



META-JOURNAL

SUMMER 2009



**You are the bridge between what is
and what could be.**

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You Are the Bridge

Ingrid Coffin

Take a moment to look behind yourself. Look back without moving your head. Mentally review that portion of your life that you have already lived. It could be a long span of time or a brief one—it doesn't really matter. What's important is that you stop for a moment to comprehend that you are standing somewhere along the line that stretches from your birth to your death. You are somewhere on it, moving along this straight line toward the end of your life.

How do you feel about what you see behind yourself—what has transpired already? Are you more full than empty, or more empty than full? Do you feel as if you've accomplished what you've wanted to get done so far, or are you yet to decide just what that accomplishment might be? What is your intention for your future? What is it going to be? No matter where you are on the lifeline, you are in charge of where you are going, and you are responsible for where you have been. The place where the past and the future meet is today. Right here, right now—this moment.

I would like to propose an inner journey. The journey, should you choose to take it, will lead you to an intentional exploration of yourself. You will be traveling through the questions listed on the next page. Perhaps you have never asked yourself these questions. Perhaps you have asked but never found definitive answers. Perhaps you have evolved to a new level of consciousness and need a new level of answers. Whatever the 'perhaps' is, how about spending some deeply thoughtful time with yourself this summer. It may well be the most important journey of your life. In the fall issue of the Meta-Journal we will explore the trip.

By the way, I recommend that you get some type of 'journal' and keep a diary of your travels. This will help you avoid losing any priceless information. Remember, this is a ninety-day journey. To get the full benefit of your travels, you will want to contemplate each question again and again. I know you will discover lots of priceless information.

The Questions

What are the positive components of my life?

What are the negative components of my life?

Which are dominant—

the positive or the negative components?

Do I need a better balance between the two and,
if so, how can I achieve that balance?

What are my positive qualities?

What are my negative qualities?

Which qualities do I energize the most often?

What can I do to modify my behavior?

What in my life is overemphasized?

What is underemphasized?

How can I achieve a better balance in these areas?

What are the things about myself
that I respect the most?

What are the things about myself
that I respect the least?

What intentions can I cultivate
to emphasize the things I respect?

How do I spend most of my energy?

How would I prefer to spend my energy?

How can I modify my daily life
to accommodate what I would like to do?

What gives me the highest feeling of happiness,
wholeness and contentment?

How often do I experience that feeling?

What do I always yearn for when I'm yearning?

What keeps me from having
what I am yearning for?

How can I work through the things
that keep me from having
my yearning fulfilled?

What do I want to accomplish
before the end of this lifetime?

Am I in any way handicapped
in accomplishing this?

If so, how can I overcome the handicap(s)?

What circumstances in my life
must I resign myself to?


How do I feel about doing that?

What intention can I set and/or action can I take
to improve my circumstances
my next lifetime?

I'll bet you haven't ever spent a summer delving deeply into yourself. Let's just call it 'enlightened selfishness.' After all, you are the central character of your life. I know you will discover a great deal about yourself.

Poised on the Precipice of Becoming

Cristina Smith



There are times in my life that herald the next unfolding of a new and improved model of myself. With each one I feel poised on the precipice of becoming. The ebb and flow of events, when lived with enhanced consciousness, awareness and intention often provide ephemeral bridges between who we are now and who we have the opportunity to become. In my experience, these bridges don't often look like an obvious route, particularly to the person experiencing the transition. These fleeting links present themselves in different ways to each of us- sometimes as a whisper from our Inner Teacher, other times as a metaphoric hammer of drama that craves our attention and pounds harder the less we notice it.

You, too, have probably sensed phases in your own life when this kind of change felt imminent, however you weren't quite sure what the 'future you' would look like. You were simply experiencing a feeling, and you were being driven by that feeling as compellingly as a wave is driven to the shore. These times are far from comfortable. They remind me of how a snake must feel with a dramatic urge to shed a too-tight skin.

These bridges can appear as physical symptoms of discomfort in the body demanding our attention. Discovering the cause of these symptoms will often release outdated spiritual, mental, emotional and/or physical conditions and takes advantage of the opportunity offered to cross that bridge of becoming. When we listen to our bodies as a messenger of evolutionary advancement, the information revealed by the symptoms we experience can serve as the entrance to that bridge.

Most of us are not trained to recognize, much less maximize, these times of bridge navigation. We are encouraged by society to avoid our empty spaces or fill them quickly with distractions. We are led to believe it is easier to endure the pain of the known, rather than face the overwhelming potential of the unknown. But gathering the courage to recognize and cross that bridge can enhance your life in ways previously unimaginable. You can squirm out of that old confining skin into the next phase of your journeys with a fresh new perspective.

What If...

Debbie Clark

What if the date and time of our death was recorded on our birth certificate? Just how different would our lives become?

What if we celebrated both the day of our birth and the day of our death each year? How would the celebrations differ? Which one would have more meaning? How would it be to remember for a whole day that we have one less year to live?

What if, included in the scrapbooks of our lives, there were pictures of how we will look on our last day, and a caption of our final activities? What would the image and words evoke when we viewed them?

What if we were asked our date of death as often as we were asked our date of birth? Would we fully realize the fragile nature of our existence?

What if we knew now what we will die from? An accident, disease, old age . . .? Would that information impact the decisions we make today? Could our actions change our future?

What if death was a required course in school? Would we be kinder, more present, positive, grateful? Would our humanity be more human?

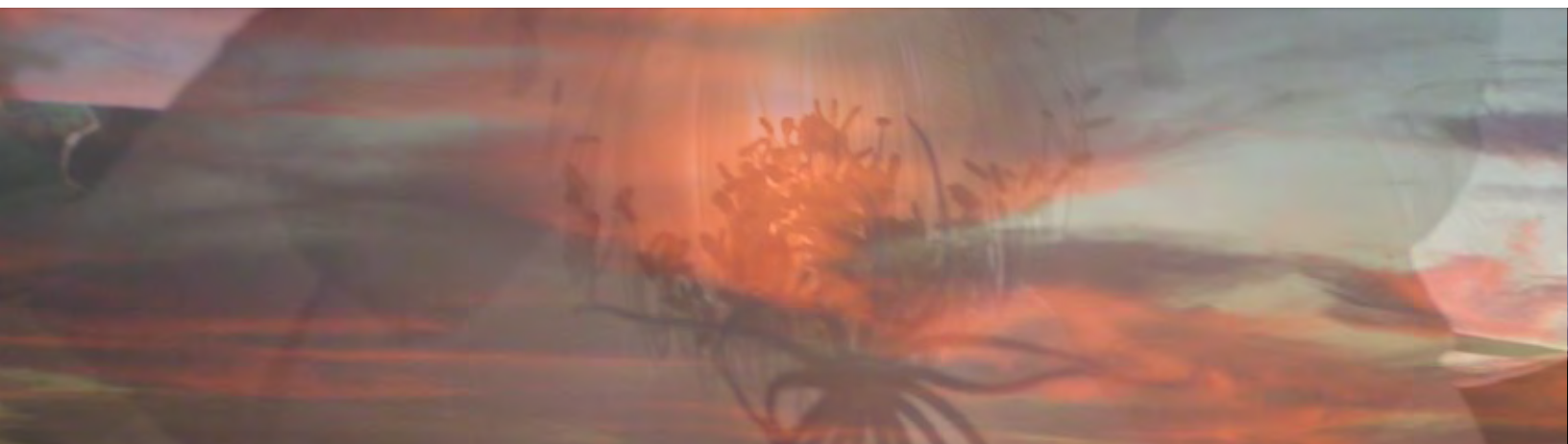
What if we knew how many breaths we had left? Would we live the life we have been given with more intention?

What gifts would constant reminders of our mortality bring?

We have become accustomed to forgetting that life is a terminal condition. It's easier to walk through life blinded to the fact that this brief encounter will not go on forever.

As children we played the "What If?" game, as adults we need to play it every day, for now the stakes are higher and the days are passing more quickly.

The truth is that we will die one day and that date will be recorded along with our birth date on our death certificate and tombstone, but by then it will be too late to do the life changing things we can today.



Barriers to Heaven

James Patiño

They said “pigs would fly” before a black person would be elected President and a few months later, swine flu!

This joke made me chuckle when I first saw it posted online and I suppose you really don't have to travel too far back to find a time when blacks were deeply entrenched in a struggle, for what would now seem like just basic rights. Only a few decades ago, the right to eat at the same restaurant or even the right to attend the same university was not guaranteed in a society stricken with the sadness of racism. So electing a black President must have seemed like going to Mars, when we hadn't even made it to the moon yet.

Personally, I'm very happy that Barack Obama got elected, although not necessarily for the same reasons as many people. Most who voted for him expect big changes in Washington; however, I really don't believe this is going to happen. The train is on the tracks and changing the conductor (or President) has less impact than most people think. The reason I voted for Obama is because he is black, plain and simple. We, as a country, were able to break through the color barrier in the highest office of the land. Just like Jackie Robinson broke the color barrier in baseball in 1947, President Obama's election will have a similar impact in paving the way for other young blacks who dream of someday being President.

Breaking barriers is important. I can't wait for the first woman President, the first Hispanic President, the first gay President, or the first Jewish or Muslim President, etc. I can't wait for all barriers to be broken. Barriers that we ourselves create as we categorize our skin, our lives, the things we do and how we worship.

We're creating barriers that divide us and push us away from the highest truth of all, that there are no barriers. There is no fragmentation. This human form that we select is a mere illusion and there is a place, a much better place some would say, where we lose our form and meld into something much bigger, something much brighter.

Yet we all come with barriers as we incarnate as humans. Barriers make us unique and special and allow us to bring our own independent flavor to the feast of life. So it's not barriers themselves, but the way our egos interpret the barriers that can create the difference between being unique and being different; or from being exotic or being inferior.

And what about the barriers of time? Is not who I am now, the same soul who has always been and the same soul who will always be? The eternal nature of our soul knows not the barriers of time, only intervals of experience that our minds categorize into a timeline that we refer to as a “lifetime.” Barriers are a bridge between our future and past selves, separated only by the illusion of time.

The Brick Layers

Carey Nash

Every woman in her family had been a brick layer,
and so had every man.
The women—shedding tears and sweat for equality
Each laid a brick to pave her way.
The men—shedding blood to ensure peace and freedom
Each laid a brick to pave her way.
Their love and dedication, their kindness and their strengths
Laid out carefully.
Each brick held in place with the mortars of time and Truth.

Every generation of her ancestors had been brick layers,
And so had every member of the society she had grown up in.

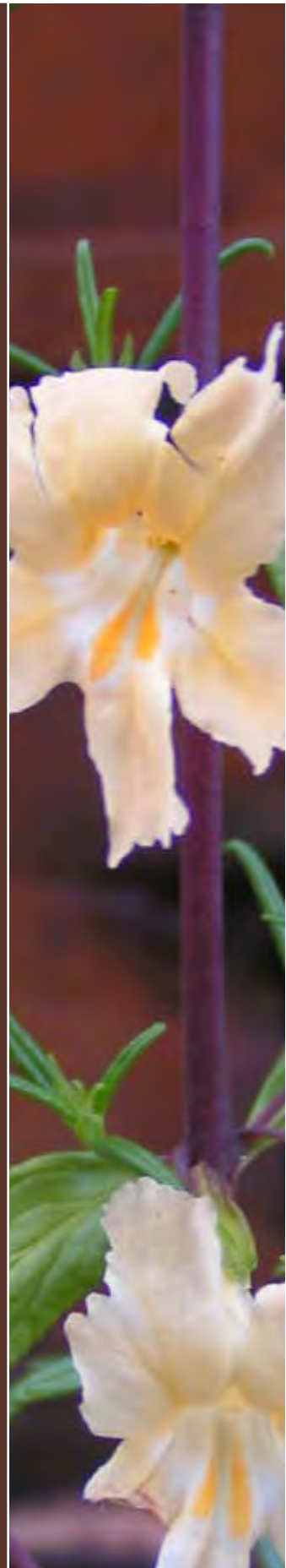
Every person in her church and her country had been a brick layer,
And every person on the planet she called home.
The path had been carefully laid by those who came before her.
Smoothed down and secured by those who have walked it since.

And now it was time she walked it too—
Its edges softened by intention and familiarity
Loose bricks had been either refitted or replaced.
But the path that had wound so gloriously through her life did not lie before her.
The bricks were only laid out behind her—
If she were to move forward—past content, past comfortable—
She would have to become a brick layer.

If the terrain was uneven—
She could work with the earth to pave the way.
If the bricks were too heavy—
She could ask friends to help her carry the load.
If the path took a rough turn into an uncrossable abyss—
She could build a bridge.

She knew how to be a brick layer.
She'd walked this winding path with her eyes open for lifetimes.
She'd seen how those who had come before her had worked
So that she would not have to struggle.
And it is her turn now to continue to pave the path
For those who come behind her.
It is her turn to put down her brick.

Every woman in her family had been a brick layer,
And so had every man.



Going Green Tips

Would you like to live a more sustainable life?
Try these tips, and see if you can't create better habits for yourself.

- **Drive Less.** Walk, bike, or carpool. You'll save one pound of carbon dioxide for each mile you don't drive. It's healthy for the environment and for you.
- **Check Your Tires.** Keeping your tires inflated properly can improve gas mileage by more than 3%. Every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere.
- **Support Your Local Farmer.** When you buy locally, your food will be fresher, healthier and cheaper and you won't fund CO2 emissions for trucking it in from other states or countries.

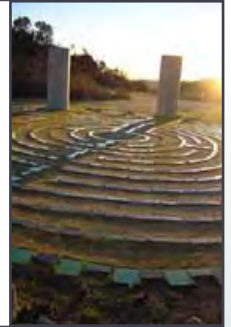


ONGOING EVENTS

For information or to register, contact Cristina at (619) 339-6901 or Events@BlueSkyRanch.org.

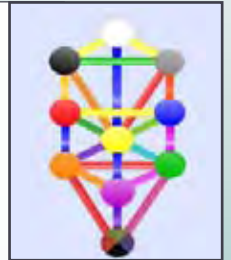
Labyrinth Walk

Treat yourself to an extraordinary morning.
Walk the sacred "Labyrinth at Blue Sky Ranch"
the third Saturday of each month at 9:00 am*.
*Please note that the July event will be an evening walk,
beginning at 7:00 pm.



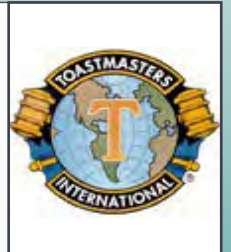
Metaphysical Mixer

Want to meet and mingle with other spiritually minded individuals?
Join us for beverages and metaphysical musings
at one of San Diego's local pubs.



Visionaries Toastmasters

Metaphysical Speaking Club - Tuesdays at 7:00 pm
Improve your speaking skills while expanding your spiritual horizons.
Guests welcome! Contact James at james@fulltimeartist.com



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Inspirational ideas that may change the way the way you think

*Never use your past as an excuse
for not creating your future.*

ASTROLOGY EVENTS

For information or to register, contact Cristina at (619) 339-6901 or Events@BlueSkyRanch.org.



"ECSTASY, DELUSION AND VISIONARY EXPERIENCE"

Steven Forrest Apprenticeship Program
November 5th - November 8th, 2009
Register today - seating is limited!

Neptune, the planet of mirage and mystical illumination, enters its natural sign, Pisces, in 2011. It will remain there for fourteen years. During that time, everyone on the earth will experience an intensification of its function. The wall that separates ego-mind from groundless, multi-dimensional space will turn into a windowpane. Good news? That depends on the glass. Join Steven for a long, deep meditation upon this door into the Reality beyond "reality."

Join Steven for a four day intensive in this pivotal element of evolutionary astrology.



"PLUTO"

Jodie Forrest
Mentoring Intensive:
From Theory to Practice
July 11th - July 12th, 2009

Pluto, Lord of the Underworld, God of Hell, and of all we find hellish. Pluto, the psychological shadow, cast by all three-dimensional, whole human beings, and by human societies, too. Pluto, whose name means "where the gold is hidden." Spend two days exploring this most mysterious and compelling world of the planets, natally and in transits, progressions and arcs. As always, the focus is on how an astrologer might provide insights and perspectives that clients can use in order to grow.

This workshop is designed for both the beginner and the professional astrologer.

Ingrid Coffin
Evolutionary Astrologer

Available for In-Person
or Phone Consultations.



Have you ever asked yourself the big questions... "What is my purpose? Why am I here?" Evolutionary Astrology examines your personal astrological blueprint to reveal the fascinating journey of your soul. Discover your soul's intention for this lifetime and how you can better work with and understand the natural energetic current of your life.

To schedule your appointment contact
Ingrid at Indy333@earthlink.net



The Meta-Journal

The Meta-Journal encourages the exploration of spiritual truth and honors nature's resources through the practice of sustainability.

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