

**A**round the same time I was coming out, I became fascinated with astrology. I wondered why, after thousands of years of human culture, was this "science" still around? What wisdom did it contain that had kept it from passing into the ether, like so many other superstitions? What truths, if any, could it tell me about myself?

During the coming-out process, one asks: "Who am I? What do I feel? Who do I love?" and seeks answers in many ways. "You have to take the energy of coming out," gay poet and author Paul Monette says, "and then you have to study." Let the burst of freedom from coming out propel you into the work of determining who you are, I think he means. Spend time inside yourself working out your inner life. Whatever the avenue—through psychotherapy, breath work, yoga, dream analysis, meditation, in reaction to illness—the point is to look inside

steady ebb and flow of inhale-exhale, inhale-exhale, I go on an inner quest to reconcile inner aspects and solve problems. Or I simply rest. I come out of the meditative state refreshed and renewed. At times, my imagination piques. At others, my spirit rests. Meditation is a time for me to rest more deeply than I often do in sleep. Even in sleep your brain is running around, unspooling from the day's activities. During meditation, your entire mind can relax, rest and rejuvenate. This process is transformational to your psyche, soul and spirit.

Until I read Mark Thompson's books, this is where I was on my spiritual journey.

His works have opened up a whole new realm for my imagination. Now I have characters, the gay archetypes, from whom I can draw strength when I recognize their traits inside myself. Continuity with millennia of my gay predecessors affirms who I am. This recognition is a form of acceptance to the universal unconsciousness of my gay forefathers. Finally, I'm a part of a team where I know what I'm doing, who I am.

The way I express myself, how I foster my interests and talents, are all right and good and, above all, need to be expressed. Society needs them, because the collective unconscious creates only what it needs.

When you can find the child inside yourself, and comfort him, when you can come to reconcile yourself to old memories, bad relationships, embodied emotions, you can come to accept yourself as you were then and as the man you are now.

With self-acceptance comes dramatic healing. And for the first time, often, you

can accept the love that someone else has for you. Why now? Because you know in your innermost being that you are worthy of love, because you have at least one person who already loves you: you.

As a person coming out, I was desperate to learn more about who I was. Now I realize my urge to learn was my soul trying to emerge, to resound on the inside with the truth of who I was. I had to work to discover that person.

Now I know that my next step is to do my small part to generate, engender, envision, practice, pray for, promote and expect peace. I can do my part to bridge the millennia between matriarchy, patriarchy and the coming balance of the two. I believe we must each accept and celebrate our roles as enlightened gay folk and uncover the archetypes and roles for our lesbian, queer and transgender brothers and sisters, so we can venture to the beyond. ☉

—GW

# My Spiritual Journey


THE COMING-OUT PROCESS  
HELPS GAY MEN LEARN  
MORE ABOUT WHO WE ARE

and begin to know your own inner terrain called soul.

After some astrological research, I learned that I'm a Cancer sun, Gemini rising, Taurus moon, born in the Year of the Ox. In layman's terms, I'm respectively: a passionate, emotional homebody who's intellectually curious (and quite a talker) and who loves to be loved through physical touch. I am hardworking and determined and can "carry the weight of the world on my shoulders"—like a plodding water buffalo through a rice field.

You may ask, didn't I already know these things about myself? Some of them, yes. And when the stars confirmed them, I perked up to listen to what else they might teach me. Do I think astrology is a predictor of life? Not necessarily. Do I think it points to one's essential nature? Yes, I do.

As a professional communicator, I need my private time. During my meditation, my chatty brain falls silent and rests. After just a few minutes of listening to the



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Easter Service  
Sunday, March 23, 2008  
10:00 a.m.

11:00 am Easter Egg Hunt

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