

# You Are I AM

## The Divinity of the Human Soul

### Bhakti

A Life of Devotion

Spring Clean - Stan Holt

Bhakti Yoga - Nora Issacs

The End of Duality

Yoga In Public Schools

Conscious Business - Risk and

Reward

*This IS the Dawning of the Age of...*

# AQUARIUS







## Loss, Illness, Murder...Triumph! Local Author Tells Her Amazing Story in New Book

Cathy Lynn Massengale's "When Life Hands You Lemons, Pucker Up and Sing" is getting rave reviews!

In a period of just 18 months, Cathy Lynn Massengale experienced job loss, serious health concerns, and the murder/suicide of her parents. It was the culmination of years of hard experiences that brought her to a place of loss of control and brokenness.

Cathy had been a singer for years, performing in bands with friends and loved ones. However, when she entered this "valley of darkness", she lost her voice. "I lost my bliss; the drama, the pain and the confusion took away that which I loved...singing."

In her book, "When Life Hands You Lemons, Pucker Up and Sing", Cathy shares this journey through darkness, into life and healing...and the restoration of her voice!

In 2014, Cathy was diagnosed as having PTSD (post-traumatic stress disorder). Not long after the diagnosis, she met Iris Bolton, a nationally recognized in suicide, grief and mental illness. Iris shared a life changing truth with Cathy: "the struggle is more important than the why. After a while, you can let go, and not need to know anymore."

Cathy says "I think the struggle is how we deal with pain, loss and grief - whether we allow the pain to take us out or to teach us how strong we really are and how we can turn the loss into something positive in our life."

"I believe everything happens for a reason, but I've decided I don't always need to know what the reason is. I do think the lesson or the reason will be revealed." to me some day, some way."

Cathy recounts the various ways that the universe provided healing opportunities for her. Without being so metaphysical that she loses touch with reality - and with a huge dose of self-deprecating humor - she shares the teachers, the experiences and the insights that helped her begin to rebuild her life.

One of the biggest influences in her healing was singer Bob Sima. Because Cathy was a singer for many years of her life, she was drawn to this singer/songwriter from Annapolis, Maryland. One particular song written by Bob touched her heart deeply. It is called "Queen of the Forest".

*There's a grand old tree, queen of the forest  
Lay it down at her roots, I swear she's got it  
You don't have to carry this anymore*


*It's the bravest of all who recognizes the need to let it go  
In her branches and her leaves, your troubles floating gently on the breeze*

*If your heart had wings and your eyes were open  
Your desperate breath lets go of its hoping  
And your best friend's there to hold your trembling hand*


*It's OK, she'll never tell a soul  
In the gentle of her sway no one will ever know  
It's a beautiful, beautiful day to let it go...*

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"Once you've found your true inner guru you can never again be divided. Perfect union with the divine, through the grace of your real teacher (you), transcends time, space, death and all worldly limitations." - Zeena Schreck

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**What exactly is “The Age of Aquarius”?**

In astrological terms, the age of Aquarius is when the sun’s position at the time of the vernal equinox (March) moves in front of the constellation of Aquarius. That position heralds a time of new energies, new influences and new developments in the evolution of human consciousness.

An astrological age lasts 2,150 years (more or less). There are not any boundaries that delineate the exact time of an astrological age; an age dawns slowly, over decades. The influences and energies that impact human consciousness and development happen generationally - but if we observe over a long period of time, we will discern the changes that are guiding our evolution.

As a species, we are transitioning from the previous astrological age, the Age of Pisces. This age, along with the prior age of Aries, was a time in which the evolution of human consciousness was guided by the very human needs of mastering the environment, surviving in a hostile and predatory world, and creating cultural and social systems that could sustain human survival. The age of Aries (3000 BC to 500 BC) was a time of law giving and establishing strong hierarchical structures that could utilize power to dominate the environment. Because males possessed greater size, strength and physical power, the age of Aries allowed for the creation of male-dominated hierarchical structures that could establish dominance through the use of force, power, and law. As a result, humans moved from caves to villages, tribes, towns, cities, nations... and civilization was born.

The Age of Pisces was characterized by emergence of a thought system that supported the structures created in the age of Aries. The sign of Pisces is two fish, representing a yin and yang...that is, a dual nature. Duality was the thought system that emerged during the Piscean age. At its core was the notion that God and humanity are separated. Everything was viewed through the lens of duality - there was good and bad, right and wrong, us and them.



Built on the structures of the age of Aries, the Piscean system of duality created walls of separation and division. Though necessary for the formation of identity and sustainability, it nevertheless led to viewing the “Other” (that which is not me or mine) as separate, different, and in most cases, wrong. Because humanity was viewed as separate from God, and God must be good, then humanity was viewed as sinful/broken/wrong.

No longer needing to dominate and survive within a hostile natural world (because of the advent of civilization) human societies now sought to dominate other societies. Thus, the age of Pisces became an age of war, violence, power through strength, and morality based on fear and guilt rather than love and enlightenment.

With some important exceptions, everything around us is built on the foundation of Arien hierarchical structures and the Piscean philosophy of duality. We have all been programmed to see “us” and “them”, God “out there”, power through strength (and violence if need be), and domination rather than cooperation.



The sign of Aquarius is water being poured out. This symbolizes a shift in consciousness energy that will bring about huge changes in human evolution. Water symbolizes flow, and life, and convergence. Water is a feminine rather than masculine energy.

At the heart of Aquarius is Oneness which brings about the end of duality. Water symbolizes convergence, blending, flow. The God/human, us/them, power/force paradigms of the Age of Pisces are being replaced by an emerging experience of and understanding of unity, oneness, and collective consciousness.

Increasingly, God is no longer understood as “out there (or up there).” God is here, now, within every human and every moment. Humanity and God are one; there is no distinction. Every human is sacred, divine. All humans share this amazing divine nature, and therefore are essentially one. There is no “us” and “them.” We are One.

As a result of this essential unity (and the end of duality) a new age of love, cooperation, collective empowerment and enlightenment is coming - and indeed, has already begun. It is transforming everything - individual life, families, government, business, technology, economics, religion.

Namaste is becoming the social ethic of the planet. “Namaste” is a blessing which means: “I recognize and honor the Divine You.” When we extend Namaste to others, we bring about a fundamental transformation of human consciousness.


This issue of Aquarius examines two aspects of the Age of Aquarius: the Divine Nature of the human being, and the ascension of the Divine Feminine as the ruling energy in human consciousness.

This is what the Age of Aquarius means. It is happening NOW, and we really are entering a New Age!



Don Martin is the publisher of Aquarius Magazine

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# You Are “I AM”...

## The End of Duality And The Divinity Of The Human Soul

Perhaps the most profound philosophical feature of the past 2,500 years - in Western culture - has been “Duality” - that is, the Otherness of God, the separation of God and human, and the basic “sinfulness” of humanity. As the Age of Aquarius dawns, we are discovering that duality does not accurately portray the collective reality of consciousness. Science, philosophy, and religion are acknowledging the Unity of Consciousness, and the divine nature of the human being. Humanity is becoming more aware of what it shares rather than what differences exist. We are awakening to the power of collective consciousness, unity with all life (and non-life) and the sacred honor that belongs to every living being. **Richard Burdick**, Spiritual Director of Unity North Atlanta, and **Tony Crapolicchio**, Spiritual Director of Trinity Center for Spiritual Living, share their thoughts about how to understand the End of Duality and the collective unity consciousness that we all may share and experience.



There are countless names for the spiritual essence of every individual on the planet. Some call it Atman, others the Christ. In some circles it is known as the Tao while in others, Divine essence or Buddha nature. Whatever the label, at the center of all humanity is a Life force that unites us in an eternal web of goodness. That goodness is the source and sustainer of all creation.

Religious institutions instruct us to cultivate and nurture a relationship with this Life force, and that is a worthy exercise to a point. I believe at a more profound level it is less something to be cultivated and more something to be.

The word relationship has inherent in it a consciousness of separation. Life in its natural state transcends division, duality or any semblance of other. It just is; everywhere, all the time.

This oneness transcends what I call “vessel consciousness”, whereby we view ourselves as merely separate and individualized containers of spiritual substance. In reality, we are the veritable substance itself.

Jesus proclaimed, “The Father and I are one!” as he transcended “Vessel consciousness” and lived in “verity consciousness”. We are called to follow his example and to know ourselves as the veritable presence of God. There is no need to cultivate anything for that truth to be more real than it is right now. Our job is to emulate the paradigm of the Buddha who when questioned about who and what he was answered, “I am awake.” The time has come for us to leave behind the dream time of our perpetual sleep walking and wake up to the Divine essence of our very nature.

Certainly none of us is all that God is, but the blessed truth is that all the qualities of the Infinite exist at the point of us. All of us.

We, as cells within one body are inseparable from each other in a great cosmology of Spiritual being. There is only one presence and power in the universe and it is less concerned with how we address it and more concerned with how we express it. Science has shown us that we are 99% made up of the same stuff. Scientists call it star stuff. I choose to call it God stuff.

This God stuff is the one and only source of everything that has ever been or ever will be, and it finds expression through our thoughts, feelings and actions. Given this knowledge it is imperative that we stop relying solely on the 5 sensory world; a world that lures us into a false sense of duality and a love affair with the word, “mine”. The time has come for us to use spiritual insight to discern and remember the interconnectedness of all creation that lies beneath the surface.

With this view, illusions such as private good and private suffering fade away. There is no you and me. There is no us and them. We are all one and whatsoever we say, think, feel or do is affecting the whole of a universe that we are inextricably a part of. Any space we perceive between ourselves and God is an ego based construct that has no basis in reality. Any space we perceive between ourselves and anyone allows the pathological lie of duality to continue and we become the cause of our own suffering. And so I say, Namaste my friend. The Atman, the Tao, the Christ and the Buddha within me beholds the same in you.

I'll leave you with one final thought from the brilliant mind of Albert Einstein. “A person experiences life as something separated from the rest. A kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison and through compassion find the reality of Oneness.”

**Richard Burdick** is the Spiritual Director of Unity North Atlanta in Marietta, GA.

A level of consciousness centered in oneness with Source is easily achieved. It is the maintaining of a consciousness of oneness, with all life's encounters and circumstances, which occasionally feels difficult for individuals. Me included.



There was a time had someone suggested I focus on my oneness with Source, I would have laughed. Life was not going well and I knew it. At the time my thoughts only focused on my troubles and those whom I falsely believed were responsible for my feeling the way I did. Finally, I realized my life reflected my thought. By focusing on the “what is” of the external, I was separating myself from the divine potential of the internal. That was the moment, the “what is” of my journey became meaningless and the potential of “what shall be” became my predominate, creative intention. Focusing only on the “what is” of life an individual is operating from a feeling of separation from the wholeness of God, creating from a consciousness of duality.

When we create our journey from the “what shall be” mentality, we operate from a consciousness of oneness with Source, free of past precedents, patterns of behavior and the energetic pull of the collective consciousness. It is a state of being at peace with every avenue of our journey because we know any circumstance of our journey, is “what is”, not “what shall be.”

Let this be your moment. If there is a “what is” of life, you want to transform, the whole the universe is at your disposal. Dale Carnegie said, “You become what you think of most.” Our journey is not a hardened destiny; it is the energy of the Source mirroring our thoughts in a constant state of energetic transformation. What are your predominate thoughts? Are they thoughts focused on how wonderful it is to be a manifested expression of Presence? If not, why not?

Patterns of thought are trained by our focus. To transform the pattern, shift the focus. You are not a spiritual creator with the limitless power to be, you are a spiritual being with the limitless power to create as you are pure Source energy. A feeling of a duality cannot exist within this awareness of oneness with Source. Maintaining a sense of oneness throughout our day is not about pretending there are no issues to address in our journey.

Maintaining a consciousness of oneness is operating from the energetic awareness, God is all there is, therefore, God is all I am. From this awareness life's circumstances and interactions are viewed as an opportunity to live and express our divinity. This is not a new thought revelation. The master teacher Jesus provided this insight to maintaining a consciousness of oneness when he said, “Little children, you are from God, and have conquered them; for the one who is in you is greater than the one who is in this world.” In today's vernacular we might phrase this wisdom as, “Ok kids, you are pure Source energy. Therefore, you are infinitely powerful. By claiming it, you may use it to create and transform all you choose.”

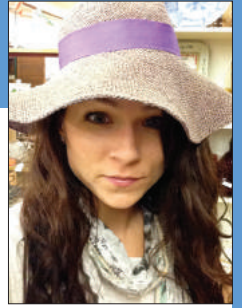
Humanity, being human, has buried the importance of maintaining a steady practice of oneness, trying to create all it wants rather than creating from all that is. Wayne Dyer wrote, “Say to yourself, ‘I'm here on purpose, I can accomplish anything I desire, and I do it by being in harmony with the all-pervading creative force in the universe.’” Through a consistent practice of oneness with Spirit, we maintain a sense of wellbeing and peace with life. Within this harmonious feeling vibration, our good is realized as the essence of God evolving as our journey, not something to seek from the journey. Zig Ziglar once said, “People often say that motivation doesn't last. Well, neither does bathing—that's why we recommend it daily.” Yes, achieving a consciousness of oneness with Source through spiritual practice is easy. Truthfully with all of life's interactions and occurrences, the feeling of oneness may fade occasionally. This is why I recommend it daily.

**Tony Crapolicchio** is the Spiritual Director of Trinity Center for Spiritual Living in Atlanta, GA.



# No Longer A Whisper

Jennifer  
Butler



I always considered myself to be one of the guys. I thought it was because I simply didn't like women. I considered females to be bitchy, catty, and high maintenance. "I'm not like the other girls," I'd say to a potential mate. "I dig cussing. I don't care if you flirt with other chicks. I love videogames. I can get ready in 15 minutes. I don't require fancy gifts. I don't cry." And the list went on.

In my black-and-white mentality, I took all of the [rather closed-minded] prejudices I had toward women, found the opposite of each, and claimed these opposites as my own.

I don't remember a time when I wasn't like this. As a kid, I wore baggy pants. I even wore boxers. I played sports with the boys and I loved getting dirty. I remember one time I even tried to pee standing up (which yielded nothing but confusion and a mess). I felt more comfortable dressing and acting "like a boy."

My emotional and mental discomfort soon manifested into physical dis-ease, as repressed issues are bound to do. I had an ovarian cyst rupture when I was 12 years old and struggled with many thereafter. My monthly cycle was painful to the point of me being bed-ridden for a week out of every month. The week prior would consist of what many call PMDD, which is when I felt so anxious and emotional that life seemed impossible. The other two weeks of the month I tried acting as un-girly as possible. I was at odds with being a woman roughly 100% of the time.

Somehow I had adopted the belief that typical women were weak and powerless. As such, I took anything that felt girly and either avoided or hid it. I avoided being friends with women. I never wore pink. I listened to music I heard guys listening to. I learned to ride and bought a motorcycle. I watched gory action flicks in theatres and saved Disney movies for when I was alone and certain no one else would know.

My inauthentic lifestyle resulted in even more physical dis-ease. I was diagnosed with malignant melanoma on my right breast, which was removed through surgery. Over the years, the still-present pain in my breast radiated to my liver, my right hip, and my right ovary.

With how much work I'd done on retraining my brain and increasing my awareness and learning to embrace the state of flow, WHY was I still living with such a limiting and judgmental outlook? With how much work I'd done on physical, energetic, and emotional healing, WHY was I still in such physical pain?

I heard the answer in a child's voice. "Because it's safe," she whispered. "It's safer to hide."

In early April, I had a session with Dr. Dallas, an amazing intuitive psychotherapist, where I was taken on a meditative journey. We started with the physical pain in my body. When I removed judgment, I realized the specific emotion behind each area of discomfort. With these emotions as my guide, I was suddenly transported to a string of memories that had long been repressed. These memories were of sexual trauma that occurred when I was very young.

At the tender age of five, I adopted the belief that it was unsafe to be a woman. It was unsafe to be vulnerable. It was unsafe to be girly. I took every aspect of who and how I was during that time of my life and applied a stamp of "UNSAFE" that I've worn since.

As a result, my definition of being a woman was just plain inaccurate.

After clearing away the old beliefs, I am now in the process of learning what it actually feels like to be a woman. I still cuss and watch action flicks and listen to Rage Against the Machine. Come to find out, these don't make me any more or less of a woman. It doesn't matter what I watch or listen to or wear or how big or small my boobs or thighs are. My external world is irrelevant. For the first time in twenty-five years, I'm beginning to feel strength and compassion pulsate through my being. I am beginning to realize strength, compassion, and support in other women.

Now, when I listen inward, I hear a voice. It is my own. It comes from my core. It is no longer a whisper.

"I AM A WOMAN!" I exclaim. "And I am POWERFUL!"

*Jennifer is a writer and intuitive communicator whose primary focus is connecting and inspiring through unabashed honesty. She looks forward to utilizing her story and approach to do inspirational speaking and help others embrace their sensitivities. She enjoys hugging trees, picking up litter, and spooning her dog, Floyd. Check out her blog at [www.jenniferannbutler.com](http://www.jenniferannbutler.com).*



## Community Kirtan Events

If you are interested in experiencing a refreshing uplift of vision and vibration, visit one of these sacred chanting kirtans taking place in the Metro Atlanta area. You will have a wonderful time!!!

- May 8 - Mantra Ma, Solstice Urban Retreat, 1-3pm
- May 14 - Blue Spirit Wheel, Candler Park Yoga, 7pm
- May 15 - Mahadevi, "A Night of Bhakti with Mahadevi" Bakari Yoga, The Goat Farm, 7pm
- May 21 - Yoga Source - Snellville 4pm
- May 22 - Interfaith Truth Center 10am (Sunday AM Service)

*Community Kirtan with Mahadevi, every Wednesday evening at 7:30 pm, Center for Love and Light (Atlanta).*

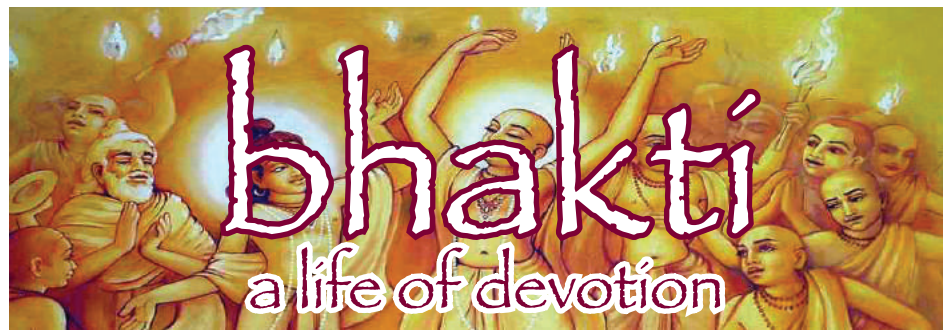
*Soka Gakkai, Nam Myoho Renge Kyo (Nichiren Shoshu Buddhism), every Wednesday, Atlanta Community Center, 421 17th Street NW, Atlanta 30363, 6:45-8:30pm.*





## spring clean

w/Stan Holt



Guest Editorial: Nora Issacs  
From "yogajournal.com"

Spring Cleaning? Chakra clearing! This is about more than simple chakra alignment and the usual "clearing". This is about deep thoroughness.

Let's start with energy awareness and management. Are you aware of your own chakras? Are you aware of the optimum size that your chakras should be? Do you know how much stuff/ clutter you may be carrying around in there?

And for your own sake, have you cleared out all the "teachers" and detrimental influences from your chakras? These teachers... people we learned from in our childhood... are often our greatest source of trouble and repeating patterns of living that just don't work, they keep us stuck, we repeat behaviors and thought processes.

If we use the third chakra as an example, we can see how important it is to clean house, clear the slate, and have a better existence in life....

The third chakra is where "I give myself the right to know myself Authentically." Yet as a child growing up, we draw our conclusions/ beliefs/thoughts about ourselves, life, and other people around us FROM our parents, immediate family and other close influences.

Being aware of exactly what those thoughts/ beliefs are goes a long way with introducing new thought and ways of existing in the world. AND the truest self empowerment comes from claiming responsibility for being the student.

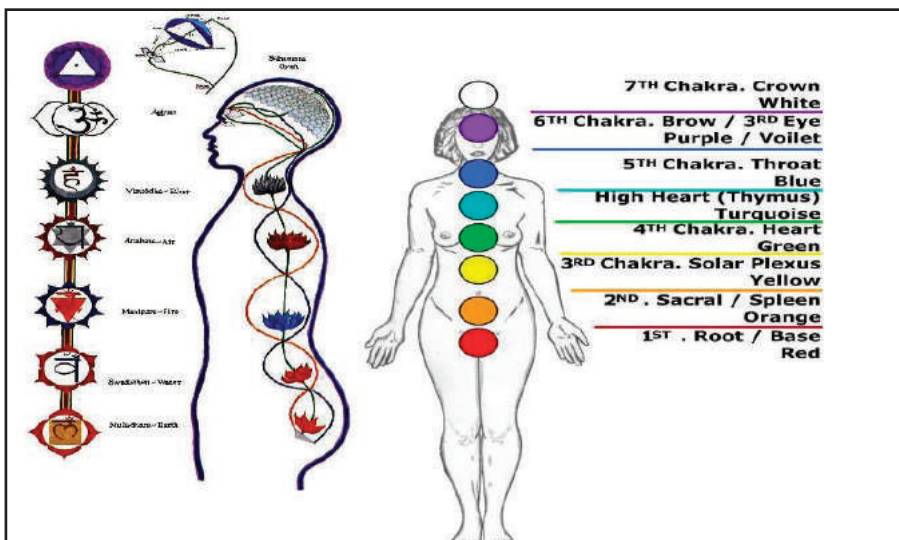
I am the one who was the student. I was the one who came to those conclusions, I empower myself as the one who can see the falsehood, therefore I begin to know myself Authentically. I begin to see and understand my TRUE NATURE.

BUT, if the energetic signature of those teachers are not cleared out, often times those influence still come right back.

All of them need to be cleaned and cleared out from root chakra to crown. We can begin to BE (at the root chakra) our true selves, we can FEEL (at the 2nd chakra) the emotions in their purity – this is to feel them separate from the story, and feel our emotions in their fullness. With practice and developing greater awareness, we can also really begin to tell what are "my" emotions, vs emotional clutter that we may unknowingly be carrying from someone else.

We can remember and learn to LOVE (at the 4th chakra) and be loved Authentically rather than conditionally or according to constrictions of stories & conclusions.

Can you see how this goes, and how important it is? A real cleaning needs to happen for the freedom of the Love that is your own Soul. It is YOUR true essence. Love is who you are my friends. Claim it.



As American yoga matures, interest in bhakti yoga has exploded. In his book, *Yoga: The Greater Tradition*, Yoga scholar David Frawley writes that the ultimate expression of bhakti yoga is surrender to the Divine as one's inner self. The path, he says, consists of concentrating one's mind, emotions, and senses on the Divine.

"Bhakti is the yoga of a personal relationship with God," says musician Jai Uttal, who learned the art of devotion from his guru, the late Neem Karoli Baba. At the heart of bhakti is surrender, says Uttal, who lives in California but travels the globe leading kirtans and chanting workshops.

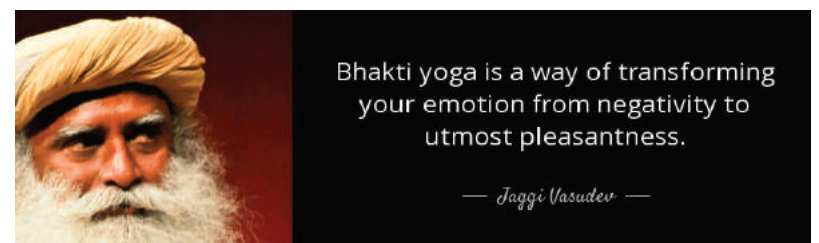
The Esalen Institute in Big Sur, California, holds an annual bhakti festival, and Yoga Tree in San Francisco hosts the Bhakti Yoga Sunsplash, a celebration with music. Today's Western yogis don't necessarily practice devotion to a Hindu deity, a guru, or "God" as a patriarchal figure in white robes (although some do). Many Westerners who practice bhakti yoga tend to connect with a more encompassing idea of the Divine, the Beloved, the Spirit, the Self, or the Source. As Uttal says, "Everyone has their own idea or feeling of what 'God' is."

Bhakti yoga is one of six systems of yoga revered throughout history as paths that can lead you to full awareness of your true nature. Other paths to self-realization are hatha yoga (transformation of the individual consciousness through a practice that begins in the body); jnana yoga (inner knowledge and insight); karma yoga (skill in action); kriya yoga (ritual action); and raja yoga (the eight-limbed path also known as the classical yoga of Patanjali). These paths aren't mutually exclusive, although, for many, one path will resonate more deeply.

Many modern bhakti yogis believe that "the guru" (teacher) can be found in all things, primarily within oneself. Bhakti, then, becomes a state of mind, a consciousness that involves embracing the Beloved—in whatever form that takes. San Francisco yoga teacher Rusty Wells calls his style of yoga "Bhakti Flow." To him, the definition of bhakti yoga can get unnecessarily complicated: "What I've always understood is that it's a simple way to embrace the Beloved, the Divine, God, or the connection to other sentient beings on this planet," he says. He often begins class by encouraging students to offer their effort, compassion, and sense of devotion to someone in their life who is struggling or suffering.

One way to find that place inside yourself is by singing, especially singing hymns to God. Kirtan, or call-and-response chanting, is one of the traditional forms of bhakti yoga; the word means "praise." In India people worship specific deities by singing songs of praise to them. Today you can find kirtan gatherings at many yoga studios, concert halls, and retreat centers around the country.

Uttal says that kirtan can help channel emotions in a healing way. "We as a culture need to heal the heart, share the heart, express the heart. Ultimately, we need to use the heart to heal the world and connect us to God. The two things happen together." Uttal sees the surge of interest in bhakti yoga in the form of kirtan as a wonderful thing for the collective consciousness: "The approach to spirituality in the West hasn't taken into account all of that stuff in our heart. It's been physical asanas and rigorous meditation techniques that, unless understood deeply, can put the emotional self off to the side." Singing your praise for God, on the other hand, tends to open your heart and can create a direct connection to the Divine, or at the very least create a positive feeling in your heart.



Bhakti yoga is a way of transforming  
your emotion from negativity to  
utmost pleasantness.

— Jaggi Vasudev —



# Zoom

Cassandra  
Worthy



Clear your mind of everything and follow me through a scientific investigation:

Picture four massive microscopes. They are huge. 50 – 60 ft high. They are the most powerful microscopes that will ever be invented by mankind. They point down to huge platforms.

Four huge screens hang above each scope displaying what the respective scope sees.

The following rests on each platform from left to right:

- Your worst enemy.
- A brand new car.
- An 8-ft ficus tree.
- And you.

See the massive wheels of each microscope turning simultaneously, zooming into each specimen. Turn your focus and attention to the viewing screens, the only place where there's motion. Watch as each screen comes to life, changing as you zoom...

First there's skin, hair, paint, metal, bark, and leaves. Keep zooming...organs, fluids, plastic, leather, fibers. Keep zooming...red blood cells, earth elements like iron and nickel, and plant cells. Keep zooming, deeper and deeper...the molecular level...oxygen, hydrogen, and carbon. Are the screens beginning to look similar? Continue zooming...the atomic level (protons, electrons, neurons)...the subatomic level...down to elementary particles like quarks and leptons.

Stop zooming, step back, and look at all the screens. Can you picture them? What do you see? Tiny specks in a sea of darkness? Matter and the 'in-between'. That's it. Everything, including your worst enemy, is made up of the same stuff.

So What?

OK, so we've drilled down into 4 seemingly very different things and found them all to be comprised of the same stuff. Think about that for a minute. It's all the same matter. Now you're literally about to have an Einstein moment... (Mass or MATTER \* Constant) Squared = Energy. Energy is the heart of it all.

Energy is everything. Turn back to those screens. Those tiny specks are energy, so eloquently defined by Einstein. The sea of darkness, the 'in-between', is energy. Max Planck, Nobel Prize winner in the field of Physics, coined it the Matrix. Gregg Braden, 2015 - 2020 Templeton Prize nominee, calls it the Divine Field. Pam Grout, NY Times best-selling author, calls it the field of infinite possibilities. Ernest Holmes, inventor of Spiritual Mind Treatment and a pioneer in the New Thought movement, calls it the Mind of God. I call it Divine Energy.

You and I have been graced with conscious self-awareness. Our consciousness is housed within our skin. Our consciousness is directly linked into the Divine Energy of the all. So now the question becomes... so what? For me the 'so what?' is this:

1. Being kind and compassionate is the only way that makes sense. How I think towards anything, I think towards myself. What goes around comes around. The Golden Rule.
2. I have the ability to harness the power of the Universe to manifest anything I can mentally conceive. The power, the Source, of all Creation dwells within me.
3. I am connected to all. Everything is connected, intricately linked by this Matrix...this Divine Energy...this field of infinite possibilities. I am of the Universe. The Universe always has my back because my back is its own.

### A Not So Random Challenge

Now I offer you a challenge. Whether you believe anything that preceded this or not. I challenge you to consciously choose kindness. I challenge you to be someone's random act of kindness. Until the next Aquarius issue comes out, choose at least 2 acts of kindness. Feel free to drop us an email and tell us about your experience! A few suggestions:

- Pay a genuine compliment to someONE
- Pay for someONE's coffee behind you in line
- Help with someONE's groceries
- Help out someONE in need
- Pick up someONE's lunch tab

Cassandra Worthy is The Happiness Writer. Life-lover, wit-injector, chemical engineer, and love-spreader fond of the new. She lives her purpose of enabling joy to bubble within another through her writing: [www.thehappinesswriter.com](http://www.thehappinesswriter.com) Follow @The\_Happiness\_Writer

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MAY 13-14, 2016

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May 13th

11 am - 5 pm

Hindu Temple of Atlanta

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#### One Day Silent Meditation Retreat

May 14th

8 am - 6 pm

Hindu Temple of Atlanta

5851 GA Hwy 85

Riverdale, GA 30274

MAY 20-29, 2016

**Sri Lalitambika Devi Maha Maha Yajnam**

**May 20, 8 am – May 29, 1pm**

**SRIM Center**

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**Forsyth, GA 31029**

**[www.karunamayi.org](http://www.karunamayi.org) for details**

All programs are open to the public and free of charge with the exception of the meditation retreats, which require registration and have a nominal fee. Saraswati Diksha is only offered to students ages 4-24. People of all faiths are welcome. Sponsorships opportunities are available to perform the homa in Amma's divine presence. For more details, visit our website [www.karunamayi.org](http://www.karunamayi.org) or contact: (404) 580-8421 or send email to [Atlanta@Karunamayi.org](mailto:Atlanta@Karunamayi.org)



# STILL POINT

By Phoenix Lea

Hello Dear Reader...

May I tell you right from the start, this month's topic - Your Divine Nature - is one of my most passionate obsessions. Knowing God. Within is the truest and ultimate place to find God - and when you do you will know through experience that God, Spirit, Universe or Consciousness Is everywhere at all times. Joseph Campbell wrote, once you have experience you no longer need faith. Pondering this I realized that your FAITH is or becomes your experience. Bringing about the new you in the process! Here is our Still Point ; can you hold the process?

As we learn to listen within, it allows our nature and the natures of others to come more into the light. When this occurs we can perceive more clearly ourselves, the situation and the other person as well. It is not narcissistic to understand that what we are all wanting from one another is a clear reflection of ourselves mirrored back to us. Consider the lower vibrations of doubt, guilt, shame and fear. It is most easy to project these frequencies back and forth between us. Now ponder the choice and difficulty of mirroring kindness, joy, trust and compassion. Christ-consciousness 101 says "that we Do unto others as we INTEND IT to be applied to ourselves".

What we are looking at is the duality of our natures. It is my deepest truth that only as I practice my still point within these inner spaces does mirroring become less challenging. We must clean the projector fields of our subconscious daily, with meditations of compassion and kindness. Then and only then can you reflect the Divine Self within and recognize it in others.

As you journey inside to your Divine Self the Divine Collective picks up on that frequency and returns it to you as experience. Namaste goes a long way. God, in me As me, gives us a chance to feel our connection and raise or shift our vibration without the duality between our human and divine natures which are both stored within us. Be still and know! The end of duality is an empowering choice that is both personal and collective. To me this is a journey into Remembering...who we all really are. Be well!!

I Am Phoenix Lea  
*A Clear and Perfect Channel*



## Under the Bodhi Tree

By Awilda Rivera



Underfunded and over populated Public Schools are not a new phenomenon. For decades there has been a call to improve the quality of the education and experience in public schools. However, I know from my own experience growing up in New York City, that not every public school is created equally. Since nearly half of the funds that pay for public schools are connected to property taxes, it is easy to see why some schools are able to provide robust curriculums with supplemental enrichment while other schools are not able.

The new normal for students who live in areas with underfunded schools is that they are not privileged with programs like Art or Music. Frequently, the school administration is strapped, understaffed, and focused on creating budgets that secure the school's ability to provide students with much needed breakfast and lunch. As a result of their budget constraints, these underprivileged schools could only dream of providing supplemental enrichment programs for their students.

You may ask: If the students are learning the academic necessities in the classroom and the school is feeding them, what else does the student really need? The truth is that everyone learns differently. In Frames of Mind, Gardner discusses the variety of ways in which humans can learn. Body-Kinesthetic learning occurs when humans use touch, sound, action, movement and hands-on work to understand new ideas and solve problems. Yoga offers students an opportunity to learn using their Body-Kinesthetic intelligence.

Last Semester I was afforded the opportunity to teach the Yoga By Letter curriculum at two under served, under funded, and over populated schools in Atlanta. The Clarkston neighborhood, where these two schools are located, is populated mostly by Middle Eastern and African Refugees, while there is some residential development happening in Clarkston the current landscape is predominated by low-income apartment complexes. Many of these students are learning English as a second language, and all of them come from economically disadvantaged families.

Armed with a Curriculum that marries movement, literacy, mindfulness and fun, I threw myself into the work. Almost instantly I began to watch the students at each school transform. I watched these students who may have heard of Yoga, but had certainly never practiced it, arrive to each class excited and ready to move. They gleefully repeated the alliterated action words, laughing without reservation during laughter poses, and soaking up the names of their muscles, bones and glands. Unbeknownst to me, the students at Indian Creek Elementary loved Yoga so much that the word started to get around that 3rd and 4th grade were getting to do Yoga during PE and Health, with in a few days 5th graders were asking why they didn't get to do Yoga. The next week, the 3rd and 4th grade classes that had gym during the flex period were asking their teachers to switch PE periods with the other teachers so they could get Yoga. The students who were not receiving Yoga could see the value in what their schoolmates were getting and logically they also wanted it.

Yoga, an endeavor marked for the privileged in the US, has enriched the quality and experience of public school for these students. Privilege is an unavoidable reality of the American experience; however, awareness of the inequity of resources can be the greatest ally of the underserved. Organizations like Atlanta Yoga Movement and the United Way are working tirelessly to expose under privileged children to supplemental enrichment programs like Yoga, while at school. I didn't know what Yoga was until I was 15, and even then I held the limiting belief that it was something only afforded to the affluent. Thankfully the students of Indian Creek Elementary & Jolly Elementary have received some exposure to this life changing practice, and do not have to limit themselves by thinking Yoga is not for them.

The Yoga By Letter curriculum provides many benefits beyond the obvious as the students are able to learn Anatomy, Physiology, Vocabulary, Health, Science, Self Awareness, and Mindfulness all in one fell swoop. You haven't lived until you have had a 3rd grader, that is still learning English, come up to you over flowing with excitement wrapping their fingers on their collar bone yelling, "CLAVICAL" or grabbing their heel shouting "CALCANIUS" in utter jubilation.

Yoga should not be a Privilege and it should be in every public school, especially the ones with socio-economically disadvantaged student bodies. Through exposing children to new ways of thinking, vocabulary, and ways of learning we are investing in the future of our society. The old cliché is true, The Children are our Future, so we must invest in them. I've decided to invest in them. Will you invest in them, if so how?

To learn more about Atlanta Yoga Movement or to Donate please visit: [www.AtlantaYogaMovement.org](http://www.AtlantaYogaMovement.org). To learn more about great non-profits in your area visit: [www.GreatNonProfits.org](http://www.GreatNonProfits.org)

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

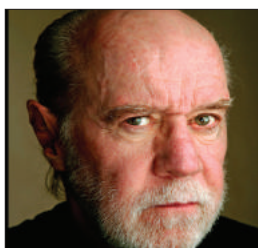


# horoscope

## Taurus

April 20-May 20

Ariel Rose is an Atlanta area Astrologer and Intuitive.  
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### ♉ Taurus - April 20-May 20

Happy Birthday Taurus! Your individuality and personal light are shining brightly this month and your presence is super strong! You are ready to transform yourself in a big, positive way and you have the blessing of the cosmos on your journey. Being grateful and choosing to focus on the good in your life will go a long way to bringing in more abundance. Changes you may experience could include: more joy and creativity in your career, learning a new skill or trade, finding new love (or reviving an old one!) and cultivating a deep awareness of your physical health needs.

### ♊ Gemini - May 21-June 21

This month requires peaceful reflection and time to review your emotional life and well-being. You'll feel more sensitive on the spiritual and emotional levels as you process any difficult experiences or challenging times from the past year. You've been moving at light speed and need some room to relax, cry, laugh and recover. If you can put your phone on hold and allow yourself some sacred healing space, you will feel refreshed and ready to go again next month.

### ♋ Cancer - June 22-July 21

You will feel more extroverted and outgoing this month, preferring more time with groups of people than your usual comfy home environment. Charitable and humanitarian causes could be calling you to use your talents for care and nurturing. The work you do for others can lead to transforming breakthroughs in your relationships and home life. If undergoing health issues, be patient and persistent as it may take time to feel the full benefits of therapy.

### ♌ Leo - July 23-August 22

Feelings of tension and challenge are in the air, as the Fixed modality of Taurus creates pressure on you. Nonetheless, you are in a bright position in your career and public life and can garner plenty of accolades and attention if you play your cards well. Work to be patient, very flexible and considerate of others and everything will go much smoother. Your creative energy is high, but again - patience is needed to see any current projects through.

### ♍ Virgo - August 23-Sept. 22

You may have a strong urge to travel and expand your mind this month. However, I would recommend doing most of your 'traveling' in the form of a good book, documentary films or local class in a subject you want to learn. Actual travel plans could end up messy and confusing in the light of our Mercury retrograde. Home projects or repairs may also be a source of frustration, so be patient and remember to keep your sense of humor as you proceed.

### ♎ Libra - Sept. 23-Oct. 22

The energies you face this month will have you delving deeper into your sensitive emotions. You generally like to keep things light and optimistic, but now you need to handle your darker side and uncover any old attachments, resentments or repressed feelings that should be cleansed. The bright side is that clearing your psyche will prepare you for greater love, a better home environment and your favorite thing of all - restored balance!

### ♏ Scorpio - Oct. 23-Nov. 22

Love and friendships are highlighted this month and it's time to review and refresh your close connections. Being humble and setting aside your ego will help you gain a more solid and realistic picture of where your relationships are headed. Money and finances are in a 'stop and start' mode that require you to be patient and persistent in getting the payoff or bonus you've been hoping for. Continue to pursue your global ideals and aim to be true to yourself.

### ♐ Sagittarius - Nov. 23-Dec. 21

Your energy and motivation are strong and you will feel like moving full speed ahead. However, you should hold off on any major plans or actions at this time. Use this month to care for your health and well-being. Areas of physical concern could be the throat or neck, which could use some attention in the form of massage, chiropractic or basic medicine. Music and the arts are a soothing balm that can give you greater peace and joy.

### ♑ Capricorn - Dec. 22-Jan. 19

It's time for you to let your guard down a little and allow yourself to love and be loved. Your heart and emotions require care just as much as your career and other concerns. If you work in a creative field, you will have many new ideas and inspirations. Write down anything you'd like to accomplish and put them into fuller action as the year progresses. Surround yourself with people who love unconditionally and accept you just the way you are.

### ♒ Aquarius - Jan. 20-Feb. 18

The stable, earthbound energy of Taurus can leave you feeling heavy and burdened, or it can be a peaceful time of grounding and improved stability. You are in a cycle of giving tangible form and maturity to your world-reaching goals and ideals. Be patient as you continue to study and learn your particular craft. Worthwhile pursuits usually take time and persistence, so don't lose heart as you wait for your plans to ripen - the fruit will be all the sweeter when it falls!

### ♓ Pisces - Feb. 19-March 20

The steady nature of Taurus gives you a feeling of greater stability and foundation this month. You'll have more motivation to speak up and express your creative, spiritual ideas in a way that others finally understand. Be aware that your energetic flow and physical energy could face challenges now and there could be power struggles at work. It will hard to escape these situations, so use gentle persuasion and some well-placed compliments or jokes to ease the tension.

### ♈ Aries - March 21-April 19

Your personal energy and charm will be strong and you'll have an optimistic feeling about friendship and love. The presence of Taurus this month gives you more patience with others and promotes gentle emotions and sensuality. This is a good time for a financial review to keep your money and future goals on track. You might feel restless or have an urge to travel, but it's best to wait for a more auspicious time. For now, take it easy and enjoy your familiar surroundings.

# Welcome fellow Stargazers!

We begin the merry month of May with the Sun's yearly journey through the stable earth sign of Taurus. The second sign of the zodiac is a Fixed modality and ruled by romantic Venus. These properties contribute to the famous stubbornness of the Bull and its deeply sensual and creative nature. Taurus rules the areas of money, resources and our personal value system. The area of your natal chart where Taurus influence resides will show how you handle finances and the issues in life that are important to you. The Bull (or lady Cow) can be a serene creature, grazing in a field of wildflowers - or they can be as stubborn and unstoppable as the Bull charging towards a red flag. Most are of the peaceful persuasion, but if they are pushed too much they can dig in their heels like no other!

Taurus produces many famous and notable people, as their creative side is high and their physical bodies tend to be strong and enduring. Taurus dancing sensation Fred Astaire, used the full scope of his physical body to entertain and delight audiences. The Bull rules the throat and timeless singers like Ella Fitzgerald, Roy Orbison and Barbara Streisand have certainly made their mark. Taureans are also gifted writers and speakers, as their ability to capture the fine nuances and feelings in a story, allow them to take the reader directly to the scene. Harper Lee, Shakespeare and J.M. Barrie created literary worlds for us to enjoy forever.

In relationships, Taurus is a dedicated and generous friend and/or lover. Once committed, they will rarely stray. They are a creature of comforts and habits, whose favorite people or items will always be a source of pleasure. They have the most heightened senses of the Zodiac and will revel in good food, chocolate, wine, bubble baths, candles and luxurious clothing. They do love maintaining a healthy bank account and like to hold onto money, but they will not hold back from their favorite indulgences either. On the job Taurus is a friendly and capable worker. They adopt the 'slow and steady wins the race' mantra to good benefit. Most Bulls like to work steadily but surely towards a goal - don't rush them. Nothing perfect happens overnight.

May 2016 starts with Mercury still in Retrograde until Sunday the 22nd. Hold off on big projects or signing a major contract of any kind until this date passes by. Jupiter - the planet of expansion and good fortune goes Direct after a 5-month Retrograde. You'll notice that plans for the future and our general sense of optimism improves and begins to pick up some momentum.

Our Full Moon occurs on Saturday 21st at 5:14pm EST in the sign of Scorpio. This is a deeply powerful Full Moon and it's intensity will certainly be felt! Use this energy pattern to focus on areas of personal transformation and healing. It can be helpful to spend some time alone or in meditation to fully integrate the changes you'll experience.



ONE WITH THE DIVINE
Buddhahood, Christ Consciousness and The Art of Astrology



This year marks my 40th year of practicing Nichiren Shoshu Buddhism in concert with the Soka Gakkai (www.sgi-atlanta.org). The fundamental practice, morning and evening, is chanting Nam Myoho (meo-ho) Renge (Wren-day) Kyo (Keo) repeatedly as a mantra which is as the title of the Lotus Sutra allows you to connect your life to the law, frequency or vibration of the Universe.

I often wonder why people so readily accept the notion of going to the gym, running, exercising and eating healthy as a means of cultivating our best physical condition but when it comes to our spiritual condition and how to refine it, we remain clueless. Meditation and prayer are wonderful sources of insight, calm and solace as well but what I love about chanting is that it is so pro-active and noticeably advances and polishes our lives towards our intentions - and reveals our innate divinity - on so many levels and in so many ways.

A friend of mine recently started chanting and wanted to know why everyone doesn't do this? Good question. She meanwhile manifested her dream home and I've never seen her more positive or happier. The practice of chanting is practical and it works. It works under any condition as does any good solid exercise or eating program. In Christianity we talk about the highest condition available as Christ Consciousness which we think of as being the highest possible vibration of unconditional love as we associate with Jesus as master teacher and prophet.

One of the reasons I find astrology so useful is that it provides insights into how to manifest and develop the divine within. Within your own natal chart and variations of your natal chart called harmonics there are some amazing tools, symbology, metaphors and practical applications on how to develop and access your innate divine.

One of these really useful astrological points is the Nodes. The Nodes are two polar opposites in the chart that indicate our soul level lessons in this incarnation. Derived from the prenatal eclipses just prior to birth, the South Node which looks like a chalice indicates past life gifts. Contacts to the South Node may also indicate unresolved past life issues, unresolved karma or unfulfilled spiritual contracts or lessons still to be learned. It can function like universal super glue that holds us to a repeating cycle or painful task until we get the lesson or make the break through. Contacts to the North Node which looks like a headphone indicate how we can most effectively manifest our highest potential and utilize our gifts and talents, to unlock our best expression of our selfhood. The North Node is sometimes called "the captain of the chart," because as you master the areas of the North Node, the rest of the chart ideally comes into play in the highest and most enlightened aspect of your essence and being.

The Nodes are located in polar opposite signs and houses in your chart and both the sign and the house placement have meaning. Here is a brief synopsis of these meanings and there are many other wonderful more in-depth resources out there as well, including Spiritual Astrology: A Path to Divine Awakening by Jan Spiller and Karen McCoy, Karmic Astrology: The Moon's Nodes and Reincarnation by Martin Schulman and many others (just google Nodes of the Moon for starters).

For the North Node description simply add at the end of each phrase: "for my highest possible expression and to utilize my gifts, talents and abilities in the best of all possible ways." For the South Node description, add at the end: "Lessons in these areas are carried over from previous life times so that I can change or resolve this pattern on behalf of myself, my lineage or humanity effectively and profoundly in this incarnation." Here are some clues to their respective meanings and it may be helpful to have a copy of your chart or check an ephemeris for the location of your particular nodes. If you would like please email me at Cathyb108@aol.com with your birth data: day, month, year, time and place of your birth and I will send you the sign and location of your nodes.

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AQ moon calendar

May 2016

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

Table with 7 columns (Sun-Sat) and 30 rows (1-30). Each cell contains a date, moon phase, and astrological details. Includes a zodiac sign index on the left and a celestial background image at the bottom.



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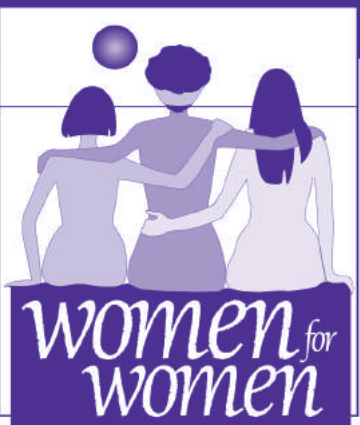
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## Magnificent Magnesium

Magnesium is an important part of our diet and the fourth most abundant mineral in the body. Magnesium is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium deficiency is dramatically under-diagnosed since it doesn't show up on a blood test.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes.

A deficiency of magnesium can occur in people who abuse alcohol or in those who absorb less magnesium due to burns, certain medications, low blood levels of calcium, problems absorbing nutrients from the intestinal tract and surgery.

Early symptoms of a deficiency include anorexia, apathy, confusion, fatigue, insomnia, irritability, muscle twitching, poor memory and reduced ability to learn. Moderate deficiency can include cardiovascular changes and a rapid heartbeat. Severe deficiency includes continued muscle contraction, delirium, numbness, hallucinations and tingling.

Some of the main health challenges that have been linked to magnesium deficiency include hormone imbalance and PMS, fibromyalgia, heart attack, type 2 diabetes, osteoporosis, constipation, tension or migraine headaches, anxiety, depression and chronic fatigue.

Foods rich in magnesium include whole grains, nuts, seeds, green leafy vegetables, and beans. Green vegetables such as spinach and chard are good sources of magnesium because the center of the chlorophyll molecule, which gives green vegetables their color, contains magnesium. Wheatgrass juice is rich in magnesium for this very reason. Chlorophyll is known as the "life blood" of a plant and has the ability to absorb the sun's light and turn it into energy. One major difference between human blood and chlorophyll is that human blood has iron at the center of the cell, but Chlorophyll has magnesium at the center of the cell.

Some other magnesium rich foods include seaweed, basil, coriander leaf, chives, pumpkin seeds, apples, sunflower seeds, dill weed, celery seed, sage, parsley, flaxseed, brazil nuts, avocados, sesame seeds and almonds.

Foods from your local farmers market and foods grown organically have higher levels of magnesium. The soil from conventional farms is depleted of magnesium because they don't rotate their crops or let the land rest. Also, they typically only put nitrogen, phosphorus and potassium back in the soil, but leave out magnesium.

When you include recipes created from magnesium rich foods you get the magnesium your body needs and the benefits of good health. Try this quick and easy magnesium rich salad.

### Sunny Spinach Salad

4 cups spinach  
1/2 cup soaked sunflower seeds  
1 cup apple  
1 avocado  
1 Tbs. flax seed oil  
2 Tbs. fresh lemon juice  
1/4 tsp. Himalayan salt

Soak the sunflower seeds in 3 cups of alkaline filtered water for 2 hours and drain and pat dry. Chop the apple. Combine the spinach sunflower seeds, apple, flax seed oil, lemon juice and salt and toss. Top with slices of avocado for a delicious treat.

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## St. Simon's Island and The King and Prince Beach Resort

As the weather becomes balmy, head to the Georgia coast and visit one of its eight secluded barrier islands, four of which are accessible by car. If you haven't been to St. Simon's Island, part of the Golden Isles ([www.GoldenIsles.com](http://www.GoldenIsles.com)), midway between Savannah and Jacksonville, FL and about 4-5 hours away by car, you must get there!

A charming island town, easily walkable, with pier and lighthouse on the ocean brimming with history, culture, wonderful restaurants, shops and beautiful places to discover ([explorestsimonsisland.com](http://explorestsimonsisland.com)), St. Simon's gets raves from Conde Nast included on its prestigious "Top 10 Islands in the U.S." and Travel and Leisure calls it "America's Favorite Beach Town" as well as "America's Most Romantic Town." One of the loveliest places to stay on the Island, and its only ocean front resort, is the delightful and historic King and the Prince Beach & Gold Resort ([www.kingandprince.com](http://www.kingandprince.com)), recipient of Trip Advisor's Certificate of Excellence for five consecutive years.

Once a dance club and center of the island's night life, the Mediterranean style hotel is now a sublime Atlantic Ocean front destination with ocean views galore. Its private beach, award-winning golf course, partially heated pool complex as well as smaller private pools and hot tubs, balconies, verandas, tennis courts and exquisite guest rooms are all on its 4 acre grounds and gardens with the golf course a short drive away. Listed on both the National Registry of Historic Places and Historic Hotel's of America, the resort's latest news is its dramatic \$7.7 million dollar castle make-over which take the already magnificent hotel to an entirely new level.

The sweeping updates honor at once the hotel's naval history while introducing a decidedly current, sleek and sophisticated ambiance. The new long and open sea views are evident as soon as you enter the stone paved lobby. Its atrium, living room with stunning fireplace, and new contemporary navelly inspired restaurant airy and elegant Echo and bar add significant gravitas. Outdoors, new furnishings, pergolas and umbrellas redefine the oceanfront pool and sun deck complex which include children's pool and wading area. The updated landscaping breathes new sophistication into to one of our all-time favorite places to stay. We get there as often as we can!

Many of the hotel's varied rooms and guest houses have already been redone, and with great panache: a rounded room with hardwood floors in the castle-like turret, once the honeymoon suite; richly appointed and tapestried cabana rooms and 2 and 3-bedroom roomy private villas with stackable washer and dryers and many amenities. Most offer the hotel's signature oceanfront views, balconies and patios and are just steps to the exclusive beach and ocean. Enjoy the hotel's completely revamped breakfast, lunch and dinner menu, indoors or out under the sky or stars with the ocean backdrop for romantic dining or have a late night custom pizza delivered to your room.

We were treated to a weekend of exceptional meals and cooking demos including health conscious smoothies, salads and grass fed beef and a phenomenal cook-out spread and golf cart caravan at the resort's exceptional golf course and club house. One of our favorite meals while there was the "Southern Classics Rise Again" themed frogmore stew, fried green tomatoes, pecan crusted chicken, cornbread and capped off with peach bread pudding.

It's fun to discover the hotel's hidden gardens and twists and turns. By all means don't miss the one of a kind jeweled chandelier and solarium. The hotel's royal pampering and the stained glass adorned meeting rooms, make this venue ideal for corporate gatherings, weddings and every imaginable special event. Treat yourself to a Royal Treatment – literally, at the hotel's spa!

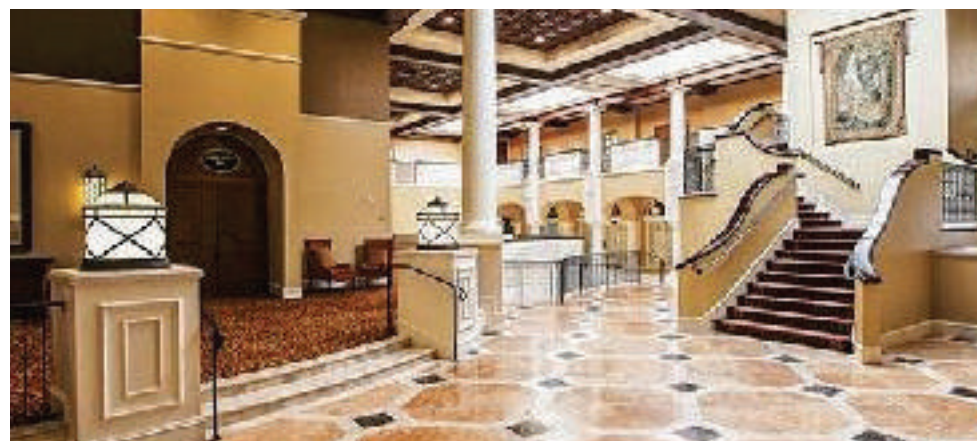
### Exploring St. Simon's

The island is chock full of history, so be sure to rent a bike (Ocean Motion Surf Company <http://www.stsimonskayaking.com/bicycles.html> or for beach gear Barry's Beach Service, including chairs, umbrellas, kayaks, sailboats, etc. <http://www.stsimonskayaking.com/beach.html>) or hop on and off the trolley for one of the in-depth historic or nighttime ghost tours [www.cafpendig.com](http://www.cafpendig.com), [www.lighthouseitinerary.com](http://www.lighthouseitinerary.com), [colonialtrolley.com](http://colonialtrolley.com). Spend another afternoon on the open estuary with naturalist and crew, witnessing the shrimping techniques and sampling some of Georgia's brand of freshly caught sweet shrimp on the Lady Jane ([www.shrimpcruise.com](http://www.shrimpcruise.com)). Soak up the island's sagas and be moved by Neptune Small's heroic life and the poignant love stories of the Reverend Anson Phelps Dodge, Jr. and noted novelist Eugenia Price. The Dodge family and Price together with her long-time companion are all buried at the exquisite Christ Church Frederica ([www.christchurchfrederica.org](http://www.christchurchfrederica.org)).

There are boundless culinary and cultural options on the island and no surprise that Alton Brown Food Network personality resides here as do many well known golfers, athletes, politicians, writers, designers and artists including water colorist Lynn St. Clair ([www.LynnStClair.com](http://www.LynnStClair.com)). Home to the Glynn Arts Association ([www.glynnart.org](http://www.glynnart.org)), we spent a morning learning the art of sand casting at this contemporary art and craft center. Another evening was spent in a raucous food orgy indulging in the succulent award-winning smoking bar b que of Southern Soul ([www.southernsoulbbq.com](http://www.southernsoulbbq.com)) We always try to run past there to pick up a bar b que for the road. Be careful though; their mouth watering ribs are habit forming. For breakfast go a bit crazy with the epic spread of the ultimate Southern breakfast both buffet and a la carte right at the pier - the Sandcastle Café ([www.sandcastleatthepier.com](http://www.sandcastleatthepier.com)). Southern country hash browns, eggs of every variety, bacon, smoked Salmon Benedict, made to order omelets with fresh sea food, waffles, pancakes, French Toast and so much more - what a deal!

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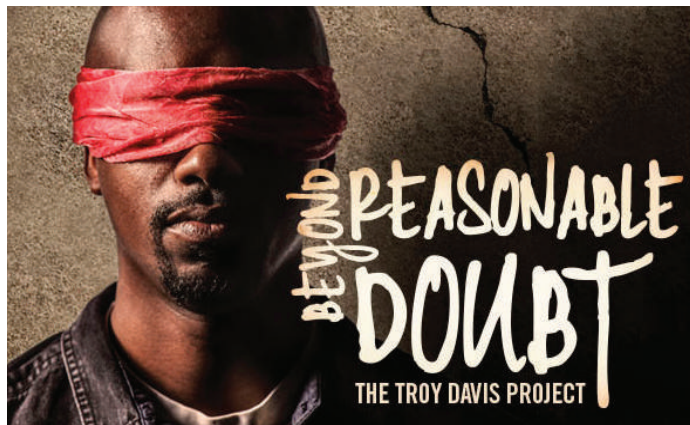
Huge thanks go to The King and Prince's Mr. Bud St. Pierre, Director of Sales & Marketing; Allen Lancaster, Food & Beverage Director; Laurie Karagul, Asst. to Bud. St. Pierre and Leigh Cort, Publicist for their incredible generosity and amazing hospitality.



Cathy H. Burroughs' passion for travel inspired her to become a national/international travel writer. Find her articles in *The Aquarius* as well as [www.journeypod.com](http://www.journeypod.com), *ECreative Magazine*, *BOLD Favor Magazine*, *Points North Magazine*, *Atlanta INtown* and others. She also covers the cultural scene for the SE in *Backstage Magazine*, *The Aquarius*, *Atlanta INtown* and more. Her articles have been commissioned by *The Washington Post*, *The Baltimore Sun*, *The Washington Times*, *TheatreWeek*, *Dance Magazine*, *High Performance* and others. She also covers the metaphysics nationally as well. TO learn more about Cathy, check out [www.cathyburroughs.com](http://www.cathyburroughs.com), email: [cathyb108@aol.com](mailto:cathyb108@aol.com) or call/text: (404) 543-1080.



## AQ Artscapes/Theater

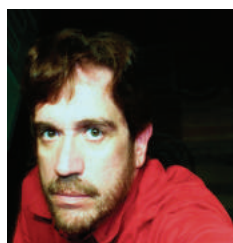


### Media Versus the Justice System; Capital Punishment Versus Race - All at stake in Gripping “Beyond Reasonable Doubt: The Troy Davis Project” Making its World Premiere at Synchronicity Theater Through May 1st

The intense and enigmatic **Beyond Reasonable Doubt: “The Troy Davis Project”** makes its world premiere at Atlanta’s bold and engaging Synchronicity Theatre, in its new permanent home at 1545 Peachtree Street NE, Atlanta 30309, several blocks from the Woodruff Arts Center, running through May 1st. This stimulatingly high tension and thought provoking play is written by Synchronicity’s Managing Director and Artistic Associate Lee Nowell and directed by Producing Artistic Director Rachel May, produced in association with Inverness Productions. The production which alternates act 1 and 2 depending on the night and is followed by a discussion nightly engages the audience from beginning to end by exploring and questioning the validity of the accusation towards African American Troy Davis for murdering a white policeman in Savannah, Georgia in 1989. Exposing the polarity and shadow side of the politics of race and capital punishment, Troy Davis in the play based on the actual events. On the verge of execution Amnesty International is fighting to save his life determining if he will get life in prison or the death penalty.

The polarizing events take a toll on a couple’s already fraught relationship: Lane Carlock plays Alison, an unemployed CDC health scientist layering her performance as a depressed, disillusioned, wife growing apart from her husband, Bob, played by Eric Mendenhall, very effective as the authoritarian, ultra conservative lawyer who fears that his support of the death penalty for Davis might ruin his relationship with Alison. Alison has joined Amnesty International is fighting to save Davis life and is increasingly uncomfortable with her husband’s extreme right wing views. Alison meets Lucy, an activist from Amnesty International played by Cynthia D. Baker who enlivens her character performance by presenting all the complexities of an American in the South born to a Nigerian father. Bob shares his troubles with his friend Tony, played by John Benzinger who in multiple roles shows his admirable range by playing Bob’s friend, a semi-alcoholic, misogynistic train-wreck, and the stern prosecution lawyer for Davis with the flawless Southern Georgia drawl. Stephen Ruffin and Terry Henry also give stellar performances as a grandmother and grandchild torn apart by their own personal experience in the wake of murder, capital punishment and race.

The taut and engrossing **Beyond Reasonable Doubt** holds our attention throughout with its sometimes unnerving exploration of all sides of the issues, challenging the witnesses’ credibility and that of their changing accounts - all seen through the eyes of different characters, often with opposing views. This important theater and this timely production part of its Bold Voices Series deserve our support. For more information check out Synchronicity Theatre’s website [www.synchrotheatre.com](http://www.synchrotheatre.com) or call the box office at (404) 484 8636. For each production Synchronicity, a wonderful contribution to Atlanta’s theatrical scene, also offers Inside Scoop, pay-what-you-can Industry nights and preview options as well.



**Carl Llabres**, Writer for Cultural Events and Theatre at Aquarius Magazine, holds a degree in Metaphysics and Creative Writing.

## AQ Month-Ahead Tarot Spread



**JUSTICE:** This month it would be good to practice being fair to yourself. Spend time with self-care—giving yourself whatever your body and intuition are telling you is needed. Perhaps it is a nap, taking a little time by yourself to gather your thoughts or just being alone in silence, doing something fun that you haven’t done in a while, or thinking of yourself before giving and giving to others. Remove the blinders that convince you these sorts of things are selfish, for they are not. By putting yourself first when the need arises, you are bringing greater harmony and balance into your life. And this is something that is especially important in a world that seems topsy-turvy at times.

**THE LOVERS:** A partnership may be prominent this month, whether it relates to romance, personal relationships, or business. For any kind of relationship to prosper and grow, careful listening and communicating are necessary, as is a willingness to compromise when an impasse appears imminent. The self-care noted above is also significant here, because a good relationship does not require you to give and give without receiving anything in return. Solve problems mutually by being willing to listen to the other person’s viewpoint without judgement. Stay in a place of calmness and peace when disagreements arise, allowing your partner or friend to have his/her say before jumping in with your opinion. Take a few deep breaths before speaking if you feel any anger creeping in, for it is not about “being right” but being honest, tactful, kind, and supportive.

**THE EMPEROR:** Feel the powerful energy and strength of the Emperor this month, easily dealing with whatever blocks or challenges you encounter. Demonstrate your power to yourself by doing something daring—something you would not ordinarily consider doing. Do one thing to get out of a rut that will bring a little more sparkle into your life. You have control over your life—only you, no one else—and the Emperor helps you remember this. The Emperor is not afraid of change nor his own authority; he is the epitome of courage, independence, and individualism. He is respected and admired. The power you have within you (and your positive thoughts) do make a difference in your outer reality.

**5 OF CUPS:** If during the month you experience some rough times or challenges, the best thing you can do for yourself is to not stay too long with feelings of doubt, fear, frustration, regret, or sadness. It is ok to experience these feelings for a while, but don’t wallow in them feeling sorry for yourself. After you are ready to move on from your “pity party”, you can begin to think of all the things that are going right in your life and all that you are grateful for. Gratitude goes a long way towards putting us in a better space, because it requires us to focus on appreciation rather than sadness. Don’t be afraid to ask for help from friends or family if you feel like it; sometimes outside support is better than going it alone. Our lives always include ups and downs, but how we respond to the downturns is what strengthens us and gives us the inner power to keep going.

**TRENDS FOR THE MONTH:** Overall, this month should be one that empowers and strengthens you. Take care of yourself, remembering that receiving is just as important as giving, especially if you want a balanced and truly loving relationship with others. Communication with partners will be important, so share with partners or close friends how you truly feel about issues. It is all about being open and sincere. Feelings of strength and power will see you through rough times, as long as you don’t spend too much time harboring negative feelings of lack, sadness, or loneliness. You have what it takes for May to be a wonderful month, so make it happen!

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

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# Goddess On The Move

by Avril Loy James

In many Eastern traditions humans are viewed as spirit which is neither male nor female; but, incarnates within a body which is, generally, one or the other. In Hinduism there is iconography depicting deities with a half female and a half male body. The Buddha is often depicted with sexual ambiguity or slightly feminine features denoting a balance of male and female energy. Interestingly, in Genesis 1:26 there is the enigmatic statement, "let us make mankind in OUR image", which some have interpreted to connote a union of male and female creating God as whole.

The feminine is an essential element of the Divine; it is balanced power of strength and compassion. Despite the mystical quality of the aforementioned statement, conventional Western theologians interpret God as a force that takes on an overwhelmingly male quality. This anthropomorphization reflects the patriarchal structure in which Western society has evolved.

Women of today are transcending the stereotypes and limitations of the establishment. They are leaders, movers, and shakers. Yet, it is essential to know that success and power do not have to come at a reduced quality of spiritual life. As women rise through the ranks of worldly power and regard, they should look inside to stay grounded and balanced. Women may feel torn between careers and family. Some may feel one aspect of life is getting their best energy at the sacrifice of others. Some may feel they are forced to make a choice to have one and not the other. The Universe is energy; this energy is limitless—but, it can be blocked by a clouded mind. The energy that incarnates as a woman is aligned with creativity, compassion, and peace. All of society benefits from these rivers flowing abundantly.

There are many practices which can put a seeker in touch with these "feminine" powers (truly they are hallmarks of any spiritually adept individual). Meditation is the practice of systematically moving inward to the silent Center that is existent in everyone and everything. Setting intentions, which is very similar to affirmative prayer, is the practice of looking inside to extricate what is desired from a soul level and systematically mapping the road to its fruition. Meditation and setting intentions work hand in hand—going inside and clearing the path to manifest your heart's desire.

There are many methods for meditation, aspirants should search for a system which resonates with their inclinations. Broadly, mindfulness meditation allowing thoughts to flow without analysis or attachment. Whereas in anchoring practices, a meditator holds their attention on an object or in a space (even a combination of the two) and allows thoughts, memories, and emotions, to come and go without engaging them. In either method, practitioners develop space from their thoughts and learn to stop identifying with all of the comings and goings of the mind. This is the perfect path to begin intentionalizing.

Setting intentions requires knowledge of what is truly desired. During meditation, without judging thoughts, one can begin to listen their hearts desire. Questions are answered from deep within: such as, "which path do I want, do I want more responsibility, do I want more free time, how can I tap into more energy?" With inner conviction we set intentions which resonate with our deepest calling. When we put pen to paper or fingers to keyboard we bring it into the first level of manifestation—it is no longer an abstract and veiled fantasy.

Women realize that they are power; however, this realization can create fragmentation without centering and balancing practices. To quote Stan Lee, "with great power there must also come—great responsibility!" But, this is not another obligation to the world—this is a responsibility of self-care. Meditation and setting intentions are self-preventive interventions against burnout. Again, the energy of the Universe is infinitely abundant and generous. There is every reason for women to continue to strive in every way their hearts are calling.

*Avril Loy James is a UIF contributor, supporter and writer. She is an exercise psychologist and yoga meditation coach. She own grosstosubtle.com which assists with changing the past, transforming the future by loving right now!*

# Awakening The Goddess

## A Message From The Ancestors



By Crystal Starshine

We, your ancestors, come to you with a message. Divine one, Child of the Earth, Goddess Woman. We speak to you a message today, open your heart and mind so that we may enter into your consciousness. We come with love, because we are love and you too are love.

Oh, Divine one, have you forgotten who you are? Have you forgotten that you are sacred, unique and chose to come here with a purpose? The light and dark you are carrying are just guidance. It is all a part of your makeup. There is no difference between them, they are part of you; when you can come to terms with the fact that we all have equal parts of both, you will journey onward from the stuck mess you feel you are in.

Oh, Divine one, have you recognized your vast beauty yet? Look into a mirror and see the good your heart carries. See that you are love, you are divine and you are sacred. Beauty does not exist just on the outer layers of the skin, it is in your inner light, and when your inner light shines, so do you. You are not alone on this journey. You have purpose and we are here to watch you grow in your beauty.

Oh, Divine one, have you made a connection with the earth? This planet is your home now, you chose this place and you must take care of it. See the elements, feel the elements, touch the elements and take care of them. Take a walk into nature and feel the breeze upon your face, make a conscious connection to listen to us speaking to you within the winds. Remove your shoes and place your feet upon the ground, or rather lay upon the grass. Slow your mind and listen to her heart beat, feel her vibration and warmth surround you. The Earth can feel you too. Turn your face to the sun, raise your hands and feel the warmth; the sun sustains you, gives you vitamins and helps your crops grow. Find a source of water, a river, a lake, the ocean or a stream and watch its movement, its constant flow of cleansing and nourishment. You too are made of water and are cleansing your body each time you drink her waters.

Oh, Divine one, have you connected to your womb? This is the place of all creation, a sacred universe lies within you. Connect with this space, in any cycle of life there is still fire in this womb, there is creation fire burning inside you. Your sacred flame, your intuition and your sensuality guide you,

dear one. Do you take care of this sacred vessel? Nourish it with pleasure, with fine foods, rest and lots of self-love acts. Know this sacred temple within and without, and it will nourish you in many ways. Connect the menstrual flow with the moon cycles as it was created, feel how the ebb and flow of the moon directs your emotions, wants and needs. This will give guidance and create a most pleasing connection back to your body, your senses and your sensuality.

Oh, Divine one, have you listened for us, your ancestors? We guide you daily, you are never without us. We whisper on the winds, we come to you in a spontaneous song on the radio; we are that voice you think you may have heard but are unsure of. We are you, we lie in your cells, in your DNA and we are always with you, within you and of you.

Oh, Divine one, be kind to yourself. We know your struggles, your wishes and all of your dreams. We ask of you, Sacred Woman, child of the Earth, to remember that you are the Great Mystery, a part of this Universe, chosen to do this soul contract. Remember us as we walk by your side and talk with you. Don't be afraid to ask us for help, speak thanks to the universe every day and every night. In this act you not only thank your ancestors and creator, you are thanking yourself.

In Love, The Ancestors

*This is a channeled piece from our ancestors that came to me on April 7, 2016 on the New Moon in Aries. The night before I had some experiences where I knew in my heart the universe was bringing me a message through synchronicities, a night full of dreams ensued and then this piece transpired after the moon moved into her new phase. Blessed Be!*



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



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## BEING BOLD AND BRAVE IS RISKY (AND REWARDING) BUSINESS!

**By Courtney King**

Just as there are many paths to follow spiritually, there is no one way to succeed in business. The boldest, and perhaps most daunting, path to the success you seek is to blaze your own trail. To do that means that you will not settle, copycat, or follow the status quo. You will choose to take risks, be curious and try new things. To be a trailblazer you must figure out how to turn your professional life into an authentic expression of you. This is true for business owners, employees, and freelancers.

As a coach, my work hinges on one fundamental principle: You are your own best expert. You are a resourceful and unique individual with a powerful inner compass. When you apply that principle to business, then the challenge becomes how to tap into your expertise and take actions that are thoughtful and innovative.

Ok, so how do you do that?

The key is focusing on your strengths. These are your God-given gifts and talents coupled with your knowledge and experience. Before any advanced trainings or mentors you picked up along the way, you were born with certain innate strengths that are gifts you are meant to use. Learning to identify and apply these gifts will propel you forward as you build a reputation for quality and innovation. You will know you are on this path when clients, colleagues and supervisors depend on you and recognize you for that special quality you bring to your work, which is your strength in action.

You have probably seen this play out for yourself and others around you. You might have been the emotional child who was told you were "too sensitive", only to embrace that sensitivity with maturity as an asset that allows you to help others in a healing profession. Your clients return to you because they feel nurtured by your compassion and empathy. Or maybe you were the creative child, who has learned to harness that inquisitive intellect as an asset in your role as a team leader.

If you are unsure of how to stand out at work, then really take some time to look at what you do well. Ask your family and trusted advisors what special characteristics they see in you. Can you see a project from vision to implementation? Then one of your strengths is follow through. Are you great at supporting your boss in many different areas? Then you are capable and reliable and good at prioritizing. Are you able to rally people behind your ideas? If so, you are inspiring and a persuasive communicator.

What are your strengths? Right now, please take a moment to make a list of 5-10 skills that you possess.

Right away you have some useful information about your path to success, and it is not just in the specific qualities you have listed. Your ability to own your awesomeness is an indicator of your capacity to thrive in the professional arena. For those of you who found this easy, congratulations! You have done some crucial work on your inner game, and that natural confidence makes it easier for you to get ahead.

If you found your negative self-talk and doubt taking over, then you are still shying away from your talents, and this will continue to be an obstacle to your growth. Know that in order to make a real impact in your professional life a shift is necessary.

Now, back to the juicy part - declaring your strengths and letting them shine! It is inherently empowering to do something you are good at. Beyond that, it is rewarding to challenge yourself and find a new application for your skills and a new depth and dimension to your abilities, so make a choice to be bold and reach a new level. Trust in your abilities and see what happens. Put all your God-given talents into making a difference, helping others, and advancing your career while having fun in the process.

Looking at your list, do you see your distinct abilities demonstrated in your career? What is one next step you can take this week that puts one of your underutilized talents to work towards your success?

Without a doubt, leading with your strengths and expressing your spirit is an act of courage. When you choose to embrace that challenge, you will become the innovator and trailblazer that others want to follow. Your inner compass will guide you and those around you to a new and better way of reaching people through your work.



Courtney King, AAC, is a wickedly intuitive and strategic coach who loves nothing more than helping show up and show off their true colors. An avid globe trekker, healing and seeker, Courtney is an accredited coach, energy worker, shamanic practitioner, and senior faculty member of Wisdom of the Whole Coaching Academy. You can also find her behind the scenes at concerts and festivals, fulfilling her passion (and first career) in event production and promotion. She is based in Atlanta with her 3 trusty sidekicks: Hot Dog, Piggie, and Madigan. [www.coachingbycourtney.com](http://www.coachingbycourtney.com)

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# AQmmunity calendar

## SUNDAY CHURCH SERVICE

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

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

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

**City Of Light/Unity** - Sunday Services at 11a.m. Feed the Hungry and Homeless, Wed - 5p.m., Food Bank, Friday, 11-1p.m., 1379 Tullie Rd., Atlanta, GA 30329, [www.cityoflightatlanta.com](http://www.cityoflightatlanta.com)

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

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

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

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

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

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

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

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

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

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

## SUNDAY EVENINGS

### WELCOME TO A NEW THOUGHT

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## TUESDAY

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

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

## WEDNESDAY

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

## WEDNESDAY

### SOUL HEALING MIRACLES CLASSES -

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## 3RD SATURDAY

**MARKETPLACE 120** has Spirit Fair every 3rd Saturday of the Month. Come out for Psychic Readings and more. Our next Fair is March 19. Come by and visit the Mystic Cafe Spiritual Learning Center. Marketplace 120, 562 Wylie Road Marietta.

## SATURDAY, MAY 21

Saturday, May 21 Spring Festival & Psychic Fair from 11am to 5pm. Mini-readings, healings, crafts and food! **Inner Quest**, 770-521-2875, [www.innerquestchurch.org](http://www.innerquestchurch.org)

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Fri. May 13, 11 am - Individual Blessings/Saraswati Diksha at The Hindu Temple of Atlanta, 5851 GA Hwy 85, Riverdale, GA 30274

Sat. May 14, 8am - 6pm - One-Day Meditation Retreat at Hindu Temple of Atlanta, Riverdale - prior registration & fee required (see website)

Fri. May 20 - Sun. 29, 9 am - 10-day Peace prayer - Lalita Sahasranama Maha Maha yajnam - Sacred Fire Ceremony at SRIM Meditation Center, (<http://srimcenter.org/main/>), 285 Julie Lane, Forsyth, GA 31029

Contact: 404-580-8421 or [atlanta@karunamayi.org](mailto:atlanta@karunamayi.org) or visit [www.karunamayi.org](http://www.karunamayi.org) . Attendance free.



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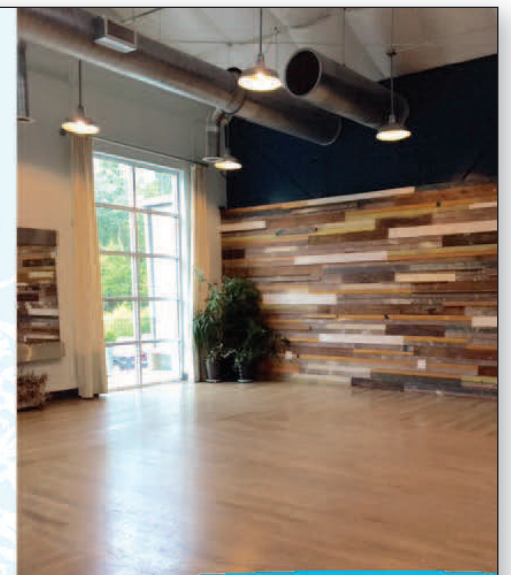
### WEEKLY RECURRING EVENTS

MONDAYS | 6:30 - 8 PM  
**Chakra Flow Yoga**  
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WEDNESDAYS | 12 - 1:15 PM  
**Energy Yoga**  
with Charlotte Ottley (\$15)

TUESDAYS | 7 PM  
**Meditation on Twin Hearts**  
with Ursula Lentine (\$5 and up)

WEDNESDAYS | 7 - 9 PM  
**Community Kirtan**



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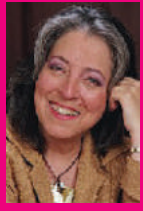
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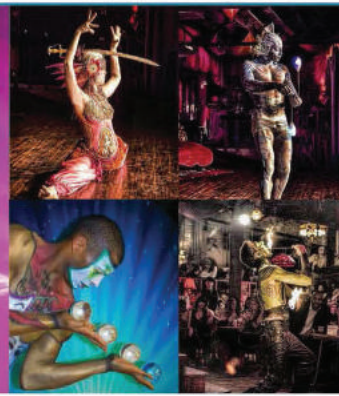
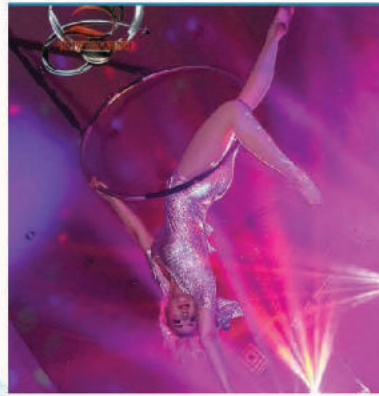






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Lalita Maha Maha  
Yajnam 2015"



### Join us for this Unique Once-in-a-lifetime Opportunity!

Immerse yourself in the transforming energy  
of Sri Lalitambika Devi for health, peace,  
and prosperity.

Participate in this 10-day Yajnam (fire ceremony)  
for universal peace in the divine presence of  
beloved Amma at the SRIM Center, Amma's first  
U.S. Ashram, located in the heart of Georgia.

**All are welcome - Attendance is Free  
Participation Requires Registration.**

**Venue: SRIM Center,  
285 Julie Lane,  
Forsyth, GA 31029**

**Contact: 770-712-3139 or  
lalitahoma@manidweepa.org**

**For more info & registration online,  
visit [www.manidweepa.org/  
mahamahayajnam](http://www.manidweepa.org/mahamahayajnam)**

Promotional assistance provided by the City of Forsyth Convention and Visitors Bureau