

MARCH 2010
FREE

Conscious

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Community

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THE FUTURE IS HERE

By Michael Strelcheck

Much has been written during the last thirty years about "the future" and the progressive changes it would bring. I think it all started back in the 60's with that whole Age of Aquarius thing. If you are old enough, you'll remember the 'flower power' era where the youth of the day felt compelled to embrace the ideal of *love not war*, which turned out to be a little too radical a concept to survive. But the idea of a better tomorrow didn't die with the hippie movement and by the 80's "future vision" was abounding everywhere with imaginative images of the Twenty-First century flowering in movies, novels and scientific initiatives. (I personally have been eagerly awaiting the flying car that the cartoon family *The Jetsons* had and that *Popular Science Magazine* predicted would arrive by the year 2000.)

Along with these fascinating 'visions of the future' we also encountered a birthing of a new spiritual awareness in the 90's that gleefully promoted the idea that the new century would start a new, great age for the human experience. The new Millennium was prophesied as the NEW AGE and that as the clock turned, humanity would mystically cross over into a new enlightened state of awareness. The hype of the Millennium was brought to a fever pitch by the concern that the computers of the day wouldn't be able to adjust themselves to the event and would freeze, with disastrous results. It all seemed so thrilling.

So what happened? Unfortunately not much! It seemed that the future was put on hold and it was back to business as usual with the future regulated to being a speculative endeavor again.

Today, as we find ourselves entering the second decade of the new century, we suddenly find that the future - has arrived! It's clear that the future that has arrived isn't what most were expecting, for the great NEW AGE has seemed to manifest as a financially troubled time, which has

strongly divided our society as to what to do. We (including our country as well as others) are now faced with making some tough decisions as to how to go forward!

As we all know, too well, local governments throughout our country are faced with shaky economies, which have in turn created budget short falls that are forcing communities to defensively alter their services. It seems as if communities have been forced into a *crisis management* posture reacting to one negative element after another with little time to envision ways to improve their condition.

What is the problem? In a word - **change!** It seems our society, collectively, is having trouble digesting the changing landscape that has come with the New Millennium. Few of the rosy predictions of the Twenty-First century foresaw a worldwide economic melt-down - after all, the NEW AGE was to bring with it a thousand years of joy and prosperity.

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As all of us know, the thought of imminent change, in any part of our life, sends chills down the spine. On one hand we love the idea of something new (recalling the optimism President Obama's election brought with his mantra of change) but on the other hand we *fear* change for what it will cause us to lose.

Perhaps, in order for our society and its communities to go forward, it would serve everyone better if individuals would focus on the *potential* of change rather than its cost. By that I mean, a person actually gets a choice as to how they deal with change, and in our society's case where change is being forced, it can help to clear the way forward. As a wise person once told me when I was going through personal changes, "One can either embrace change, for the good it may bring, or be dragged along with it - kicking and screaming! It's your choice, but embracing the moment at least lets you help shape the future where resisting it will only exhaust you."

One thing is for certain, there is a cost to change and maybe the best way to justify that cost (or loss) is by realizing what could be gained. In fact, when one thinks of what can be gained, through letting go, it can invoke the courage of the heart helping make the transition to the future palatable.

With this in mind, we come to why the Conscious Community Newsletter has come into being. The goal of this newsletter is to offer an open forum where creative ideas can be expressed (and shared) that can be helpful in finding solutions to the difficult situations we find ourselves in today. The hope is that different ideas and opinions will fire-up the independent minded individual so that they can see a way forward to a better future.

The newsletter invites anyone to submit their creative ideas and opinions across a host of topics, from politics to health, for all parts of one's nature can be subjected to the "winds of change" during these turbulent times.

Politics

My Opinion! What is government for?

By Dale Lucht

We live in a representative democracy, which means that we elect representatives who make the rules for us. We hope to elect people who will follow our wishes, but will also use their best judgment. We elect leaders; if we don't like the way they vote, then don't vote for them again. Currently our country is extremely polarized between individual truths. Those on the right want less government involvement, those on the left want more involvement. I lean toward the left. As an example, let's use health care.

The right doesn't want the government between them and their doctor. I agree, but they seem not to mind when an insurance bureaucrat interferes. The profits that the insurance companies are making are obscene. In my opinion, we should pass laws that make it mandatory that Health Insurance Companies should be not for profit. I would prefer that the states handle a single payer system.

The states would negotiate with the providers and the drug companies to get the best value. Each state would then administer the program. Some state governments are more honest than others; it is up to the electorate to keep them honest.

Let us be honest, Americans are lazy. They pay taxes and accept it. Do they know where it goes? Unfortunately we cannot pick which programs should get our tax dollar. I just said that Americans are lazy; many of them are also stupid. To be kinder, I'll amend that to misinformed. We continue to elect representatives who do not have our best interest at heart. As an example I'll use Joe Lieberman, the Senator from Connecticut. When he ran for Vice President with Al Gore, I was not impressed. Now I detest the man, he acts like weasel, totally bought and paid for by the insurance companies. The Democratic Party dumped him in the last election, so he ran as an Independent, and won. The electorate had their chance and blew it. Many polls show that most people in Connecticut wanted health care reform, and Joe Lieberman turned his back on them. He said that it would cost too much.

It will cost a lot of money and we can no longer borrow money to pay for new bills. It's an adage but true, you cannot borrow yourself out of debt. We have to balance the Budget. Electing people, who agree with us, is a start. Would you rather have healthcare or police the world. We still have troops in Germany. We still have troops in Japan. We still have troops in the Deep South. Some suggestions:

1. Get rid of the Bush Tax Cuts. This won't affect most of us.
2. Remove the cap on the amount of money you pay in to Social Security. This won't affect most of us.
3. Stop the Corporate Welfare that the government pays out. Why a corporation worth billions gets welfare is beyond me. Again, this does not affect me or 95% of Americans.

I welcome responses to this article. You are welcome to your opinion; you are not welcome to change the facts.

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United We Stand Divided We Fall

By Janet Zimborski

To quote Aesop (620 BC - 560 BC) "United We Stand Divided We Fall", I ask myself, how is it possible to forget this ancient wisdom? We heard it said many times, but still we justify a separate agenda when it appears to benefit us.

Regardless of color, race, political views, abortion stance, citizenship, financial resources, education, religious beliefs or lack of, employment, sex, or any other "illusion" of hierarchy or separatism, we are one people. We will either choose to stand together for the greater good of all, or we become extinct, like other civilizations past.

Believe it or not it all begins as you simplify your life. Look at all the distractions we have invested in. Technology is great for mankind unless it keeps you so busy you no longer have feelings of compassion for your neighbor. If technology isn't your interest, then career, schooling; Hollywood, media, eating, drinking, dating, gossiping, and the list goes on. Any activity done out of balance can keep you in a state of selfishness and greed. Let some of it go.

As you let go of the constant noise and activity, you will start to replace it with other virtues like love, honor, respect, neutrality, and charity. You will strive to create relationships with others that are built on honesty and equality. In these types of relationships you can afford to be yourself, unique.

Focusing our intent on loving our neighbors, sharing with others in the community and when possible cooperating with others around the world in creating balance and harmony can result in world peace and unity.

Today the choice is yours as an individual to question your old belief systems, and generate new thoughts and ideas. When an individual stands for something and feels the determination to see it through, it will BE.

Janet resides in Janesville, WI. She has been a Naturopathic Nutrition and Health Counselor for the past 18 years. Prior to operating her own consulting business she worked at Vital Living Center. In addition she has donated her time to various community groups. Her energies are devoted to Health and Humanity with visions of a global outreach.

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Relating

**How to Survive - and Thrive - in
a Marriage Where You
Hate Your Spouse
By R.U. Bored**

So – what if your happily-ever-after isn't? Your marriage, or civil union, or cohabitation smacks more of poisoned apples than magic, life-giving kisses. But you can't, or choose not to, leave the castle. Your current version of the fairy tale is that your white-picket-fence fantasy has become a chain link reality that you don't much like.

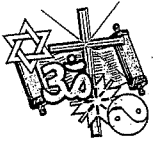
While most couples show some abuse and neglect, I'm not speaking of relationships that are fundamentally abusive, and always have been. I'm talking about unions that begin in love, with best intentions, then weaken or deteriorate, over time, until they are deeply diminished or essentially dead.

The reasons for the demise of a relationship can be as complex, variable, and valid for each individual in them as the reasons why they both stay after it's over. I'm not going into any of that. I'm here because I suspect that many of you, like me, have come to know, whether suddenly or slowly, that you can hardly stand to be in the same room any more with the one who used to be the home of your heart.

Maybe it's not that bad for you. Maybe it's worse. In any case, it sure ain't what we thought it would be, is it? Wherever we live on the bell curve of alienated relationships, the questions are perplexing. What do we do, now that Cinderella's once gleaming slippers have long since given us blisters? Is there a healing balm? How do we cope? And what about new shoes?

I can only tell you what's worked for me. My first step was acceptance, acceptance, acceptance. Or is that three

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steps? Either way, taking a good, long look at your situation and seeing it as it really is, not as you want it to be, or hope it will be, is essential. Try, for a while, to step back and look at your life as if it's someone else's. What kind of movie is this? Most likely, not a romantic comedy. Shifts in perception are usually gradual, as intrusive realities keep bumping up against wishful thinking and romantic illusions. For example, I always thought the forgetful husband was a stereotype only created as fodder for comedy, or drama – until the time my husband forgot our wedding anniversary. Ouch! That hurt. It took me a long time to realize that what was going on in my life each day didn't match the pretty pictures I had in my head.

Much of this awakening is about accepting your partner – as is. Not as you expected or desire, but what is actually happening? Observe, as objectively as possible, what they do and say, or don't do and say, also noticing your own internal responses, but not reacting outwardly. Get out your imaginary movie camera and focus on whozit. What is this person's script?

Remember – no rewriting, editing or directing. And be open to the possibility of some interesting surprises. Part of acceptance is acknowledging the positive, the history, the effort, the limitations involved. He may be an oaf most of the time, but he feeds the cat and takes out the garbage. She might be frigid but she's a mean cook. He won't dance with you, but only because he can't; he's got no sense of rhythm. And she surprised you with that expensive gizmo you wanted for your car ten years ago, didn't she? Count the good stuff. Try to remember whatever happiness you've had together.

Honor what you can in the other as you honor yourself. Try your best to love yourself and any children you have more than you hate whatever your spouse has done, or continues to do, that drives you mad. No matter how

annoying, nasty, ignorant or malicious that son of a bitch, or bitch, is, hold on to the concept that berating or degrading someone else, in the end, only demeans the demeaner. Don't you do it.

In the thick of things it's a real test of integrity to keep your composure, maintain balance, and know when to simply say nothing and walk away. But, if you can, save the rage for later, to vent to a journal or friend. In the moment try repeating an affirmation to yourself, like, "With each challenge I am stronger and wiser."

I cried a lot along the way. You, too? It's painfully disappointing when we are not loved as we would like to be, or when we are locked out from loving those we most want to be close to. Opening our hearts, trusting, giving of ourselves, especially repeatedly, makes us vulnerable and it hurts each time we are misunderstood, ignored or forgotten. Each little incident, or big blow-up, is another injury.

In turns, and at once, we feel sad, angry, conflicted, frustrated, confused – not just about the past, but because losses are ongoing, with less and less chance of mutual happiness as time passes. There can be an overwhelming sense of futility and failure. It's crazy-making, lonely and isolating, especially with no one to validate our view. It's the old "behind closed doors" syndrome. No one can ever know the whole of another's experience.

In your suffering, remember – grief is a necessary and important part of this growth process. Dreams die hard. The pain is real. Let yourself feel whatever emotions come up, without judgment, and find healthy expression for them. The trick is to allow feelings and admit losses without getting lost in them.

In the midst of my deepest grieving, admitting my part in the situation, helped me get out of victim mode. Admitting your part is not about fault or blame. It's describing yourself and your behavior as if you are a character in a play that's being written as you live it. It's asking, "What is my role in this? My motivation? How did I get to this point? How might my actions move the plot? Affect other characters?" It's an amusing way to sort things out that, ironically, can bring both a sense of detachment and admission of responsibility. It kindles self-awareness and gives us grist for our own new script.

I suffered much under the delusion that if only I could "fix" what was "wrong" with me, my marriage would be happy. I thought I had to be perfect to deserve love. I spent a huge amount of energy, and a small fortune, on self-improvement only to discover that my "better" was the "or worse" of the marriage.

It's been a long, hard lesson for me that you can't change someone else – only yourself. If you've made every effort to communicate, adapt, resolve issues and revitalize the relationship, without reciprocation, what it comes to at last is that you are but part of partners, and you can't make it better alone. This realization was, for me, both devastating and a great relief.

I remember so well the day I realized that I couldn't possibly be the cause of everything that was wrong in my marriage. It came down to the math of it. I asked myself, "If there are two people in a relationship, any relationship, good or bad, what are the chances that all the outcomes of it are the result of one or the other's input?" The clear answer was, "Zero."

One thing I've learned for certain, the most valuable lesson of my going on thirty-five years of coupledness, is this - you can't have a relationship with someone who will not, or cannot, have a relationship with you. A simple, basic truth if I've ever seen one. I know this from years and years of knocking, pounding, hammering, and banging my head bloody against a locked door - the door to my husband's heart. Not that he doesn't love at all, but the deeper levels of intimacy I crave are just not there to share.

Loving another person more than they love themselves, more than they can accept, is just not possible. It's like pouring more liquid into a cup already full; it just overflows. You can only love someone to their capacity for love. Only by expanding can the human vessel hold more. And people, unlike plants, can't be forced to grow. Ultimately this outlook begs the crushing question, "If nothing ever changes, here, how do I want to live the rest of my life?"

In all of this there is constant, ongoing reassessment. In each phase of it I think it's vitally important to be as honest as possible, as changing circumstances allow, not only with yourself, but with your other and those you trust around you. With family and friends, or even people you just met, trust yourself to know who to tell, how much, and when. With discretion, I believe we can protect our privacy without hiding or denying reality.

It's a fact - we're herd animals. It's our nature to find nurture and comfort in each other. Especially when our once primary relationship is so significantly diminished, we need to develop new connections in community. We need to find and reach out to worthy people to build a strong social network. Now, more than ever, it's important to be actively engaged in life.

I see plenty of evidence, these days, that society isn't as couple-oriented as it used to be. I'm outspoken about my lifestyle. One response I often get when I mention it is, "Me, too!" I get many acknowledgments that, "A lot more people live like that than we know of." There are lots of us married singles around. Maybe we're even a majority. So let's just go have fun.

Pursue whatever you fancy with people of like mind. Find kindred spirits. Take a computer class, or watercolor, or belly dancing. Learn new skills. Join the local photo club or curling club. Volunteer at a church, school, or garden. Learn to lead a rich, satisfying life as an individual. Feel whole as a person, alone or in groups. Enjoy your own company as much as the company of others. As much as possible, find ways to do what you've always wanted to do and go where you've always wanted to go. With, or without, a partner, you have a life. Live it!

What has helped me the most to survive and thrive in a long-dying, and long dead, marriage is simply that I made up my mind to do it. This determined attitude began way back when I was a kid. Growing up, I could see how many people around me had eaten themselves up with negative thoughts and emotions. They were going through the motions of life but not really alive.

I decided, in my youthful wisdom, to never let myself get like that. I promised myself that I would be different. Not only would I handle whatever challenges life sent me, but I would do it without bitterness. To me, this is the ultimate victory, keeping my mind and my heart ever open, not letting the hardships of life turn me into a crusty old curmudgeon.

Not to discount or make fun of anyone's troubles, but with candor and humor we can gracefully turn bad situations into situation comedy. In making light of difficulties and laughing at the ironies of our lives we can create learning opportunities from the worst of circumstances.

I find great inspiration in true stories about the triumph of the human spirit over adversity. My life-long pursuit of heroic role models began in eighth grade, reading The Diary of Anne Frank and Helen Keller's autobiography. These powerful examples of the ability to overcome, to rise above all struggles, touched the deepest depths of me, encouraging me to be positive and optimistic.

It is in real life breakthroughs - other people's and my own, that I still find strength to go on in my less than blissful partnership. In the darkest, lowest, loneliest times we all need to seek refuge in insights and reminders that uplift us. Sometimes they come in wonderful, unexpected ways. Friends, old and new, books, movies, paintings, poems, quotes give us comfort and support. Sometimes nothing helps until time forces us forward, to find our way once more.

For me, the key to finding peace in any situation is this - if you believe you can overcome, you will. And joyfully, if that's what you decide. The greatest victory is in the joy of it. The best revenge is happiness. So let's be happy.

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Wild Bill's Ramblings

By William Collett

I wish I had better, or a fancy way of saying this, so I'll just do the Wild Bill ramble..... I have come to realize that each one of us certainly knows the answer to all the questions/problems bothering our conscious minds. It is just a matter of learning how to access the answers... and learning to have a sense of strong inner faith to believe that the answers are there...and they are.

I occasionally have those moments when some unanswered questions have left me choked up. The turmoil inside, feels like a huge rock... restricting the flow of my inner spiritual strength to reach my conscious mind...and give me that sense of peace.



Today, with the desire to meditate, to go inward, in search of answers for questions I didn't even know. But now, meditation is a journey. I always want to go in and "see what comes up".

Unknowingly though, the practice is essentially the same quest...the same each time: search of peace, tranquility and feeling of release from the unclear daily pain that was causing me to view everything with a definite pessimistic touch to it.

My sense of dread and fear these days though, seems so overpowering, it feels like a ton of bricks, on the tranquil sea of my mind, causing waves of restlessness and uncertainty.

But, *I know.*

When I go inward in meditation...I will find my answers and an assurance so strong, that no one or nothing can dim my Light...My light within.

Environmental

CHANGE

By Pamela Brann

Change - why do we love to fight changes?
Everything changes but - yet - everything is the same.

Every day is different than the last. There was a time we cleared our fields by hand, then with horse and plow, then with a Model C tractor and now with huge air conditioned tractors. It's called progress! But where is the progress in our government, health care and schools? How are we meeting the needs of the people?

Changes! We wear different clothes, eat different food, go to different places. We crave new and exciting things, want to "meet our goals" or win the big lottery jackpot. Yet we are afraid to go home a different way, to try new things. The seasons change, the weather changes. The Earth is changing daily: earthquakes, hurricanes, tornadoes, fires, snow storms, tidal waves all change the earth. This forces change upon the people in these areas. Perhaps so they can learn what is of real value to them and how to help their neighbors, learning how to live with fewer things and to cherish and enjoy life more.

Why do some people put up such a fuss about the wind power turbines being near them but would be OK with living near an interstate and all of it's noise? We need to upgrade our electric usage by using wind and solar power, two very natural energies that create a healthier environment. They have the technology now to burn our garbage to make a source of power which would help clean up the messes we've made on this Earth. So why aren't we doing this? No "big" company has started this as a business so it isn't acceptable to do.

So why can't there be change in health care, with our schools systems, in the government, with the way everyday "business" is done?

Do we have to wait till tragic events happen to make positive change? Do people have to continue dying from lack of health care for us to change the way "things" are done? Just because that's the way it is always done doesn't always make it the best way. What can we do about it?

(Cont. on page 7)

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I believe that Earth is set-up as a classroom for our souls to learn in, to learn about our emotions, how to share and love each other. If reports were sent back to the Infinite One / God what do you suppose he would be saying now about the humanity that he created?

*Treat with respect
the power you have
to form an opinion.*

Do more than hear, listen.

Community Calendar

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CHAKRA FULL MOON MEDITATION

Inst.: Arline Rowden, Reiki Master Teacher
Arline will facilitate a chakra meditation to align & balance our chakras followed by a meditation for the Wesak Full moon. We'll focus on opening not only to the energy of the full moon but to inspiration for our spiritual life for the coming year. Date: Sat., Apr. 24th. Time: 10:30-12:30. Cost: \$5.00. Registration required by Apr. 19th.

INNER PEACE THROUGH MEDITATION

Inst.: Linda Caldean.
Renew your spirit and ease the stress in your life. This class will guide you in specific skills that will help you learn or improve the practice of meditation. Learn to relax body tension, control "mind chatter" and calm the emotions through breathwork, visualization, music and movement. Date: Sat., Apr. 24th. Time: 10:00-1:00. Registration required by Apr. 19th.

INTRO TO CRYSTAL HEALINGS

Inst.: DeAnna Brown.
This workshop will introduce students to the wonderful world of crystals and gemstones. We will discuss the physical structures of stones and briefly cover the healing attributes of the more common crystals. We will also discuss how to select and clear stones and learn ways to integrate them into daily life. Please bring your "favorite" crystals to share with the group. Date: Sat., Apr. 24th. Time: 1:00-3:00. Cost: \$15.00. Registration required by Apr. 19th.

MAGNIFIED HEALING® WORKSHOP

Inst.: Carol Swanson
Individuals with NO healing experience can take this class! Learn to invoke angelic healing energy for self healing and absentee healing of others, clear past karma and accelerate spiritual growth. Knowledge of the chakra energy centers is helpful. Class involves practice of this Kuan Yin healing artform and an attunement. Date: Sun., Apr. 25th. Time: 10:00-4:00. Registration required by Apr. 20th.

ROSLEY'S ROCK & GEM SHOW

Fri, May 21st, 11:00am-6:00pm.
Sat, May 22nd, 10:00am-5:00pm.
Steve Rosley will have a wide variety of gemstones from The Crystal Gallery by Rosley's Rocks & Gems in Chicago IL. If there is a certain type of stone you are looking for let us know and we will put it on our list for Steve to bring to Earthsong.

HEALING CIRCLE

Please join us in this Healing Circle where we send healing energy to our planet and fellow human beings. The focus of this circle will be to send healing energy to Mother Earth. Free. Donations accepted for Fitchburg Fields-a local group that promotes organic gardening and sustainable living practices. Date: Sat., Apr 17th. Time: 11:00-noon.

REIKI NIGHT - open to public - no charge.

Reiki practitioners offer their skill to anyone wanting to experience reiki energy in a safe and comforting environment. Participants lie on a massage table while one or more reiki practitioners uses light-touch hand placements on the head, arms and legs. The most common sensations reported are warmth and relaxation. Date: Wed., Apr 21st. Time: 6:00-8:00pm. No pre-registration necessary

PRACTICAL SPIRITUALITY

With Doris Deits and Brian Sieger
Our spiritual nature exists within the human form as energy. Through the process of self awareness we can begin to discover our true selves and open up to our own divine nature and wisdom. Join us this month for an informal discussion on understanding and reconnecting with ourselves as energy. A meditation will follow group discussion. No experience necessary. Doris has studied metaphysics and energetic healing techniques for over 15 yrs. Brian has studied energy healing, meditation and martial arts for over 20 yrs. He is an owner and instructor at the Martial Arts Center in Oregon. Date: Wed., Apr 28th. Time: 6:30-8:00pm. Cost: \$10. Registration is requested but not required. Please call 608 835-5288

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Metaphysical

A Personal Metaphysics

By Jeanie Johnson

When I step into the sacred circle of the Sun Dance I feel as if I am walking back in time as well as opening myself up to the future. A sense of the present and the past dance with me during the prayerful rounds of each of the four days. An ancient reverberation, the heartbeat of the Earth in the presence of the big drum keeps my steps moving around the center. A tall cottonwood tree, the standing one who has given his life for the People, is the focus of the long day. He is bedecked in colorful prayer cloths, long ribbons of prayer ties carrying the fervent wishes and petitions of many people. The delicate leaves of the cottonwood make a singing sound the first day or two, a melody that freshens our collective dance. By the final day the leaves have shriveled and the sound is raspy, coarse. The tree has given all it had to connect us to the Great Mystery.

We might consider the following to be a realistic definition of the word metaphysics: Metaphysics is a type of philosophy or study that uses broad concepts to help define reality and our understanding of it.

My own experience of reality and my understanding of it has come in many ways. None has been as powerful as the Sun Dance ceremony. In that circle the line that separates accepted reality from a mind trip is blurred. My understanding of reality within that circle is changed and for a brief time I see things that jostle and shift my awareness and perceptions. The blending of body, mind and spirit during this time breaks open barriers. Is the study of metaphysics not also the journey to seek deeper meaning to our lives as well as a glimpse into the mysteries of the cosmos?

The fourth day of the Dance I line up with my brothers and sisters in the soft rising light. The drum begins its insistent and beautiful rhythm as we leave the shade of the rest arbor for the final day in the sun. My place is to be near the tree, a place of honor, for only women carry the sacred Pipe each day of the Dance. Once the procession of dancers has entered the inner circle and I am in position, the Dance commences in earnest.

The night before a veteran dancer had pulled me aside to share with me a helpful focus for this fourth day. She told me that the woman carrying the Pipe would best serve the Dance by praying for all the People, the Earth, the waters and the land. That early morning as I prepared I felt I had some understanding of how the day would go.

It was nothing like what I had envisioned. The instant I looked up into the dried leaves of the tree, into the prayer flags, inner sight opened to me the vast continent of Africa, the steppes of Asia, the plains of America and the rainforests of Central America. I "saw" each race as it arose on the planet, the gifts and responsibilities each were given. That day I saw a line of buffalo in the sky over the Sangre de Cristo Mountains that came near and danced with us, a heart made of clouds that hung unchanged by winds for over an hour.

What did I, personally, gain from these hours of meditation in dance? What metaphysical concepts did I affirm that have helped me to better define reality and my understanding of it?

I understand in new ways each time I repeat this story the interconnectedness of all life on this planet and the gifts given us by the Universe that have allowed life to flourish. I see the Oneness of everything. Simply, my reality has a much broader definition. To me that is personal metaphysics at the working level.