremely helpful for a while, and then one loses interest. Some of the thoughts people have when they are ready to move on from a group are, “I'm starting to get bored here. I don't feel as if I'm growing any more. It's all become too predictable. I want something new.” Sometimes

people will start skipping support group meetings and find they don't particularly miss them. They will say things like, “It's okay to go, but I don't feel I need it any more.”

There is usually a sense of loss mixed with excitement as one reaches out for more expansive horizons. Like a child leaving home in a healthy way, one feels thankful for what one has learned and a little sad to say good-bye, but one knows it's time to go. You don't criticize the group or make people “bad” in order to have an excuse for leaving. •

True Self

Continued from page 67

your personality serve as your springboard to the essence level. Each time you catch yourself wanting a “thing,” stop and deepen the dialogue. Remind yourself of the truth. “I want more money” becomes “What is it I really want? Oh yes, now I feel it. The essence of what I really want is more peace (or ease, or joy, etc.) in my life.” Or it may be, “I want to feel supported in the world. I want to feel supported in being who I am and in having what I need.” When you're willing to make this shift, wanting a thing (money, a relationship, or whatever) automatically reminds you of your deeper desire.

Let the essence level of desire be real to you. Allow it to become a part of your awareness every day so you can stay in touch with what you actually want. When the essence of your desire becomes real to you, it stimulates a shift in your pattern of manifesting. As the

essence awareness integrates into your life, it becomes part of your experience of self and energetically supports the direct creation of what you truly want.

You can still want more money, a relationship, a car, or a new job. There is nothing wrong with wanting on the superficial level; that's part of living in the physical world, too. But if you assume that getting the thing will somehow make up for what you're missing at the essence level, you put yourself on a treadmill of dissatisfaction. Staying focused exclusively on the thing can enable you to get it, yet nothing will have changed at the essence level because that was not where you put your focus. You will have gotten the symbol but not the essence that the symbol represents. You will have the money you wanted, but still not have enough true ease or joy or support in your life. If even then you do not change your focus to the essence level of wanting, you may soon find yourself chasing another symbol, another thing, in the hope that it will save you.

If you wonder why you never quite get what you want, look closely at that dynamic because it is basic to manifesting. Remember that you always really want the essence more than the thing. As you allow your essence desire to become as real, or more real, than your desire for the thing, you are well on your way to manifesting it.

Essence desire is wanting meaningful qualities in your life; internalized desire is wanting them in yourself.

TURN TO PAGE 100

True Self

Continued from page 99

3. INTERNALIZED DESIRE

This desire brings your focus even closer to home. For example, perhaps your essence desire says, "I want to feel supported in the world." It can then prompt you to drop to the level in which you want to feel more supported by your own self. "I want to feel more support for myself from myself." This support is not based on your achieving any particular outward standard of being worthy or deserving. It is a basic need for unconditional support of self—a support of self that does not fluctuate according to outer realities such as your financial situation or other people's feelings about you. Or if you want more joy in your life, you tend to look within for the level of self in which you want inner joy that is not taken away by changes in outward events or relationships.

Beneath the desire for all things and all qualities of experience, inner and outer, lies the desire to discover your true nature.

4. DESIRE FOR TRUE SELF

Desire for true self says something like this, "More than anything, I want to manifest who I fully am so that I may see and recognize my true self as real." The desire for true self is so basic that every spirit who comes into physical form has it. It is especially strong during infancy and childhood, the very times when there seems to be the least recognition and support for it from other people. Fulfillment of this desire involves bridging the split between inner potential and outer reality. It means sensing your true self within and manifesting it outwardly in the

world, where it becomes real to you.

Imagine reclaiming your true self and living it daily. Imagine bringing your unlimited spirit through into physical form *and recognizing it*. That is liberation. That is freedom. That is coming home.

Living from true self brings you to such an inner state of unity (you are united with all aspects of your being) that it also opens you to unity with all things and all beings: human, animal, earth, and spirit. When you are in this state, you already have everything you want. And when you recognize your *true self* manifested in the world, manifesting things such as money, a car, relationships, or a job becomes child's play. So don't be surprised if, in your return to true self, you lose interest in acquiring some things that had been important to you before. When you have learned to drop beneath the symbols to create what you've always wanted most, the superficial desires will seem less urgent and more elective.

You may find that most of your time and energy is focused on desires in levels one, two, and three (and probably in that order). Yet, it is important also to be aware of level four. Working (or playing!) with the deepening levels of desire is a way to move more intimately into yourself and to explore who you are, yet still stay connected with the outer world. You can move back and forth between inner and outer, superficial and deep, and never be in the wrong place.

There is no wrong place in this exploration. All of it is for you, and all of it is valuable. Just keep paying attention. The more awareness you

bring to this process, the more quickly you will learn. •

Copyright 1993 by Martia Nelson. From "Coming Home," by Martia Nelson.

Printed with permission from the publisher Nataraj.

APPENDIX

Page 44: *Healthy Pleasures* is from "Healthy Pleasures" by Robert Ornstein and David Sobel. Copyright 1989 by Robert Ornstein and David Sobel. Published by Addison Wesley.

Page 52: Compiled from "Silence, Simplicity, and Solitude: A Guide for Spiritual Retreat" by David A. Cooper. Published by Bell Tower.

Page 57: Compiled from "Silence, Simplicity, and Solitude: A Guide for Spiritual Retreat" by David A. Cooper. Published by Bell Tower.

Page 63: Compiled from "Unlimit Your Life: Setting and Getting Goals" by James Fadiman, Ph.D. Published by Celestial Arts.

Page 67: Compiled and Condensed from the book "Living Deliberately: Experiments in Practical Spirituality" by John H. McMurphy, Ph.D. Published by Amaranth Publishing.

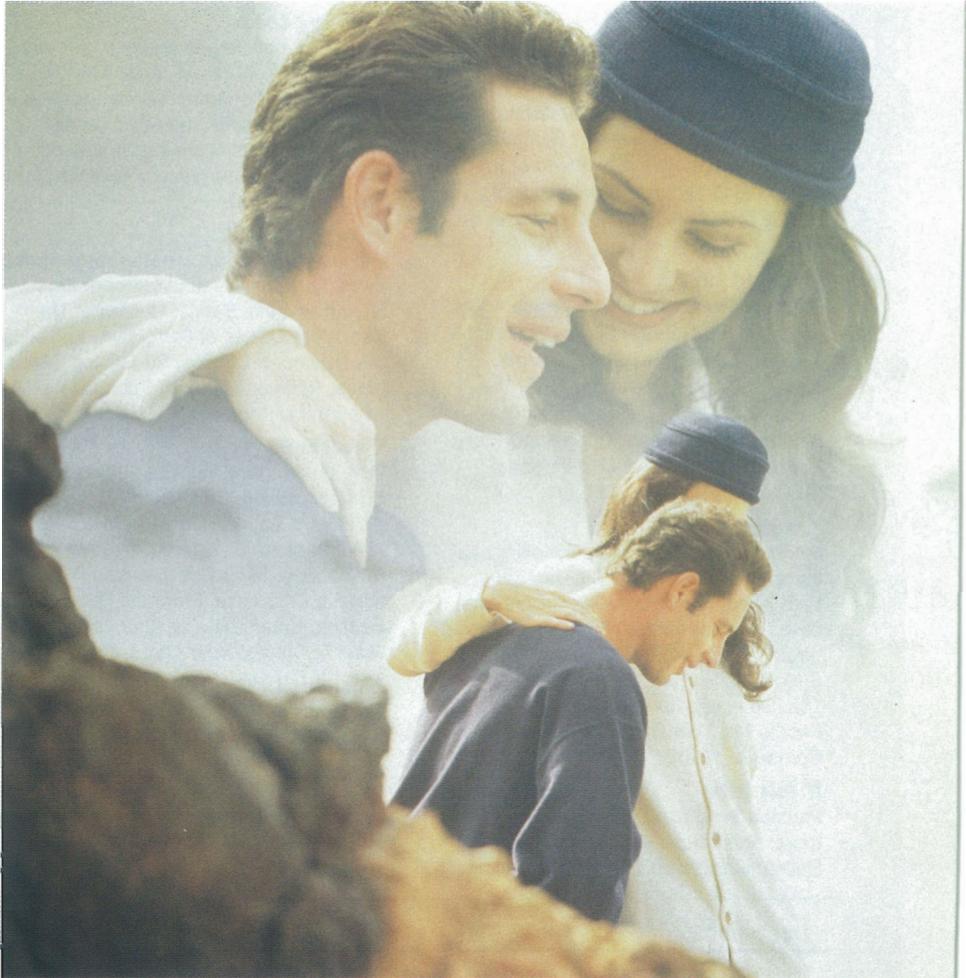
Page 72: Compiled from "Silence, Simplicity, and Solitude: A Guide for Spiritual Retreat" by David A. Cooper. Published by Bell Tower.

Page 78: From "Maps to Ecstasy" by Gabrielle Roth. Copyright 1989 by Gabrielle Roth. Published by Nataraj Publishing.

Love

ROBERT JOHNSON

Sanskrit has ninety-six words for love; ancient Persian has eighty, Greek three, and English only one. This is indicative of the poverty of awareness or emphasis that we give to that tremendously important realm of feeling. Eskimos have thirty words for snow, because it is a life-and-death matter to them to have exact information about the element they live with so intimately. If we had a vocabulary of thirty words for love and matters of feeling, we would immediately be richer and more intelligent in this human element so close to our heart. An Eskimo probably would die of clumsiness if he had only one word for snow; we are close to dying of loneliness because we have only one word for love. Of all the Western languages, English may be the most lacking when it comes to feeling. Imagine what richness would be expressed if one had a specific vocabulary for the love of one's father; another word for love of one's mother, yet another for one's camel (the Persians have this luxury), still another for one's lover, and another exclusively for the sunset! Our world would expand and gain immeasurable clarity if we had such tools. •



TONY STONE/DAVID HANOVER

From "The Fisher King and The Handless Maiden" by Robert Johnson. Copyright 1993 by Robert Johnson. Reprinted by arrangement with HarperCollins San Francisco, a division of HarperCollins Publishers.