

PSI SYMPOSIUM:

Pathways to Spiritual Growth Through the Psi Experience

AUGUST 21 - AUGUST 27

UU Psi Symposium is a 40 year old organization whose members share an interest in spirituality, mysticism, psychic phenomena, intuitive development, alternative healing, and survival of consciousness after death, unexplained phenomena, and spiritual implications of scientific research.

The Psi Symposium Summer Conferences offer the opportunity for people interested Psi phenomena, to find support, insight, friendship, and meaning with those who share their interest.... kindred spirits who will never roll their eyes when extrasensory experiences are discussed.

THE 2010 CONFERENCE

Theme: "It's All Energy; We Are All One"

With scientists and psychics alike agreeing that our planet is in a time of transition, the Psi Summer Conference's underlying theme through 2012 will be the exploration of our role in this transition. The focus for each conference will be on the positive aspects of what we can do for ourselves and our planet.

With the theme this year, It's All Energy; We Are All One, we will be exploring different ways we can sense energy, work with it, and how we are energetically connected to each other, to the Earth and to Source.

Morning Workshops: Sibylle Mayer Baughan will lead the first morning workshop and the last one. She will be sharing energy practices to include: breathing exercises to bring energy into your body for self healing, experiencing it and moving it within your body, and then sending the energy elsewhere to heal others, or the planet.

From Monday-Thursday, Howard Banow will share the Eastern teachings and meditation system of the seven chakras, placing them in the context of the unique Jain philosophy of soul and matter.

In this four-morning workshop, the means to achieve an experience of Oneness will be explored through meditation practices, and the clearing and activation of the body's energy system. Into this will be woven Native American approaches to the four directions as energy points and as experiential tools for wholeness and self-realization. There will be a special emphasis on sound work with mantras

Morning Workshop Leaders: Sibylle Mayer Baughan is a long-time Ferry Beach workshop leader. She has both B.A. and B.F.A. degrees, is a certified Yoga teacher, and massage therapist, and also has certifications in Reiki 2, Guided Imagery and Music, and mandala work. She has studied Native American rituals and traditions on a Blackfoot Reservation in Montana.

Howard Banow is a teacher of meditation, a singer-song writer, and poet. He has completed everything but his thesis for his Ph.D. in Political Science and African Studies from MIT, having spent time studying among the Masai Tribes of Kenya. Howard has taught Political Science at Boston State College and at Wellesley College. He studied meditation with a teacher from India for ten years, and was the co-director of the Jain Meditation International Center in New York City where he taught, shared his music, and was private secretary to the Center's founder. Later he created his own Evergreen Center for Stress Management in Canton, Connecticut.

Afternoon Workshops: The afternoon workshops begin at 3:00 pm, giving conference participants an opportunity to relax on the beach.

In addition to workshops, there will be a Healing Service one afternoon, and one free afternoon to allow for sight seeing, or attending one of the daily nature trips around the area.

Madeline Monaghan will lead two workshops: one on Energy Medicine in which she will familiarize participants with Donna Eden's Energy Medicine Techniques, and Qi Gong for energizing and grounding. Her second workshop will be on Resonance Healing, where participants will experience the beneficial vibrations of Tibetan Singing Bowls, and Etheric Weavers.

Calen Raynes, will offer a one afternoon Labyrinth Workshop, introducing participants to labyrinth history, and energy applications associated with labyrinths. He will facilitate a walk in a temporary labyrinth.

Afternoon Workshop Leaders:

Madeline Monaghan holds a Masters degree in psychotherapy and has been a Yoga teacher for 39 years.

Calen Raynes has a Master's degree in Fine Arts in Writing and Poetics, and a Doctor of Ministry degree. He has certifications: as practitioner of Interior Alignment (Instinctive Feng Shui and Space Clearing); Master of the Himalayan singing bowl; Reiki Master and Teacher; Veriditas Labyrinth facilitator; and practitioner of Sacred Geometry.

Coordinators: Peg Smith and Sibylle Baughan are both members of the Psi Symposium Board and long-time Ferry Beachers.

Editor's note: This experience is absolutely stunning to read for it illustrates beyond reasonable doubt the teachings of many spiritual sources such as Abraham-Hicks, Kryon, etc. not to mention Jesus himself! This is just an introductory piece to give you an idea of what can be further explored by Googling Anita's NDE . On that site there is a transcript of a radio show with questions and answer for review and a video clip of Anita speaking thus giving you a visual/audio experience for your own validation. It was too lengthy to include here as I would have liked but you will not be disappointed in checking this out for yourself. Peace Jo-an jo-an@comcast.net

EXPERIENCE DESCRIPTION: Anita M's NDE

I had cancer (Hodgkin's Lymphoma), and on this morning, I could not move. My husband rushed me to hospital, where, after doing scans, they diagnosed me with grade 4B lymphoma (the highest grade). The senior oncologist looked at my report and told my husband that it was too late, and that my organs were now shutting down. I only had 36 hours to live. However, the oncologist said he would do whatever he could but prepared my husband that I would most likely not make it, as my organs were no longer functioning. They started me on a chemotherapy drip as well as oxygen, and then they started to take tests, particularly on my organ functions, so that they could determine what drugs to use.

I was drifting in and out of consciousness during this time, and I could feel my spirit actually leaving my body. I saw and heard the conversations between my husband and the doctors taking place outside my room, about 40 feet away down a hallway. I was later able to verify this conversation to my shocked husband. Then I actually "crossed over" to another dimension, where I was engulfed in a total feeling of love. I also experienced extreme clarity of why I had the cancer, why I had come into this life in the first place, what role everyone in my family played in my life in the grand scheme of things, and generally how life works. The clarity and understanding I obtained in this state is almost indescribable. Words seem to limit the experience – I was at a place where I understood how much more there is than what we are able to conceive in our 3-dimensional world. I realized what a gift life was, and that I was surrounded by loving spiritual beings, who were always around me even when I did not know it. The amount of love I felt was overwhelming, and from this perspective, I knew how powerful I am, and saw the amazing possibilities we as humans are capable of achieving during a physical life. I found out that my purpose now would be to live "heaven on earth" using this new understanding, and also to share this knowledge with other people.

However I had the choice of whether to come back into life, or go towards death. I was made to understand that it was not my time, but I always had the choice, and if I chose death, I would not be experiencing a lot of the gifts that the rest of my life still held in store. One of the things I wanted to know was that if I chose life, would I have to come back to this sick body, because my body was very, very sick and the organs had stopped functioning. I was then made to understand that if I chose life, my body would heal very quickly. I would see a difference in not months or weeks, but days! I was shown how illnesses start on an energetic level before they become physical. If I chose to go into life, the cancer would be gone from my energy, and my physical body would catch up very quickly. I then understood that when people have medical treatments for illnesses, it rids the illness only from their body but not from their energy so the illness returns. I realized if I went back, it would be with a very healthy energy. Then the physical body would catch up to the energetic conditions very quickly and permanently. I was given the understanding that this applies to anything, not only illnesses – physical conditions, psychological conditions, etc. I was "shown" that everything going on in our lives was dependant on this energy around us, created by us. Nothing was solid - we created our surroundings, our conditions, etc. depending where this "energy" was at. The clarity I received around how we get what we do was phenomenal! It's all about where we are energetically. I was made to feel that I was going to see "proof" of this first hand if I returned back to my body.

I know I was drifting in and out between the two worlds, but every time I drifted into the "other side", I was shown more and more scenes. There was one which showed how my life had touched all the people in it - it was sort of like a tapestry and showed how I affected everyone's lives around me. There was another which showed my brother on a plane, having heard the news I was dying, coming to see me (this was verified to me as when I started to come round, my brother was there, having just got off a plane). I then saw a glimpse of my brother and me and somehow seemed to understand it was a previous life, where I was much older than him and was like a mother to him (in this life, he is older than me). I saw in that life I was very protective towards him. I suddenly became aware he was on the plane to come and see me, and felt "I can't do this to him - can't let him come and see me dead". Then I also saw how my husband's purpose was linked to mine, and how we had decided to come and experience this life together. If I went, he would probably follow soon after.

I was made to understand that, as tests had been taken for my organ functions (and the results were not out yet), that if I chose life, the results would show that my organs were functioning normally. If I chose death, the results would show organ failure as the cause of death, due to cancer. I was able to change the outcome of the tests by my choice!

I made my choice, and as I started to wake up (in a very confused state, as I could not at that time tell which side of the veil I was on), the doctors came rushing into the room with big smiles on their faces saying to my family "Good news – we got the results and her organs are functioning – we can't believe it!! Her body really did seem like it had shut down!"

After that, I began to recover rapidly. The doctors had been waiting for me to become stable before doing a lymph node biopsy to track the type of cancer cells, and they could not even find a lymph node big enough to suggest cancer (upon entering the hospital my body was filled with swollen lymph nodes). They did a bone marrow biopsy, again to find the cancer activity so they could adjust the chemotherapy according to the disease, and there wasn't any in the bone marrow. The doctors were very confused, but put it down to me suddenly responding to the chemo. Because they themselves were unable to understand what was going on, they made me undergo test after test, all of which I passed with flying colors, and clearing every test empowered me even more! I had a full body scan, and because they could not find anything, they made the radiologist repeat it again!!!!

Because of my experience, I am now sharing with everyone I know that miracles are possible in your life every day. After what I have seen, I realize that absolutely anything is possible, and that we did not come here to suffer. Life is supposed to be great, and we are very, very loved. The way I look at life has changed dramatically, and I am so glad to have been given a second chance to experience "heaven on earth".

PSI Symposium, Unitarian-Universalist affiliate.

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www.psi-symposium.org

Editor's note: This appeared as a blog piece on <http://www.moonmooyou> and created quite a stir. This site is quite interesting – on it you can find the pieces Sheila also did re the James Arthur Ray Sweat Lodge incident as well as an inspiring array of Daily Prayers.

On The Zen Mastery of Addiction - March 11 2010 – Sheila Audet

A Zen Master, when asked where he would go after he died, replied: To Hell, of course, for that is where help is needed most. My questions, when speaking of addiction, are:

No. 1 - Who would choose a disease where there is not compassion?

No. 2 - Who would choose a disease where you are completely isolated?

No. 3 - Who would choose a disease that when you are at the height of a career would destroy it, you and everyone around you?

No. 4 - Who would choose a disease that would turn your own parents and family against you?

No. 5 - Who would choose a disease where there is absolutely no cure?

No. 6 - Who would choose a disease where medication is the enemy?

No. 7 - Who would choose a disease that the only way out is humility, love and connection to inner self?

No. 8 - Who would choose a disease that leaves you open to ridicule every time you relapse? We don't do this to cancer victims.

I will tell you who would so choose - the highest spiritual teachers that we have in this Universe. We have compassion for heart disease, cancer, HIV, etc. but for some reason these Zen Master have come to teach us the highest form of spirituality. How to love without judgment. How to get out of our own expectations of what they should do.

The first time that an addict uses they are not doing it to feel bad. They are doing it to feel good.

Almost everyone has either experienced addiction or has known a person who is addicted. There is no one on this earth that has not dealt with some form of addiction in their life. This planet is an addictive place.

Basically, what I am saying, is that addiction is here to break open our hearts at a very deep level. It is hard to have an addiction where the end result is either death, prison or life long pain. So this blog post is being written to invite everyone who reads it to open their heart to someone they know with an addictive personality today - and that is everybody. This is one of the major Dis-eases in American - it is eating our country from the inside out. We must start looking at this with the same compassion we have for heart patients, cancer patients., diabetic patents, et al. We are never going to be able to solve it without compassion.

As Gary Zukov says: Addiction is the highest form of spirituality. It is not what you achieve in this life that makes you great, it is what you overcome. I have looked at many astrological charts of a lot of addictive people and that would include: Anna Nicole Smith, Michael Jackson, Tiger Woods, Patrick Swayze, John Edwards, and they all have Zen Master charts.

And God bless Cory Haim - another talented 38 year old lost in the haze of addiction and misunderstanding.

Love , light and Out Sheila

How The Shift Will Happen by Owen Waters

The ancient Mayan culture gave us more than the Mayan cosmic cycles. They were an early test case for the process of physical ascension that the entire planet is about to experience in the near future.

Their cycles work made us aware that December 21st, 2012 is when several long-term cosmic cycles of influence upon human consciousness come to a close, all on the same date, and new cycles begin. There is a 5,125 year cycle, a longer 26,000-year cycle, and some even longer-term cycles as well, all converging on that one date.

The Mayan civilization existed up until 830 A.D, yet their astronomical knowledge exceeded today's level of knowledge in many ways. They not only knew the precise orbits of the planets in our solar system, but also the orbits of the stars in our galaxy. They even had cataloged information on major cosmic events going back more than 400 million years. The Mayan calendars are masterpieces which illustrate the repeating time-spirals of cosmic cycles within cycles within cycles.

Then, the Mayans suddenly disappeared from their cities, leaving no traces behind as to where they had moved and, yet, left their cooking pots and utensils behind. There is no sign that they suddenly died from some mysterious ailment and they did not move to another known location. That means they didn't relocate anywhere here on this physical earth. Instead, they moved up a level from our third-density level of existence into fourth density. They didn't move away; they moved up.

Fourth density is less dense than our world, but it is still physical. It is also home to the spirit realms or the afterlife. If you were a physical human living in fourth density, you would find it relatively easy to contact people in spirit bodies. They would live in a higher sub-realm of fourth density than you, but you'd both be in the overall fourth-density layer of existence on this planet.

The Mayans engaged in a prototype experiment to ascend from third density to fourth density. They weren't the only test group engaging in such experiments. In New Mexico, for example, the residents of Bandelier and Puye Cliff Dwellings successfully ascended, as did the residents of Machu Picchu in Peru. Those test groups moved from third density up into fourth density.

The ascension that is about to happen on Earth in the near future will be very similar and, yet, it will be different in one major respect. We won't be leaving our old world behind to move into a new one. Our world will ascend along with everything in it, including us.

Our entire realm of existence will increase in frequency and move up into a fourth-density frequency band. This time, the cooking pots and utensils won't get left behind; they'll come with us, as will everything else in our reality.

When this occurs, people who are alive in physical bodies will experience physical ascension, right after those in the afterlife experience their ascension to a higher sub-realm of fourth density. In fact, they'll vacate the sub-realm that we'll be moving into.

The nature of this global ascension was foreseen as long as two millennia ago by Jesus, who even foresaw the sequence of events. He said that, in the twinkling of an eye, the dead shall be raised and we shall be changed. But first, he said, the 'dead' shall rise and then we will be caught up together with them in the 'clouds' (i.e. higher realms.)

So, the 'dead' - the spirits residing in the afterlife – will first rise to a higher sub-realm of their fourth-density existence and then we will be moved up into fourth density.

This upcoming transformation of our world into fourth density is referred to as the Ascension, the Rapture, the Resurrection, or simply as The Shift. Today, we think of The Shift as the phenomenon where everything is changing very quickly. In the future, however, The Shift will be looked back upon as the day the world suddenly changed or 'rose in the heavens.'

The Shift will occur when the time is right for humanity to handle the experience. This means, when a critical mass is reached in the emerging New Reality consciousness. Fourth density is a heart-centered frequency band of consciousness. When enough people operate in that level of consciousness, then humanity will be ready to make the mass shift into fourth density.

Percentage-wise, the number of people required to reach the tipping point is small because higher consciousness has proportionately more influence on the global mind atmosphere than the lower frequencies.

After 2012, promoting widespread New Reality consciousness will be a lot easier than before, as the old cycles will have finished and the positive influences of new cycles will be in effect. That means that your efforts to change the world through positive thought and action will be working in a positive environment instead of the old, decaying, end-of-cycle environment.

Every step that you take to foster heart-centered consciousness within yourself and others affects the global mind atmosphere profoundly as we work towards that tipping point.

When the global ascension of The Shift happens and the New Reality blooms, it will become the most wonderful transformation in recorded history.

It will be remembered as the time when humanity literally built heaven on earth!

Each Thursday evening a group from the 2009 Ferry Beach conference meditate together using ideas/words forwarded by President Glen Snowden - here are two of them...

a gentle whisper -

**Faith is the bird that feels the light
And sings when the dawn is still dark. Rabindranath Tagore**

"Guests of my life, You come in the early dawn, and you in the night.

Your name was uttered by the Spring flowers, and yours by the showers of rain.

You brought the harp into my house, and you brought the lamp.

After you had taken your leave I found God's footprints on my floor." Rabindranath Tagore

Editor's note: Both Peg Smith and Shirley Pratt requested the inclusion of this in the newsletter. Peg notes that the Berkshire Portal Chapter regularly meditates using their personal birthdays to great effect. Shirley reports: Also, every few years we go outside and hug a tree and listen to it. When we lived in our house we had a tree in the backyard that did not want to be hugged. It had a very negative attitude. Trees and all living things have spirits. Paul Higgins was holding a flower- ing plant on his lap when he was riding in a taxi on his way home after being discharged from the hospital. He was looking at the plant and all of a sudden he saw the fairy spirit that was with the plant! Please share any experience you have with this. jo-an@comcast.net

WHAT TREE DID YOU FALL FROM?

Find your birthday and then find your tree. This is really cool and somewhat accurate, also in line with Celtic astrology

Dec 23 to Jan 01 - Apple Tree	Jan 01 to Jan 11 - Fir Tree
Jan 12 to Jan 24 - Elm Tree	Jan 25 to Feb 03 - Cypress Tree
Feb 04 to Feb 08 - Poplar Tree	Feb 09 to Feb 18 - Cedar Tree
Feb 19 to Feb 28 - Pine Tree	Mar 01 to Mar 10 - Weeping Willow Tree
Mar 11 to Mar 20 - Lime Tree	Mar 21 (only) -Oak Tree
Mar 22 to Mar 31 - Hazelnut Tree	Apr 01 to Apr 10 - Rowan Tree
Apr 11 to Apr 20 - Maple Tree	Apr 21 to Apr 30 - Walnut Tree
May 01 to May 14 - Poplar Tree	May 15 to May 24 - Chestnut Tree
May 25 to Jun 03 - Ash Tree	Jun 04 to Jun 13 - Hornbeam Tree
Jun 14 to Jun 23 - Fig Tree	Jun 24 (only) - Birch Tree
Jun 25 to Jul 04 - Apple Tree	Jul 05 to Jul 14 - Fir Tree
Jul 15 to Jul 25 - Elm Tree	Jul 26 to Aug 04 - Cypress Tree
Aug 05 to Aug 13 - Poplar Tree	Aug 14 to Aug 23 - Cedar Tree
Aug 24 to Sep 02 - Pine Tree	Sep 03 to Sep 12 - Weeping Willow Tree
Sep 13 to Sep 22 - Lime Tree	Sep 23 (only) - Olive Tree
Sep 24 to Oct 03 - Hazelnut Tree	Oct 04 to Oct 13 - Rowan Tree
Oct 14 to Oct 23 - Maple Tree	Oct 24 to Nov 11 - Walnut Tree
Nov 12 to Nov 21 - Chestnut Tree	Nov 22 to Dec 01 - Ash Tree
Dec 02 to Dec 11 - Hornbeam Tree	Dec 12 to Dec 21 - Fig Tree
Dec 22 (only) - Beech Tree	

YOUR TREE (in alphabetical order)

Apple Tree (Love) -- quiet and shy at times, lots of charm, appeal, and attraction, pleasant attitude, flirtatious smile, adventurous, sensitive, loyal in love, wants to love and be loved, faithful and tender partner, very generous, many talents, loves children, needs an affectionate partner.

Ash Tree (Ambition) -- extremely attractive, vivacious, impulsive, demanding, does not care for criticism, ambitious, intelligent, talented, likes to play with fate, can be very egotistic, reliable, restless lover, sometimes money rules over the heart, demands attention, needs love and much emotional support.

Beech Tree (Creative) -- has good taste, concerned about its looks, materialistic, good organization of life and career, economical, good leader, takes no unnecessary risks, reasonable, a splendid lifetime companion, keen on keeping fit (diets, sports, etc.).

Birch Tree (Inspiration) -- vivacious, attractive, elegant, friendly, unpretentious, modest, does not like anything in excess, abhors the vulgar, loves life in nature and in calm, not very passionate, full of imagination, little ambition, creates a calm and content atmosphere.

Cedar Tree (Confidence) -- of rare strength, knows how to adapt, likes unexpected presents, of good health, not in the least shy, tends to look down on others, self-confident, a great speaker, determined, often

impatient, likes to impress others, has many talents, industrious, healthy optimism, waits for the one true love, able to make quick decisions.

Chestnut Tree (Honesty) -- of unusual stature, impressive, well-developed sense of justice, fun to be around, a planner, born diplomat, can be irritated easily, sensitive of others feelings, hard worker, sometimes acts superior, feels not understood at times, fiercely family oriented, very loyal in love, physically fit.

Cypress Tree (Faithfulness) -- strong, muscular, adaptable, takes what life has to give but doesn't necessarily like it, strives to be content, optimistic, wants to be financially independent, wants love and affection, hates loneliness, passionate lover which cannot be satisfied, faithful, quick-tempered at times, can be unruly and careless, loves to gain knowledge, needs to be needed.

Elm Tree (Noble-mindedness) -- pleasant shape, tasteful clothes, modest demands, tends not to forgive mistakes, cheerful, likes to lead but not to obey, honest and faithful partner, likes making decisions for others, noble-minded, generous, good sense of humor, practical.

Fig Tree (Sensibility) -- very strong minded, a bit self-willed, honest, loyal, independent, hates contradiction or arguments, hard worker when wants to be, loves life and friends, enjoys children and animals, few sexual relationships, great sense of humor, has artistic talent and great intelligence.

Fir tree (Mysterious) -- extraordinary taste, handles stress well, loves anything beautiful, stubborn, tends to care for those close to them, hard to trust others, yet a social butterfly, likes idleness and laziness after long demanding hours at work, rather modest, talented, unselfish, many friends, very reliable.

Hazelnut Tree (Extraordinary) -- charming, sense of humor, very demanding but can also be very understanding, knows how to make a lasting impression, active fighter for social causes and politics, popular, quite moody, sexually oriented, honest, a perfectionist, has a precise sense of judgment and expects complete fairness.

Hornbeam Tree (Good Taste) -- of cool beauty, cares for its looks and condition, good taste, is not egoistic, makes life as comfortable as possible, leads a reasonable and disciplined life, looks for kindness and acknowledgment in an emotional partner, dreams of unusual lovers, is seldom happy with its feelings, mistrusts most people, is never sure of its decisions, very conscientious.

Lime Tree (Doubt) - intelligent, hard working, accepts what life dishes out, but not before trying to change bad circumstances into good ones, hates fighting and stress, enjoys getaway vacations, may appear tough, but is actually soft and relenting, always willing to make sacrifices for family and friends, has many talents but not always enough time to use them, can become a complainer, great leadership qualities, is jealous at times but extremely loyal.

Maple Tree (Independence of Mind) -- no ordinary person, full of imagination and originality, shy and reserved, ambitious, proud, self-confident, hungers for new experiences, sometimes nervous, has many complexities, good memory, learns easily, complicated love life, wants to impress.

Oak Tree (Brave) -- robust nature, courageous, strong, unrelenting, independent, sensible, does not like change, keeps its feet on the ground, person of action.

Olive Tree (Wisdom) -- loves sun, warmth and kind feelings, reasonable, balanced, avoids aggression and violence, tolerant, cheerful, calm, well-developed sense of justice, sensitive, empathetic, free of jealousy, loves to read and the company of sophisticated people.

Pine Tree (Peacemaker) -- loves agreeable company, craves peace and harmony, loves to help others, active imagination, likes to write poetry, not fashion conscious, great compassion, friendly to all, falls strongly in love but will leave if betrayed or lied to, emotionally soft, low self esteem, needs affection and reassurance.

Poplar Tree (Uncertainty) -- looks very decorative, talented, not very self-confident, extremely courageous if necessary, needs goodwill and pleasant surroundings, very choosy, often lonely, great animosity, great artistic nature, good organizer, tends to lean toward philosophy, reliable "I" in any situation, takes partnership seriously.

Rowan Tree (Sensitivity) -- full of charm, cheerful, gifted without egoism, likes to draw attention, loves life, motion, unrest, and even complications, is both dependent and independent, good taste, artistic, passionate, emotional, good company, does not forgive.

Walnut Tree (Passion) -- unrelenting, strange and full of contrasts, often egotistic, aggressive, noble, broad horizon, unexpected reactions, spontaneous, unlimited ambition, no flexibility, difficult and uncommon partner, not always liked but often admired, ingenious strategist, very jealous and passionate, no compromise.

Weeping Willow (Melancholy) - likes to be stress free, loves family life, full of hopes and dreams, n attractive, very empathetic, loves anything beautiful, musically inclined, loves' to travel to exotic places, restless, capricious, honest, can be influenced but is not easy to live with when pressured, sometimes demanding, good intuition, suffers in love until they find that one loyal, steadfast partner; loves to make others laugh.

Editor's Note: An excerpt from the Near Death Experience of Anita M interview -----

**5. You said "It not only makes me feel that everything (including cancer)is not real (a shift in consciousness made it disappear!) but it also makes me feel very powerful, and I have a totally different understanding of life now." As a doctor who treats cancer, any further insights you have on this would be greatly appreciated. **

Question 5: I now know that a lot more exists than we are consciously aware of or capable of understanding. Each day, I am understanding more and more since the NDE. I am finding out that there are things I now feel I "know" or "understand", which I never did before. The best example I can think of is imagine there is a huge warehouse, which is dark, and you live in this warehouse with one flashlight. Everything you know about this warehouse is seen through the light of this one small flashlight. Whenever you want to look for something, you may or may not find it, but it does not mean the thing does not exist. It is there, but you just haven't flashed your light on it. You can only see what your light is focused on. Then one day, someone flicks on a light switch, and for the first time, you can see the whole warehouse. The vastness of it is almost overwhelming, you can't see all the way to the end, and you know there is more than what you can see. But you do see how all the products are lined up on all the shelves, and you notice just how many different things there are in the warehouse which you never noticed, never even conceived having existed, yet they do, simultaneously with the things you know existed (those are the things your flashlight had been able to find). Then, even when the light switch goes back off, nothing can take away the understanding and clarity of your experience. Even though you are back to one flashlight, you now know how to look for things. You know what is possible, and you even know what to look for. You start viewing things differently, and it is from this new springboard that your experiences start to happen. And so I find that in my daily life, I am referring referring to different aspects of my experience at different times, and I am understanding things in a different way, and knowing things I did not know I knew.

From the cover page....

Most people have a hard time delegating, or even wanting to delegate, because you have been justifying your existence through your hard work, and you equate success with struggle; you equate results with struggle. And so, you sort of wear your struggle like a badge of honor. And all of that is opposite of allowing the Well-being. The only thing that ever matters in success or achievement is your achieving the things that you want to achieve. So if you are setting standards and you're feeling uncomfortable about the standards that you've set, tweak the standards back a little bit. Ratchet it back a notch. Give yourself a break. Give yourself the benefit of the doubt. Lighten up. Be easier. Go slower. Take it easy. Have more fun. Love yourself more. Laugh more. Appreciate more. All is well. You can't get it wrong. You never get it done.

--- Abraham San Antonio, TX April 20th, 2002