

Poetry By Angel Femia / LoveCry

Open to love
It will rip wide our hearts

Eyes open for danger signs
But don't remove your heart
Find your strength
Pull out their pain
Then softly walk away
Until they reach out their hand to you.

Did You Ever Care?

Angel Femia
I thought I was in love
I believed it was with you
You told me that you were
Now I don't have a clue

The gleam in my eyes
Myself
The love in my heart
The power
To change what is changeable
And stabilize the rest
I open myself to the universe
This I respect.

Someday we will beg
For someone to care
But we have cared for no one

Someday we will learn
That all we hate
Is really our selves.
Turn Around!

The Edge Of The Road

Angel Femia
Today I will take some chances
With life and what it holds
I will risk some old and try for new
And make mistakes as I do
I wish to make some changes

One day you say you love me
The next you say you don't
What should in such confusion
Then you just say I won't

Who are you Any Way?

Angel Femia
You walk into my life
I am unaware of your games
You seduce and pretend
To be someone you are not
You say you're my friend
Promises are made
But never kept
Here have a gift
What conditions were attached?
You say you care
But do you listen when I speak?
Or you take the entire floor
Do you let me speak at all?
And if you herd me
Did you catch the part
Where I said you are hurting me
Do you even care how or why?
Who are you anyway?

Breakdown

Angel Femia
I am watching myself
As the atmosphere invites me in
Life slowly draining from my body
Moving is a chore
Walking is so painful, it's just not done
It's now draining my most inner thoughts
and dreams
And covers them over with darkness

Controlled love is what you give me
It's there when you are feeling good
But take away any of your toys
And in comes the negative flood

My aura looses it's brightness
My colors fade to grayness
Emotions dulling in deep analyzation
Senses are turning off
The draining is almost complete
STOP!
Now I will open eyes
Take a look at what is seducing me
One step further,
The energy is pulling me in
But if I dare enter
My very existence will change
Forever
If what I am to become is better than what I
am
I will go on
But if a glimmer of doubt is what I see
I will run out of this atmosphere before it's
too late.

As my life has gotten stale
Bring in the fresh and though out some used
Brighten up these times
Cause we all need to feel fresh
From time to time
So I sit on the edge of the road
Thinking of what to do
To change my life for the better
I write these words to you
Oh God please guide my steps
And help me to do what's best
Here I am at the edge of this road
Asking you to put me to the test

When I go to leave this
Confusing love affair
You grab my hand and hold me
The possession just fills the air

**Someday,
We Will Find The Truth!**

Angel Femia
Someday we will see
And feel the pain
We caused others with our selfishness

Reach Back
Open your mind and heart
Listen to the thoughts
Of the people who have touched your life
How deep is the damage
The pain they wont set free
Feel the center of their minds
Watch for hidden clues
They tell you how near or far
Screaming stay back in a harsh screech
Yet come close in a mild sweet key
Tread softly but don't turn away

As I make my Life's Changes
Blessings and Love
Angel
<http://spiritual-majic.com>
<http://lovecryheals.com>
<http://angels-wings.net>
<http://lovecry-2008.tripod.com/>
<http://lovecry.org>
<http://angell18.tripod.com/thejoymissionofgod/>
<http://lovecry2007.tripod.com/>
<http://angel-light.tripod.com/>
<http://majic-angel.com>

This leads me to wonder
If you ever cared
I can't stay in this confusion
It makes my heart so scared

Someday we will cry
Like the many
We stung with our greed

I thought I was in love with you
As you with me as well
But I see now that was wishes
I'll leave you to your hell.

Someday we will witness
Our resentful souls
Our eyes will open

Love

Angel Femia
To the light in my heart
I cheer
To the gleam in my eyes
I bow
To the love in my soul
I surrender
Why?
For the light in my heart
Is God

Someday we will be

Community Announcements By Angel Femia/LOVECRY

Mindfulness into the Shamanic Journey

September 26, 27, & 28 2008
Three Day Retreat in Nature
with: Theodore Tsaousidis
Assisted by: Brother Carlo
Location: Chatsworth, ON
2.5 hours from Toronto
Cost: \$185.00
For more info call: 647-439-1985
email: theodore@sittingatthegate.ca
This three-day retreat is about healing and restoring the harmonious balance between mind/body.
You will rediscover your body and reunite with nature.
You will journey to connect with your personal spirit guide(s)
You will participate in La Gug & Tse Gug (Soul Retrieval)
You will learn various styles of meditation including Sitting and Walking Meditations.
You will be invited to join in:
Group Sharing
Chanting/Prayer
Dancing & Ritual
About Your Retreat Leaders
Theodore Tsaousidis has been conscious of his spiritual journey from an early age. He was born in a rural community in Greece where his connection to nature and the spirit world is an integral part of who he is. He sees shamanism and meditation as a great alchemy for the healing of self and others. His personal practice for the past 30 years has been meditation under the guid-

ance of various teachers. His healing and shamanic sharing stem from the Tibetan vajrayana Buddhist traditions, his cultural roots, and personal experience.
Brother Carlo Gendron, OEF is a member of the Order of Ecumenical Franciscans. He worships with Lutherans and Quakers. He has been involved with the Buddhist Community and the Christian Meditation Community of Toronto. Brother Carlo's primary area of interest is the 'wisdom of the desert' traditions found throughout Christianity, including the Franciscan hermit tradition.
Co-Supported by:
Gitche M'Qua: Centre for Healing & Dying
www.gitchemqua.org
Snow Lion: Meditation Shop
www.snowlioncanada.com

Park Yoga Schedule
Namaste,
Thank you for allowing me to share my yoga practice with you this weekend. Below you will find the full class schedule for this summer.
SATURDAYS 10-11 AM - RIVERDALE PARK (off Broadview Ave, 1 blk north of Gerrard by the Dr. Sun Yat Sen statue)
SUNDAYS 9:30-10:30 AM - GREENWOOD PARK (north of Dundas, off Alton Ave by the roller-blading arena)
SUNDAYS 11-12 PM - WITHROW PARK (corner of Carlaw and Withrow, beneath the large trees at far southend of soc-

cer field)
WEDNESDAYS 7:30-8:30 PM - SUNSET YOGA in RIVERDALE PARK (same as above)
If it rains then we will meet:
SATURDAYS 10-11 AM - St. John's Presbyterian Church (across the street from Riverdale Pk. at 415 Broadview Ave.)
SUNDAYS 10:30-11:30 AM - 112 Jones Ave (south of Dundas)
WEDNESDAYS - 7:30-8:30 PM - St. John's Presbyterian Church
Also...CANDLE-LIGHT RESTORATIVE YOGA CLASSES are on Tuesday evenings, 7:30 - 9 PM at my home studio on 112 Jones Ave. Due to the limited space, RSVP is required to attend these classes and the fee is by donation.
If you are ever unclear as to where classes will be held for that day, you can get updated information by calling my telephone voice mail. I usually send out last minute emails when the weather does one of it's abrupt changes, so it's also a good idea to check the computer before heading for class. You can learn more about Park Yoga, the classes I teach and very unique yoga retreats to interesting locations abroad on my website: www.AtmaShaktiYoga.com
Your address has now been added to my group email list so you will receive regular schedule updates as well as other relevant information. If at any time you wish to be removed from this list, just let me know.

I look forward to seeing you under the trees again soon!
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Trixie Montanile 416-466-8152
www.AtmaShaktiYoga.com
Blessings and Love
Angel
Below is a link for a new LoveCry Site on the Web: Last week another child was killed by abusers. go to the link below and see a web site in her honor.
<http://angel-love8.tripod.com/>
<http://spiritual-majic.com>
<http://lovecryheals.com>
<http://angels-wings.net>
<http://lovecry-2008.tripod.com/>
<http://lovecry.org>
<http://angell18.tripod.com/thejoymissionofgod/>
<http://lovecry2007.tripod.com/>
<http://angel-light.tripod.com/>
<http://majic-angel.com>