

Exploring Life In The New Age

AQUARIUS

February 2017

Aquarius

January 21 - February 20

Feature: **BREAKING THE MANDALA**
with the art of Keith Prossick
This Month: **The Dance**

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ChantLanta 2017
Atlanta, GA

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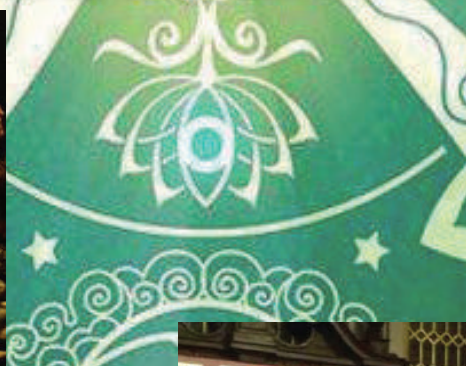
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Our purpose at Aquarius is to provide resources that will inspire, encourage and empower you to thrive in the New Age of Aquarius. AQUARIUS is distributed the first of each month.

THIS MONTH February 2017 Aquarius

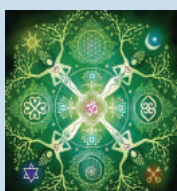


Human consciousness is shifting from the Age of Pisces to the Age of Aquarius. As this shift occurs, new energies and new realities make themselves apparent and available to all of us. The entire goal of human evolution is the manifestation of our fullest potential, unity with the Universal Consciousness and the perfect expression of Love.



A New Year has begun...and it holds such amazing potential and possibility! What are your dreams, hopes, aspirations for this coming year? What are your fears about it? Our fondest hope for you is that your fears will become fleeting shadows, and your dreams will bloom as the Lotus Flower. Thank you for making Aquarius the South's premier publication celebrating awakening!

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



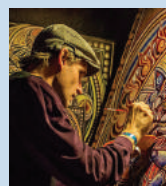
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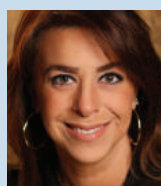
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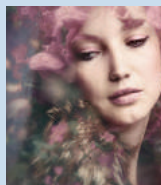
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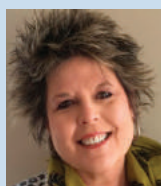
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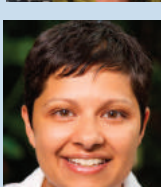
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Human beings have been connecting to the aspect of higher consciousness we now call Shiva since before recorded history began. A seal recovered from archaeological excavations in Pakistan seem to indicate that Shiva, in his form as Pashupati (Lord of Animals) was known to the Indus Valley civilization. In the Vedas, he was named Rudra (Howler), and had a fearsome reputation as one who existed outside the boundaries of conventional morality. The Shiva that we know today emerged from the Krishna Yajur Veda around 1100 BCE. This collection of verses includes a hymn called Shri Rudram Chamakam, which contains the first scriptural references to Shiva's root mantra, om namah Shivaya, and the Mrityunjaya Mantra (victory over death), both of which are still commonly practiced today. Some of the most profound revelations in yoga have emerged from meditation in the Shiva consciousness, and it is fair to say that what we know of as yoga today has been shaped by this connection.

Shiva is often referred to as "the Destroyer," but this is an incomplete understanding of the role this aspect of consciousness plays in the cosmos. Shiva is perhaps better referred to as "the Transformer," the energy of the cosmos that causes things to change from one form to another. In his role as the motive force of transformation, Shiva is paired in a dualistic partnership with another divine energy called Vishnu. Vishnu is known as "the Preserver," and his energy is responsible for holding things in their current form. It is the interplay between Vishnu and Shiva, stasis and change, that gives rise to the universe as we know it. For example, it is Shiva's energy that causes the planets to move, but it is Vishnu's energy that holds the planets in a stable orbit. We could not exist without both of these energies, and when they become unbalanced, great suffering ensues.

Shiva is known to us in two principal forms. As Nataraja (Lord of the Dance), Shiva acts on a cosmic scale: the explosion of the Big Bang, the birth and death of galaxies, stars and planets, the whirling dance of protons and electrons in the sub-atomic realm, and anywhere that movement and change are happening in the universe as a whole. Shiva is also called Yogeshvara (Lord of Yoga), which presents

a very different symbolic image. Yogeshvara sits in perfect stillness, meditating, the very opposite of the vital action portrayed by Nataraja. The secret is that for Yogeshvara, the transformation is happening on the inside. Although his outer body seems immobile, the dance of consciousness expansion is occurring within. Through the fire of yoga practice, his energy vibration is purified and transformed, becoming one with all the cosmos.

This dual nature of Shiva's energy gives us much to think about with regard to our own lives. Nataraja looks outwards, transforming the nature of the universe that surrounds us and affecting everyone and everything. Yogeshvara looks inwards, transforming the nature of the consciousness within and affecting himself alone. Shiva applies himself to both with equal fervor. As Nataraja, he does not only concern himself with the world around him, he knows that to effectively change the world, he must change from within. As Yogeshvara, he does not only concern himself with the world inside him, he knows that to effectively change himself, he must be a part of the world outside and work to transform that as well.

This is the great balance of yoga in the new aeon. Gone are the days when retreating from the world could be seen as a valid pathway to enlightenment. Our liberation requires that we interact with the reality around us, that we work to transform it for the happiness of all beings, so that we can find that peace and happiness within ourselves. Likewise we must not always look out to the world for fulfillment, even in good works, at the expense of our own inner development. The toughest battles we face may not be the guns and bombs of conventional war, the demons inside us can be far worse. Shiva tells us, in no uncertain terms: "Find the state of balance, and all things are possible!"



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



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feature... The Dance

Don Martin,
Publisher

At some point, it all comes together. Like rivers that run to sea, there is that moment when the waters converge, and the ocean takes all.

In our journeys as humans, attaining higher levels of consciousness happens in waves, from experience to experience. Dark nights become - sometimes slowly and agonizingly - bright days. Wounds become scars which become tribal markings of great victory and wisdom. And then new wounds come.

Everything in the Universe spins. From water going down the drain, to galaxies at the most extreme and unfathomable distances...everything spins.

There is a Dance going on in the Universe, a motion that was not designed or initiated by humans. Energy moves through the Universe and all that lies in it...the same energy that causes our hearts to beat, our brains to fire neurons and create thought and consciousness, is the same energy that is found when scientists point their telescopes to any location in the stellar sky. It is called Cosmic Background Radiation. It is the music and echo of the energies that brought the Big Bang into existence and thus created everything that is.

As this energy moves through the Universe - through us - a Dance is begun. Galaxies spin, planets revolve around their axis and orbit their suns, suns themselves spin around the center of the galaxy, and galaxies actually spin around something out there in the Cosmos called "Great Attractor."

Within us, at the smallest quantum level, points of energy move in waves, creating vortexes that cause the rapid spinning of subatomic particles. Electrons spin around the protons and neutrons that form the nuclei of atoms. Atoms themselves spin and gyrate around other atoms, creating molecules held together by electronic force.

Look at your hand. As solid as it may seem, it is actually a densely packed but nonetheless vibrating and spinning mass of molecules and atoms and subatomic particles. If you could reduce yourself to quantum size, you could travel between the atoms and molecules of your hand...and those atoms would look like spinning mountains.

Everything Dances.

It could perhaps be said that the Dance is the ultimate "goal" of the human race, and indeed of all consciousness.

For the most part, I am not a theist. That changes occasionally as my thinking and my emotions experience various peaks and valleys that might cause me to ponder, for a moment, on the existence of a "God" who is separate from me and is an individual entity.

But what I do believe in is, perhaps, not that different from a "God." I believe in a Universal Consciousness, an energy vibration, or frequency, that is part of the Cosmic Background Radiation, and is at all places, all the time, and is always Now.

It is comprised of the thought frequencies of all living - and even non-living - things (for even non-living things may be "alive" in that they vibrate and spin in accordance with the Great Dance).

Awareness of our unity with the Universal Consciousness is what we humans are evolving towards. As we evolve towards this awareness of unity, we become more and more aware of The Dance.

In the past 30 or so years, as science has explored the vast meanings of the quantum universe, we have learned that energy and vibration are the primary activities of the Universe...ie, The Dance. Everything is energy, and everything vibrates. (I recommend the book, "Frequency: The Power of Personal Vibration" by Penney Pierce, for an excellent overview of this fascinating subject).

Keith Prossick's series of paintings, "Breaking the Mandala", takes on the subject

of spiritual evolution. For the past several months, Aquarius has explored the meaning of this art, and the spiritual journey that it manifests. If you are interested, visit our website at www.aquarius-atlanta.com. Hover over the "Contact Us" link on the menu, and click on "Archives." There you can read past issues of the magazine that explore the spiritual journey through the amazing art of Keith Prossick.

The spiritual journey "ends" (and "begins") at the Great Dance. In the painting "Nataraja", Keith reveals the god Shiva, who Dances with the fires of destruction and the fires of Creation. Destruction and Creation are the opposing forces that create movement; movement becomes spinning; the Great Dance begins.

In our spiritual journey, when we become aware of the Great Dance, we may know that we have come one step closer to awareness of and experience of the Universal Consciousness.

Suffering will not end. Darkness will still come. Night follows Day. As Robert Frost wrote, "nothing gold can stay." But neither does darkness stay - Day will come. Thus, the Dance goes on. Within you and through you, at this very moment, the Dance goes on. You are destroying (millions of cells die in your body every hour); you are creating (new ones take their place). Your energy moves upward and outward - you are Ascending to a Higher Consciousness that is moving towards Brilliant Knowing of the Universal Consciousness and Universal Dance.

Much is taking place around us that could trouble and frighten us. But I ask you to meditate on the painting "Nataraja", and reflect on the Dance that you are a part of. I believe it will help you to have hope and joy in the Magic that is your life. Let's Dance!! Namaste.

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Don Martin is the publisher of
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Breaking The Mandala

A Series

On Creating a New Age

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

Part Six: Nataraja

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

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

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

Nataraja is the manifestation of Shiva, the energy of transformation, in his ecstatic dance. You will find him if you look beyond the shores at the ends of space and time. Spinning the story, he dances with the drum of Creation in one hand and the fire of Destruction in the other. He dances atop the demon of ignorance, dispelling darkness. The strings of the universe are separated, cleaned, and repaired. All the things that love remain, and all else that is no longer needed is burned away. At the end of the dance, everything is brought back together, again and again.

The Nataraja is a dance we do, many times in many ways. Each time, the goal is the same. Remembering yourself. Who you are and who you want to be. One hand beats a drum, the other wields fire. You will the world you want to become, through the forces of transformation: sound, heat, movement.

Flames surround this dance of Creation and Destruction—the cosmic dance of transformation. Nothing is truly destroyed or created. Nothing is born; nothing truly dies. Even in stillness, the universe is constantly transforming. Everything transforms, continually. The demon under Shiva’s foot is transforming. The snake around his torso is burning and shedding its skin. Homeostasis is an illusion. Existence is the perpetual balance between creation and destruction, chaos and order, symmetry and asymmetry.

Burn it all away, and dance upon the ashes. With an open palm, we free ourselves from fear and accept immortality. Another hand points to the free, lifted leg as we become aware of our salvation. The demon of ignorance is spared. He falls asleep. On our past lives, like layers of coral, we find our home.

The Nataraja is at the end of the universe, at the end of space and time. Yet, like Shiva, we are in the middle of this dance. If you look in the deepest center of yourSelf, you will find him spinning the story. He dances with the drum of Destruction in one hand and the fire of Creation in the other. He dances atop the demon of ignorance, dispelling darkness. The strings of the universe are separated, cleaned, and repaired. All the things that love remain, and all else that is no longer needed is burned away. At the end of the dance, everything is brought back together, again and again.



The universe is wide and vast, but so is our center. The Truth surrounds us, but the Truth is us.

You can hear it. The song, spiralling around you. It fills your heart because you realize it is real. It is all real. It just is.

It fills me up with intention. Each intention a bubble forming in my heart, expanding outward. Intentions of love, wisdom, compassion, so many more. They form a ring around me, burning bright, but not me. I feel the dance coming to its end.

My attention focuses. Beyond words I release the fire, downward, freeing ignorance from my path. The mistakes I no longer wish to make. The paths I no longer need to take.

The ash renews life, again. Roots expand ... growth moves forward.

A new path reveals itself, or at least a new part of the same path, just further along down the road. The time is coming soon, to being, again. Free to be free.



A new series by Keith, “Sunrise on the Ganges” will be featured in gallery at Phoenix and Dragon bookstore during the month of April, 2017.



Nataraja by Keith Prossick

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

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

The Yoga of Plastic

by stephanie kohler

There's a lot of talk about yoga being too commercial. That it's all Rumi memes, skinny people in tight clothing, mandala-printed mats. All that stuff dilutes the practice, etc etc.

I can agree. But I realize that there are other things which bother me a whole lot more. For example, I'm real fed up with people who focus only on topics directly related to yoga. If your only yoga-related considerations are about perfecting sun salutations or meditating better, you've missed the greater implications of yoga practice. Failing to talk about life, in relation to yoga, also dilutes the practice.

Yoga is union. You can think about that in terms of the union of body and mind, or body and spirit. I think about union in the sense of combining the limbs (such as postural practice and meditation) of my yoga practice with my life. In other words, the union of being mindful about yoga practice and being mindful about life. Mindful about the choices I make every day. Not just choices about what's printed on my mat, but the choices that determine what happens in the rest of the day.

Consider the environment. So many of our choices affect the environment—thus so many opportunities to be mindful. Do you walk out of the market carrying a dozen plastic bags? Is there a flat of bottled water in one of the bags? On the way home, do you get some coffee in a single-use cup with plastic lid?

Honestly, “disposable” is a poor word choice when talking about plastic. We “dispose” of plastic because it goes away from us. But it doesn't actually go away. It just goes elsewhere. Then maybe another elsewhere. And another.

Plastic is never fully disposed. It hangs out somewhere on the planet, for thousands of years. In that time it might break into smaller pieces. I remember reading in high school about the Pacific garbage patch, then about the size of Rhode Island. Now the Great Pacific garbage patch is twice the size of Texas. There are others in other oceans. Plenty of that plastic ends up in the stomachs of fish, birds, turtles, and other animals. And if you eat fish, some of that plastic ends up in you.

Convenience, and its partner, laziness, are literally killing nature. We have created natural disaster.

The falsely “disposable” consumables are ubiquitous. Yet, those falsely “disposable” consumables are also OPTIONAL. This is where mindfulness comes in.

If your yoga practice is only when you sit on a cushion or move on a mat, you're missing the purpose. If you're consistent in your sun salutations, but then buy things that poison the planet, how useful, really, are those sun salutations? When you step off your mat or stand up from your cushion, continue noticing your life. Repetitions of the Mahamantra are not enough.

When I started practicing meditation, mindfulness over my thoughts was overwhelming. When I started practicing asana (postures) and pranayama (breathwork), mindfulness over my body seemed overwhelming. Over time, I realized that being mindful about thoughts meant one thought at a time. Being mindful about my body meant one posture at a time—sometimes even one breath at a time.

Those small steps have been the same in terms of mindfulness about my life. I haven't used a plastic grocery bag in over 15 years. But I did it by finding a small way to remember to bring my own shopping bags—they're always by my keys. At first, I had to write ON my shopping list: “bring reusable bags” because I still forgot. But the sum of those efforts is that one shopping trip at a time, I make less trash, one trip at a time. Try it. Be a mindful human.

Same with single-use coffee cups and those plastic lids—the latter of which are very difficult to recycle. If you're drinking out of that setup, I doubt you collect the lids, rinse them, and bring them to a more specialized recycling facility—like I occasionally do, when I'm with someone who has one. Every coffee shop has those cups, but many of them also sell reusable mugs. A small shot of mindfulness goes a long way. Keep a mug by your keys. Or by your wallet. Or your backpack or purse. Be a mindful human.

Bottled water is worse. There's the terrible, gigantic impact of all that plastic. There's also undrunk water—how many plastic water bottles have you seen in the trash, that are not even empty? So water, now locked in plastic, until the plastic degrades enough for the water to seep out eventually.

Quick tangent—bottled water is also a terrible burden on the sources. An environmental burden, yes. But additionally, a burden on people who live near the sources. Fiji Water is from Fiji, where over half the people don't have access to clean, drinkable water. Being in proximity to stores, continents away from the source, gives more access to Fijians' own water than what Fijians have.

So, you can imagine my frustration at how often I see bottled water at yoga studios. Or in homes. Water composes over half of your body. You can't live without it; you have to consume it your entire life, every day. Save up for a decent water filter. Maybe there's some sticker shock. But you know you'll drink water for the rest of your life—the money, over time, will work out in your favor. Be a mindful human.

We have created chaos. We can create order. Reusables are easy. They're just as ubiquitous as “disposables,” just not quite as convenient. Your choices determine destruction or healing. Yoga philosophy talks about the illusions that thoughts often create and sustain—thoughts that often poison our happiness. Likewise, the illusion of “disposables” is destroying the environment. Living in a cleaner, kinder, better, more vibrant world starts with each one of us being mindful—one task at a time, one breath at a time. This ability to care deeply about how we live creates the world in which we will all thrive. Be a mindful human.



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



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STILL By Phoenix Lea POINT

MEDITATION

"...the Still Point is where the All meets the One. You are the One."

Hello Dear Readers. The above quote was my response, when a new reader of Still Point asked me directly "what is the Still Point?" In the practice of meditation, we could agree, that the goal is to still the body and mind to a place of rest so that one can receive. When this state of mind is reached and quietness arrives, what happens? Something? No-thing? Anything?

What happens for me is...I become. I become more, I become less. It is a state of no-thing, anything and something! It is a state of potential and possibility. It is a State of All-ness and you are there. The great sages all invite us to take our meditation and put it into every action, thought, word and deed. There was a time when we could go to the mountain. I tell you now... that the mountain has come to us.

What I mean by this is that there is no waiting for heaven or calling a prayer-hotline for help needed. Life is in the experience of feeling connected to source energy (mountain) because you know NO Separation. You are the one and the one is the all. Simple. Yet, we continue to play the game of duality within ourselves and therefore attracting experiences to us that confirm our illusion of being separate, therefore missing out on experiences that reflect the truth of our souls state of Being-ness, which is oneness and total love and acceptance. When was the last time you took time out to feel God-in- You?

Allow me to refer to Brother Lawrence here, who was a 16th Century monk. Who simply reminds us, that before enlightenment we do the dishes and chop fire wood...and after enlightenment, we chop firewood and do the dishes. Take your meditation with you. Become it. Allow it to become you.

Presence knows no separation because to it everything is energy. No physical barriers. So what is it that fuels the illusion of separateness between the Spirit that we are and the person we find ourselves being? Are you ready to know? It is our judgements. The mental and emotional prisons that we have allowed and continue to create through fear, guilt and shame. It is a spiritual journey to awake from this reality and into the truth of wellness, balance and abundance. It is a journey into how the little rock remembers itself AS the mountain.

Our Still Point for February, as you reflect on your relationships and fall in and out of love... spend some time near the water. Find a river, stream or bubble bath and feel it's stillness around you. Do some remembering of yourself before all the rules, the do's and do nots took over. Before you let fear come in with its side-kicks guilt and shame pretend to keep you safe. You are safe. It is safe to love yourself and those around you. You are enough and creative enough to get on to your becoming and experiencing your oneness with life and all it's limitless. You are limitless. Tap in to source, it is all in and around you!!

Namaste.
I am Phoenix Lea
2017

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YOGA: Under the Bodhi Tree By Awilda Rivera



Corporations are no longer satisfied with being the best in their industry, or the marketplace. The new end game is "Being the best place to work". Making a place the "best" can include all manner of things from LinkedIn's free gourmet cafeteria to Google's internal coaching program. However, employers have started to realize that there is a correlation between their workforce's level of happiness and the success of their company.

Mindfulness practices have emerged as one of the focal points of a new wave of corporate employee benefit initiatives. A 2015 study conducted by the University of Warwick's Centre for Competitive Advantage in the Global Economy shows that happy employees are 12% more productive. Consequently in their search for the magic solution to increase happiness in the workforce, these companies discovered that offering Yoga during office hours could achieve their intended objective. Yoga gives employees an opportunity to quiet their minds, move their bodies and build a foundation for mindfulness while being in the environment where they spend most of their waking hours, Work.

Yoga in the workplace has become popular over the last 3-4 years with top-level companies like Apple, McKinsey & Co., HBO, & Proctor and Gamble offering yoga on site during working hours. It is actually quiet easy to offer Yoga in the work place because minimal equipment is needed. All that is required is a large meeting area, cleared of all furniture and a Yoga Alliance certified instructor. Employees can be encouraged to bring their own mats or the company can provide them.

Of course, the style of yoga being taught during the workday needs match the needs of the employees. In Atlanta, Home Depot offers Yoga on site during working hours to their employees through their company gym. The style of yoga taught there is rather rigorous because that is what the employees want, and Home

Depot has showers on site to provide their workforce with an opportunity to bathe after such a rigorous practice. In alternative, at a company that does not possess shower facilities on site a lower impact practice may be more appropriate.

A gentle restorative yoga practice would be ideal for companies where there is a call center on site, have a focus on high volume business transactions, that deal with a lot of time sensitive negotiations, or have stringent project deadlines. A passive yoga practice would provide a welcome shift from the high level of intensity required by the job. Ultimately, happier employees are more productive employees. Happy employees are less likely to leave their company, and if they do leave they are more likely to sing the praises of their former employer. For businesses who depend on their employees being sharp to succeed, Yoga may be the secret weapon for success in this new era of corporate evolution.

(1)<http://fortune.com/2015/10/29/happy-productivity-work/>
(2)<http://www.onlinemba.com/blog/10-big-companies-that-promote-employee-meditation/>

****If you are interested in bringing Yoga to your company please feel free to contact me directly at contact@awildarivera.com**



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

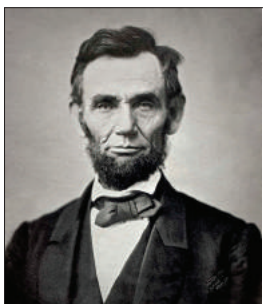
Capricorn Dec. 22-Jan. 19

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Aquarius (January 20 - February 18)

Happy Birthday Aquarius! Your personality is recharged this month and you'll want to get out and enjoy being with friends. Communications are energetic, direct and dynamic! Your mental facilities are also extra sharp and it's a great time to write down your inspirations for the future. You'll be thinking about how to manifest true lasting change in regards to your own identity and how you impact the world at large. Some of your plans will take patience to fully enact - so don't rush!



Abraham Lincoln, 2/12



Bob Marley, 2/6



Leo (July 23 - August 22)

Your polar opposite sign of Aquarius lights up your relationship sector, making you extra social, witty and charming! You might talk your friends ears off, as you will be overflowing with new ideas and insights about how to bring about greater balance and harmony for yourself and others. Travel and vacations are positive and can present opportunities for new relationships and social engagements. You are able to strike the perfect balance between old wisdom and new revelations so you can benefit from both.



Ellen DeGeneres, 1/26



Oprah Winfrey, 1/29



Pisces (February 19 - March 20)

This is an extra sensitive month for you Pisces, with emotions and memories rising to the surface. Don't let it get you down, as this is mostly a time for review and remembering that your recent struggles are in the past and you've already overcome the worst! Beware of spending money too impulsively - next month will be a better time to make purchases. Rest, reflect and release. A sea-salt bath or trip to the ocean can be highly beneficial now.



Aries (March 21 - April 19)

You wake up out of the doldrums and shake off your malaise this month. Mars and Venus in your sign rev up your energy, giving you extra drive while also granting you a big dose of charm and romantic magnetism! You probably haven't felt this good in awhile and will want to get out with your friends or make new ones to enjoy events and meaningful conversations. Later in the month, you'll feel that genuine progress is being made in clearly defining your personal identity.



Taurus (April 20 - May 20)

Your spiritual and emotional life will be action-packed this month and you will have so much going on inside it could be hard to fall asleep! It's good to take action on clearing out your feelings or excess emotional baggage. Let yourself cry, vent and relax as needed. Joining a spiritually motivated or attuned group can also be a source of healing. If the world feels like it's racing too fast right now, make the choice to step off the ride and focus on peaceful space for yourself. You can rejoin the race at another time.



Gemini (May 21 - June 21)

The fog has completely lifted from last months Mercury retrograde and you'll feel mentally clearer and more confident. You could feel motivated or encouraged to take a vacation that combines both business and pleasure. Your long-term goals are easier to see now and come into sharper focus. Planning for or taking action on future endeavors is favored and can bring you a more positive outlook.



Cancer (June 22 - July 22)

The overall energy of the month is fast and futuristic, which can run into direct contrast with your more gentle intuition and general sense of nostalgia. The best use of your time is to work a little more behind the scenes to effect positive outcomes. The Lunar Eclipse and Full Moon on the 10th will be a powerful time of release and healing for you. Take good care of your heart (both emotionally and physically), reduce your stress and simplify your home environment.



Virgo (August 23 - September 22)

The electric energy of Aquarius illuminates your personal house and urges you forward to serve and heal the world. Although Aquarius can disrupt the order you crave, this can ultimately be a positive and progressive month which shows you new outlets to direct your humanitarian instincts. Open your mind to new possibilities and unusual ways you can create healing, greater compassion and unconventional organization for yourself and others.



Libra (September 23 - October 22)

The planetary patterns of the month are set to increase your creative drive, sharpen your mind and amp up your need for appreciation. Your relationships will be hot and feisty. You are not usually one to argue, but a heated confrontation could be just what you need to reveal how important a connection is to you. Your charm and attractiveness are high, so you can smooth over any rough patches you experience with loved ones.



Scorpio (October 24 - November 22)

The open energy of Aquarius can present a challenge to your more secretive nature this month. You'll need to make an effort to be more accessible to your family and loved ones. Your health is connected to your relationships at this time, so a willingness to reveal your thoughts and voice your emotions can be extra healing. You also require more exercise and activity to re-fresh and energize your physical body.



Sagittarius (November 23 - December 21)

A dynamic and refreshing month awaits you! The electricity of Aquarius triggers communication and new ideas. Be sure to write down inspirations, because you will be overflowing with thoughts. Your ruling planet Jupiter moves retrograde this month, so expect to be re-working some of your future goals. Creativity and romantic pursuits are also favored - do something you love with someone special



Capricorn (December 22 - January 19)

What you value and how you handle resources comes into focus this month. Take time to make sure everything is balanced so you can plan and prioritize the near future. Your home life could be a bit tempestuous and energetic. Arguments may arise in relationships or with family, as everyone's temper is shorter now. On the positive side, this month can greatly energize your soul and get you on track to doing what you truly love.

Welcome fellow Stargazers!

We begin the month of February with the Sun moving through the brilliant, unconventional sign of Aquarius. This revolutionary member of the Zodiac represents all social rebels, futuristic ideals and an electric energy that is made to shake and wake up the world. Aquarius is the most advanced Air sign and values intellect and mental sharpness. They are truthful and often outspoken as they seek to live a life that reflects their true inner spirit and interests. Their symbol of the 'Water-Bearer' often gets them mistaken for a water sign. A deeper study reveals the truth. Water symbolizes emotions in Astrology and the Water-Bearer is not getting in the water - they are pouring it out to everyone else. This is the reason Aquarius can be emotionally-detached or distant. They will offer support and humanitarian aid to those in trouble, without allowing those heavier emotions to drown them. They are not often going to sit and cry with you, as their emotions get processed through an intellectual filter. Your Aquarius friend or partner is more likely to cheer you up by offering a progressive solution that will help get you out of whatever bad situation you find yourself.

Anyone who has an Aquarius Sun or other planets in this sign should always be aware of their need to live an authentic life. You will not easily be able to repress your personal opinions or tolerate people who abuse their power. This sign is made to speak up when there is injustice and topple repressive regimes. They envision a better future and will bravely act to bring that future about. Not surprisingly, Aquarians can be controversial and provocative characters who often gather a group of both admirers and enemies at the same time. World-consciousness is at their core and they feel an injustice anywhere is an injustice everywhere. They will expend great deals of energy when in the public among groups of people and require periods of solitary down-time to recharge their batteries. In relationships they are loyal and open, yet need plenty of alone time to be at their best.

February is a powerful month that contains both a Lunar and Solar Eclipse. Our Lunar Eclipse comes in conjunction with the Full Moon in Leo on Friday 10th at 7:30pm EST. Our ego-drives and matters close to the heart will surface strongly for examination and it's prime time to release negative selfish behavior and patterns. The opposite energy arises with the Solar Eclipse conjunct New Moon in Pisces on Sunday 26th at 9:58am EST. This urges us to embrace greater compassion, spiritual awareness and further relinquish our unhealthy ego-drives. Expect everyone to be extra emotionally sensitive and be gentle with yourself and others. Extra kindness is called for and is very clearly what the Universe is asking for from all of us.

Enjoy this amazing, transformational month and be good to each other!



AQ



WHEEL OF FORTUNE: Everything goes in cycles, and this month brings continued hope for a new and better year than 2016. We are reaching the pinnacle of this cycle as we come into the blessings of this month. Look for the good in things that affect you, even if in your mind you wonder what good is to be found in a particular issue or situation? It may be a lesson to be learned, a change that is a message for you to express gratitude, or just a sign that things are improving. Do your best to stay positive, for we are indeed in the upswing of a new cycle.

3 OF SWORDS: There may be bouts of sadness, disappointment, doubt and anxiety as events continue to unfold in the world. It is normal to feel upset about the chaos that is still present, but remember that nothing stays the same, and changes are in the air. So whatever negative feelings you may be experiencing can be dispelled by refusing to let yourself be bombarded by sad or depressing news, or to be adamant about not staying in a sad or depressed state because of what is going on in the world. Remember that "this too shall pass", and then get on with your life.

8 OF SWORDS: Feelings of hesitancy and doubt may cause you to feel paralyzed when having to make a decision or take action. The best thing to do if this happens is to take a step back from the situation and look at it as objectively as possible. Use your logical analytical brain to come up with pros and cons for various alternatives, or trust your intuitive right brain. An even better approach is to combine the two to reach a decision that may be the most balanced and well-rounded. You have the ability to think through any challenge or issue, so exert your power and take a stand.

KING OF SWORDS: It is time to move forward, to get into the King vibration and start feeling self-confident, decisive, and powerful. You will feel an inner-knowing that you are on the right track and there is nothing to fear. The King is not hesitant or wishy-washy, nor would he question his decisions once they have been made. He is a strong and powerful leader in whom others have full confidence. You can adopt his energy as your own by recognizing your powers and abilities, not allowing yourself to stay in the 8 of Swords or 3 of Swords energy. It is time to leave the past behind and look forward to what lies ahead.

TRENDS FOR THE MONTH: February brings mixed blessings, but ones that in the long run are good and valuable. Things will start out hopeful, optimistic, and upbeat as we enjoy the newness in this second month of the year, and relish the differences we can see that are positive. However, these feelings are tempered by some challenging events that can try and test us, but we have the ability to get beyond all this, as long as we recognize what we are in control of and what is not within our control. If any negative feelings cause you to feel as if you are caught in a web of doubt, suspicion or fear, then use the King of Swords energy to eliminate negative attitudes by seeking the truth, knowing you can make decisions that affect you, and thus stay in control of your own life. The month may seem topsy-turvy at times, but the power is there to help you persevere, feeling grounded and sure-footed.



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

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

Resolutions Done Right

Making a New Year's resolution usually involves some form of self-improvement like quitting smoking, exercising or eating better. As well intentioned as we are, most of us don't follow through for very long. We make the statement, we make some effort but within a couple of weeks, we can't even remember what the resolution was. With nothing to reinforce our resolutions, our bodies and brains go back on autopilot and revert to the old familiar habits.

Experts say that you need to put intention behind the resolution. Well what does that mean? You certainly intended to follow through. However, coming up with a resolution and stating it simply isn't enough. You must keep the new resolution in the forefront of your mind and think about it over and over again. Setting intentions has to be a conscious act because what you think about determines your attitude and your attitude determines your behavior.

If you think about how much you hate to exercise, then you will find reasons not to and it will be a physical struggle when you do exercise. But if you think "exercise is good for me and sweating means I'm releasing toxins from my body. I get healthier with each step/movement I make" then you will soon find that you are enjoying your exercise time and your body is responding positively. Remember, what you think ultimately determines your behavior.

If having to constantly think about this well-meant new year's resolution sounds exhausting, there is help. Visual aids can help you to retrain your brain and embody the new resolution. For instance, if you wanted to spend less money it's helpful to put a sticky note in your wallet or on your credit/debit card. The sticky note can say, "Are you sure?" or "spending again?" or some other phrase that makes you think before you spend. Even if you left the sticky note blank simply having to remove the paper before being able to use the card will make you think twice before you purchase that item.

Sitting in traffic happens and it frustrates most people. To counteract the frustration, find the image of a peace sign on the internet and tape it next to your speedometer so that every time you are stuck in traffic and looking down to see how fast you aren't going, you have a reminder to remain peaceful.

If you need more patience at work or at home with the kids, again go on the web and find a picture that you can associate with patience. After you print out a couple, stare at the picture for a few minutes while repeating the word patience. Now the image is associated with patience and every time you see it, you will be reminded to have patience. So put those pictures in strategic places around your house and in your office workspace and you'll soon find yourself being more patient.

When your new year's resolution contains more than one item, than you might need to make a vision board. It is simply a board with pictures of all the things you want to have in your life. Your board can include exercising more, having more patience, and taking a vacation. Also include things about friends, family, marriage, personal enlightenment, cars, houses, work promotions, monetary success and anything else you desire.

The possibility of what your board can contain is endless. It's yours and should have pictures that represent your personal resolutions. To make one of these boards, cut out pictures from magazines and get pictures off the internet that act as symbols of your desires and glue them to a piece of foam core. Then place this board somewhere in your home and look at it every day. Look at each picture and remember what it symbolizes. This will bring that very thing to your consciousness thereby reinforcing all your resolutions.

Putting intent behind your resolution takes time, reinforcement and a conscious effort. Make a visual reminder of your resolutions. Keep thinking about them and your resolutions will soon be part of your daily habits and not just another forgotten new years resolution.

United Intentions Foundation is a free non-profit virtual community that provides you with the tools and resources to assist in transforming worrisome thoughts into positive Intentions so you can attract what you truly desire.

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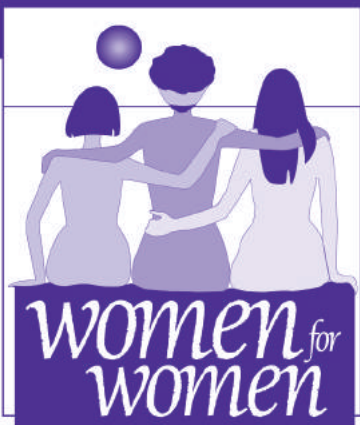
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Sweet Potato Bliss

Sweet potatoes are not related to potatoes or yams, but are a plump, smooth-skinned, tuberous member of the morning-glory family native to the West Indies and the southern United States. Discovered by Columbus on his second trip to the New World, the sweet potato was sent back to Spain in 1494 along with many other new foods.

The Chinese found the sweet potato in the Philippines in 1594, when a famine in the Fujian province prompted the governor to send an expedition there in search of food plants. Now growing in all warm moist areas of the world, the large, thick, sweet and mealy root almost entirely replaces the use of potatoes in some regions.

There are literally hundreds of sweet potato varieties, most having yellow-brown or coppery colored skins with yellow, bright orange, or yellow-red flesh, and ranging in shape from long and slender to round. Varieties with yellowish, fawn-colored skins are relatively dry and mealy; these are most popular in the North. This type is sometimes called Jersey because it was once the main type grown in New Jersey.

Sweeter, moister varieties with reddish skins and vivid orange flesh are more common in the southern United States. These softer-fleshed varieties are usually fatter or rounder than the firm-fleshed type, and are most often mistakenly referred to as yams.

When purchasing sweet potatoes choose those that are firm and relatively unblemished, without soft or moldy ends. Buy organic whenever possible, because sweet potatoes tend to pick up a musty taste from soil that has been treated with pesticides.

They should be kept in a cool dry place, where they will keep for a month or longer; at normal room temperatures they should be used within a week. Never store them in the refrigerator, where they are likely to develop a hard core and an "off" flavor.

Sweet potatoes are probably best known for their role as a traditional accompaniment to Thanksgiving dinner, but should be enjoyed more frequently. Much like a regular potato, sweet potatoes can be roasted, boiled, steamed, baked in casseroles and sweet dishes or baked in their jackets and eaten as a side vegetable. Few people realize that sweet potatoes are delicious when used in raw recipes and when they are raw they provide the best nutrition available. They are so nutritious that people can live on them.

The sweet potato is easily digestible and good for the eliminative system, ulcers, inflamed colons, and those with poor blood circulation. When raw, they are very alkaline for the system; cooking affects these tubers in the same way as regular potatoes, making them much more acidic. They are also beneficial for detoxifying the system, since they contain substances called phytochelutins that can bind heavy metals like cadmium, copper, mercury and lead, and thus participate in metal detoxification of body tissue. If a child accidentally swallows a metallic object such as a coin, feed him plenty of sweet potato; the sweet potato will stick to the object and allow it to pass through easier.

Try this delicious raw sweet potato pasta full of the nutrients your body loves and a taste that is irresistible

Sweet Potato Fig Pasta

4 cups of spiral sliced raw sweet potato
1 cup of grated apple
1 cup fresh figs
1 cup medjool dates
¼ tsp. ground ginger
¼ tsp. ground cinnamon
¼ tsp. allspice
½ tsp. Himalayan salt
1 Tbs. fresh lemon juice
1/3 cup alkaline water



Combine the pitted dates, figs, ginger, cinnamon, allspice, salt, lemon juice and water in the Vita-Mix or other high-speed blender until it is smooth and creamy. If needed you may add a little additional water to get the consistency of a sauce. Grate the apple. Spiral slice the sweet potatoes into thin pasta strands. Combine the sweet potatoes, apples and the creamy mixture until all is coated well and enjoy this delicious sweet and healthy treat!

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.livingfoods institute.com

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Integrity: Do You Have It?

The
Intuitive Therapist
... Janis Cohen



Let's face it, most people are out for themselves but will rarely admit it. And, most people have attempted to gain things for themselves in ways that aren't on the 'up and up'. I'll admit that, while I am an extraordinarily giving person, there have been times where I have intended to satisfy my own needs before someone else's and have made decisions in the past that haven't been 100% honest and completely integrity-filled.

At some point, probably more often than you realize, you have made choices that aren't integrity-based. It's human nature to look out for your own safety and security first and in doing that, slight someone else in the process and do things in ways that aren't on the 'straight and narrow'.

Some of us might cut a few corners here and there (let's call these people "minnows") and others might unabashedly exploit an experience or a person for their own gain (let's call these people "sharks"). Both groups convince themselves that they aren't really committing any wrongdoing because "the end justifies the means" and "no one really got hurt in the process, so it was ok".

Whether you are a minnow or a shark, somewhere underneath your decision to serve yourself first, lies an inherent knowing that your moral gauge has malfunctioned. Unfortunately, for some people, (sharks) that truth can be buried way, way, WAY down inside. Regardless, you know that your behavior falls short of what qualifies as 'morally right', 'above board' and 'integrity-filled'.

While chastity, temperance, charity, diligence, patience, kindness and humility have long been identified as the heavenliest of virtues, I'd like to add a few others to this divine wish-list of high moral standards; including, but not limited to: love, compassion and integrity.

Integrity is a word that is thrown about and it means different things to different people.

The definition of integrity is a "the quality of being honest and having strong moral principles; moral uprightness." and "the state of being whole and undivided". Put another way, the basis of integrity is doing the right thing even when it isn't acknowledged by others or convenient for you.

The vast majority of us work regularly to cultivate some or all of these noble virtues. We consistently strive to covet more patience, kindness, commitment, and charity. But how do we develop integrity?

We begin by acknowledging that having integrity matters to us. Each of us has a desire to strengthen and validate our own inner value system. We practice this through the actions we take that affirm our love and need for: family, money, sex, status, humility, success, fame, security, variety, growth, contribution, winning, order, honesty, perfectionism, selflessness and love, to name a few.

Integrity cannot be established in a moment or created in a day. It cannot be manufactured in a month or a year. Integrity must be developed within our character over time and become a way of life.

During the time of the 12 Ceasars, the Roman army would conduct morning inspections. As the inspector stood in front of each soldier, the soldier would strike the armor of his breastplate that covered his heart. The armor had to be strongest there to protect the heart from the stabs of swords and the strikes of arrows. And, with his right fist, he shouted "integritas", which in Latin means material wholeness, completeness, and entirety. If the armor gave off the ring that signaled the competence of the armor, the inspector would then move onto the next soldier.

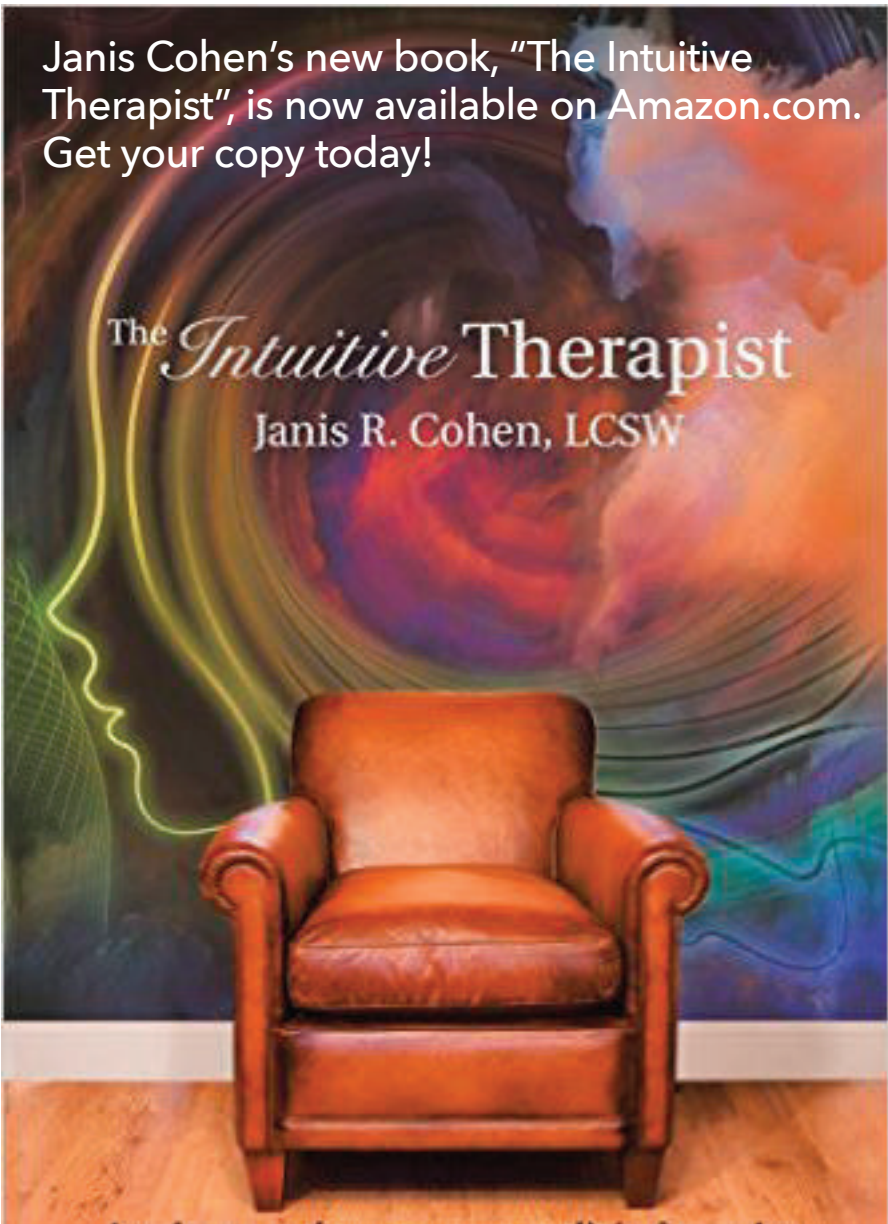
In the next century, the word "integer" was used by a different group of soldiers who needed to establish a separate identity from this original group of fighters. The word "integer" signified that not only the armor was sound but also that the soldier was of sound character; that he was complete in his integrity, that his heart was in the right place and that his morals and standards were high.

Integrity is the combination of these words and refers to the putting on of armor, of building completeness, of being whole; a wholeness in character.

What are the indicators of a person who has integrity? Here's my top 10:

1. You say what you mean and you mean what you say. Your words and deeds are congruent.
2. You honor your promises. You keep your commitments and your word.
3. You practice honesty. You are truthful and can be trusted.
4. You are consistent. Who you are, as a person, remains the same no matter who you encounter.
5. You take responsibility for your mistakes and failures. You don't lay blame on anyone or anything else.
6. You have a genuine and positive intention to do the right thing. You don't practice malicious intent.
7. You take selfless action on behalf of the greater good. You realize that serving others naturally benefits you beyond measure.
8. You do not elevate yourself at the expense of others. You avoid speaking ill of others or interfering with their successes.
9. You give to give, not give to get. For you, giving brings a sense of fulfillment that is far greater than receiving.
10. You recognize that everything in life has a lesson to learn within it. You appreciate both the good and bad times and use them for your personal growth and the benefit of others.

Again, I ask the question: Integrity. Do you have it?



tipi diaries

by Robyn Meek



Wounded Birds

Wounded birds we are
all with our own crusades
each bearing a scar

Some of us need the world to see
a bloody oozing gash
reminding us, reminding them
of the battles we're still in
of the victims we still are

Some of us spread our wings
and patch with paste and paper
we banded up
to hide the pain
and ignore our broken wings

Some of us have nurtured
our broken wings
and stitched with threads
of time
the stitches may break
every now and then
to remind us that
we need to spread full our wings
and admire our feathers
admire our scars
they are there
to remind us

The Mother

Have you ever been held by The Mother
Nestled in her bosom
melting into her womb
Embraced by her unconditional love

Have you ever been held by The Mother
surrounded by her Joy, her Sorrow
feeling the Moment
as One with The Mother

Being loved by and loving The Mother

Have you ever been One with The Mother
You are the Mother
She is you

Hold yourself like you would another

Hold yourself like The Mother

Robyn Meek is a Reiki Master, energy healer and yoga instructor. She is also a kirtan wallah and is a founding member of the electronica kirtan band, Adi Shakti Tribe. She lives in the Atlanta area where she has two businesses - Love, Spirit, Heal LLC, an energy healing practice, and Hippy Bride, a custom wedding dress design company. She has a real tipi (which she built herself) in her back yard, where she spends much of her time meditating and channeling and communicating with the spirits of nature around her.

Awakening The Goddess



By Crystal
Starshine

And the wheel turns again! Have you noticed the shift in energies? I know I have been dancing with the new energy of this 1 year. Freshness has washed over me, a new stirring in my hara or womb. We are all embarking on this new journey, dancing and weaving with the flow of what is happening internally and externally. Take a moment and notice where you have felt a shift. Is it in your heart, womb space, third eye or throat? Are you more grounded so far this year? Is your light shining a bit brighter?

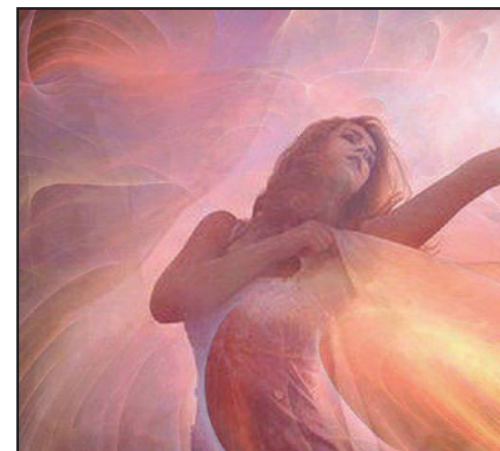
This turn in our wheel reminds us of the soft gentle stirrings beneath the soil. The spring bulbs are gently waking up and are turning green inside to push up their first signs of spring. Can you smell them? Go outside, bring yourself a yoga mat or just lie on the ground. Drop deeply into a meditative breathing by slowly inhaling and exhaling. Listen to what is happening around you. Maybe you hear birds chirping or are near water. Close out the mundane and focus on nature. If a wandering thought comes to mind acknowledge it and go back to the sounds of nature. I encourage you to begin smelling your surroundings, focus only on the smell. Do you sense the smell of the earth? Can you smell grass beneath you or maybe even a pungent smell of rotting leaves as they are quickly turning to nutrients for the plants below? In your silence imagine the dance of a fern or daffodil bringing herself back to life, spiraling up and pushing with force against the soil above, all the pressure on her shoulders as she is trying to stand up. She doesn't give up she keeps moving, swaying and wiggling in the darkness knowing that the light and warmth of the sun is just a few pushes away. She thinks of how she will bloom and the smile she may bring to a humans face and she just keeps pushing.

She is a reminder of our cyclic nature and that we are dancing in the beauty of every day. We, like our plant kingdom go through these cycles too. We have pressure on our shoulders to bloom, to bear fruit, to create life within and without. We then nurture ourselves and others as we bask in the glory of our fruit and harvest, reaping the rewards of our accomplishments, we find what works best and

what no longer serves and we let go. Somedays it rains and others it pours and we find ourselves in a slump. It's what we do with these rainy days that will see us through. These are our lessons, either to keep for nourishment or to release as nutrients, either way; somehow we are meant to have them both. We let go so that we can slumber, or go within, rebuild, renew, and rejuvenate so that we can do it all over again. Each day, each week, month and year holds new versions of you, you are not the same as last year as I am not the same. We all have grown, harvested or not, released, and slumbered but one thing is for sure we all have learned something, through trials and tribulations, through losses and births. We all have a common thread; we go through a cyclic life of birth, death and rebirth not just in our life span but on schedule that only the Goddess or the higher power of your choosing knows.

Nature is a teacher if you listen to her. She tells the story of life; she will dance with you through your sadness or walk proudly with you in your strengths. She holds you in your journey through life, guiding you every day all you have to do is slow down, watch, meditate and listen. May you walk with nature daily and be blessed in her bounty.

Blessed Be



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

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What's Your Number? Numerology Cycles in Life and Business

Numerology has a direct connection with your life path, which is basically the essence of your life. The challenges, opportunities, and lessons during the span of your existence are directly related to your own life path number. To find your number, simply add up each single digit in your entire birth date and then reduce that number down to a single number (May 22nd, 1980 would be $5+2+2+1+9+8+0=27$ and $2+7=9$). All numbers are reduced down to single digits except Master numbers such as 11, 22 or 33. Since each number carries a particular meaning or energy, giving your entire life path number such as 27/9 helps create a fuller picture of the person.

Dan Millman's "The Life You Were Born to Live: A Guide to Finding Your Life Purpose" gave me a fascinating way to use numbers when I was a junior high art teacher. Dealing with adolescents with volatile emotions and behavior, I would simply sit them down and ask them their birthday. Imagine the surprise on their faces when I said, "Of course you don't want anyone telling you what to do, you are a 28/10 and they hate authority." Or the validation when they heard, "The good news is the 10 means creativity with inner gifts which reduces to a 1 which represents creativity. How fortunate you are to be here in art class where you can express it!" Miraculously it worked every time as they began to better understand the facets of their life path and how it worked in their lives. They also felt there was an adult who really "got" them. Not so different from dealing with co-workers, bosses or clients.

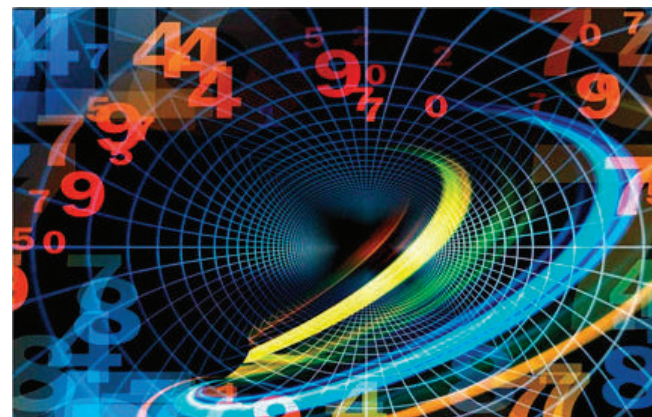
Finding yourself in a job or career you are compatible or incompatible with may be associated with numerology. Certain life path numbers are better suited for certain careers and totally incompatible with others. But I like to use it to look closer at the emotional makeup of numbers, and that is where the trio segment comes in. In our earlier example of the nine path made up of a 27/9, the two represents balance, especially in relationships. Often times two people may over give in an effort to be liked or to fit in. The seven is about finding oneself, so this person could be introspective and willing to look deeper into situations. Again all traits must be looked at to see how each individual manifests them. Further exploring the example, the nine represents integrity, so in the end this person, most likely will always do the right thing.

This process can be a bit deep, however it can give great insight when putting together teams for projects. There is no hard or fast rule, but the additional numerical meanings give a broader range of traits to consider. Having a healthy mix of analytical life path numbers as well as creative can insure a well balanced group. Delving further into the trio numbers can inform the best way to approach people motivationally and help dictate presentation and training processes based on learning styles.

As a corporate VP of Sales, I often led my team in profiling existing clients via their numbers to determine the best sales approach to take, determine what was important to the client and what would help ensure closing the sale. Approaching an analytical eight with a touchy feely presentation was sure to fail. Conversely being aware that a 31/4 had a short attention span and hated details often proved invaluable. The most fun though was when I had the clients directly involved. Although I ran the risk of performing "parlor tricks", being able to share personality traits and observations based on a client's numbers over dinner and drinks, quite frequently led to a follow up phone call asking me to repeat what I had said to their spouse because it was so targeted.

We all have different interests that make us unique. Numerology can explain why we might find some activities thrilling and others absolute wastes of time. It can give us insight into ourselves and others in the areas of personality, relationships, interests, attitude, career and health and as I have described in a few examples, can prove invaluable in the area of business.

I urge you to check out Dan Millman's book I referenced earlier or "Numerology and the Divine Triangle" by Faith Javane and Dusty Bunker, which has many other expanded ways to use numerology to better understand you and the people around you.



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. www.arringtonassoc.com

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The Alpha and Omega

NEO channeled by Darshana Patel

The universe is rhythm, a cycle of creation and destruction, of separation and integration. Energy – light – is the substance of the universe. It cannot be created nor destroyed... it is simply reorganized. All things are a complex organization of light – photons. Creation and destruction are processes that rearrange light. Creation individuates consciousness. *Destruction returns individuated consciousness to Source. Destruction is the path to creation.*

Insight and Realization

The two forces of creation and destruction work together in a constant dance of growth, an ebb and flow of expansion and contraction. In the human experience, insight and realization are the mechanisms of destroying the false identity, leading to a deeper connection to the Creator within us. *We are in a continual cycle of reorganizing our understanding of ourselves and the world around us through our perspective.* Perspective is a function of the sum of beliefs. Limiting beliefs create the false identity. Liberating beliefs free the Creator within. Liberating beliefs allow greater ease in integrating and rearranging light – the composition of all experience.

If light is both potential and manifested reality, what is the access to reorganizing the experience of ourselves... of growth? Insight and realization. With every insight comes a new perspective. Each perspective has the capacity to reorder our energetic composition – physically, mentally, and emotionally.

Chakras and Consciousness Expansion

Embedded within the human energetic framework is a sacred structure for consciousness expansion. (1) Anchored in the Earth and root chakras are existence, awareness, and survival. Here, body and Earth connect and potential energy becomes manifested matter. The releasing of lower vibration emotions, mainly shame,

fear, and guilt unleash a higher frequency and the creative force of the next major chakra. (2) The sacral chakra embodies creativity, desire, and growth. *Desire is the constructive and destructive force of the universe.* Desire drives entropy and reorganization of a system to another level of order. Identifying and integrating emotions drive this domain of consciousness. (3) Within the solar plexus chakra resides the seed of power and self-awareness, the conscious capacity to distinguish and decouple the ego from the divine self. At this stage, dualistic thinking patterns dissolve, opening the space for (4) authentic love and compassion found in the heart chakra. Here, love and the continual cycle of falling in and out of connection allow for a deep understanding of the choice of separation from interconnectedness. At this stage, one transcends the egoic paradigm and possesses a self-authoring capacity fueled by loving connection. From here, the (5) throat chakra is engaged to express our personal, authentic truth through communication. At this stage, higher consciousness flows gracefully, guiding thought and action without the constant distortion of the local mind. This is wisdom. As we strengthen the connection to the non-local mind (also referred to as the universal consciousness, infinite intelligence, Source, etc.) we reach a state of (6) transcendence centered in the third eye chakra. Here, we integrate intuition, insight, imagination, and spiritual power to transcend the illusion of polarity. This is reintegration in action – creation and destruction occurring simultaneously. The cycle of expansion and contraction arise effortlessly as consciousness sees itself and may traverse the energetic structure to manipulate the state between energy and matter. (7) The Creator awakens within. This is the crown chakra in which one lives and experiences life from a deliberate and participatory perspective. Life becomes a dance of spirit and the celebration of unity consciousness as the cycle completes, unifying alpha and omega as one infinite intelligence. And this is the cycle of creation and destruction.

- One love. NEO.



photo by Erin Brauer

DARSHANA PATEL

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

LEARN MORE ABOUT HER CHANNELING, SERVICES & SHOW:

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ELEVATE

ODE to Impermanance

by Krista M. Jones

All things in life are energy. Energy never dies.
It merely transmutes and changes form.

We are in constant vibration and ever-changing our frequency and vibrational rate. Shape shifting through time and space, until we incarnate into this human form.

How do we begin to accept the beauty of Impermanence and cycles of change that are natural to the state of energy, when being human ties us to the physical body and the illusion of permanence?

In order to truly live "in the flow" and allowing natural cycles to occur with out becoming stuck in patterns of behavior that do not serve us.... We must accept all things as they are, perfect in that very moment in time. Letting go of the belief that there is a right or wrong, good or bad. There is only experience and learning. There is only our perception. If I am at peace within, no matter what chaos ensues in the world around, I radiate peace. With this being said, I am also the only one that can cause my suffering. No can make me feel a certain way, but that is a narrative we sometimes tell ourselves. We can not cause suffering to others nor can they cause it to us.

Our expansion in creating inner-peace is in direct correspondence to our capacity to show compassion, acceptance, unattachment to outcomes and hold space for others. When we are attached to how we "think" something or someone should be, we are inviting suffering. These attachments can lead to assumptions and resentments which bring about more suffering. Remembering to allow thoughts and emotions to flow like water streamline the ode to Impermanence. Take the learning and let it move on to the next thought or emotion.

The key to inner-peace is the acceptance of Impermanence.

I have appreciation for this moment because it is the only place the Divine resides. We all have access to this beautiful space. Gratitude for what you have now will shape how you show up in the world tomorrow. So enjoy the human experience and the learning, but remind your self all things are temporary and it is beautiful. Let's expand our collective consciousness and embrace endless possibilities.

-Krista



photo by Kevin F. Quinn

KRISTA M. JONES

Krista M. Jones is an Atlanta-based, artist, musician, Reiki Master and Sound Healer. She owns and operates Alchemy Energy Healing and enjoys working in a wide variety of creative mediums which assist in increasing frequency and vibration, elevating consciousness and connection. She is available for commissioned based paintings, illustration, murals and print design. More information about this artist is available on the sites listed below.

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FOR ART

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

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

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

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

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

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

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

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

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

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

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

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

SUNDAY EVENINGS

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

FOURTH SUNDAY

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

TUESDAY

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

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

WEDNESDAY

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

WEDNESDAY

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

2ND FRIDAY

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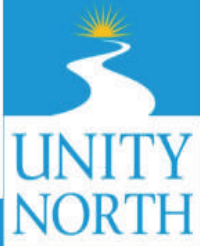


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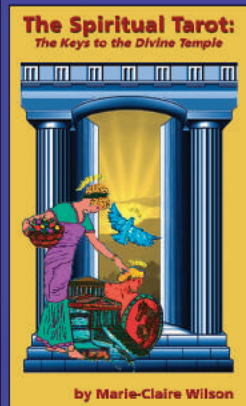


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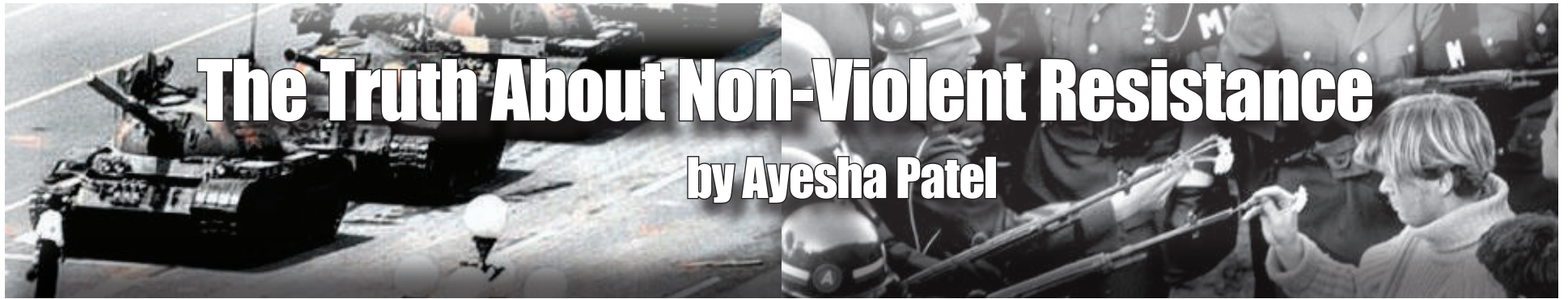
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The Truth About Non-Violent Resistance

by Ayesha Patel

Is nonviolence capable of working effectively in any situation?

Is the “fight” response truly a part of human nature? Or has it been a learned trait, which has then energetically intertwined itself into our chemical makeup? Personally, “fighting” as a basic survival tactic has always been an area of skepticism for me...

We are taught that learning to acknowledge another person’s perspective comes with maturity. Moreover, this “skill” is acquired with age. We learn that empathy is not something that we understand right away. Although I can delve into this concept more, I’ll save you my unnecessarily long explanations. Basically, if such an impactful concept such as gender roles can be taught to a four-year-old, I believe the simple feeling of empathy can be heavily expressed at such a young age as well.

In my opinion, love comes more naturally than hate... acceptance comes more naturally than judgments and imposed division. Beliefs create division, and beliefs are taught...

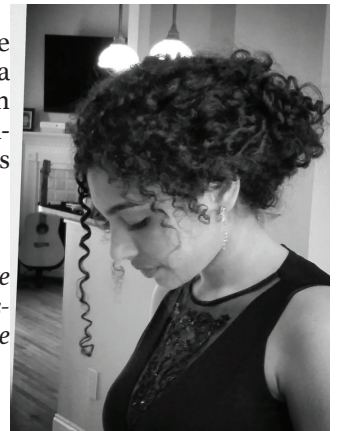
Nonetheless, with our current understanding of how the human brain functions, I can see why violence would be an initial reaction for solving problems. Moreover, a popular mindset is “I’m not going down without a fight.” Both sides to a dispute obviously believe that their ways are right and the most justified. So, when they can, they are not going to try to acknowledge the other side. To call attention to an issue, a certain action has to directly impact the opposition. That is when fighting is effective... violence can be effective because it achieves obtaining attention. However, that is all it does. It feeds the ego, furthers division, and increases power-hungry people.

Nonviolent action must be able to directly influence the other side. This is where the power of boycotting comes in. In our system, we benefit from each other in one form or another. We rely on each other, which makes the approach of not taking action so powerful. This also puts us on a level playing field in a way. Instead of having an inferior and superior group-which occurs with violence-people realize that we need each other for our own benefits.

Subsequently, nonviolence doesn’t always have to be verbal or silent... I feel like there is a universal language that we still need to uncover (to a greater extent at least). Sure, the language of words can be powerful, but only if they can connect with the audience. We are all constructed from certain ideas, beliefs, etc. because of words, so we resonate differently with each. I think that there is something more that we have not quite grasped... A language everybody can relate to in some form.

The act of fighting can be universal, but the language is not, because it is still Us vs. Them. There has to be a way to disrupt conflict with a universal language, such as love, art, etc... something that allows us all to feel validated, connected, heard... because these are key reasons why we have conflict in the first place...

Ayesha Patel is a high school student who seeks to inspire people to follow their passions while compassionately dismantling society’s limiting structures. Her interests include yoga, photography, writing, and metaphysics.





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Into The Void

I tend these days to dive into my darkness
Not a big fan of the whole tippy-toeing thing
And though I'm often flying blind
Never-the-less I'm blazing
Burning the pupils of my ignorance
Upon a vision of esoteric enchantment
My doubt must become my friend
And then my alliance
Against my own self
I am saboteur of my own incompetence
And savior for my crucified beliefs
Blind
I am
Blind to my own detrimental behavior
Yet, in full vision, I witness the mystery
And evolve as a martyr of my own revolution
Knowing my apathy for finding my own faults
Is slowly becoming the most sacred part of the journey
Frees me to soar
Into the depths of emancipation for my own denial
Immaculate release
I am awake
I am aware
This is the beginning
Once again
Of a delirious dive
Into dark waters
Where I am learning
Not only to survive
I am learning
That to breathe underwater
Is one of the evolutionary traits
Of my liquid assimilation
Into the void
A survival tactic that is laced into my DNA
From my ancestors solubility
Their gracefully stormy waves of eternal splendor
That appear as consciousness
To the Mystery
That is me.

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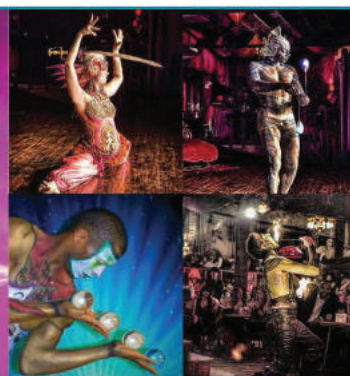
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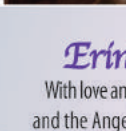
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My personal walk with spiritual family and guides over the years continues to blossom through my work as a successful Reader, Reiki Master, Energy-Worker, Spiritual Counselor and Medical Intuitive.



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