



Crescent Moon

Crescent Moon is the newsletter for Namasté Yoga Center in Springfield, Illinois. Your comments and ideas are welcome!

SPRING

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NAMASTÉ YOGA CENTER - since 1991

~ Our Vision ~

To develop & support a community of people dedicated/committed/aspiring to Yoga as a means of realizing peace.

~ Our Mission ~

To advocate health, equilibrium and Self-awareness through Yoga.

FROM THE DIRECTOR'S CUSHION



It was my good fortune to attend a five-day teacher training earlier this month. The focus was Yoga Marma which is the art of adjusting students in asana. I was able to practice many techniques that will benefit students at Namasté. But I think the most profound part of the training was being able to be present for five days – the pranayama and meditation were so powerful. A wise adage states that a teacher can only teach what she knows. So, it is with deep gratitude that I will be sharing my experiences.

Although I gained many insights and deepened my understanding of Yoga, the most important idea that I bring to you is one that we all hear again and again. I cannot encourage you strongly enough to develop or continue a regular meditation practice. Eknath Easwaran, whose "Thoughts for the Day" can be found on our bulletin board, describes meditation much more eloquently than I when he says:

When in deep meditation the turbulent factory of the mind closes down for just a few minutes, we find a soothing stillness which heals the body, mind, intellect, and spirit. In this stillness we feel the enormous draw of the ocean of pure love deep within, pulling us into a union that is complete peace, complete joy, and complete fulfillment. Then it is we realize that boundless joy has been right there within us all the time, joy that cannot be limited by separateness and does not depend on any circumstances outside, but is an abiding legacy that never leaves us. -- Nancy

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SAVING TURKEYS

Our environmentally conscious teens have raised money to save turkeys from slaughter! Farm Sanctuary, the nation's leading farm animal protection organization, had a campaign last fall to rescue turkeys. Tiffany Tate initiated the drive to participate in the Adopt-a-Turkey Project and saved 3 lovely birds: Gideon, Blossom, and Hildy! What great Yoga lessons in ahimsa, aparigraha, and compassion.

There is an Arab proverb that each word we utter should have to pass through three gates before we say it. At the first gate, the gatekeeper asks, "Is this true?" At the second gate, he asks, "Is it necessary?" And at the third gate, "Is it kind?" If we applied this proverb strictly, most of us would have very little to say.

Eknath Easwaran, *The Mantram Handbook* (Nilgiri Press, 4th ed. 2004), p. 66

DO YOU KNOW *THE SECRET*?

by Julie Roland

Imagine if you could sign a contract with the Universe. Then imagine that the contract promised you everything you want in your life--in unlimited abundance. What would you ask from the Universe?

Go to that place in your mind--you know the place, the place where all your dreams are. The place where somebody or something might have told you that you cannot go--and know that there is no limit to having what you want--no matter your age.

You already have that contract. We all do. Everything in the Universe does. (Luckily for us, we have a very nice Universe.) It says, "Your wish is my command." Each individual creates their own reality and circumstances with feelings and actions. Our actions have consequences. This is a law of the Universe. The law of attraction, to be more specific.

When you feel good, the Universe will give you more of those good feelings. If you feel bad...well, you get the picture. It works both ways--positively and negatively--doing exactly what you ask.

And here we are--in this magnificent Universe, making everything grow in abundance everyday, including us.

Have you ever thought of the scientific laws of the Universe and how they affect everything within its scope including yourself? Have you thought about the energetic power shining within you...Divine Light? If this sounds a little crazy, it may not be for you. But if it sounds exciting, awakening and like you want to know more, I suggest that you watch a movie called *The Secret*. *The Secret* is a DVD (and a book) by Rhonda Byrne that illustrates and guides you through the law of attraction and how it affects everything inside our Universe. It says that you can live a life of unlimited abundance in all areas of your life--spiritually, mentally, physically, financially, and intellectually--as long as you practice what *The Secret* teaches. A friend of mine said, "It's why prayer works" and it's why miracles happen.

As I watched *The Secret*, listening to stories and beliefs of teachers from the present and throughout history, I learned a new language to speak with myself and with the Universe (for me, God created the Universe). I am retraining my language and vocabulary, especially the language to myself, taking out negative words and changing them to be in accordance to what I am now asking of the Universe.

I realized that in order to see real change in my life, I need to become submersed in this law by watching the movie many, many times, reading materials such as *Think and Grow Rich* by

Napoleon Hill, *The Science of Getting Rich* by Wallace D. Wattles and *Money Magnetism* by J. Donald Walters. I need continued self-study with myself and with others. I need to be persistent and committed if I want to feel more joy, more love, more abundance.

Everything happens according to the laws of the Universe, so why not be the one to create your own circumstances? The law of attraction is at work in our thoughts and "thoughts become things" says Mike Dooley, teacher in *The Secret*, whether you decide to become involved beyond that or not.

You may have watched or been informed of the Oprah show about *The Secret* in February. Oprah is a shining example of someone who lives a life of abundance in both receiving and giving. "What you focus on expands" (both good and bad) is how Oprah put it several times in reference to what we need to understand about "*The Secret*."

I watched the movie two weeks before the Oprah show, and I was immediately drawn to it. The very next day I was different. My life was different. I was choosing something new, something that made me feel good. I decided that day that I was going to live each day differently than I ever had thought of before. I was changed and my life has changed. My Light became brighter. I questioned the energy and intentions I'm sending into this world--and into my home. I am more aware of my thoughts, feelings, actions, and words.

The Secret empowered me to learn not only a new language with myself, but introduced me to another source of meditation and visualization. And it reminded me to be grateful for the abundance that is already in my life! "Nothing new can come into your life unless you are truly grateful for what you already have," said Michael Beckwith, also a teacher in *The Secret*. True feelings are felt deep from within. They are not just words saying that you feel a certain way--you really FEEL it.

I have also learned that you may want to be careful with whom you share this exciting news. They may think you are from a strange and distant planet, here to save the world (which I am). "Ninety percent of the population wish positive but think negative," said Bob Proctor, teacher in *The Secret*. Most people don't even realize that they are being negative.

So, what do you really want? What DO you ASK of the Universe?

Be kind whenever possible - - it is always possible.

- - Dalai Lama

YOGA PHILOSOPHY: KARMA, ABRAHAM LINCOLN AND YOU

by Mary Addison-Lamb, founding director of Namasté



Last *Crescent Moon* I discussed a definition of karma that refers to action. But karma is not a synonym for action. Sanskrit words, like many words in English, are collections of concepts. Democracy, for example, can not be defined with one word. Democracy is a concept. Karma is a concept that refers to acting, not from one's ego self, but from one's higher self.

Just before I began to write this column, a colleague of mine at the University commented on two decisions I had made that afternoon, one made one student happy the other made another student unhappy. He said, "You balanced out your karma!" But my karma has nothing to do with the students. My karma has to do with whether I work from my Higher Self or out of my ego, my little self. My karma has to do with whether I am acting closer to God or further away from God. The way the students perceive my decisions has nothing to do with me. It has to do with their relationship with God.

Our little ego cannot make impartial decisions. All of our background, our personal experience, our culture, our socialization cannot be dismissed and we cannot decide for other people what is best. We in Lincoln's land are well aware of the controversy surrounding Lincoln's decision to sign the

Emancipation Proclamation. There are plenty of references to Lincoln not wanting to outlaw slavery. There are references to the political climate and how Lincoln was just trying to damage the Confederate economy. There were certainly many people arguing that he should not sign with some people arguing that he should sign. But what if, just maybe, he didn't pay attention to any of that, and just allowed the Divine Self to decide? In that moment, he may have allowed himself to do a karmic act, to act from his Divine Self.

We do not have to make such world shaking decisions to become closer to our Divine Self. We just have to act not to cater to our little self, but from our True Self as St. Francis of Assisi prays:

Oh, Lord.

Make me an instrument of *your* peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light; and

Where there is sadness, joy.

Oh, Divine,

Let me not so much seek

to be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal light.

GOOD READING...

by Tina Biderman

The Mantram Handbook by Eknath Easwaran. A mantram, Easwaran says, is a "powerful spiritual formula, which, when repeated silently in the mind, has the capacity to transform consciousness." If you've ever read Easwaran, you know he has a wonderful style of writing: it's clear, easy to understand, and right to the point. He writes with love. When you read his words, you feel like he's right there, talking to you, guiding you through life. *The Mantram Handbook* is a great guide to help you cope with everyday disruptions. Easwaran demonstrates how we can deal with stress, depression, anger, fear, and whatever else may bubble up from our inner egos, through the daily repetition of a mantram. He guides us in our quest to find our personal mantram and even provides a number of great mantrams we might want to consider using. I recommend this book to everyone. Keep in mind, one of the great things about choosing to use a daily mantram as a spiritual help is that the mantram is always there, is free, has no side effects, and is available to everyone.

Meditation: A Simple Eight-Point Program for Translating Spiritual Ideals in Daily Life by Eknath Easwaran. In *Meditation*, Easwaran sets forth his principle of passage meditation: you are what you think.

He encourages us to focus intensely on an inspirational passage of our own choosing. By meditating on words that reflect our highest ideals, we drive these words deep into our consciousness where they root and create changes in our lives. Easwaran also presents his eight-point program to aid us in improving our lives: 1. Meditation; 2. The Mantram; 3. Slowing Down; 4. One-Pointed Attention; 5. Training the Senses; 6. Putting Others First; 7. Spiritual Companionship; and 8. Reading the Mystics. If you like *The Mantram Handbook*, you'll like this one, too. Both are packed with practical examples taken from Easwaran's own observation of life and personal experiences. In fact, some of the stories and passages, some gently humorous, are repeated in both books. And that just helps you remember them more!

VACATIONASANA: Cancun

Robin and Hernando Albarracin enjoyed their honeymoon in Cancun. Lying on the beach and doing nothing was their favorite thing to do. Except, of course, when they practiced their yoga asanas. And what better place is there to practice yoga than on the sunny beaches of Riviera Maya, Mexico. Here, Robin is in Vrksasana (tree pose); Hernando is in Natarajasana (dancer pose).



TEMPLE IN THE ROUGH

by Tina Biderman

I don't have a photo of me practicing yoga in some exotic country, but I did photograph a beautiful shrine located in a most unexpected setting. I happened across the shrine while taking an early morning walk on a recent trip. It was drizzling and I was trucking pretty fast trying to keep dry when I happened to look up and there it was--just glimmering and shining in the rain. It was beautiful. It was a four-faced Brahma shrine. It stood far above me. According to a brass plaque, the shrine was installed February 1984, donated by generous sponsorship of certain individuals. Another brass plaque read, "The Brahma Shrine is renowned throughout the Far East, to people of all faiths, as a place of prayer which in turn bestows prosperity and good fortune on those who come to visit and make their hopes and wishes known. The casting ceremonies for the four-faced, eight-handed statue of the Brahma were held in Bangkok, Thailand on November 25, 1983 and many important religious authorities and international dignitaries participated." It was apparent that the shrine has not been ignored. There were four sets of kneelers at the base of the shrine: one on each side. There were bouquets of fresh flowers and other bits of offerings at its feet. Burnt sticks of incense lay in the sand boxes that sat on each side of the shrine. I was totally taken aback by the discovery of this peaceful little retreat, away from the hustle and bustle around me. I did a little meditation and was ready to face the day.

Later, I brought my husband to show him my treasured Find. As I pointed out different interesting parts of the shrine, a young woman came by with a big bouquet of fresh flowers. She laid them on the shrine. She then took out some incense and lit it and knelt down for prayer or meditation. It was amazing to see this display of devotion, considering where we were. As lovely as the shrine was in itself, what made it unusual to me was its location. It sits in the gardens of Caesar's Palace, on the world-famous street called The Strip, in Las Vegas, Nevada.



ROBIN MCCAIN AND HERNANDO ALBARRACIN TIE THE KNOT

by *Hernando and Robin Albarracin*

On October 29, 2006, a gorgeous fall day, we were married at our home by Joyce Surbeck Harris. The Native American ceremony took place in our backyard (earth, air) among family and a couple of friends. We had talked about getting married for a few years--where, when, and how--but kept putting it off for one reason or another. One location that was discussed was our backyard, so we basically went full circle and did what our hearts desired.



The ceremony is called the Rite of the Seven Steps, an ancient Cherokee wedding ceremony. Both the bride and the groom take seven steps sun-wise (clockwise) around the sacred fire (fire). For each step taken a vow is said by each. Both of us said a vow for prosperity, strength, wealth, happiness, blossoming creativity, health, and everlasting friendship.

The ceremony started with the cleansing of the hands (water), followed by the seven steps around the ceremonial fire, placement of the rings, and drinking ceremonial tea from a double spout pottery jar or "wedding vase." Afterward, cedar was placed on the fire by all participants as an offering of longevity and prosperity. We also added the "giving of wedding bracelets." As a remembrance gift, each of our four children received a bracelet with his/her name and wedding date engraved on it.

The next weekend, we headed off to Riviera Maya, Mexico, for a week of "doing nothing" in the sun and sand. Interesting to note that we booked the honeymoon first (before planning the wedding) with the idea that this is the deadline, we've been talking about it for years, and yet years go by and something always comes up. Unfortunately, we missed Namasté's 15th anniversary dinner on November 5.

We spent our honeymoon at an all inclusive resort, which is about an hour's drive south of Cancun. A friend (and travel agent) recommended this resort to us, and we were very pleased to have chosen it. From the ocean view room we could see the beach, the hotel pool and restaurants, and more. The view was simply gorgeous. The service was excellent; the food was plentiful and great tasting; and the atmosphere was laid back and relaxed. Lying on the beach and doing nothing was our favorite thing to do. We went kayaking one day and snorkeling on another. We also did a

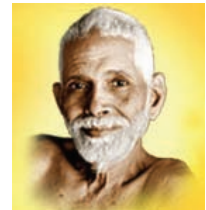
little shopping at the marina shops nearby. If we had not gotten ill, we would have gone to see the Mayan ruins in Chichen Itza, but maybe another time.

Looking back, the wedding was a very special day for us, and it was as perfect as we could have wanted it to be. Interesting how things work out when one allows himself to follow the journey.

There is no difference between the dream and the waking states except that the dream is short and the waking long. Both are the result of the mind. Our real state, called turiya, is beyond the waking, dream and sleep states.

-- Bhagavan Sri Ramana Maharshi

Sri Ramana Maharshi (1879-1950), an Indian sage, advocated Self-Enquiry to attain spiritual realization. Named Venkataraman at birth, Sri Ramana Maharshi had a life-changing experience at the age of 16. Although in fine health, Venkataraman unexpectedly had the feeling that he was going to die. Not scared at all by the feeling, he calmly thought about what death means. It was then he realized Self-Awareness and discovered that even though the body dies, the Spirit cannot be touched by death. It was this realization that changed Venkataraman from a young boy to a sage and saint. He became indifferent to his surroundings. He preferred to sit alone, all-absorbed in concentration on the Self. Eventually, he traveled to the town of Tiruvannamalai and lived there for the rest of his life.



Sri Ramana was distinguished for silence and sparse use of speech. He led a modest life in Tiruvannamalai and depended on visitors and devotees for the barest necessities. His disciples established an Ashram (Sri Ramanashramam) in Tiruvannamalai to propagate his message; the Ashram now has several branches throughout India and throughout the world.

For more information on the life of Bhagavan Sri Ramana Maharshi and to experience more of his inspirational thoughts, check out the following website: <http://www.sriramanamaharshi.org/>.

BACK TO THE WOMB

by John Record

Not long ago a co-worker asked me about Richard Miller's retreat in Springfield last year. Since the questioner does not practice yoga, I had to find a way to describe the experience that might make sense to her. I said, "I believe it was the adult equivalent of being in your mother's womb." I meant that it was an environment where every essential human need was met. Not only were our physical needs met through the provision of food and shelter but, most importantly, our souls were nourished by Richard's wisdom and guidance and by the energy brought by each member of the retreat community. I think this analogy offers some truth because my return to the "real" world at the retreat's conclusion was painful. At least for a few days.

The January 2006 silent retreat in Springfield, which was arranged through Namasté Yoga Center, was my first. It was held at Villa Maria on Lake Springfield and lasted five days. For those of you who have been on retreat, I suspect you share my challenge in trying to find words to describe the experience. Grab your thesaurus and look up transforming, wondrous, beautiful, loving, gracious, and any other similar adjective and you'll get a hint. But as we learn with all the practices of yoga, you have to experience it for yourself.

When I found out that Richard was coming to Chicago in March, I knew I wanted (needed?) another experience. This retreat only lasted a weekend, wasn't silent and afforded limited on-site housing. This all contributed to a different atmosphere than my first retreat. But Richard was there. And Bob (yes, he sang for us) and Becky from Springfield and Ken and Kathleen from Columbia, Missouri, all of whom had been at the January 2006 retreat. Then there were the new friends I would meet.

I passed Jeff and Deb as I was checking into my motel before heading to the first session. I didn't know them but they had that "yoga" look. I learned they live in Bloomington in a three story building with their living quarters on the third floor, Deb's yoga studio on the second floor, and Jeff's massage therapy business on the first floor. They invited me to come up for a visit and a meal. I will.

Tuuli set her mat next to mine. I told her I loved the sound of her name. She said it was Finnish but she isn't. So she said, "I'm faux Finnish." Tuuli is a sales rep for a vitamin distributor in Chicago whose clients include Whole Foods. She described her work life as having increasing pressure to make more calls and thus spend more time driving in Chicagoland. No wonder she was at the retreat.

Marcia was on the mat in front of me. She, too, is from the Chicago area and practices yoga at three different studios in the western suburbs. It became evident quickly by watching

her graceful movements that she has been practicing for a number of years. We also discovered a mutual love for Arizona. She graduated from the University of Arizona and I graduated from Arizona State University. A Wildcat and a Sun Devil. Did that make us rivals or, since we were at a yoga retreat after all, merely fellow passengers on this magical mystery tour?

The retreat was built around the practice of Yoga Nidra Integrative Restoration or iRest for short. If you haven't included yoga nidra in your practice, I strongly encourage you to do so. As Richard describes the practice, "in its ultimate form, (it) reveals the sacred mysteries of life and our inherent true nature as non-dual awareness." I'll leave it to more experienced practitioners to describe yoga nidra more fully. I will simply say it is powerful and profound. In addition to the three opportunities to experience its joys and mysteries during the retreat, we also engaged in chanting, seated meditation, gazing, and body sensing. And through it all was Richard's soothing and gentle voice as our guide and teacher. The next time Richard is in the area, come join us and add your voice.



NAMASTÉ TO HOST FALL RETREAT!

SEPTEMBER 27-30 - Namasté Yoga Center will be hosting a retreat at Villa Maria. This will be another silent retreat similar to the one we had in January 2006. Although Richard Miller will not be attending, his philosophy and teachings will provide guidance for us. Mary will lead us in body sensing Hatha Yoga, breath awareness Pranayama, Yoga Nidra, meditation, self-inquiry dyads, and dialog. Join us as we taste the living freedom that is unconditioned presence and practice integrating the teachings of meditation and non-dual wisdom into our daily lives. More information to follow!

FIRST RETREAT FOR NEW MOMS

Namasté is excited to offer a half-day retreat for new moms focusing on strengthening the whole body with attention to common postpartum discomforts, neck and shoulders, low back, and pelvis. We will practice asana, restorative poses, and deep relaxation (Yoga Nidra). Spread the word to any new moms you know! For more information call 698-8977 or email nancy@namasteyoga.com!

SANSKRIT ANYONE?

We are considering the possibility of offering a class on the language of Sanskrit. We would learn to interpret, pronounce, and write the words we use in our daily yoga practice. If you are interested in such a class, please call the office at 698-8177 and let us know!

CELEBRATING FIFTEEN YEARS



On Sunday, November 5, Friends of Namasté celebrated the fifteen-year anniversary of Namasté Yoga Center with a vegetarian buffet provided by India Bhajan restaurant and graciously hosted by Julie Staley. The evening began with appetizers of vegetable pokora, a selection of wines and plenty of good conversation. The buffet included delicious dishes like dal soup, vegetable curry, and was topped off with pulau for dessert. Mary and Nancy talked about Namasté, how it has grown, and what the goals are for the future. Friendships were rekindled that evening and many new ones made.

A **huge** thank you goes out to the India Bhajan restaurant for sending a driver and van full of the goodies all the way from Bloomington to cater this event. And a **very** special thanks to our hostess, Julie, for being so kind as to open her lovely home to us and for doing all the dishes!



NAMASTÉ GOES HIGH TECH!

Coming to a computer near you...

Soon your computer will become a portal to Namasté! You will be able to go to the namasteyoga.com website and, for a small fee, download a podcast of a class that was held that week. What is a podcast? It is a recording in mp3 format that any media player, Ipod, or computer can play back to you. We're working on making this available soon and we hope you will enjoy this new feature! So whether you had to miss class, or enjoyed a class you want to do again, you can get it at our website.

SPRING CLEANING AND POTLUCK

Saturday, March 31, 2007

10:30 am - 2:30 pm

It's a tradition we are reviving! A top to bottom cleaning frenzy and renewal of our sacred place AND potluck lunch! Saturday, March 31, after Gentle Practice we will be cleaning and renewing the sacred space at Namasté. Join the fun as we scrub walls, wash the windows, clean the carpets, dust the stereo cabinets, and tend to whatever else needs attention. After a sage-cleansing ritual to renew our sacred space, a vegetarian luncheon will begin (please bring a vegetarian dish to share). Call (698-8177), email (nancy@namasteyoga.com), or come by to sign-up!

NAMASTÉ'S LITTLE LOBBY SHOP

Although our space is limited, we now have beautiful Mysore rugs, Yoga mat bags and eco-friendly sticky mats available for purchase. The Mysore practice rugs are hand-loomed in India, 100% cotton, eco-friendly, completely biodegradable, and PVC free. These decorative and tightly woven cotton yoga rugs have been used for centuries for Hatha Yoga and are considered to be the first mats ever used for Yoga practice in India.

The Yoga mat bags and duffels are made in India from an exotic assortment of traditional Indian patterns, solid colored cotton canvas, jacquard, and 100% hemp fabric. They are large enough to hold a sticky mat and a Mysore practice rug.

We are pleased to carry the new earthy and eco-friendly Yoga mats that are made from jute and PER and are latex free! This mat's unique look and feel are created by meshing jute fibers with patented PER plastic that is phthalate-free. PER is safer for workers during manufacturing and is an important innovation in reducing worldwide use of harmful synthetic chemicals. Jute plants take only 45 months to grow to maturity, making them a sustainable resource. They clean the air by consuming carbon dioxide, and the leaves are a natural soil conditioner. It's clearly a smart and naturally beautiful choice for a cleaner and safer environment.

Look for these and other eco-friendly products as Namasté chooses to "go green"!

AVAILABLE SOON!!!

New ORGANIC COTTON Namasté t-shirts are in the works. If you have any design ideas, let us know!





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Namasté Yoga Center

Established in 1991

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Integrative Yoga Therapist

Director:

Nancy Long, M.A., H.I.T.A.

Secretary:

Joann Svetlik

Newsletter:

Tina Biderman

AUNT ESTHER'S CHEESE BARS

This is a recipe I got from my husband Bob's Aunt Esther. She was a great cook--one of those Swedish women who could whip up wonderful meals and sweets from nothing. She was kind enough to give me this recipe one day. I wrote it on a piece of scrap paper while she dictated it. She made it so many times, she knew it by heart. I don't know where she got it; I don't think she knew either. It was one of those things - it was always there. Anyway, I think you will like it. It's a bit rich and fattening, but worth every bite! The bars freeze great. Aunt Esther used to make a number of batches and keep them frozen in shirt boxes to give out to friends and family later. I like to keep a batch in the freezer (in Tupperware) so we can pop out a couple of bars on a Sunday morning and enjoy them with a cup of coffee while reading the paper. I plan to bring some to the Namasté Spring Cleaning and Potluck on March 31. If you want to try them before attempting to make them, I will see you there! - - Tina

First layer:

1 box pound cake mix
1 stick butter (melted)
2 eggs

Second layer:

8 oz. cream cheese
2 eggs
1/2 teas. vanilla
1 lb. box powdered sugar (reserve about 1/4 cup for dusting)

Topping:

1/2 cup chopped nuts
(your choice)

- Preheat oven to 350 degrees. In mixer -- mix cake mix, butter, and the 2 eggs. Beat for about 3-4 minutes. Spread in 9 x 13 inch pan (greased and floured).
 - Beat cream cheese in mixer until fluffy. Add the 2 eggs and vanilla. Beat a little. Gradually add the powdered sugar. Mix well. Spread on top of other mixture in pan. Sprinkle with nuts.
 - Bake at 350 degrees for 45-50 minutes. Let cool for 20 minutes and dust with remaining sugar. Cut in squares.
- Note: you may want to chill the bars before cutting to make it easier. Tastes best chilled; GREAT for freezing.