

Living, Loving, Thriving In The New Age

AQUARIUS

December 2016

Sagittarius

November 23 - December 21

Feature: Breaking the Mandala
with the art of Keith Prossick
This Month: Akashic Wormhole

Community Spotlight -
Forever And A Day
Woodstock, GA

The Intuitive Therapist
Janis Cohen

Tipi Diaries
Robyn Meek

Astrology by Ariel Rose

Moon Calendar by
Michelle Gregg

Tarot by Kathleen
Robinson

Awakening The Goddess
by Crystal Starshine

To Your Health by
Brenda Cobb

Conscious Business by
Becky Arrington

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



AQ community spotlight



Forever And A Day, located in Woodstock, Georgia, is one of the best known and loved “new age” bookstores and retailers in the Metro Atlanta area. It is also one of the newest stores. Michael and Sherry Davis are the owners of Forever And A Day, and have come to be known and beloved by many metaphysical practitioners and believers in the metro area...and around the southeast. Recently, Aquarius Magazine interviewed them to learn more about the store, their vision and what the future looks for them and the New Age community in the Metro area.

When did you start Forever and A Day? (tell us the origin story)

We opened Forever And A Day New Age Emporium on February 26, 2010. Our store was born out of the need for an open, loving environment for new age seekers on the north side of Atlanta. We had started an online store in 2005, shortly after we met and married. Michael had been involved in the metaphysical community in Georgia for 30 years or more; I was a “newbie”, but was fascinated with all things “new age”. In 2007, we purchased Gaia’s World Ceremonial Herbs, which is a wholesale B2B company, selling ceremonial herbs, sage and other products to other new age stores. At the time of the purchase of Gaia’s World, we discontinued selling Forever And A Day products online. After purchasing Gaia’s World, we took a small space in the Woodstock Flea Emporium to sell some items left over from the Forever And A Day online store, and some herbs and crystals and incense. We put out a little notebook in our consignment booth, so folks who might want a special order of something could be accommodated. We started getting all sorts of “fan” emails from people wanting to know where our BIG store was (which of course we didn’t have), and telling us how happy they were that we were there. For some time we had both wanted to have a brick and mortar store. In 2009, we made the decision to purchase a building for our store, which also houses Gaia’s World. It took us 5 months to remodel the old Sonny’s Barbecue that we purchased. It was truly a labor of love! (And blood, sweat and tears!)

So now Forever And A Day has been in operation for almost 7 years, and it has grown so much! We look back on how far we have come, and it is amazing!

In 2014, we produced our first consumer show, the **Awakened Spirit Expo**, which we produced again in 2015. We were told we wouldn’t make any money on the expo, and people doubted us because we had never done an event like it before. But things worked out beautifully and it was a profitable venture as well.

What were you doing before the store was opened?

Michael was, and still is, the owner of Davis Security Services, Inc. I was a real estate paralegal, and hated it!

What is your driving vision for the store/center?

We just want to make a difference in people’s lives. Our customers tell us all the time that they come in to our store when they need a break from the pressures of the world. They say they just take a deep breath when they walk in, and instantly feel better. We like to think of Forever And A Day as an oasis of peace amidst all the troubles of today’s world.

What are the main obstacles you have had to face and overcome?

Since Forever And A Day opened, we really haven’t had any obstacles. We have been well received into the area and the metaphysical/new age community. We didn’t plan on having any problems, so we haven’t had any. We believe in creating our own realities.

What are the services you provide there (besides being a very well-stocked retail location)?

Forever And A Day currently has fourteen active practitioners whose skills include psychic ability, mediumship, tarot readings, oracle readings, animal communication, aura photography, massage, reflexology, sound healing, astrology readings and more. We think we have the creme-de-la-creme in practitioners. If they are here, they are great!

We also offer a wide variety of classes in the store...aromatherapy certification, psychic development, psychic circles, gallery readings, animal communication, drum making, shamanic journeying, and more.

We have two yearly events that are held outside in the parking lot area of the store, too, which are always our 2 most heavily attended days of the year. There’s something about being outside, and the carnival atmosphere, even though we are doing the serious business of readings and massage!

We have a monthly Psychic Fair on the 2nd Saturday of every month, where our customers can get readings at a discounted rate. And we’re different than other psychic fairs...we don’t limit our customers to 20 minutes for their reading. We don’t believe in cutting them off when they might be getting some important questions answered!

We are looking forward to some future expansion and remodel of the store in the very near future.

Forever And A Day is located at 7830 Highway 92, Woodstock, GA 30189. Phone 770-516-6969.

Web site...www.ForeverAndADay.biz.

Please check out our Facebook Page, and the Forever And A Day YouTube video, which can be found there. (Photography by Lauren Lopez)



AQUARIUS



SAFE

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

THIS MONTH December 2016 Sagittarius ♐

The human race is shifting from the Age of Pisces to the Age of Aquarius. As this shift occurs, human consciousness opens to knowledge that has been hidden for eons. This knowledge is contained in a collective consciousness known as the Akashic Field.



In the spirit of the Season, we at Aquarius want to say a big "Happy Holidays!" to all of our advertisers, readers and fans. Aquarius is in its 24th year as the south's leading alternative spirituality periodical...and as one of the most recognized brands in Atlanta. That is because of you!! We hope you have a safe and happy Holiday season!

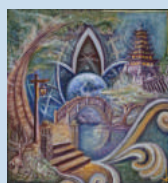
MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



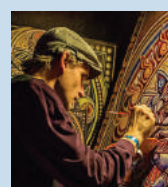
2 | **Community Spotlight** *Forever And A Day*



4 | **Age Of Aquarius** *Conspiracy of Love* *Ian Boccio*



5 | **feature:** The Akashic Field *Don Martin*



6 | **feature:** Akashic Wormhole 7 | *Keith Prossick and* *Stephanie Kohler*



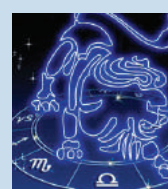
8 | **Limitless!!** *Stephanie Kohler*



9 | **Meditation:** Still Point *Phoenix Lea*



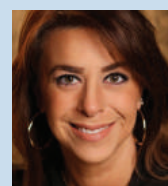
9 | **Yoga:** Under the Bhodi Tree *Awilda Rivera*



10 | **astrology/horoscopes** 11 | **tarot**



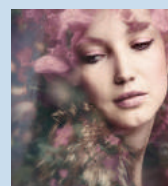
12 | **Health:** To Your Health *Brenda Cobb*



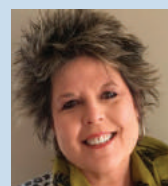
13 | **Self-Discovery:** The Intuitive Therapist *Janis Cohen*



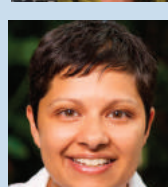
14 | **Native Spirituality:** Tipi Diaries *Robyn Meek*



14 | **Feminine Spirituality:** Awakening the Goddess *Crystal Starshine*



15 | **Conscious Business** *Becky Arrington*



16 | **Channeling Consciousness** *Darshana Patel*

Calendar • Classifieds • Business Resources • Local Practitioners
pages 18-24



AQUARIUS is printed on 100% recycled newspaper...and uses **SOY INK** for printing.
Use your paper for composting (once you've read it and shared it!!).

I have one big question coming out of Donald Trump's stunning victory in the 2016 Presidential election: does this mean that Hillary Clinton is no longer the Devil? I have heard such a widely varying litany of conspiracy theories surrounding the Clintons, both in written form and directly from the mouths of people standing right in front of me, including some folks that I know and love. If the stories about Hillary are to be believed, she is the incarnation of evil, right at the center of the shadow government that intends to take away all of our civil liberties (especially our guns) and rule over us as an oppressive conqueror. Throw in some rather colorful anecdotes about Satanic sex rituals and infant sacrifices and you have a picture of someone whose drive to ultimate power could not possibly be stopped. Her command of the corrupt Washington establishment is thought to be absolute, making the rigging of a national election a trivial formality, and our own fate as miserable slaves to be equally inevitable. And yet... she lost the election... to an opponent that any other Democratic candidate should have handled easily. Indeed, most of us deluded fools on the Left thought she would take the election in a landslide, even without the benefit of all the dark magic powers some seem to think she wields. So, does this mean the conspiracy theories were wrong? Does it mean that she is really just another flawed politician, prone to making bad decisions and guilty only of trying to avoid admitting her own mistakes?

When conversations turn to the subject of various conspiracy theories that suggest the government is out to get us, I have a particular thread of logic that I like to follow. The basic premise, for me, is that it doesn't matter. I don't know whether any of these conspiracy theories are true or false, and I honestly believe it doesn't matter. Where conspiracy theories about the government are concerned, it seems to me that there are two options. On the one hand, the government is what it appears to be, which means that the President, Congress, et al., are actually in control. On the other hand, perhaps the government we see is just a bunch of puppets, with unknown villains pulling the strings in secret. If the first option is true, then the conspiracy theories could not be real, because the government that we see every day has proven to be the most bumbling set of fools one

could imagine. The idea that the government we see could maintain a conspiracy that would require tens of thousands to remain silent seems laughable to me. Just ask Edward Snowden. If there is a hidden order that is directing everything, as the second option suggests, they would be so effective, so terribly evil, that fighting them would be unrealistic. How will that AR-15 help you when the shadow government starts using sarin gas, or small pox? So I say it doesn't matter what the situation is, we are ruled either by idiots or psychopaths and we won't be able to change anything using bullets.

In these dark days that seem, in many ways, hopeless, I would like to let you in on a little secret. There is another conspiracy out there, one which is diametrically opposed to both the fools and the villains who currently control the course of events. It is a conspiracy of love, initially spread by sages and teachers who experienced the true nature of our existence, but it has now diffused out to normal folks like you and me. You see, the truth is that control is an illusion, a product of limited ego. Our reality is infinite consciousness, which manifests in our lives as love. The ego tries to make you attach your feelings of love to people or things, which allows you to be controlled, but when you realize that love just is, regardless of circumstances, then the true knowledge, the true power can never be withheld from you. Understanding this and living it is the real revolution, which cannot be overcome with bombs or propaganda. This is our conspiracy of love.



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.





aqtv

mystery. consciousness. transformation.

aqtv is transformative video that tells the amazing stories of human consciousness, spiritual mystery and global transformation. You've got a story...let us help you tell it!

video advertising, documentary, interviews, and more!

take your practice, your message, your vision to a transcendent new level with creative, professional video production.
Call 770-641-9055 or
Write info@aquarius-atlanta.com

AQUARIUS

December 2016 vol. 24, no. 6

AQUARIUS: 770-641-9055

Address: 1027 McConnell Drive, Decatur GA 30033

Aquarius is Published by The Aquarius Media Network

Distribution:

by yearly subscription or free at Atlanta locations and digitally at www.AQ-atl.com

Publishing Schedule:

Published monthly by the first of each month.

Additional articles, videos, radio programs, and more throughout the month online: www.AQ-atl.com.

ADVERTISING:

We offer reasonable rates for every budget.

Newspaper, Print and Digital / Web and Social Media Presence

Video Creation / YouTube Channel Set-up / Publishing Marketing and Branding / AQ Radio Programs and Advertising...

Deadline for all ad submissions and

advertising edits is the 15th of each month.

For more information on rates and packages:

www.aquarius-atlanta.com

Submit pdf files to: info@aquarius-atlanta.com

SUBMISSIONS:

We accept articles, artwork, and photography which are in accordance with our Mission. We reserve the right to accept, reject, or edit any material we receive and do our best to honor the integrity of the author/artist. Visit our website at www.AQ-atl.com for further information and submission requirements.

DISCLAIMER:

Our aim at Aquarius is to provide our readers with a variety of information and perspectives to enrich their knowledge or enlighten their spirit as fits with their own pursuit of their "best life path." It is expected that all material is submitted in "Good Faith" with no intent to mislead or harm others. It is the reader's responsibility to make intuitive decisions that are right for them.

FIND US AT:

Facebook / AQ - Aquarius Magazine

Twitter / Aquarius Revolution



**AQ crosses
boundaries
world wide
every month
for just
\$40 a year.**

Get the paper delivered right to your home or office every month for only \$40 a year.

Makes a WONDERFUL gift!

feature... The Field (It's About to Get Crazy...) by Don Martin, Publisher

The year of 2016 is coming to an end...and wow, what a crazy year it has been. Perhaps the best example of "crazy" was this year's presidential campaign and election, which placed a brash, crude, and controversial businessman - who has never held public office - into the position of President-elect.

The election of Donald Trump to the presidency was surprising, shocking and ... well, crazy. But... the truth is...you have not seen "crazy" yet!

Welcome to the Age of Aquarius! The Age of Aquarius is the next phase of human evolution, and as foretold for thousands of years, it signals a whole new development in the ascension of human consciousness. Trump's election is like a trumpet blast, alerting humanity to the reality that the New Age is here. And that New Age will seem very, very crazy compared to the rigid and authoritarian energy of the past 2500 years.

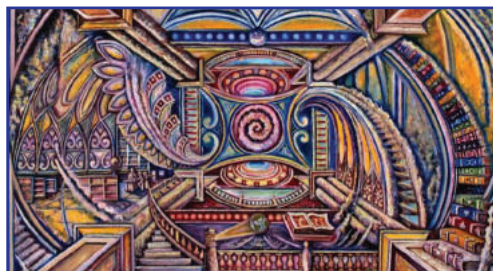
All around the globe, for the past decade or so, social upheaval has occurred in every culture. The economy has gone bonkers, and has entered a cycle of unpredictability - the tried and true financial measures of the past two hundred years just do not make sense, or work, any more. Science and especially digital technology has taken the human race to the realm of weird. Every day, new discoveries in biology, consciousness, neural activity and human psychology erase old ideas about age, sex, thought, and consciousness.

Here are just a few examples:

- Duke University operates a program that studies the paranormal, and specifically the existence of ghosts - with the assumption, based on measurable evidence, that ghosts do exist, and communicate with living and conscious human beings!

- scientists at the University of Southampton in the UK have demonstrated - with evidence - that there is conscious activity after death.

- in universities around the world, studies in everything from electrical engineering to cosmology have demonstrated the existence of a **unified energy field** that underlies the structure of reality...from the sub-atomic level to the background noise of the universe. Now, that energy is giving evidence of being effected (in terms of measurable frequencies) by **THOUGHT**! That's right, conscious activity has a measurable impact on the energy field that is the fundamental and underlying structure of reality.



Keith Prossick's painting, "Akashic Wormhole", addresses this amazing experience of the Akashic Field by a human who is surrendering to the processes of spiritual awakening.

A wormhole is a theoretical opening in space-time, which allows a person to move through time and space without limit. Keith's vision is that, as we grow spiritually, we begin to move into greater awareness of and experience of this vast Universal Knowledge...through time and space...without limit or restraint. In so doing, we truly begin to experience our own DIVINITY.

All of these occurrences, and more, are indicative of the huge SHIFT that is coming to our planet and to individuals like you...and me!

Now...let's jump to Keith Prossick's latest painting in the series "Breaking the Mandala" being featured in Aquarius. This month, the painting is "Akashic Wormhole", and represents another stage in the spiritual and consciousness development of the human being.

And this is where things get crazy...really crazy!

As a person grows in spiritual development - and evolves into greater and greater consciousness - they begin to brush against the transcendent Consciousness that scientists have now postulated as being within the Universal Energy Field.

This conscious energy field is also known as the Akashic Field. The word "akashi" (or "akasha") comes from ancient Sanskrit and is literally interpreted as "ether". It refers to the invisible but dynamic force of life and thought that surrounds us. For thousands of years, the practitioners of conscious development in the Far East (the earliest yogis, shaman, and adepts) referred to the Akashic Field as that Source that underlies everything. In a sense, the Akashic Field was very much like GOD...not a personalized tribal deity like Yahweh or Ganesh, but a Conscious Energy that is comprised of all the energy and all the thoughts and all the emotions of everything in the Universe...from infinity to infinity.

Wow.

This Conscious Energy may be manifested as ghosts, or channeled thoughts, or dreams, or ... well, it can be anything...a job idea, a social movement, a song. It is THE Conscious Energy of the Universe that makes everything happen. Everything.

This is the Akashic Field. It is all around us, it is within us, it IS us. It is also...at this very moment... in full existence at the very edge of the Universe. And, whether we are aware of it or not, it connects us to that edge of the Universe, and whatever lies beyond...at this very moment.

The Akashic Field just IS. It is not defined or limited by Distance or Time. The Akashic Field is PRESENT right now, at the Big Bang, and at the End of the Universe - whatever that may be. And because we are in and a part of the Akashic Field...so are we also PRESENT at the beginning of

the Universe, the end of the Universe, and all points in between! We are truly LIMITLESS (read Stephanie Kohler's article on page 8).

And that is where things get crazy...in a really beautiful and wonderful way.

As a person begins to grow in spiritual development, they will eventually encounter the reality of the Akashic Field. They will be exposed to ALL of the knowledge of the Universe. It can be a powerful and overwhelming experience that is beyond comprehension.

Throughout history, there have been many humans who have surrendered to the amazing experience of the Akashic Field, and have brought much light and wisdom to the human race. These "pre-Aquarians" were teachers, miracle-workers, poets, artists, philosophers whose ideas about life and spirit were profound and shaped the evolution of nations and humanity.

Every one of the major world figures throughout history taught this one truth - that every human being was able to access their own "divinity" and power through encountering the Akashic Field (whatever they may have called it). And that a day was coming when this truth would be manifested throughout the human race.

That day is here. As the Age of Aquarius ascends, the Akashic Field is becoming more prominent in the evolution of human consciousness. That is why more and more people are aware of the role that energy and vibration play in everything from personal attitudes to national events; awareness of higher consciousness...and openness to it...is increasing around the globe. Religious and spiritual division is becoming less and less as more and more recognize that we all share a common Consciousness...with the Universe!

As hard as it was for me to accept (I am, after all, a Capricorn...somewhat skeptical and suspicious of anything outside of the "ordinary"), I have both experienced the Akashic Field and know many who abide in its manifestation. I know people who see and speak to "spirits" and "angels" (past lives? beings from other planets, galaxies, or dimensions? future visitors?), who channel the thoughts of entities and cultures that are extra-terrestrial and not even in this timeline. I know people who can heal with energy emanations from their hands, who can predict the future with amazing clarity, and who can travel dimensionally. I know at least one person who is challenging the notion of age and death. (Scientists are currently studying a mummy of a Tibetan priest that is over 3,000 years old, and apparently still emanates body heat and has a very faint and slow, but present, heart beat!!!).

I told you it was going to get crazy. Almost every day, I say to myself... "THIS IS CRAZY." And yet, every day, I experience this new reality.

I used to love to dance. I was never good at it, but I loved doing it...especially the crazy, care-free dance of youth. As I grew as a "corporate" adult, I gave up dancing. My former wife did not like to dance, was embarrassed by it, and I just went along to get along. As I have experienced spiritual awakening over the past several years...and have ascended higher and higher into the Akashic Field...something amazing happened. I started to dance again. The crazy, care-free dance of youth, and love, and freedom. It has lifted me and empowered me as much as anything that I can imagine.

And THAT is what going through the Akashic Wormhole can do...for anyone, and for you!

I told you...it is going to get crazy!!! Namaste!

Don Martin is the publisher of
Aquarius Magazine, and CEO of
Aquarius Media Network.



Breaking The Mandala A Seven-Part Series On Creating a New Age

**Featuring the Art of Keith Prossick
Commentary By Keith Prossick with
Stephanie Kohler**

Part Five: Akashic Wormhole

Welcome to Breaking the Mandala, which examines the aesthetics, insights, and greater context of a series of paintings by Keith Prossick. We humans awaken not just through what we read, but what we see and explore beyond words.

You can view the painting, and read commentary from the artist. The commentary is specifically drawn from the artist, as a way to show the process and background to the work.

There is no “correct” way to do this. You can read first; you can look first. You can do one or the other, though certainly we recommend both. This month’s art is Akashic Wormhole.

Breathe—breathe again...
Well...here I am.

Last month we were caught up with the many connections and pathways that lead through the Great Wave. Currents weaving this way and that, the only way to find balance was to surrender. Letting go, we fell into stillness on the stacks of a great library. Wheeeew! We made it.

Around me, the smell of books. Not just one or two, but many books. Many stories. I open my eyes to a feeling of familiarity.

I remember this place. I must have fallen through an Akashic Wormhole, to the Akashic records, which are held in the astral plane. Here is the recorded wisdom, collected not only from our own lives, but the lives of all that have come before. A connection deep into the memories of ancestors, other worlds and dimensions, past lives—all part of the collective superconscious. We visit between lives and simply remember the stories and ask ourselves: Are we going in the right direction?

This cosmic library is not a solid building. It is beyond the veil, within the bardo, across worlds and dimensions and imaginations. The boundaries are blurred, showing that everything is connected. From Great Wave, in which the crests of the waves were part of a double helix, to Akashic Wormhole, the waves connect to the staircases—another kind of helix structure. You can see the last edges of those waves breaking around the sides of the painting.

Akashic Wormhole has staircases of books—the knowledge, insight, experience form the steps towards expanded consciousness, as we recognize that we have limitless potential.



As creators, we sit on the shores of imagination. We peer towards the horizon, longing to experience what is Out There, what Chaos is Beyond. What memories have been forgotten? What new twists are flowing our way? Have we experienced all there is, or is there more? Maybe there are clues to universes behind us, as well as new universes ahead.

Through the ages, stories have been passed down to illustrate the visions that our predecessors experienced, which point us towards the stars and signs for which we yearn. Somehow, though, we can never quite remember for sure if the star is on the left or the right, if the sign is high or low. When we feel lost or confused, we are often in a space of learning, of tapping into deeper knowledge. When we feel lost or confused, the best thing to do is tap into deep, Akashic knowledge.

In each cycle through the Akashic Wormhole, as we pass through the tremendous energy of great waves, our story grows. Each life adds another chapter, another story arc, more clues, new characters with old ones dying and being reborn, again and again. It’s all there for us. We have just forgotten the way...home.

Tapping into Akashic Wormhole is a type of expansion—of the soul, of consciousness, of knowledge, of love, of potential. Sometimes the contents of the library don’t make sense. The task is to trust the magic anyway.

This painting was another step in opening up my canvas. Deeper and deeper I began to reach—books of knowledge surrounding me, all information at my fingertips. Finding direction towards a place to call home. I encountered multidimensional forms of love and understanding as I created this painting. Along the way, I gain the courage to ask for directions. I learn how to retain the information embedded in the clues. I find partners with whom to explore.

The center of the painting has a vanishing point. From one perspective, this central point is a side of the library. But from another perspective, this central point is part of a dome or open ceiling—perhaps even another feature of another structure, not fully visible in this painting. Another way the Akashic Wormhole shows us expansion into other realms—that it does not, cannot exist in isolation.

So much to learn, to remember. So much that has been forgotten. At least, I think I have what is important. One more bridge to cross.

Looking towards the center of the wormhole, as I passed through, for a moment I heard whispers.

You can see the incredible artistry of Keith Prossick - and learn more about the artist - at keithprossickarts.com - and you can purchase his art from his website. If you would like to be a patron, supporting Keith on a monthly basis, visit www.patreon.com/keithprossick.



Akashic Wormhole by Keith Prossick

You can purchase "Akashich Wormhole" by visiting www.keithprossickarts.com/market.

Limitless!!

by stephanie kohler

It's the most wonderful time of the year, so they say. But it always brings up challenges for me.

For years, the biggest challenge was that I didn't want to beam goodwill towards all people. I didn't want to send good cheer to people I didn't like. Why would I? Stewing in resentment or anger was much more satisfying for my ego. The last thing I felt for some people was good cheer.

This struggle got in the way of everything I did want to feel. I wanted to feel thankful and connected—limitless in my ability to love. But I had a lot of limits. Seriously, a LOT of limits. I had the typical struggle of either/or—either I liked someone, and thus wished goodwill easily, or I didn't, and thus could barely muster civility in my thoughts. I couldn't hold goodwill and dislike at the same time. It was one or the other.

Fortunately, humans have developed many systems to reconcile this division. Over the years, yoga has helped me develop “and” thinking, as opposed to “either/or” thinking. My rational mind did not believe that I could hold conflicting emotions, like dislike and goodwill. It seemed impossible to my mentality of “either/or.”

But as I learned meditation, I suddenly saw the inaccuracy of my rational mind. Meditation showed me that I actually hold conflicting emotions all the time.

When I sit and witness my mind, I notice multitudes of thoughts, all churning together!

I had thought that I felt comfortable, then angry, or happy, or sad, then excited.

But I'm not that sequence or emotions, not even that separation of emotions. Often I'm angrysadannoyedhappygladgrateful—all at once.

That realization was overwhelming—my mind seemed way more complex than I had believed. But that realization was also liberating—because I learned I didn't have to choose a single thought or emotion on which to focus. Everything coexists. I contain this spectrum all the time, all at the same time. In one instant, I can be angry at the election, sad about a ruined relationship, annoyed at traffic, happy at a good meal, glad to have friends, grateful for a good home.

I am, in fact, limitless. I don't have to choose among those emotions and thoughts; I encompass all of them. And the more I allow myself to hold space for everything, the better person I am: one capable of wishing good cheer to people I don't actually like all that much. And considering the timing, this lesson is always relevant at the holidays—which this year is also known as post-election season.

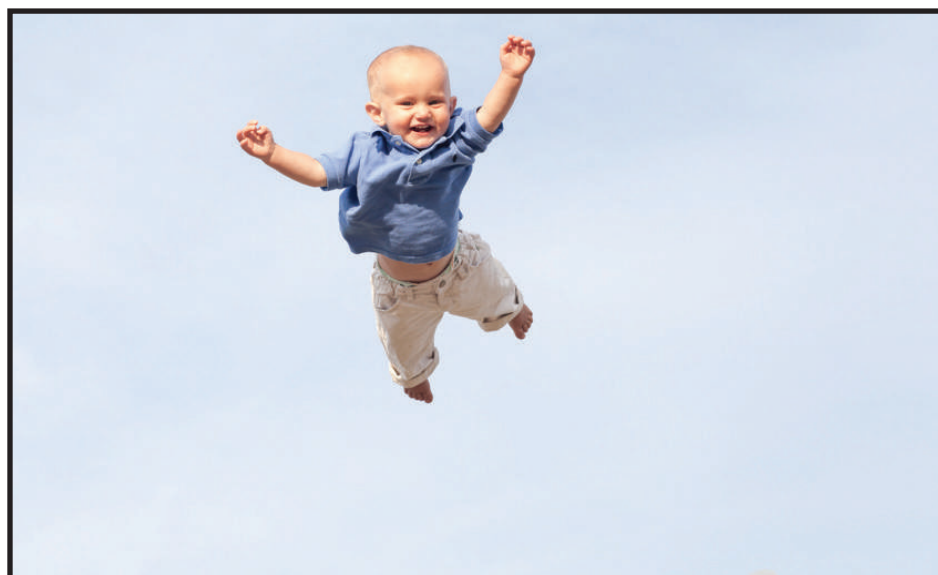
More broadly, the Aquarian Age is the macro of this realization. Just as one human has vast complexity, this time in which we live equally has vast complexity. We are limitless. We live in a limitless time, with limitless connections.

So, in the spirit of the season, I wish for all of us to find peace in the totality of feelings. You don't have to choose—you can hold both peace and disagreement, goodwill and frustration. You can stay compassionate while holding others accountable. The real magic of the holiday season is knowing you can wish love, prosperity, and blessings to everyone—not just for the holidays, but all year long.

*...you can hold both peace and
disagreement, goodwill and
frustration...
We are Limitless!*



Stephanie Kohler is a yoga teacher, musician, and writer based in Atlanta, GA. In everything she does, she strives to balance effort with surrender, precision with laughter. More info on her offerings at www.stephaniekohler.com. Live life, love life, live love.



**Put more meaning
in your holiday season
at Hillside**

**December 11 4:00 pm
Christmas Music Concert**

**December 25 9:30 am
Christmas Day Service**

**December 26 - January 1
Kwanzaa**

**December 31 10:00 pm
New Year's Eve Service
BURNING BOWL & "LETTERS TO GOD"**

Hillside International Truth Center, Inc.
Bishop Dr. Barbara L. King - Founder Minister/World Spiritual Leader
Rev. Dolores Voorhees, - Senior Minister

New Thinking
for Healing Hearts and Transforming Lives
through the teachings of Jesus the Christ.

2450 Cascade Road, SW, Atlanta, GA 30311
(404)758-6811 info@hillsidechapel.org
www.HillsideInternational.org

STILL By Phoenix Lea POINT

MEDITATION

Clothe me not
Says the heart
Let all see my nakedness before you
See what I have become
In essence of presence
See what now practices me
This beauty called love

Hello Dear Readers... in the oneness of it all we are crying out for Companionship. Speaking energetically, our whole human race, in its entirety, is trying to remember ITSELF as LOVE. We have forgotten for so long now, how is it again that we are still in such a primal state of survival, killing and oppressing one another? We are a Christ-conscious race of Divine Beings, just waking up perhaps, nonetheless, we have a mission. Light workers know deep down that we have been choosing this awakening for eons. We are 2000 years since Christ, our definitive model, and it is time to REMEMBER.

Being a light worker is all about the ability to interrupt a negative state of energy and restore it to its balance and wholeness. Practice on oneself is essential. We are here to assist on a global level with the restoration of the earth and her people. This wave of consciousness is bringing with it a great restoration of the mental and emotional spaces within us. Can you imagine the earth and her inhabitants walking, talking and showing up in loving harmony and peace of mind! Waking up daily in the consciousness of joy and expressing deep truths of connection and togetherness. Everyone on the planet experiencing life as it can be lived within

themselves, knowing and trusting that we are safe, cared for and here to thrive!

Companionship begins first with a devotion of oneself to source energy. The knowing and experiencing of God, Spirit or Universe deeply and intimately creates a sustainable reality that nothing external can break. It moves our heart spaces beyond our need for archetypes and we mature into the consciousness of the true ascended masters that we are. Being a light worker, increases your ability to hold pure energy for the oneness of others and channel it right into the collective for the greater good of humanity. Some call this prayer but it is not a petition, it is a direct restoration of light and love from you as source to others and the planet. Direct contact! An increase of light quotient (LOVE) is like a great big gentle B12 shot to the energetic bodies!

Here is our Still Point for December... Make some direct contact with your highest self. The self that is never under the illusion of separateness. Have a conversation and allow the gentle waters of acceptance and allowance to wash over you. Walk beside the crystalline still waters of your mind and be led into lush green pastures within your emotional bodies. Open your heart spaces and feel a sweet thrust of love's infusion for you to REMEMBER YOURSELF AS LOVE for that, LOVE IS, all we truly ever are.

Namaste.
I Am Phoenix Lea
A Clear and Perfect Channel

YOGA: Under the Bodhi Tree By Awilda Rivera



In the last decade, the Yoga Retreat Phenomenon has taken the world by storm. Right now, there are dozens of Yoga Retreats happening all over the globe. The benefits of a healthy yoga practice have become so widely known that people want to incorporate it into their travel plans.

Yoga Retreats come in many forms, from very structured to incredibly lax. Asana classes are standard & will often be offered multiple times a day on each day of the retreat. Opportunities for meditation will be offered either as free hours in between classes or in a more formal workshop setting. Some retreats offer exposure to additional activities like surfing, eco-tourism, and cultural immersion. Often Breakfast will be provided, however on some retreats there are no meals included. Accommodations are always 100% factored in to retreat pricing.



there is likely a yoga retreat offered there, or someplace similar.

4. Teaching Style – Some trips focus their Asana class offerings on a particular teaching style. Make sure you read the fine print. If what you want is a relaxing all levels yoga classes on your retreat, then you might not want to go on a Power Yoga retreat. Take some time to research the nuances of the teaching styles offered on the retreats you are considering, watch Youtube videos, ask friends, perhaps go to a studio that offers that style of yoga so that you can be sure you will enjoy what is being offered.

5. Required vs. Optional – It is important to note if a retreat has required activities. If you are looking for a more relaxed trip then a trip where every class is required is likely not for you.

6. Excursions & Add-Ons – Surfing, City Exploring, Hikes, Culturally immersive Day Trips & Snorkeling are a few of the most common add-on activities for Yoga retreats. These additional activities often come at an additional cost. Package details will usually reveal what options are available for additional activities, as well as day trips and upgrades.

Ultimately, if you are looking to go on a yoga retreat there is something out there for you. I will be hosting a Yoga & Surf Retreat to Nicaragua from February 18 -25, 2017, for more information visit www.AwildaRivera.com. If Nicaragua doesn't sound appealing, then you should check out websites like TripTribe.com and or BookYogaRetreats.com. Enjoy your adventures, until next time yogis!



Interested in finding the right Retreat for you? Here are the TOP 6 THINGS TO CONSIDER when choosing your Perfect Yoga Retreat:

1. Duration – Are you interested in a weekend getaway or a week escape? Knowing exactly how long you wish to be away on your retreat is essential to helping you identify what kind of a retreat will be best for you. Yoga Retreats can be anywhere from 24 hours to 30 days long. Identifying your ideal retreat duration will help you to eliminate a lot of trips that simply do not fit your needs.

2. Budget – Yoga retreat pricing can vary from \$500 for a weekend on Jekyll Island, to \$2500 for 5 days in Morocco. I am offering a retreat to Nicaragua in February 2017 with packages that start at \$1000. Determine your budget and stick to it, no need to spend more than necessary and risk regretting your trip for financial reasons.

3. Location – Beach, mountains, woods, domestic, international – the world is yours. There are retreats offered in all kinds of environments to meet a myriad of desires and needs. Think about your happy place and

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 to learn more and schedule your appointment.



horoscope

Sagittarius Nov. 23-Dec.21

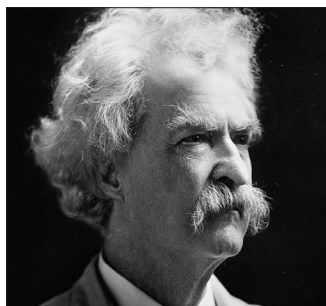
Ariel Rose is an Atlanta area Astrologer and Intuitive. She also offers Tarot and Sound Therapy. Contact at 404-256-4477 or email at: arielroseastrology@hotmail.com

♐ **Sagittarius** (November 23 - December 21)
Happy Birthday Sagittarius! You are the star of the month and your energy is strong and bright. You are continuing a life pattern of giving more shape and practical function to your dreams and goals. Overall your December will be positive, as Venus and Mars are in harmony with your sign, giving you extra power and charisma. Spend time with friends who share your radical or unusual ideas to exercise your mental facilities.

♊ **Gemini** (May 21 - June 21)
Your career and relationship life are both highlighted this month. Your energy will be put to good use communicating and sharing ideas. Social engagements should also flow harmoniously, so go ahead and join any parties you're invited to. Keep an eye out for Mercury retrograde starting on the 19th and try to get any big purchases or plans squared away before then.



Jane Austen, 12/16



Mark Twain, 11/30



Winston Churchill, 11/30



Jane Fonda, 12/21

♑ **Capricorn** (December 22 - January 19)
This is a sensitive and introspective month as your solar cycle is ending and a new one about to begin. You'll need some time to rest and regroup as you review the passing year. Your communication skills and presence are strong and although you're feeling more reclusive, your words can still have a meaningful impact. You could be drawn to spend or save money towards some new items of an electronic nature that will have a positive outcome in how you relate to others.

♋ **Cancer** (June 22 - July 22)
You may feel the need to attend to your health and well-being this month. If you have any health issue that has not been addressed, it could pop up again to remind you to take care of yourself. You can also avoid future health troubles by eating well, sleeping soundly and sticking to a positive exercise routine. Socially you will feel a bit introspective, so relax at home and do what gives your soul peace.

♒ **Aquarius** (January 20 - February 18)
Your social situation improves this month, with charming Venus and energetic Mars in your house of identity. In spite of enjoying being with friends, you might keep some of your thoughts to yourself at this time. If you're in a position of working with the public, you can be extra inspiring and beneficial to a group. Focus on your most positive ideas and plans, as this is a time when you can manifest reality from your dreams.

♌ **Leo** (July 23 - August 22)
The warm fires of Sagittarius are in harmony with your personal energy this month. You'll definitely be feeling creative, frisky and joyful so get out there and party! You are extra attractive and charming to others, but you're also feeling quite bold and a little argumentative. Don't be surprised if you partake in some verbal sparring with potential partners or friends! Keep the mood light and be willing to see things from the opposite perspective.

♓ **Pisces** (February 19 - March 20)
Your public will be clamoring for you this month Pisces, but you'd rather stay at home! You'll have to balance the demands of friends and co-workers with your personal desire to withdraw and recuperate on your own. If you can, try to work and handle projects from home to better focus your energy. Mentally, your thoughts have practicality and substance and your big dreams can start to gain real ground.

♍ **Virgo** (August 23 - September 22)
The rough and tumble nature of Sagittarius upsets your finer sensitivities and challenges your daily routine. The best way to use your energy this month is to do what you do best and help other people. You can be powerfully vital to an organized team that is seeking to heal and empower those in need. Likewise, your input can provide stability and a common sense approach that gives motivation and purpose to any project.

♈ **Aries** (March 21 - April 19)
This could be a restless month for you, which should all turn out well as long as you have positive outlets for your energy. You have plenty of power and persuasion at work, but beware of stress or feeling blocked by authority figures. Relationships require a balance of give and take - be respectful of your partner's need for alone time. Socially you are feeling radical and outspoken - use this power for good!

♎ **Libra** (September 23 - October 22)
This month is a time of communication and solidifying plans and projects. You are certain to be brimming with insights and should make notes so you don't lose any ideas you want to hang onto. Social interactions could be a challenge now, as people will seem too rigid or dogmatic for your style. Try channeling any frustration into a creative project that engages your intellect as well as your heart.

♉ **Taurus** (April 20 - May 20)
The overall mood of this month is adventurous and super analytical which could make your sense of stability feel off-kilter. You may prefer to spend some quiet, reflective time getting to the root of your emotional life and sorting out what will ultimately help you feel grounded. Try to put off any social situations with people you don't know very well. Stick with close friends or family who already understand your heart.

♏ **Scorpio** (October 24 - November 22)
The closing of the year will have you feeling introspective and more comfortable staying at home either alone or with close friends. Your thoughts are practical and concerned with future goals, so take time to sort out a plan for the future. Money and resources also require attention and it's a good idea to balance your spending. Instead, give the gift of your time and care to those you love for the holidays.

Welcome fellow Stargazers!

We enter the celebratory month of December with the Sun traveling in bright, optimistic Sagittarius. This Centaurian-Archer is filled with a love of adventure and has a constant restless nature that keeps them searching for the ultimate truth. They will explore many spiritual paths, different physical locations and relationships in their pursuit. Often painfully honest, they will give you their unvarnished advice without any spoons of sugar to sweeten the blow. If you can't handle blunt opinions - don't ask Sagittarius to weigh in! They are known for their sharp humor and wit - as with Winston Churchill or Mark Twain, they rarely seem at a loss for words. Some Sagittarians burn bright and fast (like Jimi Hendrix or Bruce Lee) yet still manage to leave an indelible mark on the world. The Archer is also possessed of a natural luck and ability to bounce back from setbacks - just like lady Sagittarian Tina Turner, they can enjoy great success and overcome personal difficulties. Ruled by expansive Jupiter, Sagittarius is open, gregarious and joyful. In spite of their unpolished ways, they often bring a much needed ray of sunlight and humor.

This month brings us our last Mercury retrograde of 2016. This retrograde begins on Monday 19th at 5:55pm EST in the sign of Capricorn. It will be time to review all practical matters and details, especially with how we save or spend money and rethinking what our future career or work goals should be. The retrograde ends on January 7th, 2017 - so think about putting off those New Year's resolutions until after that date.

We also welcome the Winter Solstice this month on Wednesday the 21st at 5:44am when the Sun moves into Capricorn and the days gradually begin to get longer.

Our Full Moon of the month happens on Tuesday 13th at 7:06pm in the sign of Gemini. This is a very talkative day, full of quick communication and curiosity. If you spend time in meditation on this day, reflect on how your style of communication serves you positively or negatively. It's a good time to adjust your mental clarity and embrace healthy new viewpoints.

Stay warm and enjoy a prosperous December!



AQ



6 OF COINS: We often think of December as a month for giving to others, but equally important is to remember and cherish ourselves. Giving and giving to others without taking care of ourselves can be detrimental to our health. So while you have your friends and family foremost in your mind this month, also take time to think of you—what could you do to bring more harmony, love, and peace into your life through kind actions that you do for yourself? Take a break from the hectic activities, take a walk, go to a movie, or meet friends for dinner.

KNIGHT OF COINS: This month should find you doing action-oriented tasks or work that brings a sense of accomplishment. With the strong energetic Knight energy accompanying the Coins, you are in a unique position to keep yourself going by focusing on what needs to be done—tying up loose ends—that will prepare you for the new year. Anything left hanging by the end of the month can carry over into January, but give yourself the gift of satisfaction by completing maybe one or two goals that you have been working on.

7 OF SWORDS: Use discernment when reading or listening to news about what is going on in the world today. Think about it carefully—does it make sense? Are you able to see a pattern related to past events? Does it sound like this news is for your highest and best good? Accept what rings true for you, and discard the rest. There is no need to be filled with fear, worry, and anxiety as this year comes to a close. Replace this negativity with a more positive and optimistic outlook, and you will feel so much better.

5 OF COINS: December is the perfect time to remind yourself of all the things in your life that you have to be grateful for. If you are feeling down or “in a funk”, you may be able to raise your spirits by helping others in just a few small ways—giving your full attention to others when conversing, showing appreciation for the small things, giving compliments, or sharing a smile with someone who looks sad. If the materialism of the season bothers you, then don't get drawn into it. Rather than giving physical gifts, you can give spiritually by volunteering, spreading kindness and unconditional love wherever you go, or donating to a worthy cause in the name of a gift recipient.

TRENDS FOR THE MONTH: As this year comes to a close, do your best to think at least a little bit of yourself as well as others, remembering the importance of leading a balanced life. Show will power and determination as you finish uncompleted projects or tasks, concentrating on one or two that are most significant. Use your intuition and discernment to make sense of any mainstream media news that is negative or brings you down. It may not even be the truth, so if it seems a little “off”, forget about it and move on. The holidays can be stressful, so if you find yourself feeling overwhelmed, live just one day at a time, expressing gratitude for what you have. Enjoy the company of friends or loved ones who can bring you joy by just being in their presence. This is more than any material presents can bring you.



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.

For more info: website--www.kcrcounseling.com, email--krcounseling@gmail.com, phone--770-436-9564. Available for phone and in-person readings.

**December's Moon Calendar will be on-line Dec. 1.
www.aquarius-atlanta.com/astrology**

**The Moon Calendar
is now ONLINE!!!**
You can check your daily
guidance by visiting our
website...
www.aquarius-atlanta.com
with a Meditation Guide for use everyday, by Michelle Gregg

Like Us On  **facebook**



View our menus online at
www.rthomasdeluxegrill.net


Open 24 Hours
404-881-0246
1812 Peachtree St.,
Atlanta, GA 30309

**Our diverse menu is
Veggie and Carnivore
friendly.**

**R Thomas is available for
your Catering needs.**




www.wmn4wmn.com



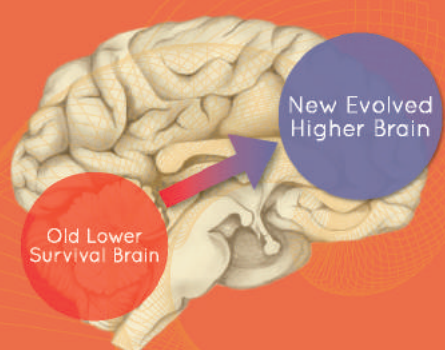
women for women®
HOLISTIC GYNECOLOGY

Felecia L. Dawson, MD, FACOG
Board Certified

One Baltimore Place, Suite 350
Atlanta, GA 30308
404.733.6334

 women for women
 @DrFeleciaDawson

LEARN HOW TO
**Awaken & Ignite
The Brain's
Highest
Potential**



**GET TRAINED IN THIS
BREAKTHROUGH TECHNIQUE**

Saturday, January 14, 2017 from 2PM – 4PM
Unity Atlanta, 3597 Parkway Lane, Norcross, GA 30092
Royal Peachtree Corners Office Park

Join Dr. Michael Cotton, Founder of Higher Brain Living®, on January 14 to discover more about the system that creates an energy surge to the Higher Brain, which opens a gateway to expansive higher living like no other modality in existence! Learn how you can activate your Higher Brain by attending a live, mind-blowing demonstration! (free if pre-registered, \$97 at the door)

www.EnergizeYourBrain.org

Want to Get Rich? Eat Collards!

Collard greens are a late winter crop and mostly grown in the south. Supposedly they bring you money if you eat them on New Year's Day. The southern tradition believes that for each bite of greens you eat it is worth \$1,000 in the upcoming year. Just how many bites of collards can you eat?

Traditionally, collards were picked and turned into sauerkraut. Collards may represent "green" money in the New Year's tradition, but historically collards were eaten for health benefits.

Collards are a relative of cabbage and were eaten by everyone from Caesar to the Egyptians to aid in digestion and for nutrition to prevent scurvy. Aristotle, the philosopher, ate cabbage before drinking alcohol to keep the wine "from fuddling his prudent academic head." Maybe that would be a good reason to eat collards on New Year's Eve. Possibly we would have fewer hangovers to contend with on New Year's Day.

Collards are native to the eastern Mediterranean countries or to Asia Minor, and are one of the oldest members of the cabbage family. They made their way to the new World in the seventeenth century with the slave trade. Extremely hardy and adaptable to both hot and cold climates, collards are unfussy growers and abundant producers of greens or leaves.

The deep bluish-green leaves, each on a fairly long, heavy stalk resemble cabbage, but are oval, fairly flat, and paddle like, not round and curved like a cabbage head. Despite their long history and nutritional benefits, collards have never gained wide acceptance except in the southeastern United States.

When buying collards choose relatively small, firm, springy leaves that show no yellowing or insect holes. Collard greens are more tender than kale and less pungent than mustard greens, with an assertively earthy flavor. Young greens can be eaten raw, chopped into a mixed green salad. Most people in the south would recommend cooking collards with bacon or salt pork, but I am going to suggest that you do not cook them at all and instead prepare them raw. Collards are quite naturally alkaline, but become acidic when cooked. They are nutritiously dense when raw, but when cooked they lose much of their nutritional value.

The botanical name of collards is *Brassica Oleracea*, *Acephala*, the group that derives from the Celtic *bresic*; *oleracea* refers to a vegetable garden herb that is used in cooking; *acephala*, meaning without a head and refers to its loose-leafed, non-heading shape.

All *Brassica*-genus vegetables contain dithiolthiones, a group of compounds that have anti-cancer and antioxidant properties; indoles, substances that protect against breast and colon cancer; and sulphur, which have antibiotic and antiviral characteristics. This family of vegetables also mildly stimulates the liver and other tissues out of stagnancy.

Go shopping at your health food or grocery store and choose organic collards that have been grown using no chemical fertilizers or pesticides so you're avoiding toxins that could potentially create a health issue. Prepare your marinated collard recipe with lots of love and with the intention that once they are eaten they will bring prosperity to your life. This southern notion may or may not be true, but it sure is fun to imagine eating collards one day and winning the lottery the next. Good Luck!

Collard Magic

4 cups collards
1/2 cup sweet onion
1/2 cup zucchini
1/2 cup carrots
1/2 cup red bell pepper
1/3 cup coconut aminos
1/3 cup fresh lemon juice
1/4 cup sesame oil
pinch cayenne pepper
dash of cumin



Chop all the vegetables into very small pieces. Combine the coconut aminos, lemon juice, pepper, cumin and oil into a dressing. Toss the dressing with all of the vegetables until well coated. You may eat right away or marinate in the fridge overnight. This will make them very tender and the flavors will really pop!

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

Embracing Your Shadow... The Key To Happiness

**The
Intuitive Therapist
... Janis Cohen**



The dark side of ourselves is often referred to as the shadow. Our shadow side encompasses all of those parts of ourselves that we don't want to look at.

Obviously, it's much easier to accept the lighter, more agreeable, aspects of ourselves. To be an aware human being, you must learn how to identify and accept those parts of yourself that you dislike and learn how to incorporate them positively into your life. After all, it is human nature to self-protect and repress the parts of ourselves we don't accept in order to avoid feeling pain. Should you wish to decline the soul's invitation to incorporate and resolve these undesired aspects of yourself, you will likely experience repeated discomfort and pain.

The founder of analytical psychology, Carl Jung, developed the concept of the persona and the shadow self. The persona is how we would like to be and how we want to be seen in the world by others. The word "persona" is derived from the Latin word for "mask." Used as a metaphor, we can see how the need to display our ideal self plays out in all of our social interactions.

We work hard to be what we believe is the acceptable version of ourselves and we dare not show weakness, vulnerability or incompetence to others, or there will be a big price to pay.

The shadow self is an archetype that forms part of the unconscious mind and is composed of repressed ideas, instincts, impulses, weaknesses, desires, perversions and embarrassing fears. To live as healthy, whole beings, we must learn how to integrate these aspects of ourselves together in a meaningful way.

Our shadow side is our best teacher; even if we believe that is the ugliest thing that we've ever known. We need our shadow to poke us (sometimes stab us) to get our attention, by way of our repetitive negative thoughts and feelings. When our attention is redirected to our shadow, we have a golden opportunity to begin the integration process.

To successfully integrate our murky parts with our lighter side, we need to learn why we reject our shadows in the first place and then form new thoughts and beliefs to replace them.

Ask yourself, "What must you have to believe about yourself in order for you to feel shame, inadequacy and self-loathing? What are you hiding behind and from? What do you fear most that someone will find out about you? What key decision (a decision that you made after a significant event in your life that defined you) did you make in your life, that lead you to believe that you are unacceptable and unlovable? What would you need to begin to believe about yourself so that you can lead a happy life? These are the questions that we must think about when we want to become whole beings and to liberate ourselves from our deepest limitations.

Embracing The Shadow

I have never met a client who was completely comfortable with talking about the "darker" parts of themselves. It's human nature to actively avoid thinking about or expressing the aspects of ourselves that we dislike and despise. Denial and pretension is a survival mechanism, and can serve us well at different points in our lives. However, after enough time has passed, the mechanism that you once used to keep your "undesirables" under wraps, hidden from the view of others, could now, actually be harming you; robbing you of your peace of mind and authentic living.

When I teach clients how to look at, explore and accept their shadow side, I help them create a sense of normalcy around it, by telling them that we all have undesirable parts of ourselves that we not only don't want to look at, but also, don't want anyone to find out about.

Most of us carry a degree of guilt, shame, fear and internal displeasure with ourselves; regardless of how deeply we have buried it. What's interesting is that we can use the same amount of energy to liberate the deep seated misbeliefs as we use to keep them hidden.

The beliefs and thoughts we have about ourselves are not always grounded in truth. In fact, much of what we believe about ourselves is misaligned with who we really are.

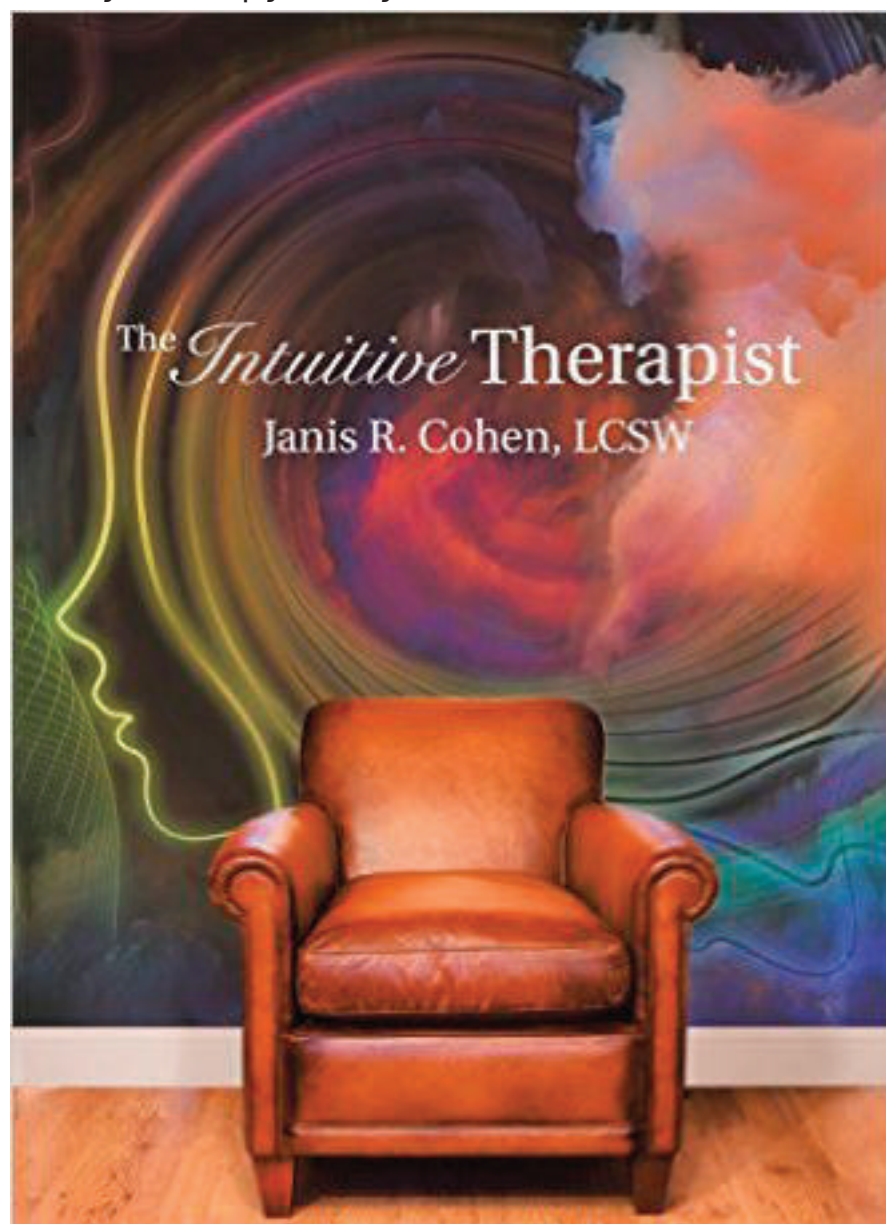
We make assumptions, which become beliefs, which then become our truths. The funny thing is, that we never reality test them to determine if they are actually true

or not! We believe the falsehoods and then look for evidence, outside of ourselves, to support these mal-formed beliefs; instead of looking for evidence that counters them.

When you embrace your shadow side, you create a space to honor yourself in entirety and you then, realize that no feeling, thought or behavior is your enemy; you realize that they are your allies.

Every quality, every emotion, and every experience that we have brings gifts. Once you discover those gifts, you can then become the master of your life. When you integrate all aspects of yourself, you cleanse your soul and graduate to your next level of spiritual development.

Janis Cohen's new book, "The Intuitive Therapist", is now available on Amazon.com. Get your copy today!



Janis R. Cohen, MSW, LCSW, is internationally known as The Intuitive Therapist with 25 years of experience as a therapist, Certified Past Life Regression Hypnotherapist, clairvoyant, empath and medium. Her book, "The Intuitive Therapist", has recently been released and is available on Amazon.com.

tipi diaries

by Robyn Meek



Home is wherever my tipi is and I'm inside it.

My canvas tipi cover has mildew (sounds better than mold :)) covering it completely.

It started not long after it went up, late Spring of last year. I battled it at first, disappointed because I paid extra for the mold resistant canvas. I asked it to leave. I tried that for a while. At some point though, I realized it was a losing battle. I would lose. Eventually I just accepted that it is what it is and have ignored it.

As I sit watching the flames of the fire tonight I glance over the tipi wall. I start to see a beautiful pattern all over it, it looks painted in some lights, Jackson Pollock style with spatters and drops of olive green, brown, and sage colored paint. It looks like an animal skin in some lights, leopard spots, then a buffalo hide like a giant hand drum is surrounding me. Then it turns to tile patterns like a cavern wall of Hindu Gods and Goddesses. It's constantly changing and visually mesmerizing.

I've had mostly negative thoughts about this cover since the mold started. What I've thought of as ugly and ruining my tipi cover, when you actually "see" it, is magical. It's what makes my cover unique, one of a kind, and unlike any other cover. A huge lesson in perception.

We can consciously choose how we think, speak, and act.

I get to choose how I want to see, and as a result feel about, my tipi.

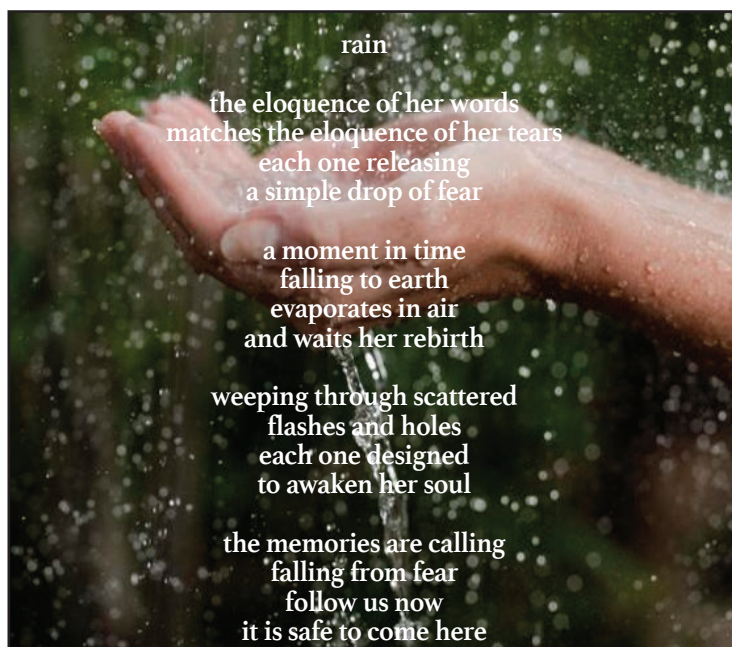
Pereception can change by choice. By choosing to find gratitude... our perceptions (how we see and how we think about something) will change how we feel about it. Gratitude can bring happiness, contentment...peace.



I love my tipi. I am so grateful that I followed my obsession, that my husband indulged me, and that my neighbors are cool with it.

I'm also grateful for chirping crickets, that at the moment sound like chirping birds. In this moment, my overwhelming gratitude is making me feel overwhelmingly happy.

We can all use more happiness, joy, and peace in our lives. So I'll ask you, in this moment, what are you grateful for?



Awakening The Goddess



By Crystal
Starshine

Where does your imagination take you when you pray, meditate or sit softly staring at nature? Does your mind travel to places you have seen before but consciously have never been? This my loves is how many of us gain knowledge of our past, present and future. This is the way we communicate with the Goddess. We also can get information in our dreams, pay attention.

As we are living in a very divided country right now, sitting in quiet reflection, meditation, prayer and our dreams will help us gain the insight we are all so direly trying to see right now. The most important part of working our daily magic, as I call it, is focusing on the intention of pure Love, the love that accepts people for who they are and for all their shadows. As my mentor Linda Star Wolf says "the light the dark no difference", I see this as we must love ourselves and one another for both the light side and the dark side. Our dark side is just our shadow and should be embraced so we can be in full authenticity.

As we focus on change we must remember that change is an internal matter. We can only change ourselves or expand through a higher knowing. This can be achieved by taking the time to work your daily magic. I will share my daily routine and you can adapt to fit your beliefs or practices.

Morning Daily Magic:

Sitting quietly at an altar, light my candle for the day asking for help and guidance, lighting incense I say thank you to the Goddess and for another beautiful day. I sit quietly and write down any dreams that I may remember. I then focus on how I want to feel for the day and write down one action step I can take to feel that way. I then, pull a card from either an oracle or tarot deck and write it down too. Then I spend some time in meditation, usually with some soft instrumental music in the background (my favorite right now is Gary Stadler Radio on Pandora) for 15 minutes. Then I focus on journaling anything that might have come through during my meditation. Some days there are pages and others there may be little to nothing. After I complete my journaling I focus on an action of self-care I can

do for myself for that day. This can be as simple as reading a chapter in a book or going out for a cup of coffee.

Nightly Magic:

I usually spend a few moments being thankful for my day and I make sure to lovingly take care of myself before I go to sleep. This can look different each night. However, I always ask to remember my dreams and sleep with a large dream quartz point next to my bed.

When I first started meditating and working my daily magic, I had no idea at how it would affect my soul. I would have never imagined that I could love myself or others any more than I already was, or that I would be able to see, feel and hear my past, present and future. This act of slowing down and going within provides me with peace, knowledge and an unwavering understanding of the multidimensional reality that we live in. It has provided me an option of comfort for the fast paced life that we live in and has given me the knowledge to trust in myself, love myself and focus on what is of my highest good, not worrying about others' lives or actions. It is my hope that one day all human beings will be able to come into a space of unconditional love but for now we must all do the work, every day.

Blessed Be!



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.

the alchemy of sustainable success
Stop Sabotaging and Start Succeeding



**the alchemy of
sustainable success**

**stop sabotaging
and start succeeding**

**Alchemical Hypnotherapy
is simple, fast and lasting.**

You can succeed in life
and business and sustain it.
You'll immediately start creating a
happy, joy-filled, and abundant life.

becky arrington

alchemical hypnotherapist
life altering coach

**Contact her today to start
improving your life!**

770.778.2051

becky@arringtonassoc.com

www.arringtonassoc.com

760 old roswell road, #231 roswell, georgia 30076

CLASSES | MEDITATION | COUNSELING | JOURNEY

SERENITY, POWER AND FREEDOM

Finding Strength in an Uncertain World

WEDNESDAY EVENING, JANUARY 11, 2017

7-9 pm / \$285 every 4 classes

This 8-week course synthesizes a unique combination of concepts pulled from general psychology and modern spirituality. It offers new perspectives that provide clarity, purpose, inner strength, and the ability to move ahead in the face of life's challenges, uncertainty, and change.

VEDANTA AND THE BHAGAVAD-GITA: SOURCE OF MYSTICISM

TUESDAY AFTERNOON, JANUARY 24, 2017

2:30 pm / \$75 every 4 classes

This 60-week class provides an in-depth understanding of the teachings within the Upanishads, the Vedanta, the Bhagavad-Gita and the stories of the Mahabharata. It covers a multitude of subjects, all of which stem back to the well of knowledge which almost all esoteric studies have evolved out of these Vedic teachings.

TO REGISTER

Please call the Center at (404) 320-1038
or go to www.karinkabalahcenter.com



KARIN
KABALAH
CENTER

2531 BRIARCLIFF RD. | SUITE 217 | ATLANTA, GA 30329

AQ conscious business

w/Becky Arrington

Your Real Business Card by Gina E. Jones

Do you know what day you were born? Of course, you do.

Each birthday has a corresponding playing card that defines your personality, your story, your script, and your purpose for being here on Earth. For example, anyone whose card is a King—whether it's a King of Hearts, Clubs, Diamonds, or Spades—they are meant to take a leadership position in the area represented by their suit. Hearts represents love and family; Clubs represents education and information; Diamonds is money and values; and Spades labor and spirituality.

For example, if you were born on December 5th, your card is a King of Clubs. This means that you are meant to take a leadership position in the areas of education, communication, and information. This card is nicknamed "the master of higher knowledge." Playing the low side, people with this card can be know-it-alls and feel superior by belittling people, making them feel ignorant and stupid. Playing the high side, King of Clubs people are composers, experts, lawyers, musicians, professors, and publishers and use their gift of knowledge to provide higher level education and help raise people up to uplifting ways of thinking and communicating.

Now the business card you carry in your pocket, your briefcase, wallet or purse is NOT really your business card. Your "real" business card is actually a playing card too and determined by your business' birthday. Do you know what day your business was born? Do you know what day your company was incorporated? That day, whether you can remember it or not, a new entity was created. The day you incorporated or started your business, you didn't just pick a day in the year, you actually chose an entire business. You gave "birth" to a new being. Just like you, it has a birthday. Most people are unaware that there is a playing card mathematically calculated for each day of the year. In the Cards of Life, the ancient mystical system of Cardology, you can not only discover your purpose but that of your company. By knowing your real business card, you can find out when your business is destined to be profitable, and prepared for when it won't be. If your business was incorporated on December 5th, it too is a King of Clubs and should be a leader in the areas of communications and information.

Just like you, your business has a personality, a story, a script, and a purpose for being here on Earth. When you know the card of your business, you will also discover what your real

business suit is too. Not the suit you wear to work but the suit that your business wears. Is it the Hearts suit? Maybe Clubs? Possibly Diamonds? What does it mean if it is the Spades suit? What does your business suit mean? How does the suit of your business affect its long-term success?

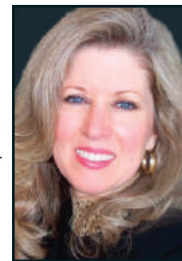
Let's look at this system. The 52 playing cards represent the 52 weeks in a year. The 12 court cards—Jacks, Queens and Kings—represent the 12 months in a year. If you add the face value of each card together, which equals 364, then add the Joker (valued at 1/4), they add up to 365 1/4, the number of days in a year. The four suits—Hearts, Clubs, Diamonds, and Spades—represent the four seasons. The 13 cards in each suit represent the 13 weeks in each season and the 13 lunar cycles in each year.

Every business has seasons of success and they also have their share of ups and downs. With the cards, you can be in the know and in the flow with the ups and downs that every company experiences. You can have information that most small business owners don't and be well-equipped with the knowledge of how things will turn out before you take action.

In today's competitive and fast-paced world, timing IS everything. Getting ahead takes looking ahead. Planning and preparing for new challenges in business is one step in the process. Whether it's sending out email campaigns, launching new products, hiring employees, or relocating your office, the cards can help you feel more confident and make great decisions. Knowing the cards of your business can help with short-term and long-term planning, forecasting, projections and, of course, financial success.

The Cards of Life cards can help you, personally and professionally, to know when to plant seeds for success and when to reap its rich rewards too! Find your own card: <http://thecardsoflife.com/birthday-chart/>

Gina E. Jones is an award-winning author, screenwriter, producer and former radio talk show host. She is also a Cardologer, Certified Magi Counselor and the Founder/CEO of The Cards of Life. She founded the International Association of Cardology and is the Co-Founder of Cardology Community: The Official International Online Forum for Cardology. Website: www.TheCardsofLife.com



What's happening?

1 MONTH \$145.00 6 MONTHS \$125.00 / mo. 12 MONTHS \$95.00 / mo.

VISIT WWW.AQ-ATL.COM FOR DETAILS

Look for our great print & web combo deals!



take a
moment...
and
celebrate!



CONVERSATIONS with the COSMOS™

NEO™ CHANNELING UNIVERSAL WISDOM

In Her Own Words: from the Mouth of a Medium

by Darshana Patel

Have you ever experienced a moment where you felt as if you were watching yourself from the outside? For me, the experience feels like I've stepped out of my body and am looking at it from an objective perspective. This phenomenon seems to happen when I'm "in the zone" doing things I love, like presenting in front of a group. In these moments, I see my body moving and I hear my voice, but I'm seeing myself from a completely different perspective. I am not controlling what I say. The words just come out with ease, clarity, and purity. In that zen space, I'm in the flow of life. There is no resistance to what is. There is no controlled thought. It feels like the "I" dissolves into the vibrations of everyone and everything around me. The distinction between the observer and the observed obscure and duality ceases to exist. In this transformative experience, I realize that we are connected to something bigger than ourselves. I call this Source.

As a medium and a private and public channeler, I've realized that we all have the capacity to dissolve away and allow the vibration of Source to flow powerfully

through us. Channeling is the streaming of wisdom from the collective consciousness. Source is a stream that is always running through us. We can access this stream by distinguishing the "I" within the body, this physical vessel that holds divine energy. The more awareness we bring to the "I," the greater ease we have in moving it aside, allowing Source vibration to rise up like a spring and resonate with power, clarity, and consistency through our being.

The service of channeling provides me with an "on demand" switch (via trance) to raise my vibration and leave my body and egoic self behind for a while. In the ether, I feel no time, no space, and no pain. It feels so nice that I often don't want to return. As I surrender my physical vessel over to Source, my body receives and transmits information for individuals or groups who have questions about life and existence. The act of channeling reminds me who I really am and who we really are – pure vibration... light... love. Here is a one of my favorite channeled reminders about why we exist.

"You are like water droplets and you have forgotten that you come from one Source, the Oneness of all of Existence. In this human journey, you're on a cycle of returning to Self. You are in a cycle of learning, growth, and contribution. So all the pains and traumas are there to help you erode what is not you. What has been conditioned, what has been learned, can now be unlearned." – NEO channeled by Darshana

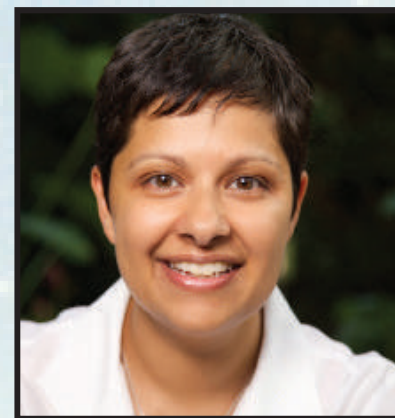


photo by Jinny Hawkins

DARSHANA PATEL

Darshana Patel is a Channeled Healer, Reiki Master, and Medium. She is dedicated to inspiring the world to a new level of consciousness, compassion, and connection by accessing universal wisdom. She is a gifted healer, facilitating over a thousand Reiki and intuitive healing sessions.

LEARN MORE ABOUT HER CHANNELING, SERVICES & EVENTS:

unscriptedway.com

@unscriptedway



darshana@unscriptedway.com

The Center for Love & Light
1145 Zonolite Road, Suite 10
Atlanta, GA 30306

www.withloveandlight.com

A Gift of Love and Compassion

Psychic Fair

Sunday, January 1
11-6pm

Luna by Liz

408 S Atlanta St. Suite 150, Roswell



Teresa Hager
SPAR



Elizabeth Dekeyser
Luna By Liz

Teresa Hager of (SPAR) Serenity Place Animal Rescue, Inc. is joining forces with Elizabeth Dekeyser of Luna by Liz for a special fundraising event to support the work of SPAR.

At Luna by Liz - Receive Psychic, Medium & Channeled information offering past present & future readings on health, love, career & life purpose. Reiki services offered as well.

We're raffling away a Jimmy Buffett guitar in a clear case with an autographed pic. Raffle tickets are 1 ticket for \$5 or 5 tickets for \$20. Drawing to be on Jan 1st at 6:00 PM. Winner does not have to be present to win.

A portion of the proceeds of the Psychic Fair and ALL proceeds from the raffle will benefit SPAR.



Kim Pryon



Cassandra Hanna



Gretchen Mann



Tanesha



Sarah Thomas



Rachel Warren



SPAR is a 501(c)3 non-profit organization (no kill shelter) dedicated to rescuing dogs who are abandoned, homeless and in high-kill animal control centers. We operate through a network of dedicated volunteers and fosters. We are funded by tax-deductible contributions from compassionate people and organizations who support our efforts to make a difference in the lives of our fur-friends.

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.

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.

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.

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.

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

City of Light Illuminating our world with love! Service 11 AM
Weekly Spiritual Enrichment Classes
Wednesday 7 PM, Thurs. 10 AM
Home of the Emerson Theological Insitute
3125 Presidential Parkway, Atlanta, GA 30340
www.cityoflightatlanta.com, phone: 404-325-4243

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.

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 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.

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 678-819-9100

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.

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.

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. Visit: 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. 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 678-630-8661

2ND FRIDAY

SPIRIT COMMUNICATION - 7:30 p.m. at Harmony Place Spiritual Center in Roswell. www.meetup.com/PsychicAdventures Email: mstulip@mindspring.com.

\$15/ MO VISIT WWW.AQ-ATL.COM FOR DETAILS

ASTROLOGY

Astrological services by AstroHelp to find out the reasons and solutions of your problems through Hindu and Western Astrology. Natal, Relationship and Electional astrology. www.AstroHelp.net Email: alex@astrohelp.net

CHIROPRACTOR

Reuter Clinic of Chiropractic - Assisting you to a healthier state of being. Dunwoody 770-455-4547. www.reuterchiropractic.com

CHURCH

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

ENERGY HEALER

As seen on The Dr. Oz Show - Reconnective Healing. Melissa Mintz, Energy Medicine Healer. In Person or Distance Healings. I also facilitate Animal Healings. Credit cards accepted. 770-517-2516 or www.melissamintz.com

FOREVER AND A DAY PSYCHIC FAIR

2nd Saturday of each month 11:00 - 6:00 All readings are \$1.25 per minute....20 minute minimum, no limit for length of reading. Some of the area's most popular and experienced readers! 770-516-6969 www.ForeverAndADay.biz/calendar.html

MASSAGE THERAPY

Abundant Wellness... Briana Bromfield, your Licensed massage therapist assisting you to achieve the well-rounded healthy life you deserve! I specialize in: Deep Tissue, NMT, Sports, Massage Medi-

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.

Cupping, Ayurvedic treatments, Swedish, aromatherapy, hot stone and Many other choices to fit your health needs!

REIKI

Inner Quest - Cindy Fuller and Patrick Abent, Reiki Masters. Treatments and classes available daily. 770-521-2875

ROHUN THERAPY

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

SPIRITUAL CENTER

Myst of the Wildwood, established & ethical Coven of Wicca accepting Adult seekers for training. Our roots are Traditional, Celtic & light Native American. Classes - Call: 404-723-7549 or e-mail mystwild@bellsouth.net

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>

CLAIRVOYANT & PSYCHIC READINGS

HIGHLY ACCURATE & ETHICAL CLAIRVOYANT PSYCHIC READINGS SINCE 1996. 800-457-8867 New Clients Receive 10 Minutes Free With Any Purchased Reading. Hours: 10AM-8PM EST www.EileenAngelReadings.com Free Astrological Natal Report & "Prosperity" Newsletter. VIC, INC.

AKASHIC RECORDS CLASSES

AKASHIC RECORDS CLASSES & READINGS - Attention all visionary intuitive's and entrepreneurs! Learn how to read your own Akashic Records or become a certified practitioner. The Akashic Records are the go-to for your souls highest truth. New class starts November 2nd. www.laura-hosford.com



Kirtan and other magic in december

Weekly Wednesdays
Healing Chants from the Bhuddist Dharma w/Ian Boccio
7:30 at Candler Park Yoga

Thursdays
Traditional Kirtan w/Savitri and Madhukari Dasa
7:30 at The Self Discovery Center

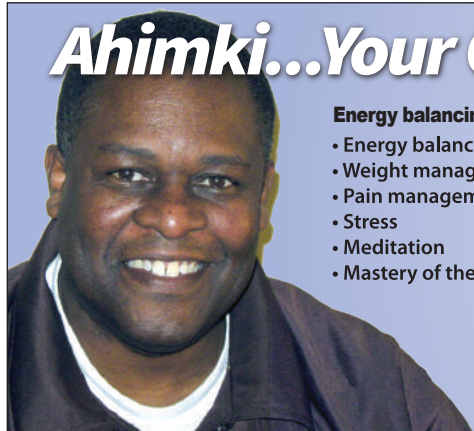
Dec. 9 - Sydney Roberts and Joey Dukes
Lift Yoga
Chants and Gongs

Dec. 17 - Blue Spirit Wheel/Allison Summers
Vista Yoga
7:00pm

Mantra Chant Intensive w/Ian Boccio
Vista Yoga, Dec. 9-11
<http://www.mantrachant.com/workshops>

ACUPRESSURE / ACUPUNCTURE

Ahimki...Your One-Stop Center for Energy Balancing Services



Energy balancing services can help you with:

- Energy balancing: body, mind, spirit
- Weight management
- Pain management
- Stress
- Meditation
- Mastery of the Brain

- Feeling younger
- Improving flexibility

Energy balancing modalities include:

- Ahimki Mind Management Training
- Energy balancing
- Ondamed biofeedback system

- Neuro Integration System (NIS)
- Access Consciousness
- Cranial Sacral
- Touch for Health
- Chi Gong
- Acupressure
- Reiki



Mark Armstrong, ND, BMC
555 Sun Valley Drive, Suite A2
Roswell, Georgia 30076

(770) 552-4242
www.ahimki.net
ahimkicenterforwholeness@gmail.com

ASTROLOGY



- Discover the key to your future.
- Learn secret creative power times.
- Understand intimate relationships.
- Joyfully walk your spiritual path.
- Embrace your soul's journey.

Donna Page MS

Free Astrology Chart Service

Learn Astrology - only \$19.95 month

www.lovinglightastrologer.com

Consultations starting at \$25.



BOOKSTORES

www.mysticmountain.biz

An Online New Age Book & Gift Shop
For All Things Metaphysical

20% Off In December

Your Cannabis Garden.com

Forever and a day
New Age Emporium
NORTH GEORGIA'S PREMIER METAPHYSICAL SHOP

ALL NEW BOOKS 20% OFF
COVER PRICE, EVERY DAY!

PSYCHIC FAIR THE 2ND SAT OF EACH MONTH

- New and used books • Large selection of crystals and tumbled stones
- Jewelry • Candles • Aromatherapy oils • Teas • Incense • Clothing
- Greeting cards • Positive Thinking/Affirmation/Conscious Living Products
- Gaia's World Ceremonial Herbs
- Abundant selection of spiritual tools - divination, statuary, sweetgrass and sage
- Life coaching • Classes • Intuitive readings - psychic, astrology, tarot, crystal, palmistry • Bodywork and massage - Asian, acupressure, energy work/Reiki, therapeutic

Monday Closed
Tu-Thur 10 - 6:30
Friday 10 - 8:00
Saturday 10 - 6:30
Sunday 12 - 6:00

7830 Hwy. 92 . Woodstock, Ga 30189

770.516.6969 **www.ForeverAndADay.biz**



PHOENIX & DRAGON BOOKSTORE
Books and Gifts Celebrating the Human Spirit

- Listen to over 800 CDs in our listening stations
- Delight in clothing, jewelry & accessories fit for a goddess
- Explore our diverse selection of books & tools for conscious living
- Choose from our exotic array of natural oils, candles & incense

5531 Roswell Rd. • 1/2 mile inside I-285 • 404-255-5207 • www.phoenixanddragon.com

Open Daily
Mon - Sat 10 to 8
Sunday 12 to 6
Professional Psychics
Available Daily

CHIROPRACTIC CARE



Dr. Larry Reuter, D.C.

Our Chiropractic Clinic is dedicated to the restoring, maintaining, and building of good health through natural, safe, scientific chiropractic methods. Our clinic offers massage, nutritional counseling and other support programs. We accept all cases regardless of ability to pay.

For a revolutionary experience, take a ride on the VibraSound, the dynamic union of the Neuro Sciences and Innovative technology, involving

music, sound, light vibration and much more. Experience how the VibraSound can create a synchronized state of sensory resonance which may yield relaxation, enhanced creativity, increased energy, personal rehabilitation and transformational experiences.

We look forward to working with you.

www.reuterchiropractic.com

REUTER CLINIC OF CHIROPRACTIC

4675 N. Shallowford Road, Suite 100
Dunwoody, GA 30038

770-455-4547

CENTERS

The Dallas Center

"The most important technology in the field of personal growth."

NEW LOCATION! Office is now off the Beltline, just off Freedom Parkway.

Workshops at nearby center; call for details.

Robert Dallas, Ph.D., LPC

www.thedallascenter.com

facebook.com/thedallascenter

25 years of licensed experience

770-337-3243



Marvin Morrison

Absoluteness

Reiki, Quantum Touch, Healing Management

A Holistic Way to Improving Your Health

Saturday Morning Meditation Sessions in July



www.1absoluteness.com

550 Pharr Road

Suite 410

Atlanta, GA 30305

(in the Acuwellness Center)

404-934-4598



Spaces available for practitioners, classes, workshops, seminars and spiritual events.

Sacred Sound Meditation by Señora Cristal and special guest, every Monday at 7:45 pm. Come early for our Yoga Class at 6:30 pm.

\$15 for both classes, \$10 each

6185 Buford Hwy B-101. Norcross, 30071. GA - Tel. 678 778-5625 - Follow us: facebook.com/MantraCenterAtlanta



3rd Eye Botanica

Candles, Incense, Herbs, Books, Crystals, Jewelry, Spiritual Readings. We produce a line of 3rd Eye Products - Spiritual Waters & Baths, Essential Oils, Bath Salts and Energy Bags. Experience the power of 3rd Eye. Herbalist on staff by appointment, Spiritual Advisor on staff, walk-ins welcome.

**809 Flint River Rd. Suite 5
Jonesboro, Ga. 30238
(404) 484 - 5146**

CHURCHES/SPIRITUAL LIVING CENTERS



Rev. Richard Burdick, Spiritual Leader

Join the Journey Inside!

Sunday Services 9:15 and 11:15 am

Spanish Sunday Service 11:15 am

Wednesday Meditation 7:30 pm

www.UnityNorth.org

678-819-9100

4255 Sandy Plains Rd.

Marietta, GA 30066

Our Mission is to recognize, demonstrate, and share the Divinity in each of us.

CHURCHES

Achieve Your Highest and Best Unity @city of light

www.cityoflightatlanta.com



Rev. Dr. T. Paul Graetz

Sundays:
11 AM Celebration Service with great music and Children and Teen programs

Spiritual Growth Classes:
10 AM Sundays and 6:30 Wednesdays

Feed the Hungry and or Homeless Weds 5 PM
Food Bank Fri 11-1 PM

Welcoming all to a place of compassion, inclusion and empowerment

1379 Tullie Rd NE Atlanta, GA 30329



UNITY of
KENNESAW

A DIFFERENT PATH TO LET YOUR SPIRIT SOAR

- Spiritual seekers often say that finding Unity is like coming home.
- We are an open-minded community that honors all paths to spiritual enlightenment.
- Enjoy inspirational speakers and musicians while getting to know like-minded individuals.

Come Join Us
Every Sunday 11 am

www.UnityOfKennesaw.org

Big Shanty Elementary
1575 Ben King Rd., Kennesaw, GA 30144



one world

Celebrating one world, one heart, many paths

Sunday at
11:00 am
☸
You are
welcome here!

Welcome to One World Spiritual Center, where we celebrate the many paths to God and support each other in our individual spiritual journeys.

- ♦ *Practical spirituality that you can use in your daily life*
- ♦ *A community of open, loving, and accepting members*

Find us at the Open Mind Center - 1575 Old Alabama Road, Suite 213 - Roswell, GA
www.oneworldspiritualcenter.net
(678) 214-6938



Trinity Center for Spiritual Living

Create Your Best Life and Thrive!

1095 Zonolite Rd. Atlanta, GA 30306 www.trinitycrs.org 404-296-6064




You are a remarkable expression of Source energy. Now is the time to live your truth!"

-Rev. Tony Crapolicchio

Sundays, 11:00am
Meditation, 10:30 am

HEALING/ENERGY PRACTITIONERS




Laura Halls, CHT, CSC

Private Consultations offered in:

Hypnotherapy • Past Life Regression • Angel Readings • Life Between Lives Regression
DNA Healing • Spiritual Counseling • Energy/Crystal Healing

Laura has been trained by Michael Newton, Doreen Virtue, Margaret Ruby & Dick Sutphen.

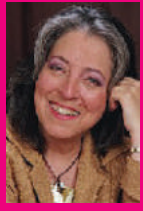


Call: (770) 565-6105
Email: laurahalls@yahoo.com

Laura Halls is certified by the American Board of Hypnotherapy and is also registered with The Newton Institute, the National Assn. of Transpersonal Hypnotherapists, the International Hypnosis Federation, and PossibilitiesDNA.

Call for an appointment today to experience your life in a new way!

HYPNOTHERAPY



For: Peace, Clarity, Guidance, Life Purpose, Health, Joy, Boundaries, Creativity, Power, Intimacy, Intuition, Past Lives
Release: Fears, Pain, Trauma, Co-dependency, Addictions, Sabotage, Sexual Issues, Loneliness, Abuse, Rage, Insomnia

DEBBIE UNTERMAN, Alchemical Hypnotherapist & Trainer; Author: *Talking to My Selves*; State Certified Mediator; Inventor: *Game of Clarity and Satori*; 25 years in practice

404-297-5705

"The Amazing resolution-oriented work Debbie provides is the missing piece to the body/mind puzzle. I send many of my massage clients to her and she performs miracles!" -Shari Aizenman, LMT

PSYCHICS

KAREN MOORE THOMSON,
PH.D., RYT 200

METAPHYSICAL READER, HEALER, TEACHER, MINISTER

www.MetaphysicalHealer.net

404.274.0083

www.facebook.com/TheCenterforHealingandSpiritualAwareness



Evence From The Ancients



**Protection and
Purification Products**

Intuitive Reader • Medical Intuitive • Tarot • Medium • Reiki Master • Energy Medicine Practitioner
Damaris

Damaris is available for phone and in person sessions
Tue. thru Thurs. every 3rd Saturday and every Sunday at
Phoenix And Dragon Bookstore/404-255-5207

- Intuitive Aura Body Scans
- Soul readings
- Pure Energy Clearing
- Ancestor Readings
- Chakra Reading & Alignment
- Sacred Bowl Ritual
- * Now offering individual Aura Protection sessions



www.damarisstarr.com | www.thestarrbar.blogspot.com | damaris9@gmail.com | Check PhoenixandDragon.com for Damaris' Classes



**10% off Psychic Readings &
Tea Leaf Reading Kits** normally \$69.95

at Market place 120

562 Wylie Rd SE #24, Marietta, GA 30067
www.psychichouse readings.com



CAMELLIA
ESTATE

10 % off tea & gifts or a **Tea Blending Workshop**
at Marketplace 120 or www.camelliaestate.com



BE SEEN HERE NEXT MONTH!

**Double Banner
per month**

\$145.00

WWW.AQ-ATL.COM





The Spiritual Tarot:
The Keys to the Divine Temple

My Second Edition - January 2014

Available on Amazon.com
and Local Metaphysical Bookstores

Please Visit My Web Site
www.marie-claire.tv

Marie-Claire

European Intuitive Consultant

- Direct Clairvoyance
- Tarot Readings
- Medium for Spirits

Consultations by Phone
Toll Free Number
1-877-847-7330



AQmmunity business cards directory

YOUR CARD HERE. \$50.00 PER MONTH CALL 770-641-9055
GO TO AQ-ATL.COM FOR DETAILS

20 YEARS EXPERIENCE

R

B

**REBIRTHING
&
BREATHWORK**

Debi Miller
Facilitator & Trainer

404.299.1575
debim11@aol.com



Candice G. Smith
Transformational Life Coach
Spiritual Counselor
Author/Motivational Speaker
Reiki Practitioner

Love Through Grace
Change your mind, Change your life
Helping you to manifest the life that you deserve!

www.Lovethroughgracedivinecreations.com
770-568-0373
Lovethroughgrace0@gmail.com



Dina Varlamova
Holistic Health Coach:
Weight Loss
Detoxification
Auto-immune

860-690-5706
Email: greenhealingbeauty@gmail.com



Specializing in candles, oils,
herbs & Spiritual Supplies

2323 Cascade Rd SW
Atlanta, GA 30311
404-254-2265

Yeyesbotanica@gmail.com



Shirley Kelly
Intuitive Spiritual Counselor
Reiki Master

Specializing in Readings
Private & Phone

Available for Parties
Meet your Guides and Angels

404-697-1854
s.kelly828@yahoo.com



Awakening Spirits, Inc.
770-209-0008
www.awakening-spirits.com

- Intuitive Readings
- Energy Healings
- Reiki Treatments
- Reflexology
- Detoxification Programs
- Natural Body Care Products

The Global Mall 5675 Jimmy Carter Blvd., Suite 732 Norcross, GA 30071



**SPIRITUAL ENLIGHTENMENT
COUNSELING SERVICES, LLC**
SPECIALIZING IN ANXIETY DISORDERS
678-350-8877

AVAILABLE TO TRAVEL TO MY CLIENTS!

Rev. Cary L. Schrock
Counselor
SECSO404@GMAIL.COM



Integrated Energetic Healing
Healing for Body, Mind & Spirit

Lisa M. Larsen-Moss
Spiritual Healer
Minister

Kabbalistic Healing Techniques
Reiki Master
Brennan Healing Science
ThetaHealing Practitioner

404-213-0582
lmarsen-moss@att.net



**Psychic Medium
Trance Channel
Clairvoyant**

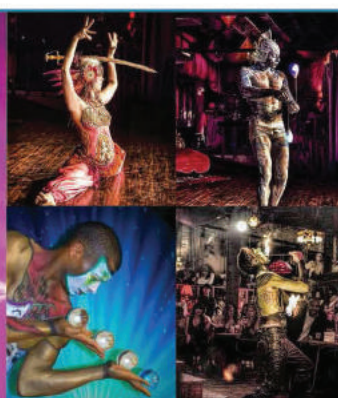
**REV. DONNA
FITZGERALD**

770-846-9686
www.mstulipandme.com
By Appointment Only

PSYCHIC SOLUTIONS ENTERTAINMENT



Cathy Burroughs



The Amazing Cathy B is available for private or group sessions, events and more...

Unique entertainment that packs the WOW factor!

Exclusive Event Planning + Entertainment Services Nationwide for such premiere clients as Microsoft, Robert Half International, SHRM Conferences, Smart Meetings, Bloomingdale's, Neiman Marcus, Macy's, John Hardy Jewelry Line, DVF Nationwide World of Coca Cola, The Fabulous Fox, Chateau Elan, engage, Moxie Interactive, GOJO, Ogilvy & Mather, Daughterty Business Solutions, The Havana Club, Q-100, Jezebel Magazine, 99X, the Hyatt Hotels, Four Seasons, Ritz Carlton, Westin Sundial and many others.

As far as we're concerned, **PSYCHIC SOLUTIONS** and Cathy Burroughs are the best in the business."
- Producers, Bungalow Ball

"Cathy and **PSYCHIC SOLUTIONS** anticipated our every need - before we even knew it was a need. She is amazing." - CEO, National Advertising Agency

I know you have the gift. The accuracy of your readings rocked my world. - Bert Weiss, Host, Q 100's The Bert Show

For bookings or more info contact Cathy H. Burroughs at cell/text: (404) 543-1080
WWW.PSYCHICSOLUTIONS.TV | CATHYB108@AOL.COM

PHOENIX PSYCHIC CENTER

Over 200 years of professional psychic experience. Readings with Clarity, Integrity and Compassion



Merry Bisogna ♦ Intuitive Tarot • Pendulum • Releasing Work
Explore the patterns of your life and how they will unfold into the future with Merry as she helps you find divine assistance through the messages of the tarot.



Nancy Hedges ♦ Certified Astrologer • Tarot
With 36 years of experience Nancy offers astrological counseling to empower you with a clearer understanding of your life patterns, cycles, and options. She looks at qualities brought forward from previous lifetimes to help you assess what behaviors and mindsets need to be developed and what need to be let go.



Damaris ♦ Intuitive • Channel • Tarot • Medical Intuitive
My personal walk with spiritual family and guides over the years continues to blossom through my work as a successful Reader, Reiki Master, Energy-Worker, Spiritual Counselor and Medical Intuitive.



Susan Rushing ♦ Psychic/Medium • Graphologist • Energy Healing
Susan's work is done in pure unconditional love and nonjudgement. She offers holistic healing modalities, energy work, Reiki, Angels, Crystal Therapy and Quantum Healing.



Erin Michael Finn ♦ Conscious Channeling • Intuitive Coaching
With love and good humor, Erin and his team of High Beings of Light from the Ascended Masters and the Angelic Kingdom will identify your guides to help you work with them on your life path.



Candace Zellner ♦ Channel • Past Lives • Relationships
Recognized as one of America's top 35 psychics in Victoria Weston's book, *Akashic Who's Who of Psychics, Mediums, and Healers*, Candace can assist you in your life's path, relationship issues, and past lives that are influencing your present life. **Available for phone readings.**

Don Simmons ♦ Palmistry • Tarot • Hypnosis • Past-Lives
Spiritual and crisis counselor for over 20 years. Certified hypnotherapist. Finding clarity in a confusing world is one of Don's specialties.



Jackie Millspaugh ♦ Astrology • Tarot
Over 35 years experience, certified PMAFA, Certified Professional Astrologer and American Federation of Astrologers. She is well-known for her accurate predictions, and her intuitive and psychic ability.



PHOENIX & DRAGON BOOKSTORE
Books and Gifts Celebrating the Human Spirit

5531 Roswell Rd NE • 1/2 mi inside I-285
404-255-5207
www.phoenixanddragon.com

CALL FOR YOUR
APPOINTMENT:
404-255-5207