

*Living, Loving, Thriving In The New Age*

# AQUARIUS

**July 2016**

**Cancer** June 22-July 22

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MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY





## Phoenix and Dragon Metaphysical Bookstore

If you have ever been in the market for a crystal amulet, or a book about chakra alignment, or a particular type of incense...chances are you have been to Phoenix and Dragon.

P and D, as it is known affectionately by the many thousands who have shopped there, studied there, counseled there, or just hung out with friends who share the same esoteric vision and passion for life, has been around for over 30 years, serving the growing metaphysical community in Atlanta. It is, without doubt, the most recognized and respected center for products, learning, healing and soul expansion in the Metro area...and arguably the Southeast.

Candace Apple is the founder and owner of P and D, and she is perhaps the most well-known proprietor and spiritual facilitator in the city. She is also a savvy and "no holds barred" business woman, creating the largest metaphysical retail business in the Atlanta area. Apart from her leadership of P and D, she is an aspiring poet, a serious spiritual devotee, and a community leader. She serves on the Board of Directors of Compassionate Atlanta, and is a voice for community transformation in Sandy Springs.

I interviewed Candace recently, exploring her personal journey and the story of Phoenix and Dragon.

**Tell me a little about yourself: where are you from? what life experiences brought you to the metaphysical world? how did you enter the metaphysical world?**

I came to Atlanta to attend Agnes Scott College. My professional life before Metaphysics was in community mental health. I was originally introduced to metaphysics when I worked at the Atlanta Federal Penitentiary. As it was a maximum security prison, most of the inmates were going to be there a very long time. There was a metaphysical study group with interests in spiritual growth and especially astral projection. I was their liaison with the Foundation of Truth, one of the early Metaphysical Centers in Atlanta who came into the prison to teach classes. Since I was the first female staff giving services in the prison, the group offered to give me psychic protection in my office since there was not any other significant protections there. After I survived a situation that had no logical explanation why I should have still been alive, I considered that perhaps I should pay attention to this "metaphysical stuff".

As I later worked in the community, I came to question why people who had experiences that were outside the norm, such as a young woman receiving visits from her dead mother sharing advice with her, should be considered pathological and given medication to stop these spiritual experiences.

In 1987, as part of my Master's Thesis in the West Georgia Humanistic Psychology Department, I wrote a fairy tale in which a princess reclaimed her magical powers. A week after I finished the fairy tale, I was on the way to work at New Leaf Distributing, a metaphysical book wholesaler, I stopped at a red light and asked, "What do I really want to do with my life?" and had a full blown vision of Phoenix & Dragon Bookstore on a hill with windows around, full of light.

**When was P and D started? Was it your first effort at a store for the metaphysical?**



Six months after my vision, the day after the Harmonic Convergence, I started working to prepare the small house on Hammond Drive to become Phoenix & Dragon Bookstore. I had discovered it a month before when I realized it was the building I had seen in my vision, on a hill and full of light. I had signed the lease and resigned my from my job at New Leaf with no idea where the funding was going to come from for the store. It opened October 12, 1987. I had never even worked in retail before, much less run a store. My 12 year old son Rob had to read us the instructions on how to operate the cash register. It has been a wonderful 30 year learning experience on so many levels.

**Have you ever encountered resistance - like from religious groups, other types of groups or people?**

30 years ago there was a lot of interest in metaphysics but customers would sometimes hide it from family members that they were coming to the store. Sometimes they would even seem embarrassed to run into neighbors at the store. Then all of a sudden they realized they did not have to hide their face because their neighbor was actually here

too and now they had new things to talk about with them. We did get pamphleted regularly on busy Sunday afternoons. We would find tracts tucked in our books predicting a dismal eternity for our souls.

**What do you see as the most significant trend happening right now in the metaphysical world?**

Interconnectedness. Through social media, people can connect around the world and share each other's concepts and ideas, hopes and dreams, joys and sorrows. In the aftermath of the Orlando Massacre people around the world joined together to offer love and support to the LGBT community. At the Vigil I attended downtown at the Civil and Human Rights Museum, there were 3,000 people in attendance. Jewish, Christian, Muslim and Latino speakers expressed love and support for the LGBT community. Speakers from the LGBT community asked for solidarity with the Muslims in our community. It was indeed an opportunity to express and demonstrate the power of love over hate. I think this trend is also expressed in the metaphysical world by the increased interest in energy work to heal ourselves and our planet. More and more of our customers are embracing working with tumbled stones, crystal grids, orgonite, aromatherapy and other energetic tools for conscious living.



**You were one of the first people to sign on with Compassionate Atlanta and as I have gotten to know you, I sense a real passion in you to be significantly impacting the community. What is your greatest passion/concern or interest as you think about community service and where do you see yourself going with that?**

As a board member of Compassionate Atlanta, my personal mission is to work with the youth of our community to create conversations about the importance, now more than ever, to learn to act from a place of empathy and compassion. I do presentations in schools where we create a Garden of Compassion through an art and discussion project creating bright flowers, each signifying an aspect of compassion. At Phoenix & Dragon I have a book shelf dedicated to books on compassion for both children and adults. It features Karen Armstrong's book "Twelve Steps to a Compassionate Life" which supports her Charter for Compassion organization, the origin of the international grass roots Compassionate Cities Program and thus Compassionate Atlanta. I have gotten grants to create Compassion Corners, benches for schools to decorate with symbols of compassion and create a space for students to talk with each other when one is needing some empathy and compassion. The grants also include donating a Compassion Library selection of books for the schools.

Personally, I find it exciting and hopeful to experience so many new customers beginning to explore the world of metaphysics. I believe more than ever, we find a people of diverse ages (including young people) cultures and spirituality wanting to deepen their spiritual connections and learn to utilize tools for conscious living whether it is mindful meditation, crystal gridding or energy healing.

We are having some great authors this month visiting the store which demonstrates this diversity of interests, Timber Hawkeye, author of the popular "Buddhist Boot Camp", will be presenting his new book, "Faithfully Religionless" on Sunday July 10th, He has been getting rave review from his book tour around the country. Jane Hightower, author of one of our best-selling crystal books, the Stone Empowerment Book will be presenting "Self Care with Stones and Crystals" on Friday July 15. In early August James Wanless, creator of the Voyager Tarot, who was the first speaker at our Roswell Rd store some 20 years ago, will be presenting workshops "Renewable You" based on his new self-sustainability deck on Thursday August 4th and "Be the Fortune Maker" on Sunday August 7, utilizing the Voyager Tarot for creating your future and fortune.

Over the years, one of my greatest satisfaction is seeing the sense of community grow at Phoenix & Dragon Bookstore as it has grown throughout Atlanta. Students who have taken Don Simmons' Shaman's Path series give back to the community with monthly Shaman Circles in which they share spiritual messages and healing with attendees. Susan Rushing's monthly Psychic Development Circle has created a community group on Facebook for ongoing support for class members dealing with issues around their psychic and spiritual awakening. On the second Saturday of the month, the Pranic Healing group offers sessions and on the second Sunday at the monthly Reiki Share, practitioners provide reiki energy healings to customers (and our store cats). In 1987 our first newsletter went out to 200 people. Our current monthly newsletters are emailed to 24,000 subscribers. The spiritual community in Atlanta has grown.

Visit Phoenix and Dragon at [www.phoenixanddragon.com](http://www.phoenixanddragon.com).  
Their Facebook page is <https://www.facebook.com/PhoenixAndDragon>  
The store is located at 5531 Roswell Rd., Atlanta  
404.255.5207

# AQUARIUS

AQUARIUS is distributed the first of each month. Our purpose is to provide resources that will inspire, encourage and empower you to thrive in the New Age of Aquarius.

## THIS MONTH

July 2016 | Cancer



The Age of Aquarius is all about LOVE - self-love, other-love, respect, peace and honoring the earth and all of its life.



The **Ruby** is the birthstone of July, and is considered the king of gems, representing love, health and wisdom. It was believed that wearing a fine red Ruby bestowed good fortune on its owner. A Ruby is the most valuable gemstone and its value increases based on its color and quality.

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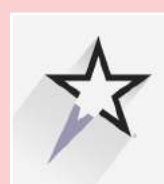
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Use your paper for composting (once you've read it and shared it!!).



There are many signs which indicate that we are currently transitioning from the energy of an old, world-wide paradigm to an unknown, future way of being that will redefine what it means to be human. This is something that happens on a regular, although very long, schedule, taking more than two thousand years for the prevailing energy of an age to fulfill its purpose. In astrological terms, humanity has been under the influence of Pisces for the past two millennia and is currently shifting to the energy of Aquarius. Such changes do not occur quickly, the energy vibration of an age transitions gradually, for the most part, and during those transitional periods things can be rather chaotic. Anyone who has been part of the established power structure in the previous, receding era will not want to accept that those structures are breaking down, that their power is dissolving. So, even though we may be progressing towards a more positive, more peaceful future, the present may seem more terrible than it has ever been. But be sure that the dawn will come and the darkness will not be able to stand against it.

One of the main expressions of the Piscean Age has been the conflict of EITHER/OR. The energy of the time has demanded that there can be only one interpretation of the truth that is correct, and that all others must, therefore, be false. This is the statement which we hear all too often, saying EITHER this is true, OR that is true, but both can not be true simultaneously. EITHER science is true, OR religion is true. EITHER Capitalism works, OR Socialism works. EITHER guns are the problem, OR mental illness is the problem. So many polarized concepts, with little or no compromise between them. The either/or paradigm almost always results in conflict, which is often resolved by violent means, allowing those on one side of the argument to claim the victory of their viewpoint, at least until the next challenger comes along. Those who are deeply entrenched in this way of thinking will not easily release it, their identity and security is wrapped up in the belief that their perspective is the only truth in existence. As the Piscean Age dissolves, many of these people will have a great deal of difficulty accepting these changes, and they will fight tooth and nail against them.

The energetic expression of the future Aquarian Age is the harmony of AND, in which truth is subjective, based on the individual's perspective and experience, so reality becomes a more fluid concept. In this time, both science AND religion are true, both Capitalism AND Socialism work, both guns AND mental illness are the problem, etc. Life in the Aquarian Age becomes a matter of collaboration between different perspectives combining together to create a unified whole. In this energy system, it is not possible to deny another person's reality, their way of being is equally valid to anyone else's, and therefore the true nature of all sentient beings is equally important. Conflict becomes far less successful than cooperative growth. The manner of thinking that resulted in nuclear bombs, traffic jams, industrial farming, the results of our destructive behaviors will no longer make sense. Understanding the planet Earth as a single, living, organism, composed of a multiplicity of conscious elements will become the simplest way to exist. If one looks closely, the signs of this emerging paradigm are all around us. New ways of thinking and the resurgence of ancient, pre-Piscean knowledge are appearing with greater frequency as we move forward. The astrological progression is inevitable, and that which will not adapt to the changes will fall away under the relentless cosmic tide.

What we need to understand, right here, right now, is that while the movement of the stars is set, whether we, humanity, will continue to travel with them is not. The fear and hate of the Piscean mind is as dangerous as it has ever been, and the future of our species is by no means certain. We must work compassionately to bring all humans into the light of the new Earth, each in their own beautiful, individual way.

*Ian Boccio has been serving as a channel for the energy of group mantra chanting events since 2005. He is a chant leader and composer for the kirtan ensemble Blue Spirit Wheel, and Director of the ChantLanta Sacred Music Festival.*



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## ATLANTA KIRTAN/SWAHA PRODUCTIONS JULY EVENTS...

-Wednesdays: Medicine Circle with Ian, Healing Chants from the Buddhist Dharma @ Candler Park Yoga at 7:30pm

-Thursdays: Thursday Night Kirtan with Savitri and Madhukari @ The Self Discovery Center at 7:30pm

-Saturdays: Kundalini Yoga w/Marinder Kaur @ Nirvana Yoga at 11am

-Saturday, July 2 at 2-4pm: One Voice w/Mantra Ma @ Vista Yoga

-Saturday, July 9 at 2-4pm: Mantras on the Mat: Balancing the Feminine and Masculine Through Movement and Chanting w/ Ian Boccio and Karen Dorfman @ The Selah Center

-Saturday, July 23 at 7-9pm: Sonic Yoga w/The Kashi Kirtan Wallahs @ Kashi Atlanta Ashram

-Saturday, July 30 at 7:30-9:30pm: A Sacred Music Concert w/ Krishna and Gershone @ The Interfaith Truth Center

-Saturday, July 30 6:45pm-2am: Dreams To Life presented by The Dream Collective @ The Swann Nature Preserve





# The Power Of Love

by Ram Seva Singh

If I can say the most wonderful things, and have not love, I have become as sounding brass or a clanging cymbal.

If I channel incredible beings, and understand all mysteries and all knowledge, and if I have energetic gifts, so that I could remove cancer, and have not love, I am nothing.

If I give all my goods to feed the poor, and go to yoga five times a week, and meditate one hour every day... and if I can read auras, and discern astrological signs, and read tarot...and have not love, it profits me - and everybody else - nothing (though I may make some money doing it).

**The Age of Aquarius** is an age of awakening to the profound and amazing potentials of human evolution, consciousness and spirituality. But lest we miss the point - the age of Aquarius is, more than anything, all about LOVE.

It's been coming for a long time. Ever since Jesus, one of the first Aquarian Masters - the message of love has been proclaimed as a coming reality. Jesus called it the coming of the Kingdom of God; others spoke of the Awakening, the Ascension, the Outpouring. They all pointed to one thing: a time was coming when human consciousness would recognize that Love was the ordering power of the Universe.

The Age of Aquarius is the fulfillment of that vision - a time when humanity evolves to a higher state of mindfulness, conscious living and...love.

It is also a time when great spiritual mysteries will become common place, and many will open themselves to the multi-dimensional reality of our existence. I have met many who can talk that talk - they have Guides, they talk to Angels, they channel entities, they see into the mysteries.

Sadly, however, they also use profanity as a weapon, demean others through spiteful language, pursue wealth and fame, and speak badly of others. And like the verses quoted above from 1 Corinthians 13, they say many wonderful things...but have not love. And in that, they are missing the powerful truth of the Universe, and the meaning of the Aquarian Age.

**So, what is Love?** I believe the great teachers throughout the ages have taught at least two basic truths about Love. First...Love is an action, not a feeling. And second...Love is Namaste.

First...Love is an action. In 1 Corinthians 13 (quoted above), the writer, Paul, goes on to say some simple yet profound things about love - it is patient, it is kind; it is not jealous of others, it is not ego-based and self-promoting; it does not behave improperly, it is not motivated by selfish gain, it is not quick to anger, and thinks and hopes the best of others.

Those attributes of love are not feelings-based. They are actions, motivated by attitude and manifested through intention.

As Wendel Matthews says in his brilliant article (p. 6), love is a choice. We choose to love, and then we DO love.

Secondly, Love is Namaste. Namaste is a well-known word, used for greeting others. However, the meaning of Namaste goes far beyond a simple greeting. Namaste literally means "I recognize and honor the Divine within you." In other words, Namaste is an attitude and a way of living and thinking that recognizes the sacred worth of every human being...regardless of their race, gender, religion, economic status, or even political ideology.

Namaste is also an action - not holding our hands together and bowing, but acting with respect, honor, and even deference to others in all situations and contexts.

I am grieved to see how social media has made it easy for people to be disrespectful, and to "unfriend" those who don't agree with them. People are being "trained" to be rude, uncivil and even profane through social media...because they are not face to face with people they converse with, and therefore can get away with just about anything. Furthermore, it is easy to "unfriend" a person whose opinion you don't like... just push the button, and they are gone.

Somehow, "unfriending" has become a virtue, and people boast at how they toss "toxic people" out of their lives. However...that does not accomplish a life of Love and Namaste. And it is not the spirit of the Age of Aquarius.

Love seeks to understand; it listens; it hopes for the best; it welcomes; it defers. It does not throw in the towel when things don't go as planned. It hangs in there, and it keeps trying.

We humans are amazing evolutionary creations. We are creating ourselves, as we evolve - and yes, we are still evolving. Our potential is off the charts. Even in the dark, despairing aftermath of the mass shooting of 49 beautiful young souls in Orlando...I have seen humans make exceptional choices to love, to forgive, to find solidarity and to turn mourning into dancing. We weep for others, we choose to help, we find ways to change the wrong into right. That is not God...that is us, expressing our own godhood.

We are the ones who will make the Age of Aquarius a reality. As Ian Boccio notes in his article on page 4, the stars and energies may define the Age, but we are the ones who will fulfill it. This is the Age of Aquarius - and the Age of Aquarius is LOVE!

May you live in and share with others the amazing power of Love in all of its forms.

## All That Ever Mattered

We are One  
We must proclaim this  
Though our voices may be scattered  
It is this  
That brings us love  
And love is all that ever mattered

The depth of desire  
That demands our attention  
Is the tip of temptation  
The spark of ignition

No matter for what you are searching  
There is more that lay undiscovered  
For in finding oneself we find others  
And all of God becomes uncovered

There is no us... there only Is  
One cannot become undone  
There exists a solitary beautiful Birth  
From which we all have come

But our roots are now spread widely  
Twisting paths to Kingdom Come  
Yet the Truth of our existence  
Is the same for everyone

But duality has shattered souls  
Taken reason for a ride  
In order to return for reunion  
One must literally... step outside

So we feel we are separate  
Removed from whence we came  
Fact is... we never left  
Just started living in the brain

And reason, once again  
Slithers in with sweet disdain  
To be the coil of turmoil  
Seeming sane inside insane

Free is the Mansion in which One lives  
With many rooms and not one fence  
Let go this sense of being  
Of being any part of sense

We are One  
We must proclaim this  
Though our voices may be scattered  
It is this  
That brings us Love  
And Love is all that ever mattered.

Michael M. Burke

**Michael Burke** is a woodworking artisan, poet and sacred sound therapist. He performs regularly throughout the southeast.





# Troubadors Of Love

by Pat Green



When I was twelve years old, I went to my first Renaissance Faire. It was pure magic. Archers, jousters, costumes, jugglers, people in character. I enjoyed all of it.

There was a man standing beneath an oak tree wearing a poet shirt, a vest and loose velvet pants playing a lute and singing. I was transfixed by the music. The songs he sang were songs of courtly love. They were poems set to music. Sometimes they were heroic, other times funny, a little dirty, or even a little sad. In them all was love.

I do not know how many songs I sat there for. I listened entranced. I could not believe the front row seat I had to this oak tree performance. The man looked at me and asked me my name. I gave it enthusiastically. In character, he said, "Master Patrick, this last song is for you, lad."

15 years before Loreena McKennit would set the poem to music, he played his lute and sang, "The Highwayman" by Alfred Noyes. For the first time in my life a poem and a song would make me cry. The landlord's black eyed daughter and the highwayman died horribly with their love incomplete and unfulfilled, but their love was true. The injustice of it all burned in my throat and left a hole in my heart.

For the rest of the day, I was less interested in the swordplay and more interested in the stories of the jousts and the fights as a true knight would fight for the honor of a lady. The love story mattered more than the dragons.

As we were nearing the end of the day, the man under the tree was walking about. He saw me and smiled as he knelt before me and said, "Master Patrick, I was hoping I would see you again. I have a gift for the young troubadour."

"What is a troubadour?" I asked.

"A troubadour is a traveling musician who sings of courtly love, Master Patrick. Some believe we started our craft in the south of France and others think we are much more ancient than that. We remind people that love is the most important thing in the world. It is splendid and divine. The philosophers think too hard and pride themselves on frivolous matters, the bishops and priests would have us not think at all and kings merely want blind obedience. But love. Love, Master Patrick, when it is true, when it is right, is a force that can make men and women stronger than they realize. It frees them no matter how strong their bonds. It can also destroy us when it is lost. It is something that only the lovers and the poets can understand. It is the troubadour's calling and mission to remind the world to love."

"Wow!" was all I could think to say. I was in wonder that there were people who had such an important task.

"Master Patrick," he said, "I was going to get you a pan flute, but I am but a poor troubadour and you must be Irish. I've never met an Irish troubadour or a joglar, but I am sure he would use a tin whistle." With that, he handed me a cheap tin whistle. He told me that I was charged with the task of learning the art of the troubadour and gaining a mastery of language so I could tell people the importance of love. He mussed my hair with his hand, stood, and walked away.

From that point of my meeting my first troubadour, my love of music took a new direction. I gravitated to lyrics that were poetic and sang of love. I fell for the artists who were storytellers as opposed to a clever hook. I learned the troubadour would also sing of history and the truth of us all. They sometimes held a mirror to us to show us the distortions we have become and through love, what we could be.

The heart of the troubador knows...

The truth of the troubadours is always there. Be they under a tree, on a stage or sitting across from you having coffee. Look to the truth of their love stories and be lost in the lesson of their song. Their song and their truth is out there, we just need to listen.

Love can awaken dead hearts, save lives, free slaves and inspire the courtly love that drives couples to be amazing together.

# Choose Love

by Wendel Matthews



"I love you, but I'm not in love with you." It is a common phrase that highlights the complexity of love as a concept. The love enigma is even more troublesome when subject to the scrutiny of the scientific community. As love is neither quantifiable nor measureable, it cannot be evaluated in controlled experiments and thus we cannot scientifically prove its existence. This leaves room for rational skepticism surrounding the notion of love as a real concept. Nonetheless, while some of us wonder if love is even real, others spend their entire lifetime learning how to love themselves. Despite science's limitations, we know deep down that love is real because we can feel it. Love is an experience.

We experience love when our mother serves us a plate of home-cooked food, checking in several times to make sure our bellies are full. Love is felt when our best friends stay on the phone with us for hours while we mull over our relationship woes. Love is shown when a husband massages the swollen feet of his pregnant wife until she nods off to sleep. Whether or not we are "in love", all forms of Love have something in common: a connection that enriches life.

Marriages thrive when both parties commit to enriching each other's lives. My mom's lasagna undoubtedly enriches my life and in turn, her life is enriched when she nourishes my stomach. When life gets hard and we need someone to talk to, our best friends provide us with a listening ear and relevant guidance making the tough times a bit easier. However, once we stop enriching life, everything changes. Marriages end once the enrichment stops because someone ends up falling out of love. When mothers don't nurture their children, we see the suffering child as unloved and we try to find the child a more loving home. When our friends do not listen or choose not to support us, the connection fades and we stop viewing them as "real" friends.

We have all seen the product of not being loved; homeless vets, mass incarceration, increased suicides and mass killings. The record-breaking mass killing that recently took place in Orlando reminded us all of how fear, anger and evil can prevail when we choose not to love. The troubled killer, Omar Mateen, struggled with accepting himself and his own homosexual curiosity. Instead of loving himself unconditionally, he hated his curiosities and feared his deep personal truth. Self-hatred and homophobia prevented him from enriching his own life. This in turn affected his ability to love or enrich the lives of others. The destruction Mateen displayed is a microcosm of the self-destruction we experience as a collective, when we allow fear to prevent us from participating in the power of love. Fear blocks our progress while love courageously moves us forward.

So how do we choose love?

First by keeping it simple. Specify your intent by committing to a basic definition of love. Try thinking of love as life-enriching connection; then choose the power of love by choosing to enrich life. Enriching life builds strong long-lasting bonds which ultimately lead to the growth and preservation of all life. Choosing not to enrich life, corrupts connections and breaks bonds accelerating us towards the destruction of life as we know it. As our strength lies within our capacity to unify and find harmony amongst ourselves, the fate of humanity rests on our propensity to choose love over hate. Unification over division. Peace over war. Enrichment over destruction.

If you want to connect with the true power of love, simply choose to enrich life. Nature is an excellent resource for finding ways to enrich life. There are countless scientific studies that highlight the mental health benefits of spending time with nature. By paying attention to the enriching relationship between the elements, plants and animals, you will find breathtaking examples of love in nature. These enlightening experiences with nature will rationally connect you to the abundance and accessibility of life-enriching love energy. Your belief in love will become practical and the more you enrich life, the more love you'll experience. Please take this message and do what Omar Mateen and many others have lacked the courage to do. Give love to yourself and others. To the animals and plants. To the oceans and skies. To the source from which you came. Give unconditional love by choosing to enrich life, unconditionally. We all need your help. Namaste.







On January 1st, 2015, I stated my New Years' Resolution: to get completely off of antidepressants by the end of the year. This would mark my first time being fully drug free since I was thirteen.

I stopped hiding the fact that I was on medication. I began openly talking about it in my blog and on social media. People reached out to me, sharing stories of their own similar struggles. I realized I wasn't alone in hiding, which motivated me further.

The shame I had previously felt each time I took a daily dose began to dissipate. I learned to accept that Wellbutrin had acted as a guardrail as I traveled the arduous journey from my dark pit of despair to more stable ground. It kept me from swerving off of the road, figuratively and at times literally.

Throughout 2015, my doctor and I lowered Wellbutrin from 300mg to 100mg. I experienced a very trying two-week period of time each time we dropped the dosage, and I remained gentle and loving with myself. I allowed myself to eat and sleep a little more. There were a few days where I slept 14-16 hours and still felt exhausted. Some days I was too wiped out to write my positive affirmations or go for a meditative walk. It didn't matter; I kept going. I kept breathing and sleeping and crying and allowing my body to process and release the medication as well as its corresponding limiting beliefs.

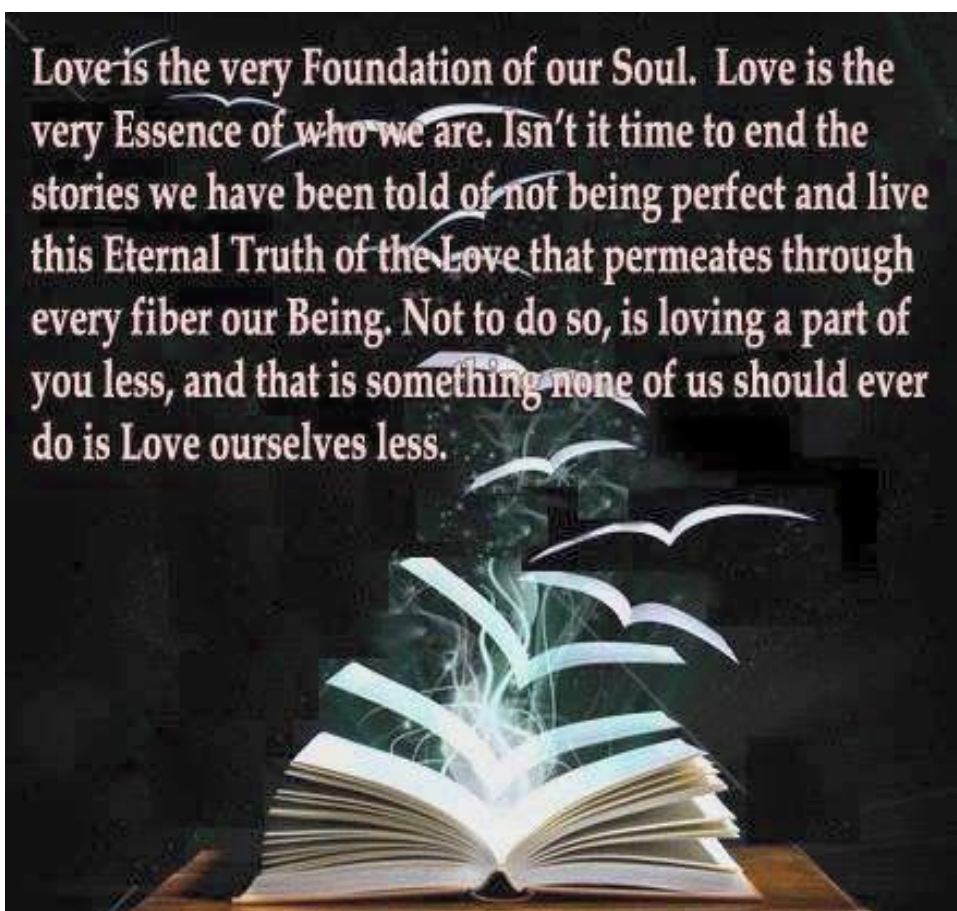
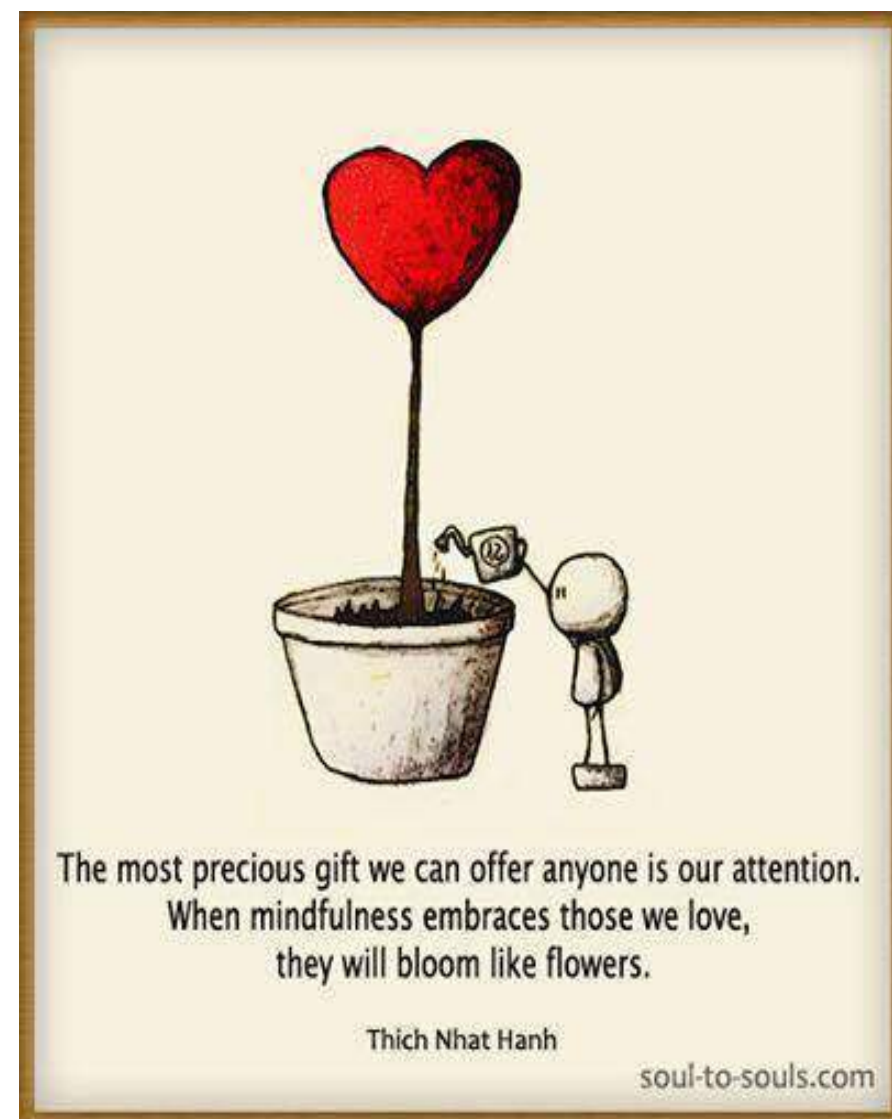
On December 31st, 2015, I took my last dosage of Wellbutrin.

The following months were incredibly hard. Yet, I refused to give up. I held a knowingness in my heart that each moment of struggle was one step closer to freedom. It was one step closer to knowing who I really am. I continued doing my visualizations and affirmations when I could convince myself to and allowed myself grace when I couldn't. I continued to pray and to focus on the energy of gratitude, even when my present moment seemed to encompass nothing but lack. I kept writing every day, even though most of what came out was admittedly crap. It was oftentimes nonsensical and other times nothing but victimizing brain goo, but I chose not to judge it. Suddenly, I started to feel more at home in my body. I began experiencing this sense of being okay, no matter what.

I now feel more in tune with my inner voice than I ever have been. I no longer feel disconnected from myself. I am calmer. I am more peaceful. I am gentler and more loving with myself. I am all of the things I've worked so hard to become. There are still down times, but they're less frequent and are no longer debilitating.

# SENSITIVITIES = SUPERPOWERS

by Jennifer Butler



As I write this portion of the article, it has been over five months since I last ingested an anti-depressant. It has not been easy. It has been downright difficult. I have been groggy, exhausted, lethargic, sad, and sometimes completely numb. I dealt with anxiety and obsessive thoughts. I gained weight. I became really sensitive. (As in... I sobbed while watching Lord of the Rings. Poor Gollum.) For the first time in my life, I came into contact with the entirety of my emotions.

And damn, are they messy. And beautiful.

The moment I stopped treating my sensitivities like a curse and began embracing them as the blessing that they are, my life began coming to life. I now utilize these beautiful gifts to help others. These people, in turn, will use their gifts to guide others toward healing and awakening. My argument is that this is why we are here. Our society is waking up... And we each have been chosen to play a part in that awakening. The more sensitive we are, the larger impact we stand to have. It's time to stop hiding.

I am not saying "QUIT ALL DRUGS NOW!" I think there can be a time and place for medication. For me, it was a good temporary bridge during an extreme time of need. I don't believe I'd still be here today if I hadn't had access to anti-depressants during my darkest years. What I am saying is that having depression isn't a death sentence. It doesn't mean anything is wrong with you. It's an invitation. An invitation to dig deeper and embrace your sensitivities. You are worth it. One thing I know for sure: the world is in need of your superpowers.

*Jennifer Butler is a writer, doodler, and speaker whose primary focus is connecting and inspiring through unabashed honesty. Her first book, imperfect, will be available Fall 2016 (published by Aquarius Press). She enjoys hugging trees, picking up litter, and talking to her dog, Floyd. Check out her blog at [www.jenniferannbutler.com](http://www.jenniferannbutler.com)*





# A Love Story

by Cassandra Worthy

How many times have you heard the question asked “What’s the difference between Religion and Spirituality?” Or heard someone say, “I’m more spiritual than religious.” Well, what if Religion and Spirituality were real people? People you could actually meet, dine with, laugh with...question? What if they met up in a bar one Friday night...

The lounge was swanky. The DJ was just easing into the night with a few remixed throw-backs. The bar was impressive...at least 7 perfectly ordered, beautifully back-lit shelves of premium bottles, the star act being vodka. There were more than 70 different brands and blends...the highlight being the \$3,000 a bottle Stoli Elit, Himalayan Edition.

They had agreed to meet at 10pm, but as was his nature, Spirituality arrived early. He came strolling through the double doors sporting his favorite WWJD t-shirt, dark jeans, crème loafers, and what he called his ‘chick-magnet’...a light, cotton infinity scarf. He was a healthy older gentleman, not exactly ripped, but carried a nice, naturally toned physique.

He casually tossed his hand to the bartender and ordered a Jack & Coke. Spiritually had an ease about him. Infinitely capable of feeling at home and fitting in where ever he managed to find himself. As the bartender slid his drink across the bar, Spirituality felt that familiar firm pat on his back. 10:05pm and Religion had arrived.

“The eternal early bird! You are consistent old man,” Religion joked.

Spirituality quipped back with a grin, “When we drive to the root of it all, isn’t everyone?”

Religion ordered his regular Long Island Iced tea and plopped down on the plush stool adjacent to his buddy. He was dressed impeccably, as always. Freshly pressed, linen pants, a fitted button down and two-tone wing tips. His diamond encrusted watch and rings sparkled even in the dimly lit lounge. Religion was incredibly fit and enjoyed showing off his form with his meticulously tailored wardrobe. He made very good money and wasn’t shy about letting people know it.

Despite the age difference, Spirituality being Religion’s senior, they got on quite well together. The two had been friends as long as Religion could remember. This particular night, Spirituality had reached out to meet up, letting Religion know he had exciting news to share.

“So how’s the action tonight?” Religion asked as he glanced around the bar.

“Opportunity abounds,” Spiritually replied with a grin.

“That’s what I like to hear. So what’s up? To what do I owe finally being graced with your presence after so many weeks? What’s this big thing you have to tell me? And you better not be pregnant!” he said with a chuckle.

“Now wouldn’t THAT be a beautiful baby! No, that’s not it,” Spirituality replied. “So you know this girl I’ve been seeing?”

“Yes, of course...the one who’s been taking up so much of your time lately?”

“Yes, that one. Well, she’s incredible. She’s like no one I’ve ever met. She has this thirst and fervor for Life that blows me away. And more than that...she challenges me.”

“Challenges you?”

“Yes, in the best of ways. It’s like she’s this infinite sponge gracefully floating in the sea of Life.”

For the next few hours, Spirituality went on and on about how taken he had become by this woman. He regaled Religion with tales of their recent travels around the world...exploring new cultures, artifacts, and pleasures. He spoke about their conversations and how much they had learned about and from each other. And how much he had learned about himself because of it.

“You know, I’ve never heard you talk like this before,” Religion said sipping on a second Long Island.

“I know. Trust me, I know. I’ve never felt like this before. I am in. I’m all in.” Spirituality slowly reached into his pocket and pulled out a small, black ring box which he placed on the bar.

“Whoa. Seriously?” Religion exclaimed. “Seriously.”



Religion smiled and laughed heartily pulling his buddy in for a huge bear hug. “That’s wonderful news!! Really, really great news!”

Spirituality could sense his genuine excitement and joy, but also a bit of something else.

“Yeah? You really think so?”

“Of course! I’m so happy for you. You’re no spring chicken!” he laughed.

“Thanks. And listen, I recognize it means...less time spent together and...”

Religion cut him short, “Of course, of course. We joke with one another but I knew it was going to happen at some point. No worries. I’m really very happy for you. Really. I understand change is inevitable. And I still know where you live,” he said with a smile.

Religion had been in and out of relationships, some longer term than others. But whether long or short, they always fizzled. Moving from one relationship to the next, he often joked about being the eternal bridesmaid, never the bride. Though he genuinely loved every one, despite best efforts, his relationships never had staying power. He had secretly hoped he would find lasting love first between the two of them.

“And don’t go worrying that pretty head about me. I’ve got plenty to keep me busy,” Religion flaunted waving his glass around the bar, pointing from one girl to the next.

“Can I be honest?” Spirituality asked now recognizing what he had sensed was Religion’s insecurity. “We both know you’re incapable of being anything but. Knowing you...being so closely connected with you over the years...has been my greatest honor yet my greatest curse. I can’t tell you how many times I’ve consoled those you’re dating. Especially the ones that managed to get my phone number. And the conversations have all been eerily similar. They were all seeking advice on how to improve their relationship with you. They all wanted to be enough for you without losing themselves in the process.”

“Damn. Really? Why did you never tell me this before?”

“They came to me in confidence. But honestly, without breaking their trust, I tried. I really, really tried. And I KEEP trying.”

“Wow. Well, thank you...I guess.”

Spirituality placed his hand on Religion’s shoulder and said, “If I could offer only one piece of advice to you, it would be this: Let go. Let go of expectation. Let go of your ‘must haves’. Let go of this persistent need for a perfect mate. By spending all your time diligently drawing this picture of what you think perfection to be, true perfection will walk right past unseen.”

Religion smiled then paused for a moment, looking down at his half-empty glass. He slowly looked up and said, “I love you.”

“I love you too. And listen, though our relationship may change a bit...please know I will always love you. I will always have your back. I will always be here whenever you need me.”

“I know.”

Spirituality got up from his stool, downing the final sips of his cocktail. “Well, I better get going.”

“Yeah, yeah...the eternal early bird,” Religion said winking. “When are you going to pop the big question anyway?”

“Exactly when I’m supposed to.”

They laughed and hugged each other tightly before Spirituality made his way to the door. Just as he was approaching the door, he heard Religion call out to him, “Hey! I can’t remember...what’s Lady Luck’s name again?”

A sweet smile snuck across his face as he shouted back, “Science.” He waved goodbye and walked out with that same familiar ease that followed him everywhere.

*No matter your Religion, no matter how spiritual you feel yourself to be...let go. Let go and allow perfection. Allow your true, perfect self to shine. Allow it to shine through questioning the mysteries of Life. Allow it to shine through listening to your intuition. Allow it to shine through loving unabashedly. Allow it to shine through being all in. Believe and know a life filled with love as your own and you’ll be sure to experience it.*



# STILL POINT

By Phoenix Lea

Hello Dear Reader...

Stillness and rest are most important at this time, along with hydration. As most of us are aware, we are "waking up" to find ourselves deep within the Ascension process. This planet with us on it seems to be experiencing an accelerated state of alignment. We are feeling this personally as guilt, shame and fear begin to leave our energetic fields never to return. Ever. We are becoming more sovereign within ourselves and choosing to rise above the density of the lower, more primal behaviors as addictions and toxic relationships are becoming no longer acceptable. More and more people are turning the TV off and are turning to trusting one another in community. This is not easy as you know with so much violence coming to the surface as well.

This is why our "intentions" are truly important because they are fueled by our emotions. Forgiveness is an everyday practice for a light worker. Become a magnet of peace. A light that shines in the darkness. Our Still Point is... Reflection. When you take a moment to stand in your mirror hold all your good and bad experiences and the way that you have behaved, and instead of judging with an old belief system, see yourself as a char-

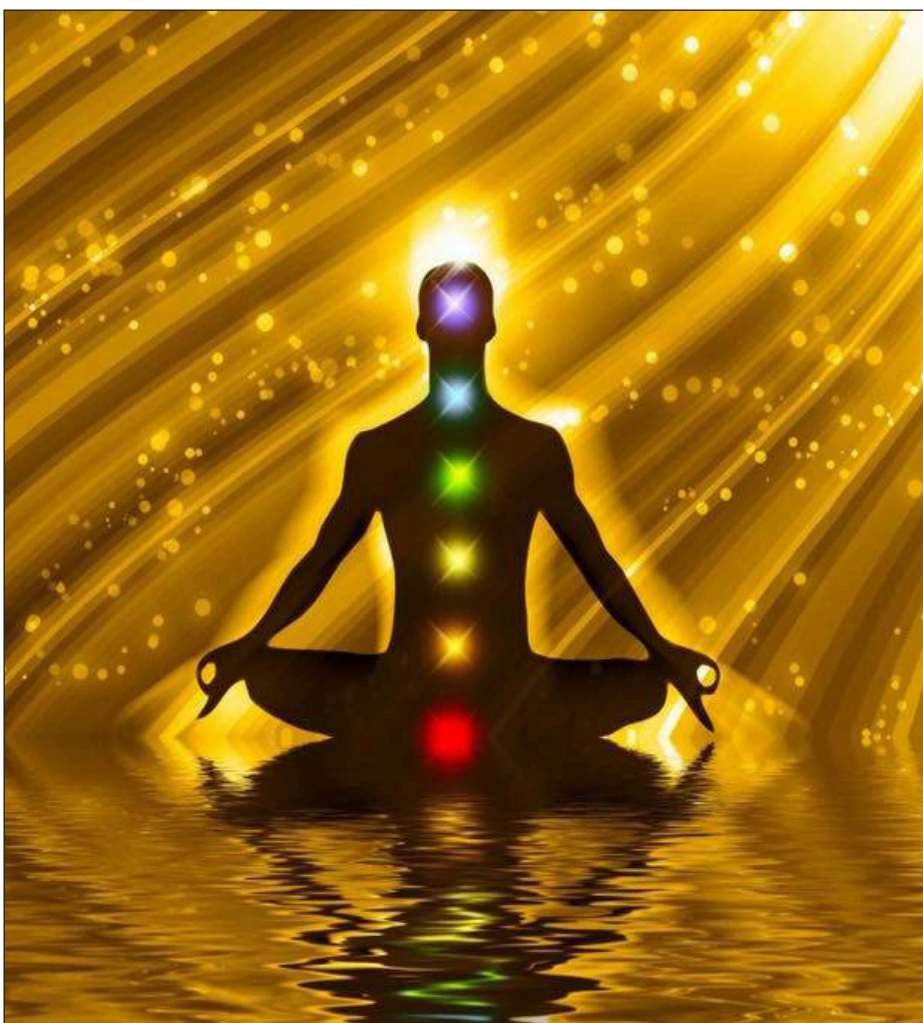
acter in your own story. You are a badass dude! Appreciate your complexities and your ability to not give up when you know it was breaking you up inside to hold the process. Perhaps your journey, like mine, has truly cost you iall.

You remain still for a reason during process and that is so that the turbulent energies will keep their distance. Like attracts like. Restoration is also a process. Evaluate what your energetics are calling out for...balance, adventure, romance? Create your atmosphere and watch the universe deliver the experience right to your door.

I witnessed a falling star the other night and it took me right back to the first time I experienced a falling star when I was five.

The same Awe swept over me and I could feel connected to the bigger picture of my world. We are all playing our parts. Make sure you are enjoying your roles! Carpe Diem!!

I Am Phoenix Lea  
A Clear and Perfect Channel



## Under the Bodhi Tree By Awilda Rivera



Yoga can be a mystical and enchanting love. For some Yoga is an experience of love at first sight, and yet others have to spend time cultivating their yoga love affair. What happens when you fall out of love? What happens when you no longer have the same zeal for the practice? When all of your favorite teachers bore you? When you no longer have the desire to practice on your own? Have you stopped loving Yoga?

Many Yogi's suffer from the idea that Yoga is a panacea. I agree that Yoga produces a multitude of physical, medical and energetic benefits. However when all you do is Yoga, all the time, you can get too much of a good thing. Yoga fatigue occurs when Yoga is your only physical practice, spiritual outlet and extra-curricular activity.

Space is key. In every relationship there must be space – between partners, between the creator and their art, the athlete and their sport, the professional and their craft. If there is no space then the relationship is out of balance. When you take space form the activity, person, or behavior that you love then when you come back to it, you are able to approach it with a fresh perspective and renewed interest.

For 48 months I did Yoga, and only Yoga. I learned Yoga Asana, I taught Yoga, I studied Yoga text, I had Yoga meetings, I got involved with Yoga organizations – my life was consumed by Yoga. About 5 months ago I started to lose some of my zeal for Yoga, I had too much of a good thing. I was of the strong opinion that if you practice Yoga regularly then you don't need any other daily exercise. Yet, I couldn't deny that I was just not having as much fun practicing Yoga any-

more. I knew I needed to take action, but the only action that came to mind was to – take a break from Yoga.

I sat with this deep, frightening truth. It was beyond my comprehension that I could already be burned out. After sitting with the reality that confronted me, I realized I needed to vary my daily physical activity; in short I needed to diversify my exercise. Once I accepted what I was feeling, the resolution presented itself rather quickly: It was time for me to start running. But, was I going to break up with Yoga?

Running is wildly different from Yoga. I was attracted to the speed, quick satisfaction, jock culture and the challenge. Running was like a mistress I was cheating on Yoga with, all the time I spent running I thought about Yoga.

As I ran I would sequence my ideal Yoga class to compliment the trauma a runner's body experiences. The more I was drawn to running the more I was called back to the mat. The space I allowed myself brought me back to the mat.

Allowing myself the space to be honest, take time away from yoga, and be open to other pursuits helped to reinvigorate my love of Yoga. I was able to look at the practice & its benefits through a new lens. Yoga was no longer my only choice, but rather a foundation from which I could create an expansive, safe, varied psychical practice with avenues for spiritual exploration and energetic release.

Love Yoga, Love yourself, love your options. Remember you can have too much of a good thing. Until next month.....

*The heart of all spiritual teaching  
is simple. Be Love. Be peace.  
Be harmony. Be compassion  
Be joy.*

Awilda Rivera, is a Certified Emotional Intelligence Coach, Certified Success Coach, Yogi & Spiritual Advisor. Her mission is to use her gifts to help others maximize their potential and manifest their dreams. Visit [www.AwildaRivera.com](http://www.AwildaRivera.com) to learn more and schedule your appointment.



# SUNSIGNS

## Cancer June 22-July 22

Ariel Rose is an Atlanta area Astrologer and Intuitive. She also offers Tarot and Sound Therapy. Contact at 404-256-4477 or email at: arielroseastrology@hotmail.com



### Cancer (June 22 - July 22)

Happy Birthday Cancer! It's a powerhouse month for you, as the Sun, Mercury and Venus move through your sign. You will be feeling extra talkative and full of ideas - be sure to write down your inspirations so they aren't forgotten amid all your activities. Your personality will be charming and attractive with potentials for adventure - both romantic and otherwise. This is a good time to study a new spiritual course of study or interest.



### Capricorn (December 22 - January 19)

Relationships and romance are on the hot list for July and everyone wants your number! Although you'll be in high demand, your inner desire is to deeply connect with your tried and true friends. You might even call up an old love or connection to see if some sparks still exist. Use your discerning nature to figure out if you should go there! Adventure or travel is also favored and a relaxing break will benefit your physical health. Work is steady and will be more productive if you can do your tasks in solitude and calm.



Princess Diana



Nelson Mandela



Dalai Lama



Robin Williams



### Leo (July 23 - August 22)

This is a month where sensitive emotions come to the surface and you review the ups and downs of the past. You may cry easier or get your feelings hurt by things that usually roll off your back. This can be the perfect time to give yourself a little retreat from the outside world and care for your gentle heart. However, you need not go it alone. If you have a special friend or loved one you can 'let it all hang out' around, bring them along for your ride down memory lane.



### Virgo (August 23 - September 22)

This is an electric month that activates your idealism and revitalizes your world consciousness. Your natural inclination to serve and help others, evolves into a larger vision of what you can accomplish. Encounters with intuitive and compassionate individuals can assist you in shaping your ideas. Home and family are undergoing changes, so expect more review in those areas. You are expanding your sense of identity and becoming who you are truly meant to be.



### Libra (September 23 - October 22)

Career and work goals are highlighted this month and you'll have opportunities to shine in any area that engages you with the public. The Sun in Cancer is challenging for Libra, as it's nostalgic leanings seem to regress your natural desire to move ahead. However, this friction can also spur you into greater action and light a fire that is highly motivating. You may feel you need to be cautious with money, but don't get too worried. Seeking new projects or magnetic-type people can bring extra income.



### Scorpio (October 24 - November 22)

Your gears and energy start moving forward as Mars is traveling ahead in your sign. Recent times have seen you struggling as you seek to strengthen your financial situation and clarify your personal values. This is important and necessary work, but has also come with a good deal of stress. This month could be perfect to take a break and get away for a much needed vacation. Taking time to relax and reconnect with your deep inner mysteries will recharge your mind and bring other elements of your life into clearer focus.



### Sagittarius (November 23 - December 21)

This is a month of soul searching and deep explorations of your soul. You may be visited by mysterious or profoundly meaningful dreams and you should record your impressions for further revelations. You will also be extra seductive and magnetic to others, so use your powers to make positive connections and increase your personal awareness. Career is well-aspected and injecting some creative energy into your work will make it even more fulfilling.



### Aquarius (January 20 - February 18)

It's time to focus on your emotional and physical health, as the planetary influences are directing you to be more open with your friends and loved ones. Communication is vital and being honest and loving will be cathartic for you. Getting in touch with your 'warm and fuzzy' side is necessary and healing. Work will be energetic and strong, but be aware of potential power struggles or feeling you have to hurry up and wait for projects to get done. Be patient, this pattern will begin to shift towards the later part of the month.



### Pisces (February 19 - March 20)

Creative energy and optimism are high for the month and even the more melancholy Pisces personalities will feel lifted up. Doing a fun project or artistic work is favored. If your pursuits involve playtime with pets or children it will increase your joy even more! This is a time when difficulties can be untangled, old arguments forgiven and love renewed or discovered. Even temporary setbacks are really blessings in disguise, so embrace gratitude and write down what you're thankful for.



### Aries (March 21 - April 19)

Powerful emotions and spiritual sensitivity will be a strong theme this month as you connect with your inner consciousness. Home and family will be positive and deserve your time and loving energy. Communicate your feelings openly with your loved ones, while being sensitive to their needs. If you are inclined to therapy or counseling, it's a great time to dig deeper and discover your secret motivations and what life choices are best for your overall well-being.



### Taurus (April 20 - May 20)

Your mind and thoughts are clearer this month and you can begin to sort out the confusion you may have experienced over the past few months. You'll be strongly driven towards comfort and nurturing situations. Enjoy your favorite foods and be with your closest friends to create a sense of stability and grounding. Relationships tend to be more passionate now, so guard against jealousy or arguments to cultivate a positive outcome.



### Gemini (May 21 - June 21)

Money and resources are a central focus this month and you'll need to use your intuition to discern when to spend and when to save. It's not a bad time to indulge yourself a little, as long as your indulgences are healthy and create more joy. Think about what you value most in life and in your friendships. You may find that your most valuable possessions are not really material in nature and your highest goals are compassion and loving sacrifice for others.

# Welcome fellow Stargazers!

The home fires are burning bright as the Sun journeys through nurturing, nostalgic Cancer. The 4th sign of the crab rules the origins of the soul, mother figures, home, family and childhood experiences. Cancer is ruled by the Moon and it's shifting phases have a strong influence over these folks. This Lunar ebb and flow is why they are moody yet consistent and sensitive yet resilient. Deeply creative and caring, they love to heal, comfort and soothe.

A supportive home center is a top priority for the crab and they would be wise to create a haven for rest and security. If their childhood was negative or painful, it's very important for Cancer to form a surrogate family of close friends and allies. The crab has a long memory, so caring therapists or counselors are important for helping them work through difficulties of the past. Just as their opposite sign Capricorn derives a feeling of accomplishment and well-being from financial security - Cancer has the same desire for emotional security.

Cancer excels in the domestic sphere and will usually enjoy cooking, home decoration, gardening and other pursuits. They can also take their love of home to the heights of architecture and design to create their dream house. The crab tends to crave comfort and will keep a close handful of friends, rarely needing a large crowd or mass approval to be happy. They have a hard shell for the outside world, but a warm loving heart for those who have proved their loyalty and friendship through the years.

The month of July will feel more energetic and direct, as Mars has finally come out of retrograde motion. You'll notice that you have more drive and even feel impatient as we seek to make up for the lazy energy of the last few months. Likewise, the New Moon begins at 7:01am EST on Monday the 4th, to help give extra motivation to new projects and ideas. Our Full Moon occurs on Tuesday 19th at 6:57pm EST in the sign of Capricorn. This is an ambitious Moon that will have us pondering our highest goals and purpose on Earth. Get out your journal and write down the ideas you would most like to manifest for the future.

Stay cool and enjoy your July!



AQ



# Legacy of the Divine Tarot

## July 2016

Kathleen Robinson

**QUEEN OF COINS:** July will be a month of using your manifesting ability to bring into your life what you want by focusing on your intuition and third eye. Open this chakra so you can connect to your divine feminine and let the blessings flow. Recognize your power and be open to receiving what you have been working toward and what you deserve. This can be a month of rewards and material gifts by knowing that you have the strength and skill to achieve whatever you want. How you go about it is up to you, so just believe that you can do it.

**THE MAGICIAN:** If you still doubt that this could be a good month for you, the Magician is here to tell you even more strongly that if you set an intention for what you want to create, focus on it, believe you have the ability, carry out the action steps to bring it to you (without expecting a specific outcome), then you will be successful. This is very powerful creative energy that we all possess, except that for many of us we don't believe that we are capable of accomplishing this. It is up to you to decide if you are tired of not having things work out, or if you feel like you are struggling and going nowhere. Now is the time to take definite steps towards changing your reality for the better.

**DEATH:** Some more major energy will be with us this month—that of huge transformation and change. We are not talking just about changes in your outer world (such as a new job, a change of residence, or other changes in our personal lives), but this also speaks to the transforming of our inner selves. Many more people are awakening to the truth of what our reality is all about, and they are becoming dissatisfied with the status quo. This is what serves as the impetus for

# AQ Month-Ahead Tarot Spread

making major personal transformations. So if you are feeling like things are all out of kilter, or that sometimes things don't make sense, just know that these are all symptoms of the changes perhaps occurring on a spiritual level within you. Ride these feelings as if you were on top of a big wave, and see where it brings you. Replace fear of change by welcoming the excitement it brings, and get ready for wonderful things to happen.

**ACE OF SWORDS:** All of this creative ability and transformation will have you flying high as new ideas start coming to you, or as you start seeking out information that previously you may have had no interest in. You feel your brain and mind being stimulated and expanded like never before, and maybe even feel the flow of new mental energy coming into you. You will have a clearer understanding of illusions, using your sword to cut through fabricated confusion. Aces are new beginnings, and you are on the threshold of a new part of your life (as indicated also by the Death card). So rather than fighting all things that are different or unexpected, welcome them with open arms.

**TRENDS FOR THE MONTH:** We are in for quite a ride during July. Not only will we be infused with a motivation and urging to make our life circumstances better through our own actions, but we will be required to accept and gallantly move through the changes that are on the horizon. The end result of these transformative energies can be amazing if you will just allow them to come to you and then experience the excitement rather than worry about what the future brings. Key words for the month are creativity, manifestation, abundance, magic, transformation, new ideas and steadfast belief in yourself.

**Kathleen Robinson** is an intuitive spiritual counselor with a B.A. and an M.S. in psychology, an M.Ed. in counseling, and a certification in spiritual counseling. She specializes in Therapeutic Tarot and, by combining her counseling and intuitive abilities, she brings counseling to a new level. You can see her daily tarot readings on her Facebook business page, KCR Counseling.

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## AQ moon calendar

### JULY 2016

**\*\* Note:** Times are for time zone 5 hours West. DST is observed.

sun	mon	tues	weds	thurs	fri	sat
<b>31</b> Enjoy good music or a theatre production, then get a good nights rest.					<b>1</b> Moon in Gemini brings sparkling conversation and social opportunities.	<b>2</b> 11:43p A bustling day with push/pull energy that requires compromise for activities.
<b>3</b> 9:20a Sun and Moon in harmony with Neptune brings compassion and a gentle mood.	<b>4</b> A progressive new Moon and positive planet aspects create fireworks of friendships. <b>NEW MOON</b>	<b>5</b> 2:29a-12:28p A sleepy morning shifts to a fun Leo moon, great for a night of movies and popcorn.	<b>6</b> A perfect date night full of conversation, charm and making sol	<b>7</b> 8:07a-6:41p Don't push the river on this tired moody day, take care of home chores in the PM.	<b>8</b> Virgo Moon gets us cleaning, organizing; balance with Feng Shui.	<b>9</b> 11:28p Gather your best friends for day of self-improvement and relaxation.
<b>10</b> 4:32a Mental energy is strong and positive - focus ideas and dream big!!	<b>11</b> Moon in Libra requires balance and poise so you don't step on anybody's toes.	<b>12</b> 11:01a-4:52p Venus moves into Leo - give compliments to bring out the best in others. <b>FIRST QUARTER</b>	<b>13</b> Secretive Scorpio Moon has everyone reflective and introverted today.	<b>14</b> 6:22p Hidden inspirations come to the surface and are expressed in dramatic ways.	<b>15</b> 5:14a Sagittarius Moon creates honest dialogue and a feeling of bonhomie.	<b>16</b> Everyone wants to have fun but can't decide what to do - be flexible.
<b>17</b> 4:57a-3:33p An ambitious Capricorn Moon gets our work week started early this afternoon.	<b>18</b> A dynamic work day with plenty of passion and good intuitive ability.	<b>19</b> 6:57p-11:10p Full Moon in Capricorn has us focused on manifesting life-purpose goals. <b>FULL MOON</b>	<b>20</b> Electric Aquarius Moon is perfect for meeting of the minds and future planning.	<b>21</b> 9:56p Awareness of troubles in the world can create frustration - be sure to breathe!!	<b>22</b> 4:35p Sun in Leo and Moon in Pisces creates colorful dreams and visions.	<b>23</b> A perfect day for meditative reflection and/or learning a new subject.
<b>24</b> 3:06a-8:33a The Moon in fiery Aries gets us motivated - enjoy some physical activity.	<b>25</b> Power struggles may exist at work, but steady action wins the day.	<b>26</b> 2:19a-11:37a Taurus Moon squares Leo Sun and has us feeling stubborn - don't start an argument. <b>LAST QUARTER</b>	<b>27</b> A great day for progressive thinking and brainstorming - write down ideas.	<b>28</b> 11:13a-2:17p Be patient and empathic today with the mood swings of yourself and others.	<b>29</b> Uranus goes retrograde and starts us on a review of our future plans and goals.	<b>30</b> 7:46a-2:18p Take care of chores early then enjoy time at home with family in PM.

Forecast by Ariel Rose, [arielroseastrology@hotmail.com](mailto:arielroseastrology@hotmail.com)



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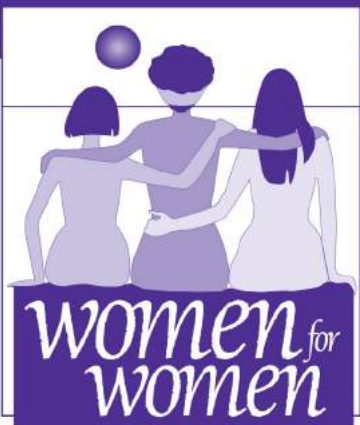
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## Sunny Sunflower Seeds

The sunflower originated somewhere in the southwestern part of the United States and has been raised for centuries for its nutritious seeds. More than any other flower, the sunflower proclaims summer. It lines roadways and fields with its bright yellow flowers and it towers to impressive heights fifteen feet or more with flowers than can be up to two feet in diameter.

A single plant may yield several hundred plump nut-like kernels, which are actually the fruit of the flower. These teardrop-shaped seeds may be white, brown, black or black with white stripes. The seeds have long been used as a staple of the diet of American Indians.

Significantly in the Indian hunting calendar, the buffalo were said to be fat with plenty of good meat when sunflowers were tall and in full bloom. The Plains Indians of the prairie regions of North America placed ceremonial bowls filled with sunflower seeds on the graves of their dead for food to sustain them on their long and dangerous journey to their Happy Hunting Grounds.

In the early eighteenth century, Peter the Great took the sunflower to Russia, where a historical quirk caused it to become an important food plant. The Holy Orthodox Church of Russia decreed very strict dietary regulations during Lent and the forty days preceding Christmas: nearly all foods rich in oil were forbidden. Since the sunflower had only recently been introduced to the country and was virtually unknown, it was not on the prohibited list and was eagerly adopted as a food item and source of oil, making the plant very popular yet all the while complying with Church regulations.

Raw sunflower seeds have an oily taste that is pleasantly nutty, and have virtually no aroma. Whole or chopped sun-

flower seed kernels can be substituted for other nuts in any recipe and you can just sprinkle a few on top of your salad.

Sunflower seeds nourish the entire body, supplying it with many vital elements needed for growth and repair. It is a rich source of protein of a very high biological value and is richer than most meats, eggs and cheese. Sunflower seeds are a very good source of vitamin D and superior to cod liver oil. In addition to D, these seeds are richer in the B complex vitamins than an equivalent amount of wheat germ and also contain vitamins E and K. Fresh sunflower seeds contain pectin, which binds radioactive residues and removes them from the body. The seeds have been found to help with farsightedness, eyestrain and extreme sensitivity to light. They also strengthen fingernails that are brittle or peeling.

Sunflower seeds can easily be added to any smoothie to up the protein as it blends quickly into a smooth consistency. If you eat your sunflower seeds raw, unflavored and untreated you won't need to worry about anything else going into your diet other than the seeds you are eating, but if you eat them dry roasted or flavored, they may contain unwanted and controversial additives such as monosodium glutamate or artificial flavors that might include a number of unspecified chemical ingredients.

Sunflower seeds are high in fat, which is necessary for some vitamin absorption, proper growth, maintaining cell membranes and to help give your body energy. The good news is that sunflower seeds contain healthy poly and mono-unsaturated fats, which help, maintain good cholesterol levels and support cardiovascular health. The bad news is that if you eat too many, even of the healthy fats, it can cause unwanted weight gain so moderation is the key.

### Sunflower Seed Dip

2 cups sunflower seeds  
1/2 cup fresh lemon juice  
1 cup chopped green onions  
1/4 cup red bell pepper  
1/4 cup celery  
1/4 cup raw tahini  
1 Tbs. garlic  
2 Tbs. coconut aminos  
Pinch cayenne pepper

Soak the sunflower seeds for 3 hours in filtered alkaline water and drain. Mix the seeds, lemon juice, raw tahini, garlic, coconut aminos and cayenne pepper in the food processor until smooth and set aside. Chop the red bell pepper, green onions and celery and fold into the sunflower seed mixture. Serve with raw vegetables.

**Brenda Cobb** is author of *The Living Foods Lifestyle®* and founder of The Living Foods Institute, an Educational Center and Therapy Spa in Atlanta offering Healthy Lifestyle Courses on Nutrition, Cleansing, Healing, Anti-Aging, Detoxification, Relaxation and Cleansing Therapies. For more information, call 404-524-4488 or 1-800-844-9876 and visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com)



## || Program Flow

- Opening Circle
  - "Conversations with your subconscious" followed by Guided Meditation by Roop Singh
  - Sunset Yoga
  - "Beyond imagination" by Dana Robinson.
  - "Peace in the Midst of Chaos" by John Laughinghawk
  - "The Rise of Consciousness - Age of the Aquarius" by Don Martin
  - "An urban farm in the Atlanta - A vision" by William Morar
  - "Living from your dreams" Spoken word by Hamilton Graziano and Ingrid Alli, Twin Soul Poets
  - Chanting in Punjabi by Narinder Kaur
  - Closing Circle
  - Music: Soulful Kirtan by Adi Shakti Tribe
- || Don Martin, Mahadevi Rachel Roberts,  
|| Samantha Stokes, Amanda Ross,  
|| Robyn DesRoches Meek, Nathanael Ivey
- Drum Circle
  - Art
  - "Adventures through magical cultures of India" a photo exhibition by Q Oliver
  - "Love Made Me Do It" book signing by Q Oliver
  - "The Divine Perspective" Collaborative Art by Marc Risik
  - "Connecting through Art" Collaborative Interactive Art creation by Narinder Kaur

DREAM COLLECTIVE PRESENTS

# DREAMS TO LIFE

Saturday, July 30, 2016

Healing Circle Lead : Leah Tioxon

Volunteers : Lead Natalie Lipsey

Social Media Lead : Bethany Girard

Vendors Lead : Aida Smtajic

Donations Lead : Emi Piez

Speaker Lead : Roop Singh

Fire-performers Lead : Marc Risik

Artwork Credit : Will Lull

Photographers :

- Andrew X Point with Studio X

Q Oliver

Dancers, Drummers,

Photo & Cinematography,

Musicians, Fire Performers,

Flow Artists + encouraged.

Volunteers Needed, contact Natalie Lipsey

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artwork by Will Lull

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**LOVE is where CELEBRATION begins...Ram Seva Singh**



# OPENING TO LOVE

Love has been a common discussion topic for all stages and walks of life since the beginning of time; this despite being simultaneously one of the most complicated emotions to define, and one of the most crucial and vital forces of life. There are different forms of love that have been researched and defined in Greek style; Agape, Philos, Storge, and Eros. These concepts differentiate love as unconditional, platonic, warm, friendly or romantically passionate.

The experience of love can be life changing as well as a power that brings others together, helps growth and healing take place and overall makes life more meaningful. Similarly, love can also cause pain and frustration when it is seemingly out of reach or there is trouble in a relationship.

Regardless of each of our perceptions or encounters with love, it is clear that it is a major driving force from birth onward. With the appropriate care and love, we shape our children, families, and loved ones to thrive in a fast-paced and ever changing society. We must also appreciate the love that comes from God in every moment of our lives, even when there is an otherwise void in some of our relationships or past experiences with love. Below, are 3 easy strategies to set your intentions and open yourself to the power and benefits of love in all of its forms.

## 1. Practice Empathy and Forgiveness

While we are all human and have many similarities and common needs, it is unrealistic to expect that everyone will share the same ideas, personalities, interests, or past experiences. We are all born with very unique gifts and abilities, in addition to having unique points of view and internal and external factors. While others behavior or thought patterns may not always fit in with yours, it is important to practice empathy, or the ability to understand or share the feelings of another.

This does not mean that we have to change who we are or what we believe, it simply means that we can take a moment to place ourselves in the shoes of someone else before being quick to judge them or isolate ourselves. Though it may be challenging at times, forgiveness will also help us to accept others as human, imperfect creatures, just as we are. While we should practice caution and self-preservation for surroundings and people that may not be in our best interests; remember it is extremely beneficial in the long run for self-development and opening up ourselves to stronger and healthier relationships, if we are intentional and consistent with empathy and forgiveness to everyone.

## 2. Love Yourself First

Though the statement is becoming extremely cliché and widespread, the act of loving yourself is extremely necessary for growth. The idea of loving yourself can be different for everyone but we all have both conscious and subconscious mechanisms to preserve ourselves. The issues and addictions arise when we are not able to appropriately accept and develop ourselves and are looking to other things, people, or behaviors to fill a void.

This damaged self- concept may have been the result of past experiences, but it does not have to be permanent. To be open to love and growth, it is vital that you can build a relationship with yourself in addition to strengthening who you truly are, without the "crutch". This can be accomplished by focused efforts to improve mentally, emotionally, physically, and spiritually. This holistic approach can cause changes in every cell in your body and allow you to become who you truly are. Techniques such as constant prayer and a relationship with a higher power, healthy eating, exercise, social support, counseling, meditation, and developing your interests and strengths can all be powerfully helpful in allowing you to achieve optimal health and wellness and love / appreciation for yourself.

## 3. Practice Gratitude

More and more, research is showing several correlations between practicing gratitude and physical and mental health. As a society overall, we often times lose sight of our many blessings because we are constantly wanting that next big thing. Whether it is the perfect mate, career, car, home, friendship, or other material possession, we never are truly satisfied until or if we feel that we have it all. In addition, we look to others and constantly compare ourselves and feel that we always have the short end of the stick in one area or another. In order to grow and be open to love, it is very important to practice gratitude, or being thankful for what you have and showing kindness. The small things add up, and things could always be worse. Take some time every day to look around and ruminate over all of your blessings, whether big or small.

# Awakening The Goddess



**By Crystal  
Starshine**

Love; a timeless word, a word with meaning not one person can truly identify. Each of us feels and sees love with different eyes and different emotions. So what does that beautiful and mystical four letter word LOVE mean to a Goddess?

My love runs deep; it is as vast as the ocean, as expansive as the stars. My love sees beauty in all things, the morning sun, and the aftermath of a tornado. It sees beauty and struggle in life. My heart grows with the coming of a new friend, then shrinks when one is lost. It feels toil and trouble and feels compassion and strength. It is big and outrageous, yet small and unsure. Love is the sweet smell of the spring breeze bringing forth new beginnings, the smell of the summer flowers reminding us of all we desire, the autumn winds with the smell of abundance and the winter cold to bring us closer together.

Love is so big that it just can't be described, can it? I am surely going to try...

Love is the tide moving in and out and the life the ocean contains. It's the moonlit walks. It is the rivers flowing from the mountains and through the valleys filling us with fresh water and abundant fish. It is the chorus of frogs that chirp and sing for us as the sun is setting in the western sky. It is the deer running through the forest or nursing a fawn. It is the butterfly landing upon your nose, kissing you with transformation.

Love is your best friend hugging you so tight and your partners kiss. It is that moment when you hold a new child in your arms and wonder how you could love any one thing more than that. It's the look you get from your pet when you walk through the door after being gone working all day. It's the garden growing bringing forth fresh foods to eat. It's the herbs to heal and nourish your body.

Love is the trees that provide oxygen for us to breathe, paper to write our stories on and print pictures to document who and what we are. It's the shade they provide for you to sit beneath and the home for many different feathered friends and other little creatures. It's the smell of that first autumn fire with the laughter of family and friends and the sip of your favorite beverage.

Love is that feeling you get when you slip into bed with fresh sheets and the man or woman of your heart. It's the candle lit

dinners and bubble baths. It's your favorite tunes jamming on the radio and your swanky moves on the dance floor. It's that feeling you get when you accomplish your goals. It's that moment when your eyes lock with a stranger and your smile brings a smile to their face. It's the moment when you help a person who is in desperate need or that free cup of coffee from the person in front of you in line.



Love is the taste of your favorite food at that restaurant you've been dying to go to. It's the moment you take the seat in your first new car. It's a feeling you get when you take a leap of faith and accomplish a dream. It's when you really look deep into your own eyes in the mirror and see the beautiful soul you have become.

Love can't be described in one small article, by one single person. Love is so much more and is in the eyes and heart of the beholder. Our personalities, emotions, thoughts, morals and values control the very aspect of the little noun; LOVE.

With Love, honor and respect, Blessed Be  
Crystal Starshine

**Crystal Starshine** is an Oracle, Priestess, Women's Inspirational Empowerment Coach, & more. She is founder of the *Youniquely Woman Red Tent™* and the *Sisterhood of the Trees in the North Georgia Mountains*. Find out more about her at [www.youniquelywoman.com](http://www.youniquelywoman.com).



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We all encounter negative situations in life, but work situations can be particularly troubling because we spend so much time there and depend on our jobs to maintain daily life. If you are finding it difficult to navigate negative work interactions, there are a few things you can do to stay positive no matter how much conflict you encounter.

*Control your internal reaction:*

**Stay calm.** When you are confronted with a conflict at work, whether directed toward you, a coworker, or your team in general, it's important to stay calm. Then evaluate the situation in order to make the wisest decisions possible.

**Accept the situation.** Resisting the situation will more than likely force you into a negative reaction, which will escalate the conflict. Instead, accept what is happening around you and try to get it resolved.

Remind yourself of things you're good at. In the middle of a negative interchange, it's tempting to feel badly about yourself. Focus on what you are good at until the exchange has ended.

*React Externally in a Positive Way:*

**Avoid a negative reaction.** Try an opposite reaction. If someone is being aggressive, it is best to diffuse this tension by being passive in the moment or apologize for any confusion your actions may have caused.

**Avoid engaging in the conflict.** Refuse to engage anyone who comes at you with an accusation. Staying calm and quiet, apologizing even when you don't believe it is your fault, can keep you out of the entanglement of a conflict in the moment.

**Speak slowly.** This gives you time to think about what you're going to say, and makes you appear confident, purposeful and precise.

**Stay humble and transparent.** If a coworker or supervisor is accusing you of a misstep, readily confess your part of the issue. Humility like this can quickly diffuse a volatile situation.

**Admit your part.** If you are facing a negative situation which you have contributed to (intentionally or not), admit your error.

**Remove yourself from the situation.** If nothing you have tried is working—apologizing, staying calm, keeping out of the conflict—it may be best to walk away. If you back away slowly, this might be easier for the other party to take than if

you just turn on your heel and stomp away.

**Maintain a professional demeanor.** If you are in an ongoing negative situation, or are friends with someone who is, it can be tempting to snub, even provoke, the offending party. Treat all coworkers equally and with professionalism.

*Keep a Positive Attitude:*

**Apply past solutions.** Think about similar negative situations you have encountered in the past and try to remember what you did then in order to stay positive, and apply it here and now.

**Look for a silver lining.** After an initial conflict, it is helpful to make lists of positive things about your job or the specific task in question. Review this list whenever you are tempted to become angry, and be thankful instead.

**Think about happy things.** Distract yourself from wanting to retaliate in the moment by focusing on things that make you happy. Keeping in mind people and situations that would be affected by your outburst may also keep you from losing your temper.

**Banish negative thoughts.** To do this, arrest negative thoughts and ask yourself if they are true, and consider a different explanation when you are tempted to think the worst of workplace communications (or lack of them).

**Stay away from gossip.** Don't discuss the conflict with coworkers who like to gossip. These people will tend to focus on the negative aspects and spread your perspective around to others, making the conflict worse.

**Perform tasks that are a result of conflict resolution.** Finally, to show your willingness to cooperate, do what is asked of you as a result of the conflict. Being a compliant employee and coworker makes everything work more smoothly.

*Tips:*

- If your manager or boss seems to single you out, don't try to shrug this off. Confide in someone who can give you a true assessment to determine if this treatment is unfair. This person should be someone in control, such as an HR representative or a trusted manager in another department. If the treatment is determined to be indeed unfair, this person can help you decide a course of action.
- Be proactive. If you sense that a conflict may arise with a coworker, try to work it out before it becomes a full-blown issue.
- Be honest and reliable. If you are not able to complete a task in the given time, tell your supervisor so you can prevent getting into a negative interaction.

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Experiencing Serenbe Playhouse's production of *Charlotte's Web* directed by artistic associate Ryan Oliveti began as an almost surreal experience as the memories of seeing the show as a child in a darkened theater re-emerged. Prior to arrival, I had failed to read the "10 Things to Know" on the playhouse's website and was taken aback by the production, and all of their productions, taking place outdoors in the open air. However, despite initial reservations, the outdoor setting proved an attribute to the production as, unlike my childhood experience, Serenbe's production was placed in an engaging family friendly environment-- a petting zoo. Pre-show the cast mingled freely with guests in character creating a relaxed atmosphere as children swarmed enjoying the abundant live farm animals including the pig pen complete with "SOME PIG" signage.

With catchy sing-a-longs (that are still echoing in my head days later) and playful, charismatic performers, the hour long production impressively kept the attention of the predominantly child filled audience. The love and acceptance centered message of the production had additional educational touches encouraging children to understand why the characters behaved like they did, such as Charlotte the spider trapping and eating bugs because it's what she was made to do. In this production the delightful characters bring in good portions of hilarious comic relief that also appeals to the older audience members. The actor who played Mr. Templeton, Hao Feng, is particularly striking as the selfish, scheming rat with little asides and quips for the adult audience's enjoyment.

As an interesting choice, members of the cast played multiple roles throughout the play – stepping off stage to make minor costume changes (such as adding a hat) to denote their role change. Surprising, the cast were able to keep the believability of the roll changes through drastic changes in voice, demeanor, and body positioning. It was never difficult to distinguish between the characters played and it demonstrated some of the range of the performers as they took on ever-changing comical character voices.

After the show, the cast made themselves available for a meet and greet in character – doling out hugs and kind words to children, meeting them on their level with big smiles. The constant stream of children served as a testament to the success of the show.

It would be advisable to arrive early to the show for the best view as the audience seating actually went slightly downhill making it increasingly difficult to see the actors the further away from the stage. However, there is ground level seating available where audience members can sit on blankets on the ground within a few feet of the action for optimal engagement with the actors. Additionally, be aware of the weather conditions as the performances are rain or shine, uncovered, and open air. The production is under a canopy of large pine trees for shade, but with Georgia heat and humidity adequate fluids are necessary for a comfortable experience. Concessions are available for sale on site.

The production is showing through July 31st, 2016 on Fridays and Saturdays at 11 am and Sundays at 2 pm at Serenbe Playhouse - 10950 Hutchesons Ferry Road, Chattahoochee Hills, GA 30268. Full directions online at <http://www.serenbeplayhouse.com/plan-your-visit/directions-and-parking>. Tickets are available for purchase online or through the box office at 770-463-1110. Upcoming shows include *Of Mice and Men*, *Miss Saigon*, *The Sleepy Hollow Experience*, and *The Snow Queen*. Additional information and tickets available at <http://www.serenbeplayhouse.com/>.

Watch the video trailer online at: <https://www.youtube.com/watch?v=iy-6CuM4ys8>

*Vivian Kyle* is a noted aerialist, snake charmer, model, actress and part of an acrobatic duo with husband/performance partner martial artist and stunt performer Nate Andrade. Currently she is creating a magical garden in her backyard, haven to rescue animals, including Nutmet the squirrel, and is working towards her masters' in fashion design at SCAD.



Atlanta's annual mass auditions Unified Auditions 2016 attracted more than 250 aspiring and established actors from all over the SE and U.S. to the Marcus Jewish Community Center Atlanta's stage for two intense days this past spring. For the first time C4 Atlanta sponsored the event with approximately 77 representatives from the SE's premiere theaters and venues attending in search of both emerging and established actors for potential casting, apprenticeships, educational opportunities and more.

Clifton Guterman was front and center as one of the more than 70 auditing representatives who were there to watch this year's Unified Auditions. Guterman works with both Theatrical Outfit as Associate Artistic Director, and for this year, as Artistic Associate at Actor's Express and is a key player in the Atlanta casting scene both in front of and behind the desk. He had nothing but great things to say about this year's annual event: "Unifieds 2016 were the best to date! Both days were incredibly smoothly run by C4 Atlanta, the energy in the room felt relaxed but professional, and the two-day event felt inspiring rather than mandatory or exhausting. It was wonderful to catch up with Atlanta's industry movers and shakers. Most importantly, though, for me, the talent level overall seemed more impressive and advanced this year. I was particularly excited to see so many new minority actors of multiple ethnicities and can't wait to call them in for future auditions."

Among the auditors hoping to find the "it" factor among the actors who strutted and sang their hearts out on the Marcus JCC Atlanta stage were such theatrical representatives as Working Title Playwrights; Aurora Theatre; The Atlanta Shakespeare Company; Kenny Leon's True Colors Theatre Company; Six Flags Over Georgia & Hurricane Harbor; Onion Man Productions.

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This is an annual event so interested actors should check out the C 4 web site <https://c4atlanta.org/> to stay in the loop.

Watch the video of the auditions at: <https://www.youtube.com/watch?v=5be3tSQPMPQ>







Two of our favorite beach respites are the surprisingly luxurious Tybee Island, off the Georgia shore, just over the bridge from Savannah.

### Tybee Island Luxury: Tybee Cottages' 27 Taylor Street or Fitz Us Fine

Tybee Island is not just modest beach cottages. You can also live like the rich and famous or as you imagine they might in the pages of Architectural Digest with Tybee Cottage's ([www.tybeecottages.com](http://www.tybeecottages.com)) own rendition of a miniature Versailles – 27 Taylor Street. This sprawling abode will bring gasps with its wide open spaces, and remarkable flights of designer Jane Coslick's décor. These include an intricate dining room more like an exquisite art installation, comfy and elegant screened porch for relaxing and dining alike and its lighted swimming pool with bucolic fenced grounds.

One would not be nonplussed to be invited to a VIP gathering in this 4 bedroom, 3 bath palatial 27 Taylor Street. This is one of Jim Heflin's pieces of resistance. For pure luxury, spoil yourself at 27 Taylor Street. This palatial masterpiece has unparalleled views of the protected dunes and oceanfront which is just across the way. It avows the Island's best possible lighthouse vista with the very near tallest lighthouse looming dramatically as we crane to see its top through the picture window on the stair landing. Its massive floor plan and intricately decorated four individual bedrooms, its gourmet kitchen and sub zero fridge, Safari style club room, surround sound system and master suite exceed all and every expectation and must be seen and heard to be fully appreciated. Its blue French boudoir bathroom with shining white oyster tile may be the loveliest you've or we've ever seen.

Stroll across the street to the beach, or next door climb the steps to the top of the house's neighbor, that self same oldest and tallest lighthouse on the Island or grab a bite across the way at the North Beach Bar and Grill with deck. If 27 Taylor Street happens to be booked or you want two very different beach luxury immersions check out the five bedroom Fitz Us Fine (1507 Second Avenue) - also with its own private pool and wrap around screened porch.

It is another work of architectural genius and ingenuity featuring a climactic open foyer with arching ceiling and sculptural light fixture. You may feel a bit like a member of the cast of Romeo and Juliet as many of its five bedrooms have sliding doors that open to balconies from which you can peer down and across to the other bedrooms and your fellow bedfellows. You feel you are on a three level schooner or the intriguing innards of a Steinway Concert Grand. There's a 3rd level loft and many outdoor hidden nooks on its circular porch and grounds.

Heflin's cottages run the gamut from these sprawling beachfront mansion and architectural joys like 27 Taylor and Fitz Us Fine, each with pools and fabulous porches, to the intimate and whimsically inventive more petite Jane Coslick-decorated creations. Those who don't know Jane, as we mentioned above - she is the virtual creator of coastal shabby chic. Jim has ten of the nearly 40 of her decorated cabanas and cottages on the island, including his own. Also available through Jim, for those purists are the original somewhat rustic ocean front cottages with original weatherworn wooden floors and details like the 100-year Randolph or Swan Cottages - with the hauntingly stark and elegant lines of an Andrew Wyeth painting. These are right on the beach and harken back to turn of the century bygone Tybee.

For a lark, Captain Rene and Captain Dave of Sundial Charters Fishing and Nature Tours ([sundialcharters.com](http://sundialcharters.com)) will take you out for a half day or full day chartered boat adventure with many dolphin sightings as well as beach combing, swerving and careening insider access to the inner salt marshes, birding and fossil and shell hunting.

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Dear Dream Experts,

I dreamt I was at my mom's house and she had this huge bathroom she just rearranged. Then I left there and my husband Sam and I went to this all inclusive resort with my sister and her husband. We went to this one area that was like a beach and my sister and her husband laid down and started kissing.

Sincerely, Vacationer

Dear Vacationer,

The theme of this dream is about how you are restructuring your mind to be more organized and relaxed. Your higher self (mother) is helping you to be more organized in the way you purify and release thoughts. A bathroom is a place where you release old thoughts that no longer serve you. A shower signifies purifying thoughts. You are also seeking more mental relaxation (resort). Various parts of your thinking desire this type of relaxation too (sister and husband - describe them both in one or two words). Recreation can be conducive to harmony and creating (kissing). Based on this dream become more aware of how you release, relax, and recharge so that you can make the most of it.

Dear Dream Experts,

I dreamt I went to my son's soccer practice. After the practice the real game was starting. There was a problem because there were not enough boys on his team and they were short three players. The coach was upset because the other team had more players and he felt that they might win because of that. I offered to play. The coach said it was against the rules, but he would let me anyway. I hadn't played soccer in years, but thought I would give it a try.

Sincerely, Sports Enthusiast

Dear Sports Enthusiast

You are focused on how you coordinate various aspects of your thinking to be successful in life. Sometimes we call this the game of life. You are approaching life from a competitive angle (soccer) and practicing to be successful. However, when it comes to the application you recognize there are some missing pieces (missing players). You feel this will put you at a disadvantage. You recognize the only way to make up for this is to put your whole self in the game. You do have some concerns about playing within the rules, however. Although you haven't coordinated yourself like this in a while, you are willing to try. The main thing to keep in mind is to have fun while playing the game of life!

*Kathryn and Patrick Andries, the Dream Experts, are the authors of Naked in Public: Dream Symbols Revealed, The Dream Doctor, and Owner's Manual for the Mind, released by Ozark Mountain Publishing. If you would like your dream to appear in a future article, send it to [intuitiveschool@sbcglobal.net](mailto:intuitiveschool@sbcglobal.net). Kathryn and Patrick reserve the right to edit any dreams submitted to suit the needs of the article. Learn more at [www.intuitiveschool.com](http://www.intuitiveschool.com).*





## SUNDAY CHURCH SERVICE

**Atlanta Center of Self-Realization Fellowship**  
- 4000 King Springs Rd., Smyrna. Meditation Service 10 a.m. Reading Service 11 a.m. Sundays. 24-hr. info. 770-434-7200.

**Atlanta Unity** - Sunday Services at 8:45a.m. & 11:00a.m. Wednesday Evening Prayer Service 7:00-7:30p.m., 3597 Parkway Lane, Norcross 30092, 770-441-0585, [www.atlantaunity.org](http://www.atlantaunity.org).

**Center for Spiritual Living** - Midtown Sunday service at 11:00 am at the Academy of Medicine, 875 West Peachtree St, Atlanta, GA 30309 [www.cslmidtown.com](http://www.cslmidtown.com).

**Drepung Loseling Monastery** - established under the Dalai Lama, an affiliate of Emory University. At 1781 Dresden Dr. Atlanta, GA 30319 Free: Sundays: Guided Meditation 11 a.m. Call: 404-982-0051 or email: [center@drepung.org](mailto:center@drepung.org).

**Eckankar Center** - Religion of the Light and Sound of God. ECK Worship Service on first Sunday each month at 11a.m. 2217 Roswell Rd, Marietta. Children's program Call: 770-973-4001 [www.eckankar-ga.org](http://www.eckankar-ga.org).

**Hillside International Truth Center** - 2450 Cascade Rd. SW, Atlanta, GA 30311 9:30am - Bishop Dr. Barbara L. King, Rev. Dolores Voorhees, Rev. Dr. Rocco A. Errico plus Christ Conscious Kids Club. [www.HillsideInternational.org](http://www.HillsideInternational.org)

**Inner Quest Church** - Sunday service: 10:30 am. - 11:30 am. Metaphysical Class 9:30 am. -10:15 am. Come Celebrate God's love! 770-521-2875. 12830 New Providence Road, Alpharetta, GA., 30004. [www.innerquestchurch.org](http://www.innerquestchurch.org).

**One World Spiritual Center** - Celebrating One World, One Heart. Sunday Service at 11:00 am. 3535 Shallowford Rd. NE. Marietta, GA 30062. 678-214-6938, [www.oneworldspiritualcenter.net](http://www.oneworldspiritualcenter.net).

**Saint Thomas Christian Church** - Sunday services & attend our Celebration of Life, Spirit & The Eucharist. 11 a.m. at the Karin Kabalah Center, 2531 Briarcliff Rd., Suite #217, Atlanta. Call 404-320-1038.

**Spiritual Living Center of Atlanta** - New Beginnings Through New Thought - Services 9:30am. & 11:30am. 1730 Northeast Expy NEAtlanta, GA 30329. (404) 417-0008. See [slc-atlanta.org](http://slc-atlanta.org) for more information.

**Trinity Center for Spiritual Living** - Create Your Best Life & Thrive. Sunday Services at 11:00 am. Weekly Consciousness Empowerment Classes, 1095 Zonolite Rd. Atlanta, GA 30306. (404) 296-6064 [www.trinitycrs.org](http://www.trinitycrs.org).

**Unity North Atlanta Church** - Transforming the world through love. Sunday Services at 9:15 a.m. and 11:15p.m. Wed. meditation service 7:30 p.m. 4255 Sandy Plains Rd. Marietta, GA 30066 [www.unitynorth.org](http://www.unitynorth.org) 678-819-9100

**Unity Spiritual Center** - Sunday Services 11:00 a.m. Classes Wed. 7:00 p.m. 3415 Stancil Rd., Gainesville, GA. 770-534-0949. Take 129 to right on Lakeland, then right on Charles Bridge Rd. and right at the Center on Stancil Rd.

**Unity of Kennesaw Church** - Putting love into action. 11:00 am services are at Shanty Elementary, 1575 Ben King Rd., Kennesaw, 30144. [www.unityofkennesaw.org](http://www.unityofkennesaw.org).

## SUNDAY EVENINGS

### WELCOME TO A NEW THOUGHT

**GATHERING** for deeper, more personal knowledge of how to understand Universal Law as it relates to a richer, more satisfying life. Interfaith Truth Center, 2674 Austell Rd., Marietta, 30008.

## FOURTH SUNDAY

**INTRODUCTION** - "Community HU Song" and Special Spiritual Exercise, 12:30 p.m. - 1:00 p.m. Eckankar: Religion of the Light and Sound of God, 2217 Roswell Rd., Marietta. Call 770-973-4001; [www.eckankar-ga.org](http://www.eckankar-ga.org).

## TUESDAY

**INNER QUEST** - 7:30pm Share in a loving, supportive environment. Each evening begins with a healing circle. Love Offering. 770-521-2875 12830 New Providence Rd, Alpharetta, GA 30004

**INNER QUEST /GAINESVILLE** - 7:30pm Take a step closer to your Divinity. Each evening begins with a healing circle. Love Offering. 770-534-0993 Meeting Place: 4231 Red Fox Trail, Oakwood, GA 30566

**MEDICINE BUDDHA PRACTICE** 6:30pm - 7:15 p.m. Public talks on Tibetan Buddhist Studies & Practice: 7:30 p.m. - 9:00 p.m. given by monks and guest speakers. Call: 404-982-0051 or email: [center@drepung.org](mailto:center@drepung.org). Visit: [www.drepung.org](http://www.drepung.org).

## WEDNESDAY

**METAPHYSICAL STUDY GROUP** - Healing modalities, Book studies, Advisors, Full Moon drumming circle. Call for this month's topic. Marietta (Austell & Callaway). [www.interfaithtruth.com](http://www.interfaithtruth.com). 404-955-6641.

## WEDNESDAY

### SOUL HEALING MIRACLES CLASSES -

Looking for clarity for your life path? - every Wednesday 7 pm-8:30 pm -Trinity Center for Spiritual Living - 1095 Zonolite Rd Atlanta 30306 [www.soulpoweratlanta.com](http://www.soulpoweratlanta.com) 678-630-8661

## 2ND FRIDAY

**SPIRIT COMMUNICATION** - 7:30 p.m. at Harmony Place Spiritual Center in Roswell. [www.meetup.com/PsychicAdventures](http://www.meetup.com/PsychicAdventures) Email: [mstulip@mindspring.com](mailto:mstulip@mindspring.com).

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## ASTROLOGER NEEDED:

Work with me in my booth at the Georgia Renaissance Festival. Female, wear period garb and be able to read charts and transits quickly and accurately. Saturdays and Sundays, April 18 to June 8. Contact me at [saturnian@att.net](mailto:saturnian@att.net).

## CHIROPRACTOR

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## CHURCH

Inner Quest - Full ministerial services available, including weddings. 12830 New Providence Road Alpharetta 30004 770-521-2875

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## ROHUN THERAPY

Cindy Fuller - Master RoHun Therapist, Minister at Inner Quest, 12830 Providence Rd Alpharetta - 770-521-2875.

## SPIRITUAL CENTER

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Sunday: meditation 10:30 am Gathering 11:00 am - Weekly discussions, classes for body, mind, and spirit. Metaphysical gift shop, books, candles, and gemstones. Marietta (Austell & Callaway) 404-955-6641 <http://interfaithtruth.com>

## 2ND SATURDAY

**INNER QUEST HEALING NIGHT** - 2nd Saturday each month 6:00 p.m.- 9:00 p.m. Experience God's love through Reiki and Energy Balancing. (Love Offering) 770-521-2875, 12830 New Providence Rd., Alpharetta, GA. 30004. [www.innerquestchurch.org](http://www.innerquestchurch.org).

## 3RD SATURDAY

**MARKETPLACE 120** has Spirit Fair every 3rd Saturday of the Month. Come out for Psychic Readings and more. Our next Fair is January 16th. Come by and visit the Mystic Cafe Spiritual Learning Center. Marketplace 120, 562 Wylie Road Marietta.

## FEATURING: KASHI ATLANTA ASHRAM - JULY 2016 EVENTS

-July Trans and Queer Yoga, Friday, July 1 @ 7-9pm

-Learn Sanskrit to Deepen Your Yoga Practice, Saturday, July 2 @ 3-6:30pm

-Creating a Kick Ass Yoga Class: The Art of Sequencing, Saturday, July 16 @ 1-3:30pm

-July Mark Group, Friday, July 22 @7-9pm

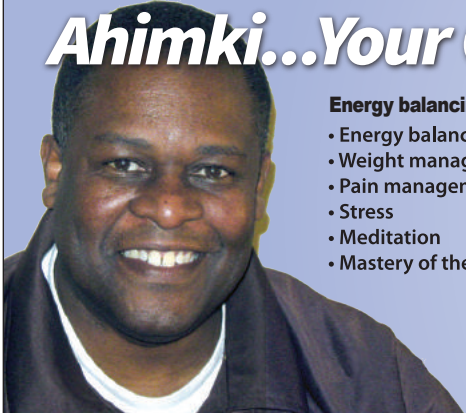
-Yoga For All Bodies, Saturday, July 23 @ 12-2pm

-Sonic Yoga w/The Kashi Kirtan Wallahs, Saturday, July 23 @ 7-9pm

-July Mantra Group, Sunday, July 24 @ 4-5pm



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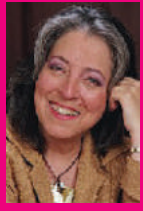
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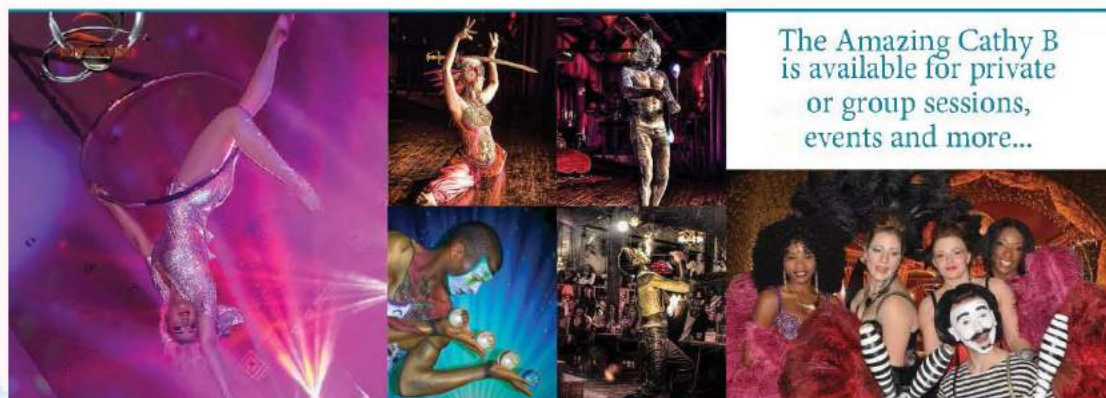
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