

December 2017/Sagittarius

AQUARIUS

Exploring Life In the New Age

Looking Back

The Value and Illusion of Reflection

2017...WTF?

The Pagan Origins...of Everything!

Community Spotlight

Dr. Mike Greenberg

The Art of Aquarius

Maria Ava Totina Ramos

A Course In Miracles

Laina Orlando

Featuring:

Ian Boccio
Brenda Cobb
Phoenix Lea
Awilda Rivera
Crystal Bates
Janis Cohen
Pat Green
Patty Paul
Becky Arrington
Ariel Rose
Kathleen Robinson
Nathanael Ivey

Dr. Mike Greenberg

MILLENNIUM Healthcare

Dr. Mike Greenberg, affectionately known as Dr. Mike, started his Chiropractic, NET and holistic practice in Los Angeles, California and has been practicing in Georgia for the last fifteen years. During his tenure in LA he treated many well-known celebrities, such as Mac Davis, John McEnroe, Quincy Jones, Rod Stewart, Amy Irving, Dean Cain, Dylan McDermott and Barry Bostwick, to name a few. He has toured the country treating colleagues and has been a participating healthcare provider in four Olympic Games. Additionally he has patented a multivitamin formula for optimal absorption of nutrients and his book *Keep Your Eyes on Attracting Love* is available on Amazon. In 2015 he was selected as a "top holistic doctor" in the state of Georgia.

Tell us about yourself and how you became a chiropractor and healer?

I'm a holistic chiropractor. I combine education, experience, with a strong intuition. With over 30 years experience, I know things now, I didn't know when I first started. Typically when a patient came in with back pain - 30 years ago - it would have taken 2-3 treatments a week for 2-3 months of spinal care to get complete relief. Today it takes me 3-4 sessions to release back pain.

I have spent many hours, days and nights, trying to figure out why a few people just don't respond. There are many reasons, but often there is some underlying trauma. People who experienced rape or sexual abuse, physical beatings, divorce, death of a love one, have often stuffed their feelings. Some people have faulty diets and as a result it interferes with the healing process. The number one killer of Americans is heart disease and it can be prevented 50% of the time just with diet. Another issue, people are often toxic. Mercury, aluminum, and lead are in most bodies and affect healing time. Researchers have examined the cord of newborns and have found over 200 chemicals in it.

I have taken a massive amount of seminars to be the best I can be. I've learned how to do chiropractic without manipulation, even though I'm a good adjuster. I've learned how to treat environmental & food allergies. I've learned many body reflexes so that I can reprogram the body in how it responds to stress. I learned how to treat mind-body issues,

those negative situations that happened in childhood that can prevent us from accomplishing what we want in the present. And I've learned how to balance the bodies energies, to help prevent many diseases.

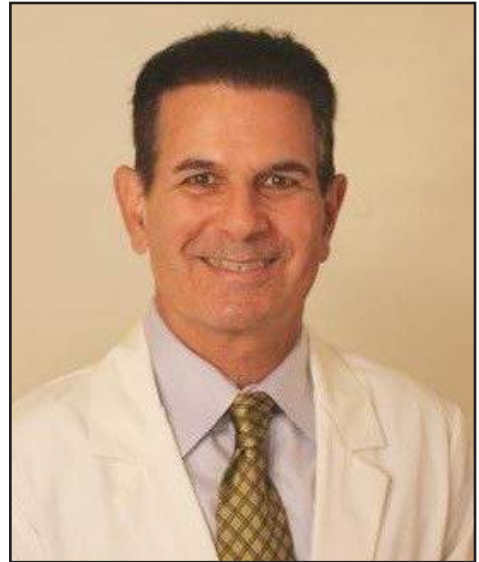
My transformation came in 1992, when I had a split second realization that a pathogen gets stuck in an organ, and it starts the disease process. If a patient comes to me with an auto-immune disease, there are over 70 of them, I focus on releasing viruses - like Epstein Barr. People have viruses in their body that often doesn't appear on blood tests or MRIs. That's were intuition, muscle testing, and energy awareness works to find the root cause of their symptoms.

How can people improve their health, allergies and emotional blocks?

In 1990, I learned a technique called NET (Neuro Emotional Technique). NET is a healing approach to dissolve emotional triggers or feelings that get trapped in the body. That's important because it is often unresolved feelings or emotions that drives the mind. Have you ever joked with someone and the person gets angry? You explain, you're just kidding! That's an example of triggers or buttons. Your joke caused a reaction, because of an unresolved situation from childhood.

I've seen people who go to a psychologist or psychiatrist for 10 years, they understand why they are the way they are, but for some reason they are still stuck and unable to change. Don't get me wrong, counseling is beneficial and valuable, but eliminating emotional buttons gets quick results. I have treated good athletes who became world champions with this approach.

Besides checking people for stuck emotions, I check their ANS (autonomic nervous system). I once had a patient come in to treat his life long hay fever. Every spring the pollen would trigger the classic allergic symptoms, runny nose & eyes. I was about to clear him for pollen, but intuitively I felt, I should treat his ANS. It was on a Friday and I rescheduled him for Monday. Normally it takes me 3-4 sessions to eliminate a pollen allergy and experience has shown me that hay fever often has several allergies with it. There might be a dairy or gluten sensitivity, cross-over reactions to certain fruits, plus a subclinical infection that all



have to be addressed. Rarely does someone just have a single allergy or just a pollen allergy and nothing else. Monday came and the patient called to cancel his appointment, not because he didn't notice any improvement, but because he said, he was all better!

Since then, I routinely check the ANS on every patient.

Any parting words?

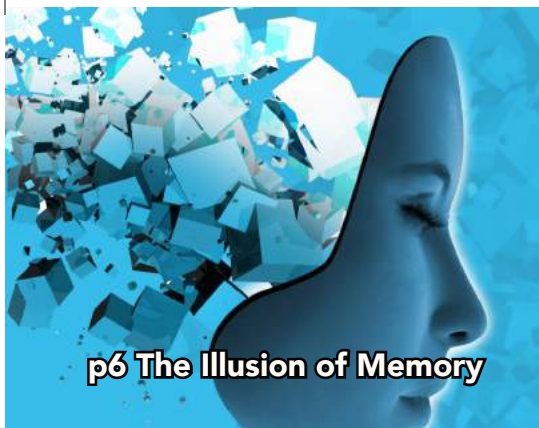
Yes, I get great results for asthma, migraines, depression, acid reflux, and seasonal allergies. It is my deep desire to get people well as fast as possible.

I personally have been seen by Dr. Mike for several years to phenomenal results and wanted as many people as possible to know about this extraordinarily talented, versatile, kind and dedicated energy doctor. His work through the years has often shown near miraculous results in many who have tried every option that traditional allopathic medicine had and has to offer.

Dr. Mike practices in Dunwoody at Millennium Healthcare. He is reasonably priced and accepts medicare insurance.

To schedule an appointment, call (770) 390-0012

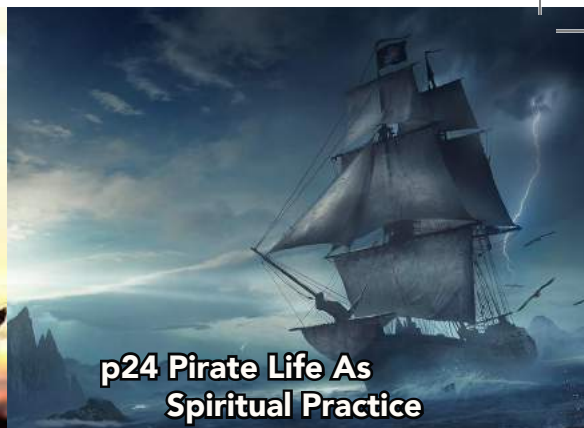
Cathy Burroghs is a healer, intuitive reader and teacher of the metaphysics. She writes frequently for The Aquarius on a broad range of subjects and provides psychic and out of the box entertainment for corporate and special events. She will be teaching Psychic Development this Spring and others. For more or to schedule a session check out www.psychicsolutions.tv, email: Cathyb108@aol.com or call/text: (404) 543-1080.



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MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY

AQUARIUS

December 2017
Vol. 25, no. 6

Publisher
Aquarius Media Network

AQUARIUS 770.641.9055
1027 McConnell Drive
Decatur, GA 30033

Distribution:
By yearly subscription or free
at Atlanta locations, or digitally at
www.aquarius-atlanta.com

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THIS MONTH

December 2017

No question about it...2017 was a crazy, amazing and absolutely crazy (did I say that?) year. But there is also no doubt - 2017 was a transitional year, in which the cosmic and evolutionary shift impacting our planet and species took a major leap forward. Everyone felt it...most still do. December (focused around the Winter Solstice on December 21) has been a time for reflection and remembering for tens of thousands of years. Aquarius takes a look back...knowing that memory is an illusion, and our lives are now...and tomorrow.



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the age of AQUARIUS

Ian Boccio

Over the past few months we have been examining the nature of the last 2000 years, the Piscean Age, and the influences of monotheism and science that have been so transformative during that time. Now we can begin to look at the shift that is currently happening between Pisces and the new Age of Aquarius, and how that transformation is manifesting globally and in our individual lives. In this discussion, we are working with the transition theory of astrological precession, which states that the cosmic energy does not suddenly shift from the energy of one zodiac sign to the next, but that there is a transition that occurs over some period of time between the two, in which the influence of the past age wanes while the energy of the new one grows steadily stronger. It is important to note that there is no fixed time period for when these transitions start and how long they will take to complete. Those factors are strongly affected by our free will as sentient beings. Through our actions, we can either embrace the transition, adding our energy to it and speeding up the changes, or we can resist the transition, hanging on to past ways of being and extending the transition. This is why the particular time that we are in now is so important: our actions during this transition period have a significant effect on how long we will be journeying through this intermediary reality.

Without a doubt, the transition to Aquarius got underway with the start of the 20th century. In no other time during recorded history have we seen a one hundred year period during which so much has changed. Much of the shift was predicted and prepared for during the preceding

19th century, but it was during the 20th that it really began to happen. In our daily lives, so many things are shifting so rapidly that we often don't even notice the changes that are going on all around us.

Technology presents the most obvious example. In 1900 there was steam power on a relatively wide scale, but much of the energy we used was still created by muscle, as it had been since the dawn of civilization. By the end of the century we had completely harnessed electricity and fossil fuel power, and had figured out how to split the atom to create nuclear power. In 1900, we had developed the telegraph system, which allowed for rapid communication at a distance. By the end of the century we have a global network of telephones and computers that connect the whole planet instantaneously, beaming voices, text, images and video off of satellites directly into individual homes. On the darker side, in 1900 there was still horse cavalry in wars and the most lethal weapon was the machine gun. By the end of the century weapons have become smarter, and exponentially more lethal than anything ever seen before. This century has also seen the first time that humans have created weapons so powerful that they could wipe out all life on Earth.

In scientific thought, Albert Einstein's Theory of Relativity and the discovery of the apparently random probabilities in Quantum Mechanics have shredded the Piscean concept of a "clockwork" universe where natural laws are fixed and easily predicted. Modern physics presents a reality in which nothing is exactly what it appears to be - even solid matter can

be shown to consist almost entirely of empty space. The foundation of a logical, understandable cosmos, like the kind we would imagine an omnipotent God would create has been crumbling away at a steady pace.

Nevertheless, the monotheistic religions continue to grasp at their power over human minds and struggle to maintain the dominance they have so long enjoyed. Their energy is fundamentally Piscean and can not survive in Aquarius. The opening up of a global level of culture has allowed other spiritual paths to become accessible, and the 20th century has seen the spread of Asian philosophies and indigenous Shamanic/"pagan" practices across the Earth in a direct challenge, alongside scientific atheism, to the supremacy of Christianity and Islam.

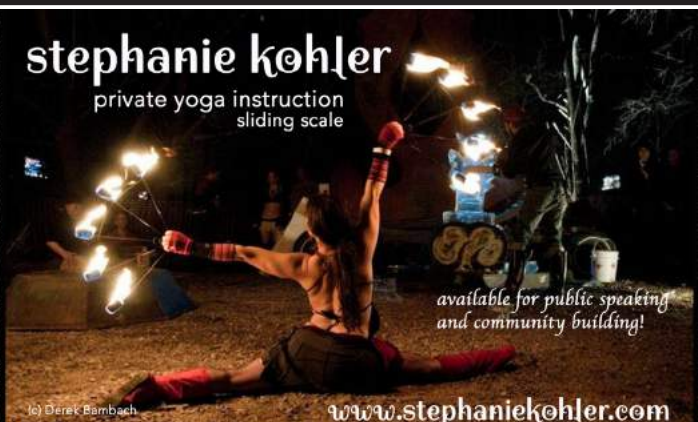
And so we must figure out, where is this all going?



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

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The Namaste Affirmation

"i believe in the sacred worth of every person
young, old, rich, poor, male, female
black, white, liberal, conservative, republican, democrat
gay, straight, atheist, christian, muslim, jew.

every human who has ever lived is unique,
there will never be another...
that is why i believe in the sacred worth of every human.

Namaste!
Live it...Every day!"

looking back

Don Martin
Publisher

Seriously, 2017...WTF?

I don't know about you, but this past year has been one of the craziest, most intense, most confusing and most...enlightening (?) ...I have experienced in my adult life.

But, I suspect that - if you are reading this magazine - you would agree with me. Most of the "woke" people I know have said much the same thing...seriously, 2017, WTF?

Numerology reveals that 2017 is a Universal Year 1. (add the numbers $2+0+1+7 = 10$; $1+0 = 1$...therefore, the numerological value of the year 2017 is 1). The term "Universal Year" indicates that the numerological value of the year applies to everyone, globally.

2017 is a Universal Year 1 - which means that a new cycle of consciousness and energy is beginning in 2017. 2016 was a Universal Year 9, which indicates the end of a cycle.

There were two major events that occurred in 2017 - at least here in the U.S. - that corroborate the beginning of a new cycle. The first was the ascendancy of Donald Trump. Wherever you fall on the political spectrum, there is no question that Trump has been a traumatic event for the nation...and perhaps for the world. His presidency is unlike anything this nation has ever seen before... he breeds controversy and divided opinion like rabbits breed more rabbits. He is very much an agent of "shift" - meaning his very presence in the political and celebrity lime-light has created a shift in consciousness and an evolution in human behavior.

The second luminal event of the year was the eclipse that bisected the United States

in August. Millions of people took the day off, and some drove for hundreds of miles in order to witness first-hand this very rare occurrence.

I had a very unique experience with the eclipse. A few weeks before the eclipse occurred, I had what could be called a "vision." In meditation, I imagined the goddess Kali standing before me, holding a sword. She swung the sword at me, and cut me from my right shoulder to my left abdomen. It did not hurt, but when I looked down I saw my internal organs falling out!

A few days after that "vision" I saw a map of the U.S. showing where the totality of



the eclipse would occur. It looked just like the slash that the sword of Kali made across my chest...and I realized then that the eclipse was going to play a major har-binger type role in my life...and in the life of our nation.

And wow, did it! The eclipse seemed to "slash" through the heart of America, revealing both dark truths about our nation (and world) and also bringing hope for real and lasting transformation. Since the eclipse, the two largest mass shootings in U.S. history have occurred, in Las Vegas

and Texas. Hollywood and Washington DC have been shaken to the foundations by the revelation (or admission) of extensive sexual abuse of women. As a result, women are finding a new voice to assert their sacred value and resist being marginalized...and that is in alignment with the rise of the Divine Feminine, one of the key elements of the New Age of Aquarius.

But it does not end there. Less than two weeks before the eclipse, a major racial confrontation took place in Charlottesville, WV...and our nation came to the realization that systemic racism and white supremacy were alive and well. Incredibly, it was revealed that white supremacy has been very alive and hidden in the most surprising and disturbing of places...American Christianity! A major racial awakening is taking place in our nation, and white supremacists are not happy about it.

Globally, two areas have grabbed attention and fomented fear...Russia and North Korea. Allegations of Russian collusion by both Trump and Clinton have revealed a labyrinthian subterfuge that has created a new Cold War. On the other side of the world, Trump began a shouting match with Kim Jung-On, the dictator of North Korea. The North Koreans have been playing around with nuclear weapons, and are now threatening the U.S. with nuclear destruction. And of course the U.S. is countering with...you, too!

On the day of the eclipse, I stood on a mountaintop in North Carolina, along with hundreds of other people from all over the country. It was an amazing and magical experience, as I connected with person after person who could feel both the shift

(Continued On Page 7)



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The Illusion Of Memory

Dr. Julia Shaw



Can you trust your memory?

Picture this. You are in a room full of strangers and you are going around introducing yourself. You say your name to about a dozen people, and they say their names to you. How many of these names are you going to remember? More importantly, how many of these names are you going to misremember? Perhaps you call a person you just met John instead of Jack. This kind of thing happens all the time.

Now magnify the situation. You are talking to a close friend, and you disclose something important to them, perhaps even something traumatic. You might, for example, say you witnessed the Paris attacks in 2015. But, how can you know for sure that your memory is accurate? Like most people, you probably feel that misremembering someone's name is totally different from misremembering an important and emotional life event. That you could never forget #JeSuisParis, and will always have stable and reliable memories of such atrocities.

I'm sure that is what those who witnessed 9/11, the 7/7 bombings in London or the assassination of JFK also thought. However, when experimenters conduct research on the accuracy of these so-called "flashbulb memories," they find that many people make grave errors in their recollections of important historical and personal events. And these errors are more than just omissions.

Confidently wrong

Much like our ability to switch the name John with Jack without realizing, we can quite easily change details of more important events in our memories without noticing. We can come to remember seeing and doing things that never happened, and the sneaky part is that in our minds these errors look and feel just like our other memories. These kinds of memory errors are called "false

memories," and they are the subject of considerable study around the world.

According to the science of false memories, all of your memories, even those you most cherish, are prone to corruption and distortion. Even now, if you were to try to recall exactly what happened during the Paris attacks, you would probably get some important details wrong. If I asked you in 20 years time, your errors would almost certainly be even worse. Yet, despite this erosion in memory accuracy, research shows that you are likely to remain stubbornly confident in your memories. As our memories fade we often become confidently wrong.

Making matters worse, some people can hijack this process. When I say that people can hijack our memories, I mean that they can convince us that we experienced things that either did not happen to us, or did not happen at all.

Bad Therapy

False memories can be generated by family members, police interview tactics or in therapeutic settings. Some popular psychological treatments, particularly "psychoanalysis" and "regression therapy," are particularly problematic.

In the 1980s and 1990s the world erupted into what was referred to as the Satanic Panic because therapists were sending their patients home with memories of horrendous things, like childhood sexual abuse. The therapists, not fully understanding how flexible our memories are, thought they had uncovered real traumatic events that could explain the mental problems from which their patients were suffering.

However, as it turned out, many therapists had unintentionally implanted false memories into their patients. The therapists had used a problematic mix of assumptions about their clients' pasts (that there must be trauma to explain

the psychosis) and imagination exercises, whereby they asked the patients to picture what it could have been like to be abused. Repeated over many weeks, and with the therapist reinforcing any details the patients generated, these memories had the chance to grow into monsters. The same kinds of techniques that can allow therapists to implant false memories are also relevant for friends, family and the police. Mistaking imagination for memory can happen quickly and unknowingly.

We should be very cautious when other people try to convince us of their version of reality. If we aren't careful, their version of reality might become ours.

Memory Hacking

While most false memories are generated unintentionally, some are intentional. I like to call those who intentionally mess with our memories "memory hackers."

I am one of these memory hackers. I recently conducted a study that elucidates this, published in the academic journal *Psychological Science*. Through a series of three interviews, my participants came to believe they experienced a highly emotional event that never happened. Simply by using a magic memory mix of misinformation, imagination and repetition, 70 percent of my sample came to create a memory that they committed a crime, and 77 percent created false memories of other kinds of highly emotional events.

I found that not only did most participants give me many details about the events, but often the details were even "multi-sensory." Participants reported they could remember seeing, hearing, smelling, feeling and even tasting things in the memory. My sample was comprised of young adults who had no noticeable intellectual disabilities or mental illnesses. Even their personality measures were normal.

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To me, and to other researchers who have done similar work, this suggests that richly detailed false memories of important life events can probably be created in just about anyone, given the right circumstances.

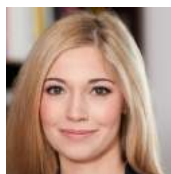
On Being Human

Whether your own memory is messing with itself, like when you mix up names or details of historical events, or others are interfering with your memory, it seems that your memories are nothing but an illusion.

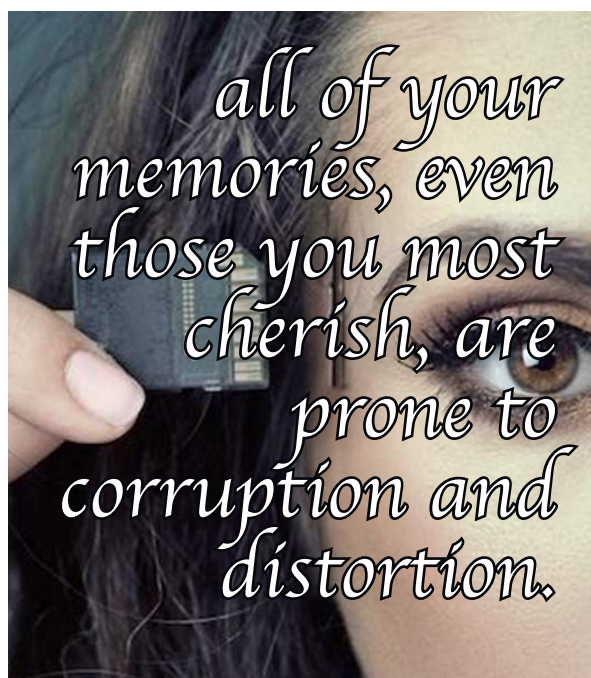
But if you think this declaration sounds bleak, then you misunderstand me. I think that the flexible and creative heap of brain cells that form the foundation of your memories is the most beautiful thing about us. The plasticity of it means that we can think abstractly, by making associations between things that didn't happen in real life, and it allows us to solve puzzles by thinking about many different possible solutions.

Without the flexibility that comes with our memories we would also be unable to learn and would always be stuck with old memories. Instead, we are able to rewrite information when better information comes along. We can update our memory banks regularly. We can learn from our mistakes.

I encourage you to embrace your clumsy, flimsy, faulty memory. If you want to learn more about how false memory, including how social media influences your memory, why secret agents need memory training, and what you can do to avoid memory errors, then read my new book ***The Memory Illusion***.



Julia Shaw is a research associate at University College London. She is also a speaker, and author of the international best-selling book *The Memory Illusion: Remembering, Forgetting, and the Science of False Memory*.



(continued from page 5)

in consciousness taking place personally and globally, and the import of the cosmic event that was about to take place.

As the sky darkened above us and a huge horizon of shadow rushed towards us from the west, one by one people began to sing, chant, hold hands or hug strangers and even sing. Tears came to my eyes and the eyes of many around me. An energy of overwhelming power began to rise up from the earth, through my feet, and explode upward through my body. I imagined I could see huge beams of energy shoot upward from people standing all around me and reach into the heavens as the sun was eclipsed by the moon. Finally, the sky began to brighten and the sun emerged from behind the moon.

I could tell that everyone there had experienced something that had changed them forever. I knew I had.

Within me, and in the world in which we all live, a huge breaking away has occurred between right now and the past from which we come. 2017 is definitely the beginning of a new cycle, just as 2016 was the ending of a cycle. The eclipse psychically and energetically sliced a chasm between who we are now, where we are going...and where we have come from. We are truly living in a New Age. The Age of Aquarius is here, and we are moving rapidly into it.

Looking back is important...and valuable. But we must realize that an "eclipse" has cut us off from the conscious energy of the past. This reality can be painful, confusing and sometimes terrifying. But ultimately, it is good. Whatever has gone before no longer has the power to control us or shape us. Our future is NOT determined by our past, but by our right now.

As the article by Julia Shaw reminds us, our memory (which is the ONLY connection we have to the past) is faulty and corruptible. The past is truly an illusion.

All of us have the power to be the Creators of our future. All of us have the power to create new lives, new patterns, new thoughts. Though at times it seems absolutely impossible, we also have the power to transform the global community.

Look back. During the month of December, when darkness reaches its zenith and then turns back to Light, recall the past year and all that it has brought to us. But don't stay there. A New Age has ascended, and a new reality is taking shape around us. You are perhaps experiencing a shift in your own understanding of your nature and divinity. You are a Creator with Divine Potential. You are NOT a prisoner of the past. You are the Lord of your future.

May you and your family and loved ones have a magical and enlightening time of Solstice and New Year Celebration.



"If sin is real, both God and you are not." - ACIM

As I made my way through *A Course In Miracles*, (ACIM) not only was I drying out highlighters faster than I could say "WOW!" but my mind was being blown wide-open. Spiritual Truths that had made sense before were being turned upside down, and inside out, as ACIM invited me to delve into the depths of Ultimate Truth. The fact that Jesus channeled the Course, through Helen Schucman, made it easy to trust the teachings that common sense was showing me no human being could have ever written.

It's nearly impossible to select just one topic, from ACIM's rich content, so I asked The Holy Spirit, which the Course encourages us to reach out to, for a little guidance on what to write on. It doesn't matter what we call our guide or that we even have a guide, what matters is that we be willing to accept that there is a greater—and truly loving—intelligence that desires to help us navigate our way out of our human ignorance, which is the source of ALL suffering.

Guidance arrived with a doozy of a topic: write about sin—yikes—but I gladly obeyed. Growing up in a Catholic environment, and later attending a holy-roller church during my late teens, I was very familiar with sin. It seemed that almost everything I did qualified as a sin, to the adults around me who believed in a judgmental God. The concept of an omnipotent and judgmental God meant that, for me, a mere mortal born a dirty little sinner there was little, if any, hope of getting into heaven. My fate seemed sealed by the church. Thankfully, all that changed when I read ACIM's take on sin.

Being branded a sinner is designed to instill fear and shame, not only by placing humans in a lower position to a fickle God, but also by creating a hierarchy among humans that grant some power over the salvation of others. Since humans are, well, human, it's almost impossible to make it through life without committing at least a few sinful acts. It's a wonder anyone of us is allowed to step into a Christian church past puberty!

In sections II & III, about The Unreality of Sin, located in Chapter 19 in the Course's text, I discovered the "hall pass" that assured me I would no longer spend eternity roasting in hell: "What, then, is sin? What could it be but a mistake you would keep hidden; a call for help that you would keep unheard and thus unanswered?"

The fearful and shaming aspect of "sinning" causes us to keep many acts, and thoughts, hidden as dark secrets we rather take to our grave than allow them to surface for forgiveness and release. This suppression of the offending evidence that could be held against us, and we've been taught is what keeps us from entering heaven—wherever the church thinks it is—acts as a block to our developing, not only healthy communication with God, but also a deeply intimate relationship with ourselves, and with others.

Think about it, if sin is just a mistake, then every sin can easily be corrected. To make this "hall pass" even more amazing, ACIM states that every sin has actually already been corrected because "God does not know what God does not create." And, since God creates only what is changeless, eternal, and Innocent, nothing can change

our true nature, which is eternally innocent, no matter what higher-up in any church may claim to the contrary.

Jesus also makes it clear that "the idea of sin is an arrogant proclamation." The reason for this definitive stance on sin is because God created heaven as the place within each of us, where in the stillness of a quiet mind and a peaceful heart, God and His Sons and Daughters are equal to each other and united as one. Since God created us in unity we can't ever be anywhere other than in heaven, therefore to believe that sin can keep some of us from being where God placed us is indeed arrogant. Furthermore, to be afraid to speak to God because of the shame our sins instill in us, leaves us feeling needlessly alone and afraid, while we safely and eternally already reside in heaven.

"The Son of God can be mistaken; he can deceive himself; he can even turn the power of his mind against himself. But he cannot sin. There is nothing he can do that would really change his reality in any way, nor make him really guilty."

Humans, with our different ideas about life and God's ways, are clearly capable of making mistakes because our individual perception is simply an interpretation of what is. Because each religion claims to worship the One God, each with a different set of rules based on that religion's interpretation of God, ACIM invites us to see that we have deceived ourselves by believing what mistaken human minds have made, which has left us feeling guilty, ashamed, and ultimately thinking we are powerless. Bottom line, ACIM wants us to know that all of our sins are simply mistakes made from our

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An Introduction To

A Course In Miracles



Laina Orlando

ignorance of God's Truths. ACIM outlines for us the Truths that will ultimately set us free from all of our misperceptions.

ACIM lists the many mistakes humans believe we have made. It does this to correct our misperceptions about ourselves, others and about God, in order to return our mind to a state of innocence—not knowing what anything is for—so that with a beginner's mind we may start to develop a relationship with the loving Source of All That Is.

"Would you not rather that all this be nothing more than a mistake, entirely correctable, and so easily escaped from that its whole correction is like walking through a mist into the sun? For that is all it is."

A Course In Miracles wants us to remember our innocence so we can begin to feel the goodness within ourselves, as that is what will allow us to recognize the God created innocence and goodness in others. This shift in perception from being "sinners" to just being people who have made mistakes, by believing mistaken information, will activate the compassion that will help us stop pretending we are judge and jury over others. Miraculously, when we no longer feel judged we will feel safe to bring the secrets we hold into the light of Truth. Then, we will know sin can't possibly be real because we will remember we are as God is: Pure, Eternal and Innocent.

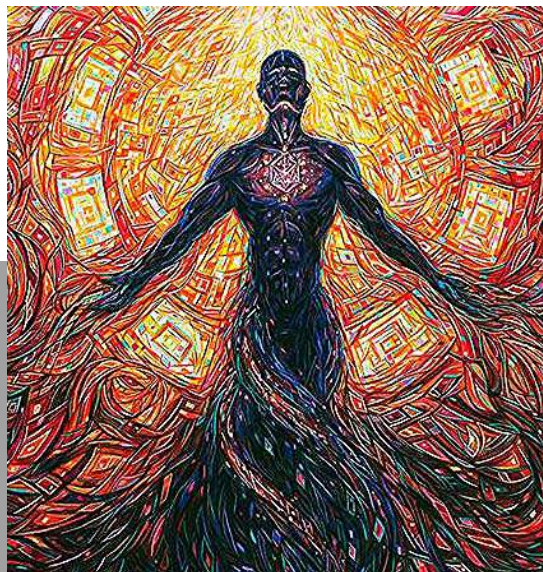


Inspired by her own awakening, Laina Orlando simplifies spirituality so it's easy to understand and practical to apply in everyday life. Her mantra is: "Life is fun and easy!" Laina is an author, speaker, Awareness Coach, A Course In Miracles teacher/student, and creator of The Power of Awareness program and The Awareness Academy.

Death is something
Only the living
Have to deal with
Those who've passed
Are busy being reborn
As the morning dew
On fertile flowers
That grace our souls
With the renaissance of smell
Some are just too beautiful
To be confined to a body
They are meant to be shared
They are among the mist
That makes the clouds
For to rain upon us purely peace
They are in the very air
That we breathe
And each breath
Each and every breath
Divine

They moved us
Through their existence
Now their existence
Moves through us
Because they shared with us
A life of love
We now live our lives
With love to share.

Michael Murphy Burke



YOGA: Under the Bodhi Tree

By Awilda Rivera



The Yoga-fication of the West has brought our collective attention to several other Eastern practices that are believed to greatly enhance the quality of one's daily life.

One such practice & concept is that of Mindfulness, which has gained significant traction over the last 2 decades. There are a plethora of books, courses, workshops and websites dedicated to encouraging mindfulness, but what is it?

Mindfulness is the experience of: (1) being present in the moment while (2) having an acute awareness of your environment, stimuli, and behavior coupled with (3) an appreciation of what is happening in the moment.

If you are freaking out...I understand this can be a lot to process. We live in fast paced society where this kind of presence of mind would mean we would have to focus on one thing at a time. If you are someone who prides yourself on multitasking Mindfulness can be a very challenging idea.

Thankfully mindfulness can be experienced in a moment as normal as eating a Tangerine. The world renowned teacher Thich Nhat Hanh summarizes an experience he had with a friend who sat thinking about an impending project while quickly eating a Tangerine. Thich recalls, "He was hardly aware he was eating a tangerine...It was as if he hadn't been eating the tangerine at all." Thich goes on to suggest that if we are moving so quickly that we are failing to be present enough to be aware of what we are currently doing, then are we doing anything at all?



Think about it, how many times have you thought to yourself: "where did the month go? week, year, day?" During those periods of time where you living mindfully? Savoring each moment like the section of the tangerine OR were you going through the motions mindlessly, simply existing rather than living?

Mindfulness is the awareness that ultimately allows us to truly live each day to the fullest. When we are present for each moment, with out judgment, appreciating the reality of it then we can rejoice in the beauty of our human experience. It may be difficult to conceptualize Mindfulness, but once you begin to practice Mindfulness it becomes easy to both incorporate that presence of mind into everything you do & identify when you are living mindlessly.

We all have to start somewhere. If you are completely new to the idea of mindfulness or if you have had some issues really digging in, here are some easily accessible ways to kick start your practice:

1. Breathing -- there is an exercise called sama vata pranayama. It means equal length breath. You sit comfortably in a chair or on the floor, breathing through the nostrils, concentrating your attention on your breath. You silently count as you inhale, and repeat as you exhale. The goal is to work towards the same pressure, speed and length of breath on the inhale & exhale. Connecting with your breath in this manner will make it easier for you to connect with your breathing when you are out in the world

experiencing stress or overstimulation. Refocusing on your breath is always an excellent way to bring yourself back to the present moment with the thought -- "I am here now, breathing in & out."

2. Enjoy Every Bite -- we all have to eat. At your next meal: silence your phone, turn it screen down on the table, take a moment to acknowledge the nourishment you are about to consume, then slowly eat the meal. Take medium sized bites and be present to savor each one. Put your utensil down in between bites. Maybe close your eyes and notice if you can taste your food more vividly. Eating mindfully allows us to reconnect with what nourishes us literally and figuratively. However, we are often rushing through our meals while we text, email, or plan for the next thing we have to do. The state of mind we are in & manner in which we eat can affect our digestion. Therefore taking time to not only focus on what we are eating but to enjoy and rejoice in it is an act of mindfulness.

The Miracle of Mindfulness by Thich Nhat Hanh, it is full of wonderful examples of how to become more present. All of his books are great! Other fantastic resources for cultivating mindfulness are the works of Pema Chodron, and His Holiness The Dalai Lama. While Meditation is not mindfulness, a healthy meditation practice grounded in the things that challenge you can also help you become more mindful. Go forward, unafraid to be present, embrace the moment and enjoy the reality of what is right now.

Until next time....





Resistance is futile. Yes, you have heard these words before. Today however we are not taking about The Borg Collective. Resistance to what you are truly wanting, is our subject. This is the difference within our experiences, between a state of reception and a state of repellent energy, connecting us to our deepest desires. We are waking up to our remembering.

At the deepest planetary levels we are in a process of clearing our consciousness. Perhaps you know this already. When harm is done to another by you, it truly is like walking up to a mirror and assaulting it. The Golden rule is a law of reciprocity. Do unto others as you would have it done unto you. Peace love light vs guilt shame and fear. What you do to another in your thinking and feeling matters because later it turns to action. Our amazing holographic universe only sees one being. We are here, and quite energetically ashamed of the harm we caused to get here.

Our Mother Earth is aligning to a more balanced state and she is thankfully taking us with her. As opposed to pausing like a dog and shaking us off like fleas! She is taking us like a swift return to a more balanced harmonic state. This means mental and emotional clearings. So, like a weather forecast, expect guilt, shame and fear to show itself. Be quick to forgive, heal and release. This is the path of least resistance. Wonderful news to light workers, healers, shamans as well as people who are magnets of peace. The meek shall inherit the earth. Meekness is not weakness, it is strength under control. We need to retain our good character based on the fruits of the spirit. Which are: Love • Joy • Peace • Patience • Kindness • Goodness • Faith • Gentleness • Self-Control • We must operate from a spiritual understanding of peace and a "do no harm" state of being within as without.

Not such a good feeling if you are in addiction or mental /emotional stress. Why? Simply put, the frequency change is going to be expansive and those of us who have practiced stillness, meditation, yoga and maintain a direct connection to source will just feel better than most. This is no judgement. This is a depth of understanding of who we are and what we came to do. Be still and know.

The fear of the unknown is something most of us humans appear to be afraid of. Yet we live this everyday. Awakening is a remembering, that like our breathing, we do not have to think about the unknown because it is where we came from. What is "coming for us" is love based alignment filled with health and wellbeing. We trust it with an innate sense of acceptance and allowing. Can you trust what you feel?

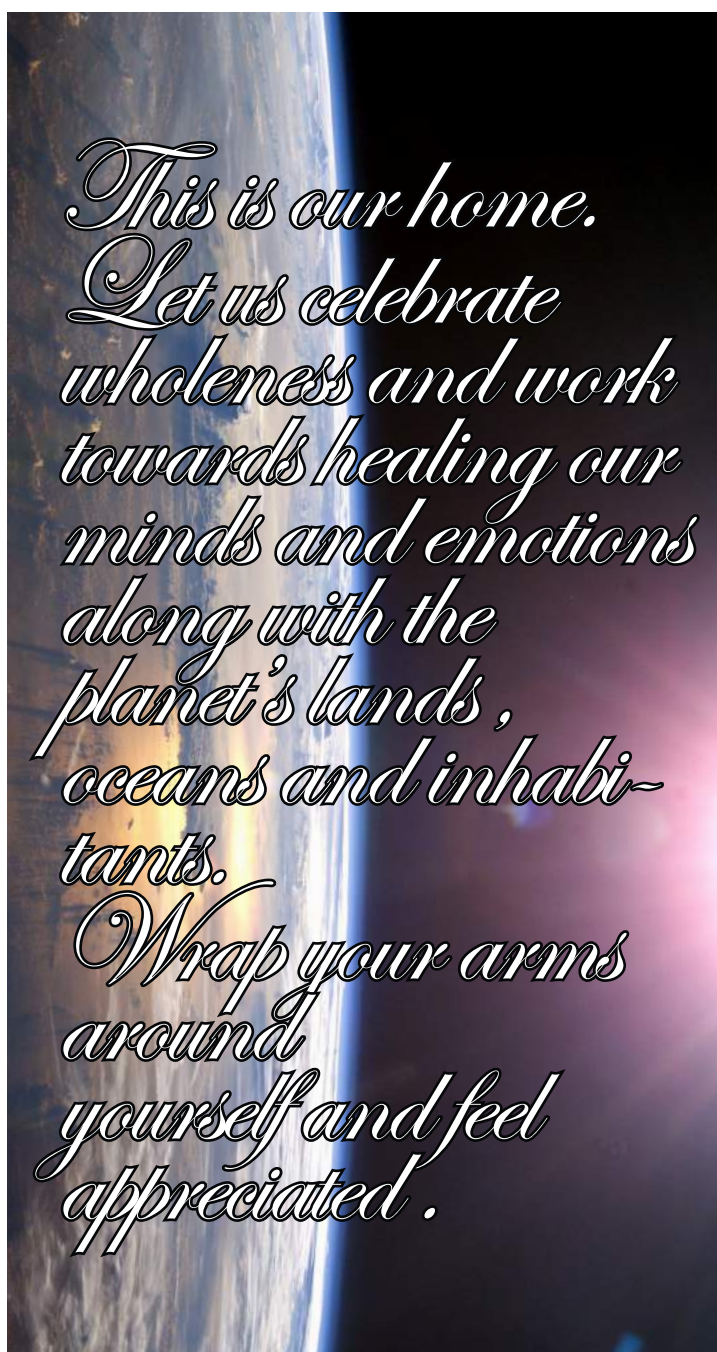
Perhaps this is where we get stuck a bit, set in our ways within our belief systems and relationships. To have an open mind about what others are choosing is often difficult. It is an inside job and one for Spirit and you. Have you had a conversation with your inner being?

Here is our Still Point for a December to remember! During your meditation, get your child-self and your adult-self in the inner room together. Have a conversation and watch spirit within you mediate. Knowing thyself is very important. What will you do for love? What won't you do for love. Find the lover, father, mother, brother and sister within you. Look for the neighbor within your own conscious-

ness. Seek out the fruits of the spirit and PRACTICE them!! "I am peace, expressing as love in the consciousness of JOY." (Grace Awakening Mind - Diadra Price)



This is our home. Let us celebrate wholeness and work towards healing our minds and emotions along with the planet's lands, oceans and inhabitants. Wrap your arms around yourself and feel appreciated. Love is not demanding, judgemental or critical. Love is a deep listening....into those relationships with those you love and those who love you. Be loved. You are so very Loved.



horoscope

Sagittarius

Nov. 22 - Dec. 21

Ariel Rose is an Atlanta area astrologer and intuitive. She also offers Tarot and Sound Therapy. Contact her at 404-256-4477, or email at arielroseastrology@hotmail.com

♐ Sagittarius (November 23 - December 21)
Happy Birthday Sagittarius! You are more charming and lovable than ever this month as graceful Venus courses through your sign. You can get swept up in parties and events, which can help to lift your spirits. Make sure to also get some quality 'me' time to rest, relax and do some deep emotional searching. Your physical energy could be a little lower now, so work from home or by yourself if possible to make the most of your time.

♑ Capricorn (December 22 - January 19)
Your astrological cycle is ending this month, so get ready for a fresh start as the New Year approaches. Clean house, both emotionally and physically as this is a great time to let go of anything negative or outworn. Don't be afraid to cry and 'let it all out' in your pursuit of psychic and spiritual cleansing. Your global consciousness is also high now, so it's a great time to do something meaningful to help others in need.

♒ Aquarius (January 20 - February 18)
You are in the spotlight at work or in areas of the public and may be called on to present new ideas or teach others what you've learned. Deep areas of study or intensely meaningful spiritual paths call to you now and have the power to open you up emotionally. If there are subjects or places you've been wanting to revisit, this is a great time to use your past to guide your future.

♓ Pisces (February 19 - March 20)
The fiery nature of Sagittarius this month could send you swimming for cover! If you find the holiday pace too hectic, make your home a cozy haven or take a meaningful vacation. Your inner world is passionate and profound this month and you'll be full of intense emotion that can translate well into creativity and healing. Make sure to double check your work to avoid the antics of Mercury retrograde.

♈ Aries (March 21 - April 19)
This is an overall positive month that will bring a sense of adventure and sharing those experiences with loved ones. Taking a trip that is personally meaningful or educational in some way is encouraged. Career pressures may increase, leading you to either leave a restrictive situation or assume more authority or advancement. You might find it hard to communicate fully at this time, as you are still processing some old emotions and deep feelings from the past.

♉ Taurus (April 20 - May 20)
Your more secretive nature is in play this month and you will favor the company of close trusted friends or enjoy peaceful time by yourself. Enjoy taking care of yourself or relaxing as much as possible. The later part of December will increase your activity and bring you plenty of social opportunities. You may begin to have more positive, yet practical ideas around work and career. It can also be a good time to 'go back to school' or study a new subject.

♊ Gemini (May 21 - June 21)
It's balancing act time, Gemini! You'll be working with your opposite sign of Sagittarius that will pull you in many directions and often distract you from the serious or routine tasks you try to accomplish. Try to maintain harmony between fun and getting the job done. Mercury in Retrograde this month will require extra patience and checking everything at least twice. Don't take on too many missions and remember to breathe!

♋ Cancer (June 22 - July 22)
This is a perfect month to review your health and personal habits. If you feel 'off' physically, it's a good idea to visit a doctor, get a massage, take stock of any medicines you currently take and be better in tune with your body. Being creative and releasing your deeper emotions through an artistic medium can be greatly beneficial. Partnerships and friendships will begin to take on a more serious tone and you seek stronger commitments from anyone you're close to.

♌ Leo (July 23 - August 22)
This month will present you with happy opportunities for love, friendship and meaningful connections. Family gatherings might be intense, with deep emotional rumblings that may (or may not) surface into conflicts. Use your intuition on how to proceed and don't get swept up in any negative drama. Pay attention to your health and take care of any small ailments so they don't turn into something bigger later on.

♍ Virgo (August 23 - September 22)
You'll need patience this month as the frivolity and joyful clumsiness of Sagittarius can be very disruptive to your calm, steady pace. With Mercury in Retrograde you'll need to focus and center twice as much! Unless you live alone, your home environment could also feel chaotic. Your best option is to find a bookstore, intimate cafe or favorite peaceful space (like an art gallery or park) to unwind and enjoy connecting with your deeper self.

♎ Libra (September 23 - October 22)
The adventurous energy of Sagittarius encourages you to communicate and spend time with your friends. Even though the mood will be light, you will be looking for people to share deeper, more profound connections with. You won't be satisfied with surface or shallow answers or discussions, as your values are more tuned into the mysterious and hidden aspects of life. If you're unsure of what to say in a sensitive situation, it's best to wait for better timing.

♏ Scorpio (October 23 - November 22)
Plans for the future, philosophy and travel are on your to-do list this month. Expansive Jupiter and energetic Mars join up in your sign to create a good deal of restlessness and the need to break free of old restrictions. You need a new adventure or course of study to keep life from becoming a chore. Even if the time isn't quite right to act, you should definitely be in the planning stages.

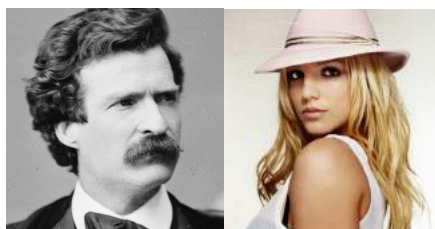
Welcome fellow Stargazers!

We begin the festive month of December with the Sun traveling in the optimistic sign of Sagittarius. This fire element sign is ruled by benevolent Jupiter and owes it's gregarious, expansive attitude to this influence. Sagittarians are gifted with an uncanny luck and good fortune that helps them bounce back from even the worst trials or hardest situations. They tend to look at the bright side and expect the best in the long run. There's no question why the most joyful holidays are celebrated around the time of the Archer. We party and make merry during most of December - until Capricorn shows up on the 21st and presents us with the bill! It's easy to see why the holidays take a more subdued and calm turn when the sun shifts from extravagant Sagittarius to solemn Capricorn.

The typical Sagittarius personality will be a world-traveler (even if they never leave home, which would be unusual) and has a constant desire for knowledge. They can embody the 'eternal student' who pursues many subjects, often never settling on just one because that would feel too limiting. The Archer needs freedom to shoot their pioneering arrows and forge new paths in the world. This sign is known for their truthfulness, which can often be rather clumsy and leads to frequently sticking their foot in their mouth. They are not for the super sensitive or faint of heart, because they will never soften the blow of their honest opinion. However, they are the friendly puppy-dog of the Zodiac and never mean any real harm. Any faux pas they commit are usually forgiven in the face of their good humor and sparkling quick wit.

The beginning of the month will be more lighthearted and jovial, which will shift to a more serious tone later in the month as Venus and Saturn move into hardworking Capricorn. This is a notable move for Saturn, which has been in Sagittarius for several years. We will all feel a sense of greater responsibility and may start to get more ambitious about a project or idea we've wanted to accomplish. Mercury will also be Retrograde in the sign of Sagittarius from Sunday 3rd until Friday 22nd. Make sure any gifts you buy are able to be returned, as there will be plenty of reversals this month!

Winter Solstice begins at 11:28am on Thursday 21st as the Sun enters Capricorn, heralding the start of longer days and the traditional return of the light. Our Full Moon arrives on Sunday 3rd at 10:47am EST, in the talkative sign of Gemini. The Full Moon occurs on the same day as Mercury turns Retrograde. Pay attention to your words and thoughts, because anything said in the heat of the moment could come back to haunt you. Make sure to communicate lasting values and caring thoughts.



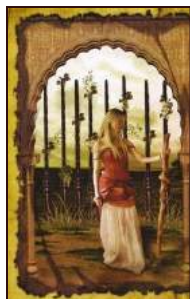
Kathleen Robinson

Legacy Of The Divine Tarot

December 2017



THE CHARIOT: During December it will be important for you to stay on your path and follow your heart. Do not be sucked in to whatever negativity and turmoil is happening in our country and the world. Instead, send positive energy out, visualizing a good outcome for the events that are transpiring. By staying in the light we can help ensure that things will settle down eventually, for the good of all. You may feel that you are being pulled in opposite directions, leading to a sense of disorientation. Do not be discouraged by these challenges, for you will have the strength to see them through. By being determined to succeed, focusing your intent, and letting nothing distract you, you will be on your way to getting through these unusual times.



9 OF WANDS: There may come a time during the month that it will be necessary for you to just let go of any worries, doubts, or feelings that you have to do a certain thing—something that you believe you are “supposed” to do or because you think others expect something from you. Release the idea of forcing things to turn out the way you want or anticipate them to. Now is the time to do what you can that is within your control, and then surrender to the wisdom of the Universe/Source, knowing that everything is ok and you are in good hands. You may have to draw on hidden reserves and persist despite setbacks, but you can do it.



9 OF SWORDS: Despite your best efforts, you may be worried and anxious about whatever you see that is out of your control. We are living in weird and very unsettled times. What should you do? The best thing is to acknowledge that you can only do your best with whatever you know you have the ability to handle—that which is within your realm of responsibility. Continuing to worry and be depressed about the state of the world or the sad or tragic things that have been happening will do nothing to ease your peace of mind. So allow yourself to worry or feel fear for only a few minutes (rather than going over and over an issue in your mind), then visualize it leaving your body and being transported up into the heavens, to be dissipated. You have released it.



7 OF WANDS: You may find yourself being required to take a risk or do something to stretch yourself

that is difficult for you. Or you may realize you have a decision to make about something fairly important and are afraid to make the wrong move. All you need to do is take a step back, take a breath, and look at the situation objectively. Then allow your heart center to enter the picture, sensing what feels right to you, standing up for what you believe. Be patient, for you will not need to make a decision immediately. Sometimes caution is required rather than dashing headlong into a situation without thinking things through. Now is the time for this.

TRENDS FOR THE MONTH: Despite this being a holiday month, you could be feeling a little bit “out of sorts”, especially when this is the time for joyful celebrations, being with friends and family, and getting into the holiday spirit. If you do not feel that way, don’t force yourself to wear a mask of joy and happiness when inside you’re not feeling it. However, you don’t want to wallow in misery or worry either, so find a balance between acknowledging these feelings and then letting them go, at least for a while. Then you can enjoy the holidays more, setting an intention that you can have a good time. This is also the time when we ask for peace on Earth, so remember to be grateful for what you have and firmly believe that as a whole humanity is headed in the right direction.



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--



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Happy Raw Holidays

Brenda Cobb

Spice up your holidays with some delicious organic raw recipes everyone will enjoy. Since you won't have to turn on your oven or stovetop you will save energy and keep all the nutrition at its utmost best.

It's fun to try new things and when it comes to food most everyone loves something new they have never eaten before. Because you'll be using all raw vegetables, fruits, nuts and seeds you'll be giving your family or party guests one of the best gifts possible, the gift of optimum nutrition.

Cauliflower is full of health-promoting phytochemicals, high levels of anti-inflammatory compounds and has the ability to ward off cancer, heart disease, brain disease and weight gain.

Cashews are rich in unsaturated fatty acids and minerals like copper, zinc and magnesium plus antioxidants in the form of phytosterols and phenolic compounds. The cashew kernel is about 21 percent protein, 46 percent fat and 25 percent carbohydrates which make them a filling, high-protein food.

Along with the phytochemicals in onions their vitamin C helps improve the immune system. They also contain chromium, which assists in regulating blood sugar and is excellent to help reduce inflammation and heal infections. Raw onions lower the production of bad cholesterol, LDL, and this keeps the heart healthy.

Sage is a powerful herb that helps improve brain function, lowers inflammation, prevents chronic diseases, boosts the immune system, regulates digestion, alleviates skin issues, increases bone strength, prevents the onset of diabetes and helps with cognitive disorders.

Spinach is good for the skin and helps improve eyesight. It promotes a healthy blood pressure, stronger muscles, prevents age-related macular degeneration and cataracts and is excellent for helping prevent heart attacks. It also promotes stronger bones and helps prevent cancer.

Mushrooms help lower high cholesterol and heal breast cancer, prostate cancer and diabetes. They also help with weight loss and strengthen the

immune system. They are a good source of calcium and help improve bone health. Vitamin D, which is a relatively rare vitamin to find in vegetables, is present in mushrooms as is calcium and phosphorus.

Avocados contain 25 milligrams per ounce of a natural plant sterol called beta-sitosterol, which helps maintain healthy cholesterol levels. They contain lutein and zeaxanthin, two phytochemicals that are especially concentrated in the tissues in the eyes where they provide antioxidant protection to help minimize damage from ultraviolet light. Half an avocado provides 25 percent of the daily recommended intake of vitamin K, which is a nutrient that is often overlooked, but is essential for bone health.

Combine these extremely nutritious foods into some tasty holiday recipes and introduce your family and friends to foods, which will please the palate and bring good health to the body. Good food is always appreciated and what better time than the holidays to really enjoy yourself and everything you eat while you elevate your level of health and well-being.

Cauliflower Cream Soufflé

3 cups cauliflower
1/2 cup white onion
1 cup cashews
1 tsp. Himalayan salt
1 cup water
Pinch cumin

Soak the nuts overnight in 4 cups filtered water then drain. Rinse and drain again. Put all ingredients in the food processor and blend into a light creamy soufflé.

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



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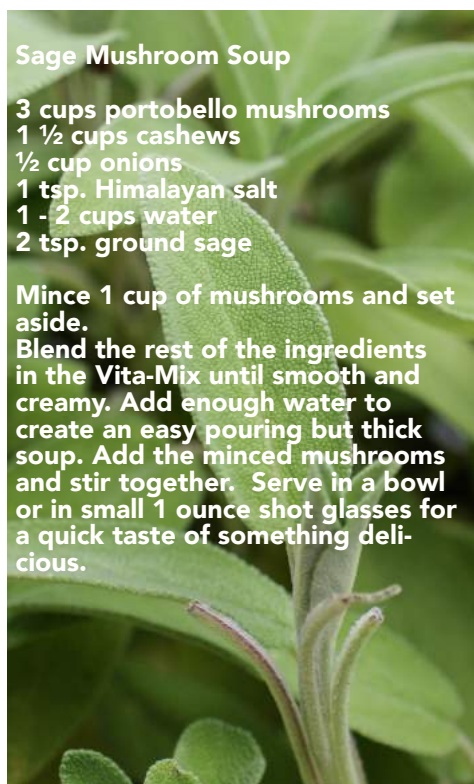


Sage Mushroom Soup

3 cups portobello mushrooms
1 1/2 cups cashews
1/2 cup onions
1 tsp. Himalayan salt
1 - 2 cups water
2 tsp. ground sage

Mince 1 cup of mushrooms and set aside.

Blend the rest of the ingredients in the Vita-Mix until smooth and creamy. Add enough water to create an easy pouring but thick soup. Add the minced mushrooms and stir together. Serve in a bowl or in small 1 ounce shot glasses for a quick taste of something delicious.



The Process Of Surrender

The Intuitive Therapist ... Janis Cohen



We are a results driven society where we tend to define ourselves based on outcomes. We label ourselves as winners or losers, lucky or unlucky, superior or inferior, successful or unsuccessful, worthy or unworthy. If you have gotten caught up in the slippery slope of emotionally attaching to an outcome, then you know how significantly your self-perception can be affected.

How, then, do you avoid having an emotional attachment to an outcome? Think about a time in your life when you felt helpless, scared and panicked about money, a relationship, or your health. Perhaps you believed that your circumstance was insurmountable and unresolvable. You may have even believed that you had no control over your situation and felt as if life was happening "to" you, without your consent. It is often out of desperation and neediness that we attach our emotions to outcomes.

For example, if you are self-employed and don't have enough money to pay your bills for the month, your emotional attachment to securing paying customers is far greater than it would be if you were financially secure and didn't need the business. If you feel desperate and needy to find your perfect romantic partner, with whom you will have a family, your emotional investment in the process of finding them will be significantly more intense than someone who is secure within themselves and who is simply looking for a companion with whom they can share life experiences.

Being aware of how emotionally attached you are to outcomes directly influences the level of pain or pleasure that you experience. If you want to maintain a significant amount of pleasure in your life, then you must learn how to live emotionally unattached to a result. This

process is called surrender.

To surrender means that you live your life with the certainty that a divine solution exists for all of your life challenges and that you have the understanding that you will be guided to those solutions, with full divine support. Surrendering is a choice and it happens when you let go of feelings desperation, anger, worry and lack (because we all know that living from that place only repels what we want) and replace those feelings with faith and certainty in yourself and a Higher Power. If you are ready to ditch those unproductive feelings of desperation, lack, fear and worry, then follow these steps and let go of what no longer serves you.

Step 1: Acknowledge that a Divine Solution Exists.

You realize that you can't figure things out on your own and you need help. You finally accept that you only have control over your thoughts and emotions, not outcomes. You understand that it is time to clear out the negative mental and emotional clutter so that you can make space for divine guidance to come through to you. You lean into the knowingness that, once you open the portal to receiving guidance, it will come. Remember, surrendering doesn't mean that you are giving anything good up. Surrendering means that you voluntarily let go of the feelings of desperation and neediness to make way for more clarity and joy.

If you can't embrace the understanding that a solution exists beyond you, don't become discouraged. Solutions can show up everywhere- even in the most unlikely of places. Simply expand your awareness to all that is within you and around you as a clue about your next steps.

Step 2: Fill a ball of light with the negativity.

You know the negative feelings

you feel on a regular basis. Now, it's time to take all of those feelings and put them in a ball of light and release them.

Visualize a ball of light filled with the words and/or the energy of those negative feelings you are carrying around. Next, picture them being pulled up into the cosmos for transmutation or being dropped in the deepest part of the ocean to decompose or, if you like, you can create your own image to transport your unwanted emotions.

Step 3: Invite and follow the Divine Solutions

You've made space for new insights and ideas now, so remain open to receiving the divine downloads. The information you get might seem foreign or familiar to you. Let go of any judgement about how the details "should" come to you and follow the nudges and the ideas that come to you.

There is no right or wrong way to surrender because you will know when it happens; you will feel an immediate emotional release. If you attempt to surrender something and you find yourself going through the motions, without feeling the immediate relief, then you must realize that your whole heart is not invested in it. So return to step one and connect with the feeling of total Universal support and love.

Your relationship with Spirit is unique and so is your communication process. Speak from your heart and visualize your ideal circumstance, as if it already exists. Emotional pain is necessary for growth; emotional suffering is not.

Let go. Surrender. And, prepare to be inspired.

Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis works with spiritually conscious people who struggle to make decisions and take actions. She helps them feel confident and certain about their decisions and live a fulfilling life. You can reach her at www.janisrcohen.com

We are called on this planet, at this time, to step into the flow of consciousness or anti-consciousness. You may have noticed the realm of extremes making itself more known to you-- in your fellow human's thoughts, speech and actions as well as in the weather patterns and other natural phenomena. It may have felt to you that things are coming to a head. Energetically, that is the case. The choices that we are making now are dramatically influencing what unfolds for us next.

The currents of the energetic flow available to us are moving with extreme power now, like raging rivers. The Before now, we may have dipped our toe in the energetic flow, and we would feel the current. Now when we dip our toe in the river, the current pulls us in with it, like a rip tide. Stepping into the river of consciousness will pull one powerfully in that direction. Conversely, stepping in the river of anti-consciousness will pull one powerfully in the other direction. The choice is always ours. And the choice is now.

You may say to yourself that you choose the flow of consciousness. And with that choice you might expect everything to flow gently. Yet perhaps that has not consistently been the case. What is wrong? There is nothing wrong. When we have chosen the flow of consciousness, and we feel we are in it, we sometimes still experience a periodic lack of ease or sense of discomfort-- challenges to our ability experience trust and love. At these times, I've found it helpful to look at the willingness to surrender.

Flow comes with features and experiences, just like a river comes with rocks and white water, contributing to a periodic wild ride. The navigator of a boat going through whitewater can guide itself skillfully through the turbulent areas, surrendering to the power of the current and

the rocks that come with it. Or, the navigator can-- acting in fear--mis-manage the oars, and in the process flip the boat completely. Even if our boat flips, know that all is well. We are still accessing the flow... just experiencing temporary discombobulation. In these moments, we would do well to take a moment, find our bearings, then look for the lesson and surrender to the ongoing process of our continued journey.

Every experience in life carries with it a lesson and an opportunity for progression of our souls. Our choice is to see



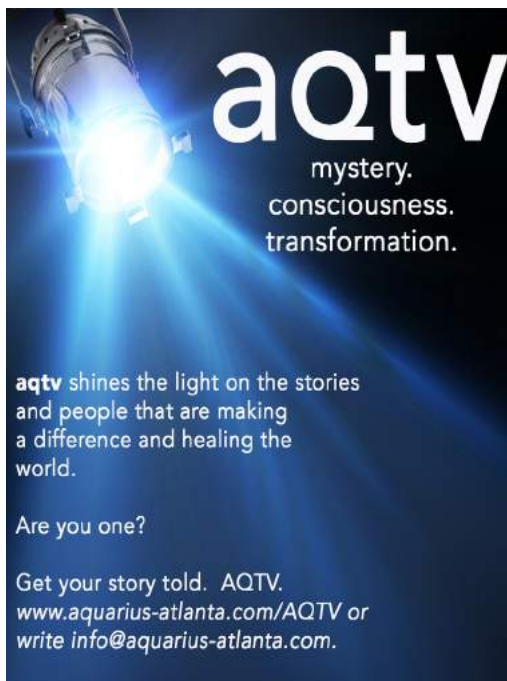
the opportunity, learn from it and allow it to augment our soul's progression. This process, I've noticed for myself, is often uncomfortable. Discomfort is a gift, as it gets our attention. Was your favorite teacher in school the one who pushed you to learn, creating discomfort at times? Did the most profound, life changing lesson you ever learned come to you while you were sipping an umbrella drink, lounging in a comfy chair?

When there are times of trouble or dismay, times of extreme discomfort, I find it valuable to look at my expectations. Expectations are rooted in standards that we expect ourselves and others to meet. When you really look, who created or adopted those standards? If you answered "myself" you are on the right track. I invite you to look at the judgments--often

harsh-- you and I have created as a result of those standards. Judgments obliterate the possibility of expanding our hearts. What would life be like if you and I were willing to let all those judgments wash away? In the void of judgment, let's imagine what would be possible if we instead invite curiosity, wonder and unconditional love to expand and express themselves.

The questions to continuously ask ourselves are: "Am I willing to see the opportunity here? And am I willing to allow this lesson into my life?" When, with an open heart, we can answer Yes to being willing to see and also being willing to allow, something magical happens. We can then Be with All That Is. This is what surrender looks like. This is what being in the energetic flow of consciousness looks like. From this place anything can be manifested. From this place we can manifest our Divine purpose. Life, circumstances and the people in our world-- like the river-- come with features and experiences that sometimes seem uncomfortable. Discomfort delivers opportunities. And it is the willingness to see and the willingness to allow which opens our hearts and delivers the magical opportunity to create.

LIGHT Catalyst and Speaker Katherine Pike helps people experience love without conditions. She is the creator of the LIGHT SOLUTION®, a step-by-step, holistic, and comprehensive process which aligns the mind, body and heart. Kat@TheLightSolution.com



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AQ Divine Feminine

Awakening The Goddess



By Crystal Starshine

This year has quickly come to an end. The leaves have fallen, the trees are bare and the coldness surrounds us. It's time to go deep and retreat into your warm home and your within. As a Capricorn winter baby, I love this time of year; it reminds me to dive deep into my psyche and see what has served me well and what no longer serves. This year, even though numerology says that it was the number one year of new beginnings, I found that I've been faced with a lot of endings. As hard as endings are, they cause you to look in the mirror and face your own shadows and fears. I've had a lot of time for introspection. Taking a deeper look at yourself can be eye-opening and traumatizing at the same time. Diving into your own shadows is never easy; you find things about yourself that you may be carrying shame around. But it's in these moments when we look at our shadow that we find the strengths that we have. I was always taught by society that my shadow was negative, bad, nasty, evil and to be ashamed of. The more I dive into the shadow self the more I realize that I can use the shadow parts as strengths. When I'm in my meditative space staring out at the forest into the barren trees I no longer feel alone as I once did. I have found strength in being alone. It actually soothes my soul now. I have always feared being alone, that stems from abandonment issues as a child, but now, those old, old wounds no longer haunt me, they carry me with perseverance, strength and a lust for life.



So at this time of year what ended for you? What can you carry into next year that will amp up your authentic self?

Sometimes being authentic and speaking your truth can be very hard in today's society as more and more people awaken it gets easier and easier. We've lived so long in a patriarchal society that tampers our authenticity with stigmas. It's hard to step away from that old learning and step into our authentic selves knowing that there are many that will shame and belittle our thoughts and actions. As a human, as we grow, learn, and experience new things, we change. Just like the beautiful trees that surround me here in the north Georgia mountains; we adapt to our environment, we grow, we support, we shed what doesn't serve, and we go internal into a state of deep meditation for just a few

short weeks so that when spring unfolds, so can we. When winter solstice returns we begin to start our manifestations for spring and hail the new light coming causing us to look forward to longer days again.

I love making a list of the things that I experienced for the year; this gives me a great perspective of all the things that I accomplished and all the things that I feel that I failed at. Failures are great experiences it lets you take a deep look into how you could've done things differently, what you would do next time, and lets you vision into the future so that you can try again.

"Never give up," is what my dad taught me as I learned karate at a young age. "Find your strength" he would say and "don't lose sight of the finish line." He's gone now, moved onto the other side but I

know that he still encourages me every day when I smell a whiff of a Winston cigarette or hear one of his favorite songs "Bad to the Bone" by George Thorogood on the radio. My dad was my best cheerleader and as his step child he encouraged me to be the best that I could be, to be authentic, to work for everything I have and never let anyone beat me up or tear me down. This year I feel as if I've been knocked down, beaten, bruised, suffered from so many losses but still I rise.

Through all of the events that I've been through this year I found strength and a new understanding of compassion. For those that wound people they are but only wounded themselves and even though I faced all of the traumatic events that happened this year, I've learned so much about myself and others. I've learned how to heal old wounds and how to face my deepest darkest shadows so that I could intertwine my light and become a more authentic, compassionate, and loving individual. Even though my heart was shattered into 1000 pieces I slowly, gently, and lovingly put them all back together. When the Japanese mend broken objects, they aggrandize the damage by

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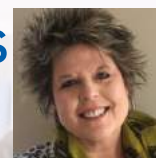
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by filling the cracks with gold. They believe that when something suffered damage and has a history it becomes more beautiful. I believe this to be true, a broken heart mended is more beautiful than it once was. If your heart has been broken, you faced loss, tragedy, or anything else that has caused your soul to crack wide-open know that this is just a moment in time, a learning experience, a place and space for you to fill those cracks and become the most beautiful goddess that you can be.

So if you're one of those people that are experiencing all the tragedies of the world, get out your favorite journal a comfy blanket to wrap yourself up in, brew yourself a cup of your favorite tea and sit down and let your heart and soul pour out into your journal. Write all of the wonderful experiences that you've had this year and write about all the things that have caused your heart to ache; those are the things that are no longer serving you. Find a way to aggrandize those cracks, give yourself a hug, buy yourself some roses, take a long hot bath, or find your way to the mountains and take a walk amongst the trees. Goddess you are beautiful, worthy and oh so wise.



The Narcissist You Know

You hear the narcissist label used quite a lot in ordinary conversation, news articles, or on television. The word is used to describe men and women who think a little too well of themselves and have little regard for the feelings of others. This article was condensed from Fortune Leadership titled *The 5 Types of Toxic Narcissists at Work* by Joseph Burgo, PhD. the author of *The Narcissist You Know: Defending Yourself Against Extreme Narcissists in an All-About-Me Age*. Narcissism occurs along a continuum with healthy self-esteem at one end and Narcissistic Personality Disorder at the other.

From least to most toxic, here are five different types of Extreme Narcissist you might encounter in the workplace, with some advice for ways to handle them (and yourself) when you come into conflict. Bear in mind that Extreme Narcissists always need to prove that they are "winners" in comparison to other people they view as "losers," though their methods vary.

The Know-It-All Narcissist

This co-worker is always eager to give her opinion, even when unsolicited, and believes she knows more than anyone else, no matter the topic. She likes to lecture and has a hard time listening because she's too busy thinking about what she wants to say next.

How to cope: If possible, ignore her "helpful" suggestions, or offer polite thanks and move on. A direct challenge will most likely lead her to escalate her efforts to prove herself better informed. If you look past her superior or condescending manner, you might find the Know-It-All Narcissist a bit absurd and ultimately harmless.

The Grandiose Narcissist

This colleague demonstrates the familiar kind of narcissism we all recognize. He sees himself as more important and influential than everyone else. He touts his own accomplishments, exaggerates their

importance, and wants to elicit your envy or admiration.

How to cope: His superior attitude might make you want to stand up for yourself and compete. Don't. Any challenge will only cause him to escalate his efforts. At times charismatic, be careful not to give too much. The Grandiose Narcissist won't feel grateful and will do nothing to advance your own career unless there's something in it for him. If necessary, he will discard you without a second thought.

The Seductive Narcissist

Unlike the other types, this one manipulates you by making you feel good about yourself. At the office she will appear to admire your work and value your contributions highly, but her ultimate goal is to use you. She wants your support and admiration and will flatter you in order to get it. But when she has no further use for you, she'll give you the cold shoulder. How to Cope: It helps to be humble. Don't be swayed by flattery or excessive admiration, as wonderful as it may feel to receive it. Watch how she treats other people who can't advance her career or who may be her rivals. Seeing your colleagues suffer under her callous indifference or ruthless competition might give you a glimpse into your own future, once you've outlived your usefulness.

The Bullying Narcissist

This is the man who builds himself up by humiliating his colleagues, brutally. He often relies on contempt to make others feel like losers, proving himself a winner in the process. He will belittle your work or ridicule you at meetings. When he needs something from you, he may become threatening. At his most toxic, he will make you doubt yourself and your ultimate value to your employer.

How to cope: As cowardly as the advice may sound, avoid ruffling his massive ego whenever possible. Don't fight back in direct ways in order to stand up, a direct challenge will only escalate his assault. You'll need a very strong belief

in your own self-worth without having to prove it. If you find you can't bear such treatment in silence, you might want to transfer to a different department or look for another job.

The Vindictive Narcissist

While it's possible to co-exist with a Bullying Narcissist, once you become the target of a Vindictive Narcissist, she will try to destroy you. She'll talk trash about you to your superiors, withhold crucial information in order to sabotage you, and pursue your destruction without regard to truth or fairness. If she is your boss, she may have it within her power to fire you but also to ruin your chances of future employment.

How to cope: Whenever possible, look for another job before the damage to your psyche and your reputation has gone too far. More than with the other types, your approach here must be legalistic: Vindictive Narcissists often know how to disguise their true nature from people other than their victims, so your survival will depend upon having hard evidence. Document everything, especially proof of your work. Preserve all toxic emails and other communications. Get witness statements from your co-workers whenever possible.

Extreme Narcissists are inevitable in the workplace, as they are in all walks of life, but if you understand the winner-lose dynamic that drives them, you can protect yourself and avoid their most toxic behaviors.

Becky Arrington is a Success Strategist, Clinical Hypnotherapist, and political activist. Her highly developed intuitive and visionary insight as a psychic channel enables her to understand community dynamics and help people look deeper to see the blockages at work within their business or personal lives. www.arringtonassociates.com

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Chanting is a significant and mysterious practice. It is the highest nectar, a tonic that fully nourishes our inner being. Chanting opens the heart and makes love flow within us. It releases such intoxicating inner bliss and enthusiastic splendor, that simply through the nectar it generates, we can enter the abode of the Self.

— Swami Muktananda



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"Bhakti is love — loving God, loving your own Self, and loving all beings. The small heart should become bigger and bigger and, eventually, totally expansive. A spark can become a forest fire."

-Ammachi

flavia krishna and
gershone

Open Up Your Heart
CD Release Concert
December 15, 7:00pm
Vista Yoga

New Year's Eve
Chant Party
Sunday, 8pm-1am
Vista Yoga
Adi Shakti Tribe
The Pilgrim Hearts: A Tribute to Krishna Das
Stan Holt and Margo Gomes



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A SACRED SOUND JOURNEY
DECEMBER 9
7:30PM

DECATUR HEALING
ARTS

MICHAEL BURKE STAN HOLT
JONATHAN ADAMS GABRIEL SEARS

The Pagan Origins of Everything!

Days of the week:

The First Day: Sunday was named after the Sun god.

The second Day: Monday was named after the moon goddess.

The Third Day: Tuesday was named after the god Tyr.

The Fourth Day: Wednesday was named after the god Odin.

The Fifth Day: Thursday was named after the god Thor.

The Sixth Day: Friday was named after the goddess Frigga.

The Seventh Day: Saturday was named after the god Saturn.

Months:

JANUARY:

Named for Janus, the Roman mighty one of portals and patron of beginnings and endings, to whom this month was sacred. He is shown as having two faces, one in front, the other at the back of his head, supposedly to symbolize his powers.

FEBRUARY:

This name is derived from Februa, a Roman festival of purification. It was originally the month of expiation.

MARCH:

It is named for Mars, the Roman mighty one of war.

APRIL:

This name comes from the Latin APRILIS, indicating a time of Fertility. It was believed that this month is the month when the earth was supposed to open up for the plants to grow.

MAY:

This month was named for Maia, the Roman female deity of growth or increase.

JUNE:

This name is sometimes attributed to June, the female mighty one of the marriage, the wife of Jupiter in Roman mythology. She was also called the "Queen of heaven" and "Queen of mighty ones." The name of this month is also attributed to Junius Brutus, but originally it most probably referred to the month

in which crops grow to ripeness.

JULY:

Named for the Roman emperor Julius Caesar, this is the seventh month of the Gregorian year.

AUGUST:

Named for Octavius Augustus Caesar, emperor of Rome; the name was originally from augure, which means, "to increase."

SEPTEMBER:

This name is derived from the Latin septem, meaning "seven."

OCTOBER

This name comes from the Latin root octo, meaning "eight."

NOVEMBER:

This name is derived from Latin novem, meaning "ninth."

DECEMBER:

This name is derived from the Latin decem, meaning "ten."

EASTER

MARDI GRAS

HALLOWEEN

VALENTINE'S DAY

CHRISTMAS

BIRTHDAY CELEBRATIONS

WEDDING RINGS

WEDDING CEREMONIES

WEDDING ANNIVERSARIES

PATRIOTIC CELEBRATIONS AT SPORTS EVENTS

SPORTS EVENTS

KIRTAN EVENTS IN DECEMBER



Flavia Krishna and Gershone
December 15 - 7pm
Vista Yoga



Blue Spirit Wheel
December 21 - 7:15pm
Solstice Yoga and Barre



New Years Eve Chant Party
December 31 - 8pm - 1am
Vista Yoga



Blue Spirit Wheel Album Release Party
January 13
Candler Park Yoga

tipi diaries

Robyn



play. Earth is our current structure and foundation, for this incarnation. We must be responsible to our host.

Today I am experiencing exceedingly profound awareness ... around waste and what we call trash. How can I create less waste? I already recycle and use stainless steel water bottles and think of myself as fairly eco-conscious...but today was a different awareness. I am suddenly obsessed with wanting myself and everyone on the planet to ask the question before putting anything into a trash bag, "Can I recycle, re-use, or re-purpose this? Is it actually trash? If it is, can I change the answer next time? Can I buy more biodegradable items? That way even if it does need to be thrown away it will not spend eternity in a land fill."

For me at this moment, having more presence, more balance, means giving attention to the direction of North, to Earth in the Wiccan tradition, which I am now called to. As I look back at recent fires, it's been calling me for a while I think. I'm being called inward to my Soul, to Spirit, through my body. We're all being called to remember our connection to ourselves and each other. Which direction, which element calls to you? Fire? Water? Earth? Air?

In your body, grounded and connected....Earth
In your power, passion and transformation...Fire
Connected to your breath, slow and deep....Air
A Clear channel, movement and fluidity....water

Spirit, Ether....This is where You are you. Where nothing can change you. Everything moves through you, You move through everything. You are everything and nothing in equal amounts. You are present to the Space.

Namah Shivaya



Namah Shivaya

There are 5 directions, 5 elements. I am reminded again of this. I keep forgetting about space/ether. We're only seeing one direction.

When I first heard this sometime in the past year I thought... what? I am I supposed to look behind me. I assumed the one direction referred to was forward. I am aware in the moment that the direction we all see is outside of us. It's not turn around, it's turn within, inside, to the soul level, to the piece of all of us that exists as one and not the ego piece that exists as separate. Only the Ego exists as separate from the ALL that we are.

Tonight I am reminded that I was told to turn my Tipi North for the Winter, for a new beginning. Tonight I was told I would be experiencing another system, another teaching.

I am shown again that there are five directions and that I keep forgetting about space and ether...the essence that exists in everything and without everything, Spirit. It's time to be that bridge between Spirit and structure/solidity, between Heaven and Earth, feminine and masculine, light and dark. It's time for balance and presence.

The fifth direction is the bridge. It is strongest when your connection to Earth, Fire, Water, and Air are strong and in balance. When I turned Tipi north, I shifted all the fire circle stones to re-align my 4 directions stones but it did not flow. I felt like I would be redoing it again soon.

That feeling was intuition, the voice of the higher self, the soul self, the real self communicating with me... Ego me, identity me.. So my next ritual will be to dismantle the stones and rebuild it with the intention of North as Earth, Air in the East, Fire in the South, and West as water. This will take some getting used to. It's a different tradition than the one I've been using. I'm facing North, to connect more to Earth, to solidly, to structure and foundation.

There is never actual death of anything, It's just change. It's an ending, so there will be a beginning. You are in between an ending and a beginning. You are the bridge, the bridge between dark and light. You are the structure for it to exist, to



Realizing Personal Power

Patty Paul

A human is such a complex being, much like a jigsaw puzzle with an infinite number of pieces. Our life's ultimate purpose is to discover those pieces and to understand them for they are all aspects of the greater, more enlightened and self-empowered being we truly are. Each of us is a unique spiritual being finding our own way to becoming More, and the quest for self-knowledge is our soul's desire in lifetime after lifetime. By realizing our personal power sooner, rather than later, we can expedite our journey. The biggest hurdle to overcome: Giving our power away.

We inherently want to believe that there is a higher authority – God, Karma, Ascended Masters, extra-terrestrials, etc. - with a master plan in place. That's how we try to make sense of it all; how we explain the wonderful and the horrible things that happen. We want to believe that we will be taken care of...either now or in the future...by the wiser and more powerful "Supreme Being(s)." That we will be saved from ourselves and be extracted from the mess we are in...which of course we blame on others.

In the male-chauvinist mindset that has permeated and polluted human consciousness for tens of thousands of years, it's believed that everything masculine is superior to anything feminine. Every civilization, government, institution and religion has arisen from the concept of male superiority...and we all participated in their creation in lifetime after lifetime.

Chauvinism simply means "one thing is better than another." And that creates

divisiveness, comparison and competition, and many other ways to separate us. The tenets of chauvinism are woven into our personal belief system and buried in our subconscious. They are expressed and reflected as aspects of our more limited self, our lesser self. Chauvinism is not bad or wrong, it just doesn't work.

Female-chauvinism, or any other kind of "better than-less than" belief system, has the same impact as the male-superiority version.

I have found that opening to these higher truths, letting them in and digesting them leads me to a deeper understanding and ownership of what I'm creating in my life, and what I've created in my other lifetimes. That has been a giant step in taking back my personal power. Recognizing, acknowledging and owning that I create my own reality is an ongoing process 24/7, but it often comes after I've indulged in some blaming, criticizing and judging! "Now who created this situation? Oh yeah, that would be me."

That ownership process includes seeing both the Little Picture: "What is my personal reality telling me about myself?" ...and the Bigger Picture: "What is the reality playing out on the world stage showing me as an expression and reflection of my multi-dimensional greater self and the multitude of lifetimes I've experienced on my soul's journey?"

There are a myriad of puzzle-pieces to discover and fit together to more fully understand the extent of our personal power, but even a beginner's baby

steps have a positive impact. Many valuable sources of information...from books to wise and loving beings... that support the "I create it all" level of self-empowerment are available for guidance along the way. The trustworthy sources are those that will never request, demand or accept a gift of our personal power.

Whether in this lifetime or another... realizing your personal power means living this truth: "I create my own reality: All of it. All of the time." By standing firmly upon that foundation, when you change in positive ways so will your reality.

Ultimately, seeking self-empowerment...and the personal freedom that it brings...is the exciting and fulfilling adventure of a lifetime.

...opening to these higher truths, letting them in and digesting them leads me to a deeper understanding and ownership of what I'm creating in my life, and what I've created in my other lifetimes.

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Unique Voices

The Pirate Life As Spiritual Practice

Pat Green

My pectoral is no longer a cross or a tau. It's a skull and crossed bones. More commonly known as the Jolly Roger. It is the symbol of the pirate. It is a symbol that is not merely a declaration of independence, but it is a cry for freedom and equality.

I started my spiritual journey as an evangelical Christian. As I grew older I found myself seeking more beauty in my practices. I started practicing things like centering prayer, Lectio Divina, and praying the hours. As I embraced the more mystical practices of the early Christian forefathers (and mothers), I needed new guides. I found Francis and Clare of Assisi. They were so very beautiful, but I was not Catholic.

I found a rebel sister. She was a progressive Episcopal who was running a Franciscan Order. Under her I studied as a postulant and then a novitiate. I knew on some level that Christianity was becoming less to me as my world grew larger, but it was also all I knew for most of my life and as a minister of 16 years, I knew nothing else. I wanted desperately to find beauty in the tradition again.

In the late eighties as a young man I entered Bible college. Called by God and conscripted to serve, I entered. And I would spend over 16 years involved in building a ministry in an institution.

I built a church and an innovative youth outreach. I had joined the Emergent Village and served as the co facilitator of their Chicago area cohort called Up-Rooted. We would regularly bring in speakers like theologian Peter Rollins when no one in the USA knew who he was. We were at the cutting edge of modern and ancient theology.

That led to me getting involved in the Outlaw Preachers. There I would speak and present at two of their reunion gatherings and ultimately become the midwest director for a brief period. The Outlaws were not bound by theology

or denomination. They were bound by grace while seeking a cool drink by a warm fire with good friends.

In my denomination, I would become the Great Lakes director. In the town I served in I was a past president of the local clergy association and together we would create a community resource center and significantly fund a local food bank.

All of this sounded wonderful and looked great on paper. But in the end, I found I was a captive on a ship where not all were equal. We were sailing with our flags held high co-opting what we liked, dismissing what we did not, and claiming we were leading culture despite the truth of our pillaging of the ideas of others.

My son came out, my marriage crumbled, and the church and youth outreach I had spent so much energy and passion into was falling apart. Truth is, I was falling apart. Everything that I had built for others was failing and all that unconditional acceptance and grace was not to be given to me when my humanity began to show fissures and honest fragility.

I left the world of the day to enter the darkness of the night as a taxi driver. Working the overnight shift I would discover a brutal and honest world. I was a babe in the woods and an easy mark. I had to get streetwise really fast. Part of that involved changing my look. I found myself wearing jeans, a black t shirt, a black leather motorcycle jacket, and a leather bracelet with a skull and crossed bones. I did not realize that this was becoming something deeper and more meaningful.

I read a lot in the taxi while waiting for fares outside of train stations, bars, and casinos. One book was Kester Brewin's "Mutiny: Why We Love Pirates and How They Can Save Us". Another was David Cordingley's "Under the Black Flag". The last in this unholy trinity was Colin Woodard's "The Republic of the Pirates". These books taught me the truth of the pirate life. The pirate life is the most

spiritual life one can live and the Jolly Roger is one of the most prolific spiritual symbols anyone can embrace.

One did not become a sailor by volition of will. They were conscripted into it. It was a life of hard work, low pay, horrible treatment, and if injured or weakened you would be discarded. On the ship's roster, if you were to die (and many did die) a skull and crossed bones would be placed by your name.

So when a crew could no longer endure the treatment they faced, they would take to mutiny, remove the flag of god and country they served under and raise the symbol of death. The symbol of death was their liberation. They were dead to the rules that imprisoned them. They were dead to torment, inequality, beatings and more. There was a lot of liberation in a ship that sailed under the Jolly Roger.

The sailors would select their own officers. Any money earned was split equally. If you were injured, there were provisions to ensure that you could receive money for your service even if you could no longer serve. To be free and equal made you a rogue and a criminal in the eyes of government and church. In many ways, we are still seen that way.

I've learned that different institutions merely fly a different flag but still have oppressive rules. I found a fellow pirate. I was a mutineer and outcast from the fringes of Christianity. She was a mutineer and outcast from a school of metaphysics. In her flavor, outside teachings were prohibited, women were less, and if they were made to be victims, they were shamed for it. It sounded a lot like the darkest recesses of the ship I sailed under the flag of the cross. The cross on one ship and the Om symbol on another. Together we hoisted a Jolly Roger of love and we have not only pillaged the treasure of our former flags, but those of others.

We took the loot of zen from the Buddhism ship. There was a cargo hold full of emotional intelligence from an aged human potential movement ship. We found ourselves intoxicated on barrels of stolen at-one-ment found on a ship flying the colors of A Course in Miracles. We have navigated these seas wisely using maps, compasses, learning about the stars, the tides of human thought. In other words, science has become our guide to avoid the rocks and the shallows that could ensnare less savvy sailors.

I'm a pirate. Under the skull and crossbones I have found life. It is a life where we are all equal. If we are hurt, we are cared for even if we cannot serve. I am dead to rules set where I and those I love are less or to be hurt. Pillaging the treasures of other ideas while being enslaved by none? To be free to explore and to become intoxicated on the rum of life only took dying to the life I was conscripted to.

Pat Green is an artist and art sales consultant and writes an online column for *Patheos*, and is the author of *Night Moves*, published by *Aquarius Press*. He lives in the Chicago area. He is a former pastor, youth advocate, spiritual counselor, and taxi driver.

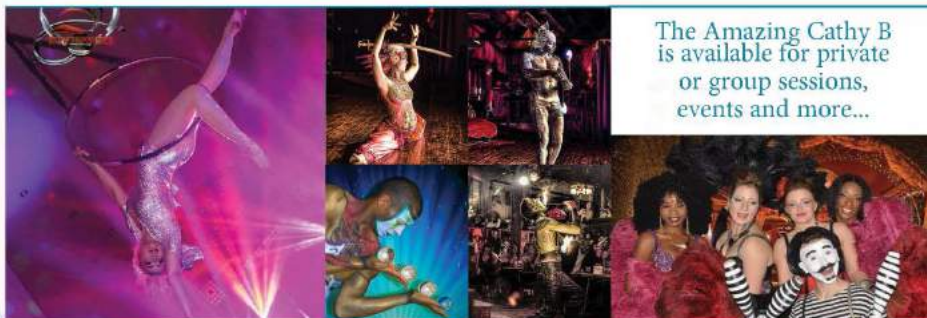


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Atlanta Center of Self-Realization Fellowship - 4000 King Springs Rd., Smyrna. Meditation Service 10 a.m. Reading Service 11 a.m. Sundays. 24-hr. info. 770-434-7200.

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 Institute 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 held at the Open Mind Center, 1575 Old Alabama Road Suite 213 Roswell GA 30076. 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

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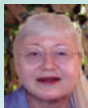


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My personal walk with spiritual family and guides over the years continues to blossom through my work as a successful Reader, Reiki Master, Energy-Worker, Spiritual Counselor and Medical Intuitive.



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.



Selket ♦ Egyptian Spirituality • Energy Reading • Writing Divination • Tarot

Selket calls upon the spirituality and aspects of the Egyptian deities through her use of Egyptian oracle cards. As an Empath, Selket can identify the emotional needs of her clients with her ability to sense and read energy. She is effective in assisting any in need of emotional healing and those seeking clarity.

Dr. Laura Tadd PhD ♦ Psychological Astrology

As a social scientist, Laura has found an astrological perspective to be an unparalleled tool when it comes to helping people heal from their past, access their potential and lead deeply fulfilling lives. It is with compassion and humor she strives to help all with whom she has the honor of working.



Michael Gabriel West, CN ♦ Astrology • Numerology

Michael has over 15 years experience as an astronomical consultant. In 2005 he graduated from The Connaissance School of Numerology in London, United Kingdom with a certification in Esoteric Numerology. He is a member of The Association International de Numerologues (The International Association of Numerologists) and The American Federation of Astrologers, Inc.

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Maria Ava Totina Ramos was born in Thibodaux, LA, raised in Charleston, SC and some-what matured in GA. Unique and prolific, Maria's ideas are steeped in her Cajun heritage, life-long personal introspection and humor. She has displayed works this year at the Atelier Artist Gallery, Roswell Arts Center, Jim Cherry Gallery, Blue Heron Nature Preserve, Conyers Public Library and currently on display at The Black Box Theater.

"When creating I am shown an image or idea. It is my responsibility to bring it forward. This calling takes me into various medium. I am not just a painter or photographer or fiber artist. It is difficult to take credit for some works. I'm simply shown what a greater mind wants to send out into the world. The only credit I can take is for listening, watching and learning the techniques needed to bring life into what I'm shown. After the piece is made sometimes I know what it's about, sometimes it's made for someone else to "get". Always, always I look forward to the next "unveiling" in my mind."

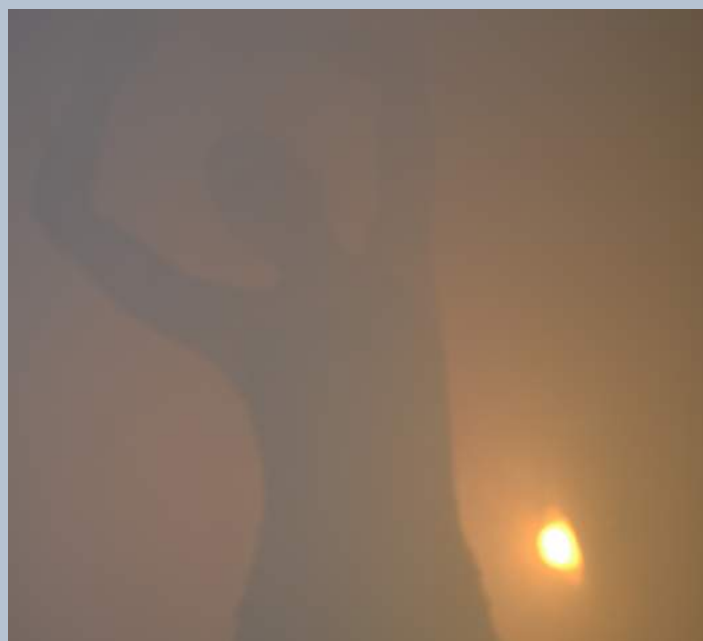
Maria's works can be viewed on Facebook/
RamosStudios.

Maria teaches privately, her classes focus on art as a medium for fulfilling emotional goals and can be contacted through private messaging on Facebook.



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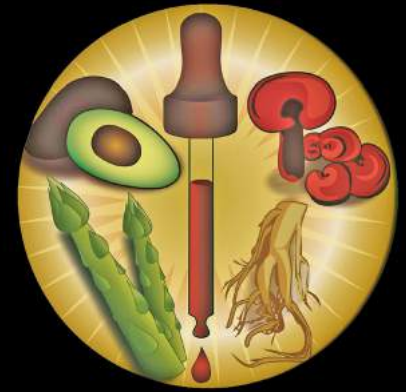
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