

Exploring Life In The New Age

AQUARIUS

APRIL 2017

Aries

March 21 - April 19

ITS ALL ABOUT

ENERGY

Community Spotlight

James Van Praagh

April 28, 29

Atlanta Unity Church

5Rhythms...Connections

**Clarkston Culture Fest,
Apr. 22**

Astrology by Ariel Rose

**Tarot by Kathleen
Robinson**

Tipi Diaries

by Robyn Meek

**Awakening The Goddess
by Crystal Starshine**

To Your Health

by Brenda Cobb

**Conscious Business by
Becky Arrington**

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



AQ community spotlight

James Van Praagh **LIVE**

at Unity Atlanta Church - PeachTree, Georgia
April 28th & 29th, 2017



Unity Church

3597 Parkway lane
Norcross, GA 30092

An Evening of Spirit Messages

April 28th@ 7:30-9:30pm

Master your Power from Within

April 29th@ 10:00-5:30pm

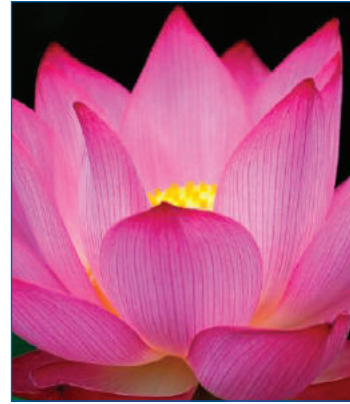
vanpraagh.com/events

AQUARIUS

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.

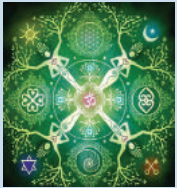
THIS MONTH April 2017 Aries

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 Season 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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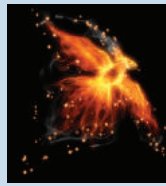
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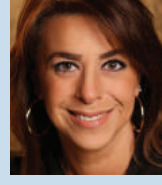
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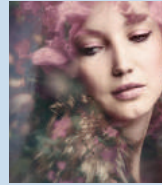
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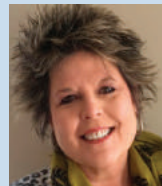
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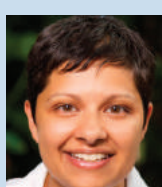
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Human beings have been connecting to the aspect of higher consciousness we now call Shiva since before recorded history began. A seal recovered from archaeological excavations in Pakistan seem to indicate that Shiva, in his form as Pashupati (Lord 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.

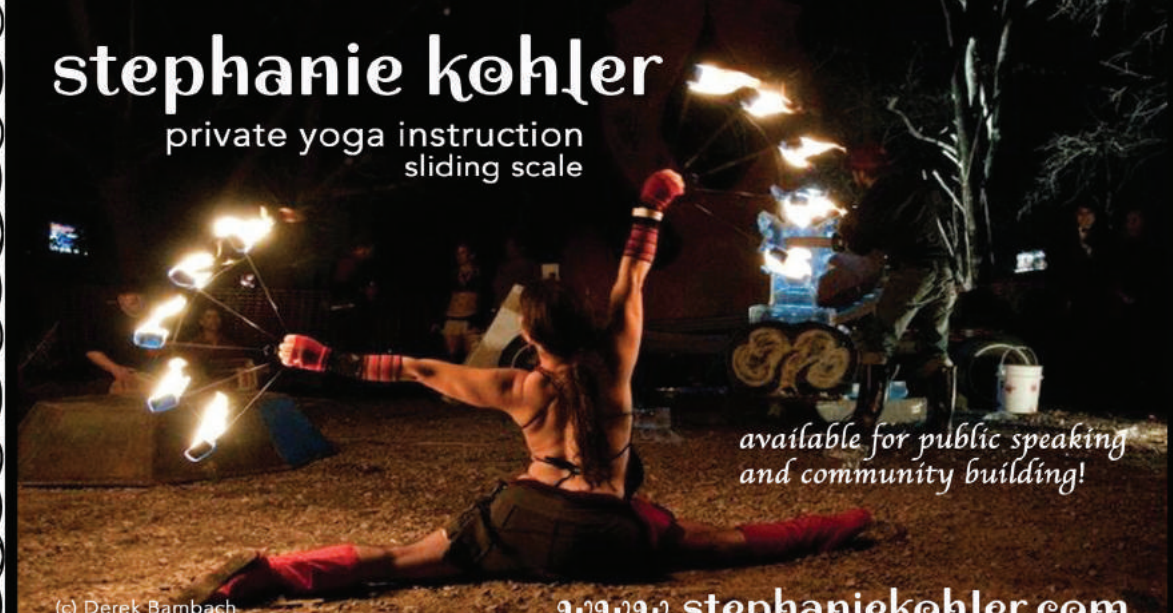
This is the great balance of yoga in the new aeon. Gone are the days when retreating from the world could be seen as a valid pathway to enlightenment. Our liberation requires that we interact with the reality around us, that we work to transform it for the happiness of all beings, so that we can find 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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Address: 1027 McConnell Drive, Decatur GA 30033

Aquarius is Published by The Aquarius Media Network

Distribution:

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

Publishing Schedule:

Published monthly by the first of each month.

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

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advertising edits is the 15th of each month.

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feature...

ITS ALL ABOUT ENERGY

Don Martin,
Publisher

In the past decades (ever since Albert Einstein published the theory of relativity in 1905 and Nikola Tesla and Thomas Edison began experimenting with electricity in the 1920's) science has expanded into the realm of the "unbelievable" in its understanding of the universe and its fundamental structure.

At the center of this expansion is the concept of energy...and how energy of some kind is the Basic Substance of the Universe. Everything is energy...everything.

There is Background Energy that has been discovered throughout the Universe. In fact, regardless of where we point our telescopes...Background Energy is there. It is constant, measurable, and it exists in every direction, beyond the furthest distances that can be measured or even conceived.

There is Zero Point Energy, which exists at the tiniest Quantum level. The smallest particles that scientists have been able to discover exist like plankton floating in a sea of Zero Point Energy. ZPE is so basic and primal, it cannot really be located, but it can be measured.

Deep within you, subatomic particles that make up the atoms that make up the cells that make up the organs and skin and hair that is your body...those subatomic and sub/sub atomic particles are all floating and riding the waves of Energy. Energy holds those particles together, and attracts them to other particles that come together to form...you.

If you could shrink down to the size of those sub/sub atomic particles, you would discover that - relatively speaking - each of those particles are miles away from each other. They don't touch...ever or at all. What holds them together...what "holds space" for those particles...is Energy.

So, in the simplest way, you are Energy. Your body is NOT solid...it is more energy than it is matter.

Wow!!

Take it a bit further...and your thoughts, feelings and senses are all just...Energy. Bioelectric energy, coursing through your body, organizing it self to make you a Living Being. Your thoughts and memories are simply energetic waves moving through the biological material of your brain. Take a deep breath. What do you smell? I smell coffee and gardenias. That smell is just energy, bioelectric signals moving through the nerve system of my body and interacting with existing energy in my brain...which interprets it to other energy in my brain that I call my Self...and telling it I smell coffee and gardenias.

In the past ten years, neurologists and neuroscientists have proposed that the very concept of Self is just an amalgam of energies that exist within the fibrous nerve structure of our bodies.

What makes that energy special - that is, that it can become Self - is that it has a frequency that is similar to other frequencies, higher frequencies, that have formed consciousness and awareness.

Energy is the Universe...and Universe is Energy. At the simplest, all energy is just...Energy. The only difference between "types" of energy is Frequency. All energy moves, and resonates (or vibrates) at a specific rate. Its all energy, but it manifests itself in the material world based on the rate of its vibration. That is what we call frequency.

Frequency is what gives the energy of fragrance to coffee and gardenias. Frequency gives emotional energy its "feeling" - heavy, light, happy, sad. Frequency is what makes the difference between a star and a planet.

It's all about Energy...and it's all about Frequency.

At the dawn of the 21st century...and at the arrival of the Age of Aquarius...science has given us a whole new understand of the Universe around us, and it is all about Energy.

Here is where it gets...AMAZING!! What science has demonstrated in the past 100 years is something that has been known and experienced by mystics, metaphysicians, mediums, astrologers and ancient shaman for 1,000's of years!! The language is different, and some of the concepts have become more sophisticated...but basically it is the same truth!

Thousands of years ago, shaman recognized that every thing was energy. (How did they know this? The speculation about this is fascinating to me. Some say they knew this because they observed and tapped into the Higher Energy that is around us. Some say that humanity once existed at a more advanced level, and that this knowledge was passed down and preserved by primitive people after a Great Catastrophe destroyed the advanced human culture of that time. Some say that aliens, or inter-dimensional beings, gave this knowledge to early humanity. Isn't it fascinating and wondrous??) However they received that knowledge...they definitely had it. And it was passed down and given to humanity throughout the centuries. It took different forms...some spoke of it as a spiritual power, some spoke of it as God (or Source), some used that energy to heal or transform or rule, some used to connect with Consciousness that existed after death or from another world, some used it to understand the various influences that shaped human evolution.

However it was used or experienced...it was there. What science is revealing about energy today is bringing it closer and closer to the mysticism that for many centuries was viewed as negative, unreasonable, silly and foolish.

Part of the reason that mysticism was so reviled for the past centuries is because humanity was evolving through the influence of the Age of Pisces. This age (from around 500 BC to 2000 AD) took us through a region of space in which the energetic influence on humanity resulted in legalism, patriarchy, power (manifesting as military and government power) and the prevalence of reason. These were not negative results in and of themselves, but they had the consequence of allowing knowledge about energy to be maligned and even punished.

In the dawning Age of Aquarius, science and mysticism have come together. Many ancient mystical beliefs and practices are being shown to have scientific merit. Did you know that White Winds Institute of Energetic Medicine, based here in Atlanta, is presently in a two year research study with the Winchester Medical Center and the oncology department head, Dr. Patrick Wagner, implementing Integrative Energetic Medicine (IEM)? Universities and hospitals around the world are utilizing meditation, reiki and other forms of ancient shamanistic healing to complement more scientific forms of healing.

For the next several issues, Aquarius Magazine is going to be exploring - in depth - the marvels of Energy and its integration with mysticism and science. We will be sharing about and reviewing exciting new modalities of healing, global transformation, art and even politics (yes!! politics!!). We will introduce you to amazing people and organizations that are utilizing new insights to personal and communal energy to bring about radical results in individuals, neighborhoods, towns, and even nations.

I am so excited about this coming exploration of Energy. As we grow in our understanding of Energy - what it is, where it is, how it works, how we experience and move it - our purpose in the Universe becomes more clear, and we accelerate in our Conscious Evolution. It is an amazing and miracle-filled journey...and it is for all of us.

Namaste!!!

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



EVERYTHING IS ENERGY



We are made of Energy, not Matter.

Emerging science accepts that the universe, including us, is made up of energy, not matter. This is not actually new – it was posited by Socrates in Europe way back when, and by the ancient rishis in India thousands of years before that.

Socrates said that energy, or soul, is separate from matter, and that the universe is made of energy – pure energy which was there before man and other material things like the earth came along.

However at the end of the seventeenth century Newtonian physics became the corner-stone of science, and it was based on the theory that there is only matter and nothing else – the whole universe is a machine, made of matter, and so are we. Medical science is still stuck in the Newtonian concept, even though the rest of science has now moved on to quantum physics.

Quantum physics says that as you go deeper and deeper into the workings of the atom, you see that there is nothing there – just energy waves. It says an atom is actually an invisible force field, a kind of miniature tornado, which emits waves of electrical energy.

Those energy waves can be measured and their effects seen, but they are not a material reality, they have no substance because they are... well, just electricity. So science now embraces the idea that the universe is made of energy.

We are of course made up of atoms. And atoms are continuously giving off, and absorbing, light and energy, all the time. It doesn't stop even when we sleep. Every cell in the body has its atoms lined up in such a way that it has a negative and a positive voltage, inside and outside. So every cell in our body is a miniature battery. Each cell has 1.4 volts of energy – not much, but when you multiply by the number of cells in your body (50 trillion) you get a total voltage of 700 trillion volts of electricity in your body. Pretty strong stuff! This is what the Chinese call 'chi', and is also the energy used in hands on healing. It can even be measured outside the body for a certain radius, depending on the sophistication of the instrument. And guess which has the stronger electro-magnetic energy field – your head or your heart? For the answer, see the end of this article.

Now here is another interesting fact which relates to our lives... Each atom has its own distinct frequency, or vibration. And quantum physicists study the energetic effect when atoms collide, not their 'matter'. What they see is that when two atomic waves meet, they either meet in synch, creating a constructive or harmonious effect, or they meet out of synch, creating a destructive effect in which they annul each other.

Dr Bruce Lipton, a former professor of medicine at Harvard University and author of the best-selling 'Your mind is greater than your genes', explains that if you drop two equal pebbles at exactly the same time into water, from the same height, they will both produce the same wave ripples. Ie, their waves will be in harmony with each other, and when their ripples meet the combined effect will be an amplification of the wavelength – in other words the merged waves become more powerful. But if you drop the pebbles from different heights or a millisecond apart, then when the resultant waves meet they will not be in harmony and will cancel each other out – the waves become weaker. You can try this out for yourself.

Exactly the same thing happens when atomic energy waves meet – they either have a constructive effect (become more powerful) or a destructive effect. Now, we are all created of atomic energy waves, and because it is impossible to separate waves, the new science says what many gurus was saying for decades: we are all connected - our waves are always meeting and getting entangled in each other. Dr Lipton says the result of such invisible meetings we call 'good vibes' and 'bad vibes', depending on whether the other waves we meet are in synch with us or out of synch. No wonder so many people were 'magnetically attracted' to Osho and felt peaceful and harmonious in his presence.

This means it is important to be aware of whether you are in an environment where you are getting entangled in destructive energy waves or constructive energy waves. The cells that make up our bodies know instinctively what is nourishing and what is toxic (Lipton demonstrates this with cells in petri dishes which move away from toxic stuff and towards nourishing stuff). And in fact all animals and plants communicate through vibrations, ie by sensing whether the energy is good for them or not. But we have been taught not to listen to our feelings but instead to what people say. So we are not trained to use our ability to sense energy, even though we have it just as all plants and animals have.



ENERGY IS EVERYTHING

Osho



Modern physics has discovered one of the greatest things ever discovered, and that is: matter is energy. That is the greatest contribution of Albert Einstein to humanity: $E = mc^2$, matter is energy. Matter only appears; otherwise there is no such thing as matter. Nothing is solid. Even the solid rock is a pulsating energy, even the solid rock is as much energy as the roaring ocean. The waves that are arising in the solid rock cannot be seen because they are very subtle, but the rock is waving, pulsating, breathing; it is alive.

Friedrich Nietzsche has declared that God is dead. God is not dead - on the contrary, what has happened is that matter is dead. Matter has been found not to exist at all. This insight into matter brings modern physics very close to mysticism, very close. For the first time the scientist and the mystic are coming very close, almost holding hands.

Eddington, one of the greatest scientists of this age, has said, "We used to think that matter is a thing; now it is no more so. Matter is more like a thought than like a thing."

Existence is energy. Science has discovered that the observed is energy, the object is energy. Down through the ages, at least for five thousand years, it has been known that the other polarity - the subject, the observer, consciousness - is energy.

Your body is energy, your mind is energy, your soul is energy. Then what is the difference between these three? The difference is only of a different rhythm, different wavelengths, that's all. The body is gross - energy functioning in a gross way, in a visible way.

Mind is a little more subtle, but still not too subtle, because you can close your eyes and you can see the thoughts moving; they can be seen. They are not as visible as your body; your body is visible to everybody else, it is publicly visible. Your thoughts are privately visible. Nobody else can see your thoughts; only you can see them - or people who have worked very deeply into seeing thoughts. But ordinarily they are not visible to others.

And the third, the ultimate layer inside you, is that of consciousness. It is not even visible to you. It cannot be reduced to an object, it remains the subject.

If all these three energies function in harmony, you are healthy and whole. If these energies don't function in harmony and accord you are ill, unhealthy; you are no more whole. And to be whole is to be holy.

The effort that we are making here is to help you so that your body, your mind, your consciousness, can all dance in one rhythm, in a togetherness, in a deep harmony - not in conflict at all, but in cooperation. The moment your body, mind and consciousness function together, you have become the trinity, and in that experience is the divine.

Your question is significant. You ask, "Please say something about the relationship of consciousness and energy."

There is no relationship of consciousness and energy.

Consciousness is energy, the purest energy. The mind is not so pure; the body is still less pure. The body is much too mixed, and the mind is also not totally pure. Consciousness is totally pure energy. But you can know this consciousness only if you make a cosmos out of the three, and not a chaos.

People are living in chaos. Their bodies say one thing, their bodies want to go in one direction; their minds are completely oblivious of the body - because for centuries you have been taught that you are not the body. For centuries you have been told that the body is your enemy, that you have to fight with it, that you have to destroy it, that the body is sin.

Because of all these ideas - silly and stupid they are, harmful and poisonous they are, but they have been taught for so long that they have become part of your collective mind, they are there - you don't experience your body in a rhythmic dance with yourself.

Hence my insistence on dancing and music, because it is only in dance that you will feel that your body, your mind and you are functioning together. And the joy is infinite when all these function together; the richness is great.

Consciousness is the highest form of energy. And when all these three energies function together, the fourth arrives. The fourth is always present when these three function together. When these three function in an organic unity, the fourth is always there; the fourth is nothing but that organic unity. In the East, we have called that fourth simply the fourth - turiya; we have not given it any name. The three have names, the fourth is nameless. To know the fourth is to know the divine. Let us say it in this way: the divine is when you are an organic orgasmic unity. The divine is not when you are a chaos, a disunity, a conflict. When you are a house divided against yourself there is no divinity.

When you are tremendously happy with yourself, happy as you are, blissful as you are, grateful as you are, and all your energies are dancing together, when you are an orchestra of all your energies, the divine is. That feeling of total unity is what the divine is. The divine is not a person somewhere, The divine is the experience of the three falling in such unity that the fourth arises. And the fourth is more than the sum total of the parts.

If you dissect a painting, you will find the canvas and the colors, but the painting is not simply the sum total of the canvas and the colors; it is something more. That "something more" is expressed through the painting, the color, the canvas, the artist, but that "something more" is the beauty. Dissect the rose flower, and you will find all the chemicals and things it is constituted of, but the beauty will disappear. It was not just the sum total of the parts, it was more.

The whole is more than the sum total of the parts. It expresses itself through the parts but it is more. To understand that it is more is to understand the divine. The divine is that more, that plus. It is not a question of theology; it cannot be decided by logical argumentation. You have to feel beauty, you have to feel music, you have to feel dance. And ultimately you have to feel the dance in your body, mind and, soul. You have to learn how to play on these three energies so that they all become an orchestra. Then the divine is - not that you see it; there is nothing to be seen. The divine is the ultimate seer, it is witnessing.

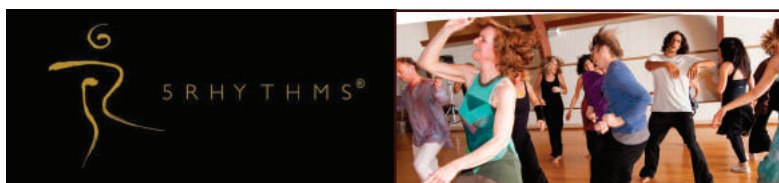
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by Mahadevi Robert

The 5Rhythms® – Flowing, Staccato, Chaos, Lyrical, Stillness – are states of Being. They are a map to everywhere we want to go, on all planes of consciousness – inner and outer, forward and back, physical, emotional and intellectual.

This February I was gifted the opportunity to attend a 5Rhythms workshop taught by traveling teacher Vishuda De Los Santos. Connections was to be a space to dive deeper into how we relate to all parts of ourselves, others and to the greater whole. Everyday we would start by dancing the wave of the 5Rhythms. We moved our body and it moved us, guiding us back to our soul. Then we would be presented a connectivity giving us the chance to witness and observe how we relate with others and how we express ourselves with our bodies.

Our last activity was probably the most profound for me. We were to embody Grace, Generosity and Gratitude. As my body moved to express, I found generosity was the most easeful. My stance was wide, my arms energetically giving out from my solar plexus and second chakra, freely giving in all directions to all life around me.

In contrast as I began to move into Gratitude the ease went away. As I searched this feeling I discovered the difficulty was in the receiving. It was almost uncomfortable for me just to receive, let alone say 'thank you'. I also felt reluctant to receive, as if it meant I had to give more in return. My stance felt less grounded, my arms barely reached out to bring in the energies, and to say 'thank you' pulled me to tears.

Then came Grace. Grace has been teaching me many things this year. For me Grace is powerful, discernment, wisdom, fierce, elders and conserves its energy. As I took the shapes of Grace I felt Regal, Noble, Proud. Standing tall and fully grounded with my head held high as if this was to be my destiny. Next we paired up with another. One person would be the Observer and the other, the mover. We were to watch our partner move through Grace, Generosity and Gratitude. I must say what a blessing it is to be surrounded by a community of consciences beings who are also on a journey to reconnect to their most authentic self. To watch another embody Grace gratitude generosity was beautiful, our similarities and our differences offer so much inspiration into the self. When it was my turn to again move through these energies I started on the ground where my partner ended.

Again my Generosity was overwhelming, my Gratitude was stifled by fear and my Grace was the home I longed to rest in. But as I continued and allowed myself to flow through the cycle of giving and receiving I began to allow Grace to stay the most present. My body moved to standing. I allowed Grace to embody my generosity and my gratitude. The way I moved in my giving became more intentional, physically slower with more discernment. Channeling the energy I was giving from the universal energy and not of my own resources. So too the receiving and gratitude became easier. Saying 'thank you' with my heart, not just my words, releasing the fear, using discretion in what I was allowing in. Allowing Grace to embody my Generosity and Gratitude. Feeling that this Grace was my ME in my most authentic self, a place without fear or expectations. Confident and self realized. How then can we remember to continue to just be ourselves as we connect to the world around us? At what point in our relationships do we begin to lose ourselves in the other? Does staying our truest self lessen the connections we seek?

"Relationships weave life together in both brilliant and challenging ways! It is the one of the most potent ways to grow your own relationship with yourself! We need it, we want it, and yet sometimes we get into some deep and tricky waters with others. Deep relationships require responsibility - the ability to respond with attention, focus, presence, and deep listening."

- Vishuda De Los Santos

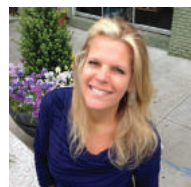
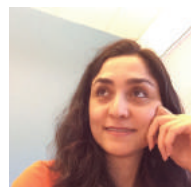
"Each of us is a moving center, a space of divine mystery. And though we spend most of our time on the surface in the daily details of ordinary existence, most of us hunger to connect to this space within, to break through to bliss, to be swept away into something bigger than us."

- Gabriella Roth, creator of 5Rhythms®

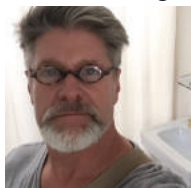
Invitation To You...

JOIN THE DANCE

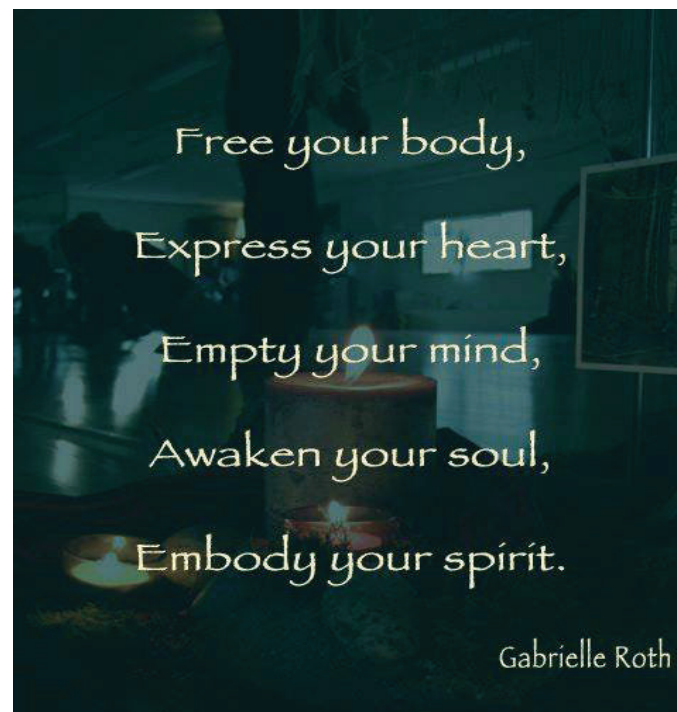
Tuesdays, 7:30pm Sacred Sweat at the E Church
First Existentialist Congregation
470 Candler Park Drive
Atlanta, Georgia 30307
With Scott Houston, Azi Amanzadeh & Julie Stuart



First Friday WAVE with Atlanta Teacher & mentor Smith Hanes
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CONGRATULATIONS to Logan Ferrelle for completing her
5Rhythms Space Holder Certification



STILL By Phoenix Lea POINT

MEDITATION

My mind has been exploring and pondering many of the contrasts that we experience in our daily lives. I have concluded that CONTRAST does not have to be filled with contrary or controversial energies. Should you choose a life of peace and harmony, bliss or comfort while allowing others to make a different choice? This provides an opportunity to love unconditionally and simply see the diverse ways in which others choose to live out their experiences. Of course we hope that they are doing no harm to themselves or others while sharing these co-created moments with us, yet this does occur.

Learning to merge and re-emerge with others within our experiences can be challenging. With spirituality one can learn to let go of the attachment to the outcome which helps with any anxiety and fear. Moving your inner guidance system into trust mode you can release worry and stress. This is important to learn.

We are just now realizing or perhaps remembering, that we are all beautiful pulses of energy playing in each other's fields of awareness. Some consciousnesses and some not so conscious experiences we are sharing. This is the MERGE:

- A) You are attracted to one another
- B) You explore the why
- C) you feel, think and taste the contrast
- D) you decided if it is healthy and if you fit
- E) fight or flight

As relationships merge and remain connected and committed, we dance the dance of oscillation. Your thoughts and emotions are the controllers and your actions are the measurements. Scripture says that we are "known by our fruits", meaning the things that reflect our root systems within all that we do and say. A root system that is based in fear will produce just that, more fear. However, a root system based in love will produce more love and you will be known by all who truly come to know you as love. That is law.

In my travels learning to observe has been a great tool assisting me to move out of judgement of myself and others. No matter where on this gorgeous earth that I have set my feet, sharing a meal with strangers has always turned into friendships. Communion shared with people in fear always turns them towards the light. People want to be known. I would find myself merging with and sharing experiences with people at all levels of consciousness...and, my friends, HUMILITY taste the same in any language. When you can honor someone and their situation it brings lasting peace to them long after you are physically gone. Understanding with deep compassion and the art of allowing is a wonderful practice.

RE-Emerge:

This works for business relationships as well as private and personal. Here you are centered and calm knowing all you are experiencing is working toward your good. All that is needed is a little space and time detached from the details. It would be like sitting in a treehouse and looking down on your life as to know it better. Observe the self. Re-emerging to me is a union with self that we often lose or never develop when we are overcome with caregiver roles or so much responsibility for another we fall to the background of our lives. This is a conscious shift. Usually a noble one too, but it traditionally takes years to undo the damage when your inner self(child) gets abandoned and forgotten.

Thus was born the self-help generations. You do have to see a doctor for a diagnosis today or spend months learning about your symptoms. You can simply check it out on via the internet. We are remembering. That we are more than our physical bodies and more than our brains and more that our diagnosis, we are light and love and contrasts. We are powerful enough to change our history and rewrite our futures moment by moment.

Here is our Still Point:

Create Union within yourself today and feel your relationships shift with grace into a better fit for you. Flight does not mean leaving in this story, it means giving yourself space with the one you are choosing so that instead of your wings being broken or clipped...they are extended in companionship, freedom, wisdom and a touch of your free spiritedness!! Living your contrast means using ALL the colors in your crayon box and sometimes drawing outside the lines. Dance on the wild side with balance and inspiration being seen by those you trust and are invested in. Love returns to you one thousand percent!!

YOGA: Under the Bodhi Tree By Awilda Rivera

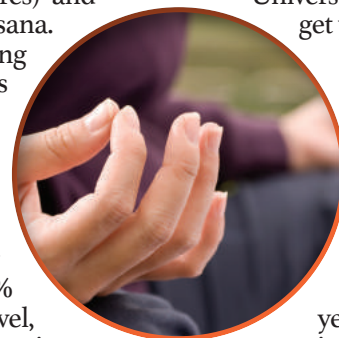


Have you laughed recently? Laughter is important and essential to our health. However, we find our selves living in uncertain times full of contention and disharmony. Many are calling for a return to compassion and understanding, I also believe we need to promote Joy. Laughter Yoga is one way to increase your Joy quotient immediately. Believe it or not this is not a new age Western practice but an Eastern Original.

our energy channels for an unidentified extent of time. As a result, people may be moved to tears after a laughter yoga session, because the body is getting rid of the heavy energies to make room for the lighter energies ushered in through your laughter yoga practice. Its completely normal, embrace the release and lean into the lighter energy.

Laughter Yoga is real. It's the practice of combining Laughter Sounds, Mudras (hand postures) and in some cases light asana.

Studies examining the effectiveness of laughter yoga in the work place found that when employees participated in laughter yoga they experienced a 6% reduction in stress level, a 27% decrease in negative feelings and a 17% increase in positive feelings. Those percentages indicate significant & measurable changes.



Interested in trying some laughter yoga yourself? Here are 3 laughter yoga exercises from Laughter Online University that are guaranteed to get you going:

1. Age Laughter:

Imagine how your laugh would sound when you are double your current age; half of your current age; 10/20/30 years older; ten years younger; as a child; as an infant; 95 / 5.

2. Bored Laughter:

Fake it until you make it (sic).

3. Animal Laughter:

donkey; pig snorts; dog woofs; Cheshire cat caterwauls; hoot owls; chimpanzees; gorillas

Until Next time Yogis....

I have experienced the benefits of laughter yoga personally. My younger students LOVE it when I incorporate laughter yoga poses into their classes. Not surprisingly, adults also enjoy laughter yoga. Adults often look surprised at their level of enjoyment once they let themselves surrender to the activity.

Laughter is said to hyper oxygenate the brain and release twice as much carbon dioxide as regular respiration. Life is tough, we should laugh as much as we possibly can. Any exercise that promotes more stress reduction, decreased negative emotional & increased positive feelings is at least worth trying once.

Of course, before I send you off to dive into this practice there are a few things I need to tell you. When you begin to practice laughter yoga you are actively unblocking energy channels and performing what can be categorized as an energetic cleanse. When we endeavor to cleanse our selves energetically it can result in all manner of emotions coming to the surface that have been stuck in



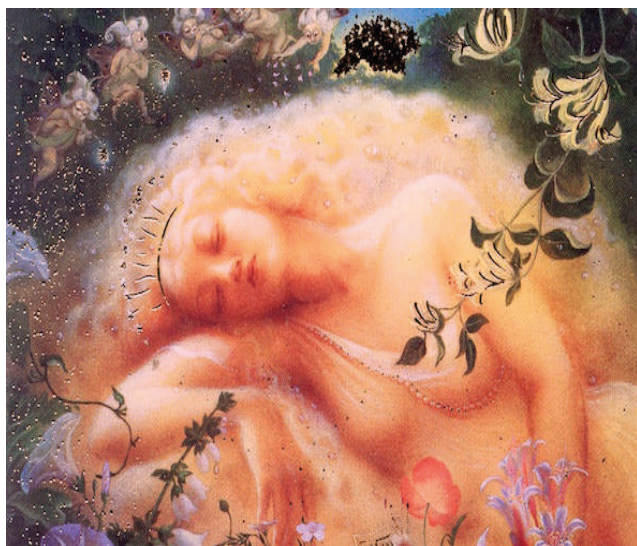
<http://laughteryoga.org/laughteryoga-in-business/>
<http://www.laughteronlineuniversity.com/150-laughter-exercises/>

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.

VENUS RETROGRADE

by Cathy Burroughs

Venus has been going retrograde since March 4th (beginning in the sign of Aries opposite its ruler asking us to be warriors of justice, break free, express independence and honor our own needs and values) and continues its 6-week journey culminating April 15, 2017 (ending in the sign of Pisces in its exaltation – a super loving and positive placement associated with “unconditional” love or being treated as an honored guest!).



Dear Venus, Thank you for your immersion course in all matters Venusian or affairs of the heart when you choose to take that slippery slope and dain to go backwards for six untoward and salty weeks this year from March 4 and culminating in the middle of this month on April 15th, 2017. We know the drill from past experiences - what we can expect and what we weathered - for these inner life thwart six weeks: we have and will deal up close and personal with all areas

of relationship, women, work, values, money and more....and with this cycle we go back to these arenas....back in time, back to unresolved and unfinished business, reflection and reformation, revisions and reunions, often revisiting the actual sites and locations.

But as Venus doesn't generally warn you, we thought we would give you a heads up – as astrology likes to promise: “forewarned is forearmed!” And since the Statue Venus DeMilo is missing arms, you may want to take extra precautions – seriously!

As indicated in the prelude, the planet Venus is a mesmerizing catch-all for all matters of the heart, but also partnership, money, values, your stuff, your love history, your work history, your values, your goals, your life balance, your spending, your make-overs, what you love, your sense of beauty, women and your relationships with them, including but not exempting, your mother, your sister, your friends, women in general and your past or unresolved issues with them. If you're not totally exhausted yet, prepare to be, as even more than that, Venus takes us on a magical mystery tour through the gate, down the marble stairway, past the fountain with the Unicorn in tow, to re-visit (are your eye lids growing heavy? I hope so!) to re-evaluate in full living color the full relational spectrum – that is the full Monty of how, and why you interact with others, especially in the past.

So get out the old love letters, broken hearted love songs, but also prepare to look at your job history – in its entirety – as well as those old flames you've crossed off the list, whether they were naughty or nice....Prepare to take a walk down Memory Lane revisiting every relation that went awry – good, bad or indifferent, imagining every time you looked at someone cross-eyed or crossed them off your list as misunderstanding or judging you, being out and out unlikeable, unreliable, distasteful, low life, not worthy of your company or having an attitude just gets on your last nerve.....That's right, prepare to go down the list of everyone who hurt your feelings, made your skin crawl or you never got to really tell them what you thought of them or vice versa. Every single one who got your hackles up. Every boss who did you dirt. Everyone who gave you a dirty look.

Venus runs the gauntlet.

Where do you find these sad and sordid stories. Yes, your journal, your memory bank, repressed and other, your memento box....Like the movie of the same name, Memento, moving backwards in time, prepare to try to solve the cold case file of your own life – Love, Money, Work, Friends, Outcasts, In-Laws, the whole ball o' wax!

So in like fashion to a past life regression, you may pick Gateway #1, #2, #3 and so forth to delve into these (often painful) and (nearly) always gratifying areas of your past.

Where will you look to find clues to your Venus journey that take place almost every year for nearly six weeks (as you receive this article, you will be about to enter Venus' web!) and that may keep you reeling through mid April. Well you look to Venus herself in your chart (I guess that's a no brainer) or turn to how both the sign of Virgo and Leo will be affected in your chart (which are the signs she'll be in for this cycle) hits your chart and that gives you another clue: to look to your Venus/Mars relationship – how your love and sex drives integrate or don't, how your feminine essence and your male expression enhance you or create turbulence, how you related to men, to women, how your sex drive functions, or doesn't, as well as the way you balance (or don't) your yin and your yang? You'll also look to Mars (her cohort and polar opposite in crime) and also Libra and Taurus (yes, Venus rules their worlds and yours) and anywhere in the chart you find relationship, work, value challenges and patterns. So....you also look to your 7th house and its ruler – the house of marriage, your close inner circle, your contractual relationships (professional colleagues) as well as open enemies. Yes, them too! Also look to the 5th for romantic trysts, the 2nd for values and work, the midheaven for life purpose and status in the world and what aspects these all play in your Zodiacal soap opera, tragedy, comedy, sit com or just really interesting saga – Your Past.

I am here to tell you (perhaps because the planet Venus conjoins the Sun in my chart) that these Venus Retrogrades can knock you off your horse for a time and give you plenty of time to get back into the saddle or perhaps decide against the ride - altogether! Here, if you choose to accept, are some navigational insights (do's and don'ts) on how to respond when Venus gives you that backwards slap upside the head: Now let's hear about your Walk down Memory Lane....Love, Money, Values, Beauty, Friends....what areas got all stirred up for you? What insights, questions, old wounds or old songs were dredged up and played on your own personal Juke Box of consciousness. Send cards and letters, and we'll try to help!

We've certainly been there, done that, and got the t-shirt. Envision Venus rising from the half shell in Botticellian splendor emblazoned on a Hanes Comfortsoft... and you get the picture. Write now....We'll help!

If you are interested in finding out how this retrograde affects you personally Cathy will be happy to provide a 5 minute look at your leanings and backwards moving expression when it comes to love, power, justice and harmony at this time and during these conditions. Just email: Cathybio8@aol.com with your email and cell/text contacts.



Atlanta-based astrologer and noted psychic Cathy H. Burroughs will be teaching Psychic Development May 27 + 28, Tarot Intensive and Astrology 101. If interested email: Cathybio8@aol.com.

Cathy was a former Vice President of the Metropolitan Atlanta Astrological Society (MAAS) and has a successful astrology, psychic and healing practice with an international clientele, as well as teaching in all these areas locally and nationally. She writes regularly for The Aquarius Magazine and elsewhere. For more about Cathy check out www.psychicsolutions.tv or www.astrologyforthesoul.com.





10 OF CUPS: After the past tumultuous months, April will be a time of enjoying the company of family, friends, and loved ones. It is a month of new beginnings and the start of spring, so see this as a symbol of more growth and love. Feel refreshed and rejuvenated by being around like-minded people, those you really care about, and those who offer support and nurturing. Let yourself be engulfed in the radiance of unconditional love with your pets too, for they are amazing in what they can offer us.

TEMPERANCE: Balance will be important this month, so make sure that you feel like you are getting enough rest, are enjoying yourself and having fun, and are staying on track with your work or projects. It will also be good to be patient as you go about your day, making sure that you realize that reaching a significant goal or accomplishing those big things you plan to do are not done in one day. Live in the present, but pay attention to what you want your end results to be. Energy flows where attention goes, so do focus on the goals you are working on and continue to do so.

3 OF CUPS: April includes some holidays, so have fun and celebrate all the good things that you are experiencing in your life. Be grateful for the gifts you are receiving. And try spreading joy and happiness when you are surrounded by others. It is a wonderful feeling to know that you are exuding positive energy, which is contagious, and more people will be drawn to you. There is always something to celebrate—it does not have to be a big deal or a big thing. It can be the simple things, the small miracles that you recognize around you—a beautiful sunset, the blooming of flowers, the singing of birds.

QUEEN OF CUPS: The Queen of Cups reminds us of the importance of being kind, considerate, supportive, and generous towards others. Because of the challenges and turmoil that have been going on, it would be wonderful for you to support and encourage those who may be experiencing difficulties or anxieties. If you stay in a loving and caring space, the difference you could make in the lives of others can be significant. Also trust your feelings and intuition more, because this month it may be especially important for you to be heart-centered and loving. The kindness you show to even just one person who maybe has not received such blessings recently can have huge ramifications for him/her, so don't discount how much you can encourage and support others.

TRENDS FOR THE MONTH: April will bring signs of new growth, perhaps new ways of thinking, and even new opportunities to express and enjoy yourself. Feel the comfort of being around those you love, and bask in these warm feelings. Remember to stay balanced by giving attention to all areas of your life, rather than working too hard, for example. Well-rounded experiences will bring more serenity and joy. Try not to be impatient, wanting results immediately when the reality is that it may take time for things to come to fruition that you have been working on. Instant gratification is not necessarily rewarding, for it does not always lead to long-lasting results. This month is also a time to "let your hair down" and just have some fun. Try doing something new and different, spending more time with loved ones you may have neglected in the past, and taking time for yourself that will help restore your equilibrium. And finally, help others as much as you can by spreading good vibrations, helping when you can, and listening to your heart more than your head. Amazing things can happen when you stay heart-centered.




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--kcrcounseling@gmail.com, phone--770-436-9564. Available for phone and in-person readings.

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.

Michael Burke

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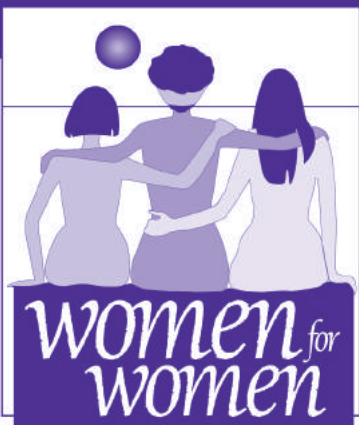
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Alluring Apricot

The botanical name for apricot is *Prunus armeniaca*. Botanists have characterized this fruit as part of the large plum family, thus the *Prunus* genus. *Armeniaca* signifies that the ancients believed that this tree originated in Armenia, a region in southwest Asia. The English word apricot came from the Latin *praecoxum*, which means precocious or early ripening.

For those familiar with the rich sensuous smell of ripe apricots, it is perfectly clear why nectar, a beverage of fruit juice and pulp generally made from apricots, was the preferred drink of the Greek and Roman Gods. In eastern countries the apricot is known by the beautiful name of "Moon of the Faithful."

The apricot is believed to be native to China, and to have been introduced by Alexander the Great to the Greco-Roman world around the fourth century B.C. A member of the large rose family, the apricot is a drupe, like its cousins the peach, plum, cherry and almond. The oval orange-colored fruit resembles the related peach in shape, and the plum in flavor. Its cleft pit protects a kernel that tastes remarkably like the almond and is often used in brandies, preserves, marzipan, amaretti, and other confections.

In bitter varieties, however, this kernel contains a strong compound that can be poisonous if eaten raw in large quantities over a period of time - an unlikely possibility. The Franciscan friars brought apricots to California in the late 1700s, and this state now produces almost all our fresh apricots.

Apricots have been sun-dried in the Far and Middle East since ancient times. It requires six pounds of fresh fruit to result in one pound of dried, but the fruit loses nothing but water, and the nutrients are concentrated. Try to find apricots that have been dried naturally, without sulphur dioxide, which is harmful to the body and imparts a bitter taste.

A truly ripe apricot is golden-orange all over with no traces of green. They are best when deep orange with a red blush, and slightly soft to the touch. Avoid those that are overly soft, have bruises, or are wilted and shriveled. Most dried apricots contain sulphur dioxide, a noxious gas used to prevent discoloration. Look for the darker, non-sulphured variety instead.

Many varieties of apricots are available, all of which are delectable. Tree-ripened apricots have the best flavor, but the fruit is so delicate that tree-ripened fruit is rarely available in stores. Immature apricots are greenish-yellow, and never attain the right sweetness of flavor; their flesh is firm and their taste sour.

Once fully ripened, refrigerate promptly, as these delicate gems spoil rapidly. They are a natural partner to almonds in baked goods since they are closely related, as their almond-shaped pits attest. The kernels are not considered edible because of their amygdalin or laetrile content, which is considered poisonous by the FDA.

Dried apricots, because they travel well and keep through the seasons, are used extensively in savory as well as sweet dishes. Their sharp sweetness complements meats, quick breads, and desserts; they are also excellent and convenient snacks for children, picnickers, and hikers.

Apricots are laxative to the system. Like other bright orange fruits or vegetables, apricots contain highly concentrated amounts of beta-carotene, or provitamin A, which is successful in thwarting certain cancers, especially those of the lung and skin. Dried apricots have an even higher concentration of beta carotene than the raw fruit. Tree-ripened apricots are one of the finest sources of copper, cobalt, and the organic iron necessary for building red corpuscles in the blood. This mineral richness makes them beneficial in cases of blood-related disorders such as anemia, acne, toxemia, and tuberculosis.

Curried Apricot Arugula Salad

- 1 cup fresh apricots
- 4 cups arugula
- 1 cup raw almonds
- 1/4 tsp. curry powder
- 1/4 tsp. Himalayan salt
- 1 Tbs. almond oil
- 4 Tbs. fresh orange juice



Pit the apricots and slice thinly. Soak the almonds in 4 cups filtered water overnight and drain. Chop the almonds into small pieces. Mix the curry powder, salt, oil and orange juice together to make a dressing. Combine all of the ingredients with the arugula and toss until all is well coated.

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

Leave Proof That You Existed

The
Intuitive Therapist
... Janis Cohen



“I want to be remembered for something, anything. I just want to be remembered.”, she said.

“What do you want to be remembered for?”, I asked.

“At least that I was here. That I existed. That I mattered. That I made a difference. That I was worth something.” she said with melancholy.

“What would that look like?”, I asked.

Her head turned towards the window and as she watched the trees she shared her stream of consciousness.

“That someone smiled when they thought of me. When my name was uttered, it would be because of a fond memory or the way that I made them feel good or loved. How my presence filled a room...just my presence. My essence. My passion. My sensuality. My intellect. My sweetness. My big heart. My excitement. My quick retorts. My love for them.”



“That others would pay homage to my desperate attempts to be more than normal; to stand out and be heard. That others, anyone really, would remember how much my eyes told about me when I looked into theirs. That my pain was hard felt and the glory was hard-earned. That I pushed back and fought to thrive even when I was down in the depths of emotional hell. That they not only noticed but acknowledged that I tried to be a better person than I was the day before. That I needed love.”

“That what looked like my mistakes, poor decision-making and poor judgements weren’t indicators of my failure as a person; they were all part of me; each and every one of them....they weren’t mistakes at all. They were my building blocks, my stilts,...my lessons. NOT mistakes. That I wasn’t a f*ck up. That I was acceptable, lovable, worthy, bigger than my errors. That I was,... am, in my own unique way, made in the image of something good.”

“Wow..... It sounds like you have thought about this quite a bit.”, I responded.

“Yes. I have. My mind is busy... all the time- so busy.”, she said as her gaze floated back into the room from staring out of the window.

“What now?”, I asked.

Folding her tear-stained tissue neatly on her lap she said, “I guess I’ll do what I do every day; wake up, thank my G-d that I have another day and then try again to be someone special; someone who makes a difference. Someone who I’m proud of. Isn’t that enough?”

“Yes it is.”, I said quietly; taking that into my heart.

This story is a true account of someone I know dearly. I respect her. I admire her. I honor her.

Her commentary is connected to all of us.

If you are reading this, then I am certain that you want to be remembered for something unique and special.

You want to be remembered for being a wonderful mother or father, a great doctor, a loyal friend and loving sibling or partner. A creator. An adviser. A student. An innovator. A storyteller. A muse.

Someone who made a difference in just one person’s life.

Someone who stands out, even if you prefer to live anonymously.

Someone who stood for something, who struggled for something, and who helped someone struggle just a little less.

Someone who witnessed another person’s life and someone who was witnessed in life.

We all want to leave evidence that we were here; that our stay on this earthly plane stood for something and fulfilled some larger purpose; even if we never understand what that purpose is.

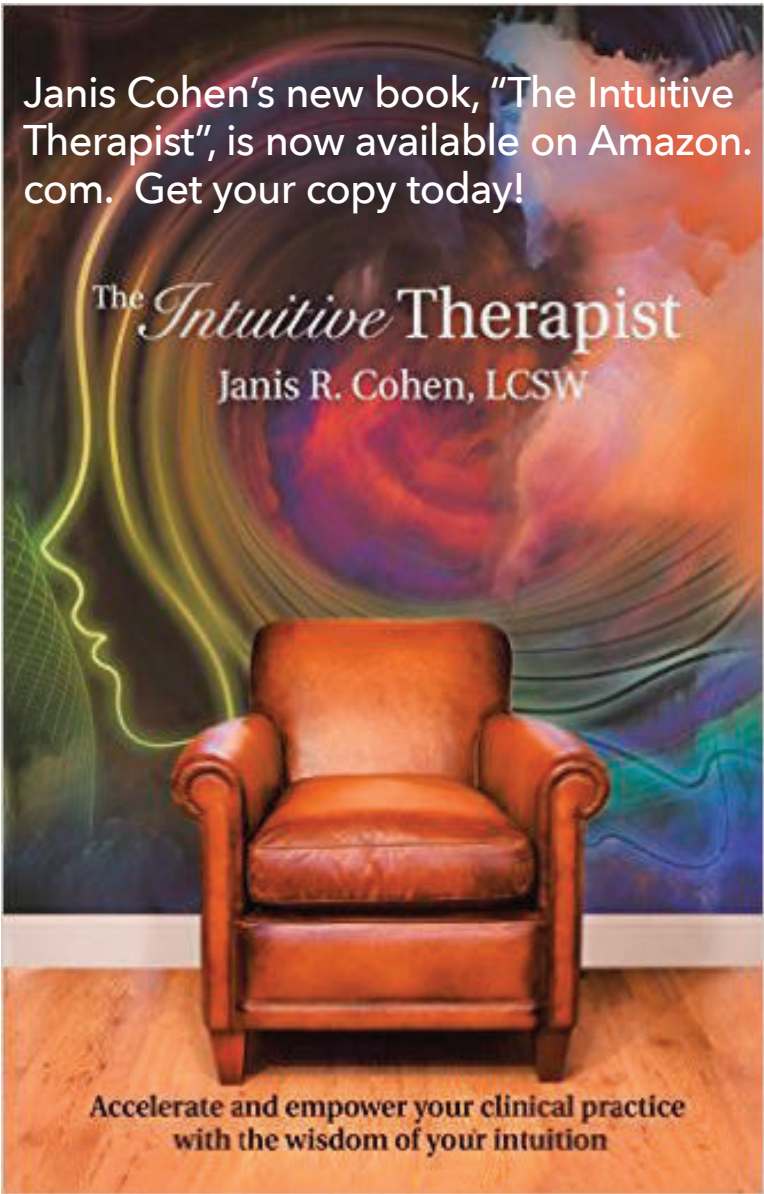
I’ll tell you a secret. Without even knowing it, you have left evidence that you exist.

Your life has been documented, noticed, felt, and honored.

I know this because the world wouldn’t be the same had you not been here.

Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis helps spiritually conscious people, who have experienced a decrease in their self-esteem and who doubt their ability to make sound and effective decisions, learn how to trust themselves completely, make massive changes that last, and create courage, confidence and certainty in any aspect of their lives. Her blog, called The Human Experience, (www.thehumanexperience2.com) was launched in 2011, offers readers unique perspectives about life challenges as well as effective strategies and tools to resolve them. You can reach Ms. Cohen at www.janisrcohen.com

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





tipi diaries

by Robyn Meek



If you want something it is outside of you, you do not have it. If you choose it, it's yours.

If you want something in your life, a material object, to accomplish or achieve something, or have a particular experience or relationship... whatever it is, three things are required.

You have to Ask for it. This sounds easy enough. Ask the Universe, or however you describe the unseen energy guiding you, ask for it. You have to be Ready for it. Now your mind can go many directions with this thought, but for most it convinces you that you are not ready, so you never ask. You have to Want it. Whatever "IT" is. This is the really hard one. Most often you are too afraid to honestly and vulnerably want something to manifest in your life, so you never ask. Fear gets in the way. Sometimes you ask for things that you think you need, but don't actually want, and vice versa. Need and want get confused. You only need food, water, and shelter to survive, and Love to really thrive. You have been programmed to interchange one word for the other, but need and want do not have the same meaning. When you recognize the difference you can see that for most it is almost always from a place of want and not need. This awareness can bring you into a place of power, of choice. For example, a single mother of two may have a job she hates and believes she "needs" this job to feed and care for her kids...staying a victim from the need/want confusion. More than likely she actually "wants" that job because she wants to take care of her basic needs and those of her children. Seeing this as her choice is empowering.

Viewing whatever it is as your choice and feeling the power in that may spark the empowerment to want and choose something different.

If you are ready, you want it, and you ask for it, it's yours, right? Oh, well then we get to the worthiness piece of the puzzle. Okay, we lied, there are four things. Number 4, Unworthiness. This is the tricky Ego driven piece wrapped into all of it. You have to believe you are worthy to receive into your life whatever it is you want. Most struggle with some level of unworthiness deep down. There is no one who is unworthy of receiving what it is they want, if that want comes from a place of love. You are ready to receive when you have shed your perceived unworthiness. No one is ever unworthy to receive.

You are ready, you are willing to want, to open up and ask.

Has your mind been distracted enough? Do we have your heart's attention?

You understand something with your mind, you know it through your heart. Want is the mind. Choice is the heart. Which do you choose to follow?

The mind can not know, only the heart. The heart is where everything exists and this is where you want to be. You are your purest, most divine self, when you follow and stay connected to what you love, when you follow your heart. It may take you in a direction your mind had not planned on, but it will lead you to yourself - to the expression only you are. You are already here - you just may not have figured this out yet. You already possess everything your mind wants to be, it exists now...in your heart...if you choose it. Yes, you do possess that much power, because you possess that much love.

If you want something it is outside of you, you do not have it.
If you choose it, it's yours.

Awakening The Goddess



By Crystal
Starshine

Energy is all around us and within us. We are made of energy, our thoughts, words and actions are a projection of energy. How do sensitive people survive when there is an abundance of projection being thrown around? How can a sensitive person protect that serenity that keeps them calm?

I myself am a highly sensitive person; an empath. I feel everything, the good, the bad and the ugly. What this means for me is that when I am around people I can pick up on their emotions, I can read through the lines, I can feel energetic shifts in the collective energy of earth, the energy of shifting seasonal cycles and even shifting astrological combinations. This is a gift and a curse at the same time. Let me explain.

When you are sensitive to other people's energies you can see easily through the bull shit, you can feel when they are deceiving you, you can see when they are so deep in a shadow piece that they cannot figure out how to pull themselves out or even ask for help. You can also feel their happiness, exuberant energy and their drive. This can be a challenge for a sensitive person because energy can easily be picked up within a sensitive's auric field. When I go places I have to build myself an energetic shield of sorts and clear and ground frequently. If I don't, I easily can fall into someone else's energetic state. I may all of the sudden be gripped with sadness and wonder why, knowing I don't have anything to be sad about. It could be that I simply walked past someone who just had a loss of some sort and their projection of energy or emotional state was energetically picked up by me.

This also can easily be misunderstood by other friends and family. They may call you needy, or too sensitive, moody or cold hearted. When you learn to put up a shield of protection around you some people close to you may even feel like you are completely ignoring them or have no feeling at all. This can be conveyed as detachment and can turn into just that. As a sensitive person, our childhood may have felt like hell because we were not taught about energy and how it affects our personal emotions.

So, we were not given the tools needed to help us navigate through challenges and make mindful connections with other people. The challenge to be both sensitive and protected can be like walking a very thin line. Especially when working with other high energy friends and being in high energy social gatherings.

Here are some practical ways I work with clearing my energy; once I recognize that I have picked up an energy that was not my own I can do several things to release it. My favorite is to carry a small bottle of spray I created with sage and lavender essential oils with specific crystals inside and spritz my auric field. This practice can basically be done anywhere and in fact I've carried and used it on airplanes. I also use nature to help clear and balance me by sitting against a tree, or putting my feet into a moving body of water and asking for Goddess to take what isn't mine to carry. These work for me and may not work for everyone, I've tried many things over the years to clear and balance my energetic field. The practice has to resonate with you and take you back to a serene and balanced field. Some other ways I use to clear are sound, crystals, meditative breathing, dance drumming, aromatherapy and even writing. There is a plethora of other ways and I encourage everyone to do them all so that you can find what works best for your beautiful soul.

Being a sensitive person is truly a beautiful gift when you find the tools and practices to help traverse through the energetic fields of the universe. May you find the tools that work best for you!

Blessed Be.
Crystal Starshine Fire Fox

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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Regardless of whether you spend your time in a cubical, team room, corner office or are an entrepreneur, managing your energy is essential. Energy Management is the awareness and control of the thought patterns and vibrations you are emitting daily. Most of us are merely floating through life unaware of the intense impact we are creating with our vibrations, or those that are affecting us.

If you are empathic or sensitive in any way, the world can be a roller coaster of emotions and sensations especially in the work environment. The office landscape is where the pressures of the business world collide with each person's hopes, fears, unresolved issues and individual personality traits in a whirlwind of energy. Figuring out your own motivations and concerns is difficult, but when bombarded with others' energies, it can be overwhelming.

One of the ways you can guard against energy overload is through protective boundaries. Although energy is an odorless, tasteless, invisible entity, for those who are sensitive, it is a very real thing. Empathic people absorb energy and easily take on the feelings or thoughts of others. Even though you cannot see it, energy can be controlled through intention and boundaries. Making a declaration that you are immune to the energies of others may seem like a non-action, but given the power of words when stated emphatically along with the malleable nature of energy, it can be a powerful tool.

Create a boundary by erecting an energetic shield. Here is a visualization that can help you formulate a barrier: Imagine a white light flowing up from the earth through the bottoms of your feet and then up through each of your chakras following your spine. As the energy continues to rise through your crown chakra and out the top of your head, it meets a bright light coming down from the heavens representing your higher self. When these two lights come together, they explode. The explosion emits a series of silver, gold and white tiny lights that come showering down around you forming a protective bubble of energy. This will act as a protective shield and when the energies of others come toward you, they will bounce off.

Another way to manage energy is through the use of light. Streaming a light of various colors from your third eye and directing it towards a target (person or a situation) is a very powerful way to change the vibration. Each color emits a different frequency and has various uses. These forms of light may be used for healing, to create a positive feeling, to heal and to eliminate negativity. Here are colors and their corresponding uses: violet eliminates negativity, green promotes healing, blue or white increases positivity or spiritual energy, pink is for unconditional love and when in doubt a rainbow may be used for clearing.

Being in an office all day can create energy overload, especially since positive ions are primarily found in confined spaces such as offices, cars, schools, industrial areas, basically places without good airflow. Negative ions are what is present in the air we breathe in nature and also in our bodies. We need a healthy balance of both positive and negative ions for our body to perform at optimum health. If you can open a window, flood your area with fresh air. If not, go outdoors to a spot in nature several times throughout the day to recharge and restore balance.

Electronics emit positive ions which can deplete and drain the body if not used in moderation. Although computer use at work cannot be avoided, it might be wise to limit your personal use before and after work. Try unplugging—don't go online before 9 a.m. and after 9 p.m. Use this free time to focus on creativity, writing, brainstorming, dreaming and doing something you enjoy. As an empath, Facebook, twitter and other social media sites can drain you very easily. Most people are on social media 95% of their day. These positive (the name is deceiving) ions can deplete and drain the body if not used in moderation. Creating a balance through disconnection allows you to reconnect with your own frequency and personal energy field.

As outlined in this article, managing your own energy is a proactive way to help you better balance the pressures of work and manage the energetic minefield of the office. Much like the safety instructions on the airplane, in case of emergency administer your own oxygen mask first before attending to others.



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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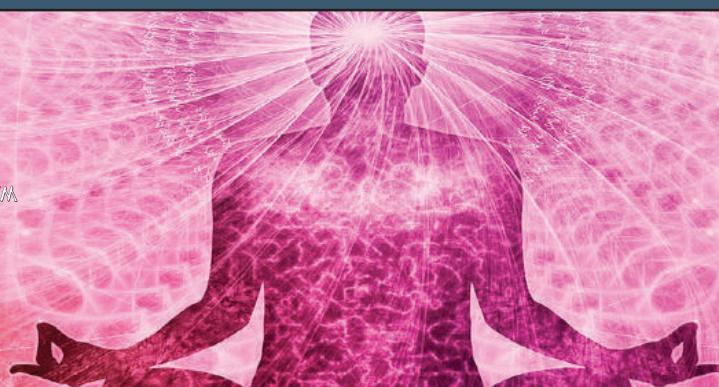
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Connecting with Higher Guidance

Channeled by Darshana Patel on 02/22/2017

Why do we seek higher guidance?

We seek higher guidance in the times when the mind has hit its limits, the parameters of how it knows itself or the way the world works. As we're seeking what nourishes the soul, the mind does not have those answers. We begin to reach outside of ourselves for this so-called higher guidance when we recognize our conditioned ways no longer feed the soul. The soul begins to knock on the door of your awakening and it says, "let's reach beyond the mind. We've hit a wall. How we know ourselves is no longer fulfilling."

We seek guidance when we come upon the trying times of life and seek help us with direction in life, clarity, openness of the heart, and challenging relationships. In these times, we have the opportunity to examine and recreate the scripts that run our lives. The mind is part of that script. So how can it do the re-scripting? It relies on outside help. That is the why we begin seeking... when we have hit the parameters of our conditioned way of being in order to fulfill some need, some yearning for which the mind simply does not have any more answers or solutions. The tribulations in life are often there to help you awaken.

What is higher guidance?

The term, "higher guidance" creates this distinction of lower and higher... let's instead consider it "expanded guidance." You have your guidance within you – your intuition alongside your logical, analytical mind. When we hit the capacity to leverage those tools, we then want to expand our possibilities.

Imagine if you will the body is an instrument. It's a tool for your vibration. This vibration is your self-expression – your individuated consciousness from Source consciousness. The notion of higher guidance changes as we begin to recognize that we are energetic beings, that there is not really higher, just expanded. If your body is an instrument, you have many instruments around you: other people. What if higher guidance is the idea of connecting your energy with other people's energy? This happens when we are in a collective

environment. We begin to create this collective vibration and from that collective vibration, we expand consciousness, awareness, and experience. You can begin tapping into this web of energy – information. Everything is vibration. Everything is energy. Everything is light – the photon. Everything contains the consciousness and the wisdom of the universe. Every particle of light contains all wisdom. Every fabric of your being contains the knowledge and wisdom of the universe because you are a fractal of the cosmos. When you begin to connect with this web of energy – the information contained in the vibrational signatures of the people, plants, and objects around you – you expand your capacity to download answers that you seek. As psychics, clairvoyants, intuitives, or shamans, you're simply tapping into this collective energy, this all-knowing consciousness that is not separate from you... it is you. There is no higher guidance; there is simply guidance at two levels on the earthly plane... the local mind and the nonlocal mind. The nonlocal mind is this collective vibration that is a part of you and you are a part of it. So there is no higher guidance, just simply guidance.

The observer of the voice in your head – the Divine Self – is the one that opens your channels to full guidance to this expanded experience of being connected and guided. As you step out of the voice in the head, you open yourself up to intuition. Intuition exists next to the logical mind. The logical mind, the wired brain, is conditioned. Intuition comes from another source. The brain receives the transmission, which often gets intercepted by this logical mind. The voice in the head is going to intercept this transmission and make its own meaning and apply its interpretations and judgments based on your beliefs. The more you begin to decouple from the voice in the head, the divine you, the essence of who you really are, gets to hear the message. This is where guidance can be received. We must disrupt how the mind overtakes the vibrations that you're receiving and we allow this divine observer to be the first receiver of the vibration.



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.

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INTENTION & ENERGY: KEYS TO MANIFESTING RESULTS

by Krista M. Jones

In my work as a Reiki Master and Sound healer, I allow source energy to flow through me while holding space for healing and because energy is a living form of consciousness and intelligent, it already knows where to go and what to do. The amazing part of adding an intention to that energy is the intention directs the energy specifically based on our intention. The energy gains purpose instead of being just a broad wave of energy that we sent out into the world. Like a laser beam, intention directs energy to a specific goal or target. If we add passion and emotion, it amplifies the power and energy level related to the intention. It is the amplitude of vibration and not the frequency that determines its strength. Increasing the emotion increases the amplitude of your vibration allowing you to radiate your desires on a vibrational level. You may have experiences in your life that when you hold an intention with strong emotions, it's very likely to manifest. Because you'll be extremely motivated to take action. There must be action in order to manifest desired results. When we live with passion and intention, it may also seem as though the universe is on your side to help you manifest your desires.

Every thought has two components and these are content and energy. A thought wave is like radio wave. The electromagnetic wave is the energy and the information transmitted is the content. Content is the data portion of a thought, and energy is the carrier that gives a thought the power to manifest. The more strongly you think and feel about something, the more energy you give to it. Energize your intentions with thought energy. Since we know the entire universe at the quantum mechanical level to be simply the movement of energy. We can alter our reality by changing our intention and focusing our energy in new directions. The universe understands very specific intentions and requests. That's why they say "be careful what you ask for, you just might get it". If we are vague and unfocused about our intentions or we have lack of clarity, we get results that are vague, unfocused and may not be even close to what we thought we wanted. When this happens, do not be discouraged. We can show ourselves compassion and then course correct when needed to return to specific intention.

Remember, energy is the capacity to produce an effect. Our intention is what causes us to act. It is what opens the door to allow a flow of energy within our being. We must be clear with our intentions in order to focus our energy. Energy never dies, it just changes form and is infinite. Based on this, we can tap into energy through intention at anytime and access information present to create what we desire. There is more than enough to go around for all of us. If you can see the world as energy, are willing to enter the unknown, remain unattached to outcomes, hold focus and clarity and live out of passion- the universe will bring more ease around manifesting your intended results. Now if we do this with the determination and passion of that a drowning person has for air (blinding passion), nothing else is needed. Your intention will be manifested because your actions are unstoppable. This is my own personal truth and I have witnessed it in others. This is the miracle of determination. ■



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 Krista is available on the sites listed below.

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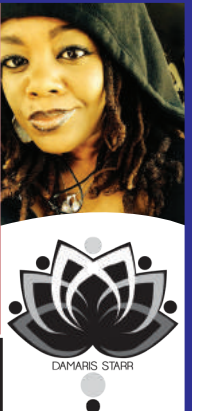
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