



Living The Bhav Is Real Enlightenment Possible?

Bhakti

A Life of Devotion

Planetary Alignment - Ian Boccio

Bhakti Yoga - Bhavani Lorraine Nelson

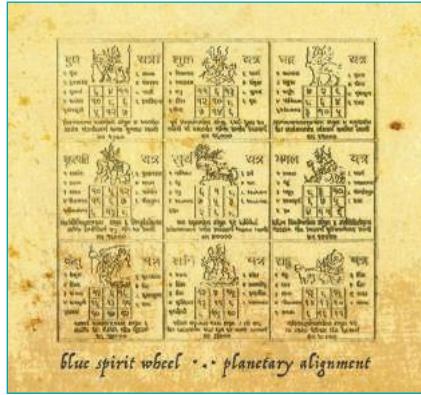
Album Review - Blue Spirit Wheel, "Planetary Alignment"
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Ronald Reagan, Hillary Clinton and the Art of Astrology

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AQ Community Spotlight



Blue Spirit Wheel “Planetary Alignment”

Blue Spirit Wheel is a progressive evolution in the world of mantra music. Based on the fundamental rhythms contained within the Sanskrit language, the band uses solid bass grooves, dancing tabla beats and an improvisational vocal style to create soundscapes that draw the listener into a deep state of meditation and

consciousness expansion. The audience is invited to participate by chanting simple mantras along with the music, or interact with the sounds through dance and movement, or enter a receptive meditative space where the vibrations of the Sanskrit bija mantras create powerful energy shifts.

Blue Spirit Wheel was started in 2012 by Ian Boccio and Stephanie Kohler. Since that time, the band has released 4 studio albums and gone on 4 tours, with stops at Bhakti Fest Midwest, Floyd Yoga Jam, and the Kripalu Center for Yoga and Health.

Ian and Stephanie first met in 2010, as organizers of ChantLanta Sacred Music Festival. They chanted together many times, as Atlanta's bhakti community was much smaller at that time. But it wasn't until they paired up for an off-the-cuff, unrehearsed event did they realize that they had very similar ideas about kirtan.

Some of these ideas have become the hallmarks of their music, such as the layering of mantras. As Blue Spirit Wheel evolves, Stephanie and Ian continue to find ways to connect mantra traditions with more contemporary musical paradigms, drawing on their diverse backgrounds.

Stephanie trained for 20 years in Western classical music, both choral and orchestral. She has also studied other forms of classical music, such as African drumming, Japanese drumming, and Balinese monkey chant (kecak). She has been a dedicated practitioner of multiple traditions of yoga (asana, pranayama, meditation, chanting) for over 10 years, and continues to lead workshops and retreats.

Ian had a 25-year career as a bassist in Los Angeles, Philadelphia, and Atlanta. He began singing after he devoted his life to yoga practice. He is a widely respected and interviewed expert of mantra practice, due in part to his fastidious attention to the nuances of correct Sanskrit pronunciation. He frequently travels to offer mantra intensives, as a way to learn about Sanskrit and personal practice.

Not surprisingly, they are influenced by many modern kirtan practitioners, such as Krishna Das and Jai Uttal. Other influences are perhaps unexpected—in Stephanie's case, gospel, blues, and folk music. Ian's favorite bands include The Grateful Dead and Black Sabbath.

Over the years, other musicians in the band reflect these influences. The drummer on the band's first album is Dr. Jeffrey Lidke, a professor at Berry College and a classically trained tabla player. Guitarist Ben Farmer and longtime drummer Joey Dukes have rock backgrounds. Two other collaborators, Gershon Hendelberg and Scott Pridgen, both play in DubConscious, a dub/reggae band from Athens, GA.

With this wide range of instruments and traditions, Blue Spirit Wheel's music is steeped in ancient spiritual practices, yet still present and improvisational. The richly textured soundscapes reflect the intentions towards consciousness expansion and transformation.

On May 15, Blue Spirit Wheel released their fourth album, “Planetary Alignment” at a special concert hosted by Candler Park Yoga, in which they played the entire body of work on the new album.

“Planetary Alignment” represents a shift in the style of Blue Spirit Wheel; rather than music devoted to facilitating chanting mantras, the music is designed to create a meditative space for contemplation and immersion in the energy of mantras as they are sung and performed by the band.

“It really is more of a ‘sit and listen and experience’ type of production, rather than what Blue Spirit Wheel is mostly known for - which is chanting mantras,” says Ian Boccio. “It will definitely be a new experience for our fans, but we hope it will be a difference that they will love.”

The album is based on ancient Vedic astrology which recognizes the planets of our Solar System representing energy patterns that can be experienced and utilized to facilitate healing, empowerment and peace. (You can read a detailed description of the concepts behind “Planetary Alignment” on page 7 of this issue of Aquarius).

Each song is constructed to maximize the experience of the energy represented by each planet. The mantras sung and the music patterns which provide the sonic background not only refer to the ancient mythologies that tell the story of each planet and its energetic signature, but are performed in order to facilitate an experience of that specific energy frequency by the listener.

I have never encountered a musical experience like the one I had with Blue Spirit Wheel and “Planetary Alignment.” The music was magical - expertly performed, with notable flourishes of artistic mastery by Ben Farmer on guitar, and Joey Dukes on percussion. There was a world music vibe in the rhythms and melodies of the music that created a authentic “other worldly” feeling. (On the recorded album, samples from actual NASA recordings of planetary EM transmissions are used to provide background to the music).

Most enchanting was the layered mantras sung by Stephanie Kohler and Ian Boccio. Ian's basso voice is sonorous and rich, creating a strong masculine foundation in the chanting of the mantra. Stephanie's etheric and melodic voice was fluid, sweet and felt like a dancing spirit celebrating or manifesting the energy of the planet (or the narrative of the planet's mythology).

The singing style of “Planetary Alignment” is very unique, and is not easily chanted by the audience (which is typical for most Blue Spirit Wheel's concerts). Instead, the audience is invited to sit back (or even lay down - it was performed in a yoga studio!) and let the music and mantras wash over them, impacting them in whatever way is right for them.

It is an enchanting and evocative experience. Gongs, singing bowls, bells and guitar effects open the performance, creating a mesmerizing imaginative soundscape of space, stars, planets and moons. The mantras start and they are beautiful, moving and seem to come from a place of deep and arcane mystical wisdom. For over an hour, the audience is taken on an incredible journey of immersion into energetic frequencies, powerful mythologies chanted in mantras, and musical virtuosity.

“Planetary Alignment” is major work of musical vision by Blue Spirit Wheel, and it potentially opens the door for creating a whole new and broader exposure of their music to audiences everywhere. The CD is a great way to enhance yoga practice and meditation practice.

BSW will be performing “Planetary Alignment” at Plum Tree Yoga in Roswell, GA on Saturday, June 18, at 7pm.

You can purchase the CD or download a digital version of the album by visiting www.bluespiritwheel.com. (If you are reading this online, click here to go to the website, and click here to hear samples of the CD “Planetary Alignment.”)



BLUE SPIRIT WHEEL: (from left to right) Ben Farmer, Stephanie Kohler, Ian Boccio, Joey Dukes.

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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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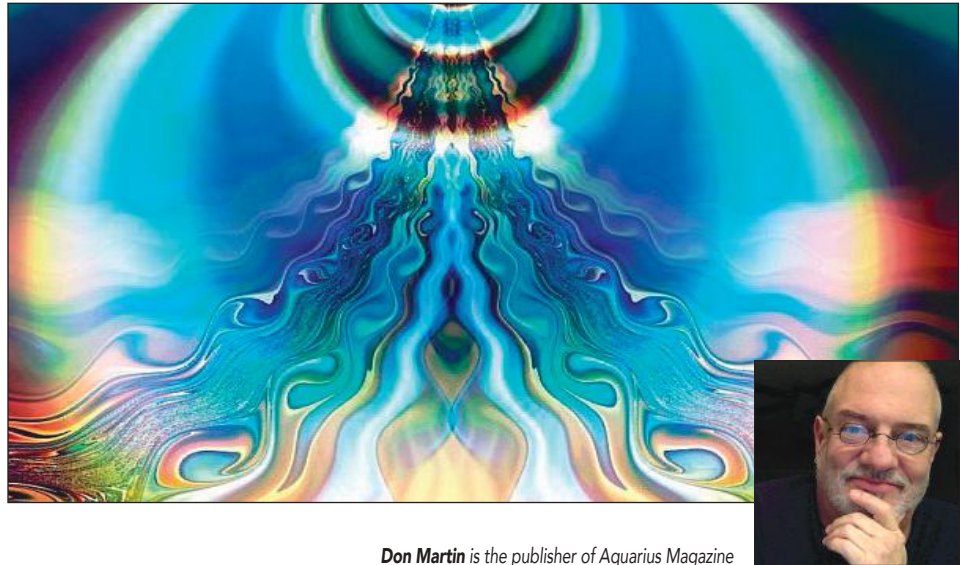
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But the spiritual revolution that is happening cannot be stopped. We are entering the Age of Aquarius - it is a galactic reality that transcends anything that may be attempted to stop it.

We are so very fortunate to be living in a time when we see the dawning of the Age of Aquarius. Let's do all that we can to share in the Bhav...and to invite others to share in it. It is, truly, the healing of the nations and the ascension of the human race. Namaste!!



Don Martin is the publisher of *Aquarius Magazine*



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Living the Bhav ...Is Spiritual Enlightenment Possible?



WHAT IS the BHAV? From my experience, the “bhav” – technically “bhava” - is deeply subjective and varies from person to person in its depth and quality. In a Kirtan (call and response chanting experience) there is a very loving and tangible feeling that can be generated, felt as a group and/ or felt individually. You may feel moved to dance, fall into a deep meditation, cry, smile or laugh, or simply feel a range of emotions from peacefulness to ecstatic bliss.



Wikipedia states: “The term “bhāva” is often translated as ‘feeling, emotion, mood, devotional state of mind’. In the bhakti traditions, bhāva denotes the mood of ecstasy, self-surrender, and channelling of emotional energies that is induced by the maturation of devotion to one’s ishtadeva (object of devotion).”

So the bhav, in this way and type of experience, is certainly a feel good and healing experience. It can also have much deeper, long term experiences AND consequences.

When I was first asked to write about “What is the bhav?”, the authority figure that came to mind is Kirtan wallah, teacher and Sanskrit scholar Shyamdas. On his second visit here to Atlanta GA, I recall that Shyamdas spoke of the Bhav as a sweetness ...an actual experience of sweetness that simply happens. It is alive, it moves, it flows, and it can move YOU. Move me it did. Here is part of my story and how it moved ME in a life changing way.

My earliest experiences with the bhav and Kirtan concerts began in 2010 with Atlanta’s most visible Kirtan band at the time, Bhakti Messenger. During, and after, a few hours of chanting I would have really happy feelings of love and grace, but also not have the words or reasons WHY I felt the way I did. I just knew this felt good, even though there was no English to the songs. I didn’t understand. It was mysteriously & suddenly ok to feel in love with an entire room of mostly strangers.

By 2011, circumstances moved me in a way that I needed to experience more. I had to take a deeper immersion into the world of Kirtan. A friend suggested that I spend a long weekend enjoying a Kirtan festival and four days of devotional bhakti bliss out west.

So off I went to Joshua Tree California, to Bhakti Fest. It was not all bliss, nor was it meant to be. I really had to find myself. I felt angry and confused shortly after I got there. There were a couple thousand people all around me, yet I felt isolated and disconnected. I had to figure out “WHY did I do THIS???” Out in this desert environment, I actually left the music area to be in spacious solitude. I knew where I had to go and what I had to do. I walked about a quarter mile across the near barren floor to yell at God about my anger, frustrations, sadness in life, lots of grief, anything else that came up until I was empty of tears & rage... then there was silence.

There. I could FEEL the silence. IT was looking at me, listening to me, hearing me, embracing me, then flowing into me. THAT was when I could actually hear the Kirtan music that was playing in the distance. THAT was when I began to connect with others because I became more present and connected to myself.

Upon returning to the southeast, I was on fire with the burning question of “How can I bring that experience to more people here in Atlanta?” Swaha Productions had its first event in 2012. I began to host some of the bands and musicians that I fell in love with out in Joshua Tree. These artists began to know that Atlanta was in love with them, and the local audiences began to grow.

All of this happened because of the bhav and my own desire to jump in with it. It fulfilled multiple needs within me that were personal, social, spiritual, artistically inspiring, as well as often challenging. Yet it is the “Bhav”. It is Life. It is Spirit. It is Love seeking and creating more Love. Shyamdas was so right about “the sweetness of this nectar”. Drink it up my friends.

Stan Holt is an Energetic Healer and Massage Therapist at Jaguar Healing Arts, and is the founder of Swaha Productions in Atlanta, GA.

In the Buddhist traditions, the idea of Bhava in the most simple terms is the becoming that begins shortly after birth. There are many wonderful koans and sutras on this becoming and I would encourage you to look them up and enjoy the wonder of the thoughts of people far wiser than me. In a way, I feel sorry for people who arrive and find enlightenment. When that happens, there is no more becoming.

From the very moment of birth, I am in a process of bhava, of becoming. This is growth and learning and discovery. This is a mind that is open to new ideas and new concepts and being challenged with more beauty and more wonder. I cannot fathom a period in my life less interesting and less boring than no longer in the process of becoming.

There are movies I can see, books I can read and songs I can hear over and over again and discover something new or see it in a different light. While those reruns are going on there are constantly new books and new movies and new songs for me to discover and be moved by. I have yet to see a sunrise or a sunset be exactly the same and my perspective of wonder not have a different perspective on it.

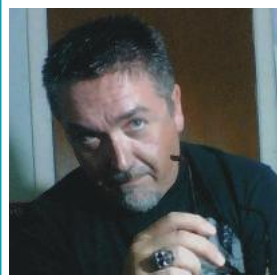
I once kissed a woman. I had kissed her many times before, but there was one time that I kissed her that was unlike any other we had exchanged. Who we are to each other is still becoming and who we are as individuals is definitely still becoming.

To arrive and finally become and stay in that space would be so mind numbingly dull I could not even imagine such a thing. It would be a world without imagination for there would be nothing to imagine or wonder. There would be no more growth. There would be no more struggle. There would be no more mystery.

We see those who have thought they have become and arrived all the time and we see the end result of it. Spiritual people who have more answers than questions offer a limited perspective and philosophy that restricts more than it frees. Couples that think they know each other completely no longer try to woo and understand the other and their romance stagnates and dies until they are strangers living together. We see historically what happens to the social evolution of those who cannot continue becoming as they fight civil rights, women’s rights, interracial marriage, gay marriage and now they fight against the rights of those who have “non conforming” gender identities. They cannot see beyond a flat earth that has evolved over billions of years and miss the wonder and beauty of nature and each other.

The universe is too vast and humanity is too complex to ever completely become. For some who need a right answer to everything, this may be frustrating. They miss the wonder that there are no singular discoveries, just a never ending series of small ones that unravel more fascinating questions and opportunities for growth.

In my process of becoming I have hopes and dreams. I hope to be a writer and a photographer telling stories of love like a troubadour. I hope to spend the rest of my life growing old together with a sweetheart and best friend. I hope to actually make love in a hammock and see if the figure of speech is all that and a bag of chips. I hope to see my son grow and continue his process of becoming and never stagnating. In all of these hopes and dreams there is no end game. There is no plan with a destination. I want to write new questions and explore new ideas. I want to photograph things that continually move people. I want to learn ever more about my sweetheart and like the aforementioned kiss, still be blown away my new moments that we have had before. I always want the process of becoming but I do not want to become anything.

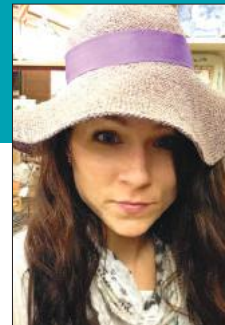


May we from birth start the process of becoming. May we never stop becoming. May we never become.

Pat Green lives in Chicago-land; he is a photographer, a writer and a proud father. You can read and view his work at www.moonlightashes.blogspot.com.

Sensitivities = Superpowers, pt. 1

Jennifer
Butler



I was born with the volume turned way up on life. My hypersensitivity made day-to-day life quite challenging. I could hear electricity and people's bones creaking, feel other people's emotions, and see things that most said weren't there.

Since my teenage years, I've maintained a love/hate relationship with some form of antidepressant. Most made me feel like a zombie. Others gave me stomachaches and caused hallucinations. Mostly, I felt nothing. I remember times when I was so numb that I would run red lights to see if I could feel anything.

To be fair, much of my numbness could be attributed to my tendency to self-medicate. After two surgeries to remove early-stage melanoma when I was 22, I found myself enjoying the regular consumption of narcotic pain pills. This, combined with anxiety medication and a few shots of vodka, was a great way to not give a shit.

I had watched movie scenes of addicts withdrawing off of heroin and the like, but I never saw myself like them. I worked full time at a job where I had to be there by 7AM. I was in school full time, happily maintaining a 4.0 GPA. I exercised regularly. I counted calories and watched what I ate. People came to me for advice. I was quick-witted. I mean, sure, I was consuming over a liter of vodka each week, drinking 10+ servings of caffeine each day, obsessing over thoughts of self-harm and suicide, and chewing on pills like Pez. But, me? An addict? No way.

Sometimes I would catch echoes of my inner voice, which resembled more of a hoarse whisper back then. The whisper would tell me to stop numbing myself. Stop drinking. Stop taking these pills. I've tried, I would tell the whisper, but without medication, I'll want to die. Without medication, life is too loud. There is something wrong with me. I need to do this in order to function like a normal person. I need to take the edge off.

I have been operating on these beliefs for over half of my life. But still, no matter how many shots of vodka I guzzled or what type of prescription cocktail I consumed, my inner voice would find a way to be heard. What if you're not broken? It would challenge me. What if this is part of your journey? What if your sensitivities are your super powers?

On April 5th, 2014, I had my last sip of alcohol. It was a big swig of Grey Goose vodka directly out of the bottle and took place at around 9:30AM. Since that sip, my life has transformed. I pushed forward through withdrawals, cravings, and the increasing volume of life as I released my numbing habits. I researched the brain and how food and alcohol affected it. I changed my diet. I increased my physical activity. I slept more. I started meditating. I thought, What would it look like if I was a healthy, happy person? And I lived that way.

The longer I went without numbing myself, the more I awakened spiritually and emotionally. I isolated for six months because of how overwhelming sober life was and how many new facets of spirituality were being presented. It was during these six months that I finally accepted the presence of a higher power. It was also during these six months that I began to learn how to utilize my sensitivities for good rather than hide from them. I studied energy, intuitive abilities, mediumship, animal communication, and became certified in Reiki, an intuitive healing modality. I opened my mind to the possibility that maybe, just maybe, I was given these sensitivities for a reason.

Throughout my journey, I healed all sorts of stuff. I shed old theories adopted and carried forward from past lives and healed traumas from this life. I transitioned into eating an organic diet of vegetables and grass-fed meats. I switched my laundry detergent and hand soaps and toiletries to all-natural products that were healthier for me and for the earth. I began feeding my brain what it needed, working through the decades of emotional trauma I'd previously suppressed. Because of how clean my lifestyle became, ingesting chemicals in the form of an anti-depressant felt counterintuitive and counterproductive. It no longer felt in alignment with my path.

On January 1st, 2015, I stated my New Years' Resolution: to get completely off of medication by the end of the year.

Jennifer's story of enlightenment, empowerment and transformation continues next month in Aquarius.

Jennifer Butler is a writer, doodler, and speaker whose primary focus is connecting and inspiring through unabashed honesty. Her first book, Imperfect, will be available in Fall 2016. She enjoys hugging trees, picking up litter, and talking to her dog, Floyd. Check out her blog at 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!!!

Community Kirtan with Mahadevi, every Wednesday evening at 7:00 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.

Saturdays, at Nirvana Yoga, Kundalini Yoga led by Narinder Kaur, 11:00am - 12:30pm.

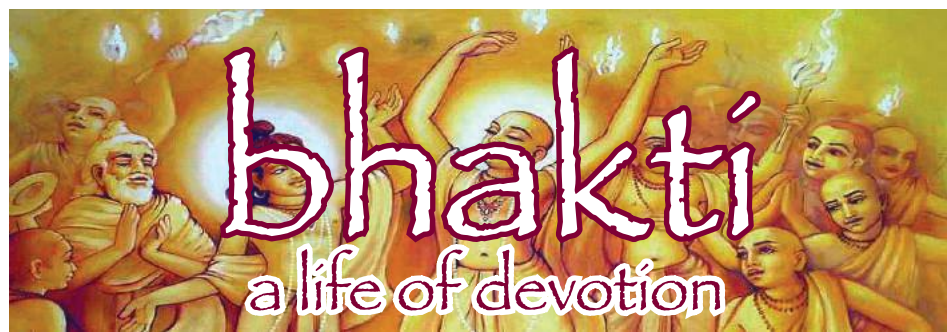
Wednesdays, Candler Park Yoga, "Healing Mantras from Buddhist Dharma" led by Ian Boccio, 7pm-9pm

June 18 - Blue Spirit Wheel, Plum Tree Yoga in Roswell, GA 7pm, performing "Planetary Alignment"



dharma talk

w/Ian Boccio



bhakti yoga



Guest Editorial: Bhavani Lorraine
Nelson

PLANETARY ALIGNMENT

In ancient India, the seers and sages were well aware that everything in the cosmos was connected by networks of subtle energies, that the fate of each human being was often determined by unseen forces that operated on a higher level of consciousness than what we can perceive with our five normal senses. One of the most powerful energy fields which affects us all the time is the vibrations that emanate from the planets in our Solar System. Through the art of Jyotisha, or Vedic Astrology, the Indians were able to predict with a considerable degree of accuracy how the planets would affect an individual, and, once these effects were known, remedies could be prescribed to smooth out any discordant, harmful influences.

According to the Jyotisha practice, there are nine astrological energies (planets) within our Solar System that are powerful enough to affect us. These include the five actual planets that are visible to the naked eye from the Earth: Mercury, Venus, Mars, Jupiter and Saturn, plus the Sun and the Earth's Moon. In addition, there are two points in space, called the North and South nodes of the Moon (Rahu and Ketu), which represent the places where the paths of the Sun and the Moon cross each other, resulting in an eclipse of one or the other, when viewed from the Earth. Vedic Astrology readings use a complex set of mathematical formulas to figure out what the pattern of planetary influences was at the time of your birth, which has a significant effect throughout your life. In particular, the Vedic Astrologer will be looking for planets that have a malefic or negative aspect, which can result in problematic circumstances of many different kinds. Where such negative aspects occur, the Astrologer will often prescribe a mantra for you to chant. The vibrational energy of the mantra interacts with the energy emanating from the planet in such a way that the malefic effects are reduced, resulting in a more harmonious and prosperous life. The reverse can also be true, if a planet is positively aspected towards you, then the vibration of a particular mantra may resonate with and amplify the effects of that planet, bringing even more goodness into your life.

This process is the foundation that underlies Blue Spirit Wheel's fourth album, Planetary Alignment. Over the course of this musical composition, mantras that connect to the energy fields of all nine planets are chanted bringing the listener in tune with the entire Solar System. The special ingredient that has been added, which makes it all work, are a series of deity mantras that are related to each one of the planets. Within the practice of Jyotisha, it is known that certain deities have the ability to manipulate the energy of particular planets, amplifying or reducing the effects of those energies as needed. The deity is known as the Planetary Ruler in this case. Shiva is the Ruler of the Sun, Shakti rules the Moon, Vishnu rules Jupiter, etc. The texts of Indian mythology, the Puranas, present stories that explain the relationship between planets and deities. For example, Hanuman is the Ruler of Saturn, and it is explained that during the epic story of the Ramayana, Hanuman discovered and freed Saturn from the demon Ravanna's dungeon on the island of Lanka. In gratitude for his freedom Saturn decreed that anyone chanting Hanuman's mantra would also be freed from Saturn's negative energy. Likewise, the South Node of the Moon, Ketu, is depicted in the mythology as a serpent or dragon who has lost his head. Ganesha, the son of Shiva and Parvati, also lost his head in an unfortunate misunderstanding, so the planet and the deity share a common feature that causes them to resonate with each other.

The combination of planet and deity mantras in the Planetary Alignment composition allows each person experiencing the vibrations to receive exactly the combination of energies that they need as an individual. The higher consciousness of the Planetary Ruler will adjust the effect of the planet, amplifying the positively aligned ones while mitigating the negatively aligned ones, allowing the listener to receive the smoothest possible flow of energy from the cosmos!



Read our review of Blue Spirit Wheel's latest opus, "Planetary Alignment" on page 2. And purchase the CD or download the album by going to bluespiritwheel.com.

The word yoga, for most of us, conjures up an image of a room full of people in intricate poses. That might be a valid picture, but it's not the whole picture. In fact, hatha yoga (the yoga of asana, or postures) is only one of the limbs of Raja Yoga, the path outlined in Patanjali's Yoga Sutras.

Raja Yoga is like a comprehensive training manual. It includes ethical standards, internal practices (such as studying scripture and cultivating contentment), postures, pranayama, and the withdrawing of the senses from the outer world to explore our internal space, culminating in the three stages of meditation: dharana (concentration); dhyana (mindfulness); and samadhi (absorption).

It is one of four paths of yoga that are each designed to bring us closer to the union that is the meaning of the word yoga—union of the individual consciousness and the universal consciousness.

Many texts teach that the practice of yoga begins with another of the paths, karma yoga, which refers to using service to others as a tool for spiritual growth. That's a path that Kripalu has focused on since its beginnings.

There is also Jnana (pronounced "gyaan") Yoga, a path of study and contemplation, of diving deep within to explore the nature of being. This is a path that was easier to pursue in times when spiritual practice was an integrated part of everyday life.

But perhaps the simplest and most accessible of the paths is Bhakti Yoga, the yoga of devotion. In the Uddhava Gita ("the song of Uddhava"), Krishna is instructing his disciple, Uddhava, just as he did Arjuna in the Bhagavad Gita ("the song of God"). Uddhava asks Krishna, "Which is the best path in man's journey to God?"

Krishna answers, "Uddhava, my child, there are many ways to attain the Supreme. Each of them leads to the knowledge of God beyond scriptures or creeds. By love, or by inward control of the mind, by faith, or by wisdom, by serving mankind—all these have been taught as the way to reach God, but the best way of all is devotional love."

Notice that Krishna mentioned all the other paths—the inward control of the mind of Raja Yoga, the wisdom of Jnana Yoga, and the service of karma yoga—and what he recommends is simple devotion to the Divine.

Bhakti Yoga is practiced in many ways, including reading or listening to scripture, kirtan (literally "praising"), or ecstatic group chanting, focusing on the Source or universal consciousness (however you understand those concepts), service, and friendship. The ultimate aim is to see and serve everyone as a manifestation of the Divine.

Keep in mind that in the Hindu tradition there is one God: the Self. You can think of the deities as anthropomorphized qualities. For example, Krishna is all about love. So if you want to bring more love and compassion into your life, you might pick Krishna as what's called your "ishta deva," your chosen deity form to be in relationship with.

Then you're ready for the most well-known practices of Bhakti Yoga: mantra meditation and Vedic ceremony. Mantra meditation is the repetition of a Sanskrit phrase invoking the energy of your chosen form of deity. It's usually practiced using prayer beads called a mala; doing mantra with a mala is called doing japa. Mantra can be done without the mala as well, which makes it a very portable practice. You can do it in the car as you drive to work, silently at the grocery store as you wait in the checkout line—anywhere.

Vedic ceremony involves creating an altar in your home where you have statues and/or pictures of deities and other beings who are dear to you, and using prayers and sacred rituals to pay homage to them.

The aim of Bhakti Yoga is loving union with the Divine as you experience it. The exact form of your practice is up to you.

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Self-Actualization...

Cassandra
Worthy



MEET YOUR COUCH BUM!

What does a self-actualized person look like? Act like? Sound like? What do they talk about? How do they feel inside? How do they enable others to feel? Were you answering those questions in your mind as I posed them? Were you comparing yourself to the answers and either confirming or denying similarity? Yeah, me too.

I like to think I'm a "self-actualized" person because...well, because it sounds good. Doesn't it? I can hear my ego now..."You don't need to actualize me!! I can actualize myyyyyyyself!" OK, so I'm having a bit of fun here, but honestly when I hear "self-actualized" I think motivated, I think driven, I think energetic, I think purposeful. I think traits I make conscious effort to embody. So how do others define it:

Self-Actualization (noun, [self-ak-choo-uh-luh-zey-shuh n, self-ak-]): the achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world.

Thanks Dictionary.com! Achievement of one's full potential. Well that sounds delightful! And certainly something many desire, right? Likely something you yourself strive for, yes? So have you attained it? Have you realized your full potential? If not quite yet, what's getting in the way? I'll speak candidly for myself: I'm still striving. And what typically gets in my way is being too comfortable and subsequently lacking motivation.

Ever feel unmotivated, lackadaisical, and generally apathetic towards doing...anything? Well, anything beyond laying on the couch? Where the internal conversation as you lay there doing nothing goes something like...

Motivated Self: Man, look at you. You should get up off the couch and go workout.

Stubborn Couch Bum: Yeah, you're probably right. But I don't wanna.

Motivated Self: But seriously...how long since the gym? Months? Maybe you could just jog around the neighborhood? Anything would help at this point.

Stubborn Couch Bum: Yeah, that sounds half-way reasonable. But I don't wanna.

Motivated Self: Well, if you're not going to work out you could at least NOT eat that ice cream in the freezer.

Stubborn Couch Bum: Yeah...but I meeeaaan...it's ice cream. Sooooo...I'm going to eat it.

Motivated Self: You should eat healthy tonight since you aren't burning many calories with a workout.

Stubborn Couch Bum: Look. I hear you. I absolutely would benefit from eating healthy. But I don't wanna.

In this example, exercising represents any action that propels you to reaching your full potential. Sound familiar? Well, that's pretty much how my evenings can go from time to time. I tell myself to make the conscious choice to get off the couch and write, create, burn calories, read, etc., but my stubborn couch bum just keeps saying 'I don't wanna'...and I ultimately listen.

So as I'm creating this article reflecting on my own journey of self-actualization I wonder why. Why does lack of motivation get in the way of consciously striving to unleash my full potential? Where does my motivation go...more importantly, where does it actually come from?

As I was writing out that little internal exchange, I realized my answer: my motivation is always here with me...dwelling inside. It's just that sometimes that couch bum drowns it out...or rather acts like a "I don't wanna" brick wall. So how do I walk over that stubborn bum to allow my motivated self to triumph?

First, let me acknowledge that chilling with the couch bum feels nice. And there are times when I happily make conscious choice to enjoy time of relaxation and contentment. But some days are different. I experience that internal conversation and I want to make conscious choices towards reaching my full potential, but that stubborn couch bum gets in the way and it all becomes this apathetic struggle.

When I'm chilling with my couch bum, I'm in this very comfortable, unconscious fog. Within the fog I find that I dwell in life's annoyances and my resultant fatigue...and it gives strength to the couch bum within.

What better way to deal with fatigue than having a bit of ice cream and watching the French Open? But the truth is, as I strengthen the bum, the more immobile I become...just drifting in the fog. My progress against self-actualization becomes stalled. I lose my conscious choice making and become unconsciously led by that couch bum. All the while, those annoyances and fatigue just feel more and more difficult to overcome.

So how do I get myself out of my unconscious drifts? By asking the Universe, God, Source, Mother Nature, Jesus, Infinity, Elvis...insert whatever words you're most comfortable using...for motivation and remembering my Divine Right. I'll share a concrete example of this process:

I was feeling especially unmotivated not too long ago. I spent a few evenings in a row coming home, eating, and numbing out in front of the television. After the third day, I explored the aforementioned process:

1. The Asking: I wrote out a prayer in my journal for motivation or a sign that I am on the right path with my life's purpose. Once written, I held conviction that it would be answered...because that's the simple nature of this fantastic God within. BELIEVE and you shall receive.

2. The Remembering: I embraced the knowing that I've laid claim to all my personal goals as my Divine Right: weight loss, spiritual expansion, creation and inspiration through words. They're there. My Divine Right. I just have to get up and go get them. That's it. Get up and get what's already mine. Remembering clicked something in my mind: Those annoyances weren't real and neither was my fatigue. They were barriers I (and my couch bum) had placed in the way.

Shortly after, Divine Energy answered. I received the following message from a facilitator of a Leadership Development course I had taken. I was honestly awestruck and humbled by these words. Words that I recognize flow directly from the Soul of the Universe, from God:

"I checked your website out yesterday. Let me just say wow! It's a beautiful and informative site that reflects you – your wonderful transparency, your awareness, and living life fully. The world is a better place with the inspiration you're providing to others by sharing yourself in this beautiful way. So glad your voice is out there – we need people like you!"

And boom! My motivated self stood up and smacked that couch bum in the back of the neck then got to work!

I share that example to stand witness to the process of co-creation working. My ultimate message is this:

Want to reach self-actualization but lack the motivation? You need not go it alone. You have the loving power of Creation within you and all around you. Ask and know. Know reaching your full potential is your Divine right. Know it with every fiber of your being and experience the Universe co-creating with you.



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 Follow @The_Happiness_Writer

STILL POINT

By Phoenix Lea



Hello Dear Reader...

Anyone up for a game of Chutes and Ladders? Allow me to jump right in here and explain that what I am talking about is our relationship with our Souls, as it lives within our energetic bodies.

Did you know you are not your body? However, your body is you. What I mean is you are Light, Divine God Source Incarnate, but your body is a reflection of a genetic code that is being delivered through your thoughts and emotions with electromagnetic currency.

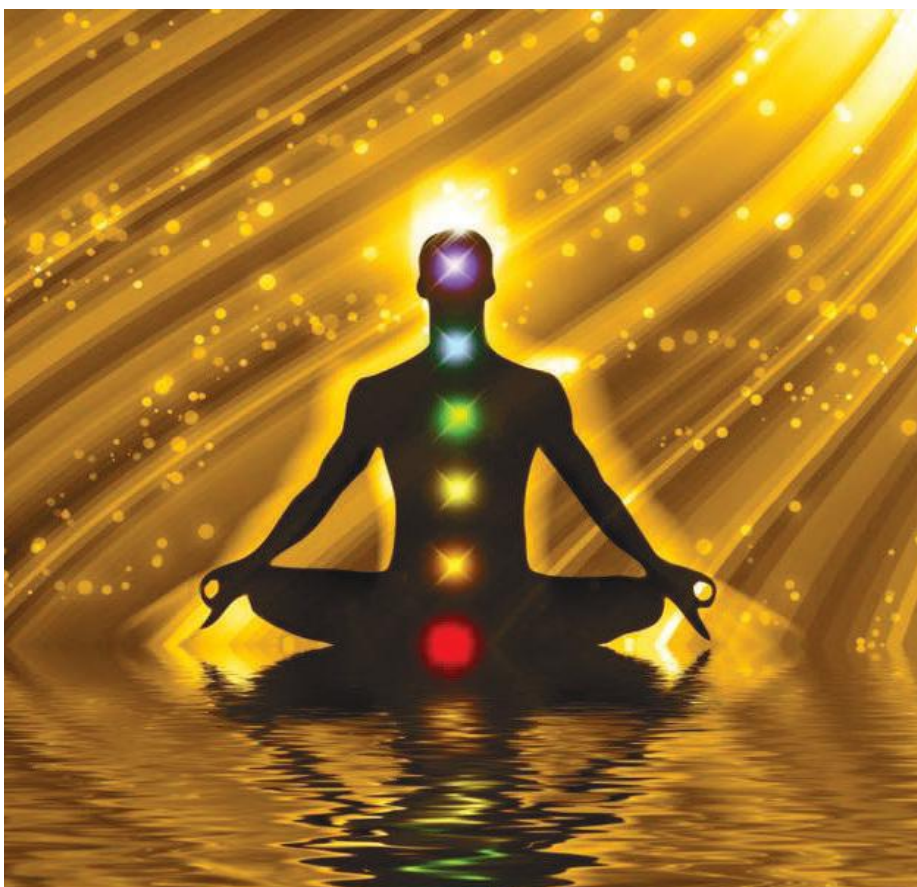
Most of us are playing at an emotional level of a child or early adolescence IF we are living within the collective, unconsciously.

Chutes and Ladders is a game of climbing upward into awakening but falling backward into unconscious behaviors such as judgement, guilt and fear. Children and adolescents say Oh well, I'm just human. Conscious adults find their Still Point and take responsibility (without judgement) for their thoughts, actions, and deeds. Our souls are collective as well. Bound energetically with other souls on our planet, we are here to come together and heal, both within our collective and our individual consciousness. This is as simple as a great remembering and as complex as the unwinding of string that has been used, abused and abandoned.

You are light and love. You are perfect. I Am in you and you are within me. And your complexities are mine! Your need to Feel your Truth is mine and your wanting to be loved beyond your behaviors is also mine. Our Still Point for June is Rest. You are not alone in your need. You are seen. You and I are intertwined by light and love. Stay conscious through these remaining shifts and let go of guilt. Hold your process and allow more information into your conscience.

The relationship you are cultivating is a brilliant legacy of golden truth. A completion of a saga played out many times over many lives. You are never just one thing. You and I are multi-dimensional beings creating a world and a planet together!! Namaste brother, sister, lover and friend!! Namaste.

I Am Phoenix Lea
A Clear and Perfect Channel



Under the Bodhi Tree

By Awilda Rivera



For many Yoga consists of going to a studio to move mindfully, taking time to just be on the mat, in the moment without judgment. For some there is no interest in intellectualizing Yoga through study of its ancient philosophies or the methods at its core. Yet for others, there can be no mindful movement without also engaging in a dedicated study of ancient Yogic philosophies. You might wonder: Can the person who simply enjoys doing yoga asana have a complete yoga practice without studying its ancient philosophical roots?

The quick answer is: Yes! Yoga does not discriminate; it is for everyone. Each person comes to Yoga looking for something different, and ultimately finds what they need. There is no right or wrong way to approach it. The truth is that the person who comes to yoga to move mindfully & simply be is experientially learning Yogic philosophy. The root of the word Yoga is Yug, it means to yoke together as one. Yoga is about creating a complete unity of mind, body & spirit that organically produces contentment.

In yoga philosophy there are ten (10) fundamental principles that help to inform one's interactions both with the world and with themselves. Contentment is one of the principles that relates to how you interact with yourself. Contentment is categorized by one's ability to be present in the moment without judgment of yourself or others, while detached from past or future outcomes.

People find contentment through their yoga practice in many ways. Some people find contentment in just being on the mat doing yoga, others find contentment through the combination of movement and deeper study of Self through the lens of Yoga. Ultimately regardless of the category you are in, both groups can produce individual who find contentment easier to attain off of the mat because of the contentment they have cultivated on the mat.

When I first began practicing Yoga I was contented to simply be on my mat breathing, present in the moment. However, I was unable to hold onto that contentment once outside the studio. As soon as I got into the hallway or into my car all my responsibilities and cares would resurface, rushing to the forefront of my mind. I would allow myself to be overwhelmed with frustration, until I decided that if I allowed myself to be ok with being able to reach a state of calm during the class, then I could be content.

After almost a year, I wanted to understand more of the why of Yoga so I decided to read BKS Iyengar's "Tree of Yoga". As I read, I started to feel more energetically connected to the physical movements and the moments of solace I was finding on the mat during class. As I read, the internal desire to take the contentment I found on the mat into the world began to grow. I realized I didn't have to limit my contentment to confines of a studio or moment during class, I could be contentment whenever I wanted for whatever reason I wanted. I began to proactively apply the same ideas of balance, breath, and contentment to everyday situations that would have otherwise lead to anxiety or anger. Initially it was extremely challenging to breathe through a moment of anger, hold my perspective in a positive space and take action from a place of calm compassion. However, after a lot of practice it has become easier, while I am not perfect I am able to more easily identify: why I am, when I became, and how long I feel like remaining upset or anxious.

Accidentally cultivating contentment through Yoga has only had a beneficial effect on my life. Becoming aware of cultivating contentment has resulted in the realization that contentment begins within me. Contentment directly relates to your perspective, it does not require that you be complacent or simply accept life passively but it demands an awareness of self and individual choice. Therefore, whether you study the philosophy or simply like to show up to move mindfully, as long as you are allowing yourself to be present in the moment without judgment of yourself or others, while detached from past or future outcomes, then you will experience a complete yoga practice. Not sure what the end goal of all this contentment is? Pantajali educates us that "[f]rom Contentment one gains Supreme Happiness." Not sure you believe him? Take a crack at it over the next month and see if your happiness quotient increases.

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

horoscope

Gemini

May 21-June 21

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♊ Gemini - May 21-June 21

Happy Birthday Gemini! The Sun is bright in your sign this month and has an extra dose of charm and magnetism from Venus as well. You will definitely want to be social with your friends and may even make some new ones. Be aware that there is some pressure to get real work done in your relationships and you'll gain deeper emotional rewards if you're willing to confront difficult feelings or issues with your partner. Creative energies are on their way into your life, so be open to self-expression.

♋ Cancer - June 22-July 21

This is a sensitive, spiritual month for the crab and you should aim to make your home extra gentle and comforting now. A recurring health issue could pop up again, so be nurturing to your body and get any treatments or therapies you need. Overall, this is a phase of greater introversion and a retreat from the outside world as you seek to review and clear anything negative that has taken place over the last 10-12 months. Meditate, pray and get as much sleep as you can!

♌ Leo - July 23-August 22

Your higher consciousness and wide-reaching ideals are activated this month and you won't be content to sit on the sidelines. Get out there and be with your circle of friends or big groups of people so you can pick up on the vibrations of the public interest. Be aware that pushing your opinions or agenda too hard could result in arguments or hurt feelings right now. Aim to see both sides of an issue before coming on too strong. This is especially true on the job where you'll feel more independent and want to rebel against authority.

♍ Virgo - August 23-Sept. 22

Despite pressures or deadlines at work, you will still manage to get everything done to satisfaction and come out at the top of your game. Push and pull exists between work and home life and you'll need to make time for each, as letting either one drop can result in a negative outcome. Communications are solid for you and if you express yourself thoughtfully and honestly, this will go a long way to mend fences and reinforce emotional connections.

♎ Libra - Sept. 23-Oct. 22

A sense of adventure seizes you this month and you will feel the itch to travel and explore. Don't be surprised if practical matters compete and challenge you to stay put when you really want to break free. If you aim to travel on a budget you should do fine. Your spiritual life has a good chance of gaining in stability and giving you more emotional resources to cope with any difficulties in your life. Developing a routine for daily spiritual practice is favored now.

♏ Scorpio - Oct. 23-Nov. 22

Mars moving Retrograde through your sign this month will push you to re-discover yourself and how you shape your identity and personal drive. You will be asking many questions of the Universe on what you can do to have greater fulfillment and understanding of your life's purpose. Don't isolate yourself now, communicate with friends, family, loved ones and counselors to help get a better perspective. Finances are strong, but you'll feel that

the only way to get ahead is by old-fashioned steady work.

♐ Sagittarius - Nov. 23-Dec. 21

Your energy this month is under some pressure and you may need to take frequent breaks to rest and re-energize. Communication is strong and you'll be focused on how you can organize your life in relation to work and money. If you've needed to balance your finances and get more in synch with your partners and loved ones, this is the perfect time. Take good care of your neck and throat with a relaxing massage or soothing soups and herbal tea.

♑ Capricorn - Dec. 22-Jan. 19

A focus on physical health and routines suits you well this month. This is a good time for a cleanse or other type of purification to help your body be at its best. Sharing ideas with friends about how to live a healthier life is favored and can help motivate you to go further in implementing a new exercise program or holistic work. Your creative inspiration is fiery and powerful. Start assembling your artistic ideas now so you'll be ready to take action in the near future.

♒ Aquarius - Jan. 20-Feb. 18

Although you generally want to be in large crowds where the action is happening, this month it's possible you'll desire a break and the comforts of home. Some relaxation can prove extremely beneficial and some of your best inspirations and breakthroughs are more possible in a peaceful environment. 'A relaxed mind is a creative mind' is a good mantra for you now. Rest, regroup and record your plans and goals for creating a better world - you'll be ready to take action soon.

♓ Pisces - Feb. 19-March 20

The frenetic energy of Pisces is often at odds with your sensitive, dreamy nature. During this month it's wise to take your greatest comfort in your close friends and loved ones. If you find yourself at odds with someone you care about, be patient and reassuring. Your mind is focused on creating stability and removing old obstacles to your personal growth. Don't give up cultivating contentment as each day brings you closer to harmony and peace.

♈ Aries - March 21-April 19

You are still experiencing a holding pattern, as Mars continues its Retrograde motion this month. Take it easy and don't push the river, as the energy of your ruling planet isn't immediately available to your projects. You will be in review about money and resources, so it's a positive time to balance finance and make sure those elements are solid. Areas of healing your psyche and mental health are also favored if you are doing work towards that goal.

♉ Taurus - April 20-May 20

Communication is a key focus for you this month and you will feel more driven to say what is on your mind, even if it means causing an argument! This can be healthy if you've been repressing your thoughts for the sake of keeping an uneasy peace. You may also feel the pressure to balance your own finances as well as those of a friend or partner. Try to put off any major joint decisions until next month, when Mars energy will be straight ahead.

Welcome fellow Stargazers!

Welcome fellow Stargazers!

The month of June unfolds with the Sun traveling in talkative and entertaining Gemini. The sign of the Twins is known for their 'gift of the gab' and rule the elements of communication, mental functions and the intellect. Their famous duality creates an individual that can change gears at lightning speed to the point of seeming to have two or more personalities. Gemini gets bored quickly and believes variety is the spice of life! For signs who need more stability or consistency, Gemini can be endlessly frustrating. However, if you are in need of a friend who can lighten the mood and get you out of the house, they can be a wonderful partner to have.

Gemini can often embody a 'Trickster' type spirit who is ready to play games or pranks, often with the goal of making you laugh or breaking up the routine. Their changeable nature means they can fully believe in something one moment, but drop the whole idea if new information or something more interesting comes along. They don't mean to be insensitive, as they are here to experience life moment-to-moment and not get stuck going around the same hamster wheel forever. Gemini natives make amazing actors and writers, as they can bring their gifts of eloquence and adaptability to these fields.

Notable planetary shifts this month include Neptune (ruler of Pisces) moving Retrograde on Monday 13th for a 5-month stay. During this time we put our idealistic hopes and dreams into review and make sure they are practical as well as inspiring. It's also a good period to reflect on your spiritual goals and how you would like to grow creatively.

Mars, our planet of drive and raw energy finally moves Direct after over 2 months of Retrograde movement. If you've felt lethargic or lacking in motivation, this will certainly help start the engines back up! Projects that weren't going anywhere will increase in activity and you'll feel able to handle challenges more easily. Aries, Scorpio and Sagittarius will be especially impacted by the Martian shift.

Our Full Moon of the month occurs on Summer Solstice, Monday 18th at 7:02am in the sign of Capricorn. The Moon in Capricorn is serious, ambitious and suffers from a touch of melancholy. It's a time when you may reflect on big goals (mostly relating to career) and what you want to accomplish. Avoid judging yourself too harshly, because this Moon can also bring to light any feelings of inadequacy you harbor. Release any negative images you may have and commit to seeing yourself in the strong role of a resilient survivor who can climb the next mountain!

Have a wonderful June and be well.

AQ

ONE WITH THE DIVINE

Ronald Reagan, Hillary Clinton and The Art of Astrology



As we discussed in last month's Aquarius, the Nodes to the Moon – their sign, house placement and aspects to the rest of the natal chart - are wildly useful tools for understanding our path to enlightenment, oneness with the divine and how to access our highest form of self-expression. To review, the Nodes indicate our soul level lessons and are derived from the prenatal eclipses just prior to birth. Look for the South Node, which looks like a chalice, to indicate past life gifts or still unlearned lessons. It can function like universal super glue holding us to a repeating cycle or a particular relationship or task until we "get it" and make the break-through. The North Node, which looks like a headphone, indicates how we can most effectively manifest our highest potential, gifts and talents, and all dimensions of our true selfness, as described and promised by our natal chart. The North Node, sometimes called the "Captain of the Chart," implies that if we utilize the lessons buried in the meaning of the North Node, we will most effectively connect with our inner divinity and our capacity to fulfill our purpose most beautifully.

This is one example of why I find astrology invaluable for understanding our overarching life lessons and how to manifest and develop the divine within. Last month we introduced the Nodes of the Moon and how their sign and house placement provide clues to our best approach to life and how to obtain the most optimal of all possible outcomes. The Nodes play a key role also in describing our destiny and mission and whether this will be a difficult row to tow or a well-supported and relatively smooth and easy road.

For example, former President Ronald Reagan had Jupiter, the planet of ease, well-being, likeability, protection and success, on his South Node in the 10th house which gives it a very high profile quality exhibiting CEO potential and strong leadership. In the book: What Does Joan Say? we learn that as president he rarely made a move without consulting astrologer Joan Quigley (Astrology can be ruled by Jupiter). Additionally, he was one of the most popular departing presidents, together with Bill Clinton and Franklin D. Roosevelt (Jupiter rules popularity and charisma). He was also known as "the Teflon President," meaning that nothing negative ever seemed to stick to him or with him. He was also well known prior

to his ascent into politics as a TV and film actor (a Jupiterian profession), and throughout his life for his affability, jovial good humor and bonhomie (all Jupiterian traits). He left a legacy of sweeping new initiatives that included his supply-side economic "Reaganomics" (prosperity, finance and reforms are also trademarks of Jupiter), and his effective efforts in foreign affairs, notably in helping end the Cold War with Russia (Jupiter rules other cultures and agreements).

To contrast this, look at the chart of presidential hopeful Hillary Clinton and her nodal axis. Her South Node conjoins Mercury in the 12th house of secrets, undoing and self-sabotage that squares Saturn exactly in the 10th. This means that what she says and conveys through communication while eloquent and brilliant has the capacity to bring her down by those in authority or at least may threaten to do so. If you'd like to learn more about your Nodes, and their sign and placement without charge, feel free to email me at Cathyb108@aol.com. Next month we will delve into how the planetary contacts to your Nodes inform the specifics of your own path: is it difficult or easy? Do you find your purpose through work, relationships, trauma, self development, service to others or elsewhere? Is your path supported or must you go it alone? Do you unlock your understanding of your life lessons through hardship, obstacles, spiritual practice, mentors or through your own personal realizations? These are the kind of nuances and shadings we will touch on and illustrate. The Nodes are invaluable for shedding light on our ways and means to both become one with the divine and tapping into our inherent divinity.

For more on the Nodes, check out two excellent books: Spiritual Astrology: A Path to Divine Awakening by Jan Spiller and Karen McCoy, Karmic Astrology: The Moon's Nodes and Reincarnation by Martin Schulman, or simply Google Nodes of the Moon to get jump started. I am available for mini or in-depth astrology readings and teach all levels of astrology, psychic development, tarot and more.

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AQ moon calendar

June 2016

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

	sun	mon	tues	weds	thurs	fri	sat
♈ ARIES				1 Moon Void 11:42am 10:46pm	2	3 Moon Void 7:02pm 11:01pm	4
♉ TAURUS				High energy morning shifts into slow simmering afternoon of optimistic reflection.	Taurus Moon in harmony with Jupiter creates a good time for enjoyment of simple pleasures.	Steady as-she-goes for Friday with mental activity ramping up late in the evening.	Gemini Sun and Moon initiates friendly adventures with jokes and conversation.
♊ GEMINI							
♋ CANCER							
♌ LEO							
♍ VIRGO							
♎ LIBRA							
♏ SCORPIO							
♐ SAG							
♑ CAPRICORN							
♒ AQUARIUS							
♓ PISCES							
☀ SUN							
☾ MOON							
☿ MERCURY							
♀ VENUS							
♂ MARS							
♃ JUPITER							
♄ SATURN							
♅ URANUS							
♆ NEPTUNE							
♇ PLUTO							
5 Moon Void 12:47pm 11:41pm	6 A relaxed Sunday with opportunities for inspired new ideas and revelations. NEW MOON	7 A compassionate and nurturing feeling is in the air - be there for your loved ones.	8 High energy and power struggles could exist on the job today, relax in the PM. Moon Void 8:18pm	9 Moon in Leo creates awarm-hearted love and social fun. 2:47am	10 Moon in harmony with Sun and Venus opens the door of friendship.	11 The Mind wants to play and the Heart wants to work - compromise is needed. Moon Void 3:14am 9:46am	12 Virgo Moon for Saturday makes us whistle while we work.
13 Moon Void 10:47am 8:33pm	14 Slow energy in the day time makes way for a social Libra moon in the PM. FIRST QUARTER	15 Neptune retrograde has us re-thinking dreams and spiritual goals.	16 A harmonious day to bring all your loved ones together for some fun.	17 Moon's movement into Scorpio has us working out our inner dialogue. Moon Void 3:00am 9:18am	18 A powerful and positive day for therapy and healing emotions.	19 Venus in Cancer pulls us close to home and creates nostalgic feelings. Moon Void 9:52am 9:34pm	20 Sagittarius Moon conjoins Saturn for a day of meaningful adventures.
21 Moon Void 7:02am 7:55am	22 Moon in Harmony with Uranus has us celebrating Father's Day in unconventional style.	23 Capricorn Full Moon and Cancer Sun brings us back to our roots and family traditions. FULL MOON	24 Moon joins with Jupiter and Pluto for a day of passionate work.	25 Wrap up work early then enjoy something unique and creative. Moon Void 4:57am 4:08pm	26 Today's Aquarius Moon inspires independent action and liberated thinking.	27 Electric imagination is in the air. Don't take plans too seriously tonight. Moon Void 11:48am 10:30pm	28 Poetic love and kindness around today, be sweet to your favorite people.
29 Moon Void 3:55pm 3:08am	30 A dreamy Pisces Moon creates a stay at home and snuggle up feeling.	31 The Moon in Aries wakes us up early and gets us back to work. LAST QUARTER	1 A better day for work than play, focus on wrapping up projects.	2 Mars Direct starts up our engines and gets us moving forward again. Moon Void 3:46am 6:03am	3 A positive day of action with the Taurus Moon to give stability and comfort. Moon Void 8:19pm 7/1 7:44am		

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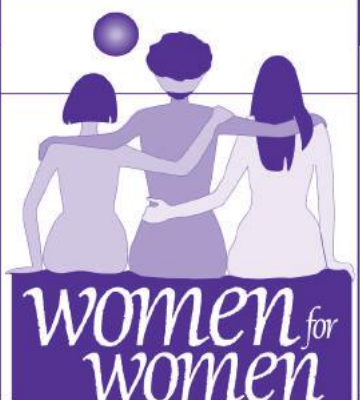
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Strawberry Season!

Every fruit and vegetable has a prime time of the year when it is at its very best with extra flavor and juiciness and June is an optimum month for the strawberry.

Strawberries are probably the most popular of all the berries. There are approximately seventy-five varieties of wild strawberries found in the United States alone and all of them are edible. The commercial fruits we know today are the result of an 1835 cross between one of the small, wild strawberries native to Europe and North America and a walnut-sized strawberry of Chile. Although the cross-produced a berry of good size and flavor, wild strawberries have a flavor that is unequalled by any commercial berry.

The strawberry is an unusual fruit in that its seeds are embedded in its surface rather than protected within. The sweetest and most nutritious strawberries are those that have been sun-ripened on the plant due to the fact that the amount of vitamin C increases the longer the berries remain unpicked in the sun.

The early Greeks had a taboo against eating any red foods, including wild strawberries, and this added mystery to the fruit, leading many to believe that it possessed great powers. Strawberries are often associated with fairy folk, and in Bavaria, a basket of the fruit is sometimes tied between a cow's horns to please the elves so that they bless the cow with abundant milk. During the Middle Ages, pregnant women avoided the berries because they believed their children would be born with ugly red birthmarks if they ate them. In art and literature the strawberry is usually a symbol of sensuality and earthly desire.

Strawberries are highly rated as a skin-cleansing food, even though skin eruptions may increase at first as they rid the blood of harmful toxins. Hives or other allergic reactions to the berries are most likely due to eating them in their unripe state or when they have not been fully vine-ripened.

Strawberries are essential for cardiac health and offer good nutritional energy that is easy to digest and process. All berries, but especially strawberries, are good sources of the anti-cancer compound ellagic acid. They are among the highest organic sodium fruits and are good for the intestinal tract. However, the seeds can be irritating if a person has colitis or inflammation of the bowel. Their considerable vitamin properties are mostly lost during cooking so although strawberry jelly, jams and preserves may taste good, they have only a fraction of their original natural vitamins. The addition of sugar renders them acidic and detrimental to the body so it's best to consume them raw, fresh and ripe, with nothing added.

When purchasing strawberries look for unblemished fruit with a deep red color and a soft, delightful fragrance. Avoid those with green or white tips as well as overly large varieties, since they have not had enough sun to ripen thoroughly and develop their full sweetness.

Strawberries are delicious in a variety of raw recipes which are quick and easy to prepare and absolutely delicious.

Strawberry Banana Parfait

2 pints fresh strawberries
6 medjool dates
3 very ripe bananas

Pit the dates. Put 1 ripe banana in the Vita-Mix blender with 3 pitted dates and add a little water. Blend into a cream. Take out of the Vita-Mix and set aside. Put 1 pint of fresh strawberries, 3 dates and a little water in the Vita-Mix. Blend into a cream. Take out of the Vita-Mix and set aside. Cut up 2 bananas into slices. Cut up 1 pint strawberries into slices. Put a layer of banana cream, top with sliced bananas, top with strawberry cream and top all that with strawberry slices.

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

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As one of the only outdoor, site specific theatre companies in the country, Atlanta's completely magical Serenbe Playhouse (www.serenbeplayhouse.com) is both the brain child and realization of the wildly creative and imaginative vision of artistic director **Brian Clowdus**. On a lark, Clowdus visited the New Urban Village of Serenbe, a semi-rural community located in the city limits of the Chattahoochee Hills of Fulton County in the rolling hills on the edge of metro Atlanta area, not far from the airport, one July 4th, more than seven years ago.



Following his visit he was inspired to write an email requesting permission to launch a theatre company - a company that, as it turns out, would be conceived as one of "the most intrepid and fearless of theatre companies, one that would produce its reinvented productions in the never ending expanse of the great outdoors." The answer was a resounding Yes! Ask and ye shall receive - and the rest, as the saying goes - was, and is still - history and history in the making!

Next up on their ambitious and whimsical docket is "Charlotte's Web" directed by **Artistic Associate and Media Rep Ryan Oliveti**. This production will be for all ages and is a new take on E.B. White's unforgettable tale of an articulate and compassionate spider and an adorable pig who wants nothing better than to simply survive. The show will be staged, appropriately enough, in the heart of Serenbe's live Animal Village running May 27 through July 31; following this will be the James Steinbeck heartbreaker "Of Mice and Men," June 9 through June 26; then the powerful musical "Miss Saigon" July 21 through August 7. Expect the unexpected with Serenbe Playhouse. Spoiler Alert: For "Miss Saigon," a love story based on Puccini's "Madame Butterfly" set during the Vietnam War, an actual WW II helicopter will land nightly. The Season of Surrender will culminate with their annual fall thriller "The Sleepy Hollow Experience" September 29 - November 6. Purchase tickets fast for this one as it has sold out for the past three seasons and American Theatre Magazine has called it one of the top 5 Halloween plays in the country. Winter at Serenbe will be celebrated and made complete with "snowfall" in "The Snow Queen," the Hans Christian Anderson's tale that was the original "Frozen," December 1 through 23.



Since its inception seven years ago, Serenbe Playhouse has presented in a vast array of bucolic settings, visually stunning productions that both revel in and capitalize on the natural surroundings and seasonal themes. Such much loved productions newly envisioned as "The Secret Garden," "A Streetcar Named Desire," "The Wonderful Wizard of Oz," and "Oklahoma" have drawn their audiences literally into the woods - in droves.

Their newest venture will be their "Black Box" series of intimate indoor installations staged in alternative interiors. Their current show "Buyers & Cellar," for example, is being staged in the Mitchell Gold + Bob Williams furniture gallery on Peachtree Road. As we scan their web site our theatrical curiosity just gets more and more wetted with each gorgeous image of past shows. Each season has a theme. For example the last season was the Season of Transformation; before that Journeys. I just want to sign right up - retroactively! How could I and we be missing all these fantabulous confabulations? It just gets better and better as the Playhouse is also hosting a New Territories Playwright Residency with three playwrights in residence annually that help create the outdoor, site-specific plays in conjunction with AIR Serenbe.

Oliveti explains "Every show is a full immersive experience ...and because the shows are never in the same spot, we always send patrons an email with details and make sure to always have signs pointing them to the magic!"

For the Serenbe team, their critically lauded production of the 70's iconic rock musical "Hair" in Season 4 was a turning point, attracting a dramatically increased fan base and catapulting the company to new levels of achievement and recognition. In an article by reporter Paul Milliken on the Fox 5 Atlanta site, he calls the company "one of the innovative and acclaimed companies in the

country. They have been endorsed by such impressive funding sources as the NEA, Fulton County, Georgia Council for the Arts and many others and awarded a coveted 2015 National Theatre Company grant as well. The Playhouse has taken the local, regional, and even, national theatre world by both surprise and storm with fresh reinventions of "The Man of LaMancha," "Evita," and recently, "Carousel," and many other highly original recreations of classics, musicals and beautifully crafted literary adaptations with this summer being their biggest yet.

Season 7 is taglined "It takes COURAGE to follow your DESTINY." Artistic Director Brian Clowdus, Managing Director Gretchen Butler, and the dedicated, talented and passionate team at Serenbe Playhouse should know! Watch for Season 8....its the announcement is coming in the next few months.

Here Ryan Oliveti takes time out of "Charlotte's Web" rehearsals to tell us more:

Tell us about your background and why and how you connected to Serenbe Playhouse?

I moved to Atlanta fresh out of college with a degree in theatre almost 5 years ago for an internship with Actor's Express. Towards the end of that internship year, I was connected with Brian Clowdus to assist him on the very first year of "The Sleepy Hollow Experience." The partnership worked well and before I knew it I was on staff and have yet to turn back! I get to play and make art in the woods ... what could be cooler than that?!?

What can we look forward to with your production of Charlotte's Web?

Well, for starters, we have picked a stunning location for our production - The Animal Village at Serenbe! The audience will be surrounded by real live pigs, goats, bunnies, and chickens! We are also adding in a real musical element to the show! Giving is a true bluegrass feel for the whole family to fall in love with!

Tell us about your latest plans for indoors installations and alternative venues for your shows?

We are so excited to announce our brand new series - Intimate Indoors! Staying true to our site specific nature, we are taking to Atlanta for two exciting productions - "Buyer & Cellar" at Mitchell Gold + Bob Williams and "Art" at Atlanta Contemporary. It is the Playhouse version of a black box series, and we could not be more excited!

What are you most proud and excited about regarding the Serenbe Playhouse?

I feel so honored to get to work for a company that tears down walls (literally) to create an immersive theatre experience! We love to say that your time with us starts from the second you get out of your car and won't end until you get back in. I am able to create worlds like no other - and I just LOVE that!



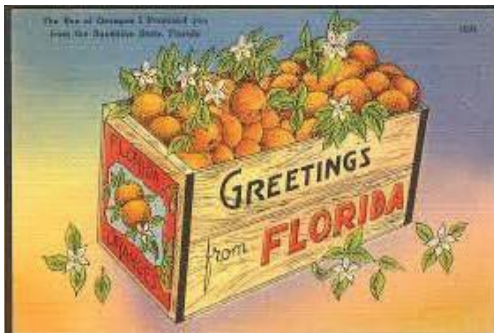
For tickets, call the Box Office at 770-463-1110 or visit the web site: <http://www.serenbeplayhouse.com/shows-events/current-season> or all forms of social media including Facebook, Twitter, Instagram, Pinterest and Snapchat. Parking varies for each production, and you will receive detailed instructions prior to each production via email. Serenbe can be reached at 10950 Hutchesons Ferry Road, Chattahoochee Hills, GA 30268 and is approximately 40 minutes from downtown Atlanta from I 85 S. Once there, follow the green Firefly signs down the rabbit hole to the mysterious, mystical and magical world of the Serenbe Playhouse.

Cathy H. Burroughs has covered the theater in the SE for a variety of publications including Backstage, The Aquarius Magazine, Atlanta Intown, ECreative, BOLD Favor Magazine and others. Her articles have also appeared in www.journeypod.com, Points Norths Magazine, The Story Newspapers, Oracle 20/20, and her work has been requested by The Washington Post, People Magazine and run in The Washington Times, The Baltimore Sun, Baltimore Magazine, TheatreWeek, People Magazine, High Performance, Dance Magazine and others. You may have seen her on AIB TV, Q-100's The Bert or Kimmie Shows and she has several television projects in the works. Her entertainment company Psychic Solutions Entertainment books out of the box entertainment for corporate and private events. Check her out at www.psychicsolutions.tv or reach her by email: Cathyb108@aol.com or cell/text: (404) 543-1080.

AQtravel

w/Cathy H. Burroughs

Last summer and early fall we crossed the line into the Sunshine State for a nearly three week road trip and were immediately were bombarded with the aroma of citrus from the voluptuous stacks of oranges at the roadside stands. Florida was not what we had expected. With its impossibly long coastline, second only to Alaska in the U.S., and less than 8 miles between any beach at a time, Florida was originally named Pascua Florida by explorer Ponce de Leon after "Feast of the Flowers." The lovely state in many unanticipated ways undulates around its two distinct coasts



and its startlingly different towns, beaches, islands, cities and spas each with its own history, attractions and quirky, appealing and surprising personalities. Florida is a state as varied and different from town to town, and coast to coast as perhaps the continent of Europe – if Europe were flat and tropical, and only a relatively short car ride away.

Splitting our time between the two coasts, we set out in search of Old Florida. Our first set of destinations faced the east coast and its brooding Atlantic and included the standing still in time extraordinary Amelia Island. On the island we stayed at the elegant and idyllic New England style beach front Elizabeth Point Lodge (www.elizabethpointelodge.com). The impeccable inn is right out of a painting and right on the beach with an exceptional oceanfront hot buffet breakfast and many extras. Next was Jax Beach's oceanfront Casa Marina Hotel (www.casamarinahotel.com), seemingly transported directly from the Roaring '20's (more below). Then a short ride further south would take us to America's oldest city St. Augustine and its beautiful prize-winning waterfront Bayfront Marin House Inn (www.bayfrontmarinhouse.com) with multi-course homemade and custom breakfast, alfresco or in, in the most paradisiac location in town; not surprisingly it is rated #1 historic downtown St. Augustine hotel by Trip Advisor.

Our itinerary threw a curve at this juncture as we turned right up the southwest coast along the gentle gulf. There we planned a visit to the lesser known and very private and pristine Boca Grande on Gasparilla Island where the Bush Family retreats and its enchanted Gasparilla Inn & Club is aptly dubbed "as Florida was meant to be" (www.gasparillainn.com). There we would stay in one of their tempting picture perfect cottages. Next stop would be the town of Safety Harbor located on Tampa Bay's coast with its one of a kind rococo and ornate Safety Harbor Resort (www.safetyharborspa.com) inviting us into its famously healing waters, pools and spa from another era, and scrumptious

restaurant (Amazing Greek food and more with mouthwatering spanikopita). From there we would head further back into the eye of the 20's to St. Pete Beach's iconic "Pink Lady," the towering actually pink Moroccan edifice and phenomenal beachfront Loews Don CeSar with exalted pool complex (www.loewshotels.com). In town we found St. Petersburg's chicly beguiling boutique hotel The Birchwood (www.thebirchwood.com) with rooftop terrace.

Our trip would culminate at the uppermost tip of the Gulf Coast at the Panhandle's laid back and unspoiled Grayton Beach, the last stop in a cluster of flawless beach cities along 30 A. There we would hang our sun hats at the well kept secret, the family-owned Hibiscus Inn + Coffee House. Do not miss this charming haunt suited for honeymooners, families, couples and more with themed rooms and cabanas, many with kitchens, some with whirlpool baths, sophisticated condo apartments, lovely gardens for weddings and an annual writers festival. Their homemade breakfast is renowned. The owners have rewritten the book on rustic charm, comfort and quintessential Old Florida with the best one-of-a-kind vintage collection we've seen. Our final stay did not break the spell but definitely catapulted us into present day Florida with one of the region's most spectacular high rise resort communities on 2400 acres with 1250 rentals of villas, homes and penthouses in the completely contained premier everything Sandestin Golf and Beach Resort (www.sandestin.com). With the most amazing views from our nearly top floor luxury condo in Westwinds, boating, stand up Yolo paddle boards, multiple fine dining and breakfast options (the Marin Grill for outstanding sea food and white table cloth service, Broken Egg for breakfast, The Beach House for beachside oceanfront drinks, hors d'oeuvres and more and the new Baytowne Melt for gourmet grilled cheese – a novel and very appealing notion. In the Village of Baytowne Wharf there are restaurants abounding as well as shopping, art shows, kids and family events, outdoor concert and wine tasting festivals, golfing and the most perfect sugar white Miramar Beach between the Gulf of Mexico and the Chotawatchee Bay. For our bittersweet final beach day, we fearlessly submerged into the Gulf's translucent and soothing warm emerald green waters.

For more on Posh Postcards from the Road: In Search of Old Florida, watch both The Aquarius web site (www.aquarius-atlanta.com) and upcoming issues of AQ. This is an awesome road trip to plan for this summer!

AQ Month-Ahead Tarot Spread



6 OF COINS: Practicing generosity and having compassion for others are positive actions we can take that will help us feel better in these discordant times. There is a balance of giving and receiving that is important and becomes more so now. We are not only talking about monetary or material gifts, but also the feelings associated with giving of ourselves—whether it is a random act of kindness, giving someone a sincere compliment, or just saying hello to someone who passes by. Also, the idea of balance is embodied in this card—is your life balanced in a healthy way? Are you drawing on both your masculine and feminine sides? Are you using both your left and right brain hemispheres so you come to decisions that are right for you? Are you staying in a positive frame of mind and being grateful for the good things in the world, rather than focusing on what is wrong and how bad things seem to be? You have the power to get yourself balanced, and the rewards can be amazing.

THE LOVERS: This card can represent not only love, friendship, relationships, or a partnership, but also choice, discernment, and (once again) balance. The energy and changes in the air now are requiring many of us to make choices about a variety of things—deciding if we are truly happy and if not, what to do about it; realizing that dissatisfaction is a good thing because it makes us move out of the status quo; and understanding that the decisions we are making can be life-transforming. That is why use of discernment and careful consideration are key. The idea of self-love is also important, because many of us have been brought up to see this as being selfish. We can alter our feelings about ourselves for the better simply by looking in the mirror and saying to ourselves "I love you" every single day or doing something just for ourselves. Lack of self-love appears to be prevalent in our society, but asking yourself if you practice self-love can bring awareness to this part of your life.

QUEEN OF SWORDS: Some qualities this Queen possesses are being straightforward, independent, fair, analytical, and perceptive; yet also compassionate, quick, and gracious. The truth is very important to her, and she can see through lies easily. The current political state of our world is fraught with lies and disinformation. Rather than getting upset and frustrated with this situation, we can learn to be more like this Queen, who sees the truth yet is able to understand and perceive what is really going on (i.e., things are being played out now that have been occurring for many, many years). She is compassionate and fair-minded, realizing that the truth cannot be hidden for long. Truth will prevail.

10 OF SWORDS: We all have times in our lives when we think that our current situation is as bad as it gets. We do eventually move through the pain, knowing that there is an end in sight. This card could be a depiction of the state of our world right now—we wonder how things can get any worse. But 10—the number of completion—tells us that a fresh start is possible. So rather than feeling miserable and struggling against what is happening, just surrender to what will be and keep sending unconditional love to all those who are responsible for the sad state of the world. Just know that things will get better—this is the Age of Aquarius after all!

TRENDS FOR THE MONTH: The themes for June are balance, generosity, self-love, making wise choices, seeing the truth, and believing that we are at the end of one cycle of challenges and are in the process of moving into a better place. Practice kindness to others and yourself, look critically at your current situation to make wise choices about your future, see the truth without getting discouraged, and have faith that things can and indeed will change. Keep a positive mindset as we all wait for this cycle to end, for a new age is dawning.

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

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



The Divinity of You

by Carina Hofmeister

Who are we in this vast universe? How do we succeed in feeling connected to the Divine Source, also called God, which is where we originated from? Those are two of the most demanding questions of our time. An increasing number of people are waking up to the notion that we are more than just meat skeletons with a heartbeat or working machines in our society.

One thing we can do to find answers to these questions is to research them. However, what is really needed is a personal experience that makes us feel our own truth, which will automatically be a universal truth at the same time. For me this experience happened late one afternoon when I sat in a little pavilion of my university's campus.

It was the first summer day we had and the last sunbeams of the day seemed to be captured at exactly the place where the little pavilion was. I also felt the need to be outside in nature in order to find myself. I had lately felt lost and somewhat homesick. However, I was not exactly sure what I was homesick for. All I knew was that it wasn't a place. I sat on the wooden floor of the pavilion and touched the center of the floor where the wooden design came together in the form of a beautiful mandala.

I imagined I felt the energy from the once existing tree the wood came from. At the same time I felt the evening sun on my face, the fresh breeze of air and all living things dancing around in it. I opened my eyes and looked at the trees and the juicy green of the grass. In this moment, I felt like I was close to grasping a feeling that was known to me as a child but that I somehow lost along the way. I remembered that this feeling was everything; a feeling of being home.

I remember thinking that it can't be a coincidence that the moments where we feel most in touch with ourselves are the moments where we are in touch with nature. And similarly, when we give love and appreciation towards another being, it is we who are also receiving. A strong sense of unity overcame me. I did not only feel a deep connection with myself and nature, my home, but to any other being as well. I realized that this was the feeling that would ease my homesickness. It was the feeling of being one with the Divine Source that is within each of us just as it in the root of every tree. A sentence a friend had told me recently came to my mind. "I decided to let go and ever since things are just happening to me." Suddenly, I understood its meaning. My friend had surrendered and I knew that this is where my answer lay.

After this experience, I started to "let go" and as the result I found things working out in my favor at all times. Suddenly, I was at the right place at the right time and nothing could go wrong. Even if it did, it didn't matter to me because I was no longer attached. I, as well, had surrendered. I had surrendered to the universal force, I had found that I Am the Divine. Thus, I had found myself and I had found God. I had realized that the Divine expresses itself through me if I let it. Instead of trying to emotionally control situations and people, I let things happen without judgment, without expectations, but only with a deep sense of trust and acceptance.

What happened was that I had allowed the Divine Source to work through me instead of resisting it any longer. I had found the truth that allowance, or surrender is the key that unlocks doors to miracles. Except that I never had to find the key because I have had it all along and also, the doors were never locked. As suddenly as I had realized and felt the impact of this universal truth, it just as quickly slipped through my fingers again. However, I am now richer in the assurance that the Divine exists as a deep-rooted part of myself without needing to search for it outside.

Now I work on something that sounds like the simplest thing without requiring any work at all, yet it is one of the most difficult lessons to master: to trust that the Divine exists within and that it will set me free once I let go of the desire to be in control.



Carina Hofmeister is a German native who decided to pursue a Journalism major in the US. She loves feeling inspired and expanding her horizons by meeting new people.

Awakening The Goddess

A Wild Woman



By Crystal Starshine

I am a wild woman,
a shamanic woman,
A healer, a feminist,
A creatrix and a lover.
I am a mother,
a wife, a business owner,
and an activist of peace.
I am!

I embody my feminine wellspring, a giver of life, my monthly blood is holy, it connects me to the element of water and to my emotions. It is through this life giving blood that we are all connected and through this blood that we are part of one whole.

My luscious curves, my body, my hands and my feet connect me to the Earth. My heart beat that matches the sacred drum beating reminds me of the connection I have to the land, to my ancestors; those who have walked this life before me.

My curly yet wild hair that gently blows in the wind, my words of love that slip from my tongue to all those that listen connect me to the Air.

My untamed dancing spirit, she who connects me to the fires that burn deep within, she who stirs the ideas that brew inside my head, weaving them through my dreams and then to my fingertips and into words and verses.

My true essence,
My spirit,
The little girl,
the wild woman,
the mother,
the queen and
The wise woman!
I rejoice in my connection to the Universe,
the Creatrix, I am her daughter.
I am a Goddess of Creation, a Goddess of the Stars, and a Goddess of the Earth.
I am a walker between the worlds,
I am beauty and grace,
Humility and confidence,
Stubborn and irresolute.
I am stubborn, yet reasonable.
I am a lover of weather, magic and the garden.
I am a wild woman,
A shamanic woman,
A healer, a feminist,
A creatrix and a lover.
I am!



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.

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AQ conscious business

w/becky arrington



Personal Power v. Ego

by Becky Arrington

Personal power is about staking your claim in the world and owning it. But how does that play when you have a proverbial boss who squashes your every idea? Or co-workers who don't seem keen on your self-proclaimed brilliancy? Not to mention if you are an entrepreneur whose customers aren't seeing your greatness? There is indeed a fine line between owning your own power and being egotistical.

All our lives we were taught not to brag, be overly confident or toot our own horn. For many this went beyond social etiquette and became something deeper, an erosion of self-worth. In my practice, worthiness is the number one issue clients come in to deal with. The root cause is usually found in childhood. The situations are varied ranging from an overly-critical parent or teacher, lack of praise from mom or dad or a specific event that rendered the child feeling unimportant and helpless. Needless to say, many of us come pre-wired into the world of work with a less than stellar self-image.

Suddenly when thrust into the shark infested waters of business we quickly realized that to get ahead, we needed to boast a bit, draw attention to ourselves, otherwise we might be relegated to the forgotten file. But where do you start and how can this NOT come off as self-serving or egotistical?

You can start by developing your character. Become a definitive individual with a set of values and qualities that make you distinctive and interesting. Ego doesn't have to be a bad thing, if you view it as your character, your presence. With a strong character, there is no need to draw attention to yourself, because your presence is recognized by others in the way you live your life.

Here are some character-building ideas:

Honesty: See how honest and open you can be. If you can be brutally honest through self-reflection, working to continually improve, changes will already be in the works to be the best you can be. Stop pretending and hiding from others who you truly are, share your authentic self openly with the world.

Courage: Continually push yourself to face your fears instead of shrinking from them. If you demonstrate forthrightness in dealing with situations, your innate leadership will start to shine through.

Exploration: Experiment. Learn by trial and error. Step into the unknown and learn by doing. Develop an ego that loves to dive in and explore new things. Exploration feeds openness and creativity.

Service: Tune your ego in the direction of serving others, the stronger your ego becomes, the more you push yourself to help people. Make service to others a part of your identity.

Acceptance: When you accept yourself as having a strong ego, you'll be more willing to accept other strong people into your life as well, instead of feeling you need to attack the strong in order to justify your own weakness.

Discipline: Develop an ego that identifies itself with good habits like regular exercise and solid productivity.

Allowing: Being open to the process and not being fixed to the outcome. Allowing things to flow without feeling like you have lost control.

Connection: Enhance your social skills so you can connect with others easily. Learn how to surround your ego with social support that helps to refine your positive character qualities while chipping away at your unwanted attributes.

Notice that since these are character qualities, they can't be taken away from you. You may lose your possessions, job, relationships, etc., but your character qualities are yours to keep. As you continue to build your character, or simply become aware of the traits you possessed all along, you will begin to feel better about yourself and eventually even love yourself!

Loving yourself is not being egotistical, it is simply taking an assessment of your character and realizing all the positive qualities you possess and owning them. When we make strides to heal the wounded child within, self-nurture and make the child feel worthy, self-love is a natural next step. If you are unclear how to begin the healing process, please contact me: becky@arringtonassoc.com or another professional who can assist with core wound/inner child issues. As crazy as it seems, even those who are at the top of corporations may not have healed those inner issues.

By developing a good character and loving yourself, you can present a positive, strong, confident self-image without being boisterous or narcissistic. And when you live each day with good character, continually demonstrating to others your core values, you will begin to own your own power and begin to stand tall in declaring your authentic self.

Becky Arrington is a Success Strategist and Clinical Hypnotherapist. Her highly developed intuitive and visionary insight as a psychic channel enables her to help people look deeper to see the blockages at work within their business or personal lives. As a Clinical Hypnotherapist, the alchemical techniques she uses, allows clients to clear massive amounts of blocks either from childhood, prior experiences or past lives in a very short period of time and the results are sustainable.
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Atlanta Center of Self-Realization Fellowship
- 4000 King Springs Rd., Smyrna. Meditation Service 10 a.m. Reading Service 11 a.m. Sundays. 24-hr. info. 770-434-7200.

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

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

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

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.

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

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.

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

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

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

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

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

Unity Spiritual Center - Sunday Services 11:00 a.m. Classes Wed. 7:00 p.m. 3415 Stancil Rd., Gainsville, 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.

SUNDAY EVENINGS

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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. Visit: www.drepung.org.

WEDNESDAY

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

WEDNESDAY

SOUL HEALING MIRACLES CLASSES - Looking for clarity for your life path? - every Wednesday 7 pm-8:30 pm -Trinity Center for Spiritual Living - 1095 Zonolite Rd Atlanta 30306 www.soulpoweratlanta.com 678-630-8661

WEDNESDAY

COMMUNITY KIRTAN
Soulful mantra chanting, 7:00pm, Center for Love and Light, Zonolite Rd., Atlanta

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HEALING MANTRAS FROM BUDDHIST DHARMA, w/Ian Boccio, Candler Park Yoga, 7:00pm

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.

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withloveandlight.com or email thecenterforloveandlight@gmail.com', 'FRIDAY, MAY 13 | 8:00 PM Public Channeling with Jamie Butler', 'WEEKLY RECURRING EVENTS', 'MONDAYS | 6:30 - 8 PM Chakra Flow Yoga with Sonali Sadequee, RYT (\$15)', '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', and 'New larger event space now available for rent!'."/>

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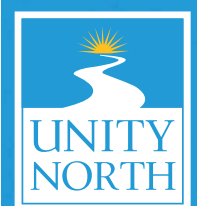


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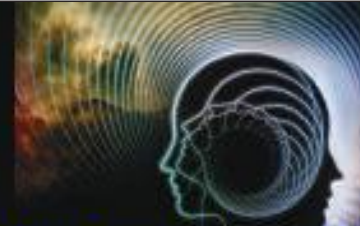
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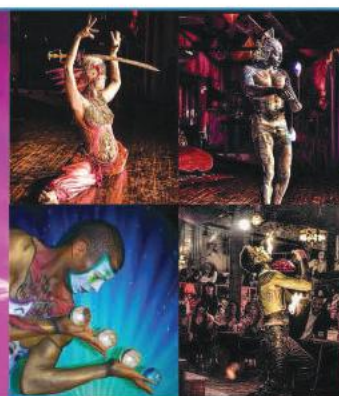
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