

Living My Dream Feels Like Heaven

By Melissa Van Cleave

As a sensual artist and writer of the divine sacred feminine I have discovered my unique passion that is carried through my life on a daily basis. I have learned that this level of joy is inherent within me at all times. It is my free will to feel this connection and be willing to reach into the unknown door of possibilities to be more in every moment of my life ... to create a new. This process unveils an excitement in my deep body that is profound and exhilarating – a pure joy of bliss and excitement as I walk and create with life.

I entrust my connection with source as I radiate my interior light to shine through me as I take action from the wise part that is inherent within ... thus birthing my creative inspirations. I feel every stroke of paint that I create on my canvas ... I feel every word as I write ... this practice uniquely empowers my interior wisdom to live this passion in every moment as I interact with each person and experiences in life.

Being erotic with life – Juice of passion – means I naturally feel all my senses at a heightened level of bliss in everything I do! This bliss however is not created from an outside stimulation. The path of blooming my uniqueness occurs when the deep body feels and takes action from my interior. This process free's my boundaries and barriers harbored in my physical body, releasing old patterns and thoughts that keep me

small or in my comfort zone ... I am perfect right now just as I am. That pure joy is not through another person ... or material possessions ... that my excitement is I BELIEVE in the possible and I risk bringing life to my unique gift out in the world ... a creation that will last for eternity. So everyday I reach into the infinite well of my creativity to be more!

My paintings are infused with this universal wisdom. Therefore, owning a unique piece of my sensual spiritual art will unveil the viewer to their possibilities in the natural beauty of their own sensual essence. My work will open the deep body to risk being more involved with life through their own uniqueness. Blooming a deeper connection to their passion in life.

“The pulse of erotic passion lives in everything we touch, see and feel. In believing this, the excitement resides first inside of us. Then the magic gradually brings the courage to walk with this excitement in the outside world, experiencing the true glory of our nakedness.”

Melissa Van Cleave resides in Fort Wayne Indiana where she creates personal power pieces, soul paintings and writings for a soulful purpose. Her work is sold throughout the United States and internationally. A frequent visitor to Maui, Van Cleave feels this is where her artist was born. She can be reached at 260.414.4086 or visit www.visionsofecstasy.com.



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The Myth And Magic Of Ancient Neem



From an Ayurvedic perspective
By Margo Gal

My fascination with Neem began 20 years ago when I was visiting a friend's home in Bombay, India. A very noticeable striking older man walked in who immediately caught my eye. He was tall, thin and moved slowly with an amazing sense of peace and grace about him. Dressed in a white doti, it looked as though it was the only thing he owned. I was told that he only ate the paste of neem, used the bark from the neem tree to brush his teeth, and drank the juice of neem, which is very rich in protein. Since then, I have been mystified by the beneficial properties of neem.

The neem tree has been around for thousands of years. The qualities are light, bitter, cooling and pungent. There is an old Hindu belief that one who plants three neem trees (or Nimba in Sanskrit) in the vicinity of one's home, lives after death in the suryloka – a place full of light.

In Indian mythology, insects were said to be the creation of the demons from which neem was said to protect by weakening their life patterns. I understood why neem is used as an insecticide to protect gardens!

The properties of neem are: antifungal, antibacterial, antiviral anti-malarial, and antifertility. It is a blood purifier and is often used for Pitta – skin diseases such as: egzema, psoriasis, ringworm and scabies. It is used for curing the itching sensation of the skin. A bright green color, it is very cooling. It is also used for treating fevers, liver problems and has been used for snake bites. Do not take if one has increased Vata, as it can create too much cold in the body.

Margo Gal is an Ayurvedic Practitioner, trained in India with a practice in Haiku. Her teachers have been Dr. Vasant Lad and Dr. S. Joshi (Pancha Karma Specialist.). Margo can be reached at 808.250.7161.

Oceans Of Passion

By Alison Miller

Nature teaches us about passion and on Maui we taste nature's teachings daily. The tropical decadence overwhelms the heart, inspires the soul and enlivens the mind. Consider the ways you connect with your personal passion outdoors: walking the beach, diving, surfing, scuba, sea kayaking... Even on the days you don't make it to the beach, simply imagining the ocean can help us connect with our own inner nature. Try it right now. Close your eyes and imagine diving into white, foamy waves. Floating underwater, the wet salt stimulates your skin. You are exhilarated and calm.

In moments like this, an inner intelligence speaks to our cells and awakens the wisdom within. Our own bodies composed of 70-80 percent water, we ourselves are human oceans. By the nature of our ocean-like existence, there are days filled in ease, serenity and lucidity – yet there are days filled with tumult, murk and chop. By coming to an understanding and acceptance of this, we can ride the energy of our personal passions without drowning in them. Observing the ocean, we learn to ebb and flow with the tide – to step into the currents of our heart, and trust that something larger is guiding us.

We can even begin to imagine our personal choices like a single drop of water asking ourselves are our drops, our daily life choices, fueled by present passion or past programs? Perhaps we think of a drop of water, that single choice, as weak and insignificant, until we unleash the power in thousands and millions of particles of water at the same time which demonstrate tremendous power and strength; like that of the ocean. "Most realize that a drop of water exists within the ocean but, few realize that the ocean exists within a drop." Our individual choices enlivened by passion build upon themselves empowering all of humanity heal, uplift and evolve.

Alison Miller founded AIM Beyond (aimbeyond.com) to educate and empower individuals and groups in personal health, healing and rehabilitation. Alison is certified in yoga, massage and energy medicine. Call 808.269.2324 for info. or visit The Maui Lotus Yoga in Kihei (www.maui_lotus_yoga.com) for yoga class schedules.



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