

Spirit in the Smokies

MAGAZINE OF NEW PARADIGM LIVING

*With Your Personal
Stories of Awakening
and Co-Creativity*



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*As the "Indigo" children herald,
we are positively challenged to embrace
our expanded abilities, our response-
abilities; We nurture a new dance of light.*

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The Winter Solstice occurs at 8:15 p.m. on December 21st as the Sun leaves Sagittarius and enters Capricorn. The jovial attitude of Sagittarius is left behind as practical concerns for survival take over.

The month of December ends with a bang as Mars and Jupiter square off in the sky. Expect impressive fireworks displays this year. There will be a tendency to overdo things around the turn of the year. People who are inclined to over drink will probably do so this year. Overconfidence in one's own abilities will be widespread. Drive defensively. Try not to take on more work than you can handle at this time. ♦

Next month: How to improve your tennis game using the moon's nodes.

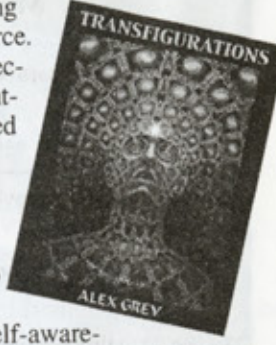
Joseph Banks is a professional astrologer and an Asheville native. He and his wife, Penny, are founders of the Down to Earth School of Astrology and Metaphysical Studies. Classes are offered in North Asheville. He is available for consultation in person or by phone: 828-689-3630. E-mail him at onecrow@madison.main.nc.us

2 Books Reviewed

Review & Comments by Susan Teeters

Sacred Mirrors & Transfigurations

Featuring the Art of Alex Grey



All of us are given gifts of enlightenment when our spirit is ready to receive them. My introduction to Alex Grey's art & spiritual journey comes at a time when I'm questioning our need to experience darkness in order to know light. Love enabled Alex to slay his demons and heal his troubled soul. Love enables him to create art that captures the essence of our divine nature.

In the book Sacred Mirrors, the discussion of Grey's early work is likened to that of the Shaman's path. The ordeals of the shaman eventually lead to the capacity to assist in healing others. Grey's series of twenty-one paintings depicting the human form progressing from the physical to the spiritual world, was created as healing art. Each system is painted in its ideal healthy form so that the viewer can use it for healing and transformative contemplation. By the end of the progression it is apparent that all people of the world are of the

same healing energy source. The selection of paintings featured after the Sacred Mirrors series are arranged to imply an evolving self-awareness. That self-awareness is further explored in Transfigurations, the second book featuring Alex Grey's art. You can lose yourself for hours marveling at the sheer complexity of this man's enormous gift for harnessing the creative divine into his paintings. I found myself tuning into truths that I recognized were coming from the same source that birthed these magnificent visions of art. I suspect this experience to be a universal one that I whole-heartedly encourage you to pursue.

Reading about Grey's spiritual journey towards enlightenment in these books made appreciating his art all the more powerful. I found myself wondering how many times and ways must we experience love conquering darkness before our collective hearts can transcend darkness once and for all? The art in Transfigurations and The Sacred Mirrors offer a breath of hope for everyone to share that the time is nearing. Thank you Alex Grey, or may I be so bold to call you Alex "Light," for sharing your journey with us. ♦

Transfigurations, Alex Grey Publisher Inner Traditions International ISBN 0-89281-851-4 2001 Sacred Mirrors: The Visionary Art of Alex Grey with Ken Wilber and Carlo McCormick Inner Traditions International ISBN 0-82281-257-5. You can view and purchase his art, including posters at www.alexgrey.com.

Susan Teeters lives in Asheville with her husband Mike where she is enjoying a spiritual journey. She can be reached at 828-768-0325.

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act celebrates the holidays ASHEVILLE COMMUNITY THEATRE Over the River and Through the Woods by Joe DiPietro, directed by Betsy Bisson Nov. 22 - Dec. 8 The Santaland Diaries by David Sedaris, directed by Andrew Gall Nov. 29-Dec. 15 at 35below The Best Christmas Pageant Ever by Barbara Robinson, directed by Lauren Fortuna Dec. 11-15 The Montford Park Players present Charles Dickens' A Christmas Carol directed by Hazel Robinson Dec. 20-22 828-254-1320 Asheville Community Theatre 35 E. Walnut St. Downtown www.ashevilletheatre.org

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