

VISIONARY

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Finding **And** Keeping
Balance In
Your Life As A **Spiritual**
Gay Man!

What makes one of us find and hold peace in our life does not necessarily always ring true for others.

VISIONARY

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ELDER'S PERCH

Good Day, Brothers

I find writing this final "Perch" both difficult and easy. As the word begins to move through our circle, I'm Honored and Pleased to inform you that David Salyer will be our tribe's next Presiding Elder.

Through David and this transition I am being taught a very valuable lesson about letting go of a beginning's end and embracing the next beginning. This lesson holds deep truths for me right now, as I personally let go



of core childhood beliefs and continue moving down my path of Eldership. For me this path is about embracing and integrating my light and dark, about knowing my true self. As I sit healing in the darkness of my childhood, I find that my light elderhood is taking a step forward.

In this step forward, I begin realizing my feelings and truth about this first step.

At the Elders meeting during which David's nomination moved forward, I was very surprised and quite conscious of the sadness and pain that instantly jumped into my chest and the realization that my time was coming to an end. That I'd no longer be holding the space

of this warm loving spirit-filled brotherhood. But as all good things come full circle, I wish David a prosperous and joyous journey into elderhood.

As I began this journey, like the other parts of my life, it was just simply part of who I am and the actions on my path. Now as the end approaches I'm awe-struck by the experience. (I can say the same for the fall conferences) I have been nurtured, supported, challenged, expanded and grown; I have seen myself in new ways and accepted a new aspect of self; realized new challenges within and without; have learned approaches other than my own and shared a journey in discovery. I am enriched in service to this tribe, in service to myself for stepping up to the challenge of elderhood, in accepting the tribe's voice as an elder. I am Deeply Touched, Abounding in Gratitude and Forever Blessed in the Belief and Generosity the tribe has gifted upon me.

In the beginning it was my Pleasure to serve, now at the end it is my Honor to have been of service to a loving tribe of "men who love men."



Blessings, My Brothers
Ma'el

Michael Varnum "Ma'el" lives in Marietta, GA with his beloved best friend. He is a massage therapist/Lightworker, is looking for his distinguishingly graying papa bear and awaits the Joys of Long Autumn Evenings.

Gay Spirit Visions
Creating safe, sacred space for men who love men



Our Mission Statement

We are committed to creating **safe, sacred space** that is open to **all spiritual paths**, wherein **loving gay men** may explore and strengthen spiritual identity.

We are committed to creating a spiritual community with the intent to **heal, nurture** our gifts and potential, and **live with integrity** in the world.

We are **committed to supporting others** in their spiritual growth by sharing experiences and insights.

To fulfill these goals we facilitate annual retreats and conferences, sponsor social events, publish a newsletter, and maintain Internet-based communications for men who love men.

Finding And Keeping Balance In Our Lives!

I believe finding and keeping balance in our spiritual life means something different to all our Gay Spirit Visions brothers. Most of us have our own ways to find and keep balance in our daily lives. What makes one of us find and hold peace in our life does not necessarily always ring true for others. But there are certain paths that can help almost all of us.



By Al Taylor

In this issue several of our brothers tell their stories of ways they have found and hold balance in their lives.

Balance for me is having peace of mind and keeping stress and anxiety at the lowest levels possible. Reducing anxiety has been a constant struggle in my life. I believe these feelings of anxiety and fear are behaviors I learned early in life. Finding GSV has helped me discover

ways to reduce the anxiety and stress in my daily life.

Thinking positively is the first and foremost way I hold balance in my life. I find the attitude I hold going into each day can create the feelings of either sadness or happiness.

When I take the time to count my blessings and focus on the positive I immediately feel better. When I allow myself to focus on the one bad thing over the ninety-nine good things in my life I can feel defeated. But taking a few moments to go over those good things can turn my anxiousness into happiness. One of the greatest truths I have discovered is that thoughts create. Your thoughts create your feelings and you can have control of these.

My favorite way to influence my thoughts is to read inspirational writings. And at this point I will give you an example of one.

A NEW DAY

This is the beginning of a new day. Spirit has given me this day to use as I will. I can waste it...or use it for good, but what I do today is important, because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever...leaving in its place something that I have traded for it. I want it to be a gain and not a loss; good and not evil; success and not failure, in order that I shall not regret the price that I have paid for it.

—Anonymous

So my brothers, my wishes for you are that you can find and hold balance in your life.

Wishing you blessings and light,
Al

Al lives in Farner, TN. and may be reached at visionary@gayspiritvisions.org

The Male Archetypes: A Balancing Act

My walk along the path to self-actualization has become, in part, an increased awareness and acuity of the need for balance in order to grow. This has manifested in many ways in my mind over the past month as I've considered what to share with my Gay Spirit Visions brothers, brave men on a spiritual path.



By Migs Halpern

Part of my learning of the past year has focused on four archetypes (Lover, Warrior, Magician, and King) that have come out of my participation in a men's group. Each archetype has its own gold and shadow. I believe that these archetypes are hard-wired into us, as human men. So the balancing act is between the energy of the four archetypes, as well as equilibrating the gold of the archetype with its shadow.

For me, the Golden Lover Archetype represents within me the energy of new beginnings, rebirth, compassion, em-

pathy, caring and nurturing, as well as the romantic lover image. The Shadow Lover Archetype, the wounded lover, is feeling good to the point of addiction, the victim, the manipulator, and the rescuer. (Note that these are my interpretations of these archetypes, and different men have different experiences.)

The Golden Warrior Archetype is the energy of action, service, loyalty, and justice. Other meanings to me are drawing and enforcing boundaries, brave, and not afraid to be confrontational with humility. My Shadow Warrior Archetype desires power, does what it wants when it wants it. When I am in that place I misuse boundaries for my own need to control. This warrior is controlling and intimidating.

My Golden Magician Archetype is knowledge, self-knowledge and healing, the awareness that there is more to this world than we can see, and being open to the magic that the universe continues to supply when I am willing to listen for it. My magician feels and acknowledges fear. My magician fears

the ego when it overwhelms my soul. My magician is a seer, an interpreter, and a guide. My Shadow Magician Archetype is the trickster, my coyote. Of course, when I think I am tricking others for my gain, I trick mostly myself. My shadow magician is judgmental, to help me to feel superior and control others. My shadow magician can make me an agent of chaos, detached, isolated, and self-righteous.

My Golden King Archetype supports the world, desiring peace and harmony. My king wishes the best for all in the realm, and my realm depends on my focus of the moment: my family, my friends, my groups, my granfaloons, my entire universe. My Shadow King Archetype sabotages the world, including myself, through abdication, people-pleasing, always being right, being self-centered.

A year ago I operated mostly in my lover and magician energies, with weaker king energy and almost no warrior energy. And my work had been bal-

"Male Archetypes" continues on page 12



18!
 XVIII
**The Annual
 Gay Spirit Visions
 Fall Conference**

September 13-16, 2007

As Gay Spirit Visions turns eighteen, we invite you to join us in celebrating this milestone at The Mountain, a spiritual home to us for every conference since the beginning.

Visit gayspiritvisions.org to download your registration form.

Our 2007 Presenters:



Andrew Ramer



Arnie J. Vargas



Duncan E. Teague

GSV HEART CIRCLES

Held the second Sunday of every month at 7:30 p.m., hosted by Wendell Johnson and Lem Arnold. For location and more information, contact Wendell at louis8@hotmail.com or Lem at lem1951@mindspring.com

GSV POTLUCKS

GSV Potlucks in Atlanta, are held the fourth Saturday of the month at 7:30 p.m., unless otherwise noted. GSV potlucks are drug- and alcohol-free events.

August 25—Jeff Burkholder and Joe Dominguez, jeffb Burkholder@earthlink.net

September 22—OPEN

October 27—Miguel Molina, magic.miguel@gmail.com

November—Mike Goettee, Roy Smoot and Marty Harris, maxglitz@mindspring.com

December—Wendell Johnson, louis8@hotmail.com

Hosting a potluck is a simple and effective way to serve GSV. Please let us know if you can host.

Contact Arnold Peluso at roadrunner30080@yahoo.com.

**GSV
 Evergreen
 PROJECT**

Gay Spirit Visions is pleased to continue this project to bring the “Youth of our Tribe” to our brotherhood. You are encouraged to recommend gay men ages 21-30 who have not previously attended a Fall Conference for consideration. The Project Committee will communicate with the person to describe our mission and the Fall Conference activities. Those approved will be our guests to attend the Fall ‘07 Conference at The Mountain September 13-16.

Contact information should be sent to Bruce Parrish 404/874-8258 or bhparrish@earthlink.net.

BROTHERS WHO HAVE CROSSED OVER:

Cassandra

Photos by Charlie Sill



Two poems by Cassandra:

Compost

What of the leaf, the tree, the gold in the swirling winds of October?

What of the blade of grass, the needle of pine?

What of the apple core, the orange peel, the pile at the nether end of the dog?

What of the gift from the cat, the grey head, the twist of intestine?

What of the cat?

What of me?

A Valentine

There comes a day
 When the snow melts
 In the backyard.
 All the doggie-doo
 Dropped since December
 Thaws in one afternoon.
 The bouquet is memorable.
 And so are you.

John Mungo

By Kevin Thompson



I had the pleasure of being John's roommate for the past two-and-a-half years of his life. I had heard from people who saw him for counseling what a wonderful and intuitive man he was. Those words were so true. He truly had the best interest of people at heart. He was always interested in other people and how they were doing. No matter what kind of day he had, he would come into the house and, if I was home, he would ask me how I was doing and really meant it. He very rarely complained. He even volunteered to take care of my dogs for me so I could have a weekend getaway. This way he could spend some time with them and give me some time away. The thing that impressed me the most was that he took one weekend every month to go visit his mom. He thought the world of her and always arranged his schedule to be able to make that trip to South Carolina. He was a true friend to me, to his clients, and to GSV. He is missed, but not forgotten.

George Smith

By: Light Dancer (aka Andy Moretz)



At George's funeral, a new term was coined to capture the many gifts that he shared so diversely with so many different people. "George-ness" seems to capture very well his special way of being a dear friend, a mentor, and a loving and gentle spiritual guide and fellow traveler.

From Light Dancer's feature article on page 11

Photo by Lem Arnold

Finding And Keeping Balance In Your Life As A Spiritual Gay Man!

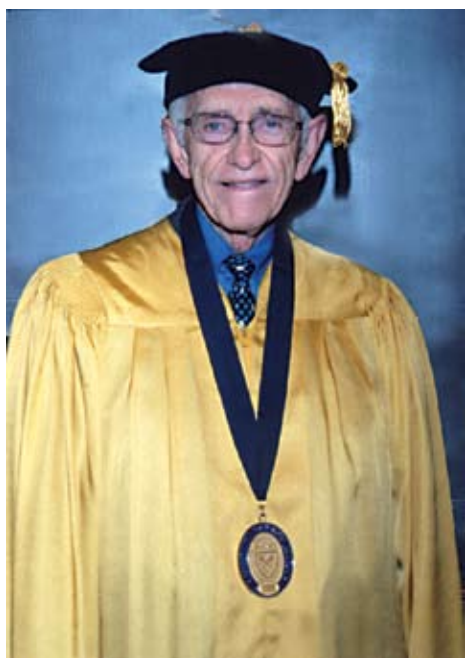


So divinely is the world organized that every one of us, in our place and time, is in balance with everything else.

— Johann Wolfgang von Goethe
(1749 - 1832)

Balance Means

Keeping It Simple With Ritual



By George Miller

As a graduate of the College of Emory University fifty-one years ago, I was recently invited back by the Alumni Association to “graduate” again. When I was there as a student, my idea of balance was based on fear, i.e. that I wasn’t good, smart, or worthy enough to be there. My background dictated that if I tried hard enough, did exactly what I was told, and was a good “sweet” boy, they would like me. This was a recipe for disaster and caused so much pressure that I began (for the first time) drinking alcohol (usually to excess) and was in a “blackout” most of my sophomore year. I was such a mess that I didn’t go to my graduation but had them mail the diploma.

So when I recently returned to “graduate” again in a gold robe and black beret, I was filled with gratitude and joy for the person I have become, and very comfortable in my own skin about every aspect of my life. I now have a better idea of what balance means in my life and what makes me happy.

The first step for me in the development of this awareness was when I got sober nineteen years ago after thirty-six years of drinking and using drugs. I tried to do my recovery perfectly, and a treatment plan I outlined, in order to end my three months of inpatient treatment, was so complicated that my spiritual advisor asked, “Have you ever heard of, “Keep It Simple?” Good point, since balance for me means just that.

My next stepping stone of balance was seven years later as I realized in therapy, when one of my group members questioned me, asking, “Have you ever considered you might be GAY?” Duh!! But I was/am, and initially joined everything GAY in Atlanta, Front Runners, Prime Timers, Gay Spirit Visions, PFLAG, Gay Fathers, Gay Grandfathers, Gay AA, the Atlanta Executive Network, and Gay Nudists. And I did go to all of these groups regularly until I was completely exhausted and very unbalanced... go figure!

Then Body Electric came into my life and I began to wake up erotically and experienced, along with emotional and social stability from GSV, body-centered grounding and the ability to focus on what is really important in my life. I learned that my erotic path is also my spiritual path which provides pleasure on three levels: for myself, for connection with others, and for Divine Mystical Union. I also use this energy for creativity, healing and singing bass with the Atlanta Gay Men’s Chorus.

Recently, as I was in processional with the 2007 Emory College graduates, I was aware of the sweet balance I now have in my life. I have finally learned how to take care of myself physically, erotically, emotionally, mentally, and spiritually.

Physically this means meditation and deep breathing daily, eating properly with necessary water intake, adequate sleep, an exercise program, balancing work and play, good safe bodywork including a yoga routine, and making love alone daily and occasionally with others. Emotionally and spiritually there are relationships with my children and grandchildren, my AA recovery, Gay Spirit Visions, and the Gay Men’s Chorus. And mentally I keep my thinking straight (as it were) with a quarterly and necessary visit to a healthy and supportive therapist.

With much love and gratitude for each of YOU and All My Relations,
George

George Miller is a semi-retired Atlanta dermatologist, a practicing colon hydrotherapist certified by the International Association for Colon Hydrotherapy and medical director of a physician’s well-being program. He is a passionate Erotic Pleasure Activist and sacred intimate, a member of the GSV Council of Trusted Elders and sings bass with the Atlanta Gay Men’s Chorus. Contact him at aagm8888@aol.com

Tugging and Leaning to Balanced Bliss

By RainFire

The tug and essential dynamic balancing of polarized energies are and have been consistently present in my life. If “art” or “creation” is the integration of opposites, then a fundamental mission of life is, perhaps, balancing opposing forces. It is certainly true, for example, that creative thinking and corresponding action are essential aspects of our divine nature. When faced with a dilemma, is it better to force one’s way through, or to find a gentle, elegant path to resolution?

I’m loath to admit that much of my life action has been forceful movement. One part of me (the part that is fearful, insecure, self-doubting) is like a plow~ pushing forward, fast and hard towards my ego-based intention. I’ve learned the hard way that the exercise of plowing forward eradicates too much of the beauty of life. For instance, in relationships with people, and even other creatures, if I plow ahead in some base emotion, without careful, creative thought and action (which includes keen listening and vulnerability), I lose the precious intimacy of a loved one. I may reach my destination alone.

For me, balance is the fine tuning of deep breathing and mind clearing and heart opening that allows me to see different perspectives, whether they are within myself or in relationships with others. When I realize that life affords multiple view points (most of which hold a gem of insight), a more integrated, holistic awareness begins to form in my mind. Always, without fail, when I lis-

ten, speak or act from this rooted place, my experience is more complete, more gratifying, full of gratitude, more joyous, and peaceful.

At 46 (and with a 21 year-old partner, Erik, whose emotional maturity exceeds mine by at least 25 years!), I’m still a novice in this exercise. Erik practices the principle of balanced thought and action with greater skill and grace than I can imagine! I often forget the beauty of creative thinking that starts with a clarifying pause. This awareness of my human frailty keeps me humble, so that’s a good thing too. A friend once said to me, in anger: “When you speak, there isn’t a scintilla of humility in the mix.” His harsh words hurt me deeply, but from that place of hurt (and ironically, shame that turned to humility), I was able to ease out of ego and into his perspective, oddly cleansed of what I perceived as his loveless judgment. At times like this, creative thinking is simple grace, as it slips in unexpectedly.

While I avoid radical, fundamentalist Christians who spout (what I perceive is) misconstrued Jesus talk and not much else, having been raised a Christian, I do delight in the stories of how Jesus sought the company of little children. The stories tell that he gathered children around him, and in doing so, presented their wide-open innocence as a reminder to brittle adults of the grace that flows from imagination, which, I think, is essentially fearless.

I look at my new baby niece, Olivia, with her wide-open, fearless eyes. She doesn’t yet know the harsh realities of the world. Being surrounded by cushy, nurturing love, the world, to her (I imagine), is a moss-covered, fragrant playground where curiosity and joy in discovery abounds. Maggie and Mary Beth, Olivia’s older sisters, still hold the innocence of youth, although life experience has begun to whittle away a bit at their lack of fear. Still, though, they speak with sweet boldness, and in their own

My prayer for you, Dear Wise Men and Playful Boys,

Each of you manifest The Divine in the most magnificent way~
as The Divine emerges most clearly in wisdom.

Your beauty springs from the grace of The Holy Mother,
with innocence and curiosity
woven nimbly
in sensible attentiveness~

you are the Thankful Guest,
and the most exquisite friend this world could offer up,

you are finely tuned balance,
not too much forcefulness,
a precise measure of gentleness~

a vision that criss-crosses to one focused~ aha!
~ between fear and love.



expressions, I hear no judgment, only curiosity and the frankness of a young mind through eyes that see things simply. Love, for them, is the easily accessible foundation of their thoughts.

Imagine integrating the playful, innocent, judge-free curiosity of youth with the rooted wisdom of experience. Per-

haps the ultimate balancing act is awareness of fear and how it eats away the core of fruitful life, and in this knowledge, we choose love. *Tug away fear, lean into the abundance of love, each moment, consistently~ stretching, balancing love's passion and commitment.*

If life is housed in two essential camps,

fear and love~ then the ultimate balance we each must achieve, I think, is between these two poles. When we come to understand the essential parts of ourselves that lean in each direction, we are at the start of a wholesome experience.

Not so straight, not so narrow

Music has always been a spiritual path for me, but never an easy or direct one. Even as a little gay boy, I was a typical kid taking piano. I enjoyed playing "Moon River"



By Teddy Jones

but avoided daily practice of those not-as-pretty scales and technical exercises. Why did I have to spend time doing those? They weren't fun, and the theme from the movie "Exo-

dus" was surely more worthy of my time and efforts.

When I was grown and living in New York, a friend sold me a student harp, an instrument I'd always wanted to play. I found a teacher and took about a dozen lessons. Practice was again a struggle but for different reasons this time. Oh, I dutifully ran scales and cranked out finger exercises, but progress was painful and slow to come. My hand just didn't seem built to play what was written on the page. Continued practice gave me cramps in my palms. My struggles were made worse by the skill of my teacher, an exceptional Juilliard student, who delighted in playing me what she was working on. Her "encouragement" backfired. Feeling demoralized and in-

adequate, I usually couldn't practice for several days after a lesson. All I seemed to be doing was buying music, spending the hours I practiced criticizing myself, and performing little pieces with little self-confidence. Where was satisfaction? Where was joy? Even more to the point, why was I doing this?

I sat with this question for many years before things began to shift just prior my first GSV gathering in 2001. Since then, I've had opportunities I never knew existed, much less thought were possible for me. And the change started with yet another question.

Several years before, in an altered state during an energetic healing session, I was led through a series of triangular doorways into an ancient stone chamber. It seemed to be a healing temple of some sort. Patients were on pallets with healers working over them. Next to each was a harper playing a small harp. I asked myself, "How do they know what to play?" You see, I had never improvised music and couldn't play by ear. Music was something other people wrote and I read off the page.

I attended Body Electric in Atlanta the November before that first winter retreat and for the first time heard of GSV. I knew immediately that was the real reason I'd gone and made plans to attend the winter retreat. About the same time, I purchased a small harp on-

line and found myself letting my hands wander over the strings. I decided to take it with me to The Mountain. I figured I'd have time to explore this new way of playing there.

In a small group session after one of the meditations, I mentioned that I'd brought the harp for some private work. Jim Jones said, "We're going to have a break in a few minutes, and everyone here is pretty receptive to hearing music. Why don't you bring it to the deck and play?" And I did.

As men sat and rocked and talked, I set up behind them with my harp and soon my fingers began to move. There seemed to be an innate, loving intelligence gently nudging me this way and that, using what knowledge I had of music, what technique I possessed, and what sounds resonated with me energetically. The music came from a place deep within. I was both in awe and at peace. I listened and responded, watching my fingers and observing the result from moment to moment.

When I finished playing, there was a palpable stillness around me. It must have lasted a good 35 or 40 seconds as everyone on the deck, and those who'd come out of the Great Room to listen, absorbed what had just happened. In the quiet, we gazed at each other. Gradually, conversation and rocking resumed. And

Continues on next page

Continued from previous page

I left the weekend changed forever. Experiencing the answer, I could now see the thread connecting all those questions from my past.

So, how does this relate to staying grounded on a spiritual path? Here are some thoughts:

If we come into the world from pure spirit and retain that connection, everything we do has a spiritual component, no matter how non-spiritual it may seem at the time. As I look back, I see that those frustrations, missed notes, hand cramps, and all were a solid part of my spiritual journey, despite or perhaps especially because of the physical and emotional rollercoaster I experienced with them.

Also, it seems to me all of life's big questions are ultimately spiritual ones. Now, I look at decisions about work, play, and lifestyle choices from a broader point of view and not from one that looks merely to maintain the status quo.

That higher perspective seems a surer approach to living a truer life, even if it involves change and a little risk.

As my experience suggests, it's not necessarily a bad idea to do things that are irrational and "sure to fail" IF our hearts lead us to do them. Actions where the outcome is not guaranteed can feel scary and cause us to question, maybe even criticize, ourselves. But, they can add color, joy, and direction to our journeys, opening new doors for us to consider. Since that day at The Mountain, I have continued opening the door of risk sharing music I receive with others. This sharing has led to recording, presentations at international conferences for healing and performance, bedside vigils for the sick and dying, invitations to heal and clear land, and workshops, rituals, labyrinth walks, meditations, and healing work with you, my brothers, at The Mountain and elsewhere. In all of these, I remain in awe, for the most part at peace, and ultimately blessed.

So I ask you now: What questions are you asking in your heart? Are you ready for them to be answered?

Teddy Jones teaches communications and theatre at the university level. He may be reached at n2theatre@gmail.com.



John Mungo's

FIVE RULES FOR GAY SPIRIT VISIONS CONFERENCES:

- 1.** This is not likely to be like any other Gay Event that you have ever attended. The men here are non-judgmental and want you to experience what it is like to act with your heart open.
- 2.** Walking into the Dining Hall can be like the first time you walked onto the playground... you weren't sure how to play with the boys and you knew better than to play with the girls. Everyone is welcoming here, so play.
- 3.** You may fall in love five times a day. When you have the safety and freedom to look lovingly into another man's eyes, it's easy to feel that you may have found your true heart's connection...pay attention, you may have.
- 4.** Somebody get that Queen a chair or a box of Kleenex. Take care of yourself emotionally. You may find your heart opening in new and possibly unfamiliar or uncomfortable ways — so if you find yourself needing tender love and care — ask for it. But take responsibility for yourself.
- 5.** Try something new. This is a rare opportunity to try something you might not ordinarily undertake. Go for it !!

Life in the Balance: Perspective, Authenticity, and a Touch of “Georgeness”

When asked to write an article on “balance,” it was somewhat ironic the request took place following the funeral home visitation for George Smith. My immediate internal reaction was “Wow, at this moment, I don’t feel very balanced. I feel like I’ve been hit with a ton of bricks. How will I ever be able to write that?” In many ways, the funeral the next day and the time since have helped me become more conscious of what it means to live a balanced life. Thank you, George, for continuing to remind me of what I believe each of us already knows at our Spirit-core.



**By: Light Dancer
(aka Andy Moretz)**

Perspective...

Throughout much of my life, I struggled with trying to make sense of what often appears to be a very chaotic, imbalanced world. My experience includes everything from addictive attractions to a range of “worldly objects,” to learning how to be more than just a gay man in a straight society, to feeling the spiritual yearning to find something greater that would make sense of the craziness. During my graduate counseling program, I began to develop a model for integrating all the apparently disjointed pieces of the outer world into a more understandable whole, seen from Spirit’s higher perspective. One component of this model is *zero degrees of separation*, or 0°. In its simplest terms, 0° involves approaching any outer world situation from one’s highest, most perfectly balanced perspective of Spirit, manifesting this outwardly through Soul (one’s individualized expression of Spirit, aka one’s “higher self”), through Mind (where our sometimes misguided “ego self” tries to sort and make sense of everything), and, finally, to Body (where we experience physically the objects of our learning).

To demonstrate 0° with clients, I often use the metaphor of a whirling top, which

must spin from its own central core to remain vertical and keep moving. Often, we place our points of balance somewhere outside our core self—maybe in another person we find so wonderful, in a job we feel we are supposed to be doing, in attachments to material objects, or in our own unresolved “baggage.” Ultimately, we cannot keep spinning if we do this. We will fall over, losing ourselves as we expend all our energy trying just to stay up. By remembering that our physical experiences are not really separate but are intricately connected to Spirit, we can bring this more balanced perspective into whatever we are doing and into who we are as a person. Through this higher connection, we can draw our energy and wisdom from Spirit, rather than relying solely on limited human perspectives.

Authenticity...

Last year, I reached another turning point in my life, realizing that the career path I was following kept hitting dead ends. Different jobs would be exciting in the beginning, but they ultimately would lead me to dissatisfaction and more often depression or other escapist behaviors. I discovered I was not being authentic to what Spirit was calling me to do, instead doing what the outer world called “responsible,” holding on to safe steady paychecks and retirement package promises, and following paths I thought others wanted me to take. Since “stepping out into the void,” I feel more of Spirit’s draw to be working with light and energy, getting out of the traditional box in the counseling and healing work I offer this world. My journey is teaching me the importance of being authentic, of listening to Spirit’s voice in whatever I am doing. Through this connection comes clearer intuition, a greater “knowing” of what one needs to be doing at any given moment. When I remember to approach life from this perspective, Spirit never lets me down, and things always work out for good. I just have to remember to get myself out of the way. I also need to remember to give myself

a break, not beat myself up if I do not get everything “just right.” Fortunately, Spirit is so much more forgiving of me than I sometimes am.

...and a Touch of “Georgeness”

At George’s funeral, a new term was coined to capture the many gifts that he shared so diversely with so many. “Georgeness” captures well his special way of being a dear friend, a mentor, and a loving, gentle spiritual guide. I know many of us will miss the way he could inspire us to find our own answers and that impish little grin and raised eyebrow that communicated something very serious couched within love and a good dose of humor. George called me one evening the week before he died to ask me how my journey of the past year was going. Looking back now, I feel that he gave me some much needed closure as he prepared spiritually to move forward on his own path. I remember during his funeral having both a sense of my own human grief at not having him physically present and a deep knowing that George accomplished what he was supposed to do here and was moving forward to new and exciting adventures. He lived his “Georgeness” every day. Thank you, Dear One, for helping me to remember to live a more balanced life by:

- ~living in the moment
- ~taking time to remember others
- ~being authentic
- ~knowing that none of us is ever really separate from Spirit’s love or from each other, and
- ~stopping to plant something wonderful in my garden each day so I can continue to see life’s beautiful blooms throughout the year.

Light Dancer, aka Andy Moretz, lives in Winston-Salem, NC with his partner of 15 years. He is a licensed professional counselor and Reiki master. He invites you to check out his website: www.prizms-ahealingplace.com and to contact him with any questions or thoughts from reading this article.

A Poem for George Smith

Everyone mentioned your smile
which could be as warm and inviting
as your embrace
which was as gentle and caring
and given when you didn't even know you need it

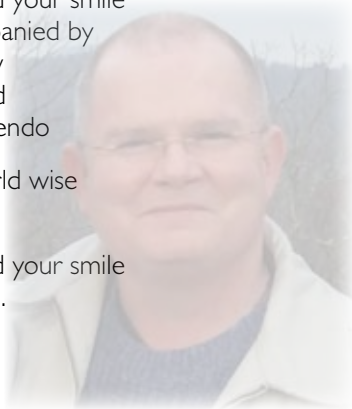
or a big bear hug
full of the transference of your energy

or slyly sensual and inviting.

Everyone mentioned your smile
which when accompanied by
that arched eyebrow
could unlock a world
of mischief and innuendo

or just a look of world wise
knowing.

Everyone mentioned your smile
that still lights my life.
It is a doorway
of acceptance
of invitation
of love.



—Scott Dillard

"Male Archetypes" continued from page 3

ancing these archetypes and their shadows. I was in my head a lot, disconnected from my body. I was very empathetic to others, and did care and want to change the world. And though I had achieved some of my goals, other, greater goals remained unreachable due to a deficiency in king energy which limited my vision and kept me from giving my blessings to the greater world, and a low warrior energy, one element of which is action, which I need to push ahead in spite of whatever obstacles the world puts in my path.

So today, I find myself more balanced with all four archetypes, and willing to embrace their shadows. What are the results? A real joy for living, extraordinarily vibrant and vital. People often comment on the positive changes in me in the way I appear to them. A new zest for and beatific acceptance of the world on the world's terms. In a word, a lot more serenity in my life.

Migs Halpern is a social worker living in Asheville, NC. He lives happily alone, and would welcome a partnership with another spiritual, seeking man. If you have any questions or comments about his expository remarks above, email him at oso@mhalpern.com.

GSV News and Information OUR NEW LOGO designed by Phil Robst



Gay Spirit Visions
Creating safe, sacred space for men who love men



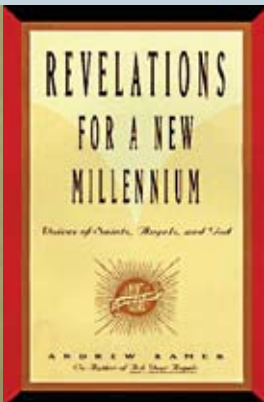
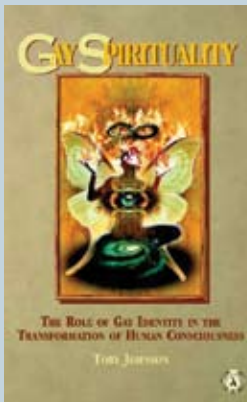
This logo represents our connection with fire. Every conference, we do a fire bridge to connect our brothers to us, to spirit. As a group, one of our common bonds is the use of fire in many of our rituals. It helps us define our space.

I've created a stylized flame to represent the fire, along with a stylized lotus blossom as the base. The flame is made up of three separate plumes, the first two representing male and female energy. The third represents our own unique gay path and light in the world. The lotus petal flame sits on represents the open heart and space that we create at GSV.

Phil Robst, LMT, lives in Atlanta, Georgia and has been a graphic designer for over 18 years. A recent graduate from Atlanta School of Massage and a licensed massage therapist, Phil has established his own healing/energy/massage therapy practice in Atlanta. He has been involved with GSV since attending his first potluck in 1998. Phil can be reached at phil@robst.com.

BOOKS

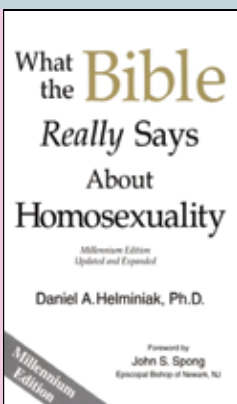
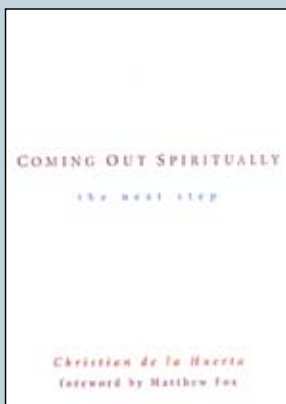
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A scrapbook from the

GSV *Spring Retreat*

April 13-15, 2007



Photographs by Jim Creasy and Mike Goettee (Labyrinth)



Summer Gathering

July 13-15 Lake Logan, North Carolina



Photographs by
Kim Pittman





The Power of Spirit
Photo montage by Michael Goettee

(Labyrinth at the Mountain)