THE JOURNEY

Living Consciously

JUNE 2008
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Namasté FROM Brandon Bays



THE MIRACLE TRAIN
Journey Outreach

SNEAK PREVIEW
Visionary Leadership comes to Europe

JOURNEY AT HOME



THE JOURNEY

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It is with such joy that we present the first-ever Journey magazine, Living Consciously. It seems like this year is the year for 'firsts' for The Journey, first time in Japan, first time in Israel, Hong Kong, Singapore, France.....and on and on. And now this!!! I know when I began at The Journey offices, Gaby and I were sharing our dreams of what Grace could create that could showcase Journeywork and get it into the hands of everyone throughout the world, and this was one of the prayers spoken. So you can imagine the exuberance at this, our first of what will hopefully become a quarterly publication, and maybe even monthly.

Our deepest gratitude goes to all of you who have answered the call and written articles, sent in photos and supported us in getting this dream to become a reality.

I hope you enjoy this, our first time, our first ever Living Consciously.
In all Love,
Megan


Pooja and I on Christmas Day, what a blessing!



LIVING Consciously

by Brandon Bays

Namasté

When I was first asked to contribute an article to our brand new magazine, 'Living Consciously', so much excitement bubbled up inside. The idea that I would finally be given an opportunity to share with you my passion for bringing consciousness, clean, healthy living and fulfilment into all areas of our lives was, and is, the fulfilment of a long held prayer of mine. I'm so thrilled to have a forum where we can exchange ideas on this vast and inspiring topic and my deepest prayer is that it will ignite your passion – that it will inspire you, even galvanize you, to take action to make a difference, to 'Be the change you wish to see in the world'.

MY only concern was that to do this topic justice, we would need to include volumes of material. I decided to keep it simple, practical and down to earth. I asked what would be most useful? And the answer was to share with you ideas, tips, tools, and process work that you can use in an easy, natural way in your everyday life. With very little effort and yet a lot of joy, we can bring consciousness into every aspect of our life, indeed into each and every moment.

There is a way each of us can walk more softly on this planet, contributing to one another and to life itself. I believe all of us feel inspired by that possibility. We feel an urge, a call from within to live more consciously, more openly, with more caring and fulfilling lives. We also feel ourselves automatically responding to a global imperative to begin offering back to life and to our planet. Conspicuous consumption, unconscious use of our precious resources, is no longer a popular model of abundance. Instead, there is a call to use our abundance more wisely, with more compassion – looking wider than just the momentary sating of some personal desire. We are beginning to recognise the preciousness of the bounty we have been blessed with; we want to cherish it, respect it and we feel inspired to share it. As Miten (the musician whose beautiful songs are played at our workshops) so wisely sings in his song 'Second Chance', "Try to leave this world more beautiful than we found it..." Somehow, responding to this call feels right, it feels completely fulfilling. And it's something we can experience in every moment of every day.

MAKING A DIFFERENCE

The very fact that you are reading this is confirmation that you are already responding to this call. Somewhere deep within there is a longing to make a difference to life – to yourself, to your loved ones, to your extended family, to humanity, to Mother Earth. And I know I don't need to remind you – you already know – that for true and lasting change to occur it will have to start from within yourself. We will all have to play our parts. The ripples of awakening, wholeness, caring and consciously responding to the needs of life will start from within our own hearts and move from there out into life.

Then, our outer actions will end up becoming a natural extension of our inner life. They will be a response to that inner call. And they will be a reflection of a life lived consciously, with love. It will be natural to feel compassion and understanding for our loved ones. Forgiveness will arise easily of its own accord. It will be second nature to extend that same caring to our global family, to our environment. What could possibly be more natural than bringing consciousness into your work place, growing your colleagues and employees, potentializing their lives? What could be more fulfilling than honouring and enlivening our bodies, knowing that the very food we eat is life-giving, vibrant and healthy? That it is organic, poison-free and locally grown? That what we buy is bought consciously, ensuring 'Fair Trade' employment is occurring, that even with the particular vehicles we drive we are more 'carbon' and pollution aware in our choices? Truly each moment can be one of living consciously – being open not only to how Grace can give to you, but how it can use you to give something back to life.

So I thought we would begin with some ideas for creating conscious vibrant bodies, in a healthy home environment.

Healthy Home Environment

PURE AIR

As I sit here I realise that so often I take for granted the ways I automatically create an environment conducive to health. Though I live on a very magical section of the Welsh coast, on a cliff top overlooking the sea, on an ancient unspoiled piece of idyllic countryside where no industry has ever been, still I always like to make sure that the air I breathe is absolutely free from the kind of household pollutants that we all have in our homes. So I use an air purifier-ionizer - one that emits negative ions – the negative charge that makes you feel that same freshness you feel when you stand by the sea or walk in the woods. Most of our homes are positively charged with all the electronics and pollutants. This positive ionization can make you feel drained and heavy. When the air is negatively ionised, it not only purifies your home, it charges it with enlivening energy.



Brandon's

TIPS FOR CONSCIOUS LIVING

- **Create a healthy home environment by consciously being aware of the space you live in. Purifying the air your breath, the water you drink and making conscious purchases of all materials helps honour not only your body and being, but those of the workers who have built, sewn, grown that which you wear, sleep on, walk on, etc.**
- **Buy fair trade and use organic products on your skin and in your home, to help keep the impurities in your body and the environment at bay.**
- **Keep your physical body healthy by moving daily, be it exercise, walking, dancing, yoga, running. As Miten beautifully sings, "You gotta move."**
- **Eat organic, in season and local fresh produce where possible and cleanse on a regular basis.**
- **Get the clutter out of your lives by clearing out wardrobes, closets, etc and passing what you no longer want onto others. Remember, what is one man's trash is another man's treasure...so share what you no longer want/need with those around you.**

RECYCLE! RECYCLE! RECYCLE!

**Meditate, chant, SING,
laugh and love....
'and the greatest of these is Love!'**

Of course get Journey process work on a regular basis, clearing out any of the clutter that clouds your diamond.

THE MORNING JUICE

Vibrancy & goodness
First thing in the morning

Here's Brandon's morning juicing routine for a cleansing, envigorating start to the day.



2 fresh, organic raw beetroot, topped and tailed
1 whole organic lemon with rind
6 organic carrots topped and tailed
1 thumb-size organic ginger
2 sticks organic celery
Stir and enjoy!!!

The air feels fresh and pure. I even take a small unit to hotel rooms to clear the air when on tour.

PURE WATER

Of course the water I drink is purified. I personally have a reverse osmosis system as it pulls everything, and I mean even bacteria, parasites and metals, out of the water. So I drink loads (and take minerals made from healthy plant-based substances) to keep my organs flushed clear and purified. If I were you, I'd check it out online.

HEALTHY HOME

You can buy non-toxic paint for your walls, hypoallergenic covers for your mattress and pillows, and even hypoallergenic carpets – just check it out – look closely at the labels to see exactly what you're getting. Make sure you invest in a healthy, supportive bed – you spend 1/3 of your life in one – and buy natural cotton bed linen. A good night's sleep is essential for health. I have a Tempurpedic mattress – it's made from memory foam, a type used for astronauts in outer space because no bacteria can survive in it – but I can also recommend pillow-top mattresses with both 'give' and support.

CONSCIOUS FLOORING

These days instead of putting in hardwood floors, it's better to get bamboo flooring; it looks identical, but grows like a weed and saves millions of trees!

BUYING FOOD

When it comes to food, whenever possible I try to buy locally and organically grown. Not only does that support your local farming community, but it means that it doesn't have to be flown in from New Zealand or Sri Lanka and freighted to you, thereby losing precious life-force en route, wasting unnecessary energy and creating huge carbon emissions in the process. Of course, wherever possible, organic is always, always best. The toxicity from chemical fertilizers and treatments gets into our organs and is deposited and left there, and the amounts can be is shocking. Do you know that even when drinking normal non-organic coffee, you ingest up to 78 different poisons? Think of the toxic build up in your organs even if you drink only one cup of coffee everyday for many years. So whenever feasible, get organically grown coffee, and if it's decaffeinated then make sure it's decaffeinated by water process, which is toxin free. Did you know that Starbucks use organically-grown fair trade coffee and have a hugely supportive employee policy?

BUY FAIR TRADE

As far as possible buy produce labelled 'Fair Trade', so that the workers harvesting your food are paid fair living wages for their work. As a matter of fact make sure you look for that fair trade label on everything you buy, even clothing. When you get to your local Marks & Spencer – if you take a moment to look closer, you will see that some clothing labels have 'Fair Trade' on them and some not. Choose the ones that give a fair deal to cotton producers and factory production line workers in other countries. I tend to shop not only where the products are fair trade and are made from mostly natural materials, but also where the store itself is making inroads in creating a more carbon-neutral environment. It makes me feel good to know that what I am wearing created healthy living wages for another human being, and that when I support an environmentally conscious store, I'm helping preserve our planet as well.

NATURAL CLOTHING

Choose cotton, silk, rayon and hemp fabrics. They feel healthier, breathe better and are longer lasting than most synthetic varieties. And the good news is it doesn't always mean you pay more – it just means you're more conscious of what you buy, where you buy, and why you buy.

NATURAL DETERGENTS

Use natural cleaning products, soaps and detergents. When it comes to your health, and the health of your family and the home environment in which you live, the wisest choice is to stay as natural as possible. Choose natural, non-allergenic, non-toxic detergents for clothes, general cleaning and washing up – they are good for both the environment and your health.

HEALTHY SKINCARE

Look for genuinely natural cosmetics, soaps and creams. So many so-called natural creams contain carcinogens (chemicals which can be cancer producing) and it's good to look into the purity of their ingredients. Creams and lotions you put on your body need to be sulphate and paraben free, ideally made solely from plant derivatives. It's a horrible thought to think that merely for the sake of our beauty animals are being tortured and killed. So buy cruelty-free, plant-based beauty products. Usually genuinely natural products cost a bit more, but they can last longer and I use them sparingly, and they feel like nourishing food for the skin. So many cosmetic companies have jumped on the bandwagon and label their products "Natural" and "Organic" when in actual fact they may contain only one natural ingredient. So be vigilant in reading labels. I sometimes feel that reading the labels carefully should become compulsory! Some good brands include Dr Hauschka, Stella McCartney, Miessence, Living Nature, and Zia – these manufacturers are fully committed to 100% organic products – so each day, instead of putting poison into your blood stream (as creams can enter the body and the bloodstream by absorption and osmosis) you're actually adding goodness. Use a natural deodorant that is aluminium free (aluminium is highly toxic). I use a mineral salt crystal that bacteria can't thrive in. It's natural, highly effective and you can buy it in most chemists or larger supermarkets.

EAT ALKALINE FOOD

When it comes to food in general, I recommend a largely alkaline diet as it is claimed that cancer can't survive in alkaline (non-acidic) environments. So eat lots of fresh fruits and leafy greens, vegetables, fresh squeezed vegetable juices and protein from natural, organic sources, and drink plenty of filtered water.

Wheat, dairy, cheese, meats, processed foods, starchy foods and refined sugars tend to create an acidic environment, so choose to eat consciously.

Ask yourself if what you are eating is acid forming or alkaline? And as a rule of thumb it's better to eat living, water-content foods that cleanse and don't clog.

DETOX

Once a year I go on a highly purifying, life giving, detox cleanse for a week. It starts with two days of purely raw food followed by five days vegetable juice fasting, and at the end, one day of raw food to get the body moving again. During this cleanse I have colonics every other day, massages every other day, I take herbs for cleansing my internal organs and blood, pro-biotics, food enzymes and healthy supplements. I have yoga everyday and include some other sport like walking or swimming. I also include chanting, Satsang, meditations and of course a Physical Journey process every day.

Most people have up to 30



pounds of undigested protein coating their colons by the time the body dies. 30lbs! It's like having a heavy rubber inner tube lining our colons. So many nutrients in what we eat don't even get into our bloodstream because they can't get through our clogged digestive system's walls. In a cleanse such as I've described the colonics soften that inner lining and the toxins begin lifting and flushing away – the way they do when you leave a food-encrusted pan to soak overnight in warm water – the

My daily regime

Each day when I'm at home I start my daily routine with a 25 minute aerobic workout on our indoor bike and our cross trainer, followed by 3 minutes on my mini trampoline (available at sports stores and Argos) which is great for moving and cleansing our lymph system – the sewer system of the body. I usually choose music that uplifts and inspires. I follow this short oxygenating routine with 3 minutes of stretching. When the weather is fine, I go for a hike on the cliffs outside my home overlooking the sea, so I get that wonderfully sweet negatively ionised sea air purifying my lungs, and oxygen-rich blood coursing through my veins.

Later I have a small helping of organic berries followed by a freshly squeezed veggie drink made from organic beetroot, carrot, celery, lemon and ginger, often laced with healthy super greens powders. Juicers are commonly available in most appliance stores. Then mid-morning, to get my protein, I have an egg-white omelette (made from free range eggs produced in a way that allow chickens a more humane life) and vegetables of the day, and a salad on the side with avocados, peppers and green leaves. At my other meals I always include a big salad.

When I have more time, I like to do yoga after my aerobic routine. Every week I get at least one or two massages to get my muscles opened up and my lymph system moving. I lean towards deep tissue or sports massage to really work the muscles, but from time to time I include other body work, like Thai massage, acupuncture, chiropractic, acupressure, kinesiology, shiatsu.

Often my day includes meditation, chanting, prayer and hanging out in good company with fellow lovers of Truth. On holidays it also includes outdoor sports.



The daily routine – Getting the lymph moving



toxic colon lining gets softened and cleared, allowing healthy nutrients to be more easily absorbed into our systems.

Yeah! The Radiant Health Purifying Retreat is being finally offered again!

This year Kev and I will take one week on the beautiful island of Koh Samui at a brand new health and detox hotel, where we will undergo our own specialised deep cleanse programme. And I have exciting news – for the first time in several years we are offering the Radiant Health retreat again (the exact programme that Kev and I are undergoing). While there you don't have to think about a thing – it's all done for you. All the food, drinks, supplements, herbs are carefully prepared for you, plus you'll get a colonic every other day, massage every other day, daily yoga, Satsang, meditation, chanting, a Physical Journey process each day – as well as time to walk, swim and play every day.

Wow! What a gift to give to your body, to your cells! After each yearly cleanse I feel totally rejuvenated, alive, years younger and so much lighter! My body sings.

So if you can get to this rejuvenating retreat I can't recommend it enough. It's time to give your body a break and get some life force, some energy into your cells, into your muscles, into your skin, into your life!

ECO-FRIENDLY HOMES

As you may know Kev and I are thrilled that our green, eco-build house plans have finally been approved by our local council after 3 years of going back and forth (You'd think they would be thrilled to have citizens wanting to give back to the environment, instead of obstructing it. It's been a real slog!). Some of the exciting things we plan on doing that will allow us to be more carbon conscious are:

- Rain harvesting – we'll collect rain water and use it to flush toilets
- Eco-friendly insulation made from recycled newspapers
- Bamboo flooring – no trees felled in the process and just as attractive
- Air dumping – transferring the warm air that comes through our large glass windows to other parts of the house, and ultimately into a generator that generates electricity
- Under-floor heating to spread heat more efficiently than radiators
- Eco-friendly cement
- Non-toxic paint
- Sustainable wood where needed (3 trees planted for each one felled)
- Triple paned glass windows
- Eco roofing

The Green Bible is a wonderful book to use when learning about how to make your home more green. And all the exhibitions taking place today all over Europe are really inspiring.

RECYCLING

Also we recycle everything. A new staff member who hails from Australia joined our road team recently and remarked on going into our offices, "It's amazing – you recycle everything! You've got a whole huge library here of books for all to use, you give your clothing away to whoever can use them or they go to a charity shop".

And it's true. Even the magazine you're reading is from recycled paper. Everything we have, should and can be used by someone else if there's life still in it. So if you don't absolutely love something, and wear or use it regularly, give it away to someone who will! Make sure you buy recycled paper products – toilet paper, kitchen roll, writing paper, printer paper – as well. They only cost a few pennies more but you'll feel so much better about using them.

Whenever it comes to recycling waste, in our house we have three boxes – 1 for paper, 1 for plastics and 1 for glass. Once a week we put it out for recycling. If you don't have that service locally, then just take it the local recycling centre (you may have noticed that often larger supermarkets have them in their car parks). Take the kids with you and make it a fun and educational experience for them. Kids enjoy contributing to Mother Earth and making a difference. It feels good!



Walking on the cliffs near home in the sweet welsh air

Carbon Conscious Cars

As a business owner I am fully aware of how much travelling we do, so our company is enrolled in a carbon-offset programme to completely offset every mile flown and every mile driven. British Airways and some other airlines have comprehensive programmes that you might like to look into.

Additionally, when it came time to purchase our company cars, Kevin and I began looking into the most environmentally friendly options. Surprisingly one brand came out head and shoulders above the rest – even better than the hybrids! – BMW. BMW's whole platform for the future is entirely environmentally based, all without sacrificing performance. It meant we had to downsize a few of the company vehicles to more fun "run-around" types, but I'm loving my new BMW 1 series clean diesel car. It has a whole host of fuel-saving technologies on board. The engines turns itself off at every light, so the car never idles, and as soon as you put your foot back on the clutch it starts up again. It took a little getting used to, but I just love it. And I love the quiet of the car shutting down every time we stop – it's quite restful. Plus it gets 60 miles per gallon on average and up to 70 on motorways. Everything in its design is set up for less carbon emissions (128gms/m) and more fuel efficiency. So do some reading of your own when the time comes to trade in your old car. Consider looking at your car in the wider context of global warming and the environment. You'll feel so 'right' with each mile you drive. Of course when possible, do like Dutchies and ride a bike or walk.



My new eco-friendly run-around

Living With an Ease of Being, Emotionally at Peace

Of course you've already figured out I'm going to recommend Journey process work. I frankly don't know of any more powerful work out there for clearing emotional blocks and opening us into the peace and wholeness within. It's fast, simple, effective and lasting. And there is nothing more joyous than opening into your own essence and living from the peace and joy there. It just feels right to live life authentically, as an expression of your true self.

I get a Journey process once a week. I can think of nothing I would rather feel than that the diamond of my being is fresh and clean. I think of it as general house cleaning. And as my own veils clear away, I find more of me – more of 'This' is available. More energy is available, more life is available, more potential is freed up and more joy arises spontaneously, of its own accord. And mainly I feel happy and at peace with myself and my loved ones.

So get creative. Call Journey friends and schedule weekly process work. Get your ass in gear and find your way to the events – serving either as a trainer or sitting the advanced level retreats. The atmosphere is charged with Grace. It's palpable and it's like re-charging your spiritual batteries.

Healing with Conscious Communication

If you haven't yet made it to Healing with Conscious Communication, find a way to get there. There is NO seminar in The Journey curriculum better for helping you to have healthy, conscious communication with your family, your loved ones and yourself. So much of our stress isn't just related to work, it's related to strained relations with those we love. At this workshop you'll learn to communicate elegantly, in a way that empowers your loved ones. So often we hurt those we love without knowing we are doing it – with negative embedded commands. It's time to start letting every word that comes out of our mouths be ones that encourage, support and empower all. It's time to communicate healthily and consciously.

Relationships and the No Ego Retreat

Speaking of relationships, I can think of no better seminar for understanding and penetrating the lies of our relationship games than the No Ego Retreat. So often the unhealthy games we play with our loved ones remain





hidden – even from ourselves. We don't know that we are unconsciously defending ourselves from getting hurt. We put up walls and don't know how to take them down, we blame and criticise both others and ourselves, and we put ourselves into constant motion to avoid what is really going on under the surface. Our relationships in fact become a mirror for all the unmet pain we harbour, and like a wounded animal in the woods, we attack before laying ourselves emotionally vulnerable to getting hurt.

At the No Ego Retreat, we unearth all the painful patterns controlling our life and face them head on, penetrating the lie of them, finding true freedom and wholeness in the leave-taking.

So when it comes to our relationships, instead of an automatic knee-jerk response of defendedness and justification, we feel more free to respond from the real truth of what is in our hearts. Communication becomes more open, honest and authentic. And we feel more real and at ease with our being. We recognise what's our stuff, and what's theirs. And with our own issues we're more able and willing to own it, clear it, and find healthier ways of being in life. It's our most powerful week-long retreat and is a must if you are sincere about living in freedom as a true expression of the real you.

Male and Female issues – Living Wholesomely, Freely, Fully as Yourself

This Autumn JourneyMan with Kevin will take place in Europe, and for the first time ever JourneyWoman with Laurie will be happening in Europe and the US. At the recent Advanced No Ego Retreat, I welcomed people to write me private letters sharing personal issues they wanted to be brought up in Satsang. I was stunned at how many letters were about the deep pain associated with intimacy with love partners and sexual issues. One man shared feeling inadequate as a man, though he loved his wife dearly. Another woman shared her pain of feeling uncomfortable living in a female body – how she didn't know how to be 'equal' in what she saw as a male dominated world. She felt sexually shutdown, lost in fear and completely insignificant as a woman. Another man shared how he felt intimidated out there in the 'real world'. He was okay as long as he was achieving something at work, but felt incompetent relating to people and specifically women. So many gender specific issues arose.

So if you're looking to feel whole and at home in your skin, if you're wanting to be at ease with your own version of masculine or feminine or if you're longing to be authentically expressed and fully at home with who you are, I STRONGLY encourage you to go to JourneyMan or JourneyWoman. It feels like a must for all of us!

Bringing Consciousness and Leadership into Our Workplace

Living consciously doesn't end the moment we arrive at work. Most of us spend about 1/3 of our life at work. Of all places, our workplace needs to be potentialized to its fullest – no matter what you do. Of course it has to first begin with you. We need to take our own lids off, clear out the silent saboteurs, the self-imposed limitations and damaging negative self beliefs. Only when all these games are exposed and cleared, then the true leadership potential that is within you can arise spontaneously. We need to uncover our own natural genius, our talents, our skills, our leadership abilities and then, of course, from there we can empower our work colleagues to take their own lids off.

We should leave work feeling inspired – used by Grace to our fullest capacity. We should feel that all of what we are is available. There is great joy in allowing Grace to use you to achieve the highest and best – to get truly high quality results. Everyone leaving work should feel they've made a difference and feel that natural contentment that arises when a job has been well done, to the highest of our abilities.

Personally, the only way I can imagine consciously running a business would be to free myself and to potentialize and empower my employees and so that we can all be more available to life, to Grace. I love being fully used by Grace. And I love seeing the potential of our employees being stretched, expanded and fully realised. It creates a wholesome and successful business on all levels! And as a boss I can go home at night and know that our beloved team is being encouraged, nourished and fully used by Grace. There is nothing more inspiring. Nothing.



Splashing on my beach near home

Conscious Leadership with Kevin

Kevin has recently formed a new seminar company called Conscious Company, and is giving powerful seminars around the world to business people who truly want to liberate their own leadership potential and who want to bring consciousness into the work environment. The results from these hugely inspiring seminars have been astounding. One businessman shared that income and profitability at his business increased 3-fold after the Conscious Leadership programme. Some have shared feeling more relaxed and confident in work situations that previously would have been stressful. Some have shared how productivity in their business – both their own and their colleagues' – have soared since the workshop. Others are sharing that contracts have been surprisingly favourably concluded, to the delight of all parties; that unexpected doors have been spontaneously opening to their business; that they are personally soaring and flourishing at work, and that they are really growing their work colleagues. They go home juiced, excited and inspired with how effortlessly their achievement and performance levels have expanded. And instead of feeling emotionally drained, they feel excited to go to work the next day.

We all want to experience the exhilaration from allowing our potential, talent and genius to soar. We want to be fully used by Grace and look back and say, 'Job well done! I lived my full potential and achieved my highest potential, and I served others in achieving theirs.'

Kevin has made a special commitment to Journey Grads, offering a much reduced rate to Grads because of their commitment to Truth, to life and to The Journey. And so the course fees for all of The Journey family are significantly lower than those for outside businesses.

Kev has also made a commitment to train and use solely Journey Practitioners when corporate coaching and presentations in this work start being taken directly into businesses.

So Journey Practitioners will lead the way in teaching and potentializing businesses and organisations – laying the groundwork for corporations around the world to become more conscious, more fully potentialized. So if you can get to the upcoming events this Autumn I strongly encourage you to go. It's time to bring consciousness into all aspects of our life.

Bringing a Live Spirituality into Our Lives

For me, all of my life is committed to being spiritually conscious. There is much that I do to deepen in that love, to open wider in Grace. I like to engage in activities that encourage an ease of being and joy in my everyday life.

At our Journey seminars we meditate, pray, and sing to conscious up-lifting music. We dance, celebrate and roll up our sleeves and do deeply healing process work.

I bring all of these joyous and liberating experiences into my daily life. In my car, I put on a Miten and Deva Premal or Kirtana CD and sing my heart out at the top of my lungs (probably a funny sight to see if you are waiting at the light in a car next to mine!). At home this music usually plays softly in the background. It permeates my home with Grace.

I pray and meditate before each and every task – be it a Journey process or writing this article, a board meeting, radio show or phone call. As I surrender more and more to Truth, and veils fall away, everything deepens and becomes more available.

When I have a cup of tea, I try to buy products that are not only consciously produced, but by companies contributing back to the environment and their employees. So even a cup of tea from Organic India, means that not only am I receiving the goodness from it, but that a tree is being planted for each box of tea bought. (This is true for Volvic water in Europe as well.) Because of Organic India, Kevin and I decided to sponsor an entire village in its tree-planting project.



I recommend having chanting evenings at home with your friends. Just put on a CD, sing together and meditate, share with one another and do Journey processes if there is time. Keeping good company allows you to stay saturated in Grace. I truly value the extraordinary company I keep.

There is a way that without having to do something myself, I can bring Grace into each moment of my life. If I am just conscious of what kind of company I associate with, what kind of businesses I support, then my whole life can become one that is spiritually, consciously lived.

In conclusion

Ultimately it is our prayer that we bring Grace and consciousness into every aspect of our lives – from our relationships, to our home environment, to our businesses, to the food we eat, to our loved ones, to our bodies, our beings, to life itself. We want to bring it into our communication, to our workout routine, our spiritual life. Every breath we take, every action can be a conscious one that serves us, serves life, serves the environment, serves humanity. It's time to celebrate living consciously.

JOURNEYMAN – Calling ALL Europeans

Being a woman working for The Journey, I've been madly curious about JourneyMan for years. I witness the men in the organisation, Kevin, Arnold, Bill, Cliff, Faizel, John, and there's something different about them, something that allows my being to rest in their presence and be able to freely be just me. **by Megan Bardsley**

All the women in the office are equally as fascinated as I, wondering what the guys get up to at this retreat? They return with a bond, with a depth that is beautiful to be around, and they return more 'male' than any man I know. So what happens? I can't say, obviously, all I know is that this retreat is not just for men. It's for us women too whose lives intertwine on a daily basis with men, the ones we live with, work with, those who father our children, those who run our countries. So girls, get your guys along to JourneyMan!

And for all you men, I only know what the 'blokes' from Australasia say, and that is that this is THE seminar they can't wait to get to. It seems to be a 'brotherhood', a brotherhood of man, so the best way to reveal some of what JourneyMan is about is from comments made during one of their regular web get-togethers. So for all you men out there, join Kevin this autumn in Europe for this amazing male-only retreat.

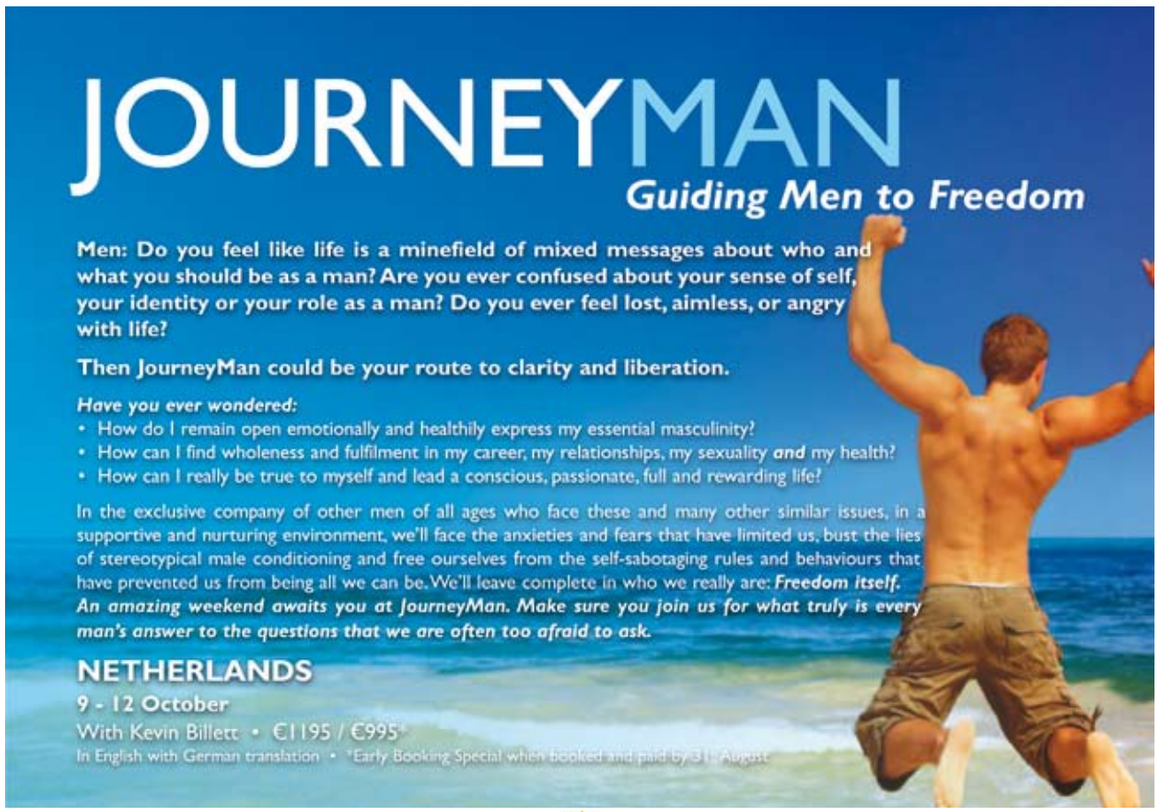
"I've done lots of self empowerment work in the last 10 years and nothing has come close to the amazing impact that Journeyman has had on my life. The power this work has had on my ability to be authentic no matter what the consequence, has deepened all my relationships to ones based on truth as opposed to competing egos.

I have tripled my income and I spend a lot more of my time doing what I want to do rather than compromising my deep needs." – **Pauly**

"I'd been in recovery for 2 years with chronic back injury. This caused major losses in all areas of my life, financial, personal and even cost me my marriage. At JourneyMan I got to see so many others in similar, if not worse, situations. I then decided that it was time to get off my arse and just finally be me and get better. I now compete in open water swim comps, have many beautiful relationships and have great support from my JourneyMan Brothers." – **Dig**

"If you're reading this and trying to decide should you do Journeyman or not, my clear reply is simply – YES! Come to this weekend, there's huge support there for all and you'll leave wondering who the heck was that guy who turned up on day 1!!

You'll be blown away by the simplicity, genuineness and at the same time profound nature of this event. Every single person who comes to this retreat is transformed! Oh yeah, and you laugh a lot too!" — **Bill**





The **Wave** of **Awakening in Business** has begun

by Kevin Billett

This recent letter comes to us from Journey MD and Conscious Company founder Kevin Billett, who has just completed the first Conscious Leadership seminar in America. From his enthusiasm and the testimonials of the participants, it's obvious that this new cutting-edge programme is not only making an impact in the business world, but is really for everyone who wants to be a leader — in business, family, sports teams….any area of life!



Dear Journey Grad,

We have now completed two Conscious Leadership retreats – one in Australia last September, and one in California, USA, which finished a few days ago. The excitement that's building around the movement of Conscious and Visionary Leadership is immense. Our experiences have been as deep as any in our lives, and the results for us all have been extraordinary – in terms of standing in the light of Truth, in terms of living life fully and authentically, in terms of realizing and living in freedom, and in terms of true conscious leadership. It feels like we are on the leading edge of a brand new wave of change in leadership potential!

And rather than my continuing to wax lyrically about my excitement at the possibilities in store, I thought I would leave you with a few of the many wonderful testimonials the work has brought in from those who have experienced it. I trust they will inspire you as much as they do me. Hope to see you at the autumn Conscious Leadership and Visionary Leadership workshops – and maybe even at 2009's Coaching Certification Programme.

With all love,

Kevin

"I want to share this, so that all of you are aware of a tremendous energy emerging within The Journey.

I spent last week doing Conscious Leadership and I just want to say that it is the most powerful, liberating work and week that I have ever lived. I paid for the entire [Visionary Leadership] programme, all 3 weeks, up front. By day 2, I had received way more than my money's worth, with the deepest, most profound process of my life, all modalities included, and it didn't end there. I feel that I have participated in the evolution of freedom for this planet."

Joe Doyle, Journey Practitioner, USA.

"The Conscious Leadership course was not at all what I expected - it was so much more! I discovered the difference between being a manager of people, running a business, and being a leader, living life.

I uncovered intrinsic gifts using the uncomplicated but powerful techniques. I learnt the lessons to be: a good friend, an attentive husband, a loving father, a genuine leader.

I now find it difficult to imagine life without these skills, which have provided me with the understanding and freedom to be the best I can possibly be. Thank you."

Tim Edmonds, Business Consultant, Australia.

"If any of you have been holding back... it's time to step forward now and sign up for the next available class in September. My thoughts are so clear now and I am connecting with new clients at such a deep level. Grace must be helping me finish my case studies because my phone hasn't stopped since I got home.

My favorite part about Conscious Leadership is that the leadership becomes an integral part of you! You bring it home with you and everyone close to you benefits. Even the airport taxi driver was able to find leadership inside of him as he drove a few of us to the airport last Monday. It feels like I am on the wave of leading edge consciousness-based leadership and influence. Creative consciousness as it takes form. It truly is a humbling and amazing experience of life!

Ilene Beal, Business Owner & Training Journey Practitioner, USA.

Winston Churchill said of leadership..."There are no great men, just great deeds to be done by ordinary men."

This past week we witnessed a room full of ordinary people rising to the heights of greatness. Each person in the room showed up "disguised" as "ordinary". As the hours and days flew by, each of them, with effortless perfection arose into the greatness within. It mattered not what they did in life, nor who they or others thought them to be.

Each person pierced the lie... stripped off the masks of make-believe, the false faces of pretense, playing small or playing big dissolved and there was no more sham.

Then the reality of who they truly were just naturally and effortlessly arose. It arose, not because they were titled in some way or held positions of authority in business, government or industry, but because in their hearts, they truly had gained access to their own higher consciousness. In that state, they all emerged emanating the qualities of magnificent leaders.

"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." says Goethe.

Bob & Claire Levy, Journey Practitioner, USA.

"The Conscious Leadership experience made me realize the extent to which my leadership abilities and career aspirations had been suffocated by my ever-present ego. I also realized that every aspect of my life had been lead by my mind rather than by my heart, my deeper self. The Conscious Leader processes allowed me to clear out deep-rooted debilitating patterns, behaviors and beliefs. This essential step then paved the way towards rediscovering my self-confidence and self-worth, fundamental to allowing my very own source, my "little diamond" to shine through. Further exercises allowed me to really understand and feel what it means to be a "real" leader, to have the inner strength and internal wisdom to speak my truth and share my love peacefully and without fear. After 5 full days of Conscious Leadership awakening I felt spiritually prepared and equipped to pursue my new career path with greatness, passion and authenticity. And that's exactly what has happened…

Last summer I started my own health care strategic planning consulting practice after 20 years of full time and secure employment. My deepest wish as a consultant was to lead projects aimed at empowering organizations and communities to maximize their impact on and contributions to the health system. My other related wish of course, was that my practice would provide me with financial freedom. Simply put, I didn't want to worry about money anymore, allowing my precious energy to be spent solely on creating, building, loving and empowering.

Since the end of October '07 (6 weeks after completing Conscious Leadership in Australia) my professional services have been in great demand on two fronts: for what I do and for WHO I AM (clients have actually shared this with me). Today I find myself as the principal creator and project lead of one most exciting, innovative, patient-centered and high profile health care projects that the Government of Ontario has agreed to fund over the next 3 years (received confirmation of this 2 days ago).

Competition for capital dollars (we are looking at capital project of approx. $80M) within our publicly funded system is fierce, and so this accomplishment is quite spectacular. Oh ya, and it's happening right in my backyard, Ottawa-Orleans! This project will transform the patient's experience of the health system in a very big and positive way. My deepest wish is that this project follows a holistic health approach to care and successfully redefines what is traditionally thought of when funders, providers and patients think of "healthcare". Needless to say, I'm extremely excited about my career and all of the wonderful people and events it so generously brings into my life. The neatest thing about my recent success is that it has come to me effortlessly, by believing in myself, by allowing my inner creativity to shine through, by truly working in the present moment and by enjoying a work-life equilibrium. Is that what you meant by ABUNDANCE? "

Nathalie Menard, Health Care Strategic Planning Consultant

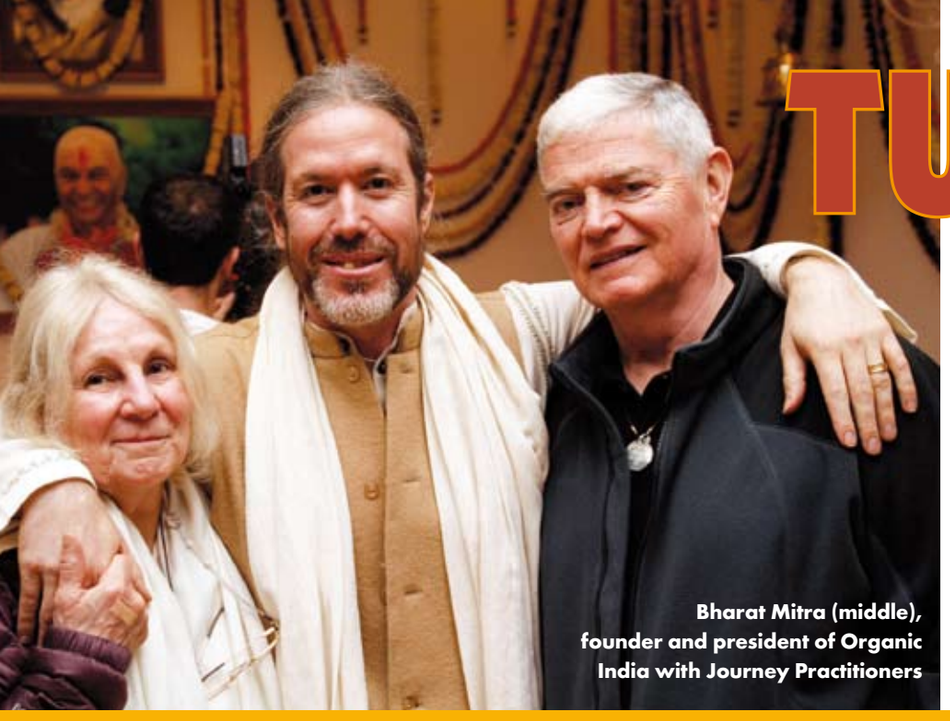
If you'd like to hear more about The Visionary Leadership Programmes you can listen to a recent Introductory call with Kevin describing the Visionary Leadership Programmes. Go to **www.thejourneyusa.com/conscious/** and click on the link, to either listen live to the Introductory call, or, download the file and listen later.

Visionary Leadership begins in Europe

SEMINAR DATES 2008 / 2009

PHASE ONE: ***The Conscious Leadership Seminar***
23 – 28 September, Hertfordsire, UK
PHASE TWO: ***The Visionary Leadership Seminar***
18 - 23 November, Netherlands
PHASE THREE: ***Conscious Coaching Certification***
21 – 26 April 09, Germany

For more information about the Visionary Leadership Programmes, prices and details, please call our offices +44 (0) 1656 890 400, or visit www.thejourney.com. <http://www.thejourney.com/>



Bharat Mitra (middle), founder and president of Organic India with Journey Practitioners

TULSI EVANGELIST

It's called the elixir of life. Not without reason: Farmers are getting a new lease of life cultivating tulsi the organic way.

by Pallavi Srivastava

Kailash Nath Singh is not one of the biggest farmers in his village but he is used to the flashing bulbs and is proficient at posing for snaps. He is also used to talking to foreigners in 'Hinglish', much to the envy of his neighbours. The Kamhenpur village resident of Azamgarh district is something of an icon in his community and that's not just because of his impressive house or the fact that even at 85, he zealously cheers his favourite team at the local kabaddi match.

Singh's surprise claim to fame is that he is the first farmer to raise tulsi crop commercially for Organic India since 1998 and the company to date holds him solely responsible for their success. The reason: Singh dared to do something out of the ordinary when organic farming was unheard of. Growing three varieties of tulsi in their farmland was then totally unacceptable to farmers who were not even ready to do it for money. Those were the days when most farmers were struggling with low prices, low yields and even lower productivity. "I had faith in them," says Singh nonchalantly.

Put the same question to Yoav Lev, President and Founder, Organic India, and he promptly says: "I was desperate for a beginning and when I looked into his (Singh's) eyes and told him to trust me, he probably saw the desperation because he said yes."

That act of faith was one of the few incidents that changed the direction of his life. Lev first came to India with his wife Holly in 1995 to meet his guru H.W.L. Poonja in Lucknow. The couple fell in love with the country and was rechristened Bharat Mitra and Bhavani Mitra by their guru. Along with a new name and a new country, the Israeli-American couple also got introduced to Ayurveda. The natural cures that were used in the Ayurveda treatments, especially from tulsi (Holy basil), impressed them.

"Tulsi contains hundreds of beneficial compounds known as phytochemicals. Working together, these compounds possess strong antioxidant, antibacterial, antiviral, and immunity-enhancing properties that promote general health and support the body's natural defense against stress and illness," Lev elaborates.

Influenced by their guru, the couple decided to market tulsi globally. "I went to 11 factories who were manufacturing Ayurveda products but none of them was doing a good job of it. Many companies still pretend to be organic and pure Ayurveda but you have to check for yourself before believing them," Lev says. He then began the journey of cultivating tulsi the organic way by getting together hundreds of farmers. "I decided to set up my own manufacturing plant but was faced with the problem of raw material since, nowhere could I get organically-farmed tulsi on a large scale," he says.

Lev had a tough time convincing the farmers, who were wary of the tall guy and balked at the idea of tulsi crop. "They thought I will run away like many others but I am a persistent man," he quips. Initial hiccups notwithstanding, the duo managed to set up a company called the Indo-Israel Trading Corporation (IITC), which was rechristened Organic India last year. The company now employs more than 12,000 contract farmers in Uttar Pradesh, Rajasthan and Madhya Pradesh, cultivating tulsi on 50,000 acres of land.

This firm has a diverse product range comprising 15 premium quality Ayurvedic herbal formulations, organic Tulsi teas, herbal supplements, and many other organic foods and organic spices. And that's not all. The Lucknow-based company, with associate offices in the US and Israel has recently launched 18 new organic flavours of tea. Organic India is investing in more products and currently supplys Ayurvedic herbs not only in India, but to select companies in the US, France, Japan, Germany, Korea, Israel, the Netherlands and Australia.

With new markets on the horizon, this growth spells better times for the farmers as well. Already, the 3 – 4 month organic crop cultivations have led to better margins for the farmers, so much so that even the third generation farmers plan to stay on and do farming instead of migrating to the cities. Kailash Nath Singh says he now gets around Rs 3 lakh from the company for one crop. "I would like to do the crop more than once but they won't let me," he grumbles good-naturedly.

And apart from the money, organic farming has more in store for the farmers. "In the first year, the crop yielded 2.5 quintal per acre, but now the productivity of my land has increased to 20 quintal per acre," says Kanta Singh, who at 85 is a bit hard of hearing but loves to talk about the good fortune that the company has brought his family. "We get as much as Rs 40,000 from the tulsi crop per season while the other crops fetch just around Rs 10,000," he says.

Kanta Singh's son Lochan Singh says it is because of this single crop that his sons have decided to stay in the village and not migrate to nearby cities for a better future. "We believe we can earn more by growing more herbs for the company, so there's no point getting out of the family business," he says while his camera-shy son Rahul nods from a distance.

Organic India, for its part, is quick to acknowledge the efforts of these farmers. For the last five years, it has been organising an annual event call Tulsi Mahotsava at Azamgarh which felicitates farmers associated with them; the Levs go around the village inviting farmers personally to the event. "Tulsi Mahotsava is the celebration in honour of the revered tulsi plant from which much of the work for the company stems. The whole community of farmers and Organic India employees come together, to share their gratitude and fruits of transformation through organic agriculture and the unique initiative they are part of," says Lev. This year's event echoed the same, with farmers from Rajasthan and Madhya Pradesh joining in.

For villagers though, the celebration does not end there. The organic tulsi has brought about a wave of social change as well. "We employ close to 1,200 socially outcast women as machine operators or for plucking in various villages and try to give livelihood to them as much as we can," says Lev.

"I have been working for the company for the last nine years and I get as much as Rs 8,000 per season," says a proud 60-year old Dulari Devi. She is glad that she can be independent at this age too. For her and the others, that's the real healing power of tulsi.

This article was first published in "Business Today, India"

50 years ago most of us didn't enjoy the benefits of central heating, air conditioning, fitted carpets and double glazing; and 50 years ago you never read anything in the daily press about high levels of 'asthma' in children. Unprecedented levels of respiratory problems in adults also abound.

Our love affair with our own bodily comfort has brought us to this. We have become less hardy, and that isn't all. In our pursuit of a warm, cuddly environment, we have also created living spaces that are equally warm and cuddly to lots of unpleasant organisms that threaten our health and depleted our natural ability to fight off infections, whilst at the same time put in place the best ever conditions for the bacteria and viruses that attack us.

In the US the US Environmental Protection Agency now rates indoor air quality as the single most significant threat to personal health (above smoking, alcohol and drugs). It's time sit up and take notice.

So, if we had the choice between returning to a 1950's living environment (excuse me, was that a 'no thanks'?), or adopting a modern scientific solution, what would you really want? If you want all the creature comforts you've become so hooked upon and you want clean fresh and healthy indoor air, you might like to try this...

EcoBox™

From EcoQuest International

Take control of your environment with ActivePure™ technology. ActivePure is proven in University studies to kill up to 99.99% of bacteria, viruses, and mold on surfaces,* including MRSA antibiotic resistant Staph, and Avian Bird Flu.

The new Ecobox™ featuring ActivePure™ helps prevent the spread of germs by killing them on surfaces.

Destroys odours from cooking, stale tobacco, mould spores, solvents, wet dogs etc., leaving your home spaces smelling pristine clean.

Many other ecologically beneficial products also available.

All sales of EcoBox™ units through Mike Hancock will generate a £15 discount that will be paid to Journey Outreach.

Mike Hancock
IndependantEcoQuest Distributor
air@ecopotential.co.uk
0800 002 5397

Expanding Journeywork across the globe

This year seems to be the beginning of so many new countries and cultures, it's amazing. Brandon has rearranged her already packed schedule to be able to offer Journey Intensives in several new countries, Japan, Israel, Singapore and Hong Kong. First time JI's with Presenters will be happening in France, Italy, Estonia, with the latest news being that Arnold, Brandon's personal sound engineer, will present the first presenter Intensive in Holland this autumn.

My **Israel** Journey

I just wanted to share with you Bart and my great experience as trainers in Israel last month.

I was a little bit surprised and very much in awe for the openness and courage of the people there. I really didn't expect it to be so strong. Israelis are very hard, sceptical and sarcastic people and seeing this mellow true side of them was such a joy for me.

Bart and I learnt a lot from them and from the European team. We really enjoyed Joel's energy and enthusiasm and the love in the room gave me a lot of hope for the future of my country.

Every time I think of this seminar I have tears in my eyes because it was very close to my heart and very challenging as well. 'There were only 4 Hebrew speaking trainers in the room including me, so the pressure was great but it all worked our perfectly. I only had 8 days to see my family and 2 of them I wanted to spend at the seminar.

There was a bit of criticism in my family but I knew I needed to do it and it did help me and lifted me up when the time came to say goodbye. I'm glad we were soooo busy there, because I didn't have much time to think about it, but just being in the moment.

My mom was there, and it was a true joy to see here changing and blooming. It gave me strength and confirmation that I'm doing the right thing. It was the most emotional two days of my life I think, but it was all in the arms of Grace. I really felt stronger than ever. It was incredible to see the changes in Bart too. He was very nervous at the start because there were not many trainers and everyone were speaking in Hebrew but he did so well, and enjoyed it and embraced me in the moments when my mind wondered.

I know the work will continue to blossom because Israel is craving hope and serenity. People came to me with tears of joy not knowing how to contain an ocean of love in their hearts - and I know they will pass it on.

Personally it was a gift to me and my family and I would do it again any tiame. If I had the money I would fly back in September as a Practitioner and help in the next seminar with Brandon. That is a dream of mine. I have this calling in me to help spread The Journey in Israel but at the same time I have so much I want to do in Australia...

We are very grateful for the opportunity. Thank you!

AVIVIT (AVI) & BART

EDITOR'S NOTE:
Avi and Bart flew all the way from Australia to Israel, to support as trainers in the first ever Journey Intensive there.

It was an amazingly powerful 3 days (with EVERY delegate sitting the Advanced Skills seminar) and by the time we all left we felt as if the seminar room had been transformed into a living room.

There was such a oneness amongst all of us. Amazing Grace!



Joel Young presents the 1st ever Journey Intensive in Israel

To find out where Brandon and Journey Intensives will be, visit www.thejourney.com/international-schedule.htm.

Enjoy the beautiful reports from our latest newcomers, Israel and Japan.



Presenter: Laurie Collins



Joy, happiness and gratitude at the end of the 1st ever Journey Intensive in Japan

My **Japanese** Journey

Going to Japan to hold the first Journey Intensive in Japanese shifted my paradigm and vision for the growth of The Journey. It's truly amazing to be a part of this growth, and humbling to see The Journey reach into cultures beyond English-speaking ones.

I had never been to Japan and never had the opportunity in my life to experience the culture. I simply had no references of how this event would be. EVERYTHING, and I mean everything, was so new. I couldn't even read the script to make sure it was translated accurately. I couldn't understand what the translators were saying and if they really were translating the true meaning of what I was saying. I couldn't speak one word of their language and when you look into a sea of 80 Japanese non-expressive faces, I certainly didn't know if they were 'getting' it!

Yet when they opened their eyes and came out of their processes it was totally clear....they GOT IT! To be witness to the most incredible transformation amongst the participants is beyond words, so heart warming, so heart breaking.

You tangibly feel the power and potency of these tools and how they are not predicated by language, culture or background. It truly is Grace in action and this process is amazing. After 10 years I am still in awe of Journeywork's effectiveness and effortlessness. It truly is universal and unifying.

As some of the participants finished their process, they literally jumped off their chairs and flung their arms around me, crying with joy and happiness, whispering 'thank you' in my ear.

The call of Asia is growing, with Brandon visiting Hong Kong, Singapore and Tokyo for the first time ever this summer. It is so exciting to feel the prospects of The Journey facilitating healing, compassion and forgiveness in these nations.

The experience of Japan literally blew me away and left me with the true knowing that everyone on the planet can benefit from using this work. The Journey truly is making a huge global difference and we are a part of it!

LAURIE COLLINS

EDITOR'S NOTE:
I was blessed to witness Laurie fresh from her trip to Japan. Even though she had flown completely around the world, and was straight off the flight, there was a glow in her eye.
Not the usual mischieviousness that I know and love in this woman, but something different.

A deeper knowing that comes from those experiences in life that 'take your breath away' and leave you in awe and wonder.

Japan had touched her deeply, and even more deeply was perhaps the recognition that there are no boundaries in consciousness, just this vast knowing of what Miten describes as 'humaniversal'.



JourneyWoman Joy!
Presenter Laurie Collins.

JOURNEYWOMAN

Beyond all boundaries

freeing the true woman inside

by Jane Ball

I decided that I would attend JourneyWomen to get in-touch with my "feminine side" and thought it would be a perfect way of finishing an amazing holiday in Oz.

As a gay women, I felt that throughout life, my feminine side was something that had alluded me. I'd always felt awkward or uncomfortable in the company of both men and women. I was afraid of being 'judged' by others, I was scared of what their reaction would be if they 'found out' I was gay. Essentially, I was living my life as a lie and having done the whole Journey Practitioners Programme, living in Truth was the path I'd chosen and this lie was starting to become physically painful.

"Even my bra broke during this exercise."

At the very tender age of 38, I was fed up wearing clothes that had no shape to them so they would hide my body, and yet, I'm happy with my female body – I've never felt as though I was born into the wrong body – just that I was attracted to women.

So, the event got closer and in true Journey style, our joining instructions arrived by email. "Bring something to celebrate your femininity" it said. Well, that flipped me into a flat spin! Talk about pushing buttons and bringing up stuff, I was furious. What if I didn't want to celebrate my femininity, what if I didn't want to look all pink, frilly and girly? What if, what if, what if..... In reflection, I now recognise these as the fantastic avoidance tactics that I've perfected over the years!

We arrived and instantly felt beautifully supported by the trainers. They looked radiant, friendly and welcoming. I felt safe. This was going to be OK.

The first evening just seemed to happen. Laurie was amazing. Her beautiful presence on stage was wide open, totally vulnerable and exposed. I kind of thought she may be a little nervous, after all – her mum was in the audience and sitting the event, so was her boss and three of her friends – is it any wonder?

The weekend passed and included a variety of what I call 'mini-processes', all perfectly designed to give the body permission to be female – how ever this showed up and in whatever form. There where satsang sessions, and yes – you guessed it, I had to share. As I shared, so came the realisation that the pressure that I put on myself was unjustified. We learn about judgements and where they come from at the No Ego retreat, but what I hadn't put together, was being on the receiving end of others judgements was in fact just their Ego talking. The fact that no one had ever 'verbally' judged me had nothing to do with it – my own self creating story and perceived judgments of people had caused me years of pain!!...

I really don't want to give away any of the magic that happens at JourneyWoman – but I will share that one of the process involved a 'little movement'. Well, I moved so much and with such energy and pace, and boy did that feel free and liberating!! (even my bra broke during this exercise) I felt, for the first time EVER – free. Free from the perceived judgements, had cut the cords with my father's belief that being gay was wrong, freed myself from my own created story and give myself permission to say "I am what I am" and this felt truly AMAZING.

At the end of the weekend, I didn't really feel that different, it didn't seem that big of a deal. How wrong was I? Over the last three months since the event, there have been so many subtle changes. I feel more comfortable around both men and women and the fear of being judged has gone – completely gone, not a trace is left. I've even bought clothes that fit – not many, but at least I looked! Baby steps in this department!

Gaby, one of the directors of The Journey sat the weekend too. She came back to the UK a few weeks after I did and when we met, she kept staring at me. We sat in a local restaurant and I had to ask in the end, "What do you keep looking at"? She said "I can't believe how much you've changed. You look completely different and I can't figure out what it is". I simply said "JourneyWoman".

Would I sit the event again? Without question and in a heartbeat!

That's it – that's my story. So, it doesn't matter how old or young you are, how old or young you feel, and regardless of any of the labels such as gay, straight, bisexual etc, that you give yourself – the fact that you are a woman – this weekend is amazing.

I'm not one for selling or marketing - but, bring your sisters, mother, aunts, grandmothers in fact – any female relative or friend – bring them along too and experience the true essence of your womanhood together.

JourneyWoman comes to Europe for the first time this September, hope to see you there!

Supporting The Journey Grad Community

by Nathalie Himmelreich

You might have been to a Journey Intensive and come away from the weekend with enthusiasm and excitement wanting to tell the whole world about the beautiful new way you see your life! Sounds familiar?

Well, just like with any ordinary house that needs cleaning on a regular basis so does your body, mind and soul need some care once in awhile. It is important to keep up with clearing out any emotional or physical blocks, to activate your own healing powers. Therefore we recommend you continue to do Journey processes on a regular basis. Do you remember that Brandon does a Journey process at least once a week? So can you!

You might have been wondering: How do I get process work done? Where is another Journey Grad that could do some swaps? What do I do if I cannot attend Grad night because they are too far or not on the right day to fit my schedule?

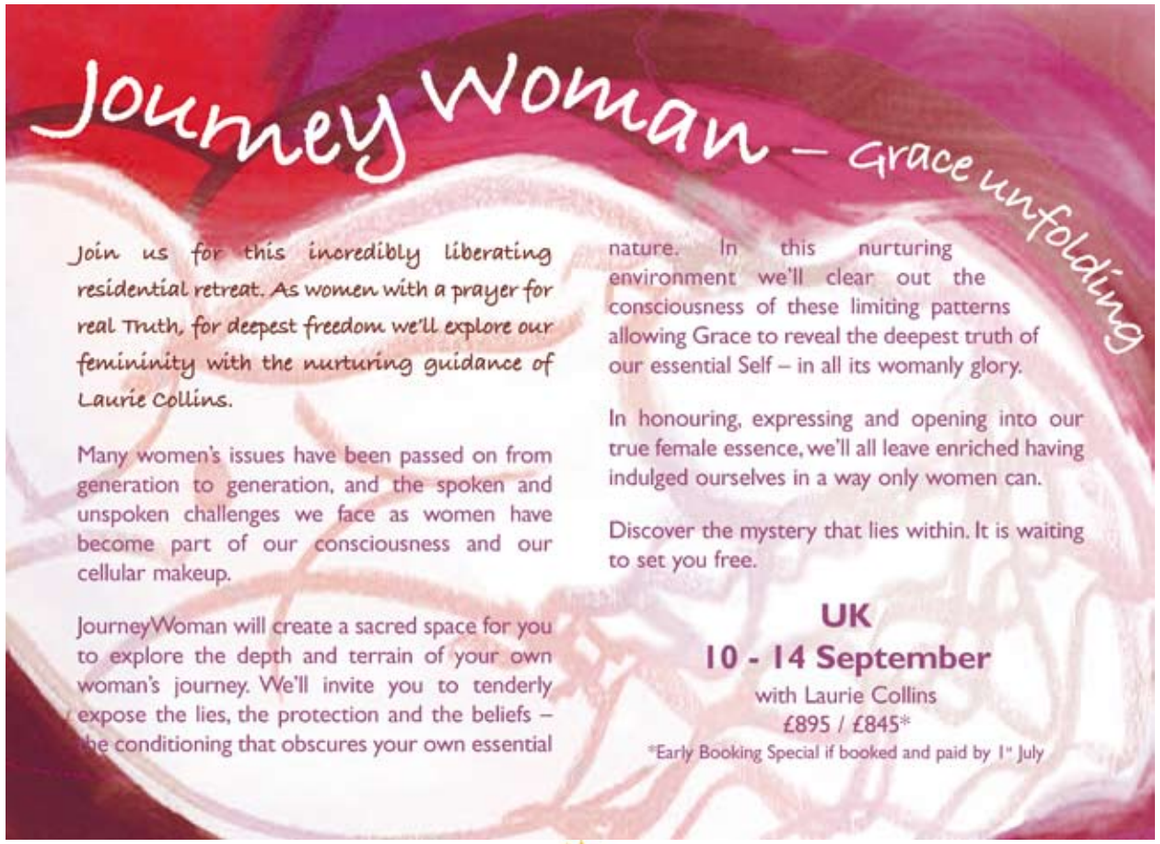
We would like to support you in making it happen!

There are numerous Journey Practitioners around the globe offering their services to support you. You can find them on The Journey website (www.thejourney.com). Another possibility is to join a Grad night. There are already groups that meet in various locations on a regular basis. To find out where, please check with your local Journey office. Or you might prefer to have a one-on-one swap with another Journey Grad which you met at The Journey Intensive.

We have already created a network of Journey Practitioners and Training Practitioners, using the Web 2.0 technology and a social network to support each other. We now would like to use that same technology to support Journey Grads.

For this reason we are looking for computer-savvy Journey Practitioners and Journey Training Practitioners who would like to help support other Journey Grads in their area, for example Greater London, or Frankfurt, or Sydney, etc.

Are you interested? It's simple – all you need is some computer knowledge and the willingness, and time. Please let us know which area you would like to support and we will help you set it up.



Deva Premal & Miten

WHO ARE THEY?

By Nathalie Himmelreich

As Journey participants you have already come across the beautiful music of Deva Premal and Miten and might have wondered: Who are they?

You could read up on their bio by going to their website (www.devapremalmiten.com) however I would like to share with you my own experience of meeting them personally many times over the years.

Deva and Miten are two of the most amazing and beautiful souls I have ever met. I fell in love with their music on The Journey retreats and came away with their CDs, playing them hour after hour. However, it was only after I met them at one of their workshops that I realised the healing power of mantras as fellow participants shared their experiences of listening to their music and the positive effect this had on their health.

Chanting involves using mantras, which in Sanskrit means 'mind (manas) liberation device (trai)'. Chanting mantras causes our brain to emit equalized sets of sound waves that slow down the brain activity, suspending the process of thinking without destroying the rational mind. This produces a positive effect on the brain and the nervous system, inducing a relaxed, elevated and meditative state of mind.

This is Deva's definition of Chanting Satsang:

'Satsang, translated from Sanskrit means "Meeting (Sangha) in truth (Sat)"

and it can be enjoyed in so many ways. We have found that a one hour silent meditation which includes music and chanting is a blissful door into our own inner sanctuary.

The music and chanting help to deepen the silence, no effort is needed, and Satsang happens by itself.'

I have been to many of their retreats around the world and what I always remember is the bliss and 'open-heartedness' I experience when chanting mantras.

Just thinking about it makes me smile. Since those shared times I feel blessed to be their friend and follow their travels around the world through their photo blog (http://dearcity.blogs.com/devamitenblog/).

Encouraged by Deva, I decided to hold 'Chanting Satsang' once a month at our home. It is really easy and anyone can do it. Deva and Miten offer some guidelines on their website (check 'community' and then 'satsang circles') and they even provide song-sheets so you can follow the words of the mantra if you wish.

It is just like being at one of their concerts where you sing with them, only that you play their music from CD and you sing with your friends in your own home.

If you wish to see them in concert, they are currently touring in Europe.



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by
Ravi Rai

Street children coming home in India

It is almost a decade since I left my engineering profession in Singapore to set up homes for underprivileged children in India. We started with seven children and by God's Grace and hard work, our family has now grown to caring for 110 children.

The children who come to us are from many diverse backgrounds. Some are orphans, some are abandoned children, some are children of sex workers and some street children. The children are happy to live with us at "Apna Ghar", the home established by COME (Children of Mother Earth). We have an amazing group of people who help us at Apna Ghar to take care of the children, and who provide a loving, homely atmosphere. It seems to be an ideal family where love and care flows towards one another and I was really pretty satisfied with our efforts to create the 'dream home' for these homeless children.

Our children usually go to sleep around 9 pm. Once everyone has fallen asleep I have a habit of walking through the house, going to each bed to watch 'our little angels' sleeping, seemingly without any worries. It gives me a lot of satisfaction to witness the transformation they have undergone since they first arrived to us at Apna Ghar. I enjoy rearranging their pillows and covering them. You know how children are, they tend to sleep all over the bed and most of the time their quilt or comforter drops and it feels great, at day's end, to do this – the habit of a loving father watching over his little flock, sleeping peacefully.

During the winter of 2006 one night I was puzzled to see Bhavesh (a 6 year old) awake, gazing at the ceiling. He did not notice my presence so I waited for awhile and watched, before making my presence known.

Before I could ask him a question he fell into my arms sobbing and weeping. After comforting him I asked him what was bothering him. Tears, which just moments before had disappeared with comforting him, began pouring again – this time with more intensity. He held me very tight and whispered, "I am missing my mother." I did not expect the reply. I thought he may have wanted to complain about not feeling well, or some sort of pain or ache which children often get while playing. I embraced him with all my love and compassion, wiping his tears. After an hour he slept but I was wide awake. I started to question as to where our shortcomings were for caring for children with such intense and diverse backgrounds.

I started checking other children during the night and was surprised to find that 20% of them pretended to be asleep, their issues often troubling them during the night, cheating them of a peaceful sleep. I realised that these children, aside from the normal psychological and emotional support that we had been providing, needed something more, some sort of additional emotional support. I wasn't sure how or what we could offer, not having the expertise in this area. I started raising this issue and need with our close friends and will always be grateful to Ms. Siang Hui Tay who connected us with The Journey group. I wrote to the head offices asking for whatever support they felt they could give and my prayers were answered a few months later when The Journey Team was right at our door step in Lucknow, India. A group of them had been traveling through India at the time on a Satsang pilgrimage, and some of the Hindi-speaking Practitioners offered to spend time giving Journey process work with the children. The time spent by the team at Lucknow was short but long enough to see the immediate positive impact on the children. The children were more cheerful after their one process and that prompted me to want to know more, so decided to experience the work myself and attended The Journey Intensive in Sydney.

After returning from Australia, armed with the tools I had learnt at the Intensive, I started doing Journeywork with the children. It was amazing. They started opening up. Many of the past painful secrets and bottled emotions were released. My children have a very sad, abusive and lonely past because they were living on streets, begging, stealing and working without being paid. They were abused physically and mentally almost everyday. During the campfire there were many "culprits" and sometimes it took about 2 to 3 hours to complete the process. Their stories sometimes make me cry and I wondered how did these innocent-looking, tender children withstand such pain and agony.

Then little Bhavesh too revealed his true story. Previously he briefly told us that his father is alcoholic and abusive. His mother passed away when he was only five. He could only remember "Nandi Gram", a railway station in West Bengal where he boarded a train to nowhere and ended up at Gorakhpur. During The Journey process he could remember the whole picture. He remembered how his drunken father stabbed his mother to death. He recalled how frightened he was and how he ran away to avoid his father. He wept many times during the process and it was really very tough for me as well.

Bhavesh is feeling much better after The Journey process. His personality is changing from an introvert to an extrovert. He looks more cheerful and playful and I hope with more process work he will get better.

I have done The Journey process with some of the caretakers and now they are very careful when they give instructions to children. They explain things in detail, to avoid misunderstanding, which has had a long standing impact on the children in the way of emotions, namely negative ones.

On the last day in Sydney after the Advanced Skills workshop, when I was leaving, Laurie asked me, "What have you gained from Journey intensive?" I replied, "A whole new world." True enough – a fresh stream of love blended with the joy of forgiveness is flowing at our homes. Thank you Journey team for all your generous support !!



Pure joy! Pooja with Megan on Christmas day

RAVI RAI



by Megan Bardsley

RAVI RAI is a very generous soul whose love and care of mankind has led him on his path of providing these homes for the street children of India. When his original email came into our offices, we were all moved to tears and out of this desire to support in whatever way possible, the Pooja CD project was borne.

While on their Satsang pilgrimage of India Journey MD Kevin Billett and other members of the team were blessed to be able to meet Ravi and the children, and return a day later to give processes.

Our experience of meeting Pooja, and the other children, the first day broke our hearts. Here was a child with so much pain, trying to smile, yet the inner knowing knew she had suffered greatly.

A group of us returned the next day to offer Ravi, the children and helpers a Physical Journey, and I tell you the joy that came out of the room where the children were processing blew the roof off the place! We all wept at the amazing change in just 1 process. I feel extra blessed. I had the great gift of having Pooja run out of her process and hug me with such a love, one I'd never experienced. I don't know who was hugging more, me or her.

And the follow on from this story. Ravi is now being supported by Journey Outreach to attend the entire Practitioners' Programme so that he can carry on giving Journeywork to his children, staff and others in India. The Journey is currently looking at implementing a programme of sending Hindi-speaking Practitioners to Lucknow a few times a year for a 3 week period so that the children can receive ongoing Journeywork. If you are, or know of anyone, who is interested please contact us in The Journey office.

To offer support to Journey Outreach in helping children around the world, your contributions are welcome - www.journeyoutreach.com. Or purchase the 'Pooja' CD (beautiful music we play at our advanced retreats). 100% of the proceeds will help children to heal!



Ravi has just completed a fourth home in Dehli, and so if you've got anything you'd like to contribute directly to him, please **contact him on: raviraisingapore@hotmail.com**



by
Marie-Sylvie Roy

A psychologist uses Journey to heal

WHEN I first read the request (prayer) from The Journey team, to put into writing healing stories using Journeywork in order to share with others in the world about the marvelous, wonderful unique tool that The Journey is, I said to myself, Where do I begin? How do I start telling what for me is a daily occurrence.

Every day in my office I see, witness, deep lasting transformation. I see people freeing themselves from bouts of depression, anxiety, grief, low self esteem, debilitating mood disorders, physical ailments such as blood pressure, IBS, migraines and even cancer? **How do I describe the 'indescribable'?**

Should I talk about the one who cleared herself of breast cancer in just two processes?

Or the one that suffered from sexual impotence for as long as he could remember, and could resume having a normal sex life again after just two sessions?

Or should I talk about the one who was suffering from panic attacks and couldn't sleep, that felt an instant relief and change after the first session?

Or do I talk about the one who suffered from mood disorders to a point of staying in bed for weeks and kept increasing the medication with no progress, and who now is fully functional and well?

Or maybe I could talk about the lady who was totally unable to let go of a past heartbreak to the point of becoming obsessive, and was able to forgive and move on? or do I talk about the lady that was unable to attend to her dying mother in her last days of her life, and was able to surmount these fears in one session and was then able to let her go in peace while holding her hand? or do I talk about those one who were suffering from fybromyalgia to the point of being in constant pain who are now pain free?

Or do I talk about the one who was suffering from chronic haemorrhoid bleeding (for 10 years!) who is now cleared, without having even addressed the issues and working on seemingly 'unrelated' issues?

Or do I talk about myself who has finally released herself from this relentless harsh, subtle, critical voice that kept me feeling never 'good enough' and unworthy, no matter what I did or how much I succeeded?

As you can see I am in awe of what I witness and am very very humbled by it. I didn't feel the call to write about it, leaving that to others, as I am so busy doing the work day after day. Working as a clinical psychologist in private practice, I was already 'successful' and was not looking in anyway to expand my already very full schedule. Also I questioned, "How can I tell about other's success stories? Which one would I choose? Why not start with mine?" I was always a firm believer in the saying 'to walk the talk' and I sure found an echo to this motto in The Journey.

I thought, to a certain degree, that I had already cleared my 'shit". Being a fervent believer that it starts with you, to be the change you want people to be, I had over the years been doing extensive, continuous training in related fields and psychological treatment. I had sat in the client chair many times and was constantly willing to look at myself and deepen the knowledge that I had acquired over the years. But somehow I knew there was more.

When three people, in two days, talked to me about this workshop coming in Ottawa just two days later, I 'got' the message and registered. Already I felt a pull, a little voice inside saying it is going to change my life. I heard the whisper and I put it aside. And it did just that. Little did I know. It did just that!

The weekend with Skip (who runs The Journey in the US and also presents) was a revelation. I went with no expectations, had no time for it, hadn't even read the book. Nevertheless I felt and lived the magic, like so many! I remembered initially being a little overwhelmed by the intensity of the love there, even in the way I was welcomed. My ever protective mind, my fear came up, "Is this a cult?" After all I have seen many different things in my 20 years of practice working in hospitals, schools, giving and attending workshops.

Skip was such a wonderful teacher with his presence, skills, humour, love, knowledge. The weekend was amazing! I finally made contact with this free part of me that I had felt before, used before, but never knew how to access systematically. This is a tool, not a random experience. And this tool was so powerful that it did its magic on me as well as so many other people around me. I could definitly

"And again the magic happened!"

use a "scientific" language to describe this healing and why it is so powerful but find no use for it now.

I then decided to do the entire training to become a certified Journey Practitioner and in the meantime, the very next day, started to integrate this tool into my practice because you don't need to be a doctor to use it. And again the magic happened! People touched their 'source', a deep, free part of themselves and they started to heal, were able to free themselves, forgive themselves and others. Some had spontaneous healings, some gradual healings, all healing themselves if they gave themselves a chance.

I myself am freer and freer, becoming who I truly am in my essence as I share and guide people on their own path of transformation.

As I was away a lot this fall, my daughter who is now 18 took my messages on my voice mail. She was dumbfounded by the countless messages of gratitude I received and said to me with her unique enthusiasm, mixed with a little scepticism and curiosity, "Are you God or what? People love you so much."

In reality, people are in love with freedom and simply grateful to have been gently introduced or awakened to their infinite potential, and feeling empowered by their own ability to change and grow.

This could be the start of sharing countless healing stories in more details. I could describe, with their permission naturally, change, transformation, healing happening from the physical, emotional and spiritual realm.

Finally there is a tool that fully grasps and uses the unlimited potential that exists in all of us – a tool that is vast enough, wide enough, to include all possible human experience and restore meaning and dignity even in the most "damaged" ones.

I am sharing all this with the pure intention of simply spreading the word about the fact that there is a way, there is a tool.

There is a path for healing, the request is simply that you want to take it. I am living proof of this as I write right now. A while back I would not have dared put anything on paper nor dared send it out. This is





THE MIRACLE TRAIN

by Lydia Hoyland

Bringing Healing to South Africa

Journey Outreach - Africa has expanded into Southern Africa beyond anyone's wildest dreams. It has been an honour for me to be part of the projects and programmes that Journey Outreach has been involved with since the office opened in Johannesburg, South Africa in 2005. With the effortless grace of so many volunteers the projects have supported thousands in discovering and remembering their true self.

The Journey in the Classroom

JOURNEY OUTREACH has the privilege of running a two year pilot project in 2007 and 2008 of The Journey in the Classroom in conjunction with the Transnet Foundation's Phelophepa Health Care Train.

This beautiful project has allowed Journey Training Practitioners and Journey Accredited Practitioners the opportunity to work in rural South Africa. The Transnet Foundation's Phelophepa Health Care Train is a mobile primary health care service which has been operating in rural South Africa since January 1994. Originally focussing exclusively on 'eye' services, the train has expanded into a 16 coach operation consisting of a pharmacy, health clinic, dental clinic, eye clinic, psychology clinic and an edu-clinic which is a classroom for educating community volunteers in basic health care.

An Accredited Journey Practitioner has been employed by The Phelophepa Health Care Train in conjunction with The Journey to be resident on the train as part of the health care services offered by the train and to implement a pilot project of The Journey in the Classroom in rural South Africa. The scope of this pilot project runs in each stop for a period of two weeks. During the first week the resident Journey Practitioner takes school children in a classroom environment through a Journey process in the mornings. In the afternoons a group of up to 30 adults comprising of teachers and community workers undergo training in The Journey tools to empower them to take The Journey into the classroom and their communities. Two Journey Outreach Volunteers then visit the communities again for another week to support those who have undergone The Journey training to implement what they have learnt as well as following up with the children worked with during the first week's visit.

We have been going into communities of different cultures and race and despite all the diversity of the beautiful people encountered there remained this oneness where there is truly no trace of separation. The Journey has created an opening which transcends race, colour or creed. For all involved in this project it has been and is an experience of being home.

The educators and community workers have taken The Journey into their schools, youth groups, church groups, as well as into their own homes, facilitating healing at the deepest level. One educator received a phone call early on a Sunday morning from one of a group of adults from her church, asking her to come to church earlier so she can take them through a Journey process before the church service starts. Another worked with her husband who was seriously ill while she was undergoing the adult workshop in the afternoons.

He couldn't wait for her to come home so she could work with him again and share all that she had learnt that day. As the days progressed he became more peaceful within himself and made peace with the dis-ease he was in.

Towards the end of 2007 some principals and premiers of other provinces in South Africa, where the train has not yet been, contacted the manager on the train, Dr. Lillian Chingo, to ask "when is The Journey coming to our communities?"

Generally they would contact the train to ask when the train is coming to their communities, as the Phelophepa Health Care Train is known as the miracle train, bringing good clean health to rural South Africa; to those where basic health care services are not readily available. It was with awe that she told us of the requests for The Journey to come to these communities.

It has been the experience of the Journey Practitioner on the train and of the Journey Outreach Volunteers that most of the communities wholeheartedly embraced The Journey and the freedom and inner peace it brought. To most it was as if a prayer had been answered.

To date the total number of children reached has been 16,152, and the total number of adults who have either completed the training or in the process of is above 1000! Amazing

The Journey Outreach support teams found it extremely gratifying to realise that the attendees understood the vast implications of this project.

It has also been noted how important it is for the principal to buy in and actively support The Journey in the Classroom project. We have found a greater sense of cooperation from the schools where the principal recognized the effect of The Journey on his/her educators and learners.

One of the greatest affirmations as to the success of the support week in conjunction with the existing Phelophepa training is not only the number of children reached within the weeks, but the letters and drawings from the children after completing their Journey. The general feedback from the educators and principals also indicate that the children's behaviour have changed within the first week. Many children who were withdrawn have now integrated into the school environment, late-comings are less and bullying has also reduced drastically.

Last year 16152 children received Journeywork and over 1000 adults were trained by Journey Outreach. AMAZING!

Our support team's observation is that the amount of anger and fighting within the student body seems to be extremely high.

Follow up procedures by the Journey Outreach support teams of children who received a Journey in the prior weeks of this project revealed extremely positive results, especially in the children's reaction to pressure from their peers. They now refuse to fight where only a week ago they actually relished going into battle. These are primary school children. Other children expressed satisfaction with the changes they have observed within their domestic situations, where they now handle confrontation with their parents so effectively that the confrontation just does not happen.

Orphans now feel that they belong and that they are loved and cared for and have come to a place of completion and wholeness with those who have died.

After completing The Journey process many of the children expressed as to how much their anger, lack of self confidence, and a host of negative emotional feelings had changed for the better.

The results received back from the schools visited during 2007 of the children's pass rates before and after receiving Journeywork have been awe-inspiring. The pass rates have increased by at least 20% up to over 80% in some instances.

The most amazing thing is that we have not worked on these children's scholastics; we have purely facilitated an opening for them to clear out the emotional blocks that prevented their true potential from shining through.



Children's drawings before and after the Journey process.



by Ariane Schurmann

A graceful life with Horses

Animals and especially horses have always been there for me, as a little girl, an adolescent, a young adult, a woman. Even in the darkest moments of my life, when there was no one there, horses have been, with their pure and unattached love, their present moment awareness, their beauty and simply their naturalness.

HORSES are a symbol of freedom and the relationship with them is something very unique and special. They are the only flight animals on earth who are open for a friendly relationship with a predator (human beings). They are great teachers, imparting in such a natural, intuitive way a divine wisdom, similar to the great masters!

All of my life I have had the privilege to be close to horses and to be involved in the so called "natural horsemanship movement", which began a few decades ago. This movement heralded changes in the traditional way of thinking, that horses were just for riding, just to be saddled up, an iron bit shoved in their mouths and kicked in the sides (even whipped) to make them go and stop. There has, it seems, been a worldwide awakening, a remembering of the possible natural relationship we have with horses. We've all heard stories of the more 'evolved' human beings, those who were able to 'horsewhisper', like the temple-knights, or the American Indians. It seems that the time has now come to fully develop this ancient wisdom and to put it into action with regards to horse-human relationship.

Over the last 10 years my husband Edwin and I have studied Natural Horsemanship in the US and all over Europe, and being with horses in this natural way is a true gift. Our work has always been blessed and special.

Still – it was only after coming to The Journey and integrating the teachings into our daily lives that we truly opened up to the many incredible, profound and wise communications that these noble creatures have to give. We discovered a new thirst in all people who love horses; the same thirst we also feel inside ourselves - this desire for unity, for true understanding and comprehension, the dream of 'flying' together, moving effortlessly into the sunset, riding bareback, without strings attached, in synchronicity and in absolute freedom.



And the beautiful news? Well the beautiful news is that this dream can now become a reality. All we need to fulfill this desire is to learn the equine language and be open and willing to transform ourselves.



When Edwin and I discovered this for ourselves, we wanted to share this amazing gift with the world. So we opened AsvaNara, a teaching method, a way of life, a school and a movement. 'AsvaNara' means, literally translated from sanscrit "Horseman", this kind of human being who understands horses and intuitively knows how they think, feel and act. A Horseman can communicate with horses in a natural way, both from the ground and in the saddle, and has the skills to develop a relationship based on trust and respect through communication, understanding and psychology, instead of using fear, intimidation, mechanical instruments (like tie downs, bits, spurs, whips ..as "normally" used).

"Our personal mission is to contribute to a world free of blocks and limiting conditionings, where the only rule is to be natural."

AsvaNara's mission is to improve the life of horses and humans. Our personal mission is to contribute to a world free of blocks and limiting conditionings, where the only rule is to "be natural." I feel that since horses have done so much for me personally, it's time to give back to them...because their lives need to improve!

The healing is fascinating and our prayer is simple...that this graceful work may reach every horse lover on this planet and that if you know one, you tell them about it.

To learn more about us and AsvaNara check www.asvanara.com



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Is my body a temple?

Enjoy the purity of Joy, Freedom and Grace in your everyday life!

by Gaby Burt

During our recent pilgrimage through India with a group of 120 Journey Practitioners, we shared in Satsang every day – (a meeting in the presence of Truth). On one such evening one lady asked the question of all questions – "Why are we here, what's the reason for being in physical form?" And from the heart of silence Bharat Mitra (who offered Satsang that day) replied: 'To celebrate life!' A smile on most faces at the simplicity of it and for me the recognition why it's so important to live in a healthy body, a 'pure temple' that is capable of experiencing fully the highs and lows of life. Exuberant joy, boundless freedom, humility and so much more … the gifts are endless. Then life really is a celebration!

AND BACK in the early '90s my body definitely wasn't a temple, for me it was normal to work late, eat at all hours, smoked and enjoyed wine, beer or a gin and tonic. How I managed life in those days is still a miracle to me! Looking back all I can say is, it looked pretty nice and affluent from the outside, yet the inside was half dead, in desperate need of wanting to be alert, awake – and so coffee, nicotine, sugar all seemed to do the trick. To calm it all down, a nice glass of Chablis would help to relax. What's amazing to me now is that everyone I was around did the same and it all seemed so normal, such a natural way of life.

Of course your life may be very different, but for me this was my existence. I felt I had a great marriage, a good and abundant life, a successful business and yet deep inside, something nagged at me, something niggled at me saying that there was something major missing from my life, only I couldn't put my finger on it.

By the time I took part at the very first Journey Purification retreat in 1997 I had already made severe changes in my life, because sleeplessness, dry skin and many more niggly health issues had brought me to my senses and thank God, I had found The Journey. And with continuous clearing out, so many of the 'bad' habits just fell away quite naturally.

That same year I joined The Journey as a member of staff and over the next few years we offered this retreat on a once yearly basis and I'd love share a little of the experiences of these retreats.

Every time I joined the Purification Retreat, at first as a delegate and then as staff, no matter in what capacity, we would all undergo the same diet. We are all on the same cleansing herbs, raw food diet and juices, colon cleanses, yoga, massages, chanting, meditation, nature walks and daily journey processes. It's as if we were all one, entering a profound and deeply healing journey that took us through times in our lives where the body simply couldn't cope with the natural eliminating process and so toxins, emotional blocks, traumas, upsets and many more 'nasties' got stored somewhere in our body, often in our colon, our organs, in the brain, in our cells, the blood, etc. The body, in it's infinite wisdom, does it's best to continue to function, yet slower and heavier and not as easily, cleanly, clearly and purely as we would like and then we forget what it feels like to be light, have clarity, be free to express pure joy, feel outrageously alive and experience the boundless presence of Grace, the pure essence of who we are.

With every retreat that I had the great privilege to attend, I felt myself become lighter. Thinking became clear like a lake. all aspects of life became so light, free and easy. On and on and on, stories of healing, stories of people releasing all the 'crap' stored and walking freely on this planet!



To observe the massive transformations that are possible within a week's cleansing process were mind blowing.

My then busy mind was able to relax and restfulness, deeper peace, great health, joy for no good reason, living in and as an expression of Grace flowed back into my life. The practice of cleansing and supporting the body in purification and regular process work over the years has brought me to a place where I do feel that the body has become a sensitive instrument, and even though there is always more to clear, at times it feels as precious as a temple and Grace is allowed to express itself freely. Life has become a constant celebration within which all can happen – family, work, play, fun, adventure, stillness, freedom, greatness, communion, oneness – all of life. Words seem clumsy to express this magic and it's been the greatest gift in my life.

I feel very lucky to have been blessed with a strong body and good constitution and that these 'niggly' health issues never turned into anything serious. Yet over the years I've had the great privilege to accompany and support many people at the Purification Retreat who were diagnosed with cancer, some who had been given a limited time left to live, brain tumours, arthritis so bad that crutches were necessary for walking, fatigue syndrome, depression, skin diseases and many more. To observe the massive transformations that are possible within a week's cleansing process were mind blowing. I noticed the woman with the crutches walk up the stairs quite normally after only a few days. I received letters after the retreat saying that all the brain tumours were gone, that serious illness and diseases had been cleared and that so much energy and life force was available that

At the Purification Retreat, it's as if we give the body permission for the old weight to be cleared from every hidden corner and, with all the bodywork and colonics during the week, the body is given permission to dump and let go of toxicity because now with the digestive organs clear of waste and an empty colon, it's safe to be eliminated. The powerful presence of Grace that the retreat takes place in, and EVERYTHING that is offered during this week, encourages the profound healing transmission that supports, embraces and carries you into letting go of all that has created density in the body, and allows the light presence to rush in in its place.

It's one of the most powerful retreats that really allows physical healing at the deepest level and will leave you radiant, light and free! You know what your body feels like and if heaviness, illness and tiredness is something that is a regular companion in your life, or if you simply want to cleanse at the deepest level, there is no better place for you to be!

We'll be offering this powerful retreat again in 2009, give yourself the treat of a lifetime.



EVENTS

JUNE

13 – 16 Manifest Abundance Retreat with Bettina Hallifax, Chiemgau, Germany

21 Junior Journey with Yvonne, ages 7 -12, Cologne, Germany

22 Junior Journey with Yvonne, ages 5 -7, Cologne, Germany

28 Junior Journey with Yvonne, ages 7 – 13, Soest, Netherlands

29 Junior Journey with Yvonne, ages 5 -7, Soest, Netherlands

JULY

5 – 7 Journey Intensive and Advanced Skills with Debs Burgess, Oxford, UK

AUGUST

30 -1 Sept Journey Intensive and Advanced Skills with Bettina Hallifax, Dusseldorf, Germany

SEPTEMBER

6 - 8 Journey Intensive and Advanced Skills with Anna-Eva Lohe, Tallin, Estonia

10 – 14 JourneyWoman with Laurie Collins

16 – 17 Journey Intensive with Brandon Bays, Israel

18 Advanced Skills with Laurie Collins, Israel

20 – 22 Journey Intensive and Advanced Skills, with Bettina Hallifax, Berlin, Germany

23 – 28 Conscious Leadership with Kevin Billett, London, UK

27 – 28 Journey Intensive with Brandon Bays, London, UK

29 Advanced Skills with Debs Burgess, London, UK

For more details please contact our offices or visit www.thejourney.com

OCTOBER

4 – 5 Journey Intensive with Brandon Bays, Vienna, Austria

6 Advanced Skills with Bettina Hallifax

4 – 6 Journey Intensive and Advanced Skills with Arnold Timmerman, Netherlands

4 – 6 Journey Intensive and Advanced Skills with Debs Burgess, Dublin, Ireland

4 – 6 Journey Intensive and Advanced Skills with Joel Young, Paris, France

4 – 6 Journey Intensive and Advanced Skills with Anna-Eva Lohe, Copenhagen, Denmark

9 – 12 JourneyMan with Kevin Billett, Netherlands

11 – 12 Journey Intensive with Brandon Bays, Munich, Germany

13 Advanced Skills with Bettina Hallifax, Munich, Germany

11 – 19 Touch of the Divine with Satya, Sweden

17 – 20 Manifest Abundance with Debs Burgess, Ireland

18 – 20 Journey Intensive and Advanced Skills with Anna-Eva Lohe, Stockholm, Sweden

24 – 27 Manifest Abundance Retreat with Brandon Bays, Netherlands

28 – 31 Manifest Abundance Retreat with Debs Burgess, Israel

31 Oct – 3 Nov Manifest Abundance Retreat with Anna-Eva Lohe, Sweden

NOVEMBER

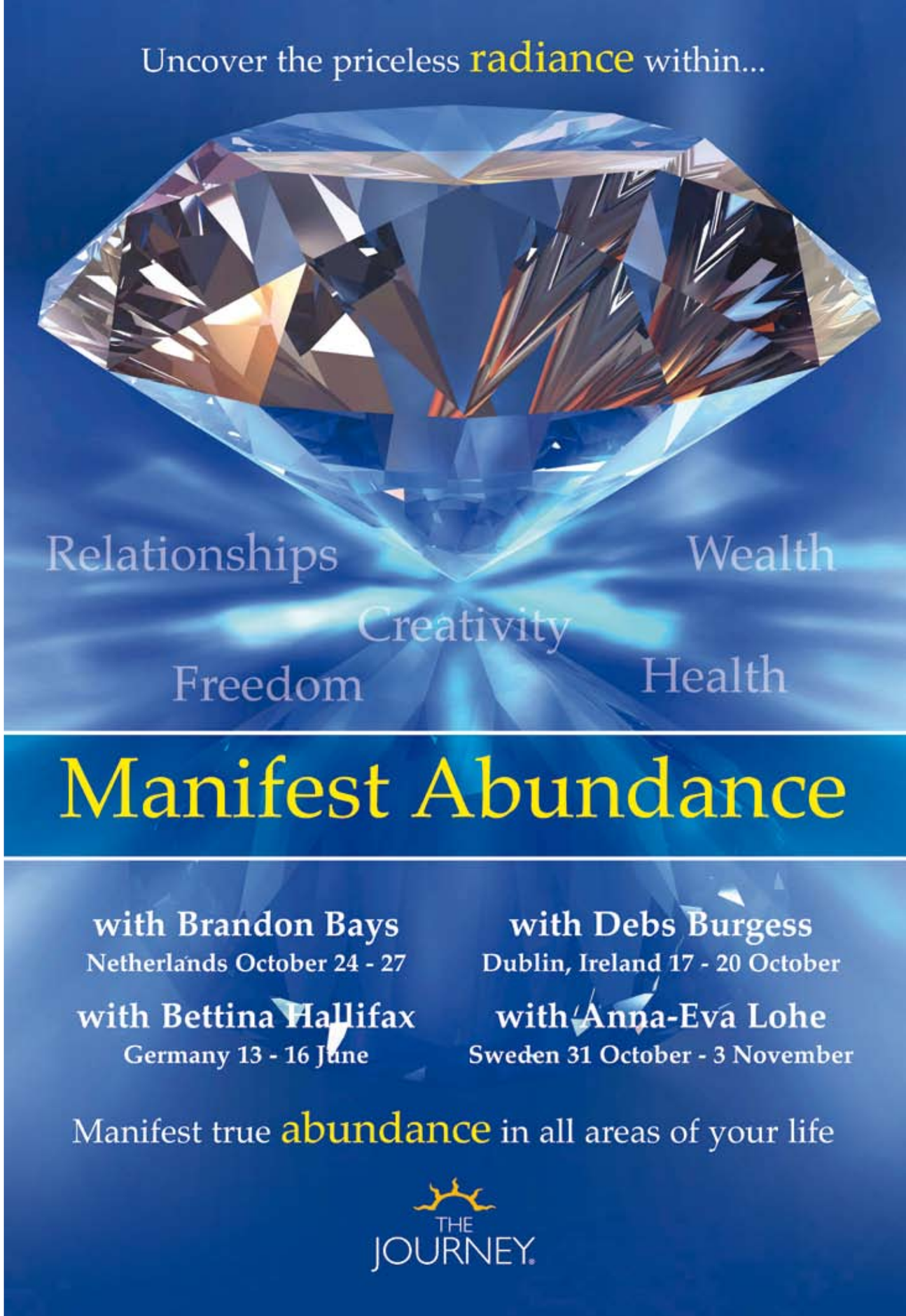
7 – 9 Healing with Conscious Communication with Debs Burgess, UK

14 – 16 Healing with Conscious Communication with Debs Burgess, Germany

18 – 23 Visionary Leadership with Kevin Billett, Netherlands

DECEMBER

6 – 13 No Ego Retreat with Brandon Bays and Kevin Billett, Zeulenroda, Germany



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internationally acclaimed mind-body healing expert, author and speaker

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Wholeness



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