

May 6, 2003

Today was a mixture of emotions, but it started off and ended on a positive note. I awoke when the phone rang around 11:30 a.m. Joann called and wanted to know what my plans for the day were. I hadn't made any, which was not unusual for me, so I told her I would love to spend the day with her. No matter if it's at work or driving down the street, time spent with Joann is time well spent. Initially we knew that we wanted to go to a few of the "New Age" shops in the area. Since neither of us had been to the Edgar Cayce center, we knew that it would be one of our stops, even though my best friend Alison had already told me that she hadn't been impressed when she went.

First, though, we stopped by a New Age shop not far from where Jo lives. Immediately after walking inside, I told her that the Heritage bookstore would be much more beneficial for our quest than this one-room store. So we decided to go next door to Famous Uncle Al's for a quick bite to eat. I had a grilled cheese and she had a burger and onion rings. We talked briefly about some of the recent things going on at P.F. Chang's, and vented some of our frustrations, but for the most part, the conversation was light. After we had finished eating, we were off again on our New Age exploration trip headed to the renowned Edgar Cayce Association for Research Enlightenment.

Despite Alison's less-than-glowing recommendation, we went with hopes of being enlightened, at least I did. I took my Past Life Report in hopes that someone there would be able to give me insight into how I could go about furthering my spiritual growth. It didn't take long for me to assess the energy as "strange" at best. I wasn't alone in my awareness, because Jo said she felt the same way. I suppose I had envisioned there would be spiritual gurus standing around ready to assist others in their quest for truths. What we found, however, was a lot of elderly ladies working the desks, and who were not very helpful in the information they did provide.

But Jo and I needed no help to show us around the library section on the second floor. Of course, I went down the Astrology aisle looking at the various books, many on subjects I know nothing about. We looked at books on palmistry and facial characteristics, but the dust on the books began to really take a toll on my already troubled sinuses, so we decided to explore the third floor meditation room, which was much like a church overlooking the Atlantic Ocean. We sat in the room for a few minutes then left to go to the Heritage Bookstore where I see my psychic, Joyce. Joann wanted to get a massage, so she went upstairs to schedule an appointment. While she was upstairs getting her kinks worked out, I was reading through various books that looked interesting.

Now that I've discovered my passion for New Age everything, I could literally spend a complete day looking at books on everything from Astrology to Feng Shui and not even realize where the time had gone. But seeing as how this "taboo" information had helped me to better understand who I am and how to understand others, too, it only makes sense that I would want to further my knowledge. Being a Virgo, we thirst for knowledge anyway, especially when the subject of interest makes practical sense. Amazingly, out of

the many books that I was interested in, the only two that I bought (other than this journal) were, conveniently, on how to become a better writer.