

WOMENS YOGA FOR DEPRESSION & ANXIETY

Starts Jan. 17, Wed - 10 weeks
6:30-9 • 2 1/2 hours • \$175

Shoshanah Thielle, L.M.T. #3461
Registration and/or Info
968-1572 or 684-3965

These intimate connections are never torn apart

Samantha Kaswell
Tarot Reading & Consciousness Counseling for Women
484-4731

The healing of the world is just the healing of your heart

Massage by Margaret Pratt
LMT #2144, B.S. (Educ)

- * Gentle, DEEP-TISSUE massage
- * 1st session - \$40/first hour
- * 20 years exp /gift certs.
- * Multi-Pure Water Filters
- * Gift Idea - Aqua Dome - \$90.55
- * plastic countertop/superior quality
- * change carbon filter yearly @ \$50

"Thorough, strong, intuitive, graceful, magical hands discover and dissolve knots with lasting effects."

485-4221

Northwest Academy of Arms
Medieval European Swordsmanship & Martial Arts • Classes & Lessons

Longsword • Polearms
Sword & Shield • Hand-to-Hand

Sean Hayes, Maestro d'armi
www.northwestacademyofarms.com
contact@northwestacademyofarms.com
242-3796

Crack Your Code!
Break Through Old Barriers and Habits!
See Results Now! Have More Success!
Coaching, Changework, Seminars...

Call 484-5599 for Your FREE 30 Minute Consultation

www.WorldTreeTraining.com

CREST MASSAGE CENTER
Valentine's Special
February 9th-17th

Couples come in together for outdoor hot tub and massage in Family Room Only \$115 for both with Lucia, Ann, Uli, Gabriel and Katherine

Gift Certificates Available

Serving Eugene for 20 years.
Call today for your appointment

683-5018
420 Crest Dr.

RAVEN MASSAGE
Deep - Flowing - Thorough - Healing
GIFT CERTIFICATES AVAILABLE

Quantum Massage - All things are connected
Hot Oil • Aromatherapy
\$40/hr for first session

PETER LeSUEUR 461-8052 • MINUTES FROM DOWNTOWN

ew Classifieds

TO PLACE A CLASSIFIED AD CALL 484.0519

DHARMA MASSAGE Center. 343-2745, M-F. morning discount, 1-1/2 hours, \$50, 34th and University, Ms. Nishan VanAtta, #3430.

THAI MASSAGE beneficial for balancing energy, relaxation of deep muscles, and passive yoga stretches. Insurance accepted. Harmony Massage (541)232-6298. LMT#8193.

Alternative Medicine

MEDICAL MARIJUANA Clinic in Eugene. Marijuana is legal for the treatment of chronic pain, and other conditions. Find out if you qualify to attend the clinic and receive a medical marijuana card. Space is limited. Call now 541-890-0100 or 503-224-3051. www.voterpower.org

Counseling

I SPECIALIZE in grief and age-related issues. All ages. 10 years experience. Maureen Fitzgerald, M.S. 686-6500.

Fitness

LEARN TO sustain the flight of a small disk. Fun, relaxing, improves coordination, reduces reaction time. Call to schedule a free, 3 minute demo of something you should be able to do, but are currently incapable of. The Disc Revealed, 341-3715.

Wellness

RELEASE FEAR, limiting decisions, get rid of anxiety. Design your future. Free intros. Get ready for the new year. Call 484-5599 or www.WorldTreeTraining.com

PENIS ENLARGEMENT. FDA approved medical vacuum pumps, Viagra, testosterone, Cialis. Gain 1"-3" permanently. Free Brochures. 619-294-7777. www.drjoelkapan.com (AAN CAN)

Massage

TREAT LOVED ONES "Hearty Hands" massage. Great gift. 20% off thru Feb. 343-2022. Cindy Chamber, LMT since 1981, #1276.

Yoga

FREE YOGA and meditation classes. Relax body, mind, spirit. Thursdays, 7-8:30pm. 1st United Methodist, 1376 Olive. 686-0506.

Housing

Real Estate

A SOCIALLY responsible Realtor. Kathy Ging, M.A., G.R.I., 21 years of ethical practice, networks local self-reliance! Pilot Realty, LLC. 1293 Lincoln St.; 729-1444, 1-800-944-0130; kathy@kathyging.com.

BANK FORECLOSURES! Homes from \$10,000! 1-3 bedroom available! HUD, Reposs, REO's, etc. These homes must sell! For listing call 1-800-425-1620, ext. H107. (AAN CAN)

ERIC SPRADO REALTY. Caring for those who care about the land. Rural, residential, investment. 342-7566. www.spradorealty.com

FRIENDS AND NEIGHBORS REALTY. Call us for a knowledgeable, low-key, no pressure discussion of your real estate options. 743-0760. Countywide listings at www.friendsandneighborsrealtynet

GWEN GAYLIN, associate broker at Eric Sprado Realty. Protecting your interests in real estate. Residential, investment, relocation. 541-510-4438.

LANDLORDS. Tired of tenant destruction and late rent excuses? Visit our website at www.section8bible.com Book includes eviction information, investor lending and exact banks we used. (AAN CAN)

URBAN SANCTUARY. Private, sunny, well-loved home wraps around landscaped inner courtyard. This architect-designed home has 3 large bedrooms, 2 baths, updated kitchen, gas heat and appliances, two fireplaces, built-in storage, new roof, and large sun porch. Master bedroom with design room opens to the courtyard. Quiet neighborhood only minutes from downtown. 1,904 sq. ft. \$325,000. Call Gail Newton at Unique Properties, 484-9381.

Commercial Rentals

CHARMING PROFESSIONAL office space for LMT or counseling practice. Available for exclusive use on Thur., Fri., Sat., Sun. Lrg. space, vaulted ceilings, private deck, prime location. \$250/mo. 342-1540.

CLASSROOM SPACE Available. The Spirit Moves currently has space on weekends for workshops, classes, or concerts. The Spirit Moves is dedicated to creating affordable community space related to the healing arts. For rental information, please contact christine@thespiritmoves.net.

Homes for Rent

2 PLUS BDRM, 2 ba, 8 blocks south of UO, east 25th and Chula Vista, weatherized, fireplace, W/D, fruit trees, clean, quiet, \$915/mo, 954-2272.

BEAUTIFUL COUNTRY Loft. 1-bdrm home. Marcola area. Shared access to river and woods. W/D, wood stove. \$650/mo. First, last + dep. Avail. Feb. 1st. ND, cats ok. 933-2568.

MARCOLA. 2-BDRM, 1-ba on secluded farm. 900 sq ft, heat pump, recently remodeled, free sat. TV, 20 X 30' carport. \$850/mo +. 541-933-1234.

CUTE SMALL COTTAGE on beautiful acreage 15 miles NW of Eugene! Separate studio, various outbuildings, river, garden, wood stove, more! \$850/mo +. Pets ok, horse? 998-2604.

Rooms for Rent

HOUSE TO SHARE. Dog heaven secluded SE large private yard, responsible, mature. Own bathroom, share electric. \$350/week. 541-343-2715.

Shared Housing

FUN RESPONSIBLE person to share clean, smoke free home. Satellite TV, high speed internet, W/D. \$350/mo. Incl. utilities. 515-2445.

FANTASTIC COUNTRY view, 20 min W of Eugene, own ba. Seeking liberal, active, positive, creative housemate on 43 acres overlooking lake. \$375/mo + elec. 606-6299.

ROOMATE SHARE 2-bdrm 1-ba apartment near Gateway, with quiet 42 year-old male, laundry, pool, fit rm, NS, ND, \$298/mo + 1/2 utils. 744-5469.

COMPLETELY FURNISHED room for rent. Male or female wanted to share large duplex. Computer, cable and phone. Large yard, fireplace. \$400/mo + \$100 dep. Dog ok, smoker ok. Rick, 505-8061. Near 49th and Main St, Springfield.

free will astrology BY ROB BREZSNY

ARIES (March 21-April 19): I have one little whisper of warning and one big blast of encouragement for you. First, the warning: Don't be like the ancient Roman emperor Caligula, who declared war on Neptune, god of the sea, and commanded his troops to hurl their spears into the water. Now here's the encouragement: If you heed my warning, the coming weeks will be an excellent time to go to war, metaphorically speaking. There's a 95 percent chance that your cause will be just, a 90 percent chance that you'll be able to enlist a solid fighting force, and an 85 percent chance that you'll acquit yourself with resourceful courage.

TAURUS (April 20-May 20): In his book *Perfect Love, Imperfect Relationships*, psychotherapist John Welwood writes, "Psychological work focuses more on what has gone wrong: how we have been wounded in our relations with others and how to go about addressing that. Spiritual work focuses more on what is intrinsically right: how we have infinite resources at the core of our nature that we can cultivate in order to live more expansively. If psychological work thins the clouds, spiritual work invokes the sun." In my opinion, Taurus, both approaches are useful, depending on the season of your life. For the foreseeable future, though, spiritual work should be your emphasis.

GEMINI (May 21-June 20): It's a scary responsibility to give people astrological advice. What if I suggested that you call in sick (even though you're not sick) so you could wander off into the Great Unknown in quest of close encounters with mind-blowing teachings? And what if in the course of following my suggestion you learned so many lessons about how to permanently expand your frontiers that you then decided to burn down a bridge to nowhere and give away most of your emotional baggage and live in greater devotion to your soul's radically simple needs? Could I then get sued by someone in your life who really doesn't want you to escape your traps?

CANCER (June 21-July 22): You're being compelled to get reacquainted with forbidden dreams and buried secrets and hidden truths. Be honest: It's not so bad; it's probably even a bit thrilling. Though it may generate some pungent and poignant dramas, you've got to admit that the dramas are pretty entertaining. And besides, if you can find a way to feel amused as you cooperate with these forbidden dreams and buried secrets and hidden truths, they will ultimately dissolve obstacles that have been postponing your future.

LEO (July 23-Aug. 22): In her book *Traveling Mercies*, Ann Lamott says the two best kinds of prayer are "Help me, help me" and "Thank you, thank you, thank you." The former was appropriate for you to unleash a few weeks ago, Leo, but these days the latter makes more sense. I know some of you may think that's a waste of time. Of what practical value is it to express gratitude for what you've already been given?

Here's why: Expressing exuberant thanks tends to attract into your life even more reasons to be thankful; it turns you into a magnet for blessings.

VIRGO (Aug. 23-Sept. 22): When Martin Luther King Jr. was 12 years old, he was so depressed he tried to commit suicide. I'm glad he didn't succeed. He grew up to be one of my heroes: a peaceful warrior who fought for justice with militant love. Studying his life, I learned that it's possible for a man to have both a well-honed intellect and a fierce spiritual faith. He showed me that uplifting passion, lyrical language, and inventive imagination are essential elements of political activism. He proved you can be devoted to divine mysteries without turning into a fundamentalist fanatic who hates non-believers. In accordance with the astrological omens, Virgo, I urge you to draw inspiration from a hero who means as much to you as King does to me. For extra credit, find out how this indomitable soul managed to triumph over his or her life's low points.

LIBRA (Sept. 23-Oct. 22): "The disease of niceness cripples more lives than alcoholism," said writer Raymond Chandler. That's an exaggeration, in my opinion, but I think his point is important - especially for you Libras right now. As much as I love your ability to cultivate harmony, seek out beauty, and find the common ground between people, I encourage you to let the sweet and polite sides of your nature recede into the background for a while. Emphasize feistiness and grit. Tap into the fiery, primal aspect of your nature that drove you out of your mother's womb and into this world in the hour when you were born. Be inspired by the creator gods and goddesses of ancient myth, who playfully forged millions of beautiful things using wind, mud, tears, and lightning.

SCORPIO (Oct. 23-Nov. 21): Some people think of me as a pure Californian, marinated in Left Coast politics and raised on New Age memes. But the truth is I spent the first 12 years of my life in the Midwestern heartland, the next six years on the East Coast, then nine years in the South. I'm as mongrel a breed of American as it's possible to be. Though I may bloom with Californian-style eccentricities, my roots are deep in down-to-earth cultural memes. Now I'd like you to do for yourself what I just did, Scorpio, only more so. Remember in detail your origins. Take inventory of the places that have helped make you who you are. Note wryly the differences between what people imagine you to be and what you know you are.

SAGITTARIUS (Nov. 22-Dec. 21): Even though it's illegal, marijuana is now America's biggest cash crop, generating more revenue than corn and soybeans. Official government sources won't acknowledge this fact, of course, and the major media would prefer to ignore it. Let's use this situation as a metaphor for your personal life, Sagittarius. Meditate

on the following three questions. (1) Is there a valuable asset that you neglect to account for when you take inventory of your total resources? (2) Is there a Big Important Thing that you don't fully acknowledge? (3) Do you play down the power of a transformational agent that's taboo or not fully accepted?

CAPRICORN (Dec. 22-Jan. 19): "The greatest thing a human soul ever does in this world is to see something," wrote art critic John Ruskin. "To see clearly is poetry, prophecy, and religion, all in one." Your assignment in the coming week, Capricorn, is to make Ruskin's idea your method. In other words, lay aside everything you think you know, suspend your reflex to impose your beliefs on every situation you encounter, and behold the world exactly as it is. If you do it right, you'll experience pleasure beyond measure. More than that, you'll change everything you see into a more beautiful version of itself.

AQUARIUS (Jan. 20-Feb. 18): Seven centuries ago, there were Christian religious fanatics in Europe who demanded that all women must cover their ears. Why? Because the Virgin Mary had been inseminated through that part of her body by the Holy Spirit. The fanatics feared that other women might be susceptible to the influx of invisible ear-penetrating entities that weren't so benevolent. And how does this relate to you? While I'm not worried that you'll be literally invaded, I do think you should be careful about what words and sounds you let slip into your ears. There's a good chance you'll be metaphorically impregnated by potent messages that arrive via that route. Make sure they're positive messages that will make you thrive.

PISCES (Feb. 19-March 20): Patches of yellow forsythias and blue gentian flowers have sprouted high in the Austrian Alps this winter, appearing where snow usually dominates the landscape. I predict that you're about to experience a metaphorically similar phenomenon, Pisces. There'll be an unprecedented blossoming in a situation that has previously been unable to support growth. I wouldn't be surprised if some of your frozen assets began to thaw as well.

HOMEWORK: How could you change yourself in order to get more of the love you want? Testify by going to RealAstrology.com and clicking on "Email Rob."

Go to **RealAstrology.com** to check out Rob Brezsnys' **EXPANDED WEEKLY AUDIO HOROSCOPES** and **DAILY TEXT MESSAGE HOROSCOPES.**

The audio horoscopes are also available by phone at 1-877-873-4888 or 1-900-950-7700.