



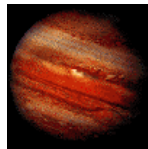
Spiritschild Feb. 2009

Jupiter Arrives in Aquarius

Air Signs around the world Rejoice!

Larry Martin

The largest planet in our solar system takes 12 years to revolve around the Sun. In simple math, it translates to journeying into each zodiac sign once a year. 2008 found most of us in a quandary with economy Rapid the stock followed where the is heading. losses in market, by a deflation in oil and automotive prices sent investors running for cover during the last quarter. Consumer confidence fell to historic low levels as many cut back holiday spending. Retailers felt the pinch and had to close their businesses or lay off workers. Where's Jupiter when you need it???



"Freedom!" Is the battle cry from the

world's population when Jupiter enters Aquarius. Are we waiting for a savior?

Leaving Capricorn and moving into Aquarius, is where our gas giant went to. Whether it experiences a void-of-course like our Moon, or not, Jupiter seemed quite absent as of late. The old and often restrictive Capricorn had its way with us, being given the blessing of Jupiter to point out to us what was NOT working. Entering into Aquarius, Jupiter changes its tune with bizarre, innovative plans and controversial answers to today's problems. "Freedom!" Is the battle cry from the world's population as Jupiter arrives. Are we waiting for some kind of savior (cue music)? We look for any kind of hope as we are also experiencing a dismal alignment of Saturn opposite Uranus. This brutal clash of new meeting old is also heading toward a showdown with Pluto.
(con't pg. 2)

Living the Toltec Way

by Leslee Morrison

After thirty years of learning various spiritual and energetic teachings, I was introduced to the Toltecs in November of 2001. While living in the Gila Wilderness in New Mexico, I had asked the Universe a question in my journal: What is in my way? Two weeks later, a friend lent me Miguel Ruiz's first book: *Beyond Fear: A Toltec Guide to Freedom and Joy*. That night after reading half of Miguel's book, Miguel talked to me a dream. Two months later, I was on a power journey with him and sixty-six others at the Teotihuacan pyramids outside of Mexico City. Once we make the

first move, The Universe conspires to move us along on our paths, ready or not.

By April of that next year, I was participating in what I thought was a 'six month' Toltec apprenticeship created by Heather Ash, one of the teachers Miguel had trained.

(con't pg 3)

Toltec Wisdom & The Four Agreements Workshop

DATE: Beginning Saturday March. 14
TIME: 10am to Noon
COST: \$15 per class or \$50 adv.
RSVP: 744-4402

With all the changes and many unknowns in our lives today, what are we being asked to learn and to become? How do we de-stress, stay balanced, and keep our lives intact during these time of financial crisis, personal difficulty, and events out of our control?

Crisis can create many positive experiences for us, such as coming together to help each other. It also brings us closer to our spiritual nature. In fact, the spiritual empowerment we now seek to help us create fulfilling lives is now more available than ever before. We are rising to higher vibrations and letting go of older ways of doing things.

This spiritual "Self" can provide inner peace, guidance, healing of our old wounds, and help co-creating our hearts desire. Old wounds may require more in depth work, but below are three ways to take advantage of the times we live in.

1) Co-Creating: The old prayers of "asking" are worded for something to happen in the future. A more effective way is to feel how we would feel as if what we desire has already been created, bringing the creation into the now moment. In addition, feeling deep gratitude for receiving it increases the creative power.

If you are unsure about these ideas, just try them out. Staying focused on these new feelings can help in staying away from fear, doubt, and worry feelings.

2) Staying Positive: Are bodies are in a state of love or fear. (See Greg Braden's book The Spontaneous Healing of Belief.) Other emotions are produced by one of these flows mixing with our thoughts. Moving from the fear state into the love state makes a huge difference in our experiences in the moment. Make a list of things you know that help you to shift, such as: yoga, tai chi, chi gong, exercise, breathing techniques, coming into the present moment, reassuring your frightened inner child, etc.

Here are two you can try at any time: **A) Stabilize your Solar Plexus.** Place the palm of your hand over the center of your solar plexus for at least five minutes. You can do this calming technique even at a business meeting because it looks so natural.

B) Count of Seven Breath. Breathe in to a count of 7, hold for a count of 7, breath out for a count of 7 for as long as necessary. You connect more deeply to the higher vibration of the spiritual Self.

3) Connecting to Spirit: We all have heard of meditation, but how many of us actually do it regularly?

There are numerous techniques, many tapes and CDs, and ones as simple as focusing on the breath. Again try one method consistently for weeks and experience the results for yourself: less stress, more peace, more intuitive knowing.

One technique you can try to asking your twelve guides to surround you and send love into your heart for fifteen minutes.

CO-CREATING WITH SPIRIT

Implementing your vision of your future By Rev Janice Thomas, MA

- * Create a vision of the future for ourselves
- * Do an exercise to connect to the inner planes and personal guidance.
- * Find ways we limit ourselves to begin energetically release it.
- * An exercise to assist in making the vision manifest in the outer.

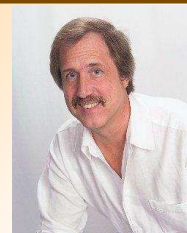
DATE: March 22
 TIME: 1 to 2:30 pm
 FEE: Donation (sug. \$10 to \$20)
 RSVP: RSVP 744-4402 or email sacredjourney@earthlink.net

PRIVATE MINI-SESSIONS AFTWARDS: 20 minute mini-sessions with Janice for \$15.

Astrology for 2009 & 2010 con't...

Other types of alignments bode well for those of us with optimistic visions of the future. 2009 has the magical month of May harboring a rare conjunction between Jupiter, Chiron and Neptune. Even though we discovered Chiron in 1977, it took us until 2006 for our technology to tell us we're looking at a comet, not a planet. In fact, I believe the IAU still has not decided if it's a comet or asteroid. Few people have attempted to write an interpretation about the mythical centaur. Zane Stein, Melanie Reinhart and Richard Nolle are the names that jump to mind when we think Chiron, but are we limited to thinking of this archetype as only for wounding and healing? We're well versed on the principals for Jupiter and Neptune. Brothers in mythology, they divided up their conquests early in the existence of mankind and settled on ruling the skies and the oceans. Expansion, adventures, generosity and growth adorn Jupiter's alter. Fantasies, charity and romance cover Neptune's – or do they? This odd mixture of wounding, healing, expansion and fantasy could keep us all guessing through the summer. One thing is for certain: We will all experience a transcendence of sorts where very few will find anything (or anyone) outside themselves to be 100% reliable. Inspiration will be aplenty and many of us will awaken from our slumber that was devoted solely on working hard enough to pay our over-inflated mortgages and skyrocketing interest on credit. What's really important – *really important* – is our friends, family and loved ones... all Aquarian traits indeed!

An edited version of this article appeared in the Tucson Astrology Guild's January 2009 newsletter. ©2009 Copyright. Larimar Publications. All Rights Reserved. Copy permission granted to Spirit's Child Bookstore, Tucson, AZ. May be edited for space requirements.



Intro to Astrology For 2009 & 2010

When: Sun., March 8th

Time: Noon to 2pm

Cost: \$35 RSVP 744-4402





Buddhist Classes, Eight Steps to Happiness:

The Buddhist Way of Loving Kindness

with Gen Kelsang Lingpur

Based on the famous Buddhist text Eight Verses of Training the Mind, by Bodhisattva Langri Tangpa, this course teaches us new ways to look at our reality and the meaning of our lives. By following the practical advice given in these classes we can transform our mind and our life, fulfill our human potential, and find lasting peace and happiness.

Gen Lingpur will give practical for gaining deep experience of Tantric meditation, how to realize progressively subtler and more blissful states of mind and how to unite our subtlest mind with the wisdom that realizes ultimate truth.

March: Mahamudra Tantra

03-04-Creating a Pure World

03-11-The Deathless Body

03-18-Generating Bliss

03-25-Power of the Subtle Mind

\$10 per class, or 5-class card for \$40 Everyone welcome. Drop by for any class. No registration required.



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ARCHANGELS AND THE ANGELIC REALM

Come Join Psychic Counselor Gigi at Spiritschild for a fun, informative and interactive class. We will work with the Archangels and the Angelic Realm. The class consists of part lecture and part hands on, enhancing your own connection with the use of "Doreen Virtues" Archangel deck. We will be sharing mini readings towards the end of the class. Please bring your Archangel deck and your energy!!

Have you ever wanted to find a easy way to communicate more clearly with your Angels and the Archangels? Looking to de-velop and expand your own intuition? Come join us on March 15th!!

Living the Toltec Way con't...

Several years later, I am still involved, having moved to Berkeley for two years to immerse myself in the teachings and then back in the Southwest to integrate all that I had learned and am still learning.

Be careful what you ask for. I spent years stalking the answer to my first question: what is in my way? I kept my awareness focused on what life was teaching me through this particular model, and it was difficult. Taking a good, deep look at ourselves can be one of the hardest things in life, and on top of that I had a few dozen people 'helping' me to do it. They were my teachers, my sacred mirrors--my reflection as seen through another person's eyes. They helped me with my blind spots.

I began deconstructing the old, limiting beliefs and patterns that I had carried with me since childhood. Prior to my training, my life had become a series of dead ends. I was going through the same mistakes over and over, each one more frustrating than the last; until finally, I was ready to admit that I had to make a major life change, and I needed help. I had no clue where to begin.

I learned through the Toltec training and tools to take responsibility for myself and my actions, learned to let go of blaming others for the decisions I had made, and stepped out the role of the victim. I learned to stop judging myself and became more of the witness through self acceptance rather than self recrimination. I became a warrior.

It wasn't just me; it was also those around me. My teachers and peers modeled these practices actually working, and watching my friends change their lives was a beautiful and motivating experience. I didn't want to be left behind. Watching myself change my life was a dream, many dreams coming true.

I feel excited to share some of what I have learned through the upcoming Toltec Wisdom/Four Agreements Class. If there is any way that my experience can be useful, I am committed to the service of helping others take the next step along their paths.

ARCHANGELS AND THE ANGELIC REALM
Workshop

When: March 15th Time: 3pm to 5 pm
Cost: \$30
Private Readings Available by Appointment



The Toltec path is for Warriors who are ready to change their life. Releasing old patterns takes Awareness, Intent and Mastery.

It also takes focus, energy and courage. We need tools to build energy to make changes, and it helps to have a guide who can point ahead on the trail.

Class one is an introduction to Toltec Wisdom.

The following four classes discuss

The Four Agreements

as a toolkit for awareness and change.

Toltec, Living the 4 Agreements

When: Begins March 14th

Time: 10am to Noon

Cost: \$15 per class or (\$50 adv.)

If You Don't Like It, Change Your Mind by Elias Langner

When you wake up in the morning, do you giddily leap out of bed, eager to face the day? Or do you dread getting out from under the covers? Do you feel that life is a wonderful joy...or a monotonous burden? If it's the latter, you're not alone. The truth is that many of us live our lives feeling "weighed down" in various ways. Sometimes, the source of that burden is something outside of us, a circumstance beyond our control (such as the current financial crisis, for example).

But more often than not, that heavy feeling comes from inside us. A good way of judging this is by noticing when your emotional reaction doesn't seem to fit your current situation--yet you feel that way anyway, and it doesn't make sense to you. For instance, if you have close friends and socialize regularly--yet you have an overwhelming feeling of loneliness that you just can't seem to shake. Or, if you know that cleaning and organizing things around the house really shouldn't be that big of a deal--yet the mere thought of having to do so sends you into an irrational panic.

These emotional reactions often go beyond just "feeling" a certain way; the reaction can quickly turn into action. We might find ourselves angrily snapping at an innocent family member for no good reason, or fearfully isolating ourselves to avoid some imagined threat that never actually knocks on our locked-and-bolted door. These behaviors can run the gamut from mildly embarrassing, to destroying our quality of life.

Why does this happen? Why do we find ourselves trapped in feelings and behaviors that don't serve us? And why does it seem so difficult to change these things? It is true that there are some people who are suffering from chemical imbalances and require medication, special dietary changes, or other physical intervention to maintain healthy mental functioning. But can it be that so many of us really need Prozac? Can it be that so many kids really need Ritalin? There must be something else going on. Something that is flying under our radar. Or something that we are subconsciously fighting with all our might to ignore.

How did we end up in these situations? Most likely, at some point in our past, something painful happened. Maybe it was a physical trauma--either we got sick, or injured, or attacked--or someone close to us got sick, or injured, or attacked, and we suffered by proxy. Or, it could have been a different sort of trauma--someone said or did something which left us emotionally wounded. Surprisingly, it's not always the painful wound itself that is most damaging to us, but all the things we do in *response* to it--conclusions that we jump to, decisions that we make, and strategies that we design--often, without ever realizing that we have done so.

There are many ways that we commonly react during a painful experience, or in the aftermath of it. The most obvious of these is an immediate, physical reaction: we go into shock, or panic, or some other adrenaline-charged, fight-or-flight response...or, we could be responding to something as mild as being taken aback by an insult, that feeling of being stunned by an invisible slap-in-the-face.

In reaction, it's very common to tell ourselves: "Ouch! That hurts! I will now do everything in my power to stop this situation from ever happening again!" Of course, you don't actually say that out loud, nor do you think it consciously. It happens more like a knee-jerk reaction--except that you missed the moment when your leg kicked. This is how we jump to subconscious conclusions.

So, what's wrong with that? Certainly, our reflexes are meant to protect us...and they frequently do. It's a good thing that we instinctively yank our hands *away* from burning-hot tea kettles, and not *toward* them! The problem is, when we jump to *negative* conclusions, we usually limit our natural human expression in some generalized, exaggerated way: "I will *never* trust anyone, ever again, because I will only get betrayed;" "I must always *avoid* asserting my opinion, because someone is sure to attack me for doing so;" "Not only am I going to stay away from Karaoke Night--I'm *never* singing *anywhere*, ever again! Not even in the shower!"

Conclusions, decisions, and strategies such as these can severely limit our lives--but they are also self-reinforcing and self-perpetuating, making them difficult to deny. For example, if a single woman who is dating concludes that "all men are pigs"--and if she repeats this to herself like a mantra--that idea will tend to filter out of her life all men except for the piggish ones. Over time, she may become so biased that she'll see *any* man as a pig, regardless of whether he is or isn't one (only his sty-keeper knows for sure). And every time she kicks another "pig" out the door, she will likely say to herself, "See? That proves it again: They really *are* all pigs!"

The darndest thing about it, is: We don't even remember having made these conclusions in the first place. How could we possibly remember, when we made them subconsciously? So we end up finding ourselves frustrated, or sad, or fearful, or unfulfilled, or just feeling weighed down--for unknown reasons that we are unable to see.

So, how do we get *out* of these messes? Years and years of blindly following these hidden, misleading conclusions can leave us feeling hopeless. But while such situations may *feel* hopeless, they can actually be changed more easily than you might think. There are three keys to unlocking our shackled minds: Remembering, Relinquishing, and Redirecting. Let's take a look at these.

Remembering: The reason those pesky conclusions stay subconscious and hidden, is that we have forgotten the dire circumstances in which we originally created them. By remembering that past "heat of the moment," we can use the light from that blaze to illuminate all the shadowy corners of our thoughts, revealing in clear detail everything that used to be hidden. All of our subconscious conclusions, decisions and strategies, when seen in this light, are no longer monsters hiding under the bed, but the piles of old clothing we find when we flip on the wall switch.

Relinquishing: Once we have discovered, much to our delight, all the wonderful and elaborate ways that we have tripped ourselves up, we can let go of those antique obstacles. We pick them up one by one, look at them, admire their fine craftsmanship--then toss them away.

Redirecting: After the old obstacles have been cleared away, we discover a sense of freedom, an open space in which to make new choices. This is like putting new (more useful) furniture in the room that you recently cleaned out.

The three "R"s I have just described are ways of changing the ideas that we carry around with us. When we discover burdensome ideas that are weighing us down, we let them go...making room for new ideas that lighten us, uplift us, that fill us with joy and a sense of purpose. This is a process of bringing discord into harmony, of bringing the music of our thoughts in tune with our lives. Thus, this is called "Thought Tuning."

Elias Langner has spent the past 24 years studying, practicing, and teaching the Thought Tuning technique with its originator, Tom Cratsley.

Elias lives in Tucson, and can be reached at (520) 749-7333 or elias@thoughttuning.com

To learn more about Thought Tuning, go to www.thoughttuning.com

"Thought Turning Event"

When: March 15th

Time: 1 pm to 2 pm

Cost: Free

Thought Tuning is a way to quickly and easily resolve personal issues--often in a single session. This is done by creating a new revelation of awareness, and then systematically unlocking the logic structures holding that issue in place. The results are life-changing and profound...if you would like to know more, join Elias in this free talk on March 15th



Elias Langner