



THE

EDGE

UPPER MIDWEST EDITION - SERVING THE TWIN CITIES & BEYOND • JUNE 2002 • WWW.EDGE NEWS.COM • FREE

"We are not interested in the unusual, but in the usual seen unusually." - BEAUMONT NEWHALL

TRANSFIGURATIONS

The EDGE Interview with visionary artist Alex Grey | SECTION B



EGO & OUR EMOTIONS

Learned teachers and wise ones from our community of souls share their insights on the ego and our emotions. Featured is the last of a two-part interview with Eckhart Tolle by Andrew Cohen, the revelation of the Miracle Breath by spiritual pioneer Paula Sunray, and other wisdom on how to become less identified with the ego and more in touch with who you really are. | PAGES 18-28

MOMENT

6 **Stonehenge Revisited**
Stonehenge - Rocks & Rituals have gone Uptown. Also, more Upper Midwest news.

INSIGHT

8 **Dreams Revealed**
Author Debbie Johnson speaks about the depth of our sleeping and waking dreams.

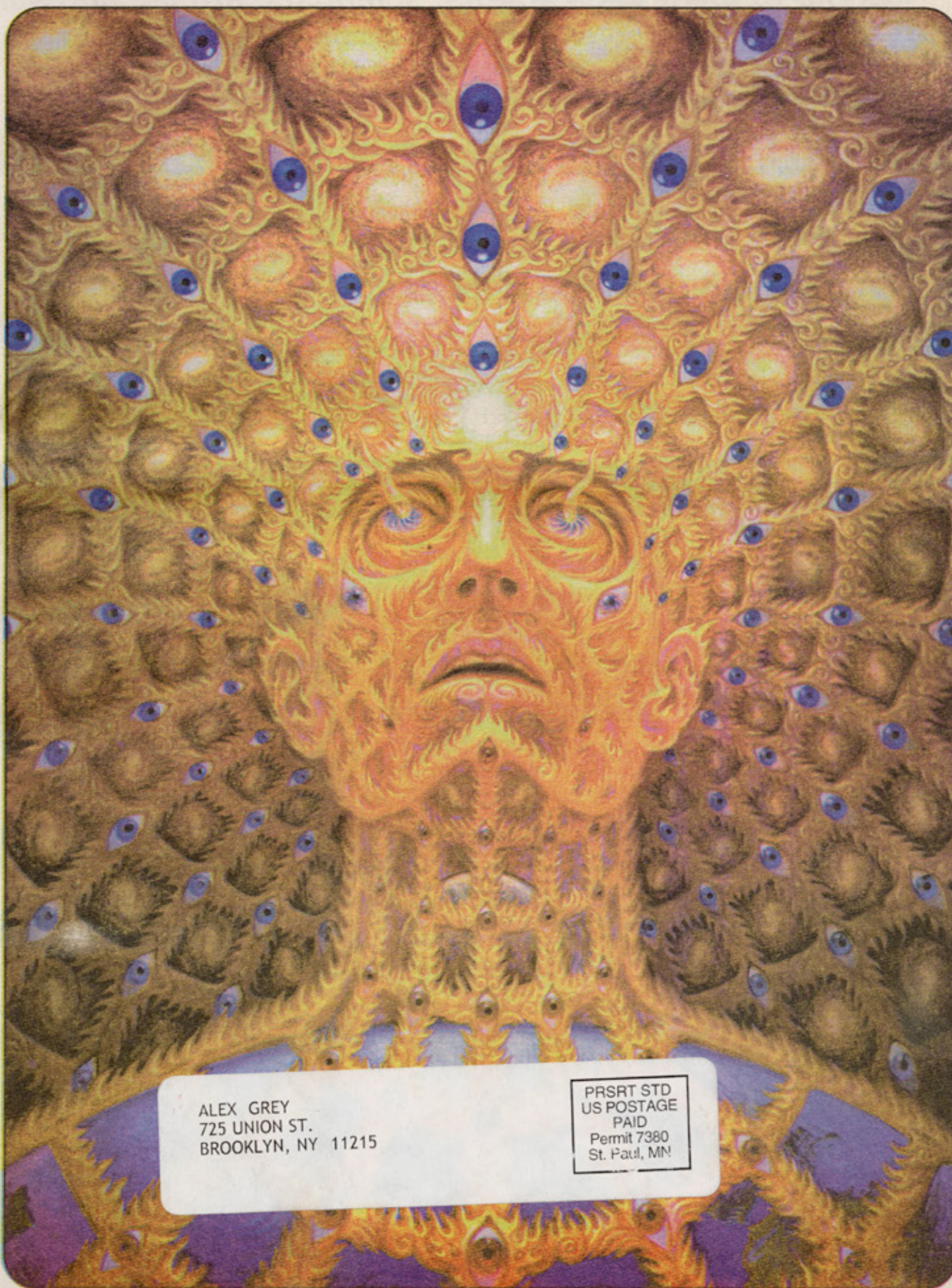
HEALING

35 **Courage to Heal**
How one woman faces cancer and finds the blessing in the experience.

EXPRESSION

41 **Visions of a New World**
Artist Matt Marxhausen explores the link between spirituality and art.

OUR COVER ART: "Oversoul," by Alex Grey
Copyright © 1998-1999 Alex Grey
About the Cover Art | PAGE 5



ALEX GREY
725 UNION ST.
BROOKLYN, NY 11215

PSRT STD
US POSTAGE
PAID
Permit 7380
St. Paul, MN

Personal Growth • Integrative Healing • Global Transformation

OFFERING INSPIRING, ORIGINAL CONTENT & RESOURCE DIRECTORIES ONLINE AT WWW.EDGE NEWS.COM



Inside This Section

healing



Eat your way to a better health with a plant-based diet.

36

expression



Raymond Teague takes a spiritual glance at the film *Changing Lanes*.

40

source 45
network 48
classifieds 50
happenings 51

look now on
EDGENEWS.COM

>> Read and print the complete interview with artist Alex Grey featured on this page.

>> A link to The EDGE's newest resource for you: Holistic Insight: A Holistic Guide to the Upper Midwest and Heartland. USA www.HolisticInsight.com

Sign on now free and receive a free directory listing, e-mail account, chat & much more.

SECTION B

THE EDGE • JUNE 2002 • WWW.EDGENEWS.COM • EXPLORING THE EVOLUTION OF CONSCIOUSNESS

TRANSFIGURATIONS

THE EDGE INTERVIEW WITH VISIONARY ARTIST ALEX GREY

"O swiftly spinning 21st-century Human! We've already missed out on Rumi, Blake, Swedenborg, and Gibran, but we've been sent a comforter for our time flowering from the same vine. His name is Alex Grey. *Transfigurations* is his bible."

REBECCA ALBAN HOFFBERGER
Director, American Visionary Art Museum, Baltimore

by Tim Miejan

Long acknowledged as a master of depicting the anatomically correct human body on canvas, Alex Grey has transformed before our eyes into one of the greatest of visionary artists, living or dead. In a new collection of his work, *Transfigurations* (2002, Inner Traditions), we are allowed to share the experience of this artist as he continues to journey more deeply into the cosmic lattice that connects us with All That Is.

He is best known for his paintings of glowing anatomical human bodies, images that "x-ray" the multiple layers of reality and reveal the complex integration of body, mind, soul and spirit. Grey's unique series of 21 life-sized paintings, the *Sacred Mirrors*, present the physical and subtle anatomy of an individual in the context of cosmic, biological and technological evolution. Grey's artworks have been exhibited and performed throughout the world and are chronicled in the book *Sacred Mirrors: The Visionary Art of Alex Grey* (1990, Inner Traditions), the recently released *Transfigurations* and his philosophical text, *The Mission of Art*. Sounds True has released *The Visionary Artist*, an audiotape of Grey's reflections on art as a spiritual practice.

"Ultimately, we are starstuff," Grey writes in *Transfigurations*. "...The mystics speak of unitive and infinite awareness. If an artist is awake to the mystical experience, his or her art can evoke these potentials in the viewers."

Grey, who frankly acknowledges that the use of psychedelic substances has allowed him to access portals of other dimensions and experience some of the images that he later put on canvas, continues to explore the evolution of consciousness — with entheogens, visionary plants and drugs, and with other forms of journeying, such as meditation. He collaborated on the recent book, *Zig Zag Zen: Buddhism and Psychedelics* (Chronicle Books).

Consider his art a report from the edge...and beyond. Grey, who lives in New York City with his wife, the painter Allyson Grey, and their daughter, the actress Zena Grey, spoke with *The EDGE* by phone from his home and studio.

To what degree do you think visionary art plays a role in our soul's evolution?

Alex Grey: Visionary art sure has played a vital role in my own "soul's journey," and I would say it's been important for many artists and viewers throughout history. Visionary art is one of the primary ways that human contact with higher subtle dimensions gets translated into our communally shared physical dimension.

When the subtle dimensions are translated by skillful and mystically inspired artists, visionary art can provide an open portal for glimpsing one's



PHOTO BY DEAN CHAMBERLAIN

Artist Alex Grey in his studio (2000), with "One" and "Cosmic Christ" in background. See those paintings more clearly on pages 43-44.

own spiritual potential. Think of a brilliantly glowing resurrected Christ or a many-armed Buddha or a fiery angel. A work of visionary art can shock a person out of their normal thinking patterns and help them to see the world in a new way, helping them to transfigure their perception of reality. Obviously, it's only one of many potential catalysts to healing and transformation, but I think it can be a significant one.

Do you see a growing trend in art toward visionary art?

Grey: The short answer would be "yes." A long answer would point to how consciousness evolu-

tion is mirrored by cultural evolution. The more people having "visionary experiences," the more imagery in art will reflect it.

The leading edge of consciousness is expressing itself through various creative, sensitive people and teachers and a lot of young people who have become serious meditators or psychonauts. I'm in my late 40s and many in my generation had the blinders of the material world fall from their eyes briefly during psychedelic or meditative experiences that allowed perception of the visionary world. In prior centuries, it was the rare mystics

see Grey on page 43

Grey, from Section B cover

like Hildegard of Bingen, St. Teresa, Jacob Boehme or William Blake who tapped into the imaginal realms while they were still awake. Now millions of people have visited these worlds.

Freudian and Jungian analysis has also taken a deep, long look at dreams and unconscious drives and has contributed to general cultural awareness of the important influence and vastness of the psyche. The early alchemical engravers, and later the Symbolists and Surrealists, the Fantastic Realists and Psychedelic artists have all been mapping these realms of the unconscious and superconscious. Every generation since the '60s has soaked up the entheogenic sacrament that has allowed them a glimpse into these visionary realms confirming the infinite inner dimensions.

Now we have computer animation and web-based interactive media, which are very visionary technologies, allowing for greater modeling of these marvelous imaginal worlds. It will always be a great artistic challenge to discover and effectively transmit the iconography of the entheogenically inspired visionary state.

In the book *Transfigurations* you support the finding of an appropriate context for the legal use of entheogens in the new millennium. Why?

Grey: Because I think that entheogens can play a role in the transformation of individuals by giving them their first taste of the infinite. For most people who take entheogens in a sacramental and contemplative manner, the experience has the qualities of bliss, awe, terror and deep meaning.

Go to www.edgenews.com for a complete transcript of the EDGE interview with Alex Grey.

Portions of the interview were edited to fit the available space.

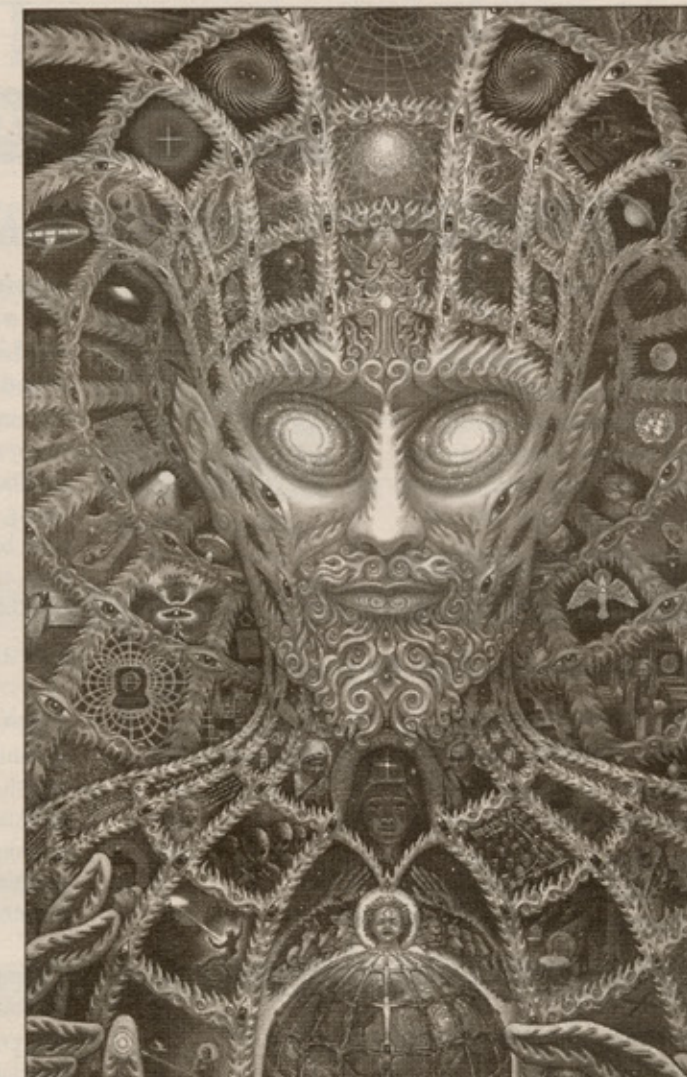
themselves. During a trip, the typical boundaries of our identity dissolve and you're able to experience your unity with all dimensions of reality simultaneously. It can be overwhelming, but it can also be a guidepost and affirmation of the soul's mission in life. A good trip can help us see and feel how perfect, beautiful and precious the world is, despite news reports to the contrary we get from CNN. Anything that can help people to see that is of greatest value because, Lord knows, we need individuals who become committed and responsible to healing themselves, their families, their communities and the planet.

That kind of "inner soldier" who is committed to peaceful co-existence, respect and reverence for life is just what I think our civilization needs. That's why I will always support legalization of the entheogens, which are, without a doubt, the most important and the most grossly misunderstood medicines on earth.

Do you have a sense of how they can become better understood by the mass population?

Grey: I think it will happen gradually over many generations. Many of the parents of the current teen generation have had experiences smoking pot or doing some kind of substance, some entheogen perhaps, and they may not be quite as shocked if their kids become involved. These parents may still be seriously concerned for obvious reasons. Nevertheless, they've heard of it and it won't be a complete and total shock. Our culture has at least heard of it. There's a lot of information out there.

By the way, I'm not advocating that young people should try this stuff. They should wait till their ego gels before attempting to transcend it. People can start reading and find out the diversity of opinions about entheogens. The laws will change when enough



COPYRIGHT © ALEX GREY

A detail of "Cosmic Christ," which tells us "that our own boundless spirit includes every being and thing as a facet of a universal and integral Being, a meshwork of ongoing multiple realities."

people understand the benefits of the medicine and demand change. Supporting medical marijuana referendums is one step forward. Voting for candidates who aren't afraid of the issue would be another step. Joining and supporting organizations like NORML and MAPS and subscribing to the Journal of Cognitive Liberties are another positive step.

The proper spiritual and ceremonial context for these sacraments already exists and is creatively evolving. Legalization has already happened in Brazil and Holland and other parts of Europe as governments understand that people deserve cognitive liberty and church groups deserve to practice their religion without interference by governments seizing their sacraments and disturbing their ceremonies. This is in the face of stiff opposition led by the United States. The U.S. has wanted every government in the world to have uniformly strict drug laws that prevent the use and abuse of non-corporate drugs. But how the entheogens came into that mix is a strange and sad tale. People will eventually begin to realize that there are churches using these sacraments and that the congregants have actual mystical experiences, as opposed to just sitting through church services. People on LSD or ayahuasca can have a direct, face-to-face encounter with their own spiritually meaningful archetypes. Many native people in the Peyote Church of America and the Santo Daime ayahuasca Church have overcome alcohol abuse and addiction to dangerous substances like cocaine and speed in the context of their church services.

Our government happens to subsidize and support some of the most dangerous and addictive drugs: tobacco and alcohol. I found it amusing that *Time Magazine's* scare article on Ecstasy hauls out

statistics like "three people died on Ecstasy last year" and they don't talk about the thousands who died or were maimed and crippled due to use of alcohol and how many other innocent people they kill on the highways and all the rest.

In the book *Transfigurations*, it's stated that since you completed "Sacred Mirrors," your work has increasingly focused on the evolution of the human soul. Can you describe that evolution? Where you see that it's going?

Grey: It's funny, this whole idea of an evolving human soul. On the one hand, there is movement in our lives. We are getting older and hopefully wiser, but what most of the mystical teachings tell us about enlightenment is that it is the discovery of something that has always been so. We realize our unchanging true nature, which has never been absent. It's just been covered by layers of ignorance and unconsciousness, like clouds covering the sun.

Enlightenment is not so much a hard-won achievement, much less a "creation," but instead is deep relaxation and recovery of our natural condition. You come to see the evolution of the soul, the soul's journey, as a realization of what has always been there in the first place. Perhaps we feel a quickening these days because of the vulnerability and the mortality that people understand to be part of life. Here in New York we experienced it last fall, 9/11, where we saw two of our magnificent buildings crumble and take with them thousands of lives. It affected everyone in New York and I think it affected everyone in the nation, with repercussions throughout the world. So, I would hope that instead of disintegrating and regressing into only fear-based and aggressive responses, we would also see our fears and our concerns as opportunities to turn toward God and to find our faith and celebrate the love and the time that we have here with each other. Finding creative ways to resolve our conflicts is life's challenge.

The journey of the soul is a vast, interconnected web, a meshwork of beings that are all working out their individual karmas in a collective gumbo, retaining the special flavor in each bite of life. But, the mystery of where we're going, in terms of whether we're going to have a planet that's worth living on after we finish abusing it, whether we'll wake up in time and stop ruining the water, land and skies is a big question mark.

I think there's a lot riding on this generation. Folks who are alive today need to wake up and do what they can to stop abusing the planet, and find ways to preserve the web of life. That's where the soul is headed. It is time for us to become wounded healers. The soul's journey could be likened to the shaman who journeys to the underworld and becomes dismembered and gets in contact with all disease and destruction, is shattered, is opened up, and sensitized and made to see both the value to life and the way to heal through their vulnerability and breakdown. The shattered person can either go toward nihilism or can go toward compassion and healing and, so that's my metaphor for the third millennial human soul.

To learn more about this artist and purchase autographed books and posters check out his websites, www.alexgrey.com and www.sacredmirrors.org

TIM MIEJAN is editor of *The EDGE*. Contact him at (651) 578-8969, toll-free 1 (888) 776-5687 or by e-mail at editor@edgenews.com

COPYRIGHT © 2002 TIM MIEJAN

VIEW CURRENT
AND PAST ART
THAT HAS
APPEARED ON
THE EDGE
COVER ON OUR
WEBSITE:
WWW.
EDGENEWS.
COM

enchanted
visions
Living Life
Heart-fully

Pamela King-Rediger
Feng Shui Consultant
phone: 952-474-2392
cell: 612-760-3720
kingrediger@aol.com

A blend of Eastern and Western
massage to enhance the
circulation of energy and blood

inner tide
your energy is like water, let it flow

Michael Keogh
612.644.2861 • mkeoghmassage@hotmail.com

Eadi
Psychic Reader
Specializing in Relationships
\$35 for 30 minutes
Private or Phone
Email: Emyra@aol.com
Phone: (651) 698-7136