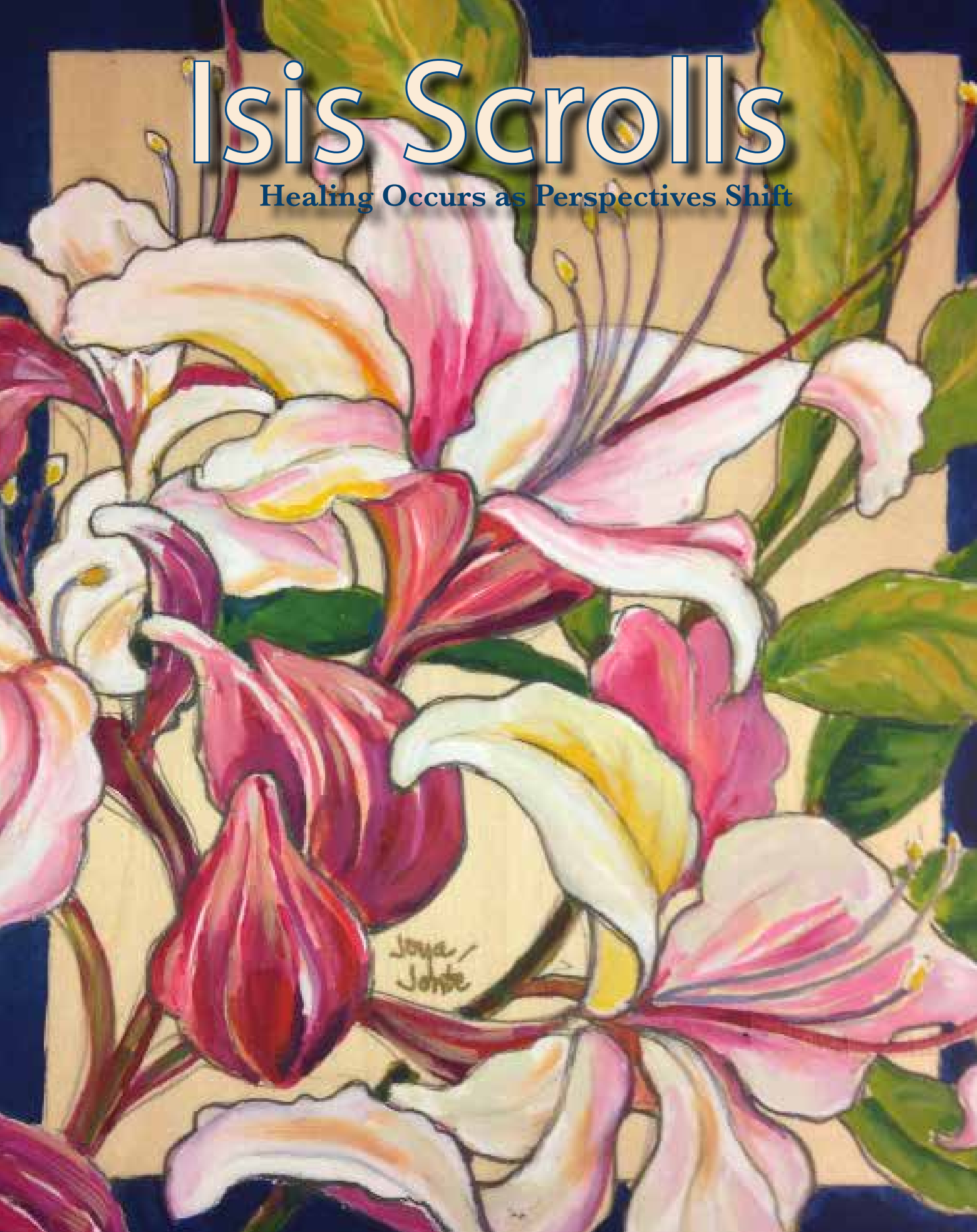


# Isis Scrolls

Healing Occurs as Perspectives Shift





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## "Selfless" Parent

By Camille Brody



I have cared for others all my life; as a sister, a nurse, a friend, a partner. I have stretched myself thin in the effort to embody dedication and success professionally. I have ignored the screaming pains of my own heart to better hear the quiet whispers of a distant lover. And I have bargained within myself to balance introverted self-awareness and extroverted caring of others. But never have I known the true breadth, the visceral belonging, and the directing arrow of selflessness—until I became a mother. Many people allude to the selfless aspects of parenthood: the instinctual pull to forever protect, cherish and provide for our children. But I'm talking about something deeper; deeper than the daily actions of so-called "selflessness." The two-minute shower, the loss of a full-night's sleep, the mealtimes spent chasing bits of thrown food. I'm talking about those open moments of possibility when I'm sitting down to breastfeed and I choose to engage the searching eyes of my daughter; when I'm allowing bedtime to become a flowing sequence of patience-testing ebbs and flows as she nears sleep, then pops up weary-eyed asking for more comfort. The days when my mind can list twenty tasks to be done, my ego yearns for twenty minutes of utterly unattached alone time, but my heart draws me back to the twenty incredible ways I find my daughter to be a miracle of life in this very moment, watching as she discovers, and I re-discover with her. It has occurred to me that the selflessness of parenthood is not a losing of the Self. It is an experience of continually releasing all of the cluttered ideas of what I do with my time, the attachment to things I want, and the ways I distract myself from being present. It is an evolution of remembering and reclaiming the essence of my Self, who I am beneath the worldly woman I have become. My daughter teaches me many things every day, but I think this is her greatest gift: the gift of self-discovery and a return to my soul essence. I see that deep wisdom and knowing in her eyes when we laugh together, and it is the arrow that guides me on this new path of releasing, being, and seeing, with her and with mySelf.

## On The Cover ...

*Joyce Jonte' captures the juicy summer colors that make our hearts sing with delight. Vibrant Native Azaleas light up our cover, drawing us in like bumble bees.*



Joyce Jonte' has been drawing and painting all of her life. She carries her paper and paints on high mountain hikes and on urban adventures. She is passionate in her search for truth and beauty.

Her original works can be seen locally at the Arcata Artisans Cooperative and Hot Knots on the Arcata Plaza, at Core Pilates in Arcata, at the Redwood Art Association gift shop in Eureka, at Here and There Gallery in Old Town Eureka, and at Strawberry Rock Gallery in Trinidad.

She has active Facebook and Instagram accounts and is available for commission, with an open studio by appointment.

**707.498.6224**

[joycejonte@gmail.com](mailto:joycejonte@gmail.com)

Joyce Jonte Fine Artist, Facebook



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*Isis Scrolls is always accepting articles, stories and poems for our bi-monthly issues.*  
  
*Isis Scrolls is an embodiment of the evolving awareness of our wholeness. We appreciate your contributions and are glad to offer a place for your joyful expression. All submissions are welcome. We print what is in the flow of each unfolding issue.*  
  
 Submit online at [isis\\_scrolls@earthlink.net](mailto:isis_scrolls@earthlink.net) or drop them off at 44 Sunny Brae Centre, Arcata

**Our Mission: Creating Opportunities That Nourish Our Wholeness.**  
  
*Isis Scrolls is a free bimonthly magazine creation offered from the Isis Osiris Healing Temple.*  
  
 Through the *Isis Scrolls*, we seek to inspire and educate the members of our community about our uniquely skilled and gifted healing arts practitioners and the rich variety of integrative healing modalities available to us. *Isis Scrolls* is a vessel through which the voice and heartbeat of the innate healing wisdom that lives within each of us can be experienced. While we may not share all of the beliefs expressed by our contributors, we do support them in sharing themselves.  
  
 Our intention is to offer a wide variety of quality information that will support all of us on our healing paths by providing tools and resources for personal growth, awareness, and self-empowerment. Sharing our stories, wisdom, gifts and skills strengthens the overall health of our community.  
  
 Exercise your free will and discernment to ponder, embrace, or release what you find throughout these pages. Once you complete an issue, please pass it along, recycle it, or save it for reference or posterity.

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*Oh mind, why struggle? Fall into the heart, drown in the ocean of your own bliss! Let what happens happen, yours is none of this! ~ Avadhuta Gita*

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# Healing for the Nation

By Juna Berry Madrone

This four-card reading helps us to embrace abundance, hope, tolerance, and compassion to bring healing to our society.

Empowerment to heal is available now. The passionate campaigning and roiling rhetoric that dominate our media will become old news. Winners will assume more power; losers will regroup. When the dust settles, the issues that impassion and divide us remain.

Each of us, as individuals, has the power to impact and change society. We are the solution. May we receive guidance to address the inequities and injustices that political campaigns bring smack to the forefront of our consciousness.

**Abundance:** This is truly an abundant world.

How can we transcend scarcity consciousness? Some may feel that we are losing ground and have less than before. Strangers threaten our hard won privileges. The world conspires against our success. We know we deserve more but where is opportunity?

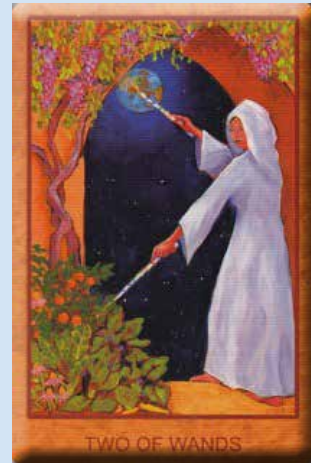


*When the power of love overcomes the love of power, the world will know peace.* — Jimi Hendrix

Each morning we can open our awareness to the boundless compassion flowing through us from Source energy. Ask to be a conduit both to receive and transmit loving energy.

Model generosity. Give blessings to all who have and have not. This is a material universe. Act in the knowledge that our cup is overflowing and constantly replenished.

**Hope:** Choices can be based on hope and optimism rather than on fear.



Choosing the lesser of two evils is unsatisfactory. How much more empowering it is to choose what we want rather than to act in reaction to what we fear.

What would Goddess do?

*A woman is a symbol of nature; she has the beauty to attract and empower, the passion and compassion to create and nurture, and the power of love to transpire and transform.*  
— Debasish Mridha

The Divine Feminine longs to partner with us to effect miracles in our world. Choose from a place of idealism, knowing that our world can be blessed with Miracles as we ascend in Oneness.

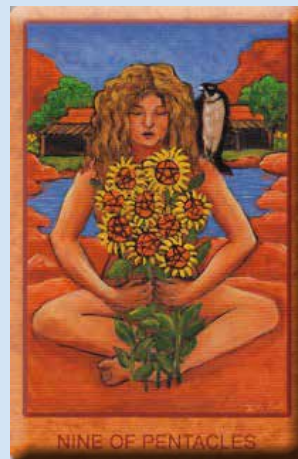
**Tolerance:** How can I see my opponent as my friend and fellow rather than as an antagonist?

At heart, our interests and desires are so similar. Do there really have to be winners and losers? We all can win.

*In the practice of tolerance, one's enemy is the best teacher.*  
— Dalai Lama

Groundedness and self-knowledge are the source of a rich inner life and a morality that respects others. Let's take the time daily to build our own strength of character. Let us be still and listen.

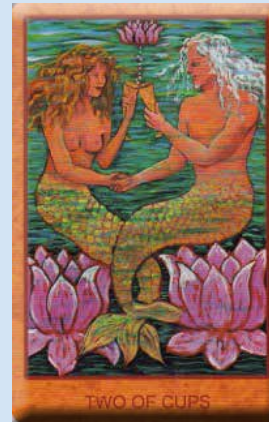
Our interactions with others can come from a place of strength and integrity. When we are secure within, we feel no threat from without. May our visions and words bring peace within divergence.



**Compassion:** Embrace the emergence of the Divine Feminine.

Let's overwrite the conditioning and programming that limit our beliefs and actions.

*Compassion is a universal language.* — Robert Langdon



We each have far more in common than not. The energy of the Divine Feminine is one of acceptance.

The word compassion means to walk in equal step with; to walk shoulder to shoulder with. How can I walk the pathways of humility? How can I walk in another's shoes? Love is an action, not a feeling. What talents and abilities can I commit

in service to my fellow person?

*Juna Berry Madrone, Natural Mystic Guide, is a mystic and Hebrew priestess in Ashland, OR. She supports you in creating the future you want through Tarot imagery, spiritual psychotherapy, and transformative ritual. Call Juna at (541) 973-6030 and visit [www.naturalmysticguide.com](http://www.naturalmysticguide.com).*

Tarot de St. Croix is reproduced here by permission.

Tweeted by Deepak Chopra

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PHYSICAL  
SUBSTANCE TO  
THE UNIVERSE.  
MATTER  
IS THE  
INTERPRETATION  
OF SENSE  
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- Charles Bowden

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## A Love Story

By Maya Cooper

What delights me these days is the  
wild tantric dancing love affair  
of Spirit and Soul

My body  
A living, breathing,  
conscious piece of the Earth's ecosystem  
A wondrous gift from Gaia herself  
Little bits of earth, air, fire and water  
magically shaped and formed  
into a friendly patch of land  
to call my own

My body contains a soul  
a spark, a frequency, a vibration all its own  
my ensouled Body  
this glorious form,  
is alive with its own personality  
and intelligence

Body and Soul  
uniquely individual and yet simultaneously  
connected to and a part of  
Nature,  
This planet,  
Gaia Herself

I am one with all living things  
I cannot be separated from life itself

Body and Soul  
My home sweet home  
Earth's heartbeat courses through me  
Guiding and informing  
Filling me with unlimited safety,  
balance and beauty  
I come alive where the ancestors and the breath  
intersect

My sweetly Souled Body  
the piece of earth that I am entrusted with  
caring for  
nourishing  
falling in love with  
and embodying

has its own way of perceiving  
everything I encounter  
It has its own voice and expression  
it sometimes lends running commentary  
of emotional conversation  
to all of my experiences.  
It sometimes observes, quietly,  
taking in the sounds  
spoken and unspoken of the people,  
places and things I discover

it is always present and attentive and curious  
It searches for what is known and familiar  
and delights in similarities  
It is in awe of what is different,  
unknown and yet to be discovered

Ahhhhh, I love my body and soul

... and yet, unbelievably there is more!

My Spirit  
vibrant and mysterious,  
emerging from Oneness  
on a journey of self discovery  
leaps into the unknown  
seeking to discover all the ways  
in which my particular spectrum  
of cosmic knowledge  
can express itself

this expansive flame of my spirit is  
indestructible  
eternal  
invisible  
immense  
unbelievably excited by this opportunity  
deeply compassionate  
ready for any adventure  
driven to seed goodness  
and love everywhere  
I am alive and free

uniquely individual and yet  
simultaneously connected to everything  
the cosmic heartbeat animates my Spirit  
I am one with all life  
I cannot be separated from anything ... ever

I live where light, sound and  
consciousness intersect

The miracle of it all is  
that my spirit could not come to know itself  
without the precious gift of the soul  
and the experiences it is able to provide

my body  
completely and beautifully  
houses my spirit  
each little nook and cranny  
every organ and gland  
every glistening drop of liquid  
every meridian and nerve pathway  
every muscle and bone  
every living part of my body,  
my ecosystem,  
is the perfect habitat  
for a portion of my spirit to call home

Spirit and Soul  
A long monogamously committed love affair  
spanning many many lifetimes  
the sensual tantric dance of embodiment  
continues  
until every shimmering, beautiful,  
light-drenched part of my spirit  
has come home to occupy every part of my  
glorious body

spirit and soul  
lifetime after lifetime  
experiment with falling deeper in love  
charting previously uncharted territories deep  
within  
occupying  
embodying  
blending  
influencing each other  
in a stunning magnitude of ways  
bringing forth the unique gifts that each possesses  
marrying nature and cosmos  
The Spirit and the Soul  
they come together for a little while  
and then they move apart  
and then they come back together  
and then they move apart

inhale  
 exhale  
 inhale  
 exhale  
 the cosmos and nature face to face  
 kissing and breathing  
 together  
 apart  
 together  
 apart

sometimes being alive looks like a  
 spirit occupying a body  
 sometimes it looks like a  
 breeze dancing through the trees  
 sometimes it looks like  
 moonlight shimmering on water  
 sometimes it looks like sunlight coaxing a  
 sprouting seedling  
 up and out of the fertile soil

Our bodies are Nature  
 they can appear in the form of a body  
 or they can change forms  
 and become part of the vast and wild landscape  
 Nature changes form  
 life  
 death  
 rebirth

Spirit and Soul  
 Our consciousness matures with experiences  
 so much is learned when we are embodied  
 so much is learned when we are not  
 but make no mistake  
 spirit and soul  
 are still in relationship  
 even when it appears they have separated ...  
 The form changes  
 but the relationship is alive and well

the spirit may fly back to  
 the cosmic heartbeat for a time  
 the soul may dissipate into  
 the earth's heartbeat for a time  
 but the unique pattern of their consciousness  
 remains intact, alive and continuously  
 contributing to the whole

carrying forward the potency  
 of having been tempered by life  
 and witnessed by love  
 their communion is ongoing  
 invisible  
 visible  
 invisible  
 visible

Incarnation is a long, long process  
 which takes place over a huge span of lifetimes

So, at some point  
 spirit and soul,  
 the soul mates that they are,  
 will seek counsel together again  
 and devise a plan  
 to come back  
 into a form  
 that will serve  
 their ongoing personal experiences  
 and that of the collective

Out of the earth's heartbeat once again  
 will arise  
 in the perfect form  
 in the perfect situation  
 in the perfect location on the planet  
 the unique blueprint of our indestructible soul  
 and it will  
 soften  
 open  
 welcome  
 and receive home the Spirit  
 for the next round  
 of love, life and wisdom

it's not a different body that we take  
 when the urge to reincarnate  
 is upon us  
 Our spirit migrates back  
 to the same land it loves and calls home

time after time  
 the same soul and the same spirit  
 change and evolve and dance together  
 and apart  
 and together again

time after time after time  
 changing forms to suit their needs, desires and  
 curiosities

reuse, renew, recycle  
 nothing is ever lost or wasted  
 the love affair of soul mates is much too grand  
 to try to contain within one short little life

we get confused  
 we think it is another who is the love of our soul  
 and holds the key to our happiness  
 but it isn't  
 the truth is  
 that it is our Spirit  
 first and foremost  
 that makes the Soul's heart sing

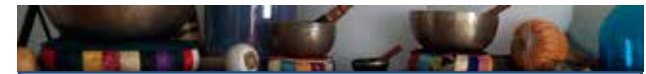
Spirit and Soul  
 it takes lifetimes to learn how to  
 align  
 synchronize  
 uncover our gifts  
 Know ourself  
 awaken  
 and then contribute  
 the magic  
 the miracle  
 the beauty  
 of our complete wholeness to the world

We each contain within us,  
 the power to create heaven on earth  
 by just being embodied

it's happening all around us  
 everywhere we look  
 spirits and souls  
 strolling arm and arm  
 looking lovingly into each other's eyes  
 incarnating more deeply  
 every minute of every day ...

what delights me these days is the  
 wild, tantric, dancing love affair  
 of Spirit and Soul

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A QUICK SHARING ...  
**THE PRINCIPLES OF  
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by Donna Eden and David Feinstein, Ph.D.  
 from: [www.energymed.org](http://www.energymed.org)

**Energy Medicine** recognizes energy as a vital, living, moving force that determines much about health and happiness. In Energy Medicine, energy is the *medicine*, and energy is also the *patient*. You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance. Energy Medicine is both a complement to other medical care approaches and a complete system for self-care and self-help. It can help address physical illness and emotional or mental disorders and can also promote high-level wellness and peak performance.

**Some of the essential principles of  
 Energy Medicine include:**

- Energies—both electromagnetic energies and more subtle energies—form the dynamic infrastructure of the physical body.
- The health of those energies—in terms of flow, balance, and harmony—is reflected in the health of the body.
- Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and balanced.
- Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by:
  - *Tapping, massaging, pinching, twisting, or connecting* specific energy points on the skin.
  - *Tracing or swirling* the hand over the skin along specific energy pathways.
  - *Exercises or postures* designed for specific energetic effects.
  - Focused *use of the mind* to move specific energies.
  - *Surrounding an area* with healing energies (one person's energies impacts another's).

Please visit their website to learn more at  
[www.energymed.org](http://www.energymed.org)



**You Are Not Your Genes  
 you say what?**

By Cate Classen

It takes a lot of courage to change your beliefs. A lot!!!

Are you interested in learning more about the Art of Energy Medicine? I am here to tell you that it is a very real thing! It is an avenue in which gene expression and prognostic outcomes can be altered. Learning the Art of Energy Medicine got me through advanced stage cancer without pharmaceuticals, radiation or disfigurement. Energy Medicine teaches you how to move your energy. Most of all, you learn that you can change your beliefs!

My female genetics predisposed me to breast cancer; good, dense nutrition and energy medicine un-did that belief system. I learned how to clear trapped emotions and energies from my system; rather than having the cancer cut and burned out of me. I'm so glad I did, but it was not easy.

You're not sick? I am so, so, so glad! But don't think you don't need to pay attention to the canaries in the coal mine. It would be wise to be prepared with information in case the day arrives when you or a loved one is blind sided with a "health opportunity." Be prepared with a plan of action and an arsenal of truthful ideas as you walk into the doctor's office or hospital. Most important, know that you are not your genes!! Nutrition is foundational!

You are NOT stuck with your health history or the health history of your mother, your sisters, your father or your grandparents. I know that genetic testing has become the vogue. That piece of paper can become akin to receiving a white flag to wave around as proof of one's health future. Not so.

The road of discovering and holding on to the Truth is not for sissies! It is, however, a road to wholeness. It is also a road full of potholes of shame. You dare to go against societal conventions of health care? How dare you? Who do you think you are? You think you know more than a doctor? You think you know more than a pharmaceutical company? How dare you not give in to the fear and certainty being peddled to you by those who have a vested financial interest in keeping you beholden to chemicals, to burning and to

cutting. You have the audacity to believe that you have the individual potential to challenge the conventions or to heal your body through nutrition? Shame on you.

I am not advocating giving up on western medicine. Not at all! I am advocating looking at the truth of how we can work with western medicine to achieve health freedom. This means that good, dense, green and organic nutrition has to become a larger part of the conversation at our doctor's office.

I had surgery when the time came to treat my cancer; but, before I was willing to succumb to it, I cleaned up the mess my body had become from a poor diet, environmental and job-related toxins, stress, etc. This meant that, in the end, I had a simple lumpectomy to remove the biopsy clip and not the mastectomy, the removal of lymph nodes, the chemo or the radiation that was my treatment plan. In the beginning, the inner voice told me what do, I could not deny it. So I told Stanford, "not right now. I'll be back." That is what I did.

I have a thick file of scan results, all charting my progress over three years. Sometimes I went backwards on some of the tumors or on the state my lymph nodes. At one point I had a spot on the liver and one in the lung. The pain levels and general level of illness spoke of bone cancer and the scan showed minute signs of it. Who knows what they were? I took all of it as "information" to keep me committed to the course which I could see was shrinking the cancerous tumors. But in the end it was the inner voice I could not deny. Energy Medicine became my way of life and I practiced, practiced, practiced. I laughingly joke that I got a four year degree in Energy Medicine.

Moving energy feels good. The results can vacillate as your life tries to align with its truth. Getting aligned. Being authentic. The inevitable response is finding your purpose. You move trapped energy, find your life's flow and find out what you are really capable of. Yes, you are capable of healing!

You are not your genes. You are not your illness. Dr. Bruce Lipton will explain this in the video I've provided a link for. <https://www.youtube.com/watch?v=jji0xVM4x1I>

*Cate can be reached at 415.265.3708 for group and private sessions. She also offers **Self-Healing techniques and a healing circle with the The Emotion Code/ The Body Code group where she goes over these techniques and leads a healing circle every 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Monday evening from 6:30-8:30 pm, at the Isis Osiris Healing Temple upstairs in Suite #48 of the Sunny Brae Centre in Arcata.***



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*August has passed, and yet summer continues by force to grow days. They sprout secretly between the chapters of the year, covertly included between its pages.*

—Jonathan Safran Foer, *Tree of Codes*



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# Beyond Pain: Memoirs of Change

by Martina Dobesh



Photo: Baja California Sur by Martina Dobesh

Diving deep into the pain. Accepting what is. Facing the fear of the Unknowable. Breaking through the illusion of matter to see what actually Matters. A hidden truth of such beauty is here, waiting, waiting, waiting.

I have returned from the hospital where the diagnosis is a deteriorating hip joint. The pain so intense that pain killers will not touch it. The hard physical reality accepted. Then, this morning as I wrote, a gift flowed within like liquid poetry. A gift so profound I want to share it with those that face pain of any kind: physical, mental, emotional or spiritual—there is something beyond the experience of pain.

## From the Journal June 2nd, 2016

Strangely, I feel weepy today, close to God. I rarely use the word God but have come to know something far beyond how it is normally used. This word, in its most expansive sense, goes beyond the contours of this world, out into the most exquisite Unknowable. Lovely puzzle-piece swirling about, dropping into place on butterfly wings.

Just now the SUN burst out through thick morning mist. Oh SUN, how I need the energy for what I must face. Something quite substantial and powerful is emerging from the pain. The pain of knowing the HARD FACT, a “hard reality.”

It surprises the mind, because now I am “wedded to my walker.” Funny, everything sounds like poetry today. I cannot walk without pain, but I am not an invalid, nor do I have the word disabled. It seems I should be in all kinds of mental and emotional hell. Instead I am in wonder, vast wonder of the very breath I take.

The thoughts connect to the heart of the “matter” and are both poetic and a reality. I breathe in the breath of God and it fills my heart,

a bridge between matter and the Sea of Consciousness. I think of writing this for other to read, as the deteriorating hip and its pain are the ground from which this truer experience rises. People will think it is all about the physical form, but I know it is much, so much more. How can I convey this wonder? Only through these words. Each word carries a vibration of this beautiful Sea that we swim in.

This, a new transition happening now in everyone's lives, whether they consciously know it or not. It will take infinite forms. All forms being pulled to the center of Beingness. The experience they will have are meant to open the pathway to love, opening to higher consciousness. The search for “reality,” takes a new turn. Pain in any form is a great motivator, the shedding of the skin of past dynamics, past fears and old beliefs of how we think we are. All is worked out through this body matrix.

For the month of May, I began to feel this flow, like sweet warm honey, rising from the depths of intense pain. Yesterday, I returned from the hospital with a diagnosis that changed my world in one moment. The question becomes who am I if I can no longer walk freely? Then seeing the true gift of walking and how I overlooked the beauty of it when I was in full stride. Oh, such a gift, Walking. This most exquisite sense of freedom. It makes me weep for its preciousness. The gift and the loss of it mingle into something without a word to describe it. If only I could convey this sweetness that I took for granted, not knowing it would leave me. Like taking for granted each breath of Life itself. I, so unconscious.

I am overwhelmed with joy. Oh! The sun is so bright, so powerful, so present. I am overwhelmed in this new gift of being. Given a choice between this knowing of wholeness and the return to the gift of walking, I would choose THIS freedom of Beingness. It is clear; whatever the outcome of this last month's pain and suffering, there will be a dramatic life change. I was given only a moment's notice. I will once again have to recreate myself, having done this so many times in this lifetime. Now, at 71, I am again finding a new way for the remainder of this life. How shall I recreate Martin at his time? I'll give her the wings of the Osprey to fly. I will give her keen eyes and, like the Water Eagle, I will dive deep and fly high. I will give her a huge heart filled with compassion. I will write. The bliss of this is so very, very precious.

## Healing the Family

From the Journal  
June 6th 2016

In the search for receiving and accepting healing, I will travel to see Howard Wills, an international spiritual teacher. Yet what is arising is fear that it could not happen for me. Coming from a family torn apart by illness and death, I have lived this lifetime with a deep hidden shadow of not being “worth it.” Today's issue is a body disabled by intense pain; I

am completely healthy in all other ways. This has set me on a course to find the refuge within the truth of myself. The Huichols (Native Mexicans) call the refuge Nierika. Buddhists call it Nirvana. Still others call it The Light, the Source and God. It is clear to me that our journey as humans is to find this truth. It takes the deepest and most fearless investigation into unknown and Unknowable realms. In the course of life, we might face pain so intense that it burns away who we thought we were, to discover the truth of the matter. This pain can be physical, emotional or mental. Pain is the master teacher. Fear is its adversary and creates unnecessary suffering. We are here to discover our preciousness and our beautiful beating hearts Beyond the Pain. I share my shamanic journey with you. May some part of it speak to that inner place that is found in us all.

I light a candle in the darkness and I settle on the couch.

It is 5:00 am. I close my eyes and find the center of stillness with my intention to call the Osprey, my spirit guide, who will guide me safely on this journey. I request that I meet Fear and see what it can tell me. I feel my thoughts soften, an inner shift of awareness signals that I am entering the familiar state of consciousness that knows no boundaries and where all is possible.

Osprey swoops down with a great flourish of beautiful feathers and we soar north up the coast. I have asked to first connect with the energies of Ojai where healer Howard Wills will be. I have fleeting visions somewhat like gossamer overlays which reveal a few interesting impressions. I'll be curious to see if any of them are actually real. As we fly into the little valley of this famous spiritual retreat area, the lovely sense of sweet stillness radiates from the land, bringing tears to my eyes. We circle over the private home, an expanse of green lawn and white winding walk ... maybe stairs to the front door ... and tropical trees, avocados? Here I get the first impression of the man, Howard, and his greeting. I have connected to the energy, somewhat like a tracker beam that one can travel on to their destination in the actual physical world.

Osprey circles on powerful wings, and in a flash, as can only happen in the dreamtime, we are flying across the

Baja Desert to the Gulf of California at dawn. The surface of the water is smooth and reflects the holy light of the morning. Circling, we land at the mouth of what I have come to call The Cave of Understanding. Maya, my spiritual teacher and guide of 30 years, waits for me there. On the



rocks above the entrance hunches Vulture, head drawn into her shoulder. She has been a spirit guide for nearly the same number of years and has brought many lessons about the art of letting go, of not clinging, of picking the bones clean so one can free one's self from what is no longer needed.

I bend down through the low entrance of the cave. From the left, Maya walks toward me. She is slender wearing a soft blue-gray robe with a hood. I never see her face. She reaches out her slender hands and I touch them to my forehead. It is a deeply quiet connection. I turn and see the flames leaping from the eternal fire and am startled to see a circle of faces around it. They have never been there before in all these years. These are my elders, their faces aglow in the firelight. This is the first time they have ever come to the cave. I know this is a special gathering. But I can't imagine what it is about.

My Mother, who died so young, now returns to my life here in this cave after no connection for nearly 50 years. She shows herself to be a very powerful woman, free of disease and radiating deep inner strength. In the last journey, my father joined her, although I couldn't see her I was so happy. Now they both step forward to meet me, looking as




I have never seen them before. Suddenly two girls run around the fire and throw themselves at my legs, so happy I have returned. I had been doing inner child work and found these two precious aspects of myself frozen in a fearful memory. In an earlier journey, I “rescued” them from the horror. Now they are full of joy. I ask what they are learning from their Mother? They say, “Trust!” Here is the answer to my fear. I have never trusted the deepest sense of myself. These precious young ones are an aspect of myself I have never known. In an amazing union of love, this preciousness is realized as we hold each





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*Again and again, the cicada's untiring cry pierced  
the sultry summer air like a needle at work on  
thick cotton cloth.*

—Yukio Mishima, *Runaway Horses:  
The Sea of Fertility, 2*

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other tight. Mother and Father step forward and we embrace as a true family. Somehow, I understand what their union that had brought me to this life meant. But I could not tell you now what that was. Mother then hands me a piece of Moldavite, a green meteorite stone that comes only from Czechoslovakia and, interestingly enough, only from the region of Monrovia, the land of my ancestors. I know I am to journey into and through yet another destination. I leave Osprey behind and fly alone into the vast green scape. There is only silence and the unknown. There is no fear.

The magical mystical world can transport the consciousness to unexpected regions. I find myself in a lush garden. There are white pillars of marble and a polished floor of alabaster. Startled, I realize that I know this place. Some 30 years ago, one of the first guided meditation tapes I listened to brought me to this place. Could it really be this easy to venture into the higher realms? Often there were robed wise ones that met me. This time no one is here. I look around and see Howard's "presence." The energy is so loving and compassionate I start to weep. He instructs me to leave my ethereal body on the stone bench. There is a shimmering outline of my body and I am its witness. I have no fear in leaving it behind. Howard assures me that it will be cared for. I am then infused with the highest exquisite energy. I allow myself to steep in the sweetness and don't want to move.

However, I am being drawn back through the green vastness. I reenter the cave and am greeted with great joy. My family, my lost child and I as the elder come together, melding as one. I am weeping. This gathering is honoring my life's journey to complete the family healing. I want to stay forever in this light of Family Love. But in a traditional shamanic journey, one makes a promise to return to the body when called by the drummer and a special beat of his drum. In this case, without a drummer, I give my promise to return, but oh how I wanted to stay in that painless state of being.


Osprey scoops me up as I leave the cave, taking my "spirit traveler" back to my body. We sit on the couch. I return to the pained body as I hear the great bird rustle her feathers and fold her wings. She speaks: "You are a very good daughter." The tears run down my cheeks. For my whole life, this is all I ever wanted to hear.



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# A Page of Poetry



## *Climbing Along the River*

by William Stafford

Willows never forget  
how it feels  
to be young.  
Do you remember  
where you came from?  
Gravel remembers.  
Even the upper end of the river  
believes in the ocean.  
Exactly at midnight  
yesterday sighs away.  
What I believe is,  
all animals have one soul.  
Over the land they love  
they crisscross forever.

Learn more about William Stafford  
on page 25 of this issue.

## *Poem by Carol Pridgeon*

A drop of wild honey  
landed on my lips today  
I savored its rich flavor  
then sent it on its way  
It traveled down my throat  
and landed pure and sweet  
Deep deep deep within my heart  
and made my senses leap  
The honey gently flowed  
into the deepest parts inside  
It opened doors I thought were locked  
and swung them open wide  
How glorious to live from that space  
the freedom that it brings  
That honey brought me an open Heart  
and made my Soul to Sing!!

Carol Pridgeon  
Commissioned Art  
[roseoncow2@gmail.com](mailto:roseoncow2@gmail.com)

## *The Mirror*

By Damion Sharpe

Within your eyes I see the vastness of the entire universe  
Your edges inspire the air around you to celebrate  
The warmth of your breath opens the blossoms of love  
The sweetness of your attention nurtures the heart  
Your vibration is the song of the Divine  
Each of us meeting  
Upon this landscape  
Connecting  
Landing  
Softly  
Home

Damion Sharpe  
shibumi.rocks  
[effortlessperfection.today](http://effortlessperfection.today)  
[damionpanther@gmail.com](mailto:damionpanther@gmail.com)

# It Was a Shoe Box ...

by amy day

*Great Acts are made of small deeds*

~ Lao Tzu

## It was a shoe box.

Or had been, in a former Life. By the time he showed it to me, gravity and the coming of the years had downgraded it to six uneven segments of cardboard barely fashioned together to hold his treasures, his keepsakes, the scattered mementos of a young, but well-traversed life.



## His “Box of Cool Shit.”

Out of its mired and dilapidated mouth, he produced old photographs, small pieces of granite, shell and jade. A cheap string of beads from his maiden voyage to the Big Easy. A delicate arrowhead, smooth and ancient, beside them. The Dead in Vegas ticket stubs. A whale vertebra. The broken nose from his first surfboard. The frayed edge of a patch from his childhood blanket.

In our first weeks together, we would sit upon the floor with his sagging box at hand, and we would reach in and tell the story, piece-by-piece, of what he found inside.

*In these small moments did he weave for me the greater picture of his character, his heart, offer me miniature windows into the tender places of his soul.*

## In these small ways our Love began.

.....

I have been a busy little bee in the hive of social media these days. Each day a new blurb. A new photo. Sharing and tagging and hash tagging like a hungry

little Kardashian. **And its felt like a long trip to church on Easter Sunday.**

Joyous. Light. Celebratory. Sweet. A re-birth.

Because a few weeks ago, I hatched a little harebrained scheme with some of my fellow LadyFriends/LightWorkers about a way to integrate some of the work we do individually—in areas of self-care, ritual, sacred study or spiritual practice—and transport it to the Virtual sphere.

**Me:** *Hey. Do you guys wanna create an Instagram challenge with me?*

**Awesome Lady Pals:** *Uh, yeah. What does that look like?*

**Me:** *Well ... what if, instead of getting people excited to go do a bunch of different*

*versions of #handstand each day or photograph pretty pictures of #rocks & #trees, we challenged them to witness something #sacred each day? (Which could, ya know, depending on who you are, look like different types of handstands or rocks or trees ...)*

**Awesome Lady Pals:** *So if I get this right: pretty pictures plus reflective stories plus mindfulness plus art plus sharing???* **Yes. In. When do we start???**

And thus, a miniature movement was born.

For while, by myself, I may not be compelled to say, share the gritty details of my childhood battles with bulimia or document my morning walk in the woods or the little selfies I take now and again to remind me to find Beauty even in the places where I thought it was lost ... **In this container we’ve built**—four women, 20 days, and numerous opportunities to pause and gather and reflect back the Good and True and Change we wish to see within our World - well - **this humble “box” has caused me to be Bold.**

By placing aside this tiny parcel of time and intention, I am enabled to step in, dive deep and Share openly at a level I haven’t experienced before.

**So I wonder today what are the boxes you’re building?** What tiny vessels are you crafting to carry your Heart, your Dreams? What little ships are we building to launch our Visions, to bring them to Shore???

A place to connect the Infinite to the Infinitesimal. A nexus where the Grand and Insignificant intersect. **A little launchpad to shoot your MoonRockets from.**

The teachers tell us if we want a Conscious Practice, we can just set aside a few minutes each day. Ten will do.

Want better handstands? Roll out the mat, set a timer, and start taking deep breaths. In a year or so, you may very well have beaten Gravity at its game.

Gonna pen the next Great American Novel? See how many blogposts or poems or postcards or humble, single pages you can fill out first.

## Do we dream of Big Big Things for this Life of Ours?

**Then we must be willing to show up to the humble work before us—with a Huge, Gargantuan Heart.**

.....

Eventually, I took what little money I had saved from my hours spent barista-ing and bought a fitting vessel for my Love’s beloved “sh\*t”. Heavy, polished wood with brass handles and fittings that could proudly carry his treasures. He thanked me, gingerly re-housed each item inside it, and has them to this day.

But when we look inside every now and again, I am reminded **that it matters little the box is lovely and pleasing to the Eye. Its contents are what revealed his worth to me. Each piece wrought with meaning and selected with care. He showed me a bit of what it looked like to hold the Vision of a Sweet Tapestry of a Life in one’s mind and heart and to stitch it together, one blessed fragment at a time.**

May you continue to unearth the tiny boxes that will bring your Masterpiece to light. May you fill them with courage and delight. May you be heartened and inspired to open them up and display them proudly to the world - the stories, lessons and nuggets found there.

## Write to me and tell me about your boxes and the treasures you keep.

Join us for the final 10 days of our Reclaiming the Virtual Sphere for the Sacred. Choose a period of time to enact a minor revolution all your own.

Thank you for reading & sharing your hearts and time.

As ever,  
Yours,  
In Light.  
xox,  
~a

*Amy Day is a teacher, yogi, writer & explorer of the ways to wed the sacred to the everyday. Connect with her at [BackPocketJuju.com](http://BackPocketJuju.com)*

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**Om Shreem Maha  
Lakshmiyei Namaha**

*Salutations to the heart-centered and great Lakshmi. May you pour forth your blessings upon me.*

- **Shreem** is the seed sound for the principle of abundance of which the goddess Lakshmi is the personification.
- **Maha** means great, and this means not only in quantity but also in quality.
- **Abundance** - that which is in harmony with the divine law. Lakshmi is the goddess of wealth and prosperity—both spiritual and material. Invoking her through her name can bring tremendous grace.



**Yogadon shares:**

There was a saying early in the computer age, GIGO ... garbage in-garbage out. I find that this is true for our human computer too. Whatever we let in our doors, meaning our senses, what we see, put in our mouths, allow in our ears etc., contributes to the programs that will become the reality of our lives. If we consciously put ourselves in touch and in alignment with high quality nourishment, then we have the ability to create better programming. High quality nourishment can be the fuel that

brings the better aspects of us to life. Whatever we want to be, however we want to live, whatever the visions we want to manifest; the unconscious will then run the program and make it happen!

This is what yoga is and this is what a spiritual life is. Simply put, it is all about finding the tools that work for us and using them consciously every day to build or to deconstruct what each day will be about. Will we be causing harm or will we be creating joy and love for those around us, for our environment, and for ourselves?

Nourishing Art found on ajsartjournal.wordpress.com/2013/02/

Note from Maya: An Oldie but Goodie. A soothing and beautiful story from the life of Deva Premal, brought back to my attention by Yogadon earlier this month. This is an excerpt from Osha News found online at <http://www.oshaneews.com/2013/02/10/gayatri-mantra-video-deva-premal/>

**Gayatri Mantra**



Deva Premal (pictured above) spreads the Gayatri Mantra around the world....

**Mantra**

Om bhur bhuvah svaha  
Tat savitur varenyam  
Bhargo devasya dhimahi  
Dhiyo yonah prachodayat

**Meaning**

*Through the coming and going, and the balance of life, the essential nature, which illumines existence, remains. May all perceive through subtle intellect the brilliance of enlightenment.*

The Gayatri Mantra is perhaps the oldest prayer known to humanity. As a prayer to the sun, provider of life to Earth, it is, at its core, a plea for the enlightenment of all sentient beings on the planet. In ancient India, the Gayatri Mantra was the exclusive property of a chosen few, passed down from Brahmin to Brahmin for many generations, and always completely forbidden to women.

Breaking with a tradition that he probably didn't even know existed, Deva Premal's father, Wolfgang, sang the mantra to his unborn daughter throughout the nine months she was in utero, and welcomed his baby into the world with the most holy sounds of the Gayatri Mantra. As time went on, the prayer became the German-born singer's bedtime song, which she chanted every evening throughout her childhood. Thirty-five years after being welcomed by it at her birth, Deva Premal completed the circle by chanting the mantra to her father on his deathbed, sending him on his spiritual way with the venerable sacred verses.

Enjoy the Gayatri Mantra online at You Tube  
<https://www.youtube.com/watch?v=CHpA6qotiww>

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*If it could only be like this always—always summer, always alone, the fruit always ripe and Aloysius in a good temper...  
—Evelyn Waugh, Brideshead Revisited*

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"When you do things from your soul, you feel a river moving in you, a joy." – Rumi

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**In this issue we explore a recipe for health!**

Enjoy this book review by  
JESSICA BRYAN

**DR. HUNTLEY'S  
RECIPE FOR  
OPTIMUM HEALTH:  
A Nutritional Approach to  
Overall Wellness and  
Detoxification of the Body**  
by Elizabeth Huntley, PhD

*"Never accept what anyone else tells you to believe. Find the truth for yourself and contribute what you can to the welfare of the world."*  
– Elizabeth Huntley



For many years, the author of this book, Dr. Huntley, was a practicing nutritionist, with degrees in physics and the biological sciences. Before retiring in 2007, she helped thousands of people overcome a wide variety of illnesses using healthy food, supplements, pure water, and other natural healing modalities, including radionics and her skills as a medical intuitive.

Over the years, Elizabeth wrote many chapters for this book but, unfortunately, she was unable to finish organizing the material. Elizabeth's message is valuable and inspiring, so I decided to complete the manuscript and publish it for her.

DR. HUNTLEY'S RECIPE FOR OPTIMUM HEALTH outlines a dietary approach to overall wellness and detoxification of the body, including easy-to-follow recipes and instructions for purchasing and preparing healthy, fresh foods. One of my favorite quotes from the book is this clever advice about how to educate your nose:

*How do you tell if fats or oils are rancid? Develop a good sense of smell! If you take a fresh stick of butter and smell it, you will discover it has a pleasing odor. Nuts that have been*

*recently picked from the tree and cracked open and eaten immediately will have a pleasant fragrance. These are fresh oils. Now, take a package of nuts that have been roasted in oil, and leave some of the nuts out on the counter for several weeks. Notice the change in odor. The oil has become rancid. You must develop your sense of taste and smell, because this will allow you to distinguish between fresh and stale or rancid food.*

*Healthy eating comes from having a healthy relationship with the food you eat. Smell the produce you buy. Every day you should cook at least one meal for yourself, ideally all meals. Eating and cooking involve all of the senses: taste, smell, touch, sight, and sound, as well as a spiritual sense. Indulge these senses by buying the most delicious, aromatic, ripe, and beautiful fruits and vegetables you can find.*

\* \* \*

In addition to her primary focus on achieving optimum health through proper nutrition, Dr. Huntley writes about what's wrong with pharmaceutical drugs in the chapter entitled "Chemicals Don't Cure." Here's an excerpt:

*One of the tragedies of the imbalanced health care system that has been perpetrated in this country is that people have been educated to believe the way to cure a disease is to find the one thing that kills off or gets rid of the disease, somehow the "silver bullet" that specifically targets what is wrong with them.*

*Unfortunately, a person who is ill is not ill because he has one thing wrong with him, one vitamin missing from his diet, or one disease organism that somehow got loose in his system. He is ill because the body is out of balance, and it must be badly out of balance before he gets sick. The body is a homeostatic mechanism (homeo = self; status = stabilizing), meaning it is cleverly designed to bring itself back to a stable condition in spite of outside influences, if it has the necessary ingredients to work with.*

*... When drugs are taken over a long period of time, they suppress the symptoms of disease, and toxic residue from infection builds up in the body, which eventually wears down the body and allows chronic diseases to take over.*

\* \* \*

As with many other alternative health practitioners, Elizabeth connects health to socio-political conditions. I especially enjoy this commentary from her chapter on the immune system:

*You are living in the middle of World War III and you are almost defenseless. Digging trenches or building bomb shelters isn't going to do you a bit of good because you are fighting against weapons you can't even see. You haven't got much of a chance to fight back because you don't know who or what the enemy is—although there are speculations ranging from the Russians to General Mills to the American Medical Association.*

*Your life and health, and that of your children and their children to come, are at stake. In fact, what's actually at stake is the future of civilization on this planet—and that means your future. So it would be best to begin taking steps to protect yourself.*

*The war against the immune system might or might not have been started deliberately. Although there are many who view history from a conspiratorial point of view, it really doesn't matter to me whether we consider this started as a conspiracy or was an accident brought on by stupid people who believed chemical innovations would improve the planet upon which we have lived for so long without the "benefit" of modern chemical processes. While the source of the war on the human immune system might be important, it's not as important as safeguarding your immediate health and that of your family.*

\* \* \*

Dr. Huntley's recipes and cooking in general are at the heart of this book:

Start by making your kitchen comfortable, because eating well and being healthy means spending a lot of time in the kitchen. Restaurant food will never be as good as the food you create in your own kitchen, and it will never empower you in the same way cooking delicious, healthy food for yourself and your family will.

According to Elizabeth, the most important ingredients in cooking health-giving foods are Knowledge, Attention, Adventure, and most of all Love. "If you don't love the people you are preparing food for, including yourself, how are you going to take the time and attention required to select the highest quality ingredients and prepare them, while preserving all possible nutrients?"

Here is one recipe from Elizabeth's book. It was inspired by the work of Dr. Theo Koufas, author of *Journey for Health*.

**CLASSIC JAPANESE HEALING SOUP**

This Japanese sea vegetable soup is super-nutritious and soothing.

- 7 cups pure or filtered water or vegetable-cooking water
- 6 dried shiitake mushrooms
- 2 carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 onion, diced
- 2 cloves garlic, diced
- 3 large leaves bitter greens such as kale or collards, chopped
- 1-inch piece daikon radish, diced
- 1 small bunch of fresh parsley, chopped
- 2-3 pieces dried wakame, soaked and chopped, (discard soaking water)
- a pinch of thyme
- ¼ pound tofu, cubed small
- ½ to 1 c. cooked brown rice
- 3 tbsp. mugi (barley) miso
- 1 tsp. tamari



Soak shiitake mushrooms in 2 cups of pure or filtered water for 20 minutes. Remove mushrooms and chop, discarding stems. In a large soup pot, combine mushrooms, mushroom soaking water, and 5 cups additional water. Bring to a boil and simmer 10 minutes.

Add carrots, celery, onions and garlic. Allow to simmer 10 minutes more. Add chopped bitter greens, daikon, parsley, wakame, thyme, and tofu. Simmer 10 more minutes.

Using a teacup, remove about ½ c. of broth. Stir miso into broth until completely dissolved. Return to pot and add brown rice and tamari. Simmer 5 minutes being careful not to boil the miso. Eat immediately, seasoning with additional tamari, if desired.

Photo © Olga Kriger | Dreamstime.com

Finally, a quote from Elizabeth about where humanity started and where we have ended up, all of which remind us that we have some serious work to do:

*Once upon a time, there was a Garden of Eden. The climate was perfect, so no one had to wear man-made synthetic fabrics for clothing or burn*

fossil fuels to keep warm. There was no electromagnetic pollution from power lines, TV's, nuclear fallout, or other forms of radiation. All of the food was organically grown and could be plucked from trees; it was quite plentiful. In this kind of situation, the body functioned perfectly and did not encounter any diseases that it was not fully equipped to handle.

Human bodies are not well equipped to survive in our present-day environment. This is obvious when we look at all the animal species that have gone extinct over the last hundred years as a result of man's actions. The only question that remains is: Have we fouled our own nest to the extent that we will also go the way of the California condor, the snail darter, and the dinosaur?

This is a good question, indeed one I contemplate often as I strive to improve the health of my family and foster peace in my community.

\* \* \*

Elizabeth Huntley lives in Medford, Oregon. She is not currently doing health consultations, but she might do so in the future. Please contact Jessica with questions or comments, or to order a copy of Dr. Huntley's book.

**DR. HUNTLEY'S RECIPE FOR OPTIMUM HEALTH** is available in print and as an e-book on Amazon.com. However, readers are encouraged to order directly from Jessica: editor@mind.net, because Amazon charges authors a high commission, and our goal is to raise funds to help Elizabeth.

JESSICA BRYAN is an author, book editor, and publisher. She lives in Ashland, Oregon and can be reached by phone: 541-708-0729.

## Blessings in the Wind

By Ellen Dee Davidson



As the days lengthen and summer sun grows warmer, we naturally find ourselves spending more time outside. This gives us a chance to connect sensuously with the Earth, digging our toes into the sand, basking on warm rocks, listening to bird

calls, and having our thoughts carried away on

the breeze so that we can lose ourselves in dreamy peace. As we snuggle with our bellies close against the ground, on a beach, in the grass, or perhaps lounging on a granite boulder, our hearts slow in rhythm with the pulse of the Earth, and we open to feel the limitless comfort of her embrace.

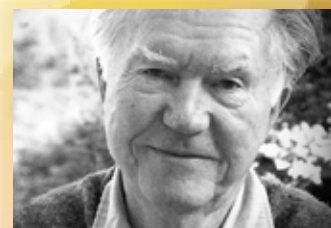
The Earth, Mother of us all, holds us with her gravity and grace. She enchants us with beauty and gives every one of us the comfort of belonging. There's something about having one's belly against the Earth that invites in a sense of nurturing, like a baby suckling at a mother's breast. When we are open, we can allow the sweet current to fill our hearts until they overflow. We linger in satisfied bliss. This is healing.

In our nation where most of our ancestors were refugees from poverty and persecution, massacred and dispossessed of their homes, or slaves, with a few adventurers thrown in, many of us need to heal inherited trauma. In the May, 2013 issue of Discover Magazine, the article, "Grandma's Experiences Leave a Mark on Your Genes," gives a basic explanation of how the emerging field of behavioral epigenetics has discovered that traumatic experiences in our recent ancestors' past actually leave molecular scars that stick to our DNA! Behavior or psychological patterns that make little sense in our own lives, like an irrational fear of cold, can literally be traced to a forebear who froze to death in the snow. Anxiety and depression we experience can actually have originated with the abandonment our great-grandmother suffered as a child.

The time we spend healing ourselves is not selfish or self-indulgent. It is, in fact, sacred work. As Dr. Christiane Northrup says in Mothers and Daughters, "Every woman who heals herself helps to heal all the women who came before her and all those who will come after her." I'd probably add that this is true for men too.

Scientists are currently researching medications to help with the biochemistry of inherited trauma. However, for those of us who prefer to avoid side-effects, spending time in nature offers a powerful alternative. Being with the Earth is healing in all sorts of ways that are only beginning to be understood by scientists. Trees produce phytoncides that boost our immune systems, negative ions found by oceans, rivers, and waterfalls improve moods, and being in physical contact with the earth, barefoot, sitting, or lying down, causes health promoting electrophysiological changes.

So go out and have some fun! Rejoice! Renew! Enjoy the lusciousness of summer. Soak it in to your heart's content. It will be for the good of the whole. In fact, sometimes I like to dedicate the merit of the wild beauty to all those who would benefit from pure, clean water, fresh air, and vibrant life. I send waves of joy and gratitude for experiencing such bliss out on the summer wind, with blessings to all.



### William Stafford

(1914 - 1993) was a poet, conscientious objector (during WWII), a recipient of the National Book Award and, in his own way, a Mystic. Many of his poems

seem to leap directly out of the Earth, rooting themselves in the readers' imagination with such force as to cause the flame of awakening to flare up, enchanting Mystery to momentarily reveal its incandescent anatomy. The following was published in The Way It Is: New and Selected Poems published in 1998.

See another selection of his work on page 17 of this issue. Both poems were contributed by Susan Hagemann.



### Earth Dweller

It was all the clods at once become precious; it was the barn, and the shed, and the windmill, my hands, the crack Arlie made in the ax handle: oh, let me stay here humbly, forgotten, to rejoice in it all; let the sun casually rise and set. If I have not found the right place, teach me; for somewhere inside, the clods are vaulted mansions, lines through the barn sing for the saints forever, the shed and windmill rear so glorious, the sun shudders like a gong.

Now I know why people worship, carry around magic emblems, wake up talking dreams they teach to their children: the world speaks. The world speaks everything to us. It is our only friend.

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*Green was the silence, wet was the light,  
the month of June trembled like a butterfly.*

—Pablo Neruda, *100 Love Sonnets*

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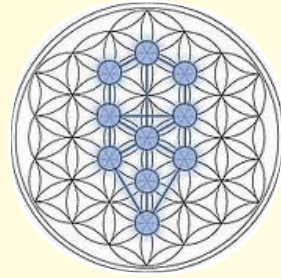
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# Tarot Wise

July/Aug 2016

By Carolyn Ayres



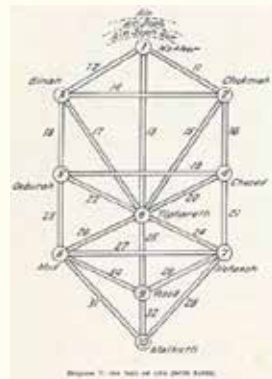
Note: This column is an ongoing exploration of the Tree of Life, as viewed through the lens of the Waite Smith and Thoth tarot. Most of the thousands of tarot decks created since the 1960s copy these two decks, but without their connection to the Tree of Life.



The innocence of Spirit coming forth into manifestation completely inexperienced yet with the Wisdom of the cosmos behind it. -Gareth Knight

And so with the introduction of The Fool in my last column, we have leapt off the cliff to begin the journey of the Major Arcana on the Tree of Life. This is a very different journey from the more traditional approach to the Tarot, known as the Fool's Journey, where the Fool is seen as the initiate who travels through each major card taking on new energy and lessons while exploring archetypal concepts. The Fool as a tarot card placed on the Tree of Life represents a path of experience between two sephirote (emanations of cosmic consciousness). As I explained in my preceding column, the Tarot Majors were placed on the paths between the Sephirote on the Judaic Tree of Life as the force needed to move from one level of consciousness to another, either downward into incarnation or upwards to transcendence. The Fool is path number 11 as seen on the diagram to below the path between the sephirote of Kether(1) and Chokmah(2), the first force to emerge after the big bang of possible existence. You could say the Fool carries in his bag all the potential of our known universe down to Chokmah(2).

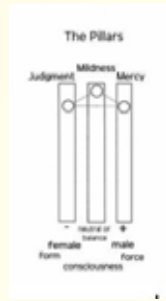
The Magician's path, number 12 on the diagram, is similar in that it also emerges from Kether(1) as a first force, but the Magician or Magus, my preferred labeling, travels to Binah(3), which you can see sits opposite Chokmah(2) on the diagram on the Pillar of Form.



**A short review:** The Tree can be



seen simply as three pillars recognizable as forces in our lives. (See diagrams to the left) The Pillar of Force or Mercy can be seen as events, energies, and situations seemingly being thrown at us, and the Pillar of Form or Judgement can be seen as how we catch these seemingly random energies, by responding to or just reacting to them, thereby creating meaning. The meaning we find, hopefully brings balance to our experience which could then be seen as the Middle Pillar of Equilibrium or Mildness. Notice how the Pillars also represent the duality of the masculine and feminine which we are always working to balance within ourselves.



So the Fool is the experience of traveling to a gathering of force at Chokmah, while the Magus is the experience of traveling to the form of that force. Hence the difference between the Zero and One. Even the shapes tell us the story of the expansive eternal possibilities of the portal of Zero and the

clear, clean focus of the number 1. This gives a clue as to how these two cards hold infinite potential in very different ways. I think of the Magus as the organized Fool, for the Magus has opened the Fool's bag and laid out the elements for life on his table: the pentacle, the sword, the cup and the wand. He is organizing and readying for the possibility of manifestation. Notice I say He, for the Magus is the first idea of masculine, but this masculine holds the idea of the feminine within whom we will meet next as the High Priestess. One important thing to remember: nothing yet has happened, all is potential being gestated in the emanation of Binah, which, as the universal womb of creation, catches, holds and ferments the force of Chokmah.

Aleister Crowley speaking of the Magus says: "Mercury is preeminently the bearer of the Wand: Energy sent forth. This card therefore represents the Wisdom, the Will, the Word, the Logos by whom the worlds were created...With the Wand createth He. With the cup preserveth He. With the Dagger destroyeth He. With the Coin redeemeth He."

The Magus is also seen as Hermes/Mercury, that aspect of us that willfully directs and organizes the creative vibration, transmuting the LifeBreath of the Fool into sound. When you "Pronounce" something, you willfully direct the vibration of sound. So the



Magician brings forth the Creator's will, emanating from Kether through words of power. All That Is becomes conscious and begins to create. "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of men" The Bible, John 1: 1-4

The Magus carries the Intelligence of Transparency, enabling the transmitting of original divine intention without the distortion of an ego. Power passes through the Magician but does not originate with him. It is through the structure of Form with Binah that the Hidden Intelligence of Kether becomes articulated. So how are these energies being articulated in your life? How can you bring this power of potential into manifestation?

## Reading for The Fool and the Magus Two aspects of Your Divine Self.

Get out your Fool, Magician and your four Aces.

1. **A card for your Fool's desire aspect.** Lay this card face down on your Fool
2. **A card for your Magician's action aspect.** Lay this card face down on your Magus
3. **Four cards**, one for each of the elements always being released as possibility in your life

Lay each card face down on each of your Aces

*(Read these four cards together for what is possible for you at this time in your life)*

**Wand/Fire energy** – The creative Divine Will in action

**Cup/Water energy** The imaginative sea of Feeling where the Divine Will can play with possibilities

**Sword/Air energy** The intellectual organization of this Fire and Water into recognizable plans

**Pentacle/Earth energy** – The manifestation of Divine Will in matter

Do not hesitate to call or email me with questions about the reading or this column.

**My annual Court Card Workshop is happening July 30<sup>th</sup> at the Tarot Studio in Eureka. All levels welcome. Email or call if interested for more information.**

If you are following my column and want to know more

about the Tarot and the Tree of Life, consider attending "Tarot As An Evolutionary Path," a nine month gestation for the emergence of spirit, at my studio in Eureka. I also offer more advanced classes for the Minor and Major Arcana on the Tree of Life. Private students are welcome, and I create Tarot Circles for groups who want a deeper knowledge of the Tarot. Private consultations on the phone, Skype or at my Tarot Studio in Eureka are also available. For more information about my classes or private consultations, call 707-442-4240, email carolyn@tarotofbecoming.com or check me out at my website: www.tarotofbecoming.com.

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*Life, now, was unfolding before me, constantly and visibly, like the flowers of summer that drop fanlike petals on eternal soil.*

—Roman Payne, *Rooftop Soliloquy*

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# The Bhagavad Gita

## Part 26

A compilation of Bhagavad Gita verses, comments from the masters (sometimes paraphrased), and personal introspections presented for your pondering and enjoyment.

by Krishna Jaya



### Chapter Two, Verse Fifty

“The sage is endowed  
With evenness of mind.  
Vain anxiety has been left behind.  
It matters not to the sage  
Whether actions turn out well or ill.  
Therefore, Arjuna, devote yourself to Yoga,  
Which is skill in action.”

Paramahansa Yogananda:

When persons are identified with material life, owing to the false consciousness of themselves as doers of action, they are bound to their good and bad results; but when they become one with omnipresent wisdom, they enjoy immunity from the limiting influences which occupy the prison-house of earthly life. They understand that it is not the ego but God working in all of their actions. To continue life's activities with God-consciousness is called skill in action, because it totally frees the soul from the bondage of karmic effects, thus ensuring permanent freedom in Spirit.

Therefore, strive above all else to become merged in divine union

Krishna Jaya:

Those who have become “one with omnipresent wisdom” were once ensnared in *maya*, except perhaps for *avatars* such as Krishna and Christ. If you and I could generate the vision to see our future selves just as unshakably immersed in divine union, perhaps we might be the beneficiaries of a profound insight such as this: our present struggles “to

attain” Self-Realization are a mirage. We already have all the riches. We just don't see them. Insights like this sometimes flash into consciousness when we are not constrained by the limits of linear time.

Imagine a realm in which you envision your future self “enjoying immunity from the limiting influences which occupy the prison-house of earthly life.” You keep on mopping floors and doing laundry, but all anxiety in the background is gone, including most notably the fear of death. The experiencing of your vehicles, physical and non-physical alike, as instruments of the Higher Power in the Universe, corroborate Krishna's utterance: “Yoga is skill in action.”

Swami Shivananda:

Actions which are of a binding nature lose that nature when performed with equanimity of mind. The even-minded Yogi attributes all actions to the Divine Actor within.

Krishna Jaya:

Bring your awareness back to those times when you were preoccupied with selfish misery.<sup>1</sup> Where is the Divine Doer during these painful moments? Is she/he/it not always present and accounted for? Is there anywhere in the past, present, or future where she/he/it is not? How could there be? she/he/it is as much a part of us and our lives now as after the Self is realized once and for all. In line with the Hindu dramatic model of the Universe, she/he/it does such an amazing job of acting that she/he/it forgets who she/he/it is.<sup>2</sup>

In other words, we are prodigal children playing a game of hide-and-seek. When we hide, we temporarily forget our divine heritage. When we seek, we are pointing towards the vision of our divine union. The remembrance of our true nature (when the seeking becomes finding) discloses the revealed perspective. It is possible, with the human gift of self-awareness, even during our “hiding” phases when we fall prey to our human weaknesses, to hold on to the ideal simultaneously. This is called polar vision.

Alan Watts (from *The Book: The Taboo Against Knowing Who You Are*):

Correlative vision, also called polar vision, is a term for an understanding whereby you see that all explicit opposites are essentially implicit allies, correlative in the sense that they “gowith” each other and cannot exist apart. This, rather than any miasmatic absorption of differences into a continuum of ultimate goo, comprises the unity underlying the world. This unity is not one-ness as opposed to multiplicity, since these two terms are themselves polar.

The unity, or inseparability, of one and many is therefore referred to in Vedanta philosophy as “non-duality” (*advaita*) to distinguish it from simple uniformity. True, the term has its own opposite, “duality,” for insofar as every term designates a class or intellectual cubby-hole, every class has an outside polarizing its inside. For this reason, language on a flat surface can go beyond two dimensions. However, by the convention of perspective, certain two-dimensional lines that slant towards a “vanishing point” can be taken to represent the third dimension of depth. In a similar way, the dualistic term “non-duality” can be taken to represent the dimension in which explicit differences have implicit unity. To ordinary vision there is nothing visible between classes and opposites. However, with only a slight shift of viewpoint, the interdependence of opposites becomes clear.<sup>3</sup>

Krishna Jaya:

With this “slight shift in viewpoint,” Paramahansa Yogananda's apparently paradoxical statements, namely

1. God is the Doer
2. Strive above all else to become merged in divine union,

will be experienced as the mutual co-existence of absolute and relative levels of reality, the former being independent of the constraints of time and space, while the latter is confined to space, time, and the law of cause and effect in which consequences are not coincidences. The knowledge that there is a hidden link between this seemingly incompatible pair of opposites brings a lightness to the heart as we transition from the Piscean to the Aquarian Age. The divine unfolding of our personal journeys is then perceived as part and parcel of the human species' collective evolution, bestowing a peace of mind amidst the strife of the old order dying as a new collective consciousness is being birthed.

The planetoid Chiron was discovered in 1977. Forty years later astrologers are getting a handle on the correlations between Chiron's movements and human affairs, both individual and collective. Chiron was a Centaur in Greek mythology, abandoned at birth and taken under the wing of Apollo, the Sun god, who taught him the healing arts. At a party of Centaurs which Chiron was attending, things got rowdy, arrows started flying, and a stray one hit Chiron in the heel, a wound that wouldn't heal; and so, Chiron presents an image of the wounded healer.

Chiron's orbit is eccentric, a pronounced ellipse that penetrates Saturn's orbit at perigee and exceeds Uranus' orbit at apogee, thus linking aspects of the principles corresponding with these two Planets. Chiron's wound points to the past: Saturn's dark side, the domain of fearful,

rigid, entrenched thinking which reinforces the status quo. Chiron's healing virtue envisions the promise of a Uranian (Promethean) awakening. There is a lightning-like flash, and a critical mass of the human family finally gets it that the continued exploitation of Nature's carbon-based resources will precipitate our own destruction. The Chironian vision includes that forward-looking movement which visualizes what life on Earth will be like when respect for the biosphere and everyone in it replaces the ethos of domination.

To close: some more words composed by Donovan for the film *Brother Sun Sister Moon*, which came out in the same decade when Chiron was first observed by telescope...

*There's a shape in the sky beckoning me.  
There's a sound in the wild wind calling me  
There's a song to be sung for glory,  
And I feel that it's coming our way.*

*There's a pain on the land weakening me.  
There's a sigh in the city of sorrow.  
There's a shadow of darkness accumulating  
And the fear that is coming our way.*

*There's a love for all folks sleeping within.  
There's a friend of a friend awakening.  
There's a jubilant joy bursting to be  
And I feel that it's coming our way.*

Notes:

1. Taken from a song in the film, *Brother Sun Sister Moon*, about St. Francis, starring Graham Faulkner and directed by Franco Zeffirelli. The music was written by Riz Ortolani and the words were added and sung by Donovan, including: “Brother Sun and Sister Moon, I seldom see you, seldom hear your tune, preoccupied with selfish misery.”
2. Nobody has a monopoly on which metaphor for the Self of the Universe is the accurate one (She, He, or It), because that Self is ultimately un-classifiable for the reason that there is nothing outside of Her, Him, or It from which to make an observation and classification.
3. Robert Hunter: “Once in a while you get shown the light in the strangest of places if you look at it right.”

*It was June and the world smelled of roses.  
The sunshine was like powdered gold  
over the grassy hillside.*

—Maud Hart Lovelace, *Betsy-Tacy and Tib*

## 2016 Event Calendar

### Ongoing And Special Events Held Upstairs at Isis Suite #48 at Sunny Brae Centre in Arcata ... 707-834-6831

#### Every 1st, 3rd and 5th Monday

EMOTION CODE AND BODY CODE -Take advantage of receiving the energy of personal clearings that benefit the entire group. We share the energy of the group clearings and everyone receives the benefit of it. 1st, 3rd and 5th **Monday Evenings 6:30-8:30pm.** with Cate Classen.

#### Every Tuesday

**REIKI and ONENESS BLESSINGS** are being offered at Isis #48. Everyone is welcome **from 7:00 - 9:00 p.m.** **No Appointments Necessary.** First Come, First Served. Opportunity to receive healing sessions from 2-3 Reiki Practitioners at once. Call Per for more info at 206-550-3263. Offered by donation.

#### Every Wednesday Afternoon

**TRANSMISSION MEDITATION NEW TIME!** Led by Sue Jones, Wednesday afternoons **from 2:00-3:00 p.m.** Donation requested: \$2. Transmission Meditation takes about 15 seconds to learn and is practiced for the benefit of humanity, rather than the individual. Still, it's a most uplifting experience! Learn about it at [www.SueAnnabrookeJones.com/transmission-meditation.php](http://www.SueAnnabrookeJones.com/transmission-meditation.php)

#### 1st, 3rd & 5th Thursdays

**IMPROV AND ACTING CLASS** with Damion Sharpe Increase your ease, skill, confidence, and joy through play. **Every first and third Thursday 6:30-8:00 pm.** (July 21st & 31st and August 4th & 18th) Sliding scale \$5-\$10. [damionpanther@gmail.com](mailto:damionpanther@gmail.com) and 707-497-9039

#### Every Friday

**MEDITATION:** Self-Realization Fellowship Meditation **every Friday from 7:00-9:00 pm.** We practice meditation techniques and chanting as taught by Paramahansa Yogananda. Please contact John at [arcata.srf@earthlink.net](mailto:arcata.srf@earthlink.net).

#### 2nd Sunday of the Month

**POWERFUL HEALING AND TRANSFORMATION** with Damion Sharpe. **2nd Sunday Circle.** Empowering your heart's gift to the world through exploration, visualization, movement, and shaman journeying. Sunday July 10th & August 14th From 3:00-6:00 pm. Sliding scale \$10-\$20. [damionpanther@gmail.com](mailto:damionpanther@gmail.com) and 707-497-9039.

#### Available from Isis

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### Special Events In The Community

#### 1st Tuesdays & 2nd Sundays

**ECKANKAR: ANCIENT WISDOM FOR TODAY! HU Chant,** 1st Tuesday of the month, 7 - 7:45 PM at Jefferson Community Center in Eureka. **Spiritual Discussions,** 2nd Sunday of the month, from 2:30-3:30 at the Adorni Center, 1011 Waterfront Dr., Eureka.

#### Sat & Sun July 9th & 10th and August 27th & 28th

**JIKIDEN REIKI COURSES:** Jikiden Reiki is the authentic Japanese Usui lineage with no influence by other healing modalities or cultures. I am grateful to teach and facilitate healing as Jikiden Reiki has been taught in Japan since the 1930s by Chiyoko Yamaguchi (Hayashi sensei student). **Shoden Level (level I)** Saturday, July 9th & Sunday, July 10th from 10am to 6pm Location: McKinleyville Ca. **Shoden Level (level I)** Saturday, August 27th & Sunday, August 28th from 10am to 6pm. Location: Mount Shasta Ca. Cost of classes \$350. Open registration begins June 3<sup>rd</sup> Call Kausalya at 707-382-2779.

### Ongoing Events in the Community

**CREATING A SAFE SPACE** for Your Body, Mind, Spirit! Awakened Heart Life Coaching. Kids, Families. Private, Corporate. Dana Biondo 541-499-4202. [safespacespiritualcoaching.com](http://safespacespiritualcoaching.com)

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## 2016 Event Calendar

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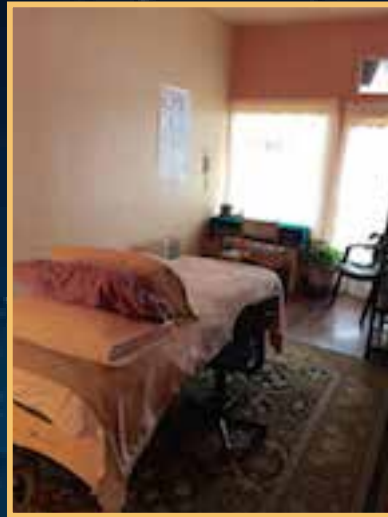
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