

## The Year of Transitions

Sandy Krzyzanowski

2009 has been the year of transitions for a lot of people, including myself. One of my yoga students asked me yesterday how I was transitioning from an 8-5 job over to being a yoga instructor setting my own hours, etc. I told her I could write a book on that subject. I have never been happier with what I am doing in my life, never busier and never more passionate about what I'm doing.

My dollar earnings have dropped to basically being in the red as I expand into my new venture, but I've never felt more on purpose. I received an email from another student recently who took two of my sampler classes the week before saying: "Thank you for a wonderful evening. I really enjoyed the classes and your passion for what you do." I forwarded that to my husband with the comment that THIS is my new paycheck. I basked in the glow of that email.

I had been working as an advertising sales rep for the past nine years. Economically driven changes down the pike were something I was just not up for, and I knew I loved teaching yoga in the evenings over the past year, and had already acquired my 200 hour certification through the International Yoga Alliance. So in August, I quit my full-time, regular-paycheck job.

Society trains us to measure our value by how much we bring in dollar-wise. So for many mornings after I quit, feelings of low self-worth, sadness and fear overcame me. All the previous mornings of affirmations, journaling, and meditations pondering just what frustrated me and just what made my heart sing served as the foundation springboard for my new venture. If not for having done much work on how to pick myself up emotionally when I'm down, those fearful, sad emotions would have gotten the better of me.

Deep down we all know we are more than our bank accounts. While I need to eventually get into the black monetarily, I know that my only real job is to express myself as fully as possible infusing passion into each and everything I do. Try as I might at the other jobs for other people, and in particular the one I just left after nine years, my passion for my job did not shelter me from being hit economically. There are no guarantees in any job. Or is there?

There's a saying that if you refuse to quit, then you can't fail. While Winston Churchill is known for the saying "Never, never, never quit", it was my Dad who shared that sentiment with me many years ago during a phone conversation. I remember at the time thinking, gosh someone famous said exactly that and it meant something. However, when Dad said it, someone I knew to have earned the bumps and bruises to show for not quitting when most would have, it was an awe-inspiring moment.

My Dad was a prisoner of war in Germany during World War II. He met my mom in a war camp. She was also a prisoner of war. They got married and had two children in that war camp, and then finally were able to start their life over by coming to America. He taught himself English, as did my Mom. He worked two jobs to make ends meet, and my mom was a cleaning lady when they first came to America. When he shared his wisdom with me on the phone, he had already completed over 20 years of running his own successful floor-covering business, and my Mom had recently passed away. When he shared his wisdom, it was as though he was imparting a precious gift to his youngest daughter—a lesson in life that I could use when things got bumpy.

My Dad passed away from Alzheimer's six years ago. To this day, whenever I see the phrase "never, never, never quit", it brings tears to my eyes, and a resolve in my heart to follow its guidance. He used to say he would live until he was 125. Had he not had Alzheimer's I believe he would have done it.

I find much comfort in those words because if I choose to not quit at what I'm doing now, if I choose to continually focus on my goals and stay committed to learn, grow, and teach with a positive intent and positive energy, then no one—not even myself—can ever say I've failed.

The Winter Solstice is upon us. A time of new beginnings in the midst of winter's chill. Here's to a 2010 of not quitting. I listened, Dad. Thanks.

Sandy Krzyzanowski teaches Hatha Yoga in the Vinyasa style at Better Day Yoga, LLC in Little Canada, MN. She has practiced yoga for over 12 years and has been teaching for almost two years. She is a YogaFit® trained teacher with the International Yoga Alliance, an American Council on Exercise (ACE®) certified personal trainer, and Reiki practitioner.



## What is Dowsing?

Frank DiCristina

Dowsing is a technique or tool that enables you to amplify what you already perceive, but have not paid much attention to before. It is a connection to the abstract world of feeling, intuition and the sacred.

Dowsing goes back to the ancient times of Egypt during the site location and building of the Great Pyramids. It can also be found referenced several times in the Bible. In the late 1600's, the word "dowsing" came from Germany (da sein), which means 'it is there'. One method is to dowse for negative energy lines on a property. Then map them to show the direction of flow and their intersection points. The intersection or crossings of these points are the most dangerous areas to human health. These are known as a negative vortex.

The amount of openness of these lines determines the strength of the negative energy emitted from these vortexes. This is extremely toxic and stressful to our systems. The effects from the negative energy lines of stress can include illness, unhappy relationships, financial stress, difficulty sleeping, joint pain and low-energy levels for example.

Many illnesses are associated with these areas. Immune deficiency diseases, chronic fatigue, attention deficit disorder, cardiovascular deficiency, and cancer are some examples of the effects of living or sleeping on these chronically stressed areas can have.

You would never want to spend a lot of time on a crossed point. In the past, the cure was to move beds and chairs off of the crossed points. Later solutions have involved a technique called earth acupuncture, which intersects and deflects the energy before it can reach the house or grounds. A thorough assessment along the perimeter of the property and blocking of all negative energies which are flowing into the area you are clearing is required.

Care must be taken to determine where lines are entering the property or living space and to block five types of negative energy which include:

1. *Negative Hartman lines*
2. *Negative Curry lines*
3. *Negative Geopathic Stress lines*
4. *Negative Personal energy lines*
5. *Interference lines*

Another aspect of negative grid lines is when a line crosses or comes in contact with an electric field. When this happens, the line can become increasingly more negative. This can be extremely detrimental if this occurs in a sleeping area or a place one sits for a long period of time like a favorite reading chair or at a desk in an office.

Not all energy lines are negative, positive energy lines also exist and these lines we do not want to impede. When these lines cross they are known as a positive vortex. Positive vortexes are a good place to renew ourselves but they are not great for sleeping. Some people who have had a lot of trouble sleeping discover that their bed is on a positive vortex. On the other hand, these can be used as a place for mediation and bringing oneself to a higher plane.

More and more studies are showing the effects of negative stress lines on our health. By eliminating these negative energy lines and vortexes in areas that are most frequented, you can reduce the amount of stress on your body. This will allow you to rejuvenate and heal faster. A professional dowser can help to remediate these conditions to help bring balance back to your home or workplace.



Frank DiCristina has spent thirty-five years in various electronic fields ranging from industrial, military, automotive, computers, audio recording and home theater. He began his more spiritual quest and became a believer in the unseen after being taught dowsing by the late master Slim Spurling. He has since furthered his training with Annette Rugolo of Total Harmony (Marie Diamond). He is currently studying and pursuing his certification in Building Biology with an emphasis on EMF detection and mitigation. Frank can be contacted by emailing him at [fdicristina@comcast.net](mailto:fdicristina@comcast.net).